



TOTEM TIMES



ALL'S QUIET ON WESTERN FRONT - C.I. ARMISTICE SIGNED FOR '76

VOL. 18 - NO. 12

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 10, 1976



PARKSVILLE, B.C. — PINK PROFUSION — Wild rhododendrons flower at Rhododendron Lake in MacMillan Bloedel's Northwest Bay logging division on Vancouver Island. A botanical rarity, the rhododendrons are the most northerly naturally

generated grove of the species in North America. The company has placed the grove under a permanent ecological reserve.

For other photographs of B.C. Blossoms see page 5.

Tallman Talks ...

"Open House '76"

From everything I was able to observe myself, and from what I have subsequently heard, our Open House held here on Sunday, 23 May 76, was an outstanding success. I am sure everyone appreciates that this success was achieved through the combined efforts of each person involved and, what is equally important, through the positive attitudes and determination to have such a success that was evident throughout the preparation and on the actual day. This attitude, and the pride of

performance that goes with it, are what enables the Canadian Forces to meet all its obligations, notwithstanding increased additional tasking such as that for the Olympics and for Habitat. A great deal of organization, co-ordination, practice and plain hard work were the keystones on which the success of the day was built, and I want to sincerely thank everyone involved in the preparatory activities and everyone that worked and produced so well on Open House day.

The purpose of Open House was to let our neighbours have a look at what we do and are capable of doing, which I am sure was realized, but they also had the opportunity to see the results of an undertaking which involved virtually every section, sub-section, shop, and office on the Base. Moreover, they saw the results of outside support for our Open House not only from other airbases, which contributed to the flying display, but also from other elements of the Canadian Forces in the forms of the display by 3 PPCLI, the Militia Band, and 740 Comm Sqn. Off-duty activities were also well represented by the various club displays in No. 1 Hangar.

It would be impossible to mention here every individual or group who contributed

significantly to the day's success, but nevertheless I would like to particularly commend the Chairman of the Open House Day Committee, the Air Display Co-ordinator, the Ground Display Co-ordinator, the Totem Times staff, Security, Air Traffic Control, and the Base Public Information Officer. Finally, I would like to give a particular note of recognition and thanks to those whose duties on the static displays, the snack bars, or whatever precluded them from enjoying along with the vast majority the fine flying displays.

All in all, it was a great day. I feel certain that our visitors enjoyed the afternoon, and I know that I experienced a feeling of exhilaration and proper pride. I trust that you shared it.



COL. R. L. MORTIMER

Cadet Died To Save Child

OTTAWA — Disregard for his own life while saving another's has earned a posthumous Canadian Forces bravery award for a young Sudbury, Ont., air cadet.

The Cadet Award for Bravery, a medal and citation signed by General J.A. Dextraze, chief of the defence staff, have been awarded to the late Gordon R.E. Lapointe of 200 Squadron, Royal Canadian Air Cadets, for throwing four-year old Thomas Fraboni from the path of a runaway truck in Sudbury in March, 1975.

Forces First

A recent message from NDHP in Ottawa points out that the CF Policy on the Co-Location of Spouses when both are serving members depends entirely upon Service requirements.

A current influx of letters, memoranda, telephone conversations, and PER's show an unwillingness of some female personnel to accept postings because they are married.

Although the present policy of posting both spouses to the same location is carried out whenever possible, the message points out the severe manpower problem at present, and emphasizes that this will not always be possible. It goes on to remind the individual members of such a marriage of their individual contractual responsibility to the CF.

Leading Air Cadet Lapointe, 13 at the time, and a city school safety patrol, was escorting a group of pre-kindergarten children when one ran ahead of the others, into the path of the truck.

Major Winslow A. Case, 200 Squadron's commanding officer, reporting on the incident, said "... without thought for his own safety, (he) immediately went to the rescue.

"Shouting a warning, he ran into the path of the vehicle and grabbed (the boy), throwing him to safety." The youngster received only minor injuries.

The bravery medal and citation was presented May 30 to Mr. and Mrs. F.R. Lapointe of Sudbury, Gordon's parents, by Brigadier-General R.G. Theriault, director-general, reserves and cadets, National Defence Headquarters.

The cadet Award for Bravery is awarded to cadets who perform outstanding deeds of valor, involving the risk of his or her own life, in saving lives or property of others.

Prime Minister, expressed the gratitude of his government and the people of Italy "for the prompt, generous and efficient aid Canada has provided - especially through the armed forces - in the first hour following the earthquake."

"The Italian people" said Ambassador Smoquina, "have been deeply touched by this further proof of solidarity given them by Canada."

Italians Thankful For Canadian Aid

The emphasis on Canadian humanitarian relief operations in northern Italy is now concentrated on engineering projects, preparing meals and providing water.

The engineers have been requested to assist in leveling 97 per cent of the badly damaged town of Portis and up-grade conditions at the tent city of Carnia in the Udine district.

Food preparation in the

towns of Venzone and Ploverno is continuing and the Canadian water purification unit is distributing 5000 gallons of water daily.

Individual soldiers continue to assist families to retrieve valuables from the rubble of their homes.

Italian civilian authorities are working on plans to create a bulk food distribution point and issue meal cards to refugees. The demand for Canadian food services may

be lower when these Italian-instituted measures are in effect.

A few Canadians have already returned to Lahr and a road convoy of 30-plus vehicles brought back to Lahr more than eighty personnel who are now considered non-essential to the operation.

The gratitude of the Italians for the prompt and unselfish assistance provided by the Canadians has been expressed in many ways.

Graffiti scribbled on walls has praised and thanked the members of the task force. An Italian baby born in the Canadian medical facility was named after the Captain Daniel Bastien who commanded the Royal 22e Regiment unit in the town of San Daniele. Lapel pins showing the Canadian flag are worn with pride by the refugees.

The Italian ambassador to Canada, in a letter to the

INFLATION FIGHTER?

CUA Rate Up 25¢

A recently received NDHQ letter provides the background and rationale governing the revisions to clothing issue policy and updated clothing upkeep allowance (CUA) rates for both female and male personnel which were effective 1 Jun 76. The letter is reprinted here for the information of all Clothing Stores customers.

"NDHQ has received frequent inquiries and complaints concerning clothing issue policy and CUA, including the fact that the monthly rate of CUA has

remained constant for some time. An NDHQ Working Group was formed to review these subjects and to recommend whether the clothing system should be retained, modified or replaced.

Various methods of providing clothing to personnel were considered by the Working Group, ranging from complete free issue and exchange to having military clothing of all types purchased and maintained by members from their CUA. Due to the variation in clothing requirements -- depending on a member's trade, actual employment or occupation, location, and

length of service -- no one method presented itself as being sufficiently responsive and effective for use under all circumstances. At the same time, however, it became clear that it would be impractical to establish different clothing issue systems for various groups of personnel based on the difference in the conditions under which they worked. Therefore, it was considered that the present mix of free issue and CUA items should continue.

Nevertheless, the Working Group did recognize that a major source of discontent was the fact that the use of work dress varied considerably although these

items had to be maintained from CUA. Not all members wear work dress and boots routinely, and those who do resented paying cash for replacement even though an adequate factor was included in CUA.

Therefore, the main changes which have been recommended and which have been approved by the Treasury Board for implementation, effective 1 June 1976, consist of making work dress and ankle boots free issue upon enrolment and subject to free exchange thereafter; amending the rates of CUA to reflect this fact; and increasing the costs of clothing items (and the rate of CUA) since CUA was last validated.

With respect to CUA the basic clothing kit which each member will have to maintain from CUA will consist of 27 items for male and 28 items for female personnel. CUA is not provided for such items as towels, night clothing and under-clothing or toilet articles which remain the personal responsibility of all members. The calculation of the amount of CUA was based on a career member who has an obligation to wear military clothing, seven days per week. An adjustment was made in order to recognize the average extension to the wear-lives of items maintained from CUA by the

(Continued on page 3)

Father Dies



DARYL LYSENG

Corporal Daryl Lyseng died in his mobile home Friday, June 4, as a result of a fire. It is believed that the twenty-six year old member of the Military Police Law Enforcement Section re-entered the burning structure in an apparent effort to ensure that his family was safe. He is survived by his wife, Beverly Joy, and three sons. The funeral was held in Victoria June 9. The mishap is currently under investigation.



C.F. photo

COOK AND KIDS ... Corporal Alan Layox heaps the plates of two Italian youngsters at a kitchen facility set-up in the Udine district during Operation Dolomite, the Canadian disaster relief operation in Northern Italy. Cpl. Layox, the son of Mr. and Mrs. C. M. Layox, 601 Haywood Street, Port Huron, B.C., is a member of 4 Combat Medical Support Unit now with the 300-man Canadian task force which moved from the NATO base at Lahr, Germany to assist citizens in the disaster area around the town of Udine in Northern Italy.



L.COL. GEORGE HERBERT

New Boss 'Hawk

L.Col. George Herbert will take over command of 409 Squadron "Night Hawks" from L.Col. MacKay on 23 July 76. He is presently completing a three year tour as Vice Commandant at Royal Roads Military College in Victoria, which he previously attended as a cadet. L.Col. Herbert, a native of Melville, Saskatchewan comes from an air defence and test pilot background including a tour on the Voodoo with 416 Squadron in Chatham and a tour as test pilot with Central Experimental and Proving Establishment at CFB Uplands. He will take a short refresher course on the CF-101 in Bagotville prior to his arrival. His Family is composed of his wife, Lois and two children, Christine and Shawn.



LT. GEN. D. G. NUNN, the Inspector General, USAF, observes with keen interest the operations of the 409 Sqn. Engine Shop. His guide for the tour was Maj. Dean Nelson, 409 Maintenance Officer. The event took place during the visit to Comox by Gen. Nunn and a team of USAF officers to observe the Base's nuclear operations. Base photo

Cadet Units Produce Citizens

Building For Tomorrow

OTTAWA — They have been called the "tomorrow" builders, and if tough, challenging and rewarding training is any criteria, the acclaim is deserved.

They're the thousands of sea, army and air cadets across the land who function under the auspices of the Canadian Forces cadet leagues.

Aim of the movement is to develop in youth the attributes of good citizenship, promote physical fitness, and stimulate interest in the armed forces of Canada.

There now are 62,000 cadets enrolled in 966 cadet corps, from the east coast of Newfoundland to Vancouver Island, and as far north as Cambridge Bay.

Highlights of the year for cadets are the summer camps, athletic and training activities, exchange visits to the U.S.A. and European countries, and ships' cruises.

Training covers leadership, diving, sailing, communications, flying, gliding, mountaineering, survival, first aid, marksmanship and parachuting.

And last year, for the first time, girls officially were recognized as part of the cadet movement, when Bill C-6 was given royal assent in July.

About 2,600 of 13,000 girl cadets attended summer camps for the first time. The first groups took leadership and challenge courses at Banff, Alta., national army cadet camp, while others attended courses at sea, army and air cadet camps across the country.

For army cadets, summer activities ranged from the high Rockies to the High Arctic, and from parachutist training in Edmonton to "outward bound" training in Wales.

A total of 161 cadets attended the National Army Cadet Camp at Banff to learn the skills of mountaineering, glacier-climbing, drill and discipline. As well, 19 boys and 10 girls were instructed on a band course there. Also, 90

cadets spent two weeks in Resolute Bay and points north learning the ropes of living and training in an unfamiliar environment.

Prized parachutists' wings were awarded to 42 selected cadets from across the

country who attended the rugged six-week course at the Canadian Airborne Centre, CFB Edmonton.

A dozen army cadets spent 17 vigorous days at the British Outward Bound school, Towyn, Wales, after com-

pleting a three-week physical fitness course at CFB Petawawa. The lucky dozen toured England and Germany before returning to Canada.

Eighty top army cadet-marksmen competed for 18 coveted positions on the 1976

Cadet Bisley team that took part in the world-famous shoot in England.

Air Cadets, 5,800 strong, attended regional summer camps at CFB Penhold, Alta., Trenton, Ont., Bagotville, Que., and Greenwood, N.S.

Other special activities, involving another 1,200 air cadets, included courses for senior leader, technical training, ground search and survival training, athletic leadership, exchange visits to other countries, scholarship flying training and glider pilot training.

Sixty-three top cadets visited Britain, the U.S., Belgium, France, Germany, Israel, Holland, Austria, Norway, Portugal, Spain, Sweden and Switzerland.

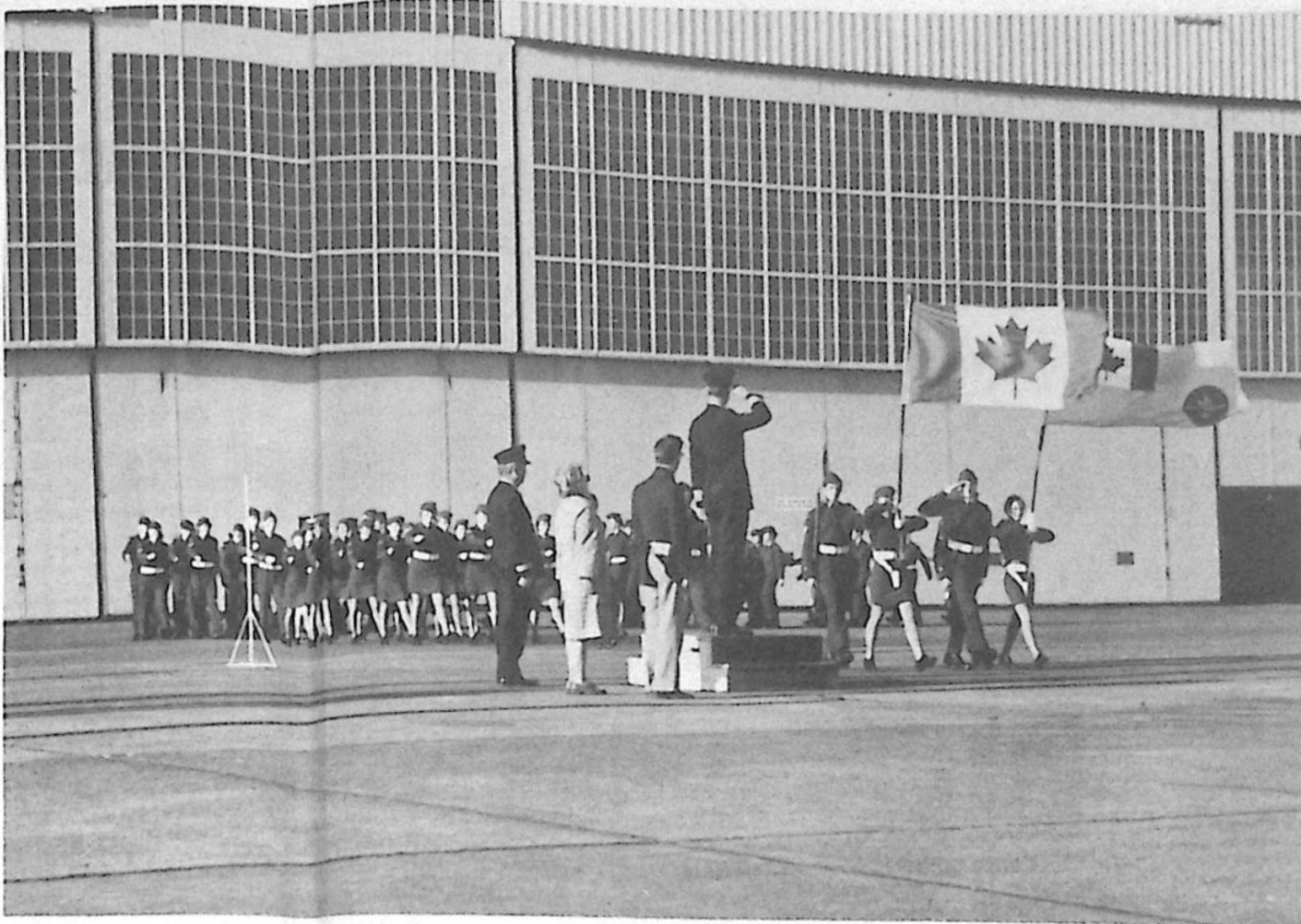
Another 250 cadets took six weeks of flying training leading to a private pilot licence, while 253 others spent six weeks learning to be glider pilots.

For youth who dreamt of a sea-faring life, the opportunity was provided by cruises in ships of the navy, the Canadian Coast Guard and environment department.

Exchange visits took 105 sea cadets to the U.S., England, the Netherlands, Germany, Sweden and Belgium.

National camps held at HMCS Quadra, B.C., Cornwallis, N.S., CFB Halifax, and HMCS Haida moored in Toronto harbor — attracted 3,000 cadets.

The youthful Haida sailors performed such duties as tour guides for visitors to the famous Second World War destroyer and fired a noon-day gun time check for Torontonians within earshot.



WITH FLAGS SNAPPING IN THE BREEZE, 386 Squadron, Royal Canadian Air Cadets, marches past Col. R. L. Mortimer, Reviewing Officer during the Squadron's recent Annual Inspection. Photo Begin



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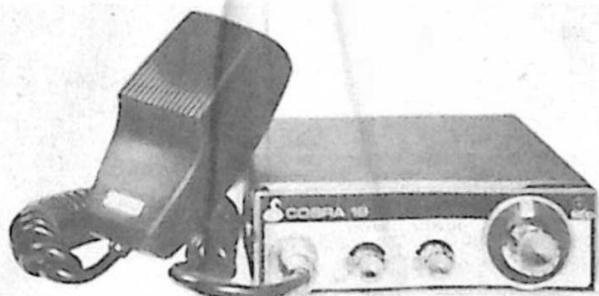
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OTTAWA — Canadian Forces privates have been awarded pay increases with effect from April 30, 1976.

Increases of approximately 11 per cent for recruits and privates in their first year of service raise salaries to between 500 and 525 dollars per month.

The new rates reflect the success of the continuing efforts of the joint Treasury Board - Department of National Defence Advisory Group on Military Compensation to ensure that salary increases for servicemen and women, in the apprentice stages of their military careers, are timely and equitable.



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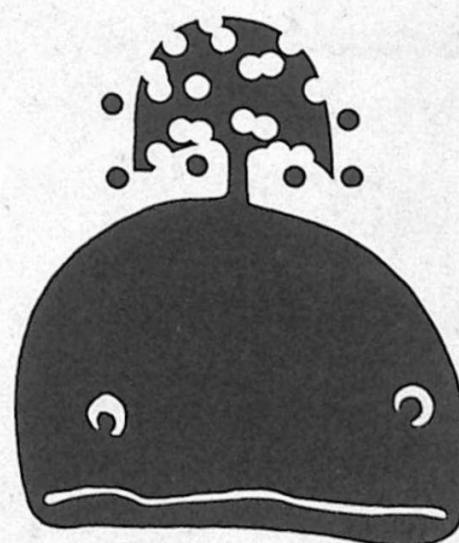
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Naval Veteran Dies

OTTAWA — Vice-Admiral Herbert S. Rayner, DSC and Bar, CD, former Chief of Naval Staff, died here Sunday, May 30 of leukemia after a lengthy illness. His death at the age of 65 ended a career of public service both as a career officer in the Royal Canadian Navy and as a prominent lay member of the Anglican Church of Canada.

Admiral Rayner's career in the navy covered nearly 36 years. It included active service during the Second World War in command of destroyers in the Battle of the Atlantic, and culminated in his appointment as the last Chief of Naval Staff prior to the integration of the Canadian Armed Forces.

He held senior positions on both the Atlantic and Pacific Coasts. Since retirement in 1964, Admiral Rayner has worked actively in the church and in recent years was known as a strong advocate of union between the Anglican and United Churches of Canada and the Canadian Disciples of Christ.

A funeral service was held at 2 p.m., Wednesday, June 2 at St. Matthews Church in Ottawa, where he was a parishoner for many years.

Admiral Rayner was buried with full military honors, including the traditional 50-man guard of honor escorting a gun carriage carrying the casket to the graveside.

Admiral Rayner was born in Clinton, Ont., and attended St. Catharines Collegiate Institute. He began his professional career as a Naval Cadet in England in 1928. During the Second World War he commanded destroyers in the Battle of the Atlantic, on convoy routes to North Russia, the English Channel and Bay of Biscay.

One of his ships was the famed tribal class destroyer HMCS Huron. While under his command Huron, in a period of less than three months, fought in a series of actions in which five enemy warships were destroyed and two damaged. For this and other actions Admiral Rayner was awarded the Distinguished Service Cross and Bar and twice was mentioned in dispatches.

Immediately after the war he was the first commander of HMCS Nootka, and in 1953 commanded the Canadian aircraft carrier "Magnificent" during the Coronation Review of the Fleet at Spithead by Queen Elizabeth II.

During his post-war service ashore, Admiral Rayner established several "firsts." He was the first commandant of Royal Roads in Victoria, B.C. when it was made a tri-service college, the first officer to serve as co-ordinator of the Joint Staff at National Defence Headquarters, and the first to hold the appointment of Canadian Maritime Commander Pacific, when RCAF and RCN elements on the west coast were integrated into a single maritime force. He was appointed Chief of Naval Staff in 1960 and served four years.



He retired just before that position was discontinued as a step toward unification of the Armed Forces.

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Mushroom Mutterings

Here's more sweepings from the 442 hangar floor.

Last Friday, the Fungus Faithful gathered at the Totem Lounge to lay the bad-mouth on departing 442 members, gathered to receive their coveted "Mushroom Man". There was more dirty laundry dragged out than during washday at the stockyards...but then again, most of the lies belonged in the stockyards anyway.

The three new additions to the 442 "Funny Farm" are all in the Avionics Shop, including, Sgt. Paddy O'Rourke from Recruiting Unit, Summerside; Cpl. Ron Bannister from Cool Pool; and shiny new Pte. Andre Chouinard, fresh from Bor-

den. Welcome to Comox, Gents!!

Rumour has it the green-skeeper at the Golf Course has his crew on emergency standby as this coming Friday, 442 Duffers take to the links in the second Squadron tourney of the season. Don't forget the tee-off times: 1200 to 11300 Hours.

Two F-Troopers are back after bashing their brains out on various courses. Art Seeley has just completed the School of Instructional Technique (SIT) Course... which seems odd since he already knows how to sit around quite well. Some people wish Art would instruct himself on how to butt those smelly cigars of his. Randy Ward is also back after

completing the JLC and then taking a few week's leave to recuperate.

Bill Ewing has finally been sprung from the Brake and Wheel Shop, with Pat Patri taking his place. Pat should have a sweet time getting close enough to a Buffalo tire to tighten the wheel bolts.

So much for the local gossip. See you next issue.



TED AND HIS TEDDY. Master Corporal Ted Miller sleeps the sleep of the innocent during Exercise Northern Rescue which took place in the North West Territories last winter. CF Photo

CUA Rate Up 25¢

(Continued from page 1)

average use of clothing provided at public expense such as work dress, combat clothing, cooks' whites, flying clothing and parkas.

Based on the above factors, the current cost price of each item to the department and the estimated average wear-life, it was calculated that over a 25-year period of service, a monthly CUA of \$7.25 for male and \$10.85 for female personnel is sufficient to enable them to maintain their basic clothing kit.

The reason for the higher CUA for female members is not to be construed as an additional benefit; it merely reflects the higher cost of the female kit mainly because of the smaller purchase quantities and other differences between the male and female basic clothing kit, especially in foot and head-wear.

Clothing prices in the military clothing stores have been frozen since CUA was last validated in 1972 based on prices which went into effect on 1 April 1973. Due to the rising procurement costs of clothing, most items in clothing stores have been sold for some time at prices significantly below the replacement cost price to the department. With the implementation of the revised rates of CUA based on present costs, the prices in clothing stores will be adjusted to reflect the current costs. It is emphasized that these two simultaneous changes will leave each member, male or female, in neither a better nor a worse position than before because the increased CUA still continues to represent the average amount required by each member to maintain the basic clothing kit under the changed conditions.

Moreover, in response to an observation from another base that the increase in service clothing prices appeared to exceed Anti Inflation Board guidelines NDHQ has advised that AIB legislation permits price increases to meet anticipated future costs plus profit, new prices on clothing effective June 1 are based on costs of last procurement and the increases are far less than the private sector would be permitted.

While the foregoing will not lighten the impact on your wallet when you purchase clothing items at the revised prices it should at least increase your understanding of the situation.

In closing, a friendly reminder - misuse is abuse; Clothing Stores can only exchange authorized items that have been worn out through fair wear and tear.

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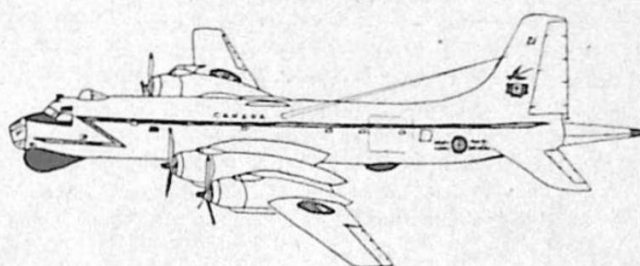
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EDITORIAL

From The Fur-Lined Foxhole

Canadian aviation continues to be haunted over the issue of bilingual Air Traffic Control services. Such an issue, is, of course, of particular interest to all members of the Air Force.

Recently, a threatened strike of Air Traffic Controllers was narrowly averted. As a result of hard bargaining a public inquiry will now examine all aspects of the question. Previously, the commissioner had been instructed to find "answers only to how bilingualism could be implemented in air traffic control." Last weekend saw several members of the Quebec caucus of the government party issue a press release backing the government's two language policy in air traffic control. This week, Mr. John Keenan, the commissioner, so recently appointed, abruptly resigned. It is now almost impossible to say how this issue will develop. In any case the issue threatens to split the Canadian Air Traffic Control Association along linguistic lines, and to again disrupt national communications at some later date. For many, the issue is strictly one of air safety. Many well-known National Associations concerned with aviation have issued warnings that air-ground communications in two languages is quite simply a backward step in air safety. For them, "The lives of passengers and crews are being bartered for political expediency and this action defies the accepted positions of all aviation users of the world." The International Federation of Airline Pilots Associations sees the two language plan as "an affront to the aviation world."

Those supporting bilingual ATC services claim that this policy is merely

an extension of our government's Bilingual Policy into another sphere. As such it is simply making available to Franco-phone Canadians a right long enjoyed by their Anglophone compatriots; aviation services in their own language. In any case the policy is only in effect at a relatively few remote airports in Quebec. Further, such bilingual control would create a safer environment, for many "Francophone only" pilots who had, as I understand it, been flying in disregard of the previous ATC regulations as regards English.

For those who advocate the use of English only, to allow any air-ground control communications in another language is to take an unacceptable risk. Advocates of a two language policy seem to feel that the risk is acceptable and that any other policy is a denial of their linguistic rights.

Bilingualism has been nothing if not controversial. Nonetheless, the last ten years has seen a grudging acceptance of the program all across Canada. The program was, and is, costly. It duplicates a great deal of work and it injures feelings. Up to now however, no one has lost their life due to "good old B and B." the loss of even one life, in an accident directly attributable to the two language policy, might create more ill-will than continuation of the present policy.

In this case then, the fears of those advocating the use of English only do appear to be sufficiently well-grounded to permit their views to prevail. Proponents of the bilingual policy might be wise to leave this one area to our national life untouched by bilingualism.

Disheartening But True

Have you ever had the feeling that no matter how hard you plead or cajole no one is listening?

WE NEED WRITTEN MATERIAL AND PHOTOGRAPHS FROM PEOPLE IN THE LOCAL AREA IF THE TOTEM TIMES IS TO SURVIVE AS A COMMUNITY NEWSPAPER.

It is fine to fill up those big empty spaces around the ads with Canadian Forces Press releases; however, in so doing, our "Fishwrapper" loses its distinct personality. The Totem Times has always been noted for its hard look at things directly concerning the serviceman and his family. Without stepping out beyond good taste if has been able to walk that narrow line on the tip of the QR & O mountain. Editorial comments normally fielded the topics emotionally charged and close to the airman's heart.

It would certainly be a shot-in-the-arm to have some fresh, wholesome articles fired in to the editor. MWO Gord McMullen and Lucille Staples gave a

refreshing jolt to the editorial page on the May 27 issue, in their letters to the editor.

A number of keen volunteer reporters on the staff would do much to get some spark out of the smouldering flame. Dedicated persons who would be willing to give up some of their spare time to cover events of interest to the military community; photographers who are not afraid to take down a few notes to identify the scene, subject or action.

These industrious people would not have to take part in the mechanical make-up process nor stand in front of higher authority to answer for that which is published (the editor has this responsibility). They would just have to keep feeding that big hungry paper gobble with newsworthy items, features or good black and white photographs.

HELP ME TO PLUG UP THIS WEAK CHINK IN THE TOTEM TIMES ARMOUR.

Supplementary Retirement Benefits Act

Information on Supplementary Retirement Benefits has appeared from time to time in various publications and bulletins. We believe it timely to again pull the information on this benefit together and provide the reader with an expose of the workings of the Act and examples from which the individual may better understand his own entitlement.

On coming into force in April 1970, the Supplementary Retirement Benefits Act (SRBA) provided for increases to annuities payable under the Canadian Forces Superannuation Act (CFSa) and pensions payable under the Defence Services Pension Continuation Act (DSPA). As it currently stands the SRBA is applicable to:

a. all widows and children, in receipt of an annual allowance, regardless of age;
b. persons who are under 60 years of age and were released by being disabled and unfit to perform any duties as a member of the Service; (QR&O 15.01 (3) (a))
c. persons who have not

reached 60 years of age and since retirement have become disabled; and

d. persons whose number of complete years of pensionable service when added to their age total 85 commencing at (for example): age 55 if pension is based on 30 or more years of pensionable service; age 60 if pension is based on 25 or less years of pensionable service.

Only the number of completed years of pensionable service is used in computing the commencement date of escalation for pensioners and that fractions of a year are not counted.

Except for persons who become disabled, escalation of pensions takes place automatically effective the first day of the month in which a pensioner becomes eligible. Once established, further increases are based on the average increase to the Consumer Price Index (CPI) for the twelve month period ending on 30 September each year. The increase established 30 September is payable effective 1 January

of the following year to those eligible.

The following table illustrates the gross percentage increase to pensions, applicable at 1 January 1976 for persons who retired prior to 1976:

| Year of Retirement | Total Increase Payable as at 1 Jan. 76 (see note) |
|--------------------|---|
| 1952 or earlier | 107.8 |
| 1953 | 103.3 |
| 1954 | 100.4 |
| 1955 | 96.4 |
| 1956 | 91.5 |
| 1957 | 88.5 |
| 1958 | 84.1 |
| 1959 | 81.1 |
| 1960 | 78.1 |
| 1961 | 73.7 |
| 1962 | 70.7 |
| 1963 | 67.7 |
| 1964 | 63.3 |
| 1965 | 60.3 |
| 1966 | 57.3 |
| 1967 | 54.4 |
| 1968 | 51.4 |
| 1969 | 48.4 |
| 1970 | 45.5 |
| 1971 | 39.9 |
| 1972 | 36.6 |
| 1973 | 28.9 |
| 1974 | 22.5 |
| 1975 | 11.3 |

NOTE: The above table is applicable to increases for the year of 1976 only. A person who became eligible for the increase prior to 1 Jan. 76 was given an increase effective the first of the month in which he became eligible. On 1 Jan. of each year following this increase he was automatically given the authorized increase for that year. For example, pensioners who became eligible for the increase in 1975 automatically received a further increase of 11.3 per cent effective 1 Jan. 76.

The following examples



DAPPER DAN SAYS:

Investigate Before Buying

BY DAN HODGERT
Directorate of
Social Development
Services

OTTAWA (CFP) - You can say one thing for the average house being built today - the average man can't afford it.

It doesn't seem to matter where you live in our fair land, the average conventionally-financed new house appears to be too expensive for the majority of Canadians.

Why on earth do houses cost so much?

Why can't one of the world's foremost industrial societies build homes that cost less?

According to some housing experts there are conventional answers to both questions. These experts claim that houses cost so much because home-building is a small-time, backward, tradition-ridden industry that persists in using cut-and-fit

methods in a mechanized age. These experts maintain that we could produce cheaper houses just as soon as we give up those antiquated habits and begin mass-producing houses on an assembly line basis.

Home builders reply to this criticism by stating that prefabricated homes are not the answer, that house prices are so high because inflation has played havoc with the cost of materials, and the cost of land has soared out of sight in the past few years.

As an example of assembly line building that does work, today's prime proof is the mobile home, practically the only low-cost house being built today.

Now I realize that the mobile home isn't everyone's cup of tea, and there are little things that can go wrong with the best of new mobile homes,

just as they can with a fine new automobile. So one must shop smart; materials and workmanship are the points to focus on when looking at mobile homes.

Over the past 10 years I have had the opportunity to talk to many service members who have bought mobile homes, and they tell me there are two basic points to remember about getting your money's worth from a mobile home. First, with proper care, it can last 20 years or longer. Second, a well maintained mobile home is likely to have greater resale value than one that has been neglected.

However, they have also mentioned that before you buy a mobile home you should make a thorough inspection of the unit. If you are not capable of doing this, then take someone with you who can check the unit completely.

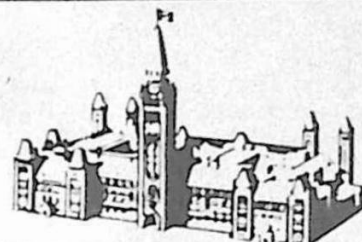
This inspection is most important, as indicated by the number of complaints I have received pertaining to poor workmanship. One of the complaints concerned structural defects that resulted in a moving company refusing to move the mobile home. As a consequence, the service member had to seek other accommodation at his new base, and try to rent his mobile home in order to make the mortgage payments.

Another serviceman complained that he bought a mobile home 14 feet wide and was then posted to British Columbia. On contacting the authorities he learned that certain B.C. highways would not permit movement of vehicles or loads over 12 feet wide.

So, use the old Better Business Bureau slogan, and before you invest, INVESTIGATE.

Remember, in the long run, when it comes to getting your money's worth, and choosing a home that's safe to live in, the ultimate responsibility rests with you.

OTTAWA and Small Business



The lottery shell game

By KENNETH McDONALD

Prime Minister Trudeau rejected additional federal funding for the Olympics from tax revenues. In a brilliant display of fiscal finesse, Quebec Premier Robert Bourassa levered him off that hook by proposing, instead, an extension of the Olympic lottery beyond July, 1976.

Taxes are unpopular. Lotteries are not. But they're really a variation on the shell game - only the promoters are sure of winning. For example, the Ontario Government nets about 43 per cent of total receipts from its Wintario lottery.

That's why provincial governments that run lotteries themselves are alarmed at the Olympic lottery extension. What bothers them is to see money that might otherwise support their own grandiose schemes diverted elsewhere.

Lotteries lure people into trying, against astronomical odds, for the big buck. And because very large sums are required to supply the prize money, tickets must be sold to very large numbers of people. Inevitably these must include many who can least afford to buy them - it's a self-inflicted tax on the poor.

Government lotteries, like printing money, are simply political devices which subvert the democratic process and undermine our free economic system. When governments can expand their spending without repercussions at the polls, there is no limit to their growth. The taxpayer forfeits his only means of redress - through his MP - because the extra spending is outside the tax structure. The system is no longer democratic. It's run by the bureaucracy.

How long would the Vietnam War have lasted if U.S. governments had raised taxes to pay for it? Six months? Every recent war in history has been paid for by printing money. So was the American Revolution. So was the French.

Printing money and government lotteries are the tools of political charlatans. They simply stretch the free lunch counter still further. It's this - the something-for-nothing philosophy - which the Little Red Rooster campaign is aimed at. Wake Up Canada advertisements of the Canadian Federation of Independent Business will be appearing over the next twelve months in community newspapers across Canada. The target: galloping government spending that is not financed by taxes.

CONTRIBUTORS PLEASE NOTE SUMMERTIME

PUBLICATION DATES

| DEADLINE | PUBLICATION |
|----------|---------------|
| Jun 28 | *Jul 2 (Fri.) |
| Jul 19 | Jul 22 |
| Aug 9 | Aug 12 |
| Aug 30 | Sep 2 |
| Sep 20 | Sep 23 |

*July 1 is Holiday

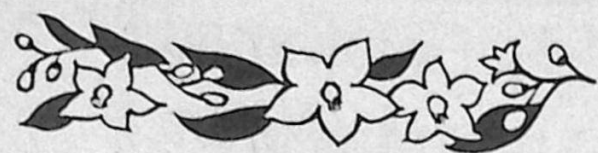


TOTEM TIMES

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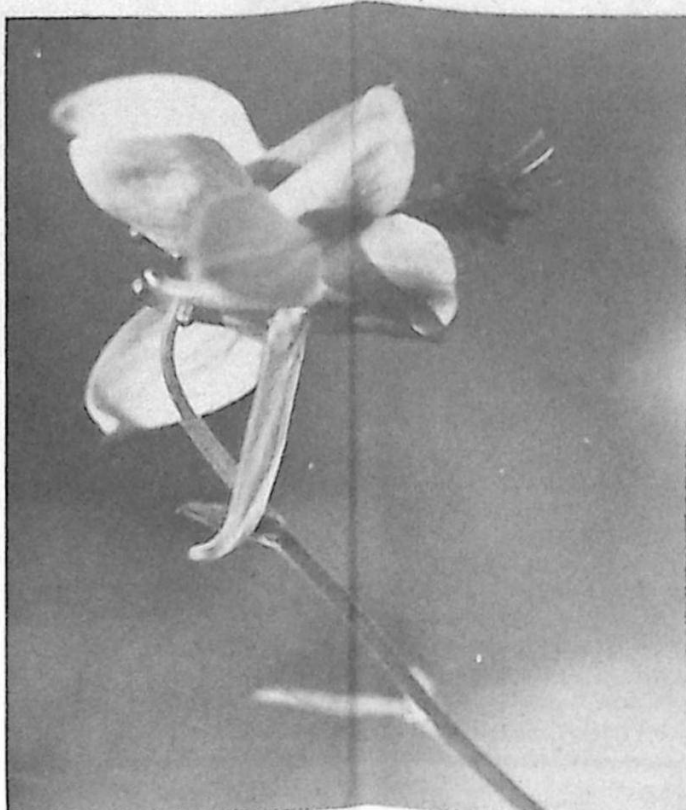
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British Columbia In Blossom



Flowers Of Spring



The flowers that bloom in the spring always seem to be the most cheerful ones, because we have waited so long for them. The wildflowers of British Columbia seem to know this, for they put on a brilliant show for spring.

They bloom throughout the province, some peeking through melting snow, others waiting until the sun has warmed the earth to a more hospitable temperature. They bloom as early as March along the coast, then seem to spread eastward and northward, the blanket of color slowly moving up the mountains as the weather warms.

Wherever and whenever they bloom, they promise to make a spring flower-seeking trip a success. Take a camera or paint and canvas or just your eyes to capture the first blooms of spring - but don't take the flowers home to wilt, perhaps destroying the plant itself by the simple act of picking its flower.

On the coast, you'll find the shot-back purple petals of the shooting star, the curling white of the dogtooth violet (sometimes known as the Easter lily), the compact bright pink heads of the seablush on exposed bluffs near the sea, and the fields of blue camas, their bulbs once used by the Indians for food.

As spring moves into the interior, it coaxes the flowers there into bloom. The Mariposa lily with its hairy, white flowers, the lavender petals of the Pasque flower and the bright yellow snow lily brighten the Kootenays. In the Okanagan, yellow bells, the massed pink flowers of phlox and the glorious yellow of the spring sunflower or balsam root cover the hillsides.

In the north, the dark blue monkshoods, the white anemones and the pale blue delphiniums welcome the spring.

Some spring flowers bloom throughout the province, their date of flowering depending on the weather. The yellow early violets and the later-blooming blue violets are among these; false lady's slipper is shy, its pink orchid flower appearing only in woodland shade. (This flower, by the way, should not be disturbed; it is very easily destroyed.)

Three of British Columbia's spring flowers are protected by law: the red rhododendron, found in quantity only in one grove just west of Manning Park; the trillium, whose three white petals and three green leaves are found mostly on the southern coast and in some areas of the Kootenays; and the provincial flower, the dogwood, whose distinctive white flower bracts appear in south coastal regions from April to June - and sometimes reappear in September.

(This Travel British Columbia story is one of a series provided by the British Columbia Department of Recreation and Travel Industry.)



Photos By: Ed Ellis
and B.C. Government

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 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

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

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

CHAPEL CHOIR: Our Senior Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain. Senior Choir Practice - 2000 hours, Thursday; Junior Choir Practice - 1800 hours, Thursday.

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

Office Hours - 0800 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.

Student Summer Employment

(Continued from page 1)

military training, fieldcraft,

watermanship, first aid,

orienteeing, weapons

training. Heavy emphasis will

be placed on sports and

physical fitness. There will

also be at least a one-week

bivouac period. Minimum pay

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day basis. You will receive

\$115.50 a week even when you

only work five days. Students

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may get a higher rate of pay

depending on their

qualifications. Those

qualifying will be given

certain items of clothing and

loaned others for use during

training. Employment may be

up to eight weeks between

June 15th and September 15th.

You should be between 17 and

34 at the start of the program

in your area. If you are under

18, you must have your

parent's (or guardians') consent.

You must also meet the

Reserve Force physical

standards for enrolment.

"Apply at your local

Canada Manpower Office.

You will then be referred to

the appropriate Reserve Unit

at the latter's request.

Application should be made as early as possible as closing date is June 1st, 1976.

"A second Program of Community Assistance will take part in a number of locations across Canada in projects designed to improve community life, such as river clean-ups, park improvements, nature trail construction or a variety of anti-pollution projects.

"As you will not be 'employed' in the legal sense of the word you will not be paid, however you will receive a training bonus of \$16.50 per day for seven days per week. You may get a maximum of eight weeks employment between June 15th and September 15th.

"You should be between the ages of 16 and 34 at the start of the program in your area. There is no military training in this program. You must provide your own clothing and appropriate footwear. You must also have a doctor's certificate stating you are in good health.

Salute To Father's Day

BY DORIS FARMER TONKIN

Mothers Day has long been the occasion for various events honoring Mother, but the same notice has not been accorded to Fathers Day. Courtenay & District Historical Society is leading off with a Collectors Expo on June 20th especially geared to Dad's interests. Oh, the ladies aren't forgotten - there are collections in their line, too. In fact there'll be something for everyone from the small child to great grandparents.

Bill Hembroff, convenor of Collectors Expo 76, has lined up about 20 exhibitors, and each collection is different. A young man is displaying a collection of rifles, another one hub caps and car licenses. Weapons and ammunition are featured in another exhibit, and military badges in yet another. Bottles from Cumberland, old iron stoves, see what I mean about variety? Let us not forget old phonographs and radios.

The distaff side will be interested in the collections of dolls and toys glassware, and items connected with Queen Victoria. These are just a sampling, but enough to grab your curiosity, I hope. Come and be surprised. Fair enough?

The quilt being raffled by the Historical Society will be drawn for at this event.

For refreshments there won't be bite-sized sandwiches but hearty doughnuts to be dunked if you like but at any rate washed down with coffee.

So if you are wondering what to do for Dad on Father's Day bring him to the Expo. It will be in the Lower Native Sons Hall from 11 a.m. to 4 p.m. Collection in aid of the Museum. That's a thought, why not slip upstairs and have a look at this interesting record of Comox Valley History.

Don't forget, Sunday, June 20th. See you then.



LAST CALL!

To enter the Vancouver Island Real Estate Board photo contest, your entry must be postmarked not later than August 31, 1976.

Anyone can enter!

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10 categories in which to enter include: People at work and play;

Scenic: Flowers, gardens, parks;

Fish, game, wildlife; Historic;

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Industrial; Buildings; Miscellaneous.

For complete rules and entry forms see your nearest real estate office or photo supply store.

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NATO Still Best

OTTAWA - One of Canada's prime contributions to collective security in the western world is its long-standing commitment to the North Atlantic Treaty Organization (NATO), a defence pact that has covered both sides of the Atlantic for more than a quarter-century.

With all NATO members standing together to demonstrate solidarity, an attack on one would be interpreted as an attack on all. The arrangement is akin to all the kids on the block standing up to the neighbourhood bully.

The alliance unites large collective sea, land and air forces in a common defence of the North Atlantic community.

A Canadian combat-ready force of 5,000 is permanently stationed in Germany, comprising 1 Canadian Air Group at Baden-Soellingen and 4 Canadian Mechanized Brigade Group, in the Black Forest region near Lahr.

These Canadian forces stand together with American and European allies as a deterrent against hostile actions by aggressors.

The Canadian navy's contribution to the alliance includes the permanent commitment of one Halifax-based warship of Maritime Command to NATO's Stan-

ding Naval Force, Atlantic (STANAVFORLANT).

Additionally, destroyers and supply ships often are deployed for 3-6 months on joint exercises with ships of other navies.

"Safe Pass" a NATO anti-submarine exercise, was held last spring off the Atlantic coast from Nova Scotia to Florida, and included participation by ships from Canada, The Netherlands, England and the United States.

Canada also regularly hones its state of readiness in multi-national operations like the Allied Command Europe (ACE) exercise "Atlantic Express" held in Northern Norway last March. About 750 troops, mainly from the Calgary-based 1st Battalion, Princess Patricia's Canadian Light Infantry, participated in nearly three weeks of manoeuvres, designed to test ACE's rapid deployment of troops, equipment and aircraft to NATO's northern flank, 200 miles inside the Arctic Circle.

But exercises aren't the only Canadian contribution to NATO.

Forces from NATO countries also train in Canada, where climate and topography often are dissimilar to their own.

Australian soldiers have roamed the Rockies; German tank crews have roamed over the Manitoba prairie at Shilo, and Dutch pilots have soared through the prairie skies.

Collective adherence to measures of this kind is designed to make any bully think twice before starting a scrap.

407 Tech Ramblings

Our highlight for this reporting period was the farewell party for MCpl. Bill Friday, an Integral Systems type with 407 Squadron since July 68. Bill leaves almost immediately for an extended cruise to the West Indies. Best of luck Bill on your retirement. Don't forget your Gravel Tablets.

Deployments are still depleting our section: Brassard, Blackmore, and Johnson have just returned

from down south and Cpls. Stanzell, Al Martin, Larry Staub and Keith Montelth are off to check out the snow remaining up North.

Our congratulations to Sgt. Gale Dyer who is heading up this unit's ASW competition Crew. We believe it's a first for this Sqn. to have Com Systems Sr. NCO to be i-c of such an important responsibility. We know you will not let us down.



"MOBILE FORT" — The Canadian Government has just announced the letting of a contract for the purchase of over 100 new tanks to a West German firm. The tank, the Leopard, is to replace the aging Centurion and contains the latest in armour innovations. The tank is already in service in Canada with the West German troops now training at CFB Shilo in Manitoba.

CF photo



MAJ. KEN HOWARD, currently Base Air Traffic Control Officer at Comox, gives instruction and encouragement to Lt. Monique Laroche at the ATC School, CFB Borden.

CF photo

Medics Meet

"This exercise 'Gruner Laubfrosch 76' - gives us the opportunity to practice all of those skills we will need to use in an emergency," said Lieutenant - Colonel J.J. Laliberte, commanding officer of 4 Combat Medical Support Unit (4 CMSU).

Lt. Col. Laliberte and the 73 other officers and men of 4 CMSU participated in "Gruner Laubfrosch 76", a multi-national medical services exercise, in the province of Bavaria, West Germany, during the last week of April.

The Canadians joined more than 3,500 other medical personnel from Germany, the United States and France for the four day field training exercise conducted by Medical Command 2 of II German Corps. The last exercise of this nature and magnitude was held in 1974.

In addition to 4 CMSU, a unit of 4 Canadian Mechanized Brigade Group, part of Canada's contribution to the NATO forces in Central Europe, 100 soldiers from other units of the brigade group participated as "casualties". The medical personnel from the Royal Canadian Dragoons, 1st Regiment Royal Canadian Horse Artillery, 1st Battalion, Royal 22 Regiment and 3 Canadian Mechanized Commando also participated and worked out of their unit

medical stations. Each station consists of one medical officer, three or four medical assistants and drivers for the vehicles.

The "casualties" were introduced into the exercise at pre-determined times and in varying numbers to simulate battle action. When a "casualty" arrived at one of the unit medical stations, he carried a card which described his injuries. At the medical station he received whatever added field dressings and medication he required. From this station he was transported by ambulance to the brigade treatment and holding station. For the Canadians, this service was provided by 4 CMSU.

As the "casualties" arrived at 4 CMSU from the four Canadian unit medical stations, they were once again given a medical examination, given whatever further treatment was required and prepared for the journey to the division clearing station. For the purpose of this exercise, this clearing station was provided by 1 Mountain Division of II German Corps since the Canadian brigade group was serving in their sector. From the division clearing station, the Canadian "casualties" were moved to a German field hospital where

major surgery and further treatment was simulated.

The aim of the unit, brigade and division medical stations is to preserve life and to move the "casualty" away from the battle as quickly as possible so that major surgery and treatment can be performed in the relatively adequate and stable conditions of the field hospitals.

"It takes a lot of co-operation and co-ordination between the various nations to save lives on the battlefield and that's why we need exercises like this one," said Lt. Col. Laliberte.



POSTED

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- Lots
- Acreages
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RCAF/CAF Retired
NANAIMO REALTY (Courtenay) Residence
Office 334-3124 339-2668

The affordable home...and how we're helping it happen.

1 A plan to make owning a home possible for more people.

This one's for you. It's called AHOP (The Assisted Home Ownership Program), and it combines the federal assistance provided by CMHC (Central Mortgage and Housing Corporation) with additional assistance from the B.C. Government.

Very simply, here's how it works: If you're a two-person household and want to buy or build a house, and the price is within the established AHOP price limits for the area, you can qualify for the CMHC Interest Reduction Loan. This loan acts to reduce the mortgage rate to 8%, and is interest-free for the support period.

That's only the first part. The second part is a CMHC subsidy of up to \$750 for the first year. You're eligible if you've applied for the maximum Interest Reduction Loan; have at least one dependent child; and even with the loan, your monthly payments exceed 25% of your income.

Now here's the extra bonus from us. If you've qualified for the above CMHC subsidy, and your monthly payments are still more than 30% of your income, you qualify for an additional subsidy of up to \$750.

Add it all up, and it means that the possibility of home ownership is greatly extended, and now includes families in B.C. with incomes below \$10,000 a year.

2 A plan to encourage more efficient use of land for affordable housing.

This one's for the municipalities. And you. You may benefit from the resulting reduced municipal taxes and/or increased services. It's called MIGP (Municipal Incentive Grant Program), and it's designed to encourage the development of affordable housing and the more efficient use of land.

There are two grants available to municipalities and regional districts. The first is a \$1,000 grant from CMHC. The second is a \$500 grant from us. That means the total grant per eligible unit is \$1,500. To be eligible, the proposed housing units must be constructed for permanent residency, be connected to municipal piped water and sewage systems, and be served with roads having at least gravel surface.

These are the basic qualifications. There are others that apply to density, size and value requirements. What they all add up to for you is growing communities with more affordable housing for more people.

3 A plan to make more rental housing available.

This one's for the builders. And you. You benefit because it creates a more adequate supply of rental housing.

It's called ARP (Assisted Rental Program), and it's designed to stimulate private investors to once again invest funds in affordable rental housing. The incentive is for the builder... but the benefits are passed on to you. A prototype of this program resulted in 2,000 new rental units started on Vancouver Island last year.

The amount of assistance available to the builder depends on the number of units in the project, the construction cost, the mortgage interest rate, operating costs, and prevailing rents.

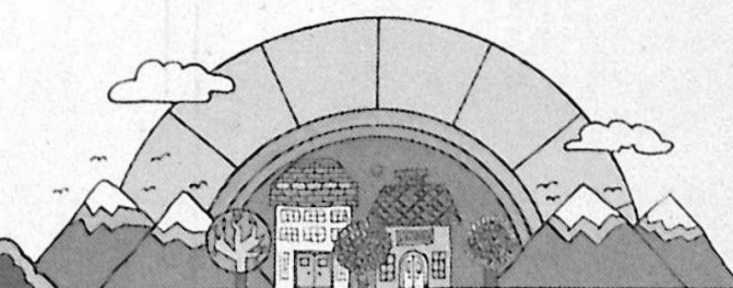
It starts with a \$600 grant per unit from us in the first year. If this grant is not sufficient to allow the builder to charge normal market rents and maintain an agreed-upon return rate on his equity, an assistance loan of \$1,200 per unit is available from CMHC. If either or both of the above still leave the builder below the agreed return rate on equity, a conditional \$1,200 interest-free loan per unit is available from the province.

The agreement establishes initial rental rates. After that, rents are set by market conditions, but any higher net revenues derived go towards reducing the amount of assistance.

Basically, what it all means is more rental housing available at more reasonable rates.



British Columbia
Department of Housing
Hon. Hugh A. Curtis, Minister.



If you want a home, we want to help.

More information on any of the three affordable home plans, is available from:

British Columbia
Department of Housing
#204 - 1525 West 8th Avenue, Vancouver
810 Blanshard Street, Victoria
135 - 10th Avenue South, Cranbrook
280 Victoria Street, Prince George
260 Harvey Avenue, Kelowna

Central Mortgage
and Housing Corporation
5511 West Boulevard, Vancouver
1007 Fort Street, Victoria
129 - 10th Avenue South, Cranbrook
280 Victoria Street, Prince George
1800 Tranquille Road, Kamloops
Suite 202, Capri Tower, Kelowna

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Clean, Quiet 1 and 2 Bedroom Kitchenettes.

Home of courtesy and rest.

COLOUR TV

Mrs. Searle welcomes all service personnel, whether it's for a weekend or a week.

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LOANS

For Any Worthwhile Purpose

LET'S TALK

Phone Gordon Gillis or John Philp at 334-3181



The First Canadian Bank

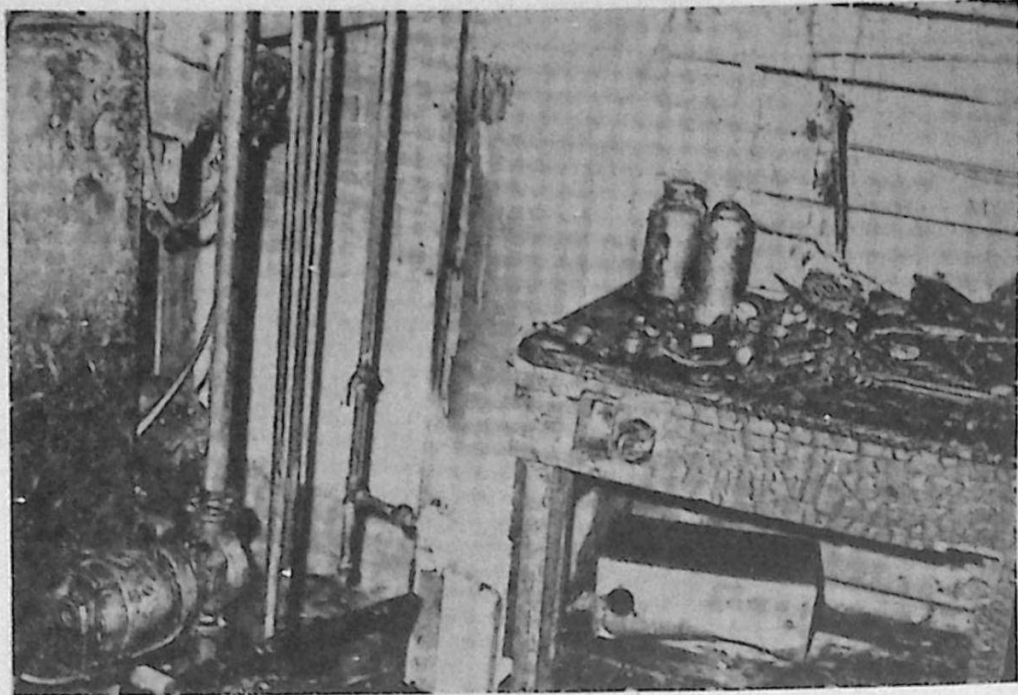
Bank of Montreal

585 England Avenue, Courtenay, B.C.

334-3181

DON MORRIS,
Manager





CHARRED RESULTS — The occupant of the house had taken his washing machine apart and placed in a bucket the parts to be cleaned. When he poured gasoline into the bucket he found that it leaked. As he was pouring the gasoline from the bucket into a pan the gasoline vapors ignited with a flash. He was barely able to escape from the basement and notify the Fire Department. Fire fighters promptly responded and extinguished the fire, but not before damage estimated at \$12,500 had occurred. As the photo shows, the gas hot water heater was near the man's work area. Fire officials believe the pilot light ignited the gasoline vapor.

Cleaning Floor Etc.

A basement cafeteria (in a three-story building of ordinary construction) was temporarily closed for cleaning after a flood. The proprietor of the cafeteria was cleaning the floor with a mixture of soap and gasoline. When he stopped to light a cigarette the gasoline vapors ignited.

A passer-by across the street from the cafeteria said that he heard an explosion and saw the cafeteria proprietor flying about three feet through the air with his clothing on fire. The passer-by rushed over and had extinguished most of the fire on the man when he himself was knocked across the sidewalk by a second explosion. He said that the front entrance to the building looked like the tail of a missile.

Two other people were in a car across the street. Each ran to a separate phone, one calling an ambulance and the other the Fire Department. Still another witness pulled a fire alarm box. A total of six engines, two ladder trucks, one aerial platform, and eight other units responded, with a total of 128 fire fighters, who used an estimated one million gallons of water on the fire (maximum flow of 3,000 gpm for five or six hours). The cafeteria proprietor died nine days later of burns over 90 per cent of his body. Eleven fire fighters were injured, five of them requiring hospitalization. The estimated property damage was \$124,500. In addition, the buildings on each side sustained smoke damage.

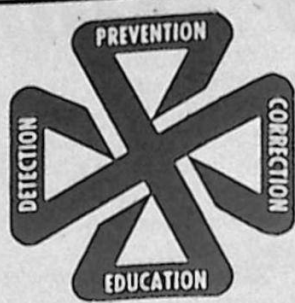
Don't

The use of chemical drain cleaners, such as Drano, to clear clogged drains, is strictly forbidden as stated in PMQ orders.

In recent weeks 2 incidents have been reported where MQ occupants have attempted to clear clogged drains with these cleaners and have failed. A CE plumber was then called in to do the work. These drain cleaners are extremely corrosive to piping and dangerous to workers.

Under no circumstances are these chemical cleaners to be used on any drains. YOUR FRIENDLY CE OFFICER

ACCENT SAFETY



By Safety Sam

Hiking and Hypothermia Part 2

Hypothermia can strike in any season and any climate. It can claim the surf fisherman in the waves, the backpacker on the mountain or the motorcyclist in the wind.

Many become unwitting victims of the "blue jean cult" that forest rangers, rescue workers and other outdoorsmen blame for many hypothermia cases.

Blue jeans, strong and comfortable as they are when dry, are made of cotton. When wet, they not only lose 90 per cent of their insulating power, but actually draw moisture to the outside of the garment where it evaporates and chills the wearer even more.

The same is true of sweat shirts, T-shirts, denim jackets and even long underwear made of cotton. Even the warmest goose down sleeping bag or vest becomes useless when wet, which is why wool clothing is vital to the winter hiker, camper, climber or hunter.

Unlike cotton garments, wool garments dry from the inside out, retaining a substantial portion of their insulating properties even when damp. Wool trousers will keep you warm under your poncho hiking in a winter rain when damp blue jeans will slowly steal your

warmth, your strength and possibly your life with the subtle weapon of hypothermia.

FORBIDDEN PLATEAU. A jolting reminder of how a pleasant outing can turn to a nightmare comes from close to home.

In October 1975, two American backpackers were on a planned 10 day hike. They were both experienced hikers, were wearing blue jeans and were well equipped with downfilled jackets, rain gear, sleeping bags and a three-man tent. They were exposed to wind and driving rains for three consecutive days, which thoroughly soaked their clothing, equipment and tent.

During the night of 19-20 October, they huddled together in their wet clothing and sleeping bags inside the tent. In the morning one of the two was dead. The survivor was close to death at that time and recalls only the cold and hallucinations he experienced during the night. The low temperature recorded at CFB Comox overnight was 3 degrees C. The following day the weather improved and mid-day temperature at CFB Comox was 12 degrees C. He was able to hike out, but still exhibited hypothermia symptoms when he first contacted Crown Zellerbach employees late that day.

SAFETY SAM
Next Issue: Recognition and Prevention

Motorcycle Safety Canada Safety Council

In 1976 it is expected that upwards of 100,000 motorcycles and mopeds will be sold in Canada. The motorcycle industry recognizes the need for safety and is offering a financial incentive to new owners.

A discount of up to 10 per

How Is Your General Safety Program?

cent on new motorcycles to 250 c.c. in size is being offered to graduates of the Canada Safety Council's Motorcycle Training Course.

The discounts are just a part of the almost one million dollars that have been committed to motorcycle safety in Canada by the motorcycle industry and the Federal Government through Transport Canada.

The motorcycle industry through its distributors and dealers supplies motorcycles for training purposes on a national scale and assists Provincial Agencies and local course sponsors with advertising.

Transport Canada is directing \$234,650 to the Canada Safety Council for the further development and administration of a national Motorcycle Training Program.

In addition, Transport Canada has funded the production of a motorcycle training film entitled "Survival". The Council hopes to have a premiere showing of the film in both official languages in the House of Commons in the near future. Copies of the film will be available for viewing through Provincial Co-operating Agencies and the Canada Safety Council.

Because of their energy conserving characteristics, motorcycles and mopeds are increasing in popularity and this, in part, accounts for the accelerated interest in motorcycle training.

Individuals wishing details of the next training course are invited to contact their Provincial Safety Agency.



MIRACLE DRIVE IN

BLACK CREEK, B.C.

337-5097

Gates at 8:00 Shows at Dusk

Thurs. - Sun., June 10 - 13 Jaqueline Susan's
"ONCE IS NOT ENOUGH"
Plus "MANDINGO" **RESTRICTED**

MON. - Wed., 14 - 16 June
"STRAW DOGS," with Dustin Hoffman
Plus "BEYOND THE DOOR" **RESTRICTED**

Thurs. - Sun., 17 - 20 June
"THREE DAYS OF THE CONDOR"
with Robert Redford
Plus "THE PARALLAX VIEW"

Mon. - Wed., 21 - 23 June
"THREE THE HARD WAY"
Plus "NIGHT LEGS"

Thurs. - Sun., 24 - 27 June
"LIFE AND TIMES OF JUDGE ROY BEAN"
with Paul Newman
Plus "LET'S DO IT AGAIN"

Mon. - Wed., 28 - 30 June
"FLESH GORDON"
Plus "DR. FEELGOOD'S SEX CLINIC" **RESTRICTED**

SPECIAL HOLIDAY ALL-NITER
JUNE 30th
"FLESH GORDON"
"DOCTOR FEELGOOD'S SEX CLINIC"
"EROTIC ADVENTURES OF ZORRO"
"WEREWOLF OF WASHINGTON"
"BORDELLO"

| | |
|---|---|
| EW Courtney | Mon. to Thurs. - 8:15 p.m. Two Shows Fri. & Sat. - 7 and 9 p.m. No Matinee the Next Three Saturdays |
| Adults \$2.25 OAP \$1 Child .51 | |
| Thurs., Fri., Sat., Mon., Tues., Wed., June 10, 11, 12, 14, 15, 16 Gene Wilder "The Adventure of SHERLOCK HOLMES" "SMARTER BROTHER" General Entertainment "Parents - Occasional coarse language." - B.C. Dir. | |
| Thurs. & Wed., June 17, 18, 19, 21, 22, 23 Robert Redford - Dustin Hoffman "ALL THE PRESIDENT'S MEN" Mature "Occasional coarse language." - B.C. Director | |
| Thurs. & Wed. - June 24, 25, 26, 28, 29, 30 A crazy new comedy "HAWMPS" General | |
| Starts July 1 "TRAP ON COUGAR MOUNTAIN" General | |
| Stardust Drive-In Theatre | Thurs., June 10 to Wed., June 16 "THE OTHER SIDE OF THE MOUNTAIN" General - Plus - "MY NAME IS NOBODY" Mature |
| Williams Beach Rd. & Isld. Hwy. Admission \$2.50 O.A.P. \$1.00 | Thurs., June 17 - Wed., June 23 "JAWS" Mature "Some gory scenes" - Plus - "THE DOG IS DEAD" Mature "Very violent" |
| All Niter \$3.00 Each SHOW STARTS AT DUSK WED., JUNE 30 - ALL-NITER 5 BIG HITS Gates 7:30 | June 24 - 29 Robert Redford "ALL THE PRESIDENT'S MEN" - Plus - "RAFFERTY & GOLD DUST TWINS" Mature "Coarse language." |

OFFICERS' MESS ENTERTAINMENT

Friday, 11 June — TGIF

Sunday, 13 June — Family Bar-B-Q
1700 - 1900 hrs. Reservations required.

Saturday, 19 June — HAWAIIAN NIGHT
Cocktails - 2000 hrs.
Hawaiian Buffet - 2130 hrs.
Reservations required.

Friday, 25 June — TGIF

Sunday, 27 June — BRUNCH
1200 - 1300 hrs.

W.O. AND SGT'S. MESS

Fri., June 11 — TGIF

Saturday, June 12 — Wind-up Fisherman's Derby
At the Beach House 1200 - 1800 hrs.
Bring the kiddies.
Refreshments - Beans - Hot Dogs
Sat. Evening — Social Night.

Friday, June 18 — TGIF

Saturday, June 19 — Social Night.

Friday, June 25 — TGIF

Saturday, June 26 — Social Night.

MOVIES

June 14 — "JUGGERNAUT" - Richard Harris
June 21 — "THE DOVE" - Joseph Buttons
June 28 — "THE GAMBLER" RESTRICTED James Caan

JUNIOR RANKS CLUB

ENTERTAINMENT

FRIDAY, 11 JUNE — Dance to Punch. This group is new so come out and hear them.

SATURDAY AND SUNDAY, 12 & 13 JUNE — The Dance Band will be Powerhouse, a return engagement for this group. They were very good last time in the club.

TUESDAY, 15 JUNE — Movie will be Juggernaut, starring Richard Harris.

FRIDAY, SATURDAY, SUNDAY, 18, 19, 20 JUNE — Sun Of Saturn will be playing in the club. This band consists of five people, and as a rule do four different sets in a night. A Country Rock, Beach Boys, a Rock and Roll Greaser Set, and a miscellaneous Rock Set, so don't miss this group — something for everyone.

TUESDAY, 22 JUNE — Movie will be The Dove, starring Joseph Buttons

COMING EVENT - AMATEUR NIGHT SUNDAY, 27 JUNE

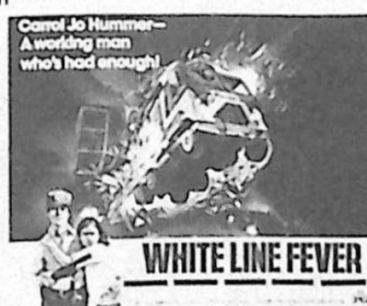
Look for more information at the club.

COMOX

BASE THEATRE

SCHEDULE

Sat., 12 Jun
Sun., 13 Jun



Sat., 19 Jun - Sun., 20 Jun



Wed., 23 Jun - Thurs., 24 Jun



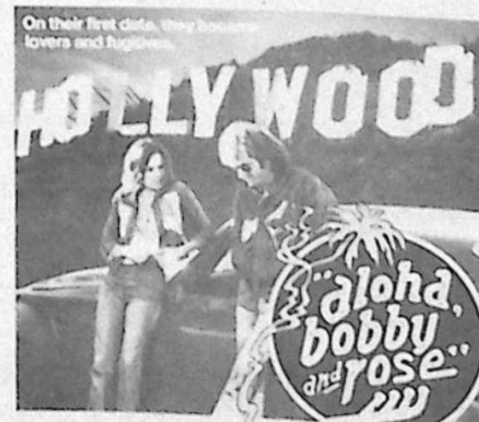
Wed., 16 Jun - Thurs., 17 Jun - Fri., 18 Jun

MAN-EATER

"BLUE WATER, WHITE DEATH"
The hunt for the Great White Shark

A CINEMA CENTER FILMS PRESENTATION
TECHNICOLOR - G-12
A NATIONAL GENERAL PICTURES RELEASE

Fri., 25 Jun - Sat., 26 Jun - Sun., 27 Jun



MATINEES
Sat., 12 Jun — 40 LBS. OF TROUBLE
Sat., 19 Jun — TAMMY TELL ME TRUE
Sat., 26 Jun — AND NOW MIGUEL

NO MATINEES DURING JULY & AUGUST

Show Times 2000 - 2159 hrs.

Swim Classes

Registration dates for the 1976 Summer season will be:

| | |
|---------|---------------|
| 21 June | 0730-1930 hrs |
| 22 June | 0730-1530 hrs |
| 23 June | 0730-1930 hrs |
| 24 June | 0730-1530 hrs |

The fee this year will be ten dollars per child with a maximum thirty dollar charge per family. There will be no refund after a child has attended one class. The first session of classes will run from 5 July to 23 July (fourteen days of instruction plus one testing day). The second session will run from 26 July to 16 August (14+1).

- Each session will consist of:
1. one Pre-Beginner class with a maximum of ten pupils.
 2. two Beginner classes with a maximum of ten pupils each.
 3. two Junior classes with a maximum of twelve pupils each.
 4. two Intermediate classes with a maximum of fifteen pupils each.
 5. two Senior classes with a maximum of fifteen pupils each.

ALL REGISTRATION WILL BE FIRST COME - FIRST SERVED! AT THE BASE RECREATION CENTRE.

The swimming pool will open for recreational swimming starting Saturday and Sunday (12th and 13th of June) between the hours of 1400 and 1600. The admission this year will be twenty-five cents for children and fifty cents for adults.

We are still looking for Water Safety Instructors and Lifeguards to complete our summer program. If you are interested call the Recreation Centre at local 315.



Ladies' Golf

The field is now full for the Glacier Greens Ladies Fourth Annual Open Invitational to be held on Sunday 20th June. The ladies are looking forward to hosting their guests from the visiting clubs and enjoying this tournament, and hopefully, good weather. A report on the days events will appear in the next issue of Totem Times.

The ladies from Eaglecrest were guests at the club on Tuesday 25th May. A McCombe of Eaglecrest was the field low gross winner for the day.

Winners from Glacier Greens were: Darlene Clarke - low gross, Marilyn Stroud - 1st low net, Trudine Berger - 2nd low net and Barbara Carter won the putting honours.

Tuesday 1st June saw the ladies out on a lovely warm sunny day, enjoying 18 holes of golf, playing with irons only. Low gross winner was Mona Ledgard, 1st low net - Trudine Berger and 2nd low net - Nettie Bonenfant. Anne

Cote was the hidden hole winner.

A visit to Sunnydale Golf Club was enjoyed by Glacier Greens ladies on Wednesday 2nd June. Winners for this club were: low gross - Barbara Carter, low net - Kay Banks, 2nd low gross - Millie Legg, 2nd low net - Mona Ledgard. Putting winners were Marilyn Stroud and Joyce Aylward.

Congratulations to Nettie Bonenfant who was one of the winners in the quarter round final of the N.H.A. Tournament held at Qualicum on Friday 28th May. Nettie now advances to the next round of this event to be played at Comox on June 17th.

COMING EVENTS - Tuesday 15th June. 18 holes medal play for par points. Start 9 a.m. Sunday 20th June Ladies Invitational. Tuesday 22nd June. 18 holes of scotch foursomes. Start 9 a.m. Tuesday 29th June. C.L.G.A. Pin Day. 18 holes medal play. Start 9 a.m.



JUDO CLUB MEMBERS

CFB Judo Club News

The Base Judo Club completes a very successful season! Since last September the sounds of straining and groaning could be heard from the judo room in the rec centre. All is quiet now, the sweat stains are drying and the walls have stopped vibrating.

With the summer weather upon us all the members are taking in the good sunshine(?) The Club held a garage party at the home of the Sensei. Thank goodness the sun came out later in the afternoon so the members could work off their steaks. The season had many highlights, to name a few, we should go back to our team trip to Vancouver, we gained a lot of experience (to say nothing of bruises!). We had a good trip to Nanaimo and Campbell River, all along the way we kept getting better. Danny Barkhouse took his weight class for the province. Once we are closed I should like a "Well Done" to all those members who were graded.

The most outstanding event was our display during "Open House" Day. Our team members were the best in the show. I feel we did more with that display to help the image of our sport, than at any other time during the year.

Our year couldn't be complete without a word of

praise for our "Ladies Self-Defence Class", who tried at every opportunity to break my arms, legs or just be plain mean to the instructor. In truth my ladies class was a great success; they may not be the most dangerous group but they certainly are a very much wiser group. To all of

you, a hearty thanks for your gift and thoughtfulness.

Next season there will be some changes made, due to size of the room we will be having classes for tournament minded players separate from other players. We are hoping to select a group to represent us, at all levels of tournament.

We already have the record from last year, lets improve it next year.

In closing I would like to say "Thank-you" to all the parents who spent time and money to help transport our team to tournaments. To our members and those who wish to become members, have a good summer, keep in shape, and I'll see you in the fall. Sensei

Take a walk!



Section Golf

BY THE DUFFER

One day of reporting on our illustrious golfers since May 28, was cancelled due to bad weather. Tee off was under partly cloudy skies and some nice scores were turned in. The "Duke" had an exquisite 45 but he should have turned in his feet. Upon removing his shoes, the last cloud in the cloudy sky disappeared and the golfers also? It must have been a full day of walking; and, faithful Olscamp still in the prizes!

Winners to date are: Fader (1g), Berger (21g), Webber (31g), Dutchin (41g), Marks (51g), Smith OP (1n), Jackson (21n), Doan (31n), Verchere (41n), Tribe (51n). Closest to pin - Dutchin. Longest drive Jackson. High score - Olscamp and Raymer.

Standings: BAMSO-442-33 27.5 pts
407 26 pts
Combines-HQ 21.5 pts
Logistics 20 pts
409-MP-ATC 10 pts
See you at the tee!

Comox Rec Centre News

| | | | | | |
|----------|---------|-----------|---------|--------------|---------|
| CFB 2 | 6 1 0 7 | Yellows | 2 4 0 6 | Owls | 3 3 0 6 |
| Court. 1 | 3 3 0 6 | Reds | 4 3 0 7 | Cumb. Rec. | 1 5 0 6 |
| Court. 2 | 5 1 0 6 | Bluebirds | 2 4 0 6 | Road Runners | 2 4 0 6 |



I hear that Maj. Rivers failed C.I. - Seems Maj. Laforge was not after "Rock Salmon."

YOUR BASE EXCHANGE

We're high on quality - low on price

Authorized Patrons Only

NEW LOOK for YOUR HOME

CORELLE Completer Sets
20 Pce. Set \$32.95
16 Pce. Set \$26.95

CORNINGWARE
2 Patterns to choose from — Cornflower and Spice of Life.

STAINLESS STEEL FONDUE POTS \$12.95

BLUE MOUNTAIN POTTERY
Colors Blue and Green

INDOOR PLANT TOOLS MISTERS
MACRAME HANGING PLANTERS
Come in and see our cute and lovable BUNKLES

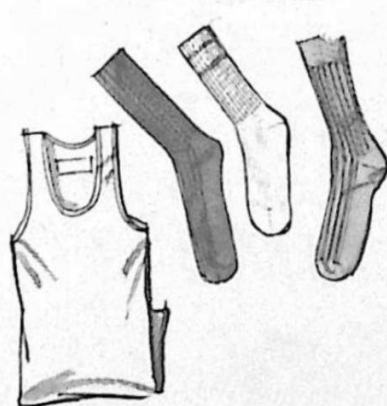
perfume

WORTH
ARPEGE
MY SIN

CREPE DE CHINE
CHANEL —
No. 5 & No. 22 (Perfume, Cologne, and Bath Powder).

| | | | |
|--|-------|---------------------------|-------------|
| ADIDAS TRACK SUITS — Mens | 16.29 | T-SHIRTS | 3.45 & 6.35 |
| Ladies | 33.95 | ALL SEASON SOCKS — | |
| Youths | 13.49 | Adult | 1.95 |
| TANK TOPS | 4.75 | Youths | 1.69 |

NEW



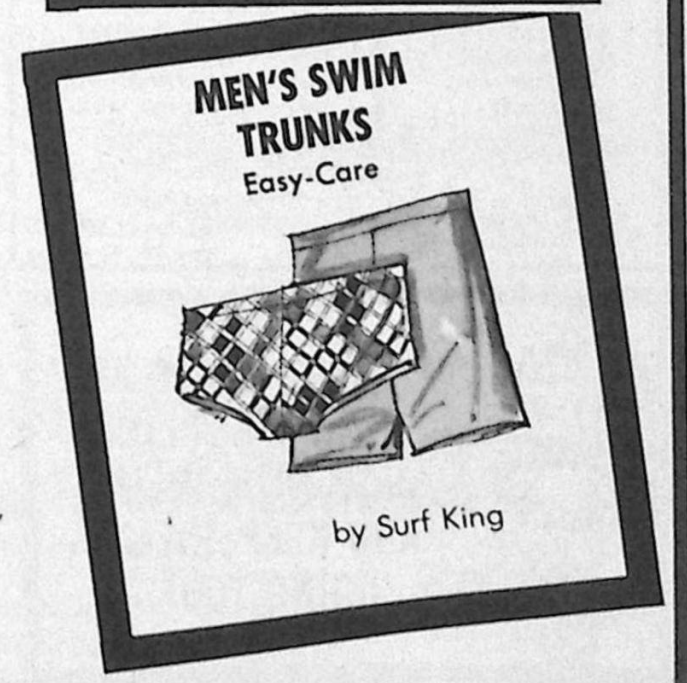
IMPORTANT NOTICE!

Base Wood Hobby Shop will be CLOSED 30 June 1976.
All users of this facility are to have all personal projects and materials removed by that date.

Cleanliness helps keep fires away and you're the one who keeps it that way.

FASHION JEWELRY
Big Selection

- NEW SHIPMENT OF JEWELRY — by CORO, SYMPHONY & KEYS.
- Necklaces by ANSON.
- Family Rings (made while you wait).
- For Dad — Identification Bracelets.



Nighthawks Nest

Routine, pas de sweat, the CI that is. Was? Whatever! It's come and gone and Comox proved once again that the Royal B.C. Flying Club supported by all the base people is the best in the land. Loads, NARs, Exams, Inspections, etc. went without a hitch and the only reported problem was a case of lockjaw induced by a hefty yawn.

Orville (Malcomson not Wright) amazed the servicing world by his in-depth write up of "Swallow droppings on Canopy". They still wonder if it tastes, looks or smells any different from other birds. Only the tongue knows but he can't get the grin off his face long enough to tell.

Tricky Dicky Borys went thru his final clearances not so long ago and was looking forward to a well deserved holiday in Hawaii after 25 years of service. Along came the people planners from Disneyland on the Rideau and offered him a year's extension. Dick was quite happy to accept saying he hadn't finished drooling over the QRA wallpaper yet. Good to have you back again, Dick.

Cowboy Paul Gill and Wally Muzychka were also offered extensions and happily they also decided to give a little more time to God, Queen and the jolly green.

The master of the Grease Pencil, Uncle Joe Parkinson, has received his long awaited transfer to the Ivory Tower. He'll be working in the Ops Center and hopefully bring a picture of sanity to the place. He worried about the movers taking all the fish he caught last year but I figure 20 lbs. of salmon isn't such a hot deal. Now, if he kept all his dog fish, that's a different story.

Cudgel 39 - allas Roy Smith - has bought himself a spiffy new Hog. That's the kind you put between your legs and ride Matilda, not the kind you eat. I guess he'll be known as the Heaven's Angel from now on. Mike Mahon may be gone but his doctrine lives on. Speaking of Mike, he just received his asked for extension in the Middle East. Stand by for further news from the unangry rebel.

Wes Allen and Rick St. Germain must be firmly entrenched in Montreal by

now. Care packages consisting of money and large doses of a sense of humour would be appreciated by both of them, I'm sure.

It's been a rather subdued couple of weeks and nothing else of news worthy importance has happened so I may as well close with another joke.

Our brothers in the land element were having an exercise coming up and formed up for weapons issue. When the line got down to the last man, all the rifles were gone, so the clerk gave him a

broomstick and said "Just go Bang-Bang and the make believe enemy will fall down." Our soldier wasn't convinced but didn't have much choice so out to the battlefield he went with his broomstick. Upon hearing a noise he sat very still and sure enough, an "enemy" approached. He jumped up, pointed his make believe gun shouted Bang-Bang. Lo and behold the bad guy fell over. This went on several more times and our hero started to feel pretty cocky. All of a sudden he heard a loud rustling in the bushes and sure enough he spotted

another bad guy. Full of confidence he shouted "Bang-Bang" but the other man kept coming closer. Several more shots had a similar effect. Finally the enemy got nose to nose with him, knocked him over, walked over top of him and just kept on going saying "Clankety, Clank I'm a tank" Clankety Clank I'm a tank."

From The Past

409 Night Fighter Squadron was formed at Digby, Lincolnshire, England on 17 June, 1941. It was first equipped with the Boulton-Paul Defiant aircraft which was used in the Air Defence of Britain. In August 1941, 409 was re-equipped with the Bristol Beaufighter.

In February 1944, 409 received the Canadian built Mosquito equipped with the latest radar. The Sqn. was one of the first to move to the continent, after D-day, where it became one of the top scoring Sqn's. of the 2nd Tactical Air Force.

Arts Alliance Event

Craftspeople from throughout Vancouver Island and the mainland will gather at Lewis Park in Courtenay, June 25, 26 and 27 for the second annual Renaissance Fair.

The Central Island Arts Alliance is again organizing the fair which will feature a wide variety of handcrafted goods, mixed with a lot of good music and plenty of wholesome food.

Last year's three-day fair attracted several thousand visitors and 65 crafts booths to a peaceful celebration of summer among the trees and by the river at Courtenay's beautiful Lewis Park, and the Arts Alliance expects another successful fair this year.

Music lovers can look forward to such folk favorites as: Don Audet and Richard Baker, Kathy Stack, Clair Brendt, Wild Blue Yonder, Snowbird Pass, Judy Norbury, Bob Bossin of Stringband, Kim Calloway and Jon Van Arsdell.

For jazz fans, the Gerry Inman-Pat Coleman Quartet will appear on Sunday, June 27. There's some fine old-timey-bluegrass music scheduled with Dan Rubin and friends, Robin Carne and friends, and Red Angus.

And for a touch of soft-rock, the popular El Bande Grande will play.

All these groups will appear on the outdoor stage at scheduled times throughout the fair, which runs from noon to nine on each day.

For children, there will be a circus staged by Manfrog Family Theatre, travelling story-teller Uncle Ezra will tell tales and there will be puppet shows.

Refreshments include such goodies as tacos, Hawaiian food, veggie-burgers, barbecued oysters, organic candy and ice cream.

Admission to the Renaissance Fair will be \$1.50 a day or \$3.50 for all three days.

For more information on the Renaissance Fair, contact the Arts Alliance, 907 McPhee Avenue, Courtenay, or phone 338-6211.

Bisley Shoot

Canadian Forces' marksmen from five units will compete in the 107th British National Rifle Shoot, Bisley, England, July 12 - 24.

The Canadian team, led by Major Jim Senecal, 31, of Clive, Alberta, is made up of seven marksmen from the 2nd Battalion, The Royal Canadian Regiment and two from the Combat Arms School, Canadian Forces Base Gagetown, N.B. The others come from the 3rd Battalion, The Royal Canadian Regiment, CFB Petawawa, Ont.; the 1st Battalion, Princess Patricia's Canadian Light Infantry, Calgary, and the 3rd Battalion, Royal 22e Regiment, CFB Valcartier, Que.

The Bisley competition is open only to Commonwealth countries. The service rifle portion of the meet includes a total of 13 individual events and five team matches.

Canada's past record at Bisley is impressive. In 1972 the Canadian marksmen swept all but two of the events and last year captured eight of the 13 individual shoots and placed first in one team match.

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407 Sqdn. Presentations

Thursday, June 10, 1976

CFB Comox Totem Times 11



CLASPS TO CANADIAN FORCES Decorations:
Front Row: Capt. A. Jones, L. Col. Montgomery, Capt. A. E. Wilson. Rear Row: Sgt. Leblanc, WO

Maw, MCpl. Blois, MCpl. Hull, Cpl. Bourrie, Cpl. Huffman.

407 Photo



WINNERS IN BROOMBALL 407 Squadron techs recently took the North American Van Lines Trophy, an annual award for Intersection Broomball Competition. The winning team consists

of: Frontrow: Cpl. Whillians, Cpl. Dandurand, Cpl. Whelen, Cpl. Chequis, MCpl. Cook. Rear Row: Cpl. Dupont, Cpl. Lafortune, Pte. Lemieux, Cpl. Cuvilier, MCpl. Wood, MCpl. Barron.



CANADIAN FORCES DECORATIONS: (L to R) Capt. Fraser, Cpl. H. J. Robertson, L. Col. Mon-

gomery, Cpl. Whelen, Cpl. Schlamp.

407 photo

ASK ABOUT THE FOREST

A Comox reader, Capt. B.S. Morris, receives our book prize for the following questions:

WHY DO ALDER TREES TEND TO BECOME THE MAJOR TREE GROWTH IN A RECENTLY LOGGED OVER AREA?

Alder is what we call a "pioneer" species. It will only grow where there is plenty of light, little competition from other plants and where the soil is mostly bare. That is why you will often see Alder growing along roadsides. This also explains why Alder frequently takes over an area after it has been cleared, whether through logging or some natural process such as fire or a wind storm.

ONE FREQUENTLY SEES LARGE GROVES OF ALDER THAT HAVE DIED OFF FOR NO APPARENT REASON. WHY?

Alder is relatively short-lived, compared to most B.C. conifers (needle trees) such as Douglas Firs or Western Red Cedar. Depending on such factors as climate, moisture and soil fertility, a stand of Alder will often "die off" by itself after about 100 years or so. This is a natural process.

The sequence of events is usually something like this: Alder will take over a site. Then we will see it gradually choked out by conifers such as Red Cedar or Western Hemlock, which will grow up under the Alder and eventually overtop and out-compete it in the struggle for sunlight, moisture and soil nutrients. This happens because cedar and hemlock will live to an age of several hundred or more years and will grow very rapidly in height for about 150 years. Alder, on the other hand, has usually reached its maximum height at somewhere between the ages of 35 to 50 years.

I can think of only one other reason why a grove of Alder would die. This could happen if the water table rose and drowned the roots. Beavers, for instance, will sometimes build dams and flood an area containing Alder, which they also like to feed on.



SERGEANT DAVE KLASSEN takes time out from making coffee and sandwiches at the Canex snack bar to get presented with the first clasp to his CD. Lieutenant Colonel Jenks does the honours.

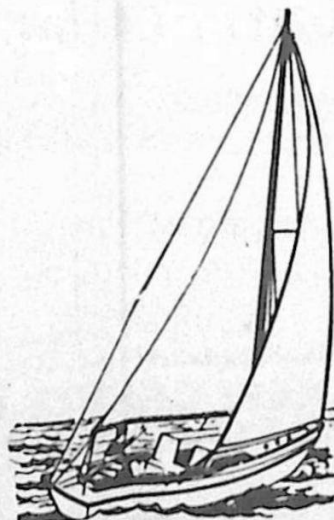
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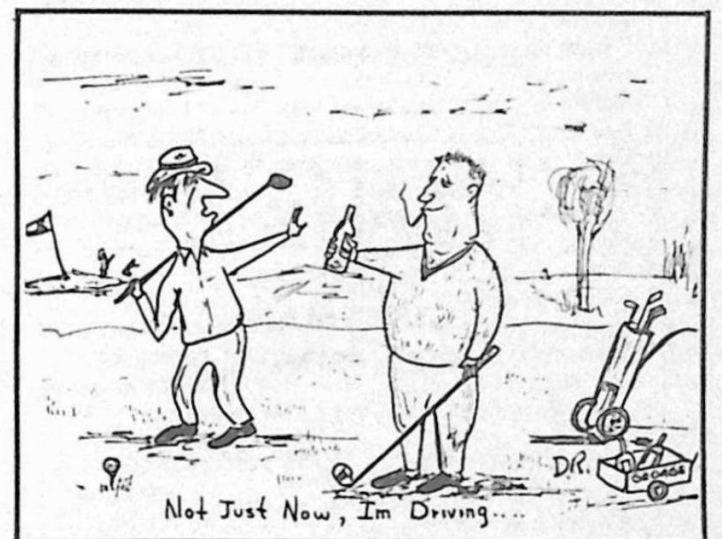
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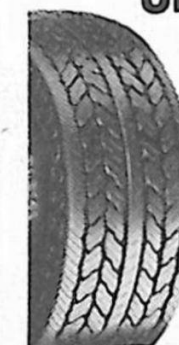
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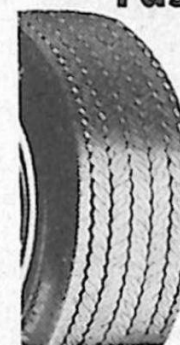
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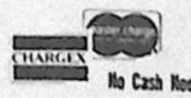
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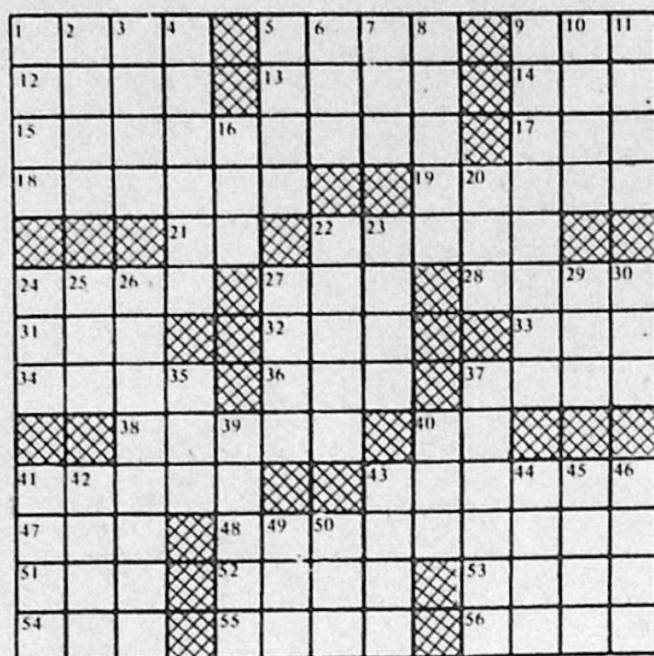
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Fun Page . . .

CROSSWORD PUZZLE 100

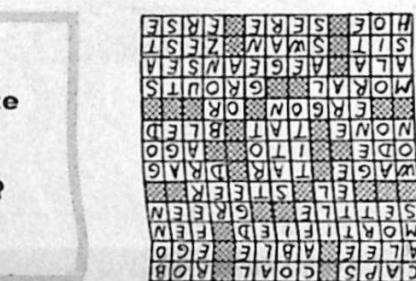


ACROSS

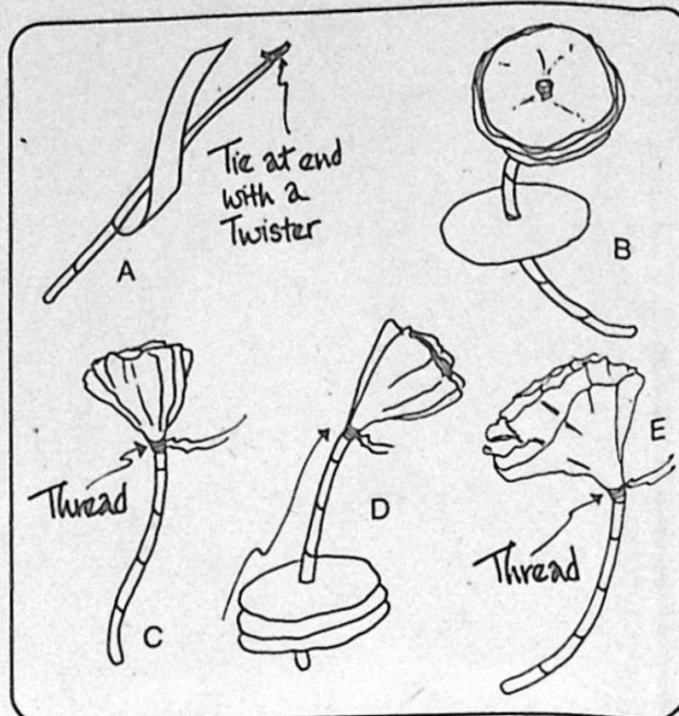
- 1-Headwear
5-Fuel
9-Steal
12-On the sheltered side
13-Capable
14-Personality
15-Humiliated
17-Marsh
18-Decide
19-Color
21-Elevated railway
22-Guide
24-Salary
27-Sailor
28-Haul
31-Lyric poem
32-Japanese name
33-Past
34-Not any
36-Make lace edging
37-Escaped, as gas

DOWN

- 1-Machine parts
2-Medicinal plant
3-Lively
4-Sofa
5-Restaurant
6-Kimono sash
7-Pub specialty
8-Shelflike projection
9-Assignment to another



Would You Like To See More of Chika's Fun Squares?



A NEW TWIST FOR WEDDING FLOWERS

With the annual wedding season almost upon us, friends of both the Bride and Groom are discovering some interesting, inexpensive ways to add to the bright, festive atmosphere of wedding arrangements by making attractive flowers from a versatile household product - the "Glad" garbage bag.

Normally used for less festive occasions, the familiar orange, green and white bags can readily be made to bloom forth as attractive adornment for a "Just Married" car or other to-be-decorated item for that memorable day. What's more, they're weather proof!

The materials used to make the flowers are all found around the home - pipe cleaners, thread or tape, scissors and either "Glad" Garbage Bags (green), Garden Bags (orange) or the White "Kitchen Catcher" bags.

1. To make the flower stem, you simply cut one or two inch strips from a green "Glad" Garbage Bag and wrap these around a pipe cleaner. Secure them at the top with a twist tie. (Diagram A)

2. Then cut 12 uniform circles from orange and/or white "Glad" bags. Circles can be any one size, depending on the size of flower desired. Five or six inches is a good diameter. Crinkle them with your hands for effect.

3. Puncture a small hole in the center of the circles for the stem.

4. Put the bottom of the flower stem through nine of the circles so that the twist-tie top of the pipe cleaner rests above the circles. (Diagram B)

5. Tie the circles with the colour-matched thread or tape around the top of the flower stem. (Diagram C)

6. Put the bottom of the flower stem through the center of the remaining three circles. (Diagram D)

7. Tie these three circles around the existing flower formation and arrange the circles to make it look like an open flower. (Diagram E)

Now your "Glad" flower can be used for everything from decorating the cars of the wedding party to making a bouquet or a table centre-piece. By varying your materials you can have quite a colourful arrangement.

Chika's FUN SQUARE by NORM DREW

UNSCRAMBLE THESE MIXED-UP LETTERS TO FIND SIX NAMES OF PLACES WHICH ARE ASSOCIATED WITH CANADA'S WESTERN-MOST PROVINCE OF BRITISH COLUMBIA.

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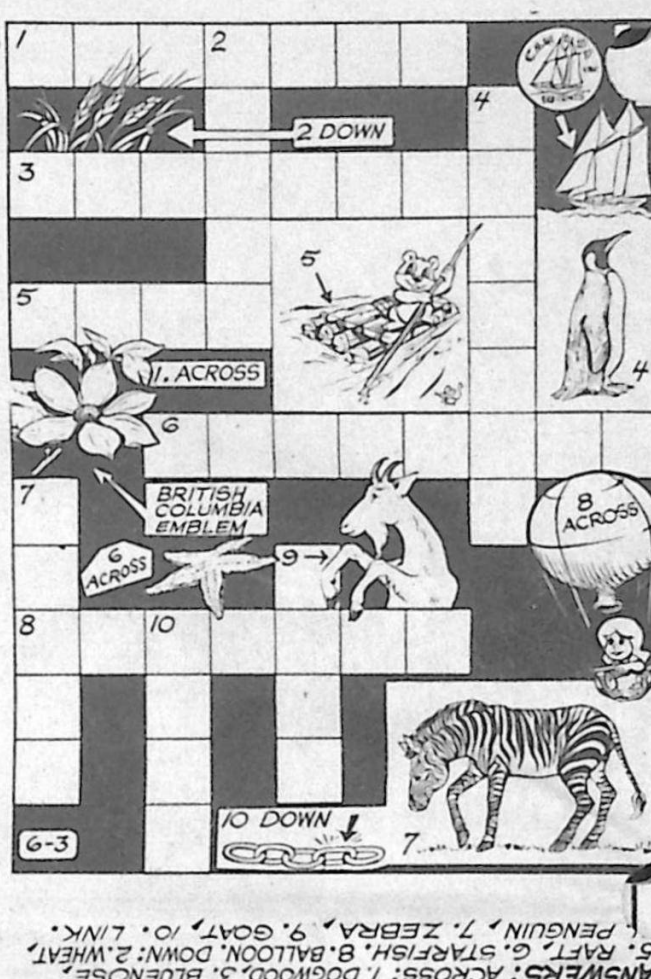
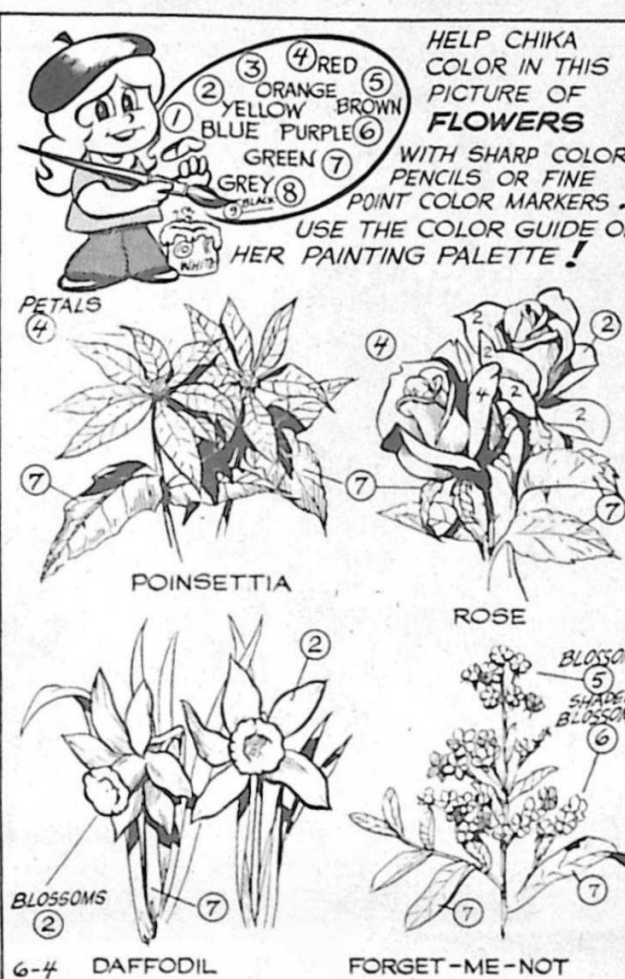
ANSWERS: 1. VANCOUVER ISLAND, 2. OKANAGAN VALLEY, 3. ROCKY MOUNTAINS, 4. PACIFIC OCEAN, 5. VANCOUVER, 6. VICTORIA.

Chika's FUN SQUARE by NORM DREW

CAN YOU FIND FIVE DIFFERENCES IN CHIKA, CHOPPY AND CHIPS' REFLECTION IN THE CALM LAKE? AFTER YOU FIND THEM, COLOR THIS PICTURE!



ANSWERS: 1. CHIPS' HAT PATTERN, 2. CHIPS' TAIL STRIPE MISSING, 3. CHOPPY'S EYEBROWS MISSING, 4. CHIKA'S PADDLE WOODGRAIN MISSING, 5. CHIKA'S FRONT TUNIC FRINGE MISSING.



ANSWERS: ACROSS: 1. DOGWOOD, 3. BLUENOSE, 5. RIFT, 6. STAFFISH, 8. BALDWIN, 9. GOAT, 10. LINK.



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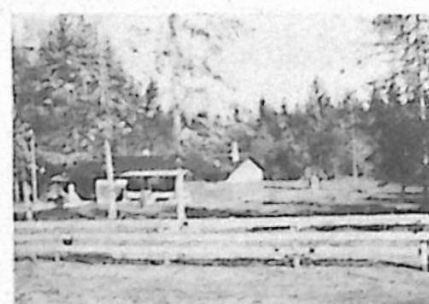
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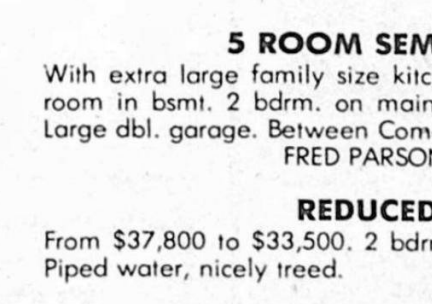
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