



TOTEM TIMES



LATEST OLYMPIC EVENT — POLITICAL BACK PEDALLING

VOL. 18 — NO. 14

CFB COMOX TOTEM TIMES

THURSDAY, JULY 22, 1976



INSURGENT CONTROL TEAM? No, just a number of Demon mechanics sporting their late arriving Spring bonnets. The flowerless chapeaux in yellow and black are the current rage on the

Argus and Tracker flight line. Representing Avionics, Lt Ron Bodnarek; Armament, Capt. Al Wilson; AMCRO, Lt Marc Legault; Servicing, Capt Reid Delong; and, tech adj. CWO Russ Bush.

407 Photo

'Jolly Ol' McNick'

OTTAWA — Col. D.W. McNichol, 48, of High River, Alta., now commander Canadian Forces Base North Bay, Ont., will be promoted BRIGADIER-GENERAL August 15 and appointed deputy commander of 23rd NORAD region, Duluth, Minn., September 1.

He succeeds Brigadier-General A.B.C. Johnson, 52, of Simcoe, Ont., who becomes deputy commander 25th NORAD region, McChord Air Force Base, Washington, U.S.A.

Col. McNichol enrolled in the RCAF in May, 1950, and trained as a pilot.

He was flying instructor before serving with 423 All-Weather Fighter Squadron; as a staff officer at the headquarters of Air Defence Command; 5 Air Division, Vancouver; 4 Allied Tactical Air Forces, Ramstein, Germany; and 1 Air Division, Metz, France.

Col. McNichol previously served as deputy commander at 34 NORAD division, Battle Creek, Michigan, studied at the National Defence College, was base commander at Canadian Forces Base Comox, B.C., and served at Air Defence Command, North Bay, Ont. He has been commander, CFB North Bay, since August, 1975.

Cdn. Airmen Top NATO Meet

OTTAWA (CFP) — Canadian pilots led all phases of the NATO Tactical Weapons Meet in which they participated in mid-May, as part of the 4 Allied Tactical Air Force Team (ATAF), reports from Twenthe, the Netherlands, indicate.

The meet, an annual event involving 2 and 4 ATAF this year, was hosted by the Royal Dutch Air Force.

The Canadians, flying CF-104 Starfighters, are members of 1 Canadian Air Group, part of 4 ATAF, based at Baden-Soellingen, W. Germany. Other members of the winning team came from the German and United States air forces.

The competition was divided in four phases, with a distinctive trophy award for each. 4 ATAF captured the Walker Trophy for the standard phase event, as well as the coveted Broadhurst Trophy, awarded to the team with the highest overall score.

The annual meet is intended to foster a spirit of competition between 2 and 4 ATAF. Though a team from the French air force also was invited to compete this year, the meet is not intended as an international competition.

The Canadian team's success was attributed to their use of a new 2.75 - in. rocket, known as the CRV-7. Developed in Canada, the rocket is described as an extremely-accurate, high-velocity weapon, and is expected to be introduced into the weapons inventory of Canada's NATO air force in the near future.

Total immersion is the best course of action to follow when learning metric.

Thinking In Tens

OTTAWA (CFP) — A dram was a dram, for a' that.

With apologies to Robbie Burns' poetry, the dram—that old, imperial small-weight measure—sometimes a small draught of spirit, will be measured, by 1980, in metric milli-litres.

Also passing into Canadian history, in about four-years' time, will be the fathom, league, mile, pole, troy, ounce, scruple, coal-tub, short-ton, cup, slug, gallon, minim, degree Fahrenheit, and a barrel of other imperial measures that were originated centuries ago.

Replacing them are four common metric units: the metre, to designate length; the kilogram, for mass; the litre, for volume, and the degree Celsius for temperature.

The Consumers' Association of Canada says there is no deadline for conversion to the metric system in Canada, reiterating it is a gradual transition, expected to be substantially complete by 1980.

"Easy Metric," a 24-page section of the association's magazine, Canadian Con-

sumer (April, 1976), explains information on the metric conversion and touches on topics ranging from the kitchen to the highway.

Metric, or SI units (SI units (Système International d'Unités)), provides an international measurement language, and national exports soon will have to be in metric standard to compete in world markets.

And the U.S. government announced last December it is committed to adoption of the metric system, joining more than 100 nations already using the system.

SI measures are based on the decimal system:

kilo means a thousand - e.g. a kilometre (kill-oh-meter) is 1,000 metres;

centi means a hundredth - centimetre is 0.01 of a metre;

milli means a thousandth - a millimetre is 0.001 of a metre.

This makes calculations simple. For example, to change from metres to centimetres, just move the decimal point . . . 1.5 m is 152 cm.

Extensive Search Ended

No Voodoo Found

An extensive search of the sea bottom off Cape Lazo, by side scanning sonar and the submersible Pisces IV was called off late Tuesday after a fruitless look for the CF 101B aircraft which crashed on Monday, July 5.

Major Vern Barker, President of the Investigation Board, said, "Outside expert advice is being sought, based on the data collected, to determine the most feasible method of searching prior to its possible resumption."

All was not without some interesting feedback. The pilot of Pisces IV stated, "a light aircraft which appeared to be a Sea Bee was located by his craft on the silty bottom of the search area." According to the board members, a light aircraft of this type apparently went down with no loss of life approximately 12 years ago.

"Relatively little of anything was found on the mud floor of the Strait of Georgia," according to USN Lieutenant Jack Schaffer of the Esquimalt based Fleet Diving Unit. Jack was in charge of the search operation. He was assisted by NCO's from the Base Aircraft Salvage Crew.

The search commenced on Monday, July 12, with side scan sonar (from CFB

Shearwater) fitted to a YSF vessel from Quadra. WO Naish from the Fleet Diving Unit at Shearwater, was the operator.

The use of video-taped TV

equipment proved ineffective in the 60 - 75 fathom depths 2 - 3 miles off Cape Lazo.

The sonar runs were supported by trisponders which were located at Cape Lazo,

Little River ferry slip and the master set on board the search boat. This triangulation locating system gave a digital readout in meters. The search craft could always pinpoint its location with the use of this equipment.

The submersible which operated off its support vessel Pandora II, was utilized alternately with the side scan sonar (now transferred from the Sea Cadet Support Boat to the Pandora) from Friday, July 16 through to Tuesday night. Because of dangers involved these two systems could not be functioning at the same time. The Pisces IV carried out one major dive (4-6 hrs) per day during this period. As it operated on batteries a long period of recharging was required between dives. However, daylight or darkness did not hinder its movements in the murky depths.

Two other vessels CFAV Endeavour and the tug, Ste. Anthony, plus a heavy-lift floating crane were also in the area to support the search activity in its latter stages.

Capt. Bill St. Jean, a board member, told the Totem Times, "Two of the local military sections deserve a hearty vote of thanks for their outstanding contribution to the search: The Marine Section - for rigging the boat and for ferrying crews to and from the search scene in their crash boats; and, the Base aircraft salvage crew - for rounding up the required equipment and manpower." MWO Bill Riley of the Marine Section and Sgt. Bill Careless NCO i.c. of the aircraft salvage crew, were mentioned in particular. The service people involved put in many hours of overtime during the period of the search.

The Investigation Board members, Major Vern Barker (Pilot, 410 OTS, Bagotville), Captain Bob Gainforth (Pilot, 416 AW (F) Squadron, Chatham), Captain Bill St. Jean (AERE, CFB Bagotville) and Capt. Laing McFadden (Med, CFB Edmonton) said they were very pleased with the co-operation and support they have received here at CFB Comox.

ADG Commander Visits CFB Comox

Major General WH Vincent, Commander of Air Defence Group arrived on Wednesday by T-33 Aircraft for a brief visit to this base.

Today MGen Vincent took part in a military parade where a large number of awards were to be made. Four CDS Commendations, one ST. John's Ambulance Award, two Good Show Awards, two Safe Driver Awards and twenty-three first clasps to the CD were to be presented.

CFB Comox No. 2

CFB Chatham, N.B., was "top dog" with a 99.6 per cent pass rate in the Air Command physical fitness evaluation for period 1 Nov 75 - 1 Jun 76. Comox personnel ranked number two with a 96.1 per cent rate.

The statistics were supplied by AIRCOM headquarters, Winnipeg, Man.

"CFB Comox based service personnel can be justifiably proud of their achievement. However, a first place finish in the next evaluation period is the achievement objective. Why not get out and do your part!"

Glass Wires Pass The Gab At NDHQ

OTTAWA — Some military personnel at National Defence Headquarters in the nation's capital are talking at the speed of light these days, their words flashing through hair-thin glass fibres of an evolutionary communications system — fibre optics.

The system, switched on in June, provides certain key sections of NDHQ with internally "secure", virtually untappable telephone and closed-circuit television communications.

It was designed jointly by military and commercial engineers to overcome limitations in the Canadian Forces' new headquarters building, originally intended to house the Department of Transport.

The multi-towered structure was already five stories high when it was assigned to

the military in 1972, and structural changes to include a "guarded" communications system could not have been made without drastic — and expensive — alterations.

"We had to be able to pass secure closed-circuit television and voice communications," said Major Robert Jenkins, an engineer on staff of the Director of Communications Security at NDHQ.

So, in the summer of 1974, the military's Chief of Research and Development (CRAD) contracted with Bell-Northern Research to adapt existing fibre optics technology, still in the test-bed stage in Canada, into an operational and "secure" communications system for key sections of NDHQ.

They succeeded, and today the Department of National

Defence (DND) owns and operates the first fully operational fibre optics communication system in the country.

Major Jenkins, who worked along with Bell engineers in designing the system, said recently that it was "working very well," and added that in the field of fibre-optical telephone technology, DND "is about two or three years ahead of the industry in Canada".

Fibre optics, also under development in Japan, the United States and Britain, promises to revolutionize today's communications industry as much or more than did the invention of the telephone a century ago.

In a conventional telephone system, sound waves are converted into electrical pulses, which travel along a

copper wire to another phone, where they are converted back to sound waves.

In fibre optics, light speeding along a glass wire replaces the electrical pulse. For security, fibres have enormous advantages over copper wires because they do not "leak" light as wires "leak" electricity, the source of modern-day tapping.

So far NDHQ's attempts to tap its own light-filled lines have failed. Even if they did, interruption of light flow would set off an alarm. Fibres also eliminate cross talk and static that occurs when one telephone wire spills some of its signal into a neighboring line.

NDHQ's system consists of conventional telephones and television monitors linked by a pencil-thin cable containing

six strands of silicon-glass wire. This type of cable has the amazing capacity to carry 120,000 simultaneous transmissions — 20,000 per strand — compared to about a dozen channels on a copper-wire cable of similar size.

In a fibre-optical telephone system, sound waves entering the system are converted into electrical signals, which pass through an encoder. The encoder converts them into electrical pulses that switch on a light-emitting diode (some systems use lasers), interrupting a light beam being sent into the end of a glass fibre.

The light travels along the fibre in a series of pulses, similar to Morse code. At the end of their journey, these light pulses are picked up by a photodetector, which converts

them back into a series of electrical pulses.

These pulses are fed into a decoder for translation into an electrical signal that vibrates a diaphragm in the receiver, not unlike a conventional telephone hook-up, reproducing the voice.

Simple, yes; but the fibre-optical telephone is as far removed from conventional technology as was the telegraph from a fleet-footed Greek messenger.

Major Jenkins and other military personnel have high hopes for the future of their fibre optics system.

For example, the major pointed out, "the fibre cable weighs just 17 pounds per thousand feet," which has the potential to get "rid of a truck carrying spools of wire."

Protect Your Noggin — Wear A Bump Hat!

Section News



THE CHAMPAGNE FLIGHT - "It's all over now, there is nothing that time won't erase." After 9200 hours up amongst the clouds during his service career, Warrant Officer John Fox received a glass of "bubbly" in recognition of his last flight on the Argus, from Major Garnet. Other members of the flight crew lick their lips in anticipation.

John joined the RCAF in May 1946, as an AE Tech. In 1960, he made the change to Flight Engineer. He has served on numerous "jammy" stations during his span of career: Ottawa, Odiam, North Luffenham, Sea Island, Greenwood and Comox.

John is now off to Lymington Hampshire where he'll pick up the 31 ft Eria for commencement of a sea voyage via the Canary's, West Indies, Panama Canal and Comox (via Hawaii)

407 Photo

Demon Doins

Since we last went to print we have had some promotions. Although we are a bit slow in getting out our congratulations we sure are glad for the troops and wish them well in the future.

Our USN exchange pilot Don McArthur has picked up another link for his anchor chain making him a "Lootenant" Commander just about the same time as he became captain of crew 3.

Four other 407 stalwarts have moved from Sgt to WO, Reg Lipsack, Bob Car-scadden, Ray Wach and Paul Peacey. Paul leaves shortly for helicopter land and Ray Wach takes his place as lead observer on crew 4. Moving up to Sgt are Bob Delorme, Herb

Lightfoot and Tom Banyard. Des Richmond has become a master warrant officer and last but not least is Eric Matheson achieving master corporal. Well done chaps and I hope I haven't missed any one.

On the home front WO John Fox has retired and was met with champagne upon landing from his last flight. I have it from reliable sources that there were a few sore heads as a result. Congratulations John on your many years of service and have a happy retirement.

Capt Ed Goski is off for training duties on the buffalo squadron and CWO Gord Way has left to be career mangler for the observers and FEs. Capt Al Jones follows Capt

Sandy Fraser into the woodwork in Ottawa. Rob Irving recently promoted to Capt leaves shortly for ASC in Winnipeg and Capt Doug MacKean returns to the fold for a tour in Ops. Maj Frank Vanderpry, Capt Terry Small and Capt Jim Slater have all checked in prior to their navy training at MOAT as has Capt Bob Eby representing the pilots side of the house. CWO Frank Zruna is loose amongst us and will be observing on a crew prior to taking up duties as chief observer. Capt John Stevens is still in ops and loving every minute of it. Keep up the good work John.

We will have had a base parade and an officers mess

dinner by the time this hits the news stands and from my front line vantage point the footwork is lovely to behold. It's called the side step and soft shoe shuffle with original lines like "I'm going on clearances" or "Jeez, I haven't been on parade for years" or "I don't understand all this new drill etc. etc. Boy am I ever glad that I get to make up the list.

Crews 5 and 6 are straggling back from leave all rested, keen and eager while crews 2 and 3 are just starting their yearly stint. Good luck on the weather guys. I overheard one chap the other day repeat a line his wife had said mind you this was before our three sunny days in a row. She said "Gee honey it must be summer, the rain is getting warmer".

Well sun lovers see you next copy.

407 Tech Ramblings

Deadline time is here again and the Chief is on our back for some news from ASW Labs. We thought no news was good news but he doesn't agree, so here we go.

In the posting department, Wayne Roberts got away this week, and is looking forward to his tour with 413 Sqn. at CFB Summerside. Best of luck during your second tour on the million acre farm Wayne.

Sandy Sams is nearing the end of a long and eventful Comox tour, and we all join in

wishing him all the best at his chosen location, CFB Shearwater (They say those new DDH's aren't too bad at all Sandy, almost all the comforts of home.)

The first couple of days viewing the Olympic Games didn't reveal any of our stalwarts, namely Pte's Lavoie, Brand and Forget, doing their thing, but no doubt they are behind the scenes carrying out very important duties.

This week Fred Nelid is carrying the RTT colours to

the "land of the foot long egg-roll", not to mention the foot-long mosquito (Yellowknife). He will present a full report of his activities on his return no doubt.

Jerry Cook and Guy Lebreque have been seen in the company of Al Tomlinson lately, as they attempt to add further refinements to the Argus already sophisticated systems. Word has it that they are trying to build a box that goes "beep".

Sam Dunn has been doing his bit over at ASCAC lately, trying to unsmarl the 300 switch monster. Several WO's and Captains were seen in the area with rather dazed expressions on their faces, so Sam must be succeeding.

No doubt you've heard Al Tomlinson threatening to throw away his rod and reel lately. He had his mind made up recently when something as yet unidentified took it away from him out on the chuck. He last saw his outfit heading in the general direction of Prince Rupert at a conservative 18 knots. Talk about the big one that got away!



"OL' FIRE AN BRIMSTONE" (Bob Shawcross to the uninitiated) leaves the T & R pulpit for the trade school at Camp Borden this summer. An avid squadron supporter and gifted wielder of the mighty pen (printer's ink flows through his veins), Big Bob's efforts will be missed by many.

C to C

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Air Cadets Train At Nanaimo

Sixty Royal Canadian Air Cadets from squadrons throughout British Columbia arrived at Cassidy Airport near Nanaimo Saturday (July 3) for summer camp activities.

The cadets, both boys and girls, are to participate in gliding instruction and in two-week courses devoted to air studies and in learning to cope with nature.

The overall camp is commanded by Lieutenant-Colonel John M. Sorefleet of Vancouver. Major George W. Webber of Edmonton will direct the gliding course and Major J.W. Quarnstrom of Nanaimo will be in charge of the three air study and bush camp courses.

The gliding course, for students between the ages of 16 and 18, will culminate in a graduation ceremony and banquet about mid-August. Through the efforts of sponsoring committees and the Air Cadet League of Canada the course will use seven gliders and three

Cessna L-19 tow aircraft. The outdoor camp, for the first time, will be conducted on land leased from Crown Zellerbach located along the Nanaimo River about 13 miles from Cassidy Airport.

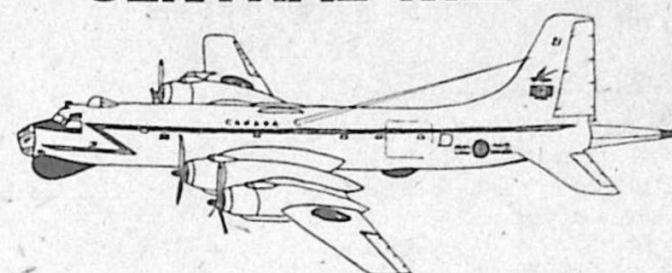
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"KRAZEY KAPTAIN" - Were our suspicions correct all along? Dave Wrenn, Argus aircraft pilot, get the royal treatment from his MP during a recent disaster simulation exercise. Base Photo

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CANADIAN FORCES SUPPORT OLYMPIC GAMES - Master Corporal David Hjalmarson discusses some work with secretary Francine Gelinas. MCpl Hjalmarson is assistant manager of the special telecommunications system set up by the Canadian Forces at the Olympic Velodrome in Montreal, to assist the organizers of the Summer Olympics. Temporarily detached from 407 Squadron, CFB Comox, MCpl Hjalmarson is the son of Mr. and Mrs. F.J. Hjalmarson, RR No. 1, Hillbank Rd., Cowichan Station. Seven thousand Canadian Forces military specialists are providing technical and non-security support to the Olympics, while another 9,000 are involved in security operations. He is one of six Observers from the Demon Squadron. CFB Comox has 100 personnel participating.

CANADIAN FORCES PHOTO

Military Photo Entries Invited

OTTAWA (CFP) - A military category has been added to a list of subject fields in the photo contest of the annual Western Fair in London, Ont., scheduled for September.

The new category consists of two classifications, color slides and black and white prints. The contest is open to professional and amateur photographers, military or civilian.

Prints of any size, color or black and white, may be entered in the print category. They must however be mounted on 16 by 20 inch board and all work must reflect a readily identifiable aspect of the Canadian Forces.

The Canadian Forces Recruiting Center, London, Ont., is donating a special trophy for the military category. The overall winner's name will be engraved on the trophy each year and, along with his or her photo, will comprise a permanent display at the London Recruiting Center.

The Western Fair also will award three prizes of \$20.00 to the three top entries in each of the two military sections.

Provided they enter at least three other categories, competitors may also vie for the Special Achievement Trophy, awarded to the contest's best all-round photographer.

Other categories, both black and white and color print, include pictorial, human interest, portrait, architectural study, abstract and nature study.

Further information, entry forms and instructions are available by writing to: Western Fair Contest, P.O. Box 4550, Station "C", London, Ont. N5W 5K3.

Mushroom Mutterings

And now, the latest fertilizer from the Fungus Farm floor.

Ace Riggers, Gavin MacLean and Ross Lamb are back after vacationing down south with their families. Gavin looks a little grim lately, and when questioned about it, said that while down in California, some smart-alecky kid sauntered up to him and declared, "The Fonz is a nurd!" It really blew the wind out of his sails.

The postings continue to pour in: Ross Lamb to 450 Squadron, Edmonton; Grey Jackson and Syd Robinson both to Shearwater; and Gord Theobald to Summerside. Seems like the O' Puzzle Palace dartboard is performing as expected, when you consider that old Grey Fox asked for Edmonton, Cold Lake or Moose Jaw on his Preference Posting Form.

The latest buzz in the canteen is over the new servicing shifts, now that all trades are going back to "seven-and-three, seven-and-four". Not to worry though, by the time everyone has figured out who works for whom, with whom, why, where, and when, we'll all be back in blue uniforms.

For a closing piece of gibberish, 442's Happy Homewrecker, Fanny Fungus recalls that she once asked her late husband if he really loved her cooking, to which he replied, "Fanny, your cooking literally sets my heart on fire!"

Don't forget the annual Fungus Beach Bash at Air

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William Tell Set This Fall

COLORADO SPRINGS - The U.S. Air Force announces the Bicentennial worldwide weapons competition Oct. 31 through Nov. 21 at Tyndall Air Force Base, Panama City, Fla. Dubbed, "William Tell '76," the event is sponsored by the Aerospace Defense Command.

Competing teams will represent units stationed in five countries and eight states and all U.S. Air Force major commands with an air defense mission plus the Canadian forces.

Aircraft will fly the three front-line fighter-interceptor aircraft of the U.S. and Canada. They are the F-106 Delta Dart, the F-4 Phantom and the F-101 Voodoo with its Canadian counterpart, the F-101. The F-4 will be making its first William Tell appearance.

Purpose of the meet is to demonstrate the capabilities of fighter-interceptor weapons systems and evaluate air-to-air weapons. Additionally, the event will



WINNING DESIGN - Staff Sergeant Sheila V. Boyd of the Massachusetts Air National Guard submitted the winning design for the William Tell '76 patch. More than 200 submissions were received by Headquarters Aerospace Defense Command from members of all commands participating in the Air Force's weapons competition scheduled Oct. 31 through Nov. 21 at Tyndall AFB, Fla. SSgt. Boyd is assigned to Headquarters 102nd Fighter Interceptor Group, Otis Air National Guard Base, Mass.

commemorate the U.S. Bicentennial and foster public understanding of the role of worldwide air defense forces.

Seven of the twelve teams are from the active duty U.S. Air Force, four from the Air National Guard and one from Canada.

Air Force commands represented this year will be the Aerospace Defense Command, Tactical Air Command, Pacific Air Forces, U.S. Air Forces in Europe and the Alaskan Air Command. Also, the Air National Guard, Air Forces Iceland and the Canadian Forces Air Defence Group will send teams.

Teams flying F-106 will be the 49th Fighter Interceptor Squadron, Griffiss AFB, N.Y.; the 87th Fighter Interceptor Squadron, K.I. Sawyer AFB, Mich.; 120th Fighter Interceptor Group (ANG), Great Falls Airport, Mont.; and the 125th Fighter

Interceptor Group (ANG), Jacksonville Airport, Fla.

In the F-4 Phantom will be teams of the 3rd Tactical Fighter Wing, Clark AB, Philippines; 4th Tactical Fighter Wing, Seymour Johnson AFB, N.C.; 43rd Tactical Fighter Squadron, Elmendorf AFB, Alaska; 57th Fighter Interceptor Squadron, Keflavik Naval Air Station, Iceland; and a team to be selected from one of the U.S. Air Forces in Europe Wings with an air defense role.

The CF-F-101 teams will be the 142nd Fighter Interceptor Group (ANG), Portland Airport, Ore.; 147th Fighter Interceptor Group (ANG), Ellington AFB, Tex.; and the Canadian Forces Air Defence Group.

Crews of the 17th Defense Systems Evaluation Squadron, Malmstrom AFB, Mont., flying EB-57 Canberra aircraft, will provide elec-

tronic countermeasures "targets" for the competing teams. Also, air-to-air missiles and rockets will be fired at airborne targets - the Firebee drones - on the Air Force Test Range over the Gulf of Mexico.

Each competing team will be composed of about 40 airmen, including aircrews, weapons controllers and maintenance crews. Points for each crew will be included in the overall team score.

If the aircraft does not meet its takeoff time or if an airborne malfunction occurs, scoring points are lost.

A winner will be determined in each of the three different aircraft categories. Top team and individual performers will be recognized.

Did You Know?

That only two German fighters appeared over the Allied Invasion fleet on D-Day 6 June, 1944. They were Fw190A-7s of JG 26 "Schlageter" piloted by Josef "Pips" Priller and his wingman.

The last two F-86 Sabres flown operationally by the RCAF made a flying tour of many of the Bases across Canada during December of 1968.

That the first CS2F (now CP-121) Tracker was delivered to the Royal Canadian Navy at Downsview, Ontario, on 12 October, 1956.

That Prime Minister Winston Churchill flew into France for his first visit to the Allied troops after D-Day in a German aircraft, a captured Fiesler Storch flown by AvM H. Broadhurst.

That the Canadian National Aeronautical Collection in Ottawa totals 92 different aircraft.

Comox Teen Town held a Disco-Dance night July 3 at the Rec. Centre. Approximately 108 local teens attended the event which was such a success that similar events are being planned for the future.

Recruit Acts Fast

OTTAWA - Leadership at the scene of a serious accident at Canadian Forces Base Cornwallis, N.S., last April 11 has earned Private David L. Boutilier, 23, of Bathurst, N.B., a commendation from General J.A. Dextraze, chief of the defence staff.

A new entry at the recruit school at the time, Pte. Boutilier organized and supervised first aid treatment for a fellow recruit who was seriously injured after he lost his balance while replacing part of a school building's suspended ceiling on the base.

As the victim faltered, he dislodged a metal rail which fell with him and pierced his chest.

Pte. Boutilier immediately instructed and supervised other recruits in applying first aid, acquired a first aid kit and other resources, and assisted on the arrival of an ambulance and during its trip to hospital at Digby, N.S., 10 miles away.

Lieutenant-Colonel E.N. Allen, recruit school commandant, reporting on the incident, said Pte. Boutilier displayed initiative in his assessment of the situation and leadership qualities "considerably above those normally expected of a recruit."

"His presence of mind and efficient handling of the patient... had a steady effect on both the patient and his peers and prevented the situation from becoming much more serious than it was."

Pte. Boutilier had been in recruit school about a week at the time of the accident.

On completion of recruit

training, Pte. Boutilier will be posted to the Canadian Forces School of Administration and Logistics, CFB Borden, Ont., for trades training.

Chief of the defence staff commendations are awarded to members of the Canadian Forces who, beyond the call of normal duty, perform a duty or an action worthy of commendation.

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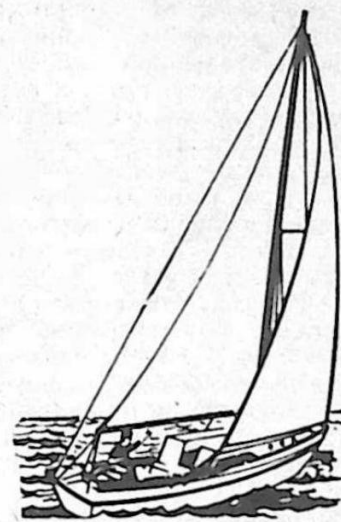
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EDITORIAL

From The Fur-Lined Foxhole

Despite all the forebodings and cynicism the Montreal Olympics have commenced in a blaze of glory. Amid all the pageantry, tradition, flag waving, and the excitement of the Games themselves, it will be easy to forget the troubles that have plagued this great event.

Hopefully, they will proceed without further incident.

In retrospect, it appears that the whole idea of the Olympics has gone completely out of control. Each four years another city is granted the privilege of holding the Games. Too often this simply turns into an attempt to outdo the previous city as far as facilities are concerned. In an era of high inflation such competition can be financially ruinous. Every fourth year great stadiums, pools, etc are built with little regard for their future use. Quite simply, the Olympics have become too big for single cities to finance. If the Games are to continue as they are then they should be awarded to nations. In this way, grandiose plans such as those of Mayor Drapeau would give way to those of a higher national authority, better able to finance such plans. This however is no comfort for Canadians, for, make no mistake about it, we will all pay for the Olympic deficit one way or another. Just let the dust settle for a year or so.

An alternate suggestion would be to award the Games in perpetuity to an appropriate city in Greece. World nations could be assessed appropriate sums to pay for permanent facilities to be built and run by the IOC. In this manner, the Games would return to their ancient home and the potentially ruinous financial competition between the worlds great cities would cease. A return to financial sanity would help refute current charges that the Olympics are simply an "elitist system" paid for by the many. For the Olympics to cease or be cancelled (as nearly

happened this year) would be a loss for all mankind.

I cannot have much sympathy for those who complain about the intrusion of politics into the supposedly non-political Olympic arena. It is unfortunate but true to say that the Olympics have always been subject to political pressures and interference; witness the expulsion of South Africa and Rhodesia by reason of their internal policies. It could be that, with the Olympics in Canada for the first time, the controversies seem larger simply because we are more involved than ever. This in no way, however, excuses the Canadian Government's interference in the recent Taiwan - Republic of China dispute. I find it incredible that we would purposefully set out to create such a damaging precedent. As I understand it we gave our solemn word to accept IOC rules - to quote the Vancouver Sun (Saturday 17 July 76): "Otherwise the Games would not have come to this country." To charge that Taiwan was masquerading as China is simply silly. We know that the Peoples Republic of China is not competing and that it was the IOC accredited delegation from Nationalist China-Formosa-Taiwan that was to compete. Our Government has made its point, but to what purpose was this farce staged. I shudder to think how the Soviet Union will use this sad precedent prior to the 1980 Olympics in Moscow.

As far as Canada is concerned the Olympic Games were born in controversy, lurched from one crisis to another, and just barely made the deadline. Arguments regarding the payments of the deficit will plague us for years.

It has been a chastising experience. Our perception of ourselves and our abilities must now certainly change. We are less competent than we once were. Indeed, we nearly blew the whole thing. Oh well, back to the foxhole!

"Scary Stuff"

"Scary Stuff", that's what a youngster who is a friend of mine, calls doomsday predictions about the end of the world, failure of the world's food supply, destruction of atmosphere or pollution of all the waters of the world.

Such reports are indeed scary stuff, but somehow they are too extreme to be considered entirely credible. On the other hand, some information and some trends, scary stuff right in our own back yard are little noticed.

The other day the Financial Post had an informational editorial based on what appears to be sound information which is extremely important to all of us Canadians.

It suggested that a number of businesses, especially in the more sophisticated areas of manufacturing, are giving clear warning of a possible trend which may develop unless there is a very substantial change in the Canadian economic scene.

One large Canadian company, appearing before the Bryce Commission, said: "Canadians are being paid more to work less effectively than their counterparts in the U.S. If the current erosion of the Canadian competitive position by high wage rates and low productivity continues, the nation may be faced with the ultimate irony of Canadian companies establishing plants in the U.S. so that they may compete in the Canadian Market".

And apparently this company has five similar plants on each side of the Canada U.S. border. On average they pay \$1.85 an hour more in Canada.

A large Canadian textile company

recently told its shareholders that it has provided its Canadian employees with more benefits than their counterparts in any other country in the world. Last year that company bought a major U.S. plant and commented: "As our plants reach obsolescence they are not being replaced here in Canada".

Another semi-autonomous Canadian company is shrinking its Canadian interest and turning more to its U.S. parent, particularly in research and new products. The president of that company has apparently stated that the economic climate in Canada isn't just right for bringing in new products. The reasons, again, high wage rates, lagging productivity growth, indifferent profits and a growing government presence in business.

If these indications are significant indicators of a trend, then it becomes important to businessmen, politicians and trade unions to have a look at our economy. Obviously Canada must offer an attractive home for business.

For many years we did that, but over the last decade the Financial Post suggests the unions have asked too much, management has given in too easily and governments have actively encouraged expectations that are too high.

Let's hope that we have not begun to reap the bitter fruit of very bad economic farming. Reports of this kind are scary stuff, as scary as predictions of world - wide cataclysms, but more realistic -- and a lot closer to home.

(Vancouver Board of Trade)

CF Newspapers We Love To Get Them

As echoed from the Editorial Page of the Gagetown GAZETTE: "Our favourite items in the mail bag are the newspapers we receive from other bases. They not only keep us up to date on what's going on in such far flung places as Comox and Shilo, but also are a source for many articles of interest to the general military public."

The editor of the Totem Times peruses the numerous military newspapers that he receives from across the country. He then forwards them to the Base Commander for his information prior to sending them off to the Base Library.

The major problem out here on Vancouver Island is that it takes so long to get the newspapers through Canada's mailing system. Listed below are the Canadian Forces Military newspapers regularly received by the editor of the Totem Times, with an example of the date of publication and the time of receipt at CFB Comox.

Holburg The Sea Gull Courier, July 8, July 12.
Cornwallis Ensign, May 12, July 5
Greenwood Argus, June 9, July 5
Borden Citizen, June 23 & 30, July 5.
Bagotville Phare Beacon, June 10, July 7
Chatham Chatair, May 26, July 5
Calgary RoundUp, June 17, July 5
Halifax Trident, June 18, July 5.
Gagetown Gazette, May 26, July 5.
Petawawa Base Post, June 23, July 5.
Trenton Contact, June 9, July 7
Saint Jean L'Aladin, June 29, July 9.
North Bay Shield, May 26, July 12.
Cold Lake Courier, June 16, July 12.
Esquimalt Lookout, July 15, July 19.
Masset The Eagle, July 9, July 19.
Edmonton Sealander, ?(Not received to press time).
Ottawa Falcon, June 17, July 20.
Summerside Gulf Wings June 15, July 5.

For anyone interested in seeing what the prices of real estate and groceries are like in other parts of Canada, please feel free to drop into the Base Library for a look at what goes on in Oromocto, Esquimalt, Summerside, Cornwallis and Bagotville (to name a few).



The Demon Squadron Continues To Impress Local Residents With Pre-flight Run Ups

Fur-lined Foxhole

Uncarthed

Sometimes controversial, sometimes laced with emotion, "From The Fur-lined Foxhole" has been a major feature of the Totem Times for a number of years. It is the serviceman's point of view regarding things happening around him.

The copy material always arrived prior to the publication date. Based on its contents, it was not always published in its original form; however, the editor could always rely on the phantom writer.

A cloak of secrecy shrouded his name. This was done with a purpose in mind. By not being known as the pusher of the fur-lined foxhole quill, he was able to obtain a more unbiased feedback.

Well, today is the day! The secret is out!

Captain Al Jones, a navigator from 407 Squadron, currently wields the mighty pen from the battle scarred trench. He took over the scribe's task from Captain John Bennett in the summer of 1975.

Al has been at CFB Comox for approximately five years and all this time with the Demon Squadron. His identity is being disclosed as he is being posted to NDHQ, Ottawa this summer.

Al has done a fine job from the "furlined pit". Has he approached you to take over the weighty pen and secret cloak?

Letter To Editor

Ferry Facts

Dear Mr. Editor:

The basic facts about B.C. Ferries need restating. Unless we keep them in mind we are bound to reach different conclusions.

One of the basic facts is this: it costs \$15.00 to transport a car, by ferry, across the Strait of Georgia. The old fare used to be \$5.00. Now it is \$10.00. The B.C. taxpayer therefore picks up part of a tab for every automobile moving on B.C. Ferries. That tab is \$5.00 a car. And, in distance terms, it works out to about 20 cents a mile.

Fact number two is that the total subsidy to B.C. Ferries in 1976 will be upwards of \$25 million. Twenty-five million dollars is enough to pay all of the interest and upkeep charges necessary to build and maintain a two-lane Trans Canada standard highway from Kamloops to Vancouver.

It is obvious from facts One and Two that everyone who uses B.C. Ferries to transport

their car, truck or trailer to and from Vancouver Island is getting assistance from taxpayers in the rest of the Province. It is obvious, also, that Vancouver Island has the equivalent of a first-class highway connection with the Mainland. Far from being discriminated against, they are getting first-class treatment.

And who would want it otherwise?

Yours sincerely,
Jack Davis,
Minister.

OUT OF THE (F) RYING PAN INTO CELSIUS

The national taste for "chips with everything" is proving to be something of a fire hazard. Certainly the number of fires started by the ignition of cooking fat or oil is

B.C. Fitness Workshops Results

The composite results of the Action B.C. Fitness testing recently carried out on 50 individuals have been received by the Upper Island Health Unit. Of the 50 tested (31 females, 19 males) 12 individuals achieved the recommended fitness level (5 females, 7 males) and 38 achieved the minimum fitness level (26 females and 12 males). None was graded at the undesirable fitness level.

Action B.C. statistics indicate that the most unfit group in the Canadian population are females 20 - 29 years, followed by females 15 - 19 and then males 40 - 49. Such statistics are a cause for concern when considering that females 15 - 29 years of

age constitute the majority of those females bearing children and yet those physically out of shape.

The UNESCO recommendations on physical fitness consider that 30 per cent of school education time should be a minimum allotment for physical activity promoting fitness at children's particular growth and development age. However, schools in B.C. have an average of only 6 per cent physical activity time in school curriculum.

Approximately 20 per cent of all Canadians fall into the Recommended Personal Fitness Level with 60 per cent in the Minimal Personal Fitness level.

One factor which relates to the higher than average status of those participating in the local test is that Courtenay residents aren't as restricted to a sedentary lifestyle as those in large urban centres such as Vancouver. More walking is probably the highest contributive factor raising the fitness level.

The Health Unit continues to encourage people to exercise more, drive their car less, smoke tobacco less and eat less to maintain a healthy body tone. Participation in community organized, individual recreation or any exercise can help a person feel and look better, cope with stress better and reduce mental and physical fatigue.

Firing Away

on the increase, especially in the home. While the preparation of chips - or other fried foods - should not normally present a hazard, it seems that all too often the fat or oil in the pan is allowed to over-heat beyond the maximum recommended cooking temperature of 205 degrees C; as soon as the temperature gets up to 310 degrees C, there is immediate danger of fire.

PROPERTIES OF COOKING FATS AND OILS.

There is little difference in the fire properties of cooking fats. The flash-points of the more common ones lie within the range 225-300 degrees C. The spontaneous ignition temperatures and fire points lie within the range 310 - 360 degrees C; these are not much altered by use. A recent report has stated that if they are never heated above 230 degrees C, cooking oils and fats never discolour and will have an indefinite life.

It has been reported that a faint haze will rise from cooking oil or fat when a

temperature of 205 degrees C is reached. But a recent report states that in Tests conducted on samples of cooking oil and fat, the first clearly-discernible haze was not produced until the oil or fat was at least 25 degrees C above the maximum recommended cooking temperature.

HOW THE FIRES START.

There are two main ways in which these fires start.

1. Overheating. In commercial or industrial kitchens, fires arising from overheating and spontaneous ignition of cooking oils and fats usually occur because the thermostat fails after a fryer has been left unattended. In the home, ignition often occurs when the person leaves the kitchen after placing the cooking utensil on the stove to heat.

2. Spillage on to a Hot Surface. When damp chips are put into cooking fat at or near the maximum recommended cooking temperature (205 degrees C), the moisture quickly turns to steam, ex-

panding greatly in the process and causing immediate and violent frothing. When this happens in the home and fat spills over and is ignited, the flames are unlikely to cause ignition of the pan contents, providing the fat in the pan is at ordinary cooking temperature. Consequently, as long as no combustible material is nearby, the should burn itself out without causing much, if any, damage. To avoid this risk, however, it is advisable to drain off excess water from chips and dry them before putting them into the fat or oil. If they are slightly damp, they should be put in a few at a time to reduce the risk.

ACTION IN EVENT OF FIRE

IF THE GREASE IN A POT OR PAN CATCHES FIRE:

- TURN OFF HEAT.
- SMOTHER FLAME BY COVERING PAN WITH SUITABLE LID WHICH MUST ALWAYS BE READILY AVAILABLE.
- WATCH OUT FOR YOURSELF OR CLOTHING.

Free Trade Isn't Free

By KENNETH McDONALD

Ottawa is considering a reduction of tariffs for European Economic Community (EEC) products in exchange for EEC buying some semi-finished raw materials from Canada. From a Canadian manufacturing standpoint, semi-finished is better than unfinished, but tariff reductions are against Canada's interests.

There is nothing free about free trade. When tariff barriers are removed they are replaced by other barriers. In Japan, for example, if telephone equipment is found to contain a single foreign component, government inspectors will find a reason for rejecting it.

Economists who claim that eliminating tariff barriers would "open enormous markets" for Canada are dreaming. Enterprising Canadian-owned businesses have already set up operations in the U.S. to exploit that market. A list of the advantages they get by doing so brings home to us the self-inflicted

disadvantages we suffer in Canada.

The list: loans up to 100 per cent of requirements at 8 per cent interest, government guaranteed; lower wage and tax costs; easier climate; lower transportation costs because of shorter distances and cheaper fuel; lower living costs; lower inflation; and more highly-trained and productive labour.

If the present tariffs were removed, there would be a stampede south. However, a poll of Canadian Federation of Independent Business membership in May, 1975, showed opinion to be divided - 43.9 per cent in favour of free trade and 50.4 per cent against. Many naturally think in terms of importing cheaper consumer goods and machinery.

But those imports would be at the expense of domestic manufacturing. The trade deficit - \$9.8 billion in 1975 and rising higher

in 1976 - would increase dramatically. The Canadian dollar would fall to 85 cents U.S. and imports would become higher-priced - the same effect as a tariff creates.

This emphasizes the fundamental weakness of Canada's economy. Not only do we suffer the disadvantages listed above, but we are compounding them by selling off our irreplaceable raw materials.

As a nation we're like a farmer selling off bits of the farm to stay alive, or a ship's captain tearing up the decks to feed the boilers.

The solution for Canada is to concentrate on building a more highly-skilled labour force and strengthening domestic enterprises. Though moves toward freer trade may be a worthwhile objective eventually, they must be postponed until we have proven our ability to compete internationally from a solid domestic base.



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Assistant Editor: Gord Kruger (308)
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... Of The Great Outdoors



Morrison Creek, The Way We Would Like To See It (In Winter, Of Course)



MORRISON CREEK POLLUTION



EXTERIOR SHOT OF the Courtenay Fish & Game Club House. The main parking lot has been paved since this photograph was taken.

The Courtenay & District Fish & Game Protective Association

The objects of the Society are: to conserve and urge wise use of our natural resources which include stable soil, unpolluted waters, perpetual forests, vegetation, fish, wildlife, scenic and recreational reservations; to improve and restore fish and game and their habitat; to study local resource conditions and to co-operate with the proper authorities in securing conservation plans and measures for betterment to the benefit of all the community; to support sound conservation and to oppose anti-conservation legislation; to promote good sportsmanship afield, and to conduct ourselves so as to be a good example of safe sportsmanship; to respect the property rights of others; to pass on to our heirs the joys and privileges of a better outdoors. To affiliate and work with similar organizations. To affiliate with the Vancouver Island and B.C. Wildlife Federation.

This article is being presented in the hope that it will broaden the understanding of area residents to the aims and aspirations of the members of the Courtenay Fish & Game Club.

Contrary to public opinion in a wide area of B.C., we are not an organization of killers with the sole purpose of shooting anything that moves, we have been involved in the enactment of legislation for the protection of game species. As an example it was our club that introduced and was instrumental in having passed the "Bucks only area" in this district (M.A. 6) for blacktail deer.

We are also engaged in the saving of Coho fry in Felongley Creek on Denman Island. The water level in the creek dropped very rapidly with the result that a large number of Coho fry were trapped in shallow pools in the creek where, with hot sun and water evaporation they would die if not removed to a better area. A group of our members were involved in the netting and transplanting of these fry.

Another of our efforts which has not yet borne fruit, is the rehabilitation of Morrison Creek which flows into the Puntledge River at Puntledge Park in Courtenay. It has been a long and sometimes frustrating pursuit by our members to have gone as far as we have on this one. On approaching the Fisheries and Conservation representatives on this project in January of 1976, we were informed that before we could proceed a detailed survey of the complete creek showing all snags, obstructions and pieces of junk and their locations would have to be completed and forwarded to them before any positive moves could be made. This map was completed in February and passed

on. To this date no positive reply has been received. (see pix).

Discussions are now being held between our club and the Natural Historical Society of the Valley with some hunting closures in the Courtenay Flats area and some areas to be left open, being the prime concerns.

On the first week-end in June our members were involved in a slightly different method of preserving unpolluted waters in our area which saw the construction of two "Privies" at the camping site at Fry Lake north of Campbell River.

Good news from Ottawa and our fisheries minister Romeo LeBlanc is that a salmon hatchery will be built on the Puntledge River in the near future. Although a majority of our club members were against the hatchery and preferred the rehabilitation of the river itself with the use of the spawning beds provided by mother nature we have been informed that some of the upper reaches of the Puntledge and Cruikshank Rivers will be used to bring back the steelhead and salmon along with support from the hatchery.

Our club also sponsors a yearly scholarship for a graduate from high school who is proceeding on to university with the aim of becoming a biologist or conservation officer.

Our ever conscientious instructors have informed me that during the past winter through many hours of instruction, they have passed approx. one hundred adults and juniors through the Conservation Outdoors Recreation Education Program which includes safety in the handling of firearms, survival and first aid, animal and bird recognition as well as ecology

and conservation.

It may appear that our club is all work and no play but this is far from the way it is. Yes, we do have family fishing derbies; we do have a "Coho Cookout"; we do have dances and many other social activities including our annual Fish and Game banquet. We do have trophies for the largest fish taken, and the finest deer rack along with a number of other trophies that any member is eligible to try for.

If you are interested in conservation or any of the other activities mentioned here, as well as a newly formed archery club affiliate, you are welcome to join our club at the small fee of \$10.00 per year. This fee also makes you a member of the B.C. Wildlife Federation, it also includes the use of our 100 yard rifle range and all privileges enjoyed by our membership.

In closing I would also like to mention the fact that we sponsor a Junior Fish and Game Club of thirty members who meet twice a month at our club rooms. They learn the fine arts of fly tying, shotgun shell loading and many other things of interest to the young outdoorsman.

I sincerely hope that this article has cleared up any misconception that you have held in regard to our club.

Waldmanns Hell,
Sincerely
Bush



Next
Totem Times
Deadline
9 Aug.

Bullhead Derby

By ANITA TRESIDDER

All boaters using the Point Holmes Ramp are reminded that the third Sunday in July, the 25th, is the time the Ramp will be closed from 12 noon to 4 p.m.

No "JAWS" but plenty of excitement is expected for the younger set in the low tide waters of Point Holmes from 1:30 - 3:30 that afternoon of July 25th.

That's when the "Free" World Championship Bullhead Derby takes place, put on each year by the Point Holmes Recreation Assn.

TV coverage is expected this year, while Myrtle Vickberg starts things off, and children fourteen years and under will compete for the Gold Cup of World Championship by fishing off the shore to catch the longest Bullhead. Fish will be measured for length by a team of judges especially set up next to the stage where the prizes are to be displayed.

The over-all winner will receive, along with the Championship Cup, a custom-made 14' fibreglass canoe by H & W Fibreglassing on Knight Road.

Second prize will be a bicycle, and there will be many other prizes and give-aways for the runners-up.

Sponsoring the Derby is Nanaimo Realty with donations from all the other businessmen on the Point Holmes Notice Board.

A number of extra hooks and weights will be on hand for those children who lose their own.

Refreshments will be free and St. John's Ambulance will be there to apply First Aid.

The Point Holmes Recreation Assn. and local businesses strive each year to make this a no-expense gala time for the youngsters. The following children whose fun-filled afternoon was high-lighted by becoming World Champions are: Gordon Ellis, Courtenay - 1971; Laura Herman, Courtenay - 1972; Douglas Ruffel, Courtenay - 1973; Jon Foster, Comox - 1974; and Mikal Peterson, Courtenay - 1975.

Below are the rules:

1. All children 14 years and under are eligible.
2. Participants must fish off the beach.
3. Winning children must have proof of age.
4. Road and line may be used.
5. No triple hooks, please. (For your own convenience, remove extra hooks with pliers at home before the Derby).
6. Children must be accompanied by an Adult.
7. Parents or accompanying Adult must not touch rod while fish is being caught.
8. No containers to hold fish allowed.
9. All fish must be alive when presented to the judges.
10. All participants must clear the beach ten minutes before starting time.
11. All persons at their own risk.
12. Decision of appointed judge will be final.

More Troubled Waters

MORE TROUBLED WATERS

Conservation Officer Lawson battles his arch-enemy Oscar McFolsey in this

series of articles explaining regulations affecting B.C. outdoorsmen. Prince George Conservation Officer, Doug Adolph, of the Fish and Wildlife Branch, sheds a humorous light on the sometimes unknown risks taken by those not familiar with the law.

THE STATUTE

Section 33 (2) of the Canada Fisheries Act states that:

"No person shall deposit or permit the deposit of a deleterious substance of any type in water frequented by fish or in any place under any condition where such deleterious substance or any other deleterious substance that results from the deposit of such substances may enter any water."

THE INCIDENT

It was one of those warm sunny July afternoons the Lord had created solely for the purpose of fishin' and relaxin'. After a long and busy week of checking anglers Lawson the local conservation officer, thought he might slip down to Bluewater Creek and wet a line himself.

So it wasn't long before he and Billy were watching heat rise under the noon-hour sun, dreaming of that elusive five-pound trout they'd heard so much about.

Billy was Lawson's ol' pal, a golden retriever who liked to keep an ear to the wind and his thoughts on all the good times they had together huntin' and fishin'. As Billy drowsily contemplated a spider that was passing dangerously close to his left paw, all of a sudden his eye caught what appeared to be duck floating helplessly downstream. Lawson had noticed it too, and just as he got the "etch" out of "fetch" Billy was parting the stream

like a torpedo on the "fire-one" command.

(Before that spider could dig its way out from under Billy's footprint), both Billy and an oil-soaked duck were reporting to Lawson.

Someone, Lawson determined, was allowing oil to be flushed into the stream so he, his dog, Billy, the duck and one spider marched upstream in the direction of the oil flow. The name of Oscar McFolsey kept ringing in Lawson's ear as they rounded the bank towards a cabin on Muskrat Flats. Sure enough, there was Oscar, repairing the engine from his old Studebaker, on the shore of the stream.

Oscar turned to flee in the opposite direction when both the duck and the spider attacked.

While the spider positioned herself behind Oscar with three of her legs out, the drake flew at his chest, thereby neatly and expertly tripping Oscar head over heels into the oily water.

Billy, was next on the scene. He grabbed Oscar by the ankle and by using an inverted dog paddle, managed to haul him onto the bank.

McFolsey was dried out and arrested for allowing deleterious substances to be placed in the stream.

THE ADJUDICATION

The judge asked Oscar to tuck in his shirt as the charge was being read in court. Oscar pleaded guilty to the charge and asked what the big deal was all about, "after all" he said, "what's a little oil in the stream?"

It was soon pointed out to Oscar, that for his information, streams and lakes were the ecological homes for thousands of species of living things. Not only do animals, birds and fish depend on clean

water for their very survival, but so do the many living things that we not so readily see. Insects and microscopic animals and plants must be protected to maintain the food chains and natural balance of nature.

Wastes deposited in lakes and streams destroy the organisms that support life. A lake polluted with sewage wastes promotes the undesired growth of algae, often seen as a green soup-like scum in the water. How many beaches do people avoid in our own area as a result?

Other chemicals deplete the natural oxygen content of water, which inevitably destroys fish and all other oxygen-dependent water organisms. Unwanted weed growth is found wherever pollutants enter the water, particularly in lakes where sewage is uncontrolled. Even a few gallons of engine oil in a stream does overwhelming damage that may not be readily seen, until it is too late. Polluted streams and lakes make it very difficult for one other species of animal to live as well, - MAN.

So don't be an Oscar McFolsey, it just isn't worth it!

Space Was
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— Editor



"One Holer" On Its Way

ANTI POLLUTION WORKERS doing their thing at Fry Lake.

Island Travelogue



A View Of Long Beach

ISLAND TRAVELOGUE By "WESTWING"

The column will be for you, the newcomer at CFB Comox and Vancouver Island. There are many beautiful and interesting spots around the Island, and I hope to help you visit some of them.

This article will cover a trip out to Long Beach and the Pacific Ocean. Bear with me and we'll drive out together.

Before starting out on any trip, ensure that your vehicle is in sound mechanical condition. Having a breakdown around home is bad enough. Away on a trip cannot only be embarrassing, it can be costly. It pays to double-check your tires, brakes and cooling system.

The trip to Long Beach is straight-forward, but is lengthy and can catch you unawares. However, there are many spots along the route that are perfect for a picnic or just to stretch your legs. Take your camera along - the natural beauty of the Island must be captured on film.

You drive south on Island Highway to Qualicum Beach, approximately 36 miles. At Qualicum Beach, you make a

Right Turn onto BC No. 4A toward Port Alberni. Highway 4A is a short cut-off to the main highway across to Ucluelet, Tofino, and Long Beach, BC No. 4. If your trip this far has proved wearisome there is a lovely picnic spot about five miles from the junction. It is the first posted picnic area you come to on your Right. It is well-marked and is away from the road and safe for small ones to run-off steam. Lake Cameron is worth photographing as the colour cannot be described. Before you arrive in Port Alberni, you pass through a small park that is worth stopping to enjoy. It is Cathedral Grove, and you'll understand the name if you take the time to stop, get out, and stroll.

Now that you are rested and back on the road, I'd advise a check of the gas gauge. The road from Port Alberni to Long Beach is 63 miles - each way - and unless you drive through to either Tofino or Ucluelet, you may end up hiking it.

From Port Alberni, be prepared to drive slowly. The road gets very curvy and in

places speed warnings of 20 MPH are posted. A warning - whatever the posted warning speed is, you can be sure it's posted for a purpose. However, the road is paved all the way and in good repair.

At the end of the road, you turn Right to reach the parking and camping areas of Long Beach. The first parking area is off to the left of the highway, approximately two miles from the intersection. This is the South part of the beach and no overnight parking is allowed. Up until last summer it was possible to drive and camp on the beach, but with the area being taken over by Parks Canada - a Federal Department - those days are over. The picnic areas are well set out, and washroom and changing facilities are available.

The beach itself is worth the drive. The sand must be walked on to be believed. The extreme south end of the beach is posted as being dangerous for water activities due to currents. The remainder however, is perfect for swimming, sunbathing, or just enjoying a walk along the sand.

At the northern end of the beach is a second parking area and (unfortunately) a too-small overnight camping area. Just outside of the park boundary is a private campsite with all the amenities. It is more expensive, but worth the cost if the stay is to be lengthy. The Parks Canada office has announced that overnight camping on the beach will be allowed but I haven't checked into this personally. The biggest problem with this is that the parking areas are about 1/2 mile away from the beach and means packing in everything you need.

Now that the day is over, it's time for the trip home. Don't forget that you have about three hours to drive, so don't start off tired. Being mentally exhausted causes more accidents than alcohol, and on this road, it pays to stay alert.

That's it. Welcome home. I hope your tour out to Long Beach was enjoyable and that the sun shone brightly for you. By the way, there are several products on the market for taking the sting out of that sunburn.

Take a step in the right direction. Take a few. Walk a Block Today.

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CANEX Vacation Travel Program

Brigadier General D.W.J. Carr, Director General Personnel Services says in part: "1975-76 figures are not entirely complete however, it is evident that total CANEX sales for the period will exceed those in any of the previous years of operation. This is a reflection of the hard work, interest and support provided to CANEX operations at all levels and is also an indication of what can be accomplished by utilizing a Forces wide approach to capitalize on the size of our organization and its buying power."

To take further advantage of this situation various ideas and programs are being studied and developed to provide an expanded range of services to meet the needs of military personnel. As many military personnel will be unable to take a summer vacation this year because of the Forces' involvement in the Olympics the first such program to be implemented will be a travel package which will enable patrons to take a fall vacation in warm climates at reasonable costs.

Working in conjunction with airlines and travel agencies specially priced tours have been developed which will be available during the period Oct. 1 to Dec. 15, by Admiral Travel Agencies Ltd. of Ottawa, who will handle the entire travel arrangements for this program. An arrangement with the Bank of Nova Scotia will permit anyone who wishes to take advantage of one of the tours, to finance their trip with the local branch at bank interest rates and pay for their holiday spread over equal payments. Loan application must meet the bank's approval.

This excellent offer is available to all military personnel, DND civilian employees, pensioners and any CANEX authorized patron.

As space comes available other details will be promulgated in the Totem Times.

Further information or assistance may be obtained by contacting Mr. M. Schachnow, 992-8232 or 992-4840 in Ottawa.

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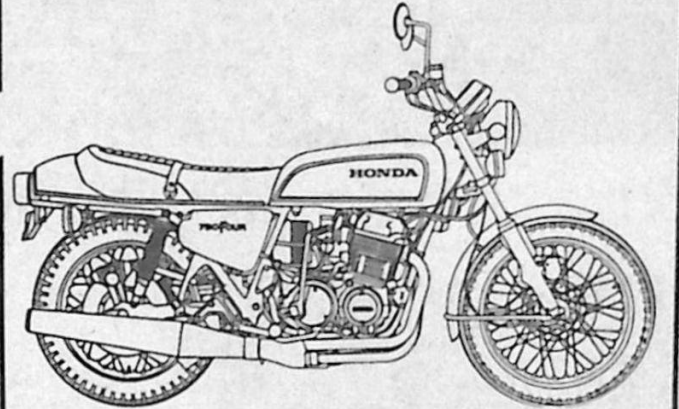
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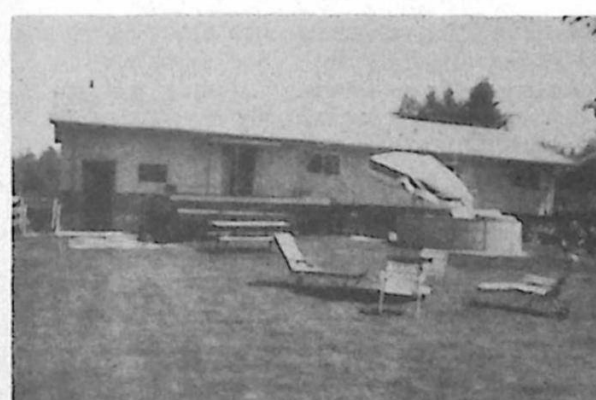
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PMQ Preamble

The last issue of the Totem Times carried a blurb on Bikes and Skateboards. The Skateboards have been run almost to death by the media so we won't take up any more of your time on that subject. The Community Council however is generally concerned about the kids on bikes.

As drivers of PMQs, should we be confronted by two young boys riding together who decide to split either side of our oncoming car, we get more than a little up-tight. Now I know what I'd do if one of the kids was mine, I'd ground him and if he did it again, well he wouldn't be sitting down while he rode his bike for a while.

Let's stop dealing in generalities. On 13th of July two young girls in a rush to get to the Swimming Pool rode their bikes through the Stop sign at the PMQ Gate. If it had not been for the Military Policeman on duty at the Gate, those two girls would have been very seriously injured or even killed. The woman driver of the car approaching the intersection with a couple of kids of her own in the car would not have been able to stop in time to avoid a very serious accident. The Policeman was just doing his job except that he maybe did a bit more. He sized up the problem of the speed the two girls were approaching the

Gate at and assumed they were not intending to stop. The MP yelled at the girls to stop and at the same time attempted to inform the oncoming car to slow down. Happily he accomplished what he had intended, just his job right!

Whose fault is it when a child disregards the Rules of the Road? Where does he get his bad habits? Who is to blame: the child or the parent?

I talked to the two young girls after this incident and I'm convinced they were not even aware of what had happened. How can we make them aware - do any of you have any ideas.

COMOX REC. CENTRE NEWS
BY BERT LINDER
SUMMER PLAYGROUND:
We still have some space in the Aug. 3 - 27 session of Summer Playground for 6-11 year olds. Fee is \$4.00. Phone 339-2255 for further info.

SAILING SCHOOL:
Everyone is having a great time on the sailing course, especially now that the good weather has finally arrived. Just a few spots left in the Aug. 9 - 20 session for kids (\$15.00) and the Aug. 2 - 18 session for adults (\$25.00). Hurry up and register at the Rec. Centre before it's too late.

Some of you may tend to look down your nose at that young Turkey MP who's drawn the PMQ Gate detail. There's one young Turkey we know the Community Council would like to publicly thank for doing a little more than his job. Pte Marty Ratz, thanks for allowing two young girls the chance to continue to make mistakes. And even if nobody else says it, we appreciate the job you and your fellow Turkey Gate Keepers do.



MS. KAREN SANFORD

Karen represents the Comox Constituency as a member of the Legislative Assembly. She is a member of the New Democratic Party.

Scout Jamboree Chief Named

OTTAWA - Canada's top-ranking airman is also the country's head scout leader. Lieutenant-General William Carr, 53, commander of Canadian forces air command and national commissioner of the Boy Scouts of Canada, has been named Camp Chief for the Canadian Jamboree '77, scheduled to take place in July 1977 at Cabot Park, P.E.I.

With over 40 years' experience Gen. Carr is no newcomer to the scouting game. He has already organized and led two Jamborees in Canada's north - one in Yellowknife, N.W.T. and another in Churchill, Manitoba.

Last year Gen. Carr led the largest Canadian contingent ever to attend a Jamboree

outside Canada when 1300 scouts and venturers accompanied him to Norway for the 14th World Jamboree.

Next summer's camp in P.E.I., expected to be the biggest gathering of youth ever held in Canada, will set new records, with over 15,000 scouts, venturers and their leaders planning to attend.

The logistics of providing facilities for 15,000 people is an awesome task in itself; however, with more than a year's preparation already behind him, Gen. Carr is confident that the challenge will be successfully met. In his own words "with the kinds of volunteers we have and the kinds of members, and the magnificent support being provided by the host province of P.E.I. 'NO SWEAT'".

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SOME BLOWOUT! Cadet Tony Ackland of 409 Pritchard Road, Comox practices on a back lot at Vernon Army Cadet Camp where he is enrolled in a seven week band course. During the summer he will be appearing with his band in festivals throughout the Okanagan Valley. Tony is the son of MCpl & Mrs. Carl Ackland (409 Squadron). Cadet PIO Photo

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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 1000 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.

OFFICERS' MESS ENTERTAINMENT

JULY - AUGUST ENTERTAINMENT

FRIDAY, 23 JULY — TGIF Happy Hour 1530 - 1700. Food 1700.

SUNDAY, 25 JULY — Brunch 1200 - 1300 hrs. No reservations. Meal tickets at the Bar.

FRIDAY, 30 JULY — TGIF Happy Hour. 1530 - 1700. Food 1700.

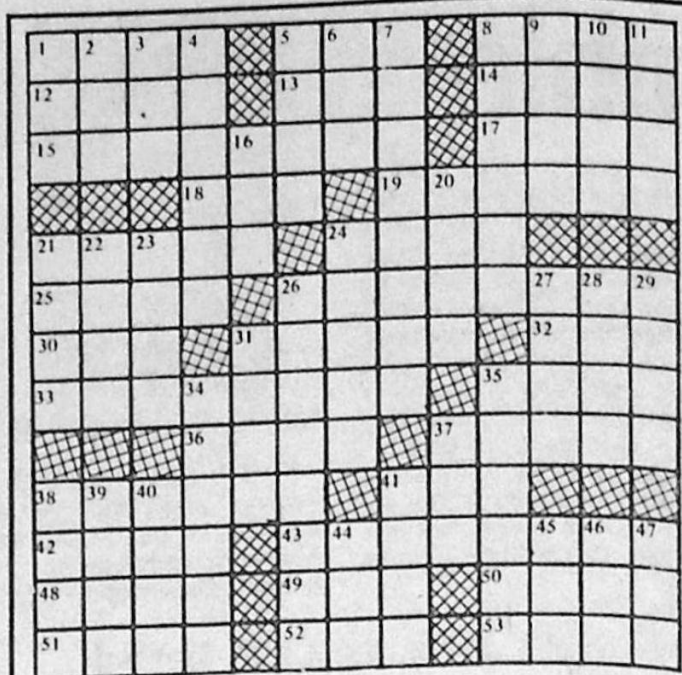
SATURDAY, 31 JULY — Steak and Prawns Alaska King Crab Legs. Dinner 2000 - 2130. Dance to a 20-piece Cadet Band from Quadra, 2130 - 0100. Sorry about the Prawns, you just can't get fresh ones anywhere so we substituted Alaska King Crab. Reservations required.

FRIDAY, 6 AUGUST — TGIF. Happy Hour 1530 - 1630. Food 1700.

SUNDAY, 8 AUGUST — Brunch 1200 - 1300.

FRIDAY, 13 AUGUST — TGIF.

SUNDAY, 15 AUGUST — Family Bar-B-Q Dinner 1700 - 1900. Reservations required.



ACROSS

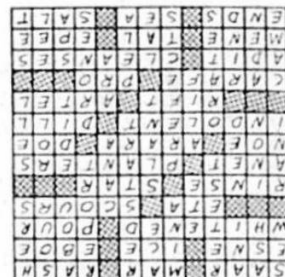
- 1-European river
- 5-Deface
- 8-Reckless
- 12-Serf
- 13-Frost
- 14-Central American tree
- 15-Bleached
- 17-Issue copiously
- 18-Greek letter
- 19-Scrubs
- 21-Wash lightly
- 24-Asterisk
- 25-The dill
- 26-Farmers
- 30-Noah, in the New Testament
- 31-Palm cockatoo
- 32-John or Jane
- 33-Lazy
- 35-European herb
- 36-Fissure

DOWN

- 37-Russian union
- 38-Water bottle
- 41-In favor of
- 42-Mine entrance
- 43-Frees of dirt
- 48-Word on the wall
- 49-Dancer's cymbals
- 50-Fencing sword
- 51-Remnants
- 52-Coral, for one
- 53-Sodium chloride

8-State formally

- 9-Ben-Adhem
- 10-Morose
- 11-A pronoun
- 16-French season
- 20-Biblical town
- 21-Hindu queen
- 22-Privy to
- 23-Require
- 24-Slope
- 26-Jesuit deans
- 27-Redact
- 28-Part
- 29-Vend
- 31-Arabic letter
- 34-Declaims
- 35-Male bees
- 37-Constellation
- 38-Arrived
- 39-Arabian gulf
- 40-Fruit peel
- 41-Chinese wax
- 44-New Guinea port
- 45-Resort
- 46-Lamprey
- 47-Harden



Puzzle Answer

Motorcycle Field Day



The gravel pit located off of Knight Road will be the scene of hill climb, barrel race, slalom and other skill testing events on Sunday, August 1st. The events are open to motorcycles of all sizes. Cpl. Anderson, President of the Glacier Motorcycle Club, informs the Totem Times: "The club has tried unsuccessfully to obtain participation of Base personnel in our motorcycle events." Anyone interested in participating in the Motorcycle Field Day, can contact Cpl. M. Anderson at local 240. The competition fee is \$2.00 (GMCC members \$1.00). Prizes will be awarded. Spectators are welcome.

AURORA (Goddess of dawn) to replace ARGUS (fabulous person with hundred eyes). Four to replace six on 407 Squadron, CFB Comox, according to latest reports.

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JULY ENTERTAINMENT

FRIDAY, JULY 30 — TGIF

SATURDAY — Each Saturday in July will be a Social Night in the Mess. Come out and make your own party.

FRIDAY, JULY 23 — GIGANTIC GOLF TOURNAMENT
More details on Mess Notice Board when plans are finalized.

MOVIES

MONDAY, JULY 26 — "Alice Doesn't Live Here Anymore"

EW

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Adults \$2.25 OAP \$1 Child \$1

Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. -
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Three Saturdays

Thurs., Fri., Sat., July 22, 23, 24
GABLE & LOMBARD Mature "Occasional coarse language"

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Thurs. to Wed., July 29, 30, 31 - Aug. 2, 3, 4
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Very brutal violence and coarse language. - B.C. Director.

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FOOD OF THE GODS
Scenes of horror with rats attacking people.

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BUCHS & DIRTWATER FOX
HEX Mature

SUN., AUG. 1 - ALL NITE
5 BIG SHOWS

Aug. 2 - 4 EMMANUELLE
Concerned with sex and STEPPED WIVES

JUNIOR RANKS CLUB

ENTERTAINMENT

*

JULY 24 & 25 — A good local dance band called "Punch" will be playing in the Lounge.

JULY 27 — The movie will be "Alice Doesn't Live Here Anymore."

JULY 31 & AUGUST 1 — Return of "Vintage Rock" the most popular rock and roll band we have had in the club.

AUGUST 3 — Movie will be "Brannigan" starring John Wayne.

COMING EVENTS

AUGUST 14 — Kids Picnic.

AUGUST 15 — STOMPIN' TOM CONNORS. Tickets on sale now from PMC or Dave Jones, 407 Servicing. Single \$3.50; Couple \$7.00. Members Only. Tickets on Acquittance Roll Only.

COMOX

BASE THEATRE

SCHEDULE

Thurs., 22 July - Fri., 23 July - Sat., 24 July - Sun., 25 July

PG PARENTAL GUIDANCE SUGGESTED
Some Material May Not Be Suitable for Pre-Teenagers



LOVE & DEATH

Thurs., 29 July - Fri., 30 July - Sat., 31 July - Sun., 1 Aug.



She's the call girl.
He's the cop.
They both
take their jobs
seriously.

BURT REYNOLDS
CATHERINE DENEUVE
"HUSTLE"

HUSTLE

Thurs., 5 Aug. - Fri., 6 Aug. - Sat., 7 Aug. - Sun., 8 Aug.

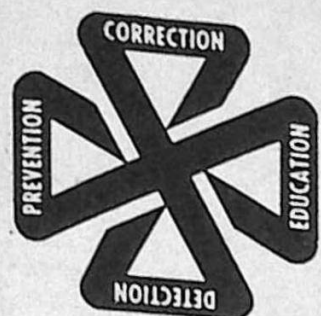
The coach is waiting for his next beer.
The pitcher is waiting for her first bra.
The team is waiting for a miracle.
Consider the possibilities.

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By Safety Sam

Sunglasses For Safety

SUNGLASSES FOR SAFETY
With sunglasses, there's more to safety than meets the eye. Should you wear them? When? Why? What kind should you wear? Answers to those questions may not be easy today — especially with this confusing new list of choices:

Photochromic (also called photo-tropic) lenses adjust to the amount of light, automatically becoming darker or lighter.

Gradient density lenses are dark at the top, tapering to light at the bottom.

Double gradient density lenses are dark at top and bottom, lighter in the middle. (They're useful for driving or boating, where both overhead and low-level glare exists).

Lenses can also be coated with a thin metallic film to reflect light rays, further reducing the amount of light that reaches the eye.

Polarizing lenses, which eliminate reflected glare, are considered most effective.

Sunglasses should protect your eyes against bright sunlight and reflected glare. — Yet both too much and too little protection can present problems.

If, for example, you spend a day at the beach and your sunglasses provide too little protection, your eyes may not adapt to diminishing light when you drive home at dusk. Poor night vision causes traffic accidents.

Overprotection is also hazardous. Sunglasses should not be worn when driving through a tunnel, in cloudy weather or at night (they should be removed at dusk). Though they reduce headlight glare, they also reduce visibility when illumination is very low.

The amount of visible light that reaches the eye through the lens is called the "transmission factor." For adequate comfort, no more than 30 per cent should be transmitted, although that can vary with the activity.

When glare is intensified, such as at the beach, on water or a ski slope, a factor as low as 10 to 15 per cent may be required. Some manufacturers attach a tag to sunglasses stating the transmission factor.

Lenses should be large enough to shield the normal angles of vision (above, below and either side) against glaring rays. A curved lens gives the least distortion as the eye moves. Wrap-around lenses can cause distortion, but may help control annoying glare from the side.

When you buy a pair of sunglasses, examine them in a mirror against the light for scratches, streaks, bubbles, or other flaws. Then check for distortion with this simple test:

Hold them at half an arm's

ACCENT SAFETY

How Is Your General Safety Program?

length, focus on an object with strong vertical and horizontal lines (such as a door or window frame) and move the glasses up, down and sideways. If the lines waver, there's distortion in the lenses. (The test is only for non-prescription glasses; prescription lenses may have some distortion built into them for corrective purposes.)

Be sure, too, that the lenses are of equal color and density; badly matched lenses can affect depth perception and cause eye fatigue.

Which shade is right for your shades? Neutral gray or "smoke" is the best color, according to doctors of optometry, because it provides the least color distortion and the best color perception. The tint is difficult to produce and is available only in the better quality sunglasses. Green is another good tint.

Despite their fashion appeal, colors such as pink, orange, yellow, blue and purple are unsuitable because they interfere with color perception. Red stop lights can be in different positions on traffic signals in some non-standard installations — which means a matter of life or death can be a matter of red or green.

Frames should be made of sturdy plastic or metal with hinge-and-screw joints. They should not have opaque temple pieces that interfere with side vision. A dark color is preferable to clear, light frames which may impair vision by causing annoying bright spots.

With contact lenses, wear non-prescription sunglasses. They provide both a sun shield and a dust screen to help protect against tiny particles that can lodge behind contact lenses.

All of those tips apply to sunglasses in general. Here are some pointers for photochromic and cosmetic lenses in particular:

Photochromic (or phototropic) lenses adjust to the amount of light, automatically becoming lighter or darker. But they may not give enough protection against very bright

sunlight because the amount of light they'll absorb is at most 50 to 60 per cent. In other words (and numbers), their transmission factor can be as much as 40 to 50 per cent — more than the 30 per cent recommended for ordinary use.

It is also important to note that photochromic lenses need a "breaking-in" period. The lenses must be subjected to a number of lightening-darkening cycles before maximum change can be achieved with relative ease.

And don't rely on their self-adjusting advantage when you're driving. Take them off at dusk — just as you should with any other sunglasses — "despite claims that some yellow tint lenses are helpful at night."

The same precautions apply to those fashionable new tinted eye-glasses. Notice they're called eye-glasses — not sunglasses.

No wonder. At the beach or in snow, "cosmetic" lenses filter less than 10 per cent of visible light. Transmission factor: a whopping 90 per cent — which can lead to a temporary but painful burning of the cornea or "snow blindness."

Yet while driving at night, paradoxically, cosmetic lenses can reduce the amount

of visible light by as much as 85 per cent. Transmission factor: a measly 15 per cent — which means danger no matter how you look at it. Now the good News

So much for the dark side of sunglasses. The bright side comes from the National Society for the Prevention of Blindness:

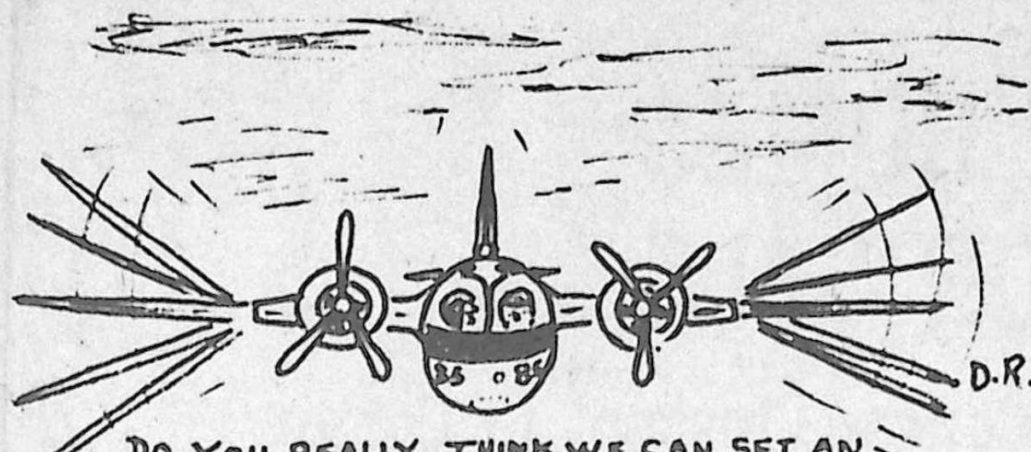
"If you feel better and see better with sunglasses, wear them. Squinting in the sun can cause discomfort and reduce your ability to perform. And, if your visual performance is below par, you increase the risk of accident and injury."

"Providing they are of good quality, sunglasses can make it safer and more enjoyable to be outdoors."

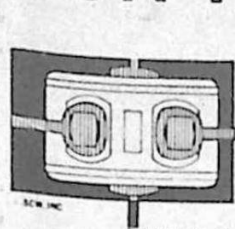
Courtesy: NSC "Family Safety"

COMOX DAYS '76:

Loads of events for Comox Days 30 July - Aug. 1, including HMCS Quadra Ceremony of the Flags, 4-mile footrace, 6-man whaler races, sailing races, Junior Tennis Tournament, Kids Pet Show, Motorcycle races, etc. etc. Watch for flyers giving full details or phone the Rec. Centre at 338-2255 for further info.



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PNE STAR SPECTACULAR '76! (AUG. 21) (SEPT. 6)

FRANK SINATRA AUG. 21 8:00 p.m. No. of tickets: \$12.50 \$10.50 \$8.50 \$6.50	CHARLEY PRIDE AUG. 22 8:00 p.m. No. of tickets: \$6.00 \$5.00 \$4.00	LAWRENCE WELK AUG. 23 8:00 p.m. No. of tickets: \$8.00 \$7.00 \$6.00	PHYLLIS DILLER AUG. 25 1:30 p.m. No. of tickets: \$1.00 (Golden Agers) \$3.00 (Others) PHYLLIS DILLER WITH SPECIAL GUEST DIANA TRASK 8:00 p.m. No. of tickets: \$4.00	NEIL SEDAKA AUG. 26 8:00 p.m. No. of tickets: \$7.00 \$6.00 \$5.00	RAY CHARLES AUG. 27 8:00 p.m. No. of tickets: \$6.00 \$5.00 \$4.00	JOHNNY CASH AUG. 28 8:00 p.m. No. of tickets: \$6.00 \$5.00 \$4.00 JOHNNY CASH FEATURING THE CASH-CARTER FAMILY 2:00 p.m. No. of tickets: \$7.00 \$6.00 \$5.00
DIONNE WARWICK & ISAAC HAYES AUG. 29 8:00 p.m. No. of tickets: \$7.00 \$6.00 \$5.00	GLEN CAMPBELL AUG. 30 8:00 p.m. No. of tickets: \$7.00 \$6.00 \$5.00	DELLA REESE WITH JOHN BYRNE AUG. 31 8:00 p.m. No. of tickets: \$4.00	VIKKI CARR SEPT. 1 8:00 p.m. No. of tickets: \$6.00 \$5.00 \$4.00	NEIL YOUNG WITH STEPHEN STILLS BAND SEPT. 2 8:00 p.m. No. of tickets: \$7.00 (festival seating)	CHUCK BERRY WITH SPECIAL GUESTS SUSAN JACKS & CHARITY BROWN SEPT. 3 8:00 p.m. No. of tickets: \$6.00 \$5.00 \$4.00	BACHMAN-TURNER OVERDRIVE SEPT. 4 8:00 p.m. No. of tickets: \$7.00 (festival seating)
RICK NELSON WITH THE STONE CANYON BAND SEPT. 5 7:00 p.m. No. of tickets: \$4.00	ALL-STAR WRESTLING SEPT. 6 7:00 p.m. No. of tickets: \$6.00 \$4.50 \$3.50	Buy now and save! All advance ticket prices include PNE grounds entry. A saving of \$1.75 on adult prices! For mail orders, just fill in the number of tickets you want, plus desired prices and showtimes. Mail with a certified cheque or money order made payable to VANCOUVER TICKET CENTRE, 630 Hamilton Street, Vancouver, B.C. V6B 2R3. Please enclose a stamped self-addressed envelope plus 25¢ per ticket handling charge.				

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A thank you note
My sincere thanks to the kind person who took my siamese cat to the Comox Animal Hospital from the Falcon Trailer Court in June. Signed, Mrs. Hurst

House for sale.
Older 4 bedroom home, new roof, wiring furnace, and water heater. Full price \$20,000. Contact A.F. Chiselm, General Delivery, Cumberland, B.C.

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LOT 1

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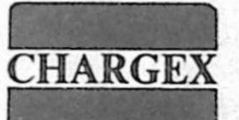
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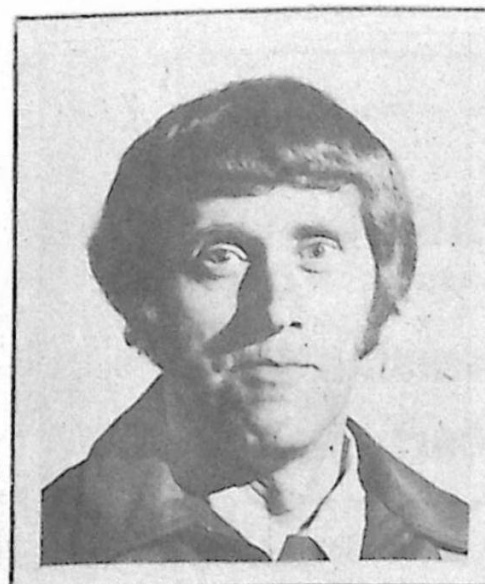


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