



# TOTEM TIMES

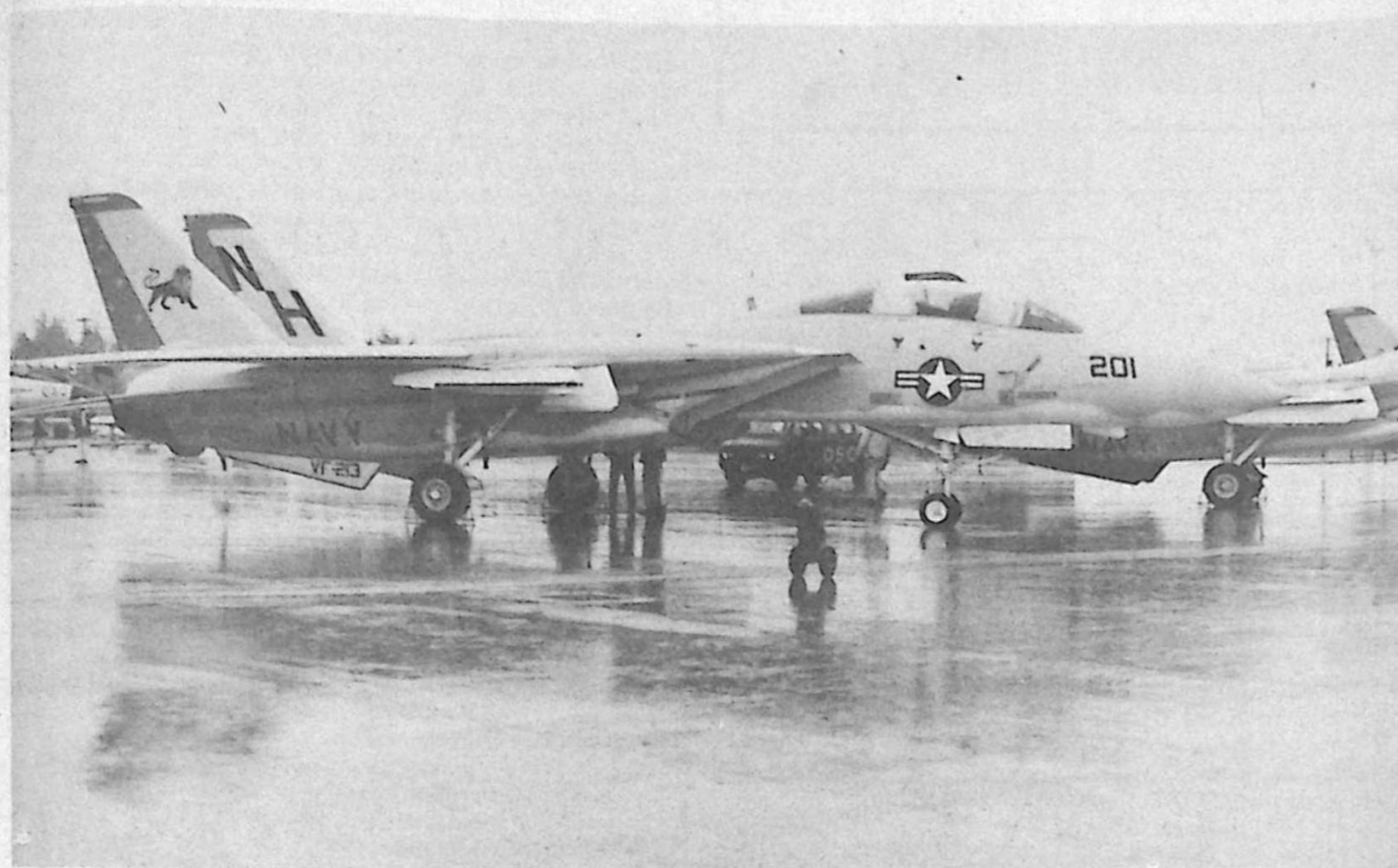


SUMMER MIGRATION — BIRDS OF A FEATHER FLOCK OFF TOGETHER

VOL. 19 — NO. 6.

CFB COMOX TOTEM TIMES

THURSDAY, MARCH 17, 1977



## 'Tomcat' Visits CFB Comox

Three United States Navy F-14 'Tomcat' high performance aircraft spent some time in this area last week.

Representing VF213 and VF 114 Squadrons, these aircraft and crews were giving the 'Voodoos' and crews of 409 Squadron some combat-type ex-

perience in the air. The time for crew training was made available when an intercept exercise was cancelled because of the weather.

The "Tomcat" shown on the hangar-line at CFB Comox, displays the Black Lion symbol of VF213 Squadron from Miramar Naval Air Station.

Base photo



## "Flower Power"

Chief Gardener, Mr. Robert Holmes received the Base Commander's Commendation on March 2, during a quiet ceremony in the Base Greenhouse.

The commendation read in part "...on retirement for his valuable service while employed at CFB Comox from 1965 to 1977, and in particular for his excellent work as Chief Gardener through his Base beautification program, and pleasant, helpful personality contributed greatly to maintaining the good morale of Base personnel, and their dependents in married quarters."

Mr. Holmes hails from Cumberland and for twenty-eight years was a coal miner in the underground mines of that area. Just over eleven years ago he sadly watched the era of coal mining come to a halt in the Cumberland mines. It was at that time that he joined the Grounds Maintenance staff at CFB Comox.

Robert Holmes is also one of "The Nice People". The November 18, 1976 issue of this newspaper confirmed what everyone already knew.

Robert and his wife Helen have a strong affection for their town

of Cumberland where they'll no doubt continue to carry on their flower gardening.

Base photo

## F-14 Competes

According to a Special Report in the FINANCIAL POST of February 19, 1977, the Grumman F-14 (Tomcat) is one of the four really serious contenders being considered as a possible replacement for the aging CF101B (Voodoo) and CF104 (Starfighter) aircraft. The McDonnell Douglas F-15 (Eagle), The General Dynamics F-16 (The Swing-Force Fighter) and the Panavia Tornado are identified as the other three. The McDonnell Douglas and Northrop F-18 is still in the design stage.

The F-14 is a twin-engine, very high performance interceptor now in full scale production for the U.S. Navy. It is powered by two Pratt and Whitney engines.

## NEXT DEADLINE MARCH 28

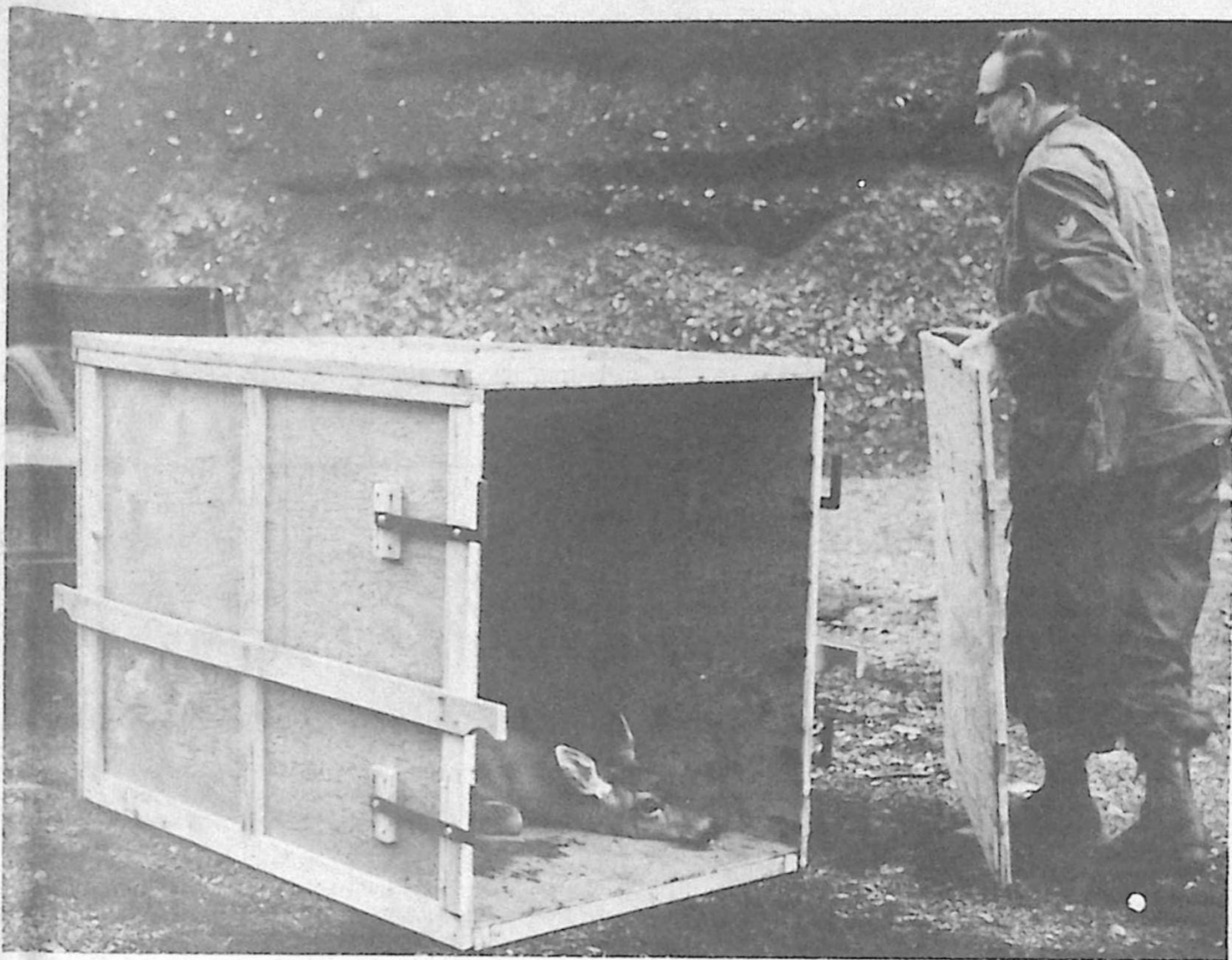


RIGHT AT HOME ON A TANK - General J. A. Dextraze, Chief of Defence Staff of the Canadian Forces, is riding high on a Leopard's back during a visit to CFB Shilo, Manitoba March 2. The tank is one of those used by troops from the Federal Republic of Germany who train at that base from May to Oct. each year. Canada recently purchased 128 Leopards and initial deliveries have been made to the Royal Canadian Dragoons serving with NATO forces in Germany.

CF photo

## Deer-Ex '77

## Bambi Moves West



Base photo

One of the many features that made CFB Comox different from most other Canadian Forces Bases has been the sight of the occasional deer browsing on its grassy areas. Unfortunately over the past few years, with ample room to roam and feed while protected both from natural enemies and from hunters, the deer population on the Base has increased in numbers and in boldness to the point where they have become a definite Flight Safety hazard. Having gotten used to the sound and sight of aircraft and other vehicles the deer have often wandered close to and even on to the runways and taxi-ways.

A recurring nightmare to aircrews and Air Traffic Control personnel has been the distinct possibility that one of these animals might wander across an active runway precisely at the same time an aircraft is committed to a landing. With the large numbers of military and civilian flights to and from this airfield the chance of an accident is quite possible. Something had to be done.

Several alternatives were considered with the primary goal of eliminating a Flight Safety hazard without harming these attractive and relatively friendly creatures. Finally a decision was made to re-locate the deer away from the Base. In conjunction with Mr. Ray Rogers of the B.C. Fish and Wildlife Branch a relocation project began on March 7.

The relocation program is under the direction of Mr. Alton Harestad, a graduate student in the Faculty of Forestry at U.B.C. Mr. Harestad is working on a PH.D. in wildlife biology, and his thesis is concerned with the movement of deer. He is very experienced in field immobilization of these animals, having successfully completed some 70 such immobilizations.

Mr. Harestad pointed out that the technique does not involve tranquilization but rather employs a muscle immobilizing agent. A quiet approach, gentle treatment and minimum handling of the deer all tend to minimize any stress to the animals.

When a deer is located, a modified shotgun powered by a blank .22 cartridge fires a plastic dart whose tip carries a powdered drug which is injected on impact. Within 5-7 minutes the animal's legs become immobile and remain so for about 19 minutes at which time the effect of the drug has worn off and the deer regains control of its muscles. While the deer is immobilized it is carefully placed into a special Deer Box, built on Base for transportation to the release area. These boxes are designed to allow the deer enough freedom of movement to alleviate discomfort during confinement but small enough to prevent the animal from injuring itself by thrashing about.

The deer are moved by truck to an area selected by Mr. Ray Rogers of the B.C. Fish and Wildlife Branch. Mr. Rogers considered such things as availability of feed, space for the numbers of animals involved, suitability of the area for deer and general similarity of the selected site to conditions found at CFB Comox.

Before being released, a red tag is attached to the animal's ear so that its movements can be traced and information supplied to Mr. Harestad to aid in his study.

Approximately 11 deer have been relocated so far. One of

(Continued on page 6)

## "Blarney Reigns Supreme - A Great Day For Great Things" 'Fishwrapper' Has A Birthday

That also was the headline on an eight page tabloid which carried RCAF Station Comox on its banner, seventeen years ago today. Yes, Volume One, Number One of Thursday, March 17, 1960, marked the first issue of the TOTEM TIMES.

"Ah, sure an' it's a great day for the Irish! And what better day would we be pickin', what with the shamrocks bustin' out all over, the very air full of liltin' Irish songs, an' the Little People peepin' from the hind of every bush an' boulder, to be comin' forth before all the populace with a journal as filled with blarney as though it had been written by the blessed Saint myself, and put to press on the Sacred Stone of Castle Blarney, back in the land of the beginning, and of the end, so it was, so it is now, and ever shall be - County Cork.

"Tis a happy day, in-

deed, to be makin' an appearance before the world, or, at least, this little corner of it, and well do I know, what with my knowin' the how of searchin' men's souls, that if the deeds of the staff be as good as their intentions, the "TIMES" will do harm to no man, but will strive, in every way, and all manners of persuasion, to better, an' lighten, an' brighten, each corner an' cranny into which it reaches, an' if you should be find' a smile, a chuckle, or may hap a little knowledge within' these pages, then 'tis a blessed day indeed."

"BABY'S FIRST WORDS" The Editorial page on that fateful day carried the following words:

"A wise old saw states: 'Fools rush in where wise men fear to tread.' It was, therefore, with blithe and cheerful spirit that talk of a

station publication first occurred.

"It was no more than a way of easing the tedium of passenger flight in a C-119 that the egg was first laid.

After discussion with the higher echelons of the station, the first fleeting flutterings of life became evident, and the tiny cracks of the pressure of inner promise appeared in the shell. An appeal for interested and talented personnel to attend a meeting brought forth enough journalistic neophytes to hatch the chick, and even added a few feathers to the wildly beating wings.

"From there on it was just a question of working a channel between all the hidden reefs, and these were many: the problems of production, circulation, contributors, advertising (this was a real HOT one), layout, art work, banner design and title, section and

column titles, ad infinitum. "And so, here it is, the not yet quite fully fledged RCAF Station Comox Totem Times; but we still need your help to raise that little chick up to a fine, husky rooster, with a good, strong voice.

"By the way, if you bought that egg routine, that isn't how this baby really came, and F.O. (Flying Officer) Tom Fielding had the birth pangs to prove it."

A LITTLE HISTORY The mast head banner of the totem pole with the out stretched wings was eliminated from the front page of Volume 7, Number 2, on January 27, 1966. The playbill type lettering of the current TOTEM TIMES was substituted. The two totem poles didn't appear in the mast until May 26, 1966 (the influence of Cpl. L.G. McCaffrey, no doubt).

The local "Fish-wrapper" went to a full

newspaper size on Thursday, March 24, 1966. According to a front page story on that day, the change was necessary because "...They're opening new businesses in the area and retail competition being what it is, the owners wish to advertise their goods to us air force folk. And our regular advertisers have started to take a little more space. The government of B.C. has a medicare plan that's just recently undergone changes."

There have been many changes in the TOTEM TIMES over the years. People have changed. Each new editor has his own thoughts on how the paper should look and what it should strive to accomplish. The individual's personality is reflected in the pages of the fortnightly publication.

It has stepped on a number of toes during its

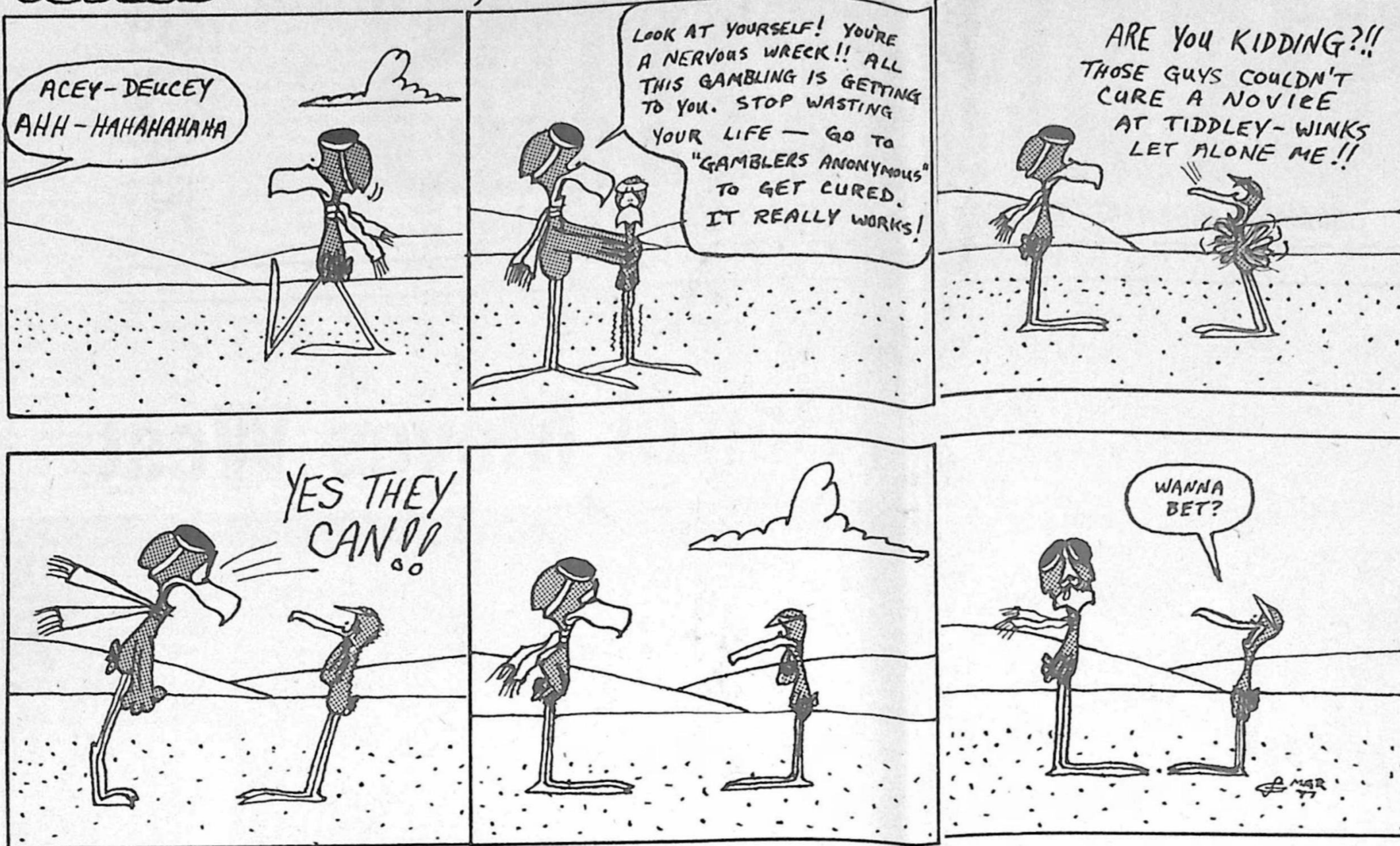
seventeen years. Many Base Commanders have had to answer to higher authority as a result of some editorial comments promulgated in the "Fishwrapper".

As a former editor so capably put it: "The Totem Times is the mouth piece of the lower ranks, the corporals and the privates. It's a two-way street... you can't be always passing things down to the guys on the hangar floor, you've got to have some feed back going from the bottom up."

The staff is still composed of volunteers even today.

The TOTEM TIMES is a member of the Canadian Community Newspaper Association and as such the current editor, as did his predecessors, continues to strive to publish a newspaper which truly reflects the life of the military community here at CFB Comox.

# GUDGEL STEW by Rick St. Germain



## Nighthawk's Nest

Lady Luck has smiled on the Fightin' 409th once more or should it be twice. The first slice of Luck was when one of the newer?? members was tracked by the archaeology chair of a well known university and after a few simple questions and answers it was proved beyond a doubt that he is CANADA'S oldest living teenager. The prizes, although not as substantial as those won by the Penthouse Pet, are mind boggling for a teenager. In addition to two pictures of Bobby Orr's knees he wins a pass for two to the

matinee of his choice, a ride on Bart Wickhams motorcycle and a flight in 007 when it returns from Bristol.

Not only is he CANADA'S oldest teenager but also one of its most experienced in the ways of teenagers, having lived this portion of his life over a span of almost thirty years.

The second slice of luck was lucky only for four members of the Squadron and not the Squadron as a whole. Because of the quiet unassuming manner of two of the lucky recipients, these names will

be with-held pending notification of next of kin. However, Paul Gill and Ron Breeden are contemplating pulling the handles (Go fast talk for leaving). The numbers on their Loto Canada ticket were drawn on the last draw. Paul is considering the purchase of the Taj Mahal and Ron will probably buy Campbell River.

409's strategic reserve once again covered themselves with glory last week when they once again took on the might of the USAF and USN. Charlie Brown's records of most consecutive defeats is again in jeopardy - keep it up Pete. When this comes off the press our photographic detachment will have returned from Spudville with their lens' all steamed up.

Pete Ott's departure necessitated a massive reshuffle to re-align the teams for future scrimmage, Mike Mahon (pronounced like the west Indian for homme) left immediately to bolster up the taxi squad and Rich Littler will switch at the end of March.

Most of the 409 sports turned out for a day of aquatic sports on 4 March. The big winner was Wes Allen who won a brand new \$100 bill, which unfortunately was counterfeit. Tea and cookies were served later. This \$100 came in handy when Wes took a trip down East with Russ Hellberg

A successful Sports day and a successful TAC EVAL. Two big events that are now in the past but took a lot of work and effort on behalf of all 409 Squadron personnel. There seems to be a spirit on the horizon, could it be a Squadron Spirit??? The rumor is that Major Allen wants to buy the last ticket in any raffle on the base. It seems he purchased the last one for the \$100 bill and it paid off. There's a trip, coming up to Boise and we're sending two of our best, Bris and Berube. We know they will represent the Load Section with enthusiasm and energy.

(The other candidate for teenager of the year) to tell all the wheels all that 409 knows, and has learned, about flying at 350 Kts IAS. The three minute disertation was worth the twelve hours flying and Wes now has a dollar bill. Tom Potter and Ray Harpell did a small P.R. and

recruiting chore first week of March when they gave orientation to cadets from the Vancouver area. Included in this group were the cadets for which Les Cox was ACLO and 409 Squadron was presented with a tribute to Les written by one of their instructors Bruce Kilby.

### 409 Arm't Checklist

The Thunder Sticks are in a temporary slump losing an exhibition to MSE and a league game to 409 squadron last Monday night. Actually the game with MSE was trail and error, where the Thunder Sticks tried out new lines and goalies. Pte Andy Perkins thought he was playing basketball with many occasions of 3 on 1, 4 on 1 and 5

on 1 during line changes. He saw lots of rubber coming his way and made valiant efforts to stop as many as he could. Good old (Pulled Groin) Kip McLean was the stand out star again. Not only does he skate well but he also has a personality to go with it. He gives the young guys the courage to pursue and score those goals.

## Air Traffic Control News

The last two weeks, since Tac Eval, have been quiet flying wise. 407 Sqn. have been in Hawaii on exercise, while 442 and VU33 have been busy monitoring the herring boats on the West Coast. 409 Sqn. have been doing their regular flying but controlling one basic type of A-C usually presents few problems.

Major Howard has been keeping a low profile in the section this week due to his working shift for the Wintex Exercise. Capt. Joe Pacowski has left Ratcon and is now working shift in the Tower. The Tower is back to its normal shifts, much to the relief of the other controllers. Joe will be leaving sometime this summer for Moose Jaw so he'll probably need the exposure to VFR control to cope with about 100 green student pilots in the circuit at MJ.

Lt. Mike Laliberte and family left Comox and the CAF last week after 8 years at the base. Mike joined the forces as a Pte. and got his commission through the OCTP program. Although leaving the service, Mike will be staying in ATC as a civilian Tower controller in Quebec, and will be missed by the section (especially the hockey team). Good luck with your new career.

Pte Elaine Darling is leaving the tower and coming to the old Rathole to check out as a Ratcon B-stand, while Pte Jean Gauvin has qualified as a Tower B-stand. Speaking of Ptes., Joanne Parker should be back from MJ with the girls volleyball team.

Section hockey is still plugging along and Pte Phil Lester is finally catching on to the finer points of the game but he still has problems as to which goalie to shoot at. We do have a section volleyball team

but due to cancellations etc. they have played only two games.

Three of our Cpl. PAR controllers had interviews for a job as MoT Marine Radar Controllers. Although I wish them the best of luck, it makes you wonder if there might be something wrong with the system, when so many Cpls are contemplating r.e.

Base plaques and Gravel Pit Scrolls were presented to Mike Laliberte Art MacIntosh and Dennis Pettigrew on the 8 Mar. at the Golf Course and the evening was a success except for Sandy Cumming who was the big loser in poker. Rumor has it that the Tower basement is being turned into a Casino for late night games.

Word for the day: IFR Instrument Flight Rules: The A-C is flown with instruments that are tuned to various navigation aids spread around the country. Altitudes are assigned by ATC and both the pilot and the controller are bound by strict rules to prevent accidents and keep A-C separated. In most cases A-C operate on Airways or basically 'highways in the sky'. Complicated navigation equipment allow the A-C to be flown in cloud and various weather conditions.



Good Lifestyle dental care habits start early. Start your children brushing with a fluoride toothpaste when the first teeth appear.

## You may be a millionaire!

Check these numbers.

Here are the numbers drawn in the February 28th draw of THE PROVINCIAL lottery. Check the numbers below—you may be a winner. To claim your prize, follow the instructions on the reverse of your ticket.

**\$1 MILLION \$250,000.**  
winning numbers winning numbers

4 6 4 2 3 7 5	3 0 4 9 9 7 0
2 0 1 3 5 8 2	5 4 8 9 7 1 1
3 2 9 5 1 3 4	1 4 8 9 4 5 8
4 6 5 0 4 1 5	1 7 3 9 1 2 7
3 0 1 9 8 8 6	3 1 8 8 3 8 5

If the last five, four or three digits on your ticket are identical to and in the same order as those winning numbers above, your ticket is eligible to win the corresponding prize.

last 5 digits WIN \$2,500.  
last 4 digits WIN \$250.  
last 3 digits WIN \$50.

The Provincial

NOTE: Fifty dollar winners (\$50) may claim their winnings by presenting their ticket(s) to any branch of Canadian Imperial Bank of Commerce only in British Columbia, Yukon, Alberta, Saskatchewan, Manitoba and Ontario.

Next draw April 30th.



Province of British Columbia  
Ministry of the Environment

## PUBLIC NOTICE

Take notice that, pursuant to Section 14 of the Pollution Control Act, 1967, the Director of Pollution Control will hold a public inquiry commencing at 9:30 a.m., Tuesday, January 10, 1978, in the Newcombe Auditorium of the Provincial Museum, 675 Belleville Street, Victoria, British Columbia.

The inquiry is being held to review the Pollution Control Objectives for the Mining, Mine-milling, and Smelting Industries of British Columbia, as established by the Pollution Control Board on November 30, 1973. Submissions are invited from interested persons, and/or organizations. Those who wish to participate should notify the Pollution Control Branch no later than June 30, 1977.

An Information Sheet providing details of the terms of reference and procedures to assist interested parties in the preparation and submission of briefs to the Inquiry, can be obtained by contacting:

Ministry of the Environment  
Pollution Control Branch  
Parliament Buildings  
Victoria, British Columbia V8V 4S5  
Attention: G. A. Poole,  
Administrator

## NOTICE

### GLACIER GREENS CLUBHOUSE TO BE OPEN AT LUNCH TIME

Pending receipt and installation of a re-conditioned beer vending machine and in response to numerous inquiries, the bar facilities of the Club will be open at noon for the sale of hot snacks and cold beverages.

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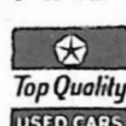
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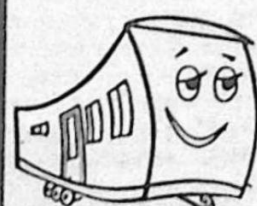
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# The Nice People



## Margaret And Gabrielle

Those two smiling faces at the 7 Hangar Canteen have provided us with our first, "Double Header".

The "Nice People" column in this issue would like to recognize two swell ladies who compliment each other so much that it would be impossible to choose between them.

On the left is Mrs. Margaret White, who has faithfully served the patrons of the 7 Hangar Canteen for some twelve years. Marg resides in Comox and is the wife of retired Flight-Sergeant George White who served with 442 Squadron.

Marg's family is all grown up now and daughter Sharelle is married to Cpl. Harlin Price who serves right here at CFB Comox. Her son, Garry, is a Lieutenant Colonel in Air Command and is the BAMEO at CFB Greenwood.

Margaret is originally a native of Moose Jaw, Sask., but after her years of service life and the living in various parts of the country, she and husband George have chosen the Comox Valley as home. When not making hot dogs and freshening up someone's coffee, Margaret enjoys the pleasures of her sewing.

That other smiling face in the photo belongs to Mrs. Gabrielle (Gibby) Iles. Gibby has been in the "fast lunch" business in 7 Hangar for some nine years and in that time has made many friends amongst those who have frequented the Canteen during that time. She has lived in Comox for twenty years and although originally a native of Ottawa, she now considers the Comox Valley to be her home.

Gibby's children have also departed the home-fires to make their own way in the big world. She has a daughter, Paulette, married and living in Georgetown, Ontario, another married daughter, Diana, living in Comox. Son, Richard, resides in Vancouver with his family, and another daughter, Geraldine, in nursing training at Vancouver's Shaughnessy hospital.

When not working, Gibby loves to spend time amongst the flowers and gardening is one of her favorite pastimes.

Apart from this she is an avid fan of French music and adores Mireille Mathieu and Canadian, Claude Valade.

Both these gals are wonderful, good natured people, who serve up a fine hotdog and tasty cup of coffee with an ease and manner that starts any customer's day off right.

To them both, we give a tip of the hat and congratulate them for being fine folk. To you, Margaret and Gabrielle, we say, cheers -- you are truly two "Nice People".



## New Boss

OTTAWA - Colonel Bendt A. Oxholm, 46, of Seven Sisters Falls, Man., and Dartmouth, N.S., has been appointed chief of staff at Maritime Forces Pacific, it has been announced here by General J.A. Dextraze, chief of the defence staff.

Previously commander of CFB Shearwater, N.S., he succeeded Colonel G.A. Berry, 54, of Lloydminster, Sask., in his new post at Esquimalt, B.C. on Jan. 28. His successor at Shearwater is Colonel Larry A. Ashley, 39, of Simcoe, Ont.

Col. Oxholm began his naval career in 1949 as a midshipman, and trained as a pilot in Canada and with the Royal Navy's operational fighter school.

His appointments during a varied naval and aviation career have included that as weapons officer aboard the Halifax-based destroyer HMCS Micmac, clearance diving officer for the 7th Canadian Escort Squadron, and executive officer of the frigate HMCS Victoriaville.

He was appointed to the staff of the director of naval postings and careers at National Defence headquarters in 1965, and two years later became the first director of manpower distribution control during which period the navy, army and airforce postings and careers functions were centralized in Ottawa.

In 1968 Colonel Oxholm became the first Canadian Navy pilot to command an air force squadron, flying CF-104 Starfighter jets.

# Mushroom Mutterings

How come there are so many Ball Caps (complete with Squadron crest) still available when everyone was so keen the get one?? Could it be that some of you jokers have reneged on their purchase?? See Glen Caslake up in AMCO and lay out your \$3.75!!

The Squadron Entertainment Committee now has two new members. Norm

Keyes was "elected" as the new Pres., and Bill Ewing has taken over from Pete Schmitt as "Chief Mushroom Tender".

The new 442 (T & R) Squadron Fishing Derby trophy has been purchased and sits on display in the Canteen. Whenever the Searches, AirEvacs, Training Missions, Boat Fires, etc., etc., ease off, the word

will be passed down and all you sneaky guys can thaw out the monsters that you caught last year and then hid in the freezer.

Plans have been laid to have the next Squadron Stag on Friday, 15th of April... this is a tentative date depending upon the arrival of the shipment of Mini-Mushrooms required for departing members. There are 27 to be handed out this

time, so it should make for an entertaining afternoon-evening. (and this time, Gordie, you're cut off until AFTER the presentations!!)

The Boss has a sore arm from shaking hands with all the bods getting awards this time. Still, it's a pretty poor excuse for making the younger pilots handle all the Fishery Patrols, sir!!

Congratulations go out to: (new) Sgt. Smith, (new) master Corporal Edwards, (new) Master Corporal MacLean, Randy Ward for his Flight Engineer Wings, Capt. Pettman for surviving the first twelve years, and Sgt. Walsh, Cpl. Sears, and Pte. Decurtains for putting out the fire on the Buffalo in Ismailia and getting Good Show Awards.

Both the Buffs and the Choppers have been busy, what with the Herring boats sinking like stones, and light aircraft falling like rocks. The squadron must be doing something right though. The national newspapers and other media aren't throwing as many bricks at us this year.

According to "Dixie" up in the Maintenance OR, we are getting in a bunch of new Sergeants and Privates... those that are overtrained and those that are undertrained. Now, if we can just get some working class. No. 2 Crew did get one new member; welcome to the group, Vern Opperman. The confusion around the place isn't normal, Vern... it's usually much worse. There is a new "whip" running No. 1 Crew... they wore the last one out. Sgt. K.V. Christianson is now the ramrod.

As a final news item, a Hearty 442 Hail to Cpl. Alain Duschene of CFB Bagotville, one of Canada's newest MILLIONAIRES. There's hope for the rest of us yet.



442 SQUADRON PRESENTATIONS: LCol. Demers, CO of 442 (T&R) Squadron took deserving members of the squadron aside to hand out promotions and Good Show Awards. Present to be congratulated were: (new) Sgt. Smith, (main photo); (new) M-Cpl. Edwards (upper left); and Good Show Award recipients, Cpl. Sear, Pte. Decurtains, and Sgt. Walsh.

## Metric Growth In '77

Nineteen seventy-six brought increasing familiarity with metric units to Canadians as more products converted to the metric system. For example, ice-cream, pet foods, sugar and snack foods were converted nation wide. Milk packaging was converted in Quebec and British Columbia. The last of the changes in weather forecasting was completed and planning for metric conversion in the beverage industry was finished.

The food industry developed a series of guidelines for the industry to ensure consumers of continued comparative dollar value as the conversion of food product packaging to the metric system began.

Metric conversion is well into the third or Scheduling Phase of the four-phase Program of Guideline Dates. The overall policies, strategies and organizational work was largely completed in the Investigation Phase ending in 1974.

## Update Airborne

OTTAWA -- Retired Brigadier-General Donald E. Holmes, 56, of London and Hamilton, Ont., a former commander of the Canadian contingent of the United Nations Emergency Force in the Middle East, has been appointed "Colonel of the Regiment" of the Canadian Airborne Regiment, it has been announced by General J.A. Dextraze, chief of the defence staff.

He succeeds Lieutenant-General S.C. Waters, 55, of Winnipeg who has held the position for six years.

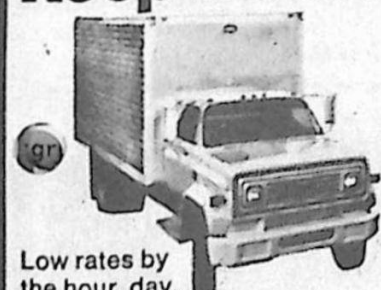
The appointment provides a link between the regiment, reserve units, military associations and National Defence headquarters.

Gen. Holmes enrolled in the Canadian Army in September, 1941, and served with the British 12 Parachute Battalion in Northwest Europe, where he was wounded in action in March, 1945.



ESCAPED?? - NO! But Cpl. Lorne Lake had his freedom considerably curtailed. March 11, Lorne and Karynne Merkle from Base Accounts were joined in wedlock. Recently 407 STechO staff presented the happy couple with a wedding gift and of course the Ball & Chain was included. Lorne was shown here completing his mail run to headquarters.

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## EDITORIAL

### "The Great Debate" Heats Up . . .

## Pensions Equitable And Portable

Did it ever strike you as odd that most "employee's pension plans" are managed by the employer and sometimes include penalties to the employee for whom the plan exists? If so, you are not alone. The stresses and strains of inflation have brought pensions very much into the limelight and under that kind of illumination it is becoming obvious that there are many inequities in Canada's pension closet.

Prominent in current thinking is the grass roots question of who owns the pension plan -- the employer or the employee? Another fact drawing much attention is that under most plans, an employee who leaves before he attains "vested interest" leaves with only his share of the pension plan contributions, commonly known as a return of contributions. This means his pension assets are cut in half and he must begin anew at his new job, while his former employer pockets his half.

One of the most glaring contradictions is to incorporate a clause that penalizes a member if he or she opts to withdraw benefits earlier than when the employer would prefer. Clearly, this is not in the employee's best interest.

Most recently, the debate is focused on whether or not the Federal Govern-

ment should take over all pensions in Canada so that all Canadian workers would have similar pension benefits and be free from financial worries when they retire. While the charges and counter-charge rage on and the Federal Government leans toward that grand strategy and delaying play - a Royal Commission, some facts are becoming crystal clear.

Employee pension plans should become the property of the employees. There will need to be more flexibility, portability and options and member participation in managing pension funds. There also needs to be protection against inflation, whether the pension funds remain in the private sector or come under public control. This protection must apply fairly to all, so that indexing for inflation does not become a divisive force between Canadians.

Could it be that we will see an end to workers being "locked in" to a job they no longer like because of pension considerations? Indexing commencing in the year following the year of retirement regardless of age? Removal of penalty clauses? The right to opt in or stay out? Full portability between employers?

Only time and "the Great Debate" will tell.

### Ground Pondering

## A Friend In Need . . .

On Monday the USSR signed a twenty year pact with the government of Angola, a government which Russia played no small part in putting into power. At the same time the Soviet Union reaffirmed its intention to continue giving 'help' to nationalist forces in Africa.

Russia undoubtedly wants it known that this is a magnanimous effort on their part to help suppressed nationals throw off the last vestiges of colonialism. However, before accepting any 'help' from the Russians, budding nationalists in Africa might be well advised to examine the implications of this so called 'help' a little more closely.

It seems that Russia is most generous in terms of military hardware and advisors - an exceptionally alluring item to both revolutionary groups craving power and petty dictators in underdeveloped nations.

Once a regime is 'helped' to power, it will often need more 'help' in order to maintain its power. It is at this point that the interest on this principle becomes due to Moscow. In order to continue receiving support from Russia and thereby maintain power, Moscow's will must be observed.

Angola financed its independence through Moscow. Soviet arms and Cuban troops were used to bring the present Angolan regime to power. Now, even though 'independence' is won, Cuban troops are still in the country, probably whether the Angolans or Cubans like it or not. News of the last week indicates that Russia is now using Angola as a base of operations against the Zaire Republic. Quite apart from winning independence Angola won only servitude to Moscow.

And what happens to Russian 'help' after Moscow has the control it wants?

Consider Romania. A couple of weeks ago this Russia-dominated country was the centre of a major earthquake, the worst in that country in 37 years. The death toll may have been several thousand and Romania's economy was set back a number of years. Immediate offers of help came from a number of countries, including Canada and the United States, but not a word was heard from Russia. It seems Romania is already completely subservient to Moscow, and Russia has nothing to gain by giving them any more 'help'.

## "Another Day, Another Dollar Lost"

Heritage Day, a name well chosen for Canadians to give thanks for their legacy; a day to reflect on the efforts of those pioneers who paved the way for our Confederation. But we cannot help being a little skeptical about the day and the proposal in Bill C-30, that it be a statutory holiday. We are suspicious that observance might be on a par with that of Good Friday, Canada Day and Remembrance Day. That is, limited to a devoted few.

When the Federal Government first considered Heritage, it set aside a sum of \$5,000,000 to assist Provincial organizations to promote the holiday and general awareness in Canada's history and landmarks. Emphasizing the day as a time to recognize the importance of a sense of collective pride in the

development of a unified national identity. Pierre Berton, Mr. Heritage himself, was chosen to lead this movement and we can only commend the choice. As yet, the program is barely known but we wish it well.

Bill C-30, however, is a completely different kettle of fish. Four years ago a House Committee of the Commons, unanimously approved the idea of a Heritage Day. The Bill, as presented on its first reading in December, 1976, institutes the third Monday in February to be a statutory holiday to be known as - National Heritage Day. House opposition to the Bill, not necessarily following party lines, may defer its passage but there is some appeal to the public in having a long weekend in February. From New Year's Day to Easter can be a long dreary spell.

Philosophical discussion

aside, the statutory holiday has been adopted with quickness by some labor groups. The construction unions have not only included Heritage Day, before its proclamation, but added into their contract negotiations this year two extra days. We find this rather astonishing after the comments of Mr. Henry de Puyjalon, president of the Canadian Construction Association. In January this year, he described 1977 as a flat year for the building industry indicating that he anticipated minimal real growth in British Columbia.

We quote: - "Construction unions must modify their wage demands or expect to face ongoing wage controls for the next few years. If unions do not moderate, then something's going to give." - end quote. The construction industry was all but shut down in B.C. on February 21st, when 30,000 construction workers celebrated Heritage Day. We can only ask WHY?

Reliable sources estimate that a general holiday in British Columbia costs us seventy-five million dollars in direct loss of production. We hesitate to estimate the figure for the entire country. In this Province, most of our production is exported and we are already finding difficulty in competing - our productivity is lower and our costs are higher. It can be nothing less than madness to add to our weakness by declaring another statutory holiday to add to our costs. Are we that bent on self destruction?

When the output of existing labor is cut by a holiday, it must be replaced by additions to the workforce or by higher-cost overtime. Either way, it's one of those "heads I lose, tails you win" situations. In an export market, we lose competitively, and in British Columbia, we have sufficient unemployment not to look for more, through loss of overseas markets. At home, when for example, construction production is curtailed by

extra holidays we know that the consumer will eventually pay. If consumer costs rise, the house buyer will pay more, so will the company leasing space, the store renting retail space, or the Government agency seeking a new location. Costs cannot be completely absorbed by employers, producers and owners. They are passed on to the public whether as a consumer or a taxpayer. WE CANNOT GET SOMETHING FOR NOTHING.

The fight against inflation involves us all. Controls may be enforced by the Anti-Inflation Board but they must be implemented by a non-inflationary attitude amongst the public, or they cannot work. If we do not rid ourselves of this - "It must go higher" - attitude, it surely will - and, in an ever-increasing spiral, when AIB controls are lifted.

Heritage Day as a holiday is a farce as it currently stands. CBC in a brief man-in-the-street survey, asked on February 21st what day it was. Answers gave either the day of the week or the date. It cannot be said that there is any great demand for a day to be devoted to reflection and consideration of our heritage. But if we are to have a Heritage Day, let us use it as intended and devote a little time to foster our pride in being Canadians and preserving some of our own time.

The alternative? Support Bill C-30, take a day off, be unrealistic and add to the inflation spiral we have all grown to fear. Pioneers, whom Heritage Day might be expected to honor, would turn over in their graves at the misguided thinking which we all down tools for the day. Last October, in opposition to another "down tools" day, there was a slogan - "I'M WORKING FOR CANADA" What are you doing? (Vancouver Board of Trade



# About 1976 Income Tax Return

## Don't Delay Your Refund

First the good news: over 75 per cent of the people who file income tax returns can expect to receive money back. Now the bad news: unless you enclose all information slips that money could be a long time coming.

The bad news is not really all that bad since most taxpayers receive their information slips from employers, banks, trust companies and other sources of income on or before the last day of February. That is the final day for distributing information slips such as T4's (employment income), T5's (interest income), T4U's (unemployment insurance), T4RSP's (retirement Savings Plans), T4HOSP's (registered home ownership plans), T4A's (annuities) and T4PS's (profit sharing plans).

Some taxpayers think that as soon as they receive their tax return in the mail they can fill it in and receive an early refund. This can cause delays if taxpayers do not include all information slips supporting their claims. The computers at the Taxation Data Centres

reject any incomplete returns and that means any return without the required information slips.

Last year over \$2.5 billion in refunds was returned to taxpayers. With increased deductions in the areas of child care expenses, pension plan contributions, increased personal exemptions and the disability deduction, the refund picture looks even rosier for this year.

All information on increased deductions and how to complete the 1976 income tax return is included in the Guide which accompanies each return.

Taxpayers who did not receive a copy in the mail or who need another one should drop by the nearest Post Office or District Taxation Office.

Taxpayers have until April 30 to file their tax returns but can do it anytime after they have all their required information slips at hand.



CALCULATING YOUR TAXES CORRECTLY could save you some cold cash.

## Unvouchered Payments Coming Under Scrutiny

When is a payment not really a payment? For income tax purposes not unless it is accompanied by a properly documented voucher.

Auditors and assessors within Revenue Canada, Taxation are cracking down on unvouchered expenditures. According to an Information Circular issued by the Department, vouchers should be obtained and retained in all cash transactions that affect the calculation of one's income tax.

The Department's policy of requiring vouchers applies to all transactions including under-the-table dealings such as kick-backs, bribes or fictitious expenses as well as regular purchases of merchandise or service. To be allowed for tax purposes, all expenditures must be supported by vouchers that show a full description of the goods and services purchased; including the quantity and price; the name and address of the recipient of the payment; and the signature of the recipient. The amount paid must also be included in the recipient's income for tax purposes.

The Department will make allowances for special circumstances including small cash payments that seem

reasonable and to have been incurred for the purpose of gaining or producing income.

The Department is also cracking down on individuals who refuse to name the recipient of such payments.

According to Information Circular 76-4, it will take legal action to demand information when a payment is alleged to have been made but the payer refuses to name the recipient or the recipient otherwise remains anonymous.

## No More Gamble To Tax Evasion

There is a gamble involved in being an income tax evader and now Revenue Canada, Taxation is stacking the odds.

It used to be that taxpayers could cross their fingers and hope their names were not selected by the Department's auditors. But now the auditors have found another more effective way of weeding out those taxpayers who cheat on their tax returns.

In addition to using the traditional screening method in which individual high-risk taxpayers are selected for their potential tax recovery, the Revenue department has begun to identify what it calls high-risk groups, those groups of taxpayers who have been found likely to report less income than they should.

It could be any type of group, an industry, a profession, even a particular neighborhood. If the tax

department notices a significant lack of compliance with tax laws among members of the group, all members could come under an audit, on a national scale if necessary.

Already this new approach has proved successful within the scrap metal industry and is being used on the garment trade. Thousands of dollars in taxes have been recovered from scrap metal dealers across Canada and newspaper accounts of fraud within the garment trade are a daily occurrence.

The audit approach will not be the same in every case. With a large operation such as the scrap metal industry, the clean-up involved both the Department's audit and special investigations divisions with charges being laid for failure to provide records, and audits being carried out on all levels of the industry simultaneously.

Not only will large industries and corporations be the subject of this technique. With a group such as waiters and waitresses, the auditors can work directly with the Department's Taxroll Division using their computer matching system to compare the records from hotels and restaurants with the returns filed by individual taxpayers.

The Department also has access to information from other government departments. For instance, it has traditionally used information supplied by certain marketing boards to verify information supplied by farmers. If tax evasion appeared prevalent, widespread audit action on farmers could be undertaken.

This new approach to the selection of taxpayers for audit goes a long way toward removing the element of chance in the Department's selection procedures. Revenue Canada, Taxation also believes it will go a long way toward improving voluntary compliance.

(This information is supplied by the District Taxation Office).

## Confederation Reconsidered

By JIM SMITH

Basically, there are three types of people in this world. The optimist looks at a disaster and takes comfort in the knowledge that things could always be worse. The pessimist, in the midst of the same disaster, is terrified by the possibility of worse times to come. But the entrepreneur locks horns with disaster, determined to turn adversity into an asset.

Optimists and pessimists are both rather vocal by nature; their attitudes are almost always common knowledge. But the entrepreneurs are too busy doing to spend time discussing, so their views are less likely to be aired in public. Which may explain why the entrepreneurial side of the current Quebec controversy has not been widely circulated.

The pessimists, of course, are convinced that Quebec is on the verge of opting out of Confederation. The optimists believe that a united Canada will survive. But only the entrepreneurs regard the Parti Quebecois election victory as an opportunity for considerable national benefit.

Quebec, like the other provinces, is dominated by multi-national corporations. The multi-nationals, being primarily controlled by residents of English-language countries, have a natural tendency

to give hiring and promotional preferences to Anglophones. But economic independence is just as serious a problem for English Canada as for French Canada.

Quebec, as well, has suffered in the past from the domination of the Church and an inferior educational system. It was the place to locate a manufacturing firm dependent on low cost labour, that is until someone discovered Korea and Taiwan. And yet, the same threat to jobs exists in Ontario and Manitoba.

"The most obvious cultural fact about Canada", according to John Bulloch, President of the Canadian Federation of Independent Business, "is its lack of homogeneity. Its attitudes and problems vary from province

to province and from community to community. All of Canada is facing social and economic change as we move into an era of expensive energy. To an entrepreneur, these changes mean new opportunities.

In other words, we need flexible policies that will encourage the development of community-oriented, small firms that can meet the needs of regional or minority groups. Bigness, which by its very nature, must be centralized and homogeneous, is a disruptive influence on Confederation. A framework of government policies to encourage expansion of the small business community could unite our nation. That isn't optimism or pessimism; it's pragmatic entrepreneurship, the desire to turn impending disaster into widespread social benefit.

**CNA TOTEM TIMES**

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Editor: Al Wilson (371)

Assistant Editor: Gord Kruger (404) Steve Allan (308)

Editorial Staff: Chris Hosford, Norma Mortimer, Bill Ewing, John Windish, Brendan Smith, Paul Carreau.

Photographers: Chris Hosford, John Windish.

Sports & Recreation: Gord Kruger (404)

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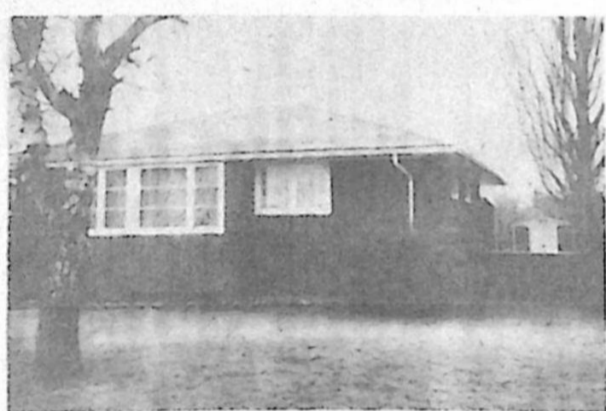
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# Sports-Beat Comox



**TO THE WINNERS THE SPOILS** - The smiling faces of the Dyn-O-Mites indicate the result of the third annual Port Augusta tournament. They were the winners of the Port Augusta trophy. From left to right: Gill Tapp, Steve Norman, Jim Cassibo, and Wayne Nestor. Russ Engelmyer extreme right makes the presentation.

## "Up Earl's Alley"

The big event of the past week has been the Macdonald's Brier which was held in Montreal. The B.C. Rink skipped by Roy Vinther got off to a booming start and before the smoke had cleared they had established 8 wins and 0 losses record, with three games to play. Well that was the end of the good news as the Quebec Rink skipped by Jimmy Ussel finished strong and won the Brier with a 9 and 2 record. The B.C. Rink ended up tied for second with an 8 and 3 count.

Don't panic folks that white stuff we have just received will not last and we will not have to use colored golf balls at the Golf Course. The membership drive is moving, although not too quickly, steadily along. The Wine and Cheese "BAN YAN" is being held Friday, 18 Mar. 77 at the club house and it is open to all. The party will be commencing at 1930. It certainly was nice for the workers to have mowed all the grass in preparation for the SNOW.

The Broomball team are back from the Nationals. They sure took it on the chin down in Shearwater. We all felt that they would do very well this year as this year's team were considerably stronger than last year's entry. Even though it is nice to win at any CF National event, it is certainly

very rewarding just to be able to have had the opportunity to represent your respective Region at these, the epitome of Armed Forces sports activities. They are to a man to be congratulated for their efforts and let us all hope that next year will be the "Big" one. Of course for fellows like Capt. Gary (The Original "Dirty Harry") Anderson, the mileage is starting to catch up. Hang in there Gary ....

Earl Thompson (Alias the Pearl) and Gord Kruger have been selected to officiate at the CF Hockey Nationals in Shilo, which is most commonly referred to by the competitors as, "White Cane Week". Ernie Stroel has been picked up by CFB Chilliwack to bolster their ranks for the week long competition. His conditioning could be a factor as due to the rink breaking down he has been unable to drive the body (practice) this past week. These Nationals are great times for all competitors to get together over an evening DRAFT session and reminisce over about the "good old days".... These DRAFT sessions do not necessarily mean the normal trading of players.

Received some news from back East and am pleased to hear that Marc "The Rocket" Maltais has the "Oldtimers" hockey team under control at

CFS Lac St. Denis. They apparently still hold their weekly DRAFT sessions at the Auberge du Coin.... I would imagine that Ron "Sure Shot" Gauthier is still terrorizing the Pool Table at the Auberge....

The Montreal Canadians are having just a "Brutal" season.... Do you realize that they have more wins than the Canucks have points? That's not bad considering that a win is worth two points.... Heavy.... The Habs are struggling a little bit now as they have hit a bit of a slump and have tied a couple of games recently. The Leafs have acquired something they have not had since the days of Allan Stanley, a defenceman.... I think... If this Pratt performs just half as good as his father did for Toronto he will certainly be an asset. Of course if he can skate backwards he will be a plus for that - Defence???

I hear that the B.C. Lions are going to hold their training camp in Courtenay this year. If this weather keeps up they will have to conduct their workouts while wearing "Scuba" gear.. Imagine trying to practice place kicks from a row boat???

Stay tuned. And, remember, "If you win say nothing," if you lose "say less"...

## Bowling With Stan

The "Third Annual Port Augusta" was held last weekend with 18 teams participating. It turned out to be a good tournament with excellent bowling and a good time by all (especially Port Alberni).

The winner of the "A" event was the Dyn-O-mites with Wayne Nestor, Gill Tapp, Jim Cassibo, and Steve Norman. For their efforts, they took the big prize of \$250.00. The MAC's from Nanaimo took second place with Larry Cote and Stan Prime's team taking third and fourth.

In the "B" event it was the "Krazy Four" from Campbell River taking 1st place. Second place went to the "Ball Busters" from Courtenay. Third and fourth places went to Jack Ball's and Gary Wiffen's team.

The ladies high single was taken by Jean McNiven with 284, with the mens high single going to Larry Cote with 365. Mike Holoidey from Gold River took the prize for high single out of money with his 347.

Other scores of interest was Marc Davis's 933 triple and Reina Ball's 815. There were fifteen 300 games in the tournament.

In the next issue of the Totem Times I will have a complete rundown on the final results of the YBC. Janet Jones and Ronnie Shaw from the Juniors are advancing to the finals in Vancouver for the singles in the 4 Steps to Stardom.

This weekend sees the 4 qualifying teams in the "Thomas Adams" going to the zone in Gold River.

It's not work to walk. So why not walk to work?

Walk a Neck-Taker.

### Helmets and Elbow Pads.

If I had my way, every hockey player in the country, regardless of age would be forced to wear a helmet when performing. They're the most necessary and sensible pieces of protection there are and big league players who refuse to wear them for "cosmetic" reasons are not only stupid, they're selfish. If my three boys were just starting their minor hockey careers I'd insist that they add the new light and very well designed wire face mask to the helmet.

Until this past summer I've resisted the move to full face masks, but at our hockey school we had three boys hit in the face with hard slap shots and all escaped serious injury because their parents had the good sense to insist they wear the new wire face mask.

Rumor has it that a boy will have to wear a full face mask or he won't be able to play Minor Hockey. If true, then I say Governments, Municipal, Provincial and Federal - or Minor Hockey Associations should purchase the helmet and rent them to the players for a nominal fee - otherwise thousands and thousands of children will not be able to

play hockey. Minor Hockey because of the expense of equipment and ice time is slowly but surely driving the boy out of the game who comes from the average or less than average income family. A thirty five dollar face mask will be the shoe that will break the camels back.

If I had to play a game wearing only one piece of protection equipment, I would choose elbow pads. Broken bones, bad cuts and severe bruises will mend - but with a banged-up elbow you're in trouble. An elbow pad with a good heavy fiber pad backed up with shock absorbing material provides adequate protection for the tip of the elbow. Don't buy pads - even for the smallest kids, without that fiber cap.

Most elbow pads on the market today have adequate built in protection, but they are way too big and won't stay in place. They usually slide down the arm of the boy and rest on the top of his glove leaving only the elastic arm band covering the elbow. To be effective the elbow pad must fit and stay in place.

## Sailing Club

In spite of the snow-covered hills, the Comox Squadron of the Canadian Forces Sailing Association is already well into its fifth year of operation.

The Sailing Club is conducting a Keelboat Skipper's Course at HMCS Quadra, Goose Spit, every Monday at 7 p.m.

The next club activity will be an Open House on Sunday,

24 April at 1 p.m. at Goose Spit with races, keelboat rides, displays, films and refreshments.

The Club has six "Mirror" class sailing dinghies, a 26-foot sloop the TALLY-HO and a clubhouse at HMCS Quadra, Goose Spit.

For more information contact Geoff Frusher, Local 308 or Nan Fox, 339-2416.

## Bambi Goes West

(Continued from page 1)

The first was a large buck. On a subsequent trip to release more animals, the buck was seen on a near-by hill, his ear-tag clearly visible, and apparently completely at home in his new surroundings. On Wednesday, March 9, a group of three deer were relocated: a buck, a doe and her new

fawn. When they were released, the three of them calmly wandered into the bush together in as fine a display of animal family togetherness as anyone could wish to see.

In the photo, Sgt. Frost of the Military Police section removes the obstacle between a doe and her new wilderness home.

## Look Out World Here Comes Ryan

At the tender age of 11, Ryan Dolby has achieved bowling feats that the majority of Canadians just dream about. Ryan is a Y.B.C. Junior at Alder Lanes in Aldergrove, B.C. and is currently averaging 242. He has been bowling for only three years with his highest scores being a 393 single and 923 triple. So far this season, Ryan has bowled an astounding thirty-two 300 games. He recently won the Y.B.C. Zone Finals with a score of 727 and will no doubt

try his best at the Provincial Championships so that he can represent his province in the National Finals.

Bowling isn't Ryan's only love. He also plays hockey and collects coins. According to Y.B.C. Press Secretary, Carolyn Gabelhei who submitted the aforementioned information, Ryan is a notch young athlete who never makes a point of being the best. That's what sportsmanship is all about... graceful winners and humble losers.

## Intersection Broomball

### PLAYOFF SCHEDULE

Wed. 16 Mar. .... HQ vs ATC.

Thurs. 17 Mar. .... 407 vs MP

Mon., 21 Mar. .... HQ vs ATC

Tues. 22 Mar. .... 407 vs MP

Wed. 23 Mar. .... Game will be between teams that need it

Thurs. 24 Mar. .... Finals.

Mon. 28 Mar. .... Finals.

Tues. 29 Mar. .... Finals.

Semi-finals - 2 out of 3.

Finals - 2 out of 3.

## Hunters Queried

Game harvest questionnaires will be mailed to many British Columbia hunters within the next few weeks.

The fish and wildlife branch asks hunters to complete and return their questionnaires as soon as possible, regardless of whether or not they actually hunted in 1976. Last year, approximately 36 per cent of the hunters contacted took the time to respond, and the year before only 23 per cent responded. Good response rates are essential to an effective wildlife management program.

Although the questionnaires are personalized this year, hunters' names on completed questionnaires will be confidential.

## Five Man Judo

The local Judo Club will be sending five of its top members to an inter-club meet at McChord AFB, Washington.

The boys are Rory Wilson, Marc Whorral, John Watt, Colin Blair, and Steven Blair. They will be the guests of SMSgt. and Mrs. Leslie Muncaster of Tacoma. The boys have been invited to an inter-club friendship tournament. They will be leaving here on Fri., 25 Mar. and returning Mon., 28 Mar. Watch this page for a follow-up story.

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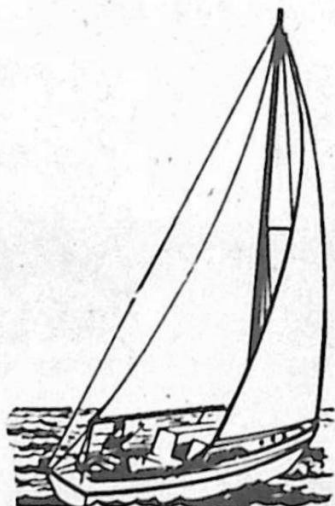
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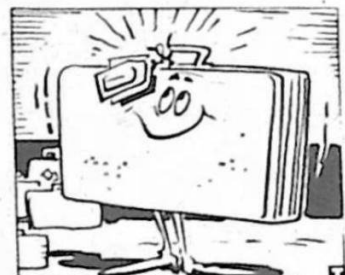


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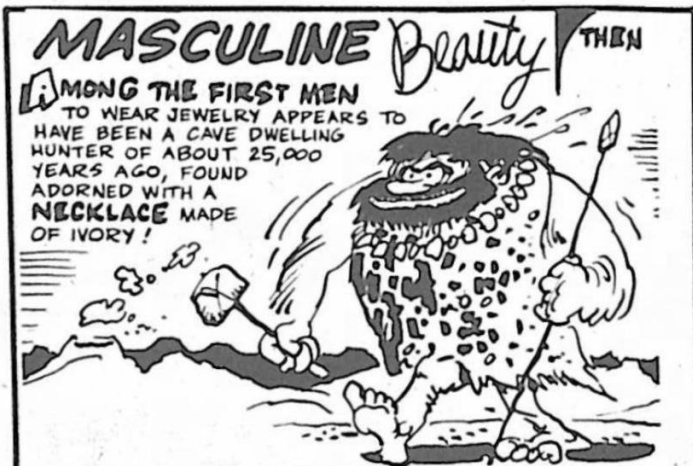
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# Canadian Military Aircraft



**CANADAIR SABRE MK. 6** 23414 of No. 434 Sqn. during its deployment in Europe. The colour scheme was dark green and dark grey on upper surfaces and PRU Blue undersides. Belonging to No. 3 Wing RCAF the squadron was stationed at Zweibrücken, Germany.

## BY EWING Part Seven - Canadair F-86 Sabre

The pilots of the post-war RCAF fell in love with one aircraft above all others. Those that flew it were envied by those that didn't. That aircraft was the Canadair F-86 Sabre.

The first of the Sabre Mk.1s joined the RCAF in August of 1950. Since that date, a total of 1184 "Swords" have worn the Canadian roundel. Many went into front-line service with 1 Canadian Air Division in France and Germany, then returned to Canada for additional service with the RCAF Auxiliary squadrons. A

total of 12 Permanent Force, and 6 Auxiliary squadrons flew the various Marks of Sabre, plus the OTU at RCAF Station, Chatham, New Brunswick.

The most popular versions of the F-86 were the Mk. 5s and Mk. 6s. These were powered by the Orenda 10 and 14 engines which made them faster than the USAF Sabres then in use. Many a USAF pilot developed hunched shoulders from trying to hide in his ejector seat during mock-combats with the RCAF in the skies over Europe.

Even after being withdrawn from service with the RCAF, the Canadair Sabre laboured

on. Many of them went to the RAF, the USAF, and to the Air Forces of Greece, Turkey, and West Germany.

The last two Sabres in the RCAF-CAF made a farewell tour of Canadian bases during December of 1968, then joined the rest in storage at Mountain View, outside of Trenton, Ontario. Those not donated to museums or mounted on pylons as memorials have been disposed of to civilian contractors in Canada and the United States. A large number of these ended up as drone targets for USAF missiles, thus avoiding the ignominious end of the scrap heap.



**ANOTHER LUCKY CANEX PATRON** Cpl. Bernie Bray is shown receiving a cheque for \$450. from the Canex Store manager, Ken Frederickson. Bernie was the winner of the Lucky Sanyo TV promotion. He decided to take the money rather than the trip to Acapulco.

Base Photo

## Just The Facts Ma'am

The Facts on TAC Eval Testing:

In order to prepare themselves for unit testing, the TAC Eval team which recently visited CFB Comox has to employ many hours of scientific testing to perfect their system. I suppose that from time to time, we have all wondered what methods they use to solve difficult problems. In true scientific fashion, they employ a step-by-step testing procedure which is amazing and provides absolutely brilliant conclusions. We at the Totem Times have been fortunate enough to obtain a copy of a recent experiment which was carried out at the team's secret testing center in Elbow, Saskatchewan (that's just an arm's length from Eyebrow, Saskatchewan). The results of that test are as follows:

Requirements One Saskatchewan grasshopper.

**Test 1: Preparation** - Removed the two front legs from the grasshopper and placed it upon a table top. **Test:** Gave the grasshopper the verbal command, "CRAWL". **Results:** The grasshopper crawled.

**Test 2: Preparation:** Removed the second pair of legs from the grasshopper and placed it upon the table top. **Test:** Gave the grasshopper the verbal command, "CRAWL". **Results:** The grasshopper crawled.

**Test 3: Preparation:** Removed the remaining pair of legs from the grasshopper and placed it on the table top. **Test:** Gave the grasshopper the verbal command, "CRAWL". **Result:** The grasshopper did not crawl.

**Conclusion:** It was determined beyond all doubt by this series of exacting tests using scientific methods, that a grasshopper with all its legs removed CAN NO LONGER HEAR.



**BXO RETIRES** - LCol. Read presents Retirement Certificate to Capt. Hoffart, recently retired Base Exchange Officer. Capt. Hoffart completed almost thirty years service.

Base photo

## Kil-a-Who?

The price of electricity to the homeowner continues to rise across the country.

Mr. White of B.C. Hydro, Courtenay, told the Totem Times the new B.C. rates are based on a 60 day (two month) period.

"The first 550 kilo watts rate is 4.6 cents per KW; all additional are 2 cents per KW. A three dollar service charge is added," he said.

"It costs two cents per KW to generate the power," he said, "and, 17 dollars per account to deliver it from the power house through the substations, lines and transformers to the household."

Although other provinces are considering the elimination of the REVERSE POLICY; i.e., the more you use the less the unit cost, it would appear that B.C. is not taking this approach at present.

One idea that has been considered by some provincial government officials is the installation of a miniaturized computer within each electrical feed line. This computer would commence to dump loads in accordance with a specific program as specified usage rate is exceeded. During peak load periods the householder will have to decide whether to use the electric hot water heater, the electric clothes dryer or the electric stove; i.e., a priority system.

CONSERVATION (and good economics) IS THE NAME OF THE GAME.



**GENERAL ALEXANDER M. HAIG, Jr.**, Supreme Allied Commander Europe, prepares to go for a ride in a German Army Leopard tank on loan to 4 Canadian Mechanized Brigade Group (4 CMBG). SACEUR, who visited Canadian Forces Europe on Feb. 17, stated that he had a keen interest in the on-going modernization of 4 CMBG.

CF photo

## Supreme Commander In Lahr

General Alexander M. Haig, Jr., Supreme Allied Commander Europe, visited Canadian Forces Europe in Lahr, Federal Republic of Germany, on February 17.

While in Lahr, the general told assembled newsmen that he had a keen interest in the on-going modernization of 4 Canadian Mechanized Brigade Group (4 CMBG).

"I am extremely pleased with the recent decisions of the Canadian government with respect to a number of modernization steps: the Leopard, the up-gunning of the M-109 (self-propelled

howitzer), the decision to introduce the Blowpipe and TOW anti-tank missile," he said.

After receiving briefings at CFE headquarters and at 4 CMBG, Gen. Haig viewed a static display of Canadian, American and German equipment organized by the 1st Regiment Royal Canadian Horse Artillery.

The week of February 14-18 had been set aside by the brigade as its officer study week. Gen. Haig addressed the assembled officers during their noon meal.

Afterwards he visited The Royal Canadian Dragoons, the brigade's armoured regiment. While visiting the regiment, the general had the opportunity to see the Leopard tanks on loan from the German Army and to test drive one.

He also spoke with some of the Portuguese officers and NCO's who are in Lahr to observe Canadian methods of instruction.

Gen. Haig who is in the process of making a number of visits to various national contributors, stated that he was glad he visited the Canadians first.

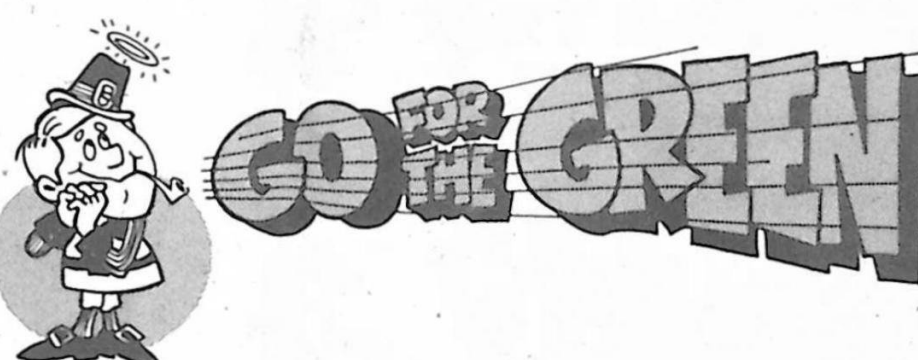
"I have been very impressed with the professionalism of the officers and especially the non-commissioned officers of this unit," he said. "They have a reputation within the alliance of being truly professional and as you talk to them, as I have today, it's clear that this is so."

## July 2, Is A Big Day To 434 Bluenosers

434 Tactical Fighter Squadron will receive its Air Standard on 2 July, 1977. In conjunction with the presentation, the Squadron is planning a three day all ranks reunion of ex-434 members. The weekend will be a gala affair. Some of the highlights in our tentative plans include Oscar Brandt, Vera Lynn, and

a major Air Show including a Spitfire, an ME 109, a Sabre, a Vulcan, the Snowbirds and many more.

Any ex-members who are interested in attending are asked to write to 434 TAC (F) Squadron, CFB Cold Lake, Medley, Alberta, Canada T0A 2M0, and further details will be forwarded.



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66 MUSTANG - V/8 A/T, radio	\$1696
71 MAZDA 1800 STN. WGN. - New paint	\$1095
72 MAZDA 616 H.T. - 4 spd.	\$1695
74 DODGE COLT HARD TOP	\$2295
73 MAZDA RX3 STN. WGN. - Radio, 4 spd.	\$2495
73 TOYOTA COROLLA - New paint, 1600 cc.	\$1895
75 MAZDA 808 CPE. - 4 spd. 6500 mi.	\$2995
67 FORD FAIRLANE - V/8, A/T, P/B	\$1095
70 MAZDA 1500 SED.	\$1095
69 FORD SED. - V/8, A/T.	\$495
71 MAZDA 1500 SED. - 4 spd.	\$1095
73 MAZDA RX3 STN. WGN. - 4 spd, new paint	\$2495
70 FAIRLANE 500 H.T. - V/8, A/T.	\$1295
71 MAVERICK - 6 cyl. A/T, P/S, P/B	\$1695
66 V/W BEETLE	\$495
69 VAUXHALL VIVA	\$495
70 METEOR SDN. - V/8, A/T, P/S (Clean)	\$1195
70 MAZDA 1500 C.C. STN. WGN.	\$1095
71 TOYOTA CROWN STN. WGN. - 6 cyl. A/T	\$1695
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73 DATSUN PICKUP - & Canopy	\$2150



# Under The Toadstool

Last September, five little girls sat under the toadstool of the 6th Comox Brownie Pack. For two months they worked very hard learning many useful things. Then on December 9th those Tweenies were enrolled and became Brownies in a Winter Wonderland setting. Stars and snowflakes glittered in the "sky" as each girl skipped the icy stones to make her Promise "to do her best and to lend a hand". Donna Monteith, Jane Cassibo, Alysia Sharp, Shari Hagar and Pamela Bouchier were welcomed to the pack.

It seems there was only time to make them feel at home when it was time to bid

farewell to Janine Dupuis, Nicole Sinclair, Heather King and Natalie Gagnon who were ready to "fly up" to Guides. That ceremony was held at the Social Center on February 17, 1977. After the Brownie Ring and the Guide Horseshoe were formed, the four girls were "winged" by Brown Owl. An opening was made in the Brownie Ring, and with the help of some magic dust and best wishes from the pack, the girls "flew" to Guideland. There they were greeted by the Guides and given a symbolic candle. Following the ceremony, songs and refreshments were enjoyed.

Brownies and Guides

around the World honor Lord and Lady Baden-Powell who founded the movement in 1911 and 6th Pack Brownies are no exception. On February 24, the Thinking Day program to which parents were invited, was presented with its theme of "Our Four World Centers". The sixes gave interesting information about Brownies from India, England, Mexico and Switzerland. After the program a birthday cake, made by Mrs. Rhona Windish, was placed under the toadstool, "Happy Birthday" was sung and lights were shone for Brownies in other lands. On Sunday, February 27 many of the Brownies attended the Church of their

choice to once again honor the founders of Guiding and Scouting.

The Pack has not been busy only with ceremonies. In October, ghosts and goblins visited the hall during a Hallowe'en Party. The Brownies made pom-pom witches, ghosts, cats and pumpkins. Very realistic ghosts visited an old woman in a graveyard and spooky Hallowe'en games were played.

For Christmas we thought of others and made felt stockings for all the people at Glacier View Home. Then we visited the Home to deliver the stockings and to sing some carols and Brownie songs.



**BROWNIES NOW** - District Commissioner Lois Croitor and Brown Owl Nancy Cassibo with proud new Brownies Donna Monteith, Jane Cassibo, Shari Hagar, Pamela Bouchier and Alysia Sharp.



**STEPPING UP** - Alysia watches carefully as she makes her way along the stepping stones.



**"I PROMISE"** - Alysia Sharp takes her turn at making her Brownie promise at the Toadstool during enrolment.

## Stringband At Arts Alliance

Stringband, Canada's leading exponent of home-made music, will be playing a concert at the Arts Alliance, 907 McPhee, Courtenay, on Saturday, March 26th at 8 p.m.

Stringband has appeared in concert from coast to coast, from Halifax to Victoria and from Tuktoyaktuk to Montreal. They've been heard on every major network of television and radio. They have 3 long-playing records:

"Canadian Sunset", "National Melodies" and "Thanks to the Following" - this last made with the contributions of 850 advance subscribers.

Weekend magazine describes Stringband as "Pitched somewhere between what was and what may be coming. STRINGBAND is somehow in tune with Canada... Part of STRINGBAND's charm is a try-anything-once eclecticism that takes them

into Acadian nonsense songs, 1930's jazz, bilingual satire and the purest vintage folk", Maritime fiddle tunes, Quebec chansons, old-time banjo and country songs, originals and topical songs such as "Dief will be Chief Again". "They experiment with sounds too, and have become more or less proficient at acoustic guitar, electric guitar, bass, fiddle, mouth harp, autoharp and jew's harp, tambourine, triangle, assorted blunt in-

struments, even the muffled throb of an Earth Shoe keeping time on the stage floor."

STRINGBAND is Marie-Lynn Hammond singing and playing guitar, Bob Bossin singing and playing banjo and Terry King on Fiddle.

For more information or material for reviews, contact Judith Fanning at the above address. Admission \$3.50.

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Mon. to Thurs. - 8:15 p.m.  
 Two Shows Fri. & Sat. - 7 and 9 p.m.  
 No Matinee This Saturday

Thurs. to Wed. -  
 March 17, 18, 19, 21, 22, 23  
**CLINT EASTWOOD**  
**THE ENFORCER**  
 "Brutal violence throughout" - B.C. Dir.

Thurs. to Wed. -  
 March 24, 25, 26, 28, 29, 30  
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Starts Thurs., March 31 - Gene Wilder, Richard Pryor  
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Fri., Sat., Sun. - March 18, 19, 20  
 Gregory Peck **"THE OMEN"**  
 plus **"HOUSE ON SKULL MT."**  
 "Very frightening. Some violence"

Fri., Sat., Sun. - March 25, 26, 27  
**"ALICE IN WONDERLAND"**  
 plus **"MYRA BRECKINRIDGE"**

**WO's & Sgt's Mess**  
**ENTERTAINMENT**

**MARCH 18th - MIXED TGIF**  
 Time 2000 hrs.  
 Dress Casual - Sub. Suds and Food.  
 Games - Darts and Pool.  
 Cost - Members and Associates Free - Honorary & Guests \$3.00 per couple.

**MARCH 19th - SOCIAL NITE**  
**MARCH 25th - TGIF** - Sub. Steaks.  
**MARCH 26th - SPRING BALL**

**MARCH 26th - SPRING BALL**  
 Time - Dinner 2000 hrs. to 2130 hrs.  
 Dancing 2130 hrs. - 0130 hrs. Music by "Sound Craft"  
 Dress - Members and Guests Co-Ordinates, Jacket compulsory.  
 Spouse, semi-formal.  
 Food - Prime rib roast, bottle of wine included.  
 Cost - Members and associates \$12.00 per couple.  
 Honorary and guests \$20.00 per couple.  
 Reservations from Mess Manager cut off March 23rd.  
 130 persons maximum.

**MONDAY NITE MOVIES FOR MARCH**  
 21st - Rooster D. Cogburn (John Wayne, K. Hepburn).  
 28th - Bite The Bullet (Jean Hackman)

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**FRIDAY, MARCH 18th, 25th**  
 Regular TGIF's  
 1700 - 1800 - Subsidized Drinks.  
 1700 - Food - 1800 Jackpot & Bottle Draw

**SUNDAY, MARCH 27th, CANDLELIGHT DINNER**  
 Dinner at 1930 - 2100 Hrs. - "Prime Rib of Beef" with all the trimmings.  
 Reservations by 1500 hrs. Friday, March 25th.  
 Informal Dress - \$8.00 a couple. \$12 guest couple.

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**MARCH 18th, 19th, 20th**  
 By popular demand for this St. Patrick's Day weekend we are bringing back **THE McQUILLAN BROTHERS**. These fellows are ready and willing to entertain you. All they need is for you to be there. Come out and try it. You're bound to like it. There will be a \$2.00 cover charge for this weekend.

**MARCH 25th, 26th, 27th**  
**GRAND SLAM** - If you're ready for them they're ready for you. Grand Slam is a band that can play music that will fit into anybody's category. If you know the name they can probably play it. This is such a popular band it's hard to say when they will be back. Why not try to see them now while you can. There will be a \$2.00 cover charge for this weekend.

**DISCO - MARCH 24th**  
 Doors open 1900 hrs. Music starts at 2100 hrs. There will be a 50¢ cover charge for all DISCOS.

**TGIF AND GAMES NIGHT - 18th, 25th at the Annex**  
 Food served at approx. 1800 hrs.

**BINGO - Every Wednesday Evening**  
 Doors open 1900 hrs. Bar open for refreshments 1900 - 2300.

**MOVIES**  
**MARCH 22** - ROOSTER D. COGBURN - John Wayne, Catherine Hepburn  
**MARCH 29** - BITE THE BULLET - Gene Hackman

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# Adventures Of Superteck

BY A.C. EINE

What a come-down! Instead of First Class on a 747, Superteck was headed home on a train. Trains were for freight and cattle, everyone knew that.

The one bright spot for the journey was that his prisoner, Pte. Nurd, was a book-worm and Superteck looked forward to a leisurely trip in the Lounge Car.

With Pte. Nurd settled down with a thick book, our hero set his hat to a jaunty angle and sallied forth in search of the good life.

After a start in the wrong direction, he strolled through the cars toward the Lounge Car, taking in the sights as he went. His total count of the "sights" by the time he got there included, five blondes, three brunettes, and a raven-haired beauty with definite possibilities. This trip might not be so boring after all.

He stepped through the door of the Lounge Car just in time to hear someone say, "Shut up and deal!" Things were indeed looking up.

His eager grin of anticipation faded as a second voice announced, "Hide the cards, fellas, Sharky just walked in."

Superteck started to laugh. Here he was, wondering what he was going to do to pass the time, and the first bunch of people he sees are all old buddies.

"What are you nuts doing on the train? I thought all you Codfish had to travel by boat."

"One more crack like that, Pigeon, and I'll step on your cap-bag. Never mind us being on the train, what are you doing so far from home, and in uniform, no less?"

"I got tagged to escort an AWOL home, and it turns out the kid gets airsick. But enough chit-chat. Is that a private game, or can anybody take your money?"

"Superteck, the only time you win is if you play by

yourself, and then you have to cheat."

"Keep the game going. I'll be right back. I want to let my problem-child know where I'm going to be for the next couple of days."

As he turned to go, came the inevitable line, "Bring money!"

Pte. Nurd looked up with a start as Superteck barged into the compartment.

"If you're looking for me for the next while, I'll be in the Lounge Car. There are a bunch of swabbies back there just aching to get fleeced."

A couple of hours later, Superteck was beginning to wonder just who was going to fleece who. Outside of a couple of minor pots, he hadn't taken a thing.

He was about to pack it in when he glanced up, and Pte. Nurd was standing behind him.

"I beg your pardon, Corporal, but do you suppose anyone would mind if I sat in?"

Superteck stood up. "Tough if they do. I'm ready to pack it in, so if you want to play my hand, it's all yours. There's about eleven bucks left of my kick, and if you want to play it out, I'll collect off you later."

Superteck walked back up through the train until he came to where the dark-haired girl was sitting. Without so much as, excuse me, he plunked himself down beside her.

"My name is Superteck, I'm a Corporal in the Air Force, and I just got wiped at poker by a bunch of no-talent swabbies. In the interests of civilian-military relations, and to help me mend a shattered ego, would you join me at the bar?"

The girl smiled. "I doubt very much if a mere card game could bend your ego, but if your invitation will cover coffee instead of the Bar, you've got a deal."

So, instead of the alcohol he thought he'd be poking back,

Superteck ended up discussing the problems of the world over a cup of coffee.

Suddenly he stopped. "Say! You know my name. What's yours?"

"Alice Cooper."

Superteck's eyebrows shot up under his hairline. "You're putting me on."

"Oh, not THAT Alice Cooper, silly. I'm a girl." Superteck looked her up and down slowly. "True, true."

Finally, the waiter shut down the Dinette, and they were forced to leave. Superteck wondered how his prisoner was doing in the card

game, so they walked back to the Lounge Car.

The sight that greeted them as they entered was not as Superteck expected to see; not by any stretch of the imagination. Sitting at the table, with most of the money in front of him, and looking very cool and collected, was Private Nurd. The ones that

looked like they had been dragged through a wringer were all the Navy-types. "Superteck!", wailed one of the players. "What's the idea of bringing in a shark? This guy is killing us."

Suddenly the girl let out a squeal of delight and threw her arms around the Private. "Nurdy! What are you doing here?"

Pte. Nurd jumped to his feet. "Alice! I thought you were working in Truro."

"I'm on my way up to Toronto. My uncle wants me to work in his business."

The guys at the table started to get restless at all this. "Are you going to play cards or talk?"

Superteck sat down. "He's busy, so I'll play again."

The Private and the girl sat down behind Superteck and proceeded to get caught up with their adventures as the poker game went on.

All the seamen started to chuckle. With Superteck back in the game, maybe they'd get a chance to win some of their money back.

Time passed. Then more time. Then even more time! The couple would pause every once in a while to watch the game. With the girl around, Superteck's luck seemed to change, and whenever she wanted to leave, he would talk her into staying.

Finally she couldn't stand it any longer. "I don't know about you, but I've been sitting here all night, and I can't keep my eyes open any more!"

Superteck glanced out of the window and suddenly realized that it was morning. He shook

his head, then folded his cards and dropped them on the table.

"Sorry to take your money and run, but I think enough is enough. It's been fun. Maybe we can all do this again real soon." And with that, he got up and started to pull his uniform into some semblance of order.

He turned to Nurd and the girl. "As you two have made pretty good lucky charms and seeing as how I now have most of the cash, how about breakfast... on me?"

They all agreed it would be an excellent idea, and after waving a cheerful goodbye to the grumbling sailors, went to breakfast.

During coffee, Superteck had an idea. "Nurdy! You won a fair amount of money last night, and the two of you must have brought some luck to me. Tell you what. I'll take out my original stake, and I'll split what's left right down the middle."

There was some half-hearted protesting, but finally the Private accepted the money.

The three of them stayed together for the remainder of the trip, and when they got to where the two Airmen had to get off the train, Superteck thought that the other two might not get finished saying goodbye until the train was long gone.

Before they left the train, Superteck was careful to put on the armband that the BWO had made him pick up from the Military Police. With the way things had gone, he'd give odds that there'd be MPs waiting when they stepped onto the platform. He was right, there were.

"Ah, Superteck, my friend. You made it back. And with your prisoner, too. I was hoping that you'd lost him somewhere and that I'd get a chance to escort you."

"No such luck. If you are here for us, let's go. I want to get out of this Hellier-suit and

into something comfortable again."

Back at the MP shack there was paperwork to do. With it out of the way, Superteck bid farewell to the Private and hitched a ride over to the BWO's office. He knew the Chief would be waiting for him.

"It's about time. If I'd known they were going to ship you back by train, I'd have set someone I didn't need around here."

"Why Chief, you care!" "Just give me the whole sad story on how you ended up in Winnipeg on your first try. It had better be good or there's likely to be two of you in cells!"

"Chief, you sound more than a little choked. Is it something I did?"

"All I want from you is the whole story on what went on. And if you must know, I'm leaving you tomorrow and I want to get this mess out of the way before I go."

"Are you transferred? That was fast."

"No! I'm not transferred. I have to go on course. It pains me that I have to leave you alone in this office. I shutter to think what you might get into."

"What happened to Sgt. Avion?"

"He's in the hospital and won't be out for a few more days. Just don't screw it up!"

"Just out of morbid curiosity, Chief, what Course are you going on?"

"Charm Course! What else?"

Superteck just about choked in an attempt to keep from laughing out loud. At the same time, the thought of running the BWO's office, even for a couple of days, warmed the cockles of his licentious heart.

Well, reader, do you have any idea what will happen next? You'll just have to pick up the next issue of Totem Times for further

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3. Be prepared for emergencies. Extra cans of stew on the shelf and a cake in the freezer can serve to save you when supper burns or unexpected dinner guests arrive. Learn how to do simple home repairs and first aid yourself.

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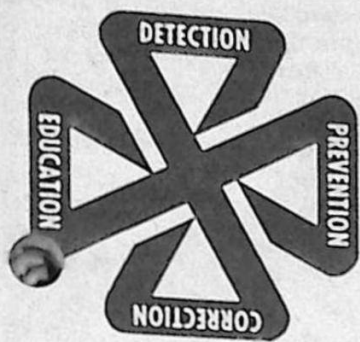
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# Accent Safety

Earning An 'A' For Attitude



Many accident prevention programs look good on paper and seem to have all the ingredients necessary for success - but are ineffective because they lack the catalyst of a good attitude.

Experience indicates that a good attitude begins with senior management and is transmitted through managers and supervisors to the workers, in the same way that the attitude of a coach is transmitted to the team. Every successful coach displays a compelling and unmistakable commitment to the game, and the players know it!

Establishing and maintaining the right attitude for an accident prevention program requires the same strong leadership. Direct and continuing interest in all program activities is essential. Managers who delegate all of their responsibility for accident

prevention clearly display their lack of interest, as do those who fail to ensure that properly delegated responsibility is adequately discharged.

## WE CAN DO BETTER.

Unusual accomplishments involve a strong desire to "do better" and an unwillingness to accept the status quo. Managers, union leaders and government officials have a special responsibility to provide the necessary leadership to urge a more positive attitude toward accident prevention, so that this same work attitude will in turn affect attitudes at home, on the highways and at play. An indifferent attitude about our own safety and health must become socially unacceptable if the human potential for accident prevention improvement is to be realized. WE CAN DO BETTER - a lot better.

## CHECK ON SAFETY ATTITUDES.

Some school officials require young students, employed on a part-time basis, to sign a disclaimer that frees the school of all responsibility in the event of an accident! The same practice spills over into sports and recreation associations. This practice belies those fundamentals of responsibility and leadership we've

been talking about and displays indifference and irresponsibility to those young people at a most impressionable age. Since it is much easier to develop good attitudes in a young person than it is to change the poor attitudes of older people, school and recreation associations should "coach" young people in shared responsibilities for accident prevention as a part of education and good management.

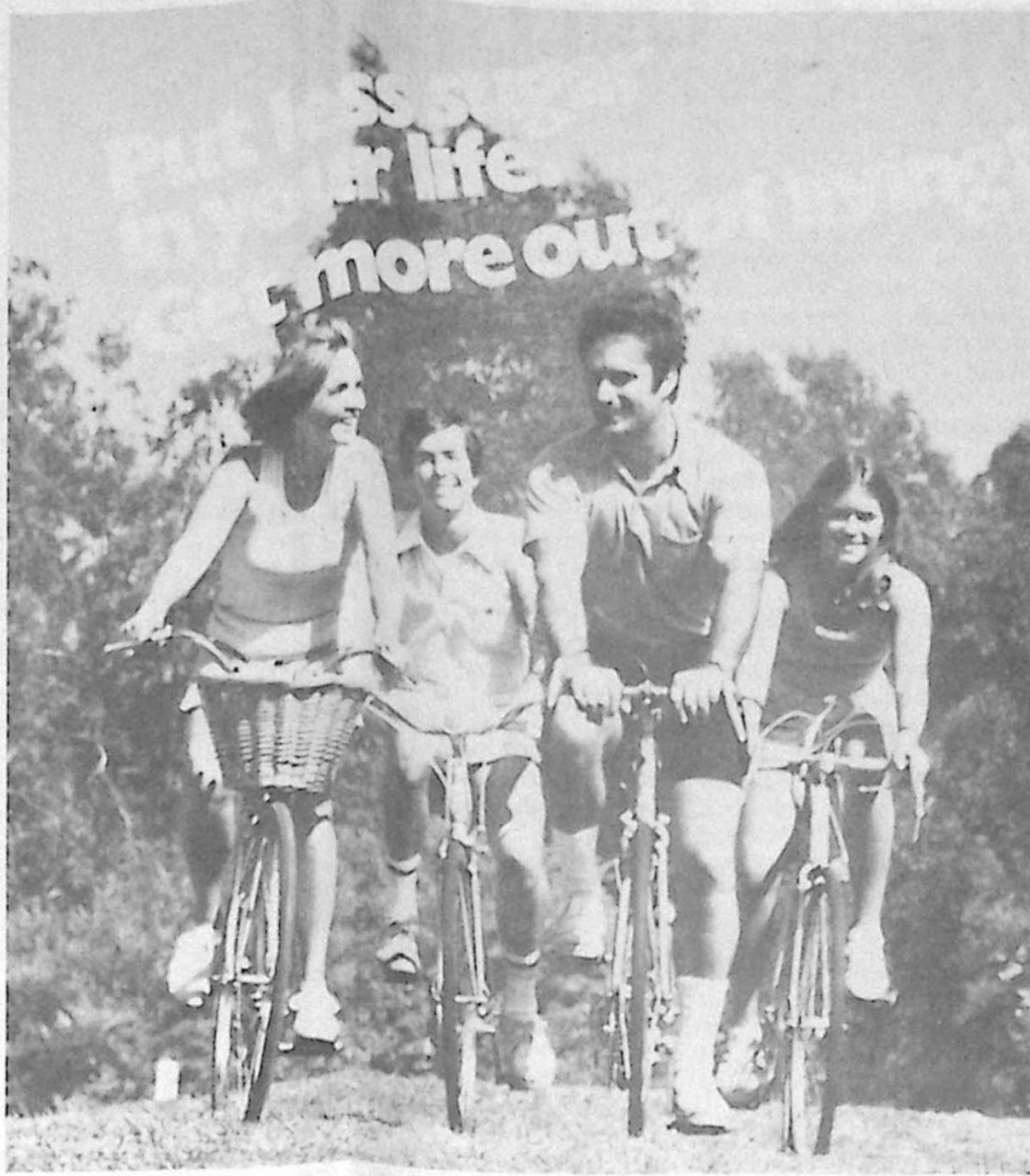
## YOUR ATTITUDE IS SHOWING!

Do you transmit an unmistakable commitment to accident prevention? Do you accept your safety responsibilities and set a good example? Do you insist on your personnel wearing ear protection - or dismiss the whole matter of hearing conservation as "their" own responsibility?

## CONCLUSION.

If section heads, supervisors and workers adopt the proper attitude toward accident prevention, the elements that constitute an effective program will develop as a natural consequence; the wrong attitude will frustrate the noblest of program efforts.

(Condensed from an article by W.A. Martin in "Safety Perspective").



# Your Dental Health

Tooth Decay - What Causes It?

**PRECEDE:** The following article is one of a series being presented by Totem Times in co-operation with the Dental Detachment.

We have all heard many times that tooth decay is the most common disease of mankind - a recent estimate is that 99 per cent of the Canadian population suffers from it. We have also been told that the eating of sweets has something to do with the problem.

Nearly everyone knows that keeping the teeth clean helps prevent decay, but they don't know exactly why. And since tooth decay is so common, too many people still take it for granted.

The truth is that the individual can do much to prevent decay in his own teeth and those of his children. An explanation of why decay develops will suggest what can be done to prevent it.

Literally billions of bacteria and other microorganisms



live in each individual's mouth.

Some types of bacteria commonly found in the mouth use sugars from our food to produce a sticky substance that forms a film on the teeth. Many bacteria - as well as dead cells, particles of food, and substances from the saliva - become trapped in the film. This sticky deposit on the teeth is called bacterial plaque (or dental plaque).

When bacteria in the plaque digest sucrose (ordinary table sugar) and other carbohydrates, they form acid. Acid may also be formed by bacteria trapped in the pits and fissures on the chewing surfaces of the teeth. Decay starts when the acid acts on the tooth enamel. The enamel is the hard, white outside layer of the tooth. The acid dissolves out the calcium and phosphates that give the

enamel its hardness. This causes no pain, and it may be difficult for even a dentist to see what has happened without an X-ray examination.

Beneath the enamel is the dentin, which forms the bulk of the tooth. The dentin is also attacked by the acid produced by bacteria; and if treatment is not given, the decay may expose the dental pulp at the center of the tooth. The pulp, which consists of soft tissue, blood vessels, and nerves, is likely to become infected, causing a toothache. In many cases, the infection passes into the tissues outside the tooth, and a painful "abscess" develops. Often, the tooth must be extracted.

If bacteria use sugar to produce the acid that causes tooth decay, it should be possible to reduce or prevent decay by (1) reducing the number of bacteria or (2) reducing the amount of sugar that provides the food for the bacteria. Still another way is to make the teeth strong and able to resist the acid. These ideas will be discussed in the next three articles in the series.

# Firing Away

Two major television manufacturers have warned the public about possible faulty switches on their 22-inch color sets and their statements are reprinted for your information.

RCA Ltd. warned that about 12,000 instant-on 22-inch color television sets built and sold in Canada five years ago are a fire hazard because of potentially faulty switches. The faulty switches are found in sets bearing serial numbers with the prefix CCC followed by a three-digit number in the 600 series. Owners should shift the instant-on switch, located on the back of the set, to the master on position and contact a local RCA service agent for a free modification.

The second manufacturer is Westinghouse Canada Ltd. They warned that 1,600 color televisions are a potential fire hazard. The 22-inch set, built and sold in Canada about five years ago has an instant-on switch which may become unreliable. Owners of models CT 231 and CK 242 are asked to contact their local distributor for modifications.

Since this is the second major manufacturer to take precautionary measures, recognized safe practices suggest that instant-on television sets be unplugged

## SMOKING HAZARDS

Careless smoking is the cause of a large percentage of fires. It seems that every week we read of fires that were caused by a carelessly discarded cigarette or by someone smoking in bed.

If you are a careless smoker, remember that you have no right to let your personal habits endanger the lives of others.

If there are smokers in your house you should ensure that they all develop the following safe habits:

1. Never smoke in bed.
2. Use ashtrays so designed that the cigarette, if left burning, will fall into the tray.
3. Never empty ashtrays with smouldering cigarettes, cigar or pipe ashes into a wastebasket or garbage can.
4. Check all rooms and furniture such as chesters, fields to ensure no one has left a cigarette burning.
5. Keep all matches and lighters where children cannot reach them.
6. Be sure the match is out before you throw it away.
7. Remove matches from pockets or stored clothing.

CHAPERONE THAT CIGARETTE. DON'T LET IT OUT ALONE.

## SAFE PRACTICES

You can help keep your family somewhat safer from fire if you all plan and practice escape routes. These rules for home fire drills and fire prevention come from The Hartford Insurance Group, sponsors of the Junior Fire Marshal program.

1. Make a home escape plan, decide on primary and secondary exits from each room in the house.

2. Practice your home escape plan often, especially if you have children.

3. Install a smoke detector. It can give you vital extra minutes in case of fire.



4. If clothing catches fire, stop, drop to the floor or ground and DON'T RUN.

5. If a room is filled with smoke, crawl along the floor with a wet cloth over nose and mouth if possible.

# Prev Med News

The Base Hygiene Section at the Hospital has changed its name recently to "Preventive Medicine" (PrevMed). The designation was adopted to give the section a closer identification with what it actually represents: Promote the good health and well-being of the community by preventing disease, accidents, etc. To achieve this, it is important to educate and inform the people on different topics relative to health.

National Health Week takes place in Canada from 3-9 April. This is the 33rd such annual event sponsored by the "Health League of Canada". This year's theme is "Lifestyle and Health of Canada". I also encourage support for World Health Day on 7 April, for which World Health Organization has given the theme "Immunize and Protect Your Child".

In support of this theme, some facts point out the pitfalls of complacency concerning immunization against infectious diseases. This area of preventive medicine is often neglected and it is important to prevent such a deficiency in Canadian Forces communities.

Data released from the Centre for Disease Control in the United States revealed that

1977 is looming to be the worst year for measles in the United States since 1967, the year the vaccination program commenced. In 1966, there were 204,000 cases as compared to only 22,000 in 1968; more than 75,000 are expected in 1977. The reason for this sudden increase is thought to be the attitude of taking measles lightly and, letting vaccination go by. This press release revealed that at no time during the program has more than 75 per cent of the population been vaccinated, which leaves a large reservoir in which the virus can be sustained. Since the contagiousness of measles is second only to influenza, since the death rate is reported to be 1:1,000 cases, and since pneumonia and encephalitis occur in a significant number of cases, vaccination does seem worthwhile.

Poliomyelitis is another communicable disease for which an effective vaccine is available, but not used optimally. A paper in a recent issue of the Canadian Medical Association Journal, reported the finding of five potentially virulent strains of polio virus in the Ottawa sewage system. Since the vaccination programme commenced in 1955, the results have been good generally, but lately

immunity to polio has been declining sharply. The result of this decline is sporadic outbreaks of polio. The potential for further outbreaks is there when you combine a significant unvaccinated population with a source of virulent virus.

And if that is not enough evidence, a survey done recently in a Toronto High School after an outbreak of Rubella (German measles) revealed that the majority of students had neither been immunized nor had a history of the disease. This increases the risk of the disease, and certainly poses a threat to fetuses in the pre-natal group - i.e., the congenital Rubella syndrome caused by a mother carrying a child while she has German measles. Another preventable disease with serious consequences that poses a definite threat because of ignorance and/or neglect.

These three communicable diseases reveal how we can be lulled into complacency concerning disease and it is up to us to correct the situation by keeping our immunization up to date.

For service personnel; the task is easy because once in a while, the service will require that your report to the Hospital and with a minimum of effort from the individual, his immunization is brought up to date.

But what about your dependents? The local public health carry out a program in every school to provide your children with the proper vaccines, but because every family has to move periodically, sometimes your child might be inadequately immunized. If any doubt exists in your case, contact the local Public Health Unit.

## Success

By Anon

To laugh often and much;  
To win the respect of intelligent people  
And the affection of children;  
To earn the appreciation of honest critics  
And endure the betrayal of false friends;  
To appreciate beauty;  
To find the best in others;  
To leave the world a bit better,  
Whether by a healthy child  
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# Too Fat, Too Sweet, Too Late

The Federal government's new report on the nation's food consumption habits shows that while British Columbians get a good start in life as infants, their eating habits have slipped badly by the time they start elementary school.

Most B.C. adolescents and adults are eating far too much fat and sugar while young women are not drinking enough milk.

B.C. Ministry of Health nutritionists welcome the federal report as a useful indicator of the way eating habits change according to age groups, says Health Minister Bob McClelland. "Now that our nutritionists know at what age feeding patterns change, they can note the effect on the incidence of nutritionally related diseases such as obesity and heart trouble. In turn, this allows us to help people improve their lifestyle," he said. "The study also supports the need for nutrition education programs for school-age children."

The report's national findings are summarized below, with the British Columbia picture in brackets.

## Park Purchase

The Honourable Sam Bawlf, Minister of Recreation and Conservation has announced the purchase of 118 acres (47.7 hectares) at San Josef Bay in Cape Scott Provincial Park, at the north-west tip of Vancouver Island.

The property being acquired is strategically located on the north side of the San Josef River at the start of the trail to Cape Scott. The site has great potential for development of a park headquarters, campground, and day-use area which are planned to accommodate the influx of visitors expected when the North Island Highway is completed next year.

**Infants:** Solid foods are now being introduced before the child is one month old. Nutritionists say this is too young and that solids should not be given to infants before they are three or four months old. Young infants are given fluid cow's milk early in life while the ideal practice is to increase breast feeding or to use commercially-prepared formulas when necessary. (In B.C., more infants are breast fed than in all other provinces, but young mothers will need more education on the advantages of breast feeding, say Ministry of Health nutritionists).

**Children aged 1-4:** Nationally, this age group needs to eat a wider variety of foods, especially vegetables and whole grains. These children should be taught the importance of good breakfasts and directed toward good snack choices. Generally, children of this age don't overdo snacks, and get 72 per cent of their calories from their regular meals. (B.C. children aged 1-4 fit into this national pattern. They don't get enough variety, especially vegetables).

**Children aged 5-11:** There are significant changes in food habits in this age group, mainly for the worse. There is an increase in the intake of foods containing simple sugars, such as baked goods, candy and soft drinks. These children should be taught to eat good breakfasts, cut down on sweet foods, and eat more vegetables. Their high intake of sugar suggests that they need more dental education since their teeth are in greater danger of decay. (B.C. children in this group tend to skip breakfast and start snacking. Their sugar intake is also high).

**Adolescents 12-19:** Breakfast is even less popular in this age group, and there is more reliance on evening meals. There is a difference in eating habits of males and females. Males have a high protein intake, eating large quantities of meat. They eat a lot of fat (the equivalent of seven teaspoons of butter or margarine a day) and a lot of sugar (equivalent to 10

teaspoons, mainly in soft drinks). The boys' eating habits could mean trouble in later years. The girls are eating less than the males, with 10 per cent of their calories coming from sugar in soft drinks. Otherwise their eating habits are similar, with small breakfasts and a lot of snacking in the evening. Adolescent girls have lower than recommended intakes of iron and folate. (B.C. reflects the same national picture in this age group).

**Adults 20-39:** Males of this age are continuing their adolescent eating habits - too much fat and too much sugar. They miss eating breakfast, they are less active, and they have a high incidence of obesity and high serum cholesterol levels. More of the women are eating breakfast, but their intake of folate and iron are still below recommended levels. Women don't drink enough milk, and their intake of calcium, riboflavin and thiamine are borderline. (B.C.'s young males are as bad as the rest, eating too much fat and sugar and not getting enough exercise. The females have a better eating pattern than the males, but still don't drink enough milk - hence their calcium levels are low).

**Adults 40-64:** Even at this mature age, most adults haven't got the message. Sixty per cent are overweight and many are still eating too much sugar. Women on the average are drinking only one cup of milk a day, and nutritionists say this should be increased to 1½ cups because the consumption of calcium is less than recommended. (In B.C. the picture is the same as the national average but there are signs that the men and women in this age group are beginning to cut down on calories - but it's getting too late).

**Seniors over 60:** Calcium intake is still too low, and people in this age group should consume more milk products. They should also be sure to have three meals a day. (B.C. follows the national pattern).

**Pregnant Women:** Nutritionally, the intake of iron, folate and calcium is too low. The report recommends an extra cup of milk and a half serving of fruit each day to correct these deficiencies. (B.C. is better than most other provinces in this group, and provincial nutritionists credit good attendance at prenatal classes. But they add there is still a need for more education for expectant mothers).



**PATROLLING IN CYPRUS....**Members of the 3rd Battalion, The Royal Canadian Regiment, from Canadian Forces Base Petawawa, Ontario, leave one of their observation posts during a patrol in the outskirts of Nicosia, Cyprus. The battalion returns to Canada in early April at the completion of its six-month peacekeeping tour with the United Nations Force in Cyprus. Canadian Forces photo

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### GARDEN SHOP OPENING SALES

- STRAWBERRY HOE - Reg. 3.99 ..... NOW 1.99
- GARDEN GLOVES - Reg. .55 ..... NOW 30¢
- BACKPACKER TENTS - Reg. 42.99 .. NOW 36.88
- LAWN SPREADERS - SPECIAL. .... 15.69
- COLEMAN CAMP OVENS - Reg. 21.99 .. 14.88

**SURPRISE PRICES ON ...**  
ROTARY TILLERS — LAWN FURNITURE  
LAWN MOWERS — BARBEQUES

## KROEHLER

- SLEEPERS OR LOUNGES
- SOFA AND CHAIR SETS
- MR. & MRS. SWIVEL ROCKERS
- RELAXERS AND ROCKERS

**AT CARLOAD PRICES AND SAVINGS**

## GARDEN SHOP NOW OPEN

Located in Main Store



SERVING AUTHORIZED PATRONS ONLY  
339-5342

## Canadian Made LEISURE SUITS

Manufacturers Sugg. Retail  
Up To \$59.00

**ST. PAT'S EX SPECIAL PRICE**

**\$22<sup>97</sup>**

## Canadian Made DRESS PANTS

Fancies and Plains.  
EX Reg. Price to \$22.99

**St. PAT'S EX SPECIAL PRICE**

**\$12<sup>97</sup>**