



TOTEM TIMES



OH-PEE DOH-PEE - A SUBALTERN'S CASSANDRA?

VOL. 19 - NO. 8

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 14, 1977



GENERAL J.A. DEXTRAZE, CDS

One of the happier moments of his service career: getting his personalized licence plates in 1974.

C.F. photo

Military Cooperates

New Youth Program Starts

OTTAWA - The Honourable Barney Danson announced today that within a few months, 1,000 young Canadians from 17 to 22 years of age will participate in a new program just launched under the name Katimavik, an Inuit word meaning "meeting place."

Katimavik is run by a private, non-profit corporation. Mr. Jacques Hebert and Dr. Howard Nixon are Co-Chairmen of the Board of Directors, made up of eminent Canadians of all regions of Canada, all disciplines and age groups. Volunteer agencies will be invited to participate in the

program development and to have representation on the Board of Directors.

Katimavik is funded by the Federal Government, to which the Corporation reports through Mr. Danson.

The program will put together 33 teams of 30 young people from all across Canada, all walks of life and cultural groups, who will spend ten months of intensive working, learning, sharing and travel, within a structured environment. Each team will have a coordinator and three adult leaders.

The 33 project sites will be distributed across the country, in all provinces, the

Yukon and the Northwest Territories. In each project the participants will do volunteer work of interest to the community such as environmental clean-up and recycling; development of particular projects within national, provincial and municipal parks; services to the handicapped and senior citizens; flood and erosion control; exploration of community resources on behalf of local authorities; youth hostel programs; forest fire prevention; search and rescue; fire breaks; farm work; reforestation, etc.

The teams will be living a (Continued on page 12)

Commendations Announced

OTTAWA - Four Canadian Forces members from the Maritimes have been commended for exceptional performance by General J.A. Dextraze, Chief of the Defence Staff. They are Master Warrant Officer Aubrey C. Shupe, 39, Maitland Bridge, N.S.; Sergeant Charles H. Clements, 31, Sydney, N.S.; Master Corporal John M. Emery, 39, Wood Island, P.E.I. and Corporal Thomas E. Harris, 33, Halifax, N.S.

MWO Shupe is a technician at Communications Command Headquarters in Ottawa. He was commended for outstanding performance while serving as maintenance warrant officer.

Sgt. Clements, a rescue specialist with 442 Transport and Rescue Squadron at Comox, B.C., received the commendation for excellent performance while with 424 Squadron in Trenton, Ont.

On a rescue mission on Dec. 11, 1975, he was lowered from a helicopter to a lake freighter to assist a crewman suffering from convulsions. He provided proper emergency treatment and hoisted the man to the helicopter for airlift to hospital.

MCpl. Emery, an Air Defence technician at Canadian Forces Station Yorkton, Sask., was on duty Feb. 26, 1976, when he received a report on a lost civilian aircraft. He relayed radar position reports to the Transport Canada control facility at Yorkton, and assisted expertly in directing the pilot to a safe landing at Yorkton.

Cpl. Harris is an administration clerk with the recruiting headquarters in Halifax. He was commended for preventing serious injury to a boy who had caught his fingers in an escalator.

Chief of Defence Staff commendations are awarded to members of the Canadian Forces who perform a deed or an action beyond the call of normal duty.

'Jadex' Arrives Today

Canada's senior military man, General J.A. Dextraze is expected to arrive on this airbase at 1700 hours today. His official staff visit will give the General the opportunity to see the local activities at CFB Comox.

General Dextraze was given an extension in the Chief of Defence Staff post by the former Minister of National Defence, Mr. James Richardson. The General would normally have retired in September of 1976, but was given an extension of his

service career to implement decisions emanating from an extensive defence structure review. Results of this structure review have been well publicised within the last year.

General Dextraze is the fourth person to hold the CDS appointment since the Canadian Forces unification commencement in 1966. His retirement at the age of 57 is in line with the ages (56-58) of his three predecessors.

Comox Attracts April Visitors

Spring has arrived again in the Comox Valley and with it comes a "crop" of distinguished visitors.

Of interest to CFB Comox personnel in particular is the visit of the Chief of the Defence Staff, General J.A. Dextraze during the period 14-16 April. "JADEX" as he is respectfully called by his troops, is checking over the local military activities in this area as part of an official staff visit.

Hugh Anderson, M.P. Comox-Alberni, announced in a press release of April 1: "The Minister of National Defence, the Honourable Barney Danson will be arriving at CFB Comox on April 27th in order to meet officers and men detailed to the All-Weather Fighter Squadron, 407 Maritime Squadron, 442 Search and Rescue Squadron as well as other Members of the Armed Forces stationed at Comox."

The Base commander, Colonel R.L. Mortimer confirms that the Minister of National Defence will arrive on the evening of April 27th; will visit units on the Base on Thursday, 28th; and, then depart that evening for Victoria where he will be attending Royal Roads graduation ceremonies on the 29th and 30th.

Mr. Anderson also indicated the Honourable Len Marchand, Minister of State for Small Business will be in the area during the period 13 to 15th of April. A representative of the local Liberal Party informed the Totem Times

that Mr. Marchand would be speaking to the Comox Valley Business people about his plans to aid the small businesses today.

Mr. Anderson, a former member of 409 Squadron, said he will be accompanying the Ministers in their travels in his riding and will be hoping to meet as many people as possible. He said: "The presence of Ministers in the riding not only gives people in the area a chance to meet and question the Ministers, but also the Ministers themselves have a better understanding of the problems facing the people of Comox-Alberni when personal visitations are made."

Although not scheduled to visit the Comox Valley, the Honourable J.J. Blais will be meeting Postal Officials and workers in Nanaimo, Parksville, Qualicum and Port Alberni.

"JADEX" as he is respectfully called by his soldiers, rose from the rank of private to general during service that has spanned 37 years. As a 25-year-old infantry company commander in France he won the Distinguished Service Order for gallantry, after which he became commanding officer of Les Fusiliers Mont-Royale, the regiment he joined as a private four years earlier. He later won a bar to the DSO for persuading a German General to surrender the Dutch city of Groningen.

He left the army in 1945, but returned to active service again in 1950, as a Lieutenant Colonel, to take the 2nd Battalion, Royal 22e Regiment, to Korea. As the result of his services during that campaign he was made an Officer of the Order of the British Empire.

In 1963, as Chief of Staff of the United Nations forces in the Congo, in the rank of Brigadier General, he was made a Commander of the Most Excellent Order of the British Empire, for outstanding planning and leadership in directing rescue operations.

Before becoming Chief of the Defence Staff in September 1972, he served as Chief of Personnel for the Canadian Armed Forces at National Defence Headquarters in Ottawa, in the rank of Lieutenant General.

It is the opinion of many of the serving servicemen that this former "soldier" has been a real fighter up in the political arena where many of the current equipment acquisition decisions have been made.

The General always appeared happiest when he could be out in the field with his troops. It was a happy, grinning general who literally ran down the hill from the Officers' Mess in Lahr that Spring day in 1973, to observe a column of growing, centuries and APCs clanking their way along the cobblestone street. It was a Career Manager from NDHQ who observed the unbelieving tank commanders as they piloted their iron steeds past the saluting, proud general.

The TOTEM TIMES tips the ol' tin hat in recognition of General J.A. Dextraze's contribution to Canada's Armed Forces.

From 'Sabre Jock' To BComd

A former fighter pilot is to become Base Commander at CFB Comox this summer.

Lieutenant Colonel B.T. (Bruce) Burgess will be promoted to the rank of Colonel in July, and will be posted to Comox to replace Colonel R.L. (Bob) Mortimer who will be leaving to attend lectures at the National Defence College in Kingston.

LCol. Burgess joined the RCAF in January 1951, and upon completion of the Vampire OTU, spent five years operating "Swords" in Canada and Europe. He also spent a number of years instructing on the T-33 aircraft. In 1964, LCol. Burgess was posted to the Directorate of Flight Safety in Ottawa. In his position as Training Command desk officer, he was in charge of all the accident investigations on T-33 and Tutor aircraft.

He attended the Canadian Land Forces Command and Staff College at Kingston during 1967.

Back in the cockpit again in 1969, he spent a year as Commanding Officer of 441 Squadron operating CF-104 aircraft from Lahr. With the reorganization of the Canadian Army and Air Force in Europe, LCol. Burgess became the Commanding Officer of 439 (Fighter) Squadron in Baden-Söllingen.

In 1972, he attended the RAF Warfare College in the U.K. and following that he was posted to the Directorate of Air Requirements in NDHQ, Ottawa.



LCOL B.T. BURGESS

LCol. Burgess was born and raised in Amherst, Nova Scotia. He is married to the former Faith Mill, of Amherst, and they have two

children Wendy (21), who works with Bell Canada in Ottawa, and Clifford (18), a student at Waterloo University.

BGen LaFrance Checks SAR Ops

Brigadier-General Claude A. LaFrance, Director-General of Policy Planning (DGPOLP) at NDHQ, Ottawa, has assured the Base Commander, Colonel R.L. Mortimer, that, "things were very much more positive for us than the minutes would apply." The General was referring to the Minutes of

Proceedings and Evidence of the Standing Committee on External Affairs and National Defence of Thursday, March 24, 1977.

The minutes covered questions dealing with Search and Rescue on the West Coast, as asked by Mr. Hugh Anderson, M.P. for Comox-Alberni.

Brigadier-General LaFrance made his remarks during his visit to CFB Comox last week. The General was on the airbase to discuss Search and Rescue (SAR) operations and policies on the West Coast, particularly the Herring fishing operations. He was hosted by the Acting C.O. of 442 Squadron, Major L.G. Osborne.

VCDS Says: 'CF Needs Strong Society'

OTTAWA (CFP) - Vice-Admiral R.H. Falls, Vice Chief of the Defence Staff, addressed the Canadian Club in Calgary on Feb. 16, 1977. Following is a portion of his address, dealing with what the medium future holds for the world, for Canada and for the Canadian Forces:

Food Shortages

Ignoring political events which are essentially unforecastable - such as another embargo on oil shipments - the first event which will really bring home to us all the changed world that we will soon live in will be a worldwide shortage of food. This shortage will not become chronic for some years yet, but we are already at the point where one or two years of harvest failures in North America would have far-reaching effects. The seventies have already seen sugar, soybean oil and now coffee run up to what were once thought to be unbelievable prices. Even rice and wheat at one time, moved to prices that eliminated many third countries from the bidding. These rapid changes were just a glimpse of the serious problems that we will soon have to learn to live with.

Crop Failures

Statistically, we can expect a major crop failure within

five years. As you know, not only Canada but most of the world harvested record grain crops in 1976. But world reserves still only comprise six weeks of normal consumption and soil moisture is today seriously low in large areas of the grain producing plains of North America. Manitoba has the lowest soil moisture conditions in thirty years, and there is already water rationing in some parts of California.

If a serious crop failure occurs either in Russia or in North America this year, next year, or whenever, what could we reasonably expect to happen? Those nations which could afford the very high prices would buy enough food for their people, those who could not, would seek alternatives to cereals. One of the best alternatives is fish, and so its price would also skyrocket. What would nations with hungry populations do?

Would they observe the niceties of the ICNAF Fisheries Agreement or the Law-Of-The-Sea Regulations and stay within their official quotas and within their own fishing zones? Or would they begin poaching on a massive and blatant scale? Would they appeal for a one year easing or waiver of fishing quotas to prevent their people from starving? Or would they fish where and how it suited them? Unless of course, the coastal

nation concerned had the power to stop them.

Power To Protect

I am not talking about the threat of war here, I am talking about the power to protect resources, the power to enforce the regulations set by the government so that these fisheries will be able to provide food for generations to come. And the power to do these things when other nations ignore diplomatic notes. In other words, I believe that military power is the only power worth counting when the chips are down.

Of course, I'm not advocating any irresponsible use of armed force to protect our fisheries. But the power to use force must exist, and potential transgressors of Canadian sovereignty must be convinced that Canada will use force if all other alternatives are ineffective. A nation cannot have partial sovereignty any more than a woman can be a little bit pregnant. It is all or nothing.

And so, the Canadian government must decide in what circumstances it would be prepared to protect the nation's interests by using military force. It must then make its position clear to everyone concerned. This sort of pre-planning should make the actual use of military power unnecessary.

Dictators Asked

Was it Napoleon or Hitler who asked "How many divisions does the Pope have?" That question had an element of logic then, it will have much more relevance in the future. Our answer, if the question is asked of us, must be that we have enough military power to defend our interests - short of war.

Military Rule

My view of the role of the military in Canada in the 1980's, then, assumes two essential elements. First, our ability to protect our resources when they are much more tempting than they are even now; and second, an ability to contribute to alliance forces in defence of the western world against any enemy or group of enemies. I believe that the first of these elements will become more and more important as we move towards the next century.

Area Of Dispute

For example, another area of dispute will almost certainly be pollution, navigation, and resource control in the Arctic. They may well be challenges to our sovereignty over Arctic resources. This is because our

jurisdiction is less well recognized internationally, and also because the resources of the Arctic may be immensely rich and relatively well concentrated for commercial exploitation. (This is certainly true of the iron ore deposits and it may be true for other and scarcer minerals).

And so, we may be faced with challenges to our fisheries jurisdiction on two coasts, while simultaneously being challenged in many ways in the north. We can react as Iceland did to British encroachments on her vital resources - that is, essentially, by appealing to world opinion to chase British away. Or we may choose to spend enough of our national wealth on military forces which could - short of a declaration of war - enforce the wishes of the Canadian government. Before I discuss this choice that every sovereign nation must make, let me give you one more example of the more plausible threats that our Armed Forces must be prepared to counter in the near and mid-term; that is: Internal Disorder.

Internal Disorder

It is being taken almost as given these days that internal security - a euphemism for countering disorderly groups (Continued on page 12)

Nighthawk's Nest



409's recognition team returned from Boise Idaho with Top Shooter. Dave Koski showed why he is known as Canada's ace Recognizer. After four days of intense flying Dave came back with the only picture of the human fly. Next time we'll give him a camera. Over twenty of Err Difference Group's finest accompanied the great leader Dave on this skill testing mission. Dave's next assignment will be a chance as Deputy Leader on a trip to McChord and after that the oyster is his world.

Overheard in the Q between a senior Captain and a suave debonair Major, "What is the difference between Plasticine and Play Doh?"

George's latest acquisition arrived amid the peals of lightning as the thunder flashed, faster than a thought, strong like bull, twice as smart, protector of the rich, defender of the strong. Captain Canada. In his guise as the meek, insignificant Lynn Housworth, Captain Canada joins us by way of the Black Knights and previously the Allwets. He has already moved onto the Reservation to be near his "A" Flight admirers.

With Lynn's arrival there is a mass exodus to make room for him. Rick Holy Kraut has spread his wings and departed for the er, Train Sport OTU and then to Winnipeg. Peter Ott has taken his large body to Carnation for a National Broad Counters Course (NBC). The biggest loss in the pilot world will be the departure of Lucien Glusich and his unusual family. (So it said in the Green sheet) Lou will be leaving at the end of the summer and do his bit to raise the standards of the CAF - ability wise, not the cloth and gold wire one.

As the lady on TV says "409 Really cuts it".

Some of our younger members expressed amazement that J. Plante looked so old. They were also surprised that he knew so much about aeroplanes, William Tell and Robin Hood. He also appeared a little heavier than his playing weight in Montreal but my how his English has improved.

Temporary absentees are Jim Reith and Suds Sutherland. Jim is in Winnipeg taking the Universal Insurance Computer Programmers course. In the last year Jim has tried all the other more popular courses. Suds is down south in the land of the Big BX, learning to be an Easy Woman Organizer (EWO). After Suds returns we'll send someone else on the course to find out what Suds was supposed to learn.

Trent Smerdon has departed on his annual vacation to exotic places. Tony Nichols also has departed for Disneyland.

Perhaps he thinks he is going to Ottawa and is getting some OJT. Yes Tony, there is a Mickey Mouse, and a Donald Duck and a....

Complete list of 409 club winners:

1. Wayne Nichols and Mark Ethier; 2. Peter Campbell; 3. Greg Mortimer; 4. T. H. Gladders; 5. Rod May; 6. A. Wierlechyk; 7. Tom Potter; 8. George Abrie; 9. D. Marion; 10. D. McNaughton; 11. William Wenner; 12. Carl Hammerschmidt; 13. USAF SAS Coffee Fund; 14. L. Col. Reid; 15. B. K. Doyle; 16. Ray Scarff; 17. Kip McLean; 18. B. Kalbfleisch; 19. Base Fire Hall Orange Platoon; 20. Harry Chapin; 21. M. Mahon; 22. Tom Potter; 23. Bob Goldie; 24. Erwin Osler; 25. Ray Harpell; 26. Capt. Carmichael and WO Read.

DID YOU KNOW

That the Sopwith Camel of the RFC-RAF and RNAS was credited with destroying more enemy aircraft in WWI than any other.

That the Sopwith Triplane in WWI so impressed the German and Austrian aircraft manufacturers that fourteen of them built "answers" to it.

That after WWI, an ex-military Morane-Saulnier AI was consecutively looped 1,111 times.

The first pure-jet aircraft to operate from a carrier deck was a DeHavilland Vampire from the HMS Ocean on December 3, 1945.



L. COL. DEMERS GETS SORE ARM - 442 C.O. awards "RCAF Certificates" to jumpers and FE's. (L to R) Sgt. Despres - 1000 Hour Buffalo Certificate, Sgt. Clements - Operational Parachute Descent, MCpl. Miller - 250 Parachute Descents, MCpl. Verchere - Operational Parachute Descent, Sgt. Hogg - 750 Parachute Descents, Cpl. O'Neill - Operational Parachute Descent, and LCOL. Demers - Sore Arm. Insets: MCpl. Cramer - CD, Cpl. MacLean - to Master Corporal, and Cpl. Engleder - to Master Corporal.

Base photo

Mushroom Mutterings



Here's all the news that's fit to print and probably some that isn't.

NOW HEAR THIS!! (as they say in that other service). The 118th Consecutive 442 Squadron Stag Get together, Award Presentations, and Say Nasty Things About The Guys Leaving Night has been delayed. There was a rumor to the effect that the change to the 29th of April was so that Pararescue would not be able to pick fights with any visiting dignitaries, but this is entirely false. Actually it was to give Ivan Valiquett

extra time to think up a good excuse to get out of the house that night.

Last week saw the departure of "Our Gal Marg" for her new home at Gypsumville. The Pararescue (those guys again!) threw a bit of a bash for her and one of the guys ended up with a real "glow" on!

This week is fun-time again as "RB" Smith is leaving for the Land of the Codfish, and Jack Ball is off to Burnaby to seek fame and fortune in professional bowling. As they won't be here for the Stag, it was decided to get the better of them while they were still around. Those surviving on Sunday morning are invited to help pour "RB" aboard the commercial flight for Gander. Jack will be rolled in the general direction of Burnaby.

Our "Most High And Exalted Leader" is back from his Searchmasters Course. We all know that you are

anxious to try out your new skills, Sir, but is that any reason to keep telling people to "get lost"?

Last issue, there was a warning issued to the wives of the Squadron Clerks. This time the same warning goes out to the wives of the Techs. Word from the "Wheelhouse" is that a female-type-Rigger will be arriving for duty soon. This will be a "first" for the Squadron, but no excuse to give her the heavy end when changing rotor blades, Ed!!

The Squadron (well, at least the Buffalo Flight part), has a new "Joe Pizych"! Poor Mickey McGuire can't even get away on a nice "jam" trip without something going wrong. This time, the elastic in the right engine snapped and the trip was delayed while they changed it... at least, that's what the Lab FE's say! Actually, it was much more serious. He couldn't find his Hot Cup!

Air Traffic Control News

How a small section like ATC, can have so many personnel changes is amazing. First of all Capt. Trev Jones will be taking over as the new CC Ratcon on the 15 April, while Capt. Dale Webb will be returning to the Tower to bolster the VFR staff. Capt. John Flanagan has returned from a 6 month French course in Edmonton although some say it was just a 6 month, paid holiday to the ski slopes of Banff and Jasper. John will be getting a quick checkout in Ratcon and then rejoining the ranks of shift worker. Just remember John that English is the international language of ATC. Capt. Sandy Cumming, our resident fisherman, is being posted to Moose Jaw in July.

Sandy sold his boat and motor this spring but the word is out that he is buying a "prairie schooner" to troll for gophers. Sgt. Dave Bews is in Winnipeg attending the Instrument Check Pilots Course. This course is a good one for our trade because we get a better feeling for the problems a pilot may have while flying IFR. On the other hand pilots may come to realize some of ours. Pte Val Venne, a fresh new B stand from Borden, will start checking out in the Tower this week. Welcome to the section week. Incidentally, with Val we now have a total of 4 female B stands in our section. (how's that for equal opportunity).

get cancelled) be having a Departure Party on the 28 April, for it seems, about half the section. See you there.

Word for the day - **TOWER** - The tower is that part of the ATC section that controls all the take-offs and landings on the Base. In addition they control all aircraft that taxi and any vehicle that moves on the runway or taxiway. Comox tower also talk to all VFR overflights and gives them specific routings through our control zone. The tower initiates all emergency response on the base with crash bells and the PA system. Normal manning is one Air Traffic Control Officer and one B stand. (Cpl. or Pte.).

The section will (if we don't

Chapel Chimes



PROTESTANT CHAPEL

D. L. Martin, Major (Base Chaplain (P))
The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 1100 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

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

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

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

SUNDAY SCHOOL: The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 1100 hours. All children are invited to attend. **OFFICE HOURS:** 0800 to 1630 hours. Phone 339-2211 local 273.

RC CHAPEL

Father Francis Swoboda - Base Chaplain (RC)
Telephone 339-2211 loc 274 Residence 339-2102
SUNDAY MASSES: Saturday: 7:00 p.m. (Sunday Vigil) Sunday: 9:30 a.m. and 11:00 a.m.
WEEKDAY MASSES: During the season of Lent Mass will be celebrated in the Chapel on weekdays at 4:00 p.m.
SACRAMENT OF RECONCILIATION: Confessions are heard before and after all Masses and at other times upon request.
CATECHISM CLASSES: Catechism Classes for Grades 1 to 8 are held regularly each Wednesday evening from 6:30 p.m. to 7:30 p.m. at the Airport school in PMQs.
BAPTISM: By appointment. Instructions for parents required prior to Baptism.
MARRIAGES: Minimum of three months advance notice. Marriage counselling and preparation courses are required prior to marriage.

From Under The Nighthawk's Nest

409 Arm't Checklist
It's transfer time again. The latest to come in was for Sgt. Lou Philp, he'll be packing his trunk and heading down island to Victoria in June. Pte. Ron Western and Ace Bailey will be going on course to Kingston and then across the pond to Baden for a tour with NATO. Cpl. Wayne Lyle has left the Lead Section and the Arm't trade for bigger and better things. He is presently employed in the Engine Bay and will soon be on his way to Borden to learn the ways of an Oily Rag. As you pass by the Engine Bay you will notice a tall fellow in new white coveralls, an Ultra Brite toothy smile, say "Hi!" he answers to the name "Jaws".

MCpl. Wilf Schmidt, just back from Penhold is on his way soon to Bagotville,

rumours are that someone thought the name Schmidt was French.

The Thundersticks finished the season with a victory over 409 Sqn. Andre Perkins played a steady game in nets allowing only 3 past him. The Thundersticks rallied with seven goals lead by (Not so) Rotten Ralph who put in 4, assisted on two by Wayne (Jaws) Lyle. Nick Nichols put in a picture goal that he worked all the way for. Super Star, Ian Black, used great imagination and determination as he dove through the air and put in his second goal of the season. Gilles Plourde connected for the seventh Thunderstick goal.

The Thundersticks had a great season this year and will be sad to see Ron Western and Ace Bailey out of the line up

for next season. Wayne (Jaws) Lyle will also be missed from the line up.

Wayne "Smitty" Smith and Ron Western were the scoring leaders and both win a breakfast in the "Q". Hal Fuhr is not the recipient of the Lady Bing Trophy only because of his good-natured playing. "Red Lite" Berube will receive an electric bill for his many valiant efforts in nets. To the old Kipper goes a book on how to relax before, and after a game. Rotten Ralph will receive a mirror so he can practice his stick handling with someone as good looking as he is, last, but not least, Wayne Lyle will receive three free skating lessons in a sound proof arena.

Coming up soon will be a beer ball game and another 409 Sqn. Sports day so keep keen.

The Nice People

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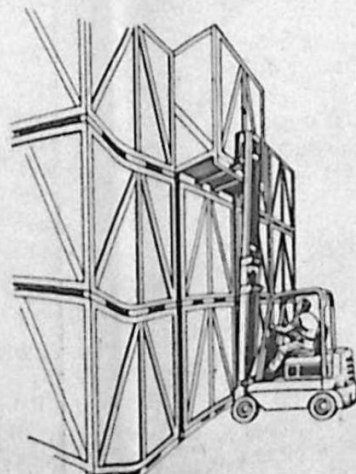
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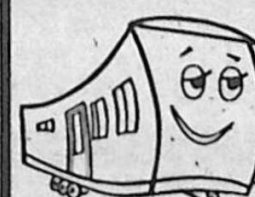
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LAND, SEA, OR AIR - Rotary Wing Is Always There! 442 Squadron's Labrador had company in the hangar as helicopters from MobCom and Maritime Command dropped in. A CH-135 Twin-Huey of 408 (Tac Hel) Squadron, CFB Edmonton was here to provide SAR back-up during the recent Herring fishing season, and a stranger in "Maritime Gray" from aboard HMCS Athabaskan came ashore to have some work performed by the Techs in the Base NDT Section. Base Photo

Demon Doins



There are great days ahead, Demons! We've bolstered the "Doins" staff with new blood in the personage of Lts. Al Shurson and Murray Haines. With a staff of three we should be able to produce a column more frequently and perhaps get a new slant on squadron life.

What's been happening lately? Well, the Demons have been working like demons and have participated in several exercises. I was on Exercise Westex held in San Diego, California, in early March, so I'll give you a run-down on that one and we will have a guest expose on Rimpac 77 held in Hawaii. Besides these two sterling efforts, we have managed to offer short periods of year-end leave to crews, have had Crew 3 off on a Norpat to Cold Lake, and had several runs to Greenwood. There seems to be a bit of thinning out amongst the Observer ranks with a big recruiting drive by the Coast Guard to man their new harbor radar control centres. Good luck to WO Reg Lipsack who has gone over to them and also to the others who have negotiated but are awaiting the final word.

Westex 77 was primarily a training exercise to work crews up in ASW and in airship cooperation exercises. Crews 1, 5 and 6 participated, and since the flying schedule was quite heavy, I didn't see much of the other two crews. The training obtained by the crews was really excellent and we are all up to date on

our "quals". We got a lot of dedicated sub time and to work with the CF Navy on several sorties. Quite interesting!

On the social side, the local area has much to offer with lots of good stores and many, many PXs to browse through and buy all those things one can't get along without. The airplanes coming home looked like the spring clearance sale at Macey's. One could even venture across the border to haggle with the merchant princes in Tijuana, Mexico, and there was much evidence of leather purses, coats, etc., being bought at great savings. Socially the troops enjoyed the fine weather for sunning and availed themselves of some of the better shows in town, causing several reported cases of San Diego "big eye" amongst the uninitiated. We even had one of our cohorts (nameless) get locked into a night spot after they closed, while he drowsed unobserved. He almost was charged by the local gendarmes with breaking and exiting, as he set off the burglar alarm when he left the premises. Talked his way free though it must be his big, honest baby blue eyes.

Following is the word from Rimpac 77 by our new guest scribe.

Once again this year, 407 Squadron was involved in a Rimpac exercise. From the 13 of February to 6 March, Crews 2, 3 and 4 toiled under the merciless sun at Hawaii, along with crews from New Zealand, Australia and the USA.

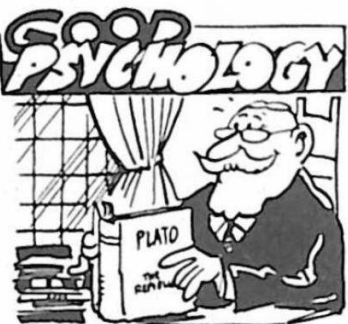
Late night launches followed by all night flights was the beginning for 407 Squadron. Sleeping bags were not uncommon as bunk space was at a premium.

The crews put in at NAS Barbers Point, not the most convenient place. A short runway faced the pilots and a two-hour journey via shuttle bus and "The Bus" was the only alternative to car rentals

for trips into Honolulu. Getting down to business, the old Argus performed well. Backed by their servicing people, the crews had airplanes that worked until the undercarriage problem arose. With that solved and in the past, 407 continued to play a full part in the exercise.

Between flights, downtown Honolulu was the big attraction. Equipped with an H&H car (most had more miles than the Argus), the squadron invaded the city and beaches. From lying in the sun at the Hawaiian Hilton to singing "O Canada" at the Rose and Crown, a good time was had.

Back on the job, valuable experience was gained by working with or just talking with personnel from the other countries. The operations side of the exercise was shared by all the countries, so often a "you'll" saw you off, and a "kiwi" met you. Considering all the aspects from standby to standby, long hot flights and midnight briefings, to surfing and suntanning, 407 Squadron returned with a lot of good training behind them and new experiences in international exercises.



It's always good psychology to ask yourself: "How can this be done better?" That way you'll not only be improving whatever you're working on, but you'll be improving yourself as well. And it's never too late to begin. At the age of 92, Justice Oliver Wendell Holmes read Plato to improve his mind.

Karens Kolumn

This issue I am reporting only one arrival. New to CFB Comox is Pte. M.J. Bell, just in from Borden. By the way, girls, she tells me she plays third base.

Softball practices are in full swing now, and it's really encouraging to see the calibre of the girls we've had out on

the diamond. Practices are held outside if the weather is being nice to us, and if not, we go to the Rec Centre. At the moment, our coach is on course, but a few guys have been out to help us. If anyone would like to give us a hand, we practice every Tuesday and Thursday at six o'clock. We would appreciate the help.

Talent Abounds In Variety 77

The Totem Little Theatre group has been going through serious rehearsals during the past several weeks putting the finishing touches to VARIETY 77. The show featuring music and song, a pot-pourri of skits and a 3 act comedy, opens a two night stand at the Base Theatre Monday and Tuesday April 18 and 19th at 20:00 hrs. (8 p.m.).

A total of 30 performers, base personnel and dependents, are involved in the two-hour production which guarantees to serve-up something for everyone. A \$25.00 door prize will be presented each evening.

Admission is still \$1.50. You are advised to obtain your ticket early from any member of the cast. Senior citizens and handicapped of the Comox Valley will be treated to a free performance on Sunday afternoon the 17th April.

Part of the proceeds will be designated to finance the next production while a sizable contribution is expected to be made to a children's charity organization in our local area. Your support on behalf of the hard working members of the Totem Little Theatre will ensure that the Charity is given a good measure of monetary assistance.



"ALLO, TOWER"... How do you expect me to land this aircraft if you can't speak English?...It's easy, it's called On Job Training...A scene from "Before and After the Controller's Crisis" starring Pam Aldis (The Pilot) and Serge Proulx (Co-pilot) in Variety '77.

Windish photo

Facts About Seat Belts

Have you ever really thought about seat belts?

Many of us take them for granted, some shoving them below our car seats without realizing what we're risking by not wearing them.

Health and Welfare Canada has some facts about seat belts. They should make you think twice before you forget to "buckle up".

FACT: Seat belts should be used at all times, not just on long trips. Most motor vehicle accidents occur within 25 miles of home, at speeds of below 40.

FACT: Properly worn seat belts largely prevent ejection from an automobile, one of the common causes of death. Studies show that if you're in an accident, you are up to 30 times more likely to be killed if you are thrown out of a car than if you remain inside.

FACT: Less than one-half per cent of all accidents are followed by fire or submer-

sion. Seat belts actually aid the occupants in such accidents by greatly improving the chances that they remain conscious and thus have a chance to escape.

FACT: Pregnant women and their unborn babies are better protected by properly worn seat belts, especially the combination shoulder and lap belt which prevents jackknifing.

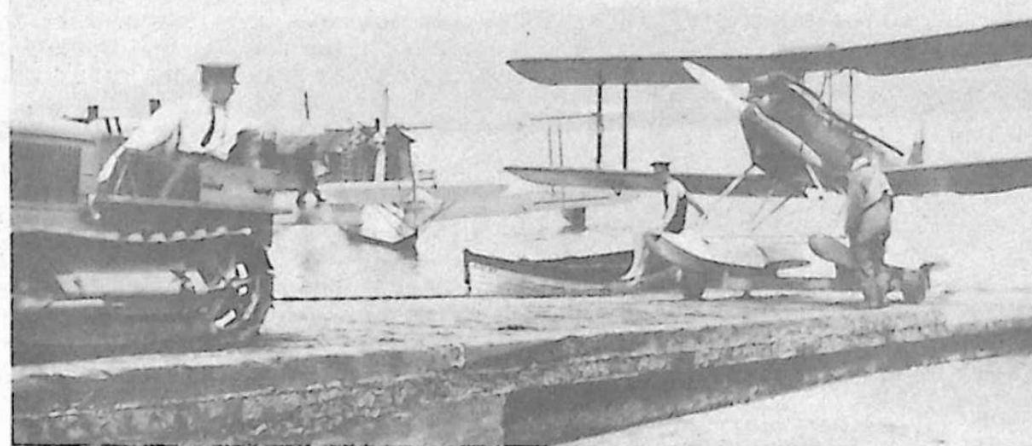
FACT: Automobile accidents are the chief cause of death for Canadians between the ages of 5 and 35. It is estimated that the number of automobile accident deaths in this age group could be reduced by 40 per cent if all occupants chose to wear available seat belts.

If you'd like more facts about seat belts, write for the free pamphlet "Belt-up" to the Public Relations Office, Health and Welfare Canada, 105-1525 West 8th Avenue, Vancouver, B.C. V6J 1T5.



BOTTOMS UP -- What happened to those honest men we married years ago?...A scene from Act 3 of the Rendezvous. Connie Lamouche (Dorothy) as Jacques' wife, Kathy Dalmer (Marilyn) as Hector's wife and Manon Begin as the waitress in Variety '77.

Windish photo



NOSTALGIA - DEDICATED TO DAYS GONE BY. The scene is Vancouver in 1929 as RCAF groundcrew retrieve a DeHavilland Moth from the saltchuck. In the background, a pilot carefully steps his way to the cockpit of a Vickers (of Canada) Vedette.

W-C H. Bryant photo

Governments Consume Their Share

Next time you have a bottle or two of the old suds, give yourself a little patriotic pat on the back - about half the price you paid went to taxes to pay for such useful commodities as roads and education. And if it hadn't been for the Anti-Inflation Board hovering in the background, that bottle of beer would have cost quite a bit more than it did.

At present the retail price of a 24 bottle case of domestic beer is \$6.65. About fifty percent of that amount evaporates as a combination of federal, provincial and excise tax.

The three major brewers, Labatt's, Molson's and Carling O'Keefe account for 97 per cent of the Canadian market. All three companies are subject to the price and income guidelines of the Anti-Inflation Board and must prenotify the Board of any price increase proposals.

In March of '76 the Anti-Inflation Board reviewed a 23-cent-a-gallon proposed price increase of La Brasserie O'Keefe Limitee which the Board held to 11 cents-a-

gallon. For AIB and competitive reasons, all other brewers in Quebec maintained the same price.

The Board has no control over taxes that are part of the consumer cost of beer. Nor does it monitor the cost of the farm gate products that contribute about 10 percent to the purchase price. However, the Canadian Wheat Board regulates the price of the most

significant farm product used in brewing beer - barley malt. In total, the AIB applies its prices and profits guidelines to approximately 40 percent of the shelf price of a bottle of beer.

The AIB isn't the only group in the country with an involvement in the beer price pie. The Liquor Control Board in each province must give its approval before breweries can change their prices.

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COME GARDENING with Doc Hartnoll



April is the time when our anticipation for spring flowers is at its keenest. However, I have seen some pretty rough Aprils, so let's take into consideration what the weather has to offer and not really go by what the calendar says. The wise gardener keeps an "eye" to the weather and works with it.

Transplanting time is usually April for such dormant stock as roses, trees, and shrubs. It's too early to transplant outdoors those vegetables and annuals you've started indoors. But you should visit your favourite nursery to select trees and shrubs you require to add extra beauty to your home.

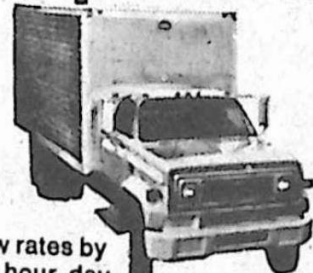
Nothing makes a house more of a home than a shade tree or two properly placed to get the most shade around your home. Trees to consider would be birch and maples. There is a most beautiful maple which I favor often overlooked by home owner: the most beautiful "Three Colored Tree", the "Shwedler". It's not really expensive - about \$20.00 for a ten to twelve foot specimen. In the spring, as the foliage appears, it's red, then as the leaves mature, they turn green, and finally in the fall, a most beautiful golden color - so it's my "Three Colored Tree".

One point to keep in mind, never plant any tree deeper into prepared soil than the tree growing in the nursery. This is especially a rule to follow if you are thinking of planting a Mountain Ash. You'll see the mark around the tree trunk where it was growing in the nursery, and that's as deep as it should be when placed on your property.

Don't let roots of trees, shrubs or roses dry out. Place them in a bucket of water and while you're at it, add a tablespoon of Pink Vigoro fertilizer so the roots can absorb it and remove the shock of transplanting. Then what's left in the bucket may be poured around the plant to give it a faster start. Plant right - dig a good deep hole and feed.

If lawns have not been given their spring feeding, better get this done. This really is most beneficial to the lawn's good growth all summer long. Do, please, follow the directions on the bag. It took a lot of research to determine just how much of the product you should use.

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EDITORIAL

Freedom Losing Ground

That the Ugandan dictator, Doctor Field Marshal President for Life, Idi Amin Dada, DFC, DSO, is still recognized by the United Nations General Assembly as the legitimate ruler of his country, is an ominous indication of the direction in which this organization is heading.

When the UN Charter was signed almost 32 years ago, one might safely have assumed that most of the 51 members were genuinely dedicated to realizing the principles of the charter, not the least of which was the promotion of respect for human rights and fundamental freedoms.

If a survey recently conducted by Freedom House, a New York based organization, provides a valid indication, then it seems that the UN's efforts in this field have fallen considerably short of success.

Freedom House estimates that by January 1977 the proportion of the world's population living in what they describe as "free lands" has dropped to a record low of 19.6 per cent. They claim 36.4 per cent live in "partially free" nations and 43.9 per cent in "not free" nations. While that which constitutes a "free land" may be open to interpretation, it is easily recognized that most of the world's people live in states where political and civil liberties are far more restricted than our own. Most of the world's countries are ruled by single party governments, military juntas or

dictators. Truly Democratic elections in Asia, Africa and South America are few or non-existent. Change of government is normally achieved through coups or the so-called 'peoples war of liberation'.

The unfortunate but inevitable result of this condition is the fact that most of the 138 nations now represented in the General Assembly are not "free lands". This being the situation, it is hardly surprising that the UN is falling away from its goal of promoting human rights and fundamental freedoms.

Nor is it surprising that the UN is tolerant of Idi Amin and perpetrators of similar regimes, since more and more of the countries represented are nations with similar restriction on civil or personal liberties. Canada, and nations whose people enjoy a freedom equal to ours, are in a distinct minority.

How can a nation both support a resolution in the UN condemning the minority white governments of South Africa or Rhodesia and at the same time treat its own people with equal or less respect, and appear completely unconcerned with the far more tangible and horrible disregard for human rights displayed in countries such as Uganda?

In 1945 a country such as Uganda would not have been tolerated by the nations of the UN. Today Uganda is accepted. Our hope for the future does not now appear to rest with the UN. S. R.

The Good Old Days

A serving member of the Canadian Forces dropped an item of interest off to us here at the Totem Times this week. It was a copy of his Income Tax Return for the year 1950.

Twenty-seven years ago, a single Airman earned \$1371. before deductions...that's \$114.25 per month. He had \$102.48 of that deducted for Pension and another \$28.50 taken off for Income Tax. At the end of the year, he owed an ad-

ditional \$11.50 for Income Tax. He lived in Barracks, probably owned a car, and had a bit of money left each month for travelling and entertainment.

Have you figured out your 1976 Income Tax yet? Makes you wonder, doesn't it!

(With thanks to MCpl. L. E. Wilson, Base Workshops).

W.L.E.

Hunger Pains -- A Starving World

by JIM SMITH

It isn't pleasant but it is fact: sometimes it's impossible not to feel at least a twinge of guilt. Millions of people in the Third World nations are starving and when was the last time we missed a meal? Or a snack?

Our over-fed well-being in the midst of extensively documented global hunger results in some strange quirks of conscience. For example, looking at our agriculture industry, we tend to think that perhaps it's up to us to feed the world.

The real truth is that we can't feed the rest of the world -- because we can't even feed ourselves. Amazingly, Canada is a net importer

of food. Even more surprising, much of the food on our tables comes from the very countries that have widespread starvation.

We take pride in our high yield from agricultural land. What we tend to overlook is the staggeringly high cost of this productivity. To get the high output, we dump ton after ton of fertilizer onto the soil... fertilizers made from increasingly rare and precious petroleum. And we also need energy to run the farm machinery and produce herbicides, fungicides, and all the other "ides" that ensure our food will be free from unappealing spots. The cost in energy terms is much higher than we realize.

An estimate by Dr. Ernst

Schumacher, a British fuel economist, says that Canadian-style farm techniques, if they were employed by the entire world, would exhaust the world's petroleum supplies within 30 years. We simply can't afford to use every last drop of oil for farming.

However, as the Canadian Federation of Independent Business points out, hunger exists in the Third World because so much land -- the best land -- is devoted to non-nutritious agricultural products for export to Europe and North America. Millions of South Americans and Asians are hungry because North Americans demand coffee, tea, sugar, and cocoa.

World hunger comes down

to one simple fact: a handful of multinational corporations control the agriculture in the developing nations and use that land to produce luxuries for the wealthy nations. Given the opportunity to work with sufficient land for their own purposes, the natives of the "hungry nations" could apply appropriate small-scale technology to growing their own need. Within a short time, these countries could become agriculturally self-sufficient.

Sound distant? Well, look at it this way. If regions like Atlantic Canada also undertook small-scale agriculture, they could easily meet their own food needs. Before long, Canada would be as self-sufficient in food as we have always believed ourselves to be.

enterprise". The expression "competitive enterprise" seems more suitable. The basis of our economy depends on an entrepreneurial spirit -- on the desire to compete, to produce a sound product, to have a good working relationship with those who help make the product, to sell it at a fair price and to operate within the legislative limits imposed.

It is not suggested that enterprise should be "free", only that it be competitive. The opposite of competitive enterprise can be seen in many socialist countries. State controlled industry may supply goods and services -- but it is under no obligation or pressure to do so at a price that consumers can afford or at a cost which bears any relationship to a reasonable selling price. It can afford to run at a loss and look for a subsidy from the government's general revenue.

The factor that is missing when business and industry are state controlled and operated, is the incentive to make a profit. In other words, to be efficient. What is profit? Profit is the reward for taking a risk. There must be some stimulus for a person to invest his -- or her -- money and time to start a business; to leave the safe haven of salaried employment, and risk one's savings. It would be far easier, and one might sleep far more soundly at night, if one continued being a

taxpayer will qualify for the exemption.

The exemption for dependent children or grandchildren depends on the children's age. The exemption for each child 16 years and over is \$720 and \$390 for children under 16. If a child reached 16 in the year the higher deduction is available.

Children who are 21 years or older are not eligible unless they are dependent because of mental or physical infirmity, or they are in full-time attendance at a school or university. For purposes of the exemption a child who is under 21 at any time in the year is eligible.

As with the exemption for a spouse, the deductions allowed for dependent children are subject to a reduction for the dependent's net income for the year. In 1976 any net income in excess of \$1,472 for a 16-year-old child will reduce the exemption amount. For children under 16 the amount is \$1,407.

dependents who have some income should remember that it is the dependent's net income after allowable expenses and deductions that determines the amount of exemption allowed. Net income will be the amount of income, as calculated on a tax return, immediately before any deductions for medical, charitable donations or personal exemptions.

Where a taxpayer is paying alimony or maintenance for the support of a child and is entitled to a deduction for the payments, he is not allowed to claim the child as a personal exemption.

Under certain circumstances an exemption may be claimed for support of parents, grandparents or brothers and sisters who are partly dependent on the taxpayer for support. It is also possible to claim an exemption for such persons who are non-residents.

The amount allowed as a deduction is limited to the amount actually spent.

Taxpayers supporting

to make Quebecers feel at home?

We have been told that by speaking French we will help promote a feeling of national unity through out Canada. I can understand this, however, does the reverse not apply? Would it be wrong to expect to find English signs in Quebec or perhaps talk to a provincial official in English?

The impression one is left with is that it is only right that I as an English speaking Canadian give up my language, but do not expect the "Quebecois" to do the same. I as an English Canadian am expected to feel guilty for the fact that I am English in what is a predominantly English speaking country. What is the end result of this?

Do we in the rest of Canada increase our efforts to the point where we give up our language and culture or do we say, "Enough Quebec"? Do they in Quebec have a list of demands that is complete and can we at least discuss, or is this just the latest in a never ending series of demands? Can we as English speaking Canadians ever make up for the Plains of Abraham, or like the Flying Dutchman are we destined to sail forever never to arrive?

EDITOR'S NOTE: Brendan Smith is from the province of Quebec, and he says that he was quite fluent in the French language at one time.

be French, and in order to enroll your child in an English school there are a series of conditions you as a parent must meet.

These requirements must be met in total or your child will be forced to enroll in a French school. The paper goes on to say that all public signs will be in French and by 1980 all small and large businesses will advertise their place of business in French only.

This policy not only is in direct contradiction with Canada's official policy on Bilingualism but appears to be in contradiction with a free and democratic society. The remainder of Canada however, has spent an enormous amount of money on bilingualism. The cost to the Canadian taxpayer to support Bilingualism directly or indirectly is in the billions of dollars.

The cost of printing all federal forms, books and road signs in both official languages is merely the more visible of Government spending in this area. What relationship does the cost of food have to the policy of Bilingualism, since manufacturers have had to label their products in French and English? There is justification in learning a second language and French in Canada would appear to be a logical choice. But to what extent do we as English Canadians have to go in order

wage-earner and invested one's savings.

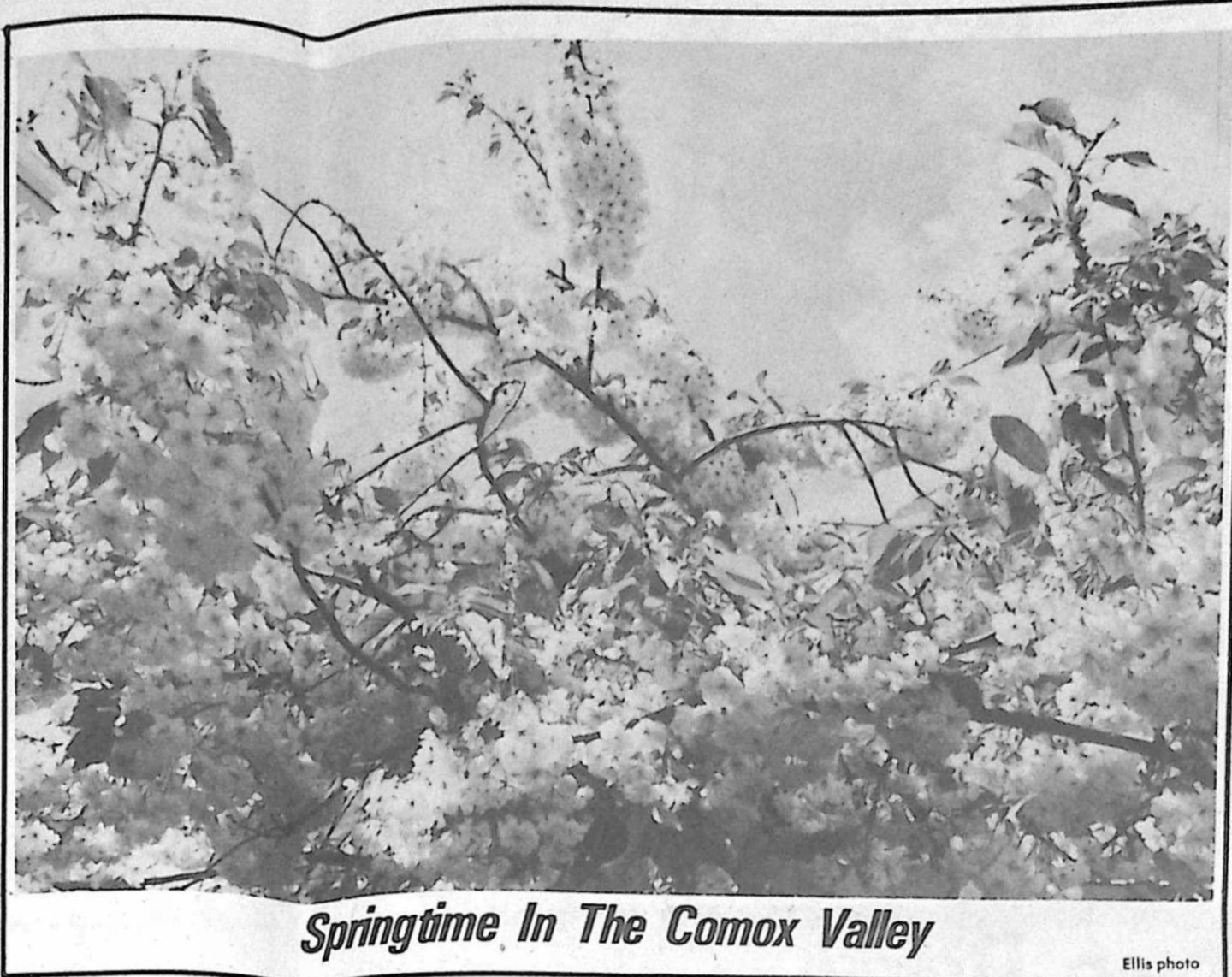
Profit is the reward offered for initiative and risk, offered but not guaranteed. It is a reward for making jobs possible to those who wish to remain in the comparative safety of an employee position.

Business or competitive enterprise has a role to play in the economy. A vital role -- that of supplying goods and services and of providing employment, wages and salaries.

The Vancouver Board of Trade is dedicated to improving and expanding the business sector of the British Columbian economy. It wants to see more employment, it wants to see more competitive prices for provincial products, both at home and in the export market.

Profit, when it can be made, does not seem too high a price for the risks involved. (Vancouver Board of Trade)

NEXT TOTEM TIMES DEADLINE APRIL 26



Springtime In The Comox Valley

Ellis photo

TAX TALK - Take Care With Those Personal Exemptions

From The Institute of Chartered Accountants Of British Columbia

Most of the rules for claiming personal exemptions are quite straightforward and easy to follow when filling out your tax return. However, there are a few tricky provisions, so care should be taken to make sure you claim all that you are entitled to deduct.

The annual indexing of personal exemptions has increased the basic personal exemption to \$2,091 for 1976.

In addition, the maximum deduction for the taxpayer's spouse has been increased to \$1,830.

A common-law spouse does not qualify for the married exemption. However, if there is a dependent person in the household, a taxpayer who is unmarried or does not live with his spouse may be able to claim a married equivalent exemption for the dependent.

To qualify for the married equivalent exemption the taxpayer must be related to the dependent by blood, marriage or adoption.

It should be remembered that a child claimed for the married exemption cannot also be claimed for a further exemption as a dependent child. It is not necessary that the dependent, claimed for the married equivalent exemption, be a child of the taxpayer. Any person related by blood, marriage or adoption (including nephews, nieces, grandparents, aunts and uncles) who lives with, and is wholly dependent on, the

Dear Sir:

The province of Quebec and more specifically, the "Parti Quebecois", has finally released their white paper on language. This paper states the official policy, with regards to language within Quebec will be French only. The paper states that all provincial courts and offices will conduct their daily affairs in French. The predominant school system in Quebec will

be French, and in order to enroll your child in an English school there are a series of conditions you as a parent must meet.

These requirements must be met in total or your child will be forced to enroll in a French school. The paper goes on to say that all public signs will be in French and by 1980 all small and large businesses will advertise their place of business in French only.

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"Hot Air" Wanted

Dear Sir:

The Aural History Program of the Provincial Archives collects sound recordings relating to the history of British Columbia. We are wondering if your readers might be able to help us fill a gap in our collection.

In former times, politicians occasionally made sound recordings of their speeches. We would be extremely pleased to hear about the existence of recordings made by former British Columbia or Canadian politicians. Do you happen to have recordings of former B.C. Premiers McBride, Oliver, Tolmie, Pattullo, Hart, or other prominent British Columbians. Even an early recording of one so recently passed from our political stage as W.A.C. Bennett, would now be a rare item.

If anyone has recordings such as these (or others which you think we might be interested in) I would appreciate hearing from you. The address is: Aural History, Provincial Archives of British Columbia, Victoria, B.C. V8V 1X4, phone 387-6743.

Yours truly,
Derek Reimer,
Assistant Director,
Aural History.

"Thank You"

Dear Sir:

Our family would like to thank everyone at CFB Comox who was so thoughtful and kind to us after the sad death of our beloved son and brother, Lionel. You helped lighten our sorrow with your visits, flowers, masses, cards, food, loving smiles and help.

A special thank you to Father F. Swoboda, the CFB Comox Catholic Women's League, the Commander of 407 Squadron and the Base Commander.

While browsing through a book with thoughts for every day, I found this poem under Lionel's birthday, it expresses our true feelings.

It's comforting when trouble comes

To share it with a friend;
To talk it over, bit by bit,
With someone who will spend
A while with you until you see
More clearly what to do,
And strength and courage for
the task
Are somehow given you.
Yes, trouble seems less hard
to bear
If someone will your burden share.

May God bless all of you,
Lucille and Felix Amiralet
and sons Adrien, Roland and Andre.

Flight Safety

"No magic solution to accident prevention". Lieutenant-Colonel S.F. (Sid) Popham said. "All levels of supervision must take part of the responsibility."

Although supervisors are involved it is the individual who must bear the brunt of responsibility," said Major-General R.F. Herbert, Commander of Air Defence Groups. "Physical fitness and mental alertness must receive the highest priority in an individual's way of life in the aircraft (or any other) business."

LCol Popham Air Command Senior Staff Officer Flight Safety (SSOFS) was briefing CFB Comox personnel on the subject of Flight Safety and the Canadian Forces Aircraft Accident Prevention Program in the Base Theatre yesterday.

Major-General Herbert added his support to LCol Popham's excellent presentation.

FLASH!!

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BLUE RIBBON AWARD 1976

New Base Library

Grand Opening

On 6 April the Base Library was officially opened by Colonel Mortimer at its new location in the Base Theatre building.

This newly renovated accommodation is spacious and bright, and its off Base location will provide easier access for PMQ residents while remaining convenient for those living in quarters.

The Library has a wide selection of books which make it well worth looking into whether you are researching a project or simply interested in leisure reading. With 6,000 volumes, almost a quarter as many as the Comox and Courtenay libraries have combined, the Base Library will probably have whatever you are looking for.

There is a good selection of books in French, and fine Canadiana, history and aviation sections. If your interest is in science fiction, there is a large selection of good authors including, of course, Isaac Asimov. If

mystery catches your attention there is a varied choice led off by an abundance of Ellery Queen.

The library also subscribes to many of the major periodicals and all the base newspapers, in case you are interested in finding out the housing prices at your new posting.

Although every month new books are added to the library's selection, if it does not have the one you are looking for let the librarian, Mrs. Wild, know and where there is sufficient demand your book will be purchased.

Come out and take a look at your library. You will probably be surprised at how long you stay. The hours of operation are: Monday and Wednesday 1200 to 1500, Tuesday and Thursday 1800 to 2030.

Reference Library

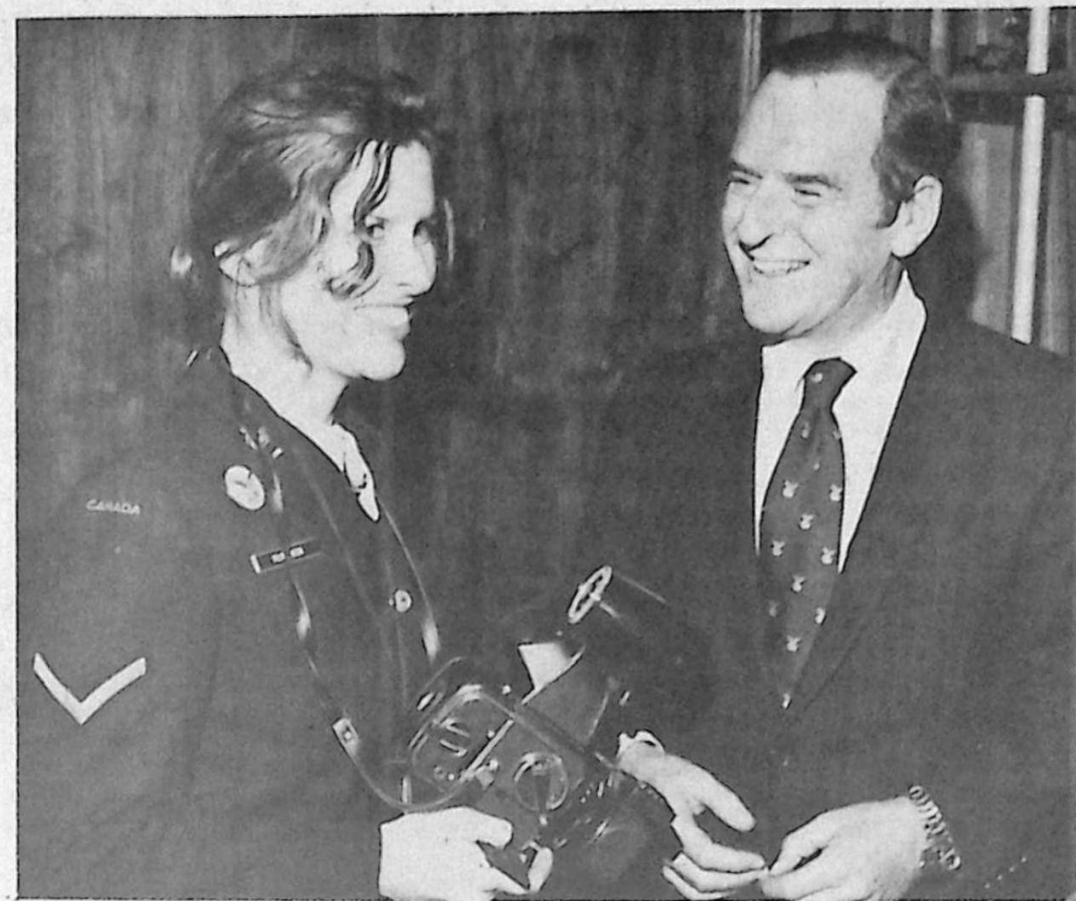
The Base Technical Reference Library has been allocated a section of the new Base Library in order that its literature will be available to the greatest number of people.

The Reference Library contains diverse reference material of both general and military interest. Books now on the shelves include the Jane's books of Aircraft and Ships, as well as periodicals pertaining to military subjects. General reference

literature includes material on home building and renovations, motorcycle, outboard motor and auto repair, sewing, gardening, and retirement planning.

The Reference Library ordering system is geared to respond to the requests of the personnel at CFB Comox. Individuals seeking reference material pertaining to special subjects need only leave their request with the librarian. If there is sufficient demand for the subject, the literature will be purchased.

Base personnel are encouraged to visit and use the library, only then can it work for you.



THE CAPTIVATING SMILE -- Defence Minister Barney Danson, (he's the one on the right) chats with Private Sue McKinnon of the base photo section during his visit to Canadian Forces Base Trenton. Since his appointment last fall the Minister has visited bases in Canada, Germany and the Middle East to gain first hand knowledge of Canadian Forces operations and to meet as many service personnel as possible. He will be visiting with CFB Comox personnel on April 28, prior to leaving to attend Royal Roads graduation ceremonies on 29 and 30. Canadian Forces photo



SEA-FARE

A meal that can make many happy as clams is a hearty fish chowder main dish that goes swimmingly with any budget.

SEAGOING CHOWDER

1 can (3 oz.) chopped mushrooms
1 tablespoon butter
1 tablespoon minced onion
1 can (10-1/2 oz.) condensed cream of potato soup
1 cup milk
1 can (7-1/2 oz.) minced clams, undrained
1 can (7 oz.) tuna, drained
1 can (4-1/2 oz.) shrimp, drained
1/4 cup grated Cheddar cheese
2 tablespoons brandy
Drain mushrooms, reserving liquid. Heat butter in a saucepan and cook mushrooms and onion until lightly browned. Add soup, milk and mushroom liquid and heat slowly. Stir in seafood, cheese and brandy and heat through, stirring often. Makes 4 main-dish servings.

Rescue Specialist Receives Commendation



SGT CLEMENTS
Rescue Specialist

Sgt. C.H. Clements was commended by Chief Of Defence Staff, General J.A. Dextraze for his performance as a Rescue Specialist while with 424 (T & R) Squadron, CFB Trenton. On two separate occasions, Sgt. Clements reacted in emergency situations to provide quick and proper medical aid to injured seamen. Sgt. Clements is now with the Pararescue Section of 442 (T & R) Squadron, CFB Comox.

Burning Permits

Burning permits will be required for outdoor fires in British Columbia as of mid-night, April 14, the B.C. Forest Service announced today.

Officials of the service's Protection Division said such permits can be obtained free of charge from any of the province's 100 Forest Ranger stations.

They are not required for campfires.

The burning permits cover all industrial fires, and the outdoor burning of rubbish and other debris in areas outside city or municipal boundaries. The permits are issued on a "project by

project" basis, and there are penalties (normally fines), for failure to comply with terms outlined in the Forest Act.

"The Forest Service is responsible for fire protection in all forest land," observed B.C.'s chief protection officer Don Owen, "and it is important we have control over all outdoor burning operations."

In times of dangerous fire hazard, he said, the Forest Service may refuse to issue such permits. The permits also advise holders of their responsibilities and outline precautions to be taken.

For Numismatists

Pete Sweeten, President of the Fraser Valley Coin Club has "described the "Indian Dollar" series issued by the Northwest Indian Cultural Society as "one of the best things that has happened to numismatics in British Columbia for many years".

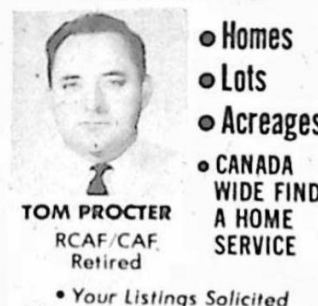
From the level of public acceptance this would seem to be the case as the demand for this limited edition has already exceeded the total minting. Limited editions are when specific numbers of coins are minted and when this total has been reached the dies are destroyed by the mint so that no more coins can be struck.

A limited edition makes a coin series quite special and quite often allows for a potential future increase in

value. Many collectors recognizing this are actively trading the Indian Dollar in order to ensure that they have complete sets of the coins.

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READY...AIM... Royal Canadian Army Cadets in their new uniforms, rugged and comfortable and designed for challenging cadet training and activities, attend parade in Ottawa. Accoutrements for the Sea and Air cadets have not been decided yet, but it is intended that each cadet organization will have distinctive items of dress.
Canadian Forces photo

"Little minds are wounded by the smallest things."
La Rochefoucauld

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The Canadian Forces Sailing Club, operating out of HMCS Quadra, will hold an open house on Sunday the 24th of April, at 1000 hrs., complete with races and introductory sails for anyone interested.

The day will include an in the water sailboat show featuring boats from 15 to 50 feet. Participation of up-to 25

boats is anticipated. This portion of the day will begin at 1230 hrs.

The club has beginners programs, keel boat cruising, and the chance to sail at a very reasonable price. The beginners program provides sailors of all ages with expert instruction. Keen competition insures interest in the

program even during the lightest breezes.

The keelboat (Tally-ho) is the key that opens the door to the greatest cruising ground on the West Coast. Desolation Sound, The Gulf Islands and the San Juan Islands are just around the corner from Comox, and they are a treat to visit.



Skating-BALANCE & Power

If you don't think skating can be an art, just watch a figure skater. Skating in a hockey game requires just as much skill and finesse but hockey players don't particularly care about looking graceful when they perform. The incredible sense of balance required by figure skating is also the key requirements for a hockey player - he can't develop power without it.

Learning Balance: The ability to balance and develop power must be taught by using the correct skating posture. You can't do it by standing up straight. The proper position is a slight semi crouch with knees bent slightly - shoulders over the knees over the ball of the foot.

The boy is in the correct front position for skating when he has head up, body in a Semi Crouch and the supporting leg directly underneath him and slightly bent, while the right leg pushes out to develop power. It's funny but the first time kids try to adopt this position on the ice, they very often lose balance and fall down. Yet they get into the same position almost every day, when they go into the bathroom, crouch slightly and drop their pants. It takes many hours of hard work by both the instructor and the student to get the boy in the proper skating position. The problem when crouching on skates is the tendency to balance on the toe of the heel.

The result is a youngster sprawling on the ice. The skill to be learned is balancing flat footed on the center portion of the blade because that section is crucial to all the skating skills that follow.

One of the first steps to teaching the right posture is getting a boy on skates to squat down on his heels with feet shoulders width apart, arms extended forward and head tilted up, facing ahead.

In this position he has to balance on the flat of his blades or he will fall. Now you should notice that his body symmetry follows a certain pattern. The shoulders, knees and balls of the feet are in a vertical line. The moment this symmetry is broken the boy's off balance and falls. When the boy rises from the squat position and begins to skate, the same pattern holds true.

The leg that supports the body weight during a stride will be lined up with a shoulder. As the weight transfers from leg to leg, the body symmetry will always follow. Shoulder over the knee - knee over the ball of the foot. This is very difficult to explain to a boy but he learns it instinctively. However, it's useful information for coaches when diagnosing skating problems. Through balance exercises skating sessions should teach a boy to develop the power and strength he already has in his legs. A boy can't develop this natural power unless he has mastered balance. Only then

should leg strengthening exercises begin.

DEVELOPING SKATING POWER

Power or thrust is created by a skate blade describing a semi-circle on the ice. If the body is not properly balanced on the supporting leg, the driving leg must disengage from the ice before it has completed its full cycle of developing power or the player falls on his face. In order to develop full power a skater has to be able to turn his toes outward. That's when his skate is really biting the ice and giving him push. The ability to turn the toes inward and outward is fundamental to good skating yet it is an extremely difficult exercise for kids to perform. I have found that most kids have very restricted movement on the hip area. I think this handicap comes from having performed all walking and running movements in one direction only - straight ahead. The hips, knees, ankles and feet are just not flexible enough to allow the leg to go through a full power cycle on skates. This is what causes the youngster to start losing his balance just when the toe of his thrusting foot is turning outward for its maximum push. He has no choice but to disengage the skate before he falls. One of the first jobs that must be done with the body is to loosen the hip and that includes all the joints from there down. Unless this is done, the upper half of the body goes through some wild contortions in order to let the lower half perform. This is the first habit a coach must break - using the head, arms and shoulders to skate.

Remember this. A hockey player skates from the hips down and plays hockey from the hips up. I think the ideal hockey skater should have ball bearing joints in the lower half of his body, like an Hawaiian belly dancer. When performing, the upper body is almost motionless, while the hands and arms apparently tell a story. But in the meantime, what those hips and legs are doing is something else. I have sometimes wondered what a coach could do with those dancers if they learned to skate from the hips down and play hockey from the hips up. It boggles the imagination.

The coach who balks at teaching belly dancing has to find some other way to get ball bearing into his players hips. Believe me, it isn't easy, but it has to be done. The very first drills a boy must learn are designed to develop balance and flexibility. As the player masters the balancing and unlocking drills he learns to get the maximum amount of skate blade on the ice and quickly becomes a better skater. He stops skating on his toes to prevent a forward fall, or on his heels to avoid a prat fall. When properly balanced a skater's weight is on the center portion of the blades where he gets the most purchase or grip on the ice.



COMOX JUDO TEAM TO McCHORD - L to R: Rory Wilson, Marc Whorrall, Colin Blair, John Watt, Stephen Blair. Standing is Ken Greer (coach).

Windish photo

Judo News

The Comox Judo team's recent visit to McChord Judo Club proves, once again, that hard training makes the difference. Our boys' hard training and aggressive attitude proved to be the winning factor. The American Club was well coached and a disciplined team. Their techniques were of a high standard. However, when faced with the strong willed Comox team, they fell to the wayside. Our team's main superiority was in their mat work.

Our trip was, without a doubt, the finest we have had to date. We left Comox at 05:00 hours on the 25th March and took the CPR ferry to Vancouver. The team members - Rory Wilson, Marc Whorrall, John Watt, Colin Blair and Stephen Blair each had a place in the car already claimed. Rory slept to the ferry and the trip was uneventful until Colin got us lost in Vancouver. We finally reached the border, then started looking for a place to eat, where else - the first "Big Mac". Back on the road again we reached Seattle. Heavy traffic precluded our stopping at Boeing Field, but we slowed down enough for some pictures.

We arrived at McChord and went to our host's home. (Mr. and Mrs. Muncaster) They took us to the Evergreen Inn where we made our home for the next three days. Friday night we ate at Denny's Place. We got to bed early for Saturday was to be our first day on the mat. It was arranged that we could buy our meals at the servicemen's mess hall.

Saturday morning found us on the mat and ready to go at 9 o'clock. Class was conducted by Mr. Muncaster, assisted by Mrs. Muncaster - both hold first degree black belts. After warm ups and breakfalls, the two teams lined up for the first round of the tournament. Our boys were given trophies and Club crests and in return we gave Club crests to the instructor and each of the team members. After these niceties we got down to proving why we came. Our lead off man had a draw and our next four won, with the best throw being executed by Stephen Blair. Our boys then took on a number of the other

members of the Club who had not been selected for the team, and won all their matches. This was followed by a Randori (free practice) class in which the black belts were seen taking some very fancy falls.

Saturday night we were the house guests of Mrs. Muncaster who laid out food for the "starving hoard from north of the border". We kept Mr. Muncaster hard at the Bar-be-que until he ran out of hamburgers.

Sunday it was Judo as usual, only this time, I was asked to run the class through its workout. I am sure the members of the McChord Club wished I had never been asked. However after surviving the warmups, we went to a one-on-one exercise to teach aggressiveness. This turned out to be very beneficial to all members. To satisfy a request from the members of the host club, we again had a team tournament. The local boys scored over all the other McChord members. This was followed with a hard training class and we closed with many thanks being expressed to their Club for inviting us.

Monday we left early and arrived in Seattle with lots of time to spare. We explored the Space Needle and went down town via the mono rail. We left Seattle and were back on the road again and naturally looking for something to eat. We stopped in Mount Vernon and again in Bellingham where we shopped for an hour. We crossed the border and back to Horseshoe Bay for the

ferry. After landing in Nanaimo we were subject to a "Big Mac" attack. We then proceeded home - everyone tired and full of lots of stories to be retold many times.

We have extended an invitation to the Muncasters to bring a team here at their convenience. We are hopeful that it will be early next fall.

Our boys represented their club most admirably. Our community can be justly proud of our fine Canadian youth. Through these personal contacts lasting friendships are made. There will be a period of hard work ahead, as there will be a grading at the end of May.

FLASH!!! John Saunders won the "Samauri of the Month" for April. Congratulations John. I wish to express my deepest thanks to those team members for the beautiful silver mug presented to me on our return, many thanks.... SENSEL....

'Year of the Sail' of Club Membership 1977

Anyway friends, this is the year of the sail. For \$35.00 dollars per family you get a membership and the chance to learn something new, plus all the water you can drink.

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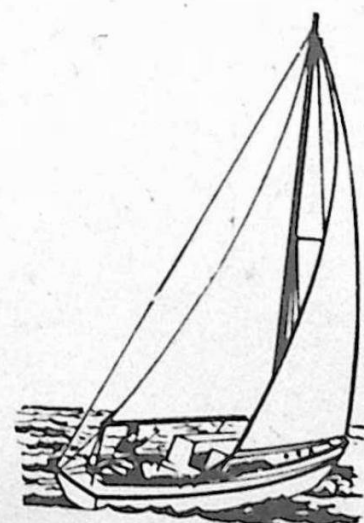


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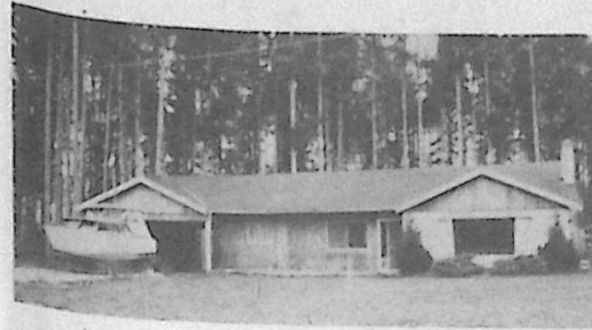


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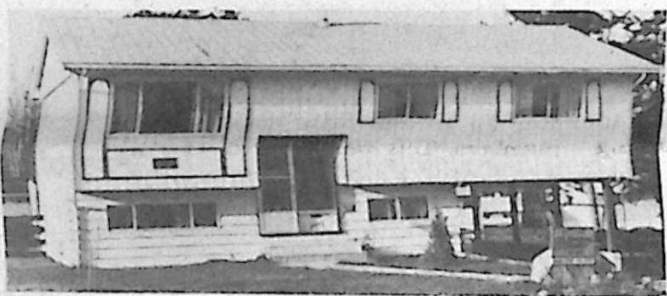
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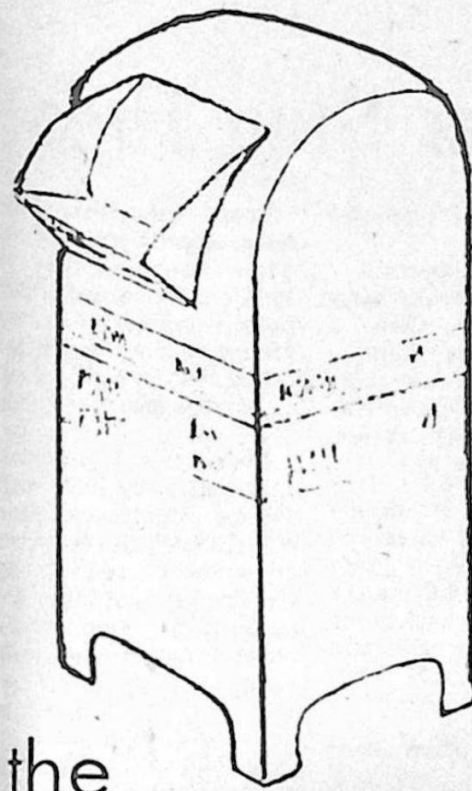


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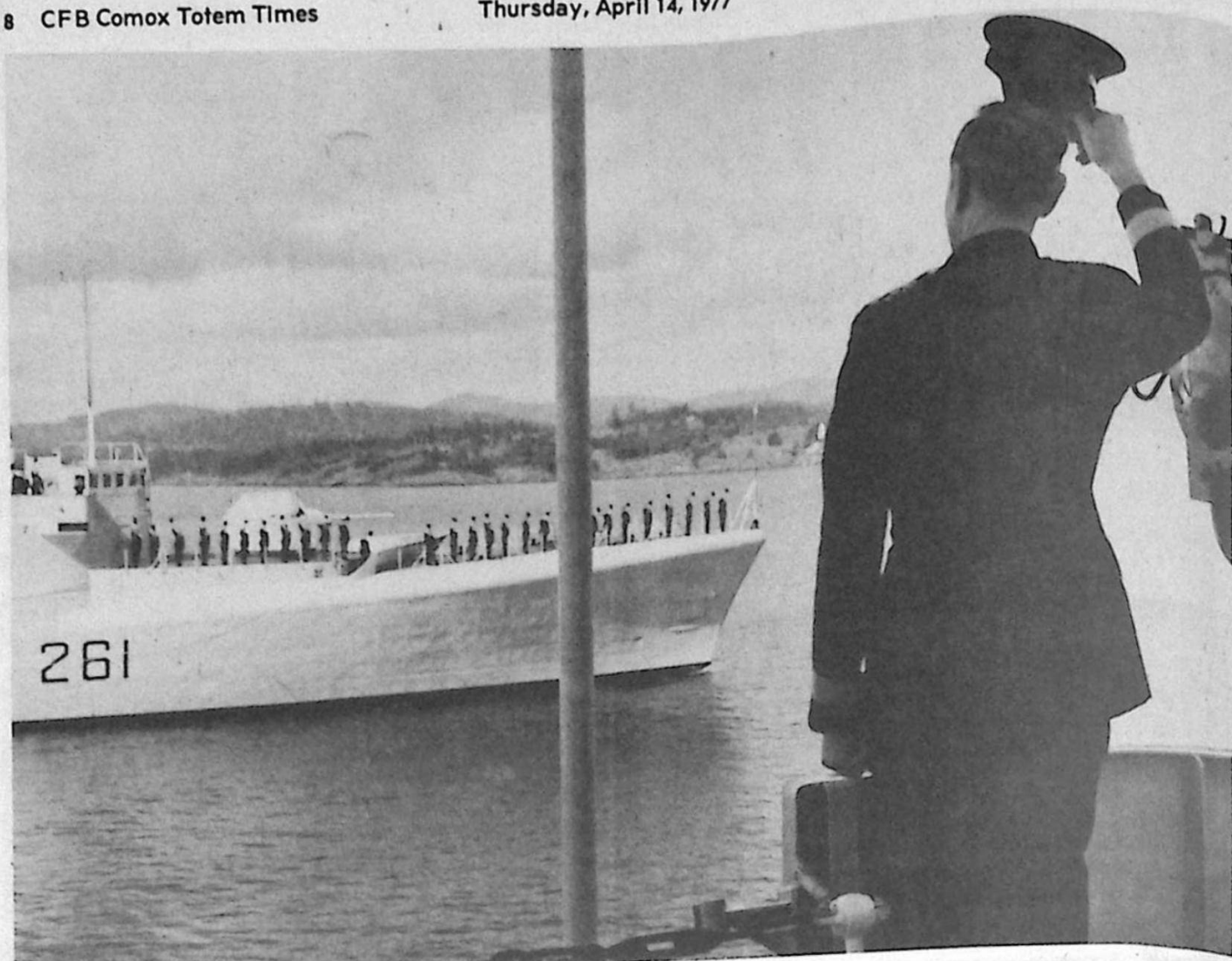
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THREE CHEERS...General J. A. Dextraze Chief of the Defence Staff of the Canadian Armed Forces, acknowledges the traditional naval salute of "man and cheer ship" from the ship's company of the destroyer, HMCS Mackenzie. General Dextraze recently visited ships of Maritime Forces Pacific

and other British Columbia defence establishments, Mackenzie, commanded by Commander J. W. McIntosh, 41, of Windsor, Ontario, is a unit of the Canadian Training Squadron based at Esquimalt. CF Photo

Time Nearly Up For Winter Stud Tires

If you were one of the skeptics who installed studded tires last autumn, now is the time to think about removing them, says the B.C. Automobile Association.

The deadline for B.C., is April 30 as it is in Oregon. For driving in Washington state, the studs should be off already; the deadline was March 31. There is no deadline in Alberta.

You should also be thinking

of removing your winter tires or you may be in for a rude surprise, says the Association, because snow tires can cause speedometer readings lower than the actual speed.

Weather-wary drivers who have not yet replaced their snow tires with regular tread tires may be saddled with a speeding ticket despite the fact that their speedometers

indicate a speed within posted limits.

Here's how it happens: A snow tire generally has a larger diameter than a standard tire. This results in fewer revolutions per mile, which in turn causes the speedometer to register less than the actual speed.

The American Automobile Association confirmed the foregoing information with the Rubber Manufacturers Association, the Society of Automotive Engineers and the Department of Transportation.

Auto club members have been advised that there is a simple test by which drivers can insure themselves not only against receiving tickets for this reason, but risking the obvious safety hazard as well.

The method is to drive exactly 50 miles an hour along a highway (where the speed limit permits) with five-mile stretches marked for testing speedometers, or along freeways that have markers placed at every mile.

A passenger can record the time it takes to travel five miles in minutes and seconds, using the following table to determine true speed:

Time to Travel	True Speed
5 Miles	
5 min. 27 s.	55
5 min. 33 s.	54
5 min. 40 s.	53
5 min. 46 s.	52
5 min. 53 s.	51
6 min.	50
6 min. 07 s.	49
6 min. 15 s.	48
6 min. 23 s.	47
6 min. 31 s.	46
6 min. 40 s.	45

Thus, if a motorist finds that he is actually going 54 miles per hour when his speedometer reads 50, he can merely adjust his speed, driving with the speedometer registering no higher than 46 miles per hour.

Finally, the BCAA cautions motorists about the design of the speedometer itself - if just one of its delicate components is constructed poorly, deceptive readings could result, so you might be in the same situation even without snow tires.

Where There's Smoke . . .

VICTORIA - "Cigarette smoking is costing the taxpayers of British Columbia millions of dollars a year in medical services, hospital care, property loss and forest fires ... but most critical of all ... it kills."

That is the lead statement in a new Ministry of Health pamphlet titled "Cigarettes And Your Health", recently introduced by Health Minister Bob McClelland. In support of the statement McClelland provided the following information:

... It has been estimated that 7.8 per cent of all physicians' services are related to treating health-induced problems resulting from cigarette smoking. A conservative annual estimate of the medical and hospital costs involved in the treatment of those illnesses would be \$40,000,000.

... According to the Fire Marshal's Office careless smokers were responsible for starting 872 fires in B.C. in 1976, in which 38 people died. The value of the property loss from the fires was estimated at \$7,106,000.

... In the province's forests in 1976, approximately 116,000 acres were destroyed in 893 fires. Careless smokers started 130 of those fires. The total timber loss was valued at \$2,600,000, and the fire fighting costs were \$1,600,000.

... According to the Minister, British Columbians spent an estimated \$151,200,000, on the purchase of cigarettes in 1976.

These figures represent a total cost each year of over

Operation Lifestyle

Heart and blood vessel diseases are a leading killer of Canadians.

Yet most of us know relatively little about these diseases, which are responsible for over 75,000 deaths annually in this country alone.

Health and Welfare Canada would like you to know some things you can do to reduce the risk of heart disease.

Watch what you eat. Avoid excessive amounts of foods with a high animal fat or cholesterol content, such as egg yolks, shellfish, dairy products and organ meats like kidneys and liver.

Instead, try to eat more lean meat, fish, skimmed milk, vegetables and fresh fruit whenever possible. Cook with vegetable instead of animal oils, and bake, boil, roast or broil instead of deep fat frying.

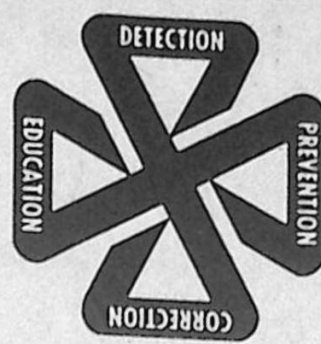
Exercise. You needn't take on an expensive or strenuous exercise program. A brisk walk three or more times a week is an easy, economical, all-weather way to take care of your heart.

For the more fit, biking, cross-country skiing, swimming and jogging are excellent heart conditioners and also aid in controlling body weight.

Quit smoking. Smokers run twice the risk of heart attacks as do non-smokers. Studies show that male smokers between 35 and 54 are ten times more susceptible to heart attacks than their non-smoking counterparts.

If you'd like to know more about heart disease and how to avoid it, write for your free copy of the pamphlet "Take Heart" available from the Public Relations Office, Health and Welfare Canada, 105-1525 West 8th Avenue, Vancouver, B.C. V6J 1T5.

- Accent Safety -



Earning An "A" In Responsibility

With so much talk about formal safety programs, published safety standards and safety inspections, it's easy to forget that our safety is primarily a personal responsibility.

Our work places can be covered with safety posters and bulletins. Machinery can be properly guarded. We can be shown the safe way to do our work. But none of these things can insure freedom from accidents unless we WANT to prevent them.

It's up to us. Man's ability to direct his own actions and control his environment means his own actions determine in some 85 per cent of cases whether or not accidents occur. Unless we accept the responsibility for these actions, injuries will continue.

Here are some actual statements made by injured persons: "A piece of lumber with a nail in it punctured my arm."

"The drill hit a metal plate, causing it to hurt my hand."

"The wrench slipped off the nut and struck me in the eye."

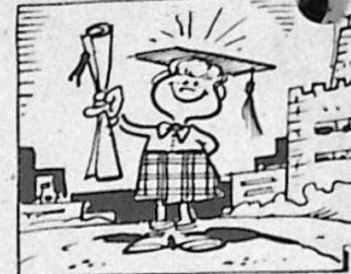
"The blade of the screwdriver slipped and punctured my hand."

It is apparent that these persons refuse to accept responsibility for their actions. Until they understand that they are not the innocent victims of their surroundings, little can be done to prevent their accidents and injuries. After all, machines don't reach out and bite; tripping

hazards don't grab a person's feet and hand tools don't slice and jab into flesh by themselves.

The employer too, has responsibilities in accident prevention. They include: providing the safest possible working conditions; furnishing safe tools and equipment; providing protective clothing and equipment; providing emergency medical services; establishing safe operating practices and training employees in these methods; providing good supervision and much more.

Injuries will be prevented when these employer responsibilities are met, and each individual employee accepts his own responsibilities: accepting responsibility for our own actions is a sign of maturity. As it relates to safety, it means we have to believe firmly that it's up to us to do



everything we can to prevent accidents.

Don't lean toward any of those favourite excuses: Hard luck, conduct of other people, inadequate tools or unfavourable conditions, until you have carefully examined your own part in orderly housekeeping, reporting unsafe conditions, using tools properly, keeping them in good condition, using safe practices and procedures and reporting all injuries promptly.

Safety is a two-way street and 85 per cent of the traffic is us.

SAFETY SAM

CONTEST

The Base Fire Dept. is sponsoring a Fire Prevention Slogan Contest. The contest is open to all civilians and service personnel at CFB Comox. The contest is designed to get as many personnel as possible thinking about Fire Prevention, whether it be at home or place of work.

The prize to be awarded for the best slogan will be a Residential Smoke Detector valued at \$59.95, second prize will be a 5 lb. Dry Chemical Extinguisher suitable for home, car or boat valued at \$35.00 and third prize a 2½ lb Dry Chemical Extinguisher valued at \$20.00.

Rules for the contest are as follows:

1. Slogan must pertain to Fire Prevention
2. Slogan must be 15 words or less
3. All Base personnel plus their families may participate. Fire Fighters and their families are excluded.
4. Judging to take place at the Fire Hall (three Fire Fighters to be judges) on the 30 May 77.
5. Any number of slogans may be submitted by one person or family.
6. All entries must be at the Fire Hall not later than the 25 May 77.
7. All slogans to be retained by the Fire Hall and may be used by us as advertising on the display case located by the main gate.

Prevention Of Tooth Decay -- Controlling Your Diet

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

An earlier article told how certain bacteria in the mouth use sugar from the food we eat to produce a sticky substance that forms a film on the teeth. This film is the basis of the bacterial plaque that traps bacteria against the teeth. Some of these bacteria break down sugars and other carbohydrates, producing the acid that causes tooth decay.

Since it is easy to see that eating sugar and other carbohydrates can lead to tooth decay, it would seem logical not to eat them. This is easier said than done. All of us, especially our children, like sweet foods. We need carbohydrates for energy as part of a balanced diet. How, then, can we eat a balanced diet of foods we enjoy while doing the least possible damage to our teeth?

It's not how much sugar we eat that causes the greatest problems, it's how often we eat it. Each time sugar is eaten, acid is formed and some of the tooth is dissolved.

It doesn't really matter whether it's a small or large amount of sugar that is eaten; about the same amount of acid is formed in the bacterial plaque. So, when we eat sweets, we might as well enjoy ourselves - if the waistline can stand it - and eat all we want. This feast should be limited to mealtime however - for dessert. The fewer times we eat sweets during the day, the fewer times our teeth are attacked by acid. So, if a snack between meals is necessary, have some potato chips or fruit, but no candy, cake, cookies, or sugared soft drinks. Do your neighbors a favor too. If their children are at your house don't feed them a lot of sweet goodies. In fact, they would be better off with no snacks at all. Then they will be hungry at mealtime and will eat the foods they need for good growth and health.

Unfortunately, there are no foods we can eat that will strengthen our teeth - only those that will weaken them. It has been said that eating coarse and crunchy foods, chewing gum, or rinsing with water will clean the plaque off our teeth. This is just not so.

The only way to adequately remove this plaque is by proper use of our toothbrush and dental floss. There is no substitute.

(Next article: Tooth Decay - Strengthening the Teeth with Fluoride).

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Adventures Of Superteck . . . "Mr. Blotter!"

BY A.C. EINE
PART 15

Our pal, Superteck may have bitten off more than he can chew this time. With the Chief on a "Charm" course, and the Sergeant in the hospital, he has been left alone to run things. Right off the bat, the Base Commander announced an impending visit by VIPs and left Superteck alone in the BWO's Office to run things.

Superteck's sleep was troubled, and when the alarm finally rang, he felt as if he hadn't slept at all. On top of his official duty problems, he had mailed the wrong version of his mixed-up trip to Halifax and back to the Boatum Bi-Weekly Scandlerag. Somehow today he had to retrieve that, or at least swap it for the correct version.

He no sooner got seated in the office when he picked up the phone and called the hangar. "M-Cpl. Whizzer? Superteck here. Look, I'm up to my ears here in the BWO's office. He's off on a "Charm" course, Sgt. Avion is in the hospital, and there's a VIP visit to arrange for. Can you spare a Private for the next week or so? I need someone for the phones."

"Supe, what are you trying to pull? I know you finally got nailed for one of your escapades, but where do you get off asking for help for the BWO?"

"Whizzer, this is straight gen. Everyone is away, and I can't handle both the office and the details for the visit. Can you shake Huney loose for the time without being short of bodies?"

"I guess so, but you'll have to clear it with the Major."

"You give her the good news and send her up here. He'll be on the phone to you by the time she arrives."

He hung up the phone then dialed the BAMEO, Major Ersatz. He explained the problem and the Major

agreed to contact M-Cpl. Whizzer and okay the arrangement.

Superteck walked down the hall to the coffee room and picked up a couple of coffees. Pte. Huney might need a peace offering when she arrived.

She did. The young Private came storming into the office and banged on his desk. "Superteck!! What are you up to? First you get me into all sorts of trouble at work, then you try to run me down, and now you get me stuck in here to answer your lousy phone!"

"Ah, ah ah!! Let's have no tantrums. There is a job to do and you got picked to do it. Here is a fresh coffee, suitably creamed and sugared, stirred and blowed. Now take off your coat and sit down. Being lonely here in the office, I picked you to keep me company."

"Company, be darned! If you want to see me, I'll be in the hangar!"

"Huney, SIT DOWN! This office has to have someone on the phone at all times, and I'm going to be chasing all over with details for this VIP visit. The job got cleared with the Major, so you might as well stop fighting it."

"But I don't want to work here!"

"Neither do I, so welcome to the club."

Their little dispute was interrupted by the sound of the intercom buzzer. "Hold it, Anne. That's Sgt. Avion. He's in the hospital and we had an intercom connected so that he could help me with this visit."

He flipped the switch. "Good morning to you, oh wearer of three-striped pyjamas. How fare thee this fine morning?"

"Superteck, I'm fine. Now stop clowning and get busy. There are only six days left and we haven't done anything yet."

"Right you are, Sarg. But first, let me introduce the

newest addition to the staff. Pte. Huney, say good morning to the nice sergeant."

Anne stared at Superteck with eyes wide open and mouth agape. She finally

collected enough of her thoughts to stammer, "Y-you were telling the truth."

"Of course I was telling the truth. What did you expect? For me to lock the door and

attack you? Now say good morning to our boss. I have to run now, but I'll keep in touch. Any questions, just ask the man who knows, Sgt. Avion. Goodbye!"

He hastened down the hall to the moanful sound of Huney's voice crying, "Superteck!"

"Theck with the VIP visit! He had to get down to the newspaper and get that article back. His cover of two different cars was blown, so he stopped at his garage only long enough to pick up the rest of his disguise, the hat and trenchcoat."

He parked behind the newspaper and struggled into the coat. This was not an easy task in the Corvette, but he had to hide the uniform.

Pearl Pureheart was opening the mail as he arrived, and so wearing his best grin, he reached out and patted her gently on top of her head. His arrival had been unnoticed and she let out a yelp and jumped.

"Mr. Blotter! What do you think you're up to?"

This was getting repetitious. That was the second time he'd heard that line this morning.

"Miss Pureheart. Good morning. Just opening the mail I see. May I help you?"

"I can handle it quite well myself, thank you Mister Blotter."

Hummm. Things were decidedly cool around here. Odd. Especially after their last date. "Miss Pureheart. Is something troubling you that I should know about?"

Pearl stopped her task. She stood up, stared him straight in the eyes and hissed, "Something troubling me? Now what could be troubling me...outside of the fact that you haven't even phoned me, let alone come into the office, in over a week!"

Superteck straightened up and thoughtfully scratched his head. "Has it been that long?"

Pearl stamped her foot. "More! Mr. Bignickel wants to know where you've been, and more important, I want to know."

This last outburst came

with such force that she dropped all the mail she'd been sorting.

"Oh, Look what you've made me do!"

This was his best chance to switch the articles. "Just stay there, I've got everything."

As he gathered up the letters, he slipped the correct article into the pile as he shoved the official report under her desk. He could get that later.

"Now look what you've done. Everything's all mixed up. Why don't you just go away."

"Only if you agree to go out with me tonight!"

"NO! ...oh!...yes. Now get out of here!"

He handed her the mail. "Pick you up at eight."

He glanced down. "Ooops! Shoelace is untied." He bent over and quickly shoved the report up his pant-leg. Now to get out before ol' Bignickel spotted him and started asking questions.

In his best Humphrey

Bogart voice, he said, "See you later, sweetheart!" Then he turned and hurried out of the office, hoping that the report wouldn't come sliding out of his pant-leg.

He pulled out onto the street just as his esteemed and now, steamed!) Editor, E. Bertrum Bignickel, drove into the parking lot. The gentleman spotted Superteck (alias "Ink" Blotter, Ace Reporter), but by then it was too late and the Corvette was away in the traffic.

Superteck may have gotten both the report on his trip back and back into Pearl Pureheart's good graces, but can he last. Responsibility has been heaped upon him and so far he hasn't proved to be the most trustworthy of airmen. Six days to go until the VIP visit. Can he play it straight that long?? Read the next issue of our valiant Totem Times for further happenings in:

The Adventures of SUPER-TECK!



AVRO 504K. One of the world's famous trainers, the Avro 504 began its career as a service aircraft and executed a bombing raid on the Zeppelin sheds at Friedrichshafen, November 21, 1914. The R.A.F.'s Central Flying School developed a flying instruction system on the 504K in 1917 which became almost universally used. Avro 504K, A1996, is being restored in the markings of a Canadian Air Force machine.

BY EWING

Part Nine - Avro 504K

The "Great War" was over. Canadian pilots had earned an enviable reputation. In appreciation of their contribution to the British flying services, King George V in 1919 made an Imperial gift of 114 aircraft plus other equipment to Canada. Among the aircraft were sixty-two training machines, all Avro 504K's. The 504K wasn't as good a training aircraft as the Curtiss-designed JN-4, but

the price was right so they became the standard elementary flight trainer for the Canadian Air Force. The majority of them bent their way across the grass of Camp Borden under the heavy hands of the student pilots of the day. The Clerget 130 HP. Rotary engine was not reliable and there was no such thing as throttle control. Speed was controlled by an Interrupter or "Blip" switch on the top of the control column. The ultimate end of most of the

Avro 504K's was an "A" Category crash.

A few survived the student pilots to be converted to "N" models with the installation of Armstrong-Siddeley Lynx IV standard radial engines.

To help celebrate Canada's Centennial year, the RCAF formed an aerobatic flight display team, the Golden Centennaires. As part of the team, the wreckage of two Avro 504K's was purchased and the aircraft rebuilt at 6 Repair Depot at Trenton.

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Neighbourly News

PMQ Preamble

BASEBALL AND SOFTBALL NEWS

Registration will be held on Saturday, 16 April at the A. J. School at the front entrance, in the front hall. Time of registration will be one to three PM (1300-1500 hrs.). The fee is \$2.50 per child. Ages include six to twelve year old, both boys and girls, covering Peeewe, Midget and Bantam leagues. Bring along a birth certificate and medical number.

The last day for Babe Ruth Baseball registration will also be held at the school at the same time. Bring your birth certificate and medical number. Babe Ruth prep league is doing all right; but the Junior league will not be held this year unless more thirteen to fourteen year old boys register.

Coaches and umpires are badly required for all leagues. If you are interested call Hazen Codner at 339-3978, or John Bossons at 339-5900. Let's keep these phones busy.

EMPLOYMENT OFFERED. Employment is available for a young man sixteen to eighteen years old, for the months of May and June only. The job involves baseball diamond maintenance. Salary will be discussed at the time of hiring. If you are interested, please contact Hazen Codner at 339-3978.

COOKIES. Cookie drive is on for the 29th of April, starting at 1600 hrs. in PMQ's and surrounding areas. It will be held on Thursday, 29th of April. So have your 75 cents available for your box of cookies when a Girl Guide or Brownie knocks

on your door. Support your local groups of the Girl Guides of Canada.

LADIES. Ladies exercise classes presently held Monday, Wednesday and Fridays, 1000-1100 hrs., at the Rec center will continue through July and August if an interest is shown. The proposal for classes in summer will start with exercises and finish with swimming.

Ladies, if you are interested in playing softball this year, please call the Rec Center and give your name. This league (if enough call) will probably be for fun.

LIBRARY. The base library has moved to a bright new location in back of the base theatre. It is easily accessible by walking on the side of the theatre nearest the tennis courts. The official opening was held last Wednesday, 6th of April at 1900 hrs. Those of us who attended had the chance to browse through the many books provided and enjoy a cup of coffee. There are books for everyone. Why not go over and see for yourself?

The library is open Monday and Wednesday afternoons from 1200 to 1500 hrs.; also Tuesday and Thursday evenings from 1800 to 2030 hrs.

EASTER EGG HUNT. The weatherman cooperated on Saturday morning for the Easter Bunny and his helpers. Every child who showed up got some candies. Some children found lucky surprise rocks, and received a special gift handed out by Miss Wallace Gardens, Bonnie Campbell.

Congratulations are in order for the PMQ Councilors, who organized the hunt and to the Councilors who maintained order and helped the kids find all the candy. A job well done.

OPEN MEETING. In closing, I'd like to remind you of the open meeting scheduled in May. If you have a topic you'd like to see discussed, please contact your ward councillor now.

FOUND - A small sum of money in the PMQ area. Owner may claim same by identifying. Phone 339-2825.

Help Your Children Get Better Grades

You might help your child do a bit better in school—if you helped him or her a little less. Education experts say parents should not do their heir's homework or the youngster will not learn the subject. Parents should, however, provide the proper setting and material for doing homework: the right light, a quiet place, and pens, pencils, papers, and reference books.



THE RIGHT INSTRUMENTS can help your child get the most from school instruction.



EASTER BUNNY. One youngster who was too young to go looking for Easter Eggs gets to personally meet the Easter Bunny. Miss Wallace Gardens, Bonnie Campbell makes the introduction during the PMQ Council's annual children's Easter festivities.

Windish photo

C-Z Student Aid

Crown Zellerbach Canada Limited has introduced a student awards program offering financial assistance to 20 post-secondary students.

"The program is designed to assist students during their first year of post-secondary study, which is often the most difficult for them financially," said company chairman Robert G. Rogers in announcing the program.

The awards are \$750 in the case of students entering an accredited university in Canada and \$500 for students entering a community college or technical institute.

Twelve of the 20 awards are designated for the sons and daughters of employees and eight will go to students graduating from high schools in areas where the company is a major employer.

Students eligible for the community awards are those attending high schools in Masset, Kitimat, Hagensborg, Port McNeill, Campbell River, Courtenay, Comox, Nanaimo, Ladysmith, Coquitlam, Port Coquitlam, New Westminster, Port Moody, Surrey, Richmond, Delta, Vancouver, North and West Vancouver, Burnaby, Vernon, Armstrong and Kelowna.

Akela Says

A few words this week about the financial aspect of the local Scout organization. This year we charged \$8.00 per boy for registration. All of this money went to the District council who added \$4.00 per boy to pay the \$12.00 required at the Region level. We belong to the Island Region centered in Nanaimo and about 80 per cent of this money is used within the region. Recent calculations at District level have shown that a further \$3.50 per boy is required to support the Comox Valley District operation. This means that our District subsidizes our boys for about \$7.50 per year. This money must come from somewhere as it adds up to about \$3500.00 per year.

In the past few years this money has been raised by such projects as Apple Day and Christmas Tree sales. This year it became obvious that the Christmas Trees at our present lot were finished and no further income could be anticipated. A new attempt to keep the tree sales alive is underway, but no substantial money will be forthcoming for several years. One of the biggest problems has been in obtaining manpower to assist in such projects. Invariably Group Committee members and leaders end up doing the work required. Since these people are already heavily committed to our boys, this extra demand seems highly unfair. Unfortunately, most parents have been either reluctant or hard to convince about the need for these fund raising projects, but without these additional funds, the registration fees could become prohibitively high for some families.

It should be remembered that parent, especially Father participation, is vital to the Scouting movement and indeed the development of the boys that is the ideal of the organization. It is not enough for parents to pay the registration fee at the beginning of the year and then forget it.

This, then is an open appeal to parents to assist in the Scouting Movement. A few hours on a weekend, a couple of times a year by each Father, or Mother would

suffice, and would then put less of a load on the boy's leaders. One of the main reasons that leaders quit is that they find they are committed to more time than they expected, or should be expected, to spend. Remember, no one is paid at either the Group or District level. All are volunteers.

Help is needed now and for next year if we are to prevent prohibitive registration increases in the years to come. If that has to happen, only our boys will suffer, and their interest and enthusiasm is obvious to anyone who has worked with them. If you can or want to help please call myself, Tony Nichols (339-5126) or Graham Wilson (339-2486). If you don't feel you could work directly with the boys as a leader, call anyway, there are many other positions at the Group or District level that need to be done. No experience is necessary.

DID YOU KNOW

that income earned by your youngster in after-school or weekend employment can result in loss of entitlement to the Family Allowance?

It depends on the amount he earns.

If you think his earnings will be large enough to require him to pay income tax, consult the Family Allowances office. Give the date employment started and the amount of earnings for each month since he commenced working.

EW
Courtney
Adults \$2.50 O.A.P. \$1.00 Child, \$1.00

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

THURS., FRI., SAT., APRIL 14, 15, 16
Ryan O'Neal - Tatum O'Neal
"NICKELODEON" General
"Occasional coarse language."

MON., TUES., WED., APRIL 18, 19, 20
Jan-Michael Vincent - Chief Dan George
"SHADOW OF THE HAWK" Mature

THURS. TO WED., APRIL 21, 22, 23, 25, 26, 27
Barbra Streisand - Kris Kristofferson
"A STAR IS BORN" Mature
Academy Award Winner - Best Song
"Coarse language throughout." - B.C. Director

STARTS THURS., APRIL 28
Richard Pryor
"SILVER STREAK" Mature

Stardust
Drive-In Theatre
Williams Beach Rd. & Island Hwy.
All Admissions \$2.75
All-Niter Admissions \$3.25
Gates 7:30, Show 8:00 p.m.

Thurs. - Sun., April 14, 16, 17
"THE SILENT MOVIE" Plus
"ALEX & THE GYPSY" Mature
"Some nudity & coarse language." - B.C. Director

Thurs. - Sun., April 21, 22, 23, 24
"ONE FLEW OVER THE CUCKOO'S NEST" Plus
"MIDNIGHT COWBOY" Mature
"Violence & coarse language could be frightening to children." - B.C. Director

WO's & Sgt's Mess
ENTERTAINMENT

APRIL 15th — TGIF — GAMES

APRIL 16th — POT LUCK SUPPER & DANCE
Time - Food to be at Mess by 2000 hours.
Food served at 2030 hrs. to 2130 hrs.
Admission - The food you bring. Dancing 2130 hrs. to 0130 hrs.
Band, TBA. Dress casual.

APRIL 22nd — MIXED RETIREMENT MESS DINNER
Cocktails 1900 to 1930 hrs.
Band — The Alley Cats. Dancing 2200 to 0200 hrs.
Dress — Members S-5, Wives semi-formal.
Admission — Members and Associates \$15 per couple,
Honorary and guests, \$25 per couple.
Reservations from the mess manager. Limit to 130 persons.

MONDAY NIGHT MOVIES FOR APRIL — 2000 hrs. approx.
17th — ONCE IS NOT ENOUGH — Kirk Douglas
24th — FRAMED — Joe D. Baker

OFFICER'S MESS ENTERTAINMENT

FRIDAY, APR 15 — CANDLELIGHT DINNER FOR CDS
Cocktail Hours, 1900 - 2000 hrs.
Dinner — 2000 hrs., Sea Food.
Dance to "Music Factory", 2100 - 0100 hrs.
Reservations by 1500 hrs., Apr. 13.
Dress — Semi Formal (i.e. business suit. No sports jackets or leisure suits, etc.)
\$12.00 per couple, \$14.00 per guest couple.

SUNDAY, APR. 17 — "FAMILY BRUNCH"
1200 - 1300 hrs. — Lunch Menu
Casual dress. Phone Mess Manager by 1500 hrs. Thursday, Apr. 14th, if you plan to partake. \$1.40 adults, \$1.00 for children under 12.

SATURDAY, APR. 23 — "BEEF AND BURGUNDY"
Dinner — 2000 - 2200 hrs. "Some wine included."
Dance, 2100 - 0100 hrs. — "Alley Cats."
Reservations by 1500 hrs., Thursday, Apr. 21st.
Informal dress — \$9.00 per couple. \$12.00 per guest couple.

Jr. Ranks Club

APRIL 16 & 17
"PUNCH" - Popular, versatile rock & roll group from this area. \$1.00 cover charge.

APRIL 22, 23, 24
"SUN OF SATURN" - Graffiti - Rock & roll group from the capital city. \$2.00 cover charge.

APRIL 15, 22, 29
WEEPERS AND GAMES NITE.
Food at 1830 hrs. - Games at 1900.

MOVIES
APRIL 19 - "Once Is Not Enough" - Kirk Douglas.
APRIL 26 - "Framed" - Joe D. Baker.

BINGO - Every Wednesday Evening
Doors open 1900 hrs. Bar open for refreshments 1900 - 2300.
For further information call Entertainment Answering Service — 339-5212

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Big performance comes in a small package with this easy-handling off road lightweight big bike. Features include primary kick starting, 4 speed constant mesh transmission, and oil dampened suspension.

This lightweight bike is specially designed for the young off-road rider who wants to go where the big bikes go. The TS75 handles easily on any trail.

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VCDS Says: 'CF Needs Strong Society'

(Continued from page 1)

in one's own population - will be one of the major tasks of the military forces of western nations in the next decade. This may be true. Certainly no military planner can disregard the risk that this may happen; but, assuming that Canada remains a united country, I believe that the threat has been overstated. There are, I believe, two good reasons for saying this: One is that the harsher environment into which the world is headed will strengthen the nation state; will bind together the disparate elements of society into a more cohesive whole than is ever apparent when outside threats appear distant, or simply not credible.

The second reason is that the tenor of the times indicates a swing back toward discipline and the work ethic. The permissive society has not yet passed but it is passing. I do not believe that Canadian society has within it the severe strains that would give rise to massive public disorder. Certainly, isolated acts of terrorism may be with us for some time, but they are more a matter for the police than for the Armed Forces. Nevertheless, a prudent military planner must allow for the possibility of internal disorder because the Armed Forces are the ultimate repository of the power of the state, and if there should ever be a confrontation between the state and dissident elements within it, then the state must not lose; because that way lies chaos and anarchy.

whose pipeline you're looking through!

Anyway, solar, wind, fission, and fusion power could eventually combine to replace fossil power; so that we are really talking of a crisis of cost rather than a crisis of shortage.

If the scenario I have drawn is valid - what does this mean for the future of Canada - from a military point-of-view?

'Golden Age'

I think that the twenty years ending in about 1974 or 75 were, from a material point of view, a golden age for the western democracies. Though some of those years could be viewed in retrospect as a sort of intellectual 'Dark Ages' when reason and rationality were for a time displaced by emotion. For the most part, the Canadian population did not believe that there was any threat to continued and ever-increasing prosperity in what was - as far as they were concerned - a peaceful world.

Ironically, this feeling of security expressed itself in a desire for huge social expenditures and reduced military expenditures just when, in fact, the world had passed a turning point and we were moving into an era of scarcity and danger. The military, (naturally I hope), saw the danger first, but nevertheless had to live with declining budgets (the emotional hangover of a bygone time) while the danger, in their eyes, was increasing every year.

Insecure Future

Now, I think the insecure future of our way of life has communicated itself to some of our public and to many of our politicians. I think that this is why the military budget, though still austere, is being allowed to increase somewhat even in this time of severe governmental restraint. And this is also why I think that as the danger increases, a stable democracy like ours, will find the will and the means to build and maintain Armed Forces adequate to our needs.

Let me say right away that adequate Armed Forces will not be inexpensive. First we must maintain a credible and professional contribution to European and North Atlantic defence within the NATO Alliance. The danger of eastern expansionism is still there, indeed, it is growing. I'm sure that you have all noticed the spate of recent press reports about the relative strength of the Warsaw Pact vis-a-vis the NATO nations.

I don't think that the west should over react; but the Warsaw Pact has been steadily increasing its military strength, while we in NATO have been finding it difficult just to maintain our strength over the last several years. However, I don't wish to dwell on this to-day, because it is really a topic in itself. I just want to say that we must do our fair share to ensure that NATO is a sufficient deterrent to aggression by the Warsaw Pact.

Fair Share

Doing our fair share in NATO has the double benefit of both deterring a war in which we would all be losers, and of maintaining a network of powerful friends. These friends can be expected to be either positively for us, or at least friendly neutrals in any purely national dispute in which we may be involved. Our fair share implies sufficient forces, of the right type to responsibly fulfil our NATO commitments. Such forces, if correctly structured, should also be adequate to the maintenance of control over our resources.

This means having sufficient air and naval power, to survey and control the longest coast line in the world, the huge areas of ocean under our jurisdiction off our coasts, and the Arctic seas and islands to which we lay claim.

To have sufficient ships and aircraft to look after our vast area of responsibility will be very costly in dollars, but will not require vastly increased numbers of men devoted to those tasks. The Aurora, the new Long Range Patrol Aircraft which will soon be

coming into service gives us an increased capability with reduced manpower and operations and maintenance costs. However, to increase capability enormously while increasing operating costs only marginally requires equally enormous capital expenditures. The Aurora will cost over one billion dollars and we plan to buy only eighteen aircraft. As we reach the mid-eighties we may find that we need more than eighteen of them, and more sophisticated ships than we have now - including powerful military icebreakers.

Can We Sustain?

Can Canada sustain the capital expenditures the future I have described would require? I believe so. Canada is an underpopulated but highly developed country. We should choose the capital intensive route in manufacturing, in commerce, and in the Armed Forces. This is because we obviously cannot both maintain a high standard of living and compete internationally in labor intensive industries. Neither can we reasonably expect to have a very large Armed Forces - particularly if they are to be volunteers. We should consciously, then, choose to equip the Armed Forces with the best possible equipment requiring the smallest possible number of men to operate it.

Of course, there are limits to this approach. The Land Forces - the Army - are by definition labor rather than capital intensive, and, our perception is that the Army has been allowed to become too small. However, the CDS believes that with just another few thousand men, the Army's strength will be adequate to its commitments.

A nation of twenty three million with a declining birth rate, and declining immigration, can only increase its industrial and military strength by moving into areas of high technology. In other words, we should be consciously planning for the growth of high technology industry - both manufac-

turing and service industries - and we must accept the logic of a small but excellently equipped Armed Forces.

Planning Underway

The military planning for this state of affairs is underway now, and the general thrust of this view of Canada and her Armed Forces will, I hope, be accepted by all major parties so that development can proceed without further delay...

It goes without saying that the future that I have just outlined for the Armed Forces depends upon, indeed springs from, a healthy, strong, and stable society.

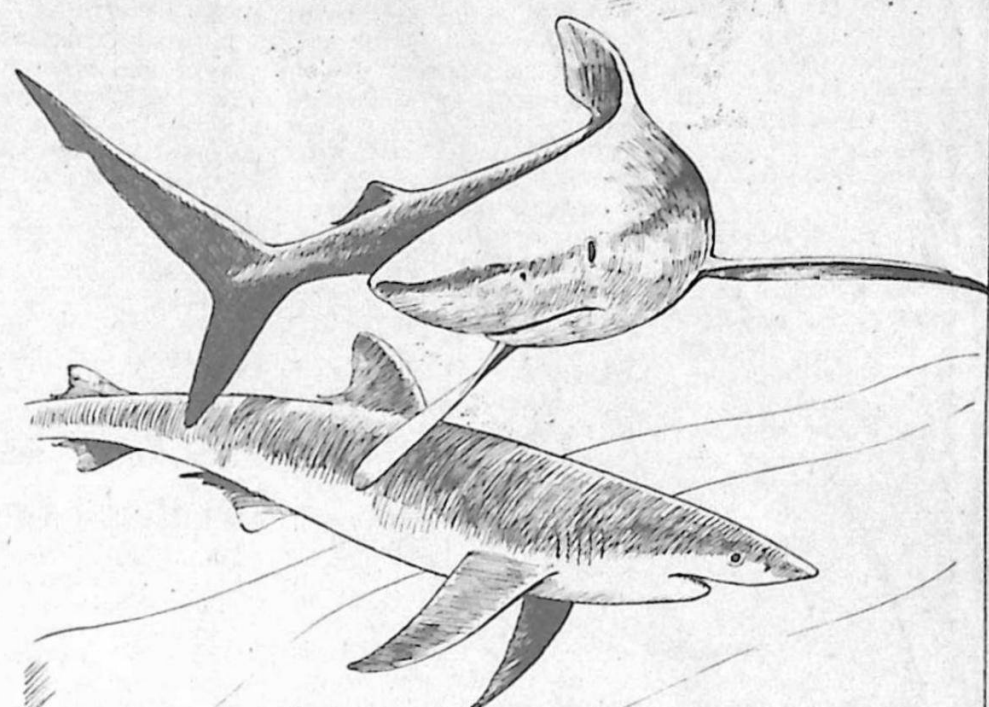


NATURAL HISTORY NOTEBOOK

PRESENTED BY: THE NATIONAL MUSEUM OF NATURAL SCIENCES, OTTAWA

National Museums Canada

BLUE SHARK



The Blue Shark is one of the most abundant and far-ranging of all sharks and is a prolific breeder. Females sometimes litter as many as 10 pups. This is a slimy built fish with a 7 ft specimen weighing only about 70 lb. Regarded by anglers as a sport fish, the current world angling record is 11'6" and 410 lb. Sometimes known as the blue whaler because of its frequent presence at the scene of a whale kill, the blue shark does not have a reputation as do some other sharks, of being particularly dangerous to man. However, as with others of its kind it is unpredictable and, more than likely, has claimed some human victims.

New Youth Program Starts

(Continued from page 1)

modest and spartan life, doing their own cooking, washing, producing some of their own food and energy; in all kinds of ways they will be sensitized to the great problems of today: the lack of food to properly feed a large part of humanity and the dwindling resources of the earth.

In each team, priority will be given to communicating in

both French and English and all participants will have the opportunity to become bilingual.

MILITARY CO-OPERATES
Although the program is non-military, the Department of National Defence is co-operating and will accept up to 10 per cent of the recruits into a military option. Recruits within this option will work in the Armed Forces

for nine months in such areas as communications, transportation and search and rescue.

In the course of the 10-month program, the thousand participants will have lived and worked in three different regions of Canada.

"This is a work program but definitely not meant to be a youth employment program," said Mr. Danson, "in that the

participants will only receive travel, room and board, \$1 per day pocket money and about \$1,000 when they complete the entire 10 months.

Forms are available from Canada Manpower Centres, Post Offices, Schools, Colleges, and Universities. The deadline for application is early spring 1977 for the program starting in August.



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- LADIES SKIRTS
- SIZE 4-6X SUN TOPS
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While They Last 99¢

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