



TOTEM TIMES

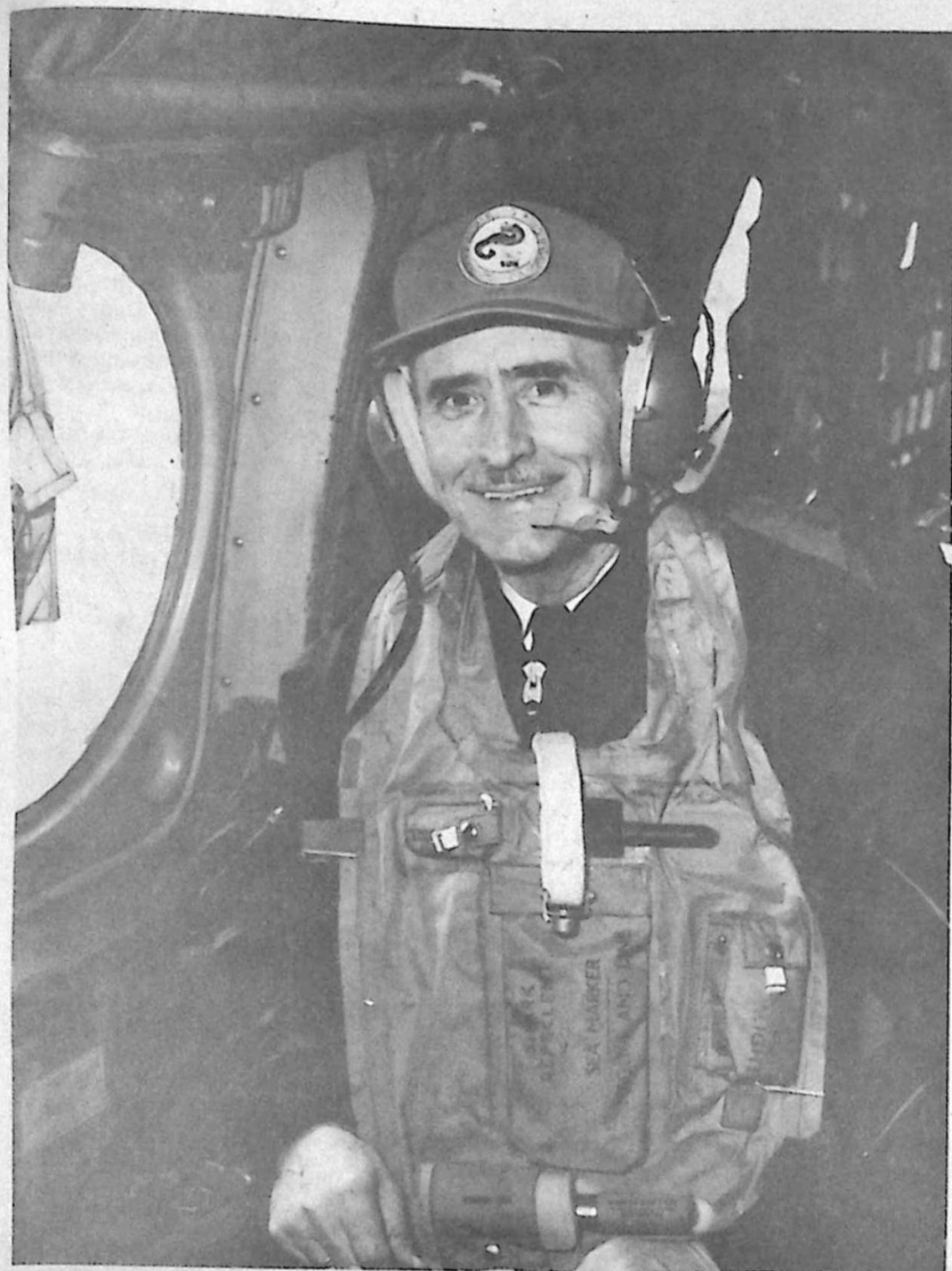


HERE'S TO BARNEY — HE'S TRUE BLUE . . .

VOL. 19 — NO 9

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 28, 1977



SMILES FROM ABOVE - Dressed in flying togs the "Chief" takes a break from earth-bound activities to join a 442 squadron helicopter crew on a short jaunt over Cape Lazo. It was just one of a number of activities undertaken by General J. A. Dextraze, Chief of Defence Staff, during his recent visit to CFB Comox. For a story in pictures see page 5.

Base photo

Tanks Compete

OTTAWA - Tank crews from six NATO nations are competing at the Bergen NATO training area in Northern Germany (April 25-29) when Allied Forces Central Europe (AFCE) conduct the 1977 Canadian Army Trophy competition.

This is the tenth competition for the trophy, donated by Canada in 1963.

Tank crews from Belgium, Canada, the Federal Republic of Germany, The Netherlands, the United Kingdom and the United States participate in the tank gunnery competition, hosted this year by the British Army.

Twelve crews from the Royal Canadian Dragoons, with 4 Canadian Mechanized Brigade Group in Lahr, West Germany, represent the Canadian Forces. They use Leopard battle tanks on loan from the German Ministry of Defence until the Canadian Leopards are delivered beginning July, 1978.

The teams compete under conditions which duplicate combat situations as much as possible. Tank crews will use both cannon and machine guns to fire at moving and fixed targets, and scoring is based on a combination of elapsed time and number of hits on the targets. Bonus points are to be given for ammunition remaining after each exercise provided all main targets have been hit within the prescribed time.

KIWIS Join Canucks, Yanks

MARCOT '77 Underway

VICTORIA - An international naval exercise involving ships and aircraft from Canada, New Zealand and the United States commenced off the West Coast of Vancouver Island on April 26.

The exercise, called MARCOT '77, involves 11 ships, 20 aircraft from seven squadrons, about 2,500 men and will run until May 7, 1977.

The exercise is under the overall command of Rear-Admiral Al Collier, Commander of Canadian Maritime Forces Pacific.

MARCOT '77 is one of a series of exercises conducted by the Canadian Forces Maritime Warfare School in Halifax, N.S. It is being directed by Captain (N) G. L. Edwards, Commander of the school and is designed to test and improve combat readiness in all phases of modern naval warfare. Operations include anti-submarine warfare, anti-air warfare, surface warfare, and at sea replenishment.



Canadian ships participating in the exercise are the helicopter-destroyer HMCS Athabaskan, the destroyers Gatineau, Terra Nova and Kootenay, the support ship Provider, the submarine Ojibwa and the tug CFAV St. Anthony.

United States navy ships participating are the destroyers USS Cook, McKean, Hammer, Orlek, Rogers and the tug Mactobi.

New Zealand forces participating are the frigate MNNZS Otago and a detachment of P3 Orion anti-submarine aircraft from No. 5 Squadron Royal New Zealand Airforce are flying out of CFB Comox.

Additional aircraft from Comox-based 407 Maritime Patrol Squadron, 409 All Weather Fighter Squadron and Utility Squadron 33 are being joined by aircraft from 414 Electronic Warfare Squadron from North Bay, Ontario, for the exercise.

Sea King anti-submarine helicopters from HS 423 at Shearwater, N.S., are flying from HMCS Athabaskan. HMCS Provider is embarking detachments from the U.S. Naval Reserve Squadrons HS 84 from San Diego, California, and HS 85 based at Alameda, California.

C.F. photo

Athabaskan Plies Pacific Waters

DDH 282 is one of the four helicopter-carrying destroyers designed primarily as anti-submarine warfare vessels with a vastly improved self-defence capability and an ability to support land operations. At a cost of \$63,000,000 (approximately), this modern warship, with a complement of 285 officers and men, can attain a speed of over 27 knots.

HMCS Athabaskan, under the command of Commander John Slade, sailed from Halifax on February 15 for her four-month round trip to Esquimalt. According to an article in the Trident of

April 8, "With the not-so-common event of a missile firing by a Canadian destroyer, a hectic helicopter transfer schedule was organized to bring Mr. Danson (MND) and his party of ten to Athabaskan to observe the event." The Athabaskan was taking part in a missile firing exercise in the local exercise areas off Roosevelt Roads, Puerto Rico. The Athabaskan was the first DDH 282 Class destroyer to venture through the Panama Canal. It is currently taking part in MARCOT '77.

C.F. photo

Great Ideas From Energy Week

OTTAWA (CFP) - There was no lack of imagination shown in February when the Canadian Forces observed Energy Conservation Week on bases at home and abroad. Conservation officers added a liberal dose of innovation to

the standard program of a film, slide show, giveaway literature and a school poster contest - with gratifying results.

Bright-faced gremlins, called energy mites, sent reports of energy abuses to

offenders. Surprised residents of married quarters (MQs) who pay for utilities in their rent, received sample oil and electricity bills. Military police checked for conservation infractions during security rounds. And one base

cut its streetlight wattage by more than two-thirds.

Most of the week's emphasis was placed "on controlling the fingers", in the words of one conservation officer.

The fingers belong to the 175,000 people - all military personnel, their dependents, and Defence department civilian employees - who were asked by word and example to conserve energy. Even if it meant, as it did at one base, waiting until after peak-use periods to turn on the sauna.

At CFB London, Ont., residents of 125 MQs received heating oil and water bills, comparing the consumption by individual home to the average home consumption over a four-month period.

Encouraged by the response from the service community, Major Forrest Smith, CFB London's construction engineering and energy conservation officer, said he will send out bills to cover the entire winter heating period. MPs in Act.

Maj. Smith also asked the military police and commissionaires to check for conservation infractions after hours. They found enough burning lights and open windows to make the task worthwhile, he reported.

The largest project begun at CFB London during energy conservation week was the conversion from 300-watt incandescent street lights to 85-watt low sodium bulbs. One-third of the base street lights were removed and a previously-installed timer now shuts the other two-thirds off at 3 a.m., four hours earlier than before.

Maj. Smith estimated that the changes will amount to a 90 per cent drop in streetlight energy consumption, without a corresponding drop in lighting capacity. The longer-lasting sodium bulbs put out 8,000 candles of light each.

(Continued on page 9)

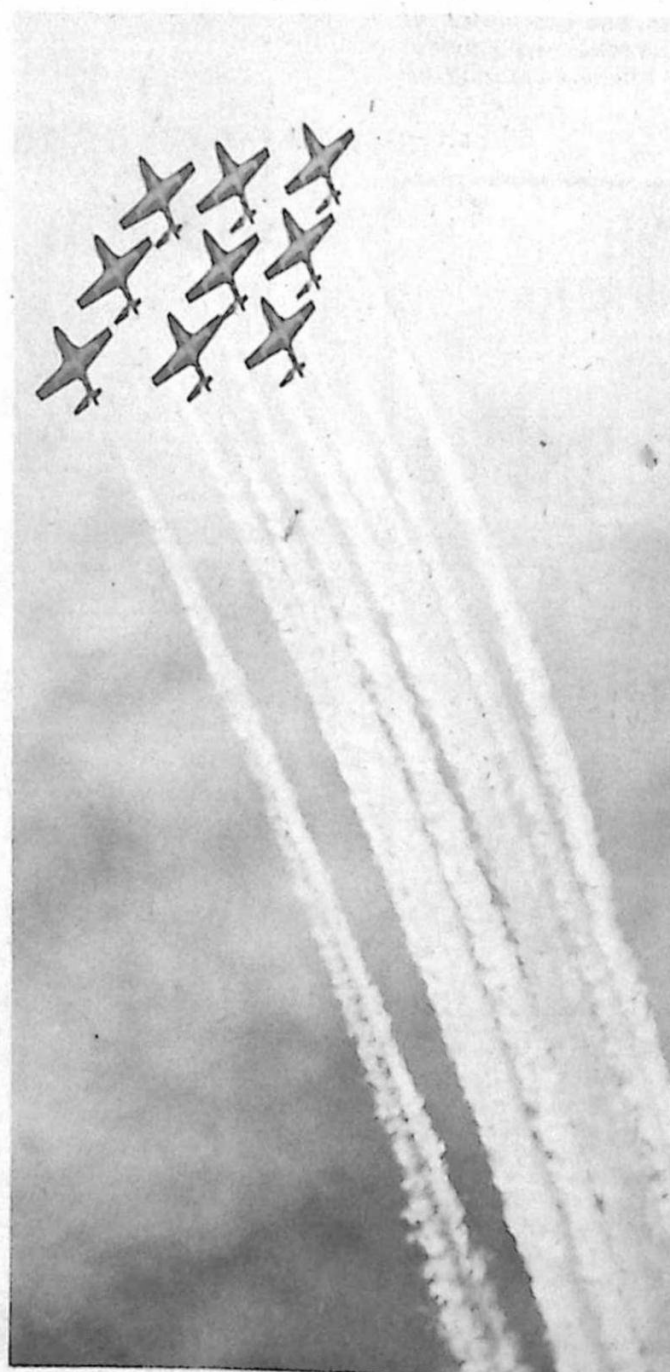
Box Top '77

"Hercs" Deliver Goods To Alert

OTTAWA - C-130 Hercules aircraft from 435 Transport Squadron at CFB Edmonton, Alta. and 436 Transport Squadron at CFB Trenton, Ont., will airlift over 540,000 gallons of diesel fuel and 8400 gallons of aviation fuel from Thule, Greenland to Canadian Forces Station Alert during operation Box Top 1-77, scheduled for April 15-28.

A CC-137 (Boeing 707) from 437 Transport Squadron at Trenton will transport approximately 80 support personnel to Thule, and the Hercules will airlift radar air traffic control equipment from Trenton to Alert and the fuel from Thule. Airlift commander is Major Barney L. Hopkins, 43, of Tobermory, Ont., a pilot with 436 Squadron.

Alert, located only 500 miles from the North Pole, requires the fuel for heat and electricity, and frozen waterways prevent shipment by sea. Thule, about 400 miles south of Alert, with a good fuel storage capacity, is the jumping-off point for the operation.



Base photo

Snowbirds Practice

- Airshows Make For A Busy Summer -

Comox Welcomes MND

The Honourable Barney Danson, Minister of National Defence, accompanied by Mrs. Danson, Mr. E. Acker (Special Advisor), Commander D. C. Lory (NDHQ-DIS), and Lieutenant Colonel R. F. Burger (MND Staff Officer) arrived by Falcon aircraft here yesterday.

The Minister's stay at CFB Comox will only be for a short duration as he is scheduled to attend graduation ceremonies at Royal Roads on the 29th and the 30th. Nevertheless Mr. Danson will be

given the opportunity to see first hand the activities on this airfield. He is to attend a general briefing and then, accompanied by the Base Commander, will receive a tour of the Base facilities. A press conference is scheduled for 1705 hours in the Officers' Mess today.

The officers, warrant officers and sergeants, and the Junior ranks will have a chance to personally see the Minister in their particular Messes. The officers had a mixed mess dinner last night; the WO's and Sgts. were to have a buffet luncheon today; and, the Jr. Ranks are having a reception this afternoon.



C.F. photo

BARNEY DANSON
Minister Of National Defence

Barnett (Barney) Danson began his military association in 1939, at the age of 18 when, prior to the outbreak of the Second World War, he joined the Queen's Own Rifles, one of Canada's oldest infantry regiments. He served with this regiment in Canada, the United Kingdom and Northwest Europe. He rose from the rank of rifleman (private) through corporal to sergeant prior to being commissioned a lieutenant in 1943.

He was wounded in action near Falaise, Normandy, in 1944.

He returned to civilian life in 1945 and entered private industry. In 1953 he founded the Danson Corporation Limited, engaged in the manufacture and distribution of production and processing equipment in the plastics industry. The firm is now owned by his former employees.

Mr. Danson was active in the business community of Toronto, and has been a member of the Board of Trade of Metropolitan Toronto, The Canadian Manufacturers Association, The Canadian Chamber of Commerce, and President of the Society of Plastics Industry Canada.

He became active in the Liberal Party in 1946, and was elected to the House of Commons on June 25, 1968.

From 1970 to 1972, Mr. Danson served as Parliamentary Secretary to Prime Minister Pierre Trudeau, travelling extensively with the Prime Minister.

He was appointed Minister of State for Urban Affairs on August 8, 1974. At the time of his Cabinet appointment he was Canadian co-chairman of the Canada-USA Inter-Parliamentary Group.

As a member of the Standing Committee on Finance, Trade and Economic Affairs, and as Vice-Chairman of the Standing Committee on External Affairs and Defence, Mr. Danson was heavily involved in studies on inflation and Tax Reform. He was also active in the development of government policy on small business.

On December 10, 1975, he was appointed Honorary Lieutenant Colonel of his former regiment, the Queen's Own Rifles of Canada.

He is married to Isobel Bull, formerly of London, England. They have four sons.

Nighthawks Nest

With the advent of better weather on the West Coast the Formation and Visiting Firemen season has hit with a vengeance. The first visitors of the season was a delegation led by the Japanese Defence Expert. Although this visit was billed as a visit to the base as a whole it soon became quite evident early in the visit that the main point of interest were the trucks and convertible armoured cars.

The visit to the Queer Relaxation Area was marred by a practice scramble and the distinguished visitor watched in amazement as the yellow tanks stayed behind in the hangar while the gliders hurtled skyward on twin pillars of flame, to their natural environment.

409 is happy to welcome the White Mice to sunny 409 country on their annual pilgrimage and Base Housing Officer Training Camp. So far we are all in the dark as to who has been chosen for this hazardous task. As the season develops it should become more evident who has won the plum.

Our Base Housing Officer recently paid a visit to McChord and the 25th Something or Other. He was escorted by seventeen 409 members, who felt honoured to be allowed to go anywhere with Charlie's son Harry and the Fonze. All eighteen personnel had a chance to find out what it is that controllers do, but didn't. We would like to thank the Bottomwater staff who went out of their way to make our stay so welcome. This time we didn't even have to put on a fashion show, but this word did not get to Dave. They really did treat us like royalty - Louis XVI and Marie Antoinette.

Harry showed how to shop for bird seed and Lou showed us how not to shop. The only person who was missed was Tony Nichols, but after explaining that he was visiting his heroes Mickey and Donald he was forgiven. McChord is reputed to have the best beds in the entire US Air Force. Our resident Bed Checker did an exhaustive study of the facilities and came up with the assessment that the beds

are so good it is worth going hungry just to relax for that extra minute or six.

As soon as Dave Koski realized what was happening, he showed his true colours and adjourned to his bed forthwith. The next day his big complaint was that he didn't get a bed made of nails. When he was too late to take in the circus he was really put out. However, he was commiserated by Mrs. Hallstrom's boy, Ron.

Absent from the nest for the next while will be George Wissler and Ray Harpell who are going to the village of Bag, because they have been handed the word. While there they will be learning how to sharpen the blades in the IF Chopper, Magic T Junctions and all that magic stuff. When they return they will be filling all and sundry in on All Weather Inter. The course should stand them in good stead next winter.

By the time the next column is written Barney will have come, and gone and we'll all be that much wiser, except Barney who knows it all anyway.



DRIVERS RECOGNIZED - Four Mobile Support Equipment Operators were recently presented Safe Driving Awards by Col. Mortimer during a Base Transportation parade held on 29 Mar 77. Receiving the awards for Accident Free driving were left to right: Mr. Alex Jarvis, 20 year award; Sgt. Ray Kelly, 20 year award; MCpl. Roy Yeatman, 15 year award; Sgt. Gerry Desnoyers, Master Drivers Award for 21 years accident free. Sgt. Desnoyers was also presented a certificate and scroll signed by the Chief of the Defence Staff.

Base photo

Air Traffic Control News

This week I have both good news and bad news, so first the good. The best news to come out of the section in months is that Pte Elaine Darling has been accepted for Officer training under the UTPM plan and will be attending Trent University in Peterborough, this fall. As far as she knows now she will be going to CFOCS this summer and then back east as an Officer Cadet. Elaine plans to study for a BSc. degree and perhaps become a CELE officer. Good luck Elaine.

Next the bad. Two of our better, Cpl. Radar controllers and one Pte. have submitted their release from the CAF. Cpl.s. John Fader and Brian Pilon have both been accepted by MOT as Marine Traffic Regulators (marine radar) and hope to be out by the end of May in order to start course in Vancouver. After course

they and their families will depart for sunny Ucluelet to start work in a brand new centre. Ian Wade hopes to be accepted by MOT as a B stand and then later a controller. Probable reasons for release include a bleak promotion forecast in ATC and higher pay in the new job. They will be going into a new trade with the latest equipment, room for advancement, unions for bargaining, etc. All will be missed in an already understaffed section.

By the time you read this article you should have a big head from the Thursday night party and have survived a week that included the Snowbirds, increased flying due to the Marcott exercise, Barney Danson's visit and a beach assault by the army. The Gravel Pit official opening is tentatively set for Friday, 13 May (We're not

superstitious). This year we plan to host the various Sqn.s., on base for get togethers at the Gravel Pit, so be prepared.

Word for the day - Positive Control Zone - This is an airspace extending up to 6000 ft. and out from an airport. A.C. must call the tower for permission into the zone, must listen out on tower frequency and must call clear. In Comox, we have a rectangular zone in order to help protect the arrival-departure paths to our runways. A.C. are routed basically along the island highway to the south and along Texada Island to the north. It gets interesting (and dangerous) when light A.C. show up unannounced in the middle of a busy circuit asking for directions to Campbell River.

DJB



DEMON MEETS KIWI LCol. Konings greets his RNZAF counter-part, Wing Commander D. W. Pawson on arrival of a Kiwi P3 Orion to take part in MARCOT '77. F.L. P.H. Johnson stares in awe at his "green" host.

Base photo

Demon Doins'

Well, first of all, a hearty welcome to our friends and fellow colonial from south of the equator. "The Kiwis" are here to help us in a training exercise with our boats, subs and helicopters. We shall endeavour in some small way to retaliate for the great hosting they showed us when we were visiting them in New Zealand last year.

We have had recent visits by our number one and number two bosses. First, our CDS, General Dextraze, visited and reviewed many of the Base facilities and sections. A well done was received for the good turnout by all participants in his visit.

The Minister of National Defence visits this week for ultimately the same purpose, with what we hope will be the same results.

Posting messages are coming in and the squadron will be losing a number of people. Heading to Greenwood to work for 404 Training Squadron are Capt. Mike Gibbs, MWO Dave Gardiner, WO Hank Fortin, Sgt. Dave Carter, and Sgt. Al Belliveau. MP&EU is claiming two of our people. Sgt. Bill Ritchie is off this week and Capt. Dave Wrenn will be going later this summer. Also leaving will be MWO Vic Jordan going to MAG HQ Halifax and Sgt. Pete Cauchon to VP 405.

Other members of the squadron will be going on a paid camping trip north-west of Edmonton. Capt. Zanussi, MCpl. Pearson and MCpl. Dechamplain are slated for survival training this June. They'll arrive just in time for the black-fly season.

Congratulations to one of our Observers, MCpl. Eric Matheson who has been accepted for UTPM. MCpl. Matheson will go to CFOCS Chilliwack on 4th May for the 10-week basic training course, then he will be off to RMC in Kingston.

Heading for the civilian community is Sgt. Ted Seal who will be on release soon.



NEW 409 SQN. AIRCRAFT? No, just two CH 124 (Sea King) anti-submarine helicopters taxiing along the hangar line at CFB Comox last week. These two "sea birds" normally roost on the Maritime Command Helicopter Destroyer Athabaskan (DDH 282), a Halifax-based ship which is currently plying Pacific Coast waters. The Sea King has a cruising speed of 120 knots, and is powered by two GE T-58-GE-8B twin turbines. A crew of two pilots and two sonar men give the \$2,100,000 machine an ASW endurance of four hours or 500 miles under normal conditions. It can carry homing torpedoes and depth bombs.

Base photo



1,000 DOLLARS RICHER - Jim Pollock, last month's winner of the Rotary TV Bingo, receives the prize from Art Meyers of the Courtenay Rotary Club. For those interested, the next Bingo is on Monday, May 2, CCTV Channel 10 at 6:00 p.m. Art says all proceeds go to Community Projects. Green Sheet photo

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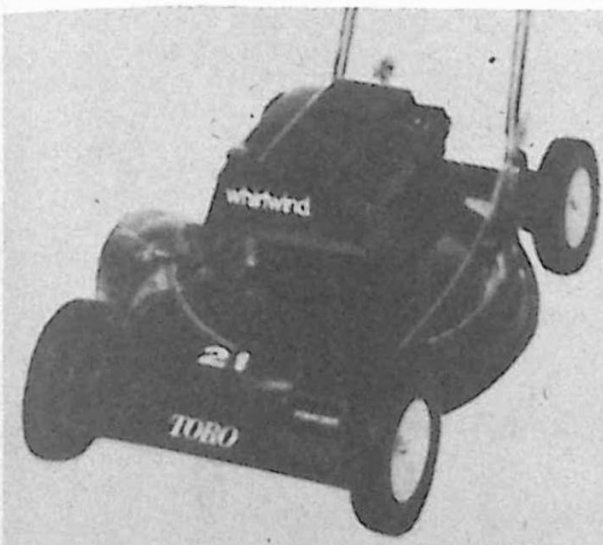
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Rescue Bits

Well, sports fans "Herring Season 77" is now over and we manage to out-resource the resource. For your facts in figures fans here are the totals.

Time Period: 20 Feb. 77 to 31 March 77; Incidents Co-ordinated: 441; Directly attributed to herring season: 77; Fishing vessels involved: 82; Sinkings: 8 fishing vessels and 1 barge; People on board sunk vessels: 191; Lives Saved: 37; Lives Lost: 0, zero, zilch - nil; Commercial value to the industry of herring taken: 65 million dollars.

The big plus of course was not one loss of life in the time period. Primary and Secondary SAR resources were deployed as the fleet moved and tangible results were evident. Next year we'll try and hold the season on land.

On the overall SAR picture we are running 44 per cent of last year. Fresh blood in the form of additional staff is in the same time frame, as new boats for dark blue. As well with our own staff of eleven, we have 1 release, 2 retirees and 2 transfers. Ours is not to reason why; as the Bible says, the Lord Commanded David to come forth, but he slipped and came fifth.

Good things are happening

in SAR, although not in our little corner of Gomorrah. 442 Sqn. is supposed to get up to 65 additional aircrew positions, so we can go to 30 minute, 24 hour standby (just the same as Uncle Sam's guys). The night sun search light is being tested in Cold Lake. The last bit makes sense: even though the U.S. Coast Guard has been using it for 3 years on this coast, we need to test it in Cold Lake. Much like sending parkas to Egypt. Mustn't niggle though - progress is progress, and after years in the doldrums it's nice to see SAR and Military in general get a favourable nod from the checker players in Ottawa. The Canadian Coast Guard is making good changes, as well and when I return here from my hiatus on the Prairies SAR will probably have a brand new look.

Was down in Camp Boredom (Borden) couple of weeks ago and the Franco take over is on the move. Guys in my trade from Bagotville are telling Polish and Newfie jokes, but are inserting the word "Anglais". Like "What's written on the bottom of every Coke bottle shipped to the Anglais?" Answer "Open other end".

PER ARDUA AD RESCUTATEM - That others may live!

407 Arm't Antics

Bet you forgot about the sharp end. We're back. Hi! Lately, we've had quite a run on broken legs in the section. MCpl. Gregoire started the trend a few weeks ago and is still hobbling around the shop in plaster and crutches. Sgt. Robinson soon followed suit with a broken leg of his own. Wonder who's next?

Ptes. Gouliquer and Farrell are in Greenwood on their Argus course, right now. Work continues as usual with Ptes. Steeves and Robins adding gargantuan efforts to keep up with everything. We're run off our feet here, you know. Pte. Dave Glover

has found himself transferred to servicing as has Pte. Mike Pitre. Pte. Tim Walters will be back in the shop shortly. Pte. Kari Cunningham is still valiantly holding down the tool crib. Come to think of it, the tool board looks brighter suddenly. Was it always yellow?

Sgts. Clarke and Crites are no longer Sgts. Clarke and Crites. They have been raised to the dizzy heights of WO's Clarke and Crites. MCpl. Robinson suddenly found himself the proud possessor of a third hook just recently, too. Congrats, guys.

Well, that's it for now. See ya later.



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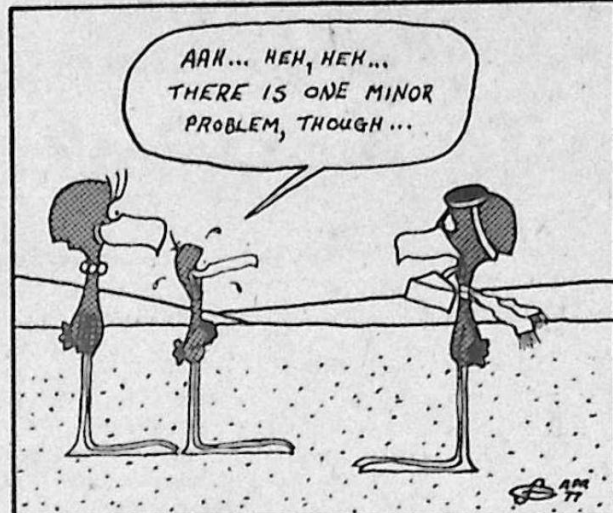
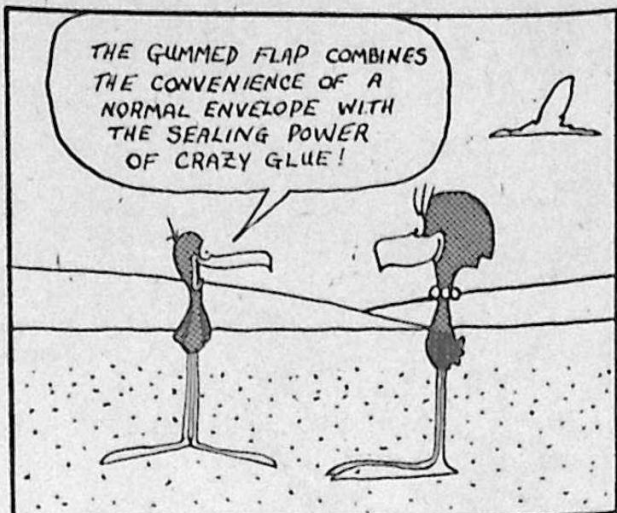
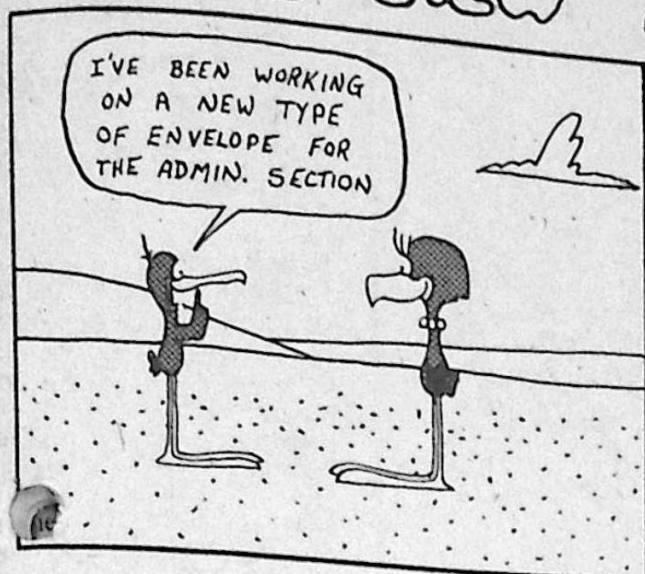


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by Rick St. Germain



Among the greatest things parents can give their children, most psychologists agree, are themselves. They recommend parents be available to their children whenever they're needed.

Karen's Kolumn

We have only one servicewoman new to the base since the last Totem Times printing. Welcome Pte. D.L. Collins, and we hope you enjoy CFB Comox.

Pte. Luce Hotte, Pte. Pat Burnett and Capt. M.A. Reith are civilians again. Recently, they took their releases.

Ball practice is well underway. We still need a coach, though. We would appreciate the help if anyone is interested

in coming out. I may sound repetitious, but we really do need the help. Our captain this year is Diane Taylor, with Jeannie Bird and yours truly as assistants.

For those of you who just want to play for the fun of it, and don't plan to play with the team, we get out on Sundays if the weather is nice and have a game of scrub. You are welcome to join us.

Mobile Museum

The multi-sensory exhibition ATLANTIC CANADA housed in three specially designed 45-foot highway shipping trailers will be in the Comox Valley next month. From the 11th through the 13th of May it will be located at the Driftwood Mall, from the 17th through the 19th of May, at Super Valu Courtenay. The admission price is FREE.

Each unit of the "Museum

on Wheels" depicts a particular aspect of the natural and social history of Canada's Atlantic provinces.

The first sounds heard on entering the Museumobile are those of the sea: the rush of waves and the shriek of gulls. The sea surrounds the visitor as he moves along the displays, each one highlighting a geographical, cultural, social and economic feature in the evolution of the four Atlantic provinces: Newfoundland, New Brunswick, Prince Edward Island and Nova Scotia.

The second trailer presents a glimpse of daily life in the Atlantic region over the past three centuries.

Cadets Jump

OTTAWA - About 50 Royal Canadian Army Cadets from units across Canada will take parachutist training in Edmonton this July and August and win their "jump wings."

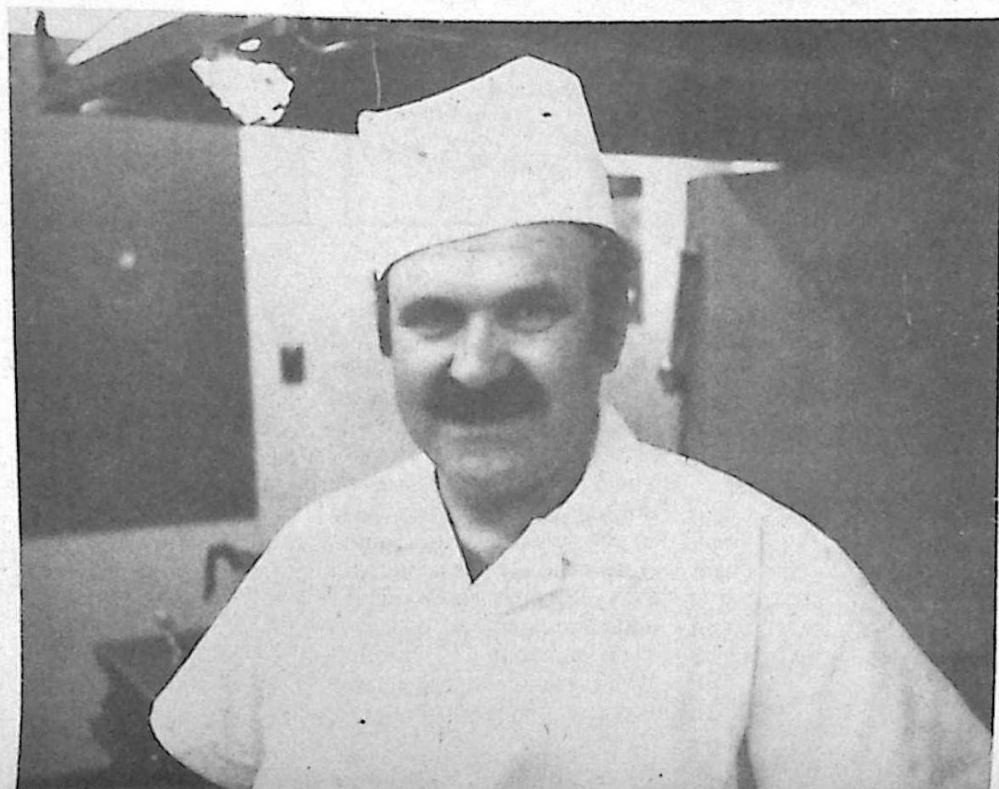
The 17-19 year old volunteers will undergo the rugged six-week training at the Forces' Airborne Centre, beginning with physical training such as swimming, rope-climbing and calisthenics, - designed to physically and mentally prepare the cadets for jump training.

The candidates then learn the skills required for jumping, practising from wooden mock-ups of the CC-130 Hercules transport. Parachute control in the flight trainers, how to land using swings, and in-flight emergency drills are included. Tests are conducted on each activity to ensure that a high standard of performance is attained.

The cadets then advance to the mock-tower, jumping from 30 feet, and progress to the flying phase and "hitting the silk" from the Hercules. After the required eight jumps, from about 1,200 feet, and including one night drop, the cadet is awarded the coveted wings.

To be selected for the course, the cadet must have enrolled before Dec. 31, 1976, be in excellent physical condition, and well motivated.

The Nice People



GUNTER PREISS

This issue gets us back to the Nice People at CFB Comox and we have the honour of recognizing another of our civilian friends. He is none other than GUNTER PREISS, a retiring cook at the Officers' Mess.

At publication time, Gunter has already retired, but he leaves behind many close friends at CFB Comox, especially those at the Officers' Mess.

Gunter was born in Weinheim 2-B Germany, and emigrated to Canada in 1953. Arrival in Courtenay was 1956, and between 1953 and 1966 Gunter worked in various logging camps in Alberta and British Columbia. It was in 1966 that he came to work as a cook at the Officers' Mess.

Gunter lives the easy going single life in his Courtenay home, and is very fond of gardening, photography, painting and composing music. Another favorite past time is wine making, and if you ever drop in for a visit I'm sure you'll get a chance to taste his product. Gunter says he has waited a long time to retire and just keep busy enjoying his hobbies.

Gunter may be of German extraction, but when it comes to cooking he has a flair for Italian dishes. He likes to prepare Pizza, Lasagna and good old Spaghetti. He also excels, I am told, at Cabbage Rolls and Stroganoff. His talents are going to be missed greatly in the kitchen of the Officers' Mess.

So to Gunter Preiss we say a fond farewell and wish him good fortune during his retirement years. To you, Gunter, we tip our hat - you are truly one of the NICE PEOPLE.

By Gord



RETIREMENT TRAY PRESENTED. Lieutenant-Colonel Bill Read, BAdO, says farewell to Hank Hoffart, retiring Base Exchange Officer, at a recent mess dinner in the Officers' Mess. (Base Photo)



The word "nice" comes from the Latin nescius meaning "ignorant."

View Living By The Sea!

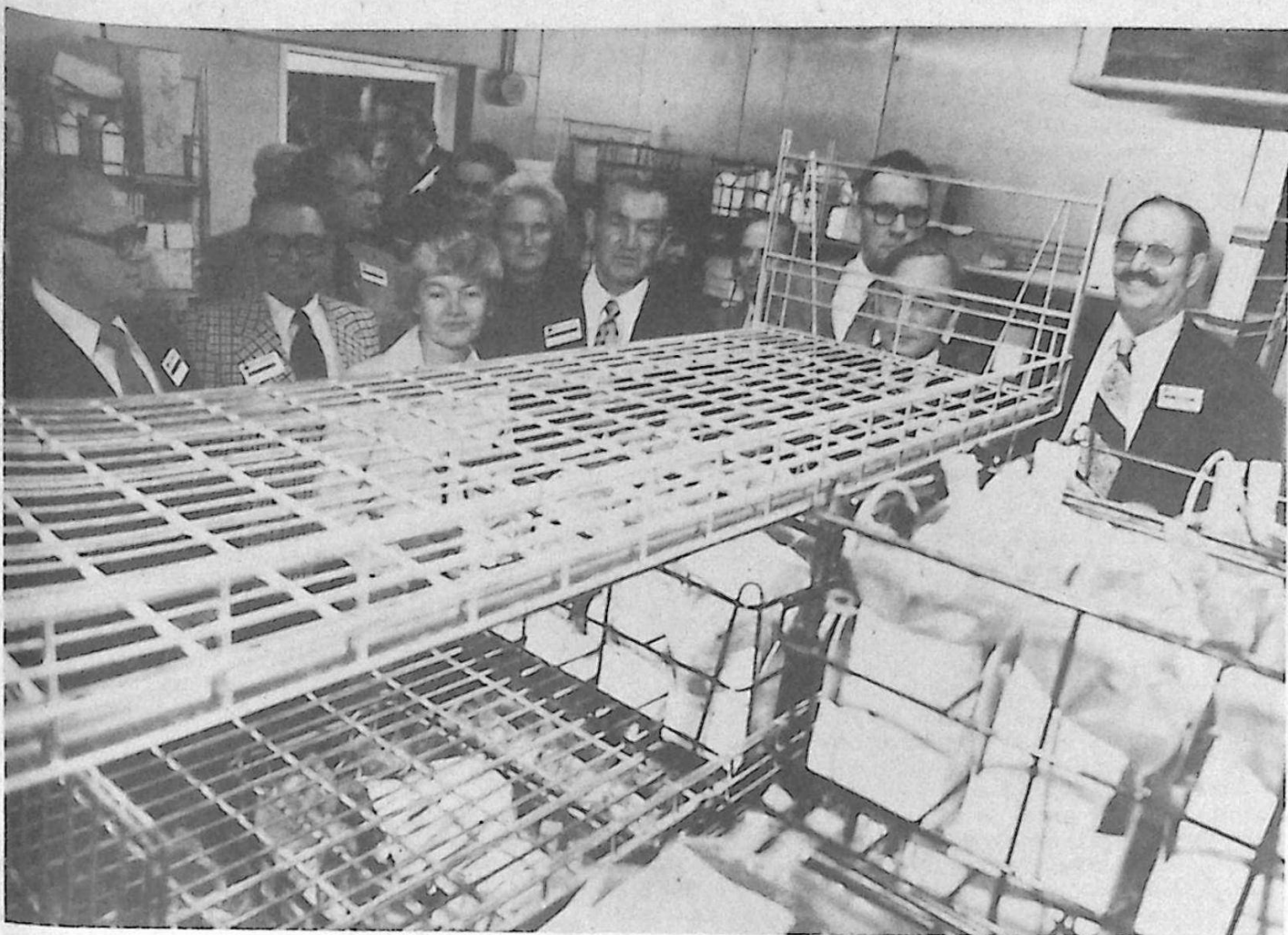
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TIME TO BLEED - From many points around British Columbia, blood donors who had given 100 times or more recently visited the labs of the Red Cross Blood Transfusion Service to receive awards from Lieut. Gov. Walter Owen. Here they view plastic blood packs in the blood bank refrigerator, relatively empty at the time. The next clinic will be held in Comox at the CFB Comox, Recreation Centre, Friday, May 6 from 10:30 a.m. to 2:30 p.m.

Mushroom Mutterings

Due to the fact that the only guy that can spell, type, and scratch behind his left ear all at the same time is away on course this week, there will be no words of wisdom from the Mushroom Farm. No doubt he'll be back in time to spread more lies and deceit about his fellow-squadron-members in the next issue of the Totem Times.

Don't forget the Squadron

Stag at the Totem Lounge on the afternoon of Friday, April 29th. (wind, rain, and RCC permitting).

To all those receiving the Mushroom Men at the Squadron Stag, all the very best from those staying behind to keep the place operating. Just remember, 442 may not be the biggest, but it sure is the very BEST!!

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APRIL PROGRAM
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April 29, 30, May 1 & 2
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SURVIVE (restricted)



EDITORIAL

Uganda To Aid Zaire?

Last week, Ugandan President for Life Idi Amin Dada paid a visit to the embattled nation of Zaire. Perhaps inspired by the recent Zairian success in repelling the Angolan invaders, or the exploits of the so-called 'elite' corps of poison dart armed pygmies, Amin felt moved to pledge Ugandan economic and military aid.

Zaire may find the promise comforting, but that is all they are likely to receive. Even if Amin should remember his promise when he returns to Kampala, the thought of that relatively small and underdeveloped country providing any such aid is pathetically humorous.

While Uganda's population is half that of Canada's, her GNP is only 1.72nd that of ours, and her annual GNP per capita only \$176.00. Uganda could ill afford to part with the scarce economic resources she does possess.

As Amin has constantly expressed concern over the possibility of an invasion from Tanzania, it is unlikely he would want to weaken his military posture to any extent. However, even half of his 15 Russian T54-55 and 12 American M4 medium tanks, assuming they all worked and he could find some way of transporting them the 1200 odd

miles to Katanga province, would do little to affect the course of the war.

Before the Israelis destroyed his airforce at Entebbe, Amin had an assortment of 42 Mig 15's, 17's, and 21's, though it is unlikely that any of them were serviceable at the time. In 1973 Amin expelled four British pilots and four mechanics, who were believed to be the only trained personnel in Uganda.

While Russia is reported to have replaced the Ugandan aircraft destroyed at Entebbe, in light of the maintenance record prior to the raid, it is unlikely that Uganda could now provide Zaire with any serviceable aircraft.

Uganda is landlocked, and has no naval forces.

Assuming the reports on the state of Uganda's economy and her armed forces are correct, then it appears that Uganda is indeed in no position to provide economic or military help. The fact remains that President Amin has offered aid, and this can lead to one of two conclusions. Either the world is grossly misinformed on the state of Ugandan affairs, or President Amin is completely out of touch with the world.

S.M.R.

Child Safety Week May 1-7

Every day in Canada, five children are killed accidentally.

Two thousand Canadian children are expected to die each year despite the fact that child safety is a major commitment of parents, teachers and supervisors. Thousands more will be severely injured and many will be left with permanent disabilities and must bear the consequences as long as they live, along with their families.

HOW THEY HAPPEN

Under one year of age, the most frequent cause of fatalities is suffocation. Between ages one and four, the causes are distributed between traffic, fire and drowning. By ages 5 to 9, traffic deaths are from two to three times as frequent as death from drowning and

fires. Between ages 10 and 14, traffic deaths occur 4 times as often as drownings and 6 times as often as fire fatalities.

DO YOUR PART

The Canada Safety Council sponsors child safety week during the first week of May to remind us of the need to be aware of the number of child accidents and how they are caused. If youngsters are to remain healthy and active, everyone must play his or her part in relaying this information and in instructing and protecting our young people. The Safety Council urges you to help reduce the staggering death toll by teaching children safe practices and by always setting a good example.

S.F.B.

"Tourist Dollars And Sense"

To many of us, tourists are just people who hold up busy traffic, make illegal left turns and crowd our favourite restaurants. Perhaps the value of the tourist dollar is not fully appreciated and we should reassess our attitudes. Tourism in British Columbia is being given great promotion by our Travel Minister Grace McCarthy who is making a Premiere Presentation at the Hotel Vancouver on April 14th, at 8 p.m. and invites all interested British Columbians to attend.

British Columbia is dependent on its resource-based industries for most of its economic well-being. These, in turn, are dependent on world markets which run in cycles and are very competitive. We have to be able to survive poor times and yet be

able to compete effectively when markets demand.

Despite efforts to diversify from natural resources into manufacturing we are still subject to "boom and bust" conditions based on the outlook for natural resources. British Columbians should be seizing every opportunity to develop stable, non-resource dependent business, and employment.

Some of the very obstacles which are quoted as making this diversification difficult can be regarded as assets for the tourist industry. The large size of this province and the magnificent variety of scenery are tremendously attractive to tourists. Where else can one travel in a few hours from coastal range mountains, through pastoral valleys and canyons to range

country and desert and into the Rocky Mountains? Where else can one stay in a metropolitan city, take a two hour cruise to nineteenth century England, or ride through dusty trails to old homesteads and ghost towns? Or drive modern highways to busy market towns and villages?

The key to tourism is the large convention and trade show. This is not intended to downplay the important role that the casual tourist plays in the provincial economy. But, the convention-goer and those who attend trade shows, travel in larger numbers. They often combine business with holiday and tend to spend more.

It should not be forgotten that every visitor dollar spent has a multiplying effect. Like

a stone dropping into a pond, its ripples spread further and further outwards. For example, more dollars spent in our hotels, airlines, theatres, restaurants and stores mean that more employees can be hired. This results in more consumers buying goods, more jobs making those goods and soon.

The 275 conventions held in the province in 1976 attracted delegates who spent an estimated \$40 million. In total they brought \$1.1 billion into the economy and supported 70,000 jobs. Tourism is currently B.C.'s third largest revenue producer. Our Travel Minister says that it will be number one in a few years, BUT will it?

Vancouver has lost at least two major conventions this year - conventions that have been held here in previous years, but whose numbers have outgrown our facilities. Vancouver can host small conventions, it can attract medium sized one if their activities are split around the meeting rooms of the hotels.

The establishment of a convention centre large enough to host conventions of 1500-2000 would attract international shows and increase enormously the revenue potential of our tourist industry. Larger conventions and trade shows usually last longer than smaller regional meetings. The delegates coming from greater distances, often stay a few extra days. They usually spend more.

The Vancouver Board of Trade has studied the Provincial Government's feasibility study on a Convention Centre.

(Vancouver Board of Trade)

CDS Shows Concern

"We must put emotion aside when we discuss what is currently going on in the province of Quebec," General J.A. Dextraze, Chief of Defence Staff, said at a gathering in the Officers' Mess on April 15th.

"Every effort should be made to hold this great country of ours together," he said. "Canada must remain united to survive."

The general then told of his childhood and the difficulties his family endured. He spoke of his mother being con-

socks. No money was involved.

This worked rather well - provided someone who wanted to trade a horse for a stove could find someone else who wanted to trade a stove for a horse. If the stove owner would accept only a lawnmower as payment, the horse owner would have to look for someone wanting to trade a lawnmower for a horse; then he would trade the lawnmower for the stove.

The Bottom Line We've Reached It Now

From The Institute of Chartered Accountants of British Columbia

Taxpayers all over Canada will be forced to dig into their pockets as the April 30 filing deadline draws near. No doubt many of the taxpayers who have already filed their returns did so because they have refunds due.

To complete the calculation of taxable income any losses, subject to certain restrictions, can be deducted as well as the pension income deduction, and the interest and dividend deduction to which the taxpayer may be entitled.

Non-capital losses incurred in the previous five years may be deducted. Similarly, any net capital losses carried forward from prior years may be deducted against income from capital gains in the current year. In addition, \$1,000 of net capital losses may be deducted against other income.

The detailed rules governing the pension income and interest and dividend deductions have been reviewed in previous articles. For those taxpayers who are eligible, the maximum deduction is \$1,000 for each of the pension income and interest and dividend deduction.

Taxpayers may also claim any unused portion of their spouses' pension or interest

Economists call a barter economy "primitive".

As society became more sophisticated, money appeared. Because it was universally accepted, money proved to be tremendously valuable in matters of commerce. The farmer could sell his horse for money, then use the money to buy the stove. The intermediate barter steps were cut out. Economists called a monetary economy "developed".

Well, Canada has had a monetary system for about 300 years. Presumably, these have been 300 years of improvements. And what do we find today? We find that bartering is making a strong comeback. Honest.

In the biggest cities and the tiniest villages, in every part of the country, people are bartering in earnest. There are even professionally organized clubs that will bring potential bartering partners together. And the barter doesn't just involve chickens and goats, either; there are lawyers swapping time with accountants and mechanics trading their services for restaurant meals. This is barter on a very high level.

Some of this barter follows naturally from higher and higher tax rates. As long as the transactions don't appear on anyone's books, the traders hope to avoid paying taxes. Sometimes it works. More often, it doesn't. The

Canadian Federation of Independent Business became very concerned about the tax evasion nature of some bartering; it is warning members that, for tax purposes, there is no difference between payments in kind and payments in cash.

More of the barter exists because of the decline in the economy. Barter has always been a good indicator of the state of any economy. In a healthy, booming economy, barter is rare. In a sick economy, it is common, in part because people no longer trust the nation's money and in part because there's a natural tendency for neighbours to band together during hard times to help one another.

You can draw your own conclusions about what the growing momentum in bartering says about our monetary system. Everyday, though, more Canadians move outside our "developed" monetary system to make some transactions through the "primitive" system of barter.

Slaughter Goes On

Boats to the North, boats to the South, as far as the eye can see. The sports and commercial fishermen are reaping a harvest of young salmon in Georgia Strait.

The "Blue Back" a young coho salmon under five pounds in weight, is the prey. The odd larger spring salmon is also being taken at deeper depths.

The schools of "Blue Backs" are voraciously feeding on shrimp spawn which appear as rain drops moving on the salt chuck surface.

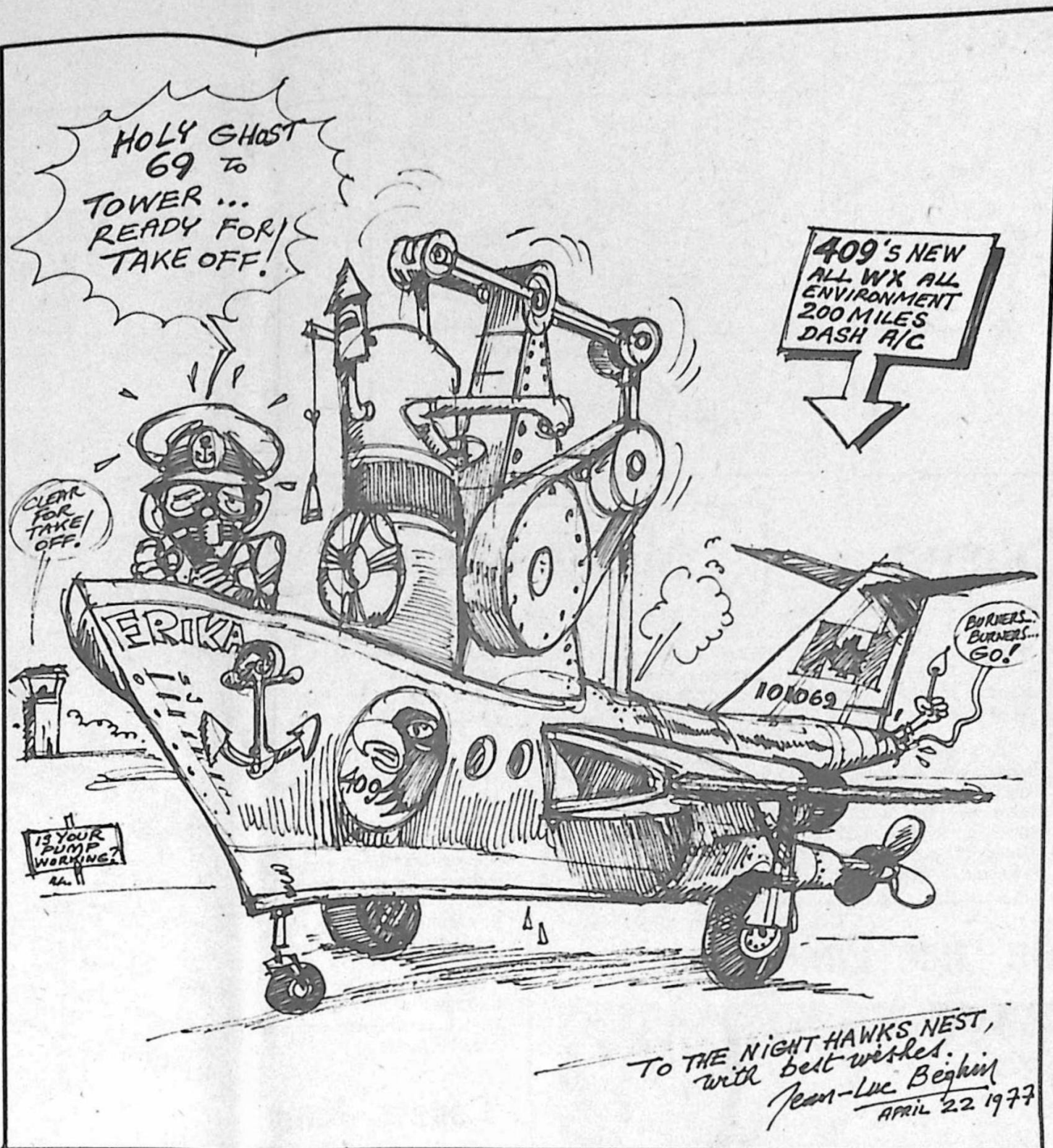
Artificial bait with a reddish hue appears to be the "killer" lure. A

number of smiling fishermen hauling their boats up on the ramp after only an hour or two on the water swear that Tom Macks, Hootchies and even herring strip are being "hit" hardest by the hungry fish.

These young salmon with the bright red flesh, being caught at this time, range in weight from one to three pounds. In two months time they would have been up in the three to five pound range.

All indications are that it will be a good year for the fishermen. Hopefully it will also be a good year three years hence.

A.E.W.



Dear Reader: We are disturbed by discussions of the possible break-up of our country, Canada. How can we express our goodwill to our French speaking fellow Canadians?

Families quarrel but with love and willing hearts the quarrels are resolved, because the family is important. So it is with our country with its beauty, freedom and diversity. With one of its members gone Canada is incomplete. It was a French Canadian, born in Quebec, who composed "O Canada".

Are you searching for a way to express your friendship towards the people in Quebec? Please write a note or postcard expressing your feelings about this important matter, in French or English, to:

Citizens of Quebec,
c/o Council of
Canadian Union,
1470 Peel Street,
Suite 925,
Montreal, Quebec,
H3A 1T1.

Next
Deadline
May 9

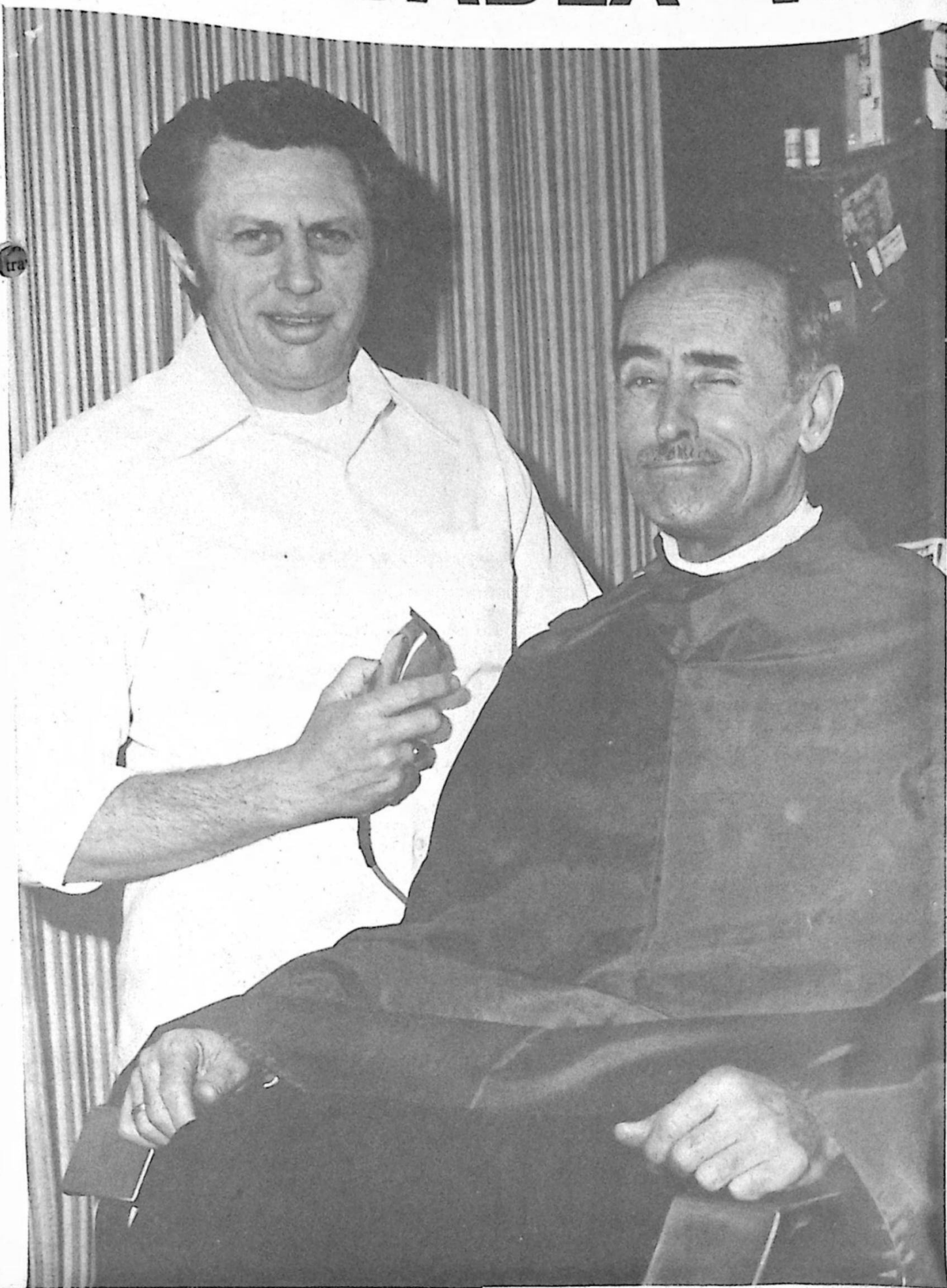
CNA TOTEM TIMES

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CNA
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1976

'JADEX' Visits This Airbase



"Yes siree . . . Even generals get trimmed"



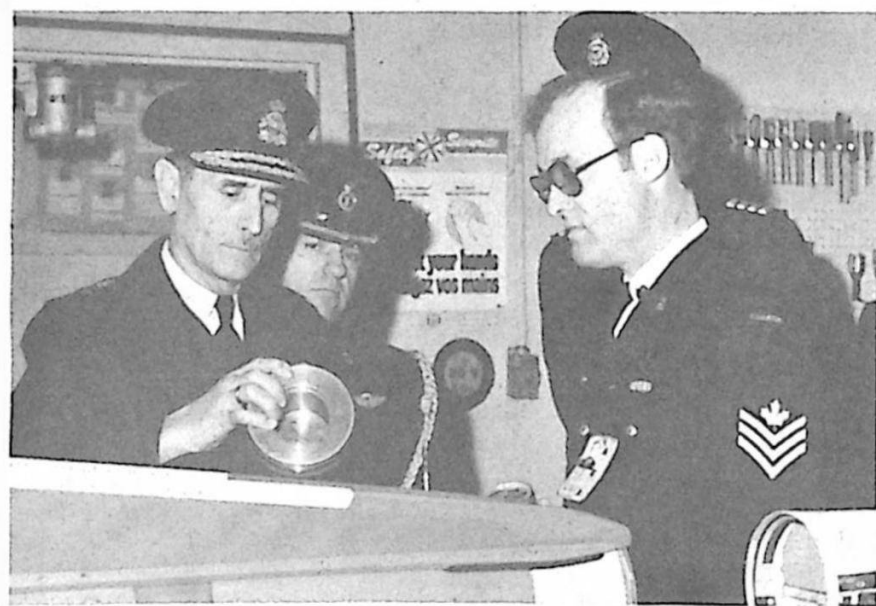
Torp Shop Snickers . . . Otto Fuel Blues



"Yes, I can even forgive the Totem Times"



Stepping Out . . . Ladies Leading



Missile Maint' Matter . .

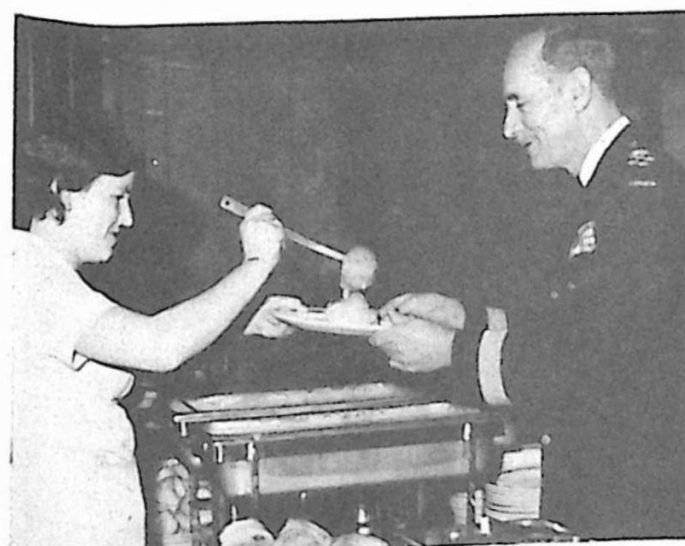


CDS Commendation To Sgt Clements

BASE
PHOTOS



"H-m-m-m, your belt's loose, son!"



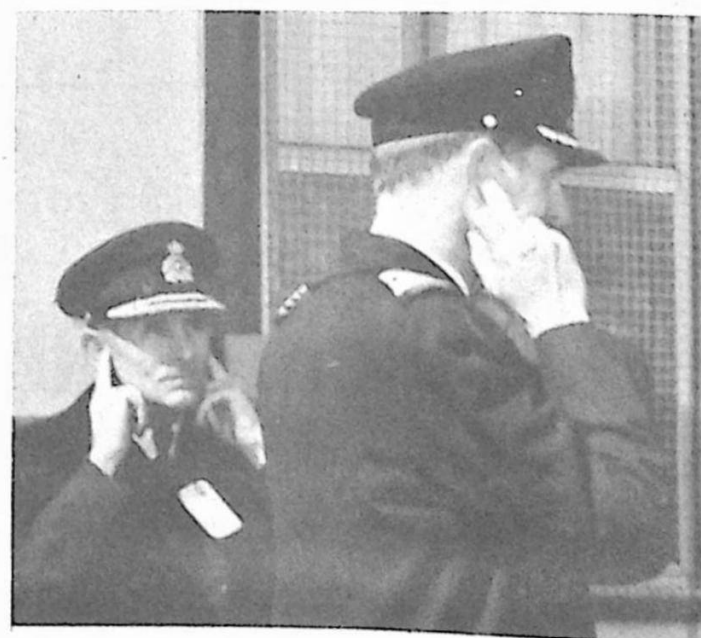
"Good ol' mess hall grub"



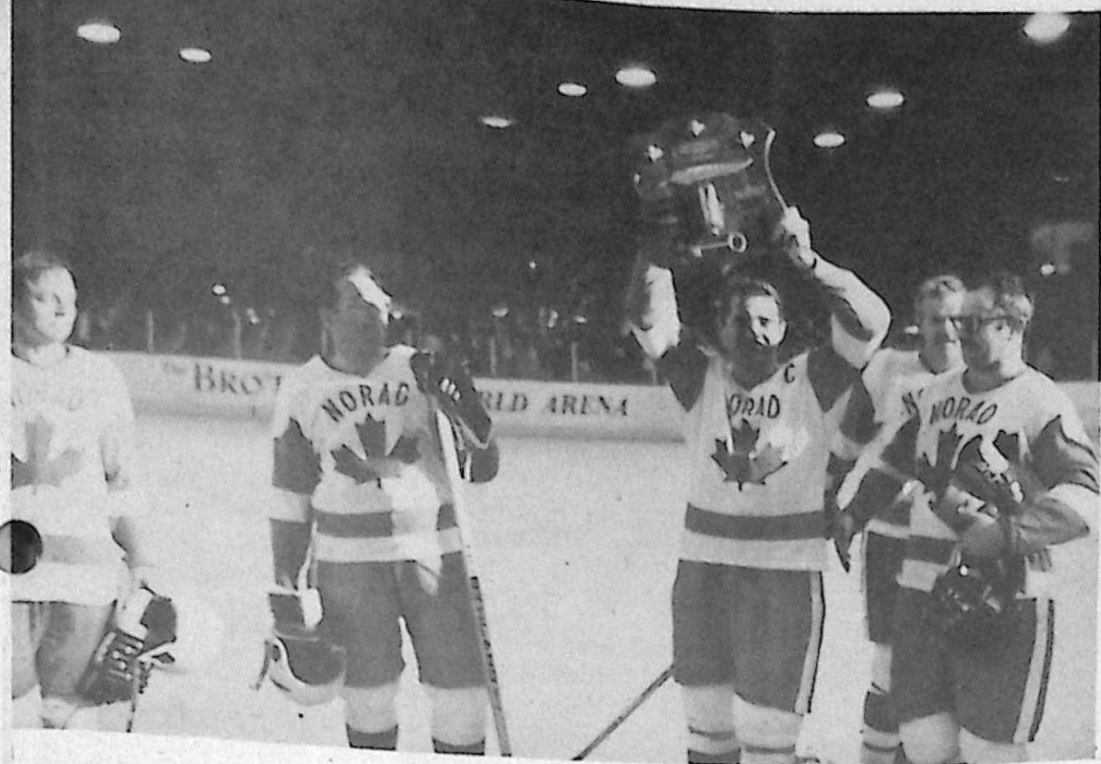
A Chip Off The Ol' Block . .



"Well, hello there . . .



Nighthawks Scream



NOT STANLEY CUP BUT - Symbol of victory is held high by the North American Air Defense Command Canadians as they celebrate their win over the Colorado Springs Press Club at the Broadmoor World Arena. The real winners of this annual hockey and hi-jinks charity contest are the needy children of Colorado Springs who receive the benefit of the funds raised by this community effort. (Left to right) MCpl. Bob Arter, MCpl. Al Bourque, Maj. Trev White, Sgt. Reg. St. George, Sgt. Frank Corriveau.

NORAD photo by SSgt. Jim Vennen

Golfin' At Glacier

Our Junior Members had a playoff recently to determine who would represent the club in the Inter Club Zone 6 Tournaments. Comox, Campbell River, Powell River and Sunnydale all sent representatives. Stuart Winchester of Comox came in with a Low Gross of 77, Steve Albrie, also of Comox was second with a Low Gross of 80. Ted Gallagher of Campbell River and Mike McEwan of Glacier Greens tied for third with 95. The tie was broken by regression with Ted emerging the winner.

The next inter-club will be held at Comox on April 23rd. Sunday, April 17th marked the 1st Annual 2 Ball spon-

sored by Pegi Furniture Repair Centre of Comox. 42 people arrived to play although the weather was extremely cold and very windy. Kay Freeman and Norm Keyes were presented with the trophy by Pegi Proulx. They also received keeper trophies. 2nd place went to Joyce and Vic Foggitt, 3rd to Irene Perry and Ron Bailey and 4th to Win and Roy Naven. This was a Low Net Tournament enjoyed by everyone present.

The Glacier Greens Early Bird Tournament took place April 24th. This event is open to males, ladies and juniors. Junior Results: - Girls.

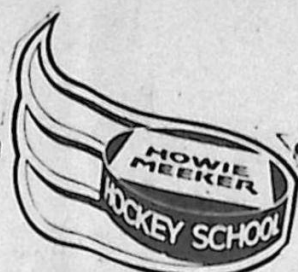
Winner of the field and the Watson and Ash Trophy was Pamela Ledgard, 2 Low Net was Alison Morehead. Scores were 100 and 125. Boys Juniors: - Low Net for the field and winner of the Watson and Ash Trophy with a Low Net of 79 was Joey Geneau, 2 Low Net at 81 was Mike Berger, 3 Low Net. Danny Geneau with 83 and finally 4 Low Net was Mike McEwan with 93.

Ladies: - Field Low Net and winner of the Comox Valley Realty Trophy was June Berry, score 66. 2. Low Net was Mona Ledgard, 3 Low Net was Mary Game, These ladies both had nets of 76. 1. Low

gross with 99 was Joan Stevens, 2. Low Gross was Mary Shaw with 103.

Mens: - Comox Moving and Storage trophy went to P. Holiza with a net of 65. 2nd, 3rd, and 4th Low Net all with 66's were Norm Keyes, Bob Stevens and T. Jones. 1. Low Gross was Denny Hillier and 2. Low Gross Tom Agrey, scores 78 and 81 respectively.

Larry Cote presented all prizes and then called on President Norm Richardson to speak. He welcomed those present, thanked the Committee for working on the Tournament, announced a 4 Ball for May 15th. He also said that the new Constitution is almost ready.



PANTS

Every young hockey player gets his first good look at the ceiling of an arena from flat on his back or the seat of his pants. One would imagine that the buttocks at least would be protected, but it's not so.

The standard padding in a lower priced hockey pants is a piece of foam rubber that completely encircles the body. You should know by now the value of foam rubber. It looks good, but that's all. From my experience with minor hockey players, there are only three areas in this part of the body that need protection... the tailbone or base of the spine, the kidneys and the upper thigh.

Thousands of kids suffer painful injuries to the tailbone every year from the simple and natural act of falling on their keesters. You will find that most boys' hockey pants will need extra

padding over the tailbone of the spine and this can be added quite easily.

Fortunately, there are not many serious kidney injuries among kids in minor hockey, but I've always felt it better to be safe than sorry. Consequently, I think parents should make sure that pants give adequate protection in the back area beneath the rib cage. A piece of ensolite can easily be installed in this area.

The charlie horse pads protect the upper thigh area - make sure these pads are backed with ensolite. When I played professional hockey, we wore pants that made at least an attempt at fitting properly. But what I see on boys today, I just don't want to believe. When the hockey team buys the pants, the quality is good, but the man who does the ordering usually gets six large, eight medium and four small pair - he's lucky if six of the 18 pair fit well.

One place they will not fit is in the upper thigh area. The charlie horse pads can slide around, six to nine inches out of place - anywhere but where they're most needed for protection.

When I began to buy my own equipment, I attached a strip of three inch wide elastic to both sides of the charlie horse pockets inside the pants. I slipped my leg through this loop - and the pad stayed in position, regardless of my position.

SWIMMING POOL.

Anyone interested in working at the base pool this summer as either an instructor or a guard, call the Rec Centre at Loc. 315.



NORAD CANADIANS USE A RINGER - North American Air Defense Command Canadian team member playing against the Colorado Springs Press Club looks suspiciously like a world renowned movie star in the annual charity hockey match at the Broadmoor World Arena. Actually, the gorilla suit is worn by Robert Neeve, 17, son of a NORAD Canadian. Defending against the gorilla is Andy Gambucci of the Press Club skaters. The hi-jinks and hockey contest annually provides funds to assist the needy school children in the area.

NORAD photo by SSgt. Jim Vennen

Canucks Upset Press Corps

++When the Colorado Springs Press Club challenges the Canadians of the North American Air Defense Command headquarters in Colorado Springs, who wins? Regardless of the score, the needy school children of the area get receipts and the fans and players have the fun.

The fifth annual charity hockey and hi-jinks contest, played at the famous Broadmoor World Arena, continued in the tradition of previous matches showing some good hockey but spiced more with fun and entertainment. Although the Canucks won the game 8-7 in the last eight seconds, the score was the least important

part. About 3,000 spectators cheered the players which included three women of the Press Club and the Canadian version of King Kong who helped turn the game into a fun filled spectacle.

Even a mock fight was staged by the players who poured off the benches. Hockey sticks and gloves covered the ice as the press celebrities and air defense men wrestled. The only simulated casualty was Canadian player Brig. Gen. John Buzza, who was unceremoniously helped to his feet while the medics strapped his hockey stick to a litter and carried it tenderly from the arena.

Highlight of the evening's hi-jinks came when deputy commander in chief of NORAD, Lt. Gen. David Adamson, objected to a referee's decision, jumped onto the ice, took aim and "shot" at one of the Press Club players as he approached the Canadian net. However, the 4th Estate skater still managed to score. Champion figure skaters and speed skaters performed between periods.

The winning goal was scored by Cpl. Art Cardinal of Edmonton, Ontario. Sgt. Bob Blair, who played hockey with the Ottawa Falcons, slapped in three goals for the Canucks skaters.

EW

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Walt Disney's **FREAKY FRIDAY** General

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Pks. - "BEYOND THE VALLEY OF THE DOLLS" Mature

Starts Thursday, May 12
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"TWO-MINUTE WARNING" Pks. Alfred Hitchcock's "FAMILY PLOT" Mature
"Same frightening scenes, coarse language"

Thurs. to Sun., May 5, 6, 7, 8
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Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. - 7 and 9 p.m.
No Matinee This Saturday

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APRIL 30th - BINGO and DANCE
Time, 2000 hrs. Prizes, cash. Band, Sound of Music. Food, T.B.A.
Admission - Members and Associates \$2 per person, honorary and guests \$4 per person.

TGIF -
April 29th, May 6th and May 13th.

MAY 8th - MOTHER'S DAY - WINE & CHEESE PARTY
Time - 1400 - 1700 hrs. Dress: Casual.
Admission: Members and Associates \$2.00. Honorary and Guests \$3.00 per person. Music: TBA.

MAY 14th - DOWNHOMER'S NIGHT
Time: 2100 hrs. Band: Van Islanders - 2100 - 0100 hrs.
Food: Cod, corned beef and cabbage, prawns, shrimps.
Admission: Members and Associates \$4.00 per couple. Honorary and Guests \$8.00 per couple. Dress: Informal.

MONDAY NIGHT MOVIES FOR MAY
2nd - MASTER GUNFIGHTER - Tom Laughlin.
9th - ON THE SIDE OF THE MOUNTAIN - Beau Bridges.

OFFICER'S MESS ENTERTAINMENT

Friday, May 6
Regular TGIF - 1700 - 1800 hrs. Subsidized drinks 1700 hrs.
Food - 1800 hrs. Jackpot and Bottle Draw.

Friday, May 13 - "Mama's Day Mixed TGIF"
1700 - 1800 hrs. Subsidized drinks. 1800 hrs. Jackpot and "Special Bottle Draw." 1700 - 1830 hrs. "Chinese Food." Casual Dress - Dance if you so desire, 1900 hrs.

Jr. Ranks Club

Apr. 30, May 1 - **"CONTRABAND"**
May 5 - **DISCO**
May 7 & 8 - **"WIZARD"** - Popular group from Victoria.
May 12 - **DISCO**
April 29, May 6 & 13 - **TGIF**

MOVIES
May 3 - **MASTER GUNFIGHTER** - Tom Laughlin.
May 10 - **ON THE OTHER SIDE OF THE MOUNTAIN** - Beau Bridges.

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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Adventures Of Supertech

CWO Whipp In Charge

BY A.C. EINE

PART 16
Here of this series, Supertech is an aircraft technician in the Air Force who secretly doubles as "Ink" blotter, Ace Newspaper Reporter, and who can't keep out of trouble. So far, he's been in and out of scrapes with everyone from his Go-Go dancer girlfriend to the Base Warrant Officer.

Just after an interrupted trip to Halifax and back, he found himself sole body in the BWO's office and having to set up everything for a visit by some unnamed VIP's. He promptly got some additional help by shanghai-ing Pte. Anne Huney from her crew on the Flightline.

As we join our naughty Corporal, he has just escaped the wrath of the editor of the Boatum Bi-Weekly Scandlagger, to whom he is known as "Ink" Blotter, Ace Reporter. He did this by driving out of the newspaper's parking lot as E. Bertrum Bignickel drove in...and kept right on going.

He headed the Corvette back to the Base and struggled out of his trenchcoat disguise as he drove. The car wobbled all over the road, but he finally managed to shed the coat.

Supertech had a list of things which had to be set up before the visit and spent the rest of the morning in the various sections arranging to get them done. Just before noon, he got back to the office. He figured that he'd make peace with Pte. Anne Huney over lunch, so with a large grin on his face, he strode in...to stop short and lose the grin.

Standing behind Pte. Huney was the biggest, toughest, and meanest-looking Chief Warrant Officer he had ever seen. The guy looked seven feet tall, and was glaring at him over the longest waxed mustache Supertech had ever seen.

"What's your name, Corporal? And what do you mean by strolling in here like you were on a jaunt through the park? Get out and come in properly!"

It took Supertech several long seconds to get over his surprise. "I'm Cpl. Supertech, sir. Until our BWO gets back from course. I'm supposed to be running this office."

"Well, you're doing a lousy job so far. I'm Chief Warrant Officer Whipp, and I've been sent up from Camp Borden to run this VIP visit properly. I've had a nice chat with this young lady, but suppose you tell me where you've been all morning."

By this time, Supertech had reeled off a list of badges, ribbons and as...ed other things glistening on the person of CWO Whipp. GAAAA he thought to himself, Infantry. At the very least, it meant square-bashing for the troops...and himself too, if he wasn't careful.

"Yes, sir. Be happy to, sir. I've been all over the Base, making arrangements for the visit."

"Well, out with it. How far have you gotten?"

"Yes sir. Uh, Five Hangar will be emptied of aircraft and equipment by next Tuesday. Then it will be swept out by the Duty crew in Servicing, and the Fire Hall is going to hose it down and squeegee the floor dry by Tuesday evening. The decorations will go in on Wednesday before the Practice Parade, and the chairs for the guests will be put in place on Thursday before the arrival."

"WRONG!"

"Wrong, sir?"

"Yes, wrong! I've seen the bodies around this Base, and they're a scruffy lot. That hangar will be cleaned today. The first practice will be tomorrow and probably the rest of the week as well. You can pass the word to forget the weekend off. There's work to

be done here! Now get to lunch, both of you, and be back here at 1300 sharp. There's too little time as it is."

With that, he wheeled and marched out of the office. Supertech looked at Huney. "What happened?"

She shook her head. "I don't know. I was typing with my usual two fingers and all of a sudden he was filling the

doorway and giving me a blast for being such a lousy clerk. I didn't even get a chance to defend myself."

"Man, if he's running the parade, I can see wholesale desertions before then. And wait till Servicing finds out that they have to clear that hangar today."

Anne broke in. "That's nothing. Wait till they find out that everyone works the weekend! I'll lay odds he wants best uniforms on all the practices too."

"No bet. Is yours ready? I was thinking about putting mine in the cleaners today...now I know I am."

They passed the word through the crowd at the Mess Hall about getting their uniforms in shape, but didn't spill the story about having to work the weekend. Supertech thought it might be better coming from the Sections bosses.

He just managed to jump back out of the way after opening the office door when CWO Whipp went through it like an express train. As he and Huney entered, the Chief glared at her. "You're not a clerk. What's your regular job? Never mind, don't tell me. Just get out of here and back to it! Corporal, get out and find me a proper clerk...one that knows how to type! Then get your Guard of Honour Commander on the phone. Move!"

Supertech took off like he'd been shot at. He stopped the first clerk he saw in the hall. "Can you type? Properly?"

"Certainly. Are you trying to be a wiseguy?"

"No. Just get into the BWO's office and don't ask questions." The poor clerk had little choice as Supertech grabbed him by the arm and hustled the bewildered lad through the door.

"One clerk, sir. I'll get the Guard Commander now."

Guard Commander, Guard Commander, he thought. Who the heck is the Guard Com-

mander? He spotted Pte. Huney going out the front door. "Hey, Anne. Wait a minute." He caught up with her. "Who's the Guard Commander?"

She thought a second. "I just typed his name, too. It's...I know, it's Capt. LaRushe. He's at Local 313, I think."

"You're a doll! I'll talk to you later. Hey, spread the word, will you!"

"You better believe I'll spread the word. Meantime you better get the gates closed and guarded 'cause once the word gets out, there's going to be a rush on the exits."

Supertech went back into the HQ building and ducked into the nearest office.

"Where's your phone? Oh...I see it. Thanks!" He grabbed it up and dialled.

"Capt. LaRushe? Cpl. Supertech, BWO's office, here. The Acting BWO would like to see you in his office as soon as you can get here. With this Warrant Officer, sir, I think he means, like, yesterday!"

Supertech couldn't think of anything else CWO Whipp wanted, so he went back into the office.

"Corporal...Supertech, is it? What kind of a uniform is that?"

"It's my Work Dress, sir." "Not in this office, it isn't! Tomorrow morning, you WILL be in your best uniform and I'll inspect you at 0800 when I come in. You had better be top line. Now! Where's that Guard Commander? And get me whoever is in charge of that hangar you were talking about!"

Supertech grabbed the phone. "Capt. LaRushe is on his way, sir." He dialled then handed the phone to the CWO.

"This is CWO Whipp. I'm running this parade, and I want that hangar cleared and cleaned by 1600." He listened for a second, then literally exploded. "NEVER MIND WHO I THINK I AM, I KNOW

WHO I AM! I'M IN CHARGE UNTIL AFTER THE PARADE NEXT WEEK, AND I WANT THAT HANGAR CLEARED NOW! Sergeant, I couldn't care less about your bloody aeroplanes. Just get them out of that hangar!" He banged the phone down. "Corporal, where's that hangar anyway?"

Supertech scrambled over to the wallmap of the Base. "You're here, and Five Hangar is here, sir."

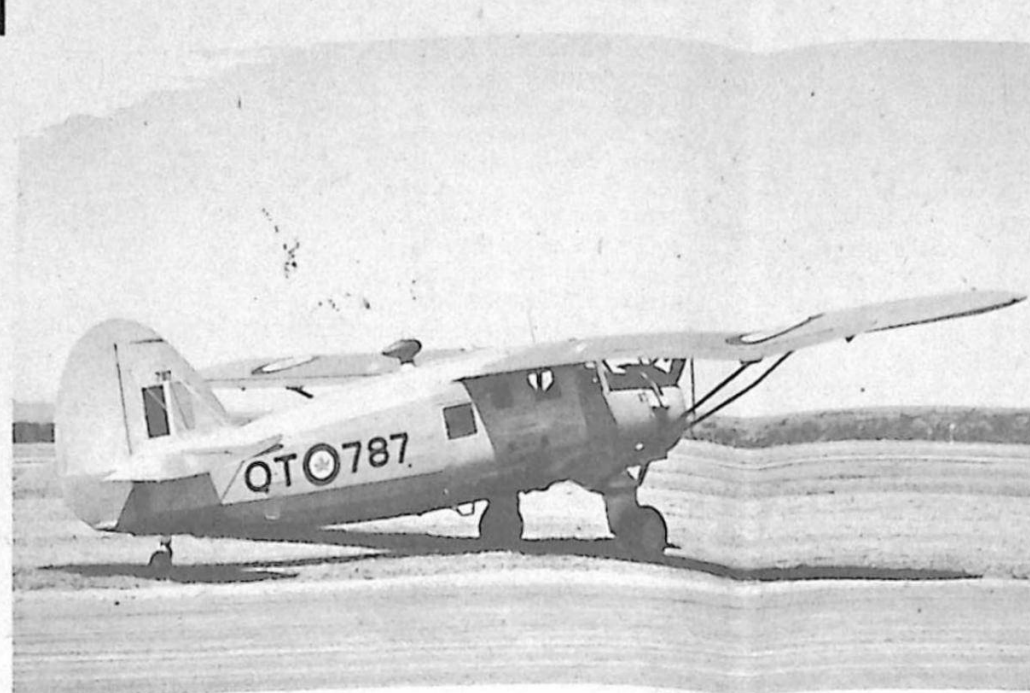
"If anyone calls, I'll be there. And send that Guard Commander over when he arrives." Squaring his hat on his head and jamming his swagger stick under his arm, he marched out of the office.

Supertech slumped into a chair. What a tyrant!! He leapt back to his feet as the Chief stuck his head back into the doorway. "AND SIT UP STRAIGHT IN THAT CHAIR!" He disappeared again.

Friend Whipp sounds like a real ogre, doesn't he. What will Supertech do this time, desert? What will everyone else do? Watch for the next.....

Adventures of Supertech!!

Canadian Military Aircraft



Noorduyn Norseman VI

The Norseman, designed by Robert Noorduyn of Montreal, was one of the best light transport aircraft of its time. Production which began in 1935, did not stop until 24 years had elapsed and 928 examples of the type had been made. Mr. Noorduyn never designed another aircraft. Aircraft 787 is in the markings of the last unit on which it served, 121 Communications and Rescue Flight, RCAF.

BY EWING
Part Ten - Noorduyn Norseman

The Norseman was one of the first aircraft designed especially for Canadian bush flying. It was also one of the very best. It was the brainchild of Robert Noorduyn of Montreal, and entered production in 1935. Almost a thousand were produced before production stopped in 1959.

The RCAF received 100 of the Norseman and used them in light transport and Search and Rescue roles. The last of

these was a Mark IV purchased in 1943 and converted to a Mark VI. It was flown last by 121 Communications and Rescue Flight until its retirement in 1956.

A few of the ex-RCAF machines were donated to the Air Forces of Denmark and Norway, but the majority were bought up by civilian operators as fast as the RCAF retired them. In many aspects the Norseman was (and is), more popular than the aircraft designed to replace it as a bush plane, the DeHavilland Beaver. The Norseman can

carry a bulkier cargo, and the fabric skin is easily repaired should damage occur.

The original powerplant for the Norseman was the Pratt and Whitney Wasp, but this was changed for the more powerful P&W R-1340 in the later Mark aircraft.

A Noorduyn Norseman Mk VI has been restored by the Canadian National Aeronautical Collection and while no longer flown, is fully serviceable. Many others are still busy earning their way in Canada's north for civilian operators.

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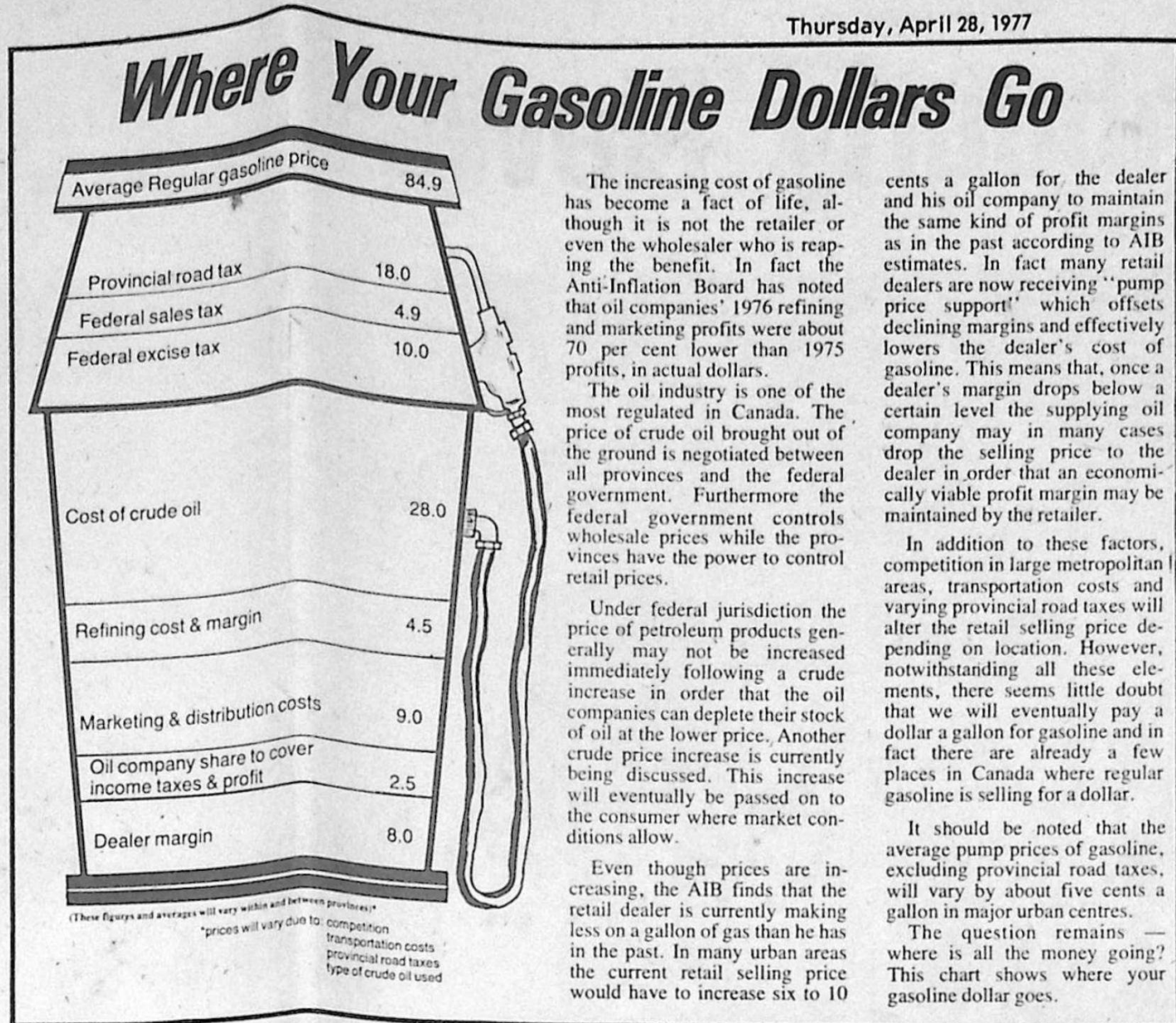
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Great Ideas

(Continued from page 1)
The incandescent bulbs only generated 600 candles.

Energy mites struck CFB Toronto during the week, leaving cheery "turn me off" messages near water taps and light switches, and pointing out energy abuses to offenders.

Allan Thompson, who doubles as safety and energy conservation officer, introduced the stickers and memo sheets bearing a smiling face within a sunburst.

The mite memos, which first appeared on the base last Christmas, were a grand success again, he reported. Base personnel were invited to record conservation infractions on the sheets and send them anonymously to the guilty parties by mail.

Good Imagination.

The same kind of imagination was put to use at other bases.

At CFS Gander in Newfoundland, the energy conservation officer knew when he had a captive audience. He preceded the station's weekend movie with the energy conservation film.

Residents of CFB North Bay, Ont. entered a float depicting conservation methods in winter carnival parades held at the base and in the city.

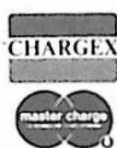
In Lahr, West Germany, headquarters for the Canadian Forces in Europe, \$25 energy certificates were awarded to people who displayed "awareness and continuing action to save energy."

Lighting surveys were carried out at several bases, and at CFB Greenwood, N.S., interview teams began visiting MQ residents to determine energy needs, conditions and practices.

DND's senior energy management committee organized Energy Conservation Week from February 7 to 11 to point to new and better ways of stretching energy dollars.



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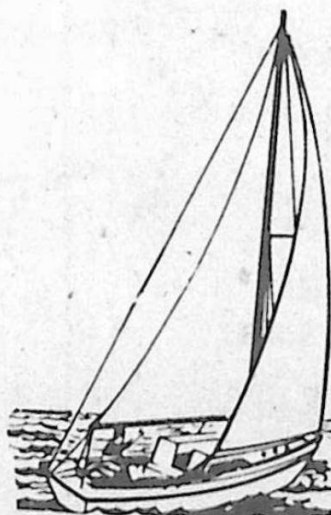
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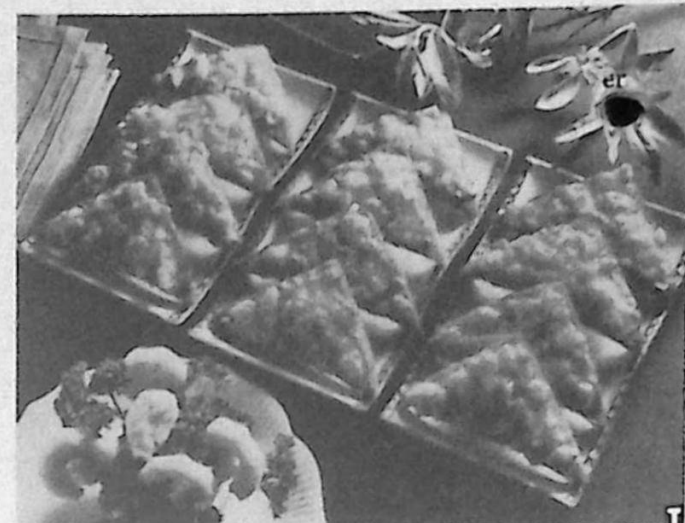
Neighbourly News Back Fence Gossip



FIRST SOLEMN HOLY COMMUNION was celebrated in Our Lady of the Sacred Heart Chapel on Sunday, April 17th. The First Communicants, Teachers and Assistants are as follows: Front Row: (left to right) Pierre Wood, Daryll Wach, Craig Reid, Marc Robinson, Andre Amirault, Mark Selenski, Joe Michaud, Chris Landry, Duane Wach, Darrell Lamb, Michael Tkacz, Peter Ott, Benoit Valiquette. Second Row: Michelle Leross, Tracy Thibodeau, Celeste Dufresne,

Lori Burnell, Sheryl Morin, Fr. Francis Swoboda, Celine Boulanger, Vicki Corney, Laura Wenninger, Michelle Norman, Samantha Walsh, Pamela Bouchier. Third Row: Michele Wood, Sheri Carter, Tanya Dickins, Nichole Wittman, Chantal Lind, Nicole Wilford, Erin McArthur, Shawna Noseworthy, Pamela Zanussi. Fourth Row: Alain Begin, Michelle Bourrie. (Not shown) Irma Cave, Kit McArthur, Ann Redmond. Photo Amirault

Shrimp Toast Snack Supreme



Chinese cooking is in! It is an easy, breezy style for the most part because the Chinese like to cook things in the shortest possible time. Like the French, early Chinese cooks needed to economize on fuel and so from necessity created many of the classic dishes that cook in a hurry. Chinese-style Shrimp Toast is no exception to the rule. This snack superior for all seasons and occasions requires about 30 seconds in an unusually small amount of hot fat. Spread the triangles ahead if you wish and at serving time turn them out hot, crisp—and fast. The recipe, adapted to easy, handy canned shrimp, is one to cherish and pass along with pride.

SHRIMP TOAST

2 cans (4 1/2 ounces each) shrimp
1/3 cup finely chopped water chestnuts or celery
1 tablespoon cornstarch
2 eggs
1/2 teaspoon sugar
1/2 teaspoon soy sauce
6 slices two-day old bread, crusts removed

Drain shrimp and chop coarsely. Combine with water chestnuts or celery, cornstarch, eggs, sugar, and soy sauce. Mix well and spread evenly over the bread all the way to the edges. Cut each slice into triangles. Fill a heavy skillet with cooking oil to a depth of one inch and heat oil to about 375 degrees or until, by test, it will quickly brown a small piece of stale bread. Lower the filled bread, shrimp side down, into the hot oil and fry about 15 seconds. Turn and fry on the other side a few seconds or until golden brown. Drain on absorbent paper. Serve hot. Makes 12 servings.

★ PMQ Preamble ★

COOKIES

Girl Guide Cookie Week will officially be held the first week of May. The Cookie Blitz will be held on Friday, April 29, starting at 1600 hours (4 p.m.) The Brownies will be knocking at every door in PMQs. The Guides will be knocking on doors in the surrounding areas on that day and the following week. The cookies are 75 cents per box.

This is the only money-raising project the Brownies and Guides have, so support your local group.

Spring cleaning is in the air, so when you're cleaning out the basement, etc., you can get rid of those extra "things" or the junk; as every afternoon from the 2nd of May to the 6th of May volunteer firemen will drive a truck

through PMQs from 1330 hours to 1500 hours. They will pick up the extras and junk if it is put out front.

This junk etc., is sorted and that which is usable is used or given away to be used. The rest is scrapped.

SOFTBALL AND BASEBALL NEWS

The teams will be starting the first week in May. Parents will be receiving calls from

the respective coaches.

There was a great turnout for registration. One hundred and twenty-five children registered. This makes up five teams in both boys and girls aged 6 to 9 years. There are three teams of boys 10 to 12 years old. They can use more 10-12 year old boys, as there are no spares available for any of these teams.

Also in the girls Bantam Softball, ages 13-15 years, seventeen girls have registered. This means there are too many for one team and not enough for two. So if there are any 13-15 year old girls interested in softball who would like to register, they would be welcomed.

Any boys 10-12 or girls 13-15 who would like to register, call Hazen Codner at 339-3978.

Rhubarb is the stalk or stem of plants and its leaves and roots contain oxalic acid which can be poisonous.



If you happen to over-salt soup, cut a potato in slices and boil it in the soup to absorb the salt. Then discard the slices.

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"Femme Gen"

By Elizabeth Graham

My daughter, who is very keen on learning how to cook, suddenly announced at the dinner table the other night, that when she grew up she was going to be a good cooker, just like Mummy. My son just snorted, and informed her that Mothers were not good cookers, they were Chefesses! He also warned her that she should stay out of my way when I was cooking because, "too many broths might spoil the cook."

I'm not too sure that I should attempt to correct these "phrased" phrases of my children. I find them very refreshing, and a lot closer to the truth than the original - I know that too many broths can spoil the cook!

On the kitchen scene - as my son has informed me - it is a well known fact that cream-buffs can give you domain poisoning, and that I do all my cooking with luminous intensives. My daughter's favourite saanich is beanut putter, that we often have scrambled neggs for breakfast, that she likes to pour her own, because we give her a heaping cupful of milk, and while she doesn't like napples or noranges, she is rather partial to bandanas.

When asking for something, both children are often told to wait a minute because, "Mother only has two pair of hands you know!" In the garden, Daddy has an awful problem with crap-grass, and in the summer, when it isn't drizzling rain, we like to have a lot of Barbie-clues. And once, when Mummy mislaid her stimulated pearls - the whole house was like a freeing circus.

My children, as you may guess, are not the only people who have trouble meaning what they say. I have a very dear friend who recently had to undergo extensive tests in the hospital, because she was suffering from various nailments due to the fact that she was over-run from an attack of brones-ammonia last winter. There was also an expectation that she might have died-beets too, and on top of that she has suffered for years with various closed veins. While she was in the hospital she was very upset to hear that someone down the hall from her has died from a

massive dose of cerebral hemorrhoids.

It's a pity that she suffers from ill health because her husband has some problems too. He has had to have miles of gram for a pain in his lumber region, so that his doctors could get to the root of his problem. He also has to visit a optomist because of a stigmata, and now that sacrament has been banned, he just doesn't know how he'll

sweeten his decalcified coffee.

My husband says all his troubles stem from the fact that whenever he opens his mouth, both feet fall out. Actually, I think that's very unfair. I think it's because now that his wife is in the hospital, he can no longer put his foot down with a firm hand, that's why he is on tender hooks all the time. I mean, that's enough to make anyone paratoid!

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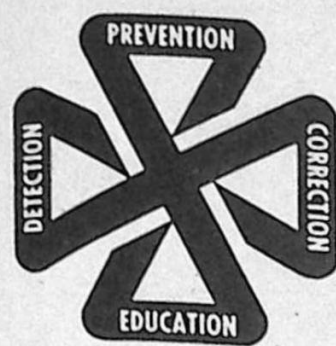
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Accentuate Safety In '77

Chapel Chimes



Child Car Seats — Protection Is A Must

This is the time of year for planning. Perhaps there's a posting for you and yours this summer, or a major vacation is a family objective. Whatever reason you have for traveling, a safety check and tune-up are in order for your vehicle. But don't stop there! Besides concentrating on where you are going, the mileage involved, and the roadside attractions that will please the children, consider your need for an approved car restraint.

Driving is a full time job, requiring full concentration. You need both hands on the wheel and have no time to check up on your youngster's antics and acrobatics. The B.C. Automobile Association recommends that babies up to 15 pounds should be placed in

a strong, well-padded car bed, or in a tub-shaped infant carrier in a semi-reclined position with secure straps over his shoulders and around his torso, with the carrier secured to the centre of the rear seat by two lap belts.

Once your child can hold his head erect, and is between 15 and 40 pounds in weight, buy an approved car seat and follow the installation instructions. The ideal position for the child seat is the centre rear seat. If the child seat is being used in the front of the car, fasten the top strap of the seat to a rear seat belt. Never rely on the fold-down padded guards to keep your child in place and if the seat requires the use of the adult lap belt, fasten it snugly.

APPROVED MODELS.

Child car seats approved for use in Canada are:

Dorel's Trav-L-Guard, Model 085.

Questor's Careseat, Model 985.

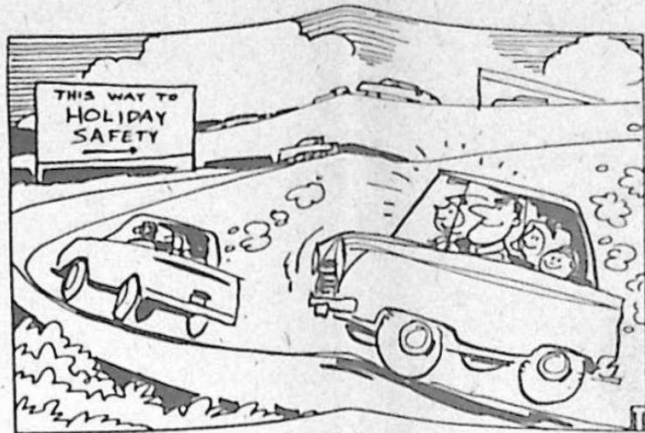
Canadian Merchandising's Peterson Model 74.

American Safety's "Swing-O-Matic", and

Strolee's Model 597S.

There is also a new GM seat which has just recently been approved for use in Canada and should soon be available.

Unfortunately, there are no approved safety restraints in Canada for children in the 30 to 50 pound range who are too large for child car seats, but not yet tall enough for adult seat belts. The B.C.A.A. suggests that you raise the



child up on a cushion and fasten him or her into the adult seat belt. Care should be taken to position the belt across the hips and not let it ride up on the abdomen.

Whichever restraint you buy, it is crucial that you use it according to the instructions and whenever your child accompanies you in your vehicle. In addition, the

B.C.A.A. recommends you follow these tips:

Don't carry your child in your arms. In any sudden accident, he could be crushed between you and the dashboard.

Don't strap two children into one seat belt.

Lock all the car doors to prevent them for swinging open in a collision.

Don't carry unsecured hard, heavy or sharp objects in the car with children.

Don't allow children to ride in the back of your pickup or in the cargo area of your station wagon.

Make child safety a special part of your travel plans and drive safely.

SAFETY SAM

Courtesy: B.C. Automobile Association.

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: Daily Mass will be celebrated in the Chapel on weekdays at 9:00 a.m.

SACRAMENT OF RECONCILIATION: Confessions are heard before and after 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.

Strengthening Teeth With Fluoride

The following article is one of a series presented by Totem Times in cooperation with the Dental Detachment.

The second article in the series described how acid produced by bacteria attacks the tooth, causing tooth decay. It was suggested that one way to keep this from happening is to make the teeth strong and able to resist the acid.

As far as we know today, using fluoride is the best way to strengthen the teeth. The fluoride must be made a part of the tooth substance. This is done in two different ways:

- (1) Fluoride is taken internally by the child when its teeth are still forming; and
- (2) fluoride is applied to the surface of the tooth after it

has erupted into the mouth.

The usual way of taking fluoride internally is to drink water containing it. In some geographic areas, fluoride is naturally present in the water. In fact, the value of fluoride for strengthening the teeth was discovered when tooth decay rates for children in different areas were compared.

This generated the idea of adding fluoride to public water supplies. After numerous careful studies, it was determined that when one part fluoride was added to 1 million parts of drinking water, the children living in the area had 60 per cent fewer decayed teeth on the average than children living where the water was not fluoridated. Fluoridation of the water was

not found to have any harmful effects.

On the basis of these results, the Canadian Medical Association, the Canadian Dental Association, the Federal Department of Health and Welfare, and many other professional and scientific organizations recommended fluoridation of water supplies that do not contain an adequate amount of fluoride from natural sources.

Unfortunately, only about 35 per cent of our population - about 8 million people - consume fluoridated water. The rest either live in communities where the water supply is not fluoridated or live where they are not served by a community water supply.

A possible solution is for children to take fluoride tablets, which dissolve readily in water or other liquids. This form of fluoride is beneficial to the teeth if taken regularly throughout the period of tooth development. Fluorides added to vitamin preparations have also been shown to be effective. The use of fluoride tablets or fluoride-vitamin must be regulated according to the amount of fluoride, if any, present in the water supply. For this reason, fluoride taken in this form should be prescribed by a dentist or a physician.

Coating the tooth surface with fluoride has also been shown to be a useful and effective decay preventive measure.

It has been shown to give added benefit to those who have consumed fluoridated water when their teeth were forming.

Fluoride can be applied to the teeth in three ways, two of which require trained dental personnel. First, a dentist, technician, or hygienist can polish your teeth with pumice that contains fluoride. Second, they can paint a fluoride solution onto your teeth. The third method, accomplished by you, is brushing your teeth each day with a fluoride dentifrice that is approved by the Council on Dental Materials of the Canadian Dental Association.

While each one of these methods of applying fluoride is effective in itself, a combination of all three gives the best results of all. Research has shown up to a 70 per cent reduction in new cavities in children and 50 per cent in adults by annual prophylaxis and treatment with fluoride followed by daily use of a fluoride toothpaste.

The next three articles in this series will deal with the other major dental disease afflicting most of mankind - disease of the gums and supporting structures of the teeth, which dentists call periodontal disease. (Next article: Periodontal Disease-What is it?)



ARE CAVITIES SERIOUS?—An armed forces survey reported that in the 1970s for every 100 persons accepted they must provide 850 fillings, extract 101 whole teeth and build 59 bridges and dentures.

Spring Clean Up

May 2 - 6

The Base Fire Department and the Community Council are sponsoring the spring clean-up campaign for CFB Comox this year. It's time for decisions!

Do you really need to save that old mattress, chair, drapes, out grown clothing or other litter?? Your environment protection begins at home.

Get rid of old paints, thinners, solvents, oily cloths, wood scraps and other project left overs. Avoid a "do-it-yourself" fire.

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

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

Usable items will be donated to a local charity.

Remember: Don't give fire a place to start or spread!

IT'S CLEAN UP TIME!

General Safety Program

A program titled The National Disaster Survival Test will be shown on NBC Television Network "Big Event" Program from 2000 to 2130 hours Eastern time Sunday, 1 May 77. Program will dramatize and communicate information on how to survive a disaster with emphasis on prevention of accidents that occur within disasters.

PREV. MED. NEWS

Danger Lurks In The Medicine Bottle

Did you know that this year in Canada more than 50,000 children will swallow poisonous materials - including medicines - found in their own homes? And of this number, approximately 200 youngsters will die?

Children under the age of five are in stages of growth and development where they are constantly exploring and investigating the world around them. This is the way they learn. It is a normal characteristic and should not be discouraged. Unfortunately, what children see and reach for, they place in their mouths, because youngsters, from the time of their birth, experience oral gratification. Bottle and breast feeding are only the early factors in the developmental patterns that place emphasis on the mouth. As the child's mobility, ingenuity and capabilities increase, storage of medicines and household products should be related to his age. For example, when he is crawling, while he is a toddler, and when he starts to climb.

In order to prevent accidental use of medicine, it is recommended to keep them in a locked medicine cabinet. But it was noted that most of the bathroom medicine cabinets do not have locks. If it is your case, the better alternative will be to use a lockable cabinet, drawer of linen closet.

Today, the use of safety containers is standard. However, safety packaging for medication should never be considered a "cure-all" for poisoning. Some children, because of their ingenuity and

manual dexterity, will succeed in opening the package.

This year, National Poison Prevention Week was observed between the 20 and 26 March. Even if we fail to point it out to you during this period, we feel that it is never too late to ask you to re-examine your procedures to be certain that you are doing

your part to help prevent dangerous accidental poisonings.

In any event, if an accidental poisoning occurs near you, remember this phone number: 339-2242, this is the Poison Control Centre for the Comox Valley. Qualified persons are ready to assist you anytime.

Further Recommendations Are:

- a. Medicines should never be referred to as "candy".
- b. Adults should avoid taking medicines in the presence of children. Children are notorious imitators.
- c. All medications should be properly labelled. Labels should be read before using, paying close attention to recommended dosages.
- d. Medications should be disposed of after the condition for which they were prescribed has passed.
- e. Lights should always be on when giving or taking medicines.
- f. Medicines should never be set aside while you answer a telephone or the door.
- g. Medicines should be kept in their original containers, never in cups or soft drink containers.

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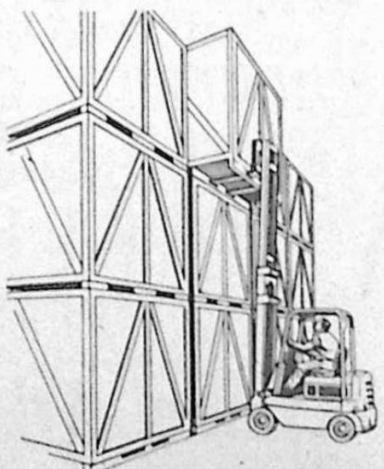
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Marcom Museum Opens



C.F. photo

VICE ADMIRAL D. S. BOYLE cuts the ribbon at the official opening of the Maritime Command Museum at Admiralty House, Stadacona. On the right is Major Roy Thompson, "volunteer" curator who is the driving force responsible for the museum.

After several years of operation and slow expansion, the Maritime Command Museum located in Admiralty House, CFB Halifax Stadacona, was officially opened by Vice Admiral D.S. Boyle, Commander of Maritime Command.

The museum started in the attic of Admiralty House, in 1974, and slowly spread to the second and first floors. The expansion from a small attic collection to a fully fledged military museum of 14 rooms and thousands of artifacts is due to the dedication of its "part-time" curator, Major Roy Thompson, and his enthusiastic group of "volunteers". The museum is "an example of what the dedication of a man can do" said Vice Admiral Boyle at the official opening. He pointed out that donations had come from across the country and that the museum "is an example of what can be done in any field if the motivation is there." This was in reference to Major Thompson's achievements in spite of the shameful lack of monetary support by both the federal

and Nova Scotia governments in preserving this important area of Canada's history. On the other hand, co-operation of CFB Halifax and individuals in the Halifax area was outstanding.

Admiralty House itself, located in CFB Halifax at Stadacona, has had an interesting history. It served from 1814 to 1904 as the residence of the British Admiral in Command of the North American Station. At that time, the Royal Navy handed over the Dockyard to the Canadian government. In true fashion where military spending is concerned, the government closed Admiralty House and auctioned off the contents.

It was re-opened during World War I as a Naval Hospital. Damage sustained during the great Halifax explosion in 1917 caused it to close again. After renovations, it re-opened in 1920 as a health clinic. The RCN occupied it from 1925 to 1954 as a wardroom. Vacant for 6 years, it was renovated once again in 1961 and oc-

cupied by educational offices until Major Thompson's small, but growing empire requisitioned the whole building.

The museum does not limit itself to the Navy. Air Force and Army contributions to Maritime Defence are also recognized by interesting displays. Any military minded person could spend several enjoyable and educational hours browsing in the MarCom Museum. Major Donald Carrington, secretary of the CF Museum Committee, commented that it is the best military museum in Canada.

Artifacts Needed

The MarCom Museum in Halifax lives and breathes despite an excruciatingly small budget. This is only possible because the many exhibits have been donated, not purchased, by public minded servicemen and civilians across Canada.

To continue expansion and to improve its quality, the Museum is requesting

"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 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 \$200,000,000 to residents of the province for cigarette purchases and related expenses.

The pamphlet "Cigarettes And Your Health", says that

your chances of dying from heart disease, Canada's number one health problem which accounts for 80,000 deaths each year, are 9 times greater if you smoke. The chances of dying from lung cancer are 8 times greater, and your chances of dying from emphysema are 5 times greater.

"The Ministry of Health pamphlet serves a two-fold purpose," McClelland said. "It encourages smokers to give up smoking, and it helps them kick-the-habit with suggestions for diet and exercise during the most difficult period of cigarette withdrawal, the first seven days."

The Health Minister said that some of the health hazards described in the pamphlet are common knowledge, but it also outlines many dangerous aspects of smoking which have received little public recognition. As an example, McClelland said that smoking during pregnancy increases the perinatal death rate by 24 per cent. "There is also evidence," the Minister said, "that the chemical carcinogens in cigarette smoke can enter the fetal bloodstream if the mother smokes during pregnancy. Cancer is the 4th leading cause of death between the ages of 1 and 14, and a number of cancers are present at birth."

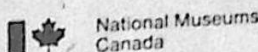
The pamphlet is available through the province's public health units, mental health centres, and hospitals. Copies may also be obtained by the general public, industry, business firms and service organizations, upon request to the Ministry of Health, Parliament Buildings, Victoria, B.C. V8V 1X4.



FOR GOOD HEALTH—Smokers should increase their daily intake of vitamin C to maintain blood levels.

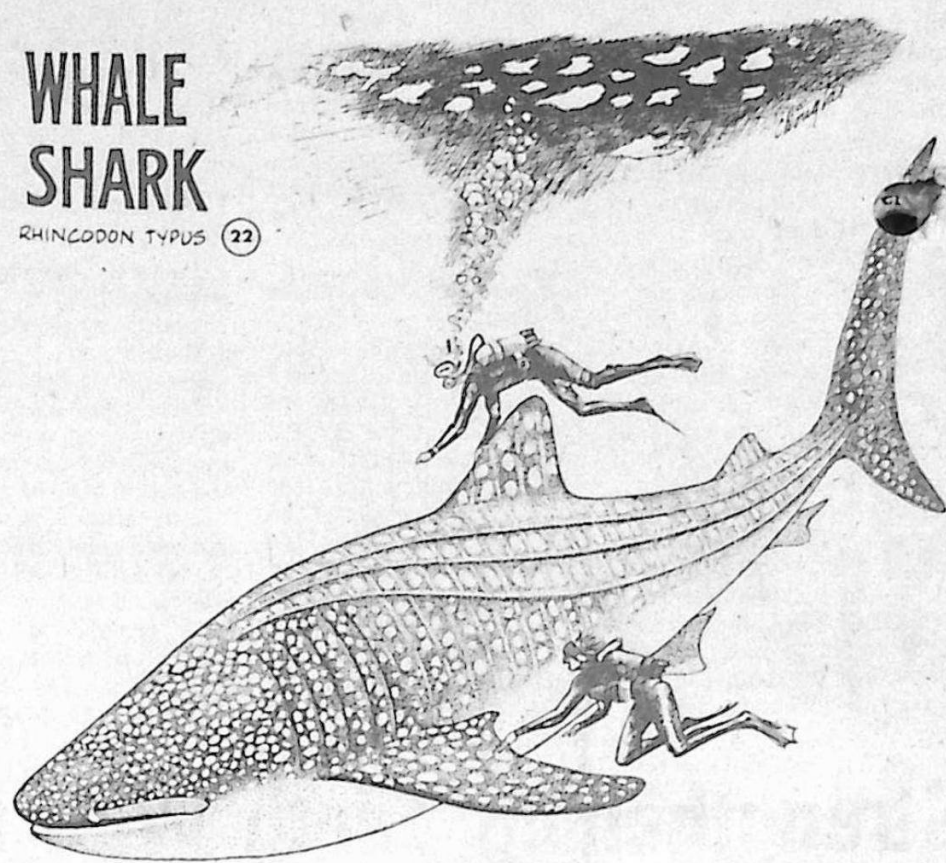
NATURAL HISTORY NOTEBOOK

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WHALE SHARK

RHINCODON TYPUS (22)



The Whale Shark is the largest known fish. It is known to reach 50 ft. in length and is thought to reach 60 ft. or more. Its weight can exceed 10 tons. This creature ranges all tropical waters, and infrequently strays into temperate ones. It is mainly solitary in nature, and despite its impressive appearance, is harmless to man. Scuba divers and underwater swimmers have clambered unharmed over its body.

The Whale Shark feeds chiefly on plankton, but also consumes sardines and anchovies. It is an egg layer, but to date only 1 egg case of this great fish has been found. It contained a perfect 14 1/2" replica of its enormous parent.

Novel Mother's Day Gifts

If you are looking for something unique to give to that special lady in your life this Mother's Day, UNICEF has something to offer. This year's selection of notes, cards and stationery, designed by internationally-recognized artists, make ideal gifts.

Introduced last year and already a best seller UNICEF's stationery ensembles, containing twelve

note cards and thirteen stationery sheets with matching envelopes, are available in two colorful motifs: an Aegean embroidery fashioned in 17th century Crete, and "The Little Island" designed for the young at heart by Fernando Fantini of Italy.

A century-old Dutch design trims the border of convenient fold-a-notes which seal on all sides and require no outer envelope, and for letter

writers UNICEF has created the gift box. A variety of twenty notes and twenty minis, perfect for invitations, thank you notes, gift enclosures and announcements, makes a versatile stationery package.

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COMOX BONUS SPECTACULAR

NOTICE OF CHANGE IN DRAW DATE

The June Draw for the Samsonite luggage set will be held on the 15th in lieu of the 30th. The reason for this change is to ensure that all ballots completed before the 15th of June will be included in the June NATIONAL CAR DRAW

Ballots completed after the 15th will be included in the following draw.

A similar change of dates is planned for the end year draws.