



TOTEM TIMES



FLATTERY IS LIKE PERFUME -- IT SHOULD BE APPRECIATED BUT NOT SWALLOWED

VOL. 19 - NO. 11

CFB COMOX TOTEM TIMES

THURSDAY, MAY 26, 1977

\$20 Million For Two Trainers

OTTAWA (CFP) - CAE Electronics of Montreal has been awarded a contract of more than \$20 million by Lockheed-California to build two CP-140 Aurora ground trainers, defence minister Barney Danson has announced.

One of the trainers will be a flight deck simulator to train pilots, co-pilots and flight engineers in the normal and emergency operation of the Aurora's aircraft systems. The other will be an operational mission simulator to train tactical crews in the use of the aircraft's navigation, communication and sensor systems.

Both trainers, which will be installed at CFB Greenwood, N.S., will contain duplicates of the flight and electronics system used in the Aurora. The contract covers the design, fabrication, installation and checkout of the two trainers.

The CAE contract is one of the most important Aurora awards made to Canadian industry to date in terms of its near and long range economic ramifications. "During the

three years required to build the trainers, the contract will inject more than \$20 million into Canadian economy, and provide CAE an opportunity to further advance its simulator technology," Mr. Danson said.

He added that "over the operational life of the Aurora fleet, the simulators would facilitate the highest level of Aurora crew training, enhance the safety of flight operations and save the taxpayers enough money in reduced fuel requirement, maintenance and training expenses to pay for the equipment several times over."

The simulator contract is the second CP-140 award CAE has received from Lockheed. Last October CAE received a \$4.2 million contract to build the Aurora's magnetic anomaly detection system and its automatic compensator.

Lockheed has placed orders with 140 Canadian firms since the Government of Canada agreed to purchase 18 CP-140 Aurora long-range patrol aircraft for the Canadian Forces.



V-ADM D.S. BOYLE



R-ADM A.L. COLLIER

Tars Sail On

OTTAWA - Retirement in July of Vice-Admiral Douglas S. Boyle, CMM, CD., commander of the Forces' Maritime Command and veteran of 37 years naval service, was announced here May 12 by defence minister Barney Danson.

His successor will be Rear-Admiral Andrew L. Collier, 52, of Kamloops and Salmon Arm, B.C., now Commander Maritime Forces Pacific, Esquimalt, B.C., who will be promoted to the rank of Vice-Admiral.

Admiral Boyle, 53, of Revelstoke, B.C. and Halifax, has commanded Maritime Command since August, 1973. He entered the Royal Canadian Navy as a 17-year-old cadet in January, 1941, and during the Second World War served with distinction in the Battle of the Atlantic. In June, 1944, he was mentioned in dispatches for his part in the destruction of an enemy submarine.

After the war he served aboard the cruiser HMCS Ontario; at Naval Headquarters in Ottawa; with the Flag Officers' staff on the Pacific coast and as navigation officer of the aircraft carrier HMCS Magnificent.

During the integration of the Forces in the mid-60s, he became the first director general of postings and careers at Defence Headquarters, and in 1970 was the first Canadian to command NATO's Standing Naval Force Atlantic.

In 1976 Admiral Boyle was invested in the Order of Military Merit in the Grade of Commander by His Excellency the Governor General Jules Léger for conspicuous merit and exceptional service to Canada.

Admiral Collier, a graduate of the naval college HMCS Royal Roads, Victoria, B.C., has served since 1942 and was awarded the Distinguished Service Cross for his services in the destroyer HMCS Cayuga during the Korean campaign. He has been Commander Maritime Forces since 1975.

due to the continuing efforts by Canadian Forces and DND civilian personnel at all levels to institute language equality for those whose mother tongue is French.

DND and the other departments did not escape without some criticism. The adverse observations mostly concerned service to the public and use of the two official languages at work. Throughout DND there is still room for improvement in "signs, notices, forms, documents and the quality of French texts." There also remains some public criticism for not having bilingual persons in all public contact jobs.

"Heavenly Kingdom of Bilingualism."

Mr. Spicer gives this explanation of the second category where DND and the three other departments scored:

"This second best, this Eden, this Alhambra of the Spirit, this Happy Hunting Ground is reserved for the pure who, free from Original Sin but not of originality, have wandered into their happy valley of language reform after conspent in the deserts of Endeavour. They should be careful not to fall from grace - just when they are getting the hang of it - because of a rotten apple or two."

This recognition is certainly

33 Years Young

Base Has Birthday

Tuesday, May 24th was not only Queen Victoria's birthday, but also a big day for CFB Comox. It was on this day thirty-three years ago that the now Canadian Forces Base became Royal Canadian Air Force Station Comox.

The first two years of its existence, the airfield was operated as No. 6 Operational Training Unit of the Royal Air

Force. On May 24th of 1944, the airfield was handed over to the RCAF but maintained the role as an Operational Training Unit until 1946. It was then closed and maintained on a caretaker status.

Since the reopening in 1952, the Base has undergone many changes, both in character and in content. The Base now

boasts four operational flying Squadrons backed by a host of support units which keep the squadrons airborne and on a twenty-four hour alert in several capacities. These include Air Defence, Maritime Reconnaissance and Search and Rescue; roles in which the squadrons sometimes unite to fulfil the assigned tasks.

At an informal luncheon on Tuesday at the Senior NCO's Mess, Colonel R.L. Mortimer, Base Commander, hosted several local dignitaries in honour of the Base's birthday. Present at the luncheon were Mayors Moore of Courtenay and Merrick of Comox. The Village of Cumberland was represented by Alderman Bob McKellar. Also present were Mr. Nicholls of the Courtenay Legion, Mr. Dandeno of the Comox Legion, and Mr. Weiman of the Cumberland Legion. Special guests at the luncheon included Mr. Frank Henderson, long time resident of Comox and an outstanding member of the Comox Legion, and retired Service members W.C. Harry Bryant, and CWO Bob Parker, both residents of the Comox Valley.

There were presentations made to the Mayors of

Courtenay and Comox of framed photographs showing a pair of CF-101's in formation over their respective communities. The Legion representatives were given framed photographs of the new Air Command Badge for display in their respective Legion Branches.

The gathering was excellently hosted by MWO Jim Adie and a stalwart group of Senior NCO's which made the luncheon a pleasant success. Colonel Mortimer indicated in his talk to the gathering that it had taken some time for the Base to have an official birthday party, but hoped it might become an annual event. He honored Mr. Henderson on his long association with the community and Base, and acknowledged that Mr. Henderson was responsible for reminding of the significance of the day.

All in all, it was a very pleasant gathering and many stories of the "good old days" were exchanged between the vets and the rookies. Hopefully the opportunity will be available for the Base to celebrate its thirty-fourth and many more in the years to come.

Letters From Above

Dear Colonel Mortimer:

Having just returned to Ottawa I wish to express my appreciation for the excellent arrangements made on my behalf during my visit to your Base.

I appreciated the opportunity to meet with your officers and men to see at first hand the very important work that you do. The excellent briefings and demonstrations, including my flight with 442 Transport and Rescue Squadron, have provided me with a much greater personal understanding of the vital tasks performed by the members of your Base. You can be proud of the outstanding job done by your men.

Finally, I wish to thank you for the Base Plaque you presented to me during the dinner. Let me assure you that it will be prominently displayed in my office.

With every good wish, I am,

Yours sincerely,
Barney Danson

Dear Colonel:

I wish to thank you and all personnel of Base Comox for a most informative and enjoyable visit to commence my tour of the Canadian North.

From the moment of our arrival and inspection of the disciplined, well turned out guard through the aircraft scramble, the professionally conducted briefings and the SAR demonstrations, I was impressed with the attitude and competence of all personnel. I was particularly pleased with the obvious dedication to their job of all ranks, especially the "career corporals", and I would ask that you pass my sincere appreciation to all.

I also wish to thank you for the memento of my visit which is already in my recreation room.

I wish you and all ranks at CFB Comox good luck continued success and good flying.

Yours sincerely,
J.A. Dextraze
General

★ THE IDEAL FAMILY ★

(as selected by popular ballot)

Reid, Eleanor, Suzanne and Steven Delong

British Army In Canada Again

OTTAWA (CFP) - British Army formations will resume their training in Alberta from May to October this year, defence minister Barney Danson announced here.

Canada provides the use of military ranges and facilities under a 10-year bilateral agreement signed in 1971.

At Suffield, the British 3rd Royal Tank Regiment, the Queen's Dragoon Guards, 1st Battalion Cheshire Regiment, 4th Royal Tank Regiment, 2nd Battalion Scot Guards, 1st Battalion Queen's Regiment and 5th Inniskillen Dragoon Guards will each send 750 troops for a series of six-week training exercises from May 3 to Oct. 25.

Units of Canadian Forces' 1st Canadian Brigade Group, Calgary, Alta., and 5 group-brigade du Canada, Valcartier, Que. will participate in some of the training exercises.

The British units will also train for five-day periods in the Rocky Mountains in mountaineering, canoeing and back-packing.

At Camp Wainwright the British 1st Kings Regiment, 1st Battalion Royal Green Jackets and 1st Battalion Royal Highland Fusiliers will each train for six weeks from May 8 to Sept. 9. The British formations will each have approximately 650 soldiers taking part in the exercise.

"All together now ... Happy birthday to you ..."



Section News

Mushroom Mutterings

Growlsnabble!! Dagnabbit!! Ferschugginer!! (well, the next time you step on a mushroom, just listen to him mutter!)

Greetings again from the hallowed halls of 442. Things have been rather busy here at the West Coast's Number One Rescue Squadron. Funny (funny; ha, ha, it isn't!), but the busiest time lately has always been on the weekends. And the Victoria Day weekend was typical. On Friday night, a Buffalo was alerted to a possible Search for a missing aircraft in the Whitehorse area ... then it was cancelled ... then on Saturday the Search was on again and away went a Buffalo and a Labrador ... then it was cancelled again. Finally, at close to midnight on Saturday, all the birds were back in the barn waiting for something else to happen. It did!!

Sunday there were two Buffalo AirEvals, Monday dawned and more work came with the sun. A reported downed light aircraft in the Watson Lake area. The first Buffalo was sent out and the crews called in for the second. Just before the slated take-off time came the "HOLD". A delay and down came the word that the missing aircraft had been found by a civvie helicopter, and everything went back into the hangar ... except the one Buffalo that was already up in the area.

Before it could get back, the Labrador was away on an Air Eval. at 2330 on Monday night, our leader, Sgt. Arnie Sohm dragged his weary body out of the hangar for the last time. Visiting hours are from two to three each afternoon for the next four days.

People are still shifting in and out of the Squadron faster than the eye can see. Ken Christenson just gets back from two courses at Trenton when Pete Brice leaves on one. (same place). The ASO, MWO Jefford, decided enough was enough and is moving bag and baggage across to 407 Squadron.

Wally Berger, our tame Supply Tech heard that the northern golf was a special challenge and conned himself into a couple of months TD in Whitehorse. O! Ozzie will be coming back to straighten things out in 6 Group. Until Ozzie gets here though, Judy Brown (she of the Motorcycle set), will be running things. This is no reason for certain un-named individuals to change their coveralls twice a week.

The 12th of May was the first of the summer's 442 Golf Tournaments. After reducing

the fairways and greens to looking like Vimy Ridge in 1918, the winners turned out to be Wally Berger and a hand-picked trio of amateurs, Bob Kosak, Harv Herauf, and Dave Dixon. Dave is still bragging about his fantastic 9 Iron shot on the seventh. (we may never hear the end of that).

The number 2 group consisted of Gordie Trenholm, Doug Mann, "Suds" Sutherland, and fourth but yet unknown individual, who did everything, but hit the ball.

The number 3 team was made up of Al Walsh, Glen Caslake, Marc Decurtins, and Bob Pierce. The leaders had extra points all sewn up until the final hole when Harry

Ellis clobbered the "small white pill" and using body english and strong language managed to get the ball to travel the farthest on a single swing. If this loss of points wasn't bad enough, "Dead-eye" Jim Simpson promptly put enough backing on his iron-shot to halt the ball teetering on the edge of the hole. By the way, anyone interested in a Five Iron with a slightly bent shaft is invited to call Wally Berger ... it was the club he was holding as "Dead-eye" drove onto the 9th green.

Just a reminder that registrations are now being taken in the Canteen for the 442 Squadron Annual (when we can hold it) Fish Derby on Friday, 24th of June.



THEY MOVED THEIR TAILS FOR OUR TAIL!"

The first of VU 33's Trackers to display the squadron crest is shown here. The painting of the crest was the culmination of much co-ordination between MCpl. Mike Anderson of VU 33 and Sgt. Ron Sawyer NCO I-C Base refinishing shop. The crest which was done by personnel of base refinishing represents the squadrons historical role. The waves and anchor pertain to the ship side of the Navy and the Wings and blue sky represent the Air Arm. The chain illustrates the role of the squadron linking the two by the performance of its tasks.

Base Photo

Lawn Care

If the grass is always greener on your neighbor's side of the fence, it could be you should change your method of lawn care.

Agriculture Canada turf specialist Bill Cordukes says homeowners with dense-growing lawns should catch

the grass clippings when they mow the lawn. Otherwise a thatch will form over the soil and water and fertilizer won't penetrate to the plant roots. He says an ailing lawn can be rejuvenated by punching out cores in the soil with an aerating machine in early May or late August.



WOODY HITS 10,000 - WO John Wood, Flight Engineer with the Four Hundred & Seventh Whale Killers, receives the 10,000 Hour Award from the "Smiling Bossman", Lt. Col. Bart Konings. John completed his 10,000 during a trip on Friday, May 13th. When asked to comment, he said that the next photo we get for the "Fishwrapper" will be of his 20,000 Hours Presentation. Good luck, Woody!!

407 Photo

Demon Doins'

DEPENDENTS DAY POSTPONED - As you likely know, 407 Squadron has postponed its Dependents' Day until Saturday, 28 May 77. Herman and the boys in VU33 held theirs last Friday as planned. So circle the new date on your calendar - you can watch cartoons and movies in the 407 Briefing Room while your kids are flying.

Things have been fairly quiet in the halls of the fighting 407. It was noticed that members of Crews One and Four were treading very lightly after their crew parties. The Crew Four bash was so good that Mike's neighbors joined in, - sure beats calling the gendarmes.

Best wishes to Jim and Louise McCutcheon on their marriage.

A recent arrival to the Demon den is Major Poirier, who is piloting with Crew Three. Also, welcome back to Al Scott, who is resuming flying duties with Crew Four.

We wish Rod Pearson good luck in his studies at the U of Sask. under the auspices of the UTPM.

The CO announced the ASV Competition crew last week.

The winner is - may I have the envelope, please - Crew Six. Have a good summer, guys.

If you, by chance, passed by the Nav Training Room last week, you might have noticed that it was actually occupied by navigators. The reason - the navigators were learning how to operate the HP 97 programmable calculator and most important of all, how to fill out the associated paperwork. Oh well, that's (?) progress. And according to people from 442, the life in the Officers' Mess is going to the dogs.

That's all for the week. Next issue we'll have names and pictures - of Dependents Day, that is.

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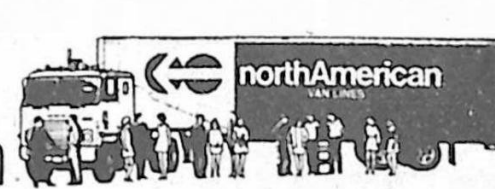
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... Action On The Flight Line

Nighthawks Nest

As we go to press 409 and the other ADG squadrons are preparing for Peace Mortimer. This exercise, to be held in Fantasyland, takes its name from what 409 will do in wartime and of course the name of a famous ADG Base Commander. During this exercise 409 will endeavour to show what they are here for. Some of the older guys (Dick Borys, John Bouchier) already know what they are here for and some of the younger ones are attempting to find out.

All the gliders and some of the aircrew will get their chance to show what can be done while operating in the daylight and, not having to watch for the coon in the moon, with the golden orb beaming down. They won't even have to watch for the hun in the sun - Dayfighter stuff, or the daughter in the water - Whalekiller talk. After all these years of making life the Lone Ranger or a Vampire Killer they are going to find out if all those stories are truth or just legends handed down through the ages from some guy who was the granddad of the mini jets.

The trip to Colorado Springs taken by Jon Alexander and Gerry Takach must have been a rousing success, so much so that Ron Coleman and Chester Jacobson (the one who is not married to the former Odette Gauthier) had to repeat it. If they didn't get it right then we'll have to send Verna and Dave Glover down to see if we can get it right. Thanks to Frank Martin, Fonz Wittich, Chip Lake and Chris Fordham for rescuing the Bopsi twins. While on their

annual Cross country trip to California they had to be rescued from Tuksun.

409 bids a fond and tearful farewell to Alexander W - smith. Chuck as he is known to his friends (and enemies) leaves after giving the second twenty years of his life to his queen (Gerry really appreciates this sacrifice). Chuck us d to search and destroy, then he plucked them and wandered by night as a phantom before finally finding out that Midnight is his noon. Chuck was for a while the asst. Ops Officer but he wasn't really cut out to an operator and his final position on the squadron was as i/c Control Approval Centre.

This most difficult position (It was a job till a major took over the slot) involved approving the excuses given by the engineering types why a particular aircraft won't be ready for a particular mission on time. After the engineers do the impossible and meet the deadline then Chuck has to approve the aircrews excuses why they couldn't make like Tonto and deliver the silver bullet as requested. Chuck is going to be sorely missed and will be replaced by John Bouchier, Hazen Codner, George Kulka and Bart Wickham for starters.

Chuck suffers from a similar malady as most Nighthawks except his heart runs away not his mouth. We wish Chuck all the best of luck

in his future endeavours as a Brain Surgeon.

Welcome back to James Reith who you may remember was learning about insurance. Jim needs a good secondary job now that he is the family's sole means of support (other than the government). Welcome also to Dave Armstrong who arrives via Prudhoe Bay. He will join George Kulka in the MG13 trouble shooting section.

Water Safety

Sharon Lough has been appointed one of the ten Area Consultants of the Red Cross Water Safety Service, B.C. - Yukon Division. This summer she will be stationed in the Northern Vancouver Island area to help carry out the aims and objectives of the Water Safety Service through various means; an extremely important one being the promotion of water safety through public education.

In 1976, during the months of May through to September approximately 80 persons drowned in British Columbia. With your assistance during the coming months she hopes to provide information to the public which will enable them to spend a safe and enjoyable time in the water.

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Air Traffic Control News

The last two weeks have been fairly quiet with the two main events being CI and the Gravel Pit opening. The base passed CI once again with the help of Oscar, Capt. Trev Jones and Art Brooks plus the Tower staff. Oscar is the on the scene controller and provides vital information to the Command Post during exercises while the Tower initiates the appropriate response with the crash bells and the PA system. Tower also has to provide outtings to the various response vehicles and keep them clear of A/C plus still provide ATC services to A/C operating in the area.

The Gravel Pit was officially opened on Friday 20 May by the Base Commander and the evening was a success. A Gravel Pit scroll was presented to Col. Mortimer making him a lifetime member and a Base plaque and Gravel Pit scroll was presented to Cpl. (almost civilian) Brian Pilon, who will be leaving for his job as Marine Traffic Regulator. Special thanks to John Fader and his helpers who put in a lot of time and effort organizing a real good party and to CE section who supplied the tarps that kept us dry.

Capt. Art Brooks our Standards Officer received a Good Show Award last week for an event that occurred last year during one of our "dark and dirty" days. A civilian pilot got lost in cloud and became disoriented, started to panic and called Comox for help. Capt. Brooks finally identified the A/C, guided him clear of the mountains and eventually set him up for a landing at Comox. The pilot had no IFR training and Art's calm voice, his instructions and professional attitude saved the plane and 4 people. Good work Art.

The section outdoorsmen are getting ready for the

camping season this year. Cpl. Brian Swallow has bought a used truck and camper and is busy re-doing the inside while M.Cpl. Wayne Wright, an ambitious chap, is building a camper from the ground up. He assures us that it will be ready soon, but we'll just have to wait and see. About half the section is planning a camping trip to Long Beach sometime this summer for a weekend of fun in the sun (hopefully).

If you see smoke coming from the Tower in the evening don't call the Fire department, it's just Dale Webb burning his hamburgers on a Hibachi set up on the Tower rail.

Word for the day - Par - Precision Approach Radar. PAR is a radar that can guide an A/C to the runway in poor weather by providing both azimuth (left or right of course) and elevation or glide path information to an A/C. A radar controller tells the A/C Capt. the headings to fly and

the proper descent to take. At 200 feet above the ground or 1/2 mile from the end of the runway the pilot has to see the runway and take over from there.

DJB

How To Plan For Your Retirement

One of the key questions in planning for your retirement, aside from what you are going to live on, is where are you going to live?

If you want to make a fresh start in a new place, it's smart to spend a few vacations investigating the living possibilities in the area you favor.



The Birds Are Here

And a recent ecological survey at CFB Comox tells why. It was noted that the local (and some visiting) Gull and Crow populations have been making the most of our waste food handling habits. Some have been noted regularly "doing the rounds" of messes, barracks, PMQ's, and (horror above all horrors), even the hangar line in search of discarded delicacies.

In the case of the gulls, these birds must fly across the airfield and runways to get from the nesting areas to the food, and create a potential flight hazard in that they are VFR without radio control. The Crows on the other hand, are smart enough to nest in the woods around the Base and are saved the dangerous

crossing to their Fly-In restaurants. This does not stop them from being a pest, however.

The Base has instigated a program to eliminate nesting locations of the birds by cutting down brush, landscaping, and draining watered areas. All this work is to no avail if the local bird population is able to get by as some other Canadians do - on handouts.

Help keep your pet Crow or Seagull from becoming a statistic (along with an aircraft and crew) by properly bagging and disposing of all garbage. If you must support a bird, do it away from the airfield - bird feathers are extremely difficult to remove from aircraft engines.

The Nice People



Windish photo

Eleanor And Reid Delong

The friendliness of Nova Scotia is very evident this issue with the introduction of the DeLongs, Eleanor and Reid.

To many of you, they will need no introduction as they have both been extremely active in Base-oriented activities over the past few years. The DeLongs arrived here in Comox in 1974, and since then have added greatly to many programs at CFB Comox.

Eleanor, born and raised in Nictaux Falls, Nova Scotia, was introduced to service life when she and Reid were married in 1965. She has been described by her many friends as that always cheerful, smiling, and wonderful neighbour who is a friend to everyone. To give you some appreciation of her dedication, here are some of the organizations she has served in the last couple of years: Secretary of the Wives Club, 76-77; President of the Chapel Guild, 1976; Secretary of the Chapel Committee, 1977; Brownie Leader 76-77; Sunday Nursery School Teacher, 76-77; working the AMU Coffee Counter for the Chapel Guild, 1976-77.

Husband Reid is actually Captain Reid DeLong, the smiling and cordial 407 Servicing Officer. Reid hails from Bridgewater, Nova Scotia, and joined the service in 1963 in Halifax, as an Airman. He received his commission in 1972 and after the "couth and culture" courses were over, he was posted to Comox in 1974.

While here in Comox, Reid's most active pursuit (aside from his primary role at 407 Squadron), has been his work with the Base Drug Program. It became a "labour of love" with Reid and his hours of dedication to the program certainly proved this out. Reid, along with the Drug Program staff, have produced two films which are presently being used in the Canadian Forces Training System. Even after leaving here, Reid intends to continue his involvement with the program as he has a deep "gut feeling" about the drug problem we are facing today in this country.

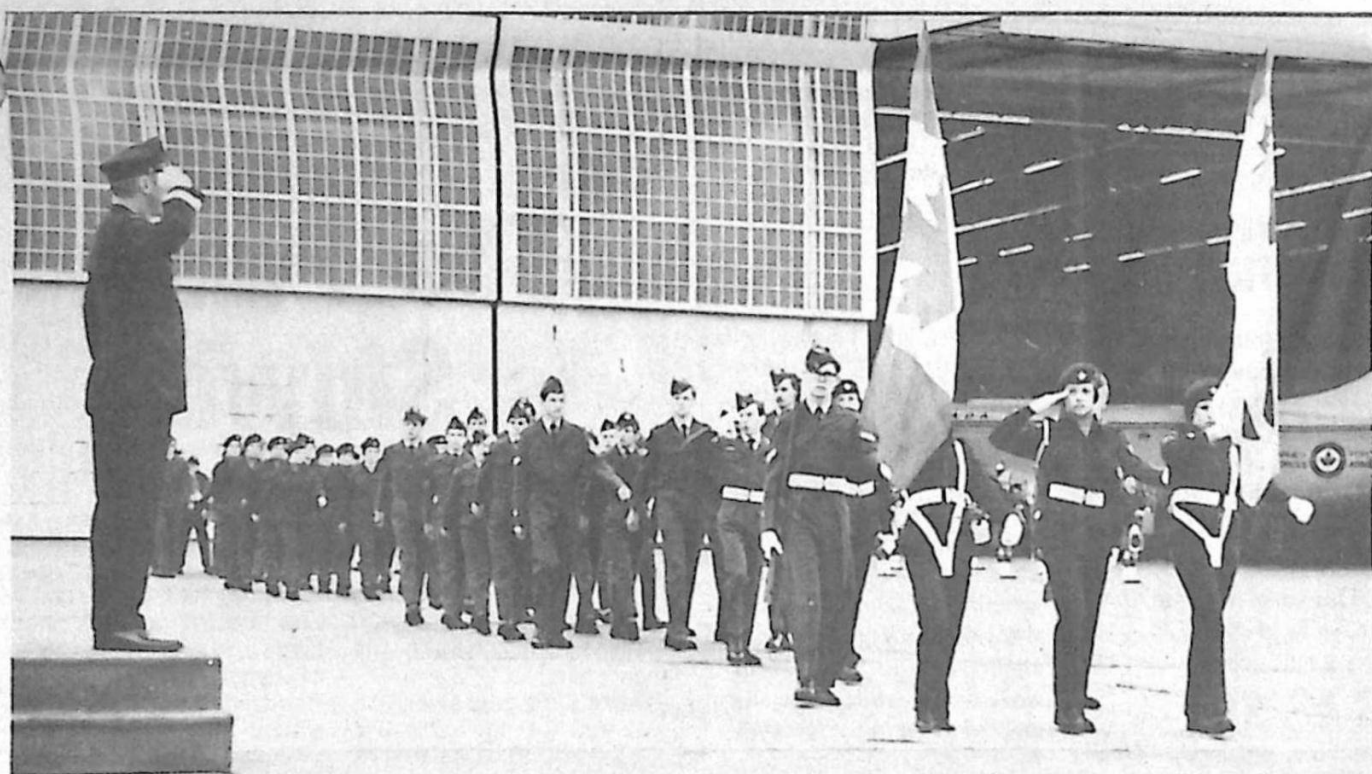
Aside from the Drug Program, Reid's involvement in community affairs also extends to youth, and he spends many hours working with the Air Cadet program both here in the Comox Valley and also in Vancouver.

Reid, Eleanor and their two children, Suzanne and Steven live in the PMQ's, and Reid even found the spare hours to act as Deputy Mayor during 1976.

This summer however, we have farewell to the DeLongs as they head back to "Bluenose Country". Reid has been posted to Maritime Headquarters and so the dedicated DeLongs will be sorely missed here at Comox.

To Reid and Eleanor, we say a fond adieu and wish them well in their new (or is that, old) surroundings. To the DeLongs then, a tip of the hat. You are truly among the NICE PEOPLE!!

Local Cadet Inspections



"EYES RIGHT!" L-Col. Read takes the salute of 486 Sqn., Royal Canadian Air Cadets at their annual

inspection held 19 May, at CFB Comox.

Hosford Photo



L-COL. FIELDING completes his inspection of Princess Mary's Canadian Scottish at their Annual Inspection held 18 May, at CFB Comox.

Hosford Photo

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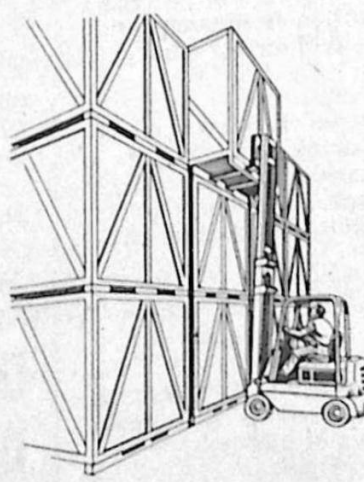
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More Visitors Classifieds

It is summer (well, almost anyway), in B.C., and once again CFB Comox is the "In" place to visit.

On May 28th, CFB Comox and 442 (T and R) Squadron will be hosting a visit by an estimated 30 members and their wives of 800 Wing, Victoria, and 808 Wing, Nanaimo, RCAF Association.

This has become an annual event of the CRAF Association and is looked on by the membership with much enthusiasm. With the increased coverage in the media of the Search and Rescue role played by the Canadian Forces, it was decided this year to stress the workings of 442 Squadron to the visitors.

Should 442 be unable to provide a program for the visitors due to operational commitments, an alternate with visits to the Tower and RATCON has been set up with Air Traffic Control.

Those in the RCAF Association are keen, interested people and are active in many flying activities including sponsorship of Royal Canadian Air Cadet squadrons across Canada.

Bedding Plants
Quality packs of vegetables and flowers only 75 cents. Visit the greenhouse at the Arderton Road Vegetable Farm; weekends from 9 a.m. to 9 p.m. Phone 339-4726.

FOR SALE: Woods Camping Tent, 9 x 12, sleeps 6 with divider in sleeping area. Dining compartment. Has small tent in one side. Used one summer. Originally \$250...will sell for half price. Can be seen at PMQ 108C anytime.

FOR SALE OR RENT: With option to buy. Two houses with two garages plus carport, greenhouse and horse barn, on five acres. If rented, \$175. for 2 BR plus acreage, \$125. for 1 BR. Located 5 miles north of Courtenay on Island Highway. Ph. 334-4889. H. G. Raymond, R.R. No. 2 Courtenay B.C.

FOR RENT: One and two bedroom modern apts. Good location - near new. Includes heat and hot water, w.w. carpet, drapes, stove, fridge and cable. Coin laundry. Adults, no pets. Cedar Apts., 1009 - 10th St., Courtenay, B.C. V9N 1R5. Ph. 338-8578.

ANNOUNCEMENT: RETIRING?

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NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT A TWO DAY PUBLIC HEARING WILL BE HELD COMMENCING AT 10:00 A.M. MONDAY, MAY 30 and TUESDAY, MAY 31, 1977 IN ISLAND HALL HOTEL & MOTEL PARKVILLE, VANCOUVER ISLAND

PURPOSE:

To hear presentations from interested persons or groups into those matters within the jurisdiction of the Standing Committee On Agriculture. The committee may hear submissions on:

- (1) Agricultural land - present and future requirements.
- (2) Cost of agriculture production and the impact of marketing boards on consumers and producers.
- (3) Pricing practices and merchandising methods of all phases of processing and handling of B.C. produced and competitive foods.

Anyone wishing to appear before the committee are advised that priority will be given to those persons with written briefs received not less than seven days prior to the hearing date.

L. BAWTREE, CHAIRMAN
STANDING COMMITTEE ON AGRICULTURE
PARLIAMENT BUILDINGS, VICTORIA, B.C.

EDITORIAL

Admiral's Warning

Vice-Admiral Boyle has stated once again in public that the Soviet Union is Canada's chief enemy, and that we could be at war by 1980.

Members of the Canadian Forces, who by virtue of their education, are familiar with the Soviet threat, will look upon such a statement as disheartening, but true, and consider it a warning not to relax our vigilance.

Unfortunately, to the vast majority of Canadians, Vice-Admiral Boyle's statement may mean something quite different.

Most Canadians have no knowledge of the Soviet threat and are not interested in hearing about it. They have lived quite securely and peacefully for more than a generation, and if they ever think about the Soviets, consider their intentions just as honourable and peaceful as our own.

To anyone who fails to perceive the Soviet threat, Vice-Admiral Boyle's statement will strike them as contrary to what they perceive to be true. Further, having assumed the media stereotype General or Admiral to be authentic, there is a good possibility such a person will consider the statement an expression of a man who has spent his whole life in the military learning skills related to warfare and now intends to

employ them, as opposed to that of a man who sees the distinct potential for conflict developing and is anxious to avoid it.

Rather than consider the statement a warning to guard more carefully world peace as a result of the constant Soviet threat, many will consider the statement unrealistic, inflammatory and itself prejudicial to peace. Thus, Vice-Admiral Boyle's statement may generate exactly the opposite reaction than intended.

Before the Canadian public will heed such a warning they must be informed about the Soviet threat. One who realizes that Russia still considers conscription necessary for all males, spends more on defence and research and development of arms than any other nation, and that she has the world's largest Armed Forces and the greatest megatonnage of nuclear arms, will understand Vice-Admiral Boyle's warning.

Whether Canadians are interested or not, they should be educated in the Soviet threat. An informed public may not change the course of history, but at least it would not be surprised if one day the Russian tanks, which are constantly on manoeuvres, and which recently have been racing right up to the east-west border, do not stop.

SMR

It's Your Money

Life insurance companies sell two basic types of insurance: term and whole life. With term insurance the company promises to pay the beneficiary a lump sum payment upon death of the policy holder at any time the policy is in force. It promises nothing further. If the policy holder does not die, no money will be received from the insurance company. Term insurance is the cheapest form of insurance while you are younger, since the rates are based on the company's estimate of your chance of dying. However, as you grow older the odds of dying increase and there is a corresponding increase in your premiums.

Whole life insurance offers the same lump sum payment upon death of the policy holder, and it includes valuable extras. If you've had the whole life policy for a few years and you're still living you may recover some of the money you've paid as premiums. You can either borrow against your policy or cancel it. In either case you could receive approximately one-half of the premiums you had paid to that date. With whole life you not only buy protection, you also accumulate savings. When you are younger whole life could cost four times as much as term insurance. However, the premiums do not increase as you grow older. Eventually the cost of term insurance will increase to the point where it will equal the cost of whole life.

Should you purchase term or whole life? Your insurance agent will probably suggest you buy whole life. His main reasons will be, the compelling nature of the monthly premium which forces you to save, income earned on the policy is tax free and the policy can be converted to cash — that is, borrowed against or cashed in.

When shopping for insurance, ensure the salesman advises you on the impact of inflation on the cash received from borrowing against or cancelling the policy, and that he tells you about the heavy administrative and selling cost of writing a whole life policy.

On the inflation issue, remember that if a whole life policy can be cashed in for \$5,000 in ten years, you might only have the purchasing power of \$2,000 today. Secondly, it is estimated that 25 per cent of your premium goes toward administration and selling costs, meaning the agent received a higher commission for selling this type of insurance.

With either type of insurance, upon death of the policy holder, any amount paid to the beneficiary is reduced in real value by the premiums you have paid. Consider a person who has a \$10,000 policy, who dies after having paid \$4,000 in premiums. Although his beneficiary will receive \$10,000 it has only cost the company \$6,000 as they will absorb the \$4,000 of premiums. So the higher the premium you pay the less the company loses.

Suppose you are faced with a choice between term at \$10 per month or whole life at \$40 per month. I would suggest that you buy the term insurance and open a savings account making monthly deposits of the \$30 you save by not purchasing whole life.

Not all policies cost the same nor do they provide the same level of benefits. So when you shop around be selective and include the Servicemen's Income Security Insurance Plan (SISIP) as an alternative.

If you have questions regarding insurance please call your Base Pension and Insurance Co-Ordinator Capt. McNeil at local 383.

L.F.M.

Succession Duties In Canada

The recent elimination of succession duties by the province of British Columbia has made for many inquiries into which provinces still apply a succession duty, and how recent changes might affect the serviceman being posted from province to province.

Here is an up-to-date, province by province, survey of where we stand on this subject.

Beginning with the eastern provinces, all of the Maritime provinces are now free of inheritance and gift taxes. Newfoundland repealed its laws effective April 9, 1974. Nova Scotia went out of the inheritance and gift tax business on 1 Apr. 74. Prince Edward Island was never effectively in, having repealed its laws with effect from 1 Jan. 72. New Brunswick did away with inheritance and gift tax on 1 Jan. 74.

The province of Quebec continues to levy succession duty and gift tax but as of 1 Jan. 77 the rates of duty were only 20 per cent of the rates which applied just after the 1972 Canadian tax reform. If Quebec continues the trend it has indicated over the last several years, then it too may soon be abandoning these fields of taxation.

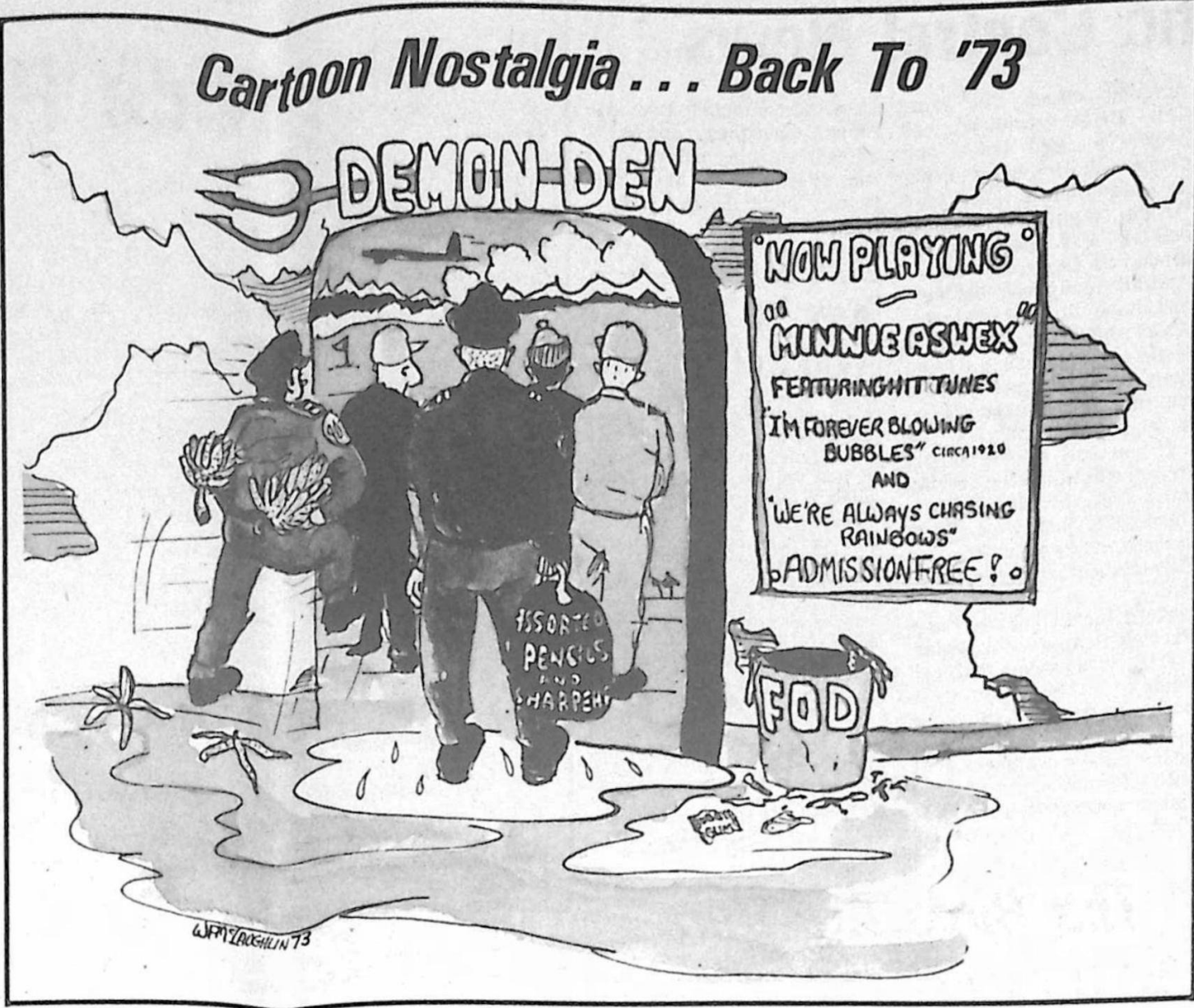
The province of Ontario continues to levy succession duty and gift taxes, although changes to the law in recent years have provided some generous exemptions from the tax in many cases. This province has not indicated any intention to abandon the field altogether, however.

Of the three Prairie provinces, Alberta has always been a tax haven for inheritances and gifts, but the province of Manitoba has levied the taxes continuously since 1972. The province of Saskatchewan announced its intention to abolish the taxes effective 1 January, 1977.

The Northwest Territories and Yukon, which are administered by the federal government, have no inheritance or gift tax.

And finally, of course, there is a recent B.C. Legislation which eliminated B.C. succession duty and B.C. gift tax effective at midnight on 24 January 1977.

One can only conclude



Karen Sanford Speaks Out

"A cry right from the heart". "A thorough and well researched paper dealing with the problems of the north with an eye looking at both the people and the environmental problems concerned."

These were some of the comments regarding the Berger Report made public this last week. Mr. Justice Berger has been working on a report on the proposed Mackenzie Valley pipeline through Canada's north and the results of his findings have been anxiously awaited. This is a very serious question in the minds of many Canadians and affects a large percentage of the population of the north.

Mr. Berger has recommended to the government that they scrap any plans of building the pipeline for at least ten years in light of the unsolved and unanswered problems in the north.

Mr. Berger has spent the last two years studying the

problems surrounding that area. His sensitivity to those living in the north is undisputed. He and his staff have spent countless hours talking to the people, discussing the problems they are facing in regard to a pipeline and generally the problems facing the north.

Throughout the Berger inquiry it became increasingly evident to Mr. Berger that there are a number of more pressing problems facing the north and its people, both native and white. The whole question of Indian land claims is something that must be settled before any more thought is given to a pipeline.

Berger's sensitivity to the overall picture is to be commended. He has taken into consideration not only the people involved but those who are not able to defend themselves at hearings and

meetings throughout the north.

The Wildlife and fragile nature of the northern environment has been given as much consideration as the people of the area. The north is unique in its array of flora and fauna. There are countless species that are to be seen only in that part of North America.

Time and time again we have seen the north ravaged in the name of progress. Progress that we have come to regret as time wears on. We have to take the environment that we live in much more into consideration when planning the future.

Mr. Berger has set a precedent with his style of inquiry. It is a model that will be used for years to come. Dr. Andrew Thompson is using the Berger format in the Kitimat oil port inquiry now in progress. Dr. Thompson has followed the Berger inquiry

with great interest over the last two years and he has said publicly that his inquiry will be a Berger type inquiry. We look forward to Dr. Thompson's findings and find it encouraging that the federal government has seen fit to carry on more of this type of inquiry to get the grass roots feeling of situations that have the potential to be socially and environmentally serious problems in the future.

We only hope that the government will listen to Mr. Berger and his recommendations and act in a responsible manner. It is the people and the environment of the north that must be considered in making this decision and not the wishes of the huge multi-national oil companies who are strictly profit motivated.

Karen Sanford
MLA Comox

Educational Heresy

by JIM SMITH

Sometime in the very near future — it may, in fact, already have taken place by the time you read this — Canada will celebrate a historic milestone. For the first time in more than 40 years, Canada will have (count 'em) one mil-

lion unemployed workers.

The last time so many Canadians were out of work, the official term was "depression". Today, it's known as "cyclical dysfunction", but that doesn't help the unemployed.

This isn't unemployment like we've known in the past. This unemployment is concentrated among the young and the unskilled. For the first time, unemployment is reaching into the homes of the well-to-do; the sons and daughters of the wealthy are as unemployable as every other youth.

What will happen to the newly graduated social workers? What will happen to the newly graduated teachers? What will happen to the newly graduated history experts? The answer is the same: nothing. Though there's a shortage of skilled labour, there is no significant demand for new administrators, teachers, or members of the traditional white-collar circle.

Eventually, society at large is going to recognize the obvious truth: our education system simply isn't preparing young Canadians for the realities of modern life. There is no point in training our youth for jobs in big institutions when big institutions can't absorb them.

Interestingly, the most practical approach to the current situation is being applied to a bunch of social drop-outs at Twin Valleys Community, a project of Ontario's St. Clair Community College.

The students at Twin Valleys are what society usually calls "drop-outs". It's equally valid to say, however, that there was never any place for them to drop in to. Canada has never taught self-reliance to young people so it should not be surprising that, faced with a need for independence, the young are unable to cope.

Twin Valleys teaches self-sufficiency. Students grow their own food, construct their own buildings, and learn about contemporary, people-oriented technology like solar energy. By the time they leave Twin Valleys — often only a few months after arriving — they have learned skills that make them readily employable in the outside world, even while university grads are looking desperately for work.

These one-time social misfits learn to adapt to society. They learn self-reliance. They learn skills. They are more than institutional cannon fodder. As far as the Canadian Federation of Independent Business is concerned education projects like Twin Valleys must become the wave of the future.

But there's an irony about the success of Twin Valleys. Even while we continue to pour dollars into university courses to teach skills that can never be applied in our economy, these children, the outcasts and rebels of modern society, are receiving first-rate practical education. Sooner or later, the upper and middle classes will recognize that the education system is ripping them off.

The Pulse Is Slowing

Let's call a spade a spade. And let's talk a language that everyone understands. No gobblegook. No confusing highly technical jargon. When your heart is threatened.

There's no guesswork in what you would do. You'd do everything possible to save yourself. The action you take would undoubtedly leave some scars. If it was open heart surgery the scar would be a big one. But with proper care and attention it would heal.

Let's look at our forests. They are the heart of the province. In more ways than one. They provide thousands of jobs. They do far more than most of us realize to maintain our precious water supplies. They contribute more than anything else to the "beautiful" in Beautiful British Columbia.

All of us know that. Right now that "heart" of our province is being threatened. It is being literally eaten away by countless insects. The pulse of the forest is slowing down. Maybe nature will provide the

cure, the surgery. She has before, and most likely will again. But when? In vast areas we have been waiting for eight years. The healing process hasn't even started yet. Meanwhile the heart is getting steadily weaker. Should we wait until it stops?

The Forest Service — responsible for the "patient" — with its variety of expertise in such matters, has carefully studied a number of possible remedies. Supported by outside authorities who are just as concerned about health and the environment as we are, the forest managers have prescribed spraying as the most effective and efficient way of arresting the problem.

It's intended to start the treatment early next month, in a region east of the Fraser Canyon. We must perform this treatment on our heart, our forest. If we allow this budworm disease to progress, the pulse of British Columbia might eventually stop.

It's as basic as that. Tom Waterland
Minister of Forests

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NEXT
TOTEM
TIMES
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MAY 30



TOTEM TIMES



Published every second Thursday, with the kind permission of Col. R. L. Mortimer, Commanding Officer, CFB Comox.

Editor: Al Wilson (371)

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

Editorial Staff: Chris Hosford, Norma Mortimer, Bill Ewing, John Windish

Photographers: Chris Hosford, John Windish.

Sports & Recreation: Gord Kruger (404)

Proofreaders: Blanche Campbell, Cecile Begin, Joyce Taylor and Rhona Windish

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Catherine Honoured On Retirement



THE BASE COMMANDER'S COMMENDATION was presented to Miss Catherine M. Aitken with the following comments: "Miss Catherine M. Aitken's distinguished and dedicated service spans 24 years at CFB Comox. Her skills coupled with a deep sense of loyalty have resulted in a most significant contribution being made to the operation of CFB Comox. Miss Aitken has consistently displayed the highest degree of efficiency and devotion in every

facet of her duties. Over the years, her counsel, compassion and support to civilian employees and their families in time of need have been a source of real comfort to many and a testimony to her truly humanistic character. The quality of excellence that she brought to her work will long be remembered and appreciated by the personnel of CFB Comox."

Base Photo

And More On The Birthday Party



Old Friends Share Memories



A Two Fisted Drinker...

Base Photo

Base Photo

'Chish And Fips'

A preference for life in a smaller community has brought a young Victoria couple to Courtenay to open the first Captain Scotts Fish and Chips restaurant north of Nanaimo.

Lorie and Bob Moore moved to Courtenay four months ago and recently opened their spanking new fish and chips shop at 307 - B 14th Street, at Cliffe Street, next to the Red Ruby.

Already they're convinced that it's the best move they could ever make.

"Everybody's so friendly and helpful," Lorie explained. Their two children, Wesley, 10, and Randy, 8, agree. They've settled easily into their new school, Puntledge Park Elementary, have joined a church boys' club, and are looking forward eagerly to summer camp on Quadra.

The Moores are experienced in the food industry, but this is their first restaurant. They owned and operated a grocery store in Victoria for almost three years before pulling up stakes in favor of Courtenay and Captain Scotts.

Their interest in a Captain Scotts franchise was sparked by an article in a Vancouver paper.

The Captain Scotts in Courtenay is one of more than 40 shops which the Victoria-based company has built in an expansion program that is fast becoming national and international in scope.



COP MAKES GOOD - MWO Les Routledge of the Military Police being congratulated by L-Col. D. E. Carney on his recent promotion. Obviously that time in the sand was not wasted Les....congratulations!

Armed Forces Day

OTTAWA — Armed Forces Day 1977 will be celebrated nationally on Saturday, June 25 - the first day of the designated Canada Week, Defence Headquarters has announced.

Canada Week, which culminates on Canada Day, July 1, is the week chosen by Federal and Provincial authorities to stimulate national pride, and National Defence personnel are working in close co-operation with Canada Week officials

planning Canadian Forces participation.

Many military Bases across Canada will hold "Open House" for the public, and activities scheduled include air shows, tours of ships, bases and units, displays of weapons and equipment, parades, band concerts, etc.

Also planned are special newspaper supplements and salutes by radio and TV stations across the country.

Armed Forces Day is a major annual event for the

military, designed to focus the public's attention on developments in the Canadian Forces. It provides an opportunity for the public to become better acquainted with Canada's military men and women and the roles they play in Canadian society.

Some bases will hold their Armed Forces Day at an earlier or later date because of other commitments. CFB Comox Armed Forces Day will be on Saturday July 23, 1977.

HIGHWAYS — NOTICE TO CONTRACTORS COMOX ELECTORAL DISTRICT

Bridge Project No. 1087: Black Creek Bridge No. 1062 - Contract No. 1 - General Island Highway.

The work to be carried out consists of the construction complete of a two-span, 120' prestressed concrete box girder bridge with a 39' - 6" roadway. The substructure is of reinforced concrete.

Full size drawings available.

Tender opening date: Wednesday, June 8, 1977.

SEALED TENDERS, on the forms and in the envelopes provided, accompanied by a bid bond or certified cheque as defined in the Instructions to Bidders, will be received by the Ministry of Highways and Public Works in Room 237, Douglas Building, Victoria, B.C., up to 2 p.m. (local Victoria time) on the day of the tender opening, at which time tenders will be opened in public. The lowest or any tender not necessarily accepted.

Tender forms with envelopes, plans, specifications, and conditions of tender can be obtained from the Ministry of Highways and Public Works, 3876 Norland Avenue, Burnaby, B.C. V5G 3T3 (telephone 294-4711), or from the undersigned for the sum of \$10.

If available, - full - size drawings can also be obtained for an additional \$10.

The Ministry "General Specifications for Highway Construction," to which the construction of this contract shall conform, are also available for the sum of \$10.

Cheques or money orders shall be made payable to the Minister of Finance. No such purchases are refundable.

Ministry office hours are from 8 a.m. to 4 p.m., Monday to Friday, except holidays.



Province of British Columbia Ministry of Highways and Public Works R. G. HARVEY Deputy Minister

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ANNOUNCEMENT



Fred Bosson and Bent Harder of Comox Valley Insurance Service are pleased to announce the association of

DICK MERRICK, B.Comm.

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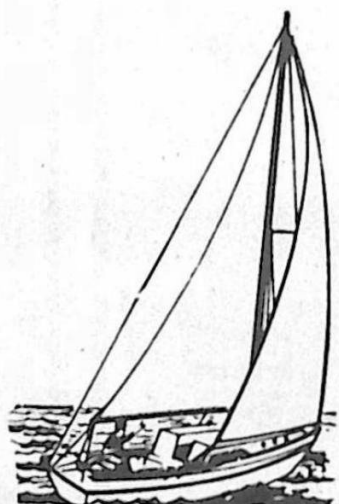


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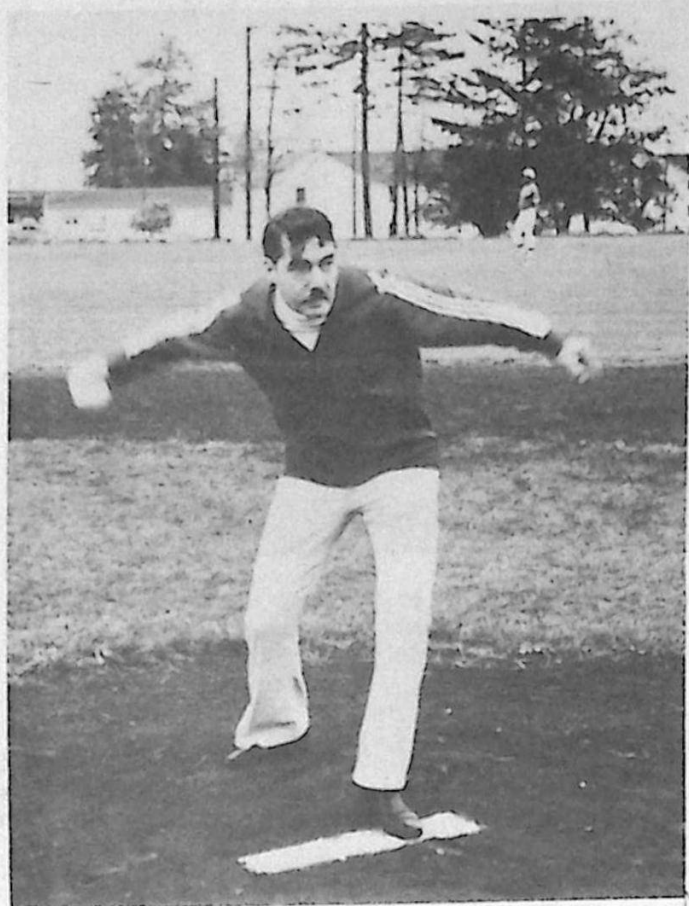
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Sports Beat Comox

Play Ball

Up Earls Alley



LT.-COL. JOE FIELDING throws out the first ball of the season as the Totems got underway for '77. The Totems are entered in the A Division of the local "Beer League" and if the first game is any indication of things to come we are in for a great season of entertaining fastball. Totems managed a victory in this first game against Leaky Logging in a finely pitched effort by Bill Hill.

Windish Photo

Rec Center Summer Hours

During the months June, July, Aug. the Rec Centre hours will be open 0730 to 1530 daily Mon. to Fri. The Rec Centre will close 27 May to 6 Sept. for evening and weekend play.

Organized groups holding special events may apply in writing to the BPERO for special consideration.

The New Westminster Bruins have finally won a Memorial Cup. The Bruins made it to the finals three times before lady luck did her thing. I had the opportunity to have had a look-see at the final game between the Bruins and the Ottawa 67s and it was a dandy. The Ottawa team probably were the classiest of the two teams, but the Bruins play that helter skelter type of hockey that kind of bashes the opposition senseless into the boards and then takes control of the puck. This is certainly not the way that I prefer to see the game of hockey played, but if this is what it takes to win well who am I to argue - but I will make this point: "How many players that have played for Punch in New Westminster have made it to the NHL?"

The Minor Hockey executives are still conducting meetings. It seems that the hockey season never ends - the ice is just removed for a short while during May and June - AND Sgt. Chub Lenz just informed me that he will not be putting the ice in next year.

And rolling right along with the hockey tidbits, Scotty Bowman, who has been cheerleading behind the Montreal bench for the past half decade or so, and I might add, "somewhat successful," is about ready to move to Vancouver and take over the complete operation. How does that grab ya - and you thought that the Sasquatch was a hoax? Father time, his wife, and their two sons have made the big move - not to the NHL, but to the New England Whalers of the What Hockey League.

The Base must be really well off as far as Umpires are concerned for the forthcoming season. The Clinic which was held the past week was hardly a success. All people that are interested in doing some games in the Inter-section are asked to contact the Rec Centre. To qualify, all that is required is that, a, you must have thick skin, and b, you have to be equipped with ear defenders. As a matter of fact did you know that there is a farm just down the road from here that has cross-bred chickens that are born with built-in "ear defenders"?

Last, but certainly least, the Toronto Maple Leafs are in the market for a new coach and GM. A few names have been mentioned, but the probable prospects have been Roger Neilson, coach, and John McLelland, as GM - any other suggestions?

They have come up with a new innovation at the Glacier Greens Golf Course. The head greenskeeper has been soaking the grass seed in beer prior to sowing - that way the grass will come up half cut - and with that little tidbit - the end - heavy?

Putting On The Dog

The Comox Valley Kennel Club will be holding their Annual Conformation Show and Obedience Trials through the weekend of June 17th to 19th at the Comox Valley Sports Center.

The shows and trials are open to all registered dogs, and judges from various parts of Canada will be selecting from amongst top dogs on

Western Canada and the United States.

Entries will close at the end of May, so there is little time left if you are interested in registering your dog. Entry forms are available from the show secretary, Betty MacKellop, R.R. 2, Courtenay. (338-8222), and further information is available from Joan Smith at 339-3924.

DIAMOND DATES

TOTEMS BALL

May 24 - vs. John Cliffe at CFB
June 7 - vs. Anchor at Lewis Pk.
June 14 - vs. Gulf Coast at CFB
June 21 - vs. John Cliffe at CFB
June 28 - vs. Anchor at Lewis Pk.
June 30 - vs. Gulf Coast at CFB
July 5 - John Cliffe at Cumberland

July 7 - vs. Leaky Logging at CFB
July 14 - vs. Anchor at CFB
July 21 - vs. Gulf Coast at Lewis Pk.
July 28 - vs. John Cliffe at Cumb.
Aug. 4 - vs. Anchor at CFB
Aug. 9 - vs. Leaky Logging at Lewis Pk.
Aug. 16 vs Leaky Logging at Lewis Pk.

Forces' Members Run

NORTH BAY, ONTARIO (NORAD) - Major General R. F. Herbert was among the invited guests participating in the awards presentation at the 1977 National Capital Marathon on the weekend.

The only Canadian Forces officer of General rank to hold the Physical Fitness Award of Aerobic Excellence, General Herbert was billed at the awards ceremony as the fittest General in the military.

The third annual marathon, run over the scenic parkway course in the city of Ottawa was featured as the opening event in the week long Spring festival.

The event is a highly competitive race with several categories of competition attracting top marathoners from across Canada and U.S.

It is also a popular fitness event, providing an opportunity for individuals of varying fitness levels to compete against the clock or simply to meet the challenge of running the full 26 miles.

Participants ranged in age from their early teens to a sixty years plus.

Over 1200 people ran this years event with Mr. Biron of Toronto placing first in a time of 2:18:00.

Pte. S. J. H. Tremblay of HMCS Skinna placed first in the 29 Canadian Armed Forces entries with a time of

2:45:18. Eight hundred and fifty seven people completed the race.

"It is apparent to me this event was brilliantly organized by the National Capital Marathon Committee, said General Herbert, "This is the type of event that emphasizes all that is good and worthwhile in families, civic organizations and sports enthusiasts. It is heart-warming, even inspiring, to observe the attitude of the officials, the runners, the volunteers, helpers and the thousands of spectators."

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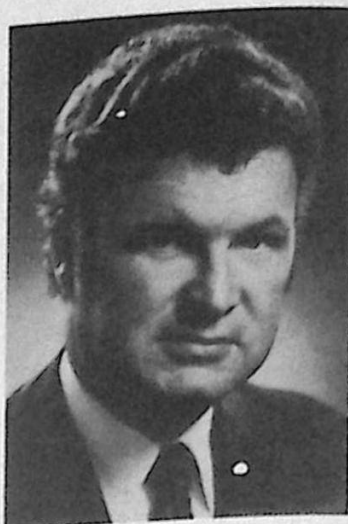
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British Columbia
Buildings Corporation
appointment



John R. Pitcher

The appointment of John R. Pitcher of West Vancouver as Chief Executive Officer of the British Columbia Buildings Corporation is announced by the Hon. Alex Fraser, minister responsible.

The Corporation was established by the Legislature to acquire, develop and manage property for which provincial government ministries will be charged rent. This concept, which is new to government in Canada, is designed to bring accountability to accommodation used by government throughout British Columbia.

Mr. Pitcher is a graduate in Commerce from the University of British Columbia and holds a Masters degree in Business Administration from the University of California.

He has had extensive experience in banking and real estate financing, development, leasing and operations management.

He was at one time Vice-President for eastern U.S.A. of the Abbey Glen Property Corporation of Toronto, and at the time of his appointment was western Canada regional manager for Polaris Realty (Western) Limited.

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Two Shows Fri. & Sat. -
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No Matinee This Saturday

Thurs. to Wed. - May 26, 27, 28, 30, 31, June 1

Burt Lancaster, Richard Widmark

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The day they took on the REAL Power!

MATURE - Some violence, coarse language throughout

Thursday to Wednesday - June 2, 3, 4, 6, 7, 8

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All-Niter Admissions \$3.25

Gates 8:30 SHOW AT DUSK

Thurs. to Sun. - May 26, 27, 28, 29

"CAR WASH" plus Robert

Shaw "SWASHBUCKLER"

Mature Entertainment

Thurs. to Sun. - June 2, 3, 4, 5

"RABID" plus

SECOND FEATURE

WO's & Sgt's Mess

ENTERTAINMENT

MAY 28th - SPORTSMAN'S BINGO & DANCE

Time: 2000 hrs. Band: Alley Cats - 2200 - 0200 hrs.
Food: Chicken & Chips. Admission: Members and Associates \$2.00
per person. Honorary and Guests: \$4.00 per person. Dress: Casual.

JUNE 3rd, 10th - TGIF

JUNE 11th - SUMMER BALL

* Food: Veal Cordon Bleu.

* Music by SOUNDCRAFT

* Dress: Semi-formal

* Admission: \$12.00 per couple Members and Associates; \$20.00
per couple Honorary and Guests. Admission includes bottle of
wine.

* Dining 2000 - 2130 ☆ Dancing 2200 - 0200

* Reservations and Acquittance Roll at Mess Manager's Office.
Limited to 150 persons.

OFFICER'S

MESS

ENTERTAINMENT

SATURDAY, MAY 28th - "ITALIAN NITE"

Dinner 2000 - 2200 hrs. Dance to "Sound Craft" 2130 hrs. - 0130 hrs.

Dress - Informal. Reservations by 1500 hrs. Thursday, May 26th. \$7.00
per couple, \$10.00 per guest couple.

SATURDAY, JUNE 3rd, 17th, 24th

TGIF

SATURDAY, JUNE 4th

Hawaiian Night

FRIDAY, JUNE 10th

Mess Dinner

SATURDAY, JUNE 11th

407 Sqn. Super Demon Night

Jr. Ranks Club

June 3, 4, 5 -

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June 8 -

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June 11, 12 -

PRIMO

June 12 -

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June 18, 19 -

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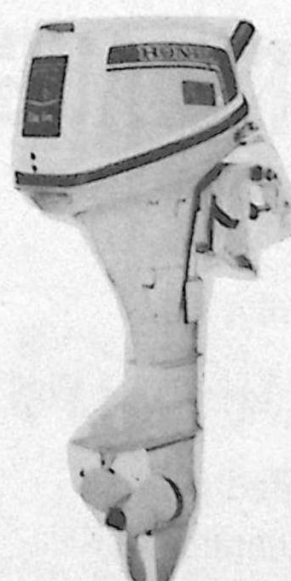
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Pie-Eyed Piper Of Comox



NO! IT'S NOT THE BASE DEFENCE FORCE - It's just Lt.-Col. Joe Fielding leading a pack of C.E. Golfers to the tunes of the pipes. Occasion was the third annual construction engineers Golf Tournament held at Glacier Greens recently. Lt.-Col.

"Joe" went on to open the tournament with a devastating smash off the tee and the C. E. Golfers went to break all records.

Base Photo

CANADIAN FORCES SPORTS CHAMPIONSHIPS PACIFIC REGION CALENDAR OF EVENTS 19 TO 19

ACTIVITY	REGIONAL HOST BASE	DATE	NATIONAL HOST BASE	DATE
GOLF	CFB CHILLIWACK	22-25 AUG. 77	TBA	4-9 SEP. 77
SOFTBALL - SMALL BASE	CFB COMOX	25-27 JUL 77	-	-
SOFTBALL - LARGE BASE	CFB COMOX	11-13 AUG. 77	CFB WINNIPEG	18-23 SEP. 77
TENNIS (M&F)	CFB ESQUIMALT	19-20 AUG. 77	-	-
SOCCER	CFB ESQUIMALT	8-9 SEP. 77	CFB MONTREAL	9-14 OCT. 77
AREA No. 1 SERVICEMEN'S SOFTBALL	CFB ESQUIMALT	26-29 SEP. 77	-	-
FLAG FOOTBALL	CFB COMOX	27-28 OCT. 77	-	-

Hackers Attack

The CFB Comox Construction Engineers' Third Annual Golf Tournament emerges bigger and better in each year of its growth, with participants coming from Winnipeg, Cold Lake, Chilliwack, Edmonton, Esquimalt and Comox. The Tournament was kicked off by Lt. Don Corbett on the pipes leading the way to the first hole where LCol. J.E. Fielding hit a 250 yard drive to declare the tournament officially open.

I don't know if the fairways will ever be the same! Can you imagine turning fifty eager-beavers loose? However, it ran without a hitch due to the fact that beavers are engineers and think things out prior to attacking the matter at hand. On completion of the game the 19th hole was active and some of the topics were as follows - "I wish I'd had a couple of drinks prior to starting to settle my nerves." - "Why so early in the morning?" - "I'm just getting too old." - "Imagine, I rung nine cups!" - "Why are the roughs so long?" - however some came to take the game seriously and emerged prize winners -

1st low gross - Bob Marsters (Edmonton).

2nd low gross - Keith MacKenzie (Comox).

3rd low gross - Arnie Kaland (Comox).

1st low net - Ted Hornsby (Esquimalt).

2nd low net - Bob Henderson (Cold Lake).

3rd low net - Fred Mills (Chilliwack).

Closest to pin - Tom Finnie (Comox).

Hidden hole - Mike Trumble (Comox).

Pig of the course - Cam Hayward (Comox).

On closing, we're looking forward to seeing a bigger group next year, and to the losers - Better luck next year!



Which Way To The Dam

Chapel Chimes

CFB Comox Totem Times 7

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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 all Masses and at other times upon request.

CATECHISM CLASSES: Catechism Classes for Grades 1 to 8 are held regularly each Wednesday evening from 6:30 p.m. to 7:30 p.m. at the Airport school in PMQs.

BAPTISM: By appointment. Instructions for parents required prior to Baptism.

MARRIAGES: Minimum of three months advance notice. Marriage counselling and preparation courses are required prior to marriage.

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D. Snowshoeing	1½ miles	1 pt.
E. Skating	2½ miles	1 pt.
F. Walking	3 miles	1 pt.
G. Bicycling	6 miles	1 pt.

Contact the Rec Centre Staff for further information, Local 315. This award is available from Command and if you are not recording your efforts why not do so NOW and compile your points.



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3. CENTRAL COURTENAY

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4. SPANISH CALIFORNIA LOOK

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5. WATERFRONT HOME

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6. GOOD BUYS

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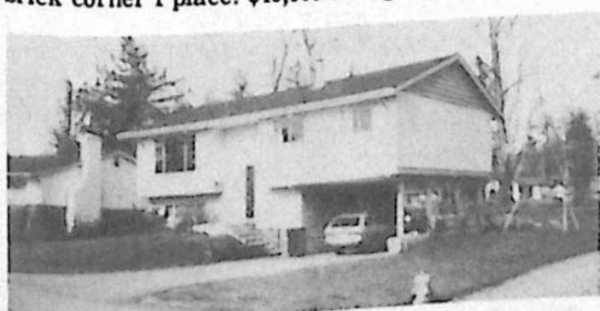
7. NEW HOMES PRICED IN 30's, 40's, 50's & UP

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Priced at \$45,900, 1056 sq. ft., 3 bdrms. up, one partially finished down. 2 bathrooms, one up and one down. 2 f'places.



8. COUNTRY HOME

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9. GULL AVENUE, COMOX

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10. COMOX AVENUE, COMOX

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11. CAPE COD STYLE (1 of number of similar types)

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Adventures Of Superteck

BY A.C. EINE

Part 18

Superteck, you may recall if you've been following his erratic path, is not only a dedicated Airman, but also doubles as a newspaper reporter whenever he sets his mind to it. This, of course, without the knowledge or consent of his military leaders.

He had managed to survive the last adventure by toeing the proverbial mark and doing what he was told and when he was told for a change. His reward for such diligent (and unusual) behaviour was a long weekend off. Now maybe he could mend a few fences down at the offices of the Boatum Bi-Weekly Scandlerag. The editor, J. Bertrum Bignickel, had expressed the opinion that he wasn't sure if Superteck (or "Ink", as he was known there), worked at the paper or just came around now and then to ogle the secretaries and listen to the latest jokes.

The time could also be used to try to straighten things out with Pearl Pureheart. In the last short while, he'd broken dates with her and then disappeared each time. He might even find out what had happened to "Bumps" LaHanche, his rather pneumatic and ultra-sexy, girlfriend.

Bright and early (well, at least for him), he swung his Corvette into the parking lot of the Scandlerag. He used to fake it by leaving the Corvette in the garage and driving a beat-up '49 Studebaker in his reporter disguise, but had got tired of all the changing around. Unfortunately for him, he was paying more attention to the past than to the present and almost ran over his esteemed editor, J. Bertrum Bignickel. The worthy gentleman managed to leap back out of the way but made his feelings at such an outrage known to all within shouting distance.

"Blotter, you Knothead!! What do you think you're doing? It's bad enough, you're never here, but when you do come in, you try to kill me!" Superteck (alias, "Ink", Blotter), was so shaken by this outburst that he lost control of the Corvette just long enough to allow it to gouge a narrow but impressive strip of paint off the side of Bignickel's car. This was NOT going to be his day, he just knew it!

He parked the Corvette, almost missing the slot entirely. He could see that Bignickel was going to stand there until he joined him. In his haste, Superteck almost fell out of the car. It didn't do him any good, the editor was not smiling.

"Where the devil have you been? You disappear for days on end, stop by long enough to drop off a story, and then disappear again. If I was paying you an hourly rate, you'd owe me money. Get up to my office as soon as you hang up that so-called coat. I don't want to contaminating my furniture."

Superteck cringed. Bignickel had been after him for weeks, but he'd so far ducked the confrontation. There was no escape this time.

After tossing his coat at the rack - and missing - he went up to the editor's office ... and walked face-to-face into Pearl Pureheart!

"Well, well!! The rovingest of roving reporters!! Where have you been this time, in the high Andes? Or perhaps following a lead in Timbuktu? Anyway, you are home just in time to cover a war ... between you and me!!"

"Ah... umm... er... I have to see Bignickel. Can we talk afterwards? Please?"

"Sure! You can buy me the most expensive meal in town and talk all you want. I can't wait to hear your story ... I love fiction!" She ended the

conversation by kicking him in the shin.
Superteck limped into the editor's office. He sat down,

rubbing his damaged shin and smiling wanely.
"Blotter, you've been working here almost a year.

Outside of the fact that we rarely see you, I can't really complain. The material you do hand in is good and usually

gets a response from the readers. This last disappearance is just once too often, though! I've been wanting to discuss something with you for weeks but you're never around."

Superteck shifted uncomfortably.

"Sit still! I'm not through with you yet. This letter came to me, and I want you to read it." With that, Bignickel stretched across the desk, to hand the letter to Superteck.

That's as far as he got. The office door suddenly burst open and someone stuck his head in long enough to shout, "There's a dirty-great fire burning down at the oil storage yard!"

The effect was likened to a hand-grenade being tossed in. Bignickel's jaw dropped open allowing his cigar to fall to the desk-top. At the same time, the letter fluttered to the floor. Superteck stood up, shoved the chair aside and ran out the door. Something like this was a perfect escape.

He whistled up a photographer as he ran through the main office. He had a feeling that this was going to be a big one.

He started for the Corvette but changed his mind. Better to take a company van; the photographer would have a higher vantage point to work from and also room for extra gear.

Superteck kept his foot down as he headed for the fire site. There was plenty of smoke billowing overhead, and he could hear the sirens of the responding fire trucks. The radio mounted in the van was alive with calls for more equipment.

The police had blocked off access to the fire, but waved the well-marked van through. Ah, the power of the Press!

He parked the van out of the way of the fire trucks. He grabbed up a tape recorder and left the photographer to do his thing. He trusted the guy to get the shots needed.

"... a flamin' hero."

He scrounged up a helmet and protective jacket from one of the fire units. Exploding drums sent flaming liquid in every direction and he didn't want to get burned.

As he watched, one exploded drum bounced across the yard. Before he could yell a warning, the flaming drum cut down a fireman that stood hosing down a still-untouched storage tank. Superteck paused long enough to put the tape-recorder aside then sprinted across to the downed fireman. Without thinking, he stripped off his borrowed jacket and used it to snuff out the flames on the man. Then he dragged him out of the way. With the man safe, he pulled the jacket back on and took over the hose.

For the next fourteen hours, he worked alongside the fire fighters to battle the blaze. Finally, outside of the mopping up, the danger was over.

Superteck tossed the borrowed gear on the nearest truck as he picked his way over the tangle of hoses back to the van. The photographer was nowhere about, and the tape-recorder was missing as well. Superteck shrugged and then took a look down at himself. Oh great!! A forty buck pair of Wellingtons ruined by water and oil, and his slacks had burn marks up to where the jacket had hung. He wondered if Bignickel would go for the replacement cost on his expense voucher.

As he manoeuvred the van out of the yard, he had a sudden thought; all those tiresome fire lectures at the hangar had stood him in good practice. The methods taught by the Fire Fighters at the Base actually worked.

A bunch of the newspaper staff were standing around the front door of the building as he pulled into the parking lot. For the second time that day he almost fell as he got out of the van. This time however, it was from exhaustion.

As he straightened up, a flash-bulb went off. J. Bertrum Bignickel pushed his way through the gathering crowd and grabbed his hand. "Congratulations, m'boy!! That was brave work you did out there today. And saving that fireman!! What a hero!!"

Superteck was a bit stunned. What was going on?

Somebody thrust a newspaper at him. Bignickel went on, "We put out an Extra as soon as we could. Look at this headline!"

Superteck blinked and read the front of the paper.

"Local Reporter Saves Fireman!! Ace Reporter, 'Ink' Blotter today pulled a downed fireman away from the conflagration at the local Esso Oil Storage yard after the man was knocked to the ground by a flaming oil drum. Without any regard to his own safety, the reporter pulled off his jacket and used it to smother the flames covering town fireman, Quince 'Smokey' Wright. After pulling the man out of danger, 'Ink' Blotter took over his post and worked alongside the firefighters to bring the blaze under control."

The story was accompanied by a large photo spread across half of the front page. His photo! Dragging the fireman away from the fire.

Superteck could hear the words of praise from the surrounding newspaper staff, but all he could think of was, if they see this photo at the Base, I'm going to have some tall explaining to do!!!

Our boy's a hero, and it's well advertised. Just what he needed!! What will happen when his bosses at the Base find out? Will they pat him on the back or throw him in the slammer for being a reporter?? I guess you'll just have to read the next issue of the Totem Times for;

The Adventures of SUPERTECK!!!

Canadian Military Aircraft



Hawker Sea Fury XI

The Sea Fury was the last piston-engine fighter to serve in the Royal Canadian Navy before being replaced in 1954 with McDonnell Banshees. Because of its powerful Bristol Centaurus engine, the Sea Fury had a performance comparable to the best land-based fighters of its time. Aircraft TG 119 was donated to the collection by Bancroft Industries Limited.

Part Twelve - Hawker Sea Fury.

BY EWING

The Royal Canadian Navy had the distinction of being equipped with the fastest production propeller-driven aircraft in the world. From May 1948 until replaced by the McDonnell F2H - 2 Banshee, the Hawker Sea Fury led the pack. It was however, the first of Canada's fighters to serve without ever serving combat duty.

A total of 75 Sea Furies served with four of the RCN's fighter squadrons, 803, 883, VF 870 and VF 871. As well, the aircraft were flown by VX-10 Experimental Testing Squadron and VT-40 Training

Squadron. All were stationed at the Royal Canadian Naval Air Station at Shearwater, Nova Scotia, or on board the RCN Light Fleet class Aircraft Carrier, HMCS Magnificent. The Sea Fury was gradually withdrawn from active service starting in 1955, and was fully retired by 1957.

The Sea Fury was a true fighter-bomber, being equipped with four 40mm wing-mounted Cannon and under-wing attachment points for rockets and bombs. The Royal Navy operated the aircraft against the Chinese Communists in Korea and to two Sea Furies flown from HMS Ocean goes the first

"kill" of a Mig 15 jet fighter of the Korean "Police Action".

The Sea Fury could be a handful for the unwary pilot as the Bristol Centaurus sleeve-valve engine and large five-bladed propeller made the aircraft susceptible to Torque-Stall. Many were lost when the pilot made too sudden a throttle application.

Only two Sea Furies remain on display in Canada, one outside the Naval Division at Calgary, and the second as part of Canada's National Aeronautical Collection in Ottawa. A few others managed to escape the wrecking yard, and are currently being flown in the United States.

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YOUTH CONFERENCE - Happy faces are the best testimony of the success of Courtenay's first Youth Conference. The Conference was held May 9th and sponsored by the Knight's of Columbus and assisted by the Catholic Women's League of Courtenay and C.F.B. Comox. Several youths and helpers

from the Base were present. Mel Barrie was the Leader of this venture and due to the response plans for a similar day at C.F.B. Comox are being contemplated.

Amirault Photo



SMILE MOM! Mother's Day was an appropriate day for the installation of the executive for 1977-78 of the Catholic Women's League of C.F.B. Comox. From left to right Helen Taillon, Treasurer; Dawn Cope, secretary; Olga Fielding, 1st vice-president; June Bourrie, President; Father Swoboda,

Director; Beverley Pierce, Past President; Doreen Johansen, 2nd Vice President; Lucille Amirault, 3rd Vice President. Meetings are held every second Tuesday at 7:30 p.m.

Amirault Photo

PMQ Preamble

BROWNIES AND GUIDES.

The 3rd and 6th Brownie Packs held a Revel on Saturday, May 14th. The opening was held at the School and then moved to the Sand Pits for a much enjoyed weiner roast supplied by DND. The festivities came to a close at 1430 hrs. The District and Division Commissioners were in attendance, and members of the 2nd Comox Girl Guide Company lent a hand in the doings.

The 6th Brownie Pack will be closing for the summer

season following their annual Mother-Daughter Banquet on May 26th.

The 2nd Comox Girl Guide Company will be joined by the 3rd Brownie Pack for a Fly-up on the 26th of May. Following this ceremony, the Guides will close for the summer.

The 3rd Brownie Pack will hold their Mother-Daughter Banquet on the 31st of May, and that will be their final assembly for the summer.

A PICNIC

The Protestant Chapel Sunday School and Congregational Picnic will be

held at Air Force Beach on the 5th of June. Let's all hope that the weather co-operates!

OPEN MEETING.

An Open Meeting for PMQ residents will be held at the School Auditorium on Tuesday, May 31st, at 20:00 hrs. Please plan to attend. Come on out and take part in an open forum with the Base Section Heads, PMQ Councilors and YOU!! Come, and bring along your beefs and ideas. Fliers will be distributed to each householder this Thursday and Friday.

GREENHOUSE NEWS.

Some plants will be available for PMQ residents commencing Thursday, the 26th of May at 1300 hrs. They will be placed in front of the Greenhouse by the BX Garage. Please bring your own containers.

BOY SCOUT DRIVE.

There will be a Boy Scout Bottle Drive taking place on Saturday, the 28th of May. This will be the final bottle round-up of the current season and it is hoped that all those called upon will have empties for the Scouts.

Femme Gen . . .

BY ELIZABETH GRAHAM

I had a disaster in my home the other day. My dearest friend Dot was visiting when my cousin Evelyn popped in. You remember Evelyn, she's the one who writes all those letters to our relatives, reporting on our progress here in Canada. She's the 'bright one' as my mother is always telling me. She's the one I'm supposed to set an example for since I am older than she is (11 days, 25 minutes and 6.2 seconds). But, as Evelyn is always saying, she's much brighter than me, so she sets the example.

Anyway, as I was saying, Evelyn popped in while Dot and I were having a great gossip. I have known Dot for as long as I have been married. We have 'camp followed' our spouses all over

Canada, and have been very fortunate to meet up with each other every two or three postings. Dot's husband was posted here last year, but because she has five kids, no money, and her husband is a slob, we don't get to visit with each other very often, so when we do get together we have a great time.

Evelyn arrived at about quarter past four in the afternoon, which is most unusual, her normal pop in time is about eight thirty a.m. when I'm still in my housecoat, hair uncombed, beds unmade and the breakfast table looking like a battlefield on which both sides incurred heavy losses. But there we were, gossiping at a table dotted with coffee rings, overflowing ashtrays, and the kids parked in front of the T.V.

There's no doubt about it, we got off to a bad start. My fatal error was in introducing them. As I did, I reminded Evelyn that Dot was my friend from C.F.B. Wahsit. Evelyn immediately withdrew the hand she was offering Dot, looked at me, raised her eyebrows, nodded knowingly and said "Oh, THAT one!" Then turning to Dot with a smile, sweetly asked, "Do you still have a drinking problem, dear?"

Gawd! There is absolutely nothing that you can say at a time like that. After swallowing my heart, I 'suddenly' noticed the time and with a great flurry proceeded to bang pots and pans around in preparation for dinner, while Dot's eyes, radiating "How could you...?" bored into my back. Nothing was improved by Evelyn's reminder that it was good manners to offer guests coffee, and that it looked as if

my friend could do with a refill - if it was coffee we had been drinking.

Poor Dot. I must admit she couldn't make a graceful departure, we had three of her five kids glued to the T.V. and no transportation until the 'slob' picked her up. I'll have to hand it to Evelyn, it's the only time I've ever seen Dot at a loss for words, it takes a 'big' person to do that.

I guess Evelyn must have taken pity on her though, because while I slaved over a hot stove they became quite friendly. Of course, they did have one thing in common - me, and after Evelyn's opening speech, Dot was more than eager to listen to all my shortcomings, of which Evelyn drove Dot home. It wasn't until an hour after they left that I discovered that I had an extra kid, Dot's six year old, 'Swamp'. I've still got him - and I haven't heard a word from Dot, or Evelyn.

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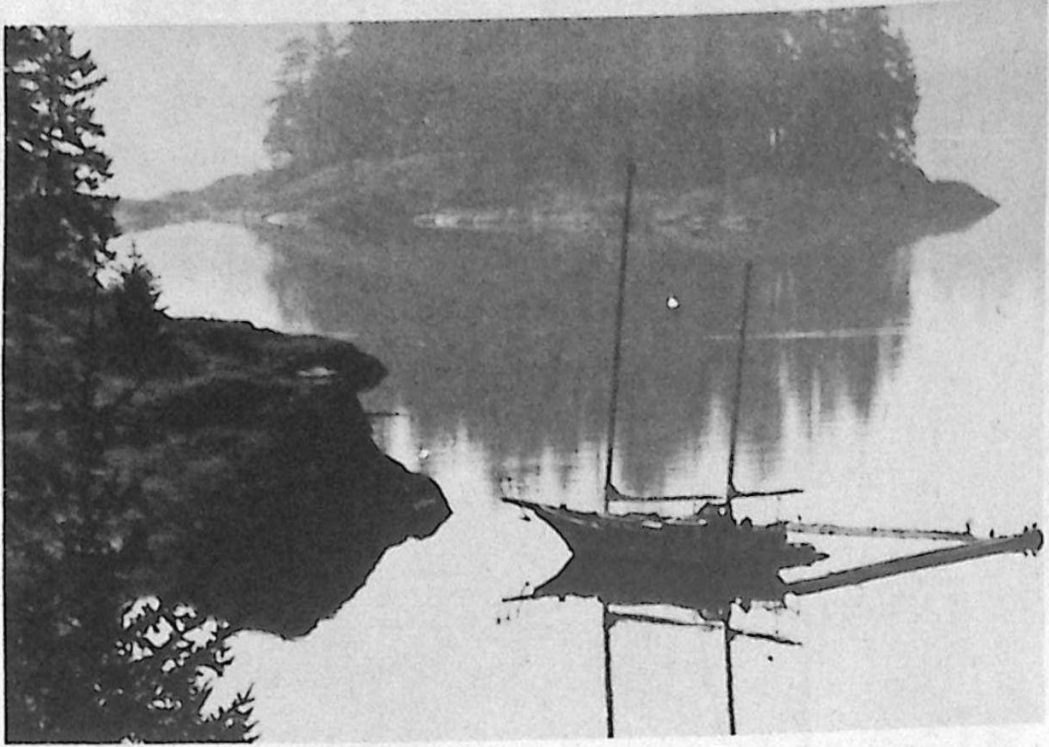
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Outdoor Feature - Quadra Island



Gowlland Harbour, Quadra Island, B.C.

Love an island? British - Columbians have hundreds to explore and Quadra Island is one of their favourites.

Quadra, halfway up Vancouver Island's sheltered eastern shore, is reached by a 12-minute car ferry from Campbell River.

The island is nearly 15 miles (24 kilometres) long - one of the largest along Georgia Strait - and swift tidal races are its coast's feature: Okisillo Channel in the north, Surge Narrows to the east,

and Seymour Narrows - site of the once-dreaded Ripple Rock - to the west. Rock-studded inlets and curving bays deeply indent its shores. And Quadra's history is as intriguing as its jagged coastline.

The island is named after Juan Francisco de la Bodega y Quadra, Knight of the Order of Santiago and governor of the early Spanish settlement at Nootka in 1792. That year, Captain George Vancouver's

sloop Discovery arrived off the steep bluff at the island's southern tip.

Exploring up from the Juan de Fuca Strait, Vancouver probed into the passage west of Quadra Island and found the route he had sought - through to Queen Charlotte Sound and the Pacific Ocean.

Not far from the Cape Mudge Lighthouse, which marks the entrance to Discovery Passage, was the Euclataw Indians' strong

stockade. Here they had battled the Royal Navy's gunboat Forward when she steamed north in 1860 to arrest members of a hunting party who had attacked white migrants.

Today, the Indians operate the successful We Wai Kai campground on beautiful Drew Harbour. This campground has over 100 forest and beachfront camping spots with good facilities.

The Drew Harbour anchorage, where sleek white cruisers drop anchor for the night, is protected by a mile-long sliver of land. This is Rebecca Spit, one of the loveliest provincial picnic parks.

In pioneer times, the Spit was a favourite site for day-long picnics that brought the isolated immigrant families together.

Quadra's rock shore is a rich foraging ground for shellfish lovers. Clams and oyster feeds are so popular that limits are placed on the number of shellfish an individual may take.

A notice at the park entrance states: "Oysters - 25 in the shell or one quart of shucked oysters per person", and "Clams - 24 per person per day."

The region's economy leans heavily on the sea's bounty. The huge, hard-fighting tye hooked from the tidal waters have record weights and sportsmen from around the world, seeking one of these mighty salmon, zero in on Quadra.

The gravel roads at the island's northern end lead to freshwater lakes, the old Finnish settlement site at Granite Bay, and the 'Lucky Jim' mine, a deposit of gold and copper that was discovered when workmen were laying a logging railway.

Around the Cape Mudge Lighthouse are Indian petroglyphs to explore and more.

A day's trip to this explorer's paradise is not enough. There is much to be found. So, stay awhile. Quadra Island may turn out to be your special island. It's worth a piece of your time. (Courtesy Dept. of Tourism - B.C.).

Essay Contest

Secondary school students in British Columbia are getting a chance to win \$500 - and see their names in print in Beautiful British Columbia magazine.

The magazine, published by the Tourism British Columbia section of the provincial government, is sponsoring an essay contest for all secondary students in the province.

Topic for the contest is "Tell the World about British Columbia"; essays should be of a type that can be used in the magazine. Entrants are strongly advised to read the magazine to determine the type of material that is acceptable.

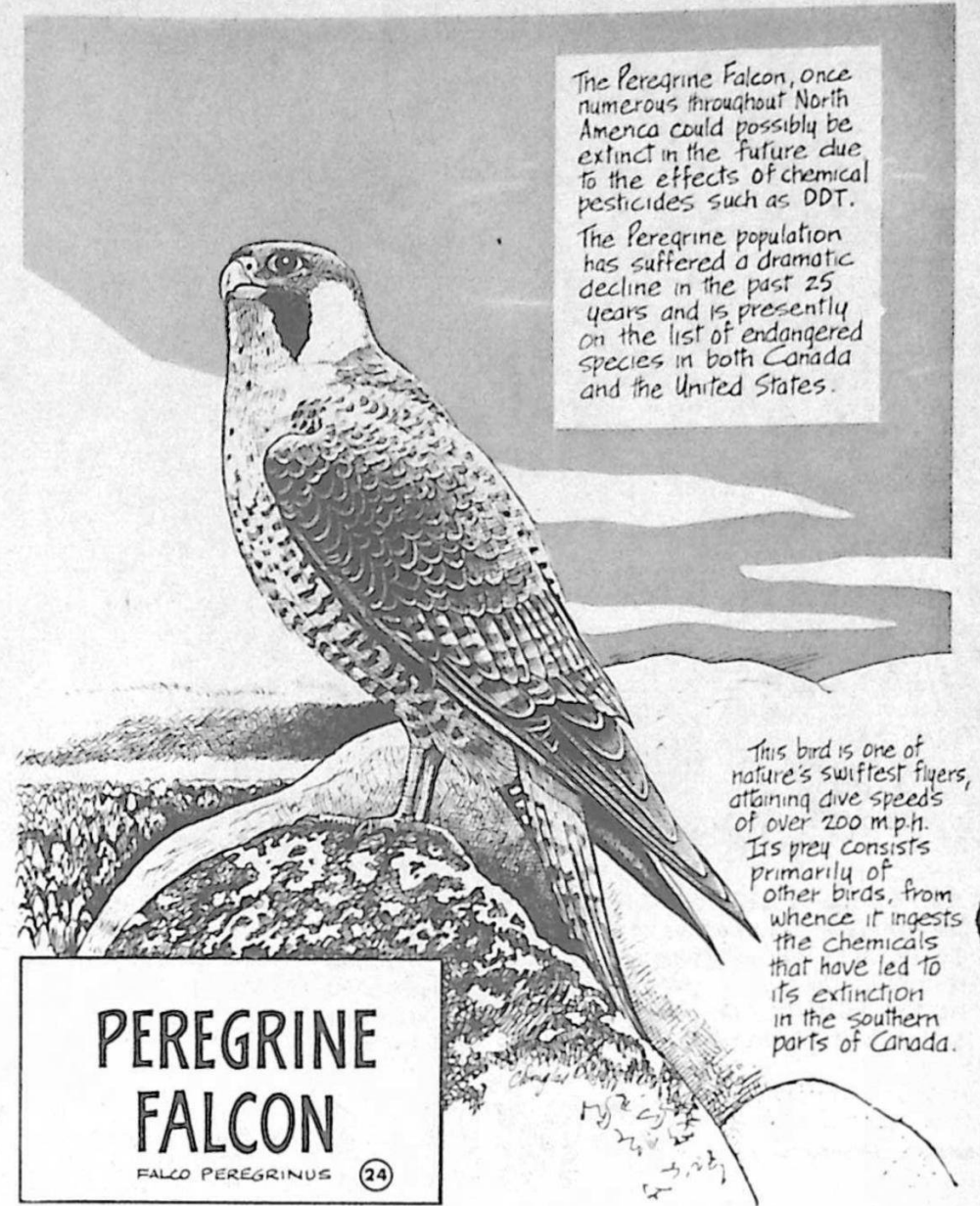
The two winning entries - one by a student in Grade 8, 9 or 10, one by a student in Grade 11 or 12 - will win grand prizes of \$500 and be printed in Beautiful British Columbia magazine. Additional prizes of up to 200 subscriptions to Beautiful British Columbia magazine will be awarded to writers and the schools they attend. Students in Grades 8, 9, or 10 are asked to write essays of 500 to 1,000 words; students in senior grades are asked to write essays of 750 to 1,250 words.

Entries must be postmarked no later than June 30, 1977, and should be sent to Essay Contest, Beautiful British Columbia Magazine, 1117 Wharf Street, Victoria, British Columbia V8W 2Z2.

NATURAL HISTORY NOTEBOOK

PRESENTED BY: THE NATIONAL MUSEUM OF NATURAL SCIENCES, OTTAWA

National Museums Canada



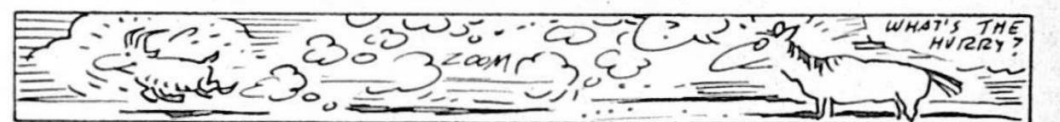
The Peregrine Falcon, once numerous throughout North America could possibly be extinct in the future due to the effects of chemical pesticides such as DDT.

The Peregrine population has suffered a dramatic decline in the past 25 years and is presently on the list of endangered species in both Canada and the United States.

This bird is one of nature's swiftest flyers, attaining dive speeds of over 200 m.p.h. Its prey consists primarily of other birds, from whence it ingests the chemicals that have led to its extinction in the southern parts of Canada.

PEREGRINE FALCON

FALCO PEREGRINUS (24)



A two day old gazelle can outrun a full-grown horse.

Salmon Tales

BY THE OL' HERRIN' PULLER

Another fishin' season; another bunch of novice meat hookers lookin' for the dope on the local salmon scene.

Well, here 'tis me lads. First we must identify the fish that we are after. You notice I didn't say salmon - some folks wouldn't know the difference between a salmon and a dogfish (even if he could bark at them).

You're all hot to trot - you heard that the "Bridgewater Kid" from next door has just caught his limit of "Blue Backs."

To heck with tellin' me the difference between a ling cod and a red snapper - what's a Blue Back? you say.

Well, me hearty, the local fisherman of note (includin' Harry Fee) will tell you that a Blue Back is a coho which weighs in under five pounds. It is early in its second year of salt water livin'. If left alone it would grow rapidly to reach an average weight of 9 pounds prior to spawning in October. Why under five pounds, you say?

With a twinkle in his eye "Ol' Salty" will tell you that it's because a small fish like that isn't big enough to be classed as a salmon.

Environment Canada,

Fisheries and Marine Service, on one of its Fisheries Fact Sheets (No. 10) proclaims: "This salmon, when present in the Strait of Georgia, and during the last year of its life (weighing two to six pounds or so) is familiarly known as the 'blue back', the bluish sheen of the back contrasting handsomely with the silvery sides and belly."

I'm not goin' to start an argument here on who's right. I just want you to know that my pa, and the neighbour next door, say that a blue back is under five pounds.

If you catch a young coho in its first year of salt water livin', it should be under two pounds in weight. It, along with other young salmon types, is called a "grilse".

A coho salmon lives a life span of three years. The first year is spent in the fresh water stream of its birth. In the spring of its second year of life, as a silvery smolt, the young salmon migrates to the sea.

Many things can be said about the trials and tribulations of the coho salmon's life cycle, but not in this column today.

How can you tell a coho from a spring salmon?

First off me lad, they don't smell the same ("stink" to

you grammarians.) The spring has quite a noticeable odor as compared to a coho, according to my dog-like nostrils.

Okay, so a fish odor is a fish odor to you.

Spots - how well can you distinguish spots before your eyes? The spring and the coho both have spots on their backs; however, the coho has irregular small black spots on the back (the same as the spring) and on the upper lobe of the tail fin (the spring normally has spots over most of its tail).

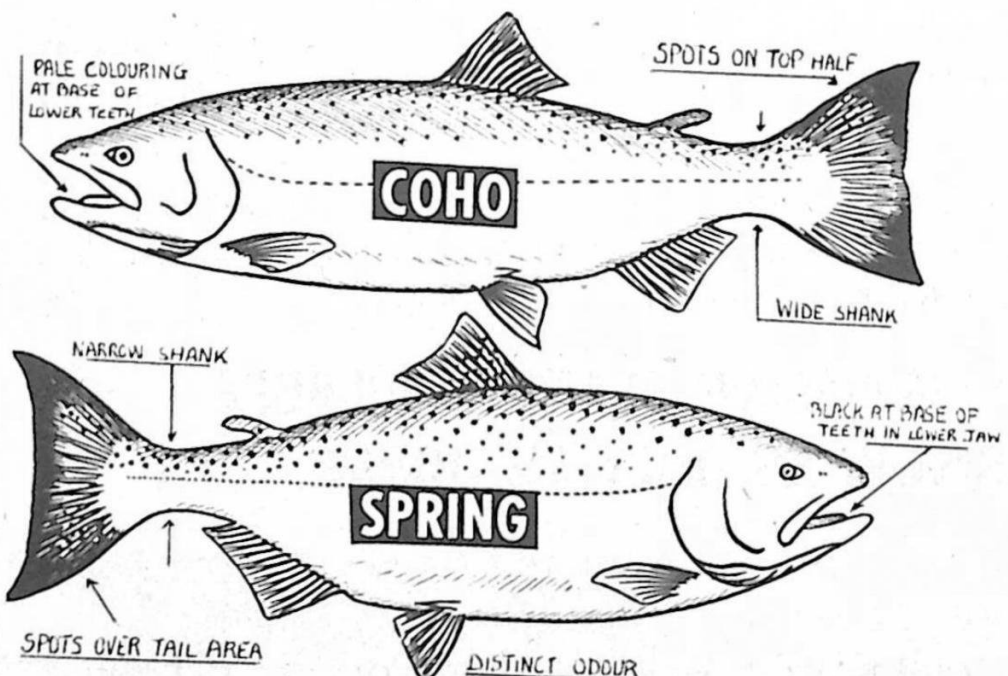
Forked tail - the coho's tail is broader and less deeply forked in comparison to a spring.

The experts will also add that there is another area of recognition that shouldn't be overlooked. Check the insides of the lower jaw. In the coho, the base of the teeth and gums of the lower jaw appear pale, although frequently there is some black pigmentation, whereas those of the spring appear quite dark, and are frequently black.

Now you should be able to distinguish between a coho and a spring salmon. So now all you have to do is catch one, two, three but no more than four per person per day!

I'll talk to you again. Good fishin'.

The Sportsman's Challenge - Can You See The Difference?



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Firing Away

Forest Fires Prevent Bears

It's that time of year again when the fire department spends many hours fighting grass and bush fires. Some are the result of controlled brush and slash fires getting away from the persons clearing land, some from natural causes such as lightning strikes and others by carelessness.

The most common cause here is children playing with matches in the grass and bush area surrounding the PMQ area. It takes only a few days without rain for brush and grass to become timber dry and whether by carelessness from children or adults discarding a cigarette, a brush fire is a certainty.

Last year the fire department responded to numerous bush and grass fires, however, we were fortunate that no injuries or damage to personal property resulted. So again this year, we ask all parents to impress upon your children the dangers of playing with matches, especially in the forest area.

REMEMBER: A tree can make a million matches, but a match can kill a million trees. **DRYER MAKERS WORRY ABOUT BOUNCING INTO A BLAZE**

The following is an excerpt from an article that appeared in the Vancouver Sun recently and is being publicized for your awareness:

A quiet battle is going on in the USA over BOUNCE the fabric softener made by Proctor and Gamble which is sold in supermarkets throughout B.C.

BOUNCE is a roll of chemical-impregnated sheet. One sheet at a time is torn off and put in the clothes dryer. Its action softens clothes as they dry and dampens static electricity which makes fabrics cling together.

The battle is being fought for two reasons:

BOUNCE has a generally lower ignition temperature than clothing. Dryer manufacturers are concerned about the possibility of fire.

The chemicals in the product are suspected of causing skin irritation after they are transferred to clothing in the dryer.

On the flammability point, you can judge for yourself by touching a match to a sheet of BOUNCE. Put it in a safe

place first as it burns with enthusiasm.

Although dryer manufacturers say they have not found any incidents of fires in dryers, some major manufacturers are recommending that consumers use fabric softeners of a liquid type in their washing machines rather than the sheet-type in dryers. Their recommendations, incidentally cover other sheet fabric softeners, such as Cling Free and Toss 'N Soft.

The Canadian counterparts of US dryer manufacturers say they are also concerned about a possible fire hazard and are watching develop-

ments in the US for guidance.

BARBECUE RECIPE
Be sure you barbecue in an open area, not in your house or basement.

After lighting barbecue, do not add more starter fluid. Remain in the area, never leave your barbecue unattended.

Be sure coals are completely extinguished before being disposed of.

Exercise common sense at all times. Combustibles should be kept at a safe distance, preferably 5 ft.

Use only proper starting fluid, not gasoline or naphtha. enjoy yourselves.

Prev. Med. News

Decline In Smoking In Canada

The percentage of Canadians who smoke cigarettes regularly continues to decrease. For the total population 15 years of age and over there was a decrease of 1.0 per cent, and for those 20 years and over a 0.9 per cent decrease from 1974 to 1975.

Most of this decrease can be attributed to a decline in the percentage of males who smoke cigarettes regularly. From 1965 to 1975, the data indicate an 11 per cent decrease in regular male cigarette smokers. In the age group 15 to 19 years males decreased by 6.2 per cent whereas females increased by 2.5 per cent for the years 1970 to 1975.

Quebec continues to have the highest percentage of both male and female regular cigarette smokers, 15 years of age and over. For males, the 1975 regional figure were: 50.4 per cent for Quebec, Atlantic Region 44.5 per cent; Ontario 40.6 per cent, the Prairies 39.5 per cent and British Columbia 39.2 per cent. The figures for females were 34.6 per cent for Quebec, the Atlantic Region 30.3 per cent and British Columbia 30.3 per cent, Ontario 30.1 per cent and the Prairies 29.9 per cent.

Those statistics should encourage us, men, to join the non-smokers ranks to prove to the women once more that we are the best ... And for the women, make a little effort to surpass us... if you can.

If you do so, it is suggested to undertake an exercise

program to utilize this extra breath and keep your shape. Here is a brief guide to help you adjust your activities according to your diet:

For the sportsman:
It takes three miles of cycling or 45 minutes of swimming to burn off the calories in one beer (135 KCal.).

You must walk 3.5 k.l. meters to allow for the sugar added to the average diet per day;

Calorie-wise, one sandwich is equal to 20 min. jogging;

50 minutes of tennis are needed to consume the calories in one chocolate bar. (350 KCal);

For the active man:

You have to mow the lawn for one hour to burn off one piece of pie (250 KCal); and

For the intellectual:

The extra calories needed for one hour of mental effort would be completely met by eating one oyster, one cracker or one half of a salted peanut.

Wives Club Take Break

On May 18th in the Officers' Mess, the Officers' Wives' Club held their closing banquet. About seventy ladies enjoyed before-dinner cocktails and a delicious cornish hen meal.

The new executive for the 1977-78 season was introduced to club members and guests. They included: - President - Beth Arnold; Vice-President - Olga Fielding; Secretary - Nancy Pyper; Treasurer - Pat Konings; Entertainment - Sheila Wattie; Food - Joyce Taylor; Welcoming - Terry Martin; Telephoning - Joan Goodall; Publicity - Wendy Cummings.

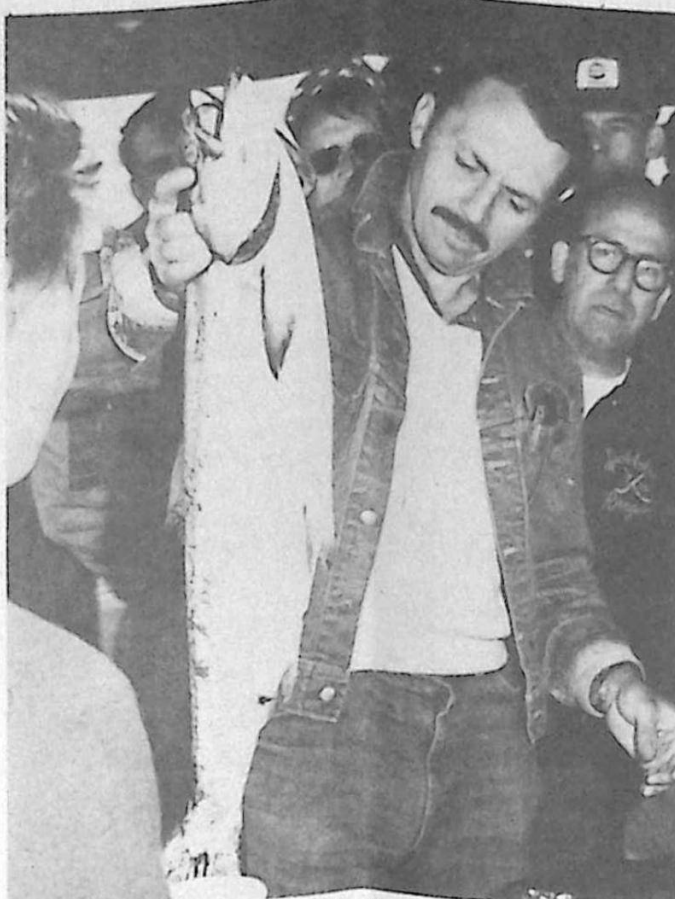
The members of the O.W.C. who are leaving the Comox Valley and were presented with souvenir coffee spoons were Surindra Gill; Norma Mortimer; Claudette Glusich; Stephanie Spiers; Jean Nichols; Margo Perron; Maureen Walls; Ruth Cross; Betty Tingley and Janice Poole.

The Honourary President, Norma Mortimer, said a few words to the outgoing executive and presented Cecile Begin, the departing president, with a cup and saucer.

If there are any wives of retired officers living in the Comox Valley who would like to be contacted regarding Officers' Wives' Club functions please phone Shirley Robb at 339-3307 or Daphne Norman at 339-2516

Janice Poole, Publicity 339-3254

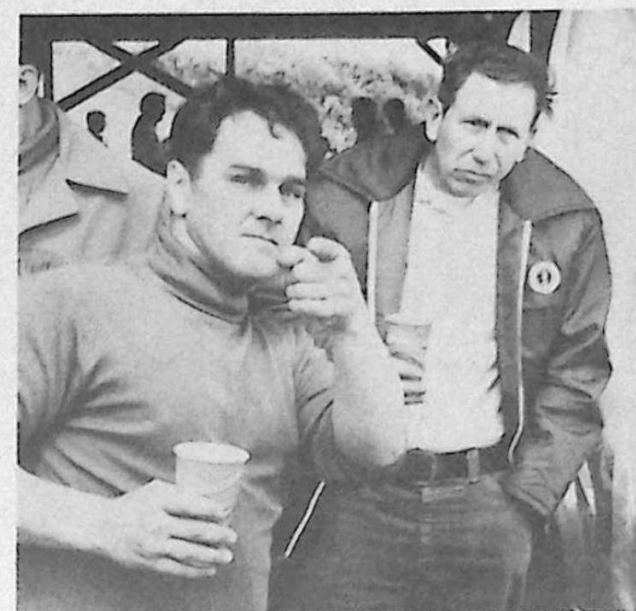
409 Sqn. Spring Thaw



409



Nighthawks



IT'S THAT WAY. Joe Surrette points Dave (Windy) Gould in the right direction during a meeting of the minds at the 409 gathering. Hosford Photo

KILLER SPRING CAUGHT. After several weeks of terrifying local inhabitants of Comox, this fierce fighter was captured by Pete Wittich. Although big enough to have been a sure winner in the derby, Pete and fish failed to make the 1500 deadline. Freeze him up, maybe he'll still be big enough for the next one. Hosford Photo



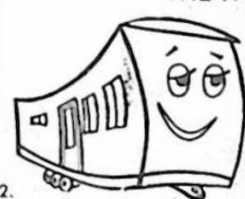
Where Did It Go?

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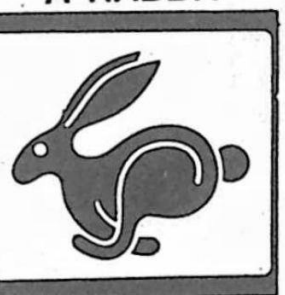
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Dental Health

Periodontal Disease - What Is It?

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

The preceding articles have dealt mostly with tooth decay. The other major dental disease afflicting mankind is periodontal disease, which is a disease of the gums and supporting structures of the teeth. It has also been called pyorrhea.

For many years, periodontal disease was believed to be a disease of adults only. Now it is recognized that adult periodontal disease has its beginnings during childhood or adolescence. Most individuals are thought to have an early form of the disease by the time they are in their mid-teens. Estimates are that more than 7.4 million adults have an advanced form of disease and that 2 million more have lost all their teeth as a result.

Periodontal disease can cause the loss of sound, decay-free teeth by damaging the bone and soft tissues that support them.

There are no early painful warnings of periodontal disease. It usually appears as a reddened edge of the normally pink gums (gingivae). If the condition is not treated, it may spread to several teeth. The gums usually become puffy or swollen and tend to bleed when the teeth are brushed. This early stage of periodontal disease is called gingivitis and is easily reversible.

If gingivitis is not corrected, the condition worsens. Pockets develop between the gums and the teeth. Particles of food and bacteria settle in the pockets, creating veritable cesspools. Inflammation increases, the pockets become deeper, and pus may form in them. At this stage, a person's friends may be more aware of his periodontal disease than he is because of his unpleasant breath. It is probable, though, that he will notice a foul taste in his mouth. The gums are likely to become ulcerated and bleed and to be quite painful.

In the late stages of periodontal disease, the soft tissues (periodontal membrane) and bone that support the teeth are destroyed and the teeth become loose and finally must be extracted.

The causes, prevention, and treatment of periodontal disease are covered in the next two articles.

(Next article: Periodontal Disease - What Causes It?).

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Twin Cycle Safety Program Starts



Mike Anderson... Before Gravity And Leverage Took Over



The Slalom Course Demands Balance, Manoeuvrability And Control

This issue, the accent is on motorcycle safety training. After many frustrating delays, a Base Motorcycle Club has been formed at CFB Comox to promote organized events and safety training. With unerring logic, it's called the "Base Motorcycle Club" and the prime mover and current president is MCpl. Mike Anderson of VU33 Squadron.

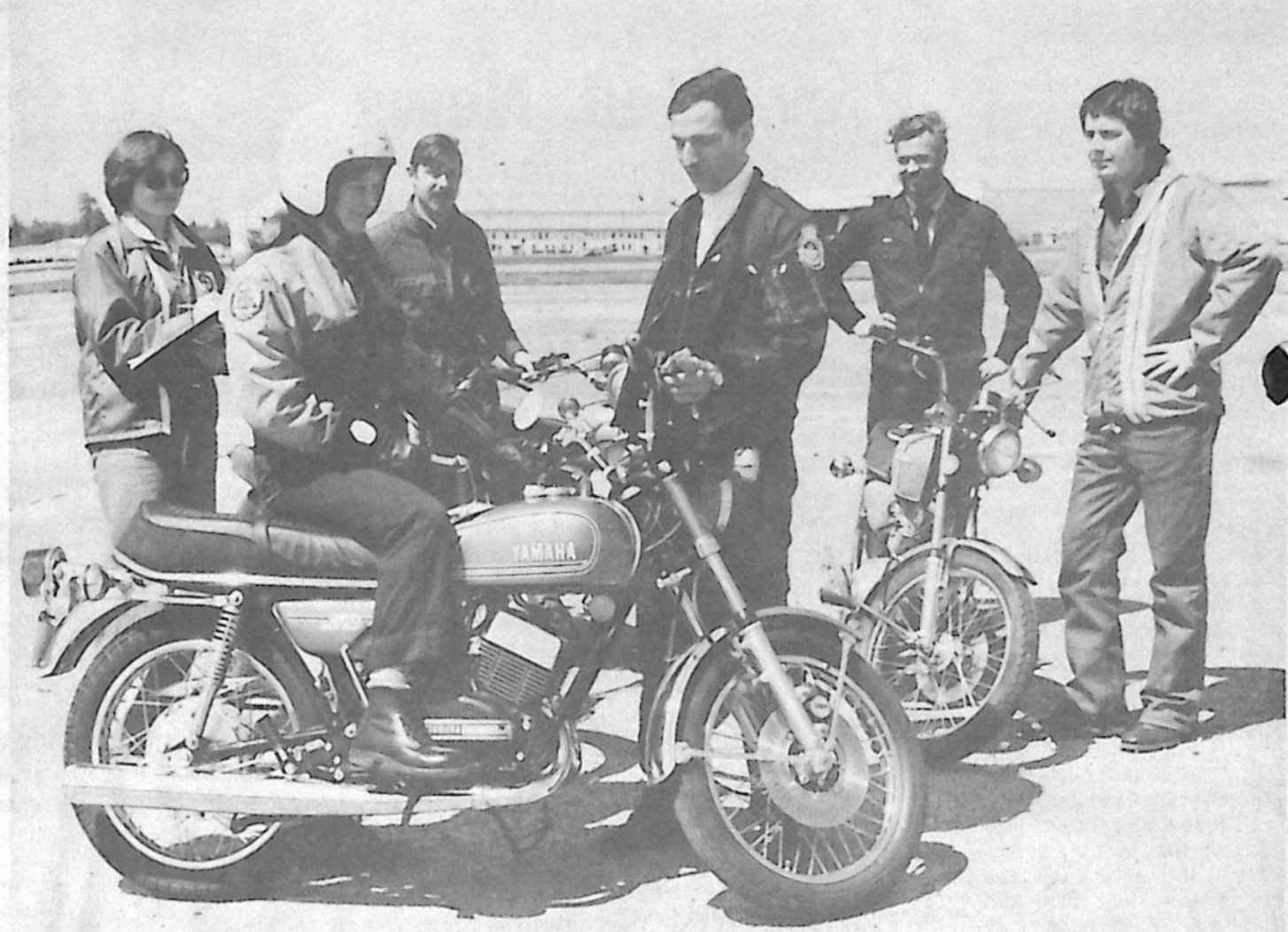
On the 9th and 10th of May 77 the plotting and planning and corresponding gave way to action. Two days of classroom instruction, riding exercise and demonstration took place under the watchful eyes of Brian Lowes and Doris Nyberg from Vancouver's Professional Driving Centre. The results are four certified motorcycle training instructors at CFB Comox; a giant step forward for the kickstart fraternity, and extra revenue for B.C. Ferries.

The next step is for the fledgling club to acquire their own training aids, mainly balancing and incline ramps and some one hundred plastic pylons. The first objective is to make training available to military motorcyclists who now own their own machines, then beginners, dependents and civilians.

All training will be to the standards established by the Canada safety Council. Interested? Call MCpl. Mike Anderson (240) or Cpl. Pete Brice (285).



Simple Ramp Simulates Emergency



Trying His Hand At Instructing, Mike Anderson Explains The Mystery Of The Brake Lever To Trudy Brown. (L to R) Doris Nyberg, Judy Brown, Murray Ayers, Mike Anderson, Pete Brice And Brian Lowes.

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