



TOTEM TIMES

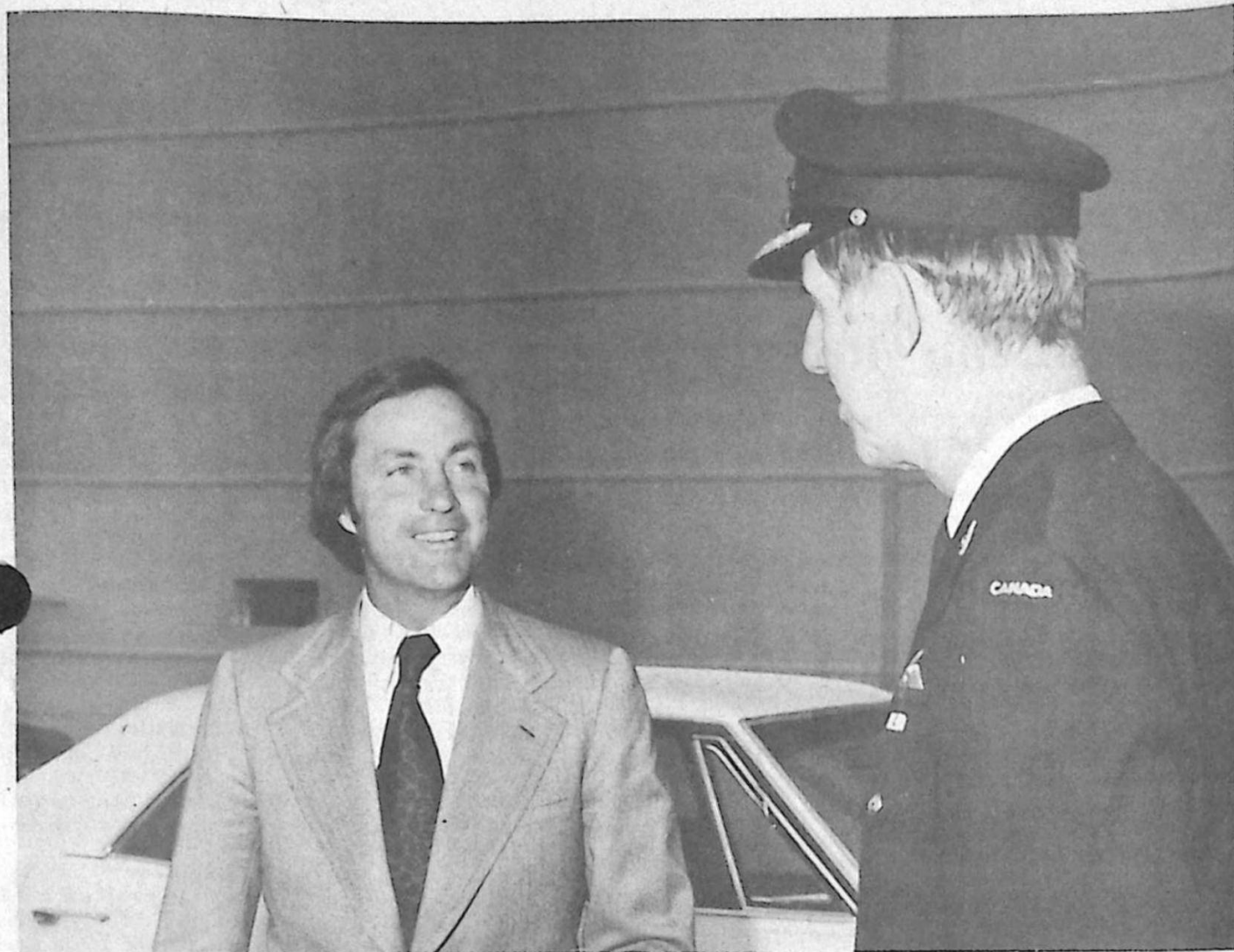


RUSH ON GRASS — LIONS TEAR TURF

VOL. 19 — NO. 12

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 2, 1977



"HI BILL, I'M BOB." Base Commander, Colonel R. L. Mortimer greets British Columbia Premier Bennett on his arrival at Comox. The Premier and

some Cabinet members toured the Comox Valley area recently.

Base photo

Air Cadet Wind-up

BY DEBBIE FOSSETT & JACKIE CAMPBELL
On May 19th, at 1900 hours, the Annual Inspection of 386 Squadron, Royal Canadian Air Cadets was held. The Inspection Party consisted of: Reviewing Officer, Lt. Col. W.J. Read; C.O. of 386 Squadron, Major R. Hammond; Representing the Lions Club, sponsor of the Squadron, was Mr. Wade Davis; League Representative, Lt. Col.; Duke Warren (Retired); MARPAC Representative WO2 Ross Schroeder; and Parade Commander, WO1 Kathy Murray.

After the Inspection, Lt. Col. Read took the salute as

the Cadets, led by the Color Party, marched pass in review. The Courtenay Pipe Band was there to add that something special to the parade.

With the Inspection completed, a delicious Baron of Beef supper was enjoyed by all in the Combined Mess. Following the meal, Mr. Wade Davis introduced the head table, Lt. J. Hicks, Adjutant; Lt. Col. and Mrs. Warren; WO2 Ross Schroeder; Lt. Col. Read; Guest speaker, Sgt. Phillips of the RCMP; Major and Mrs. Hammond; Mrs. Davis and WO1 Kathy Murray. Mr. Davis spoke on behalf of the Lions Club,

thanking the Cadets for their co-operation on such occasions as the Light Bulb Drive and Tag Day. Due to new commitments with the Lions Club, Mr. Davis will not be representing the Cadets next year, and the Cadets thanked him for the many hours of work he has put into the Cadet Squadron over the past four years.

Lt. Col. Read and Lt. Col. Warren complimented the Cadets on their fine showing in the Inspection and the parade. They encouraged them to continue on in the Cadet movement and to work hard to achieve their own individual goals.

Sgt. Phillips of the RCMP gave a very interesting talk, giving details of the RCMP Detachment and the problems facing them. The floor was opened for questions about Sgt. Phillips' occupation, crime problems, or any other related topic.

Major Hammond enlightened everyone with the past year's activities and plans for the year ahead. He thanked all Cadets Leaders for their help in the past year. Then all the Cadet Leaders and volunteer helpers were introduced and thanked. Major Hammond said it was the first time ever, but he wanted to thank three mothers for their volunteer help when needed. The ladies were Mrs. Begin, Mrs. Windley, and Mrs. Campbell.

WO1 Kathy Murray called on different Cadets to thank the many people and organizations of the area for their support and co-operation throughout the year. Small tokens were given to the Leaders and Volunteers by the Cadets with a big vote of thanks to all. Col. Mortimer was presented with a token in appreciation for everything he has done for the Cadets. We wish him well at his new Base.

386 Squadron is very proud of WO1 Kathy Murray, one of five Canadian girls selected to go on an Exchange Visit to the United States and Mexico this summer. This is the first time that female Air Cadets have been chosen for Exchange Visits. Other Cadets are anxiously waiting word on whether they have been chosen for one of the camps offered during the summer.

Mr. Jack Campbell, who is in charge of the Rifle Teams and Range for the Cadets, announced that the two teams representing 386 Squadron, came in 4th and 5th out of 33 teams at the Rifle Meet in Powell River last March.

Major Hammond presented trophies and awards. Receiving the Best Flight Award was the Girls Flight, Number 2 Flight; WO1 Shipper Bottom Trophy was won by WO1 Kathy Murray; Instructors Challenge Trophy was also won by WO1 Kathy Murray; Commanding Officer's Trophy was won by

(Continued on page 8)

Community Project Program

Students Get Jobs

Students in the Comox Valley along with many of their counterparts in other areas of Canada will take part in a number of projects designed to improve community life. This summer program designed to provide summer employment will provide manpower for such things as river clean-ups, park improvements, nature trail construction and a variety of anti-pollution projects.

The program is conducted by the Canadian Forces and is designed to give students socially useful and personally satisfying temporary employment or activity.

Students will be "employed" in the legal sense of the word, but will not actually be paid a wage. In lieu of a wage they will receive a training bonus of \$18.25 per day for seven days even

though the work week is only five days. There is a maximum eight weeks employment during the period June 15 to September 15.

In the Comox Valley, the employment period will commence on June 20. Prior to starting employment, a total of 25 young people will undergo 2 days of training at CFB Comox. This training will include general safety, emergency safety and basic

first aid. After completion of these two days, the students will filter out into specific areas to get involved in the community project program. Eight students are designated for both Courtenay and Comox, seven for Cumberland and two will remain at CFB Comox.

Application for this activity is being handled by the local Canada Manpower Office. (GMK).

On Postings, Promotions & ORCDP

Career Managers Comment

"Women are treated the same as the men," CWO J. A. McSherry said, "they'll do the job required to do."

CWO McSherry, a career manager from NDHQ, was speaking to a number of supervisors of the Communications and Electronics technical trades at CFB Comox, yesterday. The "Chief" is one of a group of four Career Managers representing the Rad Tech 221, Terminal Equip Tech 222, Tel Tech 223, Rdr Tech 231, and Com Tech 224 trades.

Other members of the team included the leader, Captain P. McDonald, WO F. E. Hicks (Rad Tech 221) and WO G. D. Penney (TE Tech 222 and Tel Tech 223). At the afternoon briefing CWO McSherry talked about promotions and postings. Capt. McDonald spoke about the other Ranks Career Development Program (ORCDP).

Postings

Postings are generated as a result of tour expiry (radar sites, for example) releases, compassionate reasons, time at current unit (approximately four years as average), promotions, special rules (Cyprus, Egypt etc), and priority manning (ATR positions for instance).

CWO McSherry said he tries to keep in touch with the "boss" regarding posting plots for the particular trade and unit concerned. He tries to send an individual in his last 3-5 years of service to an area close to where the man wishes to retire.

50-75 per cent of the personnel posted are moved to one of the preferences indicated on the individual's annual PER submission.

"The career managers try to be fair," he said, "and, try not to give any one unit too many unqualified people." Orthodontic treatment appears to be one of the major problem areas encountered during the posting process these days.

The career managers try not to post Anglophone families with youngsters in high school to the province of Quebec. Sometimes it has to be done, however.

The forces will also now authorize the movement of a common law wife with a serviceman as long as she is considered the house keeper and there is at least one child involved.

CWO McSherry reminded the supervisors that posting preferences listed on the PER are in fact considered by each career manager. He indicated also in addition to the normal three preferences, an individual can also place other choices in the "Other Factors" block.

Promotions

CWO McSherry stated it was to an individual's advantage to attend the JLC. Assessment results obtained indicating in particular that he did a good job and co-operated well, are given much weight by the promotion boards.

He pointed out that as of January 1, 1978, a corporal will have to spend at least two years in that rank and have had the JLC prior to being

appointed Master corporal. A master corporal will also have had to spend two years in rank before becoming eligible for promotion to sergeant.

"Yes, master corporal is still an appointment," he said. Promotion boards see an individual's CF490, all of his PERs, all of his course reports and any meaningful letters of commendation. Meaningful letters describe an act (s) of dedicated performance. Thank you notes are excluded.

"It is very important that the information on your CF490 is correct," he said, "particularly where it relates to your language capability and

your academic standing." It is the man's own responsibility to ensure the information is correct.

Should an individual be on formal counselling and probation when his name comes up for promotion, he will not be promoted according to the "Chief".

Numerous promotions are being turned off because of guys not wishing to move to fill a rank vacancy he said.

For master corporal and above PER submissions must stress LEADERSHIP ability.

Supervisors should give the young corporal the opportunity to supervise others of equal or lower rank.

ORCDP — Career Package An Offer You Can't Refuse?

Capt. Jack McDonald gave a few general comments about the other ranks career development program during a career manager's briefing Wednesday June 1st.

"Approximately one year from now (May 1978) you will be given an offer," he said, "to serve to age 55, or depending on your time in service and age, the 20-40 option." (Career Package) This is part of a package of five which will take five years to be fully implemented (and fool proof?).

Capt. McDonald said he was very enthusiastic about the program, especially for the young people starting out in the service.

The Resettlement Program - retraining for civil street at the 20-40 point, is a big seller, he said.

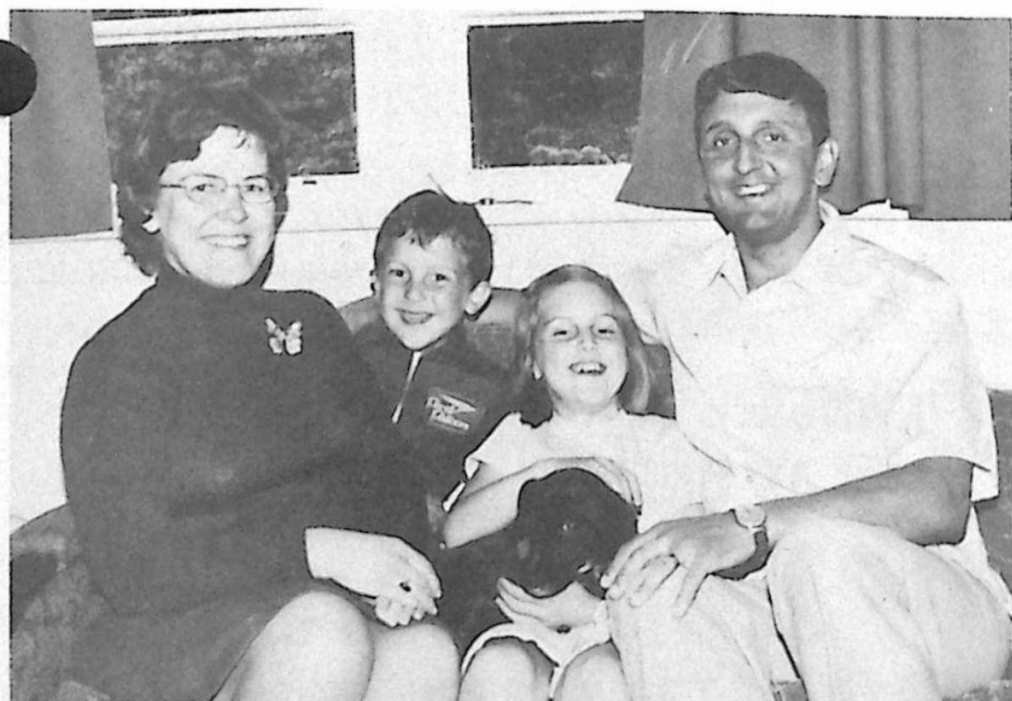
Rank Restructuring Program - some trades only need one boss plus a large number of workers vice the current rank set up.

Promotion Package - offer to stay after 20-40 with a virtual guarantee to make it to the top.

Lateral Skill Progression - greatest problem, looks as if we may be going back to the old pay level system, but they have to do something as technicians can get much higher pay on civil street doing the same job. There has to be somewhere for the M.Cpl. and Cpl. to go besides promotion he said.

Capt. McDonald concluded his comments by saying that there is a tremendous amount of work being done by the team which is setting up the ORCDP.

The Ideal Family



Windish photo

THE DELONGS

The month of May was designated as Family Month in the province of British Columbia. Totem Times readers have selected the Delong family as the CFB Comox Ideal Family.

Eleanor and Reid were introduced last issue as the 'Nice People' and it's no

surprise that they also topped the ballots this time. Daughter Suzanne is in grade three at Airport Elementary School and counts ballet lessons as one of her outside interests. Son Steven will start school this fall 'down home' and among his little boy antics, does a good imitation of his hero, the Fonz.

The fifth member of the family is Shadow, of indeterminate ancestry, but like the rest of the family, always cheerful and friendly.

The Delongs enjoyed dinner at the Old House, courtesy of PMQ Council as a fitting finale to a tour at Comox for our Ideal Family.

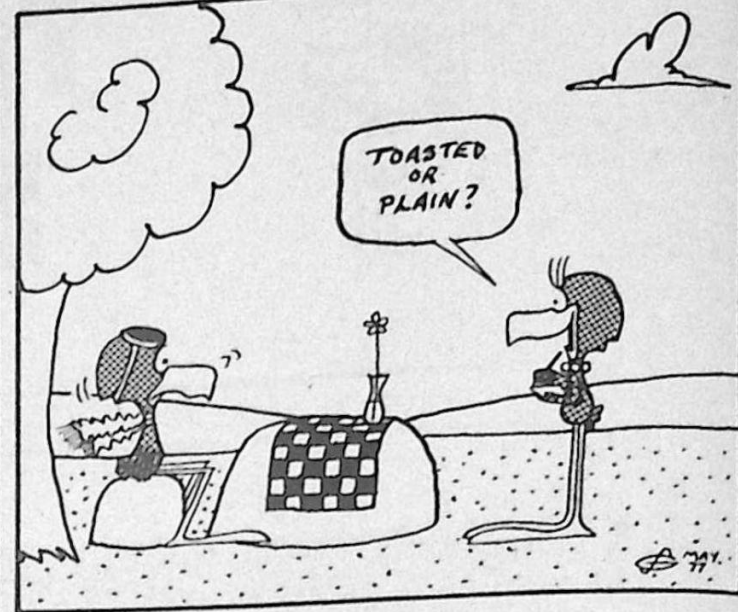
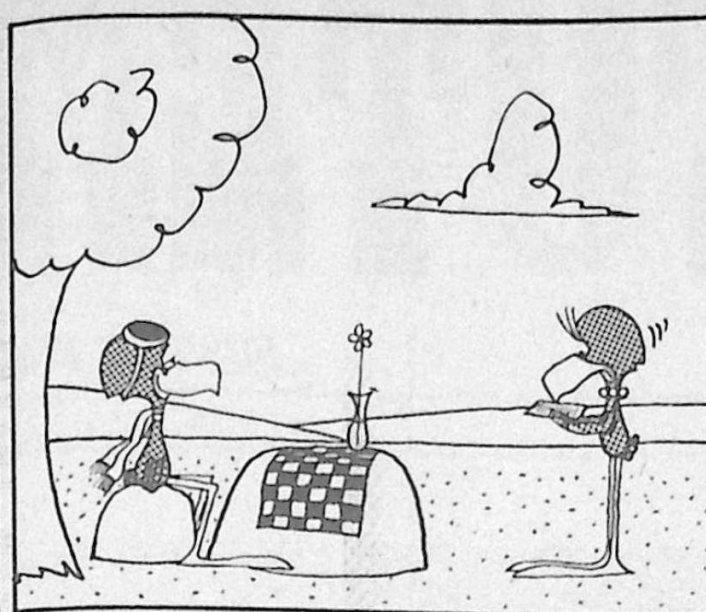
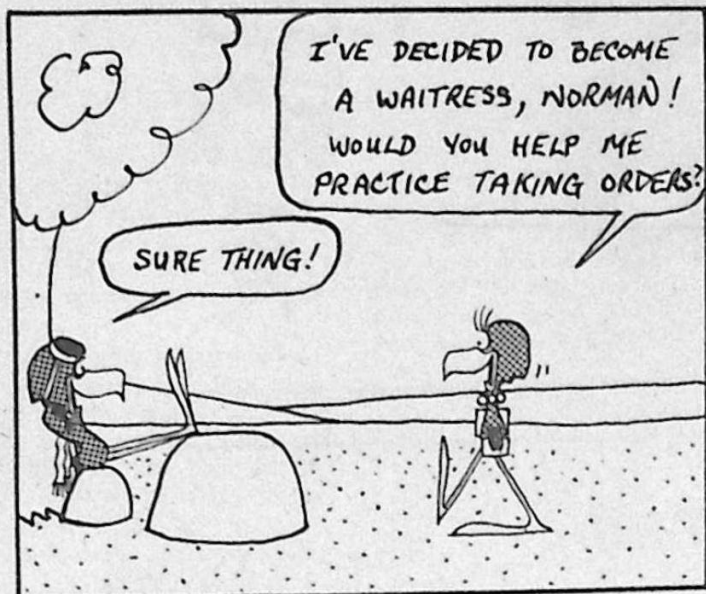


DEMON DEPENDENTS. Argus ride appears to have agreed with this group. More 407 Sqn. and VU-

33 Dependent's Day on Page

Red Cross Water Safety Week June 1-7

GUDGEL STEW by Rick St. Germain



Dependent's Day At VU33

VU 33 demonstrated her ability to remain versatile and independent through adversity when the squadron conducted its Dependent's Day as scheduled on May 20.

Unfortunately the gala affair co-planned with 407 squadron could not transpire as originally arranged. On May 19 the demon weatherman (no pun intended) was

forecasting bad weather for the 20th. 407 balked, then they learned they were battling 0 for 6 with their planes. It would be very difficult to fly 400 or so people in the ASW

trainer, therefore they decided to cancel Dependent's Day. However, they did not reckon on VU 33 tenacity. With the dedicated work of the 407 servicing section we were able to muster two aircraft by Thursday evening and decided to continue with our program. Another factor favoring our decision to conduct a separate program was the fact that 407 aircrew get awfully twitchy when there's more than one aircraft in a sun-filled sky never mind if there are a few clouds!

By the time everyone had arrived Friday morning to partake of the festivities the weatherman's previous forecast appeared to be coming true and there was a worry that the day would be wiped out. An aircraft was launched to conduct a weather and route check and when it returned the thumbs-up was given and the program was underway. By the end of the day, twenty-four wives and children had been shown the area and given an inkling of what our job is about. The opinion expressed by Sharda Hallett was unanimously supported by the other dependents, "You get paid for doing that?"

Some of the highlights of the day:

Mike Anderson did not want to fly with Amie and now we know why!

Gloria Hummel could have done excellent Tracker and compensation flights, but Rhen Hallett's stomach was not impressed.

We did not experience any backfires - AMEN.

The dependents enjoyed the movie "Tracker" which depicts the roles for that aircraft, however they were not too happy with the 50cent admission charge.

Although the weather was not the best for flying, everyone thoroughly enjoyed themselves and are anticipating another go at it next year.



PRE-FLIGHT BRIEFING - Sharon Jensen and Cheryl Headrick receive final briefing from Cpl. Darryl Headrick before boarding for trial flight.



Exercise, Exercise, Exercise

Base Goes All Out

A mournful siren breaks the cool, wet Wednesday evening air; telephones begin ringing; and, traffic becomes heavy on the approaches to the Base.

It is a disaster exercise this time. The Operations "side-of-the-house" has triggered the exercise to test the response of the personnel and systems at CFB Comox to a simulated disaster. A disaster involving a large number of casualties

puts quite a strain on unit resources.

It is only with exercises such as this that the Base Commander can correct any deficiencies which might prove disastrous should an actual catastrophe occur.

An exercise is conducted as a training vehicle. Training is one of the main functions of Canada's forces in peace time.

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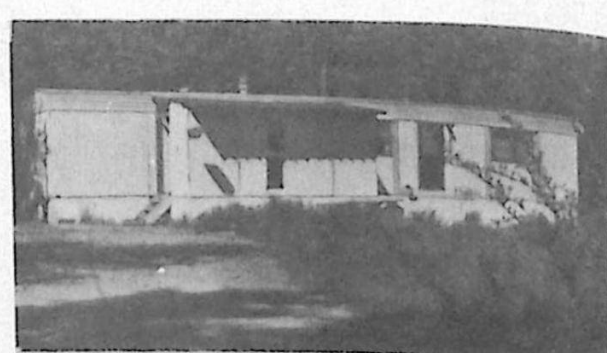
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Section News

Mushroom Mutterings

Contrary to the fears of some members of the Mushroom Farm, this issue of the Mutterings will NOT be filled with vicious rumours, character assassinations, or deliberate lies, just to fill the column. Consequently, this will be an extremely short Mushroom Mutterings!

For you duffers and line-shooters, there is another Squadron Golf Tournament coming up on the 9th of June. Tee-off Time is at 1200, and the costs are the same as last time. Wally Berger won't be around for this one, so the rest of you "chasers of the small white ball" will have a chance to win something.

Judy has had her name mentioned so much in recent Totem Times, that she spends half her day signing autographs! Save some time for getting aircraft parts, will you, Brownie?

To all you Base personnel holding IOU's, etc, Ron Sinclair and Bob Kelly are finally back from their tour in the "world's largest sandbox." In Kelly's case, you better work fast, the word is out that he plans to return to the sun and the sand.

And one of the 442 stalwarts got the official word to pack his shorts and suntan oil for the trip. Norm Keyes, El Presidente of the Entertainment Committee, has drawn up plans for his farewell party (at our expense). Actually he didn't have to go to all that bother, some other members of the Chopper Maintenance Crew had the idea as well! (The question is, for his going, or because he's going!)

The Buffalo navs had a chance to try out their long-range theories last Friday. One of the aircraft was sent on a rush trip down to Los Angeles to pick up some parts for a sick Boeing 707. It must have been some trip...one aircraft and NINE pilots! To the relief of those non-pilot types that went along, the Buffalo got there and back without incident. (What's that old story about too many cooks, etc?) And surprise, surprise! LA Tower even knew what kind of aircraft it was...although the color did have them fooled for a couple of minutes!

409 Arm't Check List

The Load Competition Team for Comox has been selected. MCpl. Ian Black will be the Crew Chief with team members Cpl. Hal Fuhr, Cpl. Dave Allison and Cpl. Danny Laviolette. This team will soon start training and will be going to a load school in early July. There are three teams going to Tyndal AFB Florida to represent the Canadian Armed Forces. The teams will be one each from CFB Chatham, CFB Bagotville and CFB Comox.

The rumors are strong that the other teams are going just to keep the Comox team company since the team from here is going to win. It takes a lot of dedication and hard work to attain the perfection necessary to win, the men selected from the 409 Arm't Load Section are the best, but they will need the full support of 409 Sqn. to attain their goal. The draw for the Crisp new \$100.00 bill is to defer some of the expenses for clothing and miscellaneous equipment, your participation in this draw will make the team look and feel better and thus they will have that added confidence to bring home the

trophy from Tyndal. Support your local load team.

It has been sometime since the last article and we have some new faces in the Squadron. MCpl. Brian Ross came to the Load Section from the Bomb Dump and welcome him to the crew. We also welcome Pte. Jari Annelin, Pte. Andy Anderson and Pte. Les Layne. The last big inspection is again history and we passed with exceptional performance, just as we all expected we would. After all it's hard to beat perfection!!

Coming up is the beer ball game against the USAF Det 5, a good turn out is expected and we hope for lots of good sunshine to make it a successful day.

The last 409 Sqn. sport day was again a success, the party at the Beach House saw a good turn out with lots of food and refreshment. I am sure we are all looking forward to the next big event.

HAIR TODAY GONE TOMORROW

Delilah did not cut Samson's hair. She made him sleep while someone else shaved his head.

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407 Demons Hold Dependents' Day

By Francis Perron

Dependents Day for 407 Squadron has come and gone once again. Its postponement worked out well, for Saturday

was a fine, sunny day. Leading all the activities was a parade. Fighting 407 was in fine form with shiny

shoes the order of the day. Despite the rain on Friday, a "chalkboard practice" was held in Ops and various

manoeuvres agreed upon. Because of this, it was a standing parade and L.Col. Konings was unable to demonstrate the marching skills of his troops.

Looking the reviewing officer in the eye was difficult, as it was Col. Mortimer who inspected. Col. Mortimer also presented some awards. Receiving a Good Show award was Cpl. Put. The Canadian Forces Decoration was presented to Capt. F. A. Sander, Sgt. S. F. MacLean, Cpl. A. Martin, Sgt. J. F. Cauchon and Sgt. J. J. McPherson. The first Clasp was presented to Maj. P. A. Hamilton, M.Cpl. N. F. Brown, M.Cpl. P.B. Fisk, M.Cpl. B. Horochuk and Cpl. A. E. Cameron.

Congratulations to all of you! Boosting the spirit of those on parade were a good number of spectators who also withstood the cool breeze.

From then on most of the day was up to the individual with a number of displays and events from which to choose. The main attraction was a ride in that comfortable aircraft of ours, the Argus. The rides proceeded well and on time until about 2 p.m. when a couple of problems arose.

While unloading 712 after one of the flights, Cpl. Brian Lavigne noticed a stone in one of the tires. Upon attempting to remove it, he realized that it had punctured all 18 plys. The passengers were cleared from the area, thus possible injury from a blown tire was averted.

The aircraft was then given over to the "pit crew" who effected a speedy change of two nose wheel tires and refuelled the aircraft so that the schedule could proceed.

Another load of passengers had a touch of realism added when one engine failed during the approach. However, Capt. Kennedy (calm in the face of danger) selected the right switch and the usual bumpy landing continued with no problem.

All in all, 234 dependents received rides on 12 different flights. Four crews, One, Two, Three and Four, participated, flying from 10:45 a.m. to 9:15 p.m.

A word (or many) of thanks is due to WO Ed Solleveld and Sgt. Ray Papineau who manned the AMU. Their calm handling of all the personnel contributed greatly to the success of the flying.

In 7 hangar some shops were open plus the crew area. M.Cpl. Jim Freeman showed people around the ASW lab and down in the engine bay Sgt. Amirault and M.Cpl. Hendricks were there to answer your questions.

Hard at work in the canteen was Mrs. White who single-handedly served the customers during a long and busy day.

An Argus and a Tracker were available as static displays. This afforded many people a chance to get a more detailed explanation of various parts. The armament people were out too, displaying torpedoes, rockets and sonobuoys.

To rest those weary feet, films were run continuously in the main briefing room. Plus for the benefit of the children some cartoons were run also.

Thus, with the hard work of Maj. Van Der Pryt who organized it, the co-operation of the weatherman and the good turn-out of squadron personnel, Dependents Day was a definite success.

To Mr. Barrie,

I would like to give a special thanks for the extra effort you gave everyone on Flight 11 at Family Day, May 28, 1977. I would also like to thank you for the little favours you did for me. Like, when you gave me chips and raisins. I'm glad you gave me the chips, because they kept my ears from aching when we landed.

And, I would also like to say that your special effort made the flight more enjoyable for everyone.



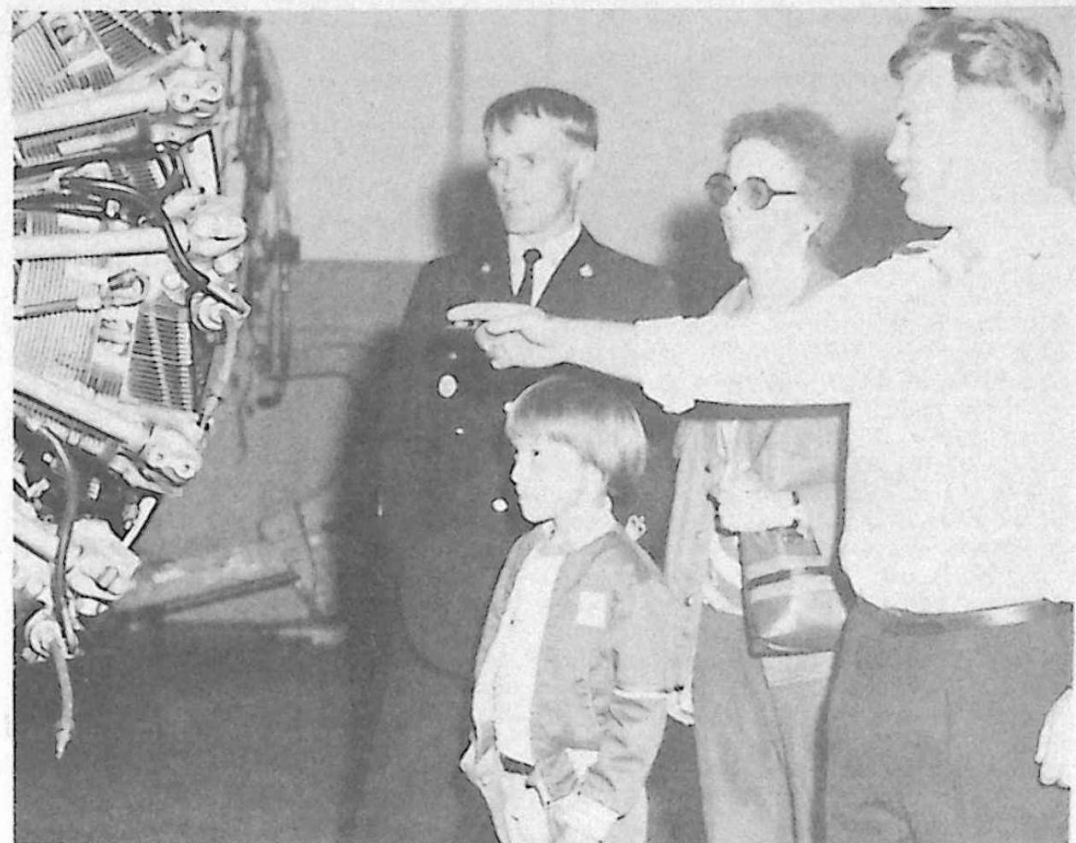
HMMM, BROWN SHOES? Col. Mortimer inspecting parade with Capt. Bodnarek, No. 2 Flight Comd., and L.Col. Konings, CO VP 407.

407 Photo



AH, TERRA FIRMA! Dependents of 407 personnel disembark after their trial flight aboard the Argus. Groundcrews for the flying 407th successfully launched and recovered 12 flights to accommodate the 234 dependents, flying from 10:45 a.m. to 9:15 p.m.

407 Photo



WOULD YOU LOOK AT THAT - Cpl. Randy Johnson of the 407 engine bay, explains the mysteries of the Argus R3350's engine. Dropping in on the informal lecture was WO Synnuck, his wife Muriel and son Michael.

407 Photo

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COMOX VALLEY SPORTS CENTRE
SAT., 18 JUNE, '77 - 10 a.m. to 3 p.m.

The Comox Valley Minor Hockey Association regrets to announce that the registration fee for this season will be increased from \$40.00 to \$45.00 due to increases in operating costs. This fee will include phase one of the Summer Hockey School and a complete Winter Program.

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Saturday, June 11 - 8:30 - CONCERT - Judy Norbury and Larry Robbins.
Vancouver Island Music - Voice, Guitar and Dulcimer.

Wednesday, June 15 - 7:30 - Meeting for anyone interested in bringing jazz concerts to the Valley.

Fridays, June 3, 7 and 17th - Poetry readings - 8:00.

Friday, June 17th - Vanier Student Art Show.

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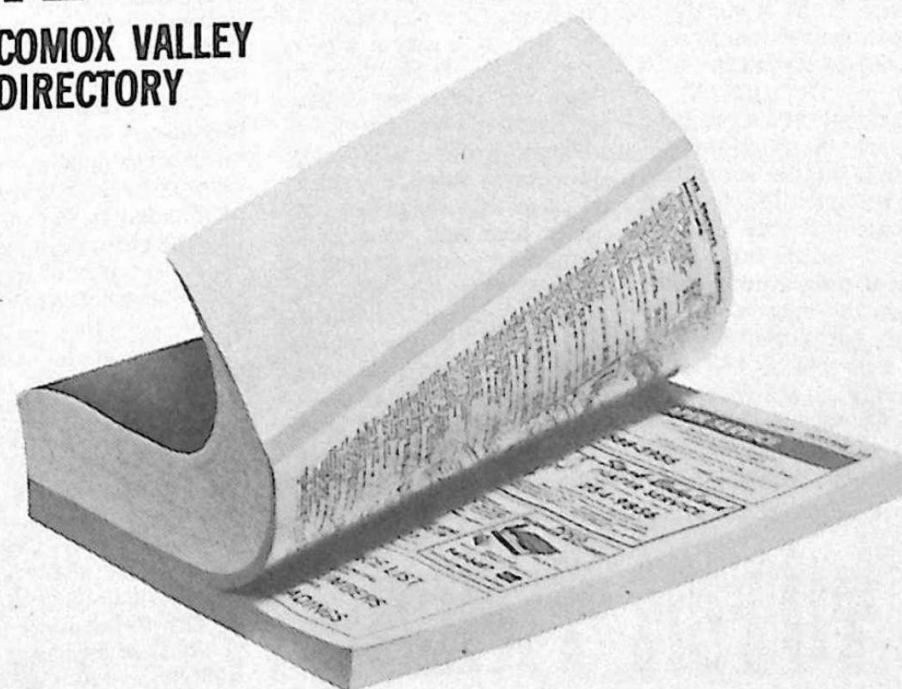


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EDITORIAL

The Doubt Exists

After asking whether or not the Russian armies could overrun Western Europe, the Victoria Daily Colonist reports that "Lots of senior professional officers in NATO don't think they could".

This is not very consoling. No senior professional officers thought -- or would admit to thinking -- that the Germans could overrun North Western Europe in the spring of 1940 either.

Perhaps this, the 37th anniversary of the defeat of the Allies in Europe might be an appropriate time to compare the relative military balances of 1940 and 1977.

By the spring of 1940, the Allies had been at war with Germany, on paper at least, for nine months, during which time armies were mobilized and industry was geared to munitions production. The Allies outnumbered the Germans in combat troops, aircraft, tanks and artillery. In many cases the Allies even possessed superior equipment. However, when the Germans attacked they overwhelmed the Allies and in six weeks overran France, Belgium, Holland and the British Expeditionary Force.

In the spring of 1977 it is the Russians who have the manpower and material advantage. The Warsaw Pact has 30 per cent more combat and direct support troops, more than twice the number of aircraft and almost three times the number of tanks as does NATO in North West Europe. Not only do they have a numerical superiority, but the supply lines from Russia are far shorter and far more secure than the NATO Atlantic supply lines from North America. Finally, the mammoth effort the Russians have been making to surpass the NATO countries, technologically has eliminated the gap in the sophistication of weapons.

While the Germans were outnumbered in 1940, they had the advantage of choosing the time and place of the attack, and had an army supported by a nation which had been on a virtual wartime footing for seven years.

In 1977, the Russians enjoy all the advantages held by the Germans in 1940, and virtually none of the disadvantages.

While "lots of senior professional officers in NATO" may not want to admit publicly that the Russians could overrun Western Europe, the doubt must exist.

S.M.R.

It's Your Money

It is illegal to operate a vehicle in B.C. that is not insured. Since you must buy your insurance from ICBC you should know what they have to offer.

"No fault" accident benefits and third party liability insurance, often referred to as public liability are mandatory. Specified perils, comprehensive and collision insurance are optional.

"No fault" accident benefits are automatically paid for injury to occupants of vehicles or pedestrians you hit in B.C. regardless of who is at fault in the accident. Medical and rehabilitation expenses, disability payments, death benefits and funeral expenses can be claimed under this coverage.

If you are legally liable for an accident your public liability insurance will pay all claims against you for bodily injury, death or damage to property up to a total limit of \$75,000 plus all legal and claims investigation costs. You can of course purchase additional coverage up to and including \$1,000,000 from ICBC for an additional charge. It is well worth the extra expense considering the size of today's court settlements.

Those covered under public liability insurance include yourself, all members of your family and anyone who drives your car with your permission. Members of your family are covered while driving someone else's car. If your son, daughter or spouse is injured while a passenger in your car they are protected under the "no fault" benefits while other passengers are covered under public liability insurance.

In addition to the extra public liability coverage, three types of "own damage coverage" not included in the basic ICBC Autoplan are available. Own

damage coverage pays for damage to your own car. The three options are specified perils and comprehensive insurance which can be purchased by themselves and collision insurance which must be purchased together with comprehensive.

Specified perils insurance can be purchased to cover particular hazards such as fire, lightning, theft, earthquake or riot. This coverage has a standard \$50 deductible.

Comprehensive insurance goes beyond specified perils to insure you against all hazards except collision and upset. Comprehensive also has a standard \$50 deductible.

Collision insurance covers the cost of repairs to your vehicle in the event of a collision or upset. Collision insurance when purchased with comprehensive offers four plans of deductibles with a range of \$100 to \$500 for collision and \$50 to \$150 for comprehensive insurance. If an accident is deemed to be your fault, you will pay the deductible and ICBC will pay the remainder of the repair bill.

One final point worth mentioning is coverage to your vehicle if the other driver is liable for the accident but is not insured. Every person in B.C. is protected by ICBC to a maximum of \$75,000 for personal injury or property damage caused by the action of an uninsured driver.

If each motorist had public liability, no fault, collision and comprehensive insurance he would be protected in the event of most types of accidents.

Any inquiries on car insurance should be referred to the local ICBC office, your private insurance agent or your Base Pension and Insurance Coordinator, Capt. McNeil local 383.

Understanding The Problem

"We don't want French rammed down our throats!" This dreadful statement is one which we have heard far too often. Dreadful for two reasons, the first that a language should never be pushed at anyone. To speak, learn and understand another language is an asset, a skill and a privilege not enjoyed by everyone. It is a privilege, easier to acquire when young - as many of us realise with regret.

The second reason why the statement is dreadful? Because it implies something that is not true. Much of the discontent with the Government's bilingual and bicultural programme stems from the content of the package but from the way that it was sold.

One intention was that every Canadian should be able to address his Government in the language with

which he was most familiar and that no one should suffer in any way because he was unilingual. How horrifying for a Canadian born and raised in Quebec and speaking only French to suffer court proceedings in English if he chances to run one stop sign too many! How devastating for an anglophone British Columbian who runs afoul of the law in a minor way in rural Quebec to find that the judge and jury need to have his testimony translated.

There are usually more than two sides to every question. Bi-lingualism has many pros and cons in its industrial and consumer packaging angles. But why, in British Columbia, has the problem of the francophone been reduced to a language problem. What has happened to the bi-cultural part of the Commission?

Ethnic backgrounds of

Canadians span a wide range - there is hardly a nation that is not represented in Canada today. Each immigrant has brought with him skills, education and the culture of his mother nation. They have enriched our lives beyond any measure. If you hesitate to agree, look around you - what would life be without the Robsonstrasse? The local European bakeries? The Italian influence, the music of Greece, the dancing of... but why go on? We all know how much other nations and their ethnic backgrounds have contributed to the mosaic of Canadian life. What we do not do, always, is fully appreciate and value what is being given to us.

The French speaking peoples in Canada have an ethnic or cultural heritage which it has been Canada's privilege to enjoy. The characteristics that distinguish the francophone add to our lives - they do not detract, they add strength to the Canadian character. Like the French language, so much of which is incorporated into English - and vice versa - what we receive, freely each from the other - is an advantage and one which most of us would not like to live without.

It is easy to say that we appreciate the French culture but herd for us to really know and understand it - from the influence of the Church, the Napoleonic civic code to the different cuisine. For two people to live together it is not only necessary that they communicate in words - they must understand the unspoken force which drives the other. For two nations to live together - for twenty nations to live together - this understanding is vital.



Sea Otters Return To West Coast

West Coast Trail Discussed

You Travel The Wilderness Path At Your Own Risk

Minutes of proceedings and evidence of the Standing Committee on Indian Affairs and Northern Development of Wednesday, May 18, 1977.

Mr. Anderson: Thank you very much, Mr. Chairman. First of all, are there facts or figures on the number of visitors to Pacific Rim National Park in 1976? You can look for those and perhaps I can go on with additional questions.

In the estimates, on page 10-50 under British Columbia, there is a sum of \$1,893,000 for the Life Saving Trail. I understand that is for funds to go to trail-head facilities - parking, toilets, garbage collection and signs. Could you bring me up to date, and the Committee up to date, on what progress has been made? How far does the actual trail extend which has been updated?

Mr. McNicol: The trail is updated right down to the lake now, from the northern end.

Mr. Robinson: You are talking about Nitinat Lake?

Mr. Nicol: Actually, it is the Nitinat River crossing.

Mr. Anderson: Yes.

Mr. Nicol: The work this year will take us from the south side of the Nitinat River down, I think, half way to Port Renfrew. That includes bridges, some shelters, some toilet facilities, but it also includes clearing the trail itself. It is in an extremely dangerous condition right now and we have had to put up a sign at Port Renfrew warning people not to try it.

Mr. Anderson: Do I take it then, Mr. Chairman, that the part up to the point mentioned by Mr. Nicol is now safe for average tourists and then you have signs indicating that past

that you travel at your own hazard?

Mr. Nicol: That is right.

Mr. Anderson: Just as a point of interest, have you had any problems regarding injuries or regarding people...

Mr. Nicol: We have had several problems where people, having to cross river mouths, went down on the shore and got trapped by the tide. We have not had a death but it has just been lucky.

Mr. Anderson: Mr. Nicol, would it be possible for you to indicate how you manage that trail? Do you have people from Parks Canada who travel the trail on a regular basis? What means do you have to monitor people who may be injured, may be lost, may suffer some sort of hardship by using the trail?

Mr. Nicol: On all trails, including this one, you have to register out. We know you are there in the first place so when you do not come back we go looking for you. There are two kinds of patrols. There is traffic back and forth because of this construction crew and then there are warden patrols as well.

Mr. Anderson: Is it in your plans for 1978-79 to go right down to Port Renfrew? Is that the next step that would take place?

Mr. Nicol: If you can get the money for us, Mr. Anderson, we will do the work.

Mr. Anderson: We have one slight problem. We may have an election in between, so I am not sure if I will be pursuing that in 1978-79.

Journalism Awards

Writers on British Columbia weekly and semi-weekly newspapers should submit their entries to MacMillan Bloedel's annual journalism awards between now and the end of July.

Any editorial material published in a B.C. weekly or semi-weekly newspaper during the year ending June 30, 1977 is eligible. The entries will be considered by a panel of independent judges.

Each writer may submit up to three entries, which can be news stories, features, editorials, columns, or series. Each entry must be clearly identified and numbered.

Three clean clippings, clear photostats or typed copies should be submitted for each entry, which must be accompanied by a letter from the publisher or editor certifying that the material was published during the year ending June 30, 1977. Complete editions of newspapers containing entries must not be submitted.

Mail your entries to: Tom Williams, Corporate Communications Department, MacMillan Bloedel Limited, 1075 West Georgia Street, Vancouver, B.C. V6E 3R9. DEADLINE FOR ENTRIES IS JULY 31, 1977.

Summer Launched

Just as the robin is the harbinger of spring, it's obvious that summer is on the way since the Red Cross water safety consultant has arrived in town.

"A large part of my job is to work in close co-operation with aquatic programs in this area," said Paul Steele, who has spent a number of years in northern B.C. with lakefront and pool programs.

Most recently he worked at the swimming pool serving Mahatta River on Quatsino Sound in Northern Vancouver Island.

"I also promote safe enjoyment of the water generally, and this summer B.C. - Yukon Red Cross has launched a small craft program to counteract the happy-go-lucky attitude many of us have about boats.

"More often than you would believe," Paul said, "someone who has sold been in a boat will buy one of those aluminum car-top and, without a glance at the printed instructions, push it into the water, grab the oars - and get into trouble, maybe serious trouble."

There are over a thousand drownings each year in Canada, Red Cross statistics show, a third of them involving small craft. "This is why Red Cross is behind instruction in the basics of safe rowing, canoeing and power boating - so we all can be safe on the water this summer."

Red Cross safety instructors teach the anatomy of the boats, different methods of rowing and paddling, and the handling of the craft under all conditions.

TOTEM TIMES

Publication Dates

VOL. 19	Deadline	Publication
No. 13	13 June	16 June
14	27 June	30 June
15	+18 July	+21 July
16	+08 Aug.	+11 Aug.
17	+29 Aug.	+01 Sept.
18	+19 Sept.	+22 Sept.
19	03 Oct.	06 Oct.
20	17 Oct.	20 Oct.
21	31 Oct.	03 Nov.
22	14 Nov.	17 Nov.
23	28 Nov.	01 Dec.
24	12 Dec.	15 Dec.

+ 3 weeks between issues



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
Business Manager: Ken MacLean (275)
Photographers: Chris Hosford, John Windish
Sports & Recreation: Gord Kruger (404)
Proofreaders: Blanche Campbell, Cecile Begin, Joyce Taylor and Rhona Windish
Circulation: The Geneau Family 338 4215; In PMQs by: Rod Campbell (339, 2045)
Business Manager: Jack Campbell (409)
Advertising: Ken MacLean (275), Nancy Lyons

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0
Printed in Courtenay, B.C., by Comox District Free Press

The Nice People



Begin photo

CECILE BEGIN

Her little french accent, certainly gives a hint of where she was born. Cecile Begin comes from the small town of East Angus, Quebec, and was the 14th child of a family of 15. In 1955 she travelled to Germany to marry Jack Begin who is a Captain, now stationed at Toronto, Ontario. Besides being stationed at Germany, they have travelled to Cold Lake Alberta, Bagotville Quebec, a short stay at Camp Borden before coming to Comox in 1974.

Cecile keeps busy with four boys and one girl, but still finds time to be a very dedicated member of the community. Not a week passes by, that Cecile isn't busy doing what she can for others.

She is an active member of the C.W.L. and her artistic ability has been admired by the congregation with her decorations for the Thanksgiving and Christmas seasons. Cecile has served on the Chapel Committee, and looks forward to the once a month visit to the Glacier View Home to entertain and enjoy an evening with the folks there. I know there will be many that will miss Cecile's smile and kind word she always has for each one. She even found the time to volunteer a day to serve lunch at the Civic Centre for the Senior Citizens.

A busy year as President of the Officers Wives Club for 1976-77 has just finished. Much extra time was spent on the special functions they had during the year. The cup and saucer she was presented with will bring back many fond memories.

On Red Cross Blood Donation Days, Cecile was a willing worker, giving a hand where help was needed.

Every second week, for the past two years, Cecile has proof-read our beloved "Fishwrapper". The staff of the Totem Times will miss her reliable help.

Having sons in the Air Cadet Squadron, Cecile wanted to do her part which she did plus more. When rides were needed, Cecile was there, whether it be for tag day, light bulb selling, or packing the car with camping equipment and kids. On the long weekend, Cecile volunteered to campout with the Cadets and never hesitated even when it meant walking along a log boom to get to the little island where the girls pitched their tents. She received a big "Thank you" at the Air Cadet Banquet for all the many things she has done through the year.

At Cecile's many young service personnel find it to be a home away from home, and nothing can beat one of Cecile's delicious home cooked meals.

In spite of all her activities, her hobbies are gardening, flowerbeds and house plants. Surrounding her home is a very large lawn, bordered with flower beds, and with Cecile's tender care is a lovely mass of colors in the summertime.

Husband Jack was transferred to Toronto last June, so Cecile has been both Mother and Father to her children during this time. This June the family will leave to make their home in Toronto. Although Cecile is small in stature, she has an enormous heart, and there's nothing too large a task when rendering service to others. Our loss is Toronto's gain. Cecile, you are truly among the NICE PEOPLE!

DEPENDANT'S SUMMER SWIM CLASSES

Registration for Dependant's Summer Swim Classes will take place 15-16-17 June, '77 from 0900 - 1100 hrs. in the Rec Centre.

There will be two sessions of three weeks each during the summer period. The first session will commence 5 July with the second session commencing 25 July.

Registration cost will be \$10.00 per child for each session.

For further information contact the Rec Centre, local 315.

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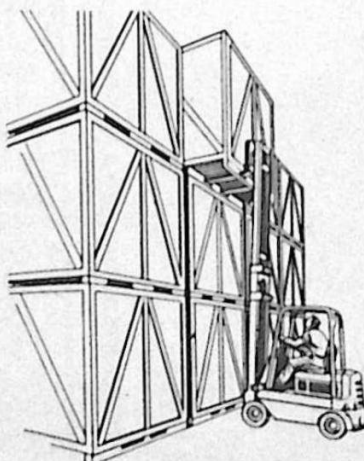
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Sports Beat Comox

Glacier Greens Golf News

BY M.L.
The first Friday night beer and hamburger night held May 6 was a great success. Sorry I can't give results, but a good time was had by all. A General Meeting was held at the Club house, Wednesday May 11th. Our genial President, Norm Richardson, is leaving us for foreign shores, at the meeting he announced that our new

President will be Ron Bailey; Vice President, Jim Murray. The meeting was then handed over to Ron Bailey and a vote of thanks was proposed to our outgoing President for his good work on our behalf. There were 51 people out on Sunday, May 15th for a 4-ball best ball fun afternoon. This was a low gross score. Larry Berry, Jim Perry, Irene Perry and Clint Perry were

the field winners with 33. Second place went to the team of Rick Cote, Ron, Mona and Pamela Ledgard with 34, 3 low gross John and Joan Webber, Alex and Rose McCleish with 35, 4 low gross Russ Roux, Mike McEwan, Angie Howell, and Pat Passant, score also 35, 5 low gross Gerry, Mrs., and Mike McGlughlin and 6 low gross Don Burgess, Joyce Aylward,

Rick Siddons, Sue Siddons. Most Honest Golfers were Ken Banks, Wynn Naven, Frank Fish and Jack Armstrong.

Keep in mind all you male golfers please, May 28th will be the qualifying round of the Men's Match Play. The committee hopes to see a good turnout. June 19th will be the next 4 ball best ball.

All members please note, June 4th and 5th will be the Men's Invitational Tournament. The course will be closed all day Saturday and until 3 p.m. Sunday.

In response to requests the tournament chairman stated that he will try and have one 18 hole 4 ball mixed in July.

Lady members are advised to get their entries in for the Ladies Invitational as soon as possible.

ALL MEMBERS are requested to be present at the meeting at the clubhouse June 1st at 7:30 p.m. This is a very important meeting for everyone.

The course will also be closed from 9 a.m. to 2:30 p.m. on Sunday, June 29 for an Inter Club Qualifying Round.

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Summer Hockey School

Once again the area will be fortunate enough to have a Summer Hockey school conducted here.

Chris Whalroth and Ron Berry will be conducting this years school at the Comox Valley Sports Centre. This is a great opportunity for all children in the Valley to get some well needed skill practice. Ron and Chris are two well qualified hockey men and as usual will do a great job of teaching our youngsters the finer points of the game.

Due to ice rental increasing the Minor Hockey Association regrets to announce that the fee for the coming season has been increased from \$40.00 to \$45.00. This fee will include phase one of the summer hockey school and a complete Winter Program.

HOCKEY REGISTRATION FOR 1977-78 AND THE SUMMER HOCKEY SCHOOL WILL TAKE PLACE AT THE FOLLOWING PLACES AND TIMES:

Glacier Gardens - CFB Comox; Sat. 4, June '77 - 10 a.m. to 3 p.m.

Comox Valley Sports Centre- Sat. 18, June '77 - 10 a.m. to 3 p.m.

\$25.00 of the 1977-78 Registration Fee will be required at the above times.

Universal Pharmacare protection is here.

“Universal Pharmacare is a new concept in health care for British Columbians—a plan to offer you and your family peace of mind and protection against unusually high expenses for prescription drugs. It will be especially helpful to people who suffer from long-term or unexpected illness. A brochure outlining the plan in detail has been mailed to all householders in the province. Please read it carefully and keep it handy for future reference. It would be wonderful if none of us ever required this protection—but if you should, we think you'll be relieved to know it's there when it's needed.”

William M. Vander Zalm
The Hon. William M. Vander Zalm
Minister of Human Resources

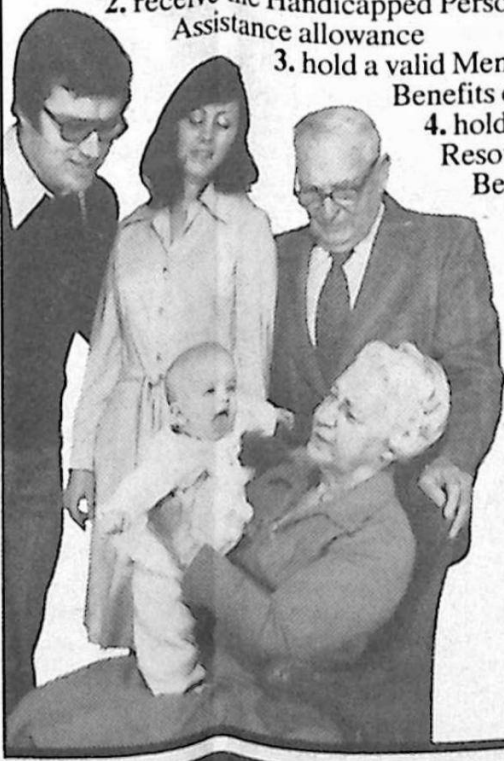
What are the changes under the new plan?

For the first time, all individuals or families registered with Medical Services Plan of British Columbia are eligible for benefits. You will be reimbursed for 80% of any amount over \$100 spent for eligible prescription items in each calendar year. This means that if such drugs cost you, for example, \$300 in a year, Pharmacare would pay \$160.

Are existing benefits continuing?

Yes. Fully-paid benefits for eligible drug items will continue unchanged if you:

1. are 65 years of age or older and hold a valid Pharmacare card
 2. receive the Handicapped Personal Income Assistance allowance
 3. hold a valid Mental Health Benefits card
 4. hold a valid Human Resources Medical Benefits Program "W" card for yourself and your dependents or
 5. reside in a licensed long-term care facility.
- If you are the recipient of fullpaid benefits,



your pharmacist will be paid directly by Pharmacare.

Are there any new benefits?

Yes. For the first time, ostomy supplies and designated permanent prosthetic appliances will be fully paid for. Syringes for diabetics are another new benefit. Pharmacare will pay the supplier directly for these items.

Who is not eligible for benefits?

Tourists, transients and other temporary visitors to British Columbia are ineligible for Pharmacare benefits. People receiving fully-paid drug benefits from union- or employer-sponsored plans, or from D.V.A., D.I.A., Workers' Compensation or Home Care will continue to be protected by those programs.

What drug items are covered?

Most drugs prescribed by your doctor, dentist or podiatrist are eligible. However, such items as patent medicines, bandages, artificial sweeteners, vitamin combinations, antacids, laxatives and over-the-counter drugs will continue to be your own financial responsibility.

Your pharmacist can advise you on specific items.

How are claims submitted?

To receive benefits, all you do is submit a Pharmacare Claim Form, available from any pharmacist. Unless you are receiving fully-paid benefits, your pharmacist will give you an official Pharmacare receipt when you pay for eligible items. Please attach the receipt to the Claim Form. No duplicate receipts will be issued.

Receipts for ostomy supplies and permanent prosthetics should also be attached to the Claim Form, and Extended Benefit portion of the form completed.

When you and your dependents have receipts exceeding the annual \$100 deductible amount, just complete the front of the Claim Form. It is already addressed. Simply fold and fasten it, affix sufficient postage and drop it in the nearest mailbox.

Who can answer questions about Universal Pharmacare?

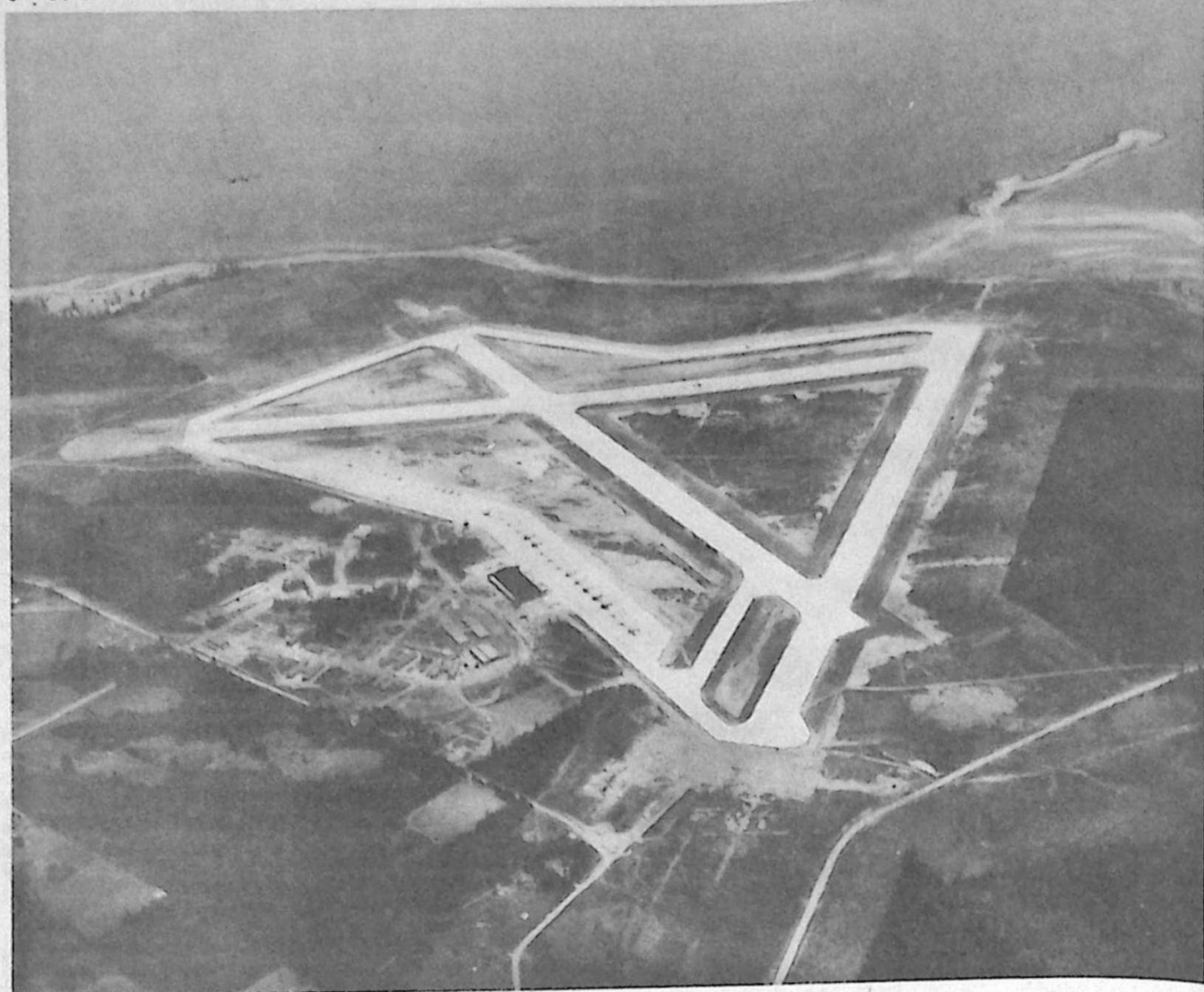
Your pharmacist is completely familiar with the details of this new health plan.

Pharmacare



Province of British Columbia

Ministry of Human Resources
Parliament Buildings
Victoria, B.C. V8V 1X4



The Way It Was



Their Sunday Best

Windish photo

Chapel Happenings

Sunday, May 29 was a special day at the Base Chapel.

All the Sunday School classes finished for the year and certificates and awards were presented.

Padre Martin made special note of the fact that average attendance throughout the forty week Sunday School year exceeded 80 per cent.

The volunteer teachers are to be commended for all their extra work and effort. The

Chapel Chimes



PROTESTANT CHAPEL

D. L. Martin, Major (Base Chaplain (P))

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

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

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

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

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

OFFICE HOURS: 0800 to 1630 hours. Phone 339-2211 local 273.

RC CHAPEL

Father Francis Swoboda - Base Chaplain (RC)

Telephone 339-2211 loc 274 Residence 339-2102

SUNDAY MASSES: Saturday: 7:00 p.m. (Sunday Vigil) Sunday: 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSES: 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.

attendance figures alone show how much the children enjoyed and appreciated the Sunday School.

Padre Martin extended a special welcome to the Job's Daughters group who joined the congregation for the service.

After the service, a social gathering was held, at which goodbyes were said to

departing members of the chapel.

Next Sunday, June 5, is the annual Sunday School and Congregation Picnic. Service will be held at the Air Force Beach at 1100 hrs. followed by lunch, then games and favours are the order of the day. Families are reminded to bring their blankets and lunch.

CLASSIFIEDS

ANNOUNCEMENT

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Mon. to Thurs. - 8:15 p.m.
Two Shows Fri. & Sat. -
7 and 9 p.m.

No Matinee This Saturday

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

PETER SELLERS — In the all-new adventure of
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Gene Wilder, Jill Clayburgh, Richard Pryor

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OFFICER'S MESS ENTERTAINMENT

FRIDAY, JUNE 3rd, 17th, 24th
 Regular TGIF's - 1600 - 1700 hrs. Subsidized drinks - 1600 hrs. Food, 1700 hrs. Jackpot and Bottle Draw. Dress - Casual.

SATURDAY, JUNE 4th - "Hawaiian Night"
 Cocktails 2000 - 2130 hrs. Hawaiian Buffet 2100 - 2400 hrs. Floor Show and Dance with the "South Sea Enchanters", 2100 - 0100 hrs. Dress, Hawaiian or casual. Reservations by 1500 hrs., Thursday, June 2nd - \$10.00 per couple, \$16.00 per guest couple.

FRIDAY, JUNE 10th - "Mess Dinner"
 Dress - Mess Dress. Further information will be published.

SUNDAY, JUNE 12th - "Family Brunch"
 1200 - 1300 hrs. Lunch Menu. Casual Dress. Phone Mess Manager by 1500 hrs. Thursday 9th if you plan to partake. \$1.40 adults - \$1.00 for children under 12.

WO's & Sgt's Mess ENTERTAINMENT

June 3rd, 10th - TGIF

June 11th - SUMMER BALL

☆ DINNER — Veal Cordon Bleu 2000-2130.

☆ MUSIC: By SOUNDCRAFT 2200-0200.

☆ DRESS: NOTE CORRECTION — INFORMAL Sport Jacket — Leisure Suit.

☆ ADMISSION: \$12.00 Per Couple Members & Associates; \$20.00 Per Couple Honorary and Guests. Admission includes bottle of wine.

☆ RESERVATIONS and Acquittance Roll at Mess Manager's Office. Limit 150 persons.

MESS FISHING DERBY 24th JUNE
 — Further details next issue.

MOVIES

JUNE 6th — WATCH OUT, WE'RE MAD — Clarence Hill.

JUNE 13th — THREE MUSKETEERS — Oliver Reed.

Jr. Ranks Club

FISHING DERBY EXTENDED TO JUNE 11th

JUNE 3, 4, 5 —
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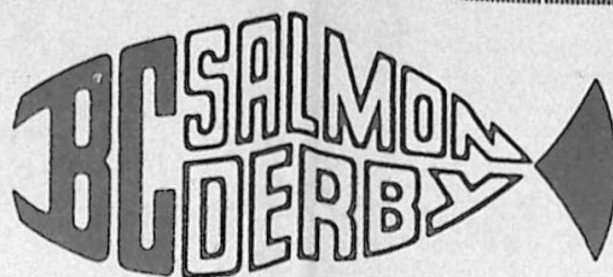
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The Great Outdoors

Salmon Tales



BY THE OL' HERRIN' PULLER
Standing on its tail, dancing across the water, a fighting coho in the five to twelve pound range will give the sports fisherman the thrill of a life time.

The silver fighter has just grabbed your bucktail. (a large fly and mother-of-pearl spinner combination) and is churning across the salt chuck surface in an effort to toss the claw-type hook from its mouth. With little, if any, weight to impede its drive (no flasher, and only a light line) the silver streak moves out of the wake of your small boat in a valiant drive to free itself.

It's early on a beautiful B.C. morning. The mirror surface of the sea reflects the first reddish tinges of the sun as it pushes its way up from behind the "Rocks" over there on the mainland. You've been out just beyond the kelp beds for only a few precious minutes when the violent attack on your light tackle began.

Trotting faster than the normal speed in a zig zag motion in an area where signs of feeding fish are seen, you've let out only about twenty feet of line behind your stern. The "grey ghost" and purple bucktails are working well just below the surface in

the turbulence generated by your outboard engine as it pushes the craft along.

One of your lines moves quickly at right angles to the direction the boat is taking - the clicker on the reel screams - you grab your straining rod. The fight's on.

The strike would be somewhat different if a large spring grabbed your frolic bucktail. The rod would almost double over with the strain of the fast moving line as the big fish dives deep in an effort to rid itself of the artificial lure. The big springs (tyee 30 lbs. and over) have been known to pull every inch off a startled fisherman's reel, or snap the light line, before any counter action could be taken.

Anyone who is interested strictly in the sport of salmon fishing must be an individual who gets up very early, or stays out on the water until after dark. He is willing to suffer a little to get the thrill of testing his skill against the fighting salmon which has the urge to tear the light tackle (and bucktails) from the sportsman's hands.

There are others who get up later with a love of fishing for the silver prize too. They are prepared to go to other extremes to capture the coho

and spring salmon. This "hardware-type" of fishing will be discussed in another article.

There are five types of salmon swimming in the Strait of Georgia. Some are voracious feeders that will attack just about anything that passes in front of them (at certain times). Coho and springs (Chinook) feed on smaller fish such as herring and on shrimp-like crustaceans and squid. They are, therefore, more apt to strike on an artificial lure which resembles their normal food. Pinks (Humbucks) although not noted for feeding on other fish types or squids, will grab a fisherman's lure. Chum and sockeye don't normally take artificial lures. These well known types are taken in nets by the commercial fishermen.

In the last issue of the Totem Times drawings of the coho and spring were shown to help the novice sportsfisherman identify the two types which are most frequently caught by anglers off Cape Lazo, Little River, Campbell River and Chrome Island. Shown below are the three other Pacific Coast salmon types that a person could possibly catch in these areas.

Six lucky anglers will get to fish in the 10th annual B.C. Salmon Derby with a well known sports or TV personality, all expenses paid. Hotels, food, boats, gear, "the works".

Salmon Unlimited, the new funding arm of the XXV Salmon Research Society of B.C., will be the benefactor of the \$2 donation required to get in on the fishing experience of a lifetime.

Dates of the 4 weekend "World's Largest Fishing Contest" are July 16-17, 23-24, 30-31, and August 6-7. A handicap system will determine the eventual \$25,000.00 grand champion. To win the opportunity to fish with one of the six celebrities, a \$2 or larger donation is made, at any Cloverdale Paint 'n Paper outlet in B.C. or Alberta, or by mail to the B.C. Salmon Derby office.

Winners of the six trips will be advised two weeks ahead of each weekend, and all expenses are being underwritten by the B.C. based paint manufacturer.

"Wink" Vogel, Cloverdale Paint 'n Paper President, stated "we are delighted to

participate in this great community event and help to get Salmon Unlimited launched."

Salmon Unlimited will be patterned after Ducks Unlimited, with propagation and protection of salmon, research, support of salmon sportsfishing and University scholarships the ultimate aims.

The new non-profit concern will initially be sponsored by the XXV Salmon Research Society of British Columbia, operators of the B.C. Salmon Derby.

Names of the celebrities invited will be released shortly.

The 10th annual B.C. Salmon Derby is sponsored by Gillette of Canada. Derby registrations will be available at all Super-Valu Stores, participating marinas and tackle shops, and all Cloverdale outlets in mid-June.

Full B.C. Salmon Derby and Celebrity Tournament information may be obtained by writing: B.C. Salmon Derby, 17 Coal Harbor Wharf, 566 Cardero Street, Vancouver, B.C., Canada, V6G 2W7.

NATURAL HISTORY NOTEBOOK

PRESENTED BY: THE NATIONAL MUSEUM OF NATURAL SCIENCES, OTTAWA

National Museums Canada

WOLVERINE

GOLD GULO

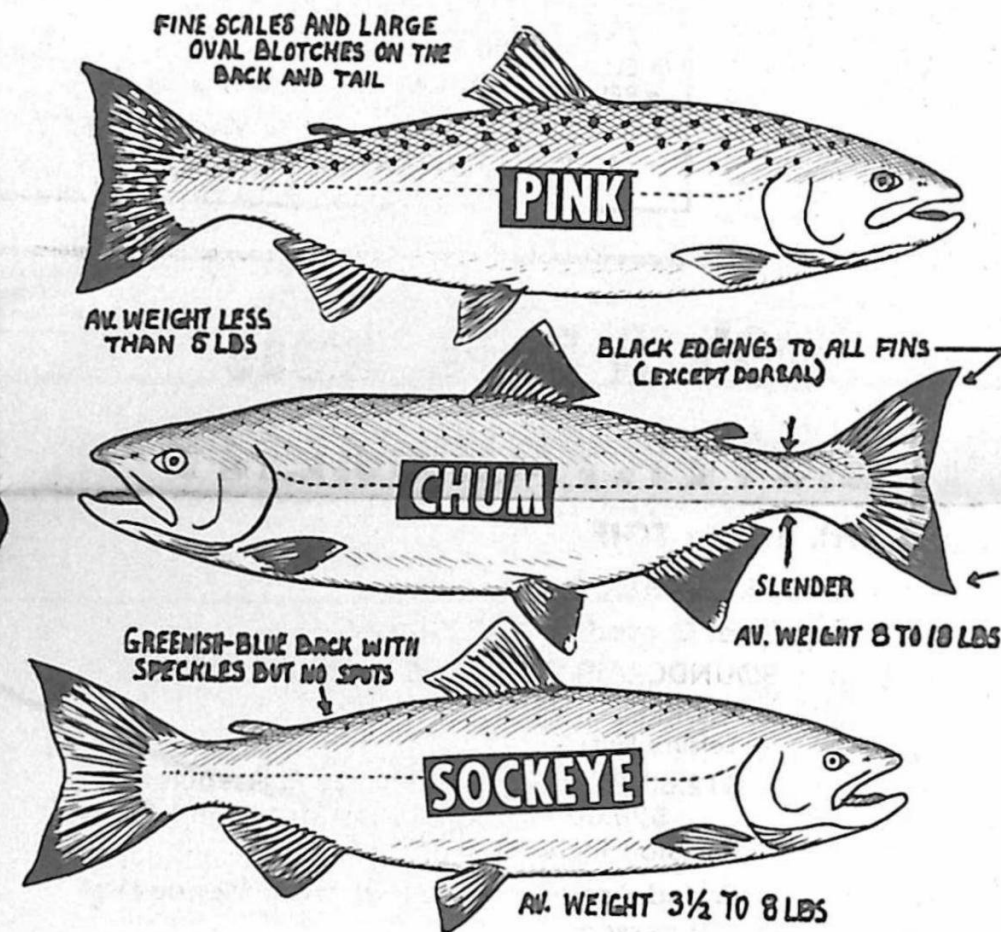
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One of the larger species of the weasel family, this stocky, muscular animal is today found, in its North American distribution chiefly in the northern regions of Canada between tree-line and Arctic coast. Pugnacious, bold and curious, like other weasels, the wolverine is omnivorous, consuming a wide range of edible roots & berries, small game and fish. They have been known to kill animals as large as caribou and mountain goats.



Primarily solitary, the wolverine's range is extensive, individual animals having been trailed for 60 to 80 miles over the snow. They follow migrating herds of caribou and clean up carcasses left by wolves and bears, crushing the bones with their powerful jaws. Averaging about 30 lb. in weight, the wolverine has been credited with the ability to defend its food against wolves and even grizzly bears. It is active both day and night, seldom seeking shelter, even in the severest winter weather.

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



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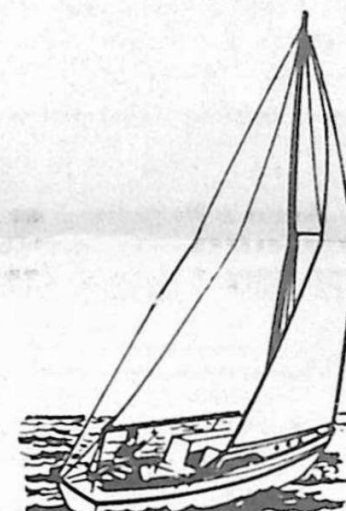
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Five Minutes To Save A Life

Can you deal with an emergency where a person has stopped breathing? It is vitally important to restore the supply of oxygen to the brain as soon as possible to prevent brain damage or death.

THE BREATH OF LIFE

Down through the years we have progressed in the techniques used in artificial respiration. We have seen the changes from the Schaeffer method to the hip-lift back-pressure method and the back-pressure arm-lift

method. And, more recently, we have seen increased acceptance given to mouth-to-mouth resuscitation.

What is mouth-to-mouth artificial respiration? It is the simplest of all techniques to apply. Merely place your mouth over the mouth of the victim and blow air into his lungs. In essence, you are blowing life into his body. There are, of course, several steps and procedures. We must start artificial respiration immediately for any person whose breathing has stopped. This applies in all cases where breathing has stopped because of electric shock, gas, smoke inhalation, drowning, or suffocation from any cause.

We first should check the victim's airway to make sure that it's clear. With the victim

lying on his back, look into his mouth to see if there are foreign particles, including dentures, lodged there. If so, move the victim's head to one side and remove the foreign particles with your fingers or with a clean cloth wrapped around your fingers.

Next, place the victim on his back and tilt his head back so that his chin is pointing upward. Pull his jaw forward into a jutting position. This lifts the tongue away from the back wall of the throat so that it will not obstruct the air passageway. Do not place anything under the victim's head.

Then, pinch his nose, closing his nostrils, place your mouth tightly over the victim's mouth and vigorously blow in until you see a rise in his chest. If circumstances

dictate, you may close the victim's mouth and place your mouth over his nose to blow into his lungs.

At this point, with your ear over the person's mouth, listen for the air rushing out. As soon as the air is completely out, again place your mouth over the individual's mouth or nose and blow into his lungs until you again see the rise of his chest.

If you feel resistance to the blowing, look for an obstruction. Reach into the victim's mouth, and turn his head to one side. If necessary, roll the person onto his side, giving sharp blows between the shoulder blades to remove the obstruction. Again, sweep your fingers through the victim's mouth to remove foreign matter. Then continue with the blowing operation.

The procedure of blowing into the victim is carried out approximately 12 to 20 times per minute depending upon the size of the individual. The smaller he is, the faster you go, with lighter breaths to prevent injury to the lungs, if the victim is a child.

Continue artificial respiration until medical aid arrives, or the person resumes breathing. Of course, in all of this there is absolutely no substitute for

practice. In training for this method, it is not absolutely necessary for you to do the actual breathing into another person's mouth. Once you've learned and practiced the correct placement of your hands, you should have no difficulty in carrying through when you come up against a real accident.

Those who do not wish to come in contact with a victim may place a handkerchief over his mouth or nose. Such a cloth will not greatly affect passage of air.

If we place a value on human life, we'll be willing to share the breath of life when someone else desperately needs help. If mouth-to-mouth artificial respiration is the best answer - particularly if we don't know any other method - we'll apply it in the most effective way we can.

LOCAL TRAINING

Mouth-to-mouth resuscitation training is a part of the CFB Comox First Aid Training Program, available to all military personnel and DND employees. In addition, the Base teaches this life saving method to all who enrol in the Water Safety Program.

SAFETY SAM
Courtesy: NSC: "The Industrial Supervisor".

Pac Region Golf

Five individuals will represent CFB Comox at the Pac Region Golf Championships which will be held at CFB Chilliwack 22-25 Aug. 77.

The method for the team selection will be as follows:
a. Play is open to all Service personnel servicing at CFB Comox.

b. Five dates will be set

aside and each player must have completed two rounds prior to the final date. On the final day all players will PLAY their third round and the five golfers with the Lowest Gross total for these three rounds will represent CFB Comox at the Regionals. If you have any questions, contact WO Earl, local 315.

RESCUE BREATHING (MOUTH-TO-MOUTH)

THE CANADIAN RED CROSS SOCIETY

Start immediately: The sooner you start, the greater the chance of success.



REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE. IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions. CLEAR mouth and throat of foreign substances. For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute. USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION AND GAS POISONING. Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

Adventures Of Superteck

By A.C. EINE

Part 19
Superteck... a hero?! If there was anything he DIDN'T need, it was advertising of the fact that "Ink" Blotter and Superteck, were one and the same person.

Yet, there it was on the front page of the Boatum Bi-Weekly Scandlerag "Extra" for all to see. A large, clear photograph of our boy, dragging an injured fireman away from danger. And just in case anyone might fail to recognize the photograph, a 72-point headline and a long, detailed account of his actions.

The staff of the newspaper clustered around, congratulating him on his heroics. E. Bertrum Bignickel was beaming and slapping him on the back. Pearl Pureheart broke through the crowd and hung around his neck. Superteck knew all this was happening, but all he could think of was the effect the front page would have on those back at the Base. This was the end of his hidden identity... to both sides!!

Then what the editor was saying filtered through his haze. "... yes, by golly, that's what I'll do!! I'm going to submit your name for some sort of award!!"

Superteck gulped mentally. That would really put the icing on the cake. He untangled himself from Pearl Pureheart and stumbled through the crowd and into the building. All that fire-fighting had worn him out. A wash-up would go good right then. If it managed to wake him up a bit, he could get something down on paper while it was still fresh in his memory. He glanced at his watch; one a.m.!! No wonder he was tired!

The cold water revived him somewhat and he was propped at his typewriter trying to get his ideas straight when it hit him... what was he

doing all this for? The special edition with all the news of the fire was already on the streets! He grabbed up his coat and headed for home.

Superteck's plans for sleeping in extra late were shattered by the ringing of the phone. One of these days he was going to tear it out by the roots!! He was groggy but determined to get some extra rest, so he cautiously lifted the receiver high enough to make the connection, then lowered it again. Then before whoever it was could call back again, he stuck a pencil under the receiver. That would give a busy signal to the world and let him sleep.

His second attempt at rest was rudely interrupted by someone pounding at the door. He pulled the pillow over his head.

The pounding continued. "Superteck, I know you're in there! Open this door!!" Whoever it was wasn't going to disappear, he could tell.

Ah, heck with it!! He threw off the covers and grabbed a robe. He opened the door with every intention of giving the disturber of his rest a royal blast. He stopped short.

Standing in the doorway were two Military Police in full regalia. Oh good grief, now what!

"Come on, Superteck. Get dressed; best uniform. The Base Commander wants to see you."

"Yah, Well, you might as well come in while I get ready. The kitchen's in there; make some coffee, will you. By the way, what's it all about?"

"Superteck, to be honest, I don't know. All I know is that we got a phone call to bring you in. Now! Where's that coffee?"

A leisurely half-hour was spent as he showered, shaved, and shone for his interview. The two MP's weren't bad types; the younger of the two even made lunch for them all.

Finally, one threw up his hands. "Superteck, if we don't get going soon, all of us will be on the peg."

They walked out the door... right into the hands of the local RCMP.

"Well, well. Speak of the

devil. How nice of you to get him all ready for me. Thanks!!"

"What do you mean, get

him ready for you? He's ours until the Base Commander is through with him."

"Beetle off, White Hat! The mayor gave explicit instructions to escort this guy to his office and that's just what I intend to do."

"Sit on it, Superfuzz! We got him first!"

"Boys, Boys, Don't fight. I'm sure there's enough of me to go 'round."

"Who asked you! Just keep quiet, Superteck!"

"Now listen! I haven't heard anyone say that I've been busted yet. I may not decide to go along with either of you."

With that, things got very quiet. Then the RCMP constable started to grin. "You're under arrest, Superteck."

"What's the charge?" That came from Superteck and both the MP's.

"How about, disorderly in a public place. Or, interfering with an officer in the performance of his duty... no, I'll save that one for you two. Now! Do I get him first or what?"

"Okay, you win. But we're coming along too. Just in case this is something that you and Superteck cooked up between you to get him off the hook."

"What about me? Don't I have any say in this matter?" All three turned on him, "NO!"

Superteck sighed. This was going to be another one of "those" days. He wished that when he had reached the Atlantic Ocean (Part 12), he had kept right on going.

The convoy of Police vehicles pulled up at the City Hall. With an RCMP constable beside him and two Military Police right behind him, Superteck's progress into the building was the center of attention for the citizens in the area. To make him even happier, one of the photographers from the Scandlerag was there and caught the scene on film.

"Here he is, Mayor. The

Military Police were about to escort him out to a meeting with the Base Commander when I got there, and they decided to come along."

"The Base Commander also wants to talk to him you say? Maybe we had all better adjourn to his office while we get this all straightened out."

He glanced past the group. "Oh, Bignickel. Glad you could make it. We're about to go out to the Base and get to the bottom of this. Care to come along? Constable, thank you. I think the two Military Police should be able to handle him for now."

Now it was the turn of the MP's to grin. They spun him around and marched Superteck back to their car.

The "convoy" had lost the RCMP vehicle, but had gained three; the Mayor, the Editor of the newspaper, and another car containing one of the newspaper staff reporters.

The arrival at the Base Headquarters of all the cars attracted attention and so for the second time that day, Superteck's entrance was the main point for speculation. As they walked down the hall to the Base Commander's Office, he was sure that it must have sounded more like a cattle stampede.

There was momentary confusion in the Office as everyone tried to crowd inside at once. The Base Commander solved it by ordering the MP's to hold everyone outside, save Superteck, the Mayor, and E. Bertrum Bignickel.

Superteck was ordered to sit in the central chair. Then the Base Commander held up the special edition of the Boatum Bi-Weekly Scandlerag. Superteck glanced at the front page of the paper, then slowly around at the Base Commander, the Mayor, and the Editor. They were all standing, staring at him. He gulped!

At some invisible signal they all said, "Well?"

That DO make it a bit binding, don't it!! What's our lad to do now? Will he be able to explain his way out of it? Will Pearl Pureheart still hug him? Will Pte. Anne Huney give him a fat lip?? How do I know? Read the next chapter and find out for yourself. Totem Times will have all the answers (in time) too.

The Adventures of SUPERTECK!!!

Cadet Wind-up

(Continued from page 1)

F. Sgt. L. Windley; Most Proficient Senior NCO (female) by Sgt. Debbie Fossett; R.N. Carey Proficiency Trophy by Sgt. Mike Campbell; Most Proficient Junior NCO Cadet by Cpl. Ed Windley; Best Dress and Deportment was won by Cpl. Larry Simpson; Most Proficient First Year Girl Air Cadet was AC1 Jeanette Richard; Most Proficient First Year Boy Cadet was AC1 David Richard.

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