



TOTEM TIMES



PILLOW BUYERS BEWARE — DOWN IS UP

VOL. 19 — NO. 14

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 30, 1977



O.M.M. To S.A.R. Experts

His Excellency, The Right Honorable Jules Léger, Governor General of Canada, and Chancellor of the Order of Military Merit, appoints Captain Nelson B. Gesner and Captain Robert J. Goldie as Members of the Order of Military Merit.

These two members of 442 Squadron, are the acknowledged experts in Helicopter Search and Rescue, gained through years of dedication to duty, in the Saving of Lives, and Relieving Human Suffering.

Investiture into the Order of Military Merit will take place at Government House in Ottawa at a date to be announced.

The Order was created July 1, 1972, to recognize meritorious service and devotion to duty by members of the Canadian Forces.

(Base Photo)

Alcoholism

'Critical Gap' Filled

BY DEBRA MARTIN

Alcoholism is the most widespread social problem in the world, is third on the list of killer diseases and costs North Americans over \$63 billion a year to pay for its effects.

In the Comox Valley alone, hospital costs at St. Joseph's to treat alcoholics and their diseases amount to over \$200,000 a year. That doesn't even take into account the lost jobs, doctors' fees, car accidents, broken homes and sheer human misery caused by the disease.

Last year, a group of Valley citizens decided to do something positive to aid those afflicted with the disease and return them to society as productive, functioning people.

The new centre, located on Picdock Avenue in Courtenay, is a bright, modern split-level home which was built six years ago as a care facility for teen-age children and operated as a group home by the Comox Valley Home Care

Society. It was bought last October with private funding by the Recovery Society.

The target date for admission of the first residents has been set for May 31 but depends on confirmation of operating expenses from the human resources ministry and the granting of a licence by the Upper Island Health Unit. The annual operating expenses for the centre will be about \$74,000 and a maximum of 120 residents could be treated in that year.

The recovery centre will fill what society members call "the critical gap" in treating alcoholics.

"The present system for helping such people recover may include a short period of detoxification and psychiatric help at the psychiatric unit of St. Joseph's Hospital, Comox, then they are usually discharged with a referral to Alcoholics Anonymous," the society's report on objectives states.

"This direct jump from detox to AA, while successful

in some instances, is not in many others, leaving a critical gap in over-all recovery and rehabilitation programs. This gap will usually include continuing denial of the seriousness of the disease.

"This, along with personal, financial, legal and marital problems related to the disease, are not always handled by A.A. We feel this gap should be filled in a structured and supportive way. Recognizing this need, a cross-section of this community has founded a society with the intention of creating a facility to fill this very critical gap."

Vic Murdoch, a Courtenay businessman, is the executive director of the new centre and has been a driving force in its creation along with Dr. Phillip Power.

The two men had talked for many years about establishing a treatment centre and dreams finally

(Continued on page 3)



Canada Day, July 1

**NEXT
TOTEM TIMES
DEADLINE
JULY 18**

CDS Commendation To 442 Sqn. Members

VICTORIA, B.C. - Six members of the Canadian Forces based at Canadian Forces Base Comox, British Columbia, have been commended for exceptional performance by General J.A. Dextraze, Chief of the Defence Staff.

Five of the men, all members of 442 Transport and Rescue Squadron, received their commendations for their actions during the rescue of 17 survivors of an aircraft crash northeast of Bella Coola last September.

The members pilot Captain N.B. (Nels) Gesner, 45, of Bridgetown, N.S., co-pilot Captain J.G. (Gord) McLaren, 31, of London, Ont., flight engineers Master Corporal J.G.A.R. (Andy) Gleutnez, 30, of Longueuil, Que., Master Corporal G.A. (Gary) Johnston, 26, of High River, Alta., and rescue specialist Sergeant C.H. (Chuck) Clements, 32, of Sydney, N.S., were crew members of a Labrador helicopter which airlifted the survivors from the crash site to Bella Coola in hazardous flying conditions.

The sixth member, rescue specialist Corporal R.K. (Randy) Brown, 23, of Edmonton, also received the commendation for his action when he and Sergeant Clements (also cited) parachuted into shark infested waters last September 18, 50 miles off the British Columbia coast to assist in the rescue of two fishermen.

The fishermen were rescued after they had been adrift in a life raft for six days. Their fishing vessel, the Marble Isle, sank during a storm off the southern tip of the Queen Charlotte Islands.

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

ARAF About To Form On Base

CFB Comox is to get an Air Reserve Augmentation Flight according to information received from National Defence Headquarters recently.

The flight will be established for thirty persons in various trades. Each will be enrolled in the supplementary reserve and will work with the regular force for periods of seventy days or more per year.

The first step in forming the ARAF at CFB Comox will be to enroll a former officer as Flight Commander. Officers of all lists who are about to retire or have already retired are invited to contact either the BAdO, LCol. Read (local 206) or the BOPsO, LCol. Carney (local 460), concerning selection details for the position of Flight Commander.

Other personnel of all trades, including civilians with suitable training, are also invited to contact either the BAdO or the BOPsO are interested in joining the Air Reserve.

Watch this newspaper for further information on the ARAF in future editions.

**Next Issue
Will Contain
Special
Supplement**

Tubs To Churn Saltchuck July 17

Bathtubs and the activities normally associated with them are considered by most people to be a private thing to do. However, every year, this year being no exception, as high as 300 bathtubs and their occupants will participate in a mass migration from Nanaimo Harbor to the Vancouver waterfront 30 miles away.

A thousand years from now, the study of our culture will probably record the event as a religious act, much like throwing virgins into volcanoes to pacify the gods. We will, however, go on record as saying that it is nothing like throwing virgins into volcanoes. But it is fun!

The event attracts people from all walks of life and from many lands, and C.F.B. Comox has, through its various organizations, sponsored entries almost from the first. Our entries have had their ups and downs, which is to be expected as the sea is seldom smooth. But even though the lap time for the race has dropped from more than four hours to under two hours, we remain competitive.

Our entries last year, finished 22nd and 38th which, in a field of over 200, is

respectable. We also competed in the fleet regatta at Esquimalt, finishing 2nd and 3rd last year, and 2nd and 4th this year.

This year we are again entering three tubs. Brent Binnie from the Base Firehall will operate tub no. 49 representing C.F.B. Comox. Tub no. 333 for 409 Sqn. will have Tom Quibell as its pilot, and the Junior Ranks' entry, tub no. 126, will have Dave Bruce's hand on the throttle. This is Dave's first attempt, and if enthusiasm helps, he is already half way across.

The team is only a team up to race time. And then, once the gun goes off, it's every man for himself.

Lt. Bob Drummond, 409 Sqn. ARO, is the team co-ordinator. Dick Tapp heads up the escort boats and is our strategist. The escort boats are the prime movers in a race like this. They lead the way and set the pace. Co-operation between the tub and escort is all important, and if they work well together, they will finish in a top position regardless of weather or competition.

The race itself is quite a spectacle, particularly the start. The calm waters of Nanaimo Harbor are churned

into 8 foot waves in seconds and bathtubs begin to flounder from the very start. In fact, there is a special award for the first tub to sink. Competition is very keen for this part of the event, and you must be very fast at sinking to win. If, however, you decide to make the crossing to Vancouver without sinking, you must first clear the harbor, and surviving that isn't easy. But if you do, you can aim your bow at the mainland, knowing that about 25 per cent

of your competition is out of the race already. Now all you have to do is beat the other 150 tubs or more to the finish line 25 miles away.

This all takes place July 17th, and regardless of the outcome, we on the team want to thank the various sections and individuals on the base end at Quadra who have helped and are helping to keep us afloat and in contention. Thank You!

We are now attempting to know that about 25 per cent

(Continued on page 5)

Hawk Happenings

On the weekend of 15-17 July, 409 Nighthawks will be holding a squadron Reunion in conjunction with its Standards Presentation. The parade will be open to all personnel; however, only personnel who are serving or have served on the squadron are invited to attend the other events.

Interested personnel can register at 409 Orderly Room or contact Major Hellberg at local 412. The cost for the weekend will be approximately \$25. per couple or \$15 single.

SCHEDULE OF EVENTS

Friday, 15 July, 1977
12 - 8 p.m. - Registration at AMU lounge; 3 Hangar at CFB Comox.
5 p.m. - 7:30 p.m. - TGIF (stag-casual dress). Ladies Sherry Party (casual dress)
8 p.m. - 11:30 - Steak barbeque and dancing till 2 a.m. Casual dress.

Saturday, 16 July 77
9 a.m. - 12 - Open House at squadron and displays of memorabilia.

1:30 p.m. - Assembly for Standards Presentation Parade on north side of 7 Hangar. S-3 dress for military, semi-formal for dependants and civilians.

2:00 p.m. - Squadron Standards Presentation Parade.

3 p.m. - 4:30 p.m. - Reception. Dress - Cocktail dresses, jacket and tie (Hat and gloves optional for ladies)

7:30 p.m. - Assembly for dinner. Dress - Semi-formal

8 p.m. - 10 p.m. - Squadron Dining-in.

10 p.m. - ? - Dance to Naden Band.

Sunday, 17 July 77
7 a.m. - Recovery party.

NOTES
CASUAL DRESS: Slacks and shirt, pantsuits etc., No Jeans or T-Shirts.
SEMI FORMAL: Men - Jacket and tie; Ladies - Evening or Cocktail Dress



JATO Assist - Armed Forces Day Attraction

Royalty appointed

OTTAWA - Defence Minister Barney Danson announced today (June 17) that Her Majesty The Queen, on the occasion of her Silver Jubilee, has assumed the appointment of Colonel-in-Chief, Canadian Forces Military Engineers Branch.

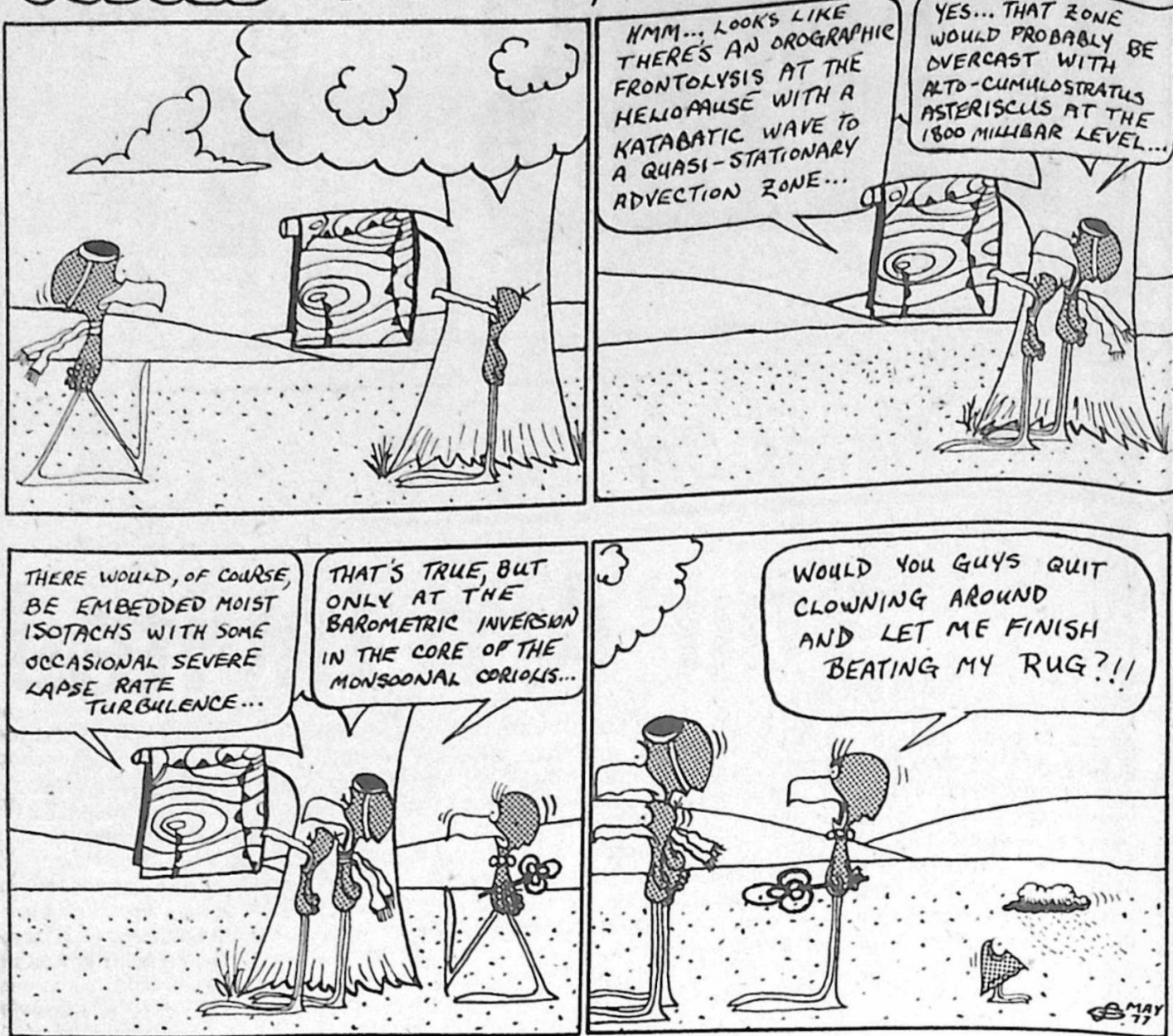
Other Royal appointments announced were: Her Majesty Queen Elizabeth The Queen Mother as Colonel-in-Chief, The Canadian Forces Medical Services.

His Royal Highness The Prince of Wales as Colonel-in-Chief of Lord Strathcona's Horse (Royal Canadians), Calgary, Royal Winnipeg Rifles, Winnipeg, Royal Regiment of Canada, Toronto and the Air Reserve Group of Air Command.

Her Royal Highness The Princess Anne as Colonel-in-Chief of the Canadian Forces Communications and Electronics Branch and the Grey and Simcoe Foresters of Owen Sound and Barrie, Ont.

His Royal Highness The Duke of Kent as Colonel-in-Chief The Lorne Scots Regiment of Oakville, Brampton and Georgetown, Ont., and Her Royal Highness Princess Alexandra as Colonel-in-Chief The Canadian Scottish Regiment (Princess Mary's) of Victoria and Nanaimo, B.C.

CUDGEL STEW by Rick St. Germain



- TO "CLOUDY" WITH LOVE - FROM THE GANG AT 426 - Ed.

409 Armament Checklist

The competition load team wish to thank all those who participated in the draw to support their efforts in Tyndall. The team also wishes to congratulate Maj. Tingley, OC USAF Det. 5 on his good fortune at winning the crisp new \$100.00 bill.

The Load Team is going through its paces each day under the watchful eyes of Sgt. Paul Dobson, Sgt. Alex Ingram, and MCpl. Bob Marshall. Their vast experience in competition loading is proving to be a definite asset to the Comox team. The loads are now in the 19 minute range which is three

minutes under the required competition load time, MCpl. Ian Black, MCpl. Dave Allison, Cpl. Hal Fuhr, and Cpl. Danny Laviolette are the hard working team members who will accept nothing less than perfection and because of this spirit, are going to come home from Tyndall in mid-August, with the competition trophy. The team will be going to Bagotville in a week to participate in the load school being held there. The teams from Chatham, Bagotville, and Comox will learn from each other during this intensive training period, designed to give the teams a

competition atmosphere. Congratulations go out to MCpl. Dave Allison on his recent promotion to that rank. Dave is an integral member of the competition load team and a hard working member of the 409 Weapons Standards Team. Dave recently arrived at Comox from CFB Borden, but has many years of experience on the CF101 Voodoo from his Chatham days.

The annual Beer Ball Game between the Load Section and the USAF Det. was once again a resounding success. The game was officiated by Maj. Faubert who did a fine job. Big John on loan to us played

a "passable" left field and our old friend "Jabber Jaws" Lyle kept calling for catches, but had difficulty judging the wind velocity. "I've got it!" will be remembered by many! Coming up in the near future is the 409 Sqn. Color Presentation. Don't miss it, the social event of the year.



Nighthawks Nest

As Peace Mortimer draws to a close twelve crews are a little older and some are perhaps a little wiser. No matter what the final results are, most found out that the simulator cannot teach all there is know about the martial arts. The second group less Bomba Reith and Yash Paul Gill, the only man to have the initials of a military catastrophe, returned to Comox 18 June in time for a squadron dinner that evening.

The dinner or the excuse for the dinner was the squadrons chance to say farewell to several members who will be taking their leave this summer. Jon Alexander is going to the great white five sided puzzle palace on the banks of the Potomac and Tony Nichols is destined for Disneyland East. Tony must have learned a lot on 409, he returns from whence he came but 1/2 a stripe more experienced (older-heavier?). Lou Glusich and his unusual family are leaving for Hogtown where Lou will attempt to increase the standards of the CF (not the one that we will get on 16 July). Pete Ott is going to Duluth to work for ABC, BBC, CBC, CBS, CTV or NBC. Alex W. Smith and John Bourchier are of course deserting the sinking ship for better things. Raleigh Emery takes leave of sunny B.C. for Tyndall, AFB, site of the demise of the British Empire. Tom Potter and his wife Sylvia head East to replace James Leslie Rudolph Speiser at the Airmans Eerie Training Establishment. Sylvia has to go along because there is no nav position established to fill the rear cockpit. Lou's first job will be recruit one if Tony okays it.

Ron Breeden had to be forcibly ejected. Ron hates to leave so badly that he is taking up residence on the approach of 29, or is it the end of 11, where he can grow potatoes and complain about the noise of the Voodoos.

The EGG has hatched and out popped HAWK ONE CANADA, formerly just plain old 101012. The paint scheme

on this rare bird when flying west, if one observes closely, can be seen to personify the squadron motto of "Midnight is our Noon". The Hawks head emerging from total darkness into the clear blue of day. Hawk One will never replace the old Nighthawk for intelligence. When June 20 dawned a little cooler than the Sunday this dumb bird immediately migrated South to Colorado Springs for the winter. Upon arriving there

and hearing that the Summer Solstice was the next day (the day before in Newfoundland) it then flew East, then North and finally West to arrive at its nest a week later. This is thought to be the fastest circumnavigation of the Canada-U.S. main border by any bird during its migration. The assisting ornithologists were Lt. Col. Herbert and some other guy who just happened to miss Feudal Brave during their absence.

During Feudal Brave 409 once again took on the might of the NOIRAD target force who turned up anyway in a Tee Bird. After flying round the clock (360 degrees) for two days the final results were once more a disgrace.

Participation in the first airshow of the year fell to Roy Coleman and Hazen Codr who went to Moose Jaw and as a side benefit led the erring Hawk One Canada home.



A SMILING JOHN BOURCHIER gets the big shake from Maj. Alexander on completion of his last voodoo flight. After 3205 hours (1879 Voodoo) of keeping pilots on course John has reached the end of his flying career in the Canadian Armed Forces. Our best wishes go out to him in his new ventures whatever they may be.

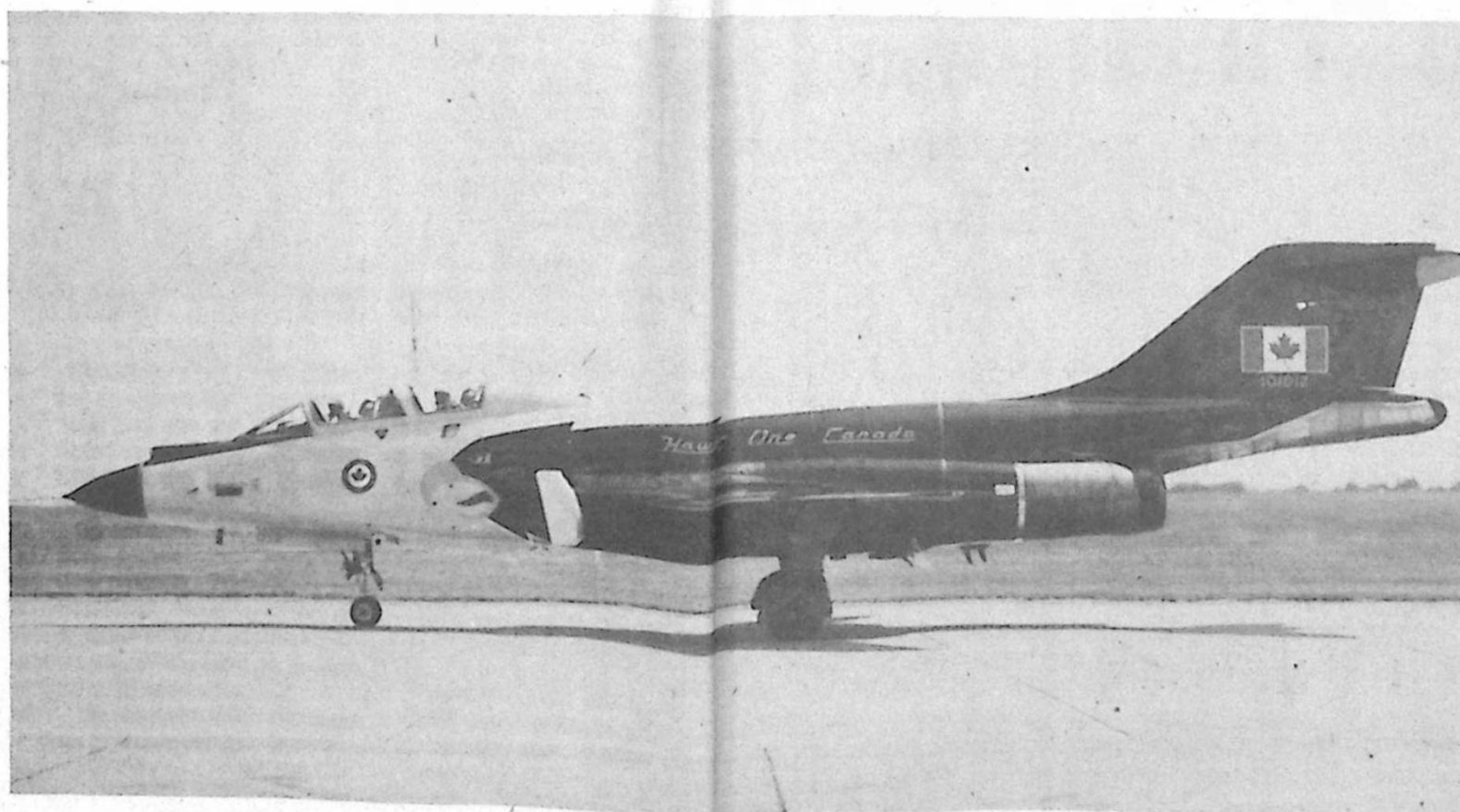


"Congratulations"

409 All Weather Fighter Squadron
on receiving Squadron Colours.



Hawk
"One"



We at Block Bros.
congratulate
409 Squadron on this
momentous occasion.

To all members,
past and present,
well done.

Hawk "One" is a CF 101 aircraft of the 409 (Night-hawk) AW (F) Squadron based at C.F.B. Comox.

This aircraft has been painted in the Nighthawk colour scheme as part of the celebrations in preparations for receiving the colours on Saturday, July 16th, 1977.

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PASS IT ON
L-Col. A. A. Konings, Commanding Officer of VP 407 is performing one of his more enjoyable tasks in congratulating recipients of promotions. L-R are WOs Gary Clarke and Stu Crites, both effective in January this year and unfortunately also posted. Stu is already in Base Armament and

Gary will be following in August. Sgt. Robertson's promotion was effective in January also but Gerry Murphy will have to wait until the first of July before he can put his up. Congratulations fellas!

Base photo

Air Traffic Control News

The low flying, upside down airplanes that you have seen lately over the field, are not the result of poor controlling, but merely air show practices taking place. Our pilots are practising not only for the Comox Armed Forces Day, but for various airshows around the province this summer.

Last week, two nights of Felix Brave, a large Norad exercise, took place with few problems. Capt. Fred Kempe worked both nights in the Tower as part of his checkout and will be taking over Joe Pacowski's shift in the near future.

Hopefully, we have finally said goodbye to the last few departures from the section for this year. On Friday 24 at a section party, Base Plaques and Gravel Pit Scrolls were presented to Capt. Joe Pacowski, Cpl. (Cadet) Elaine Darling and Pte. Ian Wade. As mentioned before, Joe will be departing for Germany for a challenging 4 years at Lahr while Elaine will be going to University as an Officer Cadet. On the other hand Ian will be leaving the CAF for hopefully better things on civ street. Capt. Sandy Cumming and family will be leaving this week for Moose Jaw. Sandy hopes to do

a bit of sight-seeing on the way and perhaps try some fly-fishing in some of those mountain lakes. All will be missed in a special way.

Our section golfers, Capt's. Trev Jones, Tom Evers and Lt. Pete Holiczka have been hitting the base course at every opportunity. They have all purchased club memberships and are trying to get Full value, in case the weather gets bad.

Their games are improving and they have entered all the tournaments that they can. Pete, in fact, won low gross at a recent event. Speaking of golf, the ATC Golden Balls competition will be held in the near future. The co-ordinator will be Lt. Pete Holiczka and more information will follow.

The section campers have been taking advantage of the weather and last weekend several got together at a great campsite on Hornby Island. Sgt. Jim Patterson and family will be camping to Saskatchewan and back to attend a family reunion.

Finally, we are slowly starting to get replacements in the section. The problem is that because of checkouts in a new job, none can be used for at least two months, until they are completely qualified.

The Nice People



From south of the border comes a cute little gal by the name of "Terry Smith". Terry is the daughter of Senior Master Sergeant Robert and Mrs. Joan Smith. The Smiths have been on exchange duty in Comox for the past few years with Detachment 5 of 425 U.S.A.F. Sqn.

Terry, an active and enthusiastic supporter of many activities in the area will be "Sweet Sixteen" on July 25th. She is presently a Grade 10 student at Vanier High in Courtenay.

To say that Terry is active in the community would be an understatement. At a time when we sit back and complain about the youth of today, here is a lovely young gal who provides a perfect example of enthusiasm and dedication. Terry has been active with the 3rd. Comox Pack Girls Guides for four years, assisted with the Beaver Troop in Comox and has held the presidency of the Comox Ranger Troop. Aside from this she has assisted with "Little League Ball" and on Sundays gave her services to the Sunday School classes and Church Nursery activities. And on top of all this Terry has been an active member of the Youth Choir and Young Peoples Club. In her spare time ---? She says she babysits!

Terry was born in Tucson Arizona but the Smiths have spent a large part of their life with the Canadians. Terry did her first grade with R.C.A.F. in Zweibrücken, her 5th at La Macaza Quebec and her 6th thru 10th here at Comox. Unfortunately she is leaving us this summer as the Smith family is travelling back down to the good old United States. They have been transferred to Loring A.F.B. in Maine. This wonderful girl will certainly be missed by the community and we at the Totem Times would like to extend our sincerest wishes to Terry and her family for a happy future.

Terry, from we at the Times and from your many friends in the community, thanks for all you've done. We wish you well and a tip of the hat goes to you Terry Smith -- you are truly one of the Nice People.

G.M.K.

'Critical Gap' Filled

(Continued from page 1)

turned into reality last October when the society was formed. Directors include nurses, a lawyer, carpenter, merchant, contractor and minister among others. A women's auxiliary was formed just two weeks ago and already has 35 members who will help with fund-raising to provide clothing and furniture "to make the place more comfortable" for the residents.

Murdoch said the group is seeking "total community involvement" in the project.

"Everyone knows a person afflicted with the disease of alcoholism," he said.

While St. Joseph's does "a very fine job" with alcoholics, the staff there can only "dry them out and turn them loose" again Murdoch said, with most of them heading right back to the beer parlors in "a vicious circle".

The Centre presently needs beds, dressers, linens, dishes, men's clothing, adult games, tools, pictures, plants etc., any household items will be greatly appreciated to make the Centre a comfortable home.

If you want items to be picked up, please contact Aline Bossons at 339-5900 or deliver to P.M.Q. 73.

(COURTESY "GREEN SHEET")

407 Sqn. Demon Doin's



As for east June has been a busy month. Between flying, we've been saying either farewells to friends who are transferred out or hello to the newcomers.

Last week the NCOs held a get-together at the Golf Clubhouse for Dave Gardiner, Vic Jordan, Hank Fortin and Bob Vilburn who are leaving the squadron. Crew 3 had a luncheon at a local pub to say goodbye to Al Belliveau who is off to Greenwood in the near future. And Crew 2 had a party to say farewell to Dave

Wrenn and Dave Gardiner who are leaving the squadron, and for Lloyd Corney who is moving into Standards.

There has also been some work done in the past weeks. Crew 4 is due back from Yellowknife and Crew 2 returned last week. LCol. Konings accompanied Crew 2 and "left his mark" on the tarmac up there. Also along for one trip were five journalists from NATO countries, getting a firsthand look at our north.

It was a good trip with the weather co-operating and the northern pike biting.

Plus another "away trip" was had by Fred Bishop and his family. We hope you had an enjoyable evening in Powell River.

407's softball team is hanging in there with a record

of three wins, four losses and one tie. The highlight of the season, so far, was the marathon game against USAF-MP team. 407 came from behind 15-7 to tie the game at 18-18.

Last week the MARPAC Regatta 1977 was held in Esquimalt and 407 took part (a rather small showing on our part, though).

On Tuesday, 22nd June, the competition for the Provider Cup (whaler sailing) was held. The 407 crew of Gord Greer, Al Pasanen and Geoff Frusher placed a creditable 8th in unfamiliar waters.

Thursday, 24th June was the Regatta day. Participating were Chris Tuck, Geoff Frusher, Lloyd Corney, 409 Sqn. and their bathtubs plus six women from Supply (Danielle Lirette, Gloria Hart, Elaine Marsten,

Marion Noone, Donna Collins and Bambi-Lynn Shimla) who helped 407 immensely.

The various events were: (1) MCpl. and below whaler pulling, (2) dinghy sailing, (3) open whaler, (4) bathtub race (409 crews raced on behalf of 407, mainly to get experience for the Nanaimo race, but they finished 2nd), and (5) war canoe races. The crew for the 5th event included all available Comox people aided by all available idle bystanders to make a crew of 24. It was wet, but good fun.

Performing in another manner at the Regatta was Harv May who put on an airshow. The old Argus was put through the paces of a dumb-bell, a whispering giant pass, then a high speed pass and a fast pull-up. The old bird ain't dead yet.

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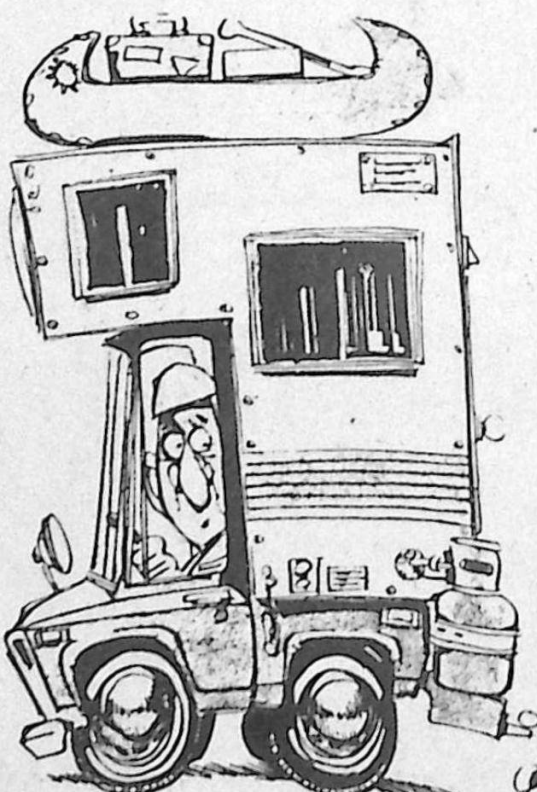
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EDITORIAL

'Vive La Difference'

With the ever increasing prospect of Quebec leaving the Dominion, there has been much concern expressed over the protection and preservation of the French Canadian identity and culture.

Hardly a word is spoken, however, of the culture and identity of all those Canadians who are not French -- those of diverse origin who are too casually lumped into a hodge-podge labelled "English Canadians". It appears as if no one is concerned whether they have an identity worth preserving, or cares if they even have a distinct culture at all.

Perhaps the root of the problem is the similarity of Canadian and American cultures and the inability of non-Canadians to identify the subtle differences. A recent British publication, for example, states that while Canadians believe Americans to be louder and brasher than themselves, there is really little difference.

The inability of this British author to perceive the difference does not mean that it does not exist. There is a difference between Canadians and

Americans; Canadians can identify it, and are quite proud of it. While others might find Canadian culture nebulous and difficult to differentiate from the American, it is none the less very real and very important to Canadians.

French Canadians also might fail to make this distinction, and when explaining to Canada why it should make the effort to keep Quebec in the Dominion, have on occasion suggested that without Quebec, Canadian culture would quickly become assimilated by the United States.

That is simply not true. Canadians have a distinct identity, are proud of it, and consider it a slight for anyone to suggest that they need the influence of French Canadian culture in order to preserve their own from assimilation by the Americans.

Historically, Canadians are slow to arouse on any issue, but perhaps the time has come for them to say a few words about their own culture and identity before they are convinced they really have none at all.

S.M.R.

It's Your Money

There are many financial institutions that lend money today. If you require a loan you are well ahead if you shop around and compare. There is a great variation in the interest rate that is charged, and the amount of security required as protection for the lender.

Members of Credit Unions are offered a very competitive interest rate on loans. Credit Unions are non-profit organizations usually formed by groups of people such as employees, church groups or co-operative associations. Each member is a shareholder and all loans must be approved by a credit committee. All loans with the Credit Union up to \$10,000 include a life insurance package at no extra charge. That means that if you die your loan will be deemed paid in full. Credit Union loans range from small loans to mortgages and there are no hidden costs such as service charges.

Like Credit Unions, chartered banks also require a borrower to have steady employment, collateral and a good credit rating. Interest rates on bank loans are competitive with Credit Unions and they offer a full range of services. If you wish to take a bank loan, shop around. Not all banks charge the same interest rates, nor do they all calculate interest in the same manner. Most banks do not have hidden charges.

Finance Companies are regulated by the Small Loans Act. Therefore the maximum interest rate they can charge is 2 per cent per month for loans under \$300, 1 per cent per month for loans between \$300 and \$1000 and 1/2 per cent per month for loans between \$1000 and \$1500. There are no regulations pertaining to loans over \$1500.

You may find it very difficult to get a loan from a finance company between \$300 and \$1500 as the interest rate is low.

Loans over \$1500 could have an interest rate as high as 26 or 27 per cent plus hidden costs, such as service charges, brokerage fees, or finders fees. And if you miss payments you could end up paying interest on the interest for your loan.

Most life insurance companies will loan money to their policyholders, based on the cash surrender value of their policies. For example, if you had paid \$4000 in premiums on a whole life policy over the years the company would allow you to borrow approximately one half of that amount which, of course is \$2000. This of course does not apply to term insurance which has no cash surrender value.

A very important source of cash available for servicemen is the Canadian Forces Personnel Assistance Fund.

The CFPAF is comprised of the following two programs: **Small Loan Program** - loans range from \$50 to a maximum of \$500, and are granted for any genuine purpose that will promote the well-being of a serviceman. **Financial Distress Program** - this program is operated in co-operation with the Royal Canadian Naval Benevolent Fund, the Canadian Army Welfare Fund and the Royal Canadian Air Force Benevolent Fund. These loans are normally not in excess of \$3000 and are used only in the case of financial distress. Loans from both programs are obtainable through the Base Financial Counselling Officer and are at a very low interest rate.

If you wish a loan I would suggest you shop around. Compare rates at different lending institutions. If you have questions ask your supervisor. If he doesn't have the answer he'll find it. L.F.M.

'Better Communications' - With Use Not Abuse

The English language is a living thing -- it evolves daily, changes, develops, expands and contracts. It has been known to change direction, to develop new character and certainly, to adopt the new words which keep appearing to replace those fallen into disuse.

The younger generation today are spawning a language which would sound positively alien to their great-grandparents, perhaps even to their grandparents -- even their parents. However, it is unfair to be too critical or flippant about some of the new words that we hear -- or the new uses to which

old and familiar words are being put. Would anyone dare to admit they remember "23 skiddoo" or "maizydoats"?

There are many arguments about the purity of our language and how, if or why it should be maintained. The French government periodically purges the French language, declaring that some words are not officially sanctioned. It fought a losing battle against words like "jeans" and "hamburger" -- proving perhaps that change, if not progress, is inevitable.

Language is a means of communication -- to be live

and useful, it must change with the times, but there has to be a certain standard or norm at all times. Imagine the dismay of a foreigner landing in London, within the sound of Bow Bells and learning all his English from a cockney -- and then finding it impossible to talk to the rest of the English speaking world.

To insist that everyone speak with the same accent, the same vocabulary and the same sentence construction would make our speech deadly dull. Such a proposition would not find much support, but there has to be some normal pattern of speech which is identifiable and understood as English. This standard would have to be based on the vocabulary in current use and good sentence construction so that thoughts and ideas could be communicated logically and in sequence. In the printed word, it would demand accurate spelling. Is this really the impossible dream?

If this is the age of communication (ushered in by Marshall McLuhan -- complete with fanfare) why do we have so much difficulty understanding each other? It would not take most of us long to recall occasions when misunderstandings have caused pain and grief -- pain and grief which could have been avoided if we could understand each other better -- and that means being able to communicate with each other.

Perhaps communication, despite all the fanfares, is becoming a lost art? Do we know what we want to say? Do we say

what we mean? Do we say it in a way that can be understood? And lastly, is anyone listening?

We all know how tedious it is to listen to open line shows when callers have something to say but are unable to organize their thoughts before they put tongues in motion. We have all suffered watching politicians whose momentous words and world-shaking utterances are punctuated by "um" and "er". The message that is received is tempered by hesitation and coloured by indecision.

We can admire the fluency of speakers like Churchill and Diefenbaker; we appreciate the measured tones of Laurence Olivier, the rhetoric of Kennedy. It is not given to us all to emulate their example but it is given to us all to organize our communications.

A recent monthly Letter published by the Royal Bank of Canada carries the title "Or-

Saying What You Mean and has four very helpful ideas. It suggests, first, that we know what it is we wish to communicate -- that it is clear in our own minds. Secondly, it is important that we know with whom we are trying to communicate. A comparison is made -- that it is childish to hope for the bulls-eye by aiming at the general direction of the target.

The third idea -- that we consider the medium of communication that best will convey our message of thoughts. Should we write? Talk face to face? Telephone? Send photographs, flowers of

government, facing sickness within the body politic, has taken to treating this unhappy situation with the political equivalents of acupuncture and apricot pits.

Witness the current ballyhoo surrounding "Canada Day" and "Canada Week" (our old friend, Dominion Day, all gussied up for a new generation). Throughout Canada Week, but particularly on Canada Day, July 1, there will be federally-encouraged celebrations throughout the nation. Famous Canadians will be whisked back to their hometowns at government expense to lead local festivities. There will be parades,

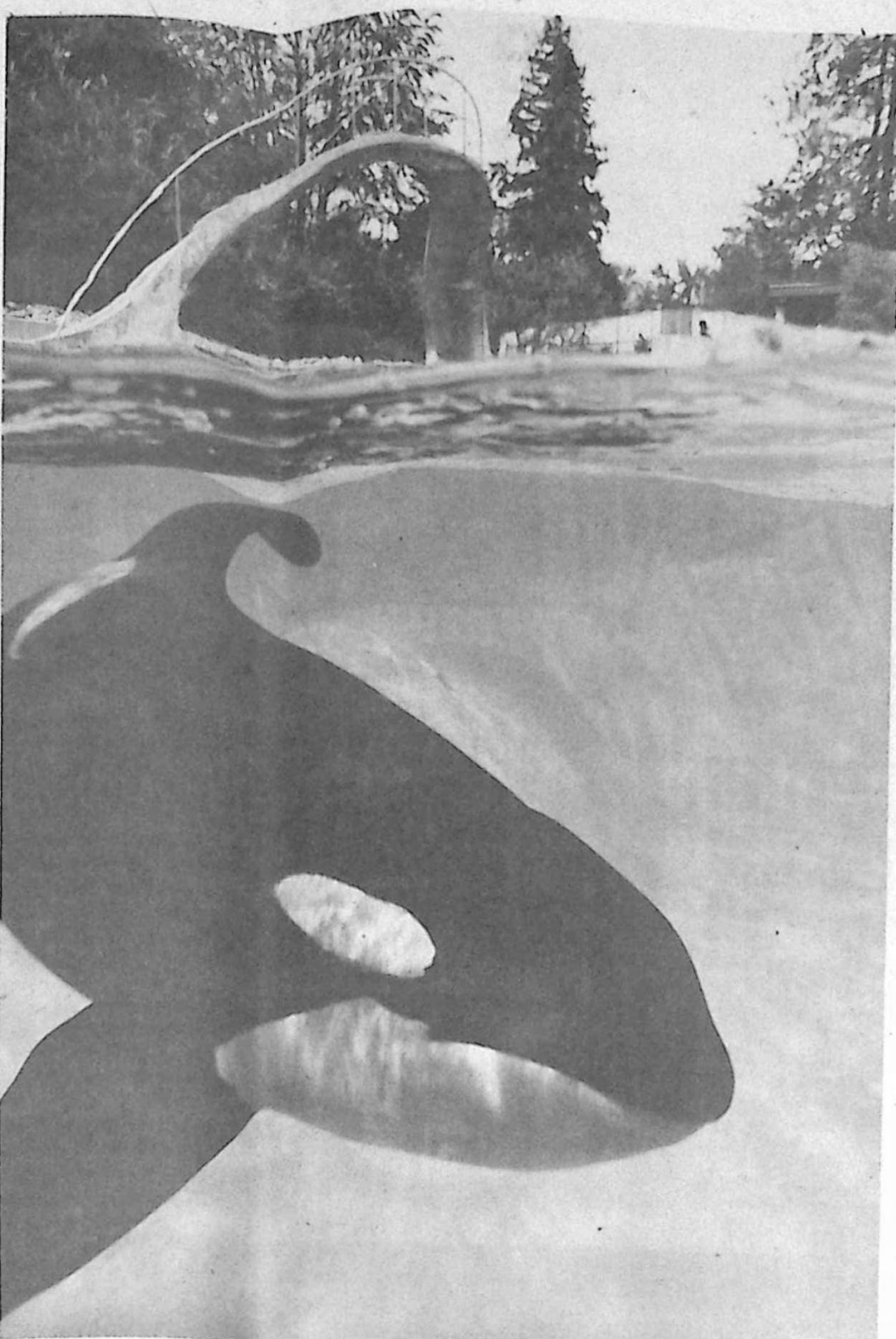
concerts, dog races, and canoe trips. Then, on the evening of July 1, the CBC will spend more than \$1 million to show us Canadian entertainers doing Canadian things in Canadian regions.

The government hopes business will get involved in this distinctly unspontaneous celebration. If the government has its way, Canadians will be wearing "Canada, I Want to Shake Your Hand" T-shirts while eating Canadian birthday cake while listening to the sappy Canadian Day theme song which is expected to dominate our national airwaves.

The Canadian Federation of Independent Business was on hand when the government announced the program. The Federation believes that the federal government's national party ignores the root causes of Quebec's independence movement. Quebec's unrest stems from economic problems; the province wants to control its own destiny and to provide better job opportunities for its francophone majority.

The problems facing Quebec, however, are the same problems facing other Canadian regions; only the language of Quebec obscures the similarities. Every region of this nation needs greater self-sufficiency and more local enterprise. The government can't simply gloss over this issue with candies, balloons, and flag waving.

Canadian nationalism will arise naturally as Canadians come to grips with the basic economic threat to our survival. Nationalism isn't something that can be sold, like pork and beans, with showmanship and fluffy commercials. Strong leadership does not come out of ad agencies.



"SO MUCH, SO CLOSE" ... is the reaction of visitors in the Vancouver Aquarium's Underwater Viewing Gallery when face to face with the 7,500 pound male killer whale "Hyak".

Acupuncture And Apricot Pits

by JIM SMITH

A few years ago, a noted American doctor-cum-writer named Lewis Thomas was asked to comment on the state of this country's medical care. "These are bad times for reason, all around," Mr. Thomas replied wearily. "Suddenly, all the major ills are being cured with by acupuncture. If not acupuncture, it is apricot pits." Apricot pits are the basis for laetril, a cancer "cure" held in low esteem by medical authorities.

Which brings us to the illness that has befallen the Canadian Confederation. Like the man said, these are bad times for reason. The federal

government, facing sickness within the body politic, has taken to treating this unhappy situation with the political equivalents of acupuncture and apricot pits.

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Safe Boating Week 1-7 July 1977

In 1977, as in previous years, thousands of Canadians will take advantage of the many lakes, rivers and streams in which Canada abounds.

This attraction to the outdoors should not allow us to forget the many boating safety regulations which the Canadian Coast Guard has issued for the welfare and "survival" of Canadians. Each year, unfortunately, there are drownings or accidents attributable in large part to ignorance or disregard of the most basic safety precautions.

Transport Canada is also aware of the public's need for adequate documentation on how to prevent accidents, which often occur because of the absence of elementary precautions. I wish to express my fullest support for the efforts that are made to this end by the Canada Safety Council, which is again



Learn the rules of boating safety with Red Cross. Always wear your PFD (Personal Flotation Device) when you go in a boat.

organizing a Boating Safety Week from July 1 to 7, 1977. I also wish to commend the work of groups like the Canadian Power Squadrons and the Canadian Red Cross, which spare no effort to make vacationers familiar with the boating regulations.

This year Transport Canada is continuing its public education program on boating safety. The 1977 "Boating Safety Guide" contains much useful and relevant information and can be obtained free of charge from Transport Canada. I strongly recommend that every user or prospective owner of a pleasure boat obtain this guide.

Transport Canada also plans to establish a corps of volunteers who will act as auxiliaries of the Canadian Coast Guard. Their main task will be to assist boaters and to participate in search and rescue operations. In addition, these volunteers will be able to inform the public on emergency procedures, accident prevention and safety in general.

The purpose of Boating Safety Week 1977 is to promote the joys, benefits and safety of boating activities, and also to make the Canadian population more aware of the dangers inherent in them. I do not doubt for a moment that all Canadians will join to help make this public-spirited effort a success.

Otto Lang

Prime Minister Writes

On July 1st, 1977, we celebrate our one hundred and tenth birthday as a nation. Through our eleven decades we have gathered together in good times and in hard times, in war time and times of peace. We have seen our country grow, in just over a century, from a sparsely settled, pioneer land to a modern country of great diversity and international responsibilities.

From the richness of our two official languages and the diversity of our many cultures we have built a society which places great importance on the traditions and values of all Canadians. Together we have participated and will continue to participate in the national adventure which is Canada.

Canada week and Canada Day are occasions for joy and celebration, but they are also occasions for thoughtful contemplation of what we have achieved as a people. We have now an opportunity to reaffirm our belief in a nation from sea to sea and to accept the challenges that are an essential part of a vital and constantly evolving nation.

Pierre Elliott Trudeau

... In Moderation

Dear Sir: I wish to endorse and support in every possible way the Attorney General's present campaign against those thoughtless perpetrators of so much human suffering and misery, the drinking drivers. Nothing other than the fear of being caught is so likely to restrain a motorist from excessive drinking right from the outset of an evening or to encourage him to go home by taxi if he has taken rather too much liquor.

As for the completely heedless, the police must simply be on hand in sufficient numbers in sufficient places sufficiently often to catch them and to rule them off the road.

The availability of alcohol on every hand and at practically every social occasion these days imposes a special duty on all of us who use it to drink moderately and not to drink if we intend to take control of a motor vehicle, which has been likened by the courts to a lethal weapon.

G.C. Blair Baillie

President
BRITISH COLUMBIA
SAFETY COUNCIL

In four centuries the speaking population of English has increased by 5000 percent.

CNA TOTEM TIMES

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... Of General Interest

Salmon Tales

BY THE OL' HERRING PULLER

Fishing is great! Even "Hardware" fishermen are hooking a large number of coho salmon out of Airforce Beach in the "salt chuck".

In the area of five and six pounds, this silver salmon with the bright red flesh is a mouth watering addition to any great meal on the kitchen table.

Tom Macks (4 1/2 pink and pearl), hootchies, Tomic plugs and, of course, herring strip are the lures that are bringing in the coho today. Using "hardware" isn't as sporting as dragging a bucktail on light tackle, but it can be just as satisfying to the novice.

HARDWARE, what's that you say?

Well, my lad, it refers to the fancy gadgetry attached to certain fishermen to their 20 to 30 pound test line in an effort to attract an unwary salmon. Some people even use a "Pink Lady" or other type of planer, to force their lures down to greater depths.

Flashers, dodgers, spoons, down riggers, I suppose each

could be considered as part of the "hardware" used by certain "meat hunters".

If you are going to use some of this hardware, there are a number of hints that you should heed. For example, you should ensure your trip weight is a good distance (eight or ten feet should be ample) up the line from your flasher or dodger. This is to ensure that the weight does not hinder the movement of this device.

Herring strip in a strip teaser, or a spoon should work well about three lengths of the flasher-dodger behind said devices; i.e., if your dimpled dodger is 12 inches long, your leader should be approximately 36 inches long. For hootchies and flashtails the leader length should approximate twice the dodger-flasher length. Keep in mind, all important is the speed at which you are trolling...the correct leader length isn't going to do you any good unless you've got the correct action to your lure. The boat speed through the water and the effect of the tide each has a bearing on your lure's action.

Pacific Cod

The Pacific cod is the true cod of the Pacific Ocean and is closely related to the famous cod of the North Atlantic. Pacific cod are caught chiefly along the west coast of Vancouver Island and in channels tributary to Hecate Strait. They are often called Gray cod. Spawning is known to take place during the winter months. The Pacific cod grows very rapidly, reaching a length of 23 inches by the end of its third year. Maturity is reached in three years, and the maximum age attained is probably no more than 7 years.

Two characteristics which distinguish the Pacific cod are the presence of three dorsal fins and two anal fins, and the long barbel on the lower jaw.

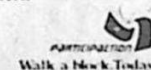
In recent years there has been an increasing demand for Pacific cod. Some of the catch is sold on the fresh-fish

market, but the bulk of it is packaged for the frozen-fillet trade or processed as "fish-sticks".

Tubs To Churn

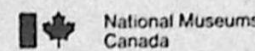
(Continued from page 1)
get a new team organized for next year, as most of the members are leaving, and unless others step forward to plug the leak, bathtubbing in Comox may go down the drain! If you are interested, call Tom Quibell at Local 369 or Bob Drummond at 292 and talk it over, and we'll put in a plug for you.

Get your rear in gear. Take a walk.

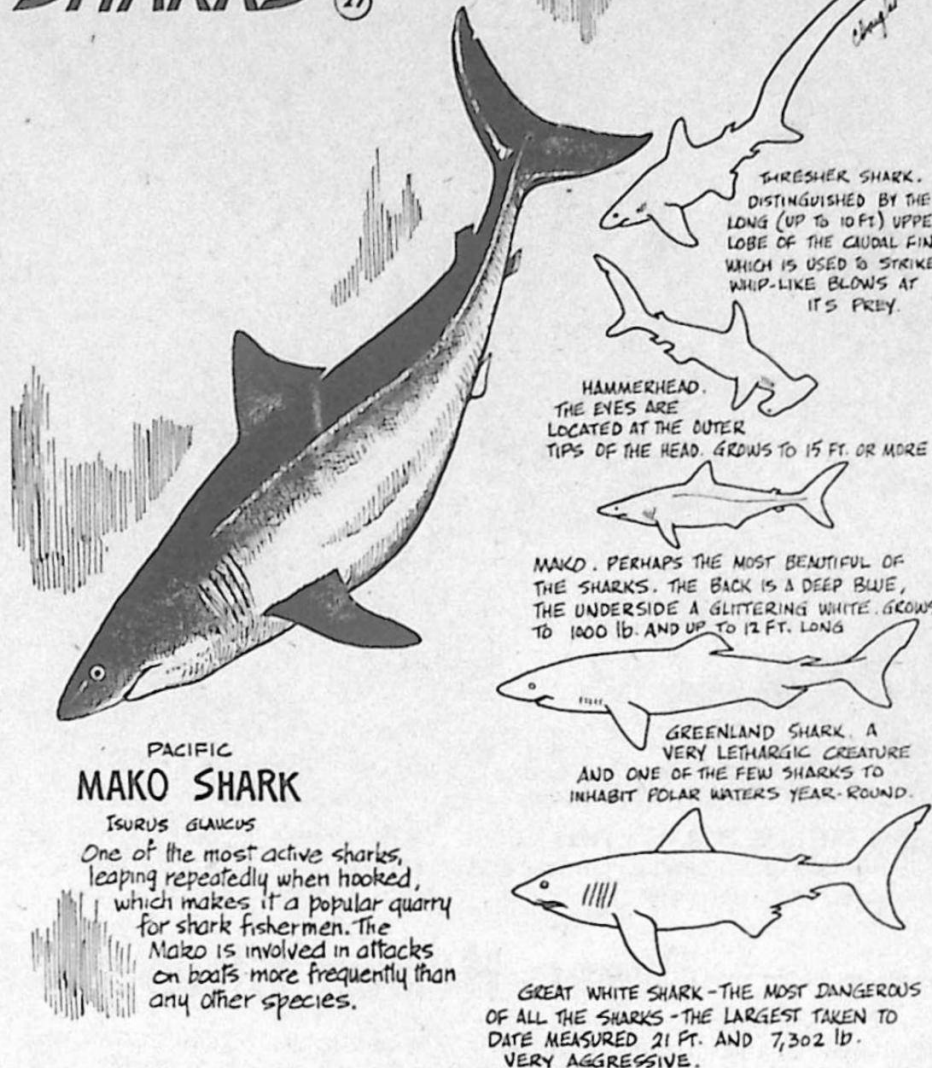


NATURAL HISTORY NOTEBOOK

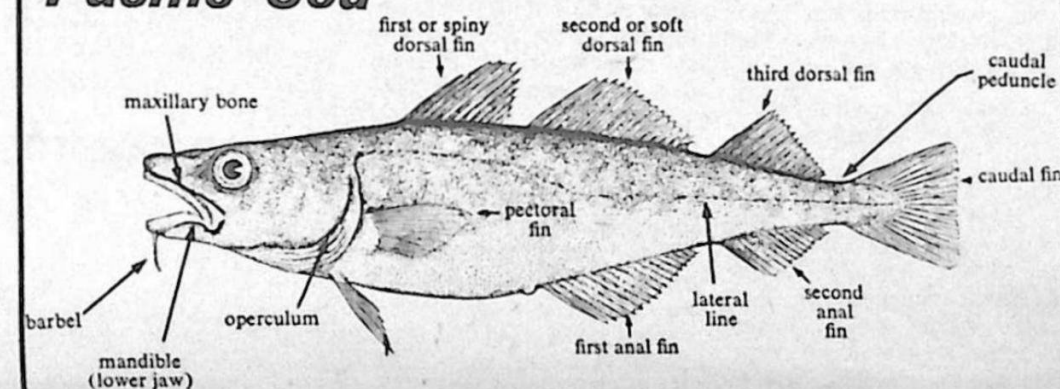
PRESENTED BY: THE NATIONAL MUSEUM OF NATURAL SCIENCES, OTTAWA



SHARKS



Pacific Cod



Just In Time For Summer

Capt. B. Levesque, the Base Exchange Officer is congratulating Master Corporal Fred Arbuckle of the Nuclear Defence Section for having won the "his and hers" sets of Samsonite luggage. This is the third of eight draws for 1977. Other winners include Mcpl. Don Leblanc - color TV, and Lt. W.R. Cleland - Black & Decker tools.

Special Smile Campaign Announced

"We have a special smile for you!" is the theme of a new Tourism British Columbia campaign directed to all who come in contact with visitors to our province. In announcing the campaign, Provincial Secretary and Minister of Travel Industry, Grace McCarthy stated: "In the next few weeks you will be greeting many visitors to your Province. Some will be old friends, others will be first-time visitors. I hope that you will 'go that extra mile' and extend a very special

welcome to each of our guests so that we can be sure that everyone will want to return to British Columbia".

The Minister is particularly requesting those employed in the hospitality industry, in retail outlets and other visitor service locations, to wear one of the multi-colored "Smile Buttons" to remind all that visitors are VERY IMPORTANT PEOPLE to everyone in our province. The general public will also be requested to join in this campaign.

The buttons, which are

available in four languages, are being distributed throughout the province along with matching placemats and other advertising and display material.

The campaign will be launched in Vancouver by Minister McCarthy at a rally.

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OCT. 1st, 1977

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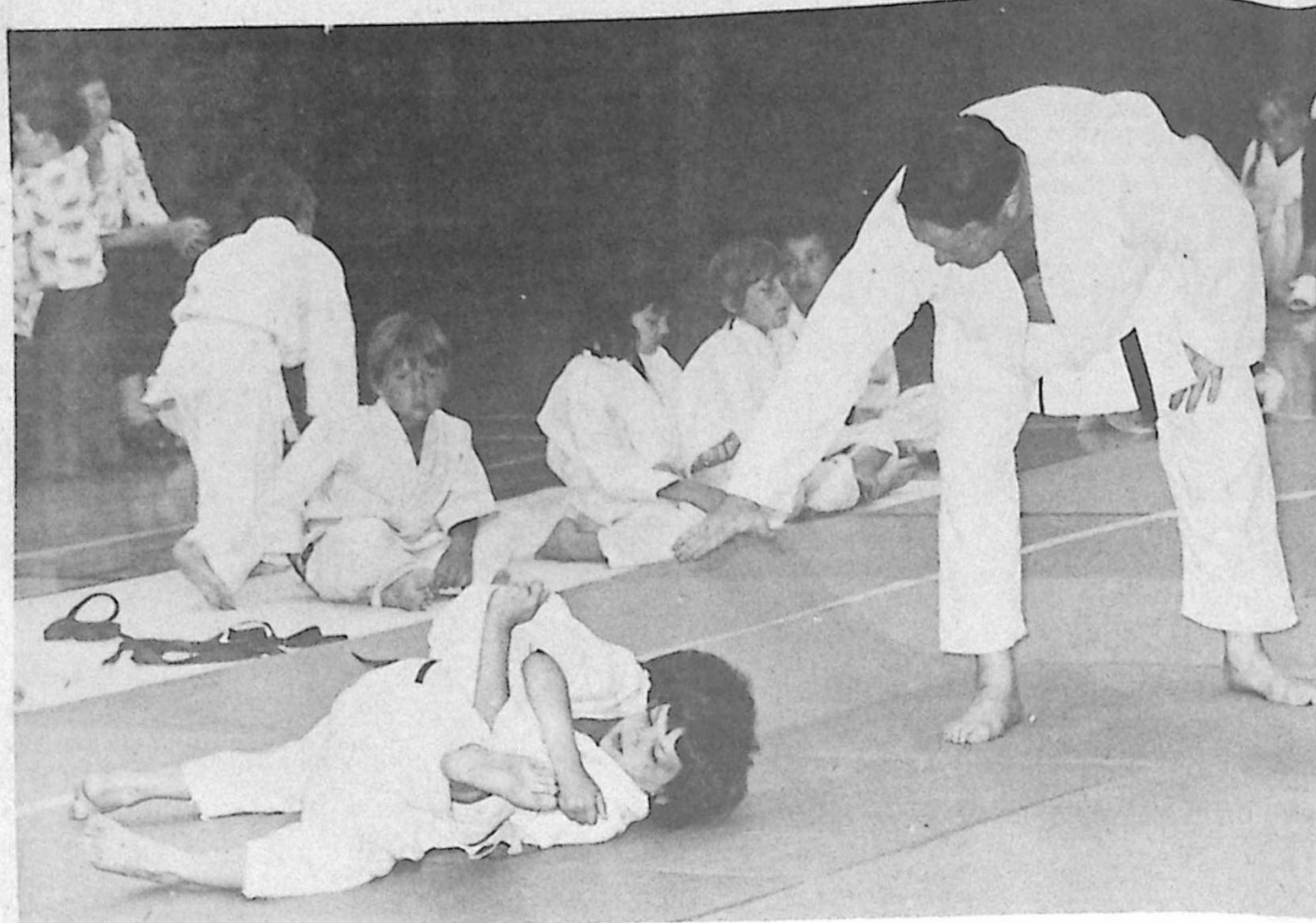
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Sports Beat Comox

Mr. Judo Has Control



NO CHILDS PLAY -- THIS JUDO! -- Ken Greer, Director, Instructor, Organizer and all around, Mr. everything referees a match during C.F.B.

Comox's year end tournament. As shown, the kids were having a great time and action was hot and heavy.

Green Hornet Strikes Again

The Green Hornets (team No. 2) coached by in Secret Life, S.Sgt. George "The Original Green Hornet" Scholer and his assistant S.Sgt. Ed "Kato" Jaurez, who are presently in 2nd place, beat the first place team 24-16 in a tight six innings?

It was once again the great pitching and hitting power, of which included a home run by Chuck King and an additional "Round Tripper" by Earl Scott, which helped nail down the victory. But the "Green Hornet" informed me that there were several other players that also played very well and that it really was a great team effort. Players like Scott Wallace, their catcher, and as the Coach

said, "As good as he has ever seen", who was injured but came back and finished the game, and always gives his best. Trevor Ramsdale, the twin brother of Trent Ramsdale, is hitting very well and reports that his playing ability has improved 100 per cent. Over the season Scott Phillips, Mike Bouchier, who are two outfielders, have shown steady improvement.

Seriously though, Coaches Scholer and Jaurez would like to thank the Parent's of the ballplayers for their support during the season, and also for making this one of the most enjoyable teams they have ever been involved with. From the Rec Centre Staff a special "Thanks" to George and Ed.

"Next week, will the team beat the No. 2 team or will 'THE' team be in first place??? ONLY THE SHADOW KNOWS....."

Whoops...The Bubble didst burst....The Green Hornets lost their Stingers. The latest update to this episode is

this...The team did end up in first place but, they were smothered in the final game for the Championship by a score of 24-18 in spite of an eleven run inning pulled off by the Hornets.

Remember boys, "If you lose with a smile, you're still a winner".

Judo News

Final tournament held for the Junior Judo Club.

On the 20th of June the Comox Judo Club held an end of year interclass tournament. The Judokas were divided into 5 weight classes. The tournament got underway at 6:15 with the fly weight class. At the end, some 2 hours later, the dust settled and the winners were:

Fly Weight: First Kathryn Wiwchar; second Marc Robinson; Third Andrew Robinson.

Light Weight: First Kathryn Williams; Second Linda Gunstone; Third Michael Wiwchar.

Middle Weight: First Steven Wiwchar; Second Stephen Blair; Third John Saunders.

Lt.-Heavy Weight: First Bill Laver; Second Colin Blair; Third John Watt.

Heavy Weight: First Steven Robert; Second Rory Wilson; Third Marc Whorral.

Outstanding Judoka awards went to Zenova Wiwchar of Class No. 1 and Steven Robert of Class No. 2. The Base Judo Club will be taking part in the Armed Forces Day display. A number of students will be required to train for it. As for the remainder, we will look for you in September, when a new season will start.

Via this column, I would like to thank Mr. Tedd Forget and Gary Clarke for their time in helping to run our final tournament.

To all my Judokas have a good time during the summer - STAY IN SHAPE!!

SENSEI

A final note from the Rec Centre staff to MWO Greer and his club.

This club is one of the best run clubs on this Base. MWO Greer has once again done a tremendous job and judging from his students he is a very

First of all the answer to last week's little goodie - The problem was, or, the softball situation. Bases loaded, none out, the batter hits a fly ball. Before the defending team, the team in the field, gets to touch the ball, three are out. What happened? Well folks here it is. Infield fly - 1 out, the base runner from first ran past the runner on second - 2 out, and the base runner on third was off of the base and the ball hit him on the head - 3 out, and the defending team has yet to touch the ball. And... the umpire ends up with the team at bat (who were at bat) in a heated discussion and eventually great pain... and... retires. But that is the correct call.

On the lighter side of things Roger Neilson should be named as the new coach of the Toronto Maple Leafs very shortly. Kelly is in the hospital undergoing back surgery and will probably end up on the executive somewhere. Roger is a great guy and also has a good solid background in fundamental hockey. It is very difficult to get pros to believe in a system, but if they have respect for their leader and coach it not only can but has been done. As Roger has mentioned to me his hockey may not be that exciting to watch, but it gets results. He was very successful with the Peterborough Petes Hockey Club and in his first year as a pro coach did a

masterful instructor. The staff from the Rec Centre would like to thank Ken and his members. We look forward to having them as part of the recreational activities which take place here at CFB Comox. Thanks, Ken, and maybe next year you will once again have your own building???

Up Earls Alley

great job in Dallas where he coached the Black Hawks of the Central Pro League. Perhaps the greatest problem, or I should say one of the foremost problems, a professional has is the inability to motivate or instill the will to win in the team. Let us all hope, as Leaf fans, that Roger has this ability.

The talks of merger between the NHL and the WHA are still continuing. The "Big League" is making it very costly for the "Little League" teams to enter. Perhaps they are just being invited to join? The way that the talks are going now you could compare it to inviting your mother-in-law over and then asking her

to sleep in the basement. It is not hard to understand why some teams are rather hesitant about the whole mess. Can you imagine after having lost about a dozen pros from your organization when the WHA was formed and then allowing them and their respective teams to come into your league and play against your organization? That doesn't make too much sense let alone good business. As I am concerned, the NHL does not owe the WHA anything or, to be more to the point NOTHING.

Quickly quiz - Around home this chap's name is Edson Araintes do Nascimento. Who is he?

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Mature

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"LAND OF THE MINOTAUR"

Mature

"May frighten some children." - B.C. Director

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Regular TGIFs - 1600 - 1700 hrs. Subsidized drinks. 1600 hrs. food - 1600 - 1700 hrs. - Jackpot and bottle draw. Dress - Casual.

SUNDAY - JULY 10th - FAMILY "BAR-B-Q"

Dinner 1700 - 1900 hrs. Steaks \$3.75; hamburgers \$1.00; Hot dogs, 50¢. Salad, potato and desserts. Dress - Casual. Reservations by 1500 hrs. Thursday, July 7th.

SATURDAY - JULY 23rd - ARMED FORCES DAY RECEPTION/BAR-B-Q

Reception - 1600 - 1700 hrs. Cocktails and hors d'oeuvre Bar-B-Q 2000 - 2200 hrs. Dance 2130 - 0130 hrs. Dress - Casual. \$8.00 a couple - \$10.00 guest couple. Reservations by 1500 hrs. Thursday, July 21st.

*NOTICE - Reception following Airshow - For invited guests and participants.

NOTICE: During regular TGIFs - TGIFs. When muggins are scheduled, food hours will be extended 1600 - 1730 hrs.

"COMING EVENTS" - Farewell Party for Col. and Mrs. Mortimer, Saturday, August 6th.

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Sat. 2nd, Sun. 3rd - DISC JOCKEY DANCE
No cover charge. 2100 - 0100.

Sat. 9th, Sun. 10th - T.B.A.

Sat. 16th - "CONTRABAND" - 2100-0100.

Sun. 17th - Dance and GONG SHOW
All participants welcome. Crazy, zany, serious - anything goes. Prizes.

*Jr. Ranks Children's Picnic - July 30, at the Base Beach.

*Tickets for ROY ORBISON Show - Now available at PMC's office.

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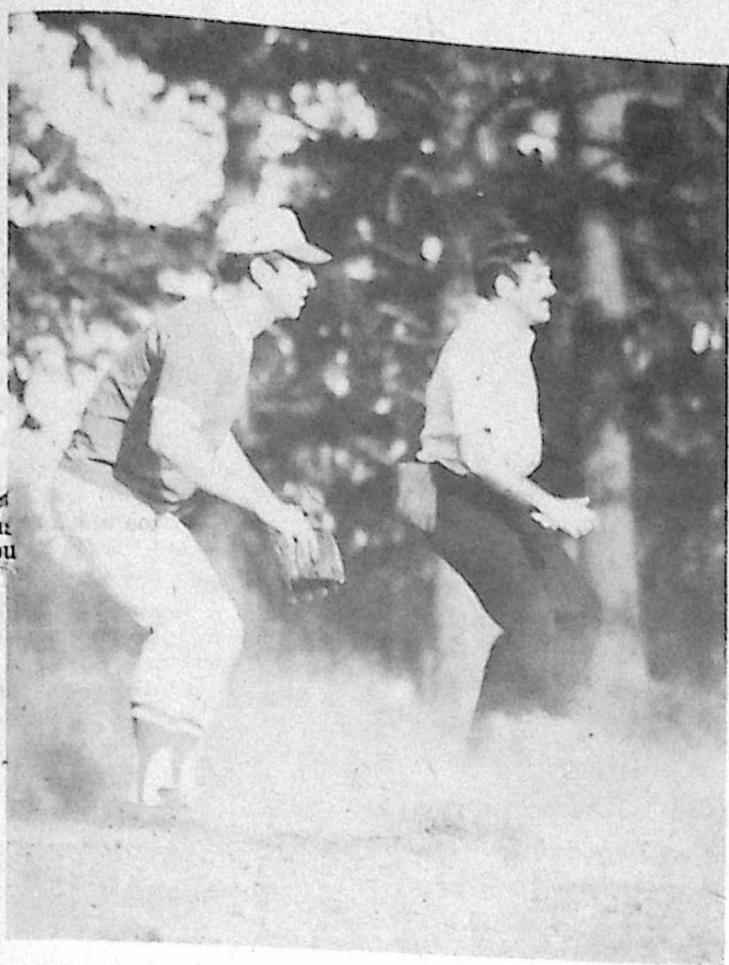
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"YA SEE THE ONE I MEAN UMP? - The blond in the top row ... the one with the nice legs."

Rec Gen'

SUMMER FREE SWIMMING PROGRAM

There will be no charge for swimming on Mon., Wed., Fri. 1:00 - 3:00 p.m. However, to gain entrance to the pool at these times, all PMQ dependants' passes must be stamped to permit controlled access. A table will be set up at the Base Exchange on Thurs., 30 June, from 1800 hours until 2000 hours (that's 6:00 p.m. until 8:00 p.m.) to stamp dependants' passes. Should passes not be stamped at this time or if dependants do not have a pass, then Cpl. McKim of the Military Police will be available at the Guard House during normal working hours. NO STAMP - NO SWIMMING.

Children must be at least 4'0" to go swimming. Children under 4'0" must be accompanied in the water by an adult.

SWIMMING POOL SCHEDULE

Open Swimming (Military and Dependents)
Mon. to Fri. 1:00 p.m. - 3:00 p.m.
Tues., Wed., Thurs., 6:00 p.m. - 8:00 p.m.
Sat., and Sun. 1:00 p.m. - 4:00 p.m.
Admission Servicemen Free; Dependents - Adults \$0.50; children \$0.25.
PMQ residents' admission fees for Mon., Wed., and Fri. 1:00 - 3:00 p.m. are paid for by

PMQ Council. Passes must be stamped accordingly.

SWIM CLASSES: conducted 0800 to 1100 hours Mon. to Fri. PMQ CHILDREN SUMMER PROGRAM

A Summer program for PMQ children age 4-8 years will be held during July and Aug. The activities will be held at the school playground from 9:30 - 11:30 a.m. and 1:00 - 2:30 p.m. Mon. through Fri. On days of poor weather the school gym will be used. Program starts Mon., 4 July. Registration will be Thurs., 30 June, at the PMQ School gym between 2:00 and 3:30 p.m. A registration fee of \$1.00 per child or \$2.00 per family will be charged. Children may also be registered at the start of the morning sessions.

Special activities will be organized for 9-12 year olds if enough children are interested. A small fee may be charged for participation.

After nearly two months of non-stop action the PMQ ball season ground to a halt on the 25th of June. It can be termed as a successful season in the sense the game was kept in its proper perspective by the boys and girls who played the game. The thrill of victory and the agony of defeat were very temporary and only a few minor injuries were sustained by these enthusiastic, young performers.

Ball cannot exist without coaches and umpires and these special people who donate their time and occasionally a dollar or two of their own, deserve our thanks and we hope you become involved again next year. It was especially gratifying to see teenagers involved in coaching and umpiring. They remember that someone took time to help them along in sports and they would like to do the same for the younger ones. It surprised no one that these young people made very capable coaches and umpires.

Statistics and scheduling were no problem at all this season because it was handled by Mrs. Codner who made a tough job appear very easy. The wind-up picnic was handled by Mrs. Farthing and Mrs. Page and if you think this is an easy task, just try to organize and plan an outing for two hundred people sometime. We owe these ladies a special thanks and we always need interested mothers to make these things happen.

SQUIRT SOFTBALL

Although this division has the greatest age and experience differential, it is probably the most entertaining to watch. All the players were able to compete due to the fact that the older, harder-throwing pitchers had to greatly reduce their pitching speed in order to find the strike zone of the smaller players. Once this happened, the little ones were able to get their eye on the ball and give

it a good healthy lick as was proven early in the season by a little blonde girl (Shelly Fader) on Mike Keller's blue team. This year Gary Page's Green Machine reigned supreme by just nipping Maynard Smith's Reds at the finish. Clint Verchere's Yellow Fellows finished third, John Bouchier's Penguins were fourth and Mike's Blues rounded out the final standings. Coaching on all teams was superb and hopefully these fine people will return next year.

PEEWEE BASEBALL

Although the Pee wee baseball division consisted of only three teams, the same as last year, the calibre of play remained high. Dale Smith's team 1 and George Scholer's team 2 finished in a tie with 6 wins each at the end of the twelve game regular season, but with one less loss team 2 received the bye into the playoff final. The semi-final between team 1 and Doug Baird's team 3 produced some exciting action with team 1 the eventual winners by a 15-8 verdict.

The final game was a high scoring affair with Team 2 taking an early 3-2 lead. Team 1 broke the game open in the second inning by taking a 14-3 lead with Chris Farthing's grand slam home run keying the twelve run outburst. The score at the end of three was 15-5 but in the fourth inning Team 2 narrowed the gap to 21-16 with Earl Scott's leadoff triple and grand slam home run bringing his team alive. Team 1 scored two more in their half of the fifth and then set down team 2 in order to win the game 23-16 along with the championship.

All players and coaches are to be congratulated for their fine efforts throughout the season and special thanks goes to Mrs. Page for dedicated scorekeeping throughout the season. MIDGET GIRLS SOFTBALL

The midget girls softball team, known as the CFB Sluggers, had an excellent season. The girls, coached by Dot Kern, played well together and worked as a team to bring in enough runs to win ten games and lose only two. Our girls finished first in the league with CRA 1 providing their toughest competition and eventually nipping our girls by a 4-3 count in the playoffs.

A mother and daughter game was held on the 16th of June but the final outcome is unknown since the game scoresheet has disappeared but someone seems to think that the girls might have possibly won. A good time was had by all.

A team party was held on the 22nd of June and some of the girls received medallions for their outstanding efforts. Kate Tingley was awarded the trophy as the most improved player.

The girls would like to thank the parents who made this team possible by umpiring, scorekeeping and driving the girls to their games.

BANTAM GIRLS SOFTBALL

This season the PMQ's were represented by two teams with CFB No. 1, coached by Mrs. Rossiter, capturing the league title.

The playoffs saw the two base teams meet in the second round with Tony Zruna's CFB No. 2 edging CFB No. 1 by a 7-6 count. Tony's team looked like they were home free after defeating the league champs but Courtenay nipped them 5-3 in the playoff final.

An observation made at the season end is one concerning officiating. A high standard was maintained throughout the season but one wonders about the qualifications of some of the officials provided by the C.R.A. for the closing tournament. We realize these people are giving their best but perhaps in the future as much emphasis can be placed on training officials as is placed on molding teams. The

girls would like to thank the parents who helped with transportation and special ones to Mrs. Rossiter and Tony.

BABE RUTH PREPS

Our team, coached by Danny Martella, experienced some tough going this season. We had a won-lost record of 0-10 playing in the Comox Valley league.

Graduating to an official size baseball diamond, the team put in many hours of practice and a marked individual improvement was the result. We had two of our players selected to try out for the Valley All-Stars; Steve Synnuck and Rob Wilson with Rob making the final cut. Rob has also been selected as our team's most valuable player. Final standings: 1. Royston, 2. Comox, 3. Tsolum, 4. Courtena, 5. CFB.

Next year, should we have a proper diamond, we will have two teams on the base, one Junior and one Prep.

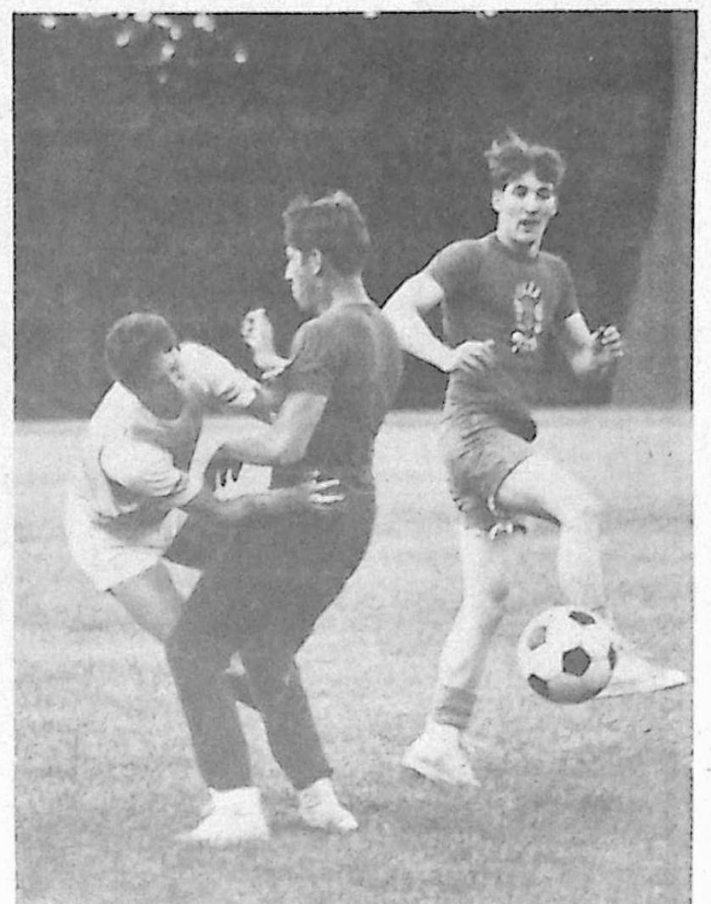
Good luck, Rob, with the All-Stars and maybe the team will make it to the North American finals.

A thank you to Gord Synnuck and Rick Lacelle for their assistance with the team and also to all you expert rakers.

A SUMMARY

This year we had 165 of our best register in our ball programs. It was an excellent year for "participation" and indeed it was very rewarding to see our youth develop in this competitive way.

As in everything though, there is always room for improvement. Two of our more critical failures were a lack of continuity in our organization and genuinely very poor ball diamonds. Our first is being rectified in that a lot of our volunteers are returning next year. Our second failure is out of our hands. All our diamonds are unofficial yet they can be made official should the proper channels be followed. We have been promised action by C. E. for our next ball season



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Prerequisite - W.S.I. or qualified instructor (any trade) with current R.I.S.S. Bronze Medallion.

Successful candidates will qualify to teach Small Craft Safety Courses in any province.

R&Q provided.

Interested personnel are to contact the Rec Centre right away.

LADYSMITH DOGWOOD DAYS

The Second Annual 5 Pin Bowspiel will be held in the Ladysmith Bowlerdrome, Friday, Saturday, Sunday and Monday, July 29, 30, 31 and Aug. 1, 1977.

Every team is guaranteed three matches - four players per team, Men's Ladies and Mixed. Entry fees \$7.00 per person - \$28.00 per team. Bowling fees - \$2.50 for each set of three games. ENTRY FEES ARE TO BE IN BY MIDNIGHT 15 JULY 1977.

Interested personnel are asked to contact the Rec Centre at CFB Comox, Local 315 soonest...

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SGT BILL MACINTOSH

OPME (RCAF) On Parade - Nov 1970

Speaking "crippled English, fluent Australian and Gasthaus Deutsch" William (Bill) McIntosh has had a most interesting career in Her Majesty's forces.

An Australian by birth, young Bill got the urge to set sail for jolly old England back in 1942. After many trips around his Island Continent as a boy seaman, he finally got the opportunity to take part in the merchant navy duty to Liverpool, Halifax and Malta.

Dunked once in the North Atlantic by a very unfriendly German U Boat and once in the briny Mediterranean by a Dornier bomber... "A lucky strike when the single bomb dropped through the funnel," Bill said... he decided that swimming in the cool deep

waters was good only for the fish. He promptly joined the Australian army while in England.

Our Bill was sent as part of number 12 Commando to Combined Operations in the Middle East.

"We pulled back into New Guinea when the "Nips" were on the rampage just after the battle of the Coral Sea," Bill said.

According to Captain Doug Hardy, "Sergeant MacIntosh with his usual modest manner has neglected to mention he was taken prisoner by the Japanese. He and two other "Ausies" escaped and walked through the jungle for approximately three months. One lad died on the trail. This escape was one of the very few successful escapes made by Japanese held

P.O.W.s." Bill arrived back in Europe just after the landings on the Normandy coast in July 1944. From St. Nazaire to Oldenburg (May 1945) then back to Australia after the war was over in Europe. Back to Port Moresby to the Allied Headquarters holding area he went. "To the area where the Bah, Bah Black Sheep Squadron of U.S. Marine fame, was in operation," he said.

In 1946, Bill was sent to Berlin on staff with the Australian Mission to screen potential immigrants.

(An interesting fact about Bill's ability to learn another language: He was employed as an English-German interpreter for the Australians in Berlin; yet, when he attempted the Canadian Forces language aptitude test in recent years he was assured he did not have the ability to learn a language other than English.)

Attracted to civi-street, Bill returned to Australia in 1952. But, alas, he couldn't stand the trim cut of the civi-threads so he came to Canada where he



Boy Seaman
Merchant Navy
1942



Interpreter
In Berlin 1950

joined the RCAF in 1954 as a Mobile Equipment Operator (OPME). Trenton, Ontario, was his first base of operations in this Dominion.

From 1955 to 1960, Bill was employed as an interpreter for the Canadian Air Attache, Group Captain Edwards, in Bonn, Germany. He was directly involved with the translation of technical orders on the 104G aircraft program.

Sergeant MacIntosh has served on a number of bases in Canada prior to arriving in Comox in 1967.

Bill tells us that one of his most interesting trips was the one he took to Russia. It seems at that time the Russians hadn't seen an Australian army uniform. Under the direct influence of small arms' muzzles and agitated Russian security guards, he and his companions found it very difficult to get to the embassy from the airport.

Why is this colorful serviceman still a sergeant after so many years of active service (He has the medals to prove it.) and exemplary performance? Captain Hardy, Base Transportation Officer,

will tell you: "Because he has had a medical problem probably caused from the torturous ordeal of his jungle march. His promotion to WO was authorized in 1970, but he was unable to receive it because of his medical category."

Captain Hardy continues: "I have known this distinguished serviceman for three years. If I ever go to a shooting war I sincerely hope I have a company of MacIntoshes; failing a company, one will do!" A fitting tribute to a great serviceman.

Sergeant "Silver Tongue" MacIntosh leaves his military career behind next month. He will be retiring after a glorious career in the merchant navy, army and airforce. An old soldier fades away...

Well Known Chaplain Is Dead

Many military personnel and their dependents mourn the loss of Lt. Col. R. E. Bussey, Command Chaplain (RC) who died at York Hospital, Toronto on May 23 after a very brief illness.

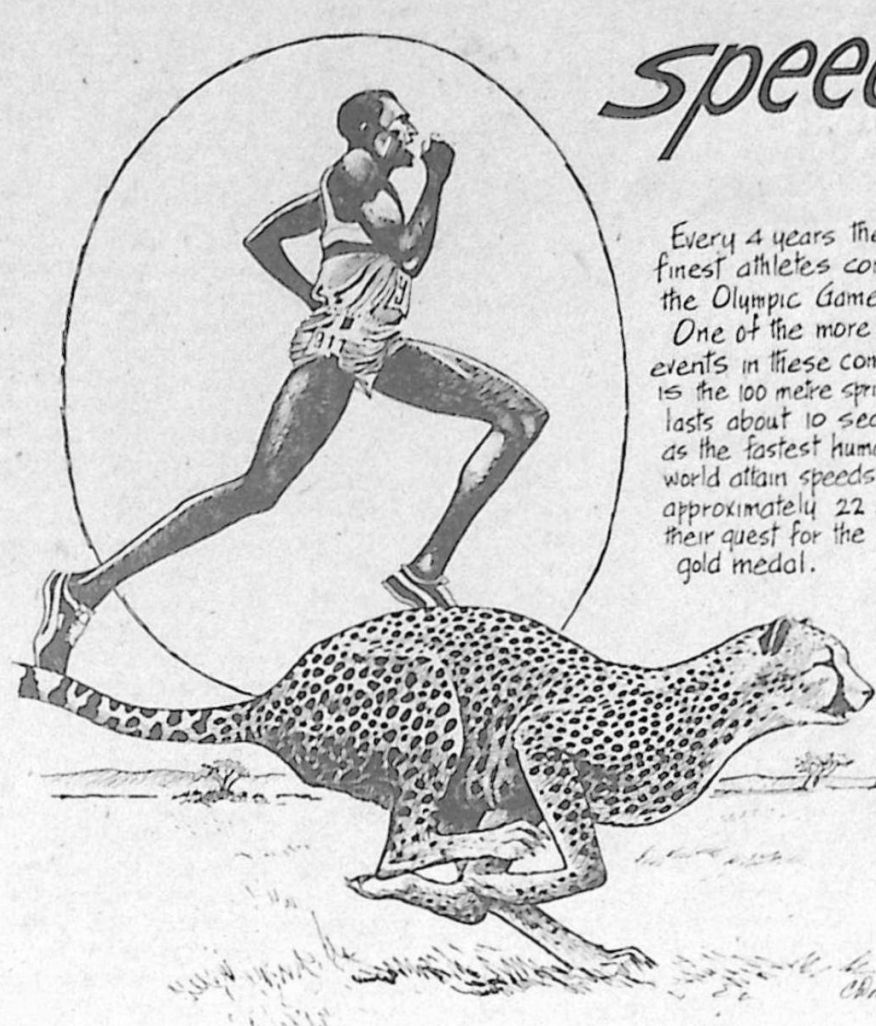
Father Bussey was born in Trenton, Ontario in 1929. Having attended St. Peter's and Trenton High, he went on to St. Michael's College, University of Toronto from 1947 to 51 and subsequently to St. Augustine's Seminary; he was ordained at St. Michael's Cathedral, Toronto on June 4, 1955.

Enrolling in the RCAF as a Flight Cadet in 1952, Father Bussey went on to serve as Reserve Chaplain from 1955 to 59 when he enrolled as a Regular Force Chaplain. The funeral mass was

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speed

Every 4 years the world's finest athletes compete in the Olympic Games. One of the more prestigious events in these competitions is the 100 metre sprint, which lasts about 10 seconds, as the fastest humans in the world attain speeds of approximately 22 mph in their quest for the coveted gold medal.

The cheetah, however, in his quest for food, has been clocked at speeds in excess of 60 mph. On the African plains, the fastest of all land animals, the cheetah is a daytime hunter, and despite his incredible speed is never completely sure of success, as his major sources of prey, Thompson's gazelles, Grant's gazelles and Impala, are almost as fast as he is, and can sustain their speed over greater distances.

celebrated at St. Michael's Cathedral, Toronto. The Principal Celebrant was Archbishop Pockock of Toronto. Concelebrating were Cardinal Roy, Military Vicar, Bishop Francis Spence, Auxiliary to the Military Vicar and five other bishops along with Brig. Gen. F. Boucher, Chaplain General

(RC). Monsignor Boucher delivered the eulogy. The 50 voice Cathedral Boy's School Choir sang the hymns and responses. Besides the forementioned concelebrants, fifty priests from the archdiocese of Toronto and thirty chaplains were in attendance. The Winnipeg contingent

representing the Base and Air Command was lead by MGen. G.C.E. Theriault. CFB Toronto was in charge of the military aspects of the funeral and burial. Burial took place in the priest's plot, St. Augustine's Seminary. May he rest in peace. (Courtesy Voxair)

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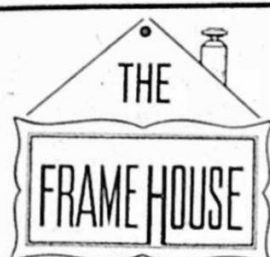


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Elizabeth Dick, the regular author of this column is, (or was) in hospital, we wish you well Elizabeth and hope you are back with us very soon. The Community Council open meeting held on 30 May 77 was well attended and proved to be very interesting. In attendance to field questions from the audience were representatives from Base Admin.; B.C.E.O.; B. Sec. O.; and B.F.C. Topics discussed at the meeting covered a variety of subjects, some old, some new. Although no firm resolutions were adopted, suggested solutions to some of the problem areas were discussed and presented to those in attendance.

The M.Q. Council would like to thank the Section Representatives, M.Q. Residents for their kind attendance and the B.T.O. for the use of their sound system. Another open meeting is planned in the future.

The Base campgrounds and beach area are now in full swing for the summer period. The Council have been asked to pass on a couple of suggestions to those of you who enjoy these areas. Keep the areas clean, use the garbage containers provided and especially clean up broken bottles etc., as they are very dangerous in a beach area. Secondly, please keep control of dogs within these areas. There have been incidents where dogs have been spotted on the runways which certainly creates a dangerous situation.

Flowers, flowers everywhere, we hope! Judging for the M.Q. Appearance Award will take place during the week of 10-15 July. A final decision and winner(s) will be proclaimed on the 15th July. A second judging will take place the week of September 10-15. Good luck everyone!

Perhaps you have noticed the activity around the school grounds the past week or so. The Venture Playground construction has begun and is progressing rapidly. We would caution M.Q. residents to keep a watchful eye on children while construction is taking place, the workmen

cannot keep an eye on the children while they are working.

M.Q. dependent's swimming program will begin the first week in July, all dependent's wishing to participate in the program must be registered. A special stamp will be used and dependents are required to have their Base Pass stamped in order to participate. Registration will be held in the BX between 1800 hours and closing on the 30th of June. After this date the stamp will be held at the Base Security Section. Please note that children under the height of 4'0" must be accompanied (in the pool) by a responsible adult.

In the last issue of the Totem Times a tentative schedule for the Summer Recreation Program was published. The program will be getting under way very soon and will be supervised by two university students supplied by Canada Manpower. Eight members of the B.T.O. will also be involved with the program and three members of the Community Council will co-ordinate the procedures. Registration for the program will be held in the school gym at 2 p.m. on June 30. Fees for registration will be \$1.00 per child or a maximum of \$2.00 per family. For special activities such as bowling, etc. a small token charge may have to be collected. Children may register at anytime during the summer program.

What does your Community Council do for you? Where do your tax dollars go? The Council is involved in organizing or supporting many community activities. For example the following events in the month of June were either organized or support financially by the Community Council.

- School Sports Day
 - Totem Times Delivery
 - Ball Diamond Maintenance
 - Family Day
 - Youth Bowling Grant
 - Venture Playground
 - Summer Recreation Program
 - Dependent's Swimming Program
- Your Community Council

works for you, please give them your full support.

Water-Water-Everywhere - But not on the lawn. It has been reported that a large amount of good clean water ends up in the storm drains. We are very fortunate that we are able to water our lawns, let alone have water running down the streets and into the storm sewers. Please be more careful of where the water goes. Remember, odd numbered M.Q.'s water on odd days and even numbers on even days.

TAKE A RED CRAYON, CIRCLE SAT., 17 SEPT. 77. WHY!! YOU WOULDN'T WANT TO MISS THE SOCIAL EVENT OF THE YEAR - WALLACE GARDENS FAMILY DAY.

Farewell Norma

The Officers Wives Club held and afternoon tea on Saturday, June 11th to say farewell to Mrs. Norma Mortimer, the honorary president of the club. She will be leaving the Comox Valley this summer to accompany her husband, Colonel R. Mortimer, who will be attending the National Defence College in Kingston, Ontario.

Throughout Norma's position as honorary president she has not only been a warm friend to many of the members but also a willing supporter of the club and its functions and ready to help out wherever she can. She has promoted the value of participation of all officers wives to join the O.W.C.

Cecile Begin, on behalf of the club, presented Norma with a beautiful casserole dish of Denman Island Pottery as a reminder of her stay here.

Norma's warm, friendly personality will be missed by all those who had a close association with her over the past years. May she continue to shine wherever she may go.

Femme Gen...

By 'Liz' Graham

Now that the flowering season is upon us, it is once again proving that green thumbs are born - not made.

I was born with two thumbs that are guaranteed to throw any healthy plant into instant fear for its life. In fact, I'm the only person I know who can wilt artificial flowers - just by dusting them. I don't for a minute believe that real plants can feel one's emotions. If mine did, they'd know that I am thrown into fits of gloom when I see my new \$4.95 Jade plant shed its leaves like dandruff whenever I come near it, or when my bathroom floor becomes littered with dried, crisp, cast-off from my once beautiful Boston fern which now resembles a dirty, brown spider's web.

Those plants that do manage to survive my ministrations are never quite the same again. In the garden, I have a crop of pansies that have been blooming continuously for the past three years. They have taken over an entire flower bed and are presently attempting to choke two rose bushes to death. Last year I did have some fantastic luck with some climbing nasturtiums which I planted next to the front door. Talk about Jack's Beanstalk! It had leaves ten inches across, and had tendrils that reached half-way across the lawn. I did spend a rather lonely fall tho' as my friends refused to

visit until the "Thing" as they called it, either got cut back, or died off. I just couldn't bear to cut it back because it kept away door-to-door salesmen, out hunting for sponsors. (Actually, it was quite tame. It didn't lay a leaf on my husband when he attacked it with a machete in December). My neighbors never say anything, but I know that they all envy my lovely green 'lawn'. What they don't know - and I never let them get close enough to find out - is that it is green all year because in the winter it is covered with moss, and in the summer it is choked with clover. The only reason we keep mowing it is to cut the heads off the clover to keep the neighbours from finding out that it isn't grass. I've tried every kind of grass seed and fertilizer on that lawn, but all I ever get is one or two sickly blades that wither and die before they are two inches tall. I have suggested to my husband that we should get more top-soil, but he only suggested that if I stayed out of the garden altogether - everything would grow normally.

While I'm a Typhoid Mary to all plant life, the insect population has discovered that my place is a veritable Garden of Eden, and every year they pass the word around, and hold regular meetings there. Each spring, the Curl Leaf Bud Worms hold their annual circus in my trees - each act on a flying trapeze. The Aphid summer olympics are a very popular event on my rose bushes, and the Earwig Mardi-Gras goes on night after night, while the Slugs hold their 200 millimeter dash. Of course, refreshments for all these activities are supplied free, and consist of various intoxicants known (laughingly) as insecticides.

Alfred Austin once wrote these immortal (?) words: "Show me your garden and I shall tell you what you are." I'm glad he never got to see mine - I don't want to know! (Previously appeared in the LOOKOUT)

Little Theatre Contributes



C NOTE TO YOUTH-Colonel R.L. Mortimer, Base Commander, makes presentation on behalf of TLT to Mr. Edwin Raine, Chairman of the Ways and Means Committee and member of the Board of Directors of YOUTH CHANCE SOCIETY. The \$100.00 donation will kick off the fund raising campaign for local contributions. (Base Photo)

Two Comox Valley charity organizations were given a financial boost Monday by the Base Drama Club. The money was realized from proceeds of "Variety 77" which was staged in April by the Totem Little Theatre.

Cheques in the amount of \$100 each were presented to Bevan Lodge Association and Youth Chance Society by Colonel R. L. Mortimer, Base Commander, on behalf of Totem Little Theatre.

The centre serves one hundred and fourteen mentally handicapped people 17 years of age and over.

The money will help promote an Independent Living Skills program for up to eight people who will be able to become more independent and live locally in apartments, group homes, etc.

Sixty-three mentally handicapped individuals reside at Bevan Lodge, 6 miles north-west of Courtenay.



THANKS PAL - \$100.00 donation to the Bevan Lodge Association Special Opportunity Centre at Courtenay is received by Mr. Roger Bushnell, Administrator. (Base Photo)

Chapel Chimes



RC CHAPEL

Father Francis Swoboda - Base Chaplain (RC)
Telephone 339-2211 loc 274 Residence 339-2102
SUNDAY MASS: 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.

THE PROTESTANT CHAPEL

Telephone 339-2211 Loc 273 D.L. Martin, Maj (Base Chap(P)) C.V. Patey, Capt. (Chap (P))

CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday for July and August at 1000 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

HOLY COMMUNION: Holy Communion 1100 hours last Sunday of the 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 Wednesday of the month beginning in the month of September.

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 starting in September.

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: 0730 - 1530 hours. Phone 339-2211 loc 273.

HOSPITAL VISITATION: The Chaplain would appreciate the co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211, loc 273) to report the names of any members of the congregation who may be in the hospital.

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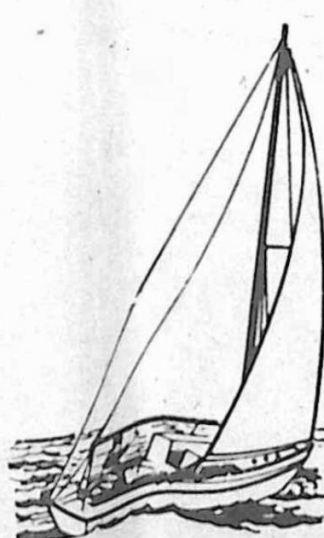
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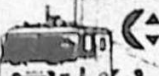
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On Safety And Good Health

* Accent On Vacations *

Have you ever known someone to leave on their vacation full of great expectations, only to return fatigued, much poorer and with jittery nerves?

One of my most memorable sights in France was a young couple arriving back at No. 2 (F) Wing wearing goggles, with an empty car-top rack and scarey, starey eyes. They had been to Spain for a total of five days and during that time had some of their holiday money stolen, had their complete camping gear destroyed by fire and lost their automobile windshield when it "crazed" and collapsed onto their laps.

Their major accident happened while enjoying the normally safe pastime of a game of bridge. When the lantern ran out of fuel, a new cannister of fuel was being screwed onto the lamp base. As the container was pierced, a stream of fuel burst from the cannister, ignited on the hot lamp and did an impressive imitation of a flame thrower! The lantern was held in a more or less horizontal position and the flaming fuel struck the couple's tent. In ten to fifteen seconds they were without accommodations, sleeping bags, most of their clothes and food!

If you are planning a camping trip, there are a number of points you need to remember. In fact, the number is so large, we can only aim at the more critical areas where loss of life is at stake.

FIRE
When we relocate to the

great outdoors, we leave a comfortable and familiar environment and enter one where portability is the keynote. Portable stoves, lanterns, campfires, ovens, heaters, Bar-B-Q, etc. bring into use firewood, white gas, propane, gasoline, alcohol and charcoal fuels. The fact that they are portable often leads to the temptation to cook inside a tent, camper, boat or station wagon if the weather is bad. Remember our opening story. Tents can burn fast, especially older ones. Build a campfire or use a portable stove well away from tent walls and canopy. Use battery lights inside tents - candles are too dangerous and so are mantle lanterns if they leak, operate inefficiently or are placed too close to combustibles. Keep in mind the forest fire hazard when laying out a campfire. The ideal site is on mineral soil or solid rock. If you're boating or hiking, a gravel bar or beach location is ideal.

ASPHYXIATION
The technical meaning of asphyxiation is to deprive the body and mind of oxygen. Carbon monoxide is usually the culprit and a little goes a long way. It's dangerous even in small concentrations because it's absorbed into the blood much more readily than oxygen. The hemoglobin in the blood grabs onto the carbon monoxide and ignores the oxygen. Without oxygen, you're dead. Any type of fuel burning device poses a potential threat, including the exhaust system of your recreational vehicle and all of

those portable equipment items mentioned earlier including Hibachis. Most include a printed warning "use only with adequate ventilation", but that may be impossible to get in a small camper or boat and there's no way you can be sure until it's too late. Get warm sleeping bags and blankets. It's not worth the risk to use a portable heating device while you sleep.

DROWNING AND HYPOTHERMIA

The best we can do in this category is point out some awareness and precautionary tips. You must do the rest.

1. Teach kids a healthy respect for water. Enroll them in the Base water safety program.

2. Learn the steps in giving mouth-to-mouth resuscitation; it may save a life.

3. Don't dive into cold water or try to swim long distances.

4. Swim parallel to the shore - never too far out and don't swim alone.

5. Learn the symptoms, dangers and treatment for hypothermia. Ask at the Base Rec Centre for the free booklet "Wilderness Survival".

6. Avoid known danger areas such as the "Medicine Bowl", fast flowing rivers and waterfalls.

If you think the whole vacation thing is too risky - ask me about the couple whose mother-in-law died in Spain.

SAFETY SAM



Keeping A Weather Watch

It's a bright sunny day. When suddenly—large and billowing clouds appear on the horizon. Within minutes, you are in the midst of a driving wind and rainstorm.

It can happen to any boater. But unless you are within easy distance of reaching shore, you could have problems. And maybe you shouldn't have been there in the first place.

Next to the boat and motor, the most important thing to the pleasure boater is—the weather. According to the Allied Boating Association, a wise skipper watches for weather signs and heeds any warning. So hold respect for Mother Nature and what she can do.

Before starting out on a day's boating venture, you should study weather forecasts. Many commercial radio stations broadcast regular marine reports on the weather in popular boating areas. The network of marine weather stations across the country broadcast continuous marine weather conditions over VHF radio bands. Don't ignore the warnings. They are provided for your own protection.

Many harbours, particularly

Let's Go Boating

those on large bodies of water fly weather advisory flags. These include small craft warnings, storm, gale and hurricane alerts. Learn to read the signs of the flag system, and then act accordingly. If you see them, head for shore and stay there until the signals are lowered.

All larger craft should carry a barometer as well. A sudden rise or fall of the indicator predicts unsettled weather ahead.

There is a lot to be said for weather "science," but even old proverbs are often reliable. "Red sky in the morning, sailors take warning; red sky at night, sailor's delight." And, "Long foretold, long last; short warning, soon past."

Beware of sudden calms too. They often signal that a major weather change is on the way—and quickly.

Watch clouds. If you observe a build-up of cumulo-nimbus (puffy, dark clouds) it indicates heavy weather. So head for shore or safe anchorage if the sky is ominous.

Learning to read nature will definitely make you a better boater. There are numerous books on the subject, and you can attend special courses at boating centres as well. It's in your best interest and safety to keep a good weather watch.

* Periodontal Disease *

How To Prevent It - How To Treat It



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

In previous articles, the nature and cause of periodontal disease were discussed. This article will cover methods of treatment, and what is even more desirable, prevention of the disease.

Many people consider loss of their teeth to be an inevitable result of increasing age. This is really not so, however. Most loss due to periodontal disease, which is often associated with increasing age, can be prevented by early diagnosis and conscientious, thorough home care.

PREVENTION

As discussed in the last article, bacteria living in a sticky deposit on the teeth called bacterial plaque are the primary cause of periodontal disease. The plaque can be removed by proper methods of brushing and use of dental floss. It must be removed on a daily basis since it requires only about 24 hours to re-form. If this sounds to you like the measures prescribed for prevention of tooth decay, you are right. Although different bacteria are probably the cause of decay, they all live together in the plaque. So, by removing the plaque each day, you kill two birds - tooth decay and periodontal disease - with one stone.

If plaque is left undisturbed, it will start to calcify into

calculus (tartar) in 2 days to 2 weeks. Your brushing or use of dental floss will not get rid of this calculus. It must be removed by a dentist or a dental hygienist. The live plaque on the surface of the calculus is very damaging. Because of the rough surface of the calculus, you cannot remove this plaque very well. Again, the best defense against calculus is good daily plaque removal, which will prevent the formation of calculus in the first place.

The dentist may recommend additional measures to prevent periodontal disease, namely, replacement of missing teeth, correction of the occlusion, and also filling of cavities - a cavity can provide a place for food and bacterial plaque to accumulate; it may also have sharp edges that irritate the soft tissues.

TREATMENT

Treatment of periodontal disease in its early stages is simple. It may be sufficient to remove calculus and bacterial plaque on the teeth both above and beneath the gums. If the disease has reached the stage of pocket formation between the teeth and the gum surgery of the soft tissue may be required to eliminate the pockets. More extensive treatment, including bone surgery, may be necessary if the bone has been attacked. All this treatment can be quite painful. It is also likely to take a lot of time and money. And if it fails, dentures will probably be needed. These are almost never as satisfactory as the natural teeth.

It's easy to see, that prevention is the best policy. Your best chance for preventing periodontal disease - and also tooth decay - lies in good oral cleansing habits and professional care on a regular basis.

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