



# TOTEM TIMES



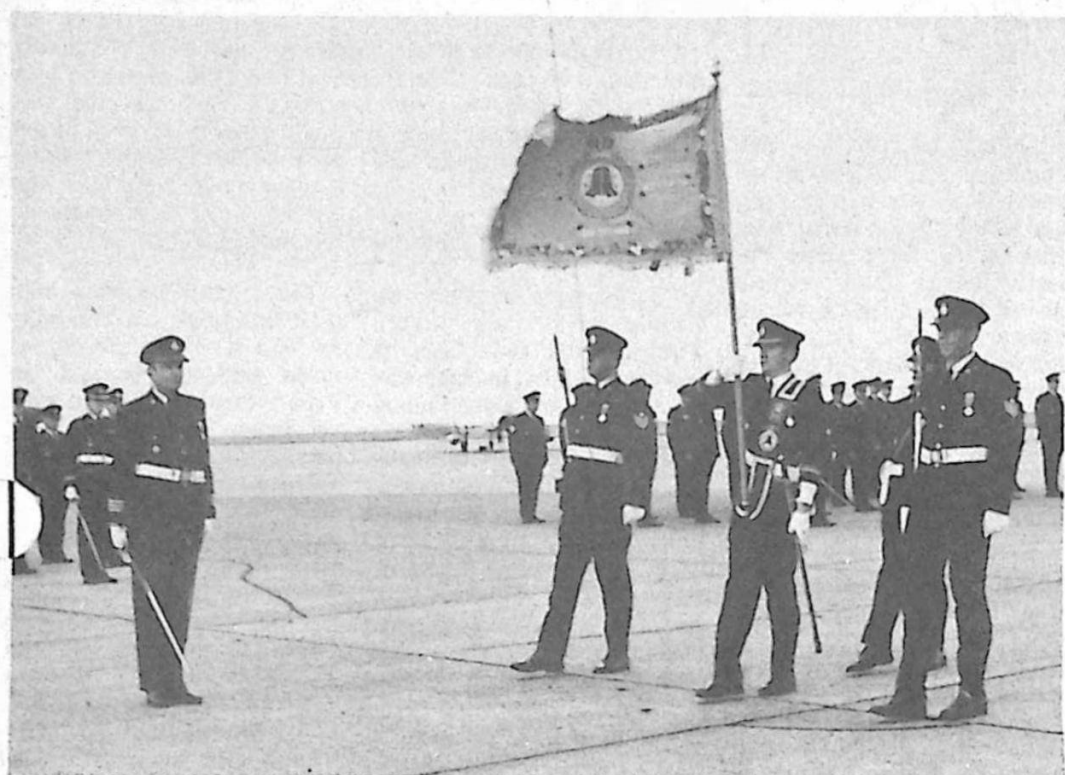
GET EIGHT WAY RELIEF — TAKE TWO FOUR WAY TABLETS

VOL. 19 — NO. 15

CFB COMOX TOTEM TIMES

THURSDAY, JULY 21, 1977

## 409 Receives Colors



UNDER THE WATCHFUL eye of the Head Nighthawk, the Colours are marched off. Cool, blustery weather failed to dampen the spirit of the occasion.

Base Photo

Despite the cool, windy weather, 409 Squadron received its Standard as scheduled July 16th. The Honorable Walter S. Owen, Lieutenant-Governor of British Columbia presented 409 Squadron with their colors at a ceremonial parade with an impressive Nighthawk One Formation flypast. Lt. Dave Armstrong received the Squadron Standard for the Squadron.

It was a successful weekend, with some 630 people attending, including several WW II veterans. Besides the Steak Barbecue Friday night and the Squadron Dinner on Saturday, some of the other features the guests enjoyed were the Voodoo and weapon display, pictorial display of 409's present and past history, a giant 409 Nighthawk patch made by the 409 wives, and a

beautiful large cake designed after 409's Standard. The honor of cutting the cake went to Wing Commander Paul Davoud, who was 409's Commanding Officer from 1941 to 1943.

## Al Honoured



Capt. Al Wilson, past editor of the Totem Times was honored with the Air Command, Commanders Commendation.

commendation was signed by Lt. Gen. W.K. Carr. Congratulations Al!

The commendation read: In recognition of Outstanding Service to Capt. A.E. Wilson for demonstrating exemplary initiative as Editor of the Totem Times. Through selfless devotion to the task; by extraordinary effort which entailed long and arduous hours of work; and with sound judgement, imagination, and originality; Capt. Wilson produced a newspaper which served a vital community need for news. Information and humor; which had a marked positive influence on morale; and which projected a highly favorable image of CFB Comox throughout the Canadian Forces. The



The Old... Al Wilson

## Manpower Coming

Ottawa - Defence Minister Barney Danson announced on July 15th that Cabinet has approved an increase of approximately 4,700 in the strength of the Canadian Forces - from 78,000 to 83,000. Mr. Danson said that the increase, beginning with 400 in 1978, will reduce problems of over-tasking which the Forces have experienced over the past few years. He added that no new units are planned. The additional troops will be absorbed in present undermanned units in Canada, with approximately 300 slated for Europe. Phasing the increase of the Forces new strength ceiling over the next few years is in keeping with the government's budgetary restraint program, Mr. Danson added.

When interviewed, admiral R.H. Falls, the Acting Chief of the Defence Staff, expressed satisfaction with the decision and said he was looking forward to implementing the increase. He said that priorities are being established to use the increase to the best advantage.

It is the first increase in Canada's military strength since integration of the three Services.

## Freedom Granted

The City of Baden-Baden, Federal Republic of Germany, granted the Freedom of the City to three Canadian Mechanized Commando on June 17.

Three Canadian Mechanized Commando, one of Four Canadian Mechanized Brigade Group's (4 CMBG) two infantry battalions, is stationed at Baden-Soellingen, near Baden-Baden in the Black Forest region of the Federal Republic of Germany. 4 CMBG is Canada's army formation committed to the NATO forces in Central Europe.

The granting of this honor by the City of Baden-Baden is in recognition of the relationship which has developed between the unit and the city since the unit moved to Baden-Soellingen shortly after it was formed in northern Germany in June 1970.

The granting of the Freedom of the City originated in British towns defending their right to bar troops from the towns. To recognize special services to the towns, certain regiments were granted the Freedom of the City. This privilege permitted the regiment to march through the town with "Colours flying, drums beating and bayonets fixed".

This ceremony has become a symbolic gesture by a city to recognize the place in the community of a military unit and the services rendered by the unit.

After the granting of the Freedom of the City by the mayor of Baden-Baden, seven military bands representing five countries participated in a sunset ceremony on the lawn in front of the spa. Present for the occasion were The Royal Canadian Artillery Band from Montreal, the Pipes and Drums of the 2nd Battalion The Royal Canadian Regiment from Canadian Forces Base Galetown, N.B., the Canadian Forces Europe Pipes and Drums from Canadian Forces Base Lahr, West Germany, the 3rd Infantry Division Band of the United States Army from Wurzburg, West Germany, the 4 Jaegerdivision Band of the German Army from Regensburg, West Germany, the 42nd Signals Regiment Band of the French Army from Rastatt, West Germany, and the 1st The Queen's Dragoon Guards Band of the British Army on the Rhine from Hohn, West Germany. 3 Canadian Mechanized Commando is the first military unit to receive this privilege from the City of Baden-Baden.

## Demons Rejoice



THE BEST.... the VP407 Competition Crew are the proud winners of the Maritime Commanders' VP Air ASW Trophy. Front Row Servicing Crew: M.Cpl. Hendricks, M.Cpl. King, Pte. Hart, M.Cpl. Brown, CO 407 L.Col. Konings, Sgt. Sterling, Cpl. Keenan, Cpl. Pond, Cpl. Dandurand, Cpl. Robertson, Cpl.

Martin. Back Row Crew 6: MWO Sommen, M.Cpl. Chipman, Capt. Wood, Capt. Spencer, MWO Bereza, Capt. Winterburn, Capt. Perron, Capt. Mascotto, Capt. Field, Capt. Dillon, Capt. Slater, M.Cpl. Gray, Sgt. Rogers, Sgt. McPherson, Capt. Morey.

Last week the 1977 Anti-submarine Warfare (ASW) competition was held at CFB Summerside. Aircrew and groundcrew from VP405, VP407, and VP415 participated in this exercise. Crew Six from 407 Squadron was presented with the Maritime Commanders VP Air ASW Trophy while the ground crew from VP 405 won the AVM Morrow Trophy as the top servicing crew.

In the ASW portion of the competition, the Demon crew achieved outstanding results in their bombing exercise, but the crew from VP415 hit even closer to the mark and kept the Bombing Trophy at Summerside.

On their second sortie, VP407 had another perfect exercise in which they detected, illuminated and "sunk" the target within eight minutes.

The third and final trip was by far the most significant and most challenging part of the ASW competition. In this exercise, the crews had to detect and "sink" a fully maneuverable submarine. Both of the crews from VP407 and VP405 were successful against their underwater adversary while VP415 was not able to complete their mission due to aircraft unserviceabilities.

VP415 Squadron was plagued with aircraft problems throughout the competition. However, what they lacked in serviceable equipment, the Swordfish crew made up in perseverance and ingenuity. This was especially true during the Nitex. Their searchlight was unserviceable, but there was no time to repair it before takeoff. When the submarine was detected, the pilots adjusted their airspeed and turned the aircraft landing lights upon the target. Although they gained visual contact, their photographs did not show the target as required by competition rules.

The competition was close, not only among the aircrews but even more so between the servicing crews from the three squadrons.

Both the aircrew and groundcrew were assessed on all aspects of ASW operating procedures, flight safety, crew co-ordination and post-flight procedures.

The final phase of the ASW competition took place on the baseball diamond, volleyball, badminton and tennis courts. VP405 personnel were the

proud, but tired, winners of the Sports Day. The 1977 ASW Competition drew to a close on Friday

evening with a dinner at which the winners were announced and awards were presented.



NEW MARITIME COMMANDER - Vice Admiral Andrew L. Collier, 53, of Kamloops and Salmon Arm, B.C., inspects a guard of honor on assuming command of Canada's Maritime Command at Halifax, 4 July. Officer-of-the-Guard is Lieutenant (N) William Lehto, of Thunder Bay, Ont., and Dartmouth, N.S.

DND photo

## Collier At Helm

Vice-Admiral Andrew L. Collier was born in Kamloops, B.C., June 3, 1924. He lived and received his early education in Salmon Arm, B.C., before entering the Royal Canadian Navy as a cadet in October 1942, attending the Royal Roads naval college near Victoria, B.C.

Following junior officer training with the Royal Navy he returned to Canada in October 1945, and subsequently served in HMCS Stadacona, at Halifax, N.S., in the destroyer HMCS Nootka and at Shearwater naval air station.

In July 1950, he was appointed to the destroyer HMCS Cayuga during her first tour during the Korean campaign.

He later served in Halifax, at naval headquarters in Ottawa, and on the staff of the commanding officer naval divisions in Hamilton, Ont. In October 1957, he was appointed to the aircraft carrier HMCS Magnificent and in March 1957 he returned to HMCS Naden as training commander.

In August 1958, he was appointed executive officer of HMCS Venture, junior officers' training establishment at Esquimalt, B.C.

Following a course at the

Royal Navy staff college, Admiral Collier was appointed to the Atlantic command as captain sea training in the fall of '62. In May 1964, he was appointed director of naval plans at headquarters, Ottawa, and later he became director of NATO plans.

Admiral Collier was appointed Commander, Seventh Canadian Flotilla (Atlantic) in July 1972. In June 1973, he was appointed National Defence College, Kingston, Ont., in 1969, and in July 1970 he was appointed Deputy Chief-of-Staff for Combat Readiness at Maritime Command headquarters, Halifax.

Admiral Collier was appointed Commander, Canadian Flotilla (Atlantic) in July 1972. In June 1973, he was appointed Senior Liaison Officer, Canadian Defence Liaison Staff, Washington, D.C. He was promoted to Rear Admiral on October 1, 1974, and appointed Chief of Maritime Operations, National Defence Headquarters, Ottawa, November 12, 1974.

He was appointed Commander, Maritime Forces Pacific in July 1975.

Vice-Admiral Collier was promoted to his present rank on June 15, 1977 and appointed Commander Maritime Command July 4, 1977.

## Big Winner

The CFB Comox Security Section would like to announce that the winner of the Fishing Rod, Reel and Tackle Box draw was Sgt. Lyle Clifton of NDHQ Ottawa. We would also like to express our thanks to those who contributed to the draw.

409 COLORS  
Full Coverage in  
the Next Issue

Next  
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Deadline  
Aug. 8



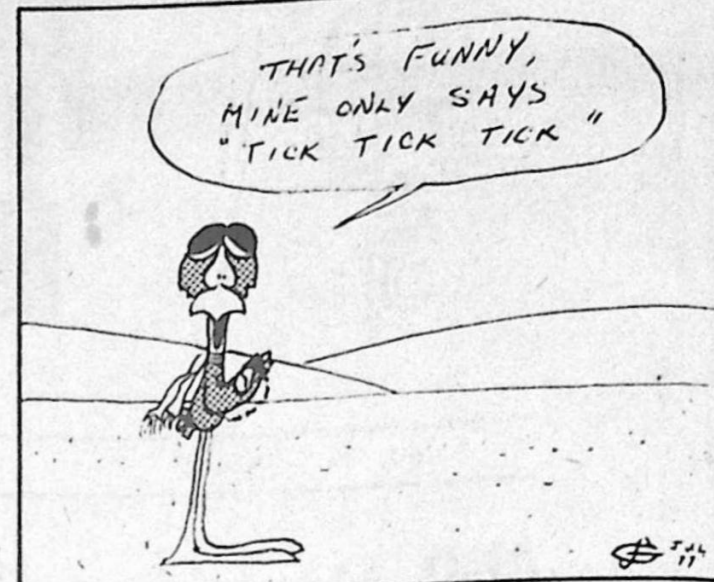
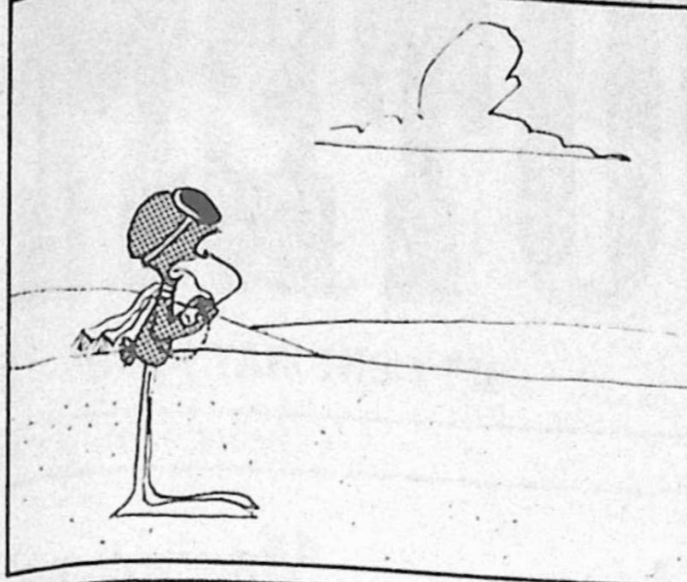
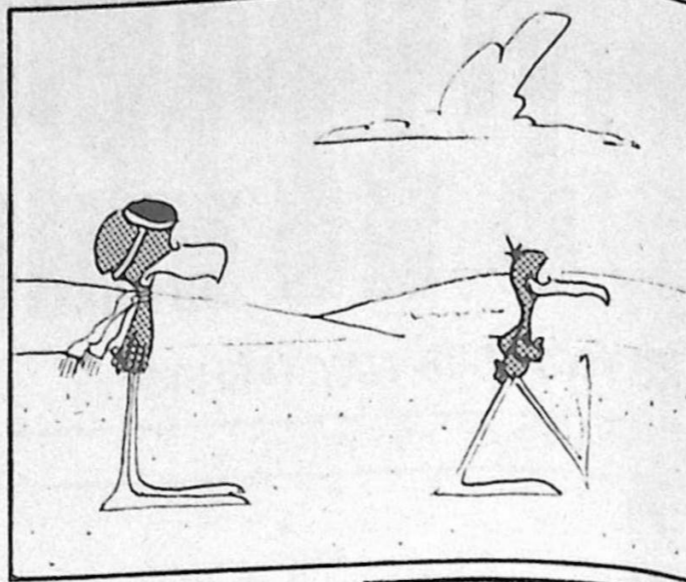
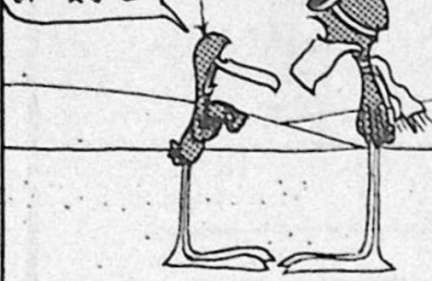
The New... Gord Kruger

LOOKING FOR US?  
WE'VE  
MOVED  
TOTEM TIMES  
OFFICE IS NOW ACROSS  
FROM GUARDHOUSE

## GUDGEL STEW

by Rick St. Germain

MY NEW DIGITAL CHRONOMETER SAYS THAT AT 16:46:33 LOCAL TIME ON THE 4TH OF JULY, 1977 WE ARE AT 06° 29.0' NORTH LATITUDE, 55° 14.5' WEST LONGITUDE AT AN ELEVATION OF 95 FEET ABOVE MEAN SEA LEVEL UNDER PARTLY CLOUDY SKIES WITH AN OUTSIDE AIR TEMPERATURE OF 28°C



M.CPL. JOHN MEADS, 29, of Toronto is awarded the Medal of Bravery by the Right Honourable Jules Leger, Governor General of Canada, during ceremonies in Ottawa, June 17. M.Cpl. Meads helped a distraught nineteen-year old woman down from a suspension wire on the Angus L. MacDonald Bridge in Halifax, N.S., on Oct. 9, 1975. The award is the third highest Canadian decoration for bravery. M.Cpl. Meads is presently serving as a Flight Engineer on the CH-113 Labrador helicopters of 442 (T&R) Squadron, CFB Comox.

CF Photo

## Nighthawks Nest

409's Aerial Demonstration Team made their first away trip of the year 1 July weekend when Lord Dave led his cohorts to the Alberta Airshow at Cold Lake. Louie The Lip made a side trip down Courtenay Main Street and all airports between here and the 040 R at 613 nm.

July 2nd saw the "BLACKHAWKS", formed for one performance only, fly down the East-West street of Lloydminster. This pass was so much appreciated by both spectators that they did another one in the opposite direction. The Little Boys Dog Barked With Joy To See Such Fun, And The Horse Ran Away With The Cows.

For the Alberta Airshow practice later in the day the Blackhaws performed their low show because of inclement weather. The low show varied from their high

show due to the grass, etc. Jon Alexander flew his July 4th Airshow on the 1st in deference to the local populace.

July 8th was the date for the Squadron Summer Luncheon in honor of our departing alumni. Honored during this occasion were Jon Alexander, Dick Borys, Ron Breeden, Raleigh Emery, Paul Gill, Lou Glusich, Tony Nichols and Tom Potter. Three hours later they gave an encore to their friends gathered in the Mess. Ron Breeden expounded on his Theory of Relativity which left Paul to just fill in the holes.

Jon Alexander snuck (sneaked in English) away just prior to the Squadron Colors Presentation. He was feted in the Indian Village prior to his departure by his flight members and the

RCMP. Unfortunately Jon isn't rank enough to rate the Red Coats, but they did have a pretty blue and white car with psychedelic lights.

Paul Gill also missed the Colors Presentation. Paul is in Frankfurt at a Weiner roast. He will also escort some Junior Members of the JDF to Canada for a month long tour. There were numerous volunteers within the Squadron for this chore but the JDF won out (luckily).

Welcome back to Al Sutherland who returns to us from who knows where and doing who knows what. We await with baited breath to hear of Al's adventures where-ever he was.

The earth travels around the sun at a speed of 1,100 miles per minute.

## Mushroom Mutterings

To those who expected to see their name in this column of the last Totem Times; look carefully, it may be in this one.

After a "hold" of twenty-four hours due to rotten weather, the 1976 442 Squadron Fishing Derby finally took place - only one year and one day late. Saturday was a perfect day however, and those that entered the Derby enjoyed good catches. Norm Keyes took home the fancy new trophy and as an added prize, the C.O. threw in a 6-month all-expense paid vacation in the sun and the sand of Egypt's Suez (it's not nice to beat out the C.O.). Norm's mini-whale was a 6 lb 7 1/2 oz Coho. Ken Durrant was right behind him with a 5 lb 14 oz Spring. When added to the rest of his catch, it won for Ken the prize for Total Weight. On the other hand, Rod Verchere was given something to make up for his Smallest Fish.

Al Walsh made sure he didn't leave the Squadron empty handed. He made off with the Top Cod award with a 3 lb 8 oz Pacific Grey. It's still not certain how or why, but Ed West was given the Judge's Choice prize. His bribe must have been the biggest. As everyone else involved was out fishing, 442's Master Chef, Bob Taylor, fired up the charcoal and made sure the cooler was kept filled. His culinary efforts pleased the palettes of those brave enough to taste them. There is one small question however: for a guy that never left the immediate vicinity of the cooler, how did he end up with eight fish??

The Squadron's token female technician, Yvonne, is now sporting a chic accessory styled by Johnson & Johnson Medical Supplies. It seems she was out in her little car and slowed down for a careless youngster. The car behind didn't, and now she wears her oversized neck donut. It's a lousy way to get a

few days off, Yvonne.

Someone left the hangar doors open again, and now we are short even more people.

M.Cpl. Rick Page (pride of the typewriter brigade) is now away to sample the delights of CFB Borden's Snoopy Club. Mr. (ex-Cpl.) Earl Berg has departed to civvie street and the dubious pleasures of Social Assistance and or - Unemployment Insurance. All the very best to you both. By the way, Earl, rumour has it that they plan to retire your tool box and scrap your coveralls. Your locker has been declared a disaster area and roped off. Hopefully within the next month, there will be replacements arriving. It's going to be tough to write a Mushroom Mutterings about two hundred Pilots, Navigators, Flight Engineers, and Pararescue. . . and two techs (one for each shift)!!

Congratulations to 409 on receiving their Squadron Standard. It must be tough to be the fastest kid on the block. . . and the youngest!!

While all the official foolorah was going on at the 409 (Home Of The Black & Blue Bird) Squadron, 442-ers were enjoying a relaxing evening of casual dining and what-have-you at the Air Force Beach pavilion. RCC broke down and made no demands of the Squadron, and even Mother Nature relented from her cold and blustery morning, to allow everyone to burn their own steak in peace. By the time that it had cooled off for the evening, there weren't many present without sufficient anti-freeze in their veins to ward off the chill. The Duty Crew got their steaks courtesy of the Mess Hall as it seemed that every transport type in the sky dropped in for a visit. They did however, miss the garlic bread, the salad, and the smoke. Marilyn "Tinker" Bell promised to do her mile-and-a-half by jogging back to the hangar with some but got lost astray and ended up dancing the night away.

(Ah to be young and foolish again!)

While all this was going on, our exalted leader suffered his steak to get cold and his wine to get warm as he was called away from the festivities to transport an investigation team down to Seattle for the Snowbirds prang. He did make it back in time for the dancing, much to his wife's relief. . . most of those aircrew present couldn't chew gum and dance without a checklist by that time, and most of the groundcrew were in worse shape.

Capt. Bob Goldie reports that his future (civilian) employers have bought him a shiny new Jet Ranger to play with. There's no Flight Engineer seat on one of those, Bob. You are going to have to learn to make your own coffee. If you are ever over this way, drop in and show us your lovely new toy.

The senior NCOs are all struggling to try and figure out a new shift using the present number of people, and it is quite a struggle. All the techs are interested in seeing how it all turns out. So far, everything looks great. . . as long as no-one takes leave, gets sick, or goes on course. Oh well, it's all pensionable time!! (Future conversation with a 442 wife. "But Dear!! I have to sleep at the hangar tonight!!")

Happy news from Ottawa: the ceiling on the Canadian Forces manpower has been raised to 83,000. Now for the other side of the coin; first the new bodies have to go through Boot Camp; three years in the Infantry; then a year in a Trade School; and finally to the squadrons that need them. . . NOW!!



In the language of flowers a petunia means, "Your presence soothes me."

## Tower Talk

Congratulations to 409 Sqn. and their new Sqn. Colours. The flypast timing was right on and the parade was good. It was a nice change to see servicemen on parade who actually appeared to take pride in both their Sqn. and the CAF.

Things are looking up people wise. Capt. Brian Puttock from Cold Lake is now checking out in Ratcon as a Terminal controller finding out how we look after the West Coast Air Force. WO Art Kirschner from Moose Jaw is checking out as a Radar controller. Brian will probably join the ranks of shift worker while Art will become the Senior Radar controller. Also getting a brief look at ATC before going on a B stand course are Cpl. Munday (a Grunt who saw the light), Ptes' Debbie Brown and Dave Wier. Welcome to you all.

Capt. Fred (tallman) Kempe has checked out in the Tower and is now on shift. Fred has purchased a new house in Comox and more than likely his days off will be spent moving rocks, planting grass etc.

Capt. Trev Jones had a different kind of birthday

present last week. He finally beat Pete Holicza in golf by 5 strokes. Pete (and the section) won't ever forget because Trev keeps reminding us. Speaking of Golf, the Golden Balls tournament is scheduled for Aug. 5.

The Gravel Pit was well used this week. On Thursday we had a short briefing on maps and charts and on Friday those who could said goodbye to WO Al Hampshire, head of the Nav Aid section of Telecom. Al and his crew look after our Radar and other navigation aids. He is retiring from the service and will be residing in the area.

Our section, especially the Tower will be very involved in Armed Forces Day at Comox. Since all will probably be in the area, we plan to have a no-cost Barbecue at the Gravel Pit for ATC personnel their wives and girlfriends etc. Bring your own food and think sunny and warm weather. Time of this event will be about 1800 hours on 23 June.

Finally to the members of 442 Sqn. who tried to find the Gravel Pit the other night; try harder - we're out here, believe me.

DJB

## Waterfowl Habitat Preserved

Recreation and Conservation Minister Sam Bawlf says Cabinet has given approval to a 99-year lease between the National Second Century Fund of British Columbia and the Crown at a cost of \$1.00 to help preserve an ecologically important marsh adjacent to the Millstone River in Nanaimo.

The area known as Buttertub Marsh was officially opened last March 14.

The marsh area, situated on a 55.02 acre parcel of land, was saved from being filled in for development through the purchase of the land by the National Second Century Fund.

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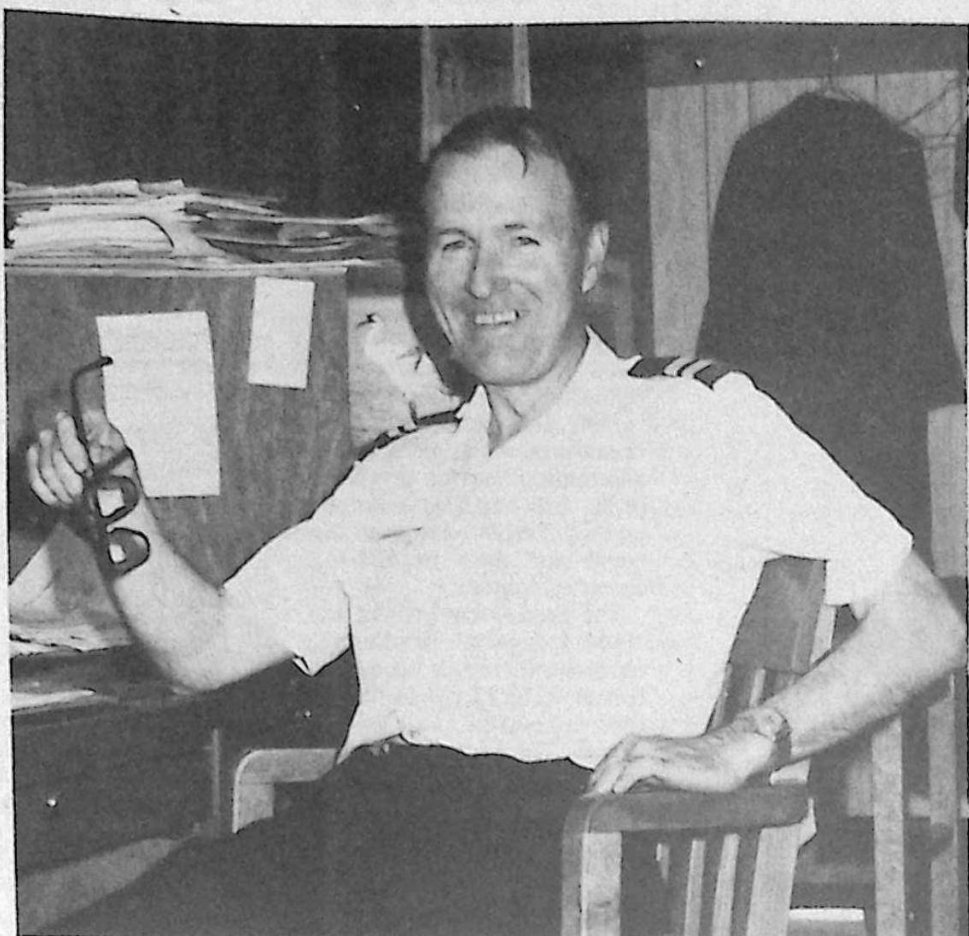
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## The Nice People



Al Wilson

A salute to our good friend, Al Wilson, this issue -- someone I'm sure we all know by now.

As our past Editor, Al performed tirelessly for the last couple of years to produce a newspaper which not only met, but exceeded the accepted high standard of the "Totem Times". The "Fishwrapper" was truly a "labour of love" to Al and although he will no doubt enjoy his many newfound hours of free time, he will miss his beloved pet.

Al, a native of the Island, spent most of his early years in the Ladysmith area. This gives Al a special love and feel for the Island which many of us probably never achieve. As an outdoor person, Al finds it difficult to understand how many people can live here and yet be unaware of the physical beauty that surrounds them.

Al joined the good old Light Blue as an Aircraftman Second Class in 1953. They made him an Armament Systems Tech at that time and shipped him off to St. Hubert for a job with 423 Squadron. After a few years of bouncing around the system, Al received a commission in 1965 and went to Rivers, Manitoba. While at Rivers, Al talked himself into becoming the Editor of a newly established newspaper, the Obodo Oracle. Apparently, Al was chatting to a local publisher about the lack of a real community newspaper and before he knew it, he was the Editor of a brand new Military newspaper.

After Rivers came Ottawa, and finally, Al came home to his Island. While here, he has served as 407 Repair Officer, 407 Armament Officer, and at present is the executive assistant to the Base Technical Services Officer.

The other Wilsons include wife Carol (affectionately known as "Scotty" to her friends) and two daughters, Vel and Edna Mae. Al handcuffed his lassie while at 4 Wing where Scotty was a Fighter Control Operator. Al describes Scotty as a strong-willed "Bluenoser" who has had her fill of his "editor-ing" -- it's pipe and slippers time for Al from here on in. Daughter Veldon is 18 and a real motorcycle nut, while number two Edna Mae is 15 and will usually be found either on or near her horse, Sheba.

The Wilsons have lived in Courtenay, conveniently near the printers, but Al says it looks like Scotty will get her way when he retires. That awesome occasion comes about next year and the family plans to return to "Bluenose Country" -- Barrington, Nova Scotia, to be exact.

Al, on behalf of everyone at CFB Comox, I can only say, thanks. It seems so little for someone who has worked so intently in the interest of others. As you take time to finally enjoy the surroundings, I know you'll think of us here in the old-new Times office, burning the midnight oil. To you and your fine family we say, Thanks and Good Luck. Al Wilson, it's been a pleasure to know you and to work with you -- you are truly one of the "Nice People".

G.M.K.

P.S. from "Ink" Blotter -- now maybe you can get some fishing in!!!

## Aircraft Photo Contest

The Canadian Forces Maritime Air Group is sponsoring a contest for 35 MM color slides of MAG aircraft in current CF markings and paint schemes. It is hoped to use the contest as a means of updating the Headquarters color slidebank with high quality photos.

Entries need not be limited to a single slide. Preferably, submissions would cover a range of material including aircraft exterior and interior,

aerial photography, and role related photos. Let your imagination and your judgement be your guide. Where duplicate slides are received, selection will be on the basis of first received.

The contest is open to units or individuals, with submissions from manufacturers welcome but ineligible for

prizes. Entries should be forwarded to AIRCOMHQ, attention SSO Maritime Air Group. All slides will be carefully handled and rapidly processed, then returned to contestants.

All entries will be judged by a panel and prizes awarded for each aircraft type.

Bravo Zulu to Crew Six and the groundcrew for their great teamwork in the ASW Competition. Winterburn's Wonders overcame all obstacles - cold showers, no parking spots, submarines and 18,000 Scouts to emerge victorious. Rumor has it that Wilf's tactics were based largely upon reducing the weight of the aircraft sufficiently to bring some lobster home. A good turnout of Demons greeted the weary warriors on Saturday with champagne and beer (if you can call Heidelberg beer).

Instead of people going east this month, they are coming west. Welcome to Captains Davis, Richter, Johnson and Walker; MWO's Ramesbottom and Blake, WO Hall, Sgt. Walker, Sgt. Kit and M.Cpl. Smith. Demons do it differently guys.

Capt. Sander is looking like the Cheshire Cat since his posting message arrived. If anyone knows where he is going, please inform the Deputy Dog.

Maj. Garnett will soon be saying farewell to the life of a navigator and becoming a civilian. He will be working at North Island College and molding the future leaders of the world.

Pte. Pilon is now a seasoned fisherman and reliable sources say that he now has his own personal set of boat plugs for Bill's boat.

The Squadron Softball team is now in second place with six wins, six losses and one tie. Playoffs are starting in early

August and we should be contenders. Intersection flag football will be starting in early September so all those quarterbacks-to-be better get their throwing arms in shape.

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Cpl. LYLE	MCpl. ZIEMANSKI
Cpl. PATE	Capt. OTT
Cpl. AGREY	

And Clasp to The Canadian Decoration to

Cpl. SINCLAIR	Sgt. CHRISTENSON
Cpl. SMITH AR	Sgt. DOBSON
MCpl. ACKLAND	Sgt. PENNINGTON
MCpl. MURRAY	Capt. BORYS
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## B.C. Fire Deaths Down

In the year 1976, there were a total of 7433 fires, a reduction of 4 per cent from the previous year. However, the Provincial Fire Marshall's office disclosed that the dollar loss was up 16.8 per cent.

On the brighter side, deaths from fires were down from 129 of 1975 to 110. Careless use of smoking materials continued to be the greatest single cause of death by fire. Almost 40 per cent of all accidental fire victims were asleep at the time of the fire. Henry K. Jenks, Provincial Fire Marshall is quoted as saying, "That by itself should be enough to persuade people to install Smoke Detectors in their homes."

Fires in schools continued to be a serious problem in 1976. The fire losses to schools climbed to over 8 million dollars, double the 1975 total.



**HEALTHFUL PRECAUTION** - The more you drink, the more you need vitamins.

## ARE YOU PLANNING A TRIP THIS SUMMER

VIA CAR AND TRAILER OR CAMPER-TRUCK? IF YOUR VEHICLE IS EQUIPPED WITH AN AUTOMATIC TRANS.

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Forest fire damage can be drastically reduced through an alert public. If you see smoke or fire in a forested area this summer, contact the closest Ranger Station and action will be taken immediately to stop the destruction. If you have difficulty locating the Ranger, phone our fire hot line through the operator.

Dial "0" and ask for Zenith 5555.



Province of British Columbia  
Ministry of Forests

# In Passing

Well, time marches on and here it is another year -- and another Open House at CFB Comox.

In this issue of the Totem Times, the Staff has put together a special insert in order to pass along to you a pictorial essay of what it's all about.

The Totem Times itself is an unofficial publication of CFB Comox and is published with the kind permission of our Base Commander, Col. R. L. Mortimer. Through many hours of volunteer labor, the staff puts together what they think is Canada's Leading Military newspaper.

The Totem Times is a member of the Canadian Newspaper Association and is entirely self-supporting. It is paid for by the local and national advertising which accounts for approximately 45 per cent of the space in each issue. Because the paper supports itself, the staff can be relatively autonomous in deciding what material to print and what editorials to write. This helps to produce a much more interested readership than could

be counted on if the paper were merely an organ for extension of military policy.

The Totem Times is published every other Thursday (except during the summer when the time interval is three weeks) with at least 2500 copies of each issue printed. It is distributed free of charge to approximately 1600 base personnel, to Comox and Courtenay Legions, to St. Joseph's Hospital, and to businesses in downtown Courtenay and Comox. There are over 500 interested subscribers throughout the world. You too can have the Totem Times delivered to your address by mail by forwarding \$3.00 (per year) to the Circulation Manager.

The Canadian Serviceman at CFB Comox enjoys his position as a member of the thriving Comox Valley. He is often a young family man in the acquisition stage of his life, and he is looking for places to spend his money. How can you get into this market? Just by advertising in the Totem Times, the most widely discussed service newspaper of them all.

## It's Your Money

Well the kids are out of school so now you can go on your summer vacation. Vacations are great, but what happens if you have an accident or get sick in another province or another country?

Are you covered if you have an automobile accident? Is your boat or trailer covered against theft or vandalism? Will the insurance company pay if your home is vandalized while you are away? Your insurance agent may provide the best answers to such vacation-related questions, but you should run a vacation checklist yourself on all aspects of your insurance program. Here are a few ideas.

Out of province automobile accidents are handled by phoning ICBC long distance collect at (604) 664-4600. ICBC can then appoint an adjuster in the city where you have had the accident on the next working day. However, I suggest you examine your insurance policy to determine if your public liability coverage is high enough to meet all circumstances. Remember that court awards to accident victims have exceeded one million dollars. Your agent can advise you of additional coverage you may require while driving rented cars or someone else's vehicle. The ICBC Autoplan covers you and your car in all Canadian provinces and all fifty States but not beyond. So if you plan to drive in Europe or Mexico you'll require additional insurance.

Examine the specifics of your homeowners insurance policy. Read the fine print then ask questions. Does your policy stipulate that you are not covered against vandalism or theft if you vacate your house for more than thirty days? If personal belongings are stolen from your car, are you covered if the car is not locked?

Many vacation vehicles such as

boats, trailers and campers require special coverage. Special possessions such as expensive cameras or sports equipment may require additional coverage while you are away from home or on vacation.

If the camper or trailer you are towing is small it will usually be covered under your homeowners policy, however you may require extra coverage. In either case they will be covered when they are hooked up to your car or truck and are actually being towed. But are they covered when they are unattached or standing still?

Motor homes are usually considered separate entities and must be insured as such. The interior of your motor home is usually protected by a comprehensive clause, but your personal belongings while in the motor home may not be.

Small boats and outboard motors are usually covered automatically under your homeowners policy if you inform the company of your ownership. In any event check with your agent to ensure you are covered against all mishaps such as theft, accidents or sinkings.

Finally what happens if you get sick. Provided your premiums are paid your coverage in the Medical Services Plan of British Columbia will continue during the first twelve months of your absence from B.C. Payment on insured services outside B.C. shall not exceed the amount payable in B.C. for the same service. As medical services outside Canada can be quite high it is advisable to obtain additional medical insurance through a private insurance company or a travel agent. Two other excellent sources of additional insurance coverage are the British Columbia Automobile Association (BCAA) and the Canadian Automobile Association (CAA).

L.F.M.

## Citizens All

It is of utmost importance in the life of service personnel that care is taken not to submerge the character and the initiative of the individual in the anonymity of the service environment. The regimentations and routines of service life, however necessary, should not blind the airman or officer to his opportunities and responsibilities as a citizen.

This is a three-fold field. First, as a citizen of the Airforce community in which he may reside, such as Wallace Gardens, it is the privilege as well as the duty of the serviceman to interest himself in the affairs of the community. In fact, if these areas are to survive and function as anything more than state-operated institutions, a vital and sustained interest in community affairs and organizations must be forthcoming from the residents.

In another field closely allied with the first, it next behooves service personnel to remember that they are also citizens of the larger community in which the station is located, in our case the Comox Valley and its population and shopping centres of Comox, Courtenay and Cumberland. Since this is where we

do the greatest part of our shopping, where many of our children attend school and where many of us make our homes, the same opportunities for service in local affairs and organizations are open to airforce personnel. To neglect this part of our citizenship picture is to cheat ourselves, these districts and the RCAF of the full realization of opportunities for fellowship, rapport and liaison which integrated and directed community efforts can achieve.

Third, as a citizen of Canada, it is the duty of the airman and officer to interest himself in current affairs as they pertain to Canada's status in the world community of nations and in her military and cultural alliances.

By sincere efforts to fulfill all three of these functions as a citizen, service personnel can achieve an inner satisfaction that will be apparent not only to themselves but the RCAF, their neighbours and our civilian friends of the local area, and will foster a feeling of good citizenship in all concerned.

—RCAF Station Comox, Totem Times, Vol. 1 No. 2 (March 31, 1960)

## Get involved . . . fight inflation

It may not seem like it, but Canadian shoppers are suffering a good deal less from food price hikes than consumers in most of the rest of the world.

According to the publication *Foreign Agriculture*, issued monthly by the United States Department of Agriculture, the increase in Canada's food price index from March, 1976 to March, 1977, was the lowest of 15 countries monitored. The year-over-year increase was 4.7 per cent, less than West Germany's 5.0, United States' 5.5, and the Netherlands' 7.5.

Filling the weekly shopping basket in Tokyo would reduce most Canadian shoppers to tears ... boneless sirloin steak sells for \$25.31 a kilogram (approximately two pounds), bacon — \$8.08 per kg., butter — \$5.10, tomatoes — \$2.33, and oranges — \$9.76 a dozen.



Your May 26 editorial "It's Your Money" raised some questions about life insurance that deserve comment.

Term insurance is certainly a great thing for young families, for covering mortgages and other liabilities of limited duration. Service men and women have access to reducing term coverage on an attractive basis through SISIP.

But that's only part of the story. We live in an era of inflation, rising costs and rising standards of living.

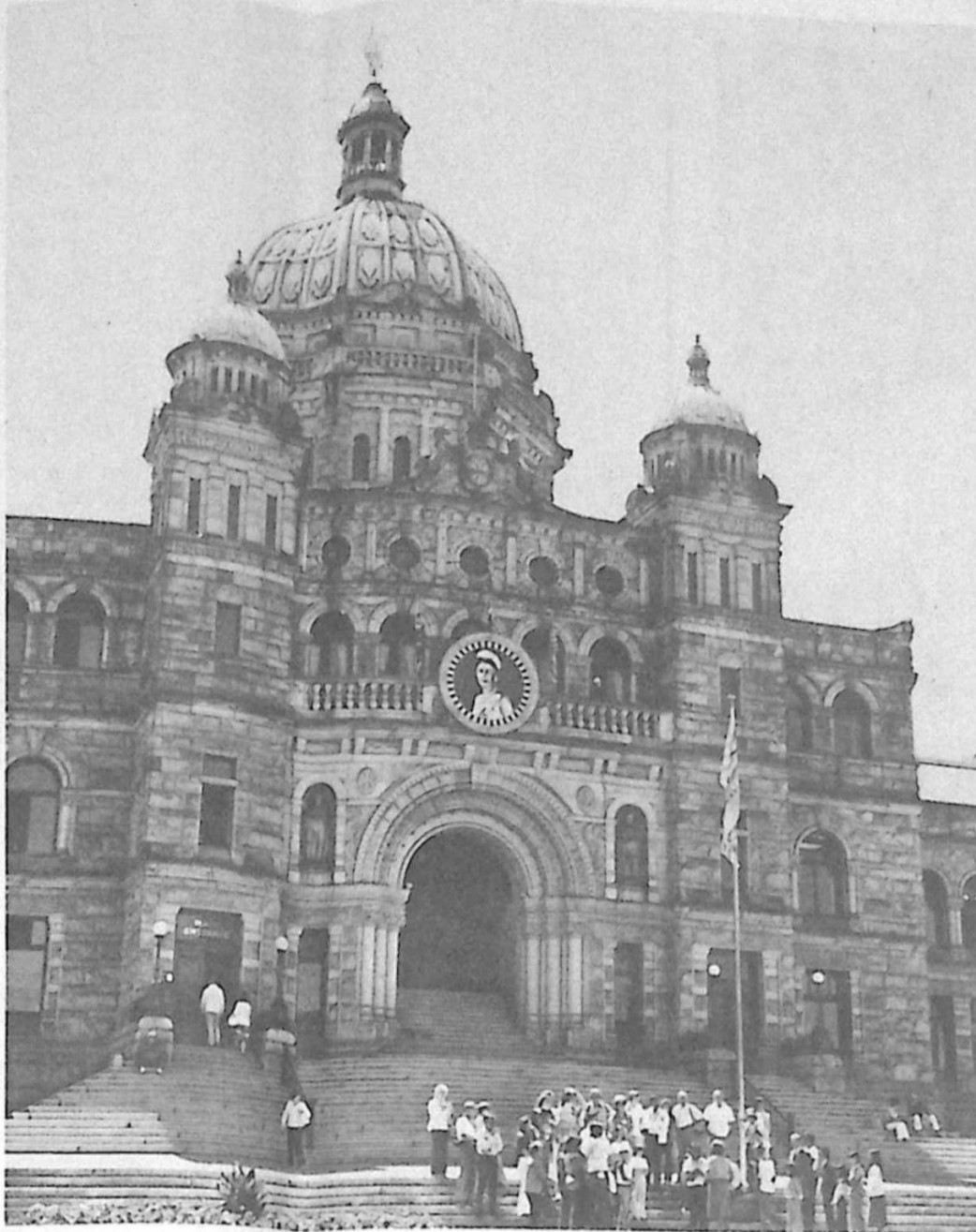
Many people, particularly the more successful, find that their needs for life insurance keep growing rather than decreasing but the cost of

term insurance eventually becomes prohibitive. Most estates are cash poor. Whole life insurance provides the answer. It isn't a matter of forced saving as your editorial suggests. The point is a simple one. Level premium whole life insurance is the only possible method of guaranteeing life insurance money when you die regardless of your age.

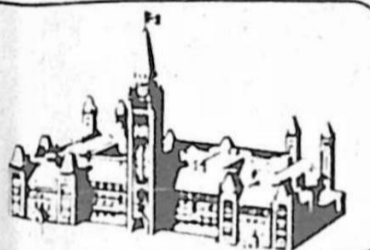
The purchasing power of virtually everything is reduced by inflation. Life insurance, however, is one of the best hedges against inflation because the premiums are payable in progressively cheaper dollars each year.

R. L. Kayler.

## Parliament Buildings - Victoria



### OTTAWA and Small Business



### Primeval Thoughts

by JIM SMITH

Several million years ago, the earth was covered with strange flora and fauna, some spectacularly large, others microscopically small. All of them are dead now.

Over the eons, the forces of nature converted that prehistoric vegetation into gas and oil. And, today, various governments and shareholders in petroleum companies are converting those same plant remains into cold cash.

Isn't science wonderful? Well, maybe not all that wonderful. The extra dollars to meet higher pump prices announced late in June are coming out of the earnings of those of us who have no allies among the prehistoric deceased. But we could all use a friend in the petroleum business; over the next two years, the wellhead price for domestic crude oil and natural gas will go up by 41 per cent.

For anyone associated with the oil business, this is news to set the heart racing with anticipation. The additional receipts — and we're talking about hundreds of millions of dollars — will be split up amongst governments and oil companies. The producing provinces — primarily Alberta — will take 47.5% of the increase. The federal government will pick up 27.5%. And the oil companies will get the remaining 25%. Who says there's no Santa Claus?

This is what the federal government calls a "petroleum policy". It is a policy to provide considerably more government revenue. It is a policy to dramatically in-

crease profits in the oil industry. But it certainly isn't a policy to ease Canada out of the energy crunch.

The catch is fundamental: it isn't enough to say that higher prices will reduce energy consumption. Some provision must also be made for exploration and development of new oil fields. Research funds must be made available for discovering new sources of energy. The Canadian Federation of Independent Business, for example, has been stressing the desirability of a balanced approach to the energy problem. The Federation emphasizes that more sweeping government policies are needed so that alternate forms of energy — like wind, solar, and improved heat pumps — are developed. Canada needs policies that will encourage smaller businesses with imagination and drive to develop more appropriate energy technology.

None of the additional government revenues have been earmarked for this purpose. Instead, they will flow into general revenues. And the oil companies will not be forced to invest in more exploration and development of oil.

Presumably, Canada cannot avoid being forced into the OPEC oil price spiral, even for domestically-produced oil. But a comprehensive oil policy would include detailed plans for using those additional funds generated by astronomically higher oil prices to insure against future energy shortages.

Sadly, the thinking behind the current oil "policy" is as primitive as the plants that went into our oil and gas.

## Stability Predicted

Food costs will stabilize during the next three months according to recent predictions by economists at the Anti-Inflation Board. They also say that any further rises will be "moderate" compared to the increases posted during the first part of the year.

A.I.B. figures show the food index rose by 2.3 per cent during the fourth week ending June 17, 10.6 per cent higher than they were a year ago.

The most significant increases were on margarine, shortening, cooking oil, beef, pork, fish, apples, potatoes and tea. Prices were lower for sugar and most vegetables, except potatoes.

The food group which includes margarine, shortening, cooking oil and salad dressing increased by 3.2 per cent over the measured four week period. The higher index for fats and oils is due to higher international prices.

As for beef prices, a 3 per cent hike during June was due largely to Canadians buying higher-quality cuts for barbecuing.

The cost of the AIB's nutritious diet for a family of four during the week of June 17 was \$48.74. This was 84 cents more than the consumer would have paid for the same diet in April. Of the increase, fresh fruit accounted for 23 cents while two fish items in the diet — sardines and cod fillets, contributed a further 19 cents.

## We Get Letters

Dear Editor:

In the past we have received many informative reports from our MP, Hugh Anderson, and the general line of these reports has been to show what a friend we have in Hugh. However, on one key point he has remained silent and it's not at all surprising. I now quote directly from a letter received from him.

Mr. Anderson says:

"The only objection I have to indexing of pensions is that at the present time civil servants can retire early at age 55 and be indexed starting at that age. I believe that indexing should start at age 65, and I am certain that changes will occur in this area."

Indexing of course is the linking of pensions to the cost of living and if the age 65 start were introduced it would mean that servicemen would wait at least 10 years by which time their pensions would be virtually useless.

With this threat in mind and a general election in the near future, it would be of great assistance to Mr. Anderson if enough Service people, dependants and Civil Servants were to write to him to let him know our feelings on the subject.

Possibly the Totem Times could interview the prospective PC and NDP candidates and publish their views as a guide to Federally employed voters. We have the clout, let's use it.

Eric Fox

## Pensioners Association

In June of 1974, some 140 Long Service Pensioners met in London, Ontario to discuss ways and means to try to combat what had been found through experience, to be inequities and downright discriminatory practices aimed at the ex-service person and the Long Service Pensioner in particular, especially when trying to break into the Work Force.

We realized, that there were many who weren't at that meeting, who also had problems, not necessarily with breaking into the Work Force, but of equally degrees of urgency to those having the problem(s). It was felt, that by forming a group, we might be better, able to assist each other in trying to overcome acts which we considered to be prejudicial to the retired service person and or his widow.

So, the Canadian Forces Long Service Pensioners Association was born, we applied for, and received our National Charter in November of 1974. Since that meeting, our membership has reached the 6,000 and we are receiving new applications for membership at the rate of 150 a month. This has all been achieved through word of mouth and recommendation.

We have several branches throughout Canada, and have members in over 14 foreign countries, including: Japan, India, Belgium U.S.A. to mention only a few.

The overall aim of the Association, is to try to assist where possible, the retired service person and or his widow, together with a weather eye upon the future of those still serving, in particular those with over ten years service, anyone whom upon retiring or being released could be in receipt of a pension or an annuity.

As an example of our concern for the presently serving person, we sent in 1974 and 75, letters to the Federal and Provincial Governments containing briefs regarding

the accreditation of military courses and trades. The response we had was positive in that ALL levels gave us their support in principle, Ontario, however, took up the challenge and have actually accepted many of the trades

and courses taught to members of the Forces, expressing the opinion that in many cases, they were far superior to those taught to civilians carrying out a similar function. My cover letter too, will show our concern. We feel that a person in the Forces should receive a Diploma (acceptable to the Civilian establishment) on completion of any courses or trade. This would enable them to go right into a vacancy on being released from the Forces, without having to undergo further training or testing. This course of action is far too late for us who have already BEEN retired, but hopefully in plenty of time to help those who will be coming after us.

We are far from being alone in our concern for the well being of our fellows who might be more unfortunate than ourselves. In response to many letters to the various Ministers of the Crown, Members of the Senate and Members of Parliament, we have had great support, not only in principle but by actions taken.

Perhaps it might be wise to point out that we in no way are trying to upstage or replace any existing organization, but rather to fill the gap which exists in what they feel is needed and what we KNOW to be inequities etc.

If you feel like us, that you can assist your fellows, then please accept this invitation to join our Association.

The membership is open to all Long Service Pensioners and serving Members of the Forces provided they have a minimum of ten years service.

Dear Sir:

Greetings and good tidings to all ex-436 Squadron members that the readership of this fine Service newspaper reaches. We are proud to announce that our Colors Presentation will be taking place on the weekend of 9 to 11 September, 1977 at CFB Trenton, Ontario.

The Reunion of all present and former Squadron members will commence on Friday the 9th with the Colors Presentation being at 1400 hours the following day. A cocktail hour, dinner and dance will follow on Saturday evening. Anyone requesting further data on reservations, itinerary, etcetera, are asked to write directly to:

PIO  
436 Transport Squadron  
Canadian Forces Base  
Trenton  
Astra, Ontario  
K0K 1B0

Upon receipt of your request all relevant information will be forwarded to you as soon as possible. Hope to see you there.

Onus Portamus  
D.E. Davis  
Lieutenant-Colonel  
Commanding Officer 436  
Transport Squadron

## PSYCHOLOGY



DEVELOP NEW INTERESTS, PSYCHOLOGISTS SUGGEST, AND YOU MAY DISCOVER NEW FRIENDS. ONE WAY IS BY ENROLLING IN EVENING CLASSES AT A HIGH SCHOOL OR COLLEGE. CHOOSE A SUBJECT THAT HAS STIMULATED YOUR CURIOSITY, BUT THAT YOU DON'T REALLY KNOW MUCH ABOUT. THEN YOU MIGHT INVITE SOME OF THE OTHER STUDENTS TO YOUR HOME FOR A RELAXING REFRESHING CUP OF TEA AND A SNACK AFTER CLASS TO KEEP INTERESTING DISCUSSIONS GOING.



# TOTEM TIMES



BLUE RIBBON AWARD 1976

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

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# Femme Gen

Until four years ago this C.A.F. crew travelled lightly. If we didn't eat off it, sit on it, wear it, or hang it somewhere, it just didn't get moved. All our furniture was bought with an eye to matching the inside of a moving van, where it would spend most of its time. And if it couldn't survive at least one fall off the ramp of the van - it wasn't for us. But these past four years have seen an incredible amount of clutter pile up around us, not to mention some furnishings that are destined to become moving van splinters before our move this summer is over.

Having 'folded my tent' eleven times in the past fifteen years, moving companies are not what I can call my favourite people. Let's face it - it's very hard to be chummy with the fella that lists the description of your furniture, noting every dent, scratch, stain and tear, and marking it down for posterity. By the time he's finished insulting your worldly possessions you often wonder whether you should bother moving that pile of junk, or just give it away. The moving company 'eagle-eye' misses nothing, and once - with imagination - tried to list the black enameled corners of my oven door as chips. Now,

whenever he squats and squints down the surface of my possessions he invariably reaches the cold, suspicious eyes of yours truly - squatting and squinting from the other end. (It works like a charm. I can name countless scratches that have gone unlisted due to the untrained condition of the lister.)

The disadvantage with my paranoid preoccupation with the lister is that I can't hover over the packers to keep an eye on their progress. This once resulted in us discovering a carefully wrapped frying pan, containing the remains of our last breakfast in Quebec, three thousand miles and two months later in B.C. That same box also contained a perfectly preserved ashtray full of ashes and butts completely undisturbed from their cross-country travel.

The moving company 'hot-line' has had me tagged as a problem dating from the time I sat in an uncarpeted apartment for eight days in Val d'Or, Quebec, awaiting the arrival of my possessions, which - for some inexplicable reason - had been put in storage in Kapuskasing, Ontario. After calling the dispatcher every day, and every day being told that my

furniture would arrive 'tomorrow' I finally informed him that since he had all the effects, my husband would be delighted to present him the dependants to complete the CAF set, - one suffering from croup, one with a very wet head cold, and the 'big one' hopping mad. Our effects arrived the next day.

On our last move the 'hot-line' informed the company rescuing our possessions from storage that I had threatened them with a fate worse than death if my prized possession, my brand new Heintzman got anything more than fingerprints on it. The day we moved into our new house, the moving van arrived on time but remained closed until the driver had informed me that my beloved piano had a small scrape on it, and that his dispatcher had told him that if I kicked up a fuss, they were not to unload the van. Well. . .

The piano was the last item to be unloaded. The 'small scrape' turned out to be every precious inch of veneer on both sides. Funnily enough, not one other item in the entire load was marked, so on this coming move, although I have a lovely new bedroom suite, I'm keeping my mouth shut. . . I can take a hint.



**GOOD SHOW CHIEF!** L. Col. George Herbert, CO 409 Sqn., presenting Cpl. J. H. Knockwood his Good Show. While carrying out a routine A-B check on a CF101 aircraft, Cpl. Knockwood noticed apparently knicked compressor blades in the starboard engine. He investigated further by crawling into the intake and determined the blade had been recently repaired. Rather than terminate his investigation at this point, Cpl. Knockwood pursued in his inspection of the engine and consequently discovered a bent blade in the 3rd stage rotor. Subsequent stripping of the engine after removal confirmed his diagnosis. Cpl. Knockwood's keen observation and diligence in going beyond the requirement of the check prevented a possible airborne emergency and saved costly repair of an engine.

## Base Team Soccer

With the Pac Region Soccer Championships fast approaching, the Base Team are holding daily workouts with the hopes of being successful in the Regionals, thus, travelling to Montreal for the Nationals.

hoping that more hopefuls will show up for the Practice sessions which are being conducted daily - Mon., Thurs., Fri - 11:30 - 12:30 on the field adjacent to the Totem Annex. Conditioning is a must, skills will be taught.



# PMQ Preamble

Lately Wallace Gardens has taken on the appearance of a "truck rodeo" site for moving companies. Please exercise extreme caution when driving by these vehicles, your vision is very limited.

Although the moving in and out of MQ's is probably not complete for this year, we welcome the new residents and hope they will enjoy their new surroundings. To ensure your stay in Wallace Gardens is a pleasant experience please read your MQ Standing Orders very carefully and abide by the regulations therein.

The Summer Recreation Program is in full swing and we hope the weather is kind to the children. As in all new endeavours, there are some minor difficulties in the beginning but be assured the program is being monitored very closely.

If you have noticed a large volume of garbage and paper has disappeared from our playground and baseball diamond areas, we can thank the children taking part in the Summer Recreational Program and the ingenuity of those supervising the program. They turned an undesirable chore into a fun game and look at the results!!

Also, a vote of thanks should go out to Mr. Jeff Hamilton and crew who are working on the Venture Playground. These people volunteered to carry out maintenance on the playground equipment and have done a fine job. Thank you. Your efforts are appreciated.

Lawns and flowers have improved a great deal in the

past week or so. Residents are to be congratulated on their efforts, the flowers are a welcome addition to our environment.

Judging of the MQ's appearance was completed and congratulations are sent out to the following:

MQ 110A - MCpl. G. Desnoyers, winner.

MQ 114E - MCpl. R. Campbell, Honorable Mention.

MQ 59A - Sgt. H. Schneider, Winner.

MQ 95 - Maj. K. Howard - Honorable Mention.

The judge also wished to pass on a "Good Show" for all residents on Cedar Crescent; your efforts are appreciated. Remember, another judging will take place in September.

Isn't it amazing what Mother Nature's sprinkling system can do for the grassed areas? Please, when she turns on the water, turn yours off!

I always find it a little difficult to come up with a unique method of closing off a column of this nature, so here is a little poem for all to enjoy.

River Dipper's Permit.

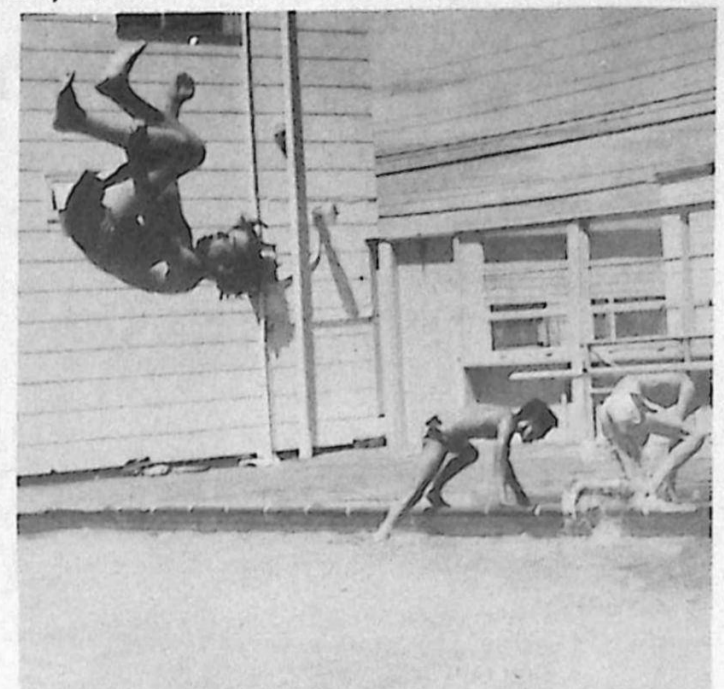
This permit is issued to any and all To dip from the river in spring or in fall, In summer or winter - as much as you wish And carry it home in a pail or a dish.

It's raw and untreated and includes the waste That's slipped in upstream to improve the taste. No chlorine's been added to make it more pure, Bacteria are grateful for that, we are sure.

It takes 55 gallons to equal one drum And only four barrels weigh nearly one ton. Will you carry this much in your car or by hand To use in your house - or sprinkle your land?

If it's filtered and treated and pumped to your home With pressure and purity, the hard work is done. You just turn the spigot in kitchen or bath; It saves you a trip down that little back path.

You can use all you need at any old time As one ton of water COSTS ONLY A DIME.



**SUMMER SPLASH!** The base swimming pool is the ideal spot to make a big splash this summer. Hosford photo

## W.O.'s & SGTS MESS

**JULY 22 — TGIF.**

**JULY 23 — MIXED TGIS — Armed Forces Day Windup.**

**JULY 29 — TGIF.**

**AUGUST 12 — DONKEY BALL — W.O.'s & Sgt.'s vs. Junior Ranks. 1400 hrs. Diamond TBA. Presentations in W.O.'s & Sgt.'s Mess on completion.**

### MOVIES

**JULY 25 — DUDDY KRAVITZ — Richard Dreyfus (Mature).**  
**AUG. 1 — FIGHTING MAD — Peter Fonda (Restricted).**  
**AUG. 8 — OBSTRUCTORS — Michael Cain (Mature).**

### EW

Courtesy

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

No Matinee This Saturday

Thurs., Fri., Sat. - July 21, 22, 23

James Brolin **"THE CAR"** Mature  
"Some frightening scenes" - B.C. Director

Mon., Tues., Wed. - July 25, 26, 27 - DOUBLE BILL

**"THE TOWN THAT DREADED SUNDOWN"** Plus  
**"STREET PEOPLE"** Roger Moore  
"Brutal murders, frequent violence"

Thurs. to Wed. - July 28, 29, 30, Aug. 1, 2, 3

Winner of 4 Academy Awards **"NETWORK"**  
Faye Dunaway, William Holden — MATURE

Thurs. to Wed. - August 4, 5, 6, 8, 9, 10

The Exorcist II **"THE HERETIC"**

Thurs., Fri., Sat. - July 21, 22, 23

**"HOLLYWOOD HIGH"** plus  
**"SWINGING CHEERLEADERS"**  
"Sex, coarse language"

Sun. to Wed. - July 24, 25, 26, 27

**"MANSON MASSACRE"** plus  
**"BRUCE LEE SUPER DRAGON"**

Thurs. to Wed. - July 28 to Aug. 3

**"PINK PANTHER STRIKES AGAIN"** &  
**"RETURN OF MAN CALLED HORSE"**

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Gates 8:45. SHOW AT DUSK

Sun., July 31 - ALL NITER  
5 FEATURES!

## OFFICER'S MESS ENTERTAINMENT

**JULY 22, 29 — TGIF**

**SATURDAY, JULY 23 — 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.**

**AUGUST 5-12 — Farewell party for Col and Mrs. Mortimer. BBQ 2000 - 2200 hrs. Dance 2130 - 0130. "Punch."**

**AUGUST 10 — HANDOVER PARADE — Reception to follow in Mess.**

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**JULY 21 - 25 Thurs. - Mon.**

**Islands In The Stream**  
— ERNEST HEMINGWAY'S —  
(George C. Scott)  
Plus

**Won Ton Ton**  
(Bruce Dean, Madeline Kahn)  
**JULY 28, 29, 30 and AUG. 1**

**WHITELINE FEVER** (Action)  
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**JULY 31 - Sunday Special Allniter**

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- The Naughty Boarding House
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- Love On Wheels (ALL RESTRICTED)

**COMING SOON! . . .  
BLACK SUNDAY**

## Jr. Ranks Club

**ENTERTAINMENT**

**JULY 23 — SOUNDCRAFT.**  
**JULY 30 — CHILDREN'S PICNIC**  
— Dance. "Primos".  
**JULY 24, 31 — DISCO.**

**ROY ORBISON IN CONCERT AUG. 24, 1977**  
**TICKETS NOW AVAILABLE AT PMC'S OFFICE**

**MOVIES**

**JULY 26 — DUDDY KRAVITZ — Richard Dreyfus (Mature).**  
**AUG. 2 — FIGHTING MAD — Peter Fonda (Restricted).**  
**AUG. 9 — OBSTRUCTORS — Michael Cain (Mature).**

For further information call Entertainment Answering Service — 339-5212

# Sports Beat Comox

## Got'cha Of The Month



**GOT'CHA.** Don Dixon gets a helping hand from Pete Cardenas to reach the ball during a noon-hour soccer game.

Hosford photo

## Inter-Section Fastball

The Inter-section Fastball league is approaching the end of their schedule and all teams are fairly close in the standings.

The Fire Hall team are having manpower problems and could use any players that the other four teams may not have room for on their roster. The ATC lads have not been giving the team (Fire Hall and ATC are combined) support of late and with the Fire Hall lads involved in shift work and leave, etc. it does make it rather difficult to field a team.

The Umpire situation has been rectified and as always are doing a great job. Ty Garrison is the new PERI and in charge of the League so, if you have any queries give him a call at local 315. Playoffs will get underway the third of August with the top four teams involved. The format will be "first" and "fourth" and "second" and "third". Semi-Finals and Finals will be a two out of three affair.

## Glacier Greens Invitational Results

A full field of 72 turned out June 26th for the Glacier Greens Ladies Invitational. After play the ladies had a Happy Hour followed by lunch. Joan Stevens, Ladies' Team Captain welcomed everyone present, said she hoped they had all enjoyed themselves and then thanked Ron Ledgard for the smoked salmon, the scorers, and spotters, all members of the Men's Committee. She then called on Mr. Bob Stevens to present the Low Gross Trophy and prize to Eileen Trainer of Comox who scored an 81. Her prize included for two: Round trip airfare from Victoria, Nanaimo or Comox to Vancouver courtesy Air West Airlines. 3 days and 2 nights accommodation at the Sands Travelodge, Vancouver together with a steak dinner at Hy's Steak House. All travel arrangements, transfer and ground transportation were made courtesy of Beaver Travel, England Avenue, Courtenay.

Mr. Ron Bailey, President of the Golf Club was asked to present A, B and C Flight prizes. These were as follows. Low Net the Field went to Irene Perry with a net of 64. A Flight. 1 low gross Sarah Chase, CR, 83. 1 low net Joyce Aylward, GG, 67. 2 low gross Edith Albrecht, C, 84. 2 low net, C, Gladys Mitchell 69. 3 low gross Trudy Newman, CR, 86. 3 low net June Berry, GG, 70. 4 low gross, Doris Ellis, C, 88. 4 low net Mary Zaruk, C, 71. 5 low gross Mamie Aitken, C, 92. 5 low net Bettie Richardson, C, 71. 6 low gross, Alma Kasdorf, CR, 92. 6 low net Fran Henderson, SD, 72.

B Flight. 1 low gross Trudy Burger, GG, 95. 1 low net Marian Yeoman, C, 72. 2 low

gross, Kay Freeman, GG, 96. 2 low net Kay Salter, SD, 72. 3 low gross, Mona Ledgard, GG, 99. 3 low net Wyn French, C, 74. 4 low gross Francis Shaw, C, 100. 4 low net Donna Barrs, C, 73. 5 low gross Barbara Carter, GG, 102. 5 low net Audrey Marshall, SD, 76. 6 low gross Gladys White, CR, 103. 6 low net Evelyn Hetherington (GG), 76.

C Flight. 1 low gross Emmie Munro, C, 100. 1 low net. Gladys Knight, SD, 67. 2 low gross Edie Norton, C, 101. 2 low net Jessie Jones, CR, 72. 3 low gross, Kay Banks, GG, 103. 3 low net Doris Squires, SD, 72. 4 low gross, Mary Game, GG, 105. 4 low net Clare Rathbun, GG, 73. 5 low gross, Molly Brassell, Eaglecrest, 107. 5 low net Fran Kokoski, CR, 75. 6 low gross Peggy Venus, CR, 109. 6 low net, Audrey Haughn, GG, 76.

Special prizes for closest to the pin and the longest drive went to Eileen Trainer and Edith Albrecht.

The Committee wish to thank the following merchants for their generous support: Winsby Drugs, Outdoorsman, Comox, Grahams Jewellers, McConochies, Saans, Links Hardware, Comox and Courtenay stores, All Season's Boutique, Lavers, Port Augusta Motel, Nanaimo Realty, Phil Bickle of the Green Sheet, Hudson Bay Company and Zellers.



## Military Photo Contest

A Military Photo Contest open to amateur and professional military personnel and civilians alike, has been introduced by the Western Fair Photo Contest, held in London, Ontario early in September of each year.

Two categories have been added to an already outstanding list. The first is a print competition, either black and white or color, any size, mounted on a 16 x 20 board. The second is color slides. Subject matter must be of some aspect readily recognizable pertaining to the armed forces. If enough entries in the print classification are forthcoming, the black and white will be separated from the color, and each section will be judged separately, and prizes awarded in both.

A special trophy has been put together by the Canadian Forces Recruiting Centre, London, which is on permanent display there, along with the prize winning picture. The overall winner's name will be suitably engraved each year and a smaller trophy sent to him.

The Western Fair will

award three top prizes of \$20 in each section.

The other open categories which also may be entered by anyone are for both black and white and color sections in Pictorial, Human Interest, Portrait, Architectural Study, Spot News, Abstract, and Nature Study.

In the color transparency section the categories are Pictorial, Human Interest, and Nature Study. This well known photo competition which annually receives entries from across Canada drew 708 entries last year paying \$825.00 in prize money.

A special achievement trophy is presented for the Best All Round Photographer based on a point system. First, second and third prize winners get 5 points, Awards of Merit get 3 points, Accepted prints get 1 point, and Special awards get 5 points. To be eligible for the special achievement trophy an exhibitor must have entries in at least four sections.

Deadline for entry 8 Aug. 77. Anyone interested should write for an entry form and instructions to the Western Fair Photo Contest, P.O. Box 4550, Station "C", London, Ontario, N5W 5K3.

## Hosting Spring/Summer Sports

Regional (men)	Date	Host
Softball (Small Base)	25-27 Jul	CFB Comox
Softball (Regional)	11-13 Aug.	CFB Comox
Golf	22-25 Aug.	CFB Chilliwack
Soccer	8-9 Sept.	CFB Esquimalt
Flag Football	27-28 Oct.	CFB Comox
Tennis (Male and Female Open)	19-20 Aug.	CFB Esquimalt
Softball (Area One-Female)	26-29 Sept.	CFB Esquimalt
Deck Hockey	Nov-Dec	CFB Esquimalt

Course	CLINICS-COURSES	Date	Host
Kayak (Beginner course)	TBA		TBA
Flag Football Officials	TBA (Sept.)		CFB Comox
Soccer Officials	TBA (Sept.)		CFB Esquimalt

## Soccer Or Karate?



**NEW SOCCER TECHNIQUES.** Keith Dressler covers up as Al Ettinger tries out his newest side kick.

Hosford photo



**CERTIFICATE OF INSTRUCTION** - Al Ettinger of the base rec centre presents Garry Gauvreau with his Instructor's Certificate from the British Columbia Archery Association.

Hosford photo

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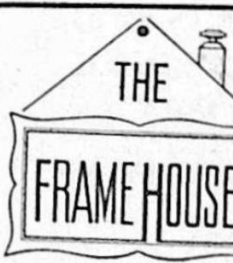
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# To Canada Games



**CRAIG TAYLOR** celebrated his seventeenth birthday last week by making plans to compete in the Canada Games. The Games will be held in St. Johns, Newfoundland, in early August.

Craig qualified as a member of the B.C. Team by his performance in several preliminary meets. His specialty is the long jump, and he has placed no worse than second in this event in his past four meets.

Craig's performance caught the eye of the coach of the Victoria Selects who invited the Vanier High student to compete under that Club's colors.

In the final meet to qualify for the B.C. Team, Craig jumped 6.85 metres and finished only 5 centimeters behind the winner.

After a two-week training camp and warm-up meets in Calgary and Vancouver, Craig and the rest of the B.C. Team travel to St. Johns for the Canada Games.

Congratulations Craig, and good luck to you and your team-mates in the Canada Games, from the staff of the Totem Times.

Windish Photo

## The Gong Show



**SINGING THE BLUES** - Strumming her way into first place, Chris Crosby came forth with a pair of folk-songs, either of which could have put her into first place.

Hosford photo

## Last Place Winners



**THE WASHROOM QUARTET** - Coming on strong with a steady flow of verbal diarrhea guaranteed to flow through the eye of a needle. They got Gonged.

Hosford photo

## Joggers News

The Base Jogging Club is busy as usual with a total of 27 members putting in their daily miles.

These lads work out every day, even when the sun shines, and are all shooting for their Awards.

The following men are over the 400 mile mark.

M.Cpl. Hopkins-569.

M.Sgt. (USAF) John Woods- 414.5

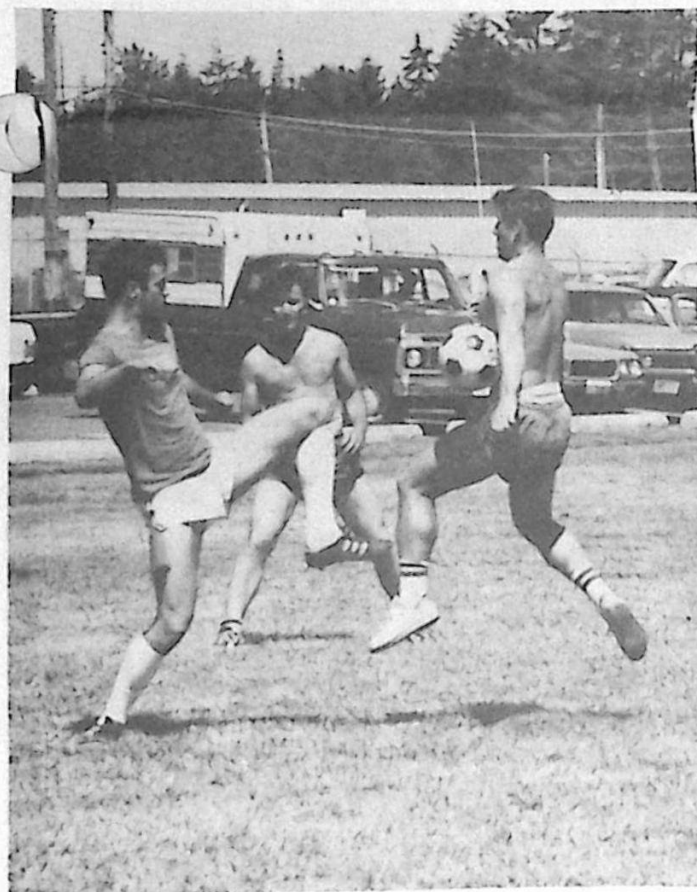
Cpl. Tuck- 477.4

Capt. Haines- 1028.

M. Sgt. (USAF) Bryson (transferred) 1098

T. Sgt. (USAF) George Scholer- 257.

"The" "Green Hornet" has put in More Miles than he has recorded - "SO" - he gets honorable mention.



**DIFFERENCE OF OPINION** Dan Sanscartier and Ettinger hassle over who gets the ball while Grant Willis looks on, ready to challenge the winner.

Hosford photo

## Up Earl's Alley

The CFL is in full swing again and, there might be a few surprises this year. The Argos are at it again. They lost a squeaker to Hamilton over the weekend. That is one franchise that is probably the most successful of all the CFL Clubs when it comes to finances but, they have not had too much success in winning the Grey Cup. I do remember they did come close one year but....a guy by the name of Leon dropped the "Pigskin" as he was approaching the goal line....Of course the Winnipeg Blue Bombers look like a sure bet to represent the West in the "Fall Classic". Hang in there Argos fans this COULD be the year.

The Leafs have signed two of their Veterans to a reported five year contract and a cool \$750,000 each.

They are certainly well worth the money as they are both very important to the Leafs success. There is only one player in Toronto that came to the team before the 1970 year and that is Jim McKenny and he could be on the move.

The Leafs have been trying to lure Anders Hedberg from the Jets and Schoenfeld from the Sabres to their fold but, we'll have to wait and see what happens....

For any of you that would like to see some very good Fastball action, you don't have to go very far....The Comox Totems are playing superb ball these days and as a result of Kip "The Whip's" effort the team is in first place in the local Senior league. Bill Hill not only pitched a super game but also chipped in with a timely hit and drove in the winning run in the bottom of seventh inning to give the Totems a well deserved 1-0 victory over the Anchor Garage. To give you some idea of how well the games was played, it was completed, from start to finish, in exactly one hour. And, the price was right. All Totem home games are played here at the Base on Diamond No. 3. A special thanks to Sgt. Ed Kingston and his men from CE for doing just a fantastic job on the Diamond....The infield is probably as good as any in the province.

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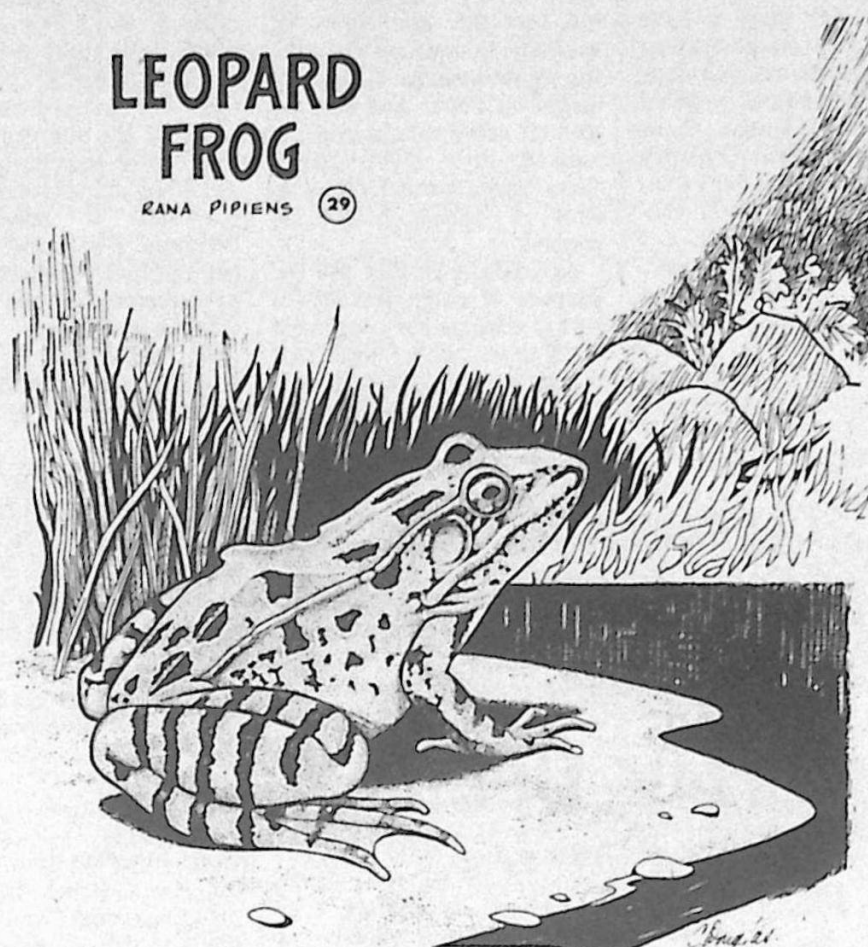
## NATURAL HISTORY NOTEBOOK

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National Museums Canada

## LEOPARD FROG

RANA PIPIENS 29



The Leopard Frog ranges across Canada from Prince Edward Island to southern British Columbia. It is primarily a frog of meadows and other grassy areas in the summer. In the early spring it breeds in ponds, marshes, and quiet edges of rivers, lakes and streams. Tadpoles of these frogs generally transform in July and August into froglets slightly less than 1" long. They breed first at a length of about 2" but can grow to 4 1/4" in body length.

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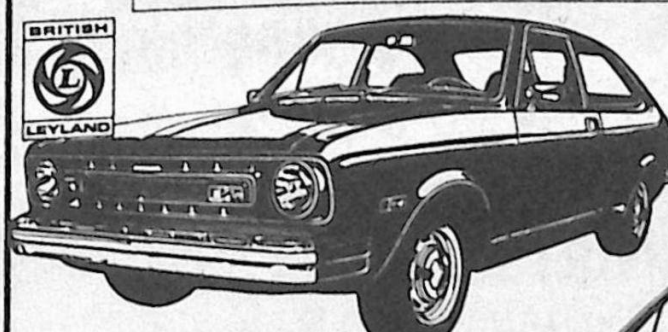
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## What's With This Drug Education Committee?

Since the inception of a drug committee in the CAF, people have been wandering around looking for spies in the woodwork. "Also" went out the word, "the heavies have formed a goon squad to seek out heavy drinkers and dope fiends to turn them in. We'd better not trust those turkeys". WRONG! Contrary to popular opinion we're on your side and if you'll continue reading you'll find out the name of our game and, hopefully, I'll convince you that we are not here to crucify or judge.

There was a need to find some solution to the Armed Forces "heavy drinking" image to the public. You must have overheard some civilians talking about the base drunks. Well, in fact we did have a problem though not to the extent perceived by the public. Simultaneously the drug culture sprang up and soon we had people joining the

Forces who had dabbled in that culture. The powers-that-be saw that you could not force a man from becoming a drunk or a pot smoker. They felt that the best approach would be to educate him as to the consequences of alcohol and drug abuse and thereby let him see the light and act accordingly. The Drug Committees were formed to oversee the education process.

As you can readily see the purpose of such committees was to educate our people not shaft them. Where does that put us now, specifically the CFB Comox Drug Education Committee? I'll tell you - almost against a wall. But why, you ask, what's their beef? We are still bucking the old "I'm not an alcoholic, so this committee can't tell me anything syndrome", and as a result you are not getting the message. All I'm asking is that you give us a chance to

show you what has been found out about drugs and booze and YOU.

In addition to the education process we have also become a source to which you can go quietly and with the utmost confidentiality if you even think you have a problem. We have all the sources of help that can be mustered and we should be able to answer your questions or solve your dilemma. Remember, we are not moralists, just people who are interested in your welfare. Give us a chance.

CFB COMOX DRUG EDUCATION COMMITTEE.  
Capt. Keith Hummel Loc. 240 339-5382  
Capt. Wayne Fisher Loc. 239 339-4338  
Dr. Culver-James Loc. 213  
Capt. Gary Hein or Sgt. Dave Breese Loc. 308.  
Capt. Larry Boland Loc. 364  
MCpl. Jim Judge Loc. 336  
Pte. Bob Morrissey Loc. 282  
CALL ANYTIME.

## Chapel Chimes



### RC CHAPEL

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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.  
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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.  
NOTE: Sunday, July 24th will be Padre Martin's Farewell Service.

## Base Library

The Base Recreation Library is open on Monday and Wednesday from 12:00 - 15:00 and on Tuesday and Thursday from 18:00 - 20:30. There's a slot in the wall, just to the right of the door for your returned books.  
If you are moving and don't want to pack all those books,

we welcome donations. Just bring them over to the library. Are you aware that we receive newspapers from other Bases and Stations across Canada? They're on the shelf just inside the front door and we have a comfortable, quiet corner where you can sit and read.

## Accent On Boating

Now that the Coho are running and more importantly, biting, the ranks of the "salt chukkers" will be swelled by those who choose only to fish when the fishing's good and by some who are completely new to the game. Fishing means boats and boating means water and water means danger, particularly if you are not aware of the limits to yourself, your boat and your equipment and knowledge about local waters.

If you have not taken training on safe boating, do so before trying it for the first time - before renting, buying or borrowing one to use. Your local recreation office has a supply of excellent booklets published by Transport Canada and the Canadian Coast Guard. They're called "Boating Safety Guide 1977" and are free for the asking.

So what? you say. Well, before you dismiss the need for boating safety information, put your knowledge to this simple test.

1. Do you know where local boat launch ramps are located?
2. Do you know the meaning of the term hypothermia?
3. Can you identify the recommended safe load and horsepower for a boat and know where to look for it?
4. Do you know the law and its requirement for boat licensing, personal flotation devices and emergency equipment?
5. Do you know the particular hazards of gasoline and liquefied petroleum gases (propane) in boats?
6. Do you know the "Rules of the Road" and follow them?
7. Can you recognize when divers are working or active in an area?
8. Do you know the Canadian Buoyage System and how to safely follow channel markers?
9. Do you know what wind strengths are indicated by the terms "Small Craft Warning" and "Gale Warning"?
10. Do you know what CB - channel is used for marine emergencies and how to call?
11. Do you know how to

signal an emergency and how to recognize those signals by flag, flashlight, flare, sound signal or by arm signals?  
12. Do you know how to contact the Search and Rescue resources in this area? Report a forest fire? Get a marine weather forecast?

No, we're not going to give you the answer here and now and the name of the game is not to turn to page 32 and see if your answers were correct. The name of the game is boating safety. It involves respect for water and for other boaters and the responsibility that demands you know the dangers and rules of the game before you head out.

There's a lot to learn, but each step in that learning will increase your knowledge and pay big dividends in boating safety and enjoyment of this natural resource that surrounds us. Pick up a copy of the "Boating Safety Guide, 1977" from your Rec Centre today and ask about the CFB Comox boating safety supplement.

SAFETY SAM

## Your Dental Health

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

Contrary to popular belief, pregnancy does not cause tooth decay. Neither does the unborn child absorb calcium from the mother's teeth. Dental authorities report that if there is an increase in tooth decay during pregnancy, the trouble is probably caused by increased consumption of sweets, poor cleansing of the teeth, and failure to visit the dentist regularly.

The gum tissues normally respond to colonies of germs and calculus on the teeth by being irritated and red, often with some bleeding when the teeth are brushed. The hormonal changes associated with pregnancy may cause the gums to overreact to the irritants. Severe pain, swelling, and spontaneous bleeding may develop. These problems can be minimized by proper professional treatment; or in many cases they can be prevented entirely by thorough daily tooth

cleansing.

As for decay, during pregnancy as at any other time, the teeth require attention to diet and thorough cleansing.

The toothbuds that will become the child's teeth begin to form about the sixth or eighth week of pregnancy. They are fed with the nutrients supplied to the entire fetus from the mother's bloodstream. She requires no special foods for their growth, but a good, well-rounded diet.

The hardening, or calcification, of the teeth begins between the fourth and sixth months of pregnancy. By the time the baby is born, a considerable part of the crowns of the first teeth are already formed.

The baby's teeth lie deep in the jawbones, under the gums. As the crowns calcify and the roots develop, the teeth push slowly toward the surface. They usually start to appear at about 6 months of age, and a child usually has all 20 of his first, or deciduous, teeth by the time he is 2½ or 3

years old. The time at which the teeth come in varies greatly, though, and so does the order of their appearance.

These first teeth are very important, both to the child's health and to the health of the permanent teeth that will follow them. A wise mother will see that they have the best of care and are not lost before they should be.

A child needs his first teeth so that he can chew properly and eat a healthy diet. He needs his teeth for speech and appearance. He also needs them to help maintain the shape of the dental arch and to preserve the space intended for the permanent teeth.

If a baby tooth becomes badly decayed, infection may reach and damage the permanent tooth forming beneath. If a baby tooth is lost too soon, the adjacent teeth will begin to drift, narrowing or closing off the space needed by the permanent tooth. It will probably come in crooked and require complicated treatment later.

## Prev Med News

IF YOU HAVE AN OPEN WOUND: and IF YOU SWIM IN COASTAL WATERS OF BRITISH COLUMBIA: WATCH OUT FOR VIBRIO PARAHAEOLYTICUS!

The marine vibrio, 'Vibrio Parahaemolyticus', was identified in 1951 as the most common cause of fish-borne gastroenteritis in Japan. Since 1971, when this organism was first recognized as an agent of food poisoning in the United States, more than a dozen outbreaks due to 'V. Parahaemolyticus' have been reported in North America. During 1976, 'V. Parahaemolyticus' was grown from septic lesions on two persons who had bathed in the coastal waters of British Columbia.

Case No 1: In August 1976, a 16-year-old boy developed an infected hangnail of his great

toe shortly after swimming in the Gulf of Georgia off Vancouver Island. Complete recovery followed wedge resection of the toenail and treatment. Culture of exudate from the wound was identified as 'V. Parahaemolyticus'.

Case No. 2: In October 1976, a 68-year-old woman suffered a one-inch gash in her right leg which she treated herself by applying a dressing. Two days later, she went swimming in Howe Sound near her home on Gambier Island. Within 48 hours, the cut became swollen and began oozing. 'V. Parahaemolyticus' was isolated from the infected wound. After one week's treatment, the infection cleared up.

Conclusion: Several cases have been reported of wound infections caused by marine vibrios such as 'V.

Parahaemolyticus'. This halophilic, has been isolated from sea water on the east and west coasts of Canada. The population of 'V. Parahaemolyticus' increases during the summer months when the water is warmer. Wounds in contact with sea water may become infected with marine Vibrios which can produce severe necrotizing cellulitis.

This report is a timely reminder that a lesion exposed to sea water can be infected, and if not treated develop a critical condition.

If you have a lesion or open wound, avoid the sea water, but if you couldn't resist and you notice an abnormal condition of your wound, do not hesitate to consult a physician.

Canada diseases weekly report

June 18, 1977

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