



TOTEM TIMES



Length Of Command Shortened... Six Four To Six One

VOL. 19 - NO. 16

CFB COMOX TOTEM TIMES

THURSDAY, AUG. 11, 1977

Farewell From Tallman

COMMANDERS CHANGE

EDITORS NOTE: Due to earlier press time requirements, full coverage of the handover parade will not be available until the next issue of the Fish-wrangler. At this time we would like to give you Colonel Mortimer's parting message and also introduce to you our new boss Col. B. T. (Bruce) Burgess.

Farewell

As I leave CFB Comox after three years as Base Commander and one year as CO 442 Squadron, I want to thank all personnel of CFB Comox, including those who served during the period and have since left the Base, for the excellent work that has been done in every single function and activity that we have been assigned. Change has continued to occur during this period, sometimes with disarming frequency, but generally with the result of improvement in our effectiveness and efficiency. Such achievements have been possible only because of the continued and totally dependable application to the task at hand by all officers, other ranks, and civilian employees.

The re-organization resulting from the creation of Air Command on 1 Sept. 1975 was undoubtedly the most significant change. It provided for a unity of command here at Comox and, what is perhaps more im-

portant, gave us a common identity. I am convinced that this vital bond has resulted in a greater mutual understanding, an increased willingness to assist, and greater effectiveness in the operations and support of our four squadrons each with its distinctly different role. In so doing, I believe that we have been better able to satisfy the requirements of each of the Commanders who operationally task our units.

It has indeed been a great honour and rewarding experience to have been your Base Commander. I want to wish each of you the best of good fortune and good health in the future, and a continuing sense of satisfaction from a job done professionally and well. Please accept my most sincere thanks for all your efforts during the routine and sometimes repetitive tasks which you have been given, and especially for your willing, enthusiastic, and loyal response when you have been challenged to put forth that extra effort and those hours of extra work.



Hosford Photo

Colonel Mortimer
Off And Running... To Kingston

On Armed Forces Day

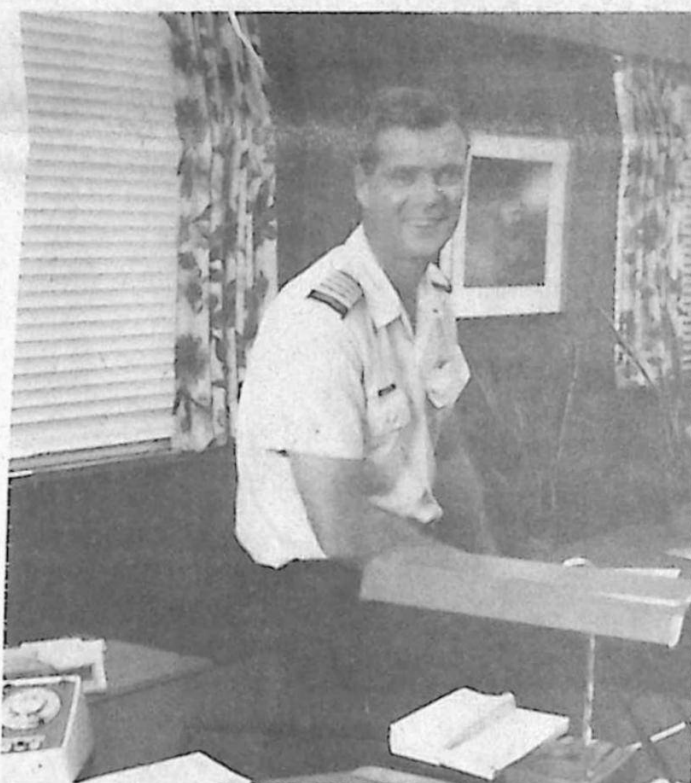
As my tour at Comox draws to a close, I cannot think of a finer farewell event than the superb Armed Forces Day 1977 air and ground display on Saturday, July 23rd. I have already sent my personal thanks to those contributors from other Bases and Services, but since all of you were involved to some extent or another, I want to use this means to thank you both collectively and individually.

Once again, I believe we were able to show the public the pride, skill and devotion which is our daily contribution to our country, and highlight it on this day with truly

professional displays on the ground and in the air.

To those of you who performed actively either in the flying and support of the air display, or in the setting up and manning of the ground displays, a special thanks. But many thanks also to all personnel who provided so many services both with the public and behind the scenes; you are all part of the team which makes such a day a success - the team effort that is essential to our routine performance of duties every day.

Congratulations, and my sincere thanks to each and every one of you.



Hosford Photo

Colonel Burgess
King Of The Castle Now

Load Competition

The 1977 North American Air Defense Command

(NORAD) Weapons Loading Competition kicked off at Tyndall AFB, Florida, last Thursday (Aug. 4), when 23 teams met for instructions, rule clarification and drawing for loading times.

Written exams, which test knowledge on loading air defense jet aircraft with air-to-air missiles and rockets, were administered in the afternoon. Results of these written tests would not be known until the end of the competition and could easily be the deciding factor in who is the overall winner.

Actual weapons loading began Friday and will be held daily (except Sunday) through Thursday, Aug. 11, beginning on the hour from 9 a.m. to 2 p.m.

This year teams loaded the F-106, CF-101 and F-4 aircraft. Specific rules govern the loading of each category of aircraft.

Of the 23 teams competing in the Loading Competition, eight teams represented the Aerospace Defense Command, 11 were from the Air National Guard, one from the Alaskan Air Command and three from the Canadian Armed Forces including a team of nighthawks.

The 409 Weapons Load Team under Crew Chief MCpl. Ian Black, consists of MCpl. Dave Allison, Cpl. Hal Fuhr and Cpl. Danny Laviolette. MWO Ken Greer is OPI, and Sgt. Paul Dobson is Load NCO. With a such a fine team, we can be sure 409 Sqn. is well represented.

Our Newest Colonel

Col Burgess joined the RCAF in January 1951 and upon completion of the Vampire OTU spent five years operating Sabre aircraft, three of these on 434 Squadron located at Ottawa and Zweibrücken, Germany, and two years ferrying Sabre aircraft to Europe from Canada with the Overseas Ferry Unit.

This was followed by an eight year tour in Training Command. During this period he instructed on the T33 aircraft at both the Advanced Flying School and the Flying Instructor School at Portage la Prairie. He then joined Central Flying School at Saskatoon and he finished his training tour as officer commanding the Instrument Check Pilot School at Gimli.

In 1964, Col. Burgess was posted to the Directorate of Flight Safety in Ottawa. For the next three years he was

the Training Command desk officer and did all the accident investigations on T33 and Tutor aircraft.

In 1967 he attended the Canadian Land Forces Command and Staff College at Kingston for a year.

In 1969 Col. Burgess was appointed Commanding Officer of 441 Squadron operating CF104 aircraft in Lahar, Germany. The following year when the Canadian Army and Air Force were reorganized in Germany he became Commanding Officer of 439 Fighter Squadron in Baden-Soellingen, Germany.

In 1972 he attended the Royal Air Force Air Warfare College in the UK and following that was posted to the Directorate of Air Requirements in NDHQ Ottawa. Some of the major projects that he has been involved with during his tour in Ottawa include: the NFA; the CADIN-Pinetree Replacement Program; the SAGE Replacement Program and the 414 (EW) Squadron Equipment Update.

Colonel Burgess was born and raised in Amherst, Nova Scotia. He is married to the former Faith Mill of Amherst, and they have two children, Wendy, 21 who works with Bell Canada in Ottawa, and Clifford, 18, a student at Waterloo University.

The Colours

THE COLOURS PRESENTED..... The winds blew and the rain flew but participants and spectators were not deterred as Lt. Gov. Walter S. Owen presented the Nighthawks with their colours. This

occasion marked 25 years of dedication and service to Queen and Country. Complete pictorial coverage of the event can be found on page 5.

From The Head Nighthawk



Lt. Col. Herbert

For several weeks activity around 409 Squadron has been at a fevered pitch preparing for the Colours Presentation and Reunion weekend. Virtually every member of the squadron had some part to play in the planning or conduct of the weekend, and from the cook in the QRA to the leader of the formation in the flypast, everyone turned in an exemplary performance. As a result, I think our weekend was, by any standard, an unqualified success.

I would like at this time to

extend my most sincere thanks to all squadron members and to offer a much deserved "Well Done". Particularly, I would like to congratulate Major Russ Hellberg and his Colours Committee for the magnificent job they did of putting it all together. Probably only a few people are aware of the scope and magnitude of the plans and problems associated with such an occasion. I feel I am one of those few and I also feel that any compliment I might offer would be inadequate compared to the excellence of the deed. From the whole squadron may I say a simple "thanks", you gave us a memorable weekend of which we can be proud.

Letters of appreciation have been dispatched to the Lieutenant Governor, Naden Band, 318th FIS and many others who participated in the weekend activities. I would at this time however, also like to extend my appreciation to the other three squadrons and to all the Base sections that gave us their wholehearted and willing support. The list of sections who assisted is far too long to detail in its entirety but a few deserve special mention, they are:

a) Base Food Service and the Combined and Officers Mess staffs who achieved miracles in feeding the 700 attendees;

b) Base Photo who provided excellent and untiring coverage of all events leading up to and including the weekend;

c) 442 Squadron who transported the Lieutenant Governor and the band in their usual professional manner;

d) Base Transport and Base CE both of which provided excellent support; and

e) The men of the honour guard who performed so well at the Lieutenant Governors arrival.

To all these sections and to the many who aided us whom I have not mentioned I extend sincere thanks on behalf of all squadron members.

I would like now to dwell for a moment on the significance of the Colours, the presentation of which was the reason for the gathering. As can easily happen the real reason for the gathering can be swallowed up in the round of festivities and the reunion of old friends.

We would do well, however, to reflect on what the Squadron Colours mean, or should mean, and what they

should symbolize to those of us presently on the squadron. To some they mark 25 years of active service. While this is true they stand for much more. Emblazoned on the Colours is not only our badge which depicts our role in battle, but also the battle honours won by our predecessors since the formation of the Squadron on 17 July 1941. These Honours commemorate the sacrifices made by those squadron members who have gone before us in their fight for freedom. Although there is no banner to symbolize their sacrifice, the Colours should also remind us of those who have sacrificed their lives while serving in the defence of that hard won freedom during times of peace.

But above all, the Colours are a symbol to all who serve on the squadron now and in the future, of our oath of service to God and our country. Let no one fall into the misconception that he is 'employed' by the Airforce. Rather, let the Colours remind each of us that by joining the Armed Forces we have taken a solemn oath to 'Serve', and that service may, in the final analysis, call for us to lay down our lives as

those before us have done.

As was mentioned in the consecration and dedication service, we pray that our Colours are symbolic of their sacrifices and our oath of service. It now remains for us and for all who follow us to uphold the valorous traditions established by our predecessors. God willing we will do so.

BON VOYAGE

To the Mortimers from all of us — Thank you for your help and support. We wish you the best.

— THE STAFF

Pinky Completes 800th Jump



INTO THE 'HOGGWASH'...Sgt. Kenneth (Pinky) Hogg passed another milestone in his career as he completed his 800th successful parachute descent. "Pinky" (as he is known around the squadron) took the plunge from the Buffalo aircraft at CFB Comox, on 14 July 77. Sgt. Hogg has been with 442 T&R Sqn.

since 1970 and has spent most of his last 7 years in charge of the Rescue Specialist section. Sgt. Hogg has been with the service for just under 30 years and has recently been posted to CFB Trenton where he will assume the position of Deputy Rescue Specialist Leader with 424 T&R (Tiger) Squadron.

Demon Doin's

Summer leave has struck. If you don't believe that our ranks have been decimated with crews off to enjoy the sunshine, just ask Bill! Rumor has it that he is considering studying the field of magic. Compared to finding bodies to hold standbys and man crews, pulling a rabbit from a hat will be easy.

The regular softball season is at an end for 407 Squadron. However, all you ardent fans need not worry about having no more games to follow, as the play-offs are coming and 407 is in them.

Next in line for your sport enthusiasts is the football

season. If you're big and leafy, look up Capt. Morey or Capt. Haines.

Cows have calves, cats have kittens and John Stevens had a pup. A seal pup, that is. John rescued a small seal pup at the marina and being an animal lover, cared for it until returning it to the rest of the herd at Royston.

The pitter-patter of big feet has been heard quite often as 407 Squadron partook in parade practices for the change of command parade. The Demons held their rightful place in the squadron lineup, first.

And on the subject of the

pitter-patter of feet (little ones this time), congratulations to Capt. Tony Thomas and Rosemarie on the birth of a baby boy.

407 Squadron welcomes our newest arrival from south of the border, Don Snoddy. We trust that after having worked in places such as Texas and Hawaii (that poor man), Comox will appear as very agreeable.

Unemployment, that curse of Canadian society, has claimed more victims. Crew Two has received the axe for about three weeks due to a shortage of manpower. Some

of the more fortunate have scraped up interim employment such as working at ASCAC or 407 Squadron Operations. You lucky people!

All you naves out there, take heed. The trade is being studied and a questionnaire will appear near the end of the year. However, it's to be answered without group gatherings (they're afraid of the lobbying power of our union), so get your answers straight by then.

Welcome also to Capt. Dennis and Capt. Adrian Walker, our newest pilots.

Tower Talk

The last three weeks have been fairly hectic with events like Armed Forces Day, a barbeque, a golf tournament, a birth, a bent truck and a couple of new arrivals taking place.

The flying display at Armed Forces Day went off with few problems and good timing thanks to the great work of the control tower staff plus the ground crew for getting all the A.C. servicable. The only minor glitches were some civilian pilots who tried to see the pointy ends of high speed jets nearly over center field. Later that evening about 20 people from the section gathered at the Gravel Pit for an informal barbeque which also proved to be quite successful.

Most young and ambitious people try to make their mark in life and last week Pte. JoAnne Parker did just that, but to the Batco's truck. She managed to dent the whole side of the truck on a car bumper when she tried to squeeze the truck into a spot that was just too small. Cheer up Pte "Crunch" it could have been both sides and besides

that the car wasn't even scratched. Guess who's going on the next defensive driving and safe backing course?

This event was hardly off the boss's mind, when on the first day of the long weekend, Capt. Fred Kempe's wife gave birth to a baby girl. Who was the only available controller - you guessed it, Major Howard. So much for your long weekend boss. The first thing Monday morning, CE section is erecting a tent at the base of the tower so the boss can camp out for the rest of the summer.

Speaking of camping, M.Cpl. Wayne Wright finally finished his truck camper after several late night marathon building sessions. He got away only one day late for a much deserved holiday after doing an excellent job on his "ARK" as he calls it.

The annual ATC Golden Balls tournament took place Friday 5 Aug. and proved to be quite a good day in spite of the heat. Winners included Lt. Pete Holicz and Cpl. Woody Filmer with the low score and Lt. Dave Barney and Pte. Val Venne with the high score of

the day. Closest to the pin went to Capt. Jim Hue and Sgt. Pat Hudson.

Hidden high hole went again to the great and good-looking team of Dave and Val. The hidden hole low score went to Sgt. Dave Bews and Cpl. Brian Swallow. After the match, the group rejoined in the gravel pit for hot dogs and drinks. Highlights of the evening included "Sir" Terry Wallace expounding his ideas on rank and respect to two old Sgts. and Capt. Fred Kempe teaching a spurge pilot how to fly a tacan approach.

The ATC ranks are slowly increasing with new arrivals including Capt. Jim Hue from Goose Bay, Capt. Ted Norrie from Moose Jaw and Cpl. Chris Coughlan from Shear-



"A man who cannot tolerate small ills can never accomplish great things." Chinese Proverb

water. All will be starting checkout in the tower and from the section, welcome to you all.

The last departure from the section should be Capt. John Flanagan who will be leaving for pilot training in Portage. Hopefully by October when the bad weather sets in most of the new people will be nearly operational and the section will slowly start returning to normal.

Aircraft Ambulance Missions

Provincial Government aircraft are expected to fly over 600 air ambulance missions between April 1 this year and March 31, 1978.

In recognition of the increasing importance of this role, the aircraft normally used for this service has had red cross insignias placed on both sides.

Provincial Secretary and Minister of Travel Industry Grace McCarthy, placing the first decal on the aircraft, said the Government planes been used for emergency evacuations for a number of years.

"Earlier this year we extended the program and started to provide a transfer service which has proved very successful, resulting in the dramatic increase in the use of the aircraft for ambulance missions," she said.

"The transfer flights are of a non-emergency nature, normally involving the movement of patients from one hospital to another for specialized treatment," the Minister explained.

In the first three months of this year, Government aircraft carried out more ambulance missions than the total for 1975-76, and half as many as for all of the 1976-77 fiscal year.

The service is co-ordinated by the Emergency Health Services Commission.



RECORD STILL UNSCRATCHED. Capt. Ron Breeden of 409 T-33 flight is congratulated by Col. Mortimer on completion of his final military flight. Capt. Breeden is one of few who can claim 6000 hours accident fault-free flying.

Base photo

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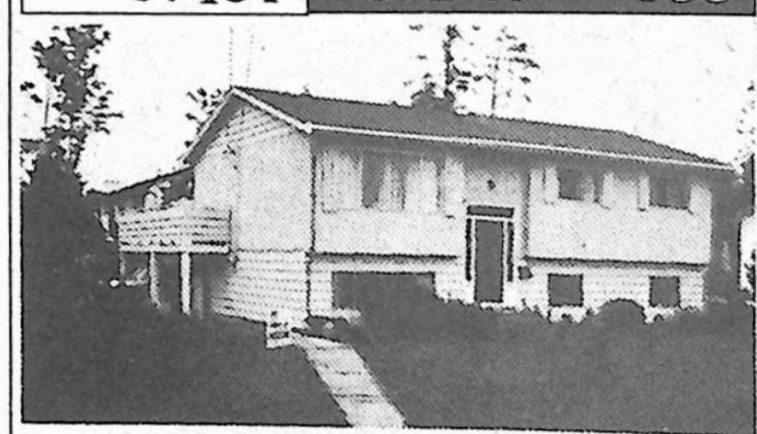
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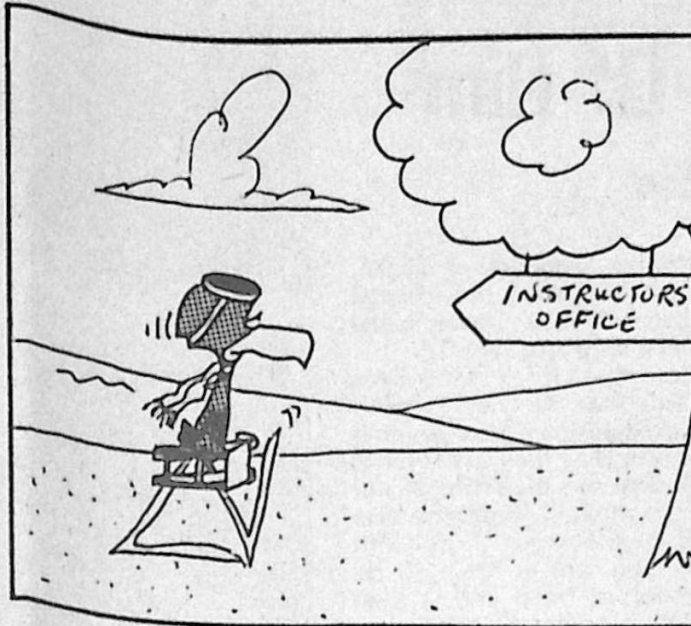
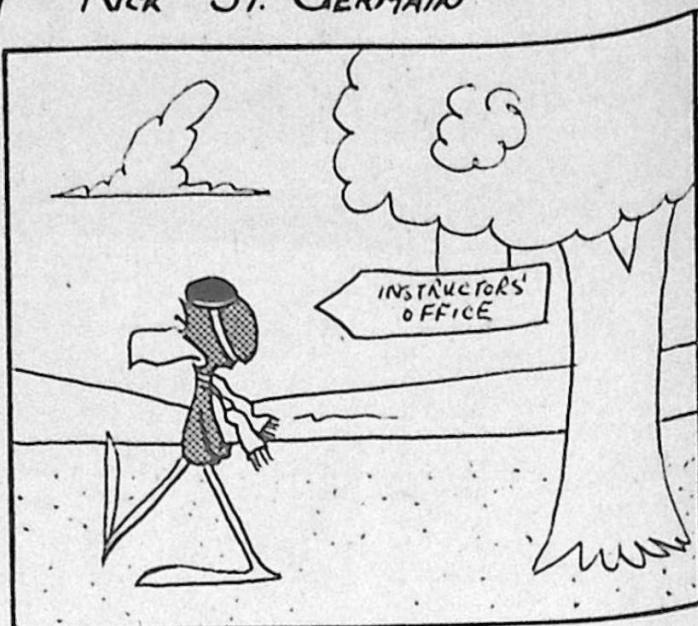
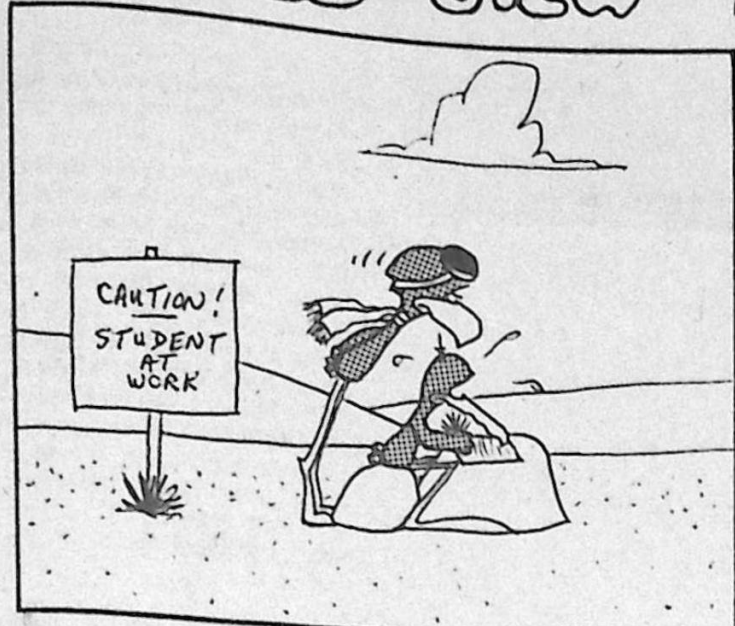
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CUDGEL STEW

by Rick St. Germain



To An Argus Crew

In the battles men have fought
Down through the centuries long
We have honored heroes fallen
With an epic poem or song.
Yet every day that passes
In the shade of glory's fight
A host of heroes struggle
On a daily routine flight.
Routine to this day and age
Where past and future merges
And lonely flights are oft ignored
That wing o'er the ocean surges.
Till late today in news releases
I've heard of heroes falling,
Not in the ringing clash of arms.
But from their routine calling.
They sallied forth to answer
An age old rescue plea
That of dauntless mariner
In conflict with the sea,
But their ancient craft the Argus
Would not this day obey
Efforts of the maintenance crews
To keep her on her way.
Back to base they struggled
Limping home on three
Unaware the great reaper
Would this day aroaming be
The shrouding fog was waiting
As they crippled in to land
It blotted out the obstacle
That now would take a hand.
Plane and plane collided.
A rending crash, then fire
Engulfed these modern warriors
On this routine flight so dire
Now enquiry boards will sit
And the media's coverage fade
But still daily unsung heroes
Will o'er our heads parade

By Glenn Carberry

Reprinted from the Halifax Chronicle Herald.

Closure To Remain In Effect In Howe Sound

VANCOUVER - Dr. W.E. Johnson, Director-General, Fisheries Management, Pacific Region, announced today that the fishing closure in upper Howe Sound will remain in effect pending

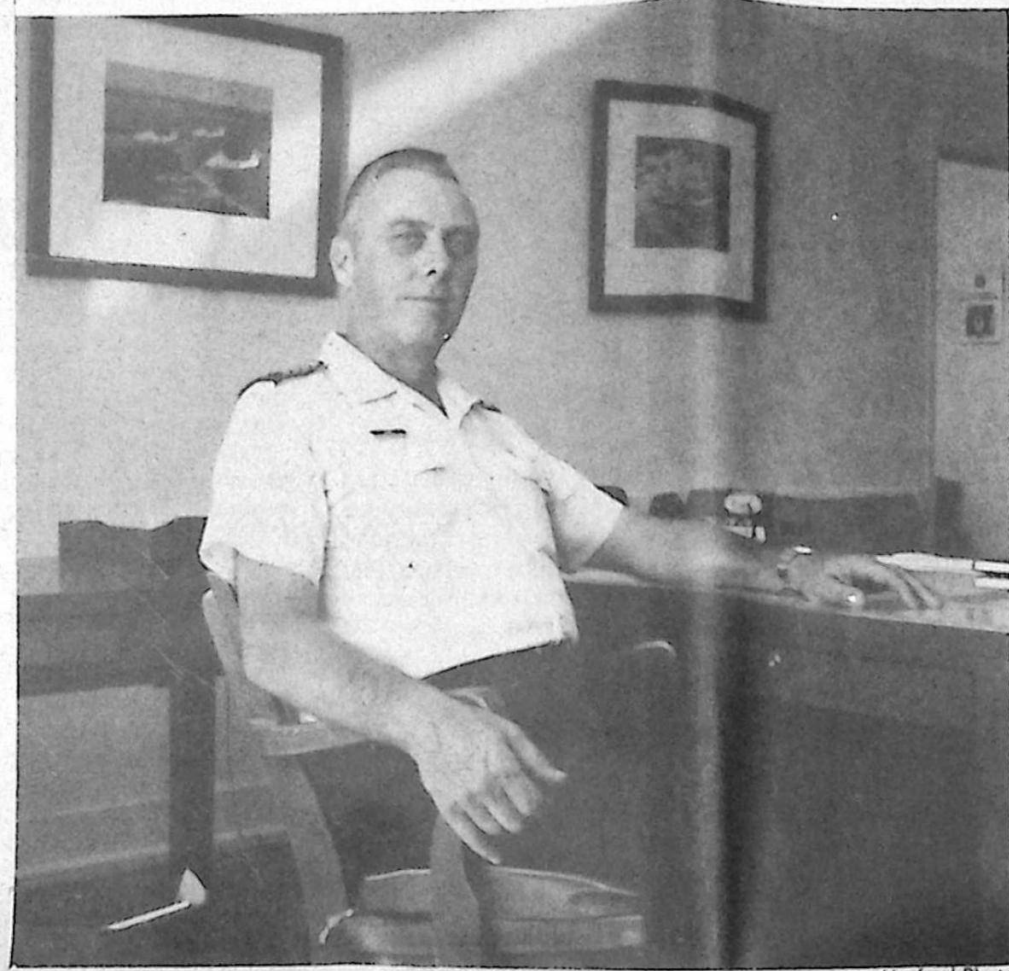
further collection and analysis of fishes and invertebrates this fall by Habitat protection staff. Consideration will be given to opening a fishery for crabs at that time.

The marine waters from Squamish to Anvil Island were closed in 1970, following the discovery of mercury contamination of fishes, invertebrates and sediments adjacent to the site of a chlor-

alkali plant utilizing a mercury cell process. Pollution control measures undertaken since 1970 by FMC of Canada Ltd., have minimized losses of mercury from the chlor-alkali plant.

Currently, the chemical plant operates within federal government regulations. A review of six years of monitoring has shown that the mercury content of crabs has decreased significantly.

Recent studies have shown that the mercury content of almost all Pacific edible crabs, and red rock crabs from Howe Sound is below 0.5 ppm; the level considered safe for human consumption.



Hasford Photo

The Nice People

Promoted and posted ... all in one fell swoop! That's where we find this issue's nice guy.

Colonel W.J. (Bill) Read, our Base Administrative Officer since July 1976 is on his way to National Defence College in Kingston. Colonel Read arrived in Comox in 76 after serving as Commanding Officer of CFS Holberg for a couple of years.

The Colonel is a "Nav" by trade and grew up in good old Montreal. He joined the light blue in 1950 and after navigation training was posted to his first job with 404 Maritime Squadron in Greenwood, Nova Scotia. He subsequently served as a Nav instructor at 2 Maritime OTU in Greenwood and Summerside.

After a fling in Ottawa from 55 to 59 Colonel Read returned to Maritime duties with 404 Sqn.

Other interesting aspects in the Colonel's career included a tour in CEPE and a year as Military Commander at Cape Dyer. (That's the DEW line for all you southerners.). He returned to the Maritime world in 1966 as a Flight Commander at good old 404 and then the pieces really fell into place and Colonel

Read went on exchange with the USN in Norfolk, Virginia.

He was promoted to Lieutenant Colonel in 1971 and was assigned to the staff of Commander-in-Chief Western Atlantic as the Nato Air Plans Officer. 1974 brought him back to Canada and that's when he travelled to Holberg.

Colonel Read is married to a prairie gal, Yolande and the family is pretty well grown up now. David, the eldest at 24 is a Lieutenant in the Queens Army at Shilo, while Robert, the other son lives in Ottawa. Daughter Karen is still at home with mom and dad.

The Colonel is a pretty avid curler and golfer but time to do these things becomes a bit of a problem these days. He has loved his time on Vancouver Island and as he says "Two years of living in rain in Holberg and one year here, this summer has got to be the highlight of my stay".

The Reads will be off to the east shortly, and we wish them well. To a good administrator and all round Nice Guy, we say thanks and farewell - Colonel Bill, you are truly one of the Nice People.

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Editorial

World - Take Care Of Him

To Ryan - On Starting School

It's all going to be strange and new to him for a while and I wish you would sort of treat him gently. You see, up to now he's been king of the roost. He's been the boss of the backyard. Someone has always been around to repair his wounds or been handy to soothe his feelings.

But now ... things are going to be different. Soon he's going to walk down the front steps, wave his hand, and start on a great adventure that probably will include wars and tragedy and sorrow.

To live in this world will require faith and love and courage. So, World, I wish you would sort of take him by his young hand and teach him the things he will have to know.

Teach him - but gently, if you can. He will have to learn, I know, that all men are not just - that all men are not true. Teach him that for every scoundrel, there is a hero; that for every crooked politician there is a dedicated leader. Teach him that for every enemy there is a friend.

Let him learn early that the bullies are the easiest people to lick.

Teach him the wonders of books. Give him time to ponder the eternal mystery of birds in the sky, bees in the sun, and flowers on a green hill.

Teach him that it is far more honorable to fail than to cheat. Teach him to have faith in his own ideas, even if everyone tells him that they are wrong.

Try to give my son the strength not to follow the crowd when everyone else is getting on the bandwagon. Teach him to listen to all men, but to filter all he hears on a screen of truth and to take only the good that comes through.

Teach him to sell his brawn and brains to the highest bidder, but not ever to put a price tag on his heart and soul. Teach him to close his ears on a howling mob - and to stand and fight if he thinks he's right.

Teach him gently, World, but don't coddle him, because only the test of fire makes fine steel.

This is a big order, World, but see what you can do.

He's such a nice little fellow.

From the Totem Times Aug 22, 1974

It's Your Money

Should you co-sign a loan? There's no reason not to, if and only if, you trust the borrower and you understand your obligations.

Actually knowing that you are helping someone receive the money he needs can be satisfying.

Perhaps your teenager wants to borrow money to purchase a car. Because he is a minor he probably won't be able to procure a loan by himself. If you co-sign the loan he can get the cash. A young couple just getting started may need help to establish their credit to buy furniture or a car. Your brother-in-law might want to make a large investment, but he needs backing from the bank to borrow the necessary funds.

The most important thing to remember about co-signing a loan is that you are taking on the full obligation yourself even though you may not personally receive any property, services, or cash. If the borrower defaults, the lender can and will come to you for the money, even though the borrower might be able to pay. In all but extraordinary circumstances you will be legally bound to pay. Your only recourse against the original borrower later on is through personal persuasion or possibly a law suit. But in the meantime you are responsible. So always read carefully any co-signer's agreement you sign and ask for a written copy specifying the details of the loan agreement between the borrower and the lender.

As mentioned previously you must trust the borrower but no matter how good his intentions and past per-

formance are you should do some research. You should determine if the borrower will have a steady income during the life of the loan. Are there any other potential debts on the horizon that would affect his ability to pay back the original loan? And remember the loan should be for a reasonable purpose.

You should be leary of certain changes or circumstances which can affect your obligation.

Suppose the borrower took a loan to buy a car. He finds that he can no longer afford the monthly payments so he returns the car. Although there are no further payments, you as the co-signer are liable for repairing dents or any other damages to the car. You may also be required to cover any loss in the car's value through depreciation.

If there are two co-signers and the borrower defaults, you could be forced to pay the entire amount if the lender contacts you first. Your only recourse is to sue the other co-signer.

If the borrower declares bankruptcy, the full amount of his debt may be erased. Nevertheless you as co-signer would still be required to pay off the entire balance of the loan.

You would not however be bound to any changes made to the original loan agreement that are made between the lender and the borrower unless you consent to them in writing.

Whatever decision you make regarding the co-signing of a loan, be careful, and if you are unsure of any part of your obligation seek professional assistance.

After Service

Editor's Note: The following is an Editorial Reprint from the Toronto Globe and Mail June 21, 1977. What do you think?

The Government maintains what seems to be a singularly unfair, ungenerous and insensitive retirement and pension program for the ordinary ranks in our Armed Forces.

It is complicated to explain because there are two plans. The old one required early retirement rank by rank.

The new one, which became effective February 1, 1968, requires people at or below the rank of corporal to retire at 44, and people at or above the rank of sergeant to retire at 50. Officers may linger on to 55 or, with special dispensation, beyond.

This may have made sense in 1968, when a man could hope to start a second career at 44 or 50 years of age. But in 1977, with around a million unemployed and the post-war baby boom delivering massive numbers of new bodies into the work force every year, it is cruel. An organization called the Canadian Forces Long Service Pensioners Association which has been trying to do something about it, reports that 80 per cent of the people forced to retire from the Armed Forces because of their age never get another job. They are left to survive on a pension that averages \$3,100 a year, well below any possible poverty line.

And there are a lot of them. New Democrat Stanley Knowles managed to elicit from Defence Minister Barney Danson that at February 28, 1977, there were 33,280 retired Armed Forces personnel receiving pensions of less than \$400 a month, mostly a good deal less.

Such very early retirement might make sense in wartime, when physical feats are required of the forces. But surely the chief purpose of a peacetime army is to maintain a nucleus of know-how with the capacity to train a wartime army quickly, and know-how can be as efficiently packaged in most 60-year-old people as in most 44-year-olds.

But even if the argument for keeping them young could be justified, which it can't, the Government manages to be negligently brutal in other ways. People in the Armed Forces are trained in more than 60 trades. Their training is equal - often surpasses - that available in civil life for which diplomas are given.

But the Federal Government hasn't gotten around to arranging with the provinces for proper accreditation of military personnel who have completed courses. In spite of the fact that Ontario Premier William Davis, for one, wrote the Defence Department on May 6, 1975, that he would be pleased to co-operate in this.

The result is that a man capable of handling any size of ship's engine at sea is told by a prospective employer that he is not qualified for a simple stationary engineer's position.

Yet their advertising for recruits urges the young to join the Armed Forces and learn a trade. How do they get any recruits?

The unpleasant facts seem to be that Canada turfs out its Armed Forces people on pensions too small to live upon at ages when it is very difficult to find a second job.

It is a disgrace.

The Magnificent Glacier



Speaking Out

"It is better to wear out than to rust out". This has been said in different ways by many, many people starting with an obscure British bishop in the sixteenth century. It is not a new idea but just one more of the host of expressions we hear which include the word OUT. Hippies drop out, skiers wipe-out, flyers bail-out, welfare hands-out, convicts break-out and computers print out. We all, if we get out of bed on the wrong side, are supposedly "on the outs" with the world for the rest of the day.

If we can believe our ears, everything is going out - maybe far out. Strange, we have been laboring under the impression that most things these days were not going OUT but UP - starting with prices, followed haphazardly at an erratic pace, by wages and salaries.

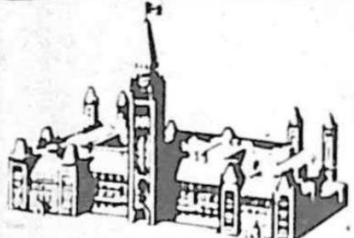
Without wishing to start an argument over spiralling prices, cost push and wage pull (or is it cost pull and wage push?) we know that prices and wages are going up and show no immediate intention of stopping. This inflationary trend is fed and promoted by the expectations of those who are convinced that it will continue. These expectations are reinforced by the odd union threat or intention of catching up on 'lost' wage increases when the Anti-Inflation Board ceases operation. We suspect that even the Government subscribes to the theory of ever-increasing prices, how else to explain its budget change this year to allow an adjustment for tax purposes or inventories held by industry? It is not the move of a government expecting a downturn in prices.

But it is not labor and government only who anticipate inflation continuing as a way of life. We, the general public, the purchasing consumer, share the same opinion. The idea of instant gratification is accepted, it says that we must have NOW everything that our little hearts desire and everything that the best efforts of retailers and advertising agencies can convince us is desirable - for use or status.

We, in North America, are the nations who "buy now, pay later", we are the people with the highest debt per capita. \$89 now and \$89 per month for two years adds terrifically to the cost of a piano. Charge now, settle your account at the end of next month, enjoy 45 days free credit. FREE?? The cost is there, the retailer, hotel, service man, gas station and so on, all include the cost of extended credit in their calculation of the price the consumer pays eventually. If it sounds like a case of "You can't get something for nothing," it is. Credit, adds to the cost of goods and services. We all pay for it - whether or not we enjoy it, whether we use it for convenience, from dire need or for the purchase of something which, with any degree of accuracy, cannot be called a necessity of life. There are very few establishments which offer discounts for cash - maybe there should be!

We are intrigued by the theory that planned obsolescence - that is, a devotion to the "throw out" idea - is another major cause of inflation. It says that as long as we are prepared to make, buy and quickly discard goods, then we can expect inflation to continue. We cannot expect to reverse the spiralling trend by these wasteful habits.

OTTAWA and Small Business



Machines Steal Jobs

by JIM SMITH

A long time ago, when governments faced high unemployment, they resorted to make-work programs. Dams were built, roads laid, streets cleaned, and ditches dug. It seemed to work, too; North America made-worked itself right out of the Great Depression.

Today, when faced with high unemployment, governments take a different approach: they give subsidies to companies which increase their capital investments. The technique enjoys considerable support from economists (which, right away, should make us suspicious) and the major business interests. Unfortunately, it has a drawback. Quite simply, it has shown no signs of working.

In fact, capital investment incentives appear to have a very negative effect on employment. For instance, a multi-million dollar oil refinery was recently completed, in part because of government tax incentives. The new plant is so highly automated that it requires only two workers per shift instead of dozens. And that's one reason why unemployment is up.

Oddly enough, our government economists have yet to realize that capital investment incentives are responsible for aggravating unemployment and inflation, two areas which government might be expected to find interesting.

The unemployment aspect is obvious. When machines are made artificially cheaper than manpower, ma-

chines will be used instead of workers. And, since there are no government subsidies for additional workers that correspond to subsidies for added capital, machinery is cheaper - after subsidies - than manpower for industry.

But the economic impact gets worse. Because higher wages are paid to the smaller group of workers who tend the machines, all workers in the economy try to get equally high wages. So the workers who remain employed force their wages up to artificial levels.

Not all of our modern inflation is caused by government incentives for capital investment. But some inflation arises that way.

The Canadian Federation of Independent Business has been studying capital subsidies and finds the subject alarming. Ideally, it concludes, all capital subsidies would be wiped out, eliminating the unrealistic difference in prices between labour and capital. But the world is far from ideal and, as long as the United States provides subsidies, Canada must follow suit. And that's why job tax credits are being proposed by the Federation as one solution to our employment and inflation problems.

A job tax credit would give a subsidy to employers for every new job created. The cost of the program would be offset by savings in unemployment insurance and welfare payments.

Ottawa has not recognized the potential merit of job tax credits. The bureaucrats would evidently rather provide more work for machines.

The Canadian Federation of Independent Business

Keep On Truckin'

It can be very frustrating to be trapped behind a large truck in city traffic - frustrating for both the motorist and the trucker. The impatient motorist feels he is being obstructed and the trucker is often so crowded by the vehicles which don't understand the mechanics of turning a large semi-trailer, that he can't complete his manoeuvre properly.

However, says the B.C. Automobile Association, it is possible to share the road happily and safely with the big transports as long as you develop a healthy respect for their size and an appreciation for their capabilities.

In the city, motorists should pay particular attention to a truck's turn signals, advises the auto club. Trucks, being long and wide, don't turn in the same manner as cars. To make a right turn, the trucker will at first move over to the left so the trailer won't run up on the curb.

As he moves left, a tem-

porary space will open on his right. It would be dangerous, warns the BCAA, to squeeze in beside him. Either it will be impossible for him to make his turn, or he will accidentally swing into you, and traffic will be delayed even longer than if you had waited patiently for him in the first place.

On the highway, exercise extreme caution when passing trucks. Follow the same rules for passing a car, but remember, says the auto club, that the average semi-trailer is about 55 to 60 feet long, about the length of two and a half cars. Look ahead and behind. Stay where you are if you are being overtaken in a passing lane or if there is oncoming traffic.

When the way is clear, the BCAA advises you to signal, enter the passing lane and toot your horn briefly or flick your headlights to warn the trucker that you are overtaking him. Keep well to the left as you pass to avoid sideswiping him.

To Legislate Or Not To Legislate

Are you happy with your government in Victoria? That question is probably similar to - "When did you stop beating your wife?" but it is considerably more relevant.

It's been said that we get the government we deserve - and we should - we are paying for it.

One of the most discouraging experiences for a taxpayer, full of enthusiasm for the capital city, and overcome by the majesty of Government, is to sit in the public gallery in the legislature. The standard of debate is questionable, the level of repartee is not very inspiring and the occasional flashes of wit shine like cut glass set in 10 carat gold.

A little harsh? maybe - because governments should not be judged by their oratorical performance alone.

The purpose of the house sessions is public debate - public in the sense that it is reported for all to read or hear - reported so that we may believe in democracy in action: we can make our representations and ask our questions.

The Government proposes, the Opposition opposes and, one supposes, the division bell decides. Like justice, which must not only be done, but be SEEN to be done, government must be seen to be governing. What has been happening lately in the Provincial House is a flagrant abuse of the purpose of the House. It is questionable whether most of us elect our M.L.A.s to sit for a week arguing about I.C.B.C. Many of us had the naive idea that they would be debating proposed legislation introduced for the greater benefit of the community.

Last Monday, the Minister said that the R.C.M.P. had the I.C.B.C. matter in hand - that the police would be investigating the whole controversy. Opposition members claimed that the police knew nothing about this. As a matter of record, the R.C.M.P. later commented that they had not received a formal request for an investigation.

In the stormy house debate (and we use the word debate loosely) where insults and allegations were traded with more speed than accuracy, a complete day was wasted on charges and counter charges on information produced in

the House the previous week.

Either the R.C.M.P. had been informed and asked for an investigation or they had not. To an outsider the solution seems obvious - if they had not, they should have been, immediately, and all discussions in the House should have ceased until the Police report was available.

This legislature has seen an epidemic of innuendo and a plague of allegations - sometimes proven, sometimes withdrawn. When legislation has been introduced, it has many times shown signs of being hastily conceived and often been lacking in the detail required for intelligent discussion of its value to the province.

For example, we note two

pieces of information rushed into the House earlier this session; the Provincial Investment Corporation and the proposed B.C. Systems Corporation. Like puppies we are thrown a tidbit or two but suddenly we will wake up to find that somehow or other, we have bought the cake.

We know little about the

proposed investment corporation, except that it is planned to be a non-government controlled operation selling a majority of its shares to the public. On that basis, and in the absence of House debate, we remain hopeful that the legislation presented will constitute full and adequate disclosure of the government's intentions.

The B.C. Systems Corporation was announced in January and the enabling legislation has not yet been submitted to the House. There are reports however, confirmed by a study of the CAREERS columns in the local press, that the Systems Corporation is starting to hire personnel. Should not the introduction of a Central Computing System as outlined by the Premier be made the subject of full and open debate? If we are going to have a giant computer - to be the Big Daddy to all the Crown Agencies in the province - would it not be nice to know the details and to ask questions? It may not be the Ice man that cometh - it may be 1984!

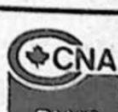
Vancouver Board of Trade

THE STAFF AT THE OLD FISHWRAPPER

would like to take this opportunity to extend our thanks to Norma . . . a great staff member and a wonderful gal. All the best in Kingston, Norma . . . from all of us.



TOTEM TIMES



BLUE RIBBON AWARD 1976

Published every second Thursday, with the kind permission of Colonel B. T. Burgess, Commanding Officer, CFB Comox

Editor: Gord Kruger (289)
Assistant Editor: Steve Milan (308)
Editorial Staff: Chris Hosford, Norma Mortimer, Bill Ewing, John Windish, Doreen and Ole Johansen.
Feature Writer & Cartoonist: Al Wilson (371)
Advertising-Distribution Manager: Ken MacLean (275) or (338-5188)
Photographers: Chris Hosford, John Windish
Sports and Recreation: Earl Thompson (315)
Proofreaders: Blanche Campbell, Joyce Taylor and Rhona Windish
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NIGHTHAWKS HAVE THEIR DAY

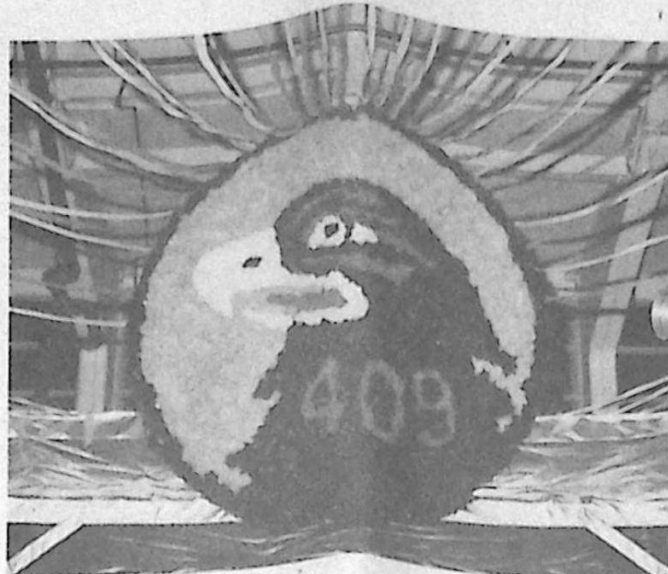
Thursday, Aug. 11, 1977

CFB Comox Totem Times 5



SQN. INSPECTION - Honorable W. S. Owen and L.Col. Herbert inspect the troops during Colours ceremonies.

Base Photo



Floral Nighthawk

Base photo



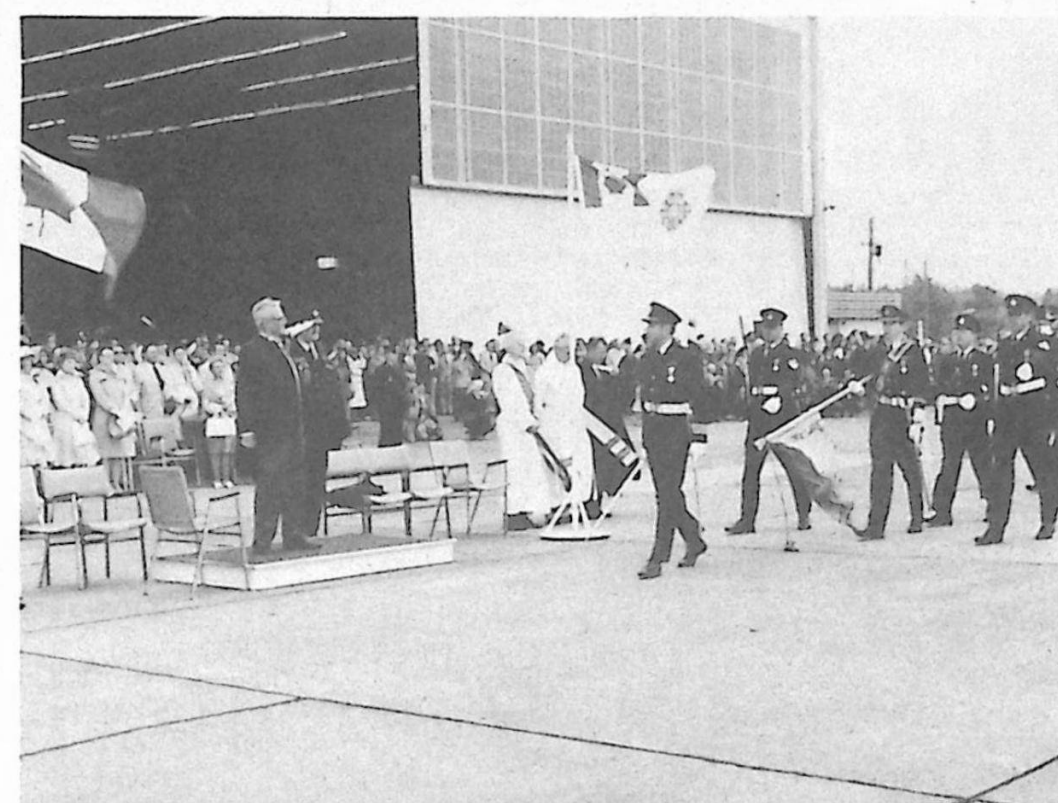
CONSECRATION - Maj. Tony Nichols assists as Chaplains consecrate the Colours.

Base Photo



PROUDLY ACCEPTED - Lt. Dave Armstrong receives the Colours from the Lieutenant-Governor.

Base Photo



COLOURS MARCH PAST - Lieutenant-Governor Owens takes the salute as L.Col. Herbert leads the Sqn. in a march past.

Base Photo



AERIAL SALUTE - Hawk One leads a formation flypast during the Royal Salute.

Base Photo



FIRST SLICE - L.Col. Herbert offers advice to Wing Commander Paul Davoud, ex-CO of 409 Sqn.

Base Photo



PRETTY PILOT - Capt. Hent Smerdon shows Norma Southall how to drive the big machine during 409 Open House.

Hosford Photo



GUARD OF HONOR - Col. Mortimer and Guard Commander Capt. Murray Haines accompany the Lieutenant-Governor on his inspection of the Guard of Honor that greeted his arrival at Comox.

Base Photo



JUST CHATTING - Following the Colours parade, past and present Nighthawks joined in an afternoon and evening of celebration and reminiscing.

Base Photo



LOADERS HUSTLE - 409 Weapons Load Competition team display their talent during 409 Day. The crew is competing in the ADC load

competition at Tyndall AFB Florida.

Hosford Photo

Sports Beat Comox



"PITCHERS ALLEY".....Masset's pitcher hurls the ball down the tube during the opening game of the Small Base Championships held at Comox last weekend. The title went to the HMCS Provider ball team, who will be back this weekend to compete in the Large Base competition.

Hosford Photo.

Up Earl's Alley

Yep - it's that time again. We have a few goodies and other greats to pass along and I hope you get a chuckle from them and help to make your day a little more pleasant.

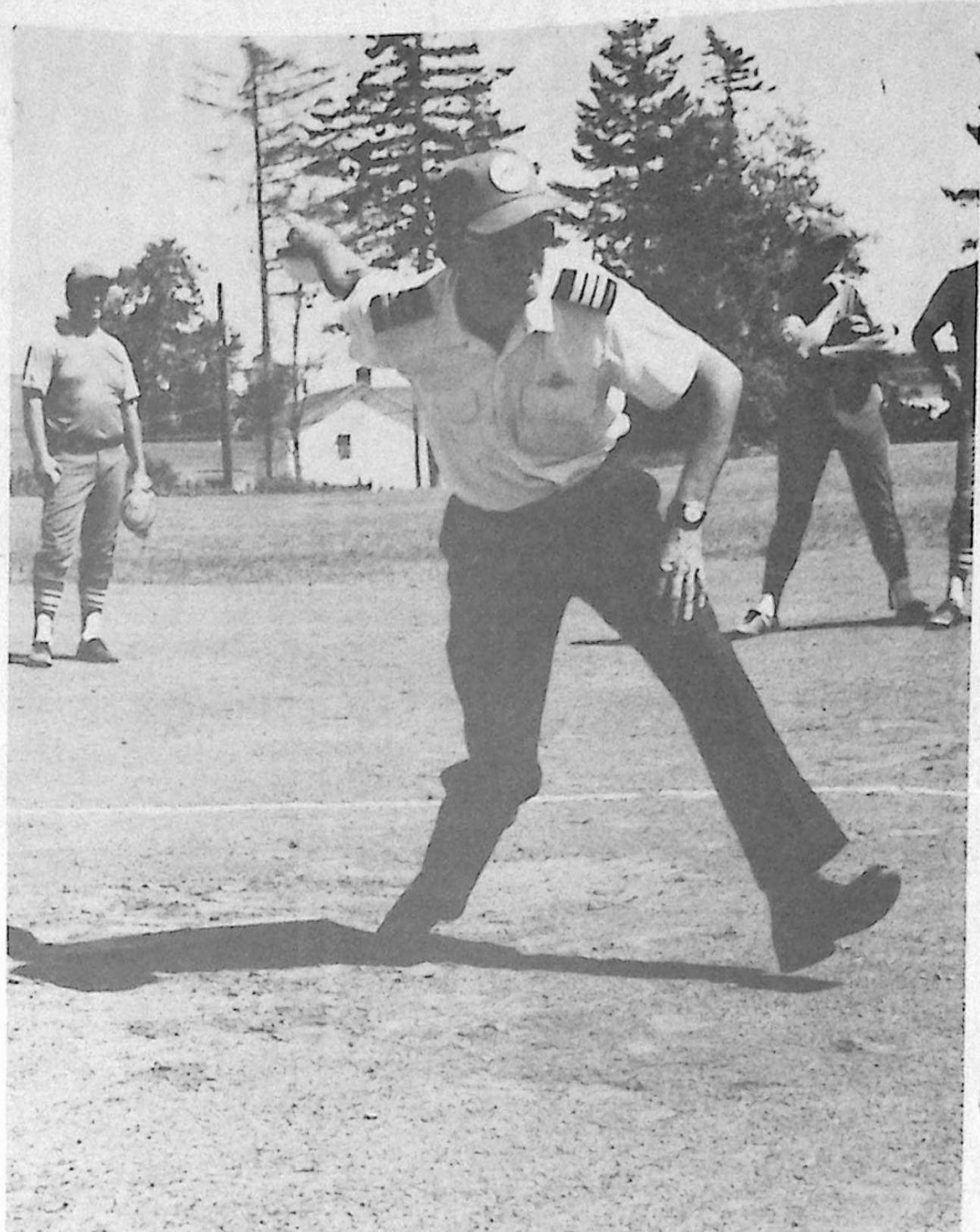
Bob Carter finally arrived in Debert and had very few set backs. His 1965 Pontiac made it. One of his letdowns was that his gas tank fell off and he had a couple of flat tires. I guess the shock of having a full tank was rather "Heavy" on the straps.

We were out playing golf on Monday (AFTER WORK) Ty Garrison our new PERI from Dana, par the last three holes. Now normally this really isn't a great feat but, it was dark, and to verify this, there was a chap from Quadra, Anastasios Athanasopoulos another new PERI from St. Jean and myself in the

four some. It was so dark you couldn't see the ball once it left the tee. As a matter of fact Ty made the statement that "He was going to play golf from now on blind folded". Do they make golf balls marked in Braille?

Kip "The Whip" lost another close one". MacLean has his Totems all geared up for the Pac Region Ball and is certainly a threat to win the championship. They certainly deserve to at least, as they have been playing really sound Ball all year and are a very dedicated group of players during their practice sessions.

Special thanks to Cpl. Bernie Biernes, PMC Jr. Ranks Club, for doing a great job in helping us host the Pac Region Small Base Softball Championships.



"A STYLE ALL HIS OWN". L. Col. M.J. Demers, CO. 442 Squadron, throws out the first ball to start the Small Base Competition.

Hosford Photo

Rec. Gen. . . .

From The Jock Shop

The Pac. Region Golf Championship will be held at CFB Chilliwack the 24 and 25 Aug. 77. CFB Comox will be sending an eight man team to this year's event. The low five qualifiers from our Base playoff will make up the actual team and the other three players will be trying for a place on the Regional team which will make a trip to the Nationals which will be held in Ottawa in September. This year's Regionals are being played on two separate courses in the Chilliwack

area. They are, the Chilliwack Golf and Country Club and the Meadowlands Country Club. The Chilliwack Club is a par 71 and is stretched out over a 5945 yard area. The Meadowlands Course is a bit shorter at 5700 yards and is a par 70 layout.

The order of finish in the Base's 54 hole playoff was very close as some 23 golfers took part in this year's team qualifying rounds. The top eight players' rounds and their order of finish were: Wally Berger, Dennis Hillier,

Bob Marshall, Frank Creamer, Earl Thompson, Wilf Schmidt, Kim Matheson and George Abrie.

The Pacific Region Soccer Championship will take place at CFB Esquimalt on the 2-3 September. The local lads under the watchful eye of their Coach, the BPERO Lt. Al. Ettinger, are hard at work and look like a sure thing as far as the Regionals are concerned.

SOCCER OFFICIALS CLINIC.

There is a soccer Officials

Clinic scheduled to be run in CFB Esquimalt from Aug. 30 to Sept. 3, 1977.

The Clinic will commence at 0800 on the 30th and the written certification exam will be held at 1800 on the 3rd. Candidates will also be given field assessments.

There certainly is a need for officials in this area so if you are interested please contact the Rec. Centre at local 315.

RUGBY

We have a chap that is interested in forming a Rugby team at this Unit. This game is very popular here in B.C. and there probably would not be any problem for a Base team to get exhibition games, etc. Lt. Harvey is willing to get a team together so if you are interested you might give him a call at local 315.

FLAG FOOTBALL OFFICIALS CLINIC.

There will be a Flag Football Officials Clinic here at CFB Comox the later part of Aug. or early Sept. The dates have not been established yet but this should not deter anyone from submitting their names to the Rec Centre as soon as possible. The successful candidates from this Clinic will be used to officiate our Inter-Section League which will be starting up in Sept.

SMALL BASE SOFTBALL CHAMPIONSHIPS 1977.

The 1977 Small Base Softball Championships were held here at CFB Comox 4-5 of August. Five teams took part in this annual event and after

the dust had settled the HMCS Provider team had emerged as the winner. This was no easy task as they were required to played three (3) games back to back to gain the Championship. After the Round Robin draw was completed, CFS Kamloops and the Provider were tied for first which required a playoff.

The winners will be back here in Comox this week for the Pac Region Tournament which is on now.

Thanks To

The organizing committee, Diamond maintenance personnel, Foods Services, R & D personnel, Transport and the Officials did a fine job as all facets of the Tournament were carried out flawlessly. Thank you everyone for making this a very successful Tournament.

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THE CHAMPS - The winners of the Pac Region Small Base Softball championships held at CFB Comox were the lads from HMCS Provider who are pictured above with their winning smiles.



THE ORIGINAL DIZZY DEAN. This chap was the "Anchor Man" of the HMCS Provider Ball team. He not only never missed a game but, he also assisted the Officials in making all close calls. And, I might add he also did a "Play by Play" of the game, like, 'Good Call Ump, too bad you missed it,' and, 'Good eye Ump...take it out and clean it', etc. Notice the 'pop' cooler on his left...



THE RUNNER-UPS...CFS Kamloops were second place finishers as they lost out in a sudden-death final to the team from the HMCS Provider.

An iceboat can sometimes travel four times as fast as the wind.

LET'S TALK

ABOUT YOUR BANKING NEEDS

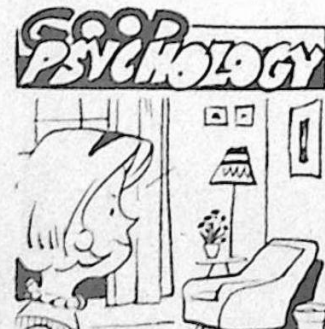


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DON MORRIS,
Manager



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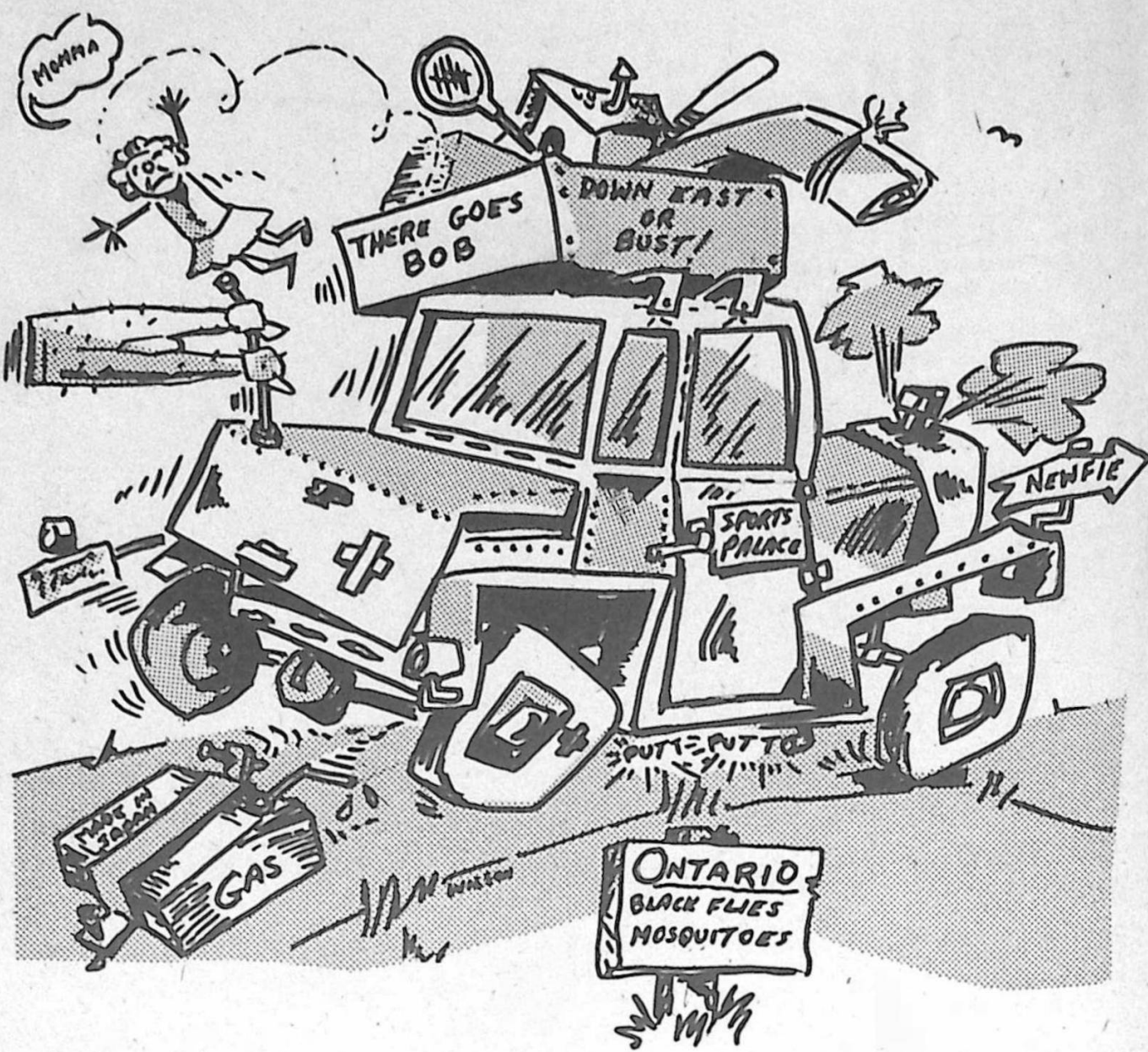
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Local Crows Host Picnic



"CROWS HAVE FEAST"....The BScavO found this open invitation to dinner just too generous to refuse. Imagine, fresh buns and wieners on a clear sunny day. Even the pretzels went down well.

Hosford Photo

Misconduct:

- No running.
- No walking.
- No exercise.
- No effort.
- Penalty — a shorter life.
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The Carter File

As was promised in an earlier edition of the Totem Times the following are extracts from the "Carter File" as investigated by the CIE and Mountain Police who might be said, to be experts in the field of resuscitation (verbal diarrhea).

The opening sequence takes place at the local pay and save gas bar, when for the first time in three years the gas tank was filled to the brim. Note: this has a particular bearing on the outcome of the story....

"Here Comes Bob" "There Goes Bob" Carter drove away from the "Beautiful Comox Valley" with nary a "Goodbye" to his fellow comrades and four hours later arrived at Departure Bay to board the Nanaimo Ferry to Vancouver. The one hour and fifty minute ferry trip was uneventful. Minor reports were received from our agents along the way and after two attempts at Rogers Pass the Carter family finally arrived in Jasper, four days after leaving Comox and spent the evening in the Lobstik

Lodge. The next report comes from Strathmore Alberta where due to the fact that his tires went flat he was forced to purchase five new tires from his Petty Cash. Up to this point the car had been running fine, except for, burning a BIT of oil, (one gallon per thousand miles).

Report from Indian Head, Sask. Quote: "Passing all kinds of newer broken down cars" (one of Canada's largest used car lots).

The next report is verified by local CIE, Law Agencies and the Ontario Motor League: A black 65 Pontiac was seen travelling down the highway towing a gas tank 15 feet behind it, end of report. Seems you haven't really lived until you are driving down the highway, look out your rear view mirror and see your gas tank, repeat, gas tank, tumbling down the road after you, something must have rusted out. No sense getting a new tank, we roped the old one back on and continued on our way.

Made it through Quebec without showing our passport, stayed one night in Fredericton, and finally, arrived in Debert, N.S. the smallest Base in the world.

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To prevent a cabbagey smell as brussels sprouts cook, put a walnut in the pot. For some reason this cuts down the cooking odor.

Jr. Ranks Club

AUGUST 12th — DONKEY BASEBALL CHALLENGE

W.O.'s & Sgt's Mess vs. Jr. Ranks Club.
1400 hrs. — Baseball Diamond

AUGUST 13th — DANCE

To the sound of "Punch" Rock Enthusiasts.

AUGUST 19th - 20th — JUNIOR RANKS CLUB "OCTOBERFEST"

Held by the Annex, commencing 1500 hrs. Friday till 0200 hrs. Saturday. Open only to members and their guests.

AUGUST 24th — ROY ORBISON CONCERT

Tickets now on sale at the PMC's office, Doug Halcombe or Wynn Jackson. Acquittance Roll or cash. Advance tickets \$5.00 - Guests \$6.00.

AUGUST 7th, 14th, 28th — DISCO (No Charge)

AUGUST 26th — WEEPERS

MOVIES

AUG. 16th — "Next Stop Greenwich Village" (M). Shelly Winters.

AUG. 23rd — "Lucky Lady" (M). Burt Reynolds.

AUG. 30th — "Alex And The Gypsy" (M). Jack Lemmon.

Gals' Softball

The softball schedule is now finished and I would like to take this opportunity to say a few words about some of the people involved with the CFB Comox women's team this year.

We finished the regular season with a record of nine wins and eight losses for a total of 18 points and a second place finish. This is a great improvement over the showing of previous years,

and I think most of the credit for this improvement goes to the players, who worked longer and harder than they thought possible.

Although credit lies with the whole team, there are a few players whom I feel deserve individual mention.

In my opinion, the best all round player was our catcher,

Lynn Gouliquer. She combined ability and desire to produce a "never say die" attitude no matter what the score.

Best batter goes to Debbie Edwards who many times came through with a big hit when it was really needed.

Most improved player without a doubt goes to Jackie James. For a girl who never

played organized ball before, she showed great effort and enthusiasm to become the best fielder on the team.

The captain of the team was Diane Taylor and to her I owe a great deal of thanks. She never stopped hustling from beginning to end of a game or practice and, with the help of Debbie Edwards, never let anyone else stop.

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MOVIES

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AUG. 22nd — "Lucky Lady" — Mature. Burt Reynolds.

AUG. 29th — "Alex And The Gypsy" — Mature. Jack Lemmon.

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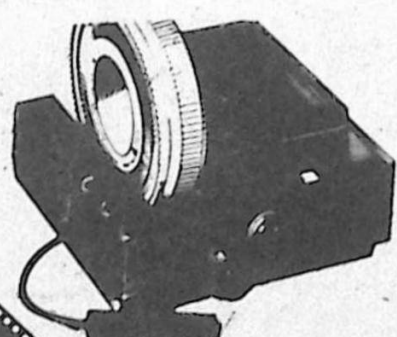


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On Top Of The World

by Kim Letson

This is the story of what could be the beginning of adventure training in CFB Comox. If we had had the correct amount of authority behind us it would have been called just that, but the paper work was not there, and the red tape was not unravelled, so it was just a whole lot of fun.

Every clear day people living here see Comox Glacier and surely most of us, if we think about it at all, are rather impressed by it. Since first coming to this base I have wanted to go up there, and finally the opportunity arose. There are some people on this base who consider a trip up to the glacier and return a day trip, and that is with time for a ski at the top. Two of these energetic souls, Dave McMaster and Mike Newton, slowed their pace down considerably this past long weekend and did the trip in four days with a merry band of eager and not so experienced followers.

There were about sixteen of us all told, and although we didn't all start out together we all met up on the mountain during the weekend. At 4:30 a.m. on the morning of the 29th the seven of us assembled outside the barracks while most sane people were still sleeping. We drove to the far end of Comox Lake and just beyond there had our first mishap. Chris Crosby's car lost its muffler on one of those wonderful logging roads bumpy. By seven o'clock we had left the cars and begun an invigorating six hour hike to our camp site! It is the first part that is the most discouraging; a steep hike up and up and up with no view except large tree trunks and the odd shaft of sunlight. It is more than worth it though with the first glimpse of that glacier. It is a really inspiring sight and the last part of the hike is far more pleasant. Most of the way is just straight walking through

mountain meadows with only a short rock scramble and a narrow ledge to cross. That is just as well because we were fully laden with skis, ice axes, a large cooking pot, a stove, a bag, of oranges and about sixteen lbs of steak, plus our packs. The procession would have left us prostrate with laughter if we hadn't been too tired to realize what a sight we were. After all how many people do you know who go up a mountain with sixteen lbs of steak in a plastic bag? We all arrived safely after being met by four others of our group. They helped carry our hodgepodge of equipment up the last steep hill to our camp site. At the time of our arrival it was a lovely looking place complete with a pond but the weather was clouding over so the view of the glacier was minimal. Dave McMaster continued on to the next camp site to find Mike Newton while the rest of us set up tents and made ourselves at home. We were soon joined by Fred Put, Keith and Andy Chouinard, and then it was time for supper. We had steaks of course and they were delicious, so we gave thanks to Dave Bowman who had carried them even though he had previously threatened to throw them over the odd cliff.

That night, after we were all as snug as bugs in our sleeping bags, the weather did a most outrageous thing - it rained - and in the morning all there was to be seen was wet and fog. Chris and I awoke to this and decided it was a classic day for sleeping in, our tent was so nice and warm and dry. No one else seemed to share our opinion though so we finally emerged to see what all the murmurings of discontent we heard were about. Al, a swimming instructor, had woken up swimming in his tent and we squeezed over three quarts of water from his sleeping bag. Pat Mayo, Nick Oklobdzija, Pip Roberts and Dave

Bowman were in similar difficulties although not quite as soaked. Andy, Keith and Fred were dry but highly unimpressed with the situation. No one knew how Dave and Mike were because they were still up further towards the glacier. The decision to remain or beat a hasty and undignified retreat was arrived at over breakfast. Nothing, by the way, beats porridge in the rain for breakfast. Fred had wanted to do some climbing and he had seen the place on many a nicer day so he and Andy left. That sadly misplaced swimming instructor, Al, and his friends left (they were just too soaked to stay). Pat Mayo had no rain gear so he left, these Americans just cannot stand B.C. rain. So there we were; Nick, Pip, Dave, Chris and myself; a small and slightly subdued bunch huddled over our fire waiting for Dave and Mike to return (which they soon did), and for the weather to change. Believe it or not we had a great day. We spent it eating, drying tent, eating, drying sleeping bags, eating, more drying, and more eating. To relieve boredom we took short walks to the edge of our little world in the fog and every once in a while we were rewarded by a glimpse of another valley. So the day went by and we hoped the Met section had been right in their forecast for sunny skies Sunday. That evening we had company for dinner - Mike Danderand and his niece, Minon, who were camping just over the hill from us. While they were visiting it cleared and what a lovely sight to see the glacier huge and bright in the moon light.

Sunday we left camp early with just day packs and skis and started the last part of the journey to the glacier. It took about two hours and was exciting because the views were tremendous and because of the promise of a perfect

day. We arrived on the rock at the left of the glacier and from there Pip, Minon, and myself skied while the rest walked across to the Summit which is the rock on the right side. There is a cairn there with a note pad in a bottle so we signed in and spent the day suntanning, skiing and watching the clouds leave the valleys. Yes, we could see you in Comox and Courtenay, and Powell River and Port Alberni too. We watched the tide go out, and built a snowman and waved at you all and laughed because we were on the top of the world! Alas Mike forgot his kite at the camp site so we couldn't fly it - rather drastic measures to go to to fly a kite anyway. We satisfied ourselves with skiing though because it is quite a thrill to be able to ski on July 31st. Dave Bowman, Photo Tech extraordinaire, went crazy with his camera, and even got a picture of all of us plus himself. It is the fresh mountain air that enables a person to pull a stunt like that. Chris, who never burns or changes color (so she said) burnt - bright red. My claim to fame resulted from the inopportune melting of my yellow and red cluster over everything in my pack. (For non cross country skiers cluster is very sticky goosy stuff for ski bottoms on warm spring snow) Thus we spent the entire day with pauses to eat sardines and dried bananas, and it was the nearest thing to perfection that I have ever experienced.

We returned to our camp for dinner which was the remainder of eight lbs. of salmon and six lbs. of noodles in butter. This extravaganza was created by Nick because our fridge, a local snowbank, was pulling a rapid defrost and the butter was in danger of floating down the mountain. Dave McMaster played chef too and tried to make Bisquick cakes in the fire. The centers didn't cook so we ate the rest

of the box by dipping sticks into the batter and cooking it that way. You haven't lived until you have tried Bisquick on a stick.

Monday dawned fine but we were feeling the effects of a bit much sun so we were rather quiet as we decamped and tidied up the area. Mike was the lucky fellow with enough room in his pack to accommodate the garbage for the return trip. And so we left the mountain in a slow and weary procession back to the cars. That steep hill seemed even steeper and longer coming down than it had going up. The nearly two miles walk on hot dusty logging road at the end was an added pain but we had all had such a wonderful time every blister and all the dust and dirt was really a small price to pay.

Dave and Mike are ready to set a speed record to the top and I think they will have no problem. The rest of us are content we went at all even if we were slower and felt tired because for us it was an adventure we will never forget and we all are looking forward to doing it again. Thank you Dave and Mike for showing us one of the most beautiful places in the world and thank you to every one else that helped us get the trip underway. It was just great.



WHERE'S THE FIRE? Dave McMaster, Mike Danderand, Nick Oklobdzija, Kim Letson, Minon Danderand, Pip Roberts and Mike Newton.



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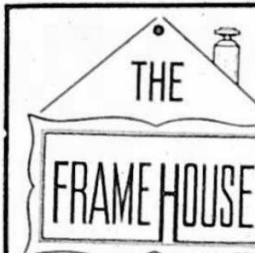


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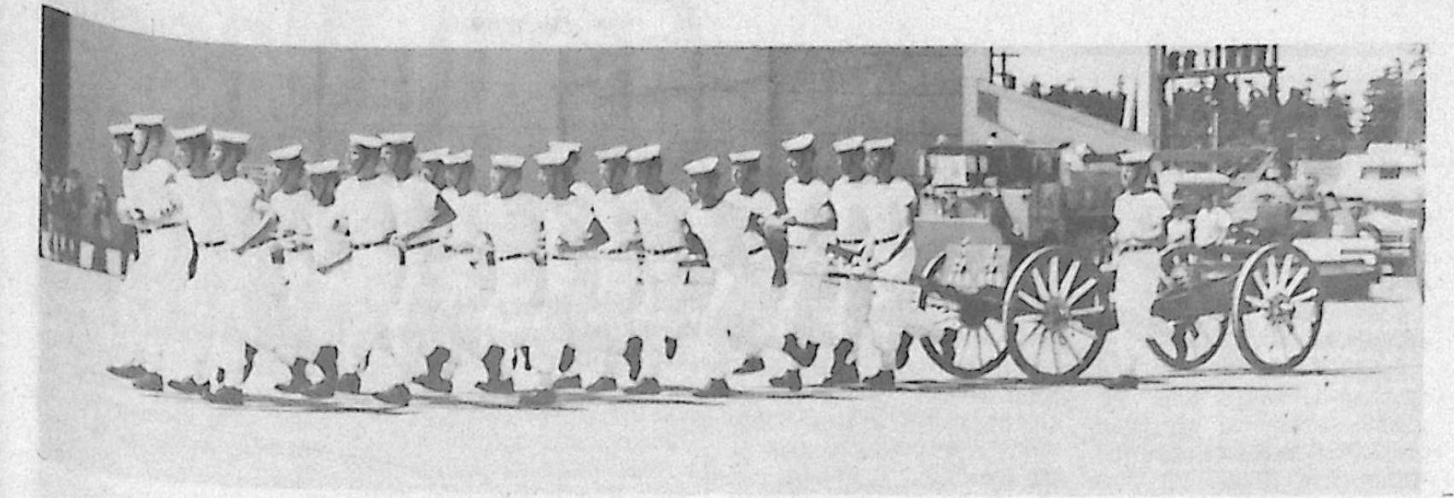
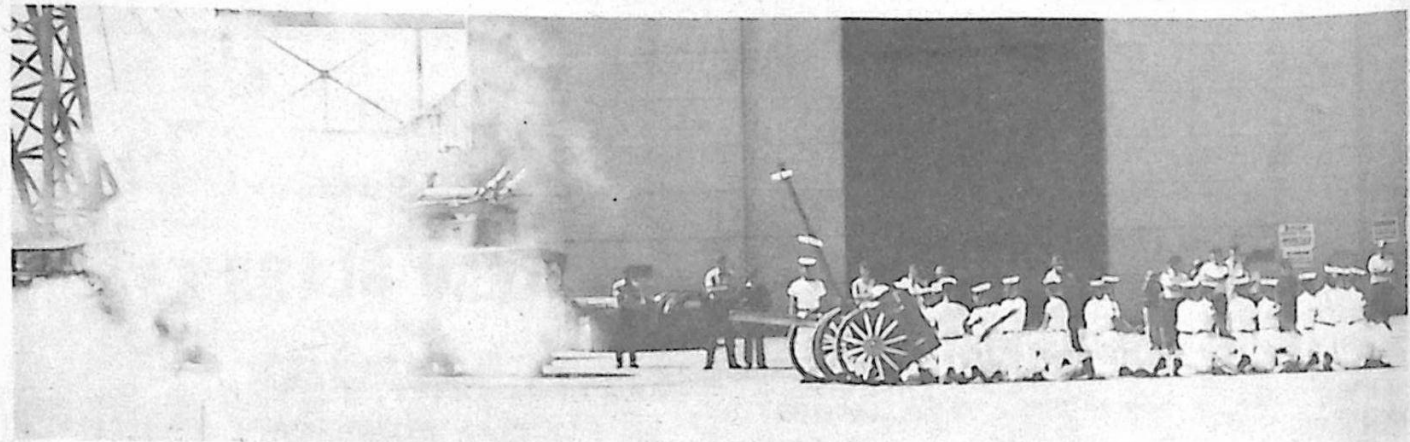
C.F.B. COMOX ARMED FORCES DAY 1977

Thursday, Aug. 11, 1977

C.F.B. Comox 10th Times



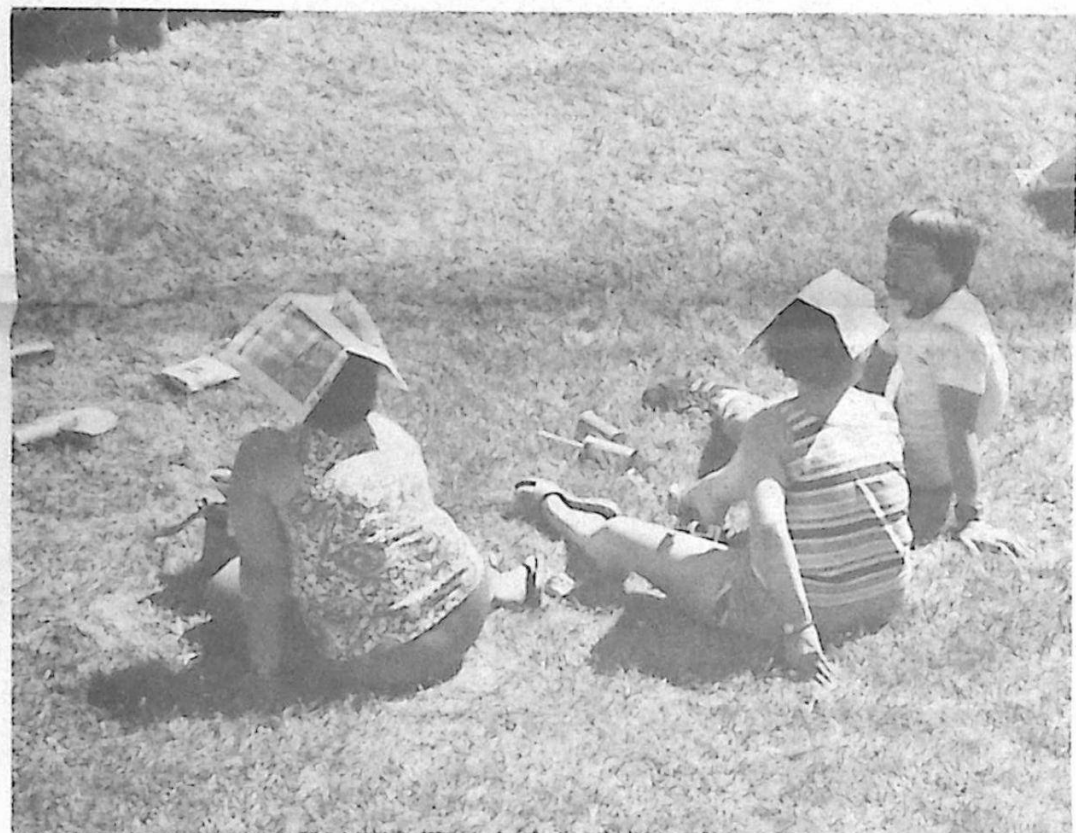
Hawk One Demonstrates Reverse Thrust



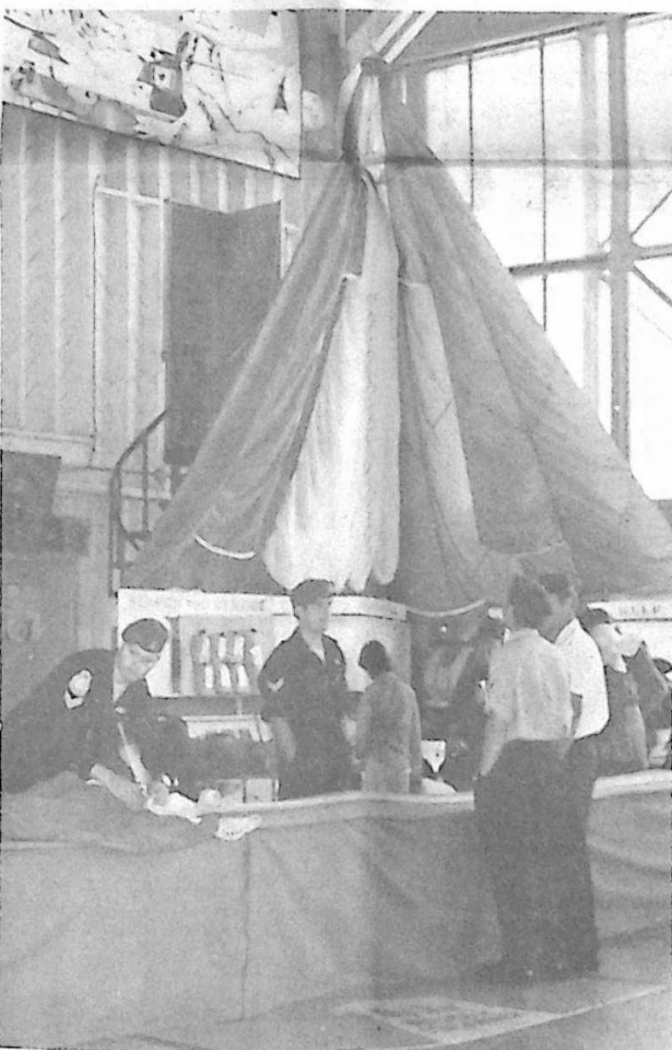
"UP AND OVER" Members of the Judo Club run through warm up exercises before commencing with Judo demonstrations.



"TAKING DEAD AIM" ... Thanna Buchner, a member of the C.F.B. Comox Archers, lines up during one of the practical demonstrations in 3 Hangar.



Photos by Base Photo and Chris Hosford

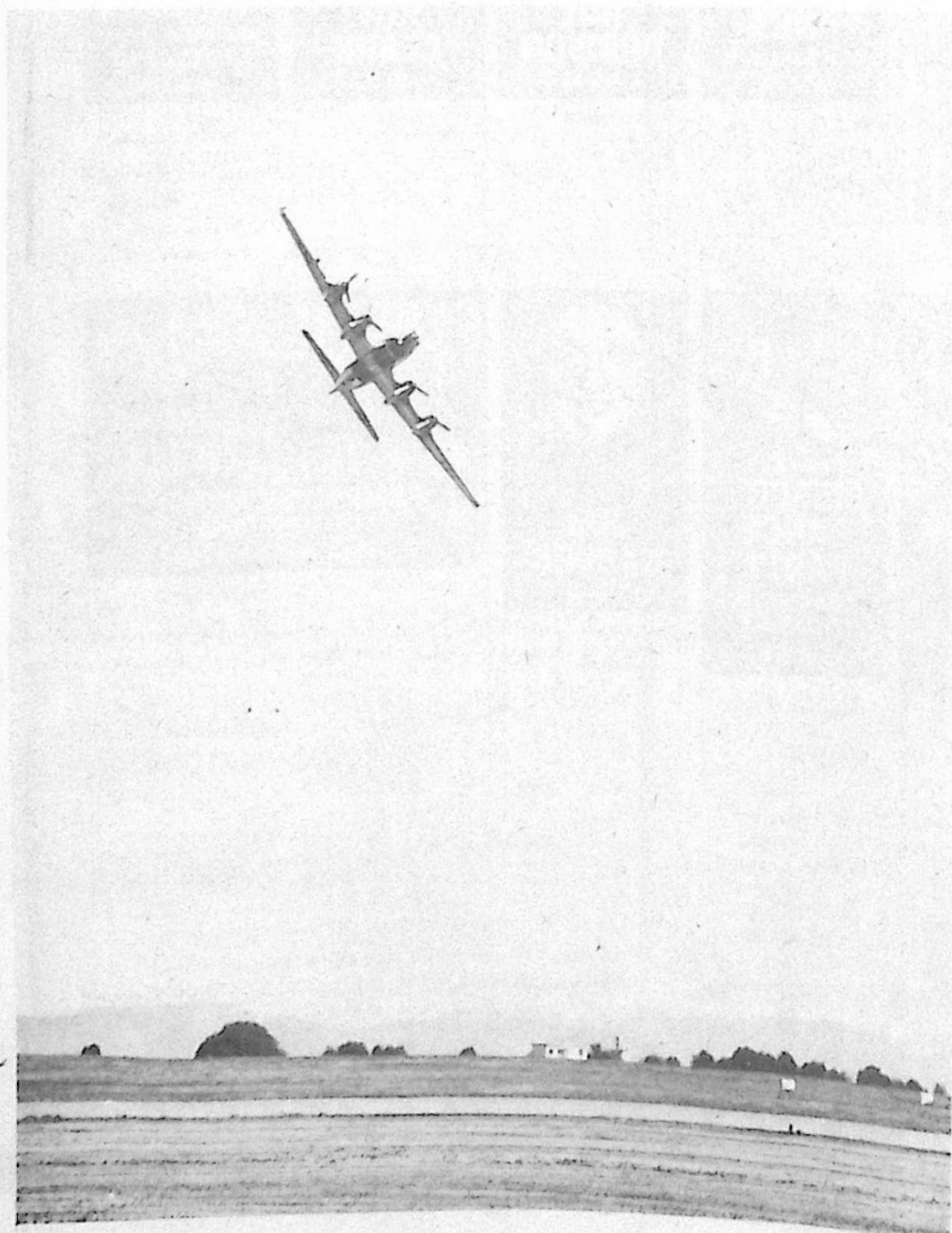


"IF THE CHUTE FITS..." Cpls. Dave Sheppard and Randy Brown man the Para-Rescue display, explaining the different equipment and procedures to visiting personnel.



"THE AMERICAN FORCES"...Put on a large selection of aircraft for static displays. Here is the foreground in a F-106 Delta Dart, while in the rear sits one of the newest additions to the U.S. Navy's inventory, the F-14 Grumman Tomcat.

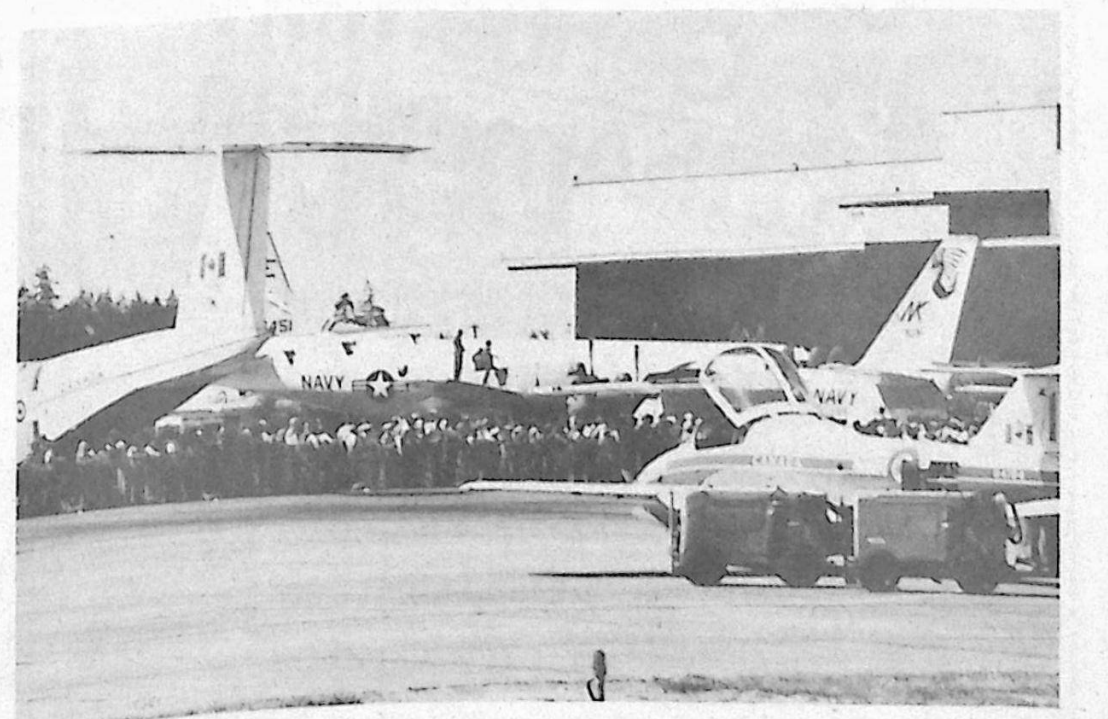
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"ONE MAN SHORT"...Although flying only eight aircraft instead of the usual nine, the Snowbirds put on a fine display of precision aerobatic flying.



"ALL EYES SKYWARD"...Visitors to the Open House lined the fence, and anywhere else there was an open space to see the flying displays put on by local and visiting aircraft.

Erla Sails To New Home

From Needles To Nootka

by Al Wilson

A \$10.00 sextant guides John Fox and his 31 foot sloop, Erla, home to Comox Harbour after a voyage spanning 326 days.

John arrived back at Comox on July 20, 1977.

John looking fit, trim and sporting a beard said the plastic sextant in which he placed his fate was accurate within five miles. "It was accurate enough out in the middle of the ocean," he said.

After just over thirty years in Canada's military, John's first major endeavour upon retirement was to buy a sea worthy sailing craft in the British Isles and then set her sails for home. He said the desire to see just what is beyond the horizon festered in his system over the years. It wasn't just a whim of any particular time. He had sailed around Vancouver Island in 1975, and in and around Nova Scotia in the previous years.

"I left Comox in the middle of July 1976, by 707 for Gatwick," he said, "I set sail from Lymington on August 28, after buying and provisioning the Erla."

The 31 foot sloop of Harrison-Butler design just happened to be the right size, and it was for sale he said. She was built in Copenhagen 40 years ago of oak and Baltic Pitch Pine with a Sitka spruce mast (from the West Coast of North America, no doubt). Built for the manager of Dunlop Rubber Company in Germany prior to the outbreak of the Second World War, it was sailed out of Sweden during Hitler's march throughout Europe.

"It once inadvertently sailed through a mine field," John said, "but didn't cause any of the magnetic devices to function."

"With three tons on her ballast keel, she's a stiff old girl," he said.

John Fox, the third owner, still writes to the previous owner who lives in Lymington, England. After 25 years of ownership the 80 year old gentleman couldn't quite manage the sailing sloop any longer.

During its forty years the Erla had not previously left European waters. To mark its

first ocean voyage, John is planning to write a book, **FIRST VOYAGE OF THE ERLA ... FROM NEEDLES (Isle of Wight) TO NOOTKA (B.C.).**

Not just anyone can take an ocean trip on a sailing sloop John said. It might be sea sickness or claustrophobia which forces cancellation of the most well planned ocean voyage. "In fact, I started out from England with a partner who managed to stick it out only until we reached Spain. The five and a half day trip must have been pretty rough for him as he found it very difficult even to go below deck for a few hours of sleep. Thank goodness he was with me though through the length of one of the world's most frequently travelled shipping lanes," John said.

Of people he met on board other craft... the roles are usually reversed, women do the navigating while men practice the culinary arts. The women are good navigators. "On food"... I ate Flying Fish chowder and fried while on the Atlantic, but found that the Pacific ocean, especially around Panama, had the best selection of sea food. I hooked into a 1,000 pound marlin at one time... thank goodness it got away. The nicest tasting fish was a Blue Fin Tuna of about 45 pounds which I caught at 35 degrees North latitude... my wee kitten ate about four times its own weight in tuna in 10 days."

On provisions... It took me six weeks to prepare for the trip on the two large oceans. My provisions at the start included: potatoes, onions, rice, eggs (in vasoline), long life milk (without refrigeration will last for about three months... it's sold only in Europe), bushel of apples, canned meats, fresh fruit and vegetables, oil for lights, gas for cooking, and 50 gallons (100 days at 1/2 gal. per day for cooking and drinking) of fresh water."

John baked his own bread on his two burner gas stove, using a pressure cooker as an oven.

"I felt better at sea," he said, it must be the diet...

plain, beneficial meals and nothing to tempt me."

Interesting things of note... A number of interesting things happened during the voyage, but the one that had me very worried was the 16 days the Erla was high and dry on the beach in the Panama area. It appears that a freak storm surge from the south Pacific coincided with Trade winds and waves from the North at the same time a reef was covered over. The Erla dragged her anchor for about a half mile before the chain parted in the breakers. The combination of the two wave trains and the high tide along with the anchor chain snapping, resulted in the Erla being left high and dry approximately one quarter of a mile above the low tide mark. The name of this area is - PUNTAMALA, which is Spanish for dangerous point."

John would be more than willing to fill in the details of this sequence of events and of the actions taken to get his home away from home and transportation back into the salt water, to any one interested.

Recommendations to others planning to make an ocean voyage... The main thing is to have an objective and keep plugging away towards it... Don't keep changing your mind... Stick to your cruise plan - don't let others talk you out of it ("Go where I'm going

to keep me company"), assuming that your plan is a good one... Try to arrive at your destination during reasonable weather conditions; eg, in the Caribbean before the end of October, would be fool hardy because of the hurricane probability. Lock your itinerary in with weather conditions."

John said that he only encountered three gales... the problem was too many calms. "You get to be one with the ship as time passes during the voyage, you go by the sun instead of by the clock. When you first think about reefing the mainsail - that's the time to do it - don't wait," John Fox was reminiscing.

Ordinary Sea Cat due to her tenacity, was promoted to Chief Petty Cat at a suitable ceremony when Canada came into view. The wee animal was John's mascot from the Hawaiian Islands.

Nan Fox, John's wife, gave much moral support to her world sailing husband. Without it the trip would have been a failure John said.

"Sailing is the answer... time to ponder your life etc. Going toward home is a great motivator."

"Yes, I'd do it again," John said, with the same weather, good company and interesting places."

Editors Note - John Fox is a retired serviceman who told most recently for the DEMON SQUADRON.



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From Young Musicians

The Courtenay Youth Music Centre, Opera Division Director, Irving Guttman is delighted to announce that the CYMC opera group will once again be going on tour this summer.

Last summer the highlight of the summer opera division was the production of *The Marriage of Figaro* by Mozart. It was presented at the Courtenay Civic Theatre and at North Vancouver's Centennial Theatre.

This year Mr. Guttman will be producing two operas; *Don Pasquale* by Donizetti and *The Consul* by Gian Carlo Menotti.

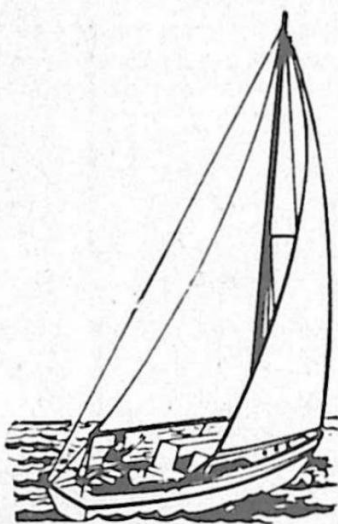
Jacqueline Richard from Montreal is at CYMC for her second year. She will once again be conducting the opera orchestra, following her brilliant success last year when she conducted *The Marriage of Figaro*.

The cast of young Canadian professional artists in both operas have come to CYMC from across Canada. Sets have been designed by Allison Green in Vancouver.

Don Pasquale will be performed in Courtenay August 4 and 19, and also in Tuesday, August 23 at North Vancouver's Centennial Theatre.

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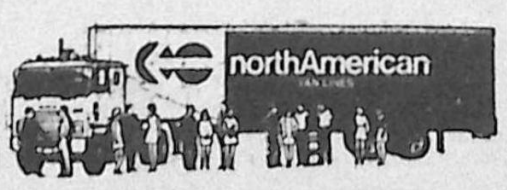
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AUG. 30

THE IRISH ROVERS & THEIR VERY SPECIAL GUEST VERA LYNN
8 p.m.
No. of tickets: \$7.00 \$6.00 \$5.00

DISCO DANCE PARTY
OVER \$3000 IN PRIZE MONEY
SEPT. 1

DISCO DANCE PARTY
8:00 p.m.
No. of tickets: \$3.00

JIM NABORS
AUG. 31

JIM NABORS
1:30 p.m.
No. of tickets: \$1.50 (Golden Agers) \$4.00 (Others)
JIM NABORS WITH GUESTS GAYLORD & HOLIDAY
8:00 p.m.
No. of tickets: \$6.00 \$5.00 \$4.00

RCMP MUSICAL RIDE & UP WITH PEOPLE
SEPT. 2, SEPT. 3, SEPT. 4

RCMP MUSICAL RIDE & UP WITH PEOPLE
SEPT. 2-8 p.m.
No. of tickets: \$5.00 \$4.00 \$3.00
SEPT. 3-2 p.m.
No. of tickets: \$5.00 \$4.00 \$3.00
SEPT. 4-7 p.m.
No. of tickets: \$5.00 \$4.00 \$3.00
SEPT. 3-8 p.m.
No. of tickets: \$5.00 \$4.00 \$3.00

Note: For all performances - \$1.00 off for Golden Agers and children 12 and under.

Buy now and save! All advance ticket prices include PNE grounds entry. A saving of \$2.00 on adult prices!
For mail orders, just fill in the number of tickets you want, plus desired prices and showtimes. Mail with a certified cheque or money order made payable to VANCOUVER

Buy now and save! All advance ticket prices include PNE grounds entry. A saving of \$2.00 on adult prices! For mail orders, just fill in the number of tickets you want, plus desired prices and showtimes. Mail with a certified cheque or money order made payable to VANCOUVER TICKET CENTRE, 630 Hamilton Street, Vancouver, B.C. V6B 2R3. Please enclose a stamped self-addressed envelope plus 25¢ per ticket mail order handling charge.

Tickets also available at these outlets: Williams & Williams, Varsity Recreation West 10th, all Harvey's Smoke Shops, Arbutus Village, Nickelodeon, Travelex, Denman Square, Richmond Square and Richmond Centre, and all Eaton's Stores. Buy Star Spectacular tickets by telephone or in person, using your Eaton's or Chex cards! Simply phone the Ticket Centre, at 683-3255, between 9:30 a.m. and 9:00 p.m. Monday through Saturday. Quote your Eaton's or Chex card number. Note: 50¢ handling charge, per ticket for this phone service.

Enter the Dairyland/Pacific Milk/PNE "Parade of Prizes" Contest at the dairy case and Pacific display at your store!

All shows in Pacific Coliseum with Bobby Hales Orchestra. All seats reserved except where noted.

Name _____
Address _____
City _____ Postal Code _____
Phone (home) _____ (office) _____

Pacific National Exhibition
1.3 million visitors last year

So You Want To Go Camping

by Trailblazer

After reconsidering your original plans for Disneyland, you convince the wife and kids that "roughing it in the wilds" is just what the doctor (and the wallet) ordered. Just think; bags of fresh air; peace and quiet; fish right there for the catching; nobody standing around with their hand out - perfect.

So you get started. After discussing your plans with your chums (the ones that camp; the others just laughed, the cretins!), you decide that the simplest method would be to get a tent. It would fit in your trunk, and the old buggy would probably drop her transie if she had to haul anything. Besides, it only takes a couple of minutes to throw a tent up.

The big shopping expedition begins. (But dear, once it all gets paid for, the camping won't cost us a cent) Hummmmm! You didn't realize there were so many different types or prices in tents, did you. Your wife didn't help any by liking that "adorable blue one with the separate bedroom for everybody", did she. Now what else to get. The salesman seems keen and he sure recommends all sorts of dandy things, after all, what's breakfast without properly toasted bread. Three hours and six hundred dollars later, your car is groaning with the overload of gear (and your kids aren't even in it yet).

You get home and unload everything into the backyard. The kids are ecstatic but the wife is starting to look a bit apprehensive. All the neighbours are hanging over the fence and every one of them has different advice. Let's see now, stove, lantern, tent, sleeping bags, cots and air mattresses, cooler - why, you're all set.

After throwing away the assorted packing boxes and bags (and receipts and instruction sheets), you reload the buggy, lock up the house and pile everyone in on top of your shiny new camping gear. Wagons roll - or whatever it is they yell in the movies.

One block later you turn around - you forgot the dog. Your wife considers this an ominous omen, but you just laugh. Now if those kids would just stop squabbling.

It's after seven and you've been driving most of the day. Camping spots aren't as plentiful as the salesman led you to believe but you'll find something. Your wife isn't talking to you and the original squabbling has turned into outright war. Desperation is setting in.

Wait!! There is a small road that looks like it might end at a quiet spot. Ah!! Just what you figured a camping site should be, isn't it. You've got it all planned just right - the wife will cook the supper while you and the kids set up

the tent and put things away. You set up the stove and find all the right cans, then discover that the can opener must be under everything else. So you unpack everything only to find - no can opener. Oh well, hot dogs are good enough for tonight.

You grab the tent, unfold miles of canvas, and can't find the instruction sheet. It must have got thrown out with the box. Let's see now, that pole obviously fits in there - or does it. No? Well, how about in there. Hey - yah! One for your side. Twenty minutes later, that one pole is all that's in the right place and you've raised quite a sweat. Your wife has been yelling for you to start the stove for the past five minutes so you decide to try your hand at that.

One minor explosion, two singed eyebrows, and a healthier respect for camp stoves later, you get back to the tent...or do you. In the interval, the kids have figured out the tent and have it up. Smart-aleck kids anyway. At least it looks like it's up securely.

Due to the lost can opener, supper consists of hot (warm) dogs and Kool-aid - you forgot the coffee but brought the coffee pot.

It's time for bed. Lighting the lantern provides more entertainment with another minor explosion before providing a flickering light. A

count of the sleeping bags reveals that one got lost in the shuffle; congratulations, now one of the kids gets to sleep in the car.

A crash of thunder interrupts your so-called sleep, followed closely by your "exiled" small-fry trying to join you inside your sleeping bag. It obviously wasn't designed for such antics because now the zipper is jammed - you can't get out! Your wife has joined the show and is screaming that the wind is up and the tent is falling down. She calls it quits and heads for the car followed by the kids. You'd like to join them but that jammed zipper makes that sleeping bag an overly effective straight-jacket.

With a roar, the tent collapses around you to the sounds of screaming from the car. Ten panic-stricken minutes later (it seems like ten hours), you not only get free of the tent but the bag as well. You run around trying to round up everything before the wind blows your gear into the next county.

By the time you get things rounded up, the storm has passed, but something new has been added. Down the lane, red lights flashing, come the cops. Behind them is a half-ton truck.

The gear is all soaked; the wife is snarley; the kids are crying; and now this,

whatever it is. "Whatever it is" happens to be trespassing, as the farmer in the truck informs you none too quietly. He's sick and tired of tourists scaring his livestock, cutting his fences, littering up his land, and chopping up his trees. You

cram all your newly purchased camping gear back into your car and follow the police back into town. A visit with the local Justice of the Peace costs you fifty bucks. The farmer gets another fifty tacked on for his trouble. For what tenting has so far cost

you, your wife helpfully informs you, the whole family could have spent a week at Disneyland. She also adds that there is no way she will ever go in a tent again.

A Motel for what is left of the night; another long drive

and you're home again. You arrive in time to see the garbage truck pull away, complete with assorted empty boxes, bags and receipts. You didn't want to take anything back anyway - you had a good time!! Next weekend you'll do everything right, won't you!!!

LADIES' LEAGUE BOWLING

Monday, August 29th, 1977

at 8:00 p.m.

Social Centre

(Located in Rec. Centre)

NOTE: If you are unable to attend the meeting and would like to register for this league, please call one of the executive:

Pres. - Joyce West - 339-3290
V.Pres. - Nina Eddy - 339-5182
Secty. - Pat Brown - 339-5087

EW

Courtesy

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

No Matinee This Saturday

Adults \$2.50 O.A.P. \$1.00 Child. \$1.00

Thurs. to Wed. - August 11 to 17 (Fri. & Sat. - 1 Show Only 7:30 p.m.)

Susan Sarandon "THE OTHER SIDE OF MIDNIGHT" "Occasional sex scenes" - B.C. Dr.

Thurs., Fri., Sat. - August 18, 19, 20

Evel Knievel, Gene Kelly "VIVA KNEIPEL" General

Mon., Tues., Wed. - August 22, 23, 24 - DOUBLE BILL

"THE VAN" Plus "THE POM POM GIRLS"

Thurs. to Wed. - August 25, 26, 27, 29, 30, 31

Winner of 3 Academy Awards incl. BEST PICTURE

"ROCKY" - Sylvester Stallone. Mature

Starts Thurs., Sept. 1 - Robert Shaw

"THE DEEP" - Mature Entertainment

Stardust

Drive-In Theatre

Williams Beach Rd. & Island Hwy.

All Admissions \$2.75

All-Niter Admissions \$3.25

Gates 8:45. SHOW AT DUSK

Thurs. to Sat. - Aug. 11, 12, 13

Walt Disney "THE SHAGGY D.A."

Plus "TREASURE OF MATECUMBE"

General. Children \$1.00

Sun. to Wed. - Aug. 14, 15, 16, 17

"DEMON SEED" Plus

"BURNT OFFERINGS"

Thurs. to Wed. - Aug. 18 to 24

"CROSS OF IRON" &

"LUCKY LUCIANO"

Aug. 25-27 Walt Disney "GUS"

& "FREAKY FRIDAY" Child. \$1

Accent On Hiking

by Safety Sam

Planning a hike? This is the time of year when our Forbidden Plateau beckons to day hikers and back-packers alike, who find the

magnificent views, alpine meadows and mirror-smooth lakes a rich reward for their climbing and hiking efforts. If you want to really enjoy

your outing, spend enough time to be ready for it. Know what to expect in the way of weather and natural hazards. There are excellent maps available in our Canex outlet that show the logging roads that give motorized access to the boundaries of the park, as well as the main hiking trails.

The Base Recreation Centre has more information and can put you in touch with experienced hikers and the hiking clubs of this area.

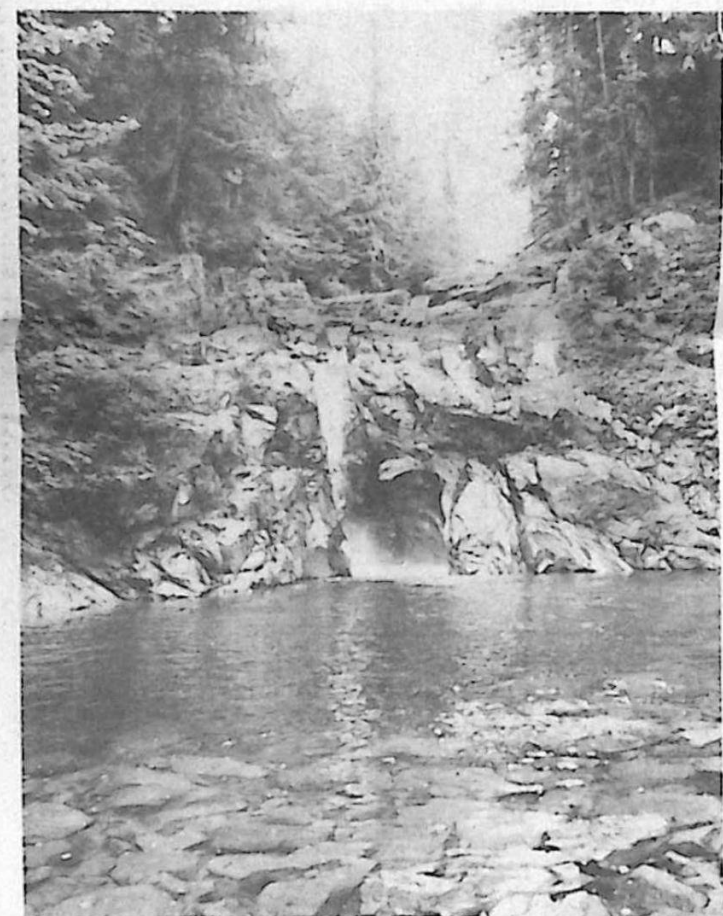
One of your most important items of equipment will be a good pair of boots. Experienced hikers recommend a boot that is ankle high, water-repellant, well cushioned inside and with outer soles of synthetic material (such as vibram) that offer plenty of traction. Leather is too slippery. Wear shorts if you like, but take along pants for leg protection and weather changes.

The weight of your pack will depend on your own size and strength and how long you plan to be away. Most experienced hikers carry no more than one-fifth of their own weight. The maximum recommended load for a man

is 35-40 lbs. and 20-30 lbs. for a woman. Include a good map, a signalling mirror and a whistle - handy light-weight items that can be helpful in locating companions or signalling rescuers.

Show that you are a responsible hiker by taking time to brief a friend, relative or neighbor on the route that you plan on taking and when you expect to be back. Be especially careful with campfires. Drench it with water and smother it with earth before you leave. It's a good idea to make a checklist of food and equipment and check it carefully when you pack up to start your hike. You can add to your checklist as you add to your experience. It will help to make your next trip safe and more enjoyable.

Be sure you recognize danger when you see it! Two servicepersons from CFB Comox were seriously injured when swimming in an area known as "Medicine Bowls" on Brown's River. Although the main pool looks calm, the current was strong enough to overpower the swimmers and swept them over the falls.



WHAT YOU don't see can hurt you...the scene below the pool!

ARE YOU PLANNING A TRIP THIS SUMMER

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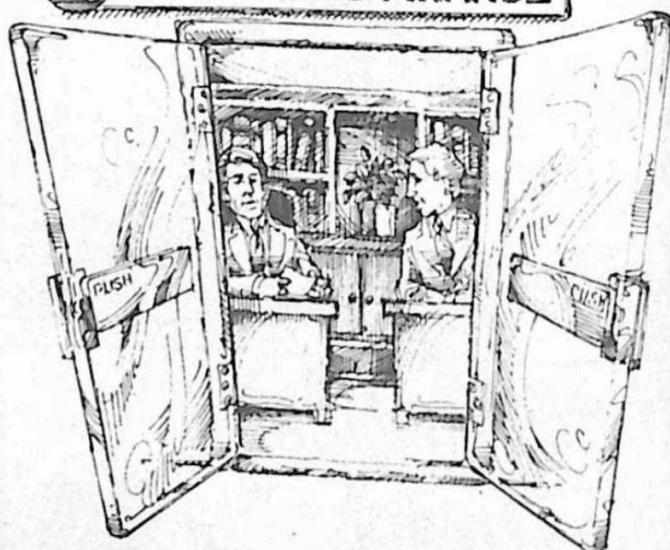
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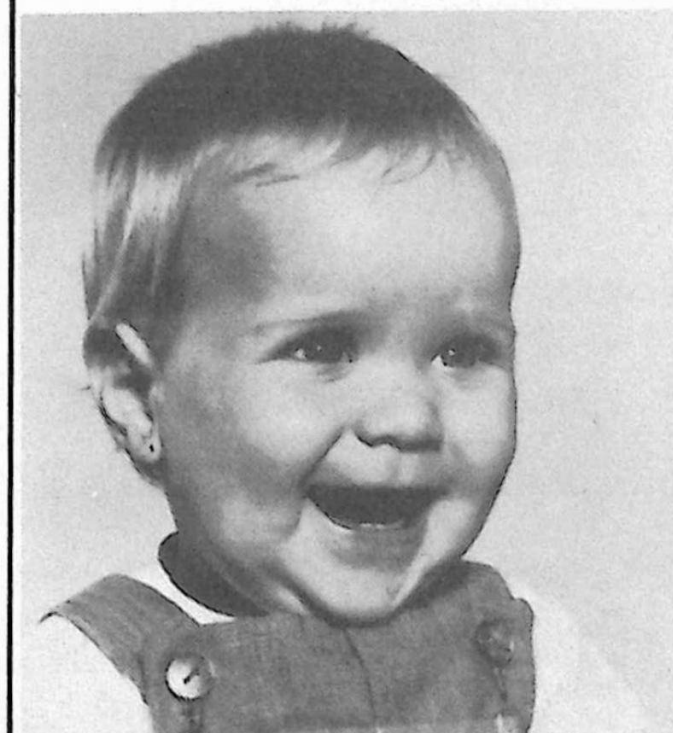
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IN THE COMOX SHOPPING CENTRE

August 25th, 10 a.m. - 6 p.m.

August 26th, 10 a.m. - 8 p.m.

August 27th, 9 a.m. - 5 p.m.

One sitting per subject - \$1 per subject for additional subjects, groups, or individuals in the same family. Persons under 18 must be accompanied by parent or guardian.

Femme Gen

For Love Of Camping

I just love camping. Well, actually I don't really "love" it, but I do like it a lot. Not a real big lot, you understand, just a kind of 'so-so' amount. About enough 'so-so' as to be able to take it or leave it. In fact - now that I think about it - I enjoy camping just about as much as I did the hazards of child birth, root canal treatment, and northern Quebec winters, but please don't tell my family. You see, they think that I need the break from housework that camping gives me, and they like nothing better than a challenge to get me out of the house and out into the great outdoors where I can forget all that vacuuming, dusting, and other dull-type housework that keeps me comfortably housebound in between camping trips.

They repeatedly point out how invigorating camping can be. How camping has to be a challenge to be worth while. Also, how thrilling it is to be able to commune with nature, and how exploration, adventure, and a dash of danger are all necessary for a

completely successful camping trip. I must admit that they are right. There is nothing more invigorating than that mad dash from a hot shower into a clammy sleeping bag. It sure takes an awful lot to beat the challenge of trying to prepare a three course meal on a two burner propane stove, and communing with nature is thrilling - especially if it has six legs, long antennae, and insists in communing with me. I certainly do enjoy my explorations, which are usually for the closest laundromat, and it is quite an adventure to discover that the camp-ground washroom is out of toilet paper and is inhabited with generations of spiders, and fluttering, furry moths. That dash of danger leaves nothing to be desired when it is added as wild plants - to my meals instead of normal, identifiable, and easily prepared vegetables. And those, "I'm not quite sure what they are..." berries that my family insists will taste just great if I make some of my camp-site jam with them.

Ah, the outdoor life. It sure does get one away from dull routine housework. Who needs a dishwasher when one can have the thrill of heating pans of water over an open fire, and then splashing around in big infested water to wash greasy plastic dishes.

Who needs a washing machine or dryer when it's so easy to fill huge green garbage bags with dirty clothes so that Mum can get a needed break from camping, and spend an entire day in a strange town, feeding quarters and dimes into strange machines in a futile attempt to get the family's clothes clean. Then, just think of the wonderful recreational facilities that are available to the camping family. Who needs T.V. when there are horseshoes, badminton, tennis, swimming, hiking, boating, and mountain climbing available - unless, of course it's raining. In which case, every experienced camping wife and mother knows - the family that camps together - cramps together.

Love's Labour Lost

It's really not fair! I have just discovered that in spite of all our modern time and labour saving devices, today's housewife spends more than three hours longer a week on actual household tasks than our counterparts did in 1920. Good grief, do you realize that that adds up to a total of 6 and one-half extra days of drudgery a year - and with all that "progress" behind us too. Wondering why I was spending more time on housework than my grandmother did in 1920, I decided to keep a diary of my weekly tasks and discovered that it's not the actual work that takes more time, it's those blasted devices.

MONDAY: Spent five minutes spraining my thumbs on the 'Push-in' tab of a giant-economy sized box of laundry detergent. Two minutes fishing for the remains of the discount coupon that fell into the machine. One hour and thirty-five minutes to iron the 'Perma-press' 'Wash-and-wear' and 'Never-needs-ironing' articles.

TUESDAY: My last vacuum cleaner bag burst,

spent one hour and seventeen minutes trooping through five stores looking for bags that would fit my machine. Hamburger for supper, seven minutes to chop through the still frozen centre. 'Just-twist-and-turn' lid on relish bottle didn't, nine minutes hammering and bashing on it. Cord for electric fry-pan missing, two minute search.

WEDNESDAY: Twenty minutes for a trip back to store with a new can of 'Just-spray-and-wipe' that wouldn't. Thirty-seven minutes spent fighting my way into 'Vacuum-pack's of cold cuts for company buffet. One hour and ten minutes for visit to dentist to replace filling lost while attempting to open a-m vacuum packs.

THURSDAY: Forty-five minutes to wash walls, cupboards, ceiling and floor after automatic blender popped its lid. Ten minutes convincing telephone 'sell-icator' that I didn't need a 'Free-gift' for a 'Personal-demonstration' in the 'convenience-of-my-home'.

FRIDAY: Spent a total of eight minutes throughout the

day trying to open various 'Flip-top's and 'Tear-at-perforation's. Seven minutes to rescue buttered beans from boiling water after 'Boil-in-bag' burst.

SATURDAY: Eight minutes to break loops on five 'zip-top' cans of soft drinks. One minute to open all with electric can opener. Six minutes saving the tips of asparagus after I opened the wrong end of the can.

SUNDAY: Four minutes trying to find the 'Easy-bake' instructions on a package of cake mix. Eleven minutes to scrape the 'Just-peel-off' sticker from a new measuring bowl. Sixteen minutes trying to convert new bowl's metric measurements into ounces. One second to change mind. Supper delayed one hour while 'Ready-to-eat' cake thawed out.

Havelock Ellis once said, "What we call 'Progress' is the exchange of one nuisance for another nuisance." Not only that - it's also a waste of time too, now I'm wondering how I can cut down to only three extra hours a week.



OUR PUBLISHER DEPARTS - Colonel Mortimer, our publisher for the last couple of years receives a token of appreciation from the Totem Times staff. Past Editor Al Wilson presents a little something on behalf of all of us. Al picked out a couple of his favorite TALLMAN cartoons; did them up in a fancy frame and came up with a great gift idea -- thanks Colonel, your support was tremendous.

Hosford Photo

How Hot It Is

SUNRISE
1st
11th
21st/21st
31st

0548 PDT
0601 PDT
0616 PDT
0632 PDT

SUNSET
2014 PDT
2049 PDT
2028 PDT
2008 PDT

August Weather

A RESUME OF AUGUST WEATHER
AT CFB COMOX FOR THE PAST 32 YEARS

TEMPERATURES:

Maximum temperature on record 32.8 C (10th 1971 & 29th 1974)
Minimum temperature on record 4.4 C (20th 1947)
Mean temperature for month 16.7 C
Mean maximum temperature for month 21.7 C
Mean minimum temperature for month 11.6 C

RAINFALL

Average Monthly total 41.6 MM
Greatest monthly total 153.4 MM (1957)
Lowest Monthly total Trace (1967)
Heaviest rainfall in one day 69.1 MM (11th 1957)
Average number of days with rain (0.3 MM or more) 8.0 days

THUNDERSTORMS: Reported 25 times in 16 of the past 32 years.

HAZ reported 2 times in 2 of the past 32 years.
FOG visibilities 1/2 mile or less were reported 11 times in 9 of the past 32 years.

WIND

For the ten year period 1954 to 1963, wind speeds of more than 16 knots average 14.0 hours (1.9 per cent) out of a monthly total of 744 hours. Of this total 13.0 hours (1.7 per cent) were from the S.E. Quadrant.

Be Weather Wise

1. What is the Comox Area's average annual rainfall? a. 600 mm b. 1200 mm c. 1800 mm d. 2400 mm
2. When is the coldest time of day at Comox? a. 10 PM b. 1 AM c. 4 AM d. 8 AM
3. Which of the following has received more snow in one month? a. Edmonton b. Toronto c. Winnipeg d. Comox
4. What month of the year has the most fog at Comox? a. July b. October c. January d. March
5. How many days on an average, would the winds reach 40 knots or more? a. 5 b. 15 c. 30 d. 60
6. How much does the Vancouver Island Range reduce the rainfall at Comox? a. no effect b. slightly less c. 50 per cent d. it increases
7. What is the prevailing wind direction at Comox? a. North b. Southwest c. Southeast d. West
8. What are the solid lines on a weather map outlining the Lows, Highs, etc? a. Isobars b. Isotherms c. Isokinks d. Isopleths
9. An inversion is: a. an obstruction to traffic b. a cold snap c. when the country is attacked d. constant temperature with height
10. A falling barometer is a sure sign that: a. the barometer was not attached properly to the wall b. a change in the weather is probable c. sunshine will prevail d. snow is forecast

Answers

1. c 2. a 3. a 4. c
5. c 6. d 7. b 8. a
9. b 10. c



NO CAR, BUT SHE'S packed the luggage says Mr. Ernie Leach, (DND ret'd) a recent consolation winner in the CANEX National Draw. Mr. and Mrs. Leach won a stereo in addition to the luggage.

(DND Photo)



Large eggs weigh 27 ounces per dozen, medium 24 ounces, small 21 ounces.

Chapel Chimes



RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) Telephone: 339-2211
loc 274; Residence 339-2102.

MASS FOR SUNDAY:

Saturday - 7:00 p.m.

Sunday - 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSES: 9:00 a.m.

SACRAMENT OF RECONCILIATION: Confessions are heard before all Masses and any time upon request.

BAPTISM: By appointment. Please phone ahead in plenty of time.

MARRIAGES: Please come in months before your marriage.

THE PROTESTANT CHAPEL

Telephone 339-2211 loc 273 L. R. Coleman, 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: By appointment. Consultation with parents expected 2-3 weeks in advance of Baptism.

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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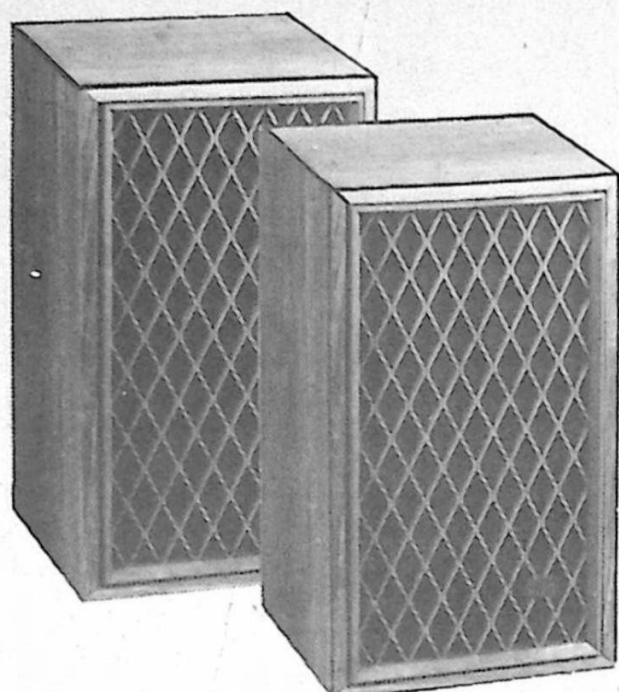
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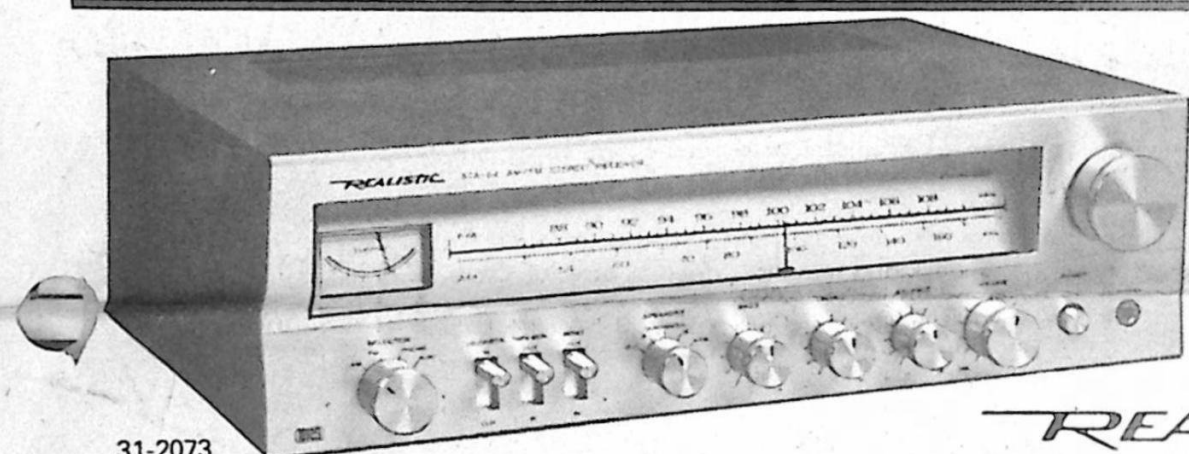
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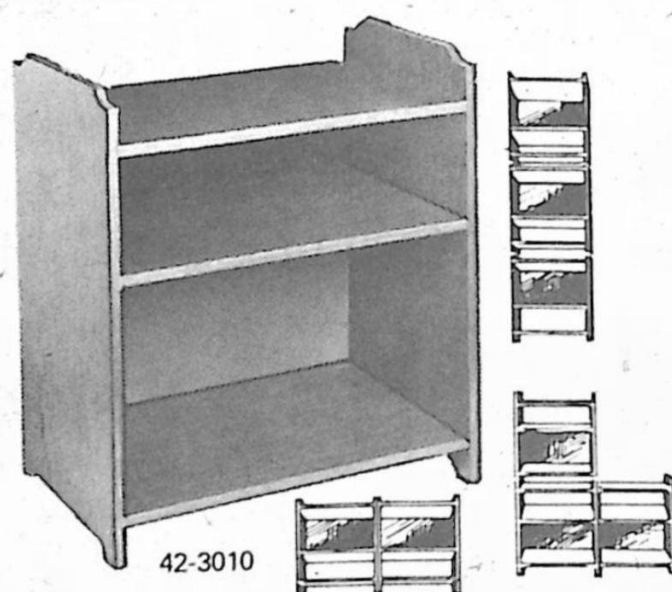
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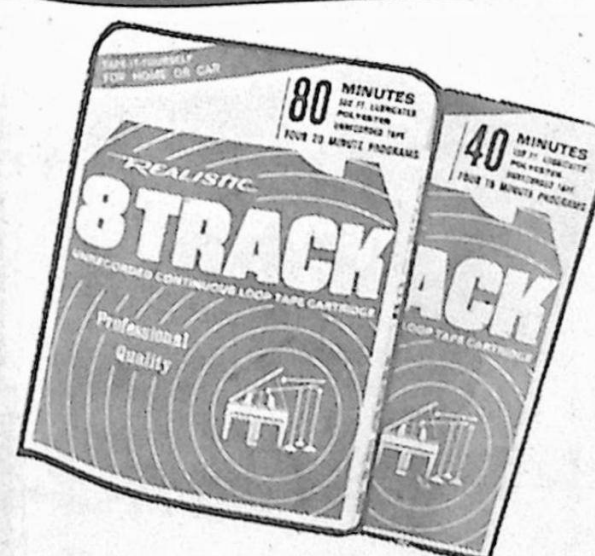
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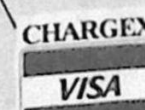
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YOU AND YOUR HEALTH

ON HEART RHYTHM... "I have tremor cordis on me; my heart dances."

Many things, affect the rate and rhythm of our heartbeat, and determining what used to be called the "quality of the pulse" remains an important part of a medical examination today.

The average resting heart rate is about 72 beats each minute, but many people with perfectly normal hearts have rates higher or lower than this.

Heartbeat frequency increases with exercise, excitement and emotions, and the rate is controlled by several reflex mechanisms that help match the heart's output of blood to the body's changing needs.

A regular slow pulse seldom causes problems, but in extreme cases fainting spells may occur. A rapid regular rate, in contrast, is a characteristic of several diseases including thyroid gland overactivity, anemia

and low blood pressure. Changes in heart rhythm may also be of no consequence, but frequently irregular heartbeats do indicate the presence of heart disease.

While rhythm abnormalities can be appreciated by feeling the pulse, or by using the stethoscope over the heart, a much better indication of what is going on is provided by an ECG, or electrocardiogram. Modern electronics now allow us to feed a patient's rhythm pattern into a computer, over an extended period of time. The computer ignores periods of normal rhythm but is triggered to produce a tracing when irregular beats occur.

Once the abnormal rhythm has been identified and the cause determined, treatment is started. Often long-term drug therapy will correct or improve the situation satisfactorily. Frequently an acute rhythm change is a

complication of a serious heart disease such as heart failure or a heart attack. In these emergency cases potent drugs are given intravenously or even injected right into the heart and, in addition, electric shocks are given to the heart using special paddles applied to the chest wall. As Leontes discovered (in The Winter's Tale), a heart may dance for reasons other than joy. Tremor cordis may even be a death dance unless rapidly and effectively treated.

KIDS AND DENTISTS... Small children need careful preparation for any new experience, and a visit to the dental office is no exception.

A child's first visit to the dentist should be a pleasant one since his first impressions will influence his attitude toward dental care for the rest of his life. Of course, his

parents have an important role in making the visit pleasant.

The child's first visit should come when he's between 2 and 3 years old - when all the first teeth are in and, if possible, before treatment is needed. Often, a routine oral examination, perhaps X-rays and cleaning of the teeth is all that is necessary. If small cavities are found that need filling, the dentist may decide to treat them.

The purpose of the examination is to be sure that everything is as it should be - the first teeth in good condition and the second ones developing properly. X-rays will detect any problems such as extra teeth or beginning cavities on the hidden surfaces of the teeth. They will show if the permanent teeth are forming and are in proper position.

Such an examination makes it possible to catch difficulties early, when correction is easiest, most effective, and

reasonably free from discomfort.

When the child visits the dentist, the dentist will explain the instruments he is going to use - the mouth mirror, the explorer, and the X-ray machine. He may use illustrated pamphlets, records, or even a movie to explain good oral hygiene. A gift from the toy box and a compliment to the youngster for his good behavior efforts in the dental chair help to leave a happy impression.

Dentists suggest that appointments be made for children in the morning; a child accepts new experiences more readily when he's not tired.

But the most important ingredient for early success in dental care is the parents'

own attitude. It should be casual and explanatory. Tell the child what he will probably see at the dentist's office. Avoid references to your own painful experiences or to your bravery in the dental chair. A child should never be bribed to make this first visit, because he will then expect it to be unpleasant.

Explain dental care in a positive way - how it will promote your child's good health, good teeth, and nice smile.

You will want to prepare your child properly for this first visit. It's the first step in developing positive lifelong attitudes toward dental care.

(Next article: Care of Your Child's Teeth).



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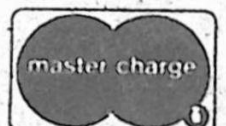
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