



# TOTEM TIMES



Divorce Lawyers Slogan—Satisfaction Guaranteed Or Your Honey Back

VOL. 19 - NO. 18.

CFB COMOX TOTEM TIMES

THURSDAY, SEPT. 22, 1977



**20 YEARS OF NORAD** - Lt. Gen. David R. Adamson, deputy commander in chief, North American Air Defence Command (NORAD), and Air Marshal C. Roy Slemon (RCAF, retired), first deputy CINC, 1957-64, recall two decades of aerospace defence history. From the CF-100 Canuck behind them, Canada's first specifically

designed air defence interceptor, to the space debris they hold, recovered through NORAD's Space Defence Centre tracking, NORAD has kept pace with changing continental defence needs. NORAD celebrated its 20th anniversary on September 12th.

NORAD Photo

## Cadet Program Attractive

"More and more young people are finding the cadet movement attractive" says the minister of national defence, the Honorable Barney Danson. "The opportunity to work with a team preparing themselves for adulthood in a structured environment is very appealing now. Young people are also realizing that the skills one gains as a cadet are very useful in civilian and military life."

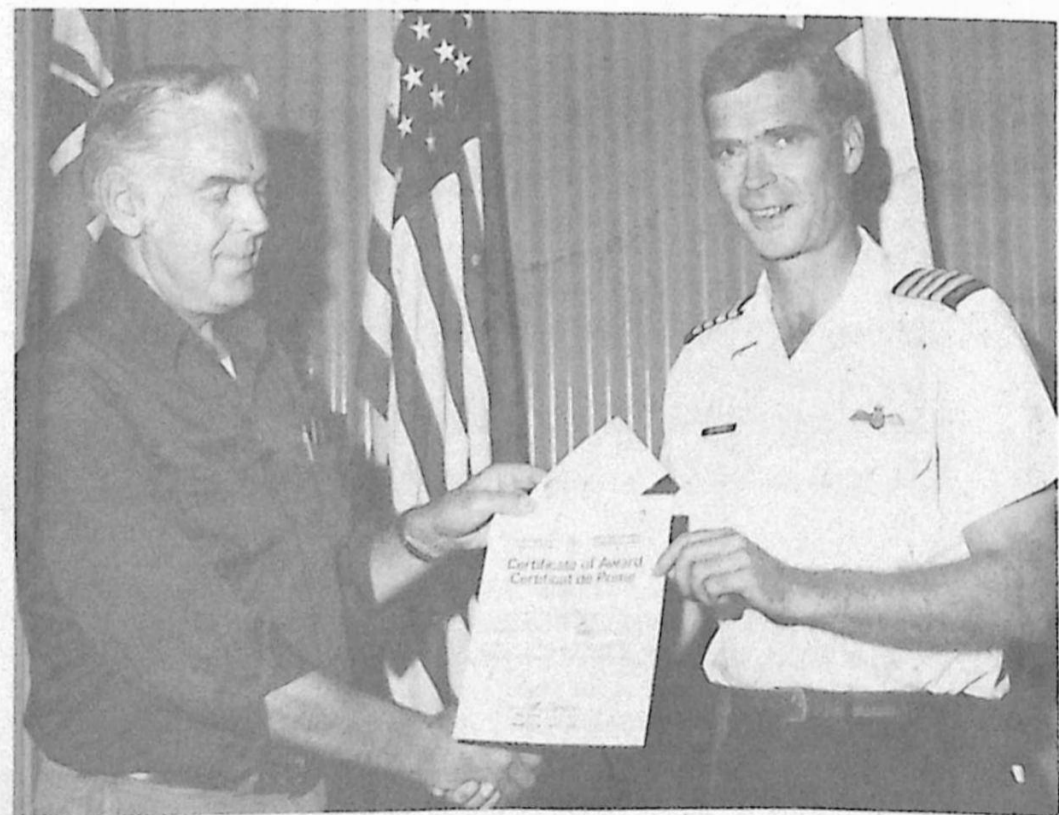
figures do not include support given by department of national defence establishments.)

About 500 male and female cadets from across Canada and a few who are children of Canadian forces personnel stationed in Germany, underwent training here since July 11. The courses were: electronics, aeroengines, airframes, photography, music, vehicle maintenance, driving, radio communications, scuba diving, athletic leadership and rifle marksmanship coaching.

All of the cadets participated in a two day exercise on the nearby Nottawasaga River. The exercise included 31 miles of canoeing, portaging, camping and survival techniques and other wilderness related topics.

The purpose of cadet training is to help develop better citizens and leaders who are physically fit.

All of the students at the Cadet Summer Training School had met certain prerequisites in being accepted for courses here. Among them were the leadership qualities they will need to return home and assist in the specialized training of junior cadets.



**TAMIN' THE WIND** - C.E. employee George T. Field is presented with his Suggestion Award and cheque of \$680 by Col. Burgess for a new idea to modify the wind cone tower at CFB Comox. Mr. Field's idea earned him \$680 (minus taxes of course) and was presented on behalf of the CDS as part of a DND Incentive Award Plan.

Base Photo

*We wish you a speedy recovery*  
**SGT. CHUCK CLEMENTS (442 Sqn.)**  
AND  
**LT. PETE WITTER (U.S.A.F.)**  
From all of us at C.F.B. Comox  
A Speedy and Complete Recovery  
to you both — We Wish You Well

## Canadians Sweep At Tyndall

Canadian Forces teams made a clean sweep of prizes in the McGehee Trophy aircraft weapon loaders here in mid-August.

The team, from 425 "Alouette" Squadron, CFB Bagotville, Que., turned in the top score among more than 20 teams representing Canadian and U.S. units, which contribute forces to the North American Air Defence Command (NORAD).

Headed by Lieutenant Luc Tremblay and Sgt. Rene Cote, the team included Master Corporals Jack Shapka and Tino Roy, Corporal Vital Doucet and Private Carol Arguin. They credited a U.S.A.F. exchange NCO with an assist on their win. Staff Sergeant Jim Graham, now

servicing at Bagotville, gave the team helpful training tips and assistance.

Second place went to a team from 416 Squadron, Chatham, N.B., and weapons loaders from 409 Squadron, Comox, B.C. were third.

The trophy, donated by U.S.A.F. General Thomas K. McGehee, has presented the Bagotville squadron with a unique problem. The large trophy just won't fit into the already overloaded trophy case of 425 Squadron.

Weapons loaders are the people who fit the weaponry on jet fighter interceptors before aircraft take off on defensive intercept missions. In addition to the three Canadian teams entered, teams from the U.S.A.F. competed in the F-101 Voodoo category, F-4 Phantom and F-106 Dart categories during the week-and-a-half meet.



**NEXT TOTEM TIMES DEADLINE OCT. 3**

## Marks 20th Anniversary

# Norad Reaches Milestone

It's had its ups and downs - no pun intended - but the North American Air Defence Command (NORAD) - has passed through its teens and on Sept. 12 it observed its 20th anniversary.

Continental air defence dates back longer than that, but Sept. 12, 1957, was the date Canada and the United States joined forces for the common defence of North America as the first two-nation, all service military organization to function on this continent.

The command was formalized by an exchange of notes May 12, 1958. The agreement has been extended three times since, and the renewal in 1975 continues until May, 1980.

Throughout its history, NORAD's commander-in-chief has been a four-star United States Air Force general - currently Gen. Daniel James, Jr. - with a Canadian deputy of three star rank - Lieutenant-General David R. Adamson currently holding the appointment.

In the absence of the commander-in-chief, his deputy has operational control over all NORAD forces - American as well as Canadian. And it was a Canadian in command who kept his cool and avoided the panic of a top level radar alarm - the highest emergency state, which meant a strong possibility that North America was under an ICBM (Inter Continental Ballistics Missile) attack.

Air Marshal (ret'd) C. Roy Slemon, now executive vice president of the U.S. Air Force Academy Foundation in Colorado Springs, was acting commander Oct. 5, 1960, when the balloon almost went up. The commander, U.S.4.F. Gen. Laurence S. Kuter, NORAD's C-in-C, was on an inspection trip to the northern United States.

It was mid-afternoon, and Air Marshal Slemon was in his office when a warning buzzer sounded. He grabbed the red phone on his desk, the one reserved for urgent communication with the Combat Operations Centre, and heard the emergency codewords that meant it was no exercise but a real alarm. He raced to the combat centre and watched the ICBM display board. The emergency levels were climbing.

The warning was coming from NORAD's new detection device, BMEWS-Ballistic Missile Early Warning System - a huge radar located in Thule, Greenland, which had only been in operation four days. The air marshal alerted the war room in Washington, by "hot line" telephones, the Chiefs of Staff Committee in Ottawa and the Strategic Air Command (SAC) in Omaha. (Continued on page 9).



**Gen. James**

**GENERAL DANIEL JAMES JR.** U.S. AIR FORCE is commander in chief of the North American Air Defence Command (NORAD), the organization of U.S. and Canadian forces responsible for air defence and aerospace surveillance of the two nations. He also serves as commander in chief of the U.S. Air Force Aerospace Defense Command (ADCOM).

## 409 Sqn—20 Years With Norad

409 All Weather Fighter Squadron is tasked with NORAD responsibilities, and as a part of the 25th NORAD Region encompassing British Columbia, Washington, and Oregon. Its Regional Control Centre is located at McChord Air Force Base near Seattle. The current commanding officer of the squadron is Lieutenant-Colonel George Herbert of Melville, Saskatchewan. LCol Herbert has been the C.O. since July 23, 1976 after a tour as Vice Commandant of Royal Roads Military College in Victoria, B.C.

409 Squadron's mission is to provide the maximum air defence forces for the 25th NORAD Region to identify, engage, and, if necessary, destroy enemy bomber forces

as far out from their targets as possible. To this end 409 provides a quick reaction alert (QRA) capability to identify any unknown aircraft approaching North American airspace. In the peacetime environment, the squadron maintains two aircraft on five minute alert in the QRA hangarages just off the end of the runway. Should an unidentified target be detected by the 25th NORAD Region radar screen, these aircraft would be "scrambled" and vectored to intercept and identify the unknown aircraft.

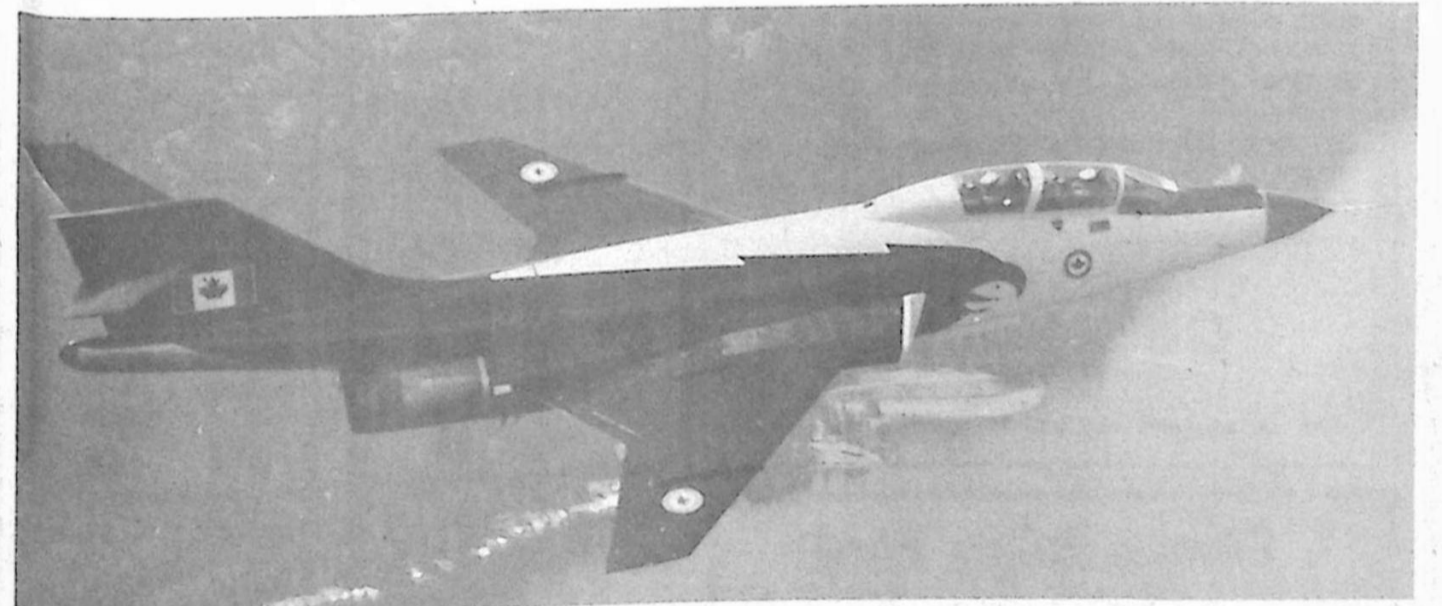
409 Squadron must also maintain a high degree of proficiency in the air defence role, and be able to take up a wartime posture should ever the need arise. The squadron

runs a comprehensive daily training program against numerous simulated targets in all altitude bands, including electronic counter measure (ECM) equipped aircraft.

To carry out its mission, 409 Squadron is equipped with twelve CF-101 Voodoos. The twin engine, supersonic Voodoo, although not a new aircraft, is still an excellent all weather interceptor. Capable of firing either heat-seeking missiles or radar targeted rockets, the CF-101 remains a capable and dangerous adversary to any manned bomber threat. It is a large aircraft with an all-up weight of up to 52,000 pounds, and a length and wingspan of 71 feet and 40 feet respectively. The CF-101 can be airborne inside of five

minutes, and climb to 35,000 feet in less than two minutes. It is this fast reaction time, combined with excellent combat range and a top speed of over 1,000 MPH, which gives the Voodoo its capability. It is manned by a crew of two, a pilot and a weapons system operator (WSO), who are trained to a high degree of proficiency, not only in intercept tactics and procedures, but also in operating the complicated weapon and radar systems.

409 Squadron also flies the T-33 Silver Star, a single engine jet with a top speed of approximately 600 MPH. This aircraft is used in a variety of roles, such as pilot proficiency trainers, target aircraft, electronic search aircraft, and general utility craft.



## CF 101 Voodoo—The old Workhorse Preserver In "Cool" Condition

**GASCOYNE INLET, BARROW STRAIT, N.W.T.** - Dwarfed by the towering glacial cliffs of this remote Arctic inlet, the Canadian Forces' operational support ship Preserver is in the peak phase of her current six-week deployment in the Canadian High Arctic.

Since anchoring here, Preserver's activities have centred on hydrographic and environmental research being conducted by scientists from the Defence Research Establishment, Pacific (DREP) at Esquimalt, B.C., headed by John Wilson, of Victoria, B.C.

Assisting them in underwater acoustics and survey work is the Forces'

deep diving submersible SDL-1, onboard Preserver for the northern operation. It is piloted by Lieutenant-Commander John Cole of the Fleet Diving Unit, CFB Shearwater, N.S.

The west coast-based submersible Pisces IV, also operating from Preserver, is supporting SDL-1, and Preserver's two Sea King helicopters and landing craft have been busy ferrying technicians and equipment to and from environmental data collection sites ashore.

A computer study of geotrophic winds, which will be used to predict wind patterns in isolated areas, is part of the scientists' activity. All aboard Preserver have

accepted the very presence of what the ship's crews have nicknamed "the landlord" - a massive polar bear who regularly paces the shoreline about a half-mile away. Helicopter crews have reported several polar bears in the area, much to the excitement of those working ashore. No one has been bothered by the animals, but as one technician admitted, he's always got one eye over his shoulder, the other on the quickest retreat to the boat.

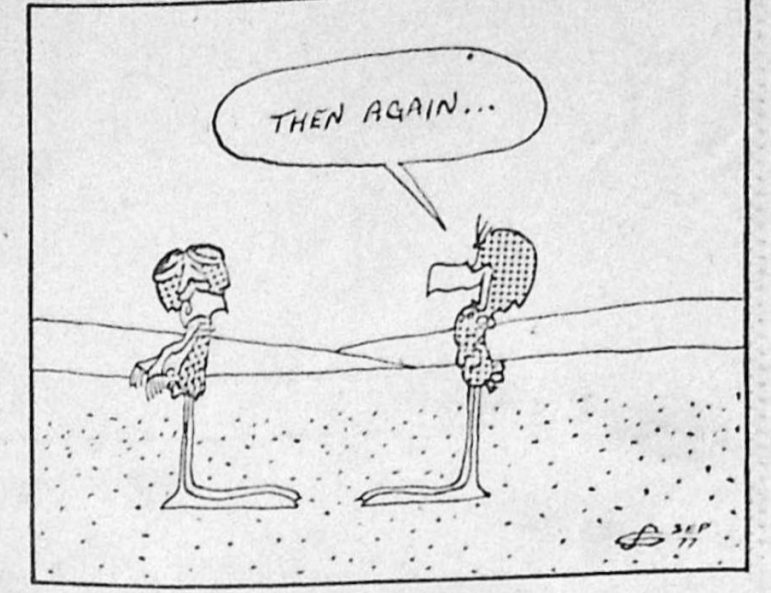
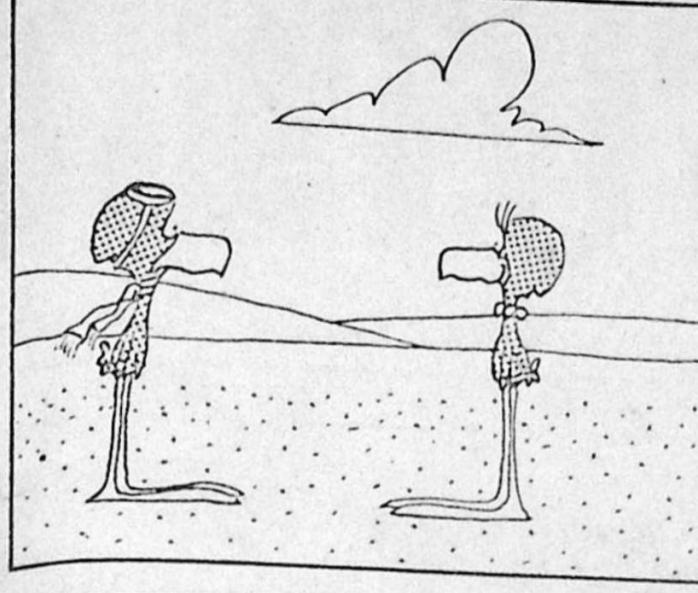
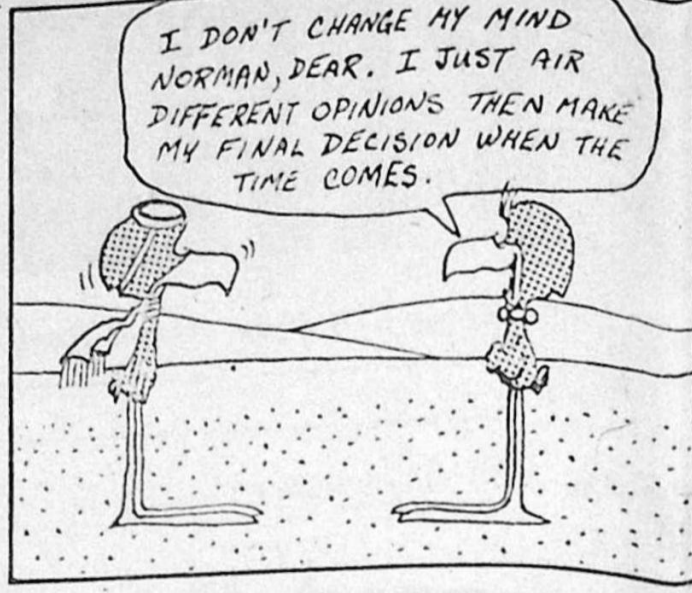
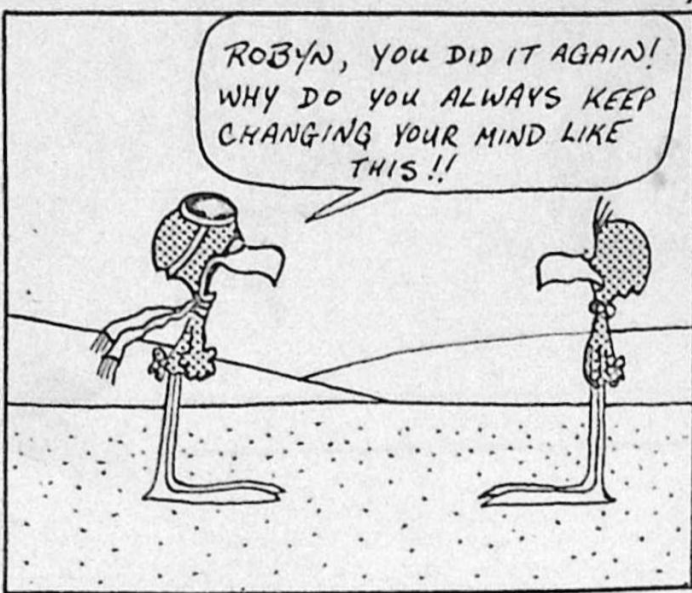
Along with the research work in the Gascoyne area, 80 members of the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI), stationed at Winnipeg, are on

an Arctic training exercise on the windswept tundra.

Also ashore is a 10-member biology team from Acadia University, Wolfville, N.S., continuing their studies on Arctic char and plant and animal life. They have completed a successful seven-day field expedition at Pritzer Harbor, Baffin Island, while Preserver was making a number of settlement visits.

During operations in the Barrow Strait near here, the ship was visited by G.H. Hodgson, Commissioner of the Northwest Territories, and Brigadier-General K.J. Thornycroft, commander of Canadian Forces Northern Region.

# CUDGEL STEW by Rick St. Germain



## Nighthawks Nest Demon Doin's ATC News

Recent arrivals at the nest are Bruce Arnold, Jerry McCluer and Andy Dobson. Bruce comes to us from just down the Pike at Langley and after having had to do it all before can now luxuriate in the front seat and concentrate on manhandling twenty three tons plus balast. Jerry is moving backwards as far as the modernity of his equipment but a cross bow and cape is better than nothing. He is used to this kind of weather, the damp kind, having just left the sunny climes of the Eiffel. Jerry will have to cut his reaction time by three quarters but everything happens slower here anyway.

Andy is our financial expert although his return on investment is the lowest for quite some time. Andy had just come out at Valdez and is eagerly awaiting the latest edict while taking the heat off the Swedish gentleman.

The alternate check out for our latest arrivals was a visit to Marty's Marauders in that city 'cross the river. They found out how the gentlemen of 123409 treat their competition. The only person of note who made an appearance in this Fairyland setting was Peter Pan but unfortunately Wendy did not come through as the lost boys had already taken their leave.

Absentees at present from the roost are Trent Somerton, who is working on his PhD at Volleyball U, and George Wissler. George is down on the Dairy Farm learning how to tell it as it is. Trent's place in the Portland version of the Canadian Forces Precision Aerial Demonstration Team was taken by Bobby Smallsheep ably assisted by Raisin Corner, as in fish.

Campbell. To celebrate the twentieth birthday of Norad, Barney came down to review the troops. The aforementioned Michael Campbell amazed the medical people with his amazing feats of strength. Very few members of the team witnessed this event but it will be remembered by those who saw it.

The Springs trip signalled the final appearance of Hawk One in the dizzying world of Aerial Demonstration. Len Hollingsworth flew it back on the Monday morning and then amid Tearful Farewells the boss flew it off into the sunrise to that old Aircraft graveyard in the East to be recycled.

The Nighthawks again impressed with their Battle of Britain Sunday Flypast for

Stanley. Particularly impressive was Ron Colemans Missing Man solo.

Night Flying season arrived with a bang on the 14th to the consternation of the Base Operator (No, not the Ziffer). The second day was even better/worse depending on whether you come from Portland or not. A lot of braves bit the dust to the sounds of rending fabric.

Finally we must welcome back 409's answer to Beagle Keys. The Fonzie is back at the pointy end again after having had his foot up for a while.

(Koskis Kowboys is copyrighted and commercial use of this name is prohibited except with the express permission of John C Blair.)

There are several new faces around the crew rooms lately. A hearty welcome is in order for MWO Blake, WO Lahala, WO Swindley, WO Hall, WO Kaden and Sgt. Paddison!

Crew Six is in the news again. It seems they almost became actual casualties on the simulated base disaster exercise. You won't catch anyone of them near a 737 for awhile.

While we're on the subject of Crew Six, they'll be leaving for Fincastle soon avec Will. Mobility spares have been tasked with providing "appropriate" containers for crew cocktails.

Congratulations are in order for John Bossons who as of Sept 1st, ended his six-month dry spell. By the way,

on the same day he was also promoted to major.

Unemployment figures have dropped for 407, as Crew Two has been re-formed and is operating once more.

Flag football is under way for the fall. 407 could use some more players so all you capable but shy people come forth, or incapable and not shy, or... besides it could help you with the mile and a half run, for that old favorite is back again. You would either be in better shape or a football injury could be just the crutch you need.

Up and coming in sports for us Demons in intersection hockey. It may possibly get under way in mid-October. So wipe the dust off your skates and file some rust off their blades.

Do you get stroked in the morning? Seems that Dave Phoenix didn't once. He was so upset that he was late for briefing.

Did you hear that Badger moved into a PMQ? Well, he's moved out again, all the way to Victoria. The facts behind the story are that Badger has been posted to MARPAC Ops. We all wish you good luck in your new job.

Crews One, Two and Three are away so the Demon halls will be quieter for a few days. Under the leadership of Major Wattie, what else but success could be encountered.

There is a rumor going around that Crew Two got airborne. Proof is being sought to confirm this, and any conclusive evidence would be appreciated by John Bossons or Ted Turner.

Last week two nights of heavy jet flying were in aid of Vigilant Overview, a large scale Norad exercise designed to test the effectiveness of our air defense commitment. 409 Sqn. participated in the exercise and reports have it that they "won the war". They also disclaim any knowledge of a sonic boom over Squamish on Thursday night.

New additions to the section include Capt's Don Graham, Keith Wagner and Kurt Brown. Don is no stranger to the area and has been in the Victoria RCC for the last few years while Keith has arrived to God's country from the wasteland of Portage. Durt has joined us from Germany. Don and Keith are starting checkout in the Tower and Kurt is coming to Ratcon. All will be most welcome ad-

ditions to the section.

Although few fish were caught in the annual Atc Fishing Derby, it was a success just for the fun had by all. Cpl Woody Filler won a gravel pit T shirt for catching the one and only salmon while Cpt. Dave Barney won a crying towel for the smallest fish of the day—a pair of needlefish caught on one hook. Additional winners of hidden prizes included Sgts. Pat Hudson and Jim Patterson. LCol Hallowell the new BOPSO came to the Derby and although he didn't catch any salmon he was taught the finer points of "How to Catch a Dogfish" by a real pro, Capt. Tom Evers. He did manage to catch a bullhead so the day wasn't wasted.

The hockey season will be under way soon and hopefully

Atc will enter a team in the B league. (B is for Beer I think). If you are interested contact MCPL Wright. New players are welcome and skates are needed whether you can use them or not. Our team has been invited to attend a MOT Hockey Tournament in Vancouver this February. Teams are coming from both civilian and military bases in Western Canada. At hopefully we will be able to make the 4 action packed days. The only possible hitch is that Base Eval also takes place in February and the section may have trouble releasing a team.

DJB P.S. To all: Mike Laliberte phoned and is on his civy ATC course in Ottawa and should be posted to Quebec to a Bilingual tower in December.



**LAST VOODOO TRIP** - One of the true veterans of ADC has retired from 409 AWCF Sqn. Capt. Dick Borys, after seven ADC tours of which 1705 hrs. were Voodoo. Shown in front of Hawk One, L to R, Maj. Tom Goodall, Capt. Dick Borys and LCol Bob Hallowell.

### Why Burn The Logging Debris

Any day now - and for short periods - smoke will rise from various logging areas in our province.

It will come from an operation generally known as "slash burning". We prefer to call it "prescribed burning" - for the good reason it is a "prescription" designed to serve two vital functions in our forest management program.

Most people know the expressions, but many, I feel, probably don't know how it is done, and more important, why it is done.

Prescribed burning is the act of purposely setting fire to debris left in the forest after a logging operation. It is a science. It has to be done at precisely the right time, with wind, humidity, and other weather conditions in mind.

And the job has to be done by highly trained and well qualified men.

Some people link prescribed burn smoke with the air pollution problem - usually just because it can be seen. The contribution of such smoke to the overall problem is almost infinitesimal when compared to the invisible fumes coming from exhaust pipes of vehicular traffic.

Let's look at the "why?" question.

Prescribed burning can be controlled - in both intensity and in area covered. Such operations are conducted by highly qualified personnel of either the Forest Service and/or industry.

If logged - over regions are not subject to controlled burning, inevitably lightning, human carelessness or other

causes will ignite the accumulated slash. This, in turn, often results in far larger fires endangering surrounding areas and creating tremendously greater smoke problems.

The debris burning action paves the way for faster, more efficient and more productive reforestation measures. Seedlings can be planted easier and faster. They will grow faster and straighter not having to fight their way through tangles of snags, branches and other suffocating debris.

Let's remember that if such fires are not started and controlled by man, sooner or later they invariably will be started by some other means.

Ministry of Forests.

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GATES 7:30 P.M. SHOW AT DUSK

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**SEX WITH A SMILE**  
(Marty Fieldman) RESTRICTED  
AND  
**MASSACRE CENTRAL HIGH**

SEPT. 30, OCT. 1 & 2 FRI.-SUN.  
**The Pink Panther Strikes Again**  
(Peter Sellers)

AND  
**Buffalo Bill and The Indians**  
Paul Newman Burt Lancaster

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Through September all provincial highway signing will be designated in kilometres. One kilometre is approximately 5/8 of a mile. Here's an example of how distance signing will change.

NEW	km	OLD
PARKSVILLE	37	PARKSVILLE 23
CAMPBELL RIVER	154	CAMPBELL RIVER 96

NOTE: One kilometre (km) is .621 of a mile. One mile is 1.609 kilometres (km). However, the easiest way to visualize a kilometre is as 5/8 of a mile. Here's a simple example of conversion.  
 $\frac{100 \text{ km} \times 5}{8} = \frac{500}{8} = 62.5 \text{ miles}$  or  $\frac{100 \text{ miles} \times 8}{5} = \frac{800}{5} = 160 \text{ km}$

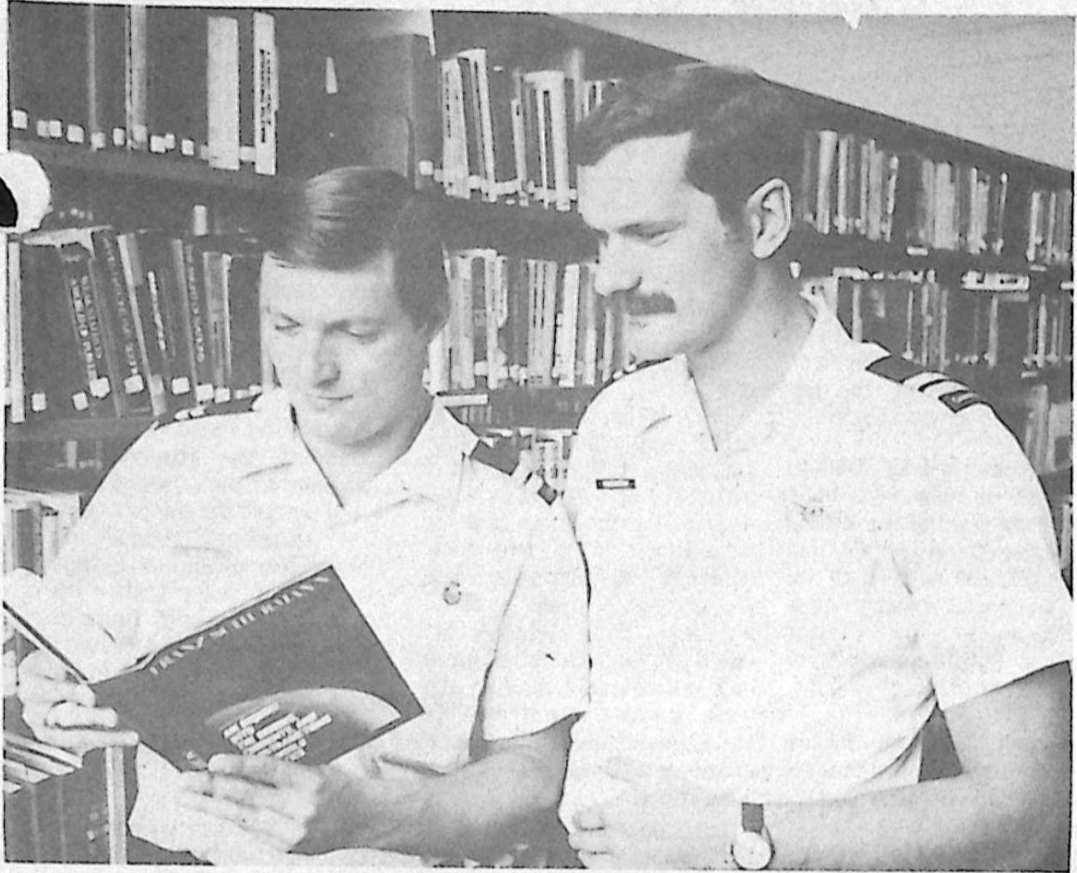
For your safety and the safety of others, please think metric!

Province of British Columbia Ministry of Highways and Public Works



**KICKED UP THE LADDER.** On September 1st, Major Bossons received his new stripe from Col. Mortimer. Congratulations, John. 407 Photo

## Stuck in the Books

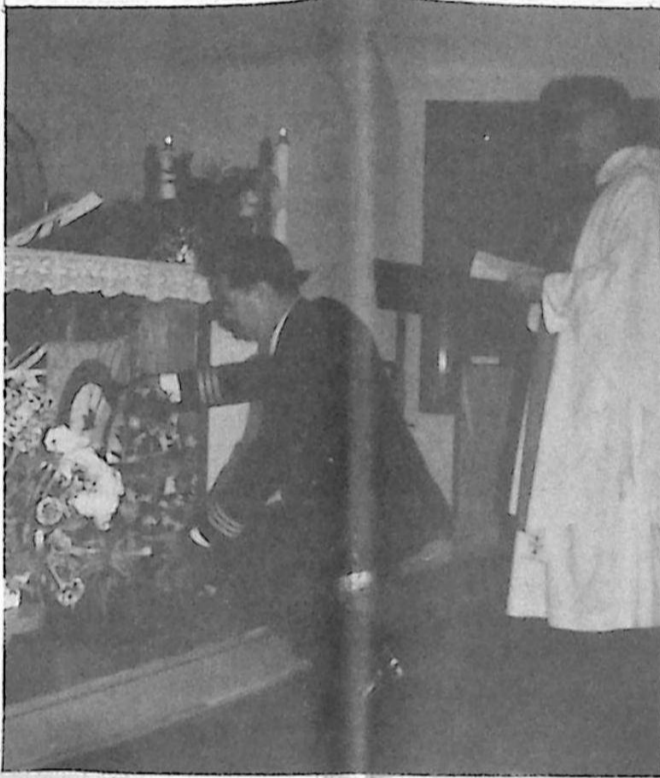


**WHO'D HAVE GUESSED?** Capt. Kent Smerdon of 409 Squadron and Capt Lloyd Noseworthy of 407 Squadron are attending a Junior Staff Course at the Canadian Forces Staff School in Toronto. The ten-week course is designed to develop their management skills and broaden their military knowledge. Ninety-six officers attend each course with instruction in both English and French (Canadian Forces Photo).

## Good Show Awards



**GOOD SHOW.** Cpl. Fell and Cpl. Main are proud recipients of Good Show awards from LCol. Konings, CO. 407 Sqn. 407 photo



**IN QUIET MEMORY** LCol. Fielding laying wreath in Catholic Chapel in honor of "Battle of Britain" Sunday. Windish Photo

# Summer of 77

Perhaps not as memorable as the "Summer of 42" but the "Summer of 77" will be remembered as one of the most enjoyable on record, at least for the vacationer and sunworshippers. Through a period in July and August we had 39 consecutive days with no measurable precipitation, except for one shower. A great welcome for those newly arrived in this area and a relief for those who feared a repeat of last summer's cool, wet weather. June got the ball rolling with lots of sunshine, near

normal temperatures and about one-third the usual rainfall. July started out with cloudy skies and frequent showers during the first 12 days giving an above normal total monthly rainfall. However, this break was really a blessing because a strong ridge of high pressure moved over us, bringing hot, dry sunny weather for the remainder of the month. With the ridge remaining stationary over B.C., this fantastic weather continued through the first 20 days of

August, with many record breaking high temperatures. The last eleven days of August were very pleasant - normal temperatures and precipitation with a mix of sun and cloud, except for two days of heavy rainfall which brought our monthly total back to normal and put a hint of green back in the golden parched fields and lawns. The mean temperature for the month was the second highest on record and the temperature, of 32.4 degrees C on the 4th was close to the August record of 32.8 degrees C.



**ISMAILIA, EGYPT** - Keeping paperwork in order for the United Nations Emergency Force headquarters here is a busy job for Canadian Forces clerks, Warrant Officer Jim Clark, 46, left, and Sergeant Don Yamane, 43. They are among 1020 Forces personnel serving six-month tours of duty with the UN in countries throughout the Middle East. Sgt. Yamane, normally based at CFB Comox, B.C., is the son of Mrs. Umeko Yamane, 1105 Strathcona St., Winnipeg. DND photo

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<p><b>C.C.M. BIKE Formula II 10-Speed</b></p> <ul style="list-style-type: none"> <li>• Reg. \$128.99</li> <li>• <b>SPECIAL THIS WEEK</b></li> </ul> <p>ONLY <b>\$99.99</b></p>	<p><b>"SANYO" STEREO SYSTEM</b></p> <ul style="list-style-type: none"> <li>• AM/FM Stereo Receiver</li> <li>• Built-in Cassette/Recorder/Player</li> <li>• Matrix Circuitry</li> <li>• Rotary Controls</li> <li>• Air Suspension Speakers</li> <li>• Suggested Retail \$299.95</li> </ul> <p>NOW <b>\$199.97</b></p>	<p><b>NOTICE</b> THE BASE EXCHANGE WILL BE CLOSED <b>MONDAY, 26 SEPT. 77</b> FOR <b>STOCK TAKING</b></p>
<p><b>SHEET ENSEMBLE "PROVENCAL"</b></p> <ul style="list-style-type: none"> <li>• 50% Polyester - 50% Cotton</li> <li>• New Luxury Finish</li> <li>• Colours: Brown, Blue, Green</li> </ul> <p>TWIN — \$13.97 TWIN — \$13.97 DOUBLE — \$17.97 QUEEN — \$21.97</p>	<p><b>NOXZEMA COVER GIRL COSMETICS</b> NOW IN STOCK</p>	

# Editorials

A View From Stu

## Trident Protest

Last week seventeen people including several Canadians were convicted in an American court for trespassing offences at the Trident Submarine Base in Bangor Washington.

The offenders were protesting the construction of the base on the grounds that it is internationally illegal and immoral. They contend that the US, Canada and most other nations have signed international agreements condemning war, and conclude that preparation for war is a criminal act. As they consider Trident an aggressive weapon, they believe its use is illegal according to international law, and that the construction of its base constitutes criminal conduct.

In defence of their actions at the base they use the analogy of a man entering a burning home to rescue a child. Just as that man would not be charged with trespassing, nor do they believe should they, since they are recognizing a higher law in attempting to block construction of the Trident Base.

While the ultimate goal of these people, if it be to prevent war, is commendable, their approach to the problem appears to be naive.

Peace has never been safeguarded by denying oneself arms or backing down from aggressors. This fact was more than clearly demonstrated in the period leading up to the Second World War.

Notwithstanding international agreements such as the Treaty of Versailles, the Washington Naval and Disarmament Agreement and the Kellogg Briand Pact—an idealistic agreement which outlawed war—Germany, Japan and Italy built arms, made territorial demands and expanded

through the use of armed force. Those who were obsessed with the naive concept that peace could be maintained by not building arms made the Western Powers virtually defenceless while, the antagonists built their nations around the war machine, as has Russia today. The high water mark of this naivety was the fruitless and abhorrent purchase of "peace for our time" by Neville Chamberlain on the eve of the Second World War. According to the historian Liddell Hart, the outcome of this policy of one-sided disarmament and of appeasement was only to make the Axis powers more aggressive and more demanding. The Second World War was the ultimate result of this naive search for peace.

Today things are no different. President Carter's cancellation of the B1 program did not result in the Russians withdrawing their equivalent, the 'Backfire' from service. The fact that Americans did not develop an anti-satellite ICBM laser weapon did not discourage the Russians from building their own device. Therefore, should the Americans accede to idealistic and naive demands to terminate the Trident program, there is no reason to believe the Russians would not continue to develop their own similar weapons system.

Before looking for a simplistic solution to the problem, people such as those who were involved at Bangor should spend some time gaining a better understanding of our adversaries. Their help is needed in guarding the peace, but relying on history as a guide, their present efforts appear more prejudicial to peace than conducive to maintaining it.

SMR

## Buckle Up

On October 1, the use of seat belts becomes mandatory in British Columbia.

New amendments to the Motor Vehicle Act are aimed at reducing the number of serious injuries and fatalities which occur on British Columbia highways each year by requiring motor vehicle occupants, aged 16 and over, to wear seat belts while driving or riding in a vehicle where seat belts are installed.

Youngsters, aged six to 15, must also buckle up. In their case, it is the responsibility of the vehicle driver to ensure that youngsters are wearing properly adjusted and fastened belts. Superintendent of Motor Vehicles, Robert Whitlock said mandatory seat belt legislation was adopted because of the overwhelming decrease in traffic injury and fatality rates in countries where compulsory seat belt usage is already in effect.

"Seat belts have proven the simplest and most effective form of protection we now have in the event of an automobile crash," Whitlock said. "There is no getting away from it, in the next ten years of normal driving, almost everyone of us will experience a motor vehicle accident of some kind," he said.

In British Columbia alone last year, 630 people died in traffic accidents and thousands more were injured.

In fact, there are enough motor vehicle accident victims in this province each year to keep one 400-bed hospital permanently full. Whitlock said through research and study, it has been proven that mandatory seat belt usage will reduce this load by at least 25 per cent.

Most vehicles today are equipped with seat belts, but through lack of habit or laziness, many people have not developed the buckle up routine.

The result: far too many people are seriously injured or needlessly killed on our highways each year.

Whitlock said people are injured or killed by one or both of the two collisions involved in a crash.

The first is the vehicle's collision; it hits something, buckles, bends and comes to a stop.

The second collision, and often the most serious, occurs when an unrestrained body is left to collide with hard interior surfaces of a vehicle, other occupants, or is thrown from the vehicle completely.

The second collision, or the "human collision", is usually the collision which causes serious injury or death.

Vehicle interiors and unbelted bodies become lethal weapons when mixed with the forces generated from the vehicle's crash.

Seat belts are designed to absorb these forces and distribute crash momentum over the areas of the body which are best suited to absorb these pressures.

Whitlock said without a correctly-fastened seat belt, vehicle occupants become victims of their own collisions within the vehicle.

This will be avoided, Whitlock said, if British Columbia motorists respect mandatory seat belt legislation and form the buckle up habit.

-B.C. Motor Vehicle Branch.

## The Good Life?

Pensioners from Canada's armed forces have learned the hard way that if they want reasonable treatment, they have to agitate for it, and even then they may not get it.

For years forced retirement left them with few job prospects and in many cases a poor standard of living, so the Canadian Forces Long Service Pensioners Association was formed and its campaign for a 'new deal' is beginning to have some effect.

This campaign is helped by two points, the association is lobbying firmly but politely and the facts it is presenting are devastating.

There are many people in this area who may not agree that pensioners from the armed forces need help, but let us look at some facts.

More than 33,000 retired armed forces members are living, in Canada, on less than \$400 a month.

Forced into retirement at 44 (if in the lower ranks) or 50 (if a non-commissioned officer), they find themselves thrown into a job market glutted by younger unemployed. They find their age working against them. They find that their armed forces training is not recognized. And they find that, without a civilian job, their pensions leave them in poverty.

It has been said that an armed forces career was a ticket to happiness—a civilian salary comfortably supplemented by a pension.

If that were ever true it is no longer.

With a million unemployed, a middle-aged army sergeant is at a distinct disadvantage.

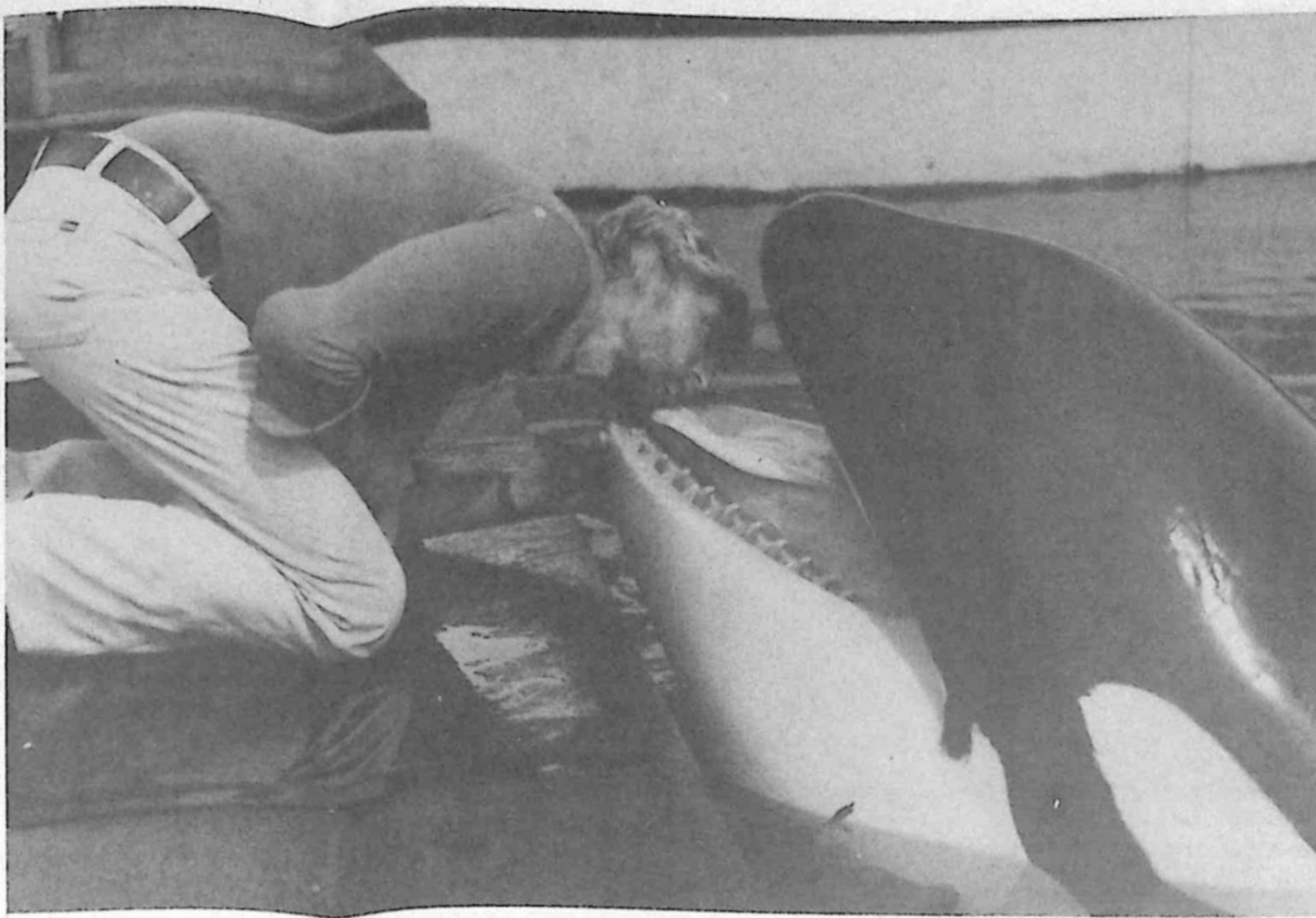
The armed forces have consistently neglected to get provincial accreditation for forces training which is often the equal of, or better than, civilian training. And for those whom the army has trained in the so-called "killer trades," rather than as mechanics or bookkeepers, there is little future on the outside where there is no call for civilian tank drivers.

The retirement of trained armed forces personnel against their will is a disgraceful waste of talent and training. The prevailing opinion seems to be that only the young can be effective soldiers. But in a modern peacetime army, the object is surely to retain the expertise to train troops in the event of conventional war.

In the case of non conventional, or nuclear war, what difference will youth make?

The armed forces continues to advertise for recruits, telling of the chance for adventure, travel and training. We don't recall any mention of the fact in these ads that they could be out of a job at 45.

May we suggest the Canadian government and the armed forces have a second look at the retirement policy. A modern armed forces is certainly necessary, but is it absolutely mandatory to emphasize youth at the expense of experience?



## Exceptional Teeth But Questionable Breath

OTTAWA and Small Business



### Fingers in the Dike

by JIM SMITH

Well, here we are in the midst of the most serious unemployment mess since the dreary days of the 1930s — and it promises to get much worse by the end of winter. So what is government doing? In typical fashion, our national leaders are sticking their fiscal fingers in the economic dike and praying for a miracle.

You can count on one thing about government: whenever it gets into economic trouble, it responds by trying to shore up big business. The assumption in Ottawa is that big business is the foundation of our economy. But, as a new book called "Small Business: Building a Balanced Economy" by York University's Dr. Rein Peterson strongly points out, big business isn't necessarily good business. Not, at least, for all Canadians.

Dr. Peterson spent a year investigating some of the more popular beliefs about the merits of big business. The results of his investigations are surprising. For instance, although big business is believed to be the most significant source of employment in Canada, in fact, only 15% of the big firm's total costs are for wages. The small firm, on the other hand, pays out approximately 30% of its total expenditures as wages. So the small firm is responsible for more employment, per dollar of sales, than the large firm.

Now, you might suspect that the government would go out of its way to help the small businessman. After all, a thriving small business sector could solve much of the employment crisis. But the government doesn't see it that way.

## Breaker—Breaker

The boom in the world of CB radio sales has also been accompanied by a corresponding boom in CB thefts in the lower mainland area over the last couple of years.

A ready black market is available due to their popularity and to the absence in the past of any federal requirement for manufacturers to inscribe serial numbers on their units, says the B.C. Automobile Association.

Under new standards effective July 1, 1977 the Department of Communications now requires manufacturers to inscribe sets with distinctive serial numbers. Owners of sets without the serial number should mark their sets with an auto license number such as social insurance number or the auto club. If there is a serial number, it should be recorded in a safe place.

CB owners should be certain when purchasing their units that the set is DOC approved, otherwise it will be illegal for use in Canada.

Don't purchase 'hot' units regardless of the price, warns the B.C. Automobile Association. In addition to the legal implications, you will only encourage further theft. When buying a used set, check to see if an identifying number has been removed and ask to see the original bill of sale. If you are suspicious, don't buy the CB and report both the person and a description of the equipment to the police. It would be wise to insure your unit, advises the auto club. Check with your Autoplan insurance agent. CB sets are not covered under normal auto insurance policies and must be listed separately on a 'Special Equipment Endorsement' form, the rate based on the declared value of the unit.

## Something New

It is easy enough to be critical — and we often are. It is especially easy to be critical about a field of endeavor where one is not involved and where one can observe — and comment — with all the impartiality of an outsider.

Today we would like to comment on what we hope may be the start of something new — something we applaud and commend and which we see as possibly of major significance for labor relations in the province of British Columbia.

We refer, of course, to the recent settlement reached between the Union — International Woodworkers of America and the wood-working employers' representatives — Forest Industrial Relations. Headlines and stories in the media spelled out very clearly the details of the tentative agreement reached on August 26th. The negotiations between the two parties had been underway for 4½ months — the coastal union's contract expired on June 15th. Despite the length of the talks, the I.W.A. has refrained from calling any strikes. Walkouts which halted operations on Vancouver Island were not sanctioned by union leaders who have maintained remarkable restraint throughout the whole period.

When it appeared that, for the Union, the choice lay between a Cost of Living Adjustment and improved pension conditions, the I.W.A. decided on the latter and while retaining the COLA clause in its contract, its application is suspended for the time being. F.I.R., in consideration of meeting union demands on pensions pressed for a two-year contract. In view of the current economic conditions and the uncertainty surrounding the future Wage and Price Guidelines, we feel that the Union must again be commended for its co-operation. It is a decision that it may have to sell hard to its 28,000 members but it is one reflecting a welcome attitude that there is only so much pie to go round and that everybody cannot continue to demand a bigger and better slice.

The settlement reached last week is significant for several reasons. First, it carried (probably for the first time) the unanimous support of all 17 I.W.A. members at the bargaining table. They all

agreed to recommend it to the entire membership. This implies a good chance of the tentative agreement being ratified when the union members vote during the next two weeks.

The second significant factor emerging from the contract talks was the relatively moderated demands of the union and the acceptance of a two year contract — significant because it suggests a more rational approach from labor. This could well be the start of a new outlook and maybe, the lessening use of the strike vote to enforce demands which employers would not otherwise meet.

In its agreement the I.W.A. has set a pattern for both the Southern and Northern Interior unions.

Talks on their behalf have proceeded with all the speed of molasses moving downhill, the southern interior operators and union having already recommended acceptance. It is to be hoped also that this settlement will influence the other union, the Pulp Paper and Woodworkers of Canada, known to its intimates as PPWC. Their negotiations cannot even boast the speed of molasses and are lost in limbo.

The settlement reached will be well defended by the I.W.A. and F.I.R. to their members when seeking ratification. Both parties must also be prepared to defend the settlement when they seek A.I.B. clearance for the wage increases which, while moderate, slightly exceed the guidelines.

The I.W.A. in moderating its demands and in its reasonable approach to the negotiations has, in effect, set a new standard for other unions — and other employers. It would be unreasonable to expect I.W.A. members to live happily in their contract if subsequent contracts, for other unions, exceed theirs in terms of increased pay and-or benefits.

We commend the Union for its restraint. We would urge that its example be noted by the B.C. Federation of Labor and by the leaders of the C.L.C.

The position taken here in Vancouver last week by both the I.W.A. and F.I.R. is, maybe, only a straw in the wind but enough of these straws could break the back of the camel of inflation. Vancouver Board of Trade.

## Fish Talk

Amendments to the Canada Fisheries Act, designed to provide greater protection to the aquatic environment and stiffen the penalties for poaching and other offences, will go into effect September 1, 1977. The amended Act received royal assent July 14.

In announcing the proclamation date today, Fisheries and Environment Minister Romeo LeBlanc said the main objective of the changes to the Act is to preserve or enhance the country's natural environment and its renewable resources, and to crack down harder on people who flaunt fisheries regulations.

"It's been estimated that 2.6 million lobsters are taken illegally in the Maritimes alone each year" said Mr. LeBlanc. "That represents a loss to the fishing industry of more than \$3 million yearly. Loss to the B.C. salmon industry through poaching is estimated even higher."

"With new provisions and heavier penalties under the revised Fisheries Act, we will be in a much better position to deal with the poaching problem. At the same time, we will need the support and co-operation of the fishing industry and the general public to back up the efforts of the federal and provincial authorities."

Under the amended Act, the Minister of Fisheries may order the forfeiture of any illegally-caught fish, as well as the vessel, gear or vehicle used in the poaching operation after an offender has been convicted by the courts.

One of the innovations contained in the amendments would permit the introduction of a "ticketing" system for minor offences, similar to that used by police for traffic infractions. Maximum fines in such cases would be \$100, and would obviate the need for a court appearance.

### FISHERIES AND ENVIRONMENT

Other legislative changes will restrict activities such as landfill or construction in foreshore areas likely to harm fish habitats. This new conservation measure is intended to not only protect the fish, but the eggs, breeding areas and food sources of fish.

Another amendment gives the Minister of Fisheries a broader and more flexible authority to regulate against pollution of waterways by industrial plants, whether existing or proposed.

More effective regulations to deal with emergency pollution problems are to be introduced. A new section of the Act calls for mandatory reporting of spills of oil or other deleterious substances, together with an obligation on the part of those responsible for the spill or the carriers of the polluting substance, to clean up the damage.

Penalties for all the pollution offences have been significantly increased. An offence such as neglecting to provide a fishscreen for an industrial plant's water intake (now carrying a maximum penalty of \$20) could bring a fine of \$5,000 a day, while the more serious pollution offences could result in fines of up to \$100,000.

Another amendment makes it illegal to interfere with the East Coast seal hunt. The Seal Protection Regulations will be changed to restrict access to the sealing grounds to those who have a need to go there to carry out authorized sealing activities.

"This does not mean that the news media will be barred from attending and reporting on the seal hunt" said Mr. LeBlanc. "However it will allow us to keep away those whose only intention is to interfere with sealing operations."



TOTEM TIMES



BLUE RIBBON AWARD 1977

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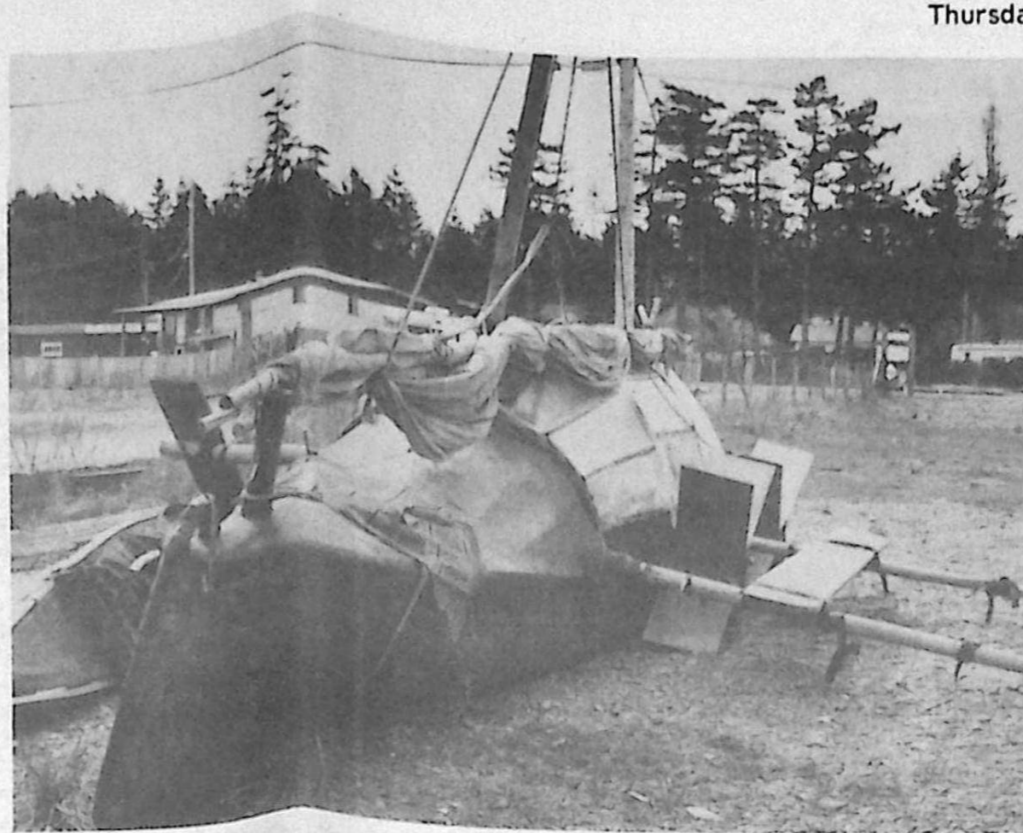
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# Soaring Over Comox



— Get Set —



**THE TALL SHIPS** will be arriving in West Coast ports next summer as part of the aquatic celebrations in Victoria and Vancouver. Local sailing enthusiasts are busy preparing their entry in the regatta. The yet un-named craft has been constructed by local boat-builder Lloyd Korney based on a design by local yachtsman and designer John Stephen.



There is nothing more depressing to a glider pilot than to awaken to a dark and cloudy sky. But that's the way it was Sunday morning when the pilots of 205 Sqn. Nanaimo arrived on the field for another day of soaring.

Things ground to a halt as the threat of rain loomed closer, and the gliders were secured to the tie downs at the side of the field.

But the powers that reign here in the valley of sunshine and salmon saw fit to reward these young soarers with sunshine and clear skies as the afternoon began to approach.

Aircraft and gliders began appearing on the field, undergoing DI's as the students were recalled.

The cadets of 205 Sqn. were here for the weekend of Sept. 3 - 5 to provide familiarization on flights for the pilots and students of the local squadrons.

Here for instruction were No. 22 Sqn Powell River with five pilots, No. 386 Sqn Comox Valley Lions, with three, No. 676 Sqn Sidney with two, No. 205 Sqn Nanaimo with one, and No. 135 Sqn Vancouver with four.

Glider training was carried out under the Command of LCol. Sorfleet, Maj. Phil Perry, and Capt. Joe Whittington. They brought up two Schweizer gliders and two L-19 Bird Dog tow aircraft.

The tally for the weekend shows 114 flights logged for a total of 22½ soaring hours.

From the expressions and remarks of cadets coming back from their first flight, as well as those of the experienced "veterans" instructors, the weekend had to be a resounding success, with everyone looking forward to the chance to get back and try it again ... and again ... and ...



**DND SUPPORTS BIOLOGICAL RESEARCH EXPEDITION** (HMCS PRESERVER) - Members of HMCS Preserver's ship's company put ashore by amphibious landing crafts, a 10-man Acadia University biological research expedition, recently, in Pritzler Harbour located on the southern shore of Baffin Island, N.W.T. Maritime Command's 22,000 ton operational support ship HMCS Preserver was in the Canadian arctic on Exercise NORPLOY '77 conducting a series of Hudson Bay and Hudson Strait settlement visits, and providing support to a number of arctic research projects.

DND Photo

## OWLS CRY TOO!

Sing a song of sadness,  
A pocketful of woe,  
Four and twenty Brownies  
Are feeling very low.  
Lost their nice Tawny Owl  
Don't know what to do,  
And Brown Owl is so over-  
worked  
That she may vanish too.

Sing a song of sadness  
A teardrop in your eye,  
Still the job goes begging  
As no one will apply.  
Four and twenty Brownies  
Begin to feel the lack,  
Now isn't that an awful way  
To treat a Brownie Pack?

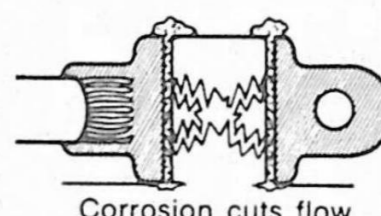
Everyone loves Brownies  
And wants one in the home,  
A Pixie, a Leprechaun,  
A Fairy, or a Gnome.  
Oh everyone loves Brownies  
Or so we understand:  
The question is — who cares  
enough  
To come and Lend a Hand?

Anyone interested in helping with Brownies this year please contact Mrs. Nancy Cassibo at 339-5936.

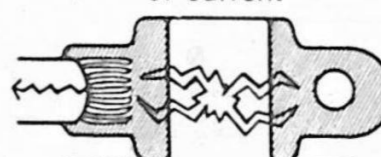
The Guide Company on the Base also needs leaders. Please contact Mrs. Pat Wittman at 339-5407.

## IS YOUR CABLE ABLE?

Before blaming your battery when it acts dead, check the cables. If they're covered with corrosion, chances are there's an accumulation of greenish white deposit between the battery post and the terminal on the cable. Flow of electricity is restricted or stopped.



Corrosion cuts flow of current



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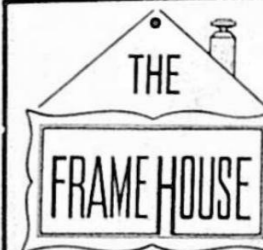
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## Glacier Gardens — Ice Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600	0675						0675
0700	MINOR HOCKEY						MINOR HOCKEY
0800							
0900							
1000		INTER SECTION 1130	MEN'S TOTS 1130	INTER SECTION 1130	LADIES Broomhall 1130	0930 VILLAGE PARK SCHOOL 1130	
1100		ICE MAINTENANCE	FOR 1/2	BROOMBALL			
1200		INTER SECTION	BROOM BALL				
1300	1345	INTER SECTION	INTER SECTION	M.S.H.	INTER SECTION	MAINTENANCE 1400	1345
1400							
1500	ADULTERS HOCKEY		1545	1600	1600		
1600		1615	FIGURE SKATING	1615	MINOR HOCKEY	1600	MINOR HOCKEY
1630	LADIES HOCKEY 1800						
1700		1815	1915	1945	1815		1815
1800			PUBLIC SKATING				
1900	1815	1900	2000	1900	1930		1930
2000	COMMERCIAL LEAGUE 2215	INTER SECTION	COMMERCIAL LEAGUE 2200	INTER SECTION	COMMERCIAL LEAGUE 2230		2000
2100							
2200							
2300							
2400							

### "Up Earl's Alley"

It is almost an impossible task to keep ahead of the Athletes here at CFB Comox. The Inter-Section Broomballers were knocking at the door of the Rec. Centre already. I suppose the next thing we know, the Inter-Section Softball players will want to be holding their pre-season meeting ... Oh well Swannie can handle it. I noticed in his minutes from the Broomball meeting he had, the "Referee will signal a penalty by throwing his flag"?????

Speaking of Football the Inter-Section Flag Football League is underway. A total of five teams will do battle for the coveted "Clam Bowl" Championship.

Well the NHL Training Camps open on Monday 19 Sept. The day of the "Fat Cat" attitude for the Stars is over. The Minimum salary has been set at \$12,500.00 for the first season. I guess that's not bad for a few months work if you can call it work. I can recall my Dad telling me about the training methods of the late 1930 Moncton Hawks of Sr. "A" Hockey fame (they won the Allan Cup in two successive years).

They would put on an old pair of their skates and run up and down the stands as part of their practice sessions. Of course money in those days was rather hard to come by and players played the game for the enjoyment, especially at the Amateur level. Can you imagine the hassle one would get if he attempted to have his players run up and down the bleachers in this day and age, even without skates on...

A very special thanks is extended to S.SGT. Charlie King and the remainder of his Instructors who so successfully ran the Basketball Clinic for the Dependents of CFB Comox recently. The USAF lads did a great job and I am sure the Children will certainly benefit from the effort. It was well organized and controlled. Thanks fellas.

### Mom? Dad?

With the fact that the "Frost is on the Pumpkin" time of year is once again upon us, the Minor Hockey season is about to commence.

Read it and then check yourself out and see if perhaps you might agree as to how True it is.

Of course this is a letter from a young hockey player to his Mom and Dad and it goes: "Dear Mom and Dad"

I hope that you won't get mad at me for writing this letter, but you always told me never to keep anything back that ought to be brought out into the open. So here goes;

Remember the other morning when my team was playing and both of you were sitting and watching. Well, I hope that you won't get mad at me but, you kind of embarrassed me. Remember when I went after the puck in front of the net trying to score and fell? I could hear you yelling at the goalie for getting in my way and tripping me. It wasn't his fault that is what he supposed to do. Then do you remember yelling at me to get on the other side of the blueline. The Coach told me to cover my man, and I couldn't if I listened to you, and while I tried to decide they scored against us. Then you yelled at me for being in the wrong place. You shouldn't have jumped all over the coach for pulling me off the ice. He is a pretty good coach, and a good guy, and he knows what he is doing. Besides he is just a volunteer coming down at all hours of the day helping us kids, just because he loves sports. And, then neither of you spoke to me the whole way home, I guess you were pretty sore at me for not getting a goal. I tried awfully hard, but I guess I am a crummy hockey player. But, I love the game, it is lots of fun being with the other kids and learning to compete. It is a good sport, but how can I learn if you don't show me a good example. And, anyhow I thought I was playing hockey for fun, to have a good time, and to learn good sportsmanship. I didn't know that you were going to get so upset, because I couldn't become a star.

Love,  
Your Son.

### Archery Club

The CFB Comox Archery Club will hold its Annual Meeting at 1900 on Friday, Sept. 30, 1977 at the Rec Centre.

The agenda will be: Election of the Executive, Fall Program, BCAA Championships, and VAAA Championships.

This meeting is open to anyone interested in Archery so, come out and see what we are all about.

For further information give Don Buchner a call at local 468.

### Flag Football

The league contacts for the 77 season are as follows: Team No. 1 (442 Sqn.) - Cpl. Schmidt P.W. Loc. 285; Team No. 2 (409 Sqn.) - Pte. Mongeon J.S. and Pte. Burnett L.J. loc 236; Team No. 3 (MP.SAS)- MCpl. Simpson M. loc. 425; Team No. 4 (USAF) - SSGT Spear L. and TSGT Schollar G. (The Green Hornet) loc. 426; and Team No. 5 (407 Sqn.) - Capt. Morey G. loc 308.

SCHEDULE GAME TIMES 1700 HRS.

TUES. 13 SEPT. 5 vs. 2  
THURS. 15 SEPT. 4 vs 3  
TUES. 20 SEPT. 1 vs 3  
THURS. 22 SEPT. 5 vs 4  
TUES. 27 SEPT. 2 vs 4  
THURS. 29 SEPT. 1 vs 5  
TUES. 4 OCT. 3 vs 5  
THURS. 6 OCT. 2 vs. 1  
TUES. 11 OCT. 4 vs 1  
THURS 13 OCT. 3 vs 2

Play-offs will be sudden death games including finals. The first four place teams will be involved in the play-off.



### Skate Exchange

Are the young lads skates to small? Equipment to small? Well help has arrived. There will be a skate exchange for all interested personnel on Saturday, Sept. 25, 1977 commencing at 1000, at the CFB Comox Hockey Arena, Glacier Gardens. If you have items for sale you can drop them off at the Arena on Friday evening the 24 Sept. between 7 and 9 p.m.

This is a good opportunity to get your youngster outfitted for the hockey season.

**NEW DATES FOR 1978 NATIONALS**  
**SERVICE WOMEN CHAMPIONSHIPS**  
 CFB EDMONTON 13 - 17 Feb. 78  
**CURLING**  
 CFB NORTH BAY 28 Feb. - 4 Mar. 78  
**SMALL BASE BROOMBALL**  
 CFB BORDEN 6 - 10 Mar. 78  
**HOCKEY**  
 CFB SHEARWATER 28 Mar. - 4 Apr. 78  
**VOLLEYBALL**  
 CFB WINNIPEG 11 - 14 Apr. 78  
**BADMINTON**  
 CFB GAGETWON 20 - 25 Apr. 78  
**GOLF** CFB GREENWOOD 11 - 15 Sept. 78  
 \*SOFTBALL CFB COMOX 18 - 22 Sept. 78  
 Dates shown are suggested dates only. Hosting units will examine proposed dates and confirm or change as necessary.  
 \*CFB Comox will be hosting this event.

**SERVICEMEN'S ROAD RACE**  
 at CFB EDMONTON  
 on the  
**30 SEPT. TO 02 OCT., 77**  
 THERE IS A 5 KILOMETER AND 10 KILOMETER  
 ALL WHO ARE INTERESTED CONTACT:  
 CPL. ATHANASOPOULOS - LOC. 315

**WANTED SOCCER PLAYERS**  
 BOYS & GIRLS AGE 8-12  
 FOR INDOOR SOCCER  
 Registration At Rec Centre  
 1800 hrs 26 Sep 77  
 For more Information Contact  
**THE REC CENTRE**  
 Loc 315

**COMOX VALLEY MINOR HOCKEY ASSOCIATION**  
**USED SKATES AND EQUIPMENT SALE**  
 SATURDAY, 24 SEPTEMBER 10 a.m. to 4 p.m.  
 AT GLACIER GARDENS, CFB COMOX  
 Bring in your items for sale  
 Friday, 23 September - 7 to 9 p.m.  
 FOR PRICING AND TAGGING

**COMOX VALLEY CURLING CLUB**  
**FOR ALL CURLING**  
 INFO: PHONE—  
**334-4712** or

**77-78 Fall & Winter Rec Centre Calendar**

DAY	TIME	EVENT
SUNDAY	1300 - 1500	Open Recreation
	1500 - 1900	Archery Club
	1900 - 2200	Badminton Club
MONDAY	0800 - 1630	Service Personnel
	1600 - 1800	Basketball Practice
	1800 - 2000	Indoor Soccer (Dependents)
TUESDAY	2000 - 2200	Open Recreation
	0800 - 1630	Service Personnel
	1600 - 1800	Indoor Soccer (Service Personnel)
WEDNESDAY	1800 - 2200	Air Cadets
	0800 - 1630	Service Personnel
	1600 - 1800	Basketball
THURSDAY	1900 - 2200	Badminton Club
	0800 - 1630	Service Personnel
	1600 - 1800	Volleyball Practice
FRIDAY	1900 - 2200	Volleyball or Basketball games
	0800 - 1630	Service Personnel
	1900 - 2200	Archery Club
SATURDAY	1300 - 2200	Open Recreation

**BOWLING**  
 JOIN FALL-WINTER LEAGUES NOW!  
 \*MIXED  
 \*LADIES  
 \*MEN  
 \*YOUTH  
 DOWNTOWN COURTENAY LANES  
**334-4051**

**Nanaimo Realty (North Ltd.)** 576 England Ave. Courtenay 334-3124

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**W.O.'s & SGTS MESS**  
**MARTY DAVIS SHOW AND DANCE**  
 30 SEPT. - 2100 HRS.  
 Admission \$6.00 couple Regular & Associate. \$10.00 couple Honorary & Guests at Totem Lounge  
 TICKETS NOW ON SALE SEPTEMBER ENTERTAINMENT

**Jr. Ranks Club**

September 30th — TGIF.  
 September 25th - 26th — Dance to the "Primos". 50¢ per member - \$1.00 guest.  
 September 29 - October 1, 2 — The Marty Davis Concert and Dance. \$1.00 couple members - \$2.00 guests.  
 September 22 — Disco. 50¢ cover charge.  
 September 3 - 30 — J.R.C. Fishing Derby.  
 October 1 — Wind-up Party - Prizes - 1300 hrs. Totem Annex.

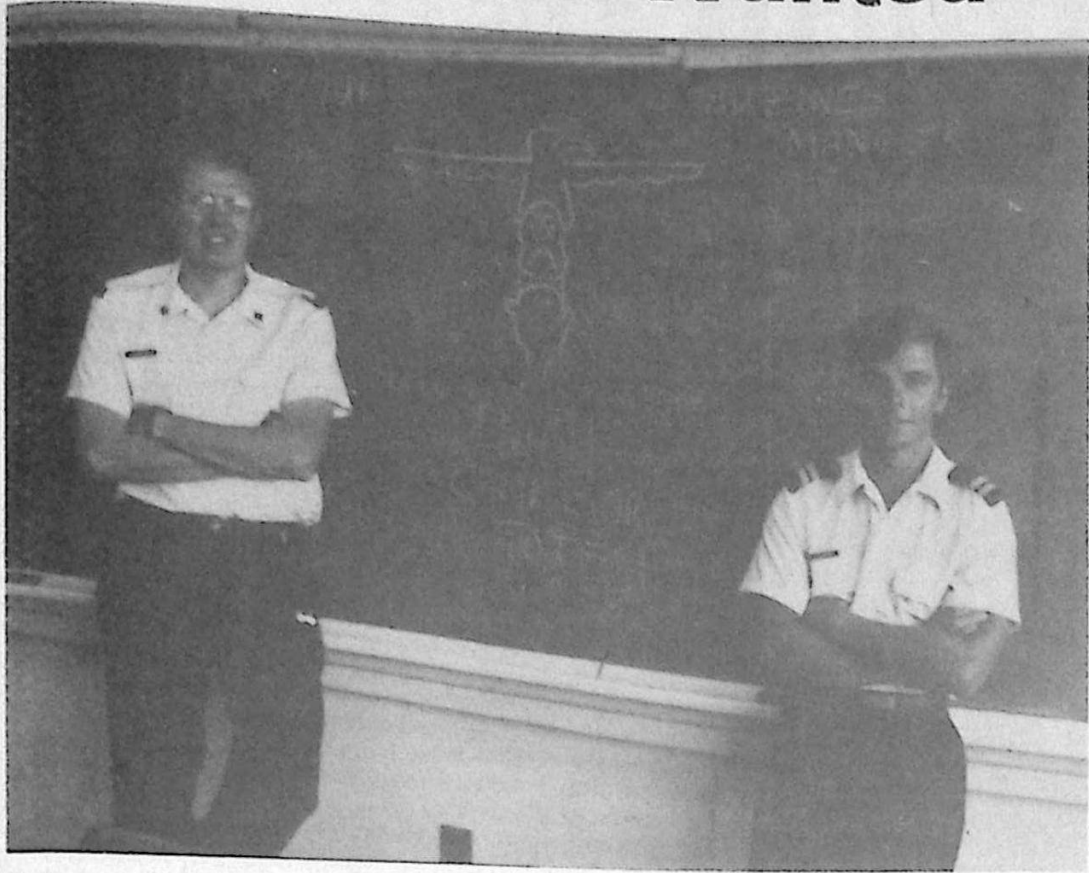
**MOVIES**  
 Movies every Tuesday Evening - 2200 hrs.  
 Sept. 27 — "Joe Bonner" (Mature) - Steve McQueen.  
 Oct. 4 — "Gator" (Mature). Burt Reynolds.  
 Oct. 5 — Bingo. 2200 hrs. Totem Lounge.  
 Oct. 8-9 — Dance. Local Rock Group "Punch".

**OFFICER'S MESS ENTERTAINMENT**

TGIFs — September 30th, October 7th, 14th  
 Friday — September 23rd  
 Mixed TGIF 1700 - 1800 hrs. Subsidized drinks, Jackpot & Bottle Draw - 1830 hrs. Chinese food 17 - 1830 hrs. "Special Bottle Draw" 2000 hrs. Dance to Taped Music 1900 - 2400 hrs.  
 September 28th — O.W.C. Bridge.  
 October 1st — 442 Sqn. Mixed Party.  
 October 2nd — Family Brunch.  
 October 6th — Mess Dinner.  
 October 12th — O.W.C. Bridge.  
 October 15th — Beef and Burgundy.  
 RESERVATION BY OCTOBER 13th  
 BAND — MUSIC FACTORY

☆ NOTICE — During regular TGIFs — When Muggings are scheduled, food hours will be extended 1600 - 1730 hrs.

# Situations Wanted



**SITUATIONS WANTED**  
**TWO FORMER NEWSPAPER MEN** Bob Shawcross and Marc Legault, exhausted from sweltering classrooms at large Ontario base, desperately desire positions with small west coast military fishwrapper. No job too menial. Send enquiries to Camp Boredom.

## Juvenile Delinquency

Major problem in B.C.

Juvenile crime is probably the most serious social issue facing the province today. Many British Columbians are living in perpetual fear of no more than a few hundred kids under seventeen years of age whose crimes include everything from vandalism to murder. They have an incredible amount of criminal skill and so far our society has not found a way to deal with them.

A report produced last year by British Columbia Police Commission entitled, "Crime in British Columbia" states that "...juveniles are forming a gradually increasing proportion of persons charged, and the proportion is fast approaching one third of all who are dealt with formally in court." It goes on to "Almost as many juveniles are diverted from the court process as are charged, and the day seems not far off when juveniles will form two-thirds of the identified offenders coming to the attention of the police."

It seems to boil down to the fact that juveniles today know that there is very little that the legal authorities can do to them in the way of punishment. Basically he can be given a maximum of a \$25.00 fine, or he can be put on probation. There have been cases where juveniles have simply laughed at an

arresting officer because they know how light the punishment will be.

Last week the Legislature took a first step in trying to combat the problem. The "Correction Amendment Act" was passed, which will provide for secure lock-up facilities for the small number of hard-core juveniles in our province with whom the authorities are having this problem. It is the most depressing piece of legislation that I have ever had to research, because we are dealing with an area of the administration of society where we have failed. It is a bill that comes into play only after the parents, the schools, the community, the social workers, probation officers, and the Human Resources Ministry have all failed.

These containment centres must be viewed as a place of last resort and because of that reason it gives every cause for strengthening the resources that are applied to the preventative medicine that is required long before these centres are needed.

The government has made a big issue of the introduction of these containment centres but it must only be seen as a stop-gap measure to hold us over until the preventative measures can be properly implemented.

As a society, I think we have a duty to our young people to teach them that actions have consequences in this world. Our justice system and our social system does no one a favour if it hides the consequences, particularly if it hides and obscures the consequences from young people. The justice system for young people must be swift in its application; it must be certain in its application; it must be predictable in its results; and it must be equipped with a sufficient range of resources and tools for disposition. With these kinds of tools and with this kind of philosophy of swiftness and certainty, then there is every chance that youth problems and juvenile delinquency will be reduced.

**DON'T**

**...GIVE CHILDREN DANGEROUS TOYS**  
 Check those toys! Are they approved? Look for sharp edges and points. Check for hidden sharp wires and staples. Avoid toys that heat up and toys that shoot.

# Help For The Workers Of Tomorrow

Are you concerned about the future of industry? Will you be able to retire feeling that your pension is safe in the hands of the next generation? Will you retire feeling that the country will prosper under the business and labor leaders of the future--the youth and students of today?

It was Ma Murray who said that "Youngsters today are educated until it comes out of their ears, and they don't know a darn thing!" That comment considered, are you concerned about the education and training of the potential work force? Do the students arrive at the personnel office armed with the most useful formal skills? More important, in one way, are they mentally prepared for the "spirit" of the working world--and the inevitable competition they will encounter?

A professor at Trenton University has been con-

ducting experiments and the human ability to cope with failure and frustrations. He reports that the educational system is geared to minimize frustration and protects children from experiencing failure--saying that the schools "do everything for the kids."

It may be difficult to accept the report's conclusions without seeing the research, but it is obvious that children ill-prepared for frustration and failure are not going to enjoy the competitive atmosphere which is so much a part of the working world. It is impossible to cope with, let alone enjoy, something for which one is ill-prepared--and we are failing our students if we do not try to improve the situation.

If we believe that it is essential for students to be prepared to work in--and enjoy--the working world, then we must believe in the necessity of them knowing a great deal more about it than most of them do.

There is a pilot programme in operation in Vancouver called the Business Resource Guide. This has been produced by the CAY Centre in co-operation with The Vancouver Board of Trade. CAY Centre is C-A-Y Career Action for Youth. It is a project sponsored jointly by the Vancouver School Board

and Canada Manpower and, we understand, unique in Canada. The CAY Centre reaches into the schools with its career counselling and has a wealth of material available for teachers' reference--material on careers, on companies and on organisations.

The Business Resource Guide for Schools was designed to improve communication and understanding between the community and the Vancouver Secondary School system. Teachers and students have both expressed a desire to be introduced and become involved in the working world. It is possible for school career counsellors to be working from a theoretical or academic point of view. Their practical experience in the working world is severely restricted by the academic demands on their time.

Community resources can enliven and add to school instruction on careers and can bring a greater sense of reality of some school courses. If the school system can draw on these resources, students can be more aware of, and have a greater appreciation for, the working world and themselves. There has to be a rallying or focal point for business contacts and this The Vancouver Board

of Trade has become. The Business Resource Guide is attempting to bridge the gap between the school environment and the working world. It outlines the resources offered by business, industry and other agencies within the community.

These resources include speakers, audio-visual presentations, printed information, plant or office tours, observation of company operations and where possible, job experience. School Career Expositions and Fairs can show students what the working world requires and what it has to offer.

Reception from the schools has already indicated that the guide is of considerable value.

It should be stressed that any facilities offered by the community are on a voluntary basis.

If you would like to learn more about the CAY Centre and the Business Resource Guide, especially if you would like to become a Resource, please call the CAY Centre at 666-8392 or The Vancouver Board of Trade 681-2111. From the Vancouver Board of Trade.

If you wrap potatoes in foil, you're really steaming not baking them.

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75 PINTO STN WGN automatic	\$2995
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73 TOYOTA COROLLA 1600 cc, low mileage	\$1795
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72 CORTINA 4 DR. Std. Only 30,000 mi.	\$1695
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73 MAZDA 808 stn. wgn., new motor	\$2195
74 FORD GRAN TORINO h/t	\$2495
74 ROTARY PICKUP 12,000 mi., new paint motor guaranty	\$3295
75 TOYOTA LAND CRUISER 4 x 4, only 17,000 mi.	\$4995
65 MERCURY P/U 6 cyl. standard trans.	\$695
72 COURIER P.U. New motor	\$1895
75 FIBER GLASS CANOPY 1/2 long box.	\$395
STOCK RACKS 2 for import p/u offers to	\$495
72 TOYOTA PICKUP and canopy	\$1795
72 DATSUN PICKUP extra clean	\$1895
CAMPERETTE with stove sink & icebox	\$795

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Explore the many Autumns of **BRITISH COLUMBIA**

Now. While the moments last.

It is a fleeting season. A short, silent blaze of sunshine and colour before the long grey of winter. So seize the moment. Just the two of you. Escape to the unordinary, undiscovered pleasures of Autumn. For a day, a weekend or a week.

Explore a ghost town. Ride a back road. Rent a cabin. Walk a quiet beach. Relax. Talk. And remember. But do it now. Pick up and go. Winter is so close.

**So much. So close. This fall.**

TOURISM BRITISH COLUMBIA  
 Ministry of the Provincial Secretary and Travel Industry  
 The Honourable Grace McCarthy, Minister

Need ideas? Write for your free copy of the big new British Columbia Calendar of Events 1977-1978, Fall and Winter. Tourism British Columbia, Parliament Buildings, Victoria, B.C.

# Is Good Health Really Worth It?

## Alcoholism

### PART TWO OF SERIES

Alcoholism has no regard for background - poor or rich, high school dropout or university graduate. The one thing alcoholic people have in common is their illness.

Because the military is a cross-section of Canadian society, its drinking pattern is much like that of the civilian world, where almost half of the alcoholic people are professionals or managers; where in industry, one out of ten in the work force is an alcoholic person. The problem runs from the assembly line to the executives in the front office, and the pattern doesn't change much just because one puts on a uniform and joins the military.

The military is aware that an alcoholic employee in society loses more than 22 work days a year and has twice as many accidents as other employees. More than three-quarters of the alcoholics in our country are employed with the same percentage being employed by the military as in our civilian community.

If you ask a military doctor, social worker, padre, financial counsellor or military policeman - he will probably tell you that of all the single causes of problems in the military, alcohol is by far and away the leading one. It is a safe estimate to offer that in comparison to the national survey, Maritime Command Pacific has over 325 actual or potential alcoholics, over 1,000 who drink alcohol in harmful quantities, and that approximately 1/2 a million dollars per year is lost in decreased efficiency, poor decisions, and absenteeism.

When he arrives at the treatment site, he is examined for such conditions as heart disease, high blood pressure, diabetes, neurological disorders, or liver disease. If there are no physical problems, the person's treatment phase begins.

The treatment phase runs for four weeks and focuses on health and providing an understanding of the facts about alcohol and its misuse, and a resolution of the persons personal problems with drinking. There are films, chalk-talks, group therapy, relaxation therapy, physical training, and individual sessions with counsellor and other members of the treatment team. The underlying values of the program are (1) Personnel responsibility, (2) Honesty (3) Concern for self and others, with the intention of creating an awareness that "what it is that I am or will become is up to me."

In addition to the regular round of therapy, each person attends Alcoholics Anonymous meetings several times each week. Graduates of BARS are encouraged to maintain affiliation with AA when the clinical phase of the treatment program is over. Re-Entry Phase Critical

When the clinical or formal phase of treatment ends, the person is returned to his ship or unit for the re-entry phase of the program. This is a critical time for the person

and there is always a strong impulse to go back to old patterns upon return to familiar surroundings and conditions.

The program recognizes that, with the illness of alcoholism, "treatment" never ends, the graduate is not dropped to sink or swim on his own. The graduate does assume responsibility for his continuing rehabilitation when returning to duty in the same way that others are sent back to regular duty after any other kind of medical treatment.

No one is abandoned during the re-entry phase. Each graduate is required to take part in a one year program and become part of the helping system himself. Many graduates become very involved and offer advice, guidance, and - the most important ingredient - the understanding needed in the effort to maintain sobriety. The very effort of helping others has often helped graduates who might experience difficulty themselves. "We depend on you" is the message given to each graduate of BARS.

In the year after completion of treatment, the person's work performance is expected to improve; relapses, if they occur at all, should be infrequent; and performance of

duty is to continue unimpaired. If work performance deteriorates or if the person because a discipline or administrative burden, normal career action will then result.

Whatever path the individual pursues in trying to overcome the problem of alcoholism, the military and the BARS organization are ready to help - and in 7 out of 10 cases, the program works, as the recovering alcoholics that have gone through BARS can testify.

## The Rebuilding Process

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Major Ray Crabbe the Director of the Treatment facility, tells us that BARS was established on the premise that although the disease of alcoholism is not curable - it is arrestable. He states that all the members of the treatment team are firm in their conviction that those who contact this debilitating disease are indeed treatable and capable of returning to full and productive duty and to a fulfilling life. The BARS members provide the tools with which those afflicted can recover through education, counselling and suggestions of viable support systems which will help them retain their recovery.

Remember, the BARS telephone number is 388-2294. All calls are treated in confidence and only with the interest of the caller in mind.

So ends a delightful letter from a 25-year-old man from Victoria. He is fed up with his red, irritated scalp, and has been unable to improve things although he has tried any number of lotions and shampoos recommended by his druggist and his hair stylist.

Dandruff is a mild form of a skin condition known as seborrheic dermatitis. Seborrhea comes from the Greek and means a flow of tallow, a reference to the greasy scales associated with the disease.

In ordinary dandruff the superficial cells of the scalp skin lose their stickiness and tend to flake off constantly, usually, it seems, on to the shoulders of a dark suit. Most dandruff shampoos attempt to remove the loose flakes and the cells immediately beneath, in the hope that the deeper layers will adhere for a day or two.

Seborrheic dermatitis may occur in more severe forms and cause real distress rather than just the nuisance of dandruff. The scalp, behind the ears, and the central chest and body folds are affected. Itchiness, fissuring and infection may complicate the situation.

While over-the-counter preparations often suffice for mild dandruff, prescription preparations are usually more effective. They usually have the disadvantage of not smelling as nice, and some are quite messy to use. Most doctors have their own favorites, and sometimes two or three must be tried before the best one is found.

When a case of cancer has been diagnosed, a treatment plan must be organized. This plan varies widely depending on the type, location, size and activity of the tumor. It may be as simple as excising a small skin cancer, or complex enough to involve extensive surgery followed by x-ray therapy and powerful drugs.

Through all this the physician must advise and support his patient. Many cancers can be cured, and many may be held in check for long periods of time. The list of curable cancers is slowly growing as knowledge increases, but it is a sad fact that the course of certain tumors is affected little or not at all by any form of medical treatment.

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When a case of cancer has been diagnosed, a treatment plan must be organized. This plan varies widely depending on the type, location, size and activity of the tumor. It may be as simple as excising a small skin cancer, or complex enough to involve extensive surgery followed by x-ray therapy and powerful drugs.

Through all this the physician must advise and support his patient. Many cancers can be cured, and many may be held in check for long periods of time. The list of curable cancers is slowly growing as knowledge increases, but it is a sad fact that the course of certain tumors is affected little or not at all by any form of medical treatment.

## Info/Health

Dr. Bob Young



### TUMORS AND CANCER

Oncology is the study of tumors and other forms of cancer, and the medical specialist who confines his or her practice to this field is known as an oncologist.

In actual fact almost all doctors find themselves involved in treating patients with cancer, unfortunately all too often. Management of malignant disease is a real challenge to the profession and to the individual doctor.

Cancer is a term which, in its broad definition, includes many forms of malignant new tissue growth, especially that which spreads either locally or to distant parts of the body. I can think of no organ that is immune.

Dear Dr. Young: Can you help me with my dandruff problem as it is driving me bananas and is quite itchy? Signed "Urgent".

So ends a delightful letter from a 25-year-old man from Victoria. He is fed up with his red, irritated scalp, and has been unable to improve things although he has tried any number of lotions and shampoos recommended by his druggist and his hair stylist.

Dandruff is a mild form of a skin condition known as seborrheic dermatitis. Seborrhea comes from the Greek and means a flow of tallow, a reference to the greasy scales associated with the disease.

In ordinary dandruff the superficial cells of the scalp skin lose their stickiness and tend to flake off constantly, usually, it seems, on to the shoulders of a dark suit. Most dandruff shampoos attempt to remove the loose flakes and the cells immediately beneath, in the hope that the deeper layers will adhere for a day or two.

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My correspondent's description of his skin leads me to believe that he has more than simple dandruff. He would be well advised to seek his physician's advice, and perhaps that of a dermatologist.

Seborrheic dermatitis is difficult to cure and tends to recur. Treatment usually results in a significant degree of improvement and relief of symptoms, most of which are due to treatable complications.

A doctor must constantly be suspicious that a patient's symptoms may be due to a malignancy. Early detection is frequently the most important factor in obtaining a cure. Many routine tests are carried out in attempts to diagnose early cancer, with the Pap smear perhaps being the best known.

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## Caring For Your Child's Teeth

Your child may well take his first step on the road to false teeth when he is only 2 years old. It has been estimated that 50 per cent of all 2-year olds have one or more decayed teeth; and that by the time a child starts to school, he probably has three or more cavities. He is also likely to have early periodontal disease (disease of the gums and supporting tissues of the teeth). Thus, a pattern is established; and before too many years have passed, the child is a man, and the man has joined the 1 in 5 Canadians who have full dentures by 35 years of age or the 80 per cent who have periodontal disease at this age.

Good dental health habits should begin when your child is born. They must include attention to proper diet, good oral hygiene at home, and regular dental care as soon as all the first teeth have erupted.

Early care not only prevents decay but helps to avoid those conditions that lead to crooked teeth, faulty bite, and other major dental disorders than mean extensive and expensive dental treatment in later life.

Many parents worry about thumbsucking during this phase of their child's development. Dental authorities now generally agree that it will cause no problems-provided the habit ends before the child reaches the age of 5 years. In those early years, any irregularity in tooth position caused by sucking habits will probably correct itself. But, by the time the child is 5 years old, the permanent teeth have begun to erupt, and they can be seriously affected by thumbsucking, fingersucking, lip biting, tongue thrusting, and similar habits. Thumbsucking at this age may permanently affect both jaw shape and tooth position, narrowing the dental arches and forcing the teeth out of position. Persistent thumbsucking should be brought to the attention of both the physician and the dentist for corrective action. Above all, do not substitute the lollipop for the thumb. It is a formidable ally of tooth decay.

Regular visits to the dentist during the years from 3 to 12 ensure that the first, or "baby", teeth are shed at the right time and that the permanent teeth come in properly aligned. During these years, the roots of the primary teeth slowly dissolve, while the permanent teeth that have been forming in the jaws begin to push their way through the gums. Occasionally, the roots of a baby tooth do not dissolve quite fast enough. Your dentist may want to help along the loosening process. Or, if the first tooth has been lost too soon, he may insert a simple appliance called a spacer retainer to preserve the space for the incoming tooth.

Early loss of either primary or permanent teeth will cause neighboring teeth to drift into the vacant space and either prevent normal eruption of a new tooth or disturb the position of erupted teeth.

The 6-year molars-the first of the permanent teeth and the most important-require careful attention. These four teeth are often not recognized as permanent because they do not replace a baby tooth. The 6-year molar is the sixth tooth back from the center of the mouth and is needed to preserve the shape of the dental arch while the other teeth are coming in. Six-year molars often develop cavities just a few months after they erupt, and yet these teeth should last 60 to 70 years.

By the time a child starts school, the habit of tooth cleansing should be well established. A child's toothbrush should have a small head so that it can reach all surfaces of the teeth, and a flat brushing surface and soft, round-tipped bristles. The parent needs to aid or supervise the child's tooth cleansing program, which should include the use of dental floss.

Sugar and sweet foods are broken down by bacteria in the mouth to form acids that dissolve tooth enamel. The less often your child eats sugar, the better will be his dental health. Between-meal snacks must be eaten, make them something other than sweet or sticky foods.

Regular visits to the dentist for topical application of fluoride is recommended to strengthen the teeth against acid attack.

(Next article: Orthodontics)

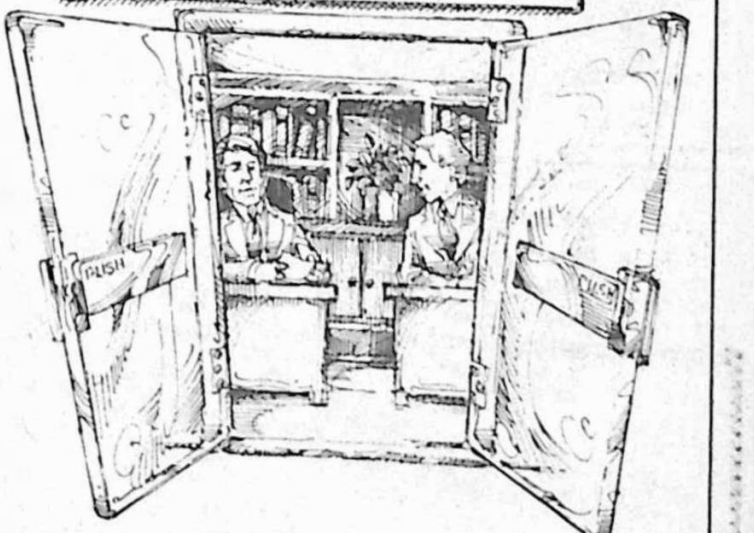
Jack Dempsey fought only 138 minutes as world champion. During that time he made \$2,137,000-or \$15,000 per minute.



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# Base Drug Education Committee

On Tuesday evening, 13 September, the Base Drug Committee hosted a presentation on drugs and alcohol in the family at the Base Theatre. The guest speakers were Mr. Ian McConnell, a B.C. Health Education Consultant and Mr. Scott Smith, a counsellor at the Provincial Treatment Centre for Drugs and Alcohol at Campbell River.

Mr. McConnell opened the presentation of a "lifestyle" theme; lifestyle being defined basically as the way in which one leads his life. He began by graphing the major causes of death in the age groups 0-5, 5-35 and 35-50. The primary cause of death in the first group is motor vehicle accidents; in the second group, it is motor vehicle accidents, other accidents and suicide; and in the third group, it is cancer and heart attacks (or related cardil-vascular disorders).

Quite often alcohol and drugs are sought in a desperate attempt to leave the bad scene. The speaker pointed out that alcohol and drugs are only part of the problem. He claimed that man is also ingesting too many preservatives, artificial foodstuffs, sugar and salt that over the years tend to cause the diseases earlier mentioned.

The solution to all of these problems claimed Mr. McConnell, is to modify your lifestyle by basing your life on the four pillars of health: nutrition, exercise, environment and stress reduction.

It was noted that recent statistics show a positive relationship between sugar, salt and food sugar, salt and food artificialities and diseases such as hardened arteries and cancer. Mr. McConnell warned that one

must take a good look at his diet with a view of making improvements in quantity and quality. He brushed over the alcohol - liver disorder relationship as well as the smoking problems that most are aware of yet do nothing about. He then returned to his graph and warned that if people do not change their lifestyles, their life expectancy can be lowered.

The topic then moved to exercise and that a good, vigorous program three times a week would be the best way to keep the heart, lungs and blood circulation going as well as keeping the fat off.

Mr. McConnell then turned to the environment we are living in. Besides the obvious industrial pollutants, he warned about the smokers who fill the air with harmful tobacco smoke. He encouraged the audience to stand up for their right to breathe pollutant-free air.

The fourth pillar of health, stress reduction, was named as a prominent factor leading to alcohol and drug abuse. The tensions that build up in the mind and body must be relieved in some manner. Too many people turn to alcohol or drugs in an effort to relieve these tensions, a practice that at best is only temporary. The problems do not disappear. Mr. McConnell cited physical activity, "rapping" with others and quiet meditation as excellent means of reducing tension and solving problems.

The speaker summed up his talk by reiterating that the current trend in our society is leading to dependency on T.V., drugs and alcohol and such a lifestyle is going to shorten our lives. The statistics bear this out. He encouraged all to seek better goals in life and take a hard look at how poorly we treat

our bodies.

Mr. Scott Smith then took the floor and explained that the treatment centre at Campbell River deals with heroin addicts, alcoholics and others who are seeking help in solving their drug alcohol related problems. Most of those present were unaware that heroin was a problem in this area. Questions from the floor led Mr. Smith to express his personal opinion that; number one, heroin is not as physically addictive as previously felt and, number two, heroin does not necessarily lead to criminal behavior. To substantiate his first belief he cited a recent U.S. Army study that concluded that a high percentage of heroin users in Vietnam were able to return to the U.S. and lead normal lives without reverting to the use of heroin. As for his second belief he informed the interested listeners that there is increasing evidence that it is people already into criminal activity who get into the heroin scene; that is, heroin does not necessarily produce criminals. He did say that in order to keep the habit a person would need money.

The discussion then moved to everybody's favorites. "Does marijuana lead to other junk" and, "Does the cost of supporting a pot habit lead to delinquency and crime"? Mr. Scott stated that the "soft" drugs are not addictive unless the personality of the individual is such that he forms a dependency on the euphoric states achieved with drugs in order to escape real life. As far as Mr. Scott was concerned there is a greater chance, (and in his opinion, danger) in forming a dependency on T.V. than in forming a dependency on the "soft" drugs. As for the

criminal behavior to support a pot habit, Mr. Smith remarked that pot is cheaper than alcohol and, in addition, he felt that a delinquent would be one whether he was on drugs or not.

He then turned to the lifestyle theme and mentioned that in many of his cases he found a very strong link between drug alcohol abuse and how the person lived his life. He very strongly urged the audience to leave their T.V. alone and get back to the real world from which there could be gained so much more enjoyment. He stated that each person should set realistic goals in life, strive for them and learn to cope with the normal problems that everyone faces while trying to attain those goals. The only way to solve problems is to face them not seek short term drug relief.

The Base Drug Education Co-ordinator, Capt. Keith Hummel, concluded the formal presentation by leaving two theories as food-for-thought. Man has evolved to a state where he does not have to go anywhere to receive stimuli. He stays at home and is fed everything via T.V., radio, newspapers, etc. He grows up knowing that everything will come to him. He has dishwashers to do the work and calculators or computers to do his thinking. Consequently, each generation becomes increasingly brain-stagnant. Reasoning processes, creativity and similar brain functions are being lost and as a result, when a crisis arises the brain cannot adequately cope. Therefore that person tries to escape, usually by using alcohol or drugs. Such is theory one.

Theory two was explained as follows. Parents are repressing instinctive curiosity and experimentation in children. Everytime a child tries to do something new that the parent does not approve of which is quite often, the child is punished or little of that experimental eagerness is lost to the child. He soon learns the correct way of doing things but he remembers the sore fingers Mom gave him for playing with the stereo switches. When adulthood is reached, habits are cemented and the tried-and-true ways of handling problems are used if required. However, if the normal responses do not solve the problem and his experimental nature has been repressed, how is that person going to cope? All too often he turns to alcohol or drugs for relief - not a good solution.

The audience of approximately 45 was then given information pamphlets covering the alcohol and drug scene. The evening concluded with the announcement that there would be another similar presentation in the evening of 25 October.

# NORAD Reaches Milestone

Cont. From Page 1

## Awesome Responsibility.

There were indicators that maybe the alarm wasn't as serious as it seemed. But then one had to remember Pearl Harbor, where early warnings were tossed off as inconsequential. Nonetheless, a commander has an awesome responsibility, not to be taken lightly.

Air Marshal Slemon conferred with Washington and Ottawa, as well as SAC, and urged everyone to go slow. Although BMEWS was reported working correctly, other indicators didn't back it up. Moreover, Russian Premier Nikita Khrushchev had arrived in New York that day. Would those at home sacrifice their front man to catch NORAD unawares?

Significantly, data which might support the BMEWS warnings was missing. At 3:40 p.m., about the time the first missiles should have landed, nothing happened. And, as inexplicably as they had appeared, the number of objects on the display board began to fade. By 4 p.m. the alarm levels had returned to normal.

Air Marshal Slemon began an immediate investigation, even as the alarm levels began to climb again.

When all the facts were in, it was apparent that it was all the fault of the man in the moon, or somebody up there. BMEWS was over 80 times more sensitive than anyone had realized. And as the rising moon passed over launching sites in the Soviet Union, it reflected BMEWS radar energy from its uneven surface, thus fooling the radar into thinking it was received pulses from many small objects rather than just one large one - the moon. BMEWS was supposed to have a 3,000-mile range, instead it had reached out much farther, to the moon, a quarter of a million miles away.

Had that alarm been for real, one of the first places to go might have been NORAD's Combat Operations Centre in Colorado. It was then a three-storey structure in the centre of town. Today it's housed inside Cheyenne Mountain, about seven miles south of the city of Colorado Springs, protected by solid granite and set on enormous steel springs to absorb the shock of any blast which might rock the underground.

Since the formation of NORAD, Canadian and United States air defence forces have been integrated and the commander exercises control of his forces through eight NORAD regions. One - the 22nd NORAD Region - is located in North Bay, Ont., and controls the largest area on the continent. Like the

mountain complex at Colorado Springs, the 22nd Region is housed in underground accommodation, reached through a long tunnel and protected by heavy blast and bomb-proof steel doors.

But NORAD is not all granite and radar and flashing display boards, it's also the dedicated people who man its various posts. Today a total of 55,000 men and women, 10,500 of them Canadians, man the aircraft, command posts, radar stations and other facilities that make up NORAD. Canada's share \$158 million.

And in these days of spiralling inflation, NORAD's budget is going down. Last year it was \$1.472 billion, this year \$1.393 billion. Canada's share this year is \$150 million.

Far in the north, from the Aleutian Island, across the Canadian Arctic to Greenland's east coast, 31 radar stations of the Distant Early Warning (DEW) Line sweep the skies keeping tab on any possible intruders. Barney Oldfield - no relation to the famed early race car driver - NORAD's first public affairs director, recalls some of the anecdotes of the early days of the DEW Line.

"In those days," he said, "the Soviet was symbolized by a big Russian bear. And it was as protection against that bear that the DEW Line was operating, so it was fitting that the first attack on a Dew Line site was by a bear. An operator at one of the most northerly sites was shaving one morning at his portable wash basin.

Deciding not to risk the outside cold, he opened the window in the radar shack and tossed the contents of the basin outside - square in the face of a polar bear. The bear regarded this as a hostile act

calling for retaliation. He came in through the window, as the operator departed through the door. With one paw the bear smashed the left radar panel. Then with the other paw he demolished the second one. And that radar station was off the air for sometime thereafter."

The Arctic was somewhat more remote then than it seems today, Barney said, and isolation was fairly complete, except for the occasional resupply flight and radio communications. Consequently, the few men located at the DEW stations were hungry for news. When the commander of that day, who was stationed in Newfoundland, would make inspections they would be by air, overflying the sites and talking to the commanders on the ground. As soon as he had completed his business the aircraft's crew chief, who had come armed with the Newfoundland base newspaper, would begin to read furiously to the men on the ground. They would copy the report word for word for their buddies, and that would be their total complement of news until the next commander's visit.

Basketballs at 25,000 miles. Important as are the Dew Line and the Pinetree Radar Line - they are not the only space watchers. The baker-Nunn cameras, the Canadian ones are in Cold Lake, Alta., and St. Margaret's near Chatham, N.B., are optical sensors which have the capacity to photograph objects the size of a basketball out to a range of 25,000 miles. The optical sensors are part of a surveillance system called space detection and tracking (SPADATS). Included in the duties of SPADATS are observance of decaying space debris, defined as "any object that has been recovered by

the earth's atmosphere, has disintegrated due to atmospheric friction upon re-entry, or has impacted the earth, the moon or other celestial bodies."

Most space debris will impact in the oceans and seas with a one-in-a-billion chance of hitting a human being. But decaying space debris claimed its first and only victim 17 years ago, when the life of a peacefully grazing cow in Cuba was snuffed out by a falling 40-pound chunk of molten metal.

Both Canada and the United States are looking for new aircraft to bolster their NORAD interceptor fleets. At present the U.S. interceptor squadrons are equipped with F-106, F-101 and F-4 supersonic fighters. Canadian Forces squadrons fly the CF-101 Voodoo.

New warning systems are being developed. Airborne Warning and Control System (AWACS) provides airborne surveillance and command and control for both tactical and air defence forces. AWACS under development in the U.S. are modified Boeing 707 aircraft, topped by a 30-foot rotodome housing a specially developed radar to detect and track aircraft at high and low altitude, over both land and water.

In combination with a new generation interceptor, the AWACS command and control system, with its airborne radar, would constitute a giant step in deterrence of attack against North America.

The Future. Notwithstanding the approaching 20th anniversary, NORAD continues to serve an essential function in the security of the North American continent. New defensive systems will ensure a continuation of that function well into the future.

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SHOW TIME 8:00 P.M.

# Neighbourly News

## Femme Gen

**BY ELIZABETH GRAHAM**  
This summer, the craze for breaking into the Guinness Book of World records has reached maniacal proportions, so-much-so, that the Guinness Book will soon have to be published as a daily news-letter in order to stay up-to-date. New categories are being developed every day, and new records being set - quite unintentionally:

**QUEBEC (CP)** A new record for the number of times for getting lost on a summer vacation trip has just been set by a Mr. Owen Billings, who took a total of 57 wrong turns during a 150 mile automobile trip with his wife. Mr. Billings, interviewed in Quebec city said that this honor would not have been possible without the aid of his wife, who was reading the road map. Unfortunately, Mrs. Billings could not be reached for comment. It appears that she was not in the car when it reached its destination.

**TORONTO (CP)** Young Bobby Marshall, aged twelve, and his friend, Keith Walker, aged eleven, both of Toronto, are the new record holders for the highest number of movies seen during the school holidays. Mrs. Marshall, and Mrs. Walker, mothers of the boys, state that although it was an expensive experiment, it was worth every penny of it.

**NEW YORK (Reuter)** The Guinness Book of World Records announced today that a new category, under the heading 'Perseverance In The Face of Unsurmountable Odds' has been included in their new edition of the Guinness Book. The present holders of the record in this new category are Mr. and Mrs. J.A. Quatrain, of Vancouver, Canada, who spent a total of five rainy days and nights in a leaky tent at Gower Point, B.C. Mr. and Mrs. Quatrain had their six children, and their Newfoundland dog with them at the time.

**VICTORIA (CP)** A new world's record for the number of visitors, vacationing with any one person, was recorded by a Mrs. Helen Green, of Victoria, B.C. This summer, a total of 93 assorted relatives and friends descended upon Mrs. Green, who lives in a one bedroom condominium. Mrs. Green, a frail old lady of 27, says that it was quite a squeeze, but that they all managed somehow. She

reports that the bill for her stay at a nearby hotel was very reasonable.

**CBC RADIO:** "Hi everybody. Fred Wallop here. I'm speaking with Mrs. Mary Steele, the mother of four, who is the new record holder in the language section of the Guinness Book of World Records. Mrs. Steele, would you like to tell us about it?" "NO!"

"Eh, well, Mrs. Steele, our listening audience would really be interested in hearing about your experience. Are you..."

"I TOLD YOU. NO!"  
"Well, ladies and gentlemen, we have just been speaking with Mary Steele, the new

world's record holder for saying NO! to her children, a total of 150,243 times during July and August. Thank you Mrs. Steele..."  
"BECAUSE I SAID SO, THAT'S WHY!"

**ARKANSAS: (AP)** It was reported today, that the winner of the new category in the Guinness Book of World Records, 'The Mother With The Mostest' has refused to allow her name to be published in the new edition of the book. When asked how she managed to survive the school holidays, with seven children, and no vacation, she replied that it was very easy. She simply called 'dial-a-bottle' and left a standing order for daily deliveries.

## Accent On Seatbelts B.C. Buckles Up

On October first, wearing seatbelts becomes the law in British Columbia.

This may be our last chance to convince motorists that wearing seatbelts will increase their chances of surviving a motor vehicle accident, before compulsion replaces logic.

Researchers at the transportation centre at the University of Saskatchewan have been investigating how people are injured or killed in car accidents. What they have to say makes very good sense and supports the need for seatbelt legislation.

They have found four basic reasons why people are injured or killed in car accidents:

(1) Occupant hits the car. This happens when the occupant is not wearing the seatbelt and so does not stop when the car does.

(2) Occupants hit each other. In many accidents, even an unbelted person might survive if he was the only person in the car. But when passengers hit other passengers, death or serious injury often results for the person nearest the point of impact.

(3) Occupant partially or completely ejected. In a study of 181 people involved in rollover accidents carried out at the University of California, half of the occupants who were partially or completely

ejected from the car were killed.

(4) Passenger compartment penetration. Even when all occupants in a car are belted in, death or injury can result when the passenger compartment is penetrated - for example by a light pole or another vehicle. This problem is associated with design.

Since 1968 all vehicles for sale in Canada are required to be fitted with some form of collapsible steering column. In July 1973, standards affecting side strength and rollover protection came into affect.

What does all this mean to the average automobile owner? It means that death or injury in car crashes are neither mysterious nor inevitable. Vehicles manufactured today are more crash-worthy than they have ever been before. The full benefits of developments in crash protection can only be realized if we recognize "The

Human Collision" that occurs within the vehicle.

Do you adopt the "Ostrich" approach and refused to consider the possibility of an accident, believing death or injury inevitable? Research has shown that the use of seatbelts can prevent many serious and fatal injuries.

Do you believe that, at the time of an accident, you can take action to avoid injury? In the milli-seconds of an accident impact, there is no time to throw your hands up to protect your face, to turn your body to shield a child, even to grab onto something to prevent being thrown forward.

Precautions MUST be taken before the accident occurs - and when those precautions include seatbelts - they can almost certainly save your life.

**SAFETY SAM**  
Courtesy, Transportation Research Centre University of Saskatchewan.

### FIRE PREVENTION PARADE

The annual Fire Prevention Parade will be held on 10 Oct 77. The parade will leave the Canex parking lot at 1230 hrs, travel thru PMQ area and then back to Canex parking lot. Part of the parade is made up of decorated bicycles. The decorated bicycles will be judged in the Canex parking lot at 1230 hrs 10 Oct 77. The Fire Hall has donated cash prizes for the most decorative bicycles.

Come out, enter your decorated bicycle and win a prize. Whether you win a prize or not you get to ride your bicycle in the parade.

## Beavers - Cubs - Scouts

The time has come again for parents to register their boys in beavers, cubs, and scouts this year. The date is Thursday, September 29th in the scout hall.

We are still short of cub leaders, but we will carry on with two packs, if anyone comes forward to run the third pack we will of course go

ahead with a third cub pack. There is leadership training available at no charge. A district training staff will be in our scout hall on October 2. A time will be announced on registration night.

All that is needed to become a leader or cubmaster or assistant is to be a minimum of 18 years and the un-

derstanding needed to work with boys aged 8 to 11 years. And that is either male or female.

The following article describes a cub's true form, and usually brings in leaders. The boy has fun and believe the leader although he or she works hard still happens to have fun as well.

### DEFINITION OF A CUB

Once a male baby has grown out of dresses and triangles and has acquired pants, freckles, and so much dirt that visiting aunts do not dare to kiss it between meals, it becomes a Cub.

At camp, a Cub is never homesick, though he sometimes suffers from "heresickness". All day he keeps the leaders and the cook busy. For lunch, after a busy morning of games and swimming, he will settle for three helpings of beef stew, and holler: "Gee, that was good. When do we eat?"

A New Chum will joyfully announce to his parents that he will be "investigated" at the next pack meeting; or when transferred to a new pack, will write that his new Akela is "only a woman".

A Cub is a growing animal of superlative promise, to be fed, watered, and kept warm. A joy forever, a periodic nuisance, the problem of our times, the hopes of the nation.

### Where your United Appeal dollar goes.



### FACTS you should know

- All work by volunteers. No salaries or employees.
- Donations obtained by door-to-door canvassers, appeal deductions, pledges.
- Funds held in trust until disbursement to member organizations.
- Statement of audit will be available on request.
- All donations are fully deductible for income tax purposes.
- Operational costs minimized with no office overhead expenses, no administrative costs.
- Main costs for postage, stationery, campaign advertising.
- Canadian Red Cross Society and Cumberland Red Cross provides free blood transfusion service, water safety program, youth work, sickroom supplies, disaster relief.
- Canadian Arthritis & Rheumatism Society provides diagnostic facilities and outpatient physiotherapy services on research & education.
- Canadian Institute for the Blind provides a full service program for the rehabilitation, education and help of visually impaired.
- Comox Valley Mental Health Society provides first aid and home nursing and provides volunteer first aid services at public gatherings and emergencies as required.
- Children's Hospital provides complete hospital facilities for children requiring medical attention.
- Special Opportunity Centre for mentally, physically, emotionally handicapped.
- B.C. Heart Foundation conducts research and treatment of heart disease, public education program.
- HomeMakers gives aid to families in time of crisis brought by mental health breakdown, fractures, geriatrics.
- Multiple Sclerosis Society provides physiotherapy and occupational therapy, wheelchair, sickroom supplies, and promotes research.
- Salvation Army provides community emergency welfare, counselling and referral.
- St. John Ambulance Corps teaches first aid and home nursing and provides volunteer first aid services at public gatherings and emergencies as required.

## Chapel Chimes



### RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) Telephone: 339-2211 loc 274; Residence 339-2102.  
**MASSES 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, Jaj (Base Chap.(P) C.V. Patey, Capt. (Chap(P)

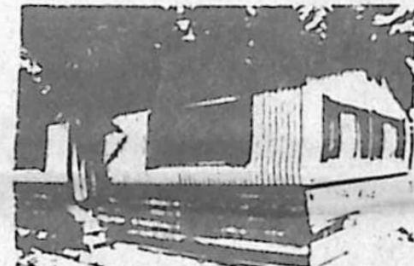
### CHAPEL SERVICES

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 (ACC) 1200 hours first 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 second Wednesday of each month.  
**CHAPEL CHOIR:** Our Senior Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.  
Junior Choir 1830 hrs. Senior Choir 2000 hrs. Both Thursdays at the Chapel.  
**SUNDAY SCHOOL:** The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 1100 hours. All children are invited to attend.  
**OFFICE HOURS:** 0800-1600 HRS. 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.

The first regular meeting of the season was held in the Chapel Annex on Sept. 14th. During the past year our members have been involved in a number of projects and activities, including volunteer work at E.C.U. in Comox Hospital and the Concession at A.M.U. We also adopted a Foster Child, from whom we've recently received our first letter. Any new members are welcome to attend our next meeting scheduled for Oct. 12th, and join in the planning of our upcoming bazaar.



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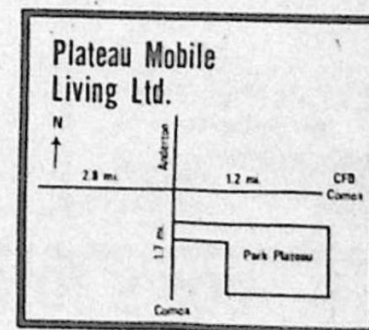
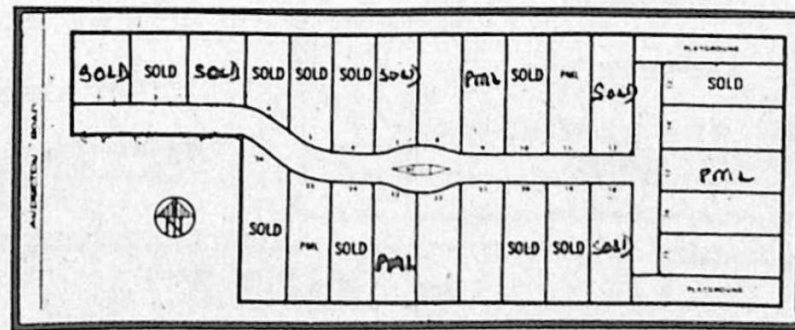
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