



# TOTEM TIMES

Big Talk Doesn't Compensate For Small Accomplishments

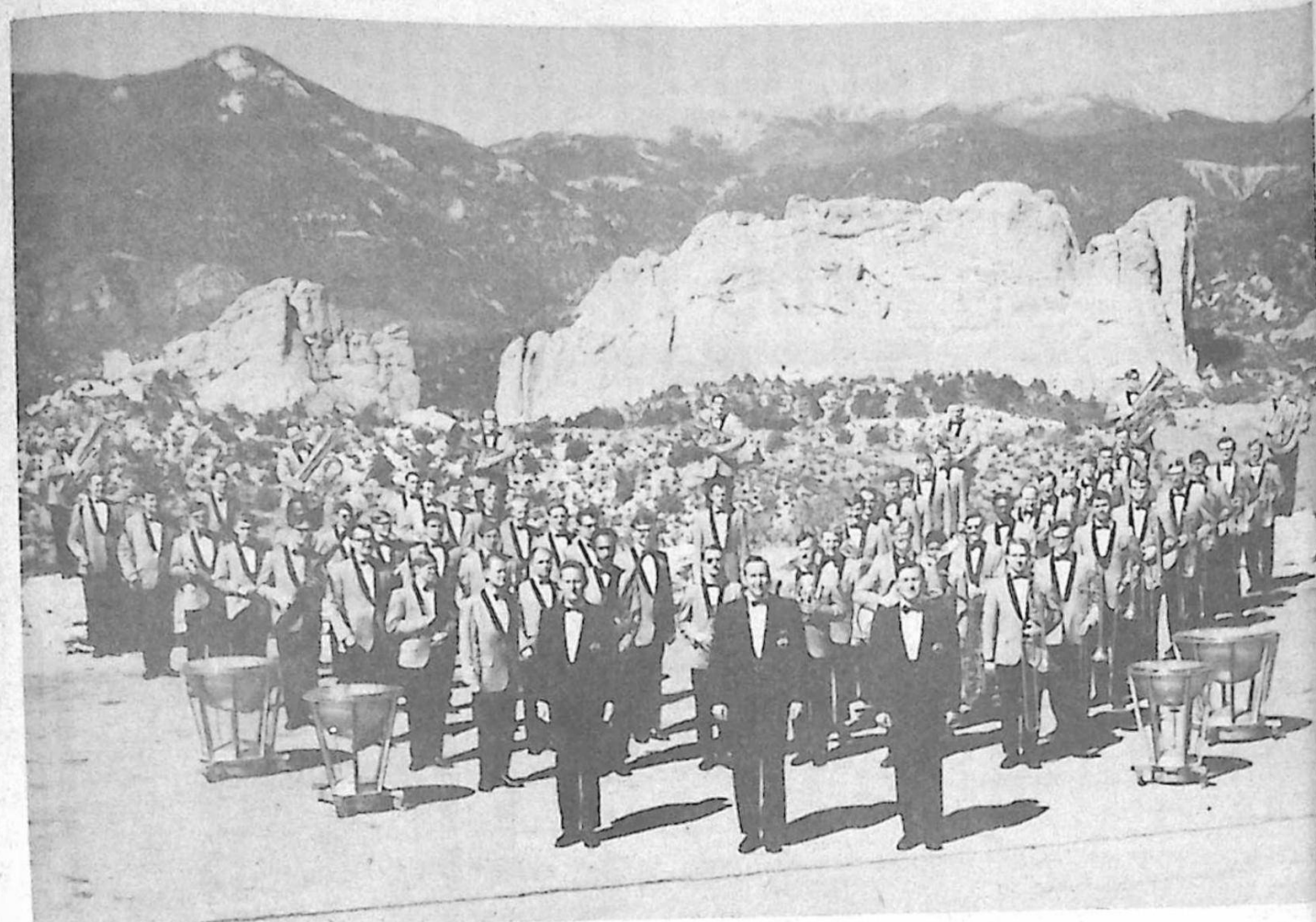
VOL. 19 NO. 2

CFB COMOX TOTEM TIMES

THURSDAY, JANUARY 26, 1978

## The Norad Band

... Bound For The Valley



### A Unique Musical Experience

The North American Air Defence Command Band from Colorado Springs, Colorado, is the musical ambassador of American - Canadian goodwill. Personnel assigned to the NORAD Command Band are some of today's most accomplished musicians from the United States Army, Air Force and the Canadian Forces.

The internationally acclaimed NORAD Command Band performs nearly 200 times a year in public con-

certs and parades, as well as in official military functions throughout the United States and Canada. Its concert, known as the NORAD "Cavalcade of Music," has been enthusiastically received from Canada to Mexico. The "Cavalcade of Music" ... an exciting blend of classics, pops, Broadway, movies, marches, and modern jazz ... has entertained standing room only crowds the continent over. Since its formation in 1959, the NORAD

Command Band has amassed millions of miles of travel, performing at Carnegie Hall; the Hollywood Bowl; the Minneapolis Aquatennial; the Calgary, "Stampede"; the "Tonight" Show; the Alaskan Centennial; the Edmonton, "Kondike Days"; and as Honorary Band at EXPO '74, World's Fair in Spokane, Washington. They will be at Vanier School Sunday, February 4th at 2:30 p.m. The Officer-In-Charge and Conductor of the NORAD

Command Band is Lieutenant Colonel John R. Nalezny (Nah-lez-nee), of the United States Air Force. The Associate Conductor is Captain Terence A. Barnes, Canadian Forces.

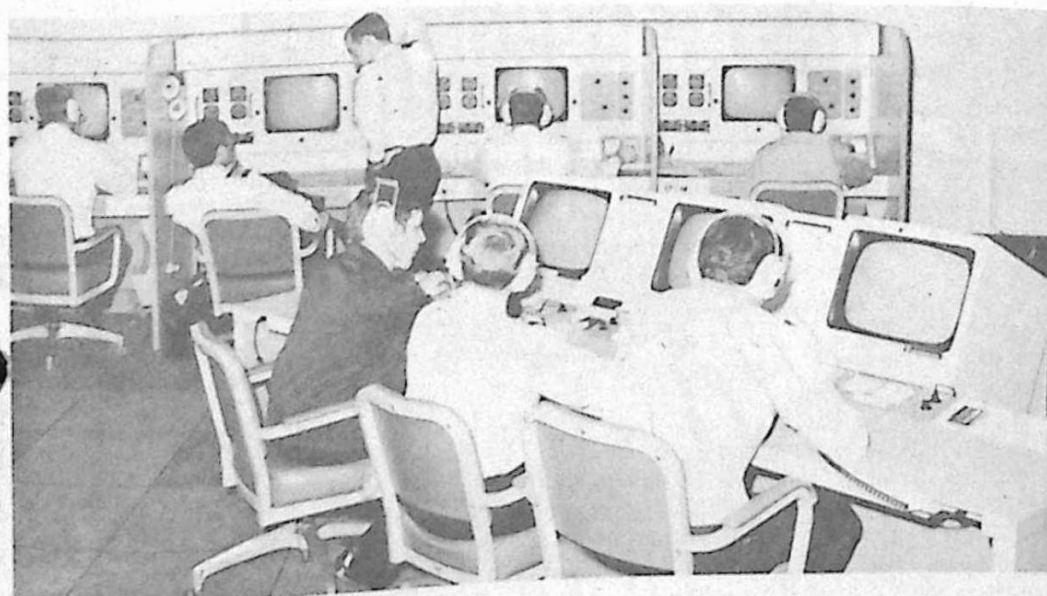
The NORAD Command Band represents the North American Air Defence Command (NORAD), the joint United States - Canadian command. The mission of this unique command is to provide an immediate warning and assessment of a missile attack and to control the sovereign air space of the United States and Canada.

**NEXT  
TOTEM TIMES  
DEADLINE  
Mon. Feb. 6th  
NOON**

### The Nav. ... Not Ready To Die Yet



**HOPE SPRINGS ETERNAL ... AS EVEN THE NAVIGATORS FRIEND** Lieutenant-General Wm. K. Carr, Commander of Air Command, was on hand to cut the ceremonial ribbon. This marked official acceptance of the new air navigation procedures trainer at the Canadian Forces Air Navigation School, CF Base Winnipeg. Commanding Officer of CFANS, Lieutenant-Colonel Bob Sparling assisted during the January 9, 1978, acceptance ceremony. C.F. Photo



C.F. Photo

**NO PROMOTIONS ... ONLY JOBS ...** The Litton air navigation procedures trainer (ANPT) is designed to provide ground training of student air navigators in modern navigation principles and methods to complement airborne training. The trainer has various difficulty levels from basic training to refresher training. The ANPT provides the capability to train up to 16 students in navigation procedures simultaneously and on different geographic routes and stages of training. The ANPT provides the simulation of all navigation aids and computers expected to be available to the end of the century such as OMEGA and Inertial Systems. The ANPT provides ideal basic training for navigators proceeding to the new Aurora aircraft.

## Danson And Falls In Brussels

### NATO ... A Planning Session

Defence Minister Barney Danson and Chief of the Defence Staff Admiral Robert H. Falls attended the NATO Defence Planning Committee session recently in Brussels. Following is the final communiqué issued by NATO on the last day of the meeting: Ministers re-emphasized that the assurance of security is indispensable for the maintenance of freedom and progress in their societies and for the furthering of détente. They reviewed the state of security of the Alliance in the light of assessments and reports on developments since their last meeting. They received an appraisal on the main defence issues by the Secretary General and an assessment of the military situation by the Chairman of the Military Committee.

Reviewing the military balance between NATO and the Warsaw Pact, Ministers stressed that the threat posed by the military capabilities of the Warsaw Pact is the fundamental factor which affects the military requirements for Alliance defence. In this context they expressed their concern at the continuing momentum of the military programmes of the Warsaw Pact, which provides them with increasingly capable offensive ground, naval and air forces, with improved strategic attack capabilities and with enhanced command and control arrangements for these forces. Ministers noted that the military capabilities of the Warsaw Pact forces are being increased far in excess of what would be reasonably needed for defence. Ministers

welcomed the growing awareness of these developments.

At the London Summit Meeting in May 1977, it was agreed to develop a Long-Term Defence Programme to enable NATO forces to meet the changing defence needs of the 1980s. Ministers reviewed a report on progress achieved in preparing specific programmes in a limited number of defence planning fields already identified where collective action is urgently required. Within these fields Ministers endorsed the main action areas on which attention should be focused in developing co-operative and co-ordinated defence programmes in the medium and longer term for final consideration and endorsement by Ministers in the Spring and subsequent transmission to the Heads of State and Government, who will also review the results of

a study on long term trends in East-West relations which they initiated at the London meeting. They agreed to make every effort to achieve a positive outcome to these initiatives.

Ministers also endorsed the prompt and positive outcome of the accompanying program of short-term force improvements in the selected areas of anti-armour, war reserve stocks, and readiness and reinforcement. They noted that, for example, the Alliance will increase by end-1978 holdings of anti-armour missiles by about one-third and plan similar improvements in stocks of other critical war reserve munitions. The response to short-term initiatives has enhanced NATO's defence capabilities and provided an example of the Alliance's ability to act expeditiously

(Continued on page 3)

### Lookin' Good



**LOOKING GOOD!** In fact looking great is Private Jeannie Bird modelling her new togs for the Totem Times camera. Latest in women's uniforms is a recent addition to forces attire. According to the girls ... a great improvement ... and we think so to! Thanks Jeannie.

### On Hair And Things

#### The New Look

The CDS has announced changes in the regulations affecting haircuts, beards and moustaches for male personnel, and hairstyles, make-up and jewellery for female personnel. The changes are not overly restricting, permit some individuality and will be applied on this unit without exception. An extract of the new order follows:

**DEPORTMENT.** Chewing gum, slouching, sauntering, hands in pockets, smoking on the street, walking arm in arm, and similar deportment which detracts from a military appearance in the eyes of the public is unacceptable for personnel in uniform.

#### Male Personnel

**HAIR STYLE.** Hair on the head shall be:

- Neatly groomed;
- Taper-trimmed at the back, the sides, and above the ears to blend with the hair style (a straight cut at the nape of the neck is permissible when this tapered appearance is maintained);
- Not more than six inches in length and short enough so that when hair is groomed and head dress is removed, no hair touches the ears or collar or falls below the top of the eyebrows (the distance of the hair from the collar for the average man should be one inch, but this may vary according to whether the individual has a short or a long neck);
- Not greater than one half inch in bulk at the top of the head with the bulk decreasing gradually from the top and blending with the taper-trimmed sides and back. Bulk is defined as the distance that the mass of hair protrudes from the scalp when groomed (as opposed to the length of hair);
- Styled in such a manner that it does not interfere with the proper wearing of any military head dress.

**SIDEburns.** Sideburns shall:

- Not extend below the point where the top of the ear lobe joins the face;
- Be squared off in a horizontal line at the bottom edge; and
- Be taper-trimmed to conform to the overall hair style and of even width.

**MOUSTACHES.** Moustaches may be worn in accordance with the conditions set out below; otherwise the face shall be clean shaven. Moustaches shall:

- Be kept neatly trimmed;

b. Not extend below the corners of the mouth, nor shall the unshaven portion of the face extend beyond the corners of the mouth.

Commanding Officers shall establish uniformity of length of moustaches, insofar as it is practical.

**BEARDS.** The wearing of beards was a traditional privilege for personnel serving in certain forces activities. This privilege shall be reinstated insofar as it does not, in the opinion of the Commanders of Commands, adversely affect the ability of personnel to fulfill their military responsibilities. Subject to procedures and conditions established by Commanders of Commands beards may be worn by:

a. All rank who are members of the Naval Operations Branch, wherever they are serving;

b. All ranks on strength of a unit of Maritime Command;

c. Personnel employed as Infantry Pioneers;

d. Personnel who, having grown a beard under authority issued in accordance with B and C above, are subsequently posted to other duties;

e. Other Personnel subject to the approval of Commanders of Commands

(Where the wearing of a beard is authorized in accordance with this order:

- (1) The use of the razor shall be discontinued entirely;
- (2) The beard shall not be worn without a moustache;
- (3) The beard shall be kept neatly trimmed; and
- (4) The Commanding Officer shall establish uniformity of length of beards, insofar as it is practical.)

**Female Personnel**  
**HAIR STYLE.** Hair shall be kept neat and well groomed and shall not extend below the lower edge of the jacket collar. Hair ornaments shall not be worn. Bobby pins, hairpins, and similar items used to secure the hair shall not be visible.

**MAKE-UP.** When wearing uniform, make-up shall be applied conservatively. This precludes the use of false eyelashes, heavy eyeliner, bright blue-green eye shadow, colored nail polish, and excessive facial make-up.

**JEWELLERY.** Jewellery shall not be worn by personnel in uniform, except wrist watches, ID or medic alert bracelets, rings which are not of a costume jewellery nature, sleepers or small gold studs in pierced ears.

### ... And Their Conductors

#### The Yank

Lieutenant Colonel John R. Nalezny is the Officer-In-Charge and Conductor of the two-nation military band.

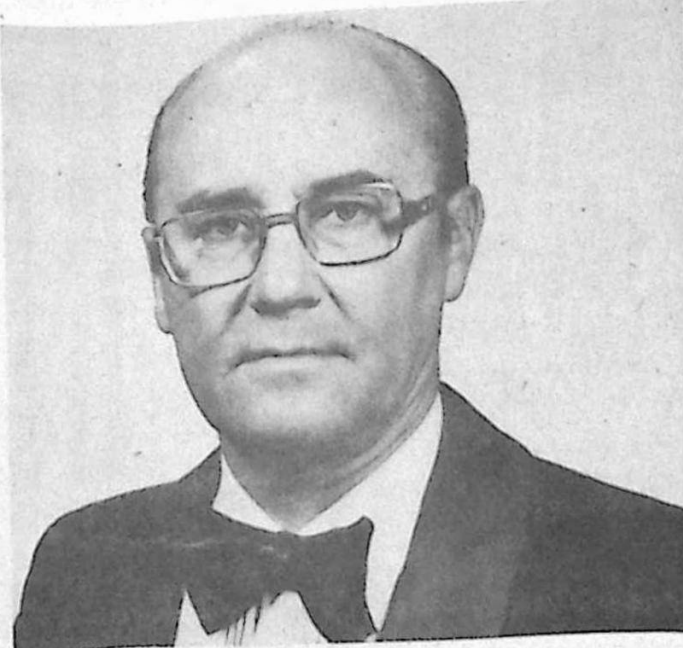
Lieutenant Colonel Nalezny's military music career has encompassed many varied and interesting assignments from the USAF Band in Washington, D.C., to the "Air Force Band of the Pacific" in Hawaii; from McChord AF Base in Tacoma, Washington, to MacDill AF Base in Tampa, Florida. Lieutenant Colonel Nalezny is a charter member of the National Band Association.



#### The Canuck

Captain Terrence A. Barnes is an Associate Conductor of the two-nation military band.

After his commission in 1965, he was appointed Director of Music in Esquimalt, British Columbia. Since that time, Captain Barnes has successively been director of the Canadian Guards Band, Petawawa, Ontario; the Royal Canadian Dragoons Band, Galetown, New Brunswick; and the Stadacona Band, Halifax, Nova Scotia. His last position was at Canadian Forces Base Winnipeg, where he was Director of Music for the Air Command Band.





## A.R.A.F. Swearing In



Sally McFayden



Laurette Clark

## Fishing Fees

Canada will collect some \$10 million in fishing fees from foreign vessels allowed to fish in the 200-mile zone in 1978, Fisheries Minister Romeo LeBlanc said today.

Under the new fee system, fishing vessels or vessels supporting the foreign fishing fleets will pay \$1 per gross vessel ton for access to the zone. In addition, fishing vessels will pay a fishing fee based on the size of the vessel for each day spent fishing.

The number of foreign fishing vessels expected to be licensed for the zone in 1978 will be about 500, down ten per cent from 1977. Before the 200-mile zone came into effect, about 1500 foreign vessels fished off our coasts each year. The federal government now issues foreign fishing licences mainly for capelin, argentine, grenadier, silver hake and other species which the Canadian fishing industry does not utilize in full. The consensus developed at the Law of the Sea conference and bilateral agreements with major fishing nations obliges Canada to share unfished stocks, as is done by other nations with 200-mile zones.

The Canadian system of fishing fees is based on time spent fishing rather than value of catch. Experience elsewhere has shown that the system of charging for the catch is difficult to administer, and causes dumping of fish by individual vessels wishing to avoid payment for species that are not part of their directed fishery.

On the other hand, it is relatively easy to monitor time spent fishing. The federal government specifies on its licences where, when, and how long vessels can fish, and has secured court convictions this year against vessels that strayed from their assigned area or fished beyond their authorized dates.

## Mushroom Mutterings

IT'S COMING!! WATCH THE 442 FLIGHTLINE FOR THE D R A M A T I C ARRIVAL!! DON'T MISS IT!! (as if you could!!)

Much goings on in the way of departures from the Mushroom Farm. Tom Witzke waved farewell to beautiful downtown Comox as he left to join up with another arm of federal employment. His next uniform will have a nifty yellow stripe down the trouser-leg and a cowboy hat. Tom is off to be a "Snowshoe Sheriff" on some reservation. "Bouncing" Bob Taylor had his wife sew up another stripe on his best uniform and then slipped away for a six-month tour at "Comox East" in order to save himself the expense of having to wet it down...congratulations, CAPTAIN Taylor!!

Les Bieber volunteered for TD in Summerside to help him pass the time until he leaves for Ismailia...some guys are either: (1) sneaky, or (2) trying to get out of something. Darryl Wright complained that he never got his name mentioned in "MM", so there you are, Darryl!! (Now let's not get anymore requests along this line!)

Anyone planning to go anywhere on the Boeings had better keep their bag packed and sleep in their uniform. There are all sorts of cancelled flights these days, and all inquiries about them get the same answer from the beleaguered troops in the AMU...a shudder, a tear, and a helpless, "I don't know!"

Ron Buss just got back from the "sandpile", took one look at the available squadron aircraft, and started back to work on his own. Ron, we keep telling you; they won't let you fly it on search even if you do paint it yellow!!

Our pilots received a real staking-up last weekend - they thought that the only way to land an aircraft was on its

wheels. The Voodoo looks a little worse for wear, but the crew got out okay, and that's the main thing. Let's see - that's VU-33, 407, and now 409...why is everyone staring at 442??

Larry Cote got the news that he has to start looking for a buyer for his house. His new address will be 436 Squadron, Trenton. As soon as the news got around the hangar, all the golfers started to cheer and dance about...something about at last having a chance at some of the prizes in the squadron golf tournaments.

After many delays, the prized "Southern Trainer" finally got away. There was some question as to the fact of its departing at all, and

someone even got a pool started. But at last all aboard managed to escape our "BC Sunshine".

After much argument and speculation, it has finally been established that the story of salmon residing in the local waters was, in reality, planted by the BC Tourist Bureau and not necessarily fact. Ed Kostyk and Bill Ewing have been spending so much time down on the Comox Wharf that they have been threatened with having to pay Wharfage Fees. They haven't caught any salmon (or anything else) either!!

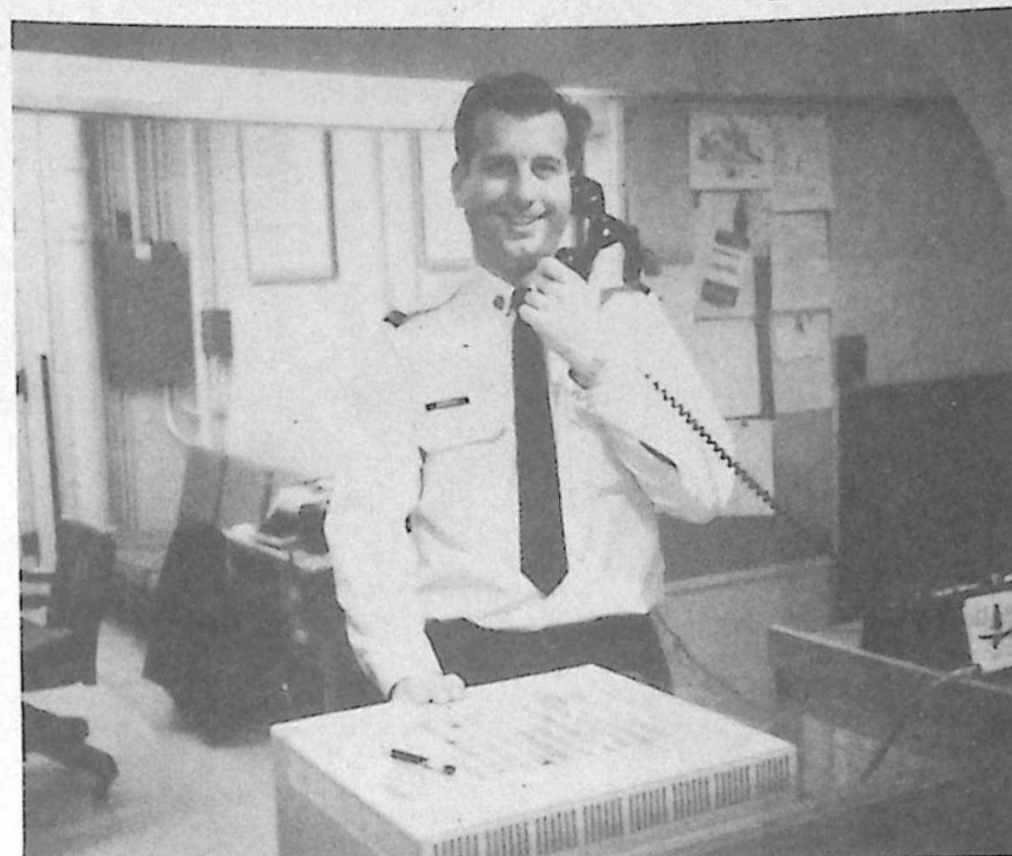
Judy Brown (our gal in Supply) has had so much fun with her Jeep that she has announced that she is getting

rid of her Honda. What actually made her make up her mind was having to push it home in the pouring rain. Anyone interested in a cheap but recently overhauled Honda, give 6 Group a call.

After 1978 started with the sound of heads being pounded on various squadron office walls, may this "Scribe" wish a most successful remainder to all the bodies that hang their hats here at CFB Comox. Cheer up (somebody said), things could get worse!!

One last item!! The "Pilsbury Doughboy" finally went down and got his hair cut. Actually, he compared the estimate for the cutting with the cost of a Dog Licence, and the haircut was cheaper!!

## The Nice People



Sgt. Dave Snyder

On the go to keep you on the go!! ... that's Sgt. Dave Snyder, this week's star personality.

Dave is a Traffic Tech by trade and NCO i-c of the CFB Comox Air Movements Unit.

Dave hails originally from Winnipegosis, Manitoba, and after the early years of schooling there and in Provost, Alberta, headed into Edmonton to join up. An MSE Op for his first four years of service life, Dave did the big switch to Traffic Tech in 1968 while at CFB Cold Lake.

In his newly chosen field Dave has served in Calgary, Egypt, and Comox, but very soon will be shoving off for the "Home of the JLC", Penhold, Alberta. It was during his tour in the "big sandbox" that Dave got to sew up his third stripe.

Dave, wife Cheryl, and children, Susan and Billy, reside in Comox, and when he manages to escape the confines of the AMU, he likes to fish and to putter around in the yard.

Always pleasant and with the patience of a saint, Dave is a tremendous asset to the Air Movements Unit. In a job that often tries one's patience and integrity, Dave performs admirably amidst the flak of tired passengers, snarly customers, and late or non arrivals.

Dave, we at the Totem Times would like to take a moment to salute you and to say thanks for your contribution. Best of luck on your new posting and keep up the good work ... you are truly one of our "NICE PEOPLE".

## Demon Doins

407 Squadron was busier than usual last week with three crews on detachment at NAS Moffett. In addition, there was a base exercise in which 407 participated.

For some months there has been a question of possible interference of certain equipment with the OTPI. However, Capt. Wiedner has devised a fail safe method of solving the problem. Perhaps a new squadron policy is on the way.

Did you eat a good breakfast this morning? If not, here is some good advice from Maj. Bossons. "Either eat your wheaties or next time you're in the line-up strap a mattress to your back."

MPs ask for I-cards, security guards ask for I-cards, but do bartenders ask for I-cards? Would Capt. Johnson please answer this question.

711 is up to its old tricks. The air in California must be lumpy or something, for it's complaining about being bent again. One solution from an unknown tip (the only thing resembling a signature was a "Z") was to send a pedestal down to Moffett and have it mounted.

Back on the home front two crews participated in a base exercise. Emergencies and deployments were practised, plus Crew 5 spent a night in the posh confines of the barracks.

Squadron hockey is going strong. Our victories don't often match the games we play in numbers, but the guys are trying. Continued support from all you Demons is needed. Also volleyball is in the near future, see Capt. Haines.

While on detachment Crew 2 had a crew party. Things were more or less orderly except for Sgt. Walker who spent most of the night trying to get "ahead" or remarking about certain people who had haircuts with a hole in them. The Head and Shoulders company could use a man like that.

And the latest move on the squadron, ranking up there with the civil service moving from Ottawa to Hull, was the one made by 721.

That's all.

OTTAWA (CFP) - A veteran of 32 years of military service and combat in two wars succeeded General Daniel (Chappie) James Jr. December 6 as commander-in-chief of North American Air Defence Command.

He is Gen. James E. Hill, 56, vice commander-in-chief of Strategic Air Command since last July. His deputy at the Colorado Springs, Colo. headquarters of the U.S.-Canadian organization is Canadian Lt.-Gen. David R. Adamson of Lloydminster, Sask. and Vegreville, Alta.

Gens. Hill and Adamson will head some 53,000 people spread across North America and around the world to give Canada and the United States warning of air, space or missile attack. Gen. Hill also will serve as commander-in-

chief of Aerospace Defense Command, which is the U.S. member of the two-nation defensive alliance also headquartered at Colorado Springs.

From Stillwater, Okla., Gen. Hill is a fighter ace with combat experience in the Second World War and Korea. His assignments have included duty with the Air National Guard, commander of U.S. air units in England, commander-in-chief, Alaskan Command, commander of Alaskan NORAD Region, and commander of SAC's 8th Air Force.

Gen. James, a fighter-pilot who flew combat missions in the Korean War and Vietnam, achieved the highest rank of any black in the U.S. military. He has been transferred to Washington, D.C., tem-

porarily assigned as special assistant to the Air Force Chief of Staff. He suffered a mild heart attack in mid-September and has been on convalescent leave.

Gen. Hill was commissioned in 1943. He was a Second World War fighter ace, credited with five enemy aircraft show down in Europe. He was in combat again in Korea where as an F-80 pilot he shot down an enemy aircraft.

Lt. Gen. W.K. Carr, commander of Air Command, Maj.-Gen. J.E. Hanna, commander of Air Defence Group and 22 NORAD Region, a marching contingent and the Air Command Pipes and Drums represented the Canadian Forces at the change of command ceremonies.

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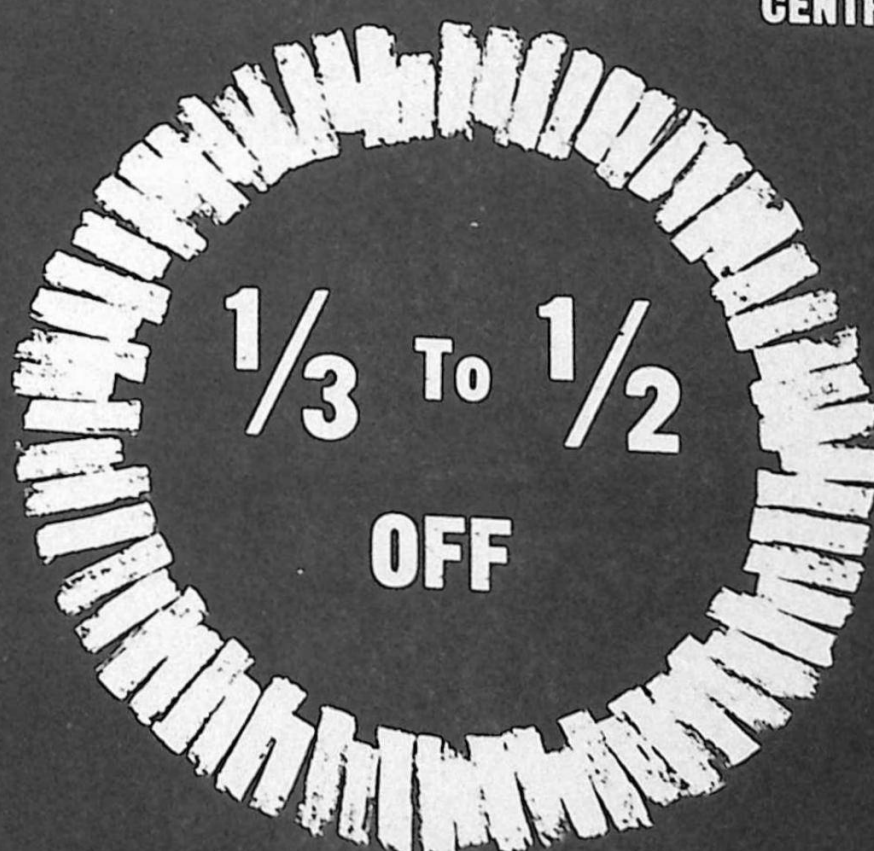
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# Canadian Records Set



The CFB Comox Archery Club has been busy setting Canadian Records in various divisions. January 8th saw the Club in Victoria participating in a FITA II competition. This consists of 60 arrows shot at 25 metre targets, indoors.

The Ladies Unlimited class was taken by Thanna Buchner. Not being satisfied with simply winning, Thanna had to set a new Canadian record. The junior members of the club were not to be outdone. Todd and Kelly Balfe set new records in the Boys and Girls Cadet Barebow classes. This is definitely an up and coming brother-sister team. Kelly and Todd will bear watching in future competitions. Garret Hjeldnes won the Boys Cadet

Free-style class. Susan Waddell, a relative newcomer to the sport, placed third in the Girls Cadet Barebow. Don Buchner placed second in the Mens Unlimited. The class was taken by another Canadian record. Andy Wou of Vancouver is happy to say the least. The Archery Club has reason to be proud of its members. Not every club can claim six places for six competitors.

To provide added incentive to the club members, we hold a monthly "shoot" for a handicap trophy. The trophy was taken by Chris McDonnell this month. Anyone interested in the sport is invited to "come and see" on Friday evenings. The Club meets in the Rec Center gymnasium.

# Nighthawk's Nest

The most dynamic occurrence lately has to be the refusal of 023 to land and stay right side up. The effect was a few crews recovering in McChord and Portland, and another Q shuffle. The crew of 023 has now been scheduled for briefings with the SOF in the Sky every Sunday; the first subject - ejection seat limits. Amidst all that, Mark Shaddock kept the Flight Safety Officers going with his trick arm that failed under the lack of pressure.

Thanks to the CO and Majors for the cocktails.

Thanks to Charlie Gladders, who has arranged for meals for crews flying during meal hours.

Welcome to the two Bagotville exchange crews who will be flying with 409 this week. In return 409 sent Bob Lamb, Maj. Hellberg, Doug Evans and Tom Watt.

Congratulations to the future grooms Rick Zvyvitski and Pete Wittich.

Congratulations to the almost forgotten Bart Wickham on his Musketeer course. "See you in Moose Jaw, Bart." - Jim Reith.

The Grumman F-14 crew came out to Comox a week last Tuesday. Unfortunately, even their "14" minute film failed to impress anyone.

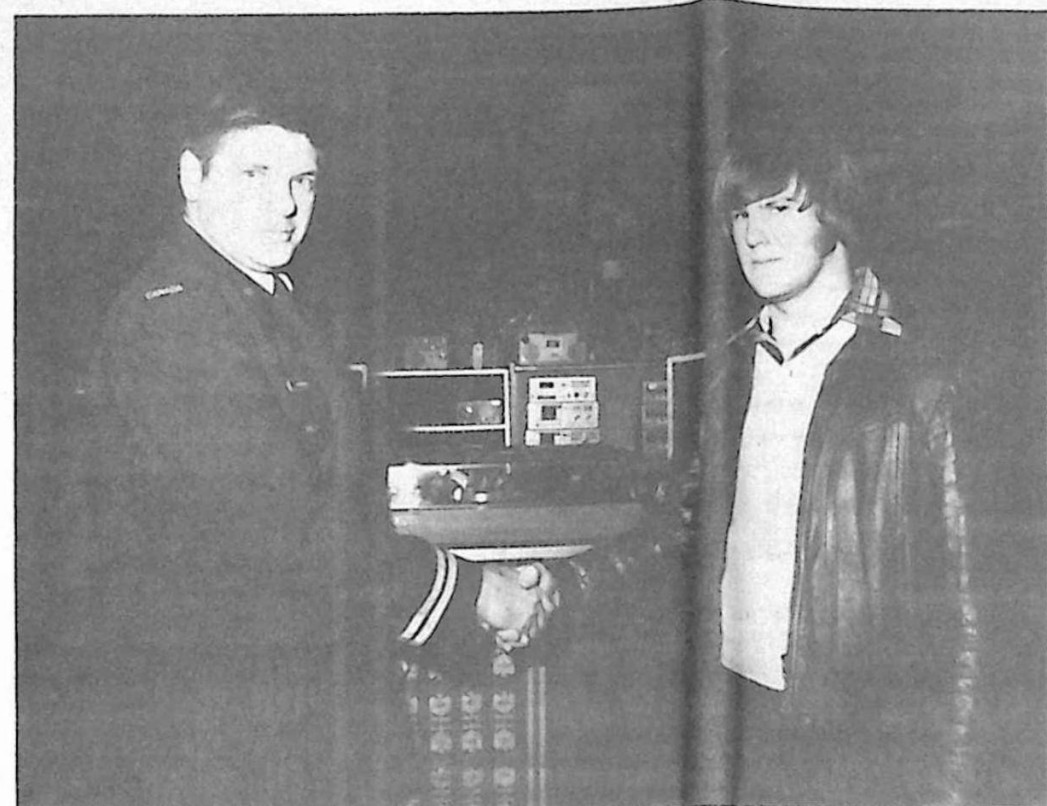
The prestigious and rewarding job of scheduling will be taken over in A fit by

Lynn Housworth and in B fit by Doug Evans. In the near future Ron Hallstrom will be heading down to Victoria and Bob Lamb to Bagotville.

The practice mess dinner last Friday was kept at a level of moderate "couthness." After the wining and dining the PMC suggested that everyone partake in the games and that everyone enjoy themselves. Kent "Kannon" Smerdon, a future 410er, was on hand demonstrating the art of inaccuracy and noise.

Alas, 409's undefeated streak was broken by 442. 442 defeated the 8 Nighthawk players 4-3. 409 tied 407 4-4 in the previous game.

# Bonus Spectacular



LOCAL WINNER ... Pete Allen picked up the stereo sound system as the December winner in the local Canex draw.

# ATC News

Well if it's not one thing it's another. The Base was just getting on it's feet, the runway open, roads cleared when we got a weeks solid fog. About the only thing that was flying were ducks and Pacific Western. Our PAR controllers did a fine job of getting A/C down safely in weather that was just on or below limits. You'd be surprised just how well pilots listen to headings and altitudes when the weathers down.

Last week's Voodoo crash, showed very dramatically just how important practice emergencies, really are. Although both aircrew are alive and well, a valuable aircraft was lost. All people should ask themselves if they are doing everything that they can to prevent similar accidents, both in the air and on the ground.

Exercise Get Smart has come and gone as the Base prepares for the Big Event in late February. Intruders will think twice about trying to take over the Tower when Capt. "Quick Draw" Graham is on duty. Don stepped out on the Tower rail and very neatly apprehended the villain with the Tower shotgun.

Capt. Al Mackenzie, the Bases "top cop" dropped into the section last week for a quick tour and was duly impressed on how the other part of the Operations Branch conducts itself (did you expect anything else Al). Actually, anyone who would like a tour is always welcome. (Price \$2.00 deluxe, and \$1.00 for the mini tour)

## WATER FACTS AND FANCIES

Water, the most common liquid of all, is a measure of a very solid substance - diamonds. Although nobody has suggested assessing these valuable gems in terms of pints, gallons and quarts, the phrase "a diamond of the first water" means a stone of the finest quality for its size.



Cpl Al Munday just fresh off course, got a quick checkout and is already on shift, taking the place of Val Venne who was in the hospital with the flu. Actually Val just wanted a little extra rest and relaxation on service time and a chance to get away from the old grind. Hope you're feeling better.

Rumour has it that the "moon" was shining in the Totem Lounge last week in the vicinity of the stage. How does it feel to be mentioned in dispatches, Eric.

On the sports side, WO Art Kirschner and Cpl Wolfgang Wolf split the pot from the section's Super Bowl pool. The hockey team beat 409 Arm in a hard fought 3-1 game last week and preparations are well under way for our trip to Vancouver to play in the MOT ATC tournament. Special thanks to the people in the section who volunteered to work a little extra so everyone could get away.



CONSOLATION WINNER ... In the National Canex draw for the automobile Cpl. Decurtins 442 Sqn. came out on the short end, but still managed some beautiful luggage.

Base Photo

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## ANNOUNCEMENT



Maureen Arthur is back after a 4 month leave of absence. Maureen has been associated with Nanaimo Realty since August 1974, both in sales and management. Prior to joining Nanaimo Realty she worked for three years in Ottawa, in Real Estate. Maureen has extensive knowledge in Listings and Sales and is a great asset to us in both capacities. Maureen was the writer of our Real Estate newspaper column, "The Home Front" and she was the winner of the Vancouver Island Real Estate Board Contest, naming the title of their popular book, "Vancouver Island Reflections". Maureen is available for consultation and guidance in all forms of residential Real Estate and can be reached at 334-3124 (days) or 339-3674 (evenings).

## Be a Smartie

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## W.O.'s & Sgts. Mess

T.G.I.F. — 27 JAN., 3 FEB., 10 FEB.  
Food at all T.G.I.F.

28 January - Dance, music by

"PUNCH"

\$2.00 per person, 2100 to 0100 hrs.

## 11 February - VALENTINE DANCE

Music by "WIZARD" 2100 - 0100  
\$2.00 per person for Reg. & Assoc.  
\$3.00 per person for Hon. & Guests  
Cocktails at 2000 hrs.

## MOVIES

30 January - Dirty Mary & Crazy Larry - Peter Fonda  
6 February - The Late Show - Art Carney

Entertainment on Tape - Phone 9-4113



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# Editorials

A View From Stu

## Soviet Propaganda

Soviet propaganda is once again at work and aimed directly at the unsuspecting Canadian. Even as Russian arms flow into Ethiopia and with the echoes of a Soviet naval bombardment as appropriate background, the Soviet news agency has again condemned Canada for threatening defence through our plans to replace museum vintage military hardware.

Referring to a recent statement made by Defence Minister Barney Danson that the Soviet intent is to destroy western democracies, Tass claimed that the absurdity of the charge had for a long time been obvious, and did not require a rebuttal. The official Soviet news agency went on to claim that more and more Canadians want their country out of the NATO alliance, and that the Russian threat existed only in the minds of NATO generals. Canadians can ill afford new defence expenditures Tass claimed, and people like Mr. Danson are using the phony issue of a menacing Russia only to distract Canadians from economic problems.

This is such a gross distortion of the truth that even the poor Russian charged with composing this propaganda must have choked on every word. It is done in classic totalitarian style, and intended for the benefit of ill informed Russians and only the most naive of Canadians.

One does not have to be well in-

formed to realize that Russia possesses the worlds largest and still fastest growing armed forces. Their overwhelming superiority in Europe and vast reserves represent a military potential which long since passed the level required simply for defence.

Russia has peace time conscription requiring every male to serve for two or three years, and to finance its tremendous war machine its citizens have been deprived of consumer and luxury goods common to Canadians.

World domination is the classic communist objective, and a totalitarian state does not spend over thirty years exhausting its natural resources and depriving its citizens to amass the most powerful military force in the world if it did not intend to make use of it.

Russia would be only too happy if their propaganda duped Canadians into becoming complacent with the Soviet threat. The more casual we become the more likely we would be to encourage Russian 'liberation' - just as they 'liberated' the servile eastern European states and are now 'liberating' African states. While Canada's material contribution to western defence may be minor, our most important contribution is to be steadfast supporters of the NATO alliance and principles. Only as long as we respect our own defence will the Russians respect our liberty. SMR

## Sunset In Quebec

One of the more dramatic, and recent, news stories has undoubtedly been the proposed move of the Sun Life Company from the province of Quebec to Ontario. It is interesting to see the attitude taken by much of the media - and some of the public. Somewhat to the confusion of many observers, the opposing reactions of emotion and rationalism have each had their day - often at the same time and in the very same reports!

The rational side of the argument proposes that a company has the right to operate anywhere. Its stay in one province cannot be legislated, nor, as the N.D.P. leader in Ontario suggested, can it be told that it is unwelcome and must remain where it was. To the thousands of policyholders - cum-shareholders who do not live in Quebec (and the majority do not) this suggestion is irrational and based on some kind of emotion.

The same rational side of the argument also defends a company's investment of its premium money in the areas where it is best considered to be secure and rewarding. As Robert Bonner, Chairman of B.C. Hydro, once said - "Capital has no nationality" - neither, we think, does it have any provincial characteristics. For M. Parizeau to accuse Sun Life of a large capital outflow is both irrational and, as yet, not substantiated.

By what criterion does he judge investment in Quebec? Is there one law for those who would invest foreign (that is, money from outside the province) in Quebec, as in the James Bay power project, and another for those who would place some capital raised in Quebec in other investment areas outside the province?

It is a rational move for a company which feels that its operation will be hampered by the provincial government to consider alternative locations. We wonder what would be said at a shareholders meeting a few years hence, if no consideration had ever been given to the cost of operation in one province versus that in another.

Many British Columbians will remember a parallel situation when mining legislation brought in by the N.D.P. Government elected in this province in 1972 threatened the livelihood of our mining companies. Many of them took measures to ensure

the continuation of their operations - in other provinces or countries if need be. Surely in this province we do not need to be reminded that governments, when elected, proceed with some of their election promises and that many of us live to see the consequences. Why, therefore, in emotional outburst, do we deny a Quebec corporate citizen the same opportunity - and the right to protect those whose investments it administers?

Is it any more than an emotional response to say that the move of Sun Life from Montreal threatens that city's future as an international financial centre? Would it be nothing short of pure emotion and wishful thinking to suggest that a major financial institution in North America should operate in French on a continent of over 220 million people who are practically all English speaking? Where is the reason that defends the continuance of Montreal as such a centre? We may have sympathy for M. Parizeau when he fears for his Province's credit rating - but sympathy is where it stops. We do not propose sending money!

The threat to national unity is another emotional argument pulled out to criticize and condemn this move. Let there be no mistake: the strongest appeal to those in Quebec to urge their remaining in Canada will not be through the heart or emotion. However much we would like to believe this, it is, once again, the question of the bottom line and it will be Quebec's chances of economic independence and survival which will determine the results of any reasonably written referendum.

We suggest that the emotional outbursts from Quebec and the bleatings of the local press, be considered from this point of view. Something, somehow, must be done to convince the average man-in-Quebec, that his future lies in a united Canada and that, as a separate entity, his future in Quebec could be bleak.

We hesitate to finish on such a dismal note BUT given our intense, and declared, feeling that Quebec should remain in Canada, we are convinced that it will be economic and financial arguments that will eventually prevail.

It is in this spirit, and appreciating the responsibility of Sun Life to its policyholders, that we urge a reappraisal of its proposed move.

Courtesy Vancouver Board of Trade

## And On The Lighter Side



## Leaving The Nest

## From The Sioux

In May 1978, Canadian Forces Station Sioux Lookout will be celebrating its 25th year of operation. As part of the celebrations, we at Sioux Lookout, hope to publish a magazine outlining the history of the site.

We will be pleased to receive from any ex-members of this station any pictures and or stories that they feel would make an interesting contribution to the magazine.

In order to meet our deadline, we need all articles for the magazine no later than 20 February 1978.

Please address contributions to: Commanding Officer, CFS Sioux Lookout, Sam Lake, Ontario, P0V 2R0. Attention: Lt. P.A. Humby.

Finally, any ex-Sioux Lookouts who are going to be in the area between 27 May 78 to 3 June 78 are welcome to come and join the festivities. For further information, please contact Captain R. Webb at the above address or at 737-1500, local 302.

## Tax Talk . . . . . words of wisdom from the experts

### CAPITAL GAINS AND THE TAX COLLECTOR

Have you been lucky this year? Made a number of astute investments which you sold this year to realize substantial capital gains?

Well, the tax collector is just on the horizon and it's time to carry your wisdom one step further and determine how best to share as little as possible of your hard-earned gains with him.

Or, maybe you haven't been so lucky and have realized capital losses. What can you do to take advantage of them?

Before the end of the year, you should analyze your investment transactions to determine their net capital gain or loss position.

One-half of capital gains from the disposition of Canadian securities will be eligible for the \$1,000 deduction for interest and dividend income effective this year (assuming Mr. Chretien and parliament agree with Mr. Macdonald's March 1977 budget proposals).

One-half of any excess and of any other net capital gains will be taxed as ordinary income.

One-half of net capital losses will be deductible from other 1977 income to a maximum of \$2,000 (limit is now \$1,000, but Mr. Macdonald proposed to raise this to \$2,000 for 1977 and subsequent years). These losses may be carried back to 1976 to offset net taxable capital gains plus \$1,000 of other income, and any balance may be carried forward indefinitely.

While any decision to buy or sell assets should be primarily a good investment decision, you may wish to take advantage of your unrealized gains or losses to reduce the tax collector's bite. For example, if you have net capital gains in 1977 or 1976, you might want to consider selling other assets to realize accrued losses which can then be used to offset part or all of these gains.

Alternatively, if you are currently in a net capital loss position for 1977 (which includes those carried forward from other years), you could realize accrued gains up to the amount of the loss without incurring any additional income taxes.

But keep the following in mind:

A capital gain or loss is the difference between the "adjusted cost base" and the sale proceeds, less the cost of disposal. The taxable capital gain or loss is one-half this amount. The adjusted cost base ("ACB") is essentially the cost of the asset, but there are several special rules to be aware of. For example, the taxpayer must elect to calculate the ACB of all assets held on December 31, 1971 on

either the Valuation Day or the tax-free zone basis.

Revenue Canada publishes a useful booklet entitled "Capital Gains and Valuation Day" which may help you sort out these rules or you may wish to consult a professional tax advisor.

No loss will be allowed for tax purposes if you acquire property "identical" to the property sold within 30 days before or after the date you sell it.

Losses may be disallowed if they are incurred in a non-arm's length transaction.

Gains or losses are recognized for tax purposes on the settlement date of the transaction. To have effect for the 1977 taxation year, it would appear that security transactions should be made on or before December 22 on Canadian exchanges.

So, if you have some gains, the time may be ripe to sell those investments that haven't been so lucky. Your losses can "shelter" your gains from tax. In effect, the government will share in your losses!

### RHOSPs UNDERGOING SIGNIFICANT CHANGE

The federal government's 1977 budget contains some significant proposed changes to registered home ownership savings plans which may affect many of the present 400,000 plans, as well as those in the future.

After December 31, 1977, the tax-free withdrawal of funds from your RHOSP to purchase "home furnishings" such as furniture (including televisions, radios, stereos, pianos, organs), appliances, curtains or carpeting, will no longer be allowed.

Therefore, if you intend to use the funds in your RHOSP to purchase home furnishings, you must withdraw the funds on or before December 31, 1977 - but you have until March 1, 1978 to complete the purchase.

Prior to the 1977 budget, a taxpayer who received funds from his RHOSP could exclude all or part of the amount from his income to the extent that it was spent in the year, or within 60 days after the end of the year, to purchase his owner-occupied home. In some cases, it was impossible to comply with this restriction.

The government now proposes to ease this restriction, retroactive to 1975, so that a taxpayer will have approximately four years to use the funds received from a RHOSP to purchase an owner-occupied home.

For example, if you terminate your RHOSP, and receive \$5,000 in 1977, all (or part) of that must be included in income unless (some) or all is used in the year, or within

60 days of the end of the year, to acquire an owner-occupied home.

If you don't buy the home by March 1, 1978, the \$5,000 will be included in your 1977 taxable income. However, you will be allowed a deduction in 1978, 1979 or 1980, up to the \$5,000 amount previously included in your taxable income, providing it is expended on an owner-occupied home.

Contributions to a RHOSP for 1977 must be made during the year or within 60 days after the end of the year (i.e. up to and including March 1, 1978). However, for 1978 and subsequent years, contributions to a RHOSP must be made during the calendar year to be deductible in that year.

After March 31, 1977, a taxpayer is no longer allowed to transfer funds received from a RHOSP to a Registered Retirement Savings Plan or a Pension Plan.

This change eliminates another option that was available to a taxpayer, and represents another tightening of the RHOSP rules. It means that funds received from a RHOSP will have to be used to buy an income-averaging annuity or an owner-occupied home, or the amount will be included in taxable income.

Taxpayers will no longer be allowed to contribute to a RHOSP in 1978 or a subsequent year if either spouse owns a "home" anywhere in the world.

Home, as defined, includes an owner-occupied home, the ownership of residential rental property, a share in the capital stock of a co-operative housing corporation, or an interest in a partnership that owns a home.

Therefore, if either spouse owns a home, a summer cottage, or a rental condominium, anywhere in the world, contributions to a RHOSP will be denied to both spouses.

If both spouses, as an

example, disposed of all their interests in a home in 1980, either one or both could contribute to a RHOSP in 1982, providing the contributor did not have a RHOSP which had been terminated at some prior time.

The above rules will not apply to spouses who are separated or not living together during the year or the preceding year.

Accumulation of funds in a RHOSP will be allowed for only 20 years, after which the fund must be used to acquire an income-averaging annuity or an owner-occupied home, or included in income of the taxpayer.

Contributions to a RHOSP will now be allowed in the year in which the contributor buys an owner-occupied home. For example, if you intend to buy a home in July, 1978, you could make a contribution prior to that time to your RHOSP, which would be allowed as a deduction in computing your 1978 income.

The RHOSP could be terminated in June 1978, and the amounts received from the RHOSP, including the \$1,000 contribution for 1978, used to purchase the owner-occupied home in July 1978.

A RHOSP may be revoked at any time if the plan fails to comply with the requirements of the Income Tax Act.

Remember, you may only have one RHOSP, so you should be careful about terminating your plan before you contribute the maximum \$10,000 limit.

Courtesy The Institute of Chartered Accountants of B.C.

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- The Editor

## A Letter

Richmond, B.C. will be celebrating its Centennial in 1979 and we are hoping to locate former residents, or their relatives, who may have information (verbal, written or photographic) about events in our first century. We do not want irreplaceable material sent to us at this point, but may wish to duplicate photos or documents later. Included in Richmond are the areas of Brighouse, Burkeville, Ebner, Lulu Island, Sea Island and Steveston.

If any readers can help us, either by sharing their memories or by helping us get in touch with others who may have personal knowledge of people, places, events or just general information, we will appreciate hearing from them.

Please write or phone - Mr. Ted M. Youngberg, Richmond '79 Centennial Society, 302-6411 Buswell Street, Richmond, B.C. V6Y 2G5 (604) 270-2100.

We thank you for your consideration and hope you will insert the above letter in your publication.

Ted M. Youngberg, Chairman, Historical Committee.

## Hey Cape Bretoners

The twenty-third annual RCBAF Mess Dinner will be held on Saturday, March 18, 1978 at CFS Sydney, N.S. All RCBAF members are invited to attend by the present Chief of the Air Staff, Wing Commander Young.

A TGIF for all RCBAF members will be held in the Officers' Mess on Friday, Mar. 17.

Limited accommodation is available on Station, so all interested personnel are asked to RSVP to the RCBAF Adjutant, F O L.K. Boyer, SAGE 423-7281, GP AUTOVON 622-8281.

## CNA TOTEM TIMES

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## Junior Soccer Leagues Compete



Here are some important dates for you to jot down regarding forthcoming community activities:

30 Jan - Afternoon and evening - Kinsmen's Mother's March

11 Feb - Crowning of Comox Valley Snow Festival Queen at the CRI Hall in Cumberland

17 Feb - Regular PMQ Council Meeting (Normal members)

28 Feb - PMQ Council Open Meeting - School auditorium

15 Mar - Semi-Annual election of Wallace Gardens Councillors

15 Mar - Deadline for all PMQs to be equipped with smoke detectors.

Just to amplify some of these events for you. By now most of you will have seen the press and TV advertising regarding the Kinsmen's Mothers' March. The ladies will be in Wallace Gardens the afternoon and evening of 30 Jan to collect contributions in support of the BC ABILITY FUND. A very worthy cause which deserves our support.

We would like to wish our Miss Wallace Gardens the very best of luck, although she won't need it, in the Comox Valley Snow Festival. The Festival gets underway on 3 Feb. and winds up on Sunday the 12th of February. Looks like a fun event with such things as hang-over curling (24-hour non-stop), ski-ballet, golf tournament, hot dog race, etc. Flyers are now being distributed at most local retail outlets and of course there is full coverage in the Green Sheet. So pick up your copy of the flyer or watch for details in the local press, form a team and we'll see you at the Festival.

We, your council, are looking forward to meeting you on the 28 Feb. at the school auditorium. All the councillors will be there as well as some important guests, so please try to attend.

The smoke detector program for the PMQs is well underway. We have already heard some complaints regarding the type of detector which is being installed in that

they are easily triggered by fumes from the kitchen and so on. When the program is completed we will have a better idea of just how bad the problem is - not to say the complaints already received are invalid. As one councillor put it, his better half prefers to burn things a little anyway - actually he said she plain likes to burn whatever she's cooking. He shall forever remain anonymous.

Once again on the 15 March, Wallace Gardens will be holding its semi-annual election of councillors. Please don't look on it as just another "joe-job". The councillor you elect should be interested in the welfare of your household, your ward and the entire community. If some of you have aspirations of becoming a councillor, we would certainly welcome your volunteer nomination - volunteers are always needed and welcome!

The Base Teen Organization is still in need of furniture. However, for you teens of the BTO your waiting may soon be over. One of our councillors indicated he is aware that there is left over furniture stored somewhere on base which may be looking for a new home. It would be unfair to him to indicate the source of his information or exactly where the storage area is - his boss would probably never forgive him.

The recreation committee asked for and received endorsement to organize a Junior Archery Program here on base. Because it is sponsored by the Wallace Gardens council it will be open to all members of PMQs. The coordinator is MCpl. Buckner at local 424. Remember the weight-lifting program that George Scholer was trying to set up? Well, it seems that on most Saturday mornings George was the only guy at the gym ready to lift weights. So lonesome George has indicated the program will be dropped due to lack of interest. The basketball program for dependents is still going, however. The only problem there is the lack of

coaches. If you are interested in helping teach the fundamentals of basketball, please contact a member of the recreation committee, or one of your ward councillors.

Discussed in council at our last meeting were the problems of dogs, cats and believe it or not, rats - the four-legged variety. Now, some of you are going to say that's a problem easily overcome - we just let the dogs loose who will chase the cats away that had already chased all the rats out of the area. It won't work - all we'd end up with is a bunch of healthy, over-fed canines running around with a smile on their chops. While the Mayor is still negotiating with the town of Comox dog catcher, I would suggest to you that you should start keeping your dog tied or on a leash at all times starting immediately.

As far as licensing your pet dog goes, as soon as we have an agreement signed with the town of Comox we will institute the licensing program. Unfortunately, there isn't much we can do with the feline species - seems they are a protected animal under B.C. law. That does not stop you from lodging a complaint if there are cats outside your house at night making more noise than that wonderful siren, which we have lately come to "love". Rats, it seems, are starting to become a real problem. They are helped significantly by those of you who insist in putting out garbage cans with no lid or just putting out a garbage bag the night before collection - please desist from doing that. Council is aware that they are becoming a problem and we will take steps to eliminate the little beasts - with your co-operation.

Remember that dark corner where you turn off Little River Road to come into PMQs, where on a dark rainy night you can't really tell if there's a road there. Well our Safety Council rep has informed council that a light will soon be affixed to the hydro pole nearest the road.

Should improve that turn-off tremendously.

We of Wallace Gardens would like to welcome Mike Barry as an ex-officio member of council. Mike, an Ontario native, will be Dan Major's assistant as Dan continues his good work as PMQ policeman. Speaking of Dan, he passed out Neighborhood Watch stickers at the last council meeting. If you have engraved all or most of your household items, and have not received your stickers, please contact your ward councillor immediately.

Dan also informed council that there were two break and entry offences committed in Wallace Gardens in the last month or so. He suggested that we here in the married quarters must get more involved as a community in our community affairs. For example, if you are going on vacation, please let your neighbor know and also inform the MPs so they can pay more attention to your house on their rounds.

You may recall that in a December issue of the TOTEM TIMES I indicated that a committee had been appointed by the base authorities and Mayor Bossons to study the problem of juvenile problems here in Wallace Gardens. That committee has done an outstanding job of looking at all facets of our situation and has made some strong, yet logical recommendations, some of which are included below.

### Recommendations:

1. Several information programmes are required to make the residents of PMQs aware of the existing facilities, programmes and services available in the following areas:

- a. professional counselling and social aid for families and individuals in trouble or in situations that may lead to problems for the family, individual and/or community;
- b. law enforcement - the responsibilities of MPs, RCMP and the courts as well as the agencies that deal specifically with juveniles. The responsibilities of victims

and witnesses must also be outlined.

c. implications of a criminal record should be made known to juveniles, and,

d. recreational and diversion programmes available from Base and from the civilian community.

2. PMQ Council, HRT, and Base authorities should investigate the problem of community apathy in Wallace Gardens.

3. Closer liaison between PMQ Council and HRT should be established and maintained.

4. Any attempt at vigilante action should be discouraged and prevented.

5. A Crown prosecutor should be engaged and his services exploited at the soonest possible opportunity.

6. More frequent and visible patrolling by the Military Police is required as a deterrent factor.

7. A 2300 hrs. curfew should be imposed on all juveniles in PMQs if there is no visible improvement in the level of juvenile problems in PMQs.

8. Youths apprehended in acts or being reported as frequently taking parts in such activities should be restricted from using Base facilities including the exchange, the theatre, the beach area and BTO facilities. This restriction would apply to participating in any Base

sponsored or supported activity.

9. A review of the dependents' pass control system is required.

10. Base Teen Organization should be approached by Base and PMQ Council to effect some control from youths upon members of their own age group, i.e. bringing peer pressure to bear upon juveniles who threaten Base support to BTO.

11. Administrative action for the recovery of damages to a PMQ caused by residents of another PMQ should be used where the opportunity presents itself.

12. Eviction, transfer and other actions, such as counselling by commanding officers, that might have career implications should be used only as a last resort so that individuals will not be discouraged from seeking aid in solving problems themselves. They should not, however, be entirely discounted.

With respect to item 5, a Crown prosecutor will be appointed very shortly, but in the meantime there is no reason whatever why you cannot lay a personal complaint which will or would be taken to court and acted under the normal legal system.

See you at the Snow Festival!

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MR. MIKE KIRKWOOD, BAND MASTER 339-5356  
M/CPL Hank Rossiter, Public Relations Rep. 339-3848, or Base - Local 354

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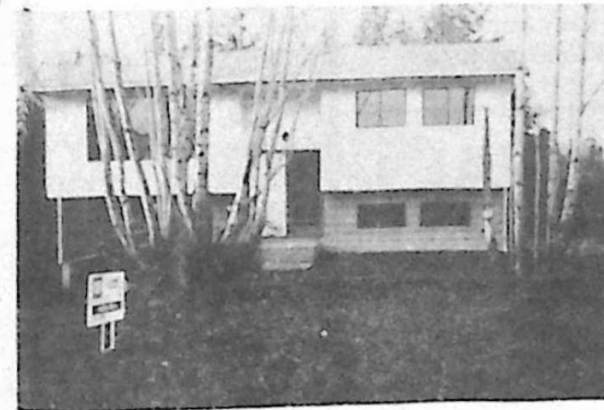
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# Sports Beat Comox

## Base Curling Champs



Base photo

**RIGHT ON THE BROOM** ... The Vicklund rink reigned supreme in the recent Base Curling Playdowns overcoming all the obstacles. Now it's off to Chilliwack for a go at other PAC Region

finalists. Left to right ... Dennis Vicklund, Darryl Wright, Jack Pate, and Bob Carscadden. The best of luck guys!

## Rec Gen

The Pac Region Hockey Championships will be held at CFB Comox the 8 - 10 Feb 78. There will be four teams competing for the Regional Championship this year, Comox, Esquimalt, Chilliwack and Holberg.

At present there are not enough Comox players showing up at practice to form a line but, perhaps the players will try and make an effort to get out SOOOOOOOON. If you are interested in playing for the Base, give WO Thompson a call at local 315 or just show up at the practices every Tuesday and Thursday from 1300 - 1500. All positions on the team are open.

**VOLLEYBALL**  
The CFB Comox Volleyball team has commenced practice on the 26 January. The girls are getting ready for the Area 1 Championships which will be held at CFB Edmonton sometime around the latter part of March. All Servicewomen are invited to

attend these practices and the more the better it will be for the Coach, Cpl. Anastasios Athanasopoulos, to pick his team.

**INTER-SECTION HOCKEY**  
The Inter-Section Hockey Leagues are now underway again with all teams back in action.

A complete run-down will be ready for the next edition of the Totem Times as our stats man has been off sick. 442 Sqn. are the team to beat and it is quite likely they will supply the nucleus for the Base team. Of course, judging by the turnout the Base team has had to date, Kip MacLean would have no trouble in making this year's edition of the Totems, as a first stringer...

**PAC REGION BROOMBALL CHAMPIONSHIPS**

The Pac Region Broomball Championships will be held here at CFB Comox the 30 Jan. to the 1 Feb. 78. For a good look at this type of ac-

tivity everyone is invited to attend these games. Broomball is gaining in popularity and requires a lot of skill and stamina to play. It is very similar to hockey with the exception that skates are not worn and in their place a special type of footwear is used. The sticks are a special broom and the puck is a ball.

The CFB Comox team are the defending Champions and they will be trying to repeat again this year against teams from Kamloops, Beaverlodge, Chilliwack, Esquimalt and the Fleet. All games will be played from 0800 until 1600 on the three aforementioned days. So if you have time, drop in and have a look. I am sure you will enjoy it.

**ATTENTION GOLFERS**

Golf memberships are now on sale for the upcoming golf season. They may be picked up at the Rec Centre Monday through Friday from 1000 -

1200 or 1400 - 1600.

The new prices for this year are:

Male - \$100.00  
Female - \$85.00  
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Man & Wife - \$150.00

All dependents have to purchase a Jr. membership as there are no family plans.

## hockey to golf



In the first part of this week's little essay I'm about to steal some of "Safety Sam's" line because there are so many ways in which a cross country tour can go bad for the un-wise, un-prepared and un-cautious. I can't do a thing for the un-wise and un-cautious, but I can give some hints to help to prepare the others so that your trips at worst will have only minor glitches, not white knuckle adventures.

Even around here there are days where the blue sky goes on forever and the sun and your exertion find you skiing in a T-shirt (or less). That's the day when, if you ski alone, you will break a ski, break a leg, get lost or get rained on. Hypothermia is a real killer and no fun and you can get it when that ideal day turns sour. First of all, don't ski alone. With one companion, he or she can go for help. With two or more, there will be someone to stay and give first aid, while others ski out. You should have some kind of day pack to carry the clothes you take off as you get warmer, as well as to carry the waxes you may need on the trail.

Reserve one corner of your pack for an emergency kit. The following is a basic kit with some good reasons why the components are must-goes.

Hard candy or glucose tablets provide energy and slow the onset of hypothermia. A spare ski tip will allow you to ski out if you break a tip or a ski. A screw driver and small pair of pliers of even the cheapest quality with some wire and tape will fix a binding or pole and basket. A small first aid kit with

## Cross Country

With Mister Klister

moleskin to patch up or prevent blisters, some aspirin and band-aids for general use, nose kote, glacier cream, lysol, or a real good sun cream to prevent the fantastic burn you can get from sun, wind and snow in a late spring day, wooden "strike anywhere" matches to light a fire fed with wax and klister rubbed onto dry bark and dead wood. Sunglasses should be brought if you are at all sensitive to the sun (people, usually with blue or green eyes). Catch me on tour without the above and I will buy you a real stiff drink.

Know where you are going and how to get back. Maps of the area range from 1:25,000 topographical to tourist hand outs. If you don't know where you are skiing, ski with someone who has been there.

An optional extra to a cold lunch and thermos of tea is a back packer's stove which can do drinks and dinner in twenty minutes and still have fuel to warm you in an emergency.

Whether by radiated heat alone or a warm drink. A garbage bag with the appropriate holes makes a good raincoat if needed and provides a dry place to sit down when you stop for a rest or meal. Now if you follow the above hints and do some real heads up skiing, then the local ground search team will not be hauled out of their warm bed to search for you in whatever shape you may be in.

There are no groomed and packed trails around here as in Eastern Canada (the main land) so your enjoyment is strictly up to you and the effort you want to expend in getting to good skiing. "Where to go," is now the topic. Around here, the higher you get and the further away from the sea the better the snow (generally speaking). So if there is no snow where you're

at, go to where it's to, as the saying goes (or something like that).

Depending on how far the snow has come down the hills, the following is a list of places the reasonably competent beginner can go to tour and have some fun.

There are two trails going off of the Ryan Road past Anderton towards Courtenay. The first, on the right is very flat and as such a good warm-up for your first time on skis. Further on, near the top of the hill on the left, there is a trail that is more rolling and more wooded.

Starting from the Pigeon pond dump site is a trail that is more rolling yet. It will lead you to Comox Lake and by side trails to Cumberland. This trip will also help you to learn more about the ups and downs of cross-country skiing. It's also long enough a trip to start getting into the habit of bringing a lunch and hot drink along for when you stop.

Most of the other trips are off of the Crown Zellerbach logging road so please stay on CZ's good side and do as they ask when driving on their highway. Duncan Bay main is the road from which most other roads start (it's the road just past the Brown's river bridge on the Forbidden Plateau or Piercy Road).

Cougar main is a good place to take the kids, it's long enough and hard enough to keep them interested. There are a few side trips that are long and hard enough to keep you interested. The best part is that the lead in, a stretch of about a mile, is a gentle slope so that on your way out you can coast and rest or really stretch your muscles by kicking out a real cloud of snow on your way to your car. You can have about ten miles of touring with no rough terrain but lots of curves and little hills.

Brown's main is next. The main itself can be long and hard leading up to the head of Brown's canyon and Whataway canyon, but the branches leading to Mount Washington take you across land like Smaaland in Sweden or Northern Ontario.

I hope you are getting the general idea now; that wherever the snow looks right, or is deep enough, or you can't go further, then ski.

Other than going far or fast there are other things that you can do on the trail to have fun. Bird watching and photography are the two things that get mixed in with the klister wax and lunch as things that add to a trip. At higher altitudes there are the Canada Jays to comment over and with as well as feed your surplus sandwiches to. Tits and Kinglets are colorful and cheerful little things to see. Cameras of any type and level of complexity can be seen on the trail but should be protected from cold and moisture.

Ice fishing on some of the high altitude lakes can be surprising. A back-packing stove will let you have a chance to shine as a chef where some soup and fresh brewed tea are gourmet delights and your ingenuity is the limit for the menu.

A new Cross Country ski group is being formed in the Valley. The founding meeting on the 18th of January saw almost a hundred people turn out. Plans are to provide instruction for new skiers, marked trails on Paradise Meadows and shelters of some sort. Look in the "Green Sheet" to see details of two clinics to be held on the 5th and 26th of February. If you want to go along, call Mr. Bert Linder at Comox Rec. Center on the Friday preceding.

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SUNDAY, JANUARY 29th - FAMILY BRUNCH  
Lunch Menu 1200 - 1300 hrs. Please advise Mess Manager if planning to attend. Dress - Casual. \$1.40 adults - \$1.00 children under 12.  
FEB. 5 - CANDLELIGHT DINNER  
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**WINTRY STADIUM** - Edmonton's Commonwealth Stadium sits mutely surrounded by snow ready for the Games to start in August. The 42,500-seat

Stadium is complete except for some interior work and landscaping. (Canadian Forces Photo)

EDMONTON - "It's not the Olympic Stadium", said one Montrealer on a recent visit here when he first saw the new Commonwealth Stadium now nearing completion.

"But it never was intended to be," replied a Commonwealth Games official. "However, when completed the Stadium will be one of Canada's finest at a fraction of the cost of the Olympic Stadium."

When driving by the Commonwealth Stadium, one wonders how it could possibly seat 42,500 (with expanded seating it could accommodate 52,000) because, like an iceberg only the upper tier of seats is visible from ground level.

But upon entering the

Stadium itself, the size of the place becomes evident. It's unique feature is that the playing field is located 35 feet below street level with the second tier of seats starting about two-thirds of the way down from the top tier and extending down to playing field level.

For participating athletes it should be super. There should be absolutely no wind factor to upset possible world record times in some of the events. And of course, next year when the Edmonton Eskimos play their home games here the wind factor should play little if any part in the passing or kicking game.

Seats installed are the theatre-type, full back and

arm rests, unlike the old bench-type seats Edmontonians were accustomed to in Clarke Stadium. A 400-metre artificial track will encircle the natural grass infield. After the Games javelin runways and high jump pits, etc. will be relocated to other sports facilities in Edmonton.

As an adjunct to the Stadium, there is a three-storey recreation building designed for post-games use for volleyball and basketball, judo, boxing, weightlifting and wrestling. The building will also house handball and squash courts, a health club, locker rooms and space for officials, administration, security, first aid, maintenance and storage.

During the Games the recreation building will house

the anticipated 1,500 news media visitors. Television coverage of the Games will be provided by the CBC which will employ eleven cameras controlled from two mobile units for the opening and closing ceremonies. Ducting under the track to the infield will permit ground-level television coverage without the tangle of above-ground cables.

**STADIUM CONSTRUCTION.** Although Games officials discourage comparison with the Montreal Olympics, they do admit that Montreal's well publicized construction hassles led them to take steps to avoid similar problems in Edmonton.

By adopting a no-nonsense, no-frills approach to spending that called for change in

## CF Sailing Association News

This, we hope, will be the first column of many that we will submit to the Totem Times every couple of weeks for you, the readers, edification. We will fill this bi-monthly epistle with sailing tips, association news, and upcoming events. In this manner we hope to re-new interest in the club and foster better boating habits in the community.

To those of you who are not familiar with the CFSA, we are a club composed mainly of military families. We operate out of "HMCS" Quadra, located at Goose Spit. Our equipment includes six Mirror Dinghies, one 26 foot Quatsilano Folkboat, and access to a number of large sailing dinghies used by the summer Sea Cadet Camp. With this equipment we have dinghy

training programs, racing programs, keelboat cruising courses, and other related things, but more on this later.

Our membership includes those of us who own our own boats (from 15 to 50 feet) and those who as part of their membership privileges use the club boats. The membership fee is \$30.00 for you and the entire family.

Of much interest at this time is the Keelboat Cruising Course, using the club folkboat and instructors brought to you live from our own membership. The senior instructor for the course is John Fox. John recently completed a single handed voyage from England to Comox via the Panama Canal, in a 32 foot wooden boat of a solid and traditional design. To say that this is a singly

avoiding montreal's mistakes

unique achievement is understating the scope of John's trip. Anyway John and his assistant, Jeff Frusher, will give a course you might find useful that will include the theory and practice of sailing a cruising boat. The cost of the course is \$35.00, the duration 12 weeks, and the first class on the evening of the thirteenth of February at 1900 hrs. If you are interested contact John or Nan Fox at 339-4216.

Successful graduates can lease the Tally Ho (our Folk-

boat) for a one week period at very competitive rates. The boat will also be available for weekends and evenings during the summer.

In the near future we hope to have information on this years dinghy program. We anticipate that the program will begin in the early spring and will be open to all members.

Next column will contain a word or two on anchoring and a few other tips. See you on the water.

## Great B.C. Egg Race - April 15

The Great British Columbia Egg Race will be held at the Provincial Museum in Victoria on Saturday, April 15.

While the concept is simple, the vehicles sometimes are not. Any sort of machine is acceptable, but it must carry one large, raw chicken egg weighing no less than 70 grams, undamaged, to the end, while being powered by one Canadian No. 10 Viceroy rubber band. Racing officials supply the egg and the rubber band to be used in each race.

The race is run on a smooth floor, with several tries permitted each contestant as machines leaving the marked lanes are disqualified for that run.

Everyone is eligible, with the competition divided into three groups, age 13 and under, age 14 to 19 inclusive, and open. Engineers and mechanics do well, but winners are just as likely to be Boy Scouts, professors of psychology, or science students.

Official rules and entry forms can be obtained by writing: The Great British Columbia Egg Race, British Columbia Provincial Museum, Parliament Buildings, Victoria, V8V 1X4.

The Provincial Museum, sponsor of the event, has thrown out the challenge to all British Columbians to devise, design, and build an eggmobile, a machine that can carry an egg safely as far as possible using the energy that can be stored in just one rubber band. Speed is not part of the contest. It is distance that counts. The machine carrying its egg the farthest wins.

Race officials tell doubters that it can be done. In fact it has been done. The challenge now is to do it better. It all started in Toronto in 1976 when the winning vehicle travelled 98 metres. In 1977 the winning distance was increased to 121 metres.

The winners of the Great British Columbia Egg Race will be considered for membership in the Canadian Team to take part in the Great International Egg Race to be held in Toronto this summer.

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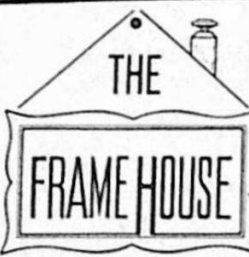
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## Snow Jobs - East

(Courtesy D.C. Scott at the Maritime Air Central Snow Desk).

Along the horizon's faded shrunken lines,  
Veiling the gloomy borders of the night,  
Hung the great snow clouds washed with pallid gold.  
And stealing from his covert in the pines.  
The wind, encouraged to a stinging flight  
Dropped in the hollow conquered by the cold.  
Then a light cloud rose up for hardihood  
Trailing a veil of snow that whirled and broke,  
Blown softly like a shroud of steam or smoke,  
Sallied across a knoll where maples stood,  
Charged over broken country for a rood.  
Then, seeing the night, withdrew his force and fled  
Leaving the ground with snowflakes thinly spread  
And traces of the skirmish in the wood.  
The stars sprang out and flashed serenely near,  
The solid frost came down with might and main.  
It set the rivers under bolt and bar.  
Bang! Went the startled eaves beneath the strain,  
and e'er Orion saw the Morning Star  
The winter was master of the year.

## Snow Jobs - West

With steely blast, the snow did blow  
Over the Argus row on row.  
Its heavy fingers down did press  
On the elevators its soft caress,  
While above the tarmac now deep,  
A lonely met man alone did sleep.  
He dreamt of profit, he dreamt of gain,  
He dreamt of sunshine, he forecast rain.

So the squadron, its heroes worn  
By their effort; from families torn,  
Returned to home perchance to creep  
To tender beds for a Christmas sleep.  
Alas, to them their respite fades fast.  
The snow it fell, 'twas not forecast.  
It lay about in drifts so profound  
That the troops could not get round.

Who could tell the misery, to see  
The Argus there on bended knee,  
Their tails slung low, their noses high  
In supplication to a snow-filled sky.  
Is this not the golden coast? One said,  
For it's not the rain, 'tis the snow I dread.  
So, alas, this stormy epic ends  
With the sign-off - Konings sends.

## C.E. Quips

Did you know that any civilian called out during after-duty hours, whether he only works for 15 minutes, must be paid for a full 4 hour stint? Expense is not considered for a valid need, however, if your problem can be taken care of on the next working day, then we all save money.

**HUSBAND AWAY**  
Everyone knows that when the husband's away everything in the married

quarter falls apart! When it's late at night and you're up to your ankles in water, who do you turn to? - your trusty, dependable man-of-the-hour: - the CE Duty Technician, who on after-duty hours and on weekends can be reached through the Fire Hall, local 250. Yes, ladies, when he's contacted he will phone you directly, obtain the necessary information, and respond as fast as Super Tech.

## 'Up Earl's Alley'

Things are starting to get back to normal now as there are traces of greenery sprouting up through the snow. Thank goodness the heavy rains didn't arrive or we would have all had to revert to canoes instead of autos. Prior to the arrival of the snow we did have a few days of good old fashioned outdoor skating. A couple of months of that and our youngsters would not have to worry about what the game called "Shinny" is all about.

On to other things, the Level 11 Coaches Clinic which we hosted last weekend was a flop. We have some 60 odd coaches in our Comox Valley Minor Hockey Association and a mere 26 took part in this very much worthwhile Clinic. I suppose the old excuse, "I didn't know about it" is in effect. Rubbish, if you did not hear about it blame your Division Manager, they all knew and were told to contact all their coaches. That will be the last chance for this year and the next one will be a level 1, which will be held next October.

Stop the press...there is a new Branch of the Canadian Legion being formed. Sgt. Chub Lenz (retired) just dropped in and informed me that the new Branch will be in

Oyster River (no number yet).

The Leafs are looking for a trade. They are offering Ian Turnbull to anyone interested. An inside tip has it that he will be going to Pittsburgh for a defenceman named Dave Burrows. There will probably be other considerations in the deal.

The CVMHA need Referees. Call Herman Heyer.

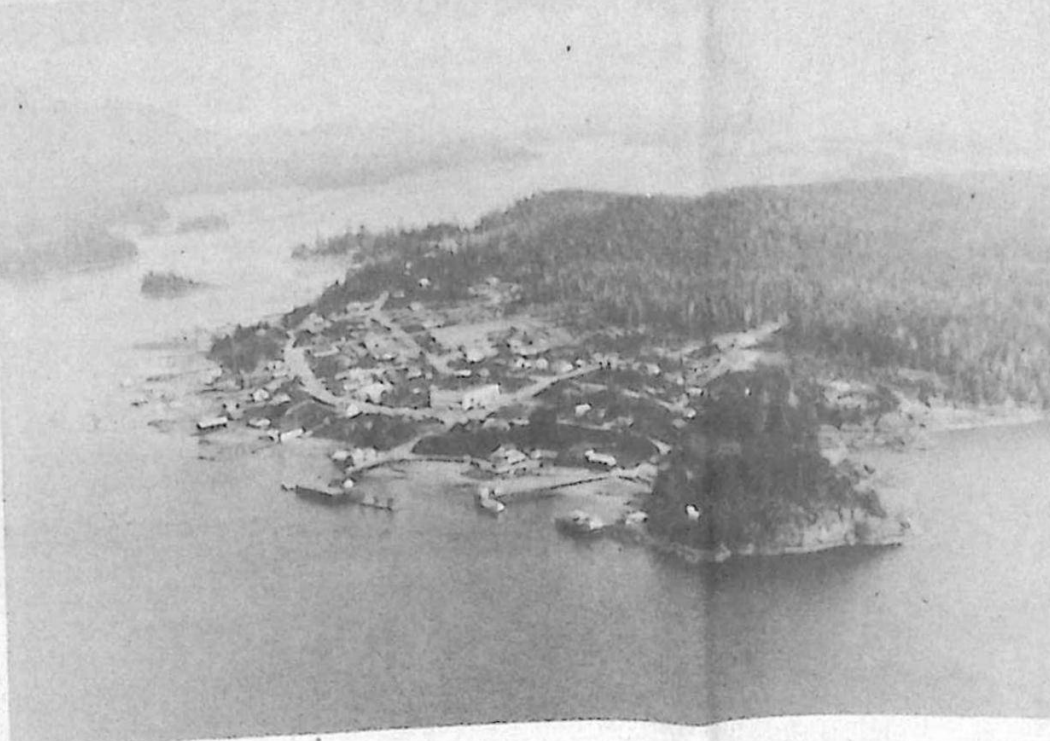
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## Roam At Home In Beautiful British Columbia



## The Smoking Waters

Off the beaten track? You bet! Worth the effort? That's for sure.

What's the attraction? Hot springs. Your first sight, stepping ashore at remote Hot Springs Cove on Vancouver Island, is a cluster of well-built and attractively proportioned buildings. Yet something is wrong. No glass shines from the windows. Pages of a 1936 "Victoria Daily Colonist" flutter from between broken walls of the sturdy home.

Hot Springs Cove General Store, former headquarters for a Vancouver Island west coast fishing fleet, is abandoned.

Located on Clayoquot Sound's north side, the Cove's nearest road access is Tofino, at the terminus of the Island's Highway 4. Tofino is on Clayoquot Sound's southern side. Small trailerable boats brought in on the highway can approach the Cove through protected waters. Passing behind Vargas and Flores Islands, they turn from Sidney Inlet into the famous cove. The docks are in excellent condition. Float planes can land in the calm waters, bringing in boatless visitors. The cove is also used by seafolk as a weather refuge.

In the 1930's, Ivan Clarke began the settlement with his first store. A small Indian community grew up on the shore opposite the store. In 1964, on Good Friday, an earthquake shattered the Alaskan coast, causing great tidal waves. The Indian Village in Hot Springs Cove was washed away. Although the government rebuilt the village in a safer location, the Indians had had enough, and never returned.

Economic reality eventually forced the Clarke family to close down the center. But the Clarks who began it all, left a legacy to

British Columbians: a 35-acre dot of land containing the springs were given to the provincial government for park use.

The hot springs, visited only by fishermen, holidaying boaters, or seaplanes, burst out of the rocks and tumble pool by pool, directly into the ocean rollers.

A half-an-hour's walk from the abandoned store over a beautifully constructed, but deteriorating boardwalk brings one out to the ocean front. It meanders under and over fallen trees, up stairs and down, until it reaches the rock cleft where the springs begin.

The highest pool is much too hot for bathing use, but, next in line is ... yes, a real old-style clawfooted bathtub nestled in the rocks, and fed with a hose from the steaming creek. Topped up by the hose, the tub needs about half-an-hour to cool to bearable temperature.

Next in line is the shower, a miniature waterfall for those with cast-iron hides. Four or five pools follow. Each is fed by the other, each is a little cooler than its predecessor. The final pool is laced with the salt ocean water at high tide.

Steam hangs over the rocks in lazy drifts, giving reason to the Indian name, "Smoking Waters".

Bathers in soapy birthday suits scrub away evidence of their fishing successes. Separated according to their temperature preference, they spend an hour or two, no matter what the weather.

(This Roam at Home story is part of a series provided by Tourism British Columbia).

## Dock Talk

The Federal Government has approved the construction of new facilities for the Ship Repair Unit at CFB Halifax at an estimated cost of \$65 million in 1977 dollars. The project will be implemented over a six-year period.

Because of the duration of the project Mr. Danson said a total of \$93.5 million has been allocated from the Defence Program to cater for escalation.

Describing the project, Vice-Admiral L. Collier, commander Maritime Command, said the new facilities will include a 340,000-square foot ship repair building, accommodating repair shops, stores and tool centres, a Queen's Harbour Master control centre and administrative and other support services. The new facility will replace the existing outmoded and widely dispersed dockyard shops and offices inadequate for the needs of a modern navy.

The Ship Repair Unit will be located on a three-sided repair jetty replacing Jetty 2. Included in the program in the construction of a finger jetty for ships undergoing repair, and construction of new utility distribution systems and jetty services.

Because of the lead time required to complete detailed design, construction is not expected to commence before 1979.

The project is part of Maritime Command's long-range plan to improve support for the navy and upgrade working conditions for dockyard employees.

## Info/Health

Dr. Bob Young



## About Deafness

Dear Dr. Young: Would you please write about deafness? Several members of my family are deaf or hard-of-hearing and we would like to know more about it. Mrs. D.O., Victoria.

More than a century ago, Sir William Wilde wrote: 'There are two kinds of deafness. One is due to wax and is curable; the other is not due to wax and is not curable.'

Today we can cure, or at least help, many cases of hearing loss other than those due to wax, but there still remain two basic types of hearing deficit. These are called conductive deafness and perceptive deafness, and in the broadest sense the former is 'curable' while the latter is 'incurable'.

If we compare our ear to a microphone, the hearing centre of our brain to an electronic amplifier, and the nerve pathway connecting the two with the microphone cord, it will make description easier.

Conductive deafness is present when the ear canal is plugged by wax, a foreign body or infection, or is narrowed by overgrowth of bone. An inflamed or perforated eardrum can reduce hearing ability, as can damage to the stirrup, anvil, or hammer bones that lie behind the eardrum. Infection or tumor of the middle ear, or obstruction of the eustachian tube that connects the ear with the throat are other causes of conductive deafness.

All these structures are represented by the microphone, and are involved in the conduction of the sound waves to the nerve endings, or microphone cord, for transmission to the brain.

Perceptive deafness, the second kind of hearing loss, is the result of injury or disease of the inner ear, auditory nerve, or the hearing centre of the brain. Causes include tumors, infection, damage by toxic drugs and chemicals, and poor blood supply.

In both conductive and perceptive deafness, treatment depends upon identification and management of the cause. Many of the causes of conductive deafness are treatable, and useful hearing can be restored. Perceptive deafness is usually (but not always) untreatable.

Available methods of diagnosing and managing deafness will be explored next week.

Send your medical questions to Info-Health, c/o B.C. Medical Association, 1807 West 10th Avenue, Vancouver, V6J 2A9.

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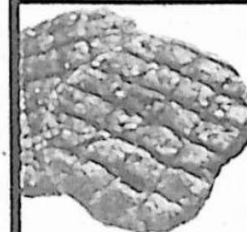
Olympic  
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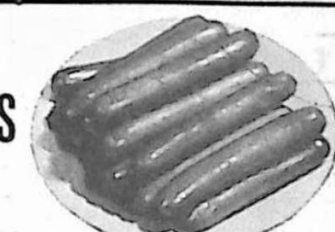
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North Star  
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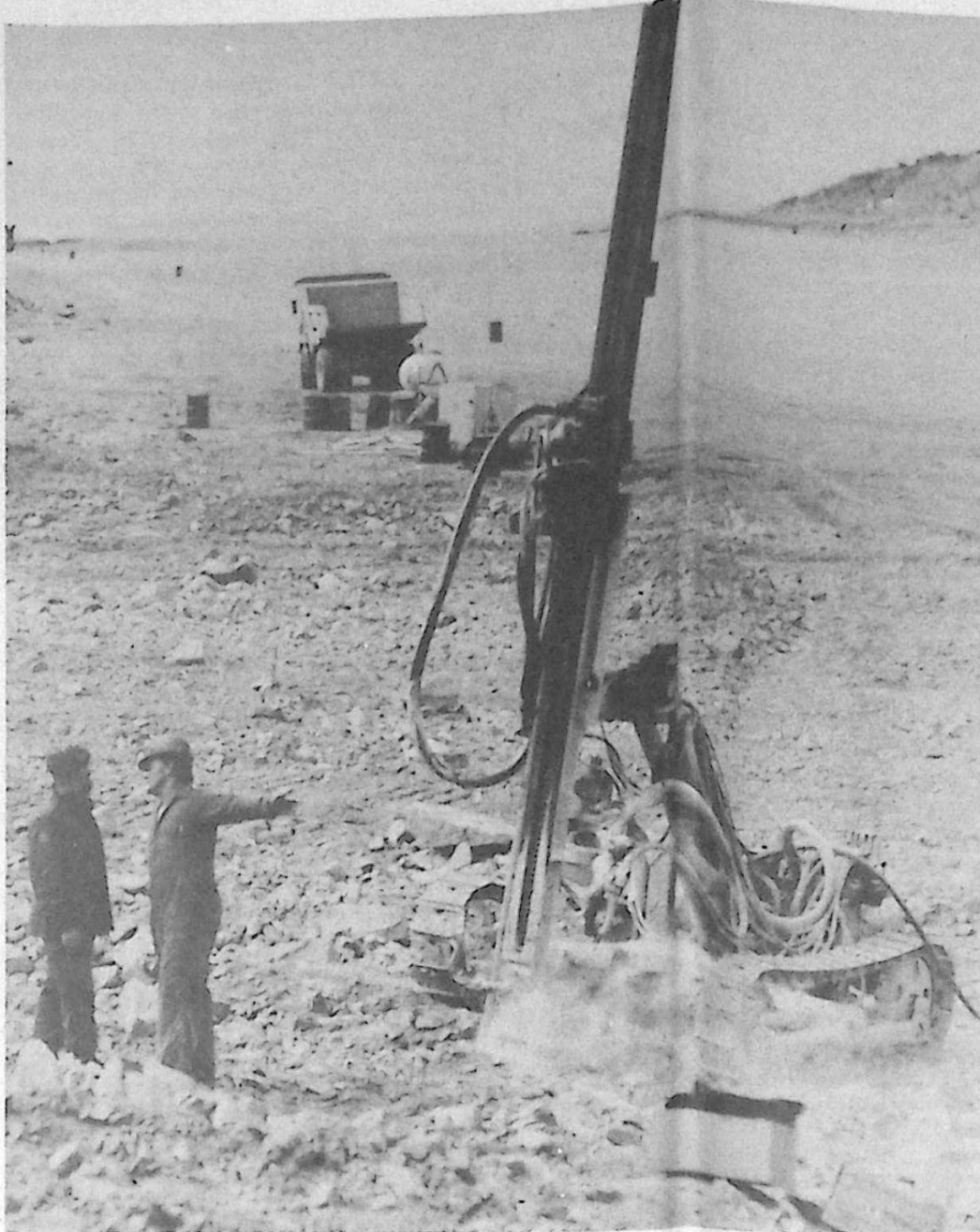
**CHIVALRY IS NOT DEAD** - Lieutenant-General William Carr, commander of Air Command, Winnipeg, Man., receives a medal from acting chancellor Order of St. Lazarus of Jerusalem, Jack Boddington during ceremonies held recently in Edmonton. With this medal, the Companion of Merit of the Military and Hospitalier Order of St. Lazarus of Jerusalem, Gen. Carr joins the former chief of defence staff, General J.A. Dextraze, and Rear Admiral (ret'd) Douglas Boyle in the 857-year-old order of chivalry. (CF Photo)



**YES 407, THERE REALLY IS AN AURORA**, Ed Herrmann, right, with Lockheed Aircraft Corporation's office in Ottawa presents a model of the CP-140 Aurora to Brig.-Gen. George MacFarlane, Aurora program manager at National Defence headquarters. (CF PHOTO).



**MILITARY FAMILY** - Taking the oath of allegiance during enrolment ceremonies at the Canadian Forces Recruiting Unit, Edmonton are brothers Paul A. Traversy, 19, (left), and Norman V. Traversy, 22, of Cold Lake, Alta. Conducting the rites is Major R.M. Headley, Edmonton Recruiting Unit commander. Their father, Sergeant N.V. (Norman) Traversy, a supply technician in the Canadian Forces the past 25 years is now starting retirement leave. Their mother is an ex-member of the Royal Canadian Navy (WRENS) and their sister Mary-Ruth, 20, is now attending Canadian Forces Officer Candidate School at CFB Chilliwack. Upon graduation she will train as an air traffic controller. Both Paul and Norman will receive basic pilot training at CFB Portage La Prairie after officer training school. (CF Photo)



**CHIMO** - Canadian Forces engineers employed on northern airfield construction use pneumatic equipment to drill holes for explosives. (CF Photo).



**I'LL BE GOOD**, USAF General James E. Hill, left, is welcomed as new commander-in-chief of North American Air Defence Command by General Daniel (Chappie) James Jr. who relinquished command to take up new duties in Washington, D.C.

## Commendations

MCpl Alex H. Carman, 32, of Bagotville, Que., a military policeman at CFB Kingston, Ont., has been commended for outstanding performance by Admiral Robert H. Falls, Chief of the Defence Staff. The citation states that in his work, MCpl Carman has displayed a high degree of thoroughness and imagination which has contributed to the accuracy and effectiveness of military police investigations.

Cpl Barth W. Mason, 35, of Vernon, B.C., a vehicle technician at CFB Moose Jaw, Sask., has been commended by Admiral Robert H. Falls, Chief of the Defence Staff. The commendation recognized his fast and effective action in aiding the victim of an accident at Buffalo Pound Provincial Park, Sask. in July 1975. A truck was being used to haul a power boat and trailer from mud at the shore of a lake. The chain snapped, lashed

back and struck the boat's owner, knocking him unconscious and causing severe head injuries. Cpl. Mason immediately took charge, administered first aid, prepared him for evacuation and arranged ambulance and police service.

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

## "WE HAVE EVERYTHING FOR THE BUILDER"



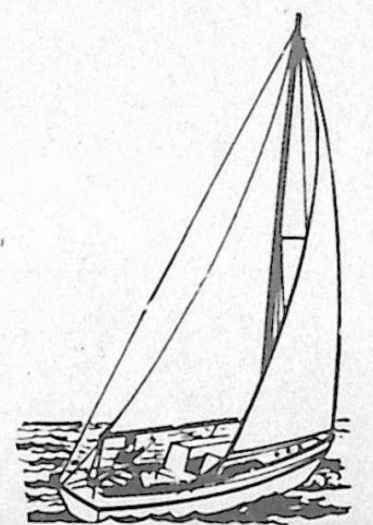
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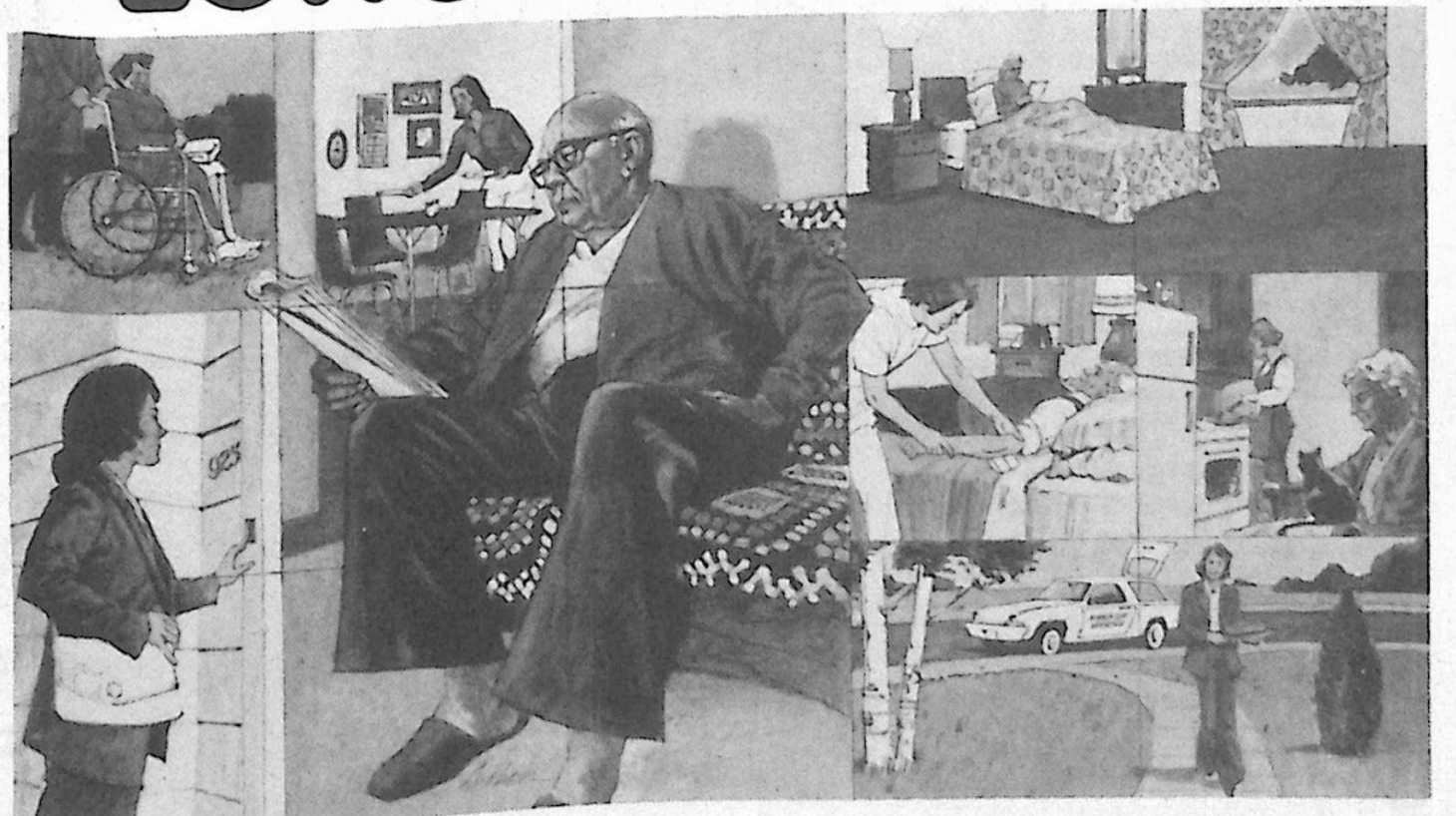
A MOTEL BUILT BY AIR FORCE ENCOURAGEMENT AND EFFORTS TO CATER TO THE SPECIAL NEEDS OF OUR SERVICEMEN.

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## INTRODUCING A NEW APPROACH TO INDIVIDUAL LONG-TERM CARE



### Health care doesn't begin and end with a hospital bed.

There was a time when hospitals or nursing homes were virtually the only places a person could receive long-term health care.

But now there's a new approach - a new program designed to provide needed care in the most comfortable surroundings possible - and at a cost the patient can afford. In many cases, we can bring that care right to your door.

The Long-Term Care Program - a new way to care about people. If you feel it could benefit you or someone you know, we urge you to get more information. Simply contact the Long-Term Care Administrator at your local Health Unit, where, together with trained, qualified personnel, you can discuss the care that's needed - and how it can best be provided.



Province of  
British Columbia

Ministry of  
Health

## Classifieds

### Real Estate

Coming to Victoria? Posted or retiring to sunny Victoria? For help with all your housing needs write or call collect to:

Baz Pharaoh  
EX407 SQN retired  
of J.H. Whitmore  
& Co. Ltd.  
4520 West Saanich Road,  
Victoria, B.C. Office 604-479-  
1667 (24 hrs.) Home 658-8449.

### For Rent

One and two bedroom modern apts. Good location - near new. Includes heat and hot water, w.w. carpet, drapes, stove, fridge and cable. Coin laundry. Adults, no pets. Cedar Apts., 1009 - 10th St., Courtenay, B.C. V9N 1R5. Ph. 338-8578.

### For Sale

Officer serving in McChord AFB has for sale in B.C. 1974 Plymouth Satellite wagon. V8, 318 cu. in., 24,000 miles. Undercoated, never in salt. Also matched 1973 STAR-CRAFT hardtop trailer. 21 ft., dual propane, porta potty, privacy curtains, awning, surge brakes. Boat carrier on top. Call 339-2211 Local 205 for further info.

## RENT A BEAUTIFUL NEW HOME IN HERITAGE PARK

These architecturally designed homes, quality built by Keystone Construction in the heart of Comox, are the finest available in the Comox Valley.

Keystone Construction is now offering these homes for rent, preferably on a one year lease basis. As an added bonus we are also offering a rent/purchase plan. Keystone will allow 25% of the rent to be applied to the down payment if you wish to purchase your home. Second mortgage terms are also available upon qualification. Immediate occupation is available. We have six models to choose from ranging in size from 1055 sq. ft. to 1408 sq. ft.

Models Available:  
No. 1 - 1356 sq. ft.  
No. 3 - 1408 sq. ft.  
No. 4 - 1055 sq. ft.  
No. 5 - 1186 sq. ft. plus basement 560 sq. ft.  
No. 6 - 1126 sq. ft.  
No. 7 - 1350 sq. ft.

All houses have thermal windows throughout and are very well insulated. Each house is completely carpeted and includes a range. All have carports, paved driveways and sidewalks.

Rents start as low as \$350.00

For further information and showing please call

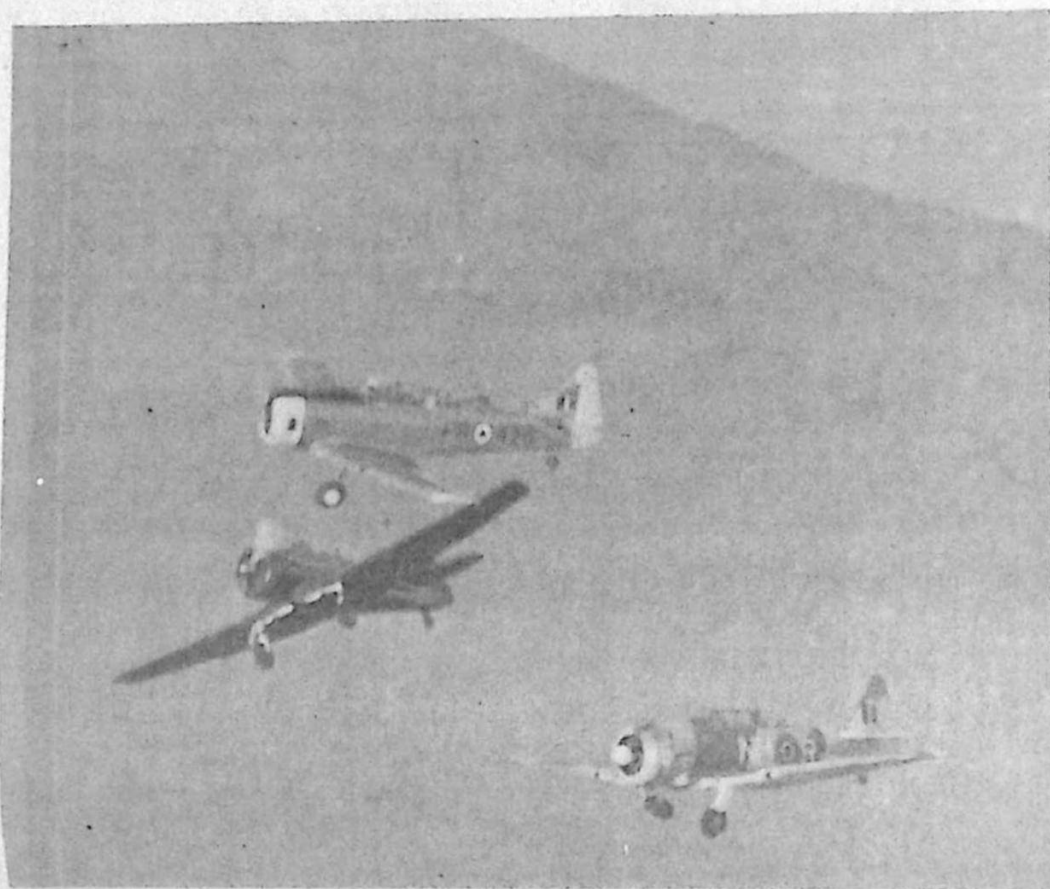
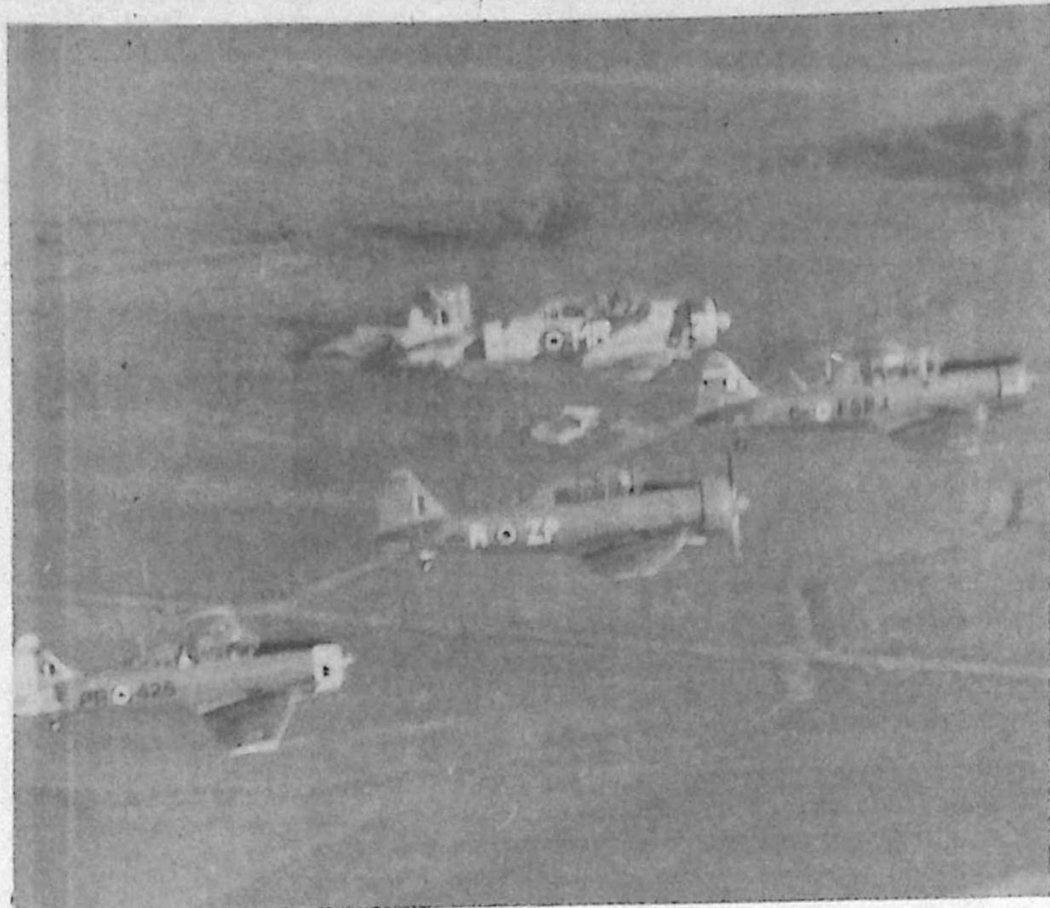
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# The Roundel Flies



It's catching! The movement to save, restore, and fly the ancient warbirds is expanding at a great rate. Canadian Warplane Heritage got started in Southern Ontario and the ripples have spread in all directions through Canada. In the Canadian prairies, once the home of so many of the British Commonwealth Air Training Plan airdromes and training schools, the sound of the old engines are once again heard.

They call the group, "Western Warbirds". Bob Wilkenson, Jim Schwartz and Bruce Durfey got together six years ago for socializing and to exchange tips on their Harvards. Since then the group has grown to include owners or part-owners of ex-military aircraft scattered across Canada and the United States. The aim of the club remains the same and includes getting together for flying and showing off their rare flying machines.

What was once just a few Harvard trainers has now grown to include 25 Harvards, 7 Chipmunks, 2 Cornells, 2 B-25 Mitchell light bombers, 2 P-51 Mustang fighters, a wartime Howard, a Fleet Fawn, a vintage Tigermoth, a very rare Mentor, and a replica biplane fighter, an SE5a. In the shops undergoing restoration are two additional Tigermoths, a Hawker Hurricane fighter, and two Lysanders. Although not all of the aircraft wear authentic paint schemes and markings, the ultimate aim of the Western Warbirds is to eventually return them to their original liveries.

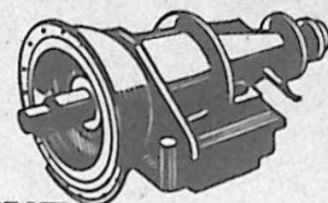
The various aircraft are flown at airshows to display them off to a public that is more and more astounded by the shape, color, and noise of the "ancient warriors". Western Warbirds never charge for their appearances at these airshows but usually the routine expenses as well as the cost of the fuel and oil are picked up by the

organizers of these airshows. In many cases, the pilots end up out-of-pocket as they must fly to and from these shows.

The present formation of the Western Warbirds includes only the owners of such aircraft, but it is hoped to open the membership to anyone with an interest in the old machines. With a larger membership, Western Warbirds would be able to begin restoration projects as a group rather than the individual work now going on.

As the years pass, the aircraft that opened the skies to so many Canadians become older and fewer in number. The members of Western Warbirds are to be congratulated for preserving and maintaining a part of Canada's flying heritage that is fast fading. It is hoped that they can keep the roar of the radial and the colors of the old Royal Canadian Air Force before the public for many years to come.

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76 HONDA H/B Radio, Automatic	\$3695
75 PINTO STN WGN automatic	\$2995
74 710 DATSUN H.T.	\$2495
73 TOYOTA COROLLA 1600 cc, low mileage	\$1795
76 COSMO a.m., f.m. radio, 5 spd trans	\$4995
77 G.L.C. SPORTS H/B Sunroof	\$4295
74 DATSUN 260 Z New paint. 41,000 miles.	\$4895
73 MAZDA 808 stn. wgn., new motor	\$2195
73 RX2 Sedan. 4-Speed trans. New motor.	\$1995

## TRUCKS

74 ROTARY PICKUP New paint. 12,000 miles. New motor guaranty	\$2895
72 FARGO 1/2 TON P/U V-8, 4 spd.	\$1295
72 G.M.C. 1/2 TON P/U New paint	\$2195
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71 DATSUN 1600 c.c. PICKUP	\$1095
69 VOLKS COMBE CAMPER	\$2495
74 GMC 3/4 TON P.U. 4 Speed, V-8	\$3895
73 COURIER P.U. 4 Speed	\$1895



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# North Island College

COMOX VALLEY CENTRE, 420 CLIFFE AVE., COURTENAY, B.C.

SPRING TERM 1978

TELEPHONE

338-7291

## UNIVERSITY TRANSFER

First and Second Year Arts and Science courses available in scheduled lectures or tutored, independent study methods, for transfer to university degree programmes.

**ANTHROPOLOGY 101** - Variations in Cultural Adaptation  
**ANTHROPOLOGY 127** - Dimensions in Culture  
**BIOLOGY 102** - Principles of Biology: The Biosphere  
**COMPUTER SCIENCE 125** - Computers in Perspective  
**ECONOMIC HISTORY 120** - The Age of Uncertainty  
**ECOLOGY 121** - World Ecology  
**ENGLISH 101** - The Contemporary Novel  
**ENGLISH 103 & 111** - Literary Forms and Techniques  
**ENGLISH 110** - Composition  
**ENGLISH 201** - British Literature from Dryden to the Romantic Period  
**GEOGRAPHY 110** - Man and the Earth  
**HISTORY 102** - Canada: 1867-1967  
**HUMANITIES 120** - Ancient Roots of the Modern World  
**HUMANITIES 124** - Modern Consciousness  
**HUMANITIES 230** - Introduction to the Renaissance  
**MATHEMATICS 121** - Calculus  
**MATHEMATICS 161** - Mathematics for Elementary Education  
**POLITICAL SCIENCE 110** - Canadian Government and Politics  
**PSYCHOLOGY 101** - Foundations of Contemporary Psychology  
**PSYCHOLOGY 126** - Psychology Today  
**PSYCHOLOGY 201** - Social Change  
**SOCIAL SCIENCE 233** - Canadian Urban Development  
**SOCIOLOGY 101** - Issues in Canadian Society  
**SOCIOLOGY 128** - Introductory Sociology  
**STATISTICS 115** - Introduction to Statistics  
**THEATRE 137** - Classic Theatre: Humanities in Drama

## ENGINEERING & SCIENCE

With materials from the British Open University, the College will be running a pilot project using multi-media courses offering a first year in Engineering, Science and Mathematics. The courses will be offered later in the Spring semester.

## ADULT BASIC EDUCATION

### Adult High School Program

For all adults wishing to complete their Grade 12 Standing.

**1. Evening Classes at G.P. Vanier Sr. Soc. School**

**MATH 012** - Room 403 every Monday and Wednesday, commencing 30 Jan. 7-9 p.m.

**SOCIALS 011** - Room 404 every Monday and Wednesday, commencing 30 Jan. 7-9:30 p.m.

**ENG. 012** - Room 107 every Monday and Wednesday, commencing 30 Jan. 7-9:30 p.m.

Courses are of 15 or 19 weeks duration. The fee is \$30 per course, payable upon registration.

**2. General Education Development Tests**

A series of five comprehensive examinations in the areas of English Composition, Social Studies, Natural Sciences, Literature, and Mathematics. These tests provide an opportunity for adults to earn an official document stating that they have a Grade 12 Secondary School equivalent standing. Applicants must be 19 years of age, a resident of British Columbia for at least six months, and must have been out of school for at least one full academic year. There is a \$5.00 administration fee for all or any of the tests which is payable at the time of registration. Application forms are available from the office at 420 Cliffe Ave. Next sitting in Courtenay at North Island College is scheduled for Fri., April 21 and Sat., April 22. This is subject to a minimum of twenty candidates. Applications must be submitted by April 3/78, for complete information and assistance with preparation for the tests, call us at 338-7291.

### GED Exam Preparation Course

A six-session general preview course including the five

basic areas of the test - Correctness and Effectiveness of Expression, Natural Sciences, Social Studies, Literature Reading and Interpretation, and Mathematics. The course includes test taking, practice and guidance. Required textbook (approx. \$6.50) not included in fee can be purchased at the College office. Minimum 8 students. 18 hrs. 6 sessions, 6 weeks - Fee \$20.

Location to be announced.

Wednesdays commencing 15 March 7-10 p.m.

**3. Basic Training For Skill Development (B.T.S.D.)**

These courses are intended for people who want to qualify for further academic training or vocational programs, or who want to upgrade their academic standing for personal satisfaction. Level 3 is equivalent to Grades 8-10 and Level 4 is equivalent to Grades 11 & 12. The certificate for a completed program grants entry to vocational schools, and is accepted by most employers.

The style of instruction in this program is individualized. Students may begin the program at any time, proceeding at their own best rate with the advice and assistance of their instructor. In addition, course work may be done both at home and in the classroom. Instructors are available Monday & Wednesday evenings as well as over who have been out of school a year or more. Fee: \$15 per month.

**4. Correspondence Courses with Tutorial Assistance**

Details of the available high school subjects can be found in the Department of Education booklet "Correspondence Education". Copies of the booklet and application forms are available at the college. Most courses cost \$15.00 for adults. The fee for the use of the Study Centre's facilities and instructors is \$5.00 per month.

## BUSINESS ADMINISTRATION, ACCOUNTING AND SMALL BUSINESS MANAGEMENT PROGRAMS

### SPRING SEMESTER COURSES

It is planned to offer the following business administration, accounting and management courses at the College's Comox Valley Centre this semester. All courses will be offered, one night a week, from 7 to 10 p.m. Fee \$30.

**BUSINESS 120** - Law for Businessmen (Wed.)

**BUSINESS 171** - Organizational Behaviour (Tues.)

**BUSINESS 111** - Principles of Accounting (Tues.)

**BUSINESS 231** - Business Statistics (Thurs.)

**BUSINESS 190** - Economics of Business (Wed.)

**BUSINESS 225** - Tax Planning for Business and Individuals (Thurs.)

**BUSINESS 140** - Small Business Finance (Mon.)

**SPECIAL BUSINESS SEMINARS**

**HOW TO START A BUSINESS**

This five-day workshop is designed to facilitate the transition from being an employee to becoming an owner/manager of a viable business enterprise. It covers the legal, financial, and administrative aspects of forming a new business in order to assure the greatest opportunity for future success.

This seminar is part of the College's Small Business Management Program. It provides the essential knowledge required by all potential business owners and should assist individuals in assessing the advisability of a business project.

This seminar is currently planned for 27 February to 3 March - Jocation Mexicana Hotel. Enquiries and requests for further information should be directed to the College. 338-7291. Fee \$50.

## PRINCIPLES OF SUPERVISION

This five-day seminar covers the major areas of supervision, including communications, interpersonal skills, leadership, motivation, and time management. It will be most useful for owner/managers of small businesses and first-line supervisors. Much emphasis is placed upon practical application of the basic principles through simulations and role-playing sessions. It is expected that the individual will be able to experiment with improved supervisory techniques and will leave the seminar with new habits.

This seminar utilizes a multi-media approach with lectures, films, videotapes, exercises and readings. However, the emphasis throughout is on developing improved supervisory skills. Current scheduling for the seminar is mid-May in the Courtenay area. Fee \$50.

**BUSINESS OFFICE TRAINING PROGRAM**

This program is concerned entirely with the offering of secretarial training designed to allow students to enter the work force in one of the following occupational groupings:

GENERAL SECRETARIAL  
CLERK/TYPIST  
STENOGRAPHER  
BOOKKEEPING CLERK

Our day program is full, but there are a limited number of spaces in some of the following evening classes:

4-7 PM  
MON Office Practice Upgrading & Typing 105 (Dictaphone)

TUES Office Practice Upgrading & Typing 105 (Dictaphone)

WED Bookkeeping 151 (Advanced)

THUR Typing 101 (Intermediate)

Fees are \$5.00 per month per course up to \$15.00 month maximum.

## COMMUNITY EDUCATION AND SERVICE

### 1. DOMESTIC ARTS AND MAINTENANCE

Looking After House Plants

Crochet - Beginners & Advanced

Quilting - Needlepoint

Pattern Alterations and Fitting

Making Drapes

Sewing - Beginners & Intermediate

Knitting - Tatting

Chinese Cooking - Beginners

Chinese Cooking - Advanced

French Cuisine Made Easy

International Cookery

Interior Decorating

**2. PUBLIC SAFETY AND SERVICE**

Basic Driver Defensive Driving

The Comox Valley Ground Search & Rescue Volunteers

Adv. Ground Search and Rescue Training

Sign Language

### CURRENT NURSING PROGRAM

"Caring for the Elderly"

### CAPTAIN COOK BI-CENTENNIAL LECTURE

"Captain Cook and His Times"

### 3. HOBBIES AND GENERAL INTEREST COURSES

How to Improve Your Snapshots

Build Your Own Stereo Speakers

Know Your 3.5, 5, & 10 Speed Bicycle

The Amazing Geology of the Comox Valley

Plants Around Us I

Plants Around Us II

Astrology

Physical Yoga

Physical Yoga - Intermediate

Yoga

Motivation for Success in Business

Transactional Analysis

Bridge - Intermediate & Duplicate

Bridge - Beginners

Dog Obedience

Dog Obedience - Cumberland

### NEW COURSE

Fishing Tackle Craft

**4. MUSIC**

Classical Guitar - Level I and II

Correll Ensemble

Piano

**5. LANGUAGE AND COMMUNICATION ARTS**

Faster Reading

Conversational Spanish - Beg. & Intermediate

Conversational French - Intermediate

Conversational German - Beg. & Intermediate

### 6. ARTS AND CRAFTS

Drawing and Painting Courses

Handspinning

Introductory Macrame

Jewellery Arts

Basket Weaving

Weaving on 4-Harness looms

Self Expression Through Art

Pottery - Intermediate & Basic

**7. VOCATIONAL RELATED COURSES**

The Energy Efficient Home

Basics of House Wiring

Woodworking Projects

Carpentry - Basic Layout

Introduction to Log House Construction

Log House Construction - Technique

Greenhouse Hydroponics or Soilless Gardening

The Home Gardener

Outdoor Engines

Small Engines

Chain Saw Maintenance and Safety

### VISUAL ARTS PROGRAM

The programme is designed to enable the student to develop a solid foundation in the basic skills in the visual arts, and motivate the student to achieve personal integrity and self realization. They may be taken for credit or for general interest.

### LOCATION AND TIMES:

Unless otherwise indicated, all courses in this programme will be held at the Comox Valley Centre, 420 Cliffe Ave., Courtenay. Times are noted with each course. Fees are \$30 per course.

**ART 100 - Drawing** - M & W 7-10 p.m.

**ART 103 - Design** - M & W 10 a.m. - 12 Noon.

**ART 110 - Painting** - T. & F. 1-4 p.m. & 7-10 p.m.

**ART 101 - Drawing** - M & W 1-4 p.m.

### EARLY CHILDHOOD EDUCATION

The Early Childhood and Young Children is a career training program primarily for men and women who wish to work in a pre-school or child care setting. All credit courses meet the standards as prescribed by the Community Care Licensing Board to receive a permit to attend or supervise a child care facility, nursery - pre-school, or family day care home. Additional courses will be offered through early adolescence, as well as, Family Life and Life community needs and assist in providing learning experiences suited to individual courses.

Courses are open to anyone interested in a valid learning experience.

Those wishing to fulfill training requirements are requested to contact the Early Childhood Education Co-ordinator regarding licensing standards and pre-registration as soon as possible.



# Femme Gen

by Liz Graham

# The Nivens

... Seattle Bound

# Chapel Chimes



## RC CHAPEL

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

## MASS FOR SUNDAY:

Saturday - 7:00 p.m.  
Sunday - 9:30 a.m. and 11:00 a.m.

## WEEKDAY MASSES: 9:00 a.m.

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

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

MARRIAGES: Please come in months before your marriage.

CATECHISM CLASSES: Each Wednesday night at the PMQ School, 6:30 - 7:30 p.m.

## THE PROTESTANT CHAPEL

Telephone: 339-2211 Loc. 273.

L.R. Coleman, Maj. (Base Chap (P))

C.V. Patey, Capt. (Chap (P)).

## CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

HOLY COMMUNION: Holy Communion (ACC) 12:00 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 20:00 hours on the second Wednesday of each month.

CHAPEL CHOIR: Our 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: 18:00 Hrs. Thursday at the Chapel.

Senior Choir: 20:00 Hrs. Thursday at the Chapel.

SUNDAY SCHOOL: The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 09:30 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 11:00 hours. All children are invited to attend.

OFFICE HOURS: 08:00 - 16:30 hours. Phone 339-2211, Loc. 273.

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

# Firing Away

## The Wisdom Of A Mouse

One month ago, I was as happy as any mouse on the block, but now I have no place to go because the house I lived in was owned by a careless family. I knew that there was a fire coming. The way they let the children play with matches, and left their fireplace go all night, it just had to be.

They had to be the most careless people I have ever met. They smoked in bed, didn't replace electrical cords when they got frayed, and they always got frayed fast

because the family put carpets over them. They let the children play with the stove, and they stored oily rags in their closet.

When the fire did come, they left all the doors and windows open. The whole house burned because they had to look up the number of the fire station, instead of having the number conveniently posted.

I do know one thing I'm going to do - and that's to choose a careful family!

Elizabeth Combs

What most of us need at this time of year is some light humour to drive away the January doldrums. That was why I was so pleased to receive a copy of Ed Murphy's 'A Legacy of Spending.' Mr. Murphy, a hot-line host for CJOR Radio in Vancouver, has compiled this 100 page report on Federal government spending.

Always on the lookout for eas for this column, I had been patiently waiting for my copy so that I could steal some of the most outrageous facts from Mr. Murphy, with the intention of doing a spoof on government budgetary blunders. However after reading 'A Legacy of Spending' I'm afraid that any humour to be found in such an article would have to be of a very sick type. Oh, true, some of the facts dug up by Mr. Murphy are good for a laugh or two, but only of the 'laugh or cry' variety. Some of the priceless bits of information contained in the report are as follows:

A few years ago it was discovered by the Auditor General's office that our armed Forces supply departments appear to be under the control of few packrats. The Army had a supply of overalls which would last 97 years; the Airforce had been busy stockpiling enough of a certain type of light bulb to last 250 years; and the Navy, not to be outdone by any other branch of the services had tucked away in its hope chest enough of a particular size of underwear that would keep the senior service cozy for the next 1,000 years.

In 1965, the Auditor General's office reported that six officers and men that had been released for pension had been credited with pensionable service dating in one case from the age of nine, and in five others from 11 and 12 years ... "In response to the audit office query about the officer whose service record began at the age of nine, departmental officers replied

that while enlistment at this age was contrary to regulations, the officer had not been discharged as being underage and consequently they were satisfied that he had served."

Canada Council grants, which according to Mr. Murphy's figures have increased a total of 281 per cent over the past ten years, make absolutely fascinating reading, and one would be quite proud of the ingenuity of Canadians if the report didn't include the information that the Canada Council estimates that approximately 49 per cent of research grants awarded every year go to non-Canadians.

Pages 46 and 47 of Mr. Murphy's report give an example of the works of two 'poets' whose 'talents' are supported by government grants. Fortunately, they are totally unprintable in a family type paper such as this, but to give you an idea of what government supported literature consists of, one 'poem' has five words in it, repeated for 13 lines.

Other grants handed out certainly tend to stretch one's credibility.

Here are a few from the ten pages contained in the report: \$54,221 to study the prehistoric cultural ecology of Caspian Escargotieres in North Africa between 8000-5000, B.C. \$34,024 to study traditional and modern education in northern Cameroon. \$38,611 to study an axiomatic approach to moral theory. \$170,000 to study air breathing fish of the Amazon River.

On the local scene, one entrepreneur received \$7,970 to complete a survey of Canadian English spoken on Vancouver Island and Salt Spring Island. He wasn't as lucky as the individual who has been receiving grants which totaled over \$35,000 throughout the years to compile a dictionary of Newfoundland English. Finally, \$4,280 was awarded to someone, who apparently

didn't have anything to do, to study what people do with themselves when they don't have something to do. ('s easy, just apply for a grant.')

During the summer of 1977 the Federal government allocated a total of \$45,249,000 for make-work projects. Mr. Murphy lists quite a few, some of which include: \$15,407 to survey graveyards old and new; \$6,600 to produce a documentary film about homosexuals; \$1,220 to assist the production of a 3 minute animated light-hearted look at spaghetti, and \$23,500 for a study on how to demystify the dance; etc., etc., etc.

Finally, while the bedrooms of the national appear quite safe from the prying eyes of government, not so the washrooms of the nation.

In the event that you have ever wondered how much time people spend in public washrooms - Yep! At an approximate cost of \$200,000 the Canadian government discovered to their infinite relief that men spend an average of 41 seconds at a urinal, while women spend 75 seconds using a cubicle. (Any bets on if-and-when, and how-much it'll cost to find out why women take longer?)

'A Legacy Of Spending.' Read it and weep Canada.

(Copies of the report can be obtained for \$3.00 - (to cover printing and mailing costs) - from: Ed Murphy, CJOR Radio, 840 Howe Street, Vancouver, B.C. V6Z 1N6.

# Boat Bits

Canadian Forces ships and aircraft will take part in maritime exercises off Puerto Rico from mid-Jan. to mid-March.

The exercises will provide operational training for surface, submarine, and air forces in all aspects of maritime warfare.

Sailing this week from Halifax will be the destroyers Margaree, Assiniboine, Nipigon and Huron, and the operational support ship Preserver.

Other units participating will include ships from the United States and the Netherlands, navies and aircraft from the United States Navy and Air Force.

For the first half of the deployment the senior Canadian officer afloat will be Captain Fred Mifflin, of Bonavista Newfoundland and Halifax, Commander of the First Destroyer Squadron. From the 10th of February, Captain Gordon L. Edwards of Medicine Hat, Alberta and Halifax, Commander of the Fifth Destroyer Squadron, will be in command.

The Canadian ships will operate primarily from the U.S. naval base at Roosevelt Roads, Puerto Rico.

Prior to returning to Halifax the ships will visit a number of Caribbean ports.

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# Dental Health

Toothpaste, because of its flavored, foaming action, makes brushing the teeth more pleasant, especially for youngsters. In terms of what's good for your oral health, however, the brushing itself is the important thing. Claims that a dentifrice alone, or a mouthwash alone, can provide a shield against decay, prevent bad breath, or get rid of gum disease are simply not true.

The Canadian and American Dental Associations (CDA-ADA), national organizations of the Nation's dentists, regularly check products that claim to help your dental health and issues reports on their demonstrated value or lack of value.

Until 1960, none of the toothpastes tested by the ADA was clearly demonstrated to fight tooth decay - advertising claims notwithstanding. In the fall of 1960, however, the ADA did recognize one dentifrice - a toothpaste containing stannous fluoride. This dentifrice, the ADA stated, was of "significant value" in preventing dental decay when used as part of a complete oral hygiene program along with regular professional care.

The toothpaste recognized by the ADA and the CDA had been clinically tested over a period of years and had proved to be effective in actual tests on children. The Association's report was issued only after the toothpaste's value had been actually demonstrated.

Since the ADA's report, other fluoride dentifrices have been shown to be effective in fighting decay. However, only those dentifrices having the ADA's Seal of Acceptance on the tube have been proved to be effective in actual tests.

Beware of the so-called whitening and brightening toothpastes. Whiteness and brightness are not necessarily signs of dental health. You can have the whitest and brightest teeth in town and still have them riddled with decay and undermined with periodontal disease. Any toothpaste will remove plaque - in fact, your toothbrush - alone, with no toothpaste, will remove bacteria. The fluoride

toothpastes give added protection. Toothpastes that are too abrasive may actually damage your teeth and gums - that is, they may wear down the tooth surfaces and irritate the soft tissues.

As for mouthwashes, there is no evidence, according to the ADA, that the average person needs to use a medicated mouthwash. The only value of a mouthwash is in making your mouth taste better and possibly in freshening your breath for a time. The bacteria that cause dental decay and periodontal disease are protected from the mouthwash by the sticky plaque in which they live. No amount of rinsing with anything will remove the sticky plaque, nor will the chemicals in a mouthwash reach the bacteria beneath the plaque to kill them.

In short, neither mouthwash nor irregular use of a particular dentifrice can substitute for regular tooth cleansing that removes plaque. Neither will provide an invisible shield against tooth decay.

Your best program for oral health is still the same: Proper tooth cleansing with both a brush and dental floss, a diet low in sugars, fluoridation of drinking water, and regular visits to your family dentist.

Courtesy Dental Clinic



# Accent Safety

Explosive Safety like Fire Safety is everyone's business! Very few people would be willing to allow a dangerous criminal or animal into their home or near their family, yet many people keep explosive items, even more dangerous, and think nothing of it. Many explosive accidents occur across Canada each year, most of them involving children. Before you say, "Someone else maybe, but not me or mine", look around and

see just how explosive safety-conscious your family really is.

Small arms ammunition, both military and civilian, is so common that most people overlook the fact that they are an explosive device and are dangerous, in or out of a firearm and particularly in the hands of children. Most people realize the danger when a bullet is fired from a gun; but many people fail to realize that if a cartridge is

exploded outside of a firearm it becomes a small bomb with fragments going in all directions. This can and frequently does cause serious injury to anyone close by.

Some ammunition is not intended for use in normal firearms. Ram set cartridges for example, are intended to be used in a special machine to set bolts into concrete. Ballistic cartridges are used to launch grenades from a special adapter. If used in a standard firearm these cartridges can easily damage it and possibly cause injury to the shooter. The so called "Blank" ammunition which is used by the military, in specially adapted weapons, during training maneuvers is also very dangerous if used in normal firearms and can cause injuries or even death at close range.

Firearms, ammunition and ammunition components should be stored separately and under lock and key. Remember, no matter how big or small, ammunition is dangerous, even the little .22 can kill. Unused or unwanted ammunition or components should be disposed of by turning it into the Police or the Military for disposal - there is

no charge or legal action for this.

Different types of explosives will be found in different locations. For instance, along the coastlines of the country such ordnance as mines, torpedoes, and flares may be found on or near the beaches. Inland, such items as mortars, grenades, practice shells and ammunition may be found either on or under the ground. Certain types of commercial explosives, such as dynamite and blasting caps, may be found at or near construction or logging sites.

Not all such explosive devices will be highly dangerous...but caution is necessary at all times. Far better to be safe than sorry.

Of necessity, the Armed Forces use a large assortment of explosives. One way or another many of these items find their way into peoples homes; some are lost during training exercises and later found by children and adults and taken home. Some are purchased through war surplus stores and are supposed to be safe, while in fact just the opposite is true. Many potentially dangerous weapons and explosives which have been turned in over the

last few years have been those kept as souvenirs. Shells, bombs, grenades, ammunition and other wartime types of explosives are all too often kept as mementoes of military service. SOME MAY BE EXTREMELY DANGEROUS. As time goes on, the danger increases. Such articles should be disposed of immediately, or get some competent authority to give assurance about their safety. Some of these articles have been altered so badly by rust, corrosion, or the efforts of someone trying to make the thing look nice, that even an explosive technician can't be absolutely sure that it is safe.

In a wide area around CFB Comox, one of the most often found explosives is the Marker Marine, or Mark 25 as it is usually called. This is a harmless-looking aluminum cylinder about 18 inches long and 3 inches in diameter with what appears to be a nozzle at one end. This is a flare that is dropped from an aircraft to mark a position on the water. It contains a salt water activated composition which burns when exposed to the air; giving off a flame and large quantities of toxic smoke. Usually they sink to the bottom of the sea after

they have burned themselves out, however, once in a while one will malfunction and be washed ashore. If they are handled or if someone attempts to take one apart, they can re-ignite, causing serious burns or a fire.

The big brother to the marker flare is the parachute flare which is also dropped from an aircraft and is used to light up an area. This flare is about 3 feet long, and 5 inches in diameter. Normally, the flare and canister is completely burned up before it reaches the ground or sea level. If you find one, you can be sure it has malfunctioned and it can still burn or blind you. As well as creating a very high heat, the flare is extremely bright, so bright, that to look at it at close range when it is burning can cause injury to your eyes.

Commercial explosives such as dynamite, caps and blasting cord have been used extensively to clear land, build roads and in the mining and logging industry. Occasionally some explosives are lost, or left behind when an operation is completed. The longer dynamite sits, the more dangerous it becomes, some must be neutralized before it can be safely moved.

Detonators, regardless of age, are always dangerous. They can be set off by a sudden jarring or even the heat from your hand. That little harmless looking detonator is powerful enough to blow a man's hand off.

To anyone having, finding, or knowing the whereabouts of any explosive-type device, we strongly recommend:

1. DON'T TOUCH IT.

2. BE PREPARED TO ADVISE ARMED FORCES OR POLICE AUTHORITIES ABOUT ITS LOCATION AND DESCRIPTION

3. PLAN ON BEING ABLE TO SHOW ITS LOCATION TO THOSE SENT TO DISPOSE OF THE ARTICLE.

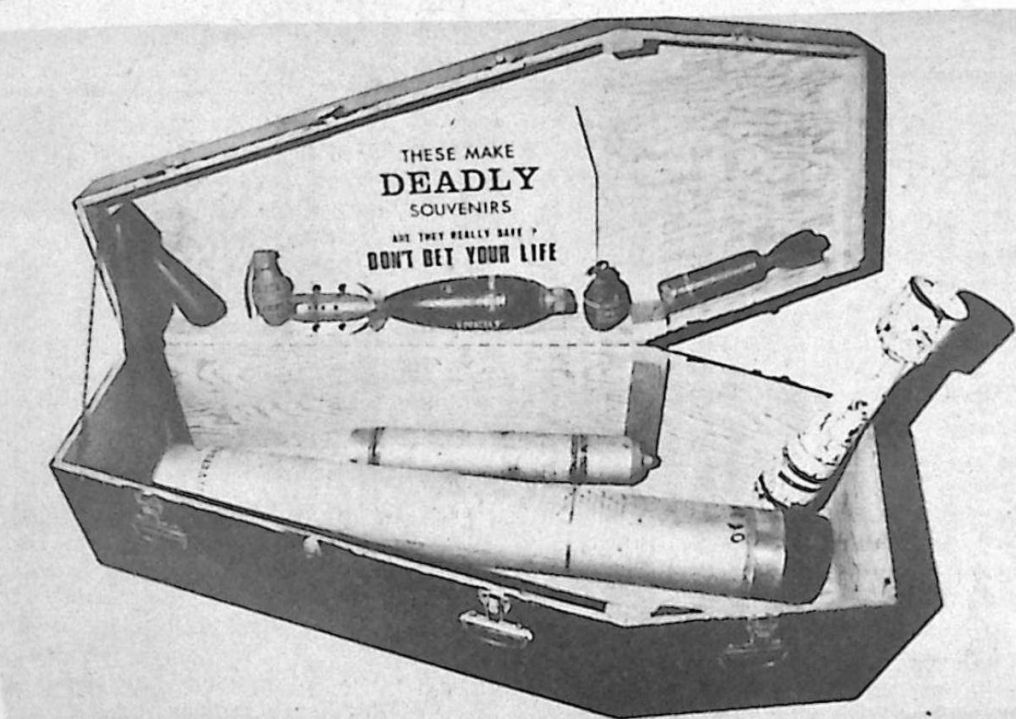
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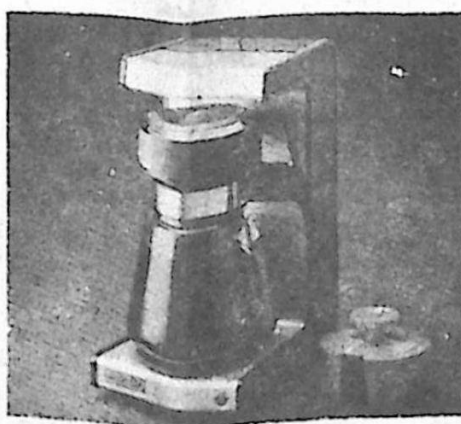
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