



# TOTEM TIMES



A chip on the shoulder indicates there is wood higher up

VOL. 20 - NO. 5

CFB COMOX TOTEM TIMES

THURSDAY, MARCH 9, 1978

## An Admiral Commeth



R ADM. M.A. MARTIN COMMANDER MARITIME FORCES PACIFIC -- was a recent visitor to CFB Comox. The Admiral toured Base facilities and enjoyed some of that Comox hospitality. He is seen here in workshops with WO Art Orvis and Cpl "Smokey" Herbert discussing the finer points of metal refinishing.

## NDOC Swings Into Action

When the debris of the Soviet Cosmos 954 satellite made its fiery plunge into the Northwest Territories early Jan. 24, the National Defence Operations Centre (NDOC) in Ottawa set in motion the Canadian Forces' emergency response.

After being advised by NORAD HQ in Colorado Springs, Colo. of the satellite's re-entry and destruction, NDOC launched "Morning Light" — the full-scale operation to locate and recover the radioactive debris.

Manned around the clock, NDOC is the Forces' command and control nerve centre. From it the Chief of the Defence Staff, Admiral Robert H. Falls and his senior staff direct emergency operations. On a regular daily basis, NDOC keeps tabs on such things as the status of Canadian military capabilities; NORAD, NATO and search and rescue operations and Canadian peacekeeping activities.

The centre responds to requests from other federal government departments and provincial agencies when they need military manpower and equipment, nationally or internationally. Also, NDOC maintains display boards of major activities, and NDHQ officials are briefed daily and informed immediately of important new events.

Satellite Circuit  
The centre features the very latest in telephone facilities. Included are a satellite voice circuit, a computer-controlled telephone network and direct lines to the Prime Minister, Defence Minister, other government officials and Washington and NORAD. Their switchboards also handle some long-range communication for the External Affairs Operations Centre and Privy Council Office.

Through national military and External Affairs teletype networks, the centre can transmit secure messages to any place in the world that has an External Affairs or Canadian Forces representative. Also, it has access to U.S. and NATO teletype systems.

NDOC coordinates the use of Canadian Forces manpower and equipment. It deals with the headquarters of Maritime Command in Halifax, Maritime Forces Pacific in Victoria, Mobile Command in Montreal, Air Command in Winnipeg, Communication Command in Ottawa, Northern Region in Yellowknife, Canadian Forces Europe in Laar and NORAD in Colorado Springs. When a commander is tasked with an operation, NDOC originates the order and dispatches it to the commander, who issues further orders to his units.

NDOC often is involved in civil emergency operations. The military has a regional

organization which is the framework under which DND assists civilian authorities. Military bases and stations in the region provide personnel and equipment to the regional commander but if these resources are insufficient, NDOC coordinates their allocation from other commanders.

NDOC's regular staff is 35-16 officers, 15 other ranks and four civilians; headed by a colonel. Since the centre handles all types of activities, sea, land and air, a cross-section of operational expertise is always available, but if necessary, the regular staff can be augmented by four trained teams from other NDHQ directorates.

## Just For The Kids

Dependant sons and daughters of Canadian soldiers were granted nearly \$100,000 in educational bursaries during 1977 through the Canadian Army Welfare Fund.

The amount exceeds 1976's allotment by \$25,000.

The 156 bursaries, averaging \$629.45, were awarded to students attending universities and community colleges across Canada.

To be eligible for a bursary the applicant's parents must have served in the Canadian Army (Regular) between Oct. 1, 1946, and Feb. 1, 1968, with financial need being a determining factor.

The Canadian Army Welfare Fund was established in 1952 with contributions from Maple Leaf Services,

Army canteens and messes, and is supported now by the Canadian Forces Central Fund. The Fund also provides financial assistance in the form of loans and grants when warranted because of financial distress, or other qualifying circumstances.

There were 455 eligible applications filed during 1977, divided almost equally between girls and boys. Applications for the CAWF Bursary Program may be obtained from the Manager, Canadian Army Welfare Fund, East Memorial Building, Wellington Street, Ottawa, Ont., K1A 0P4. Deadline for the acceptance of applications is July 1 of each year, and applicants are advised of the results by August 15.

## Its The Season

With the safety of the individual fisherman in mind, three Federal Government departments will combine their resources and expertise to provide search and rescue (SAR) support to fishermen during the annual herring season.

Ships, cutters, aircraft, helicopters, hovercraft and personnel from the Transport, National Defence and Fisheries and Environment departments are available for SAR missions.

The Canadian Forces' 442 Search and Rescue (SAR) Squadron, based at Comox, will also deploy and operate Labrador helicopters from coastal airfields to follow the fishing fleet as it moves from one area to another. The Squadron's fixed-wing Buffalo aircraft will carry out SAR patrols of the herring fleet, in the course of their routine training programs.

Tracker aircraft from VU-33 Squadron and Argus aircraft from VP-407 Squadron, also based at Comox, while conducting their normal fisheries surveillance patrols and operational patrols, respectively, will provide additional coverage of the fleet while the aircraft are enroute to and from their assigned tasks.

The 151-foot Canadian Forces auxiliary vessel, CFAV St. Anthony will be available for SAR support, during the season in the Barclay Sound and Juan de Fuca Strait areas.

The Canadian Coast Guard, has in addition to its normal SAR fleet, primary task, the 168-foot GV Reed and 60-foot Richardson to accompany the herring fleet along with DFE management vessels.

The Victoria-based, Rescue and Co-ordination Centre (RCC) will be the co-ordinating SAR agency. In addition to the full-time support resources, the RCC will be able to call upon other military, Coast Guard and RCMP vessels, aircraft and manpower throughout the region in event of emergency. Those resources include other Federal government vessels and Canadian Forces' destroyers which have been scheduled for normal sovereignty and fisheries patrols off the west coast.

This annual SAR program has been formulated for the safety of the roe fishermen, who may encounter difficult or some unfortunate mishap during the fishery.

A conscious effort by the fishermen to conform to established safety and seamanship regulations, and to promote and practice the idea of mutual assistance — The Buddy System

## TAC EVAL 78.....We Made It!

After a somewhat clouded beginning in which even getting started looked doubtful, TAC EVAL 78 came and went, and resulted in a successful conclusion.

The Inspection Team's late arrival, and weather were not in our favour on the supposed opening day — however the

skies cleared, the planes flew and "viola" — a war was fought.

After the smoke had cleared it was Base Comox ahead of the Inspection Team and even Mother Nature came through in glowing terms. The resulting warmth must have

reached through to the hearts of the examiners as they were most cordial.

All the things that were supposed to happen, happened. Planes flew, intercepts were carried out, weapons were loaded and emergencies were met with ease. The base

personnel reacted to the exercise with pride and high regard and as such were justly rewarded with a fine finish.

The good Colonel smiled upon the masses at completion, lifted his glass in respect and then spoke unto his people; "For your fine efforts, you shall be rewarded with a day of freedom from the chains of command, and I now declare March 10th to be a time of rest and meditation (and fishing and golfing etc.)."

A couple of areas were pointed out by the Inspection Team as being outstanding in their performance. A hearty "well done" has to go out here to the troops in security and Air Traffic Control. Colonel Van Ek, Inspection Team leader, was quoted as saying that these guys were some of the best that the team had seen throughout the forces. B Ops O can be justly proud as both organizations came under his control. "Well done guys and gals" from the old fishwrapper!

And so it went — another year out of the way and now we prepare for 79. However, don't forget your day of "rest and recoup" — you deserve it.



DISASTER RESPONSE TEAM REACTS -- Action was hot and heavy during Tac Eval. Here the disaster response team reacts to a simulated aircraft crash and quickly rushes the badly injured patient to the hospital. Most phases of the Tac Eval went well and the Base made the grade.

## Kootenay

### A Place In The Sun

Twenty-five crew members of the Esquimalt-based destroyer-escort, HMCS Kootenay were treated to a

unique experience on Sunday, Feb. 12, while visiting Nuku Alofa, the capital of Tonga. With the kind permission of

His Majesty King Taufa'afu Topou IV of Tonga, they were invited to spend the day at his private island.

Some went swimming, others searched for coral and the large clam shells which were located easily in shallow pools along the beach. Still others played volleyball or just lounged around and took advantage of time off to soak up the plentiful sunshine.

Cameras were put to good use while a dozen natives prepared lunch Tonga-style in a jungle clearing about 500 yards from the beach.

## Family Month

B.C.'s second annual Family Month proclaimed for this May has all the early markings of a great success.

A committee appointed by Provincial Family Month Chairperson, Ed Taylor, of Kelowna is hard at work pouring through and replying to responses, to questionnaires returned from scores of communities.

Communities as far-flung as Fort St. John and West Vancouver, Smithers and Trail have shown interest in the month-long campaign to promote family-oriented activities.

The theme of "closeness and cooperation" has been adopted by the Provincial Family Month Committee, an arm of The B.C. Council for the Family.

Local Family Month committees are being offered ideas and information designed to help them plan their own Family Month events.

In May 1977 a particularly successful activity pursued in many communities was "poster cooperation" wherein participants, school children in particular, devised posters along such themes as "things my family does well together". The posters were not judged in a competitive fashion and were displayed in public places throughout the community.

Another popular event in many communities was a family fun day which may have included such events as a picnic, scrub baseball, a potato sack race and especially games involving a mixing of age groups from toddlers to oldsters.

"We hope that through an emphasis on closeness and cooperation during Family Month that a spin-off effect will see the same attitudes and actions carried on throughout the year," said

Family Month provincial chairperson, Ed Taylor.

All religious groups, recreation leaders, service clubs, corporate and labor groups as well as individuals are welcome to request further information on Family Month through Family Month, 985 Belgo Road, Kelowna, B.C.

## "TOTEM WISDOM"

SINCE TEENAGERS ARE TOO OLD TO DO THINGS KIDS DO AND NOT OLD ENOUGH TO DO THINGS ADULTS DO, THEY DO THINGS NOBODY ELSE DOES.



HE SHOOT HE...UH! ALMOST SCORES -- LCol Sid Burrows BAAdO officially opened Log Spell '78 this past weekend. The local "Loggers" hosted their counterparts from other B.C. Bases and from all reports a good time was had by all.



FUTURE FIREMEN -- A group of young wolf cubs from Campbell River visited the Base last week and were treated to a Base tour. Highlight of the day was a visit to the Base Firehall where our finest put on a great display for the kids.

NEXT  
TOTEM TIMES  
DEADLINE  
MON.,  
MAR. 20  
NOON



## Nighthawks Nest

Opening day for OP Eval 78 was delayed 24 hours as a result of the late arrival of the Air Command Team from Winnipeg due to aircraft problems in Namao and also because of weather. The SOOT Team from North Bay arrived on Sunday the 19 Feb. However, they only carried out a simulator check on Monday. The weather was uncooperative until Wednesday when it started to break. As the weather picked up, the tempo of Eval 78 picked up also. Wednesday saw the completion of the Mass Load, the writing of the annual examinations and the confirmation of the aircraft categorization.

Thursday dawned bright and beautiful as 409 launched off into the bright blue skies to test their mettle against the enemy. The steely-eyed Nighthawks proved their ability again as they shot down (simulated of course!) the enemy aircraft which consisted of CF100's, Falcons, B-57's, and F106's. The squadron received a satisfactory rating for the Eval. Two crews from the east, one each from Bagotville and Chatham were here observing how everything was supposed to be done. Op Eval wound up with a Squadron luncheon Friday and later a Beer Call at the Totem Lounge.

The tension that had most people keyed up for the Op Eval has now disappeared. However, with this past week being clear and sunny, squadron members have caught the spring fever virus. The reaction of the aircrew to the spring fever varies somewhat between individual but generally results in a greater desire for VFR trips

and saying hello to different places. The different places cause the variety in the reaction to spring fever. Jim Reith and Mike Mahon decided to say hello to the navy. Several others including Sgt. Piper of the CAC said hello to Holberg and some toured the Caribou country.

Also, this past week has resulted in an increase in the number of sorties flown. Due to bad weather in January and February the squadron fell behind in its monthly flying requirement and is now catching up. With the help of the ground crew and the weather the week was very successful.

On Tuesday 28 Feb., the 409 participated in an exercise with the U.S. Navy. The Nighthawks acted as the defensive force to prevent the navy aircraft from laying mines off Texada Island. The action was fast and furious for everyone, except for the poor souls in Orange Flight, who had to listen to the action over the radios while orbiting at 25,000 feet. Doug Evans was the 409 co-ordinator for the exercise and did a fine job. Everyone enjoyed the change of pace from the normal intercept training, that is, everyone except Orange Flight who if you remember orbited at 25,000 feet.

Mark and Donna Shaddock have decided to name their son, calling him Jeffrey Kenneth.

Last Thursday Admiral Martin paid a brief visit to 409 Squadron during his tour of CFB Comox. While visiting the QRA he watched a scramble performed by the top brass of the squadron.

The Air Maintenance

Inspection Team has been checking out the various maintenance organizations on the base during this past week. The official results concerning the 409 portion of the inspection have not been released as yet but will be available for the next issue.

The squadron is happy to see Hazen Codner back flying again after a couple months off with an injured back.

Andy Dobson and Dave Burt had their share of troubles while attempting to reach Toronto. In Winnipeg, one wheel brake failed during landing and on take-off they received an unsafe gear indication. Because of the problem with their T-33 they elected to return to Comox instead of pressing on.

Last weekend Kent Smerdon, Charlie Gladders, Rich Zvytski and Dave Armstrong took 2 Voodoos to Duluth for a Mess Dinner. They returned on Sunday.

Jock Campbell flew down to Travis Air Force Base near San Francisco with the BOpsO the BAdO and Harry the House for an evening in sunny California.

Jim Reith is presently away in Borden attending the SIT course in preparation for instructing aspiring pilots in Moose Jaw later this year. Also Larry Boland, 409's Admin Officer is up in the North West Territories for a couple of weeks demonstrating his administrative abilities in connection with the Cosmos recovery program. And 'Jake The Snake from Shell Lake' is up in Canada's North building igloos and chasing Inuit women on the Arctic survival course.

Op Eval down and OP DopeP to go.

EDMONTON— When the Soviet Cosmos 954 fireballed to earth in the Great Slave region of the North West Territories on January 24th it triggered an amazing transformation of CFB Edmonton.

From normal everyday routine duties, the base geared itself to round-the-clock operations in jig time.

The 44 members of the base nuclear accident support team, (N.A.S.T.) gathered all their gear ready to go. The Command Post was set up and preliminary briefings given to key officers. A news media centre blossomed forth from the secondary room of the 1 Air Movements. Pilots from 435 Squadron Hercules pilots as well as pilots and ground crew and maintenance personnel from 408 Squadron with their Hueys, 440 Squadron's Twin Otters and 450 Squadron's Chinooks, were all poised ready to go.

In the meantime, other sections of the base swung into action. Telephone exchange operators were placed on double tasking for evening shifts, cooks required to prepare thousands of box lunches sharpened their knives, base transport got ready for lots of trips. The supply types got their bins all straightened out ready for an onslaught; and generally every section of the base somehow got to play a part, an

important part in operation Morning Light.

Meanwhile, people were arriving at CFB Edmonton whom most of us had never heard about before. Or at least, if we had heard about them we were sure we were uncertain what their function was. We refer of course to Wednesday January 25th, when four USAF C-141 Starlifter aircraft taxied to a halt in front of number 5 hangar.

Out came Mr. Mahlon Gates (retired U.S. Army Maj. Gen.) and 110 scientists and technicians from the U.S. Department of Energy, Atomic Control Centre based at Las Vegas, Nevada.

They brought with them six PhD's, nuclear scientists from the Lawrence Livermore Laboratory attached to the University of California, reams of exotic equipment with funny names like gamma ray spectrophotographs, three little 1100 lbs. collapsible helicopters loaded with sophisticated radiation tracking equipment, and six U.S. gals to act as administrative support.

A couple of days later members of the Canadian Atomic Energy Control Board (not to be confused with Atomic Energy of Canada which is a Crown agency) arrived with their sleeves rolled up. Following them came some scientists from the

Geological Survey of Canada section of the Dept. of Energy Mines and Resources. They had with them the latest in scientific equipment for use primarily in geological survey of the North. At that time, no one knew if their instrumentation could also be used to pick up radioactive material from a fallen satellite. However, the equipment proved itself on the first day by making the first contact of radiation in the Great Slave Lake area.

And throughout the week others trickled into the base. Mostly support people from Air Command Hq. and NDHQ to augment exhausted members of Operation Command and CFB Edmonton commander Colonel David F. Garland's weary staff.

Also, an Argus aircraft from CFB Greenwood mysteriously arrived here one day ready to go. It was given the mission of running the entire suspected flight path range of a 30 mile by 500 mile strip to photograph it with its sub-detection type equipment.

And so it went, for 14 incredible days. At the time of writing, February 7, things are starting to cool down a bit but CFB Edmonton personnel to a man (and to a woman) will not forget the first days of Operation Morning Light.

## Fast Response

## ATC News

Comox did pass Ops Eval (as expected) and when the fog finally lifted we did manage to get a few airplanes up. Actually the flying was steady but never really got busy. Our ATC standards team found a few minor glitches but generally were quite happy with the section. Hopefully everyone will continue to do their best all year round and not just when others are watching.

Capt. Dave Barney and Fred Kempe, WO Art Kirschner and Cpl. Wolfgang Wolf were in McCord AFB last week for a quick TD trip to see some intercept training from that end. The trip gave us a better understanding of their problems and type of equipment they have to work with at 25th Norad. Fred and I also got to see Seattle ATC center and to say the least it was unbelievable. It was like two country boys coming to a big city for the first time. Their computerized radar does just about everything but talk to the A-C. In our spare time we managed to see a play, attend an opera, visit a museum and if you believe that you'll believe anything.

Capt. Tom Evers is moving across the rock wall to nothing but good 'ole' Moose Claw Saskabush to join the rest of the ex QQ controllers.

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M-Cpl. Don Dieno is finally back from Egypt and a long leave and is taking over the Flight Planning Center.

Welcome to the section M-Cpl. Eric Arsenault, who has joined the West Coast Air Force from Goose Bay. Eric will be working in Ratcon as a PAR controller after his checkout.

Cpl. Serge Roy has also joined the working class and is checking out at Ratcon as a B Stand. Allo to you too.

Another Eric, Pte. Eric Hawk is having a rest in the Base Hospital with a touch of the flu. Get well guy, it's just too much wild living.

Mar. 10 is the date of a long awaited hockey game with VR ATC. The game will be held at the base rink. Friday afternoon with a get together later at the Golf Course. The



Dynamite was invented by Alfred Nobel, the man who established the Nobel Peace Prize.

hockey team will also be buying new jackets and sweaters for next years season.

D.J.B.



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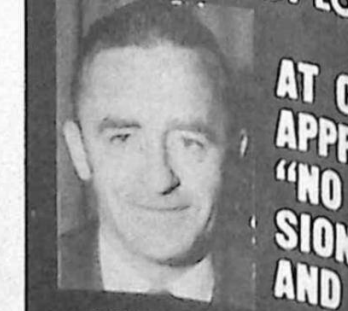
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## Demon Doins

Well, all of us Demons are finally back in Comox, after extended visits in various places. Crew three spent several days at that quaint little place on the other side of the country, waiting for an airplane. As usual the plane came out of maintenance with more snags than when it entered. But who could complain, after all Greenwood is such a fun place.

Then there is the case of crew four. The poor fellows got stranded in Hawaii, isn't that a real shame! They actually had to sit by a phone for five of the twelve days. Don't look for any sympathy if you had the misfortune to run out of money or sun-tan lotion. A relief flight was attempted but it was forced to turn back. Crew four was not too disappointed.

And there is one more story in a similar vein. Crew two tried to fly a Norpat but never got beyond Cold Lake. The airplane broke and decided to keep its problem a secret. The rest of the crew and the servicing personnel returned Saturday evening.

Well the big OP EVAL and MAST Audit is over for another year.

During the exercise, crew two spent a quiet night and day in barracks, with the silence punctured only by Voodoos blasting off and Argus running up. 407 came out of the exercise looking good and all the extra bodies with eyes open and pen in hand have returned from whence they came.

The Squadron has a new Nav Training Officer. Murray Field has taken over from Lloyd Corney. Crew two is getting a new Tacco. Capt. Zanussi is taking over from Major Bossons, who is slowly letting go of his many jobs in preparation for his transfer.

Word has it that Captain Poole is going to ADAC in Halifax, and at the moment, Tony Thomas is doing time in 407 Ops while awaiting the Hercules OTU in Trenton.

For those enrolled in the OPDP Program who will be participating in RIMPAC, the exams will be held there during the exercise. The writing phase for the exams has been tentatively scheduled at the Rose and Crowns.

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# Gun Control

A major change to Canada's gun law as of January 1, 1978 is in the classification of restricted weapons.

Affecting large numbers of Canadian gun owners, the category of restricted weapons has been extensively revised to control the availability of those particularly dangerous firearms frequently used for criminal purposes.

The list of restricted weapons, which since 1934 has covered all handguns, has been expanded to include several popular models of semi-automatic weapons such as the M-1 carbine. In order to comply with the law, all owners of such guns must now register them with local police. The new law applies to all restricted weapons, regardless of their date of purchase.

Restricted weapons are defined as: all semi-automatics with barrels less than 18½ inches in length, or 26 inches over-all length, which use centre fire ammunition. It is estimated that there could be as many as 100,000 such weapons in Canada.

Persons considering extending the barrel of such a weapon to remove it from the restricted category should be aware of the fact that they could later be charged with possession of an unregistered restricted weapon. Depending upon the interpretation of the provincial Attorney General, police could lay charges which would result in a court ruling on what is an acceptable barrel extension. The view of federal ballistics experts is that devices such as flash eliminators and muzzle

breaks are not legal barrel extensions.

Penalties for failing to register a restricted weapon range from a fine to imprisonment for up to five years. They are designed to control the ownership of what are primarily concealable, military-type anti-personnel weapons.

Persons seeking to register a restricted weapon will be asked to cite a specific reason for doing so. Acceptable reasons must include at least one of the following:

- a) to protect life
- b) for use in connection with a lawful profession or occupation
- c) for use in target practice at a club approved by the provincial Attorney General
- d) for use in target practice under prescribed safety conditions
- e) to form part of a bona fide gun collection
- f) because the restricted firearm is a relic (souvenir), or memento.

It is not required to re-register a restricted weapon which had already been registered prior to January 1, 1978.

To register a restricted weapon, a "Permit to Convey" must first be obtained from local police in order to transport the gun to the police office for registration. At that time, an application form must be completed and verified before a certificate is issued. The certificate will specify conditions for the possession and use of the gun, which the owner must follow. Any change of address must be registered with the local registrar of firearms.

Registration certificates are free of charge and are valid indefinitely unless revoked for failure to comply with the conditions of the certificates. Special permits are required before a restricted weapon can be moved or transported from the location authorized on the certificate. The permits are intended to control the use of these dangerous weapons.

Applications for registration are processed by local Firearms Registrars, then forwarded to RCMP Headquarters in Ottawa for approval. Authority to issue registration certificates is vested in the Commissioner of the RCMP.

National records of firearms registrations are maintained by the RCMP and are made available to all police forces to aid in the investigation of crimes involving firearms.

The restricted weapon registration system is designed to prevent the ownership and use of dangerous weapons by criminals and irresponsible persons while still permitting the ownership and use of such weapons for specified legitimate purposes.

Effectiveness of the registration system is demonstrated by the fact that handguns, which have been restricted since 1934, are not commonly involved in firearms deaths. It is anticipated that the inclusion of military-type semi-automatic carbines in the restricted weapons category will similarly reduce their use in firearms deaths.



Base photo

I'm So Happy I Could Just....

## Smoking And You

The majority of Canadians are non-smokers according to a report released today by Health and Welfare Minister Monique Bégin during the launching of this year's National Education Week on Smoking.

The report examines data obtained in 1975 from the Canadian Smoking Habit Survey which has been conducted annually since 1965 by the Department of National Health and Welfare in conjunction with Statistics Canada.

Results of the study show a continuing decline in the percentage of Canadians who smoke cigarettes regularly. Approximately 37.3 per cent of the population 15 years of age and over were regular (that is, daily) cigarette smokers in 1975, compared to 38.3 per cent in 1974. Substantial decreases in regular smoking by adult males during the past ten years have been largely responsible for this decline. Among males 15 years of age and over, 43.3 per cent reported regular cigarette smoking in 1975, compared to 45.3 per cent in 1974. Since 1965 there has been an 11 per cent decrease in the percentage of regular male cigarette smokers.

According to the survey, the percentage of female smokers 15 years of age and over remained relatively unchanged between 1974 and 1975; approximately 31 per cent reported regular smoking. The percentage of regular smokers in the teenage population declined 1.6 per cent between 1974 and 1975 to 28.5 per cent. In 1975, 29.5 per cent of teenage boys and 27.4 per cent of teenage girls reported smoking regularly.

The survey reveals considerable differences in the regional distribution of regular cigarette smokers. As in previous years, Quebec was found to have the highest percentage of both male and female smokers 15 years of age and over. Approximately 50 per cent of the Quebec male population indicated they smoked regularly, followed in order by the Atlantic provinces (44.5 per cent), Ontario (40.6 per cent), Prairie provinces (39.5 per cent) and British Columbia (39.2 per cent). Regional distribution of the female smoking population was as follows: Quebec, 34.6 per cent; Atlantic, 30.3 per cent; British Columbia, 30.3 per cent; Ontario, 30.1 per cent; and the Prairie provinces, 29.9 per cent.

In view of this week's nationwide education program on smoking, it is encouraging to note that as of 1975, almost 12 per cent of the Canadian adult population have successfully quit "the habit". Cigarette smoking cost Canadians an estimated \$506 million in 1971, according to a study recently conducted by the Department of National Health and Welfare.

The study updates a 1966 departmental report concerning the estimated cost of identifiable consequences of cigarette smoking upon health, longevity and property losses in Canada.

Results of the study indicate that in 1971 the economic cost associated with lung cancer, arising from physician services, hospital costs and future income loss due to mortality, was \$76.9 million; coronary heart disease accounted for \$212.2 million, chronic bronchitis, \$15.6 million, and emphysema, \$16.7 million. The total health care cost attributed to smoking-related diseases in 1971 was \$56.1 million. Lost income due to smoking-related illness amounted to \$164.5 million.

Comparison of 1966 cost estimates 1971 figures show a 20 per cent increase in the economic costs of consequences attributed to cigarette smoking (\$422.0 million in 1966 compared to

\$506.3 million in 1971). Hospital care costs and physicians' services fees increased significantly during this period.

The study also reports that 9.2 per cent of all fires of known cause in 1971 were attributed to smoking. Property damage and lost income due to fires caused by smoking was estimated to be approximately \$20.4 million. A total of 112 persons died in fires caused by smoking, 29 per cent of death in fires of known cause.

Comparison of 1966 cost estimates 1971 figures show a 20 per cent increase in the economic costs of consequences attributed to cigarette smoking (\$422.0 million in 1966 compared to

## Accent

## Safety

Something we see a lot of these days are those convenient "spray bombs" or more accurately aerosols. For convenience, many home and workplace products are now packaged this way and there is a tendency to overlook the hazards they bring to us, along with the convenience.

### SAFETY PRECAUTIONS FOR AEROSOLS

At a naval shipyard an apprentice pipefitter was about to spray a waveguide tube section with a zinc chromate primer. The spray valve on the aerosol can of primer did not work when he pressed it. Thinking he could "loosen the paint", he placed the can in a vat of boiling water used for cleaning waveguide tubes. The water temperature in the vat is kept between 82 degrees and 100 degrees C. He let the paint can float in the boiling water for 30 to 60 seconds, then reached down to remove it. As he did so, the can exploded.

A fragment struck him on the forehead and boiling water splashed in his face and on his body, accidentally causing 24 days lost from work due to injuries.

Aerosol containers can become aerosol bombs because they are "gas operated". When a product is put into such a container, a propellant, usually a liquefied gas under pressure, is sealed in with it. When you press the spray valve, a portion of this liquefied gas vaporizes, exerting pressure which propels the material up a tube to the valve and into the atmosphere. Each time you use an aerosol can, more propellant is vaporized inside. Even when the can is "empty", it may still contain some of the propellant. This is the reason you must not throw an "empty" aerosol can on a fire. Any gas inside will expand until the can explodes.

### BASIC SAFETY RULES

1. Always remember that

\$506.3 million in 1971). Hospital care costs and physicians' services fees increased significantly during this period.

The study also reports that 9.2 per cent of all fires of known cause in 1971 were attributed to smoking. Property damage and lost income due to fires caused by smoking was estimated to be approximately \$20.4 million. A total of 112 persons died in fires caused by smoking, 29 per cent of death in fires of known cause.

the contents are under pressure.

2. Store aerosol cans at room temperature, away from sunlight, radiators, stoves, hot water or other heat source.

3. Do not leave aerosol cans in cars.

4. Keep them away from children! Young people have been seen igniting the spray to "make a blowtorch". This is extremely hazardous, with danger of burns to the skin and clothing, eye damage or possible explosion.

5. Use the spray in a ventilated area and avoid inhaling the spray.

6. Do not smoke or allow any open flames in areas where aerosols are in use.

7. If the spray is an insecticide, keep your skin well covered and wash thoroughly afterward.

8. Never puncture an aerosol can or throw it into a fire.

9. Before discarding an aerosol container, hold the spray valve open until all of the contents and as much of the gas as possible are released.

SAFETY SAM



Hanging by his feet 40 feet above the ground, Harry Houdini was able to free himself from a straitjacket!

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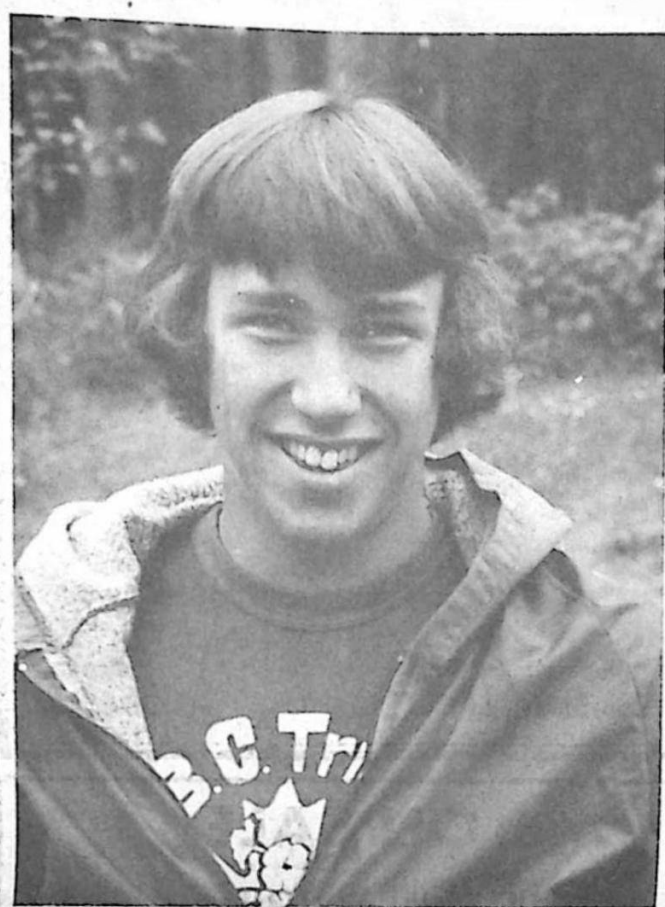
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## The Nice People



## Craig Taylor

This issue introduces a young gentleman by the name of Craig Taylor. We salute Craig because we have heard so many positive comments about this young man — he is a shining example of why we should "Keep the Faith" in our teenagers.

Craig, 17 years old, is the second eldest in a family of four and a grade 12 student at Vanier High. His parents are Joyce and Bob Taylor, a couple of our fine PMQ residents. Father Bob, is the AMO over at 442 Sqn. and is presently on detached duty with 116 ATU in Egypt.

Craig's first love is track and in particular, the long jump. He has just returned from Montreal where he competed in the Canadian National Indoor Track Meet. It turned out that Craig was the youngest competitor there by several years, yet he walked away with a bronze medal in the long jump.

Last spring Craig competed in significant track competitions at Portland, Ore., Seattle, Wash., and Vancouver — jumping and winning all the way. While in Seattle, he tied the Canadian National Junior Indoor record for the long jump.

In his "spare" time, Craig plays soccer for Cumberland Waverley Wanderers in the local Mens Soccer League.

Craig, we hear many good things about you! You are without a doubt one of our future leaders and we at the Totem Times salute you as one of our "Nice People"!

## Junior Golfers

Commencing Sunday 12 March and continuing on every Sunday there will be Clinic for all interested Juniors.

These Clinics will be conducted by Mr. Wally Berger.

The sessions will be broken into different phases of the game, as an example: a) Etiquette of Golf and Conduct on the Course, b) Rules, c) Instruction on grip-stance-swing (tempo-timing) position followed by supervised practice after each session on the driving range.

Juniors are reminded to bring their practice balls marked for identification to all sessions.

As a reminder if there are any Golfers that have some old practice balls they would like to unload, they could do so by dropping them off at the Rec Centre.

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# Editorials

## Star's View

### Misguided Protest

It is a myth "that the USSR is bent on attacking the USA and the Western Powers" according to literature distributed by a nuclear protest group at a local shopping centre last week. By virtue of US development of weapons systems such as Trident and the neutron bomb, it is the Americans who have ended "the old policy of nuclear deterrence in favour of a new policy of first strike".

"The struggle of peace loving world opinion to add military to political detente...is being deliberately sabotaged" by the American military industrial complex, which is motivated by "barbaric murderous intentions". We should, the literature demands, instruct our politicians that "it is enough -- we want no more defence".

The members of the group which distributes this literature are probably sincere, and their objective -- to end war and guarantee peace -- immensely desirable.

Are they correct, however, in isolating the Americans as the sole antagonist in the struggle for world peace? Is it possible that they are jeopardizing the very goal they seek? None of this literature indicated the threatening role played by the Soviets, nor is any of their action, in the form of letter and petition, directed against the Soviets.

Why do they not point out that the Soviet Union is by far the world's largest and fastest growing producer of arms?

While American defence expenditures have dropped by one third since 1968, Soviet expenditures have increased by one quarter and in 1977 they spent 35 per cent more on arms than did the Americans.

Between 1972 and 1976 Soviet weapons production exceeded American by a factor of six to one in tanks, three to one in armored personnel carriers, eight to one in artillery and two to one in fighters. The Soviets can now deploy 100,000 tanks and AFVs against only 28,000 American.

As provided by the SALT 1 agreement, the Soviets have more ballistic missile launchers than the Americans -- 2358 against 1710 -- and their total nuclear "throw weight" is also greater than that of the Americans.

Although the Americans enjoyed an edge in technology at the time of SALT 1,

the Soviets have been spending as much on research and development as all the Western nations combined and the technological gap has been closed, and will soon be reversed. Nevertheless, the Soviets refused to consider the American proposal at SALT II to reduce to between 1800 and 2000 the ballistic missiles held on each side. Apparently the Soviets will not enter into an agreement which does not give them a clear advantage, as did SALT I.

The Soviets are continuing to research, produce and stockpile chemical warfare agents, and train and equip their troops for chemical warfare.

Soviet pilots are flying to Cuba while thousands of Cuban troops are being forced to fight Soviet neo-colonialist wars in Africa, wars sponsored and made possible by massive shipments of Soviet arms.

With the most powerful military nation in the world, perpetual wartime economy and peacetime conscription, the Soviets have long since surpassed the level of arms they require for defence -- but they keep on building. They must have some use in mind for such a tremendous military force.

That is the side of the coin that the nuclear protest group does not present. Perhaps they have overlooked the Soviet threat because of a failure to research the problem for themselves, and instead rely upon the information fed to them by organizations probably sponsored by the Soviets.

The individual who was distributing the information knew only the opinion of Trident outlined in the literature they had, and was completely unaware of the Soviet threat.

One sided disarmament, as proposed by this group, would only pave the road to Soviet domination.

If this group wants to make a sincere effort to alert the people to the nuclear threat, they should also have literature condemning the Soviet Union and warning of the threat it poses, and they should be sending letters and petitions to the Soviets as well as the Americans.

But they are not. Knowingly or not, they are little else than the unfortunate puppets and agents of Soviet propaganda, and every additional person they misinform will merely undermine that much more their own freedom and everyone's prospects for world peace.

## An American Viewpoint

### Hard Reality

BY ROBERT TRUMBULL  
N.Y. Times Service

Prime Minister Pierre Elliott Trudeau, commenting on the sickly state of the formerly robust Canadian economy, warned his countrymen that "the easy times are over." Countless Canadians who found their paychecks buying less and less, not to mention nearly a million whose only income came from the government's unemployment-insurance program little needed the warning.

Economic analysts hold out scant hope that inflation, unemployment, budget deficits and other ills afflicting Canada will soon abate substantially. An economic summary by the United States Embassy here said: "Growth should pick up somewhat but not at a pace sufficient to bring about a drop in the unemployment rate." Private forecasts were equally gloomy.

The repeated blows to the economy, reflected in distressing statistics month after month, have shocked Canadians long accustomed through decades of affluence to regarding their richly endowed country as a land of the blessed. According to some officials, the reluctance of Canadians to shed such long-held complacency contributes to their difficulties.

One of the problems we've had is that we've been spoiled rotten," J.S.G. Cullen, minister of Employment and Immigration, told students at the University of Ottawa. "We've been living pretty high off the hog."

Economists here feel, with virtual unanimity, that Canada has been sheltered too long from the real world, as one analyst put it. "There is now a fairly prolonged and unpleasant awakening in store," said a report on trends prepared by the investment firm of Wood Gundy Ltd. in Toronto.

Political uncertainty generated by the election of a secessionist government led by Rene Levesque in predominantly French-speaking Quebec is a continuing factor in the country's economic disarray, with prospective investors holding back expansion capital until the outlook clears.

THE SHORT-RUN outlook is no better for a quick solution to the searing national-unity crisis. A referendum on the independence issue is planned in Quebec this year or next. Meanwhile the animosities that have torn Canada show no signs of lessening.

The parti Quebecois's accession to power, besides triggering an exodus from the province of a number of companies with English-speaking staffs, and dampening confidence in Canada abroad, also hastened the precipitous slide of the Canadian dollar from \$1.03 to

about 90 cents against the United States dollar in a few months.

"So far as economic difficulties are concerned there is no shortage of difficulties to point to," said Gerald K. Bouey, governor of the Bank of Canada, in a speech to the Canadian Club of Toronto, an organization of top industrialists and other civic leaders.

THE PROBLEMS range widely over the economic spectrum, except for a few bright spots, such as the surplus in exports of merchandise.

The cheapened Canadian dollar, however, has spurred exports by making Canadian products more attractive to foreign buyers. Statistics issued by the Department of Commerce in Washington showed that sales to the United States which buys 70 per cent of Canadian exports, rose to \$26.8 billion in the first 11 months of last year, while imports from the United States were \$23.5 billion.

In overall accounts, however, such trade gains have been more than offset by a \$2 billion deficit in tourism, and more than \$2 billion paid out abroad in dividends and other interest on foreign loans, among other net outflows.

Official pleas to help redress the tourism imbalance by spending holidays at home had no perceptible effect on the annual winter exodus of thousands of vacationing Canadians, including Gov. Jules Leger, who went to Florida, and Trudeau, who went skiing in Aspen, Colo.

THE WEAKNESS of the Canadian dollar contributed heavily to the rate of inflation, which was put officially at 9.5 per cent in December. Unemployment stood at 8.5 per cent of the work force in the same month.

The Economic Council of Canada, an advisory body to the government, does not expect a dramatic turn-around until long-standing "structural defects" are mended. "Without policy changes and major new initiatives, there is little hope for improvement in the next five years," the council said.

Notable among the structural defects are low productivity and high wages, a combination that tends to "price Canadian products out of the market," especially in competition with American manufacturers.

"We have embraced the philosophy of 'buy now, pay later' to excess, and hard into the bargain," H. Ian MacDonald, president of York University in Toronto, told a meeting of accountants. Unhelpful habits remain despite such warnings, at least partly because the cushioned by unemployment has been averaging \$100 a week.



## Mackenzies Marauders

### Keeping The Titanic Afloat

BY JIM SMITH

The trouble with Canada (as it is for most nations) is rather basic: we suffer from a surplus of experts.

An expert, as it happens, is someone who has earned a reputation and therefore no longer needs to think. Moreover, the reputation is generally earned by taking the obvious and contorting it until, in the end, the presentation is utterly incomprehensible. Sad to say, the Canadian public regards complexity as a virtue rather than simply a tool for obscuring shallow thinking.

Well, the experts have been busy analyzing why Canadian industry can't turn out manufactured goods as cheaply as American firms. The result of this analysis has been the recommendation that Canada's manufacturing companies should be encouraged to combine into a handful of very large manufacturing enterprises.

Large plants -- according to expert opinion -- are more efficient than small plants. Therefore -- according to expert opinion -- Canada would be more efficient if her manufacturing plants were as large as American industrial plants.

The only fly in this theoretic ointment is that it is by no means definite that larger plants are unquestionably more efficient than smaller plants. A researcher at North Eastern University in the United States, for instance, surveyed a wide range of consumer goods manufacturing industries and concluded that most items could be efficiently produced for markets of fewer than one million people. Frank Scherer, another American economist, found that, for the most part, the production cost advantage enjoyed by efficient plants over plants that were only one-third the efficient size was virtually never more than 10 per cent and more commonly was less than 5 per cent. Since production accounts for only about one-third of total costs (marketing costs commonly exceed manufacturing costs), efficiencies of large scale are seldom meaningful.

The true reason why foreign manufacturers are more efficient than Canadian manufacturers can be found in technology. Strong export performance is tied to technological innovation and that, in turn, requires a strong mix of small, medium and large companies -- each of

them an independent firm rather than a branch plant. Canada needs progressive firms in selected industries which are natural to Canada -- industries such as fish processing, petrochemicals and natural gas liquefaction. In other words, Canada doesn't need more large firms. Canada really needs a new manufacturing policy -- such as that proposed recently by the Canadian Federation of Independent Business -- that will build healthy native industry throughout the country.

## Painters Dilemma

The news headline "Clemmie destroys Sutherland's best" highlights the perennial problem where portrait painters put up with the reactions of a public uneducated in art, often a poor and painful reward to the artist.

Lady Clementine Spencer-Churchill's executors announced that she ordered the destruction of a beautiful portrait of Sir Winston who died in January 1965 at age 90. He is reported to have said "It makes me look half-witted which I ain't." The portrait was commissioned by Parliament and produced by Graham Sutherland and presented to Sir Winston in November 1954 in gratitude for his services to the nation and a very rare and fine gift it was; famous (or infamous) in the controversy it raised.

A painter with a "photographic eye" and a good brush is a rare bird but public reaction, as in all forms of art, may be painful to the artist.

We in our family, in a modest way, share in the Churchill clan dilemma. A well known portrait painter in Vancouver was commissioned by one of our daughters to put her on canvas and she intended it as a superb surprise to her parents. A surprise it was. The whole family when they saw the result reacted badly and hit the roof with remorse. In defence of the fellow I said, "he has caught her character" and portrait painters are not royal Academicians could probably produce the names of only half a dozen top flight men in the whole world, such

We have long since forgotten the name of the author of the statements "All statistics lie" and "Figures can be used to prove anything". It's just possible that it may have been an old accountant who, instead of dying, just lost his balance! We have heard rumblings that the national unemployment statistics are suspect. We would not imply that there is any deliberate intent to falsify if there were, we would expect the rate declared to be significantly lower than it is. We do question, however, whether the figures given include all those people who are not working and would prefer to be employed.

In other words, in addition to those who are receiving

as my friend Leonard Bordin in London, and you might marvel at his perfection as painter to the Royal Family.

I have one each of Her Majesty The Queen and the Duke of Edinburgh framed and hanging here for all to see, reproductions he sent to me signed some years ago. The effect of looking at these life-like pictures is that you feel you are actually in their presence, a gift of portraiture pre-eminent in the world today.

It is a sad loss to the art world that Clemmie made that unfortunate decision to destroy a rare work of art out of deference to her husband's dislike of it when he is reported to have said, "I might have been sitting on the toilet." I am sorry for Sutherland.

Courtesy Clarence Goode,

Unemployment Insurance, and who, therefore, form the core of the government statistics, there are many, many more who no longer register as unemployed. Either they have returned to educational facilities to better their skills, or they have remained in school, college or university for further tuition after seeing the gloomy prospects outside the relatively secluded world of education.

Do the jobless figures include those who have, wearily and desperately, given up the search for employment? We mean the too old, the handicapped, the underskilled, the over-experienced -- all victims of too many rejections. Do the jobless figures include the potential second wage earner in a family unit, the one who wants to be able to put a little jam on the bread and butter? We suspect, too, that the jobless rate would soar if we included all those who want part-time work.

Whatever we think about the basis used for the jobless figures, we are all aware that they are far too high for comfort. They have resulted in an "employers market", a condition that does not bode well for the economy of the country. No longer are employers searching for people. On the contrary, their wastepaper baskets are full of discarded applications from people anxious to work.

This disturbing fact has produced a new phenomenon, one which despite its cause, has some merit. We refer to the employers' attitude to new employees and their practices in hiring them. They say that it is no longer sufficient to rely only on technical or mechanical skills or on other qualifications suitably inscribed on parchment.

Something more is being asked.

It's not enough to determine whether the new typist can produce perfect letters at 70 words per minute (and preferably, yesterday, of course!) It's not enough that the fork-lift driver can manipulate the equipment in and out of the narrowest warehouse alleys, personality is now a key factor.

Job applicants have to be prepared for a double scrutiny. On the one hand they must demonstrate their skills and experience as they relate to the job opportunity and on the other, they must show the value of their personal attributes. Employers want to determine the potential employee's ability to co-operate with an existing staff or crew. Does the prospect look as if his enthusiasm stretches beyond the pay cheque? Is there any real interest in the employer's operation? Does the employee have any potential, or interest, in on-the-job training or outside tuition so that he (or she) may be promoted or advanced?

The employees ability to communicate is vital in many situations, communicating not only with other company personnel but also with the public, the consumers and customers, the suppliers and critics.

We suggest that, along with the need for personality, the search for charisma, (as demanded in political candidates for example) there is a growing awareness of the need for the individual to be a person and not just a cog in the work machine.

Vancouver Board of Trade.

To keep plant leaves naturally glossy, mist them occasionally with water.

# TOTEM TIMES

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## PMQ Preamble

The PMQ Open meeting was held on 1 March in the school gym as most of you were aware; yet failed to show. There were only forty-three adults including six teenagers out of 306 families in attendance. The people who would have benefited from this meeting, and the parents of our juvenile delinquents as usual were not there, along with the people who seem to complain the most, yet don't want to help themselves. One of the invited guests said "that due to a lack of interest among the PMQ community perhaps we should just do away with the PMQ Council open meetings."

However, the PMQ Council would like to thank the people who did come out, and voiced their opinion, and problems they were having.

Mayor John Bossons is leaving us for an assignment to Iceland. A lot of you don't realize actually how much work Mayor Bossons did for our community, and for the BTO. We on the council would like to wish him and his family all the best of luck in his assignment and the future.

Fred Bishop has taken over as Mayor, and we would like to wish him luck, and give him the support we gave Mayor Bossons.

The election ballot will be picked up on Thursday, 9 Mar. '78. Your Ward Councillors will pick them up. The PMQ council is always looking for volunteers to help on community projects. So if you feel you have something to contribute or you just want to help out, please notify your Ward Councillors.

There has been lot of concern voiced about who has what responsibility as far as lawns and who has what clothes line in row housing. Each family is responsible for their own lawns and animals. There are some people in row housing who feel they own all the clothes lines. C.E. has proposed repainting the numbers on the poles to the clothes lines to correspond with the house number. Why is there always a few people who try to make life miserable for the rest of their neighbors. It sure would be nice if we could all get along together especially in such a small community.

Vandalism again is a growing concern. When will it stop? or will it? Recently the recreation gym lockers were broken into. The thief this time was caught. He wasn't caught in the act, but found out through his bragging of the act in school. By the way his parents were not at the PMQ meeting.

How many more parents in the PMQ area, whose sons or daughters are involved in vandalism and thieving, have the same attitude of not caring what their children are up to?

It was mentioned at the meeting that the playgrounds in PMQ's are in need of repairing and maintenance. Major Johansen, C.E. Officer stated that C.E. will be starting on this as well as the ball fields as soon as possible. Cable T.V. again was a concern for many PMQ families. Major Wood stated that hopefully in the next two or three weeks, we all again will be watching clear and colorful TV. Let's hope so.

Smoke Detectors. Let's hope that most of you who have smoke detectors aren't having the sensitive ones that go off when the oven is on. If you are having trouble with your smoke detectors, Major Johansen stated that you should call local 234, state what your smoke detector is doing, what is making it go off, oven, cigarette smoke, etc. If C.E. does not come out in a few days, call again, if no respond, then call Major Johansen at work.

The BTO is sponsoring a car wash in the Canex Parking lot in the next couple of weeks to earn money for some of the desperately needed items for their club. How about supporting them. The exact date and time will be announced in the next Totem Times paper. Speaking of the BTO. On Monday, 27 Feb. '78, the BTO sponsored an open house, which was announced in the Totem Times, for everyone in the PMQ community, to show

them what they had done to their building. Again, out of 304 families only seven parents showed up, yes seven, and three of these parents including myself don't even have teenagers in the BTO. What is the matter with you parents? Don't you care about your sons and daughters, what they are up to, whether it's good or bad? The BTO had enough food and coffee to have fed all of PMQ twice over. I feel that perhaps this is one of our problems that we don't show our concern for our teenagers, and the only attention they get is when there is trouble caused.

The Exchange will sponsor a family day on Sunday, Mar. 12 in the Canex cafeteria. A roast beef dinner with all the trimmings for only \$1.50. If it is successful we will see more of it. So let's give mom a break from the kitchen on Sunday the 12th of March and

support our exchange at the same time.

Well, most of you already heard, or felt it, the price of gas has gone up between 4 cents and 6 cents a gallon, effective the 5th of Mar. But believe me it is still cheaper on base then down town.

In closing I would like to thank Fred Bishop for his articles on the PMQ Preamble. Whether you agreed with Fred or disagreed, he still kept us informed on our community and its happenings, and voiced the opinions of the majority of the people.

And as I am finding out now, it involves a lot of work. I only hope I can do as good a job as Fred.

If any of you good people in the PMQ area want something to be brought up in the Totem Times, that you feel would be of interest to the rest of the community, please call local 433 or 339-5732.

## Courtenay Little Theatre

For those parents (or young people) who'll be needing a night away from their children (or parents) come to the spring break later this month, Courtenay Little Theatre is willing to oblige everyone any night of the week.

They're hosting the North Island Zone Drama Festival which runs from March 27th to April 1st at the Civic Theatre. There are ten plays entered from seven drama clubs with a good mix of both comedy and drama.

Courtenay Little Theatre's own entry, a one-act drama entitled "The World Tipped Over Laying on its Side", will open the competition and kick off the festivities. It's directed by Germaine Quibell and the cast includes Lee MacKenzie, Tony Hartnell, Donna Burbridge and Paul Kew.

The purpose of such competition, aside from allowing

clubs to find out what others are up to theatrically, is to provide a learning experience and to foster improvement in all phases of production. To that end, each night's plays are judged individually at the conclusion of the evening. It's the perfect chance for all armchair critics to see how their opinions stack up against those of a professional. CLT is very pleased to have obtained the knowledge and talents of John Krich as this year's ad-

judicator. Dr. Krich is presently the Director of Theatre at the University of Victoria.

The festival's other entries include: the Echo Players of Qualicum Beach production of "The Cloak," "Lemonade" and also "Two For The Seesaw" by Nanaimo Theatre Group, "The Script" and "Rise and Shine" by Yellow Point Drama Group, Campbell River Performing Arts Club's "Nathan and Tableth" and "Hello From Bertha",

with Kaleidoscope of Powell River's "I Rise in Flame, Cried the Phoenix" and Lund's production of "The Lovers" rounding out the five nights of competition.

An Honours Night will be held on the Saturday night, April 1st. The adjudicator will choose the evening's entertainment and conclude the week by giving out awards of merit for deserving performances.

The curtain will rise at 8 o'clock sharp each evening.

No one will be allowed into the theatre once a play is in progress, so don't cut your arrival time too short. According to festival regulations, children under

the age of six cannot be admitted.

Tickets prices are \$2.50 per night for adults, \$1.50 for students and senior citizens. A series ticket (to cover all nights) can be had for \$12.00 and \$8.00 respectively. Courtenay Drug and Winsby Drugs in the Comox Shopping Centre are the ticket sales outlets. Courtenay Little Theatre members can also supply tickets or you can purchase your admission at the door each night.

So, why not make a point of joining in on the festivities? The festival promises to be an excellent showcase of regional talent, and besides, - it'll get you out of the house!

## Library News

For those of you who haven't realized it already, the base library is located at the main gate in the back of the Theatre building. Recently some new books have been purchased.

The children's section of the library is very small however, if enough interest is shown there will be new material purchased, perhaps the librarian could be informed of what titles you would like to see on the children and young adult shelves. Any donations of children's books would be appreciated. For the adults there is a pocket book ex-

change, magazines, newspapers from other bases, material on hobbies, crafts, home building, sailing, gardening, etc., as well as the usual fiction.

There is a small French section which we hope to give a face lifting in the near future. So if you haven't visited your base library lately, why not drop in, although we don't have as great a selection as the town libraries, we will greatly improve with the help of your suggestions.

Library hours - Mon. and Wed., 12:00 to 15:00 hrs; Tues. and Thurs. - 18:00 to 10:30 hrs.

## Classifieds

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KELOWNA BOUND - The CFB Comox Bantam Girls won the right to advance to the Provincial round of youth bowling. Four Steps to Stardom Competition. A sparkling performance by the girls in Nanaimo in February led to the trip. Well done and good luck to the girls.

## Chapel Naming Ceremonies

After some thirty-four years of serving the needs of the military community of CFB Comox, the Protestant Chapel on the base is to receive a name. April 30, 1978 has been set as Naming Day, the day when official ceremonies will mark the beginning of St. Michael and All Angels Chapel.

Preparations are going ahead to ensure the occasion is marked with appropriate participation and fan fare. The Chaplain General (Protestant) and the Com-

mand Chaplain (P) will be here to participate in the ceremonies and many past and present members of the chapel congregation are expected to attend.

A special effort has been made to invite Chaplains who have previously served here to attend. Among those are Frank Henderson, the first Protestant Chaplain at RCAF Stn. Comox and Rev. Don Martin who recently retired from the Canadian Forces. Mr. Henderson, a noted Comox Valley wood-carver

has volunteered to carve appropriate sign for the chapel. Rev. Martin has started a Baptist congregation in Comox and intends to remain in this Area.

Major L.R. Coleman, the Base Chaplain (P) feels the naming of the Chapel is a significant event in the religious life of the military community and the choice of name reflects the military relationship; as St. Michael is regarded as the patron saint of those who bear arms in a righteous cause.

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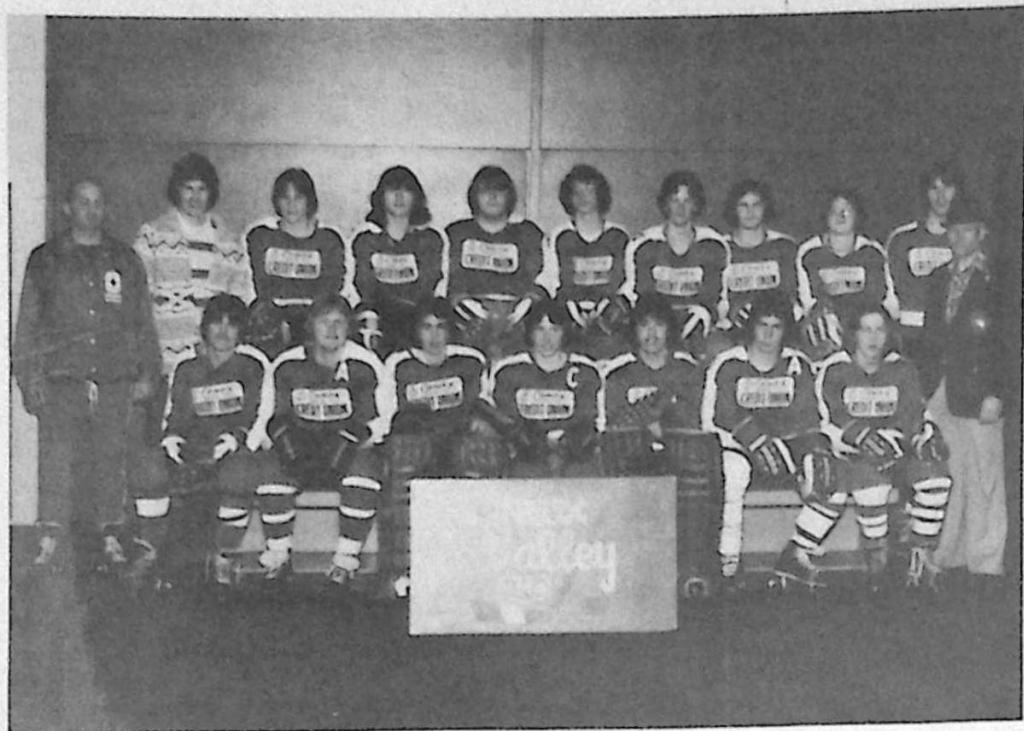
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# Sports Beat

jock talk at CFB Comox



## Midget Champs

**THE COMOX VALLEY MIDGET CHECKERS**, after finishing second in their league this season became the North Island Midget Champions last weekend. Front row L to R -- Mike Naso, Kevin Liesch, James Griffith, Dave Wheelon (Captain), Clint Verchere, Henry Knockwood and Barry Tuck. Second row L to R -- Al Tuck (Manager), Rob Myers, Doug Baird, Greg Miller, Ron Isaac, Randy Harvey, Rob Parker, Bob Isaac, Pete Thompson, Joel Leger and Earl Thompson (Coach). Missing from picture -- Hugh Knockwood (Assistant Coach).

## Minor Hockey

The Comox Valley Rep Teams all fared extremely well over the past weekend. The North Island playoff championships were held in the Pee Wee, Bantam and Midget divisions.

The Pee Wee team coached by Ed Kingston and Arnie Jepsen travelled to Nanaimo and earned the right to represent the Valley in the Island finals by placing second. All games were very close and there were some great team and individual play displayed by all.

The Bantams managed by Roy Shields and coached by Graham Walker and Tom McNee travelled to Powell River for the Championship in their division and really pulled off the upset of the year and with a little help from lady luck would have won the championship. However, they did place second and they too will be in the Island championships in their division this weekend.

The Midget hockey team did a little better and after having ended up in second place in the League travelled to Port Alberni and won the North Island Championship. Coaches Earl Thompson and Hugh Knockwood along with manager Al Tuck were very pleased with the performance of these boys who were certainly a credit to themselves, the team and the Comox Valley Minor Hockey Association both on and off of the ice.

The game results and their respective divisions were as follows:

|                |    |                  |  |
|----------------|----|------------------|--|
| <b>PEE WEE</b> |    |                  |  |
| Comox (W)      | vs | Port Alberni (L) |  |
| Comox (L)      | vs | Powell River (W) |  |
| Comox (W)      | vs | Nanaimo (L)      |  |
| <b>BANTAM</b>  |    |                  |  |
| Comox (L)      | vs | Powell River (W) |  |
| Comox (W)      | vs | Port Alberni (L) |  |
| Comox (W)      | vs | Nanaimo (L)      |  |
| <b>MIDGET</b>  |    |                  |  |
| Comox (7)      | vs | Powell River (5) |  |
| Comox (11)     | vs | Nanaimo (2)      |  |
| Comox (9)      | vs | Port Alberni (4) |  |

The Bantams once again will travel to Powell River the Pee Wees to Port Alberni and the Midgets will host the Island finals here at the CVSC arena. The Midget schedule is as follows:

|                            |    |              |  |
|----------------------------|----|--------------|--|
| <b>Friday, 10 Mar. 78</b>  |    |              |  |
| 1745 Nanaimo               | vs | Juan de Fuca |  |
| 2030 Saanich               | vs | Comox        |  |
| <b>Saturday 11 Mar. 78</b> |    |              |  |
| 1715 Saanich               | vs | Nanaimo      |  |
| 2000 Comox                 | vs | Juan de Fuca |  |
| <b>Sunday 12 Mar. 78</b>   |    |              |  |
| 0915 Juan de Fuca          | vs | Saanich      |  |
| 1200 Nanaimo               | vs | Comox        |  |

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## Archery

### Fita 1 Competition

The latter day "Robin Hoods" of Comox are preparing for another extravaganza. The B.C.A.A. will be bigger and better this year. This shoot will be a FITA I competition registered with the Federation of Canadian Archers (FCA). All records set will be recognized as Canadian records and duly recorded. A round in this shoot will consist of thirty arrows at 18 metre targets. There will be four rounds spread over 2 days.

The first day of the shoot is reserved for practise in the morning and a Flint round in the afternoon. A Flint round is strictly for fun, with appropriate prizes. There have been many ideas forthcoming on the nature of these prizes. Suggestions are more than welcome, BUT, a LIVE 25 lb. turkey Don!!

The actual competition begins at 0900 hrs, Sat 25 Mar with the guest of honor losing the first arrow. The guest will be announced at a later date.

Saturday evening will find all dedicated shooters in bed early. The slack and idle will be renewing old friendships at a banquet and dance in the Social Center. The shooting will resume at 0900 hrs Sunday morning. Although there have been repeated requests for "some of the hair of the dog" to steady trembling hands, we must regretfully say no. There will be refreshments available during the presentation of the awards.

The club has been to Victoria again and per usual cleaning up. The Van Isle Championships gave our club members the opportunity to demonstrate their considerable skill. Our standings are as follows: Mens Unlimited - First - Don Buchner; Ladies Unlimited - Second - Thanna Buchner; Ladies Barebow - Third - Kim Lowden; Cadet Girls BB - First - Kelly Balfe; Boys Cadet BB - First - Todd Balfe. The JOP regionals saw Kelly Balfe take a First, Garret

Hjaldnes a second and Susan Waddell a Third. Each of these young people are to be congratulated as they were shooting in stiff competition.

Archery is a sport that can be enjoyed by an entire family. Children as young as six years, accompanied by a parent, are welcome to come out and try their skill. There are well qualified instructors available to teach the fundamentals to beginners or advanced techniques to the more experienced. Our club has recently invested in additional equipment for the JOP program. The club equipment is available for us by anyone not having their own. Bring your family and come out on Sunday afternoon. Sherwood Forest still exerts its magic in this era of spectator sports. Be a participant instead of a spectator. It really is much more fun.

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## Up Earls Alley

The weatherman is certainly not co-operating at all. The sun has been shining through the odd time but, there are still icicles in the air. The Golfers not only need gloves on both hands, but they also have to hit the ball with the head covers on...That's cold...The grass is starting to get underway so perhaps with a couple of weeks of good old fashioned East Coast weather...ahem...spring will be here.

How about those Toronto Maple Leafs... They are currently on a fairly long winning streak. Of course they are not about to break Montreal's recent streak of games but, when you haven't won a cup since 67 winning even five in a row is GREAT.

The Playoffs for this years Spring Classic, more commonly known as the Stanley Cup, has a slightly different setup than last year. Of course there are four divisions and the first place finishers from each one will receive a bye. The first series will see all the second place finishers and the next four teams with the highest point total playoff in a best of three series. All together that makes 12 out of the 18 teams making it into the playoffs. The eight teams involved in the first series will be matched up as follows: The team with the greatest number of points will play off against the team with the fewest points and so on. This will eventually eliminate four

teams. The four winners will be matched against the four first place finishers. This will eliminate another four teams. This series will be a three out of five one. Then the remaining four teams will play a best of seven series with the two winners also playing a best of seven series for the Stanley Cup. This should all come to an end around the middle of May...Meanwhile out on the Ball Diamond...

The Island Midget finals will be hosted by the Comox Valley Minor Hockey Association this weekend here in Courtenay at the Sports Centre. All of the Comox Valley teams, Pee Wee, Bantam and Midget made it into this years playoffs. See the Minor Hockey Column for further info.

In closing things out for this week I would like to pass along this little fisherman's tale as told to me by "Honest Kip" McLean: Apparently Kip was out on a fishing trip with a few of his buddies and of course they got turned around and so they decided to bed down for the night, but, as it had rained for some time there was a problem trying to find some dry tinder to start a fire with. Well Kip being a typical down homer and of course knowing how good a fire Bark will make was unable to locate any, but, being of the original Campfire vintage took action. You see there were two streams

running parallel to one another. In one there were some Catfish and, in the other Dogfish. So Kip without hesitation immediately threw in his line and caught a catfish and then dropped his hook into the other stream and caught a Dogfish. NOW, read closely, when the Dogfish saw the Catfish it started to BARK. And Kip, the old smoothie, took the BARK and started - the campfire with it...And that's the truth...or, and if you don't believe me...ask Max Jennings...

### It's The Most!



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## Youth Bowling

The YBC is enjoying another banner year both in terms of participation and quality of bowling. As the league goes into its final week most division team and individual races remain very much in doubt. The close competition has kept interest high which in turn has helped keep attendance up. However we would like to see some of the no-shows among the

seniors come back for the playoffs.

One of the highlights of the YBC season is the Four Steps To Stardom tournament leading to a National Final. On Feb 19th our house winners travelled to Nanaimo for the Zone Final and came away on top in three categories: Senior Girls' Singles where Margaret Jones rolled a neat 695 triple, Bantam Girls' Singles with Michelle Maniak doing a 474

set and the Bantam Girls' team made up of Susan Pokol, Michelle Grosvenor, Tina Burt, Donna Purcell and Shari Hagar. This was an excellent showing by the girls and a big well done goes to them along with their coaches Grace Perry and Kit Spilsbury. The next step is Kelowna on March 18th for the Provincial Final and everyone wishes the girls lots of success.

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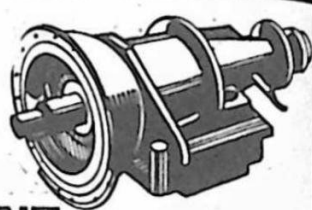


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## Tourism B.C.

"SUPER, NATURAL BRITISH COLUMBIA, CANADA," is the new phrase being introduced by Tourism British Columbia to attract visitors to Canada's westernmost province.

"Our province is filled with natural beauty," said Provincial Secretary and Minister of Travel Industry, Grace McCarthy. "British Columbia is blessed with thick evergreen forests teeming with wildlife, vast and spectacular mountain ranges, great natural harbours, fresh clear lakes, mighty rivers, and an incredibly scenic coastline. It is a province with beautiful cities and communities that reflect the warmth and vigour of our citizens. We can aptly describe our province as 'Super, Natural British Columbia.'"

The phrase will be read, heard, and seen in all advertising planned by the Ministry, including newspapers, magazines, radio, and television messages.

"Our exciting new provincial identity will also be prominent on all communications issued by Tourism British Columbia,"

Mrs. McCarthy said. This will include items such as the provincial accommodation directory, road maps, schedules, and information brochures.

The distinctive phrase is making its debut now in Japan, South East Asia, Great Britain, Germany, the United States, and throughout Canada.

"In trying to describe our

province to someone in Eastern Canada recently," Mrs. McCarthy said, "I told them that we have the best of all worlds from excitement to serenity, from cosmopolitan cities to the rambling countryside, from skiing to fishing. Tourism British Columbia's new market identity will portray our super, natural land and its people."



Base photo

## Award To Gord

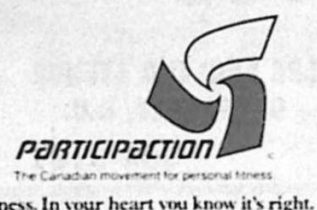
"OLD" EDITOR REACHES FIRST PLATEAU: Totem Times Editor Gord Kruger was recently presented with the C.F. Aerobic Excellence Award for his first 1200 miles. Col Burgess in presenting the award noted that it did not represent the many miles of leg work that Gord put on as E.A. and B.P.I.O.! Now its only 3600 more to go -- Gaud!

## Admiral Nettles Cross Country 78

Some 74 runners took place in the Annual Admiral Nettles Road Race. These runners represented 8 clubs from the Island.

CFB Comox was represented by the original "Roadrunner" M-Cpl Barry Whillans. Barry did very well and placed 35th overall, 10th Military and 4th in the Pac Region. Barry is one of the lads that does this roadwork on a daily basis and is always in tip top shape.

## Before? Or After?



## Intersection Hockey

The Inter-Section hockey is now entering the last stages of play.

The A League is not into the finals and the B League will continue their play as before. The finals in A League started Wednesday evening and this will be a best of five series for the Intersection championship.

The playoff schedule will be as follows along with scheduled B League games:

| INTERSECTION HOCKEY |     |    |     |                     |  |
|---------------------|-----|----|-----|---------------------|--|
| 13 MARCH            | 442 | vs | 409 | 1900                |  |
|                     | C   | vs | B   | 2045                |  |
|                     | A   | vs | E   | 2230                |  |
| 15 MARCH            | 409 | vs | 442 | 1900                |  |
|                     | B   | vs | D   | 1400                |  |
|                     | C   | vs | E   | 2230                |  |
| 17 MARCH            | 442 | vs | 409 | 1400 (if necessary) |  |
| 20 MARCH            | 409 | vs | 442 | 1900 (if necessary) |  |
|                     | A   | vs | B   | 2045                |  |
|                     | E   | vs | C   | 2230                |  |
| 22 MARCH            | 442 | vs | 409 | 1900 (if necessary) |  |
|                     | D   | vs | A   |                     |  |

## Intersection Broomball

The intersection broomball regular season has come to an end for another year. The Headquarters team finished first for the second straight year.

Last week the MP's finished out their season with two wins and a loss. They defeated 409-442 by the score of 2-0 and Headquarters by the score of 2-1. Edwards was the big shooter for the MP's scoring three out of four goals. Their only loss was to Headquarters by the score of 6-1 with Russ Roux the big gun for Headquarters scoring three goals and adding one assist. 409-442 won their game against 407 by default.

The playoffs begin on Monday, March 6, with the semi-finals being played the best two out of three while the playoffs will be the best three out of five.

## CFB COMOX INTERSECTION BROOMBALL LEAGUE STANDINGS AS OF AND INCLUDING 02 MARCH 78

| Team              | GP | Won | Tie | Loss | Pts. |
|-------------------|----|-----|-----|------|------|
| Headquarters      | 22 | 18  | 1   | 3    | 37   |
| 442/409 Squadrons | 20 | 7   | 5   | 7    | 19   |
| 407 Squadron      | 21 | 7   | 4   | 10   | 18   |
| MP's              | 20 | 6   | 4   | 10   | 16   |

## SCORING LEADERS

| Players  | Goals | Assists | Total Pts. |
|----------|-------|---------|------------|
| Roux     | 25    | 11      | 36         |
| Pitcher  | 13    | 18      | 31         |
| Ettinger | 12    | 16      | 28         |
| McNabb   | 15    | 12      | 27         |
| Hebert   | 3     | 13      | 16         |
| Dick     | 4     | 10      | 14         |
| Michaud  | 6     | 3       | 9          |
| Trudel   | 5     | 3       | 8          |
| Edwards  | 5     | 3       | 8          |
| Lawrence | 2     | 5       | 7          |

"Scenery is fine but human nature is finer." John Keats

## Steelhead Fishermen

The Fish and Wildlife Branch of the Ministry of Recreation and Conservation wishes to remind all steelhead fishermen of the importance of completing report cards whenever fishing Big Qualicum River. Information provided by anglers regarding time fished, fish caught, and whether or not they were of hatchery origin is extremely important to the future of the Big Qualicum steelhead program. Signs explaining the procedure are located at strategic points

along the river. A lottery system with \$25.00 cash prizes each month has been set up for anglers coupling with the report system. It is important to complete a card for each day fished regardless of whether a fish was caught.

Anglers are also requested to watch for hatchery steelhead in the Little Qualicum and Englishmans Rivers. Reports indicate that some Big Qualicum fish have strayed to these nearby

streams. Hatchery steelhead may be recognized by the missing adipose fin (small fleshy fin on back immediately in front of tail). The heads of any hatchery steelhead should be returned to Big Qualicum River Hatchery personnel or to local Fish and Wildlife Branch offices. Tiny magnetic tags recovered from these heads provide information on age, ocean life, and whether the fish has spawned previously.

## THINK SMALL

An ant that's so small you can barely see it is the thief ant (Solenopsis fugax). Workers of this species are sometimes as small as .059 of an inch.



A cigarette so small that you can barely smoke it is aptly called "Lilliput." Made in Great Britain, each cigarette is just 1 1/4 inches long and 1/8 inch in diameter.



Base photo

LOG SPIEL '78 was held at CFB Comox March 3, and 4. 'A' event winners were the participants from CFB Esquimalt. From left to right: Col Burgess presenting the trophy, to Fred Switzer, Judy O'Brien, Dave Shelton, and Harry Badger. Good curling you Loggers!

## COMOX DISTRICT CREDIT UNION

## ANNOUNCES

# PLAN 24

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The Provincial Credit Union Share and Deposit Guarantee Fund protects all the shares and deposits of Comox District Credit Union members.

A pass-book is provided for a personal record of all entries.

Call at Comox District Credit Union and become a member — open a Plan 24 account and start earning interest on every dollar for every day it is on deposit.

\* — Rate is subject to change without notice.



## COMOX DISTRICT CREDIT UNION

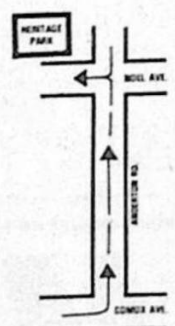
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# Super Natural

## One-Eyed Giant At Forest Museum



Tall Totems



BY ERICH HOYT

The most impressive totem pole collection on the entire Pacific coast is located on Anthony Island, near the southern tip of the Queen Charlotte Islands.

In the 1880s, when the last group of Haidas left this once-thriving Indian village — Ninjints, it was called — they took many of their belongings, their cedar canoes and even the massive carved cedar beams from their houses.

But they left the poles. Rain has rotted them, sun bleached them. Spruce has grown up around and through them and nearly overtaken some of them. The ever-present wind has bent them and, more recently, has teamed up with gravity, pulling them ever closer to earth.

Yet even today they stand — proud monuments to the Haida people who were the finest woodcarvers of all the native North American peoples.

The poles can be appreciated individually — the huge faces etched with bold sweeping lines offset by deep impressions, the eagle's curved beak, the grizzly bear's flared nostrils, and the beaver's neatly thatched tail. But, walking amidst Ninjints' tall totems, one gains a deeper understanding — an understanding of the people who once lived there.

The Haida chose this setting carefully.

The totems, the carved cedar houses were completely integrated into the surroundings. The Haidas lived in a kind of visual harmony with their environment that the architects of our modern cities are still searching for.

To see the totems at Ninjints, weathered and worn as they are, is to experience their true impact — in the theatre of the world in which they were created.

Highly recommended are the annual tours conducted by the University of B.C.'s Centre for continuing Education.

The "Centre" sails to the Queen Charlottes with an anthropologist, stopping at Ninjints and other Haida villages in the Islands.

The 10-day trip is open to the public. It leaves from Van-

couver, usually in June or July. Phone Vancouver 228-2181, local 237, for more details and a free brochure. Preparation will make the trip far more rewarding. Go to the B.C. Provincial Museum in Victoria and see the totems and the museum's reconstruction of a northwest coast longhouse.

In Vancouver, a visit to UBC's Museum of Anthropology will afford a close-up look at some of the poles removed from various Queen Charlotte sites.

Then pick up some of the excellent reading material on the subject. Wilson Duff and Michael Kew's *Anthony Island — A Home of the Haidas* is suggested because it focuses on the site at Ninjints.

If you are planning a private expedition, a letter to the Skidegate Band Council, Skidegate, B.C., is an essential courtesy. One cannot stress enough the degree of caution and care that must be taken around the decaying poles and house ruins, and of course nothing may be removed from any of these sites.

Anthony Island Park is not an easy place to get to, but it's well worth the time, trouble and expense.

Visitors to the site are guaranteed a rare experience — something they will never forget.

**THINK SMALL**

The smallest recorded freshwater fish and the shortest of all vertebrates is the dwarf pygmy goby (*Pandaka pygmaea*) found in the Philippines. Adult males measure only .28 to .38 of an inch, making them smaller than their own name.



The smallest continent is the Australian mainland, with an area of about 2,940,000 square miles.

BY SHIRLEY GUTH  
B.C. forestry authorities have confirmed persistent rumors of a one-eyed giant inhabiting a forest near Duncan on Vancouver Island. Reports of a snorting, smoke-belching cyclops roaming a one and a half mile area north of the city can no longer be kept a quiet local matter, they said.

Almost 40,000 reliable citizens reported sightings last year. Eye-witnesses speak of a "pungent odor" and "ear splitting shrieks". "The ground actually trembled when it approached," recalls one.

But not to worry. That's because this one-eyed beast is a chunky old steam locomotive rumbling over one and a half miles of narrow gauge track at Duncan's 50-acre outdoor Forest Museum. What you sniff in the air is only steam brewing in her old black boiler, and the din is an

"all-aboard!" whistle welcoming another load of passengers on a chug through the meadows and shady lanes of this unique woodland museum.

From May through September, the gates are open to this largest collection of old-time logging machinery in western Canada. Its menagerie of mechanical workhorses include a 1903 steam donkey, a steam tractor named "Little Jakey", and a refurbished powerful vertical piston Shay engine, all displayed in a natural outdoors setting.

The Duncan Forest Museum is unique in Canada, according to B.C.'s Heritage Administration Chief Bob Broadland. "This is definitely not a hands-off museum. We want people to actually relive the romantic steam era of Vancouver Island's logging industry."

So visitors amble through a

logging camp bunkhouse, peep into the dim interior of a trapper's cabin, or rest their feet in the waiting room of the yesteryear Drinkwater Railway Station. A working waterwheel, last of its breed on Vancouver Island and restored by local high school students, splashes near an old-time sawmill. Like the machinery, all buildings are authentic, painstakingly slotted or trucked from now vanished logging camps to recreate a turn of the century logging community under the museum's 300-year-old virgin trees.

The result, says Gerald Wellburn, (the museum's founder and director) is "a picture of a way of life gone forever." A logging camp was a logger's home away from home. In the evenings the bunkhouse was a scene of camaraderie — loggers whittled, whistled, and

bonded strong friendships. Today, they put in their day, then go home to their families, just like any other business."

The park's log museum, on the site of the Cowichan district's original school-church-meeting-hall, houses a fine collection of old photographs that portray the resolute faces and personalities behind the slow climb to what is today B.C.'s bread and butter industry. But the star of this year's

show is again the one-eyed giant, the pot-bellied locie that puffs passengers through leafy forests, under a wooden footbridge, and over a trestle spanning a corner of the picturesque Somenos Lake on its way into the museum's picnic area. And, in the opinion of Gerald Wellburn, at least, she is no beast but a real beauty. "You become attached to her, even her noise and smoke," he says. "She's beautiful."

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## Chapel Chimes



### RC CHAPEL

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

### MASSES FOR SUNDAY:

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

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

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

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

MARRIAGES: Please come in months before your marriage.

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 2000 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: 1830 Hrs. Thursday at the Chapel.

Senior Choir: 2000 Hrs. Thursday at the Chapel.

SUNDAY SCHOOL: The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 1100 hours. All children are invited to attend.

OFFICE HOURS: 0800 - 1630 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.

## Comox Junior Secondary To Present Musical Comedy

Comox Junior Secondary School students and staff will be presenting the captivating musical comedy "Bye Bye Birdie" at the Civic Theatre, Courtenay, on March 21 and 22.

The story is about a rock and roll singer about to be inducted into the army. His agent plans one national publicity show before the induction. The Elvis Presley type singer, with his gaudy costumes, pompadour hair, and sideburns, causes wholesale swooning (by young and old alike) when he arrives in Sweet Apple, Ohio for the show. The quiet little town goes into a spin, and so does the singer "Birdie" and his company when he decides he is tired of his programmed life.

Principals include Mike

perry as Albert Peterson (agent), Judy Living as Rose Alvarez (Albert's secretary), Chris Waugh as Conrad Birdie (the rock and roll singer), Chris Herbert as Kim MacAfee (a typical American teenage girl). Rehearsals are in progress and the students and staff involved are most enthusiastic about the production.

The show is produced and directed by Ron Black (Lazar from "Fiddler On the Roof" and a cast member of several previous Co-Val productions), Ron Jackson (music teacher at Comox Junior Secondary for five years), and Allan Webster (a newcomer to the Valley, but not to the production of musicals.) In addition to the grade ten choral students, several staff

members are assisting in the production in one manner or another - lighting, costumes, sets, tickets - the behind the scenes work which ensures the success of production.

"Bye Bye Birdie" is a satirical but not malicious comedy. It is tops in imagination and frivolity, and should be enjoyed as much by the audience as by the cast. This production, which must be a first-ever musical for Comox Junior Secondary, promises to bring a very high quality of entertainment when it is presented to the public on March 21 and 22.

Tickets are available at Courtenay Drugs, Winsby Drugs, and from any member of the cast, or staff members at Comox Junior Secondary School.

## Firing Away

### family escape planning

disaster. This fire department recommends you purchase a smoke detector for your home and install it outside the sleeping areas of your home.

Determine two means of escape from each bedroom. One will be for the normal exit from the house. For the other, a window that opens easily may be the only alternative. Consider installing an escape ladder.

Draw up a floor plan of your house. Show windows, doors, stairs and roof tops that can be used for escape. Indicate each family members' escape route. Keep these routes free of obstruction always.

Agree on a warning device to wake and warn the family when fire is discovered - first choice for this is your smoke detector. Otherwise get some whistles or other signal device. Set a meeting place outdoors for a head count of family members.

Practice escape procedures. Sleep with the bedroom door closed. It will increase your escape time. If you suspect fire, test the door. If it is hot, don't open it - the hall is already too hot to enter. If you think it is safe, brace your shoulder against the door and open it cautiously. Be ready to slam the door if heat or smoke rushes in. Practice escaping to the outdoors and meet at an assigned spot. Call the fire department from a neighbour's phone.

## C.W.L. News

Friday, March 3rd was the World Day of Prayer. Our Council was the host group and it proved to be a most rewarding day. The two Chapels from the Base were represented as well as the six Christian Churches from Comox. Our guest speaker, Diane Wilson, told us of her experiences in India on a personal level and through this involvement we were made aware of the importance of this Day - not as just a social get-together - but as a group that were concerned for the peoples of the "third world".

Several residents of Glacier View were in attendance as our guests.

The next monthly meeting of the C.W.L. is Tuesday, March 14th.

Glacier View Bingo and Social will be Monday, March 15th.

Our Bazaar is Saturday, April 1st, and raffle tickets for a \$100.00 cheque are being sold. Craft workshops for the Bazaar - with supplies available have been set up. Do contact Bev. Pierce at 339-2924 if you would like more information.

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## 'Bye Bye Birdie'

SOME OF THE CAST of Comox Junior Secondary School rehearse a dance act for their upcoming production of Bye Bye Birdie. This musical comedy will be presented at the Civic Theatre, Courtenay, March 21 and 22. From left to right: Joanne Robinson, Chris Waugh, Chris Herbert, Henrietta Young, Steve Nixon, Leslie Vallee, Steve Raymer, and Heather Thompson.

## Your Dental Health

PRECEDE: The following article is the last of a series that has been presented by Totem Times in co-operation with the Dental Detachment.

Your teeth, oral soft tissues, and jawbones may tell your dentist a great deal about your general health. They can tell, or at least indicate:  
-How your teeth meet (occlude) and whether or not your jaws are in proper relationship.

-What your diet is like.  
-Your oral hygiene pattern.

It is almost impossible to fool your dentist because your mouth, without saying a word, tells all.

More specifically, the soft tissues may indicate an unrecognized diabetic condition, or anemia, or even leukemia. Vitamin deficiencies in your diet will often be revealed by the way the oral soft tissues appear. Certain drugs, such as those taken for epilepsy, will cause changes in the soft tissues. Drugs or diseases affecting the salivary glands will show

marked effects upon the oral soft tissues and even on the teeth themselves.

The bony structures may show upon X-ray examination indications of thyroid and parathyroid disturbances as well as any bone disease that is afflicting the entire body.

The mouth may even reveal emotional problems in the patient. As an example, bruxism, or grinding of the teeth, is often seen in those who are angry, under emotional stress, or undergoing extreme tension. Sometimes, their teeth are worn flat, and the soft tissues and bone around their teeth may also be affected by the stress of grinding.

The thing to remember about our mouths is that they are a part of our entire body. Any disease that can be present in the bone or soft tissues anywhere else in the body may occur initially in the mouth or spread there from other parts of the body. In the same way, many diseases occurring initially in the mouth can spread to the rest of the body. One such disease of particular importance is oral cancer.

Some 36,000 Americans

develop oral cancer each year - one in every 1,000 men over 45 and a substantial number of women. Two out of three persons whose cancer is not discovered early may be expected to die from the disease within 5 years. Among those who fail to obtain treatment, 80 per cent will die within 18 months after oral cancer is discovered because it can spread so easily throughout the body.

When your dentist checks for cancer, he may take a oral smear, similar to a "Pap test" smear taken to detect uterine cancer. However, if cancer is suspected, he may take a biopsy. This involves taking a small piece of tissue from the suspicious area to be looked at under a microscope. Any sore that does not heal in 5 to 7 days should be suspected.

There is no substitute for regular and thorough examination by your dentist. Beginning cancers are painless for a long time and many are unlikely to be detected by self-examination. Discovered early - as it can be by your dentist - oral cancer can often be treated successfully.

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- ★ M.L.S. COVERAGE
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## WO's & SGT'S MESS

### MARCH ENTERTAINMENT

March 9th - TGIT  
March 17th - TGIF  
March 18th - CANDLE LITE DINNER

### "St. Patrick's Dance"

Cocktails 1830  
Dinner 1900 - Filet Mignon  
Dance 2100 - 0100. Music by "Nullus Secundus"

Dress: Semi Formal  
Reg. and Assoc. \$20.00 per couple  
Hon. and Guests \$30.00 per couple

TICKETS ON SALE FROM MESS MANAGER  
SEATING PLAN FOR DINNER AND DANCE

### MOVIES

March 13th - "MARATHON MAN" Dustin Hoffman  
March 20th - "MISSOURI BREAKS" Jack Nicholson

## Jr. Ranks Club

### MARCH ENTERTAINMENT

10th - Annual Credit Union Party.

11th, 12th - "CARDS" - Vancouver Group.

17th, 18th, 19th - "WIZARD" - Popular Victoria Group.

BINGO EVERY WEDNESDAY

ENTERTAINMENT ANSWERING SERVICE - 339-5212

### - MOVIES -

14th - MARATHON MAN - Dustin Hoffman (R)  
21st - MISSOURI BREAKS - Jack Nicholson (M)

## OFFICER'S MESS ENTERTAINMENT

Friday, March 10, 17 - REGULAR TGIF'S. Subsidized drinks and food, 1700 - 1800 hrs. Jackpot and Bottle Draw, 1800 hrs. Dress: Casual.

SUNDAY, MARCH 12 - CANDLELIGHT DINNER. Special Menu: "Chicken Kiev." Dinner served 1700 - 1900 hrs. Movie 2000 hrs. Reservations to Mess Manager by 1500 hrs. Thursday, March 9th. Cost: \$8.00 per person. Dress: Informal.

WEDNESDAY, MARCH 15th - O.W.C. MEETING. Fashion Show by "Robert A". Time: 8:00 p.m.

SATURDAY, MARCH 18 - WINE - CHEESE PARTY. Wine and Cheese 2000 - "until it's all gone". Dance to "Disco", 2100 - 0100 hrs. Cost: \$10.00 per couple, \$15.00 guest couple. Dress: Casual.

SUNDAY, MARCH 19 - FAMILY BRUNCH. Lunch Menu 1200 - 1300 hrs. Dress: Casual. Please advise Mess Manager if planning to attend. Cost: \$1.40 adults, \$1.00 children under 12.

THURSDAY, MARCH 23 - TGIT. As per regular TGIF's.

When you're ready to compete for your first checkered flag, the fastest way to the finish line starts with Honda's XR-75. Everything you need to make the others eat your dirt comes complete on this fully equipped schoolboy motocrosser. Honda's famous four-stroke, single-cylinder OHC engine is so durable and dependable that it will still be humming a good tune long after your first, or your second victory. The close-ratio five-speed gearbox delivers all the power you'll need at a touch of the throttle. Long travel rear shocks. Longer travel front fork. A thick, comfortable seat. Big 3.00-14 rear knobby. Start with the best.

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• **OR MAIL**  
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c/o CFCP RADIO  
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Anyone wishing to contribute New  
Items towards this project please  
Ph. 338-5500 or 334-2491  
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*Watch This List Grow!*

## Check These Featured Items

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SALES (1970) LTD.**  
14' Galkin Trailer, Chrysler O.B. 6 H.P.  
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Original Oil Painting "Star of Alaska"  
Size 22" x 28"

• **DOC PARKER'S AUTO BODY**  
Five ICBC Vouchers

• **ARV SERVICES**  
Panasonic T.V. (Color)

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KEYSTONE CONSTRUCTION**  
Black & Decker Radial Arm Saw

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CAR TOURS**  
Bus Trip for 2 from Courtenay to Reno

• **WOODLANDS DRUG STORE**  
Bushnell Spacemaster Telescope with  
Eyepiece complete with Tripod

• **ELDORADO UPHOLSTERY**  
Custom Built Upholstered Lounge Chair

• **FLETCHERS FURN. & APPLIANCES**  
AM/FM Stereo Package

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Waterbed

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Coffee Table

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