



TOTEM TIMES



Heredity Is The Theory That If Your Parents Didn't Have Children Chances Are You Won't.

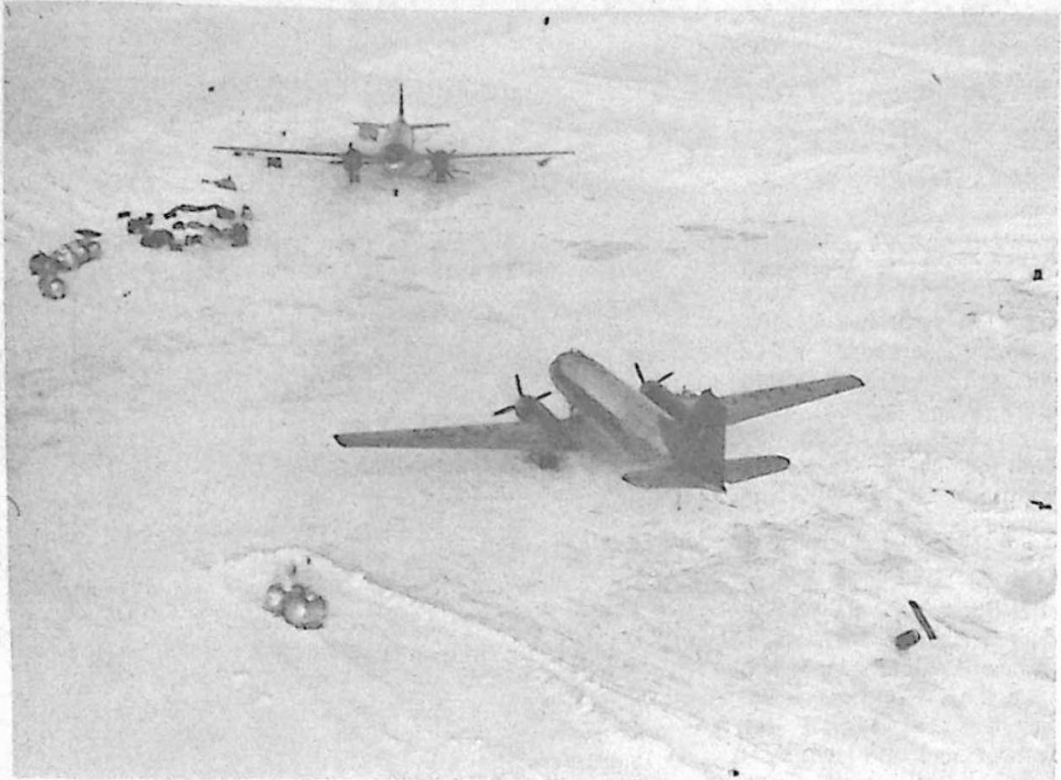
VOL. 20 - NO. 9

CFB COMOX TOTEM TIMES

THURSDAY, MAY 4, 1978

NP22

... A View From The Sky



DEMONS VISIT THE BEAR ... NP22, the Russian Ice Island which has drifted into the Canadian Arctic was visited by crew one recently. The Russkies man the experimental ice station throughout the year using it for hydrographic and meteorological surveying. Pictures come to us, courtesy of the Demons.

Ships Return Home

After logging-in over 20,000 miles during the Southwest deployment dubbed Endeavour Bark 78, four Maritime Forces Pacific warships returned to Esquimalt recently.

Kootenay, Restigouche and Provider, all under the command of Captain (N) Stanley W. Riddell of Saskatoon and Commander, Second Canadian Destroyer Squadron, left Esquimalt January 22 to conduct a series of port visits and participate in a number of major naval exercises in the Pacific area.

Terra Nova departed Esquimalt March 22 and joined up with the other ships to participate in their most recent naval exercise, called Rimpac 78 - a mid-Pacific multi-national naval exercise which involved ships, aircraft and personnel from Canada, United States, New Zealand and Australia.

During the lengthy deployment, Kootenay, Restigouche and Provider paid visits to Hawaii, Western Samoa, Fiji, Tonga, New

Zealand and Australia.

For the sailors, the deployment was filled with many pleasant memories - delivering relief supplies to the drought-stricken island of Niue, exchanging gifts between Victoria's sister-city, Napier, New Zealand and dining with Royalty in Tonga.

However, most of the deployment period was spent at sea, with the ships and their sun-tanned crews conducting individual ship, squadron and multi-national operations.

Returning with the Endeavour Bark ships was the New Zealand frigate, HMNZS Waikato, which joined the Second Squadron at the beginning of February. Waikato will continue as a squadron unit throughout the summer, and will participate in the Captain Cook Bicentennial Celebrations and make various port visits along the westcoast of North America.

Entering the HMC Dockyard area along with the Endeavour Bark ships were three ships from the

Esquimalt-based Canadian Training Squadron, HMC Ships Saskatchewan, Yukon and Qu-Appelle, all under the command of Captain(N) C.M. Thomas. They returned from a five-week training deployment off the west coast of the United States.

The Canadian Forces Naden Band directed by Captain C.A. Furey was on hand to greet all the ships.

Homebound Hudson

The Royal Hudson Steam Train, whistling "Oh Canada" with notes made sweeter by proud success, is on her way home. British Columbia's renowned travelling ambassador is now in the west, completing the last leg of a spectacular transcontinental journey. A mission has been fulfilled, and Engine 2860, the harbinger of the Captain Cook Bicentennial, has carried the spirit of British Columbia across the land.

The Royal Hudson will steam triumphantly into Vancouver May 9 at 9:45 a.m. Homecoming celebrations will take place at the CPR Station, foot of Granville Street, where the great engine and her display cars will be open to the public, free of charge, from 10:00 a.m. to 9:00 p.m.

The day preceding the Vancouver reception, Fraser Valley residents will be able to join in the excitement when the Royal Hudson stops May 8 in Mission. Again, the exhibit coaches will be open to the public from 10:00 a.m. to 9:00 p.m., also without admission charge.

With the Royal Hudson, it's only a step from introduction

Oriole to Hawaii

The Maritime Forces Pacific sail-training ketch, HMCS Oriole will depart HMC Dockyard on the morning of May 4 for Hawaii to represent Canada in the Captain Cook tall ships ocean race, June 24 to July 20.

The Oriole is skippered by Lieutenant-Commander W.D. Walker of Victoria, and will be crewed by 24 regular force officers and men.

Prior to the tall ships race, Oriole will conduct three weeks of official port visits to various Hawaiian Island ports, including Hilo, Okeo Bay, Papohaku Roadstead, Lahaina and Pearl Harbor.

The Captain Cook tall ships race begins June 24 in Diamond Head, Hawaii, and ends with the arrival of the ships in Victoria, July 20.

Built in 1920, the Oriole is 102 feet long with a beam of 18 feet, weighs about 100 tons and has sleeping accommodation for 24.

All About Forests

National Forest Week is being celebrated in British Columbia from May 7 to 13. "The forests of B.C. are our greatest resource," says Forests Minister Tom Waterland. "In recognition of the week, I hope everyone will make a special effort to learn more about our forests and what they mean to us."

"The theme of the week, 'We need trees,' emphasizes our dependence on the forests as a renewable resource. Animals, fish and, in fact, all forms of wildlife have their place in the forest cycle, but it is man who has final control. 'It is important to understand how our forests are managed and how they can be maintained for the enjoyment of everyone. When using the forests for recreation, we should all be anxious to avoid ecological damage and be particularly concerned about the danger of fire.'"

Mr. Waterland added: "All those in government and industry concerned with forests have a responsibility to ensure that our policies meet both the long term needs as well as those of the present. Our forests are our investment in the future."

Homebound Hudson

to fascination when British Columbia's First Lady of Steel and Steam puffs with pride for her fans. This month her home-town admirers will relive the romance and view the exhibits toured by thousands in April, during the historic "Discover British Columbia Tour."

She hit the road for 7,500 miles, officially visited 16 cities in the United States and Canada and made legions of friends for herself and the province of British Columbia.

Not bad for an old-fashioned girl with a siren's whistle that cannot be denied.

Tribute to Jim

Commemorative bronze plaques have been unveiled at Resolution Cove where Captain James Cook spent a month repairing his ships 200 years ago.

Grace McCarthy, Chairman of the British Columbia Captain Cook Bi-Centennial Committee, and Captain J.H. Knox representing the

(Continued on page 2)

Hawaiian Vacation Over For Demons

Rimpac 78

The sixth in a series of major fleet exercises "Rimpac 78" involving Canada, New Zealand and the United States is over. Most of its participants including the Canadians are engaged in post-exercise meetings and activities.

The four-nation exercise involved a total of about 50 ships and submarines, 225 aircraft and approximately 22,000 officers and men from the end of March to April 22.

Participants included the Esquimalt-based destroyers HMCS Restigouche, Kootenay and Terra Nova of the Second Canadian Destroyer Squadron and the Maritime Forces

Pacific supply ship, Provider, under the command of Captain (N) S.W. Riddell, Commander of the Second Canadian Destroyer Squadron. Argus long-range patrol aircraft of 407 Maritime Patrol Squadron, Canadian Forces Base Comox were among the air forces involved. Rimpac '78 was directed by Vice-Admiral L. Graveley, Jr., USN, Commander Third Fleet.

The Canadian ships with the exception of Terra Nova operated with the navies of New Zealand and Australia for a total of three weeks as a preliminary to the major fleet exercise. Most of their ac-

tivities were in the Tasman Sea. Terra Nova did not accompany her sister ships for the lengthy operational deployment in the south west Pacific but did join in Rimpac '78 as a surface unit of the opposition force.

At a news conference in the U.S. carrier, USS Enterprise, Captain Riddell stated there was great satisfaction in participating in a strenuous and realistic exercise centred around a multi-threat, open-sea environment.

"Rimpac '78 once again emphasizes the value of ships, submarines and aircraft of the various allied Rim-of-the-Pacific countries working

Its History Now

together. They do work effectively in a fully integrated function," he said.

"Many lessons were learned from the exercise," Captain Riddell stated, "and between now and the time the next fleet exercise is held, participants will be working hard towards ways of solving any problem areas that might have developed. That's the object of conducting exercises - to probe any problems and then find the solutions."

Captain Riddell was gratified by the performance of the Canadian units. He said he was extremely proud of the way in which the Canadians reacted and that they responded in a truly professional manner to all challenges put before them.

"The only disappointing thing during our entire deployment", Captain Riddell said, "was the terribly frustrating mail situation that developed in Sydney, Australia, as the result of a strike. Our sailors were deprived of mail delivery for over a month, however, when the delivery finally arrived by ship transfer and helicopter off the coast of Hawaii there

(Continued on page 2)

Together Again

whale killer duet



Nighthawks in Action

Four CF 101 high-speed Voodoo fighter aircraft from 409 All Weather Fighter Squadron, CFB Comox, B.C., along with other Canadian Forces Air Command aircraft from across Canada and United States Air Force and U.S. Marine Corps aircraft are conducting a month-long training program at Canadian Forces Base Cold Lake, Alta.

Major Dave Koski, is the 409 Squadron detachment commander for the training program.

The overall operation, named "Exercise Maple Flag", will provide tactical fighter forces with the most realistic experience possible short of actual battle.

Patterned after the USAF's "Red Flag" aircrew combat training program at Nellis Air Force Base, Nevada, "Maple Flag" will cover the full spectrum of roles which aircrews might expect in combat. Scenarios covering close air support, armed reconnaissance, defence suppression, interdiction and air superiority will be flown.

The Canadian Forces' 40 by 100-mile air training ranges at Cold Lake are densely wooded, providing terrain features not available to U.S. aircrews at their training areas in the Nevada desert.

The Americans will bring to Cold Lake a selection of sophisticated equipment to

simulate ground-based weapons such as anti-aircraft artillery rocket and surface-to-air missiles. These threat simulators will add a new dimension to training for the Canadian fliers.

In addition to 409 Squadron, other Canadian Forces' Air Command participants will be from the Cold Lake-based 419 (CF5), 417 (CF-104) and 434 (CF-5) Squadrons and Bagotville, Quebec based 433 (CF-5) Squadron. CF-104 pilots from 1 Canadian Air Group in West Germany also will participate.

Approximately 325 people and more than 30 U.S. aircraft will make up the U.S. forces in the exercise. Aircraft types

At Cool Pool

include the A-7 Corsair, F-15 Eagle, A-4 Skyhawk, CH-53 helicopter, E-3A airborne warning and control aircraft, C-141 transport, F-111, B 52 bomber and electronic warfare threat simulators.

The B-52s, not carrying weapons, will fly 12 medium and lower altitude sorties during the training period, taking off from and landing at USAF bases.

Bomber flights below the normal operating level will be flown from near Swan River, Man. to Dawson Bay, Man., Caba, Sask., northwest toward Lac La Ronge, Sask. and to the Cold Lake air training ranges.

A good editor

A good editor is one who has never made a mistake; who never has offended anyone; who is always right; who can ride two horses at the same time he is straddling a fence with both ears to the ground; who always says the right thing at the right time; who always picks the right horse as well as the right politician to win; who never has to apologize; who has no enemies; and who has worlds of prestige with all classes, creeds and races.

There has never been a good editor.

COURTESY "THE LOOKOUT"

BASE THEATRE
SUMMER SCHEDULE
THEATRE WILL OPERATE
FRIDAY, SATURDAY AND SUNDAY
FROM JUNE 15th
TO SEPT. 15th

Next Totem Times
Deadline
Mon. May 15
Noon
PLEASE MEET OUR
DEADLINE

Section News

Demon Doins

Crews One, Two and Three have just returned from RIMPAC 78 in Hawaii. If hours flown and aircraft serviceability mean anything, it was an unqualified success. Despite the hangar fever which has afflicted the Argus fleet in recent months, only one mission out of thirty was cancelled for aircraft reasons during the exercise. A tip of the Demon hat to the outstanding job done by the ground crew detachment. The Demon chapeau is also tipped to the aircrew who literally flew around the clock without a single complaint being heard. Some aircrew logged more flying time (over 100 hours) in the first three weeks of April than they did in the entire first three MONTHS of 1978.

It must be true that "busy hands mean happy hands" since the only complaints during the entire period were about the showery weather and accommodation. The Observers continually reminded the Officers of the terrible distraction of student steward at the Holiday Inn pool while the Officers enjoyed the peace and quiet of the Barbers Point Officers Quarters.

Operationally, the wily submarine was very cooperative during Subexes, the crews got some excellent training. Having no doubt been impressed by our skills, the submarines were nowhere to be found during the "hot war" whenever the Demons were protecting the Navy.

Noted salmon killer, Lloyd Corney went on the trail of the "ever dangerous Wahoo" and was successful, as we've heard many times. Now that it's in print, maybe they'll believe Lloyd and he'll stop telling us about it.

On returning to soggy Comox, the crews found things were not quiet here. First of all, there's Pappy Papineau's cow. It seems that it chose to eat some poisonous rhubarb leaves while Pappy was at Rimpac so the cow doctor prescribed that she be rolled every three hours. Sergeant DeLorme and Private King now hold the only cow-rolling quals on the squadron. They're definitely the chaps to call if you have a cow rolling problem.

Due to the housing shortage, a mouse has moved into Argus 711. It seems that the galley food has the same effect on him as on aircrew since he's left his calling cards all over the Tac compartment. He must belong to either the Navigator or Flight Engineer cell since traps baited with both bananas and peanut butter failed to yield results. He's probably a cross-trained Navigator since his name is R.O. Dent.

ALOHA.

Tribute

(Continued from page 1)

Commander, Maritime Forces Pacific, officiated at the ceremony.

In unveiling the plaque placed jointly by the Provincial and Nootka Sound Bi-Centennial Committees, Mrs. McCarthy noted that the event marked, almost to the minute, the 200th anniversary of Cook's departure from the coast of what is now British Columbia.

Captain Knox, unveiling the plaque placed by the Maritime Operations branch of the Canadian Forces, said Cook started the long tradition of ship repair and construction on our coast.

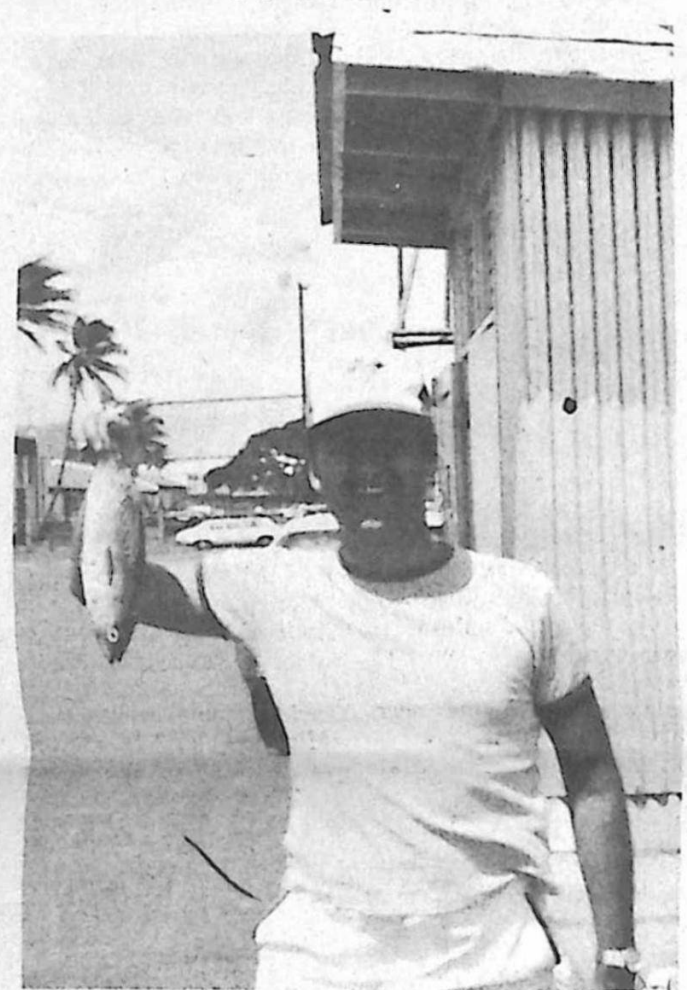
The official party included Ministers Bob McClelland and Pat McGeer, M.L.A. Frank Calder, Commander N. St. C. Norton, (correct), Deputy Provincial Secretary Gerald Cross, Mayors Vic Welch of Gold River and Bill Lore of Tahsis, and the Bi-Centennial Committee's Captain Cook. About 100 school students accompanied them on board H.M.C.S. Mackenzie for the trip from Gold River to Resolution Cove.



Zanzibar is practically the world's sole producer of cloves.



A Wahoo



... and a Boohoo

NOTED WEST COAST salmon killer and sub hunter, Lloyd Corney is shown holding the "ever dangerous Wahoo". The Wahoo is a powerful vicious fish which preys on tuna and others near reefs. Anglers prize this elusive beauty and many bear scars testifying to the Wahoo's powerful jaws, razor-sharp teeth and vicious nature. Lloyd's Wahoo was the first one taken by that particular charter boat in three months and drew much envious praise from on lookers. Noted Toronto Blue Jay fan, Ken Kennedy, was less successful, and only hooked a Boohoo.

Mushroom Mutterings

After a couple of false starts and grey hairs for some of the Entertainment Committee, the first 442 Stag for 1978 finally came off on Friday, April 21st ... and rather successfully, I might add. Our esteemed C.O., LCol. Marc Demers, ended up with a sore arm after presenting Mushroom Men to all the departing members of the squadron. Either left or packing are Messers:

Burger, Buss, Charlebois, Decurtins, Ewing, Gurholt, Heaston, Jepson, Kozak, Malcolm, Murray, Pfefferle, Presad, Sears, Sexton, Turner, and Walsh. (and if I've missed anyone, sorry!!) To one and all, it's been great knowing and working with you. May your next work be as interesting and fun as it has been with 442.

Oh, to be sure, there were those who - not satisfied to merely wipe-out the Canteen profits - carried on the fight at the Annex afterward. One (who shall remain nameless), ended up on the floor with a serving member of the opposite sex. His excuse was that he fell over a stool that someone had carelessly dropped in front of him, accidentally taking her down with him. Sure, sure!! At least he used an excuse.

After it was all over, Harry Alstead tried very hard to pull a "Ewing", but his thumb didn't end up anywhere near as colorful. Those car doors can be tricky things, Harry. But they have little rubber bumpers - you don't have to use your thumb to keep them from slamming.

A few of the more ardent fishermen have been out on the salt-chuck and some of these have even limited out.

Rimpac

(Continued from page 1) were over 10 bags for each ship.

Restigouche and Provider spent the greatest number of consecutive days at sea in recent times having been engaged in the southwest Pacific deployment. They, along with Kootenay, commenced Rimpac '78 when they left Australia at the end of March. Restigouche spent 24 days and Provider 26. It would not have been possible without the services of Provider. She continually supplied the destroyers with fuel and other provisions. Kootenay and Terra Nova both had brief operational stops in harbour during the fleet exercise.

The New Zealand frigate, HMNZS Waikato joined the Second Squadron at the beginning of February. She will return with the Squadron ships arriving in Esquimalt,

They are getting some practice in for the upcoming Squadron Fishing Derby. Someone will have to tell them that any registrations have to be caught DURING the Derby, not saved up for it. The Derby will be Friday, May 5th, Saturday, May 6th, and Sunday, May 7th, with final weigh-in at the Air Force Beach Pavilion on Sunday at 1500 hours. The first two days, the catches may be registered at the Base Fire Hall.

After the final weigh-in comes the fish fry, so catch something. There are those of us who will end up with wet lines ... and little else.

Wally Burger, the busiest man in 6 Group, has been threatening to declare the entire section "Out of Bounds". He's trying to teach young Colleen the correct way of doing the ordering, and all the "help" he has been getting is not making it any easier. Welcome to the Mushroom Farm, Colleen. Things aren't always this frantic, just usually.

Any of the wives of 442 members who haven't seen their spouses lately, don't panic. They haven't run off with any wild women. It's just that as of the 27th of April, we had three (count 'em, three) searches going, and things are stretched rather thin - personnel wise. The chopper maintenance crew will be working weekends again!! And Command is questioning why our Training Schedule is so far out of date.

By Thursday evening, one missing helicopter had been located, but the search was still on for a lost light float-plane and a second helicopter. Then right in the middle of everything, someone spotted

the wreckage of a boat on a small island, and we're not even looking for any boats right now!!

On the brighter side of the news, Servicing finally managed to get a shiny new colour TV ... but they haven't had time to turn it on yet. A couple of the pilots came scamping downstairs at 1100 yesterday. They wanted to watch their favorite show ... Sesame Street!!! The old black and white set is being inspected, repaired and will be raffled off to help pay for the new set. Details in the canteen.

It was noted that Ron Edwards must have been offering around his famous "coffee and cookies" the other evening as the Buffalo was coming back from search ... the Pararescue techs all jumped out!!! They were lucky. They all had chutes. Everyone else aboard had to wait until the aircraft landed before fleeing for their lives.

Over the past week, it's been 442-440-408 Combined (Rainbow) Squadron. The rainbow is evident if you've eyeballed the flightline prior to 0730 ... it's either a refinisher's convention or an ad for DeHavilland of Canada.

A couple of thank you's, and that's the lot for this week. The first is to all the Mushroomers who have been working days, nights, and weekends to maintain the weary 442 birds for the searches. One of these days you'll all be able to take a day off and go fishing - maybe!! The second is to Gord ("But sir, I'm a Reserve!!") Tredholm, who opened up the Canteen over the weekend at a very early hour and kept us all alive with transfusions of coffee and toast.

May 4, and continue as a Squadron unit throughout the summer. She will participate in the British Columbia

Captain Cook Bi-Centennial Celebrations and be making various port visits along the west coast of North America.

you and your base

Headquarters News



Mary Kamann

GREEN WORM SWINGS ... Mary Kamann rescues Seth whose green color displays the first symptoms of motion sickness. After being strung up by Sandy, the Central Registry mascot was in no position to comment.

A Bird In A Gilded Cage?
Mary Works in CCR

"No time to sing anymore...at least not until Millie Goodsell returns." It was Mary Kamann talking as she cracked-the-whip in the Central Registry. Mary is supervising a happy group of females who book in, address, file and send out all of the correspondence arriving or leaving CFB Comox. She is number two in command and is currently filling in for her boss who is recuperating from an illness, at home.

Even after five years of toil in CR, Mary says she still enjoys her work with the service. "I enjoy meeting and talking to people," she said.

Mary has been associated with the service for many years. She enlisted as an Admin. Clerk in 1951, and served as an airwoman until she got married in October 1953, to an airman.

Mary's husband, Jim (now out of the military) says, "I took her bow and arrows away when we got married."

Mary Kamann is a "Herrin" Choker". She calls St. John, New Brunswick, her home town.

"Even though my four brothers and one sister all still live back east, I have no desire to leave the Comox Valley," she said. "We've now got a boat and plan to chase some coho salmon this summer...beginner's luck?"

Jim and Mary have one daughter, Charlene, who has left the family home in Royston for the big city of Courtenay.

In parting Mary Kamann remarked, "I learned early...don't call a Squadron Leader a S-Q-L...I got reamed out over that one."

By: Al Wilson

NANAIMO REALTY

and

The Moving Canadians!



NANAIMO REALTY

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Record numbers of Canadians are moving these days—families, companies, offices, armed forces. It's a mobile society that's not just moving from neighbourhood to neighbourhood. People and businesses are shifting between urban areas and suburbia ... from base to base ... province to province ... coast to coast. Even country to country.

It takes a company like Nanaimo Realty and its Coast to Coast Real Estate Service network, including over 160 affiliated real estate companies, to provide expert advice and assistance in the complex areas of long-distance property transactions and armed forces relocations.

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Real Estate Service

CANADIAN FORCES BASE COMOX

TOTEM LITTLE THEATRE

PRESENTS

VARIETY 78

TOTEM ON THE ROAD

FLASHBACKS

TICKETS:
CANEX - MESSES - AT THE DOOR
phone 334-4287 or 339-3563

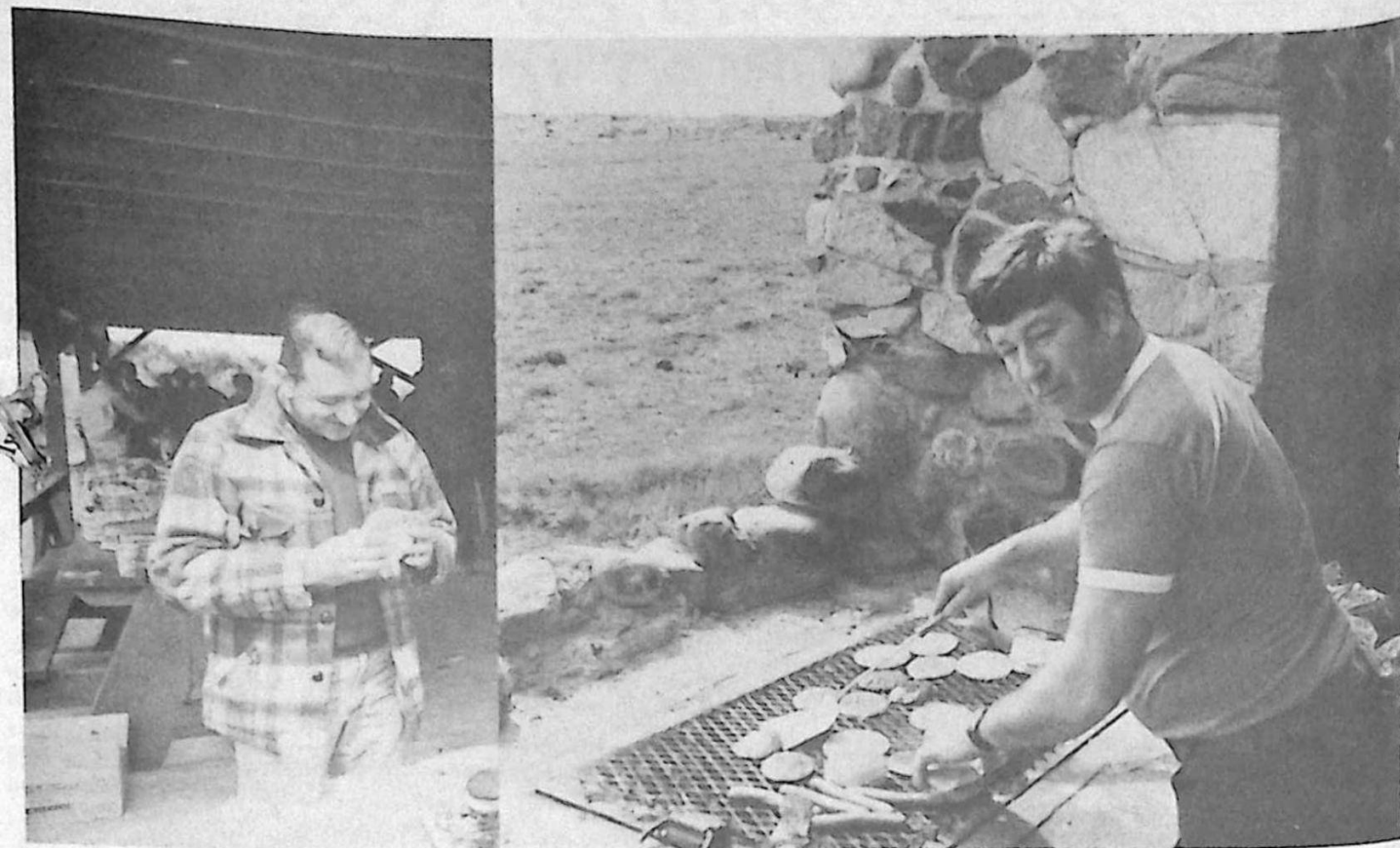
Admission: \$ 2.00
children 12 & under FREE if accompanied by their parents

Apr. 30 - C.F.S. Holberg
May 2 - C.F.B. Chilliwack
May 4 & 5 - C.F.B. Comox

General Public Welcome

SHOWTIME - 8:00 P.M.

Nighthawks Nest



What the Devil is This?

409 Sports Day was its usual success. On the agenda was fishing, golf, baseball and archery.

LCol Herbert and Maj Allen will be heading out to North Bay in the near future. LCol Herbert flew out to check out the Bay. Maj Pomerleau is

back from a visit from Ottawa. Hazen Codner has returned from Hawaii, where he participated in a RIMPAC exercise. George Kulka is back from the SANC course and is combat ready. Bill Cleland dropped Mel Felts off in Winnipeg to visit family and picked up Lance Dann

from the Flight Safety Course.

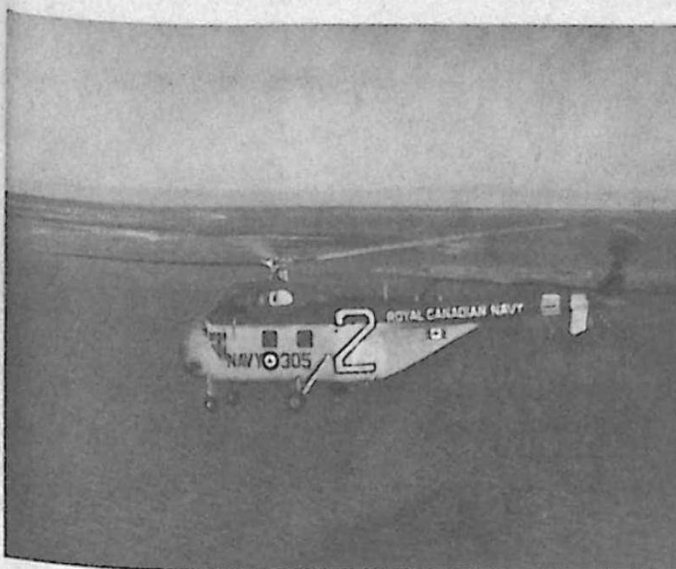
Crews are up in Cold Lake participating in Maple Flag. This May and June crews will be flying down to Tyndall to fire weapons at Combat Pike.

The Squadron was visited by Gen. Hanna a week last Wed.

The yearly flyby at Royal Roads' graduation was flown last Saturday. Another flyby on Sunday was flown for the naming ceremony of the Comox Protestant Chapel.

Congratulations to Jake Jacobson and Lance Dann on their promotions to Captain.

Canadian Military Aircraft



Sikorsky

Part Twenty - Sikorsky (S-55) HO4S-3/H-19
Both the Royal Canadian Navy and the Royal Canadian Air Force operated the Sikorsky helicopter, the RCN using the designation HO4S-3, and the RCAF, H-19.

The RCN received three of the Wright R-1300 powered "Horses" from the U.S. Navy in 1952 for test purposes. An additional ten were ordered in 1955 to fill the numbers required for use. Several flew with HU-21 in a rescue and plane-guard capacity both ashore at HMCS Shearwater, and at sea aboard HMCS Magnificent. The majority flew as part of HS-50 Squadron doing anti-submarine work in conjunction with Avengers of 880 and 881 Squadrons and the surface ships of the RCN. The equipment carried by the HO4S-3 differed with the roles performed. These remained in service until replaced with the larger and better-equipped Sikorsky HSS "Sea King".

The RCAF took delivery of ten new H-19 helicopters in late 1954 with four more arriving in 1958. Most of these were flown by 108 Communications Flight out of Rockcliffe during the construction of the Distant Early Warning radar line. There were however, several flown under contract by Okanagan Helicopters Ltd. All were disposed of through Crown Assets in 1966.

One HO4S-2 "Horse" of the RCN remains on display as part of the Canadian National Aeronautical Collection. This aircraft is the "Shearwater Angel" of HU-21. The nose engine door carries 21 gold Maple leaves designating rescues carried out while on active service.

Help us to help you

On or about 23 May 78 when you phone the CE Section Work Reception Clerk (WRC) at local 234, she's going to ask you some questions in a sequential fashion for the purpose of placing your request onto the CEMIS II Computer. The benefit to you is faster service and, in the event that we "goof", we will have automatic retrieval of your request and can shamefacedly apologize and get that request back on the road.

The telephone procedure will be much the same as presently employed by a country-wide mail-order office where, when you phone in your orders after hours, you are asked to reply in a set format.

When you call the WRC she may ask you to wait a moment as she calls up a response program, called: PHONE, and fills in some blanks before asking you some of the following questions and confirms that the responses are accurate.

Firstly, she'll ask you your address by building or MQ number. She'll then need your telephone number or local and your name; and finally, she'll ask you to describe your problem. Now the WRC will fill in some additional in-

formation and tell you one of the most important things to remember - YOUR WORK ORDER NUMBER.

If you have another request, she will continue through the previous format to obtain information on this different request. This may seem rather involved but actually the entire process takes about 45 seconds. Now - REMEMBER THAT WORK ORDER NUMBER. With that information, a phone request to the WRC will allow her to tell you exactly what state of work that request is in within a few seconds and we can respond accordingly. Any time you phone in about a previous request, you must indicate to the WRC that a Work Order does exist and even if you don't have the number, she can find it; but of course you will have to provide additional information, and you will have to wait longer.

The CEMIS II Computer system was designed with the intent to provide effective customer service and an improved managerial tool. Please help us to help you by providing information to the Work Reception Clerk, in the fashion indicated above, as she requests that information.

Spring Tune

Car Check

With the arrival of springtime most of us will begin to feel and enjoy the freedom of travel - a freedom that accelerates as we move into summer. It is good to be freed from the anxiety of winter driving conditions. Let us not forget that while driving conditions improve accident statistics do not. Commercial and holiday traffic increases. Children on foot and on bicycles become more numerous.

These are the conditions that tax our driving skills and demand our full and constant attention. They demand too that all the safety features on our vehicles be in first class condition. As a driver your personal obligation is to make absolutely certain that your vehicle is a safe vehicle. Every car owner's manual lists various periodic servicing tasks that must be carried out in order to keep the vehicle operating in a safe, efficient and economical condition. Have it checked for safety weaknesses and have

necessary repairs made promptly.

Obvious faults such as defective lights and brake failures can be detected by the motorists themselves. Numerous other items which could cause accidents are brake drums and linings, disc brakes, master and wheel cylinders; leaks, ignition points, plugs and harness; steering box and upper and lower ball joints; wheel alignment and wheel balance.

Stay alert to the need for safety. INCREASE YOUR CONCERN FOR OTHERS. Check now.

Traffic Signs

Widespread changes in highway and street traffic signs and pavement markings during the past years have affected the motorists and pedestrians. Canada has moved toward an international type system of traffic control devices which emphasizes pictures and symbolic signs rather than written messages.

Symbolic signs are not entirely new. The familiar "curve" and "crossroad" symbols have been used for many years. Symbols have several advantages over word messages. They provide almost instant communication with the driver, since they can be understood at a glance without having to be read. Also, they overcome language barriers. This is important in view of the growth of international travel. Familiarity with the symbolic signs will help Canadians travelling abroad as well as foreign visitors to Canada.

Some of the present word signs will remain in use. They are signs which have proved effective in the past and which contain easily understood messages such as the "Stop" sign and "Speed limit" signs.

While European nations are adopting the Canadian "Stop" sign, Canada is turning to more international standards with the red and white "Yield" sign. The Yield sign still means you must reduce speed on approaching the intersections, give right-of-way and stop if necessary if any other traffic is in or closely approaching the intersection from either direction.

Canada has adopted a change in the advance railway crossing sign. The former round symbol has been replaced by the standard diamond-shaped warning sign. The new advance railway sign still warns of a railway crossing ahead, so be alert for approaching trains.

you and your car

Academic Upgrading - GED

Sixty men and women were enrolled in the General Educational Development (GED) Preparation courses that were offered on base at CFB Comox from 14 March to 19 April. The GED courses prepared these individuals for the British Columbia Ministry of Education GED Tests which ran April 21st and 22nd. Students who successfully complete the GED tests are granted British Columbia Grade 12 equivalency.

Ministry of Education examiners travel throughout British Columbia administering these tests at various times and locations during the year. The next GED testing in Courtenay will be held on the 2nd and 3rd of

June. North Island College will again offer the GED Prep course, this time in the college's Courtenay classroom, from 16 May to 1 June.

Grade 12 Equivalency is accepted by the Public Service Commission, many municipal governments, and most trade and technical schools and employers in British Columbia. It is accepted by the military for upgrading a serviceman's records to SEC 5 and for entry on his PER.

Interested in taking part in this excellent opportunity for academic upgrading? Then contact the BITO at local 469 or 348 for further information.

ATC News

"Felix Brave", a 409-NORAD exercise took place over two nights last week and presented few problems, although "Harry the House" did get a cross country trip on his arrival back to the base. The first night the "power crew" was in tower and Ratcon and things went like clockwork.

C.I. workshops are starting and OSCAR's are getting into shape for the final evaluation. The BATCO, Major Howard, is away in Winnipeg this week at an ATC symposium to try and solve and settle minor "glitches" in the system.

Lt. (almost Capt!) Pete Holciza has checked out as an IFR controller in Ratcon, but will never get on shift here. Pete is leaving for Goose Bay in mid-May. Congratulations and Goodbye. MCpl. Eric Arsenault has

checked out as a PAR controller and will be going on shift this Saturday. Cpl. Brian Swallow is progressing well on his checkout and should be facility rated in the near future.

Capt. Dave Barney (who?) is leaving the Rathole and will be going to the tower for a few months before he heads for Moose Jaw. Capt. Jim Hue is coming to Ratcon to start his IFR checkout before the summer rash of departures begin.

Welcome to the section to Pte. Lynne Roux (ARAF) who will be working with the section 3 days a week doing administrative duties.

Finally the Ratcon search antenna will be painted this month and Bernie Murphy is having his cracks filled (in the runway).

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	Oil Heat	Gas Heat	Electric Heat
ST. JOHN'S	\$209	N/A	\$296
FREDERICTON	\$204	N/A	\$215
MONTREAL	\$195	\$176	\$202
TORONTO	\$159	\$115	\$242
WINNIPEG	\$237	\$162	\$320
REGINA	N/A	\$130	\$390
EDMONTON	\$228	\$140	N/A
VANCOUVER	\$130	\$120	\$199

*Based on insulation material with R-3 value per inch (2.54 cm).

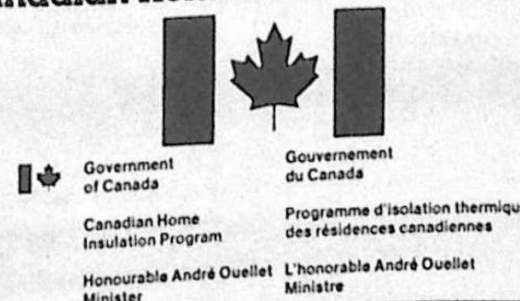
NOW HOMES BUILT BEFORE 1946 ARE ELIGIBLE FOR A HOME INSULATION GRANT OF UP TO \$350.

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For FREE and complete information about how to insulate your home and how to apply for a grant, send in the coupon below.

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☐ in English ☐ en français
Please print.

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ADDRESS _____
CITY _____ PROV _____
POSTAL CODE _____

Mail to: Canadian Home Insulation Program,
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Or call collect through your telephone operator (604) 732-7255
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Editorials

Stu's View

Soviet Immunity

What is there about the Soviets that the Americans lack?

Two weeks ago a South Korean airliner errantly penetrated Soviet air space over the sensitive military area surrounding Murmansk. Russian fighters scrambled to intercept the Boeing 707 were ordered to shoot the airliner down after it allegedly failed to respond to their instructions. Two were killed and sixteen injured in the attack which caused the aircraft to crashland on a frozen lake south of Murmansk.

One would think that to shoot down a commercial airliner and kill innocent civilians would spark a tremendous cry of horror and indignation from the world. It did not.

Even more startling than the incident itself was the complete lack of world reaction to it.

Initially there may have been justification for the Americans and Koreans at least to withhold their protests as long as the Soviets detained two crew members. Ultimately it seems the Americans never did anything stronger than 'register their concern' with the Soviet government.

Throughout the affair both the press and official sources related only what had taken place, and declined to pass judgment.

It is as if the people of the world consider the Soviet act justified and legitimate or at least tolerate it.

The Soviets must have been conscious of this tacit approval. While they could have claimed that the crew was partly to some insidious CIA plot, they justified their act with the simple charge that the airliner was in their air space.

But what if the situation had been reversed, and a North Korean airliner had strayed into American air space near Bangor?

Imagine world reaction if the Americans shot down the airliner causing death and injury, held the crew, and then justified the act with the simple claim that the airliner was in their air space.

The wrath of the world would likely fall upon the Americans and the Pentagon in particular. Organizations with motivations similar to the Pacific Life Community, Moscow -- the champion of all oppressed people -- and even Americans in the street would condemn the act.

Why should the Soviets be immune to condemnation the Americans could never hope to escape?

It is as if we have become tolerant, or at least complacent with aggressive acts committed by our potentially greatest antagonist.

The China Miracle

... women equal in work and pay

As a young girl in China, the daughter of American medical missionaries, Louise Tyrer, was deeply affected by the plight of the people, who suffered from famine, flood, starvation and over-population.

She became aware of the low priority of human life in the Oriental structure that existed at that time, 40 years ago. She became aware of the discrimination against the female, as expressed by rejection of girl babies and the total domination of women as symbolized by their bound feet.

Louise Tyrer, now a medical doctor specializing in obstetrics and gynecology, told of her return trip to China last year, as vice-president for medical affairs for Planned Parenthood World Population.

"What I saw was a miracle, a miracle that has occurred in the last 40 years," she said in an interview.

"Women are the equal of men in work and pay. Planned parenthood is successful. The emphasis is on prevention, rather than a crisis situation."

"Since the revolution, the government has stated its policies: No sex before marriage, no marriages before age 18, marriages later in life encouraged, and planned parenthood praised."

As a consequence, she said, venereal

disease is minimal and out-of-wedlock births are few.

"Premarital sex is not only discouraged, it is just about impossible," says Dr. Tyrer.

"There's just no place to have sex outside of the home," she said. "There are no motels, no automobiles, no fields without workers."

The government of the People's Republic of China is totally committed to birth planning, regardless of time and expense, said Dr. Tyrer.

"Political messages appear everywhere, on signs and banners, over loud speakers and the radio, in movies and plays. The only messages that are broadcast in any way are political, and one of the strongest concerns birth planning."

The government also distributes placards for householders to post on their doors which state: "We are using family planning in this household."

Birth planning in China is not a personal decision, said Dr. Tyrer. "It is based on these questions: How many more people can this village support? How much more room can be provided in this commune? How many rations would be needed?"

Supervision is such that if a woman gets a packet of birth-control pills to last a month and does not return for more at the end of the month, a professional takes a pack to her.

Victoria Colonist.

Reforming Reform

Vancouver Board of Trade

If in doubt, appoint a Royal Commission. Countless political leaders have chosen this vehicle as a means of seeking public reaction to a proposed project or new legislation. It has even been said that one government was "ruling by commission" -- in other words, having been elected to lead, it continually returned to the voters for guidance. One might be forgiven, too, for thinking that Royal Commissions were designed solely as a means to delay action.

It should be recognized, however, that some, particularly those of shorter duration, have resulted in action. Some have attracted thousands of concerned citizens and interest groups -- people with differing points of view and a variety of recommendations to make. Some Commissions, on the other hand, barely raise a ripple on the sea of apathy.

One current Royal Commission, which has been favored more by neglect than protest or comment, is the Royal Commission on Electoral Reform, Commissioner Judge Larry Eckhardt presiding. This Commission was appointed by the Provincial Government under Order-In-Council No. 82 in January of this year. The electoral system is the method by which our politicians, in this case, the M.L.A.'s are elected. It is a system which the provincial government has reason to feel should be reviewed and possibly reformed.

The electoral system concerns itself with the size of members' constituencies, the territorial boundaries of ridings and the rules under which elections are conducted.

This Commission was given some specific terms of reference. It was to these that public attention was drawn in the published notices of the hearings. It was to these terms of reference that the government hoped the public would address itself.

The first matter was distribution, the size and population of each riding. Population growth or decline has to be balanced with the size of a riding. To base a constituency count on numbers alone, not taking into consideration the distances involved, proves inequitable. Somehow a compromise must always be

reached. There are times when voters feel that electoral distribution has become unfair. This Commission offers them the opportunity to make their recommendations and to request changes.

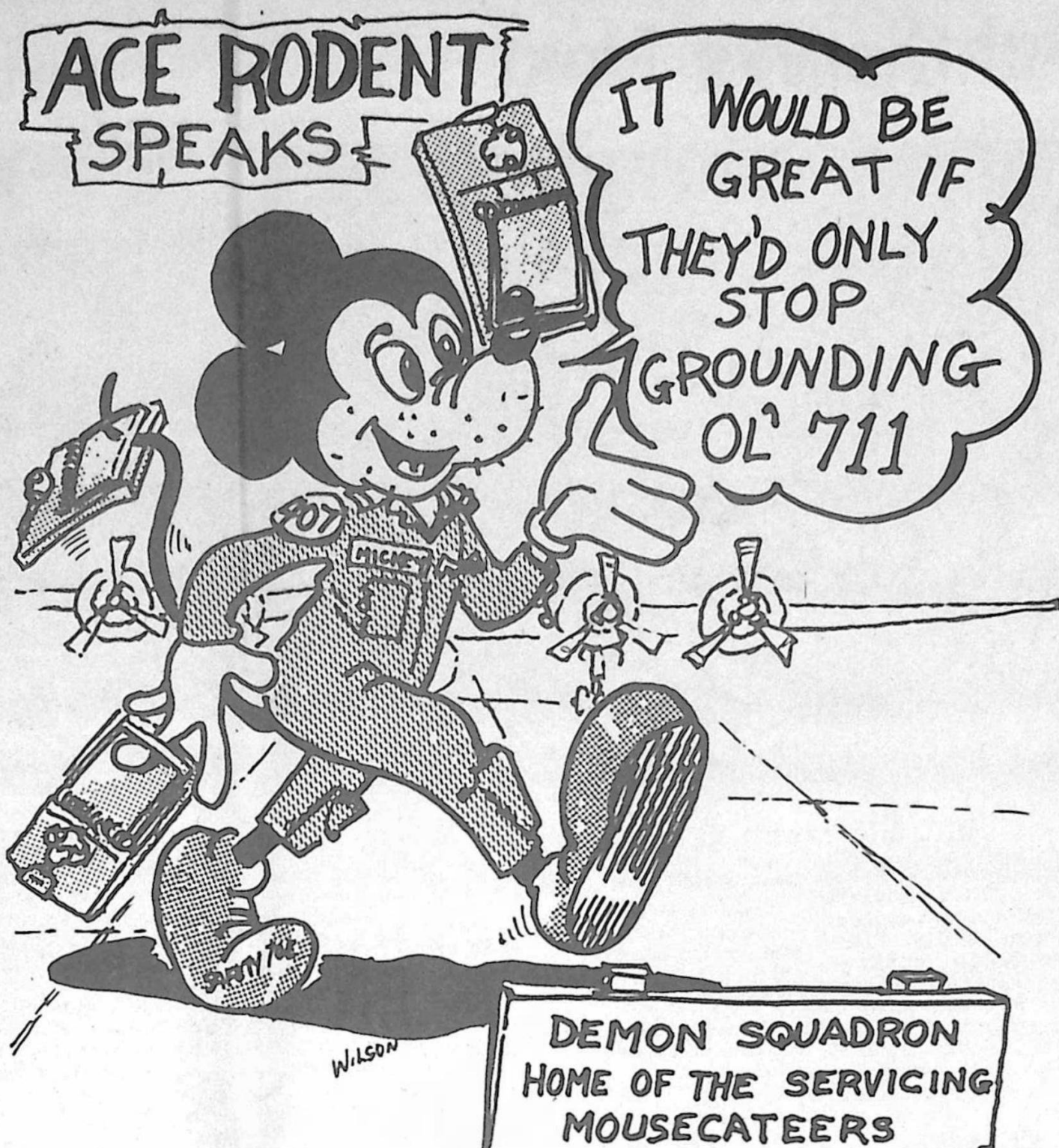
Another term of reference given to the Commission was to consider alternative methods of voting. One man, one vote, is a concept etched in stone and probably beyond change. Should there, perhaps, be a transferable vote, a chance to have your vote count for someone else if your first choice, in the poll, has insufficient votes to remain a contender?

The Federal Election Expenses Act limits the amount of money that can be spent by candidates in federal elections. It also includes in that amount the value of any professional help received. The idea, of course, is to ensure that, as far as is possible, candidates are elected on their merit and not on the basis of the amount of funds they can disburse on advertising and self-promotion. The provincially appointed Commission was given, as another matter to examine, consideration of the funds spent both by provincial political parties and by candidates in provincial elections.

Before allowing tax deductions for donations to would-be politicians it is necessary to establish guidelines for what may be considered a bonafide political party. Would it be logical for instance to refuse tax-deductible status to a new, or an existing but struggling, party which had few if any members already sitting in the legislature?

It seems that a prerequisite for criticism of our government must be some thought about the electoral system which produces it. The Royal Commission on Electoral Reform is waiting for public comment on a system which is vital to us all. In this democracy we take for granted the right to vote. With that vote should go the responsibility to use it prudently and to ensure that the electoral system is as fair and equitable as possible?

If you have thoughts about electoral reform that have not been communicated to the Commission, it's not too late. Direct them to the Commissioner, Judge Larry Eckhardt, at the provincial Court House in Vancouver.



Survival Training

A La Demon

We Need Trees

Vastly increased reforestation is long overdue in Canada today. The crucial need for this and other forest management practices became clear at a major national conference convened by the Canadian Forestry Association in October last year.

The hard truth is that unless remedial steps are taken without delay, Canada will be heading into acute timber supply problems in the not too distant future.

The seriousness of the prospect looms in perspective when we consider that no other country in the free world is as dependent on its forests as Canada. At the same time, our country is favoured by having the largest forest land base that is publicly owned. Our Canadian public itself owns the greater part of its forest lands and is in a position to influence what is done. Hence, the 1978 National Forest Week slogan, WE NEED TREES.

The slogan has been chosen to highlight a message that can be put in very simple terms; We all use and need products from our trees. We need the jobs our forests provide, the trade they generate. We need our forests for parks, ecological reserves and wildlife habitat. We need them to hold our soils, and maintain the quality of our waters, air and recreation. Moreover, we all benefit from the very considerable sums of money our forests pour into the public purse through various taxes levied on the forest sector. These are used to help fund education, highways, agriculture, and many other public services.

Unhappily, in the past a pitifully small fraction of public money has been invested in maintaining this key resource that is so important to our nation. Ridiculous as it may seem, we spend only twice as much on forestry as we spend on archives and museums. In 1977, we spent 100 times more on health and social services than on renewing the resource that helps support this expenditure. In other words, we have been mining our forests -- taking out but putting a pittance back in. The main burden of reforestation has been left to the haphazard methods of nature and our country's number one capital asset has been going downhill.

Quoting job figures as a generally understandable unit of measure, the Canadian Forestry Association offers the following facts and thought: - Each year about 320,000 acres of B.C.'s forests are

logged (supporting approximately 85,000 jobs directly and up to 160,000 indirectly).

- of the 320,000 acres logged, about 120,000 acres are replanted. The remainder (63 per cent) is left for nature to reforest.

- The accumulated area unsuccessfully regenerated by nature during the last 20 years and requiring planting is at least 1,841,000 acres.

- If it had been planted and managed, this area would have increased our harvest by 1,200,000 units each year to provide 4,200 jobs directly and 8,000 jobs indirectly.

- Planted stands have a growth rate estimated at 70 per cent higher than wild forests because of better spacing control and species selection.

- Like vegetable crops, forest crops often need thinning, which can significantly increase growth, even reduce the time until harvest. In B.C. today, about 34 million acres of dense young stands need thinning.

- Enormous increases in yield can be achieved through genetic selection and breeding. For example, in a coastal plantation, average height of ordinary seedlings at

7 years was found to be 6'; average height of genetically selected seedlings was 21'.

- Fertilization increases growth. Advanced forestry countries like Sweden and Finland with whom B.C. competes, use fertilizers to increase yields and reduce rotation ages.

- A lessening of conflict between environmentalists and the forest sector can be expected when pressures on our timberlands are alleviated through increased yields per acre on those lands designated for timber production.

The Canadian Forestry Association is a non-profit organization created "to promote the wise use of our forest lands for the benefit of all". Today it warns that we have been taking a pathway that leads to national impoverishment in every sense of the word. The point of no return has not yet been reached and the Association is now urging both levels of government and the industries to take action on extensive reforestation and improved management of our forest lands. It also asks for the interest and support of a public that owns this great resource.

On Retirement

A survey was recently distributed to all NCOs & WOs stationed at CFB Comox and CFB Winnipeg to obtain opinions of those concerned as to whether a retirement gift fund should be established for all other ranks of the Canadian Forces.

Although I personally agree that a standardized gift should be given to all members of the Forces on retirement, I disagree with some of the questions on the survey, for various reasons, therefore, I wish to pass on my personal opinions to those who might be interested.

If each member of the Forces, from the time of enrolment contributed 50 cents per month to this fund and this money was invested in Canada Savings Bonds, with an average interest return of eight per cent after a period of 10 years each member would have invested (with compound interest) approximately \$93.00. After 20 years this would compound to approximately \$307.00. After 25 years this would compound to approximately \$490.00.

As each member contributed this money to buy his own retirement "gift", it could hardly be classified as a "gift", unless the Canadian Forces were to contribute

additional funds.

Item No. 7 of the survey asked for an amount of money recommended to be expended on the gift, with the maximum figure quoted as being \$25.00.

Item No. 8 of the survey requested an appropriate gift with the suggestions of: 1. lapel pin 2. ring 3. watch, or 4. other suggestions.

With the amounts of money being invested by each individual member of the Canadian Forces as mentioned above and without

some additional money or separate appropriate gift by the Government, I find it very difficult to answer items No. 7 and No. 8.

I would therefore recommend that:

a. The committee that is set up to administer the fund first determine the amount of individual contribution required, all factors considered.

b. This committee then invest this fund to ensure an annual interest, thus

Letters

Dear Sir,
My wife Rena and I would like to take this opportunity of extending our grateful thanks to 442 Search and Rescue for saving the life of our son Ray who fell from a cliff at Point-No-Point in March.

Once again the "Boys" of this squadron did "their job" as they call it, and once again a family owes a debt of gratitude.

Again I would like to say thank you, and may there always be a 442 Search and Rescue.

Sincerely,
Cpl E. Field

Dear Sir:

A number of ex-R.C.A.F. members recently formed the R.C.A.F. General Radio Service Club (C.B. Radio) with headquarters in Edmonton. This nation-wide organization is non profit and open to all ex-R.C.A.F. members whether retired, employed elsewhere, or still in the military and share a common interest in general service radios.

Interested personnel may write to the following address enclosing a stamped, self-addressed envelope including their old service number, R.C.A.F. rank attained and a description of their radio equipment:

Mr. A.J. Neale
No. 694 10732-149 Ave
Edmonton, Alta.
T5E 2M8

Saskatchewan residents may obtain the same information through:

Mr. J. Buck
1329 Redland Ave.
Moose Jaw, Sask.

I would appreciate it if the next issue of your paper could include this letter.

Yours truly,
C. Freure (CD)
President
R.C.A.F. G.R.S. Club

Box 1146
Fairview, Alberta
T0H 1L0

Dear Sir:

During 1978 the town of Fairview in the Peace River district will be celebrating its Golden Jubilee -- the 50th anniversary of the founding of the town with the arrival of the railroad in 1928.

We will be celebrating our Jubilee during the week of August 7th to the 13th with a great variety of activities, social, cultural and sports events.

Although we have sent out nearly two thousand invitations to former residents, we know it is not possible to reach everyone who has lived in Fairview that way.

We hope that through your paper we may reach some of our former neighbors who have not yet heard of the Jubilee and extend an invitation to them to come home for the festivities.

Yours truly,
The Fairview Golden Jubilee Committee

... Gifts for All

eliminating the possibility of the contributions simply being a change of money on paper.

c. This committee, with the amounts of money contributed, could then determine the amount to be expended for each gift.

d. This committee could then determine an appropriate gift.

I sincerely hope the people involved in this survey view these comments as positive comments

Roy G. Phillips, Sgt (244)

CNA TOTEM TIMES

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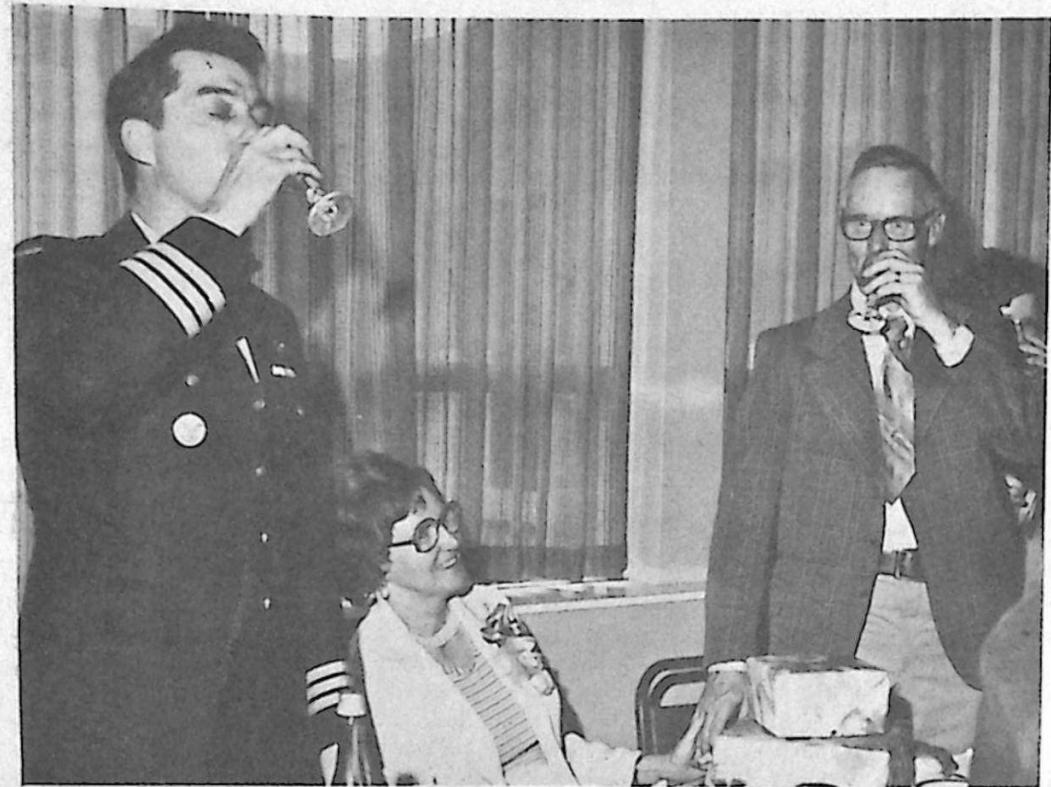
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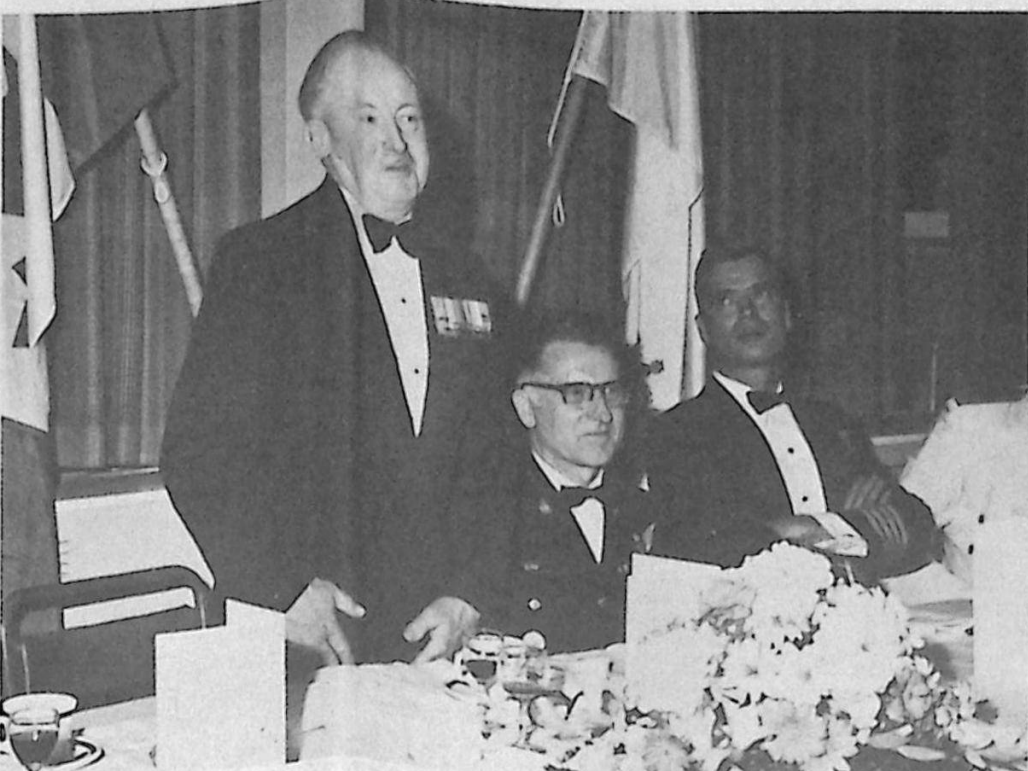
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Don McPherson on Retirement



Base Photo

A Toast to Jean



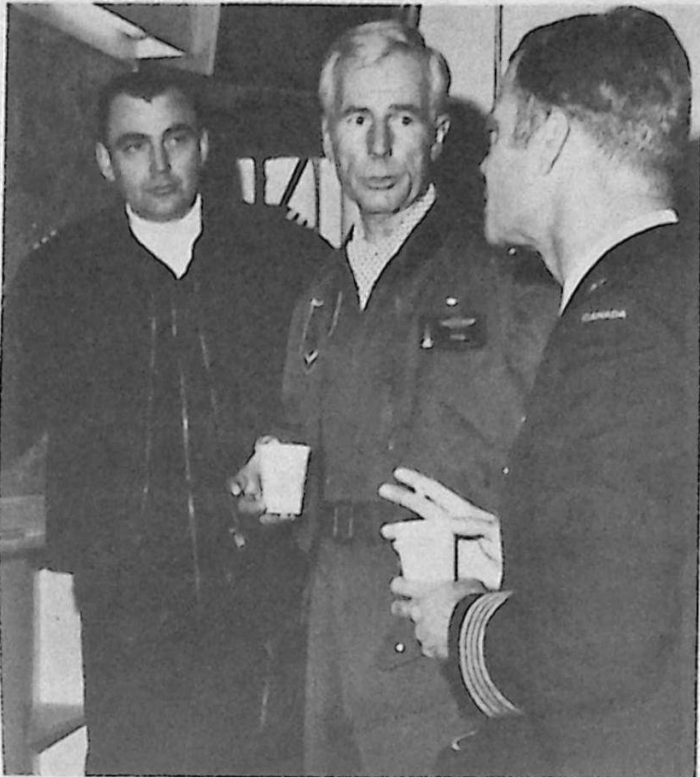
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Irish Speaks Out



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Jubilee Medal for Jack



Base Photo

Gen. Hill gets the Word 25th Anniversary

OTTAWA — (CFP) — Now hear this!! The Royal Canadian Army Service Corps Soldier Apprentice Plan celebrates its 25th anniversary this year and to mark the occasion a reunion in Ottawa is planned for June 24-25.

To make it a success the organizing committee would like to see at least 100 attendees.

Approximately 740 young men took advantage of the RCASC's apprentice plan which began in 1953 and ended in July, 1967. For the 16-year-old "green monsters," so called because of the green tapes on their shoulders, the plan offered trades qualification, military training at Army pay and up to two additional years of high school in selected subjects including mathematics and the sciences.

Other soldier apprentice plans were conducted at the Royal Canadian School of Military Engineering at Camp Chilliwack, B.C., The Royal Canadian School of Signals and The Royal Canadian Electrical and Mechanical Engineers School at Kingston, Ont.

To assist the committee in planning, interested former Service Corps soldier apprentices should write to the committee by Mar. 31, 1978 giving their SIN and platoon number. The address is:

RCASC Soldier Apprentice Reunion Committee
National Defence Headquarters
101 Colonel By Drive
Ottawa, Ont.
K1A 0K2

Red Cross

The B.C./Yukon Division of the Canadian Red Cross closed their Annual General Meeting in Vancouver on a note of optimism and encouragement. Commissioner B.R. Howard announced that, for the ninth time in twelve years, the Division exceeded its campaign quota.

"This was a particularly noteworthy accomplishment in that the one million dollar barrier was breached for the first time since the campaigns of World War II. Receipts totalling \$1,067,091 were realized — a truly outstanding effort in view of the economic problems prevalent today".

In addition to the successful campaign results last year, he

pointed out that the Division was able to generate other revenue amounting to \$325,667. "These monies were used for International Relief, for Red Cross Youth special projects, for several new pilot programs and, finally, for covering Outpost Hospital deficits".

The two day meeting, which brought together delegates from all over the province as well as the Yukon, emphasized self-analysis. J. Gordon Squire, President of the Division, set the tone by highlighting one of the major concerns which he felt the Society must come to grips with.

"The extent to which we, in

Red Cross, succeed or fail," Squire stated, "will depend primarily on our ability to establish an effective communication network." He went on to suggest that both staff and volunteers must "aggressively ensure" that the channels of communications between themselves are always open. He reminded the staff that their respective programs should have, built into them, the mechanics to encourage and receive input from the local level.

Mel Glaspell, Regional Vice President for our area was one of the 300 delegates attending the meetings. He brought with him some of the

local concerns and was encouraged that so much priority was placed on receiving these concerns.

Donald Tansley, current Administrator of the Anti-Inflation Board, was the guest

speaker and he, too, came with concerns to express. Tansley, prior to his AIB appointment was Director of a major two year International Red Cross study.

Referring to personal ob-

servations he emphasized that his overall conclusion was that the major challenge to Red Cross today, and in the future, are not from its external environment but from within.

—million dollars reached

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Sports Beat Comox

Up Earls Alley

Well, how about those amazing Leafs!!!! There certainly was cause for great rejoicing after the Leafs stoned the Islanders. Yes, I suppose you could say there was a bit of luck along the way, but, you have to do things in order to get lucky. Palmateer was the man of the hour in the seventh and final game. Time and time again he was called upon to come up with some miraculous saves. He completely robbed Brian Trotter and also Lewis but his stop on Billy Harris in the overtime was also a heart stopper. The Leafs as a team played some of the best defensive hockey that has ever been played.

Normally a team will come up with a good defensive game from time to time but, they did it over a seven game stint. And, I might add, without their best hockey player, Borje Salming. He certainly is one of their top leaders and you can imagine what would happen to say, the Islanders without Potvin, the Habs without Larry Robinson or the Bruins without Park. The Leafs certainly have to be congratulated for all pulling together without BJ and doing it....

Now it's on to the Giant task of trying to knock off the strongest team in all of hockey, the Canadiens. This just might turn out to be another David and Goliath story.... Win or lose in the next round, the Leafs have finally at least made it to the semi-finals and as the saying goes, "It's about time."

Gord Kruger is back from a couple of stints of officiating. He did the western Allan Cup finals up in Kimberly and then last weekend travelled to Merritt to do the Western Centennial Cup final between Prince Albert and the Merritt Centennials. That type of hockey for amateur officials is the pinnacle of the profession and it certainly is great to see one of our better local officials get some deserved recognition. Well done, Gord.

The Comox Valley fastball league is about to get underway with the extended schedule and the addition of another team, it should be a great season.

Well, yours truly, the Pearl, is off to Penhold, no, not for a JLC stint, but to conduct a Softball Officials Clinic for the Prairie and Pacific Region. A couple of local lads, Ken Bell and Appollo Athanasopoulos, are attending the two-day affair as well. It is hoped that we will be having a Clinic here at CFB later in May and in time for the candidates to get involved with the Inter-Section League.

Officials are very hard to get these days and when they are available it certainly is a great help to the Rec staff. The pay is certainly not all that good but, where else can you go, be involved, get yelled at, yell back and get paid as well. Now, that's a pretty hard combination to beat, eh???? Seriously though, if you are interested in umpiring this summer, how about giving Appollo a call at the Rec Centre, local 315. It's appreciated....

Well, on a closing note....let's hope the Leafs are two games up by press time.... Oh well, there have been miracles, haven't there? After all, He did roll the rock away....



The doughnut was brought to America by Dutch colonists in the 1600s.

TOTEM EXHIBITION FASTBALL

In preparation for the upcoming season, the CFB Comox Totems fastball team has played three exhibition games against teams from the Comox Valley Fastball League. Behind the strong pitching of Bill Hill and the superb play of the entire team, the Totems walloped John Cliffe 7 - 0 in the first game of a double bill feature Sunday, 30 April.

In the second game, it was a tight pitching duel as Keith Degruy of the Totems went 9 innings and held John Cliffe to a 2 - 2 draw. In an earlier game played the week previous, the Totems edged past Leaky Logging 3 - 2. Kip McLean, the Totem coach, has used these exhibition games to have a look at all his prospects and from these has made the cuts as necessary.

INTER-SECTION SOFTBALL

The CFB Comox Inter-Section Softball League will hold its first meeting on Monday, 8 May at 0900 in the Rec Centre.

It is very important that all Reps attend this get-together as the League will probably get underway around the middle of May.

The League co-ordinator for this season will be Cpl. Appollo Athanasopoulos and he would appreciate your support. If you have any queries about the coming season give him a call at 315.

It is hoped that there will be sufficient interest to form a five-team league as we had last year. Umpires are required, so keep your ears open and if you happen to know of some, let us at the Rec Centre know.

TOTEMS FASTBALL

The CFB Comox Totems fastball team are about to get another season underway. The home opener for the Base team will be the 9 May here at the Base on Diamond No. 3. The Totems are the

Rec Gen ... jock shop happenings

defending league and Pacific Region Champions and should repeat both again this year. The big plus for the Base team is the fact that we have Kip McLean back as coach and along with the able management of Dave Molloy, plus the fact that the pitching staff of Hill and Degruy have been strengthened by the addition of newcomer Arnie (like in Palmer) Jacobson. Ken Bell, Harvie Herauf, Gary Farthing, Doug Obermeyer and Earl Brownfield are returning again this year.

The league has a new name this year, Comox Valley Senior Fastball League, which does have a better ring to it than "The Beer League."

Sports teams always play a lot better brand of whatever they are playing when there is plenty of support from their fans. All home games will be played on Diamond No. 3 and it is a great way to spend and evening out in the fresh air and, you can even get rid of any of your frustrations you may have by joining in with the rest and lay a little verbal abuse on the poor old umpires....

BASE SOCCER TEAM WORKOUTS

Base soccer team workouts will commence on Monday, 8 May at the small field near the Totem Annex. These get-togethers will be held daily Monday through Fridays commencing at 1200 daily.

These sessions will continue on through the summer and from these workouts the Base team will be formed. It is a great way to get and stay in shape and also to enjoy the fresh air. If you would like some more info on this topic, give Capt. Al Ettinger, the BPERO, a call at local 315.

DEPENDANTS INDOOR SOCCER

The Dependants Indoor Soccer League will have its final wrap-up on Saturday, the 6 May in the Rec Centre commencing at 1300.

A Single Elimination, one

loss and you're out, type of tournament will be held. Four teams will compete for the Championship. The Green Demons were the regular season winners compiling 31 points followed by the Yellow Jackets with 27, the Red Barons with 15 and last but not least, the Purple Panthers 14½ points.

These teams, comprised of boys and girls, between the ages of 7 and 12 years of age, have played every Monday since October. It has been a great season and a special thanks to Ev Swann and all those that assisted him and giving a hand to make this well worth while cause possible.

BARRY WHILLANS STREAKS (CLOTHED) TO VICTORY

The original Roadrunner, Cpl. Barry Whillans, has just returned from Chilliwack where he competed in the Annual Pacific Regional Marathon Championships.

For those of you that haven't met Barry, he is the chap that you see out running around the Base, backyards and highway every day. All of this training has paid off for Barry as he is the new Pacific Region Open Champion in the 13 Mile event. His time was a whopping 79 minutes, 55 seconds. This figures out to be about one mile every 6:8.7 minutes. That probably doesn't sound like a very fast mile, but, when you have to keep that pace for 13 miles, that is really an outstanding effort. Congratulations,

Barry, and keep up the good work.

FIREFIGHTERS BOWLING CHAMPIONSHIP

The Annual Firefighters Bowling Championships will be held at Nanaimo the 7 - 8 May this year.

The CFB Comox Hook and Ladder guys have won this annual event the last four years. Under the leadership of Dusty Miller, the Base will have two teams attending this year. One crew will be made up of retired ex-service firefighters and the other will be active servicemen.

Good luck to all and it is hoped that you will once again bring home the Silverware....

EQUIPMENT REMINDER

For those of you that might still have some hockey and or broomball equipment still out, it would be appreciated if you would drop in to the Rec Centre with this stuff and get it cleared off of your loan card.

It is very difficult for us to either have the damaged equipment written off and or repaired if we do not get it back. We receive the odd bit of criticism because the gear is not in good repair and sometimes it is our fault but, if the equipment is not around, we cannot repair or write it off.

We certainly do not want to go the route of Admin deduction but, if we must, we must.

For further info on this subject or if you have any queries, give M.Cpl. Ty Garrison a call at the Rec Centre, local 315.

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Jock Talk at CFB Comox

Golf News

Cora Tanner 2 Ball

Opens Season

Despite the poor weather, a good crowd turned out for this popular event. Calloway scoring was used to determine the winners who follow:

Trophy recipients for 1 low net - John Gailley and Mary Shaw. 2 low net - John and Joan Webber. 3 low net - Wally and Trudy Burger. 4 low net - Ken Ramsdale and Ilean Trainor. 5 low net - Nick Stolarchuk and Audrey Haughn. 6 low net - Ron and Barbara Carter. Ms. Tanner was there to present the prizes.

Tuesday as ladies' day with Sunnydale coming out to enjoy another Inter Club. Due to the weather only nine holes

were played and then lunch was served with the usual 19th hole hospitality. Winn in Sunnydale were: low gross - Fran Henderson, Cheryl Bickle, Barbara Parker whilst low nets went to Mary Black, Dot Thompson, Cathy Cessford with the putting prizes to Audrey Marshall and Peggy Wilson. For the home club, it was Mona Ledgard, Mary Shaw for low gross, Irene Perry and Barbara Carter for low net, Joyce Aylward and Audrey Haughn took the putting prizes.

Mary Shaw, President and Hostess, welcomed our guests and Virginia Frenette replied for the visitors.

Fitness Festivals

Minister of Recreation and Conservation, Sam Bawlf, today announced a series of Fitness Festivals throughout the Province "to focus on fitness and active health".

In making the announcement, the Minister said the Fitness Festivals will be held in seven British Columbia communities in this initial year, and "will expand in future years to include as many communities as possible".

The first Fitness Festival will be staged May 7th in Kelowna. The other six will follow in this order: May 14 - Prince George; May 20 - Kamloops; May 28 - Port Alberni; June 4 - Richmond; June 11 - Chilliwack; June 18 - Kimberly.

Co-ordinator of the project is Wendy Robertson, Provincial Fitness Co-ordinator for the province. Bawlf said the Fitness

Festivals will bring the people of the community together to create an event unique to their own interest and needs.

"The emphasis will be on the need for individual fitness programs, not just one event, but on a continuing basis", said Bawlf.

Bawlf said every member of the community, regardless of age, will be able to participate in the festivals. "The activities will be non-competitive, but structured to all ages", said Bawlf.

The Minister said the Fitness Festivals are being organized in consultation with interested citizens, community recreation co-ordinators, teachers, representatives of the YM YWCA, Action B.C. and Sport B.C.

"It is expected the festivals will involve thousands of British Columbians", Bawlf said.



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BILL MORRISON
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AL ROBB
339-3307



ART MEYERS
MGR. - 339-2431



JIM GORDON
339-4515



WAYNE GRAFTON
334-2804

Fish Talk

Honourable Sam Bawlf, Minister of Recreation and Conservation announced that 8400 steelhead smolts were released this week into the Coquihalla River near Hope.

"This week's release, and another larger one to be made this month, are part of our continuing program to improve stocks of summer steelhead in the Coquihalla," he said. The additional 12,000 smolts will be released at two sites on the river by the fish culturists.

All smolts are from Coquihalla parents and were collected as eggs one year ago. They were raised at the new Fraser Valley Hatchery at Abbotsford. On release, the fish are about eight inches long and weigh three ounces each. This is the optimum size for survival.

The Fraser Valley Hatchery in its first year of operation has produced 37-thousand pounds of fish. It was officially opened November 4, 1977.



Base Photo
1200 AND COUNTING - Maj. Bud Faubert congratulates John Bryson who recently qualified for the Aerobic Excellence Fitness award. John has no idea how many thousand miles he has covered but this award recognizes the 1200 miles he has run since starting to keep track.

Engineers Marchpast Golf Golf Bridge by Engineers

It was a sight to behold as Colonel Burgess took a deep breath and sent his golf ball flying many, many inches. The CE Section had been wise to alert RATCON of the dangers involved when such an avid golfer 'tees off'.

This was the official opening of the Fourth Annual BC Military Engineer Golf Tournament hosted by the CFB Comox CE Section on April 21, 1978. Sixty participants from all across Canada gathered at the renowned Glacier Greens Golf Course for this celebrated event. Even CFB Shearwater sent one of their finest to determine if Glacier Greens was truly as challenging as everyone had said.

Led by the sound of the 'pipes' each player proceeded to his pre-assigned tee. The shot-gun sounded and the tourney was underway. The

only delay occurred when all the players from east of the Rockies realized that snowshoes weren't really necessary on grass. It's no wonder! CFB Comox boasts the earliest Military Engineer Golf Tournament in Canada.

As with all great occasions, the CE Golf Tourney had to come to an end. The prizes were awarded, the food served and a good time had by all. CHIMO!

PRIZE WINNERS

1. Low Gross, Fred Mills, (CFB Chilliwack); runner-up, Reg Tressel, (CFS Yorkton);
2. Low Net, Marcel Levesque, (CFB Edmonton); runner-up, Scotty Brown, (CFS Alaska);
3. Closest to Pin, Don Nemeth, (CFB Winnipeg); 4. Longest Drive, Bill McKenzie (CFS Holberg); 5. Pig of the Course, Glen Holmberg, (CFB Chilliwack).

'79 BC Games

The Honourable Rafe Mair, Minister of Consumer and Corporate Affairs and the Honourable Sam Bawlf, Minister of Recreation and Conservation announced today that Kamloops has been selected as the site for the 1979 British Columbia Winter Games. The games will be held March 1, 2, 3, and 4, 1979.

Kamloops was one of seven British Columbia communities who bid on the 1979 Winter Games. The other communities being Kimberley, Nelson, Trail, Kelowna, North Vancouver and a joint bid by Terrace and Kitimat.

Bawlf said "Kamloops went all out to get the first B.C. Winter Games - their committee did not leave a stone unturned in their efforts to secure the games."

The first British Columbia Summer Games will be held

this August 17, 18, 19 and 20 in Penticton.

The selection of a host community is made by the British Columbia Games Advisory Committee whose members are John Anderson, Herb, Capozzi, Gorde Hunter, Daryl Thompson and Howard Hamilton.

The British Columbia Games Managing Director, Ron Butlin said, "There will be approximately 20 sports in the winter games and about 2200 athletes from all corners of the province." Butlin anticipated that about 40,000 British Columbians will be involved in playdowns leading up to the games.

The Government of British Columbia will provide \$180,000.00 for the operation of the games and a \$70,000.00 legacy to the City of Kamloops for amateur sport in that community.

Major Step

OTTAWA - The Honourable Iona Campagnolo, Minister of State, Fitness and Amateur Sport, announced that the federal-provincial conference on sport will be held April 13 in the Hotel Quatre Saisons in Montreal.

Chaired by the Honourable Iona Campagnolo, the meeting of the sport ministers will be the first of its kind in Canada. It will mark the first time that one has been chaired by a federal minister whose sole responsibilities are fitness and amateur sport.

Main items for discussion at the one-day meeting are the federal government's Green

Paper entitled "Toward a National Policy on Amateur Sport", the recently completed report of the Evaluation Committee of the Canada Games Council, fitness and physical recreation and the Commonwealth Games.

Also up for discussion are a provincial paper on the delineation of responsibilities in recreation between the two levels of government and procedures to be followed in federal-provincial consultations. Elite sport and research activities have also been included on the agenda.



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BC at Bisley

Four British Columbian Royal Canadian Army Cadets have been recently selected to be members of Canada's arm cadet rifle team which will represent Canada at Commonwealth rifle matches in Bisley, England this summer.

During the week of March 23 - 30, the four B.C. arm cadets and 18 cadets from across Canada were in Victoria competing for 18 team positions. All four B.C. cadet finalists made the team.

Lieutenant-Colonel Vincent Lilley of Vernon, head of the team and Major Richard Hampton of Ottawa, coach of the team will get together with the 18 cadets for a week's practice in Ottawa at the Connaught Rifle Ranges before departing for England, and the prestigious Bisley Rifle Competitions.

B.C. Team Members

Cadet Cameron D. Woiden, 17
1705 B.C. Army Cadet Corps

Cadet Donald N. Hughes, 17
2483 PPCLI Army Cadet Corps

Cadet Paul E. Brule, 17
2483 PPCLI Army Cadet Corps

Cadet Daryl Zeleny
450 Army Cadet Corps

Team Members from Across Canada

Cadet(W) Michelle Bellefeuille, 14

Cadet Robert Hersics, 16

Cadet Andrew Ganton, 17

Cadet Andrew Jasiak, 15

Cadet Paul Betts, 16

Cadet Gary Cassidy, 16

Cadet David Mulder, 17

Cadet(W) Estelle Brabant, 18

Cadet(W) Nancy Frank, 17

Cadet Luc Tremblay

Cadet Paul Dudzenski, 17

Cadet Stephen Gyorgy, 16

Cadet Ian Hogg, 16

Cadet Dave Weir, 16

Chaplain General Appointed



OTTAWA — Colonel Stanley M. Parkhouse, 54, of Fergus, Ont. and Ottawa, Command Protestant Chaplain for the Canadian Forces Air Command, will be promoted to brigadier-general in September, Defence Minister Barney Danson has announced.

In his new rank he will be appointed Chaplain-General (Protestant) for the Canadian Forces, succeeding Brig.-Gen. Colin D. Nickerson, 59, of Mahone Bay, N.S. and Ottawa, who is retiring after 31 years of service.

Col. Parkhouse enrolled in February, 1942, during the Second World War and was an air navigator in the Royal Canadian Air Force until May, 1945, when he returned to civilian life.

After re-enlisting in the R.C.A.F. Supplementary Reserve he obtained a Bachelor of Arts degree from the University of Toronto in

1948, and later a Bachelor of Divinity degree at its affiliated Victoria College in Toronto.

Having transferred to the Regular Force in May, 1953, and following officer training, Col. Parkhouse's first Regular Force assignment was to RCAF Station Winnipeg that September.

Since then he has been chaplain at RCAF stations North Bay, Ont., Clinton, Ont. and Comox, B.C.; in Germany at 3 Fighter Wing Zweibrücken, and 1 Wing Lahr; and in France at 1 Fighter Wing Marville.

From July, 1969 to July, 1973, Col. Parkhouse served as Command Protestant Chaplain for Maritime Command with headquarters in Halifax. Prior to his current appointment in Winnipeg, which began in January, 1976, he was Director of Pastoral Activities at National Defence HQ in Ottawa.

CDS Commends

OTTAWA — Two Maritimers have been commended by Chief of the Defence Staff Admiral Robert H. Falls for acts beyond the call of duty.

Captain Steven M. Irwin, 27, of Sackville, N.B., serving with 3 Field Engineer Squadron, CFB Chilliwack, B.C., was recognized for his outstanding leadership while commander of the Eagle River bridge construction project in the Yukon Territory from July, 1976, to July, 1977.

The citation states that Capt. Irwin's planning, organization, and determination contributed a great deal to the completion of the difficult project.

Sergeant Roger E. Scully, 33, of Harbour, N.S., serves at the Canadian Airborne

Centre, CFB Edmonton, Alta., as a parachute instructor. He was commended for his prompt, decisive actions and self-control under stress during a parachute jump on Dec. 13, 1976.

The helicopter was flying at 1,500 feet over the drop zone when a parachutist's harness caught in the landing skid when he jumped from the aircraft. The parachutist, suspended face down, was unable to free himself, adding danger to the helicopter and its occupants.

The citation states that without hesitation or concern for his personal safety, Sgt. Scully leaned far out of the aircraft and freed the parachutist who descended without further incident.



MUNSTER, GERMANY ... PRIVATE RON ALLEN, son of Captain and Mrs. D. Allen, CFB Comox, B.C., inserts a fuse into a 155 mm round for a self-propelled artillery gun during live firing exercises at the NATO ranges at Munster in northern Germany. Pte. Allen, a member of 5th B.C. Field Battery Royal Canadian Artillery (Militia), Victoria, is on two months training with 1st Regiment Royal Canadian Horse Artillery, part of Canada's NATO - committed 4 Canadian Mechanized Brigade Group based at Lahr, FRG.

(CANADIAN FORCES PHOTO)



THAT FLYING YOUNG MAN — Defence Minister Barney Danson is transferred by jackstay from one Canadian Forces ship to another during his recent visit to the fleet in the Caribbean. To show his appreciation and respect for the men after the successful transfer, he introduced a new toast for Canadian sailors — "splice the jackstay". Mr. Danson explained that ordering "splice the jackstay" marks a special occasion when the Minister can arrange "refreshments" for the men in recognition of a job well done.

(CANADIAN FORCES PHOTO)

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To Trade Hats

OTTAWA — Two Canadian Forces brigadiers-general will trade jobs with each other this August in Ottawa and Montreal.

Brig.-Gen. Claude A. LaFrance, 48, of Quebec City, director-general policy planning at Defence Headquarters here, will become commander of 10 Tactical Air Group, headquartered in Montreal.

Brig.-Gen. J.L. Roger Lacroix, 47, of Hawkesbury, Ont., now commanding 10 TAG, will move to Ottawa to take the policy planning appointment.

ENGAGEMENT ANNOUNCEMENT

Ivan and Marion Turcotte are pleased to announce the engagement of their daughter, Janet, to David Galloway, son of Harvey and Gail Galloway of Langley, B.C. The marriage to take place June 9, 1978 at St. Michael's and All Angels Protestant Chapel.

Commonwealth Games Thrust



FOUR OFFICERS AT CFB EDMONTON have been fitting the military logistic support, communication jigsaw together for the Commonwealth Games for the past year. They are members of Air Command Def. a lodger unit at CFB Edmonton. Headed by Lt. Col. Russ Donaldson, seated, they are from left to right, Maj. Jack Nichol, Capt. John Pinsent and Capt. Grant Schmisk.

Commonwealth Games Update

EDMONTON — When Montreal hosted the Olympic Games in 1976 they did not have to worry about transportation and how all those people were going to get to all the events.

Montreal, of course, had in existence a subway system built primarily for Expo '67.

Edmonton, however, when it started to think about hosting the XIth Commonwealth Games did not have a subway system. Compounding the city's problem was the fact that the Commonwealth Games Stadium was built very close to the city's centre, in a site with virtually no parking facilities.

So, Edmonton's city council decided to build themselves a mini-subway system linking downtown Edmonton to the Commonwealth Stadium a distance of about five miles. Total cost of this mini-subway will be about \$65 million. It will start near the MacDonald Hotel in downtown Edmonton and surface using existing railway lines shortly after leaving town.

It will have two stations in town and one at the Commonwealth Stadium. For each ceremony, it's expected the mini-subway will be able to take about 6,000 of the 42,500 expected for each daily event.

To handle the remainder, the city of Edmonton will rely on its "Park-n-Ride" bus system that operates during Edmonton Eskimos football games and the Klondike Days Exhibition.

With no public parking available to the stadium, motorists will be encouraged to drive to any of five parking lots ringing the stadium where there is parking for about 11,200. Games' patrons will then be bussed to the stadium in about 15 minutes.

Two hundred buses, making a total of 520 trips will thus be able to speed 30,500 people from the five parking lots to the stadium for each ceremony.

For Games' venues other than the Commonwealth Stadium no great problems are anticipated because most of the venues are on the outskirts of the city, serviced by ample parking.

However, city officials will install a beefed up bus system with special routes to handle

those who don't arrive in cars. Major terminals will be set up at four large shopping centres to take people to the Argyll Park Velodrome, for instance.

So, with a good deal of fore-

planning, the city of Edmonton and Commonwealth Games officials, feel they will not have a transportation problem once the Games start to roll.

Chance of Lifetime

Three British Columbian Royal Canadian Army Cadets were selected to attend the 7th Cadet Leadership Course at Wretham Camp, near Thetford, Norfolk, England, Apr. 7-17. Back on Canadian soil are Cadet Richard M. Eaton, 17, of 2573 6th Field Sqn. Cadet Corps, Cadet Loran L. Swanburg, 15, of 2276 Fort St. John Cadet Corps, and Cadet Harold E. Wilde, 15, of 2822 Royal Westminster Regiment Cadet Corps.

A total of ten Army Cadets from cadet corps across Canada were selected on the basis of their outstanding achievements in competitions with their peers on the army cadet leadership courses across Canada during the summer of 1977.

The aim of the course was to further the cadets' powers of leadership, while giving those cadets with a special interest in the Canadian Forces some first hand experience of the Regular Army.

While on the Wretham Camp course, the cadets were involved in many interesting activities; small arms familiarization, helicopter operations, motor cycle riding, watermanship, radio training, and map reading techniques.

The course was conducted by the First Battalion, The Worcestershire and Sherwood Foresters Regiment.

Prior to their return to Canada 24 Apr., the ten young cadets were given a two-day tour of London, England by the British Army Cadet Force Association.

Conducting officer was Lieutenant D. Hopwood-Jones of 2470 Granby High School Cadet Corps, Granby, P.Q.

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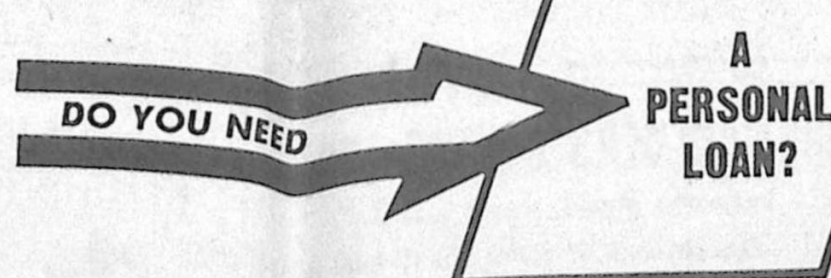
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HIKING IN MANNING PROVINCIAL PARK, some 224 kilometres from Vancouver. (Tourism B.C. Photo)

A Lifetime of Hiking

The first thing you notice about B.C. is the mountains. A 100 years ago, they were severe obstacles to the settlers in Canada's Pacific province.

Today, they are the perfect solution to urban society's pressures.

Every foothill, valley bottom, alpine slope, and snow-capped ridge offers countless, refreshing, hiking experiences.

Accomplished hikers may feel that for a "real hike" you must escape to the wilderness for a week with a backpack, tent, and an over-supply of nuts and raisins.

For them, there is no better place than B.C.

But B.C. is also the place for those who might like to do the hard part of a day's hike in a chair lift, then take a stroll along a mountain ridge to feel taller than they've ever felt, and finally, to still make it back to Vancouver for dinner and disco.

Whether you want to get away for a day, overnight, a week, or even longer, there are hiking trails by the hundreds in B.C. Most are described in hiking books and most are well marked.

The most popular, for visitors and residents, is the West Coast Life-Saving Trail.

With such a name, it should be challenging and famous. It is.

It derives its name from the fact that in the last century, this 50-mile trail was the only route to safety for shipwrecked sailors off Vancouver Island's west coast.

Since 1970, this trail has been a part of Pacific Rim National Park.

The trail's northern section begins near Bamberton, a little fishing village, accessible by gravel road from Port Alberni. It is a wide, well-maintained pathway.

The first day's hike takes you through some old coastal forest and down to the Pacific's rocky shores and sandy beaches.

On each following day, the

hiking gets tougher but the view more majestic. It may take eight days to complete the hike to Port Renfrew, at the southern end and an hour's drive from Victoria.

Strathcona Provincial Park in central Vancouver Island has trails that are just as exciting.

The park is for skiing in winter and camping in summer, but hiking on one of the dozens of trails in Forbidden Plateau is simply unforgettable. All signs of civilization immediately disappear.

Forbidden Plateau is a sub-alpine region, dotted with snow-fed lakes. In late spring, a trip along Flower Ridge offers hikers a thousand-and-one delightful wild flowers in early bloom. The trails vary in length, but they all guarantee super views of towering mountains and pristine lake-valleys.

Another exceptional hiking area is Garibaldi Provincial Park.

A reasonable driving distance from Vancouver, it is a compelling attraction.

The park itself is over 112 kilometres long, and consists of snow-capped mountains, ice-packs, alpine meadows, and live glaciers.

One of the hiking routes - to Little Diamond Head - is all peaks and ice and sky.

With trails leading to places like Black Tusk, the Gargoyles, Opal Cone Mountain, Singing Pass Trail, and, of course, Whistler Mountain, famous for skiing, Garibaldi Park offers casual, day hikes, and tough routes for the expert glacier-steppers.

Most trails are well-marked and various guide books describe their relative difficulties.

South of Vancouver, there are over 100 hiking trails along the Fraser River's shores.

The imposing Fraser Canyon area also offers some exciting trails.

Manning Park, Golden Ears

Park, or the scenic Chilliwack River Trail along the Canada-U.S. border, have fine hiking trails and exciting scenery.

Heading east towards the Rockies, there are numerous trails to alpine meadows and glaciers in Yoho National Park and Kootenay National Park.

Hiking trails in northern B.C. from Prince George to Prince Rupert and further north to the Peace River Country, are less documented, less travelled, but undeniably beautiful.

The mere mention of names like Babine and Spatzizi trigger spontaneous gasps of delight from hikers who have been there.

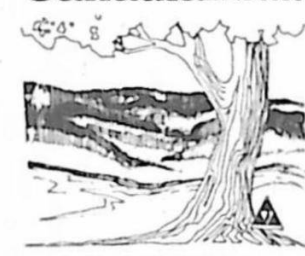
But you do not have to travel 1,000 kilometres to take a hike in B.C.

That is the important point. If you are in the province for just a few days, say, to visit Victoria, B.C.'s capital, there are over 100 day trails near this garden city alone. They do not lead you to the base of a glacier, but hikes along China Beach, looking out across the Strait of Juan de Fuca, or up Horth Hill in the Saanich Peninsula's northern tip, looking out at the islands in the Gulf of Georgia, are great little excursions in themselves.

More detailed information on hiking trails in B.C. can be obtained from the parks branch, ministry of recreation and conservation in Victoria.

So, when you decide to discover B.C., do not forget your hiking boots.

Forests touch the lives of all Canadians....



TREES...THE GREEN LINK

Yoho! Nature at Her Best

Ice. It covered the entire Canadian Rockies thousands of years ago. It eroded the land. It shaped it. and it changed it forever.

Centered in the Rockies today is Yoho National Park, preserving the receding glaciers, deepened valleys, rocky moraines and silty glacier lakes.

Yoho's Cree Indian name describes the park completely: "wonder and astonishment".

The hoodoos, strangely-formed sandstone shapes, are as mysterious as their name. The hoodoos are found along a hiking trail above Hoodoo Creek, which is set in a valley. The hoodoos make an interesting subject for photography.

One mile off the highway is a natural bridge of eroded stone over a river. And five miles along the road past this bridge is the spectacular Emerald Lake.

In the lake cutthroat, brook, lake and splack trout are game for fishermen. There is also canoeing. Horseback riding near the lake is another pleasurable activity.

An ascent of Mt. Burgess or Emerald Peak gives a tremendous view of the sparkling lake below and snowy alpine meadows up the trail.

Takakkaw Falls in the park is Canada's longest waterfall, cascading, 1,650 feet. It is located only eight miles off the highway, along a secondary road.

Lake O'Hara can be reached by reserving a seat in a private van. The vans drive regularly down a fire access road from the Lake O'Hara Lodge to the highway and back.

Trails are found all around the lake to snow-capped mountains of the continental divide, waterfalls and other lakes such as Lake Oesa. This lake is set in rocky alpine

surroundings, beneath snowy mountain peaks.

Ground squirrels, pikas and marmots thrive well in this arctic-like habitat. The rare wolverine can also be seen scuttling about his den.

Besides the many great natural beauties in Yoho, there are man-made features such as the Deerlodge Cabin along the Beaver Dam Trail. Once Yoho's first warden's home, the cabin remains erect for you to explore.

Further east in the park are two railroad spiral tunnels twisting around inside Cathedral Mountain and Mount Ogden. It is quite a sight to see a train coming out from one tunnel while its tail end is just entering a tunnel higher up the mountain.

Rich in flora and fauna, Yoho is a greenhouse for nearly 800 species of alpine and subalpine plants. Wild flowers include orchids, lilies and saxifrages as well as tiny varieties of alpine vegetation. The forest consists primarily of evergreens, climbing to the timberline of 7,000 feet.

Wildlife, such as the white-tailed and mule deer and wapiti are common along roadsides or in campground areas. Ground squirrels and the red tree-squirrels are often seen timidly eating food from people's hands. Less frequently seen animals are the grizzly bear, coyote, moose and wolverine.

Birdwatchers will enjoy the many birds in Yoho, from the golden-crowned kinglet to the local pileated woodpecker. At higher elevation you could see the golden eagle, water pipit or grey-crowned rosy finch.

The park is open all year around although many of the visitor services are limited to the summer season. Throughout the park are five national park campgrounds, which charge a nominal fee per night, private lodges, cabins, motels and hotels.



YOHU NATIONAL PARK (Michael Curran Photo)

Accommodation at places such as Emerald Lake or Lake O'Hara may require reservations.

Activities in the park are not limited. Boating, canoeing, swimming, climbing, fishing and skiing are all common. Hikers and backpackers will be fascinated by Yoho's over 250 miles of hiking trails.

Self-guiding trails, exhibits, interpretive signs, viewpoints, and naturalist participation programs all help you to understand better this unique park.

Yoho has been described as a living outdoor museum. In 1886 it was only 10 square miles of land reserved for the protection of Yoho's forest and scenery. Now there are 507 square miles of outstanding natural beauty within the park for you to enjoy.

Boy Scouts to Gather

Boy Scouts of Canada, Provincial Council for British Columbia and Yukon will hold their 3rd provincial jamboree July 8-14, 1979 near Merritt, B.C.

A jamboree site has been selected on the big ranch of the Douglas Lake Cattle Company of Douglas Lake, B.C. The wide-open range land with trees and lakes will make an ideal setting for this exciting adventure for 3000 scouts and leaders.

Teams of volunteers in all parts of the province are being formed and are busy preparing program, commencing site development and working on the many logistics of equipment, food supplies and organization of this major event.

Dubbed the Big Country Adventure Jamboree, this will be a gathering of 11 to 14 year old scouts from communities in every part of B.C. and Yukon as well as from other provinces and the U.S.A.



The first symphonic orchestra in America was organized by Moravian settlers in Bethlehem, Pa., in 1741.

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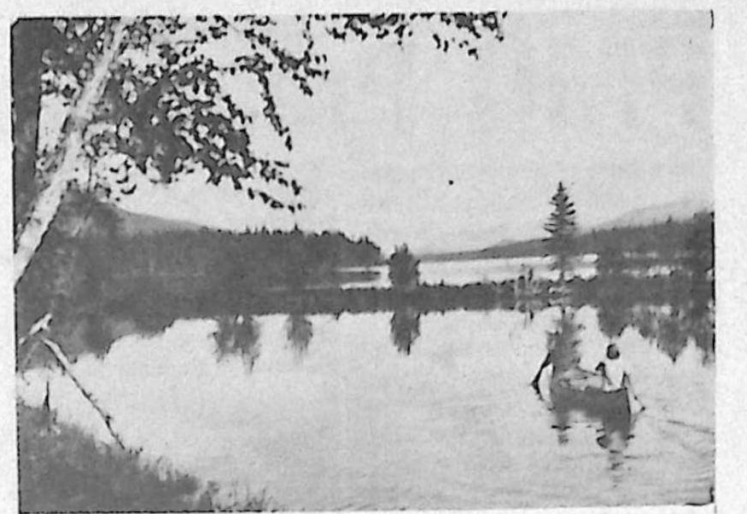
Falcon Trailer Park. 3/4 mile west of Base. Children welcome. Sorry, no dogs. First month - rent free. 339-3125 or 339-2576.

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AVIATION BOOKS: Send for free catalogue from "The Hangar Bookshelf," Box 1513, Belleville, Ont., K8N 5J2 - Canadian distributor for Kookaburra Technical Publications, Canada's Wings and Valkyrie Publications.

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SPECTACLE LAKE and beaver dam, Bowron Lake Provincial Park, B.C. (Tourism B.C. Photo)

Canoeist's Dream

There is a wilderness in Bowron Lake Provincial Park.

Carved in the Cariboo Mountains, like a moat around a castle, this wildlife sanctuary is the objective of canoeists from all over North America.

Here, in 120,000 hectares of unspoiled land, man is as close to nature as he can get by road and water.

Nature has molded the landscape: six major lakes are connected by smaller lakes and rivers to form a rectangular waterway.

The water system's unusual shape allows canoeists to finish the circuit at the starting point. This reduces transportation problems as the car is waiting at trip's end.

Most visitors spend some seven to 10 days on the trip around the park. The best time is between June and October.

Some outdoors experience and advance preparation is essential as travellers must fend for themselves once on the circuit. There are portage trails in a few places and park staff have maintained emergency cabins.

Natural obstacles challenge the visitor.

There were seven portages

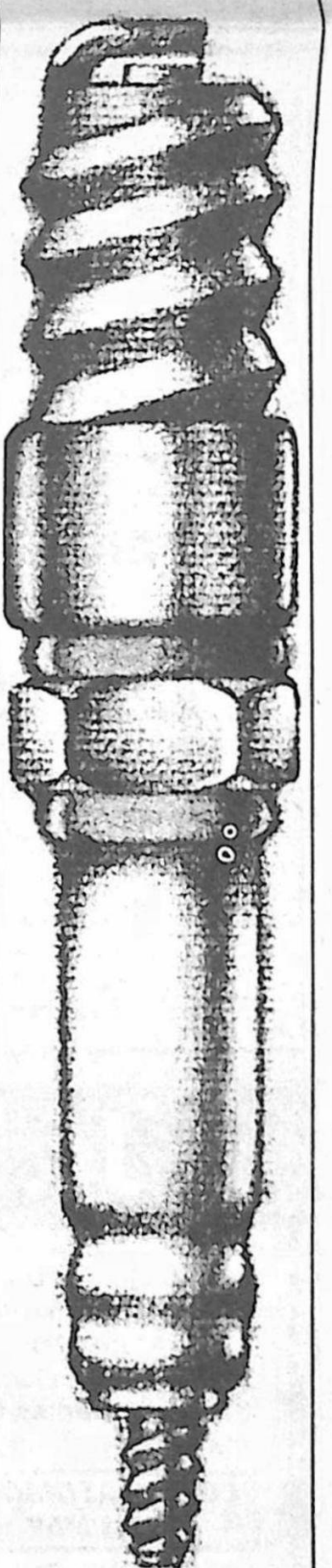
to scramble over; a number of rivers to paddle down or wade up; a waterfall; a series of cascades to bypass; and sometimes the frustrating delay of high winds on the lakes.

Facilities such as a campground, parking spaces, supplies, accommodation and rental equipment are located near the park's entrance.

The park headquarters, a nature house and an information centre are situated near the parking lot.

All visitors are required to register prior to making the canoe trip.

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Family Circle

PMQ Preamble

Wallace Garden's Ideal Family voting coupons will be distributed by your Ward Councillor and will be picked up by May 17. Our ideal family will be announced at the family picnic and treated to a delicious dinner at the "Old House."

Clean Up Week is May 8-12. Each day during this week the Base Fire Department will be picking up unwanted items in the PMQ area during the hours of 1330-1500. This will include usable and unusable furniture and household items. The articles are to be placed in the same site as for garbage pick up.

Volunteers are urgently needed to help maintain the Venture Playground. Please contact your Ward Councillor if you are able to help in your spare time or on weekends. The BTO will be closed May 4th and 5th from 1930 to 2300 hrs. in order to avoid interruption of the Totem Little Theater performance.

Concerning re-naming of the Scout Hall, it has been decided that the hall will be named Gilwell Hall on the 15th of May.

Now for that nasty but necessary subject of loose dogs in Wallace Gardens! Good news, folks! The dogcatcher is here! The PMQ area will be patrolled at various times during the week. Any loose, stray dogs not on the owner's immediate lawn area will be picked up. The owners of tagged animals will then probably be notified. There is \$25 fine if your animal is picked up. At the end of five days, animals will become property of the city pound and will either be sold or destroyed.



In the language of flowers a white violet means "modesty."

Remember, if you happen to apprehend and retain a stray dog on your property, please call your Ward Councillor for appropriate action. Also, any cats making a habitual nuisance of themselves are to be reported to your Ward Councillor.

When placing plastic garbage bags out for pick up, could you please try to cover them in some way? If they do not fit into your garbage cans, perhaps they could be covered with a box? This will keep the crows and gulls from tearing into them and scattering the contents. Everyone living in Wallace Gardens will benefit if we work hard to keep our lawns neat, clean and beautiful. If you see a piece of garbage on your lawn area, why not pick it up?

Community co-operation is needed in regard to problems of lawn jurisdiction that have arisen. If we all respect the

rights of others these problems would be nonexistent. There have been some questions concerning restrictions upon garden placement within the yard area. It is suggested that written permission from Base Housing may be necessary, depending upon what is desired.

For anyone still needing an electric marking pen for home articles, they may be obtained from your Ward Councillor. It has been suggested that in the future the Neighborhood Watch materials be included with the PMQ Orders so that new occupants are aware of our program.

Let's exercise good communication in voicing any concerns or criticisms to your Ward Councillors. They all try very hard to represent you at the PMQ Council meetings. The next meeting will be held on May 18th, at 0830 hrs. in the Parish Hall.



YOUR SON? Do you know this boy? If not, why not? Why not come out and help him to be a better citizen and person in adult life. Rusty Rutherford as of this writing has only received TWO volunteers out of some seventy-five parents. Not too good a showing scout parents. He still needs volunteers urgently, especially a public relation person, one who will take pictures at the meetings, etc. for publicity. I keep asking myself, why is it only a handful of people who cares what happens to their children and the community and are willing to help out. I know what some of the excuses are: I don't have time, just too busy, fishing season is here, baseball season is here, etc. We the people who volunteer to help out in the community have heard all of the above and more. Yet you are willing to let someone else do it, and sometimes even criticize them, when you feel they are not doing the job the way you would have. Have you ever thought that perhaps the volunteers who keep our community going, would like to do more fishing, play ball a little more often? Why not think about it. Rusty's local is 311, home phone 339-5106. Remember, it is our community, so why not have a hand in it by making it a better one.



In the language of flowers, when you're wearing a zinnia, you're thinking of absent friends.

Firing Away

Firing Away
Spring Clean-Up May 8 to 12

The Base Fire Department and the Community Council are sponsoring the Spring Clean-Up campaign for CFB Comox this year. It's time for decisions.

Do you really need to save that old mattress, chairs, drapes, outgrown clothing or other litter? Your environment protection begins at home.

Get rid of old paints, thinners, solvents, oily cloths, wood scraps and other project leftovers. Avoid a "Do it yourself" fire.

In closets, attics, basement and other storage places, check for collections of magazines, boxes, wrappings, forgotten games and other dubious "treasures". Too good to throw away? They can be downright dangerous to keep.

To assist in getting rid of all unused or unwanted items, place the articles in front of your MQ near the roadway before 1330 hrs. each day and they will be picked up.

Usable items will be donated to a local charity. Remember: Don't give fire a place to start or spread. It's Clean-Up Time.

OWC

The Officers' Wives Club of CFB Comox held its annual elections 19 April at the Officers' Mess. The executive for the 1978-79 season is as follows:

President-Doreen Johansen; vice-president - Anne Gibbon; secretary - Liz Plaxton; treasurer - Linda Snoddy; publicity - Penny Housworth; food convener - Marybeth Arnold; welcoming - Laurilyn Haines; entertainment - Bev Burrows and Jan McClear; and phoning - Della Reed.

Following the elections, Mary and Chris Carter from the Blooming Barn demonstrated the many ways in which dried flowers can be used to decorate a home. The Carters have been in business on the Dove Creek Road for the past two years. Club members were invited to view the gardens on the property as well as to visit the Barn itself.

A basket of dried flowers donated by the Blooming Barn was won by Maureen Hallstrom. The handcrafted terrarium being raffled off for charity was won by Marybeth Arnold.

The OWC will hold their closing dinner on Wednesday 17 May at the Officers' Mess. Tickets will be available until 9 May through Joyce Taylor and Beth Arnold.



The tulip originated in Central Asia and gets its name from the Turkish word for turban.

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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.

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CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 1100 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

HOLY COMMUNION: Holy Communion (ACC) 1200 hours first Sunday of the month.

BAPTISM: By appointment. Consultation with parents expected 2-3 weeks in advance of Baptism.

WOMEN'S GUILD: All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2000 hours on the second Wednesday of each month.

CHAPEL CHOIR: Our 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.

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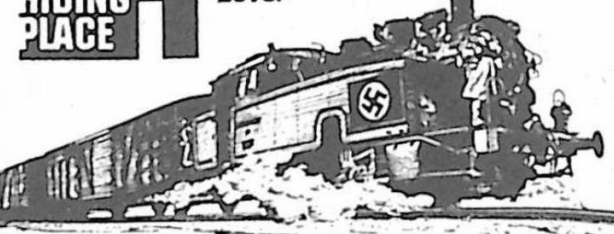
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Starring JULIE HARRIS EILEEN HECKART ARTHUR O'CONNELL Introducing JEANNETTE CLIFT A World Wide Pictures release in Metrocolor®

Showing Two Weeks - Thurs., May 11 to Wed., May 24

Academy Award Winner

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SHOW TIME: DUSK

MOW OPEN THURSDAY

Thurs., Fri., Sat., Sun., May 4, 5, 6, 7

"RUBY" Plus "BAD GEORGIA ROAD"

"Gory scenes & coarse lang."

— B.C. Director

Thurs., Fri., Sat., Sun., May 11, 12, 13, 14

"THE LAST REMAKE OF BEAU GESTE"

Plus "THE CAR"

"Some frightening scenes." — B.C. Dir.

Jr. Ranks Club

May 6th — Dance to the music of "CAROLINE LEE & FREEDOM", new to this area. A popular group from Vancouver.

May 13th, 14th — Back by popular demand, "TONY FRANCIS". He was here on Boxing Day and he was so well received by the ladies that we have him back for Mother's Day.

May 20th — "DISCO".

COMING ATTRACTION — 21st MAY

"THE SPURLOWS" Floor Show and Dance, plus Candlelite Dinner - Prime Rib. Cocktails. Tickets at PMC office only. Single \$10.00, Couple \$20.00.

— BINGO EVERY WEDNESDAY AT 2000 HRS. —

- MOVIES -

May 9th — "WON-TON-TON" - Art Carney

May 16th — "NEW YORK, NEW YORK" - Liza Minnelli

OFFICER'S MESS ENTERTAINMENT

Friday, May 5th - 409 Sqn. Luncheon —

12:30. Regular TGIF, subsidized drinks and food 1700 - 1800 hrs. Jackpot and bottle draw at 1800 hrs. Dress — Casual.

Friday, May 12th — Monster Mixed TGIF

Subsidized food and drinks 1700 - 1800 hrs. Barbeque 1800 - 2000 hrs. Barbeque your own steaks. Regular bottle draw and jackpot. Special bottle and other prizes throughout the evening. Dance to Contraband 2030 - 0030 hrs. Dress — Casual.

Saturday, May 13th - 409 Sqn. Farewell Dinner

Cocktails - 1830 hrs. Dinner - 1930. Dance - 2100 hrs.

Sunday, May 14th - Mother's Day Family Smorgasbord

1900 - 2030 hrs. Movie 2030 Hrs. Cost \$3.50 per adult, \$1.50 per child. Dress — Informal. Advise Mess Manager if you are attending by Thursday, May 11th.

Wednesday, May 17th —

O.W.C. meeting. Closing Dinner. "Prime Rib of Beef" Time: 7:30 p.m. Admission \$8.00 per member, \$10.00 per guest.

WO's & SGT'S MESS

May 5th — TGIF. Beefsteak and Chips.

May 13th — MOTHER'S DAY SPECIAL.

Steak and subsidized cocktails, 2000 - 2300 hrs. Dance to "CONTRABAND".

Dress: Casual. Admission - Regular and Associate, \$15.00 couple. Honorary and Guests, \$20.00 couple.

FREE CORSAGES FOR THE LADIES!

MOVIES

May 8th — "WON-TON-TON" - Art Carney.

May 15th — "NEW YORK, NEW YORK" - Liza Minnelli.

Safe Driver Awards

presented by Maj. R Orser



Mr. Laurie Rose



Cpl. Blackie Blackburn



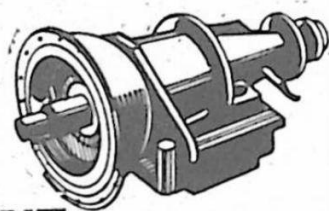
Cpl. Ron Saunders



Mr. Ed George

MUSHROOM VEGETABLE SALAD
 3/4 cup salad oil
 1/2 cup wine vinegar
 1/3 cup sliced scallions or green onions
 1/4 cup chopped parsley
 2 teaspoons salt
 1 1/2 teaspoons sugar
 1 teaspoon oregano leaves, crushed
 1/4 teaspoon ground black pepper
 1 quart potatoes cut into 1/2-inch chunks
 1 pound fresh mushrooms or 2 cans (6 to 8 oz. each) sliced mushrooms
 2 cups sliced zucchini
 1 cup diced green pepper
 Combine oil, vinegar, scallions, parsley, salt, sugar, oregano and black pepper; mix well. Cook potatoes in boiling salted water to cover until tender, about 15 minutes; drain; place in a large bowl. Stir oil mixture; pour over potatoes; mix gently; cover and chill thoroughly. Rinse, pat dry and slice fresh mushrooms or drain canned mushrooms. Add mushrooms to potatoes along with zucchini and green pepper; toss lightly. Serve in a lettuce-lined bowl, if desired. Yield: 8 portions.

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Dapper Dan

Each year millions of dollars pass through the hands of our youth. As they spend increasingly more each year for motorcycles, cars, stereos, records, entertainment and clothing there is no doubt in my mind that their financial concern will grow as well.

Are we doing all we can to help them deal effectively with the complexities of the marketplace? I don't really believe so. I will admit that schools are offering more consumer oriented courses than they were a decade ago, but there is still much room for improvement.

Where then can they get help? Right in your own backyard. Wise parents can do a lot to help their children cope with money problems and to learn to make financial decisions.

W. Scane Bowler, president of an American national financial services organization says that a properly planned allowance given to children in their formative years can help lead to a financially solvent adulthood. Bowler adds that a child's weekly allowance can be used as an important tool in successfully shaping his adult life and that the entire spectrum of money management - saving, investing and budgeting - can

be taught through that simple process.

Bowler offers these suggestions on allocating the allowance:

a. Determine actual monetary needs. Discuss them with the youngsters and make sure they fully understand why and how you have arrived at a specific sum.


b. Promise this amount on a regular basis and keep that promise, or don't promise it at all.

c. Be consistent. Rules need not be iron-clad but they should be firm. The child must realize that he or she has to live within the allowance.

d. Don't put a dollar sign on achievement. Monetary rewards should not be associated with good behavior or good grades in school. This can lead to unnatural pressures for money, and in some cases it can even be a cause of cheating.

e. Do not be overly concerned with what other parents in the neighborhood are giving their children. Do not permit allowances to "follow the Joneses."

f. By all means encourage the children to keep track of their expenditures as well as their income. This will act as a directional signal for future budgeting and savings.



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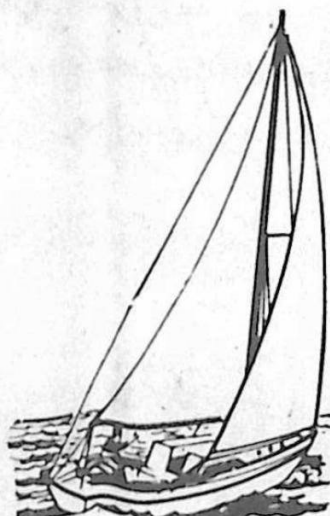
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FAMILY MONTH
 May is the month when families should take stock and remember the pleasure of being together, working together and praying together.

If you haven't already—
Get Together, All Year Long!

CYMC

A two week choral workshop is a new feature of the 1978 Courtenay Youth Music Centre program starting July 9 and finishing August 13 in Courtenay. This is the twelfth CYMC season and at least 400 students are expected to attend.

Vancouver musicians Len Lythgoe and Jocelyn Pritchard will direct and organize the British Columbia Summer Youth Choir in a workshop from July 30 to August 13. The CYMC brochure invites applications from students who have had some choral experience and who are between 14 and 23 years of age. Daily activities will include vocal coaching, ear training and sight singing, small and large choral ensembles, movement classes and choir rehearsals. The program will include a short tour and will conclude with a major choral performance accompanied by the full CYMC orchestra.

Lythgoe is head of the choral department, Prince of Wales Secondary School and director of Shaughnessy Heights United Church Choir. Pritchard is a professional pianist, the director of music at Highland United Church, North Vancouver and well known for choir work in this province.

The opera program is directed this year by Jacqueline Richard, head of the Opera Workshop, Wilfrid Laurier University, Waterloo, Ont. Another member of that University faculty, Raffi Armenian heads the roster of conductors at CYMC this year.

Vancouver musicians Gordon Cherry, Dennis Miller and David Robbins are featured as conductors of the varied five-week program which offers opportunities to students in practically every area of music. Besides the traditional orchestra and wind ensemble activities, there are group and individual programs for classical guitar, ukelele, keyboard, voice, composition and conducting students.

Further information may be obtained from The Registrar, Courtenay Youth Music Centre, P.O. Box 5170, Main Vancouver Post Office, Vancouver. V6B 4B2.

\$60,000

Provincial Secretary and Minister of Travel Industry, Grace McCarthy, has presented a provincial government cheque for \$60,000 to the British Columbia division of the Canadian National Institute for the Blind.

"This is a special one time grant because of a deficit incurred by the C.N.I.B. during the last fiscal year, primarily in the operation of their talking book service," the Minister explained.

The service provided by the C.N.I.B. is going through a transition period as the provincial government and local libraries become more involved in a similar "Audiobooks" program.

In making the presentation, Mrs. McCarthy paid tribute to the C.N.I.B. for the many vital services they provide.



Incandescent light bulbs work because an electric current causes a wire to become so hot that it glows.

Pregnancy and Nutrition

Good nutrition is vital at any time, but during pregnancy wise eating becomes doubly important. Both the future health of the mother and the child are at stake.

The Kellogg Nutrition Council points out that healthy eating during pregnancy makes one feel better and helps one better cope with the normal stresses of pregnancy, labor, delivery and the post-delivery (postpartum) period. Certain disorders of pregnancy are also less likely to develop.

If wise eating habits are followed during pregnancy, it's also more likely the baby will be born at the right time healthy and of normal weight. It has been proven that mothers who follow good nutrition during pregnancy have healthier babies, especially during the first few months of life.

A variety of foods is best to get all the nutrients needed for both you and your coming child.

Proteins are needed for many reasons, including proper development of body tissues, muscle development and the formation of red blood cells. Top quality protein is present in lean meat, fish, poultry, eggs, milk and cheese. Three servings per day are suggested for pregnant and lactating women, along with several servings of milk and milk products to supply the minerals, calcium and phosphorus necessary for the formation of strong bones and teeth.

Iron and copper are two

other important minerals during the pre-natal period. Good sources are liver, green leafy vegetables, raisins, whole grain and enriched breads and cereals.

Fruits and vegetables supply vitamins not found in other foods. Dark green, leafy vegetables such as broccoli, spinach and greens, and yellow or orange vegetables such as carrots and squash supply vitamin A. Citrus fruits, tomatoes, cantaloupe and strawberries contribute vitamin C.

Many of the B vitamins and iron come from carbohydrate foods such as whole grain or enriched breads and cereals. These foods also provide food fibre so necessary in regulating the digestive system.

Each day should begin with a nutritious breakfast supplying 1/4 to 1/3 of your daily nutritional needs. Such a breakfast might consist of juice, ready-to-eat cereal such as corn flakes with milk, and bread or a roll with a spread.



If you eat a diet balanced in nutrients, weight gain shouldn't be a problem. But if it is, a physician's advice should be followed. The average woman gains about 25 pounds during pregnancy - three pounds in the first three months, 11 in the second three months and another 11 in the last three. Up to a total of 30 pounds is normal and nothing to worry about.


Exercise, as well as good eating habits, is essential for optimum health. Most of all, a pregnant woman should be under the care of a doctor who can advise a diet.




WELCOME FATHER TRAVERS - April 4, was the first visit of the Air Command Chaplain (R.C.) to C.F.B. Comox. On hand to welcome him was Daisy Payne, Father Travers; Connie Lamouche; Father Stack; Marcel Lamouche and Fred Chaisson.

Photo Hosford



DICK MERRICK
B. COMM



JIM THOMSON
C.I.U.

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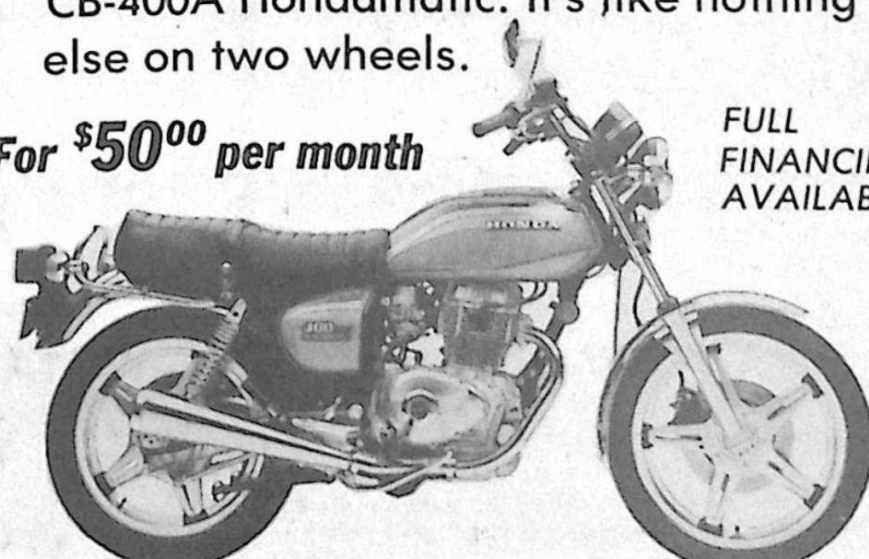
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Accent Safety

Accent on Information

Significant news for working Canadians was announced during April of this year. The Federal Government passed a bill through parliament aimed at establishing a Canadian Centre for Occupational Health and Safety.

So what is so significant about another act of parliament? The importance of this act is that it signals the beginning of a new era in co-ordinating safety and health information that has bounded around between 150 organizations and groups, both public and private.

Canada is the only major industrialized nation that does not have any central body to provide a common focus for and co-ordination of information in the area of occupational health and safety. No one source exists for the integration and dissemination of information, for the stimulation of research and information collection, or to provide impetus in the development of professional human resources for Canada in the area of occupational health and safety.

The new centre will be an autonomous body, reporting to parliament through a designated minister, but otherwise free from external controls at any level. It will not be part of any federal or provincial department. The

centre will be self-governing through a council of some 30-40 members. Ten of these will be nominated by the individual provinces and two will be nominated by the Northwest and Yukon Territories. Four members will be drawn from the Federal Public Service. The balance will represent the interests of workers and trade unions, management, professional and scientific groups, the academic community and the public.

An immediate activity of the centre will be the development of a National Information System in the whole spectrum of occupational health and safety. The centre will then begin providing Canadians with a co-ordinated and integrated information source that is now noticeably lacking. The object is to ensure that the information reaches all Canadians so that through their own knowledge and awareness they may influence necessary change in their place of work.

Another project of the centre will be to establish a review process of research projects related to occupational health and safety. Although the centre may initiate or stimulate specific research projects, its main thrust will be to co-operate with research undertakings

and research capacities already in existence.

The permanent staff of the centre will be small. Direction will be provided by specialists in areas of health, engineering, other pure and applied sciences and information services. The aim is that the highest calibre of Canadian talent will participate in particular research or study projects without being staff members.

While the centre will initially be funded by parliament, it is expected that other financial support, both public and private, may be forthcoming to permit a greater breadth of scope and to encourage the independent nature of the centre.

The centre will not have any legislative or regulatory powers. Other agencies such as Labour Canada, Health and Welfare, and the Worker's Compensation Boards of each province will continue to monitor and legislate workplace regulations.

In summary, it will be an information centre and the central source in Canada for safety and health data as well as the scientific information it collects. In making such information readily available, the centre will promote healthy lifestyles for all workers and to prompt the individual's own responsibility for safety and health.

Safety Sam

April Showers Monthly Weather Summary

CFB COMOX, B.C.
For the month of April 1978

TEMPERATURE

Mean maximum for the month 11.8 degrees C, normal 12.3 degrees C.

Mean minimum for the month 4.9 degrees C, normal 3.3 degrees C.

Mean temperature for the month 8.4 degrees C, normal 7.8 degrees C.

Highest temperature for month 19.6 degrees C. day 25, highest recorded 23.9 degrees C. year 1971.

Lowest temperature for month 1.0 degrees C. day 24, lowest recorded -4.4 degrees C. year 1951.

PRECIPITATION

Total monthly rainfall 108.2 mm., heaviest on record 115.3 mm., lightest 4.8 mm.

Total monthly snowfall nil cm., heaviest on record 15.2 cm. (1962).

Total monthly precipitation 108.2 mm., normal 57.4 mm. Heaviest monthly precipitation on record 122.9 mm., lightest 4.8 mm.

Heaviest daily rainfall for month 31.6 mm. on 22nd.

Heaviest daily snowfall for month nil cm.

Number of days with precipitation of .2mm. or more 17, normal 11.7.

WIND

Highest wind speed recorded in month 130 degrees at 34 knots on 5th.

SUMMARY

More than double the normal amount of precipitation made the month of April one of the wettest in recent years. The amount of 108.2 mm. of rain was more than 4 times amount of 24.6 mm. recorded one year ago.

This liquid sunshine combined with about 13 days of real sun made lawn cutting a weekly affair for many.

Although daytime highs were below normal, warm overnight temperatures were responsible for our mean daily temperature of 8.4 degrees C. exceeding the normal of 7.8 degrees C.



The word vanilla means "little pod" in the Aztec language. It's made by fermenting pods of a certain orchid.

Tune-up Time

Has your vehicle's warranty expired? Now that you're paying the repair bills are you still looking after that car the way you used to?

Forty per cent of all Canadians normally neglect even the most basic vehicle maintenance. If you belong to this group, says the B.C. Automobile Association, then this article is meant for you.

Though you know it's nearly spring tune-up time, you may have decided to avoid any big bills and just coast until something breaks down.

What you may not realize is that your vehicle, unattended, could end up costing you much more than the price of a regular tune-up, advises the auto club. It will be safer, achieve better gas mileage, have more power and cause less pollution if you maintain it regularly. Neglect any part of that intricate engine system, and it will not only break down, but may unnecessarily damage several other components at the same time.

Some things the BCAA suggests you should undertake on your own before you book an appointment for a tune-up.

Check the battery fluid levels and the drive belt tension. Press down in the middle with your thumb. It shouldn't give more than half an inch. Change the oil if it hasn't been changed for several months. If you have been using single weight oil as recommended by your owner's manual, change to summer grade. If the battery terminals appear to be encrusted, pour hot water over the battery (don't do this on a cold day). You can also change your winter tires for summer ones without paying someone else to do it if the summer tires are already mounted on rims. Remember that the deadline for studded tires in B.C., Oregon and California is April 30 and in Washington, April 1.

Then, before you book an appointment for a spring tune-up, take your vehicle out for a Sunday drive and watch for driving irregularities or noises to call to the mechanic's attention, advises the auto club. If the brake warning light on the dashboard comes on and stays on, or if you hear a grinding noise coming from one of the wheels when you stop, get the brakes checked immediately. A faulty or leaking oil seal could cause your rear wheels to lock when the brakes are only lightly applied and should also be repaired immediately. Watch for a constant pull to one side when you stop -

perhaps the wheels are out of alignment or a brake is malfunctioning.

A shimmy and shake and excessive side to side play in the steering wheel could mean trouble in the steering box, ball joints, tie-rod ends, relay rods, idler arm or may be caused by poor shocks. A definite vibration at any particular speed may point to imbalanced tires and wheels.

Are there any unusual noises or odours coming from the exhaust system? Leaks in the system may be allowing carbon monoxide to enter the vehicle, creating an extremely hazardous situation. Hold a rag over the exhaust tail pipe. If there are leaks you should be able to hear the hissing sound of escaping exhaust and very little pressure will build up against the blockage.

Check the heater and radiator hoses for cracks and swelling; check the drive belts for cracks and loose tension. Be certain that anti-freeze levels are maintained. Anti-freeze is a better coolant than plain water for hot weather driving.

Now you are ready to make an appointment for a tune-up. Select a BCAA approved garage unless you have a regular mechanic who is reliable. Ask him what the tune-up will consist of and how much it will cost. Make sure it is clearly understood that you are to be contacted before repairs not included in a regular tune-up are undertaken.

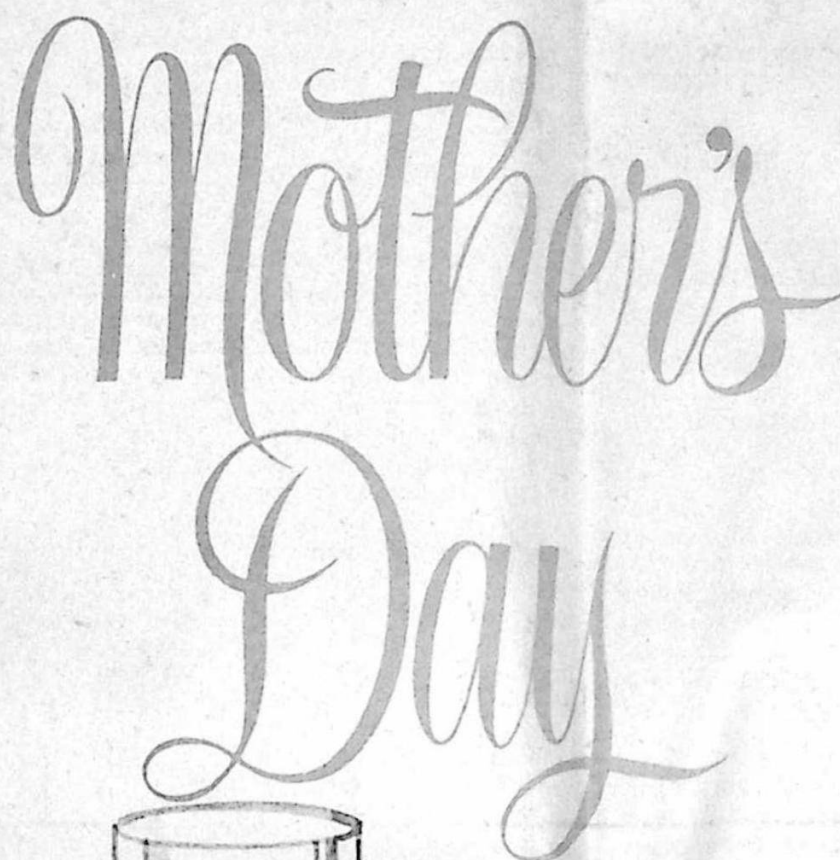
If the mechanic does advise you that further repairs are necessary, remember that it may be easier for him and cheaper for you to replace the part while some of the engine is already disassembled, than to start the repair anew at a later date.

CAR CARE IDEAS

Maybe you can't teach an old dog new tricks, but you can usually teach even an experienced driver some money-saving tricks about car care. Here are some tips from experts.

• Turn off your engine rather than letting it idle. Auto company engineers point out that it takes less gas to start a car than it takes to let it idle.

• Don't let something you can nip in the bud cause you expensive grief. A pink, gray or tan liquid puddle under your car indicates that fluid is leaking from your transmission. Checking for these signs daily could prevent a \$500 transmission repair job.



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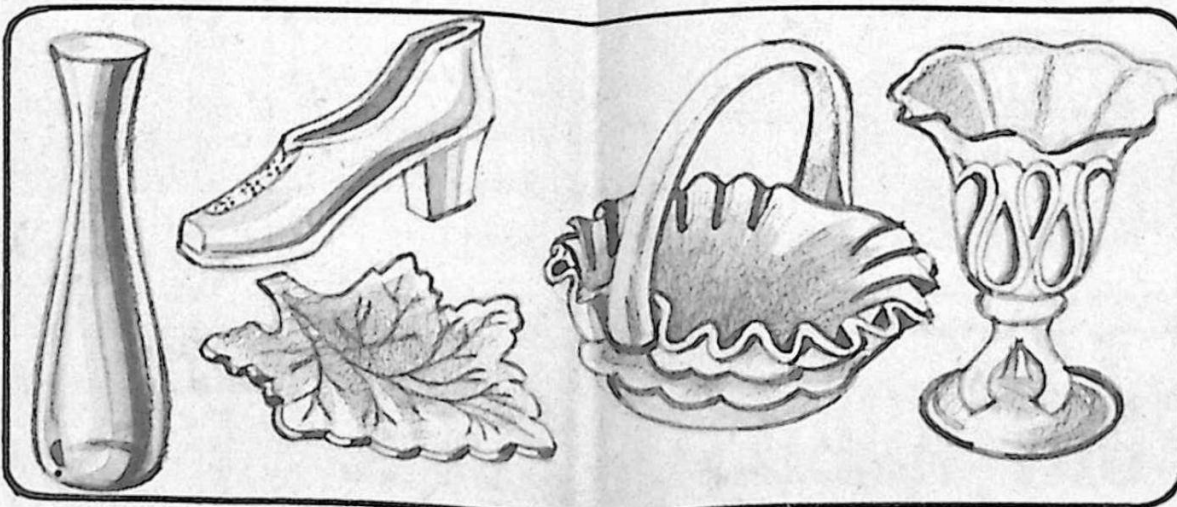
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