



# TOTEM TIMES

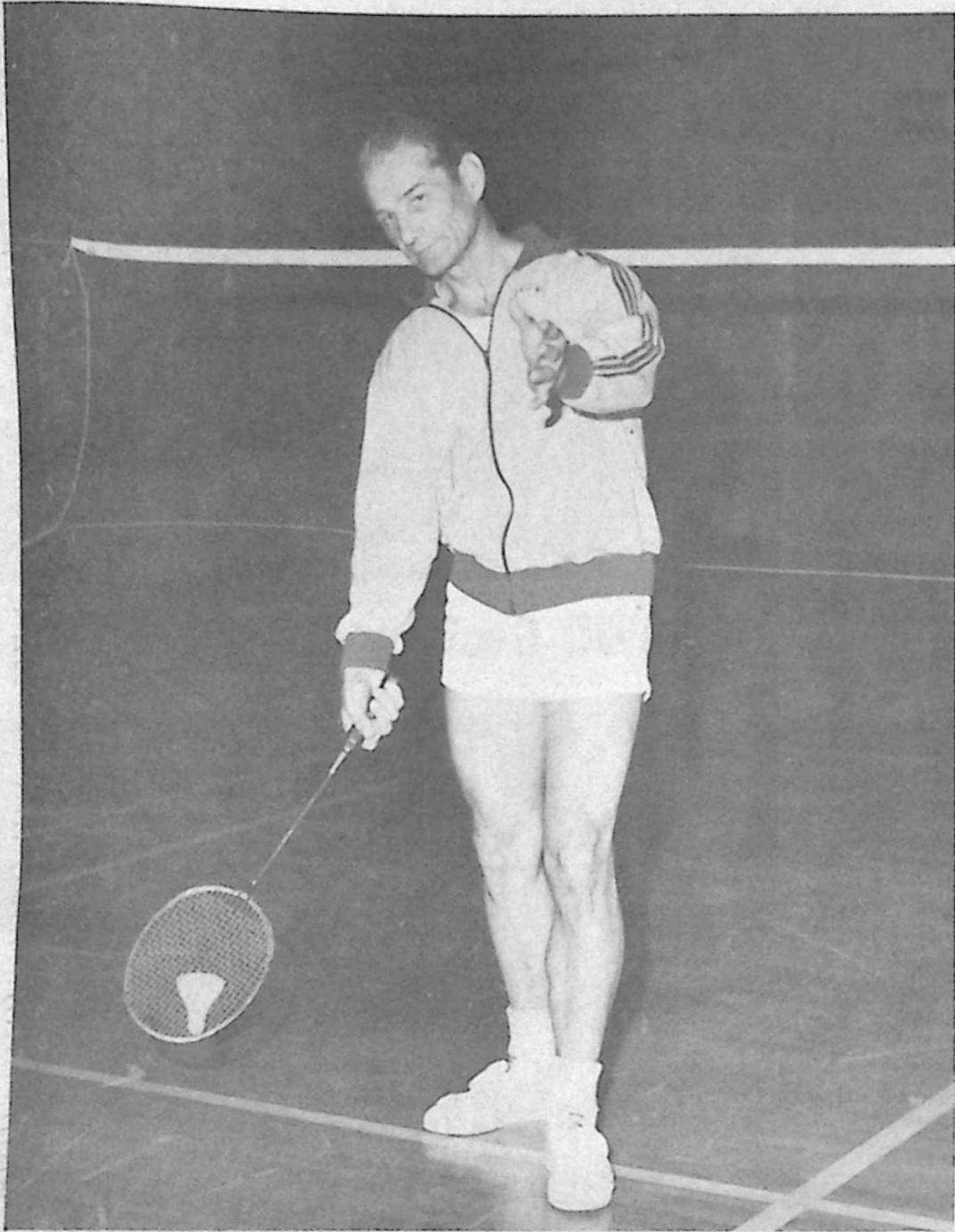


Those Who Boast Of Their Open Mind Usually Have a Mouth To Match

VOL. 20 - NO. 10.

CFB COMOX TOTEM TIMES

THURSDAY, MAY 18, 1978



Base Photo

**THE NEW MASTERS OF BADMINTON CHAMPION ...** The recently established Masters Division of the Canadian Forces Badminton Championships, which is for players 45 and over, has been won by Capt. Tom Krayden of CFB Comox. The CF Nationals were held this year in CFB Gagetown and the Master's Singles proved to be an all Pacific Region final which pitted Capt. Krayden against Sgt. Jim Newbury of Esquimalt. After whipping Newbury for the Singles title Krayden and his adversary teamed up and won the Master's Doubles to bring home the gold in that category. Tom has been the perennial Badminton Pro at CFB Comox and was responsible for the local Club organization and is a regular noon-hour player, and his dedication has taken him to seven National Championships. All of us here at Comox are extremely proud of Capt. Krayden. His success at the game should prove as an inspiration to the younger players and, as the expression goes, "As in good wine, the older is better".

## C.D.S. Commendation

Alertness and professional reaction under difficult conditions at sea have earned Petty Officer Second Class Peter J. Vergouwen, 47, of Victoria, B.C. a commendation from Admiral Robert H. Halls, Chief of the Defence Staff.

PO2 Vergouwen was a signalman serving in HMCS Gattineau during the night of Marc. 2, 1977 while the ship was in the South Pacific. Gattineau was in company with HMCS Provider and the New Zealand navy's Otogo while the latter were doing a night re-supply. During the operation, two of Otogo's company were washed overboard, but because of the

bad weather and poor visibility, neither Provider nor Otogo was aware that anyone was lost.

Because of the vigilance of PO2 Vergouwen and Able Seaman Norman H. Trelford, 23, of Edmonton, on duty watch in Gattineau, the two men overboard were kept in sight and plucked from the sea.

Authorities consider that had not PO2 Vergouwen and A.B. Trelford sighted in high seas the light worn by the first man, and maintained sight of him until brought alongside, and had they not heard the whistle of the second unlighted man and directed a

searchlight onto him, both would have been lost at sea.

Commendations by the Chief of the Defence Staff are awarded to Canadian Forces personnel who act above and beyond the call of duty.

The small-unit exchange training program is designed to increase expertise and esprit de corps of the units involved and provide familiarity with the tactics and techniques of other forces.

### QUEEN'S JUBILEE MEDAL RECIPIENTS

**YOUR PICTURES ARE AVAILABLE**  
Drop over to the H.Q. Conference Room on

FRIDAY, MAY 19th  
1500 Hrs. to 1630 Hrs.

CAPT. GORD KRUGER / B.P.I.O.

## Pats To Go South

Infantrymen from "B" Company, 2nd Battalion, Princess Patricia's Canadian Light Infantry, of Winnipeg, will not be tramping over the endless wastes of Camp Wainwright, Alta., this summer.

Under the Canada/U.S.A. small unit exchange program, the 100-man company will train with the United States Army's 9th Infantry Division at Fort Lewis, Wash., from May 10 to June 11, 1978.

A 120-man company from the 2nd Battalion, 39th Infantry of the 9th Division will take their place during the same period with 1 Canadian Brigade Group at CFB Calgary, Alta.

Airlift of the troops on deployment and re-deployment will be by United States Airforce aircraft. The Patricias' will be airlifted from Wainwright, to Fort Lewis after the aircraft have delivered the U.S. troops to Wainwright from Fort Lewis.

For the Americans training will involve squad through battalion manoeuvres while the Canadians will take infantry training with their U.S. counterparts, including exercises in the Cascade Mountains.

Two other small unit exchanges will also take place during this time. Elements of 8th Canadian Hussars from CFB Petawawa, Ont., will be taking armored training at Fort Hood, Texas, while at the same time troopers from the 1st U.S. Cavalry Division will be at Petawawa between May 8 and June 11.

From CFB Valcartier, Que., troopers of the 12e Regiment blindé du Canada will gain experience at Fort Knox, Kentucky, while their counterparts from the 194 Armored Brigade from Fort Knox do the same at Valcartier.

## Another Year Older

# Our 34<sup>th</sup>

## Happy Birthday To Us

Editor's Note: This month C.F.B. Comox celebrates its 34th birthday. To those who are uninitiated as yet and new to the Base, we would like to tell you a little about the place that you now call home. And so a short story on the greatest Base in the C.A.F. ....

### WARTIME

Comox was officially constituted as an RCAF aerodrome on 1 May, 1943. Its initial task was that of flying control unit for the 32 Operational Training Unit (OTU), RAF, at Patricia Bay near Victoria. In June, 1944, 32 OTU (RAF) moved to Comox and became No. 6 OTU (RCAF). 6 OTU was a Coastal Command Establishment flying C-47 Dakota under the command of Group Captain D.C.S. MacDonald.



In January, 1946, 6 OTU was moved to RCAF Station Greenwood, N.S., and RCAF Station Comox was closed and placed under a care and maintenance program under the direction of the Department of Transport.

### REOPENING

In June, 1952, Station Comox was re-activated as an Air Defence Command (ADC) establishment under the operational control of 12 Air Defence Group (later changed to 5 Air Division) Vancouver. During the period 1954-64 an extensive modernization program took place and several new buildings including a new large hangar were built. There was also an extension of the runway to 10,000 feet.

### FIRST SQUADRON

The Station's first operational squadron, 407 "Demon" Maritime Patrol Squadron, was re-activated in 1 July, 1952, and equipped with Lancaster Bombers. In the fall of 1958, the squadron converted to P2V7 Neptune Patrol Bombers and the aging Lancaster was phased out of Maritime service. The squadron was re-equipped with CP 107 Argus aircraft in 1968 which it still uses today to carry out its operational role. The Argus is to be replaced in approximately 1981 with the new CP 140 Aurora aircraft.

### AIR DEFENCE SQUADRON

409 "Nighthawk" All Weather Fighter Interceptor Squadron was re-activated at Comox on 1 November, 1954. The Squadron's first aircraft, a T-33 Silver Star Jet Trainer, arrived on 12 December, 1954, and the first CF-100 on 10 February, 1955. 409 AW (F) Squadron, an Air Defence Command Unit, was integrated into NORAD in May, 1958.

Operational control of the squadron was relinquished by 5 Air Division Vancouver and passed on to 25 NORAD Regional Headquarters in Seattle, Washington, U.S.A. It was equipped with the CF101 Voodoo supersonic fighter in 1962. NORAD Western Region moved to Hamilton AFB, California, in April 1966 but maintained control of 409 Squadron operationally. 25 NORAD Region Commander is now located in McChord AFB, Washington, and still maintains operational responsibility for 409.

### RESCUE UNIT

With the closing of RCAF Station Vancouver, 121 Composite Unit moved to its new home at Comox in July 1964, bringing some 185 additional personnel and fourteen more aircraft of five different types to the station. 121 Composite Unit is now 442 Transport and Rescue Squadron since its move to Comox and flies the STOL Buffalo fixed wing aircraft along with the Labrador helicopter to carry out its duties.

(Continued on page 3)

## Vigilant Overview

## It's That Time Again

COLORADO SPRINGS - General James E. Hill, Commander-in-Chief of the North American Air Defence Command (NORAD), has announced that NORAD will conduct a four-day exercise to test its aerospace warning and defence systems May 15-18.

The quarterly exercise, called Vigilant Overview, is conducted by the U.S.-Canadian command, headquartered in Colorado Springs to provide a realistic picture of how well its people and systems perform NORAD's mission of providing immediate warning of an air, space or missile attack and defending against air attack.

Canadian Forces personnel from 409 All Weather Fighter Squadron based at CFB Comox, CFS Baldy Hughes, near Prince George, CFS

Kamloops and CFS Holberg on Vancouver Island will be participating in the exercise.

Approximately 12,000 NORAD personnel will take part in Vigilant Overview. Fighter Interceptor squadrons, missile batteries, region control centers across North America, radar networks, and missile and satellite-tracking sensors at various locations around the world will be involved in the latest exercise.

About 200 NORAD fighter interceptors, augmented by aircraft from the navy and marine corps, will be scrambled to intercept about 200 target aircraft simulating enemy bombers. The target aircraft will come from forces of the Aerospace Defence Command, Strategic Air Command, Tactical Air Command, Alaskan Air Command, Air National

Guard, Navy and Marine Corps, and from the Canadian Forces Air Defence Command. They will fly routes over Alaska, southern Canada, the northern part of the U.S. and along the coastlines of the U.S. and Canada.

Two E-3A airborne warning and control system (AWACS) aircraft are scheduled to take part in Vigilant Overview 78-3. The AWACS is a modified Boeing 707, topped by a 30-foot rotodome to provide radar detection and tracking of airborne targets over land and water. It adds the ability to detect and track enemy forces operating at low altitudes over all terrain and to identify and control friendly aircraft operating in the same area. The AWACS radar "looks down" and separates targets from the ground clutter returns which

confuse other present-day radars. A highly sophisticated system, the E-3A fills the needs of both airborne surveillance and command and control functions for the air defence and tactical forces.

During Vigilant Overview, the AWACS aircraft will operate with the defence forces of the 25th Norad Region, headquartered at McChord Air Force Base, Wash.

U.S. Army surface-to-air missile batteries in Alaska and Florida will test their defences against simulated enemy aircraft. The units will track target aircraft and simulate firing their Nike Hercules and Hawk Missiles.

Vigilant Overview flying activity is scheduled during the late evening hours of May 17 and the early morning hours of May 18, when civil air traffic is at its lowest level.

## ... And It Was Officially Named

## St. Michael And All Angels



Base Photo

If smiles could be measured as sunbeams, 30 April was the sunniest spring day in Valley history. The cool weather and brisk wind did little to deter hundreds of well-wishers who gathered on the lawn of the Protestant Chapel as it was officially named St. Michael and All Angels Protestant Chapel, CFB Comox. The congregation and friends of the Chapel gathered around the brand new Chapel sign as four of our glorious Voodoos thundered by overhead.

The Naming Day Ceremonies officially began, and the new sign was unveiled with a flourish by B.Gen. C. Nickerson, Chaplain General (P), Col. S.M. Parkhouse, Comd. Chaplain (P) Air Command, Col. B.T. Burgess, Base Commander CFB Comox, Major L.R. Coleman, Base Chaplain (P) CFB Comox, Rev. Don Martin, and MCpl. P.H. Stairs, Chairman of the Chapel Committee.

The sign is literally a work of art - not only expertly designed by the CE section, but well known Valley wood carver, Rev. Frank Henderson (the first protestant chaplain to serve at RCAF Station Comox) is carving a relief depicting St. Michael and All Angels, which will be installed above the sign at a later date.

After the unveiling, the congregation was preceded into the Chapel by a procession of Sunday School children. Each class prepared a banner for the occasion using the theme "God's gifts to us" and the children paraded into the Chapel behind their banners. The banners were hung on the south wall of the Chapel and are a thoughtful reminder of our children's interest in Chapel activities. During the course of the Naming Day service, the new Allen organ was dedicated and the Young People's Group presented a pewter plaque in commemoration of the event.



Base Photo

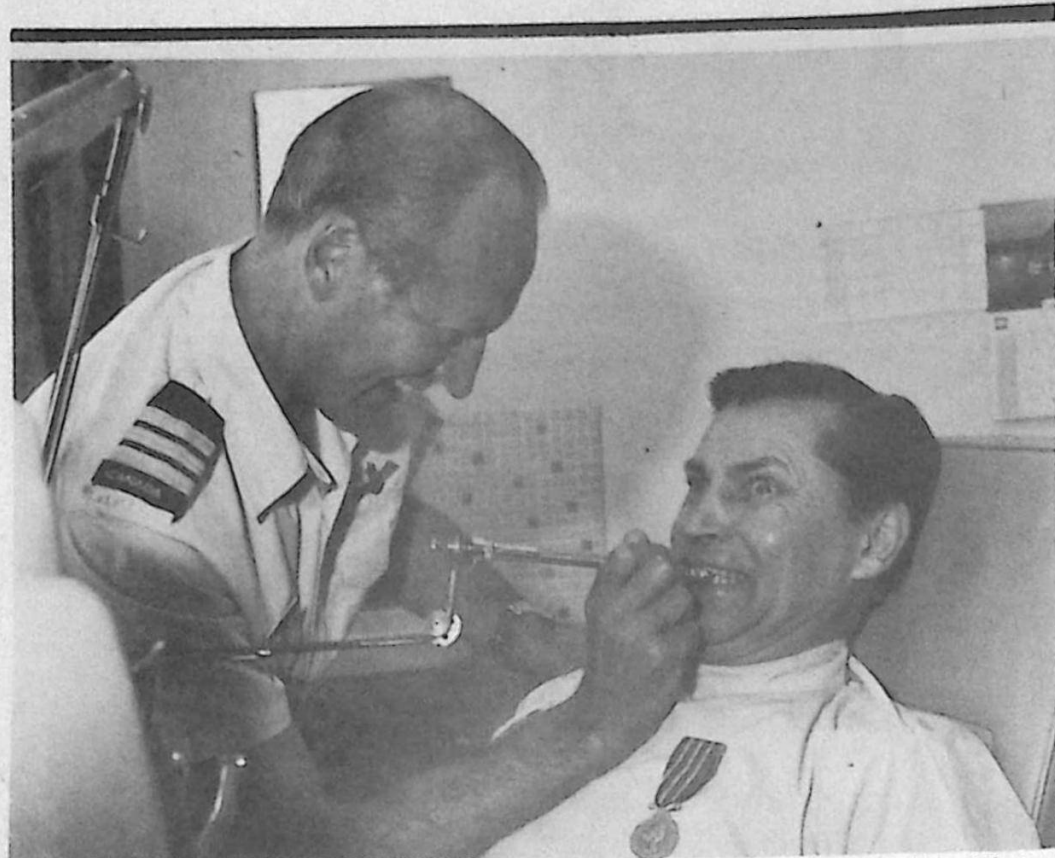
A PARADE OF THE CHILDREN took place following the unveiling ceremony. Chapel youngsters lead the way into the Chapel, with each Sunday School class holding special banners which had been prepared for the Naming Day ceremonies. Certainly a fitting tribute to a most memorable occasion ... and I'm sure the kids think so too!

ONE ... TWO ... THREE (An old Padre's Proverb -- those who pull together make a great team!) With such a mighty tug, the entire new exterior sign for St. Michael and All-Angels Protestant signaled the official opening of Naming Day Voodoo fighter fly-past which signalled the unveiling party, it might be said ceremonies. From the facial expressions of the unveiling party, it might be said that we were all able to "grunt" for the occasion.

(Continued on page 11)

# Section News

You And Your Base



Base Photo

## CD And Drill

SMILE OR I'LL DRILL YOU ONE! Lt. Col. Sid Burrows coerces Maj. Paul Kozak to smile after presenting him with his C.D.

## Nighthawks Nest

The Squadron party for those leaving this summer ended with a big bang. Mary Beth Arnold and Odette Hellberg was the only female crew to hit the target of cans. We think they did it to get Bruce off their backs.

Jim Reith flew in via T-bird for the party and exited in the Tutor abandoned here last week. Pete "The Fonz" Wittich stopped in enroute to Moose Jaw from a golf tournament in Phoenix.

Thanks to the 318th the Saturday Q crews were able to attend the party in full. And, the crews that were in Cold Lake returned for the weekend.

The mixed TGIF was a big success. The steaks were super! Also, the previous

Friday the Squadron had a wine luncheon for those leaving and have left. Maj. Martin, will be leaving with a few "inverted" memories that will "stick" in his mind thanks to Collin Hay.

The Squadron Load Team placed second in an excellent showing down in Tyndall. Congratulations!

Enroute to Tyndall, Maj. Goodall and Sgt. Dobson ran into a T-Bird Snag in Hill AFB. Gerry Takach flew down to exchange theirs, repaired and returned the U.S. bird.

Maj. Allen and Jack Conners flew to North Bay to check their new posting.

Mark Shaddock is back from the ICP course in Winnipeg. And, Dave and

Jean Burt are off to England for a month.

Terry Day is still on the NDC in Borden.

The Q crews of a week last Friday went on a search for a small Piper supposedly lost between Abottsford and Duncan. Maj. Harvey-Clark and Suds took off in a Voodoo and Lance Dann and Dave Burt launched in a T-bird. Dave and Lance were told to RTB after they found the pilot in a steak house in Duncan.

The surprise Mass Load a week last Saturday was a big surprise.

On a lighter subject, a few Squadron members, George Kulka, George Wissler, Kent Smerdon and Lyn Housworth are trying a new low carbohydrate diet. It may well be an exercise in fatality.

## Shorts

The CE Section is getting many calls lately from MQ residents stating that the circuit breakers are popping when they operate equipment on the lawn from the outside electrical outlets.

All married quarters have had ground fault interrupters installed on the house exterior outlets. GFIs, as they're called, are designed to protect the user from shocks caused by a short in a motor, frayed cable, loose connection, etc., and they will even be set off if someone leaves the cover

open and rainwater enters and upsets the circuit.

Before calling Work Reception at local 234, check out the following - Did the circuit breaker pop during wet weather with the cover open? Did it pop while equipment was being operated? If so, then close the cover in the former case, and under the latter condition have the electrical equipment checked for a loose connection, loose wire, etc; then reset the breaker. Try again without switching on that

piece of equipment or try out some other device (one that you know is in good condition) which will load the system. If it doesn't pop then it's most likely that the equipment you used previously is at fault and should be checked out by a qualified electrician. If the circuit breaker does pop, then call Work Reception at 234.

For all the grass widows, please ask your neighbors to help you complete the above-mentioned checks; however, if you have miserable neighbors CE will still help out so give us a call.

## ATC News

To say that the last two weeks have been quiet would be an understatement. On the plus side, a lot of work was done on the runway with few A.C. to bother the workers. 442 Sqn have been busy searching for assorted A.C., 409 involved in Maple Flag at Cold Lake and 407 trying to get their A.C. serviceable.

There is a rumour circulating that a certain Major named Howard will not be going to Ottawa but to an unnamed prairie town that trains green pilots on Muskateer A.C. (take a guess).

Lt. Terry Wallace also received some good-bad (pick one) news that he will be posted and will be working for the above mentioned Major in the same prairie Base.

Capt. Pete Holicza was loaded kicking and screaming onto a Goose bound A.C. and hopefully that should be the last we hear of him for a couple of years.

Because of Art Brooks'

posting, Capt. Fred Kempe has been appointed the section Standards and Training Officer in an attempt to keep both us and the pilots, honest and professional.

Welcome to the section to Lt. Rick Boswell from Goose Bay. He and his wife are presently in the process of getting moved in and getting used to the harsh Comox weather. Rick will probably start working in the Tower.

The section had a successful departure party last Thursday night and as usual the mess hall put on a great meal.

By press time, we should have a new paint job on the Ratcon antenna, had a Vigilant Overview exercise and a section Golf Tournament.

DJB

P.S. Dave Godfrey an ex Comox controller is now living in sunny Ucluelet working as an MOT Marine Traffic Regulator and will be in the area for Hawaiian Night.

## Firing Away

During the last five weeks, one session per week a Junior Fire Brigade program was conducted at the PMQ school for 44 students, all from Grade five classes.

The lessons consisted of four 45 minute periods of instruction and such topics as fire loss, life and property, classes of fire, methods of heat transfer, escape planning and reporting of fires were taught. The students were shown various films and alarm devices and a smoke detector was demonstrated.

The fifth lesson consisted of a visit to the Base Fire Dept. where the students were given a tour and presented with certificates indicating suc-

cessful completion of the course.

The Base Fire Dept. would like to take this opportunity to thank the school principal and the teachers for their kind co-operation.

The Fire Department in conjunction with the PMQ council conducted a Spring Clean-Up Campaign during the week of May 8-12th. Various re-usable items were given to Goodwill Enterprises and the rest of the items which were picked up were taken to the dump. The fire Department and the Community Council would like to thank all residents of PMQ's for making this a successful campaign.

## New P.A.R. Delayed

Well, Canadian technology strikes again!! A Canadian contractor was tasked with building the covering dome for the new Precision Radar. The pad here at CFB Comox was built and the new equipment arrived. A week or so before the installation crews arrived, it was discovered that the dome

effectively cut down signal strength by about 50 per cent. No problem - but it would take six months to work a fix. It looks like 409 crews will have to "grope for the ground" until the Quebec contractor gets the bugs out. (I hope that the instruction sheet is in English!!)



Base Photo

## MWO Geoffrey Collie



Base Photo

## MCpl Rusty Rutherford

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65 ROVER Sedan, Mint condition	\$1295
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76 COURIER P.U. 24,000 mi.	\$3495
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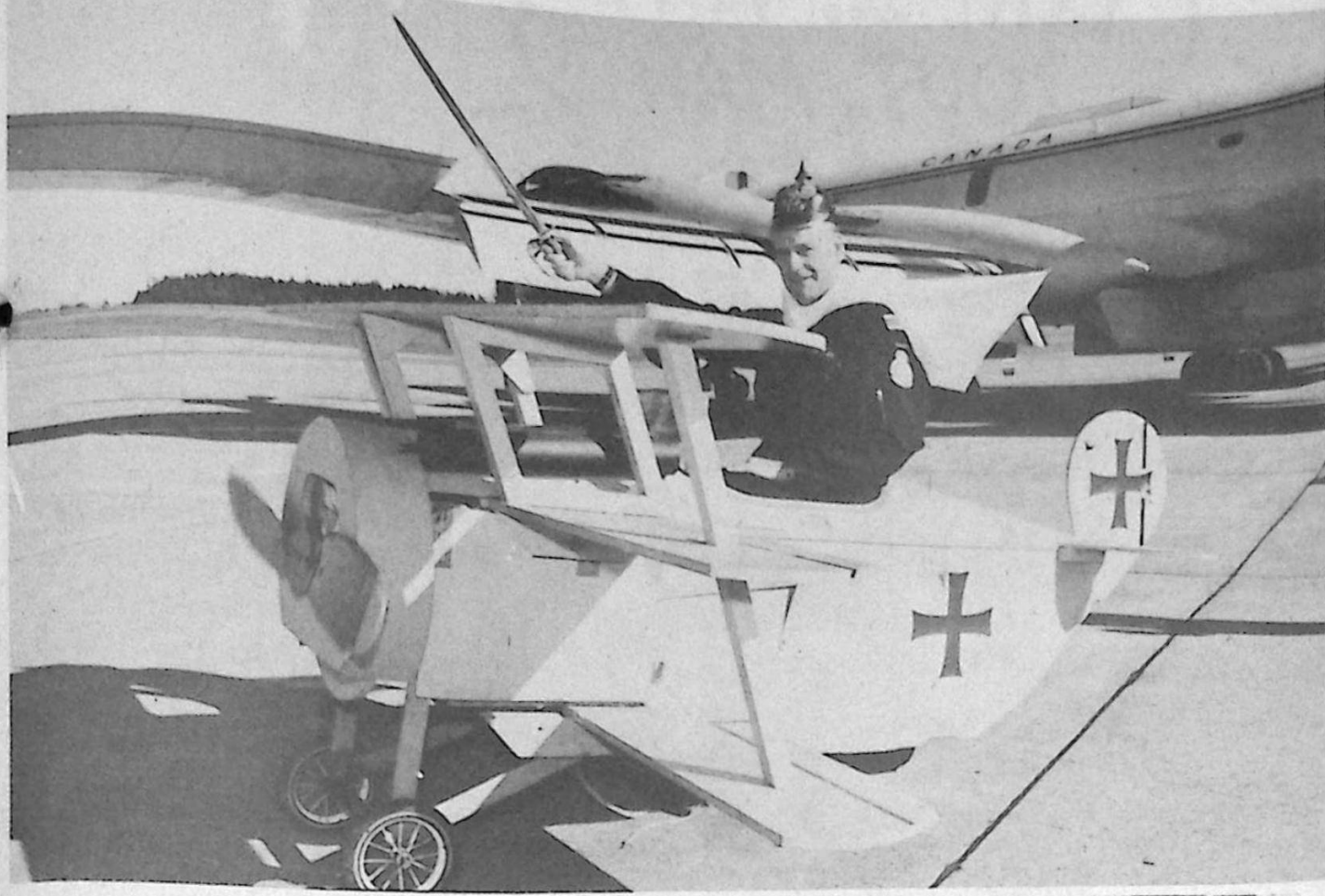
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It would be preferable to call ahead  
for an appointment.

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*continued*



## Demons Set Cross Canada Record

Crew Four, led by Captain Bob Eby, recently carried on the great Demon tradition by setting a world distance record for WW1 Fokker Triplanes. The red triplane flown, is reputed to be the same one flown by the Red Baron, Snoopy's long time nemesis.

The record-breaking flight took place on April 30, leaving CFB Greenwood and arriving in Comox at midnight, fourteen hours later. The Guinness Book of World Records has been notified. The crowded conditions normally associated with cramming sixteen Demons

into a WW1 fighter, were alleviated by flying in very close formation with an Argus returning from Greenwood at the same time.

The historic triplane is normally hangared at VP 404 in Greenwood and only flies on special occasions, such as Armed Forces Day. 404 had requested the aircraft's return so, on May 7, Major Pete Hamilton and Crew One carried out the return portion

of the flight. For this trip, the aircraft was specially modified by a suitably inscribed brass plate and the addition of the world famous Demon trident decal.

Now that 404 is bathed in reflected glory from the Demons' exploits, they have grudgingly agreed to return the Demon Argus model which had found its way to Greenwood under highly irregular circumstances.

## Mushroom Mutterings

Working for Search and Rescue is such fun!!! (all together now, "Surrrrrrre it is!!")

As has already been reported by the media, one of our searches has been terminated with the discovery of the wreckage of the missing Hiller helicopter on an island twist here and Port Hardy. Unfortunately, both occupants died in the crash. The search for the missing Cessna continues, and (just to keep one and all from getting lazy), an additional search has been started for a light aircraft missing out of Abbotsford.

The searches have caused their share of problems what with families forgetting what Daddy looks like, fishing derbies being cancelled, and "ripe" flying suits.

Al Stevenson came into the hangar, bragging about the prize-winner that he had caught, only to be told that the squadron derby had been called because of SAR. At first he decided to "pickle" the salmon and eat it ... then changed his mind and ate the fish and HE got pickled.

Ron Buss, on the other hand, got so mad at getting skunked by his partner that he threw all his tackle into a deep, dark corner of the basement and left for Edmonton. (He'll be back!)

Another member of the group (who shall remain unnamed to save him some moments of embarrassment), took his wife out fishing, whereby she not only managed to outfish him completely, but broke his favorite lure to boot.

To make up for the cancelled Fish Derby, it has been decided to hold it through the entire summer, running in two-week parts until the wind-up on Sunday, August 26th, at Air Force Beach Pavilion. Check at the Canteen for further details.

Squadron golfers will have their first chance to bash their balls this coming weekend. Again, check the Canteen for details.

**USE FIRE CAREFULLY**



## Canadian Military Aircraft



### Flying Boxcar

With the expansion of the RCAF in the early Fifties, the number of squadrons in Transport Command was increased and new types of aircraft brought into service.

To handle the heavy-lift and bulky cargo capability, the Canadian government ordered thirty-five C-119 Flying Boxcars for the RCAF. The aircraft went to 435 and 436 Squadrons and an Operational Training Unit. As well, individual "Boxcars" were flown by 104 Communications Flight at St. Hubert, Quebec, and by 114 Comm. Flt. at Naples, Italy.

The C-119 could carry up to 10,000 lbs. of cargo or 62 fully-equipped troops. Loading of cargo was easily accomplished through the large rear clamshell doors.

RCAF Boxcars flew in support of the Canadian Army; handled the routine domestic cargo runs; provided airlift capabilities for United Nations Emergency Forces throughout the Middle East; and each year did the massive job of resupply to the weather, radio, and radar sites throughout the Canadian Arctic.

The C-119's were intended to eventually replace the C-47 "Dakota", but the Dak labours on while the Boxcars were retired to storage in July of 1967. At the present time, a large number of ex-RCAF Boxcars are owned by the firm of Hawkins & Powers in the United States and converted for use as water-bombers or are being cannibalised for spares.

## Out 34th Birthday

(Continued from page 1)

**OUR LATEST ADDITION**  
In August of 1975, a second Maritime Flying Squadron, VU33, moved to Comox from Patricia Bay Airport in Victoria. Originally a carrier-based operation on the East Coast, the Tracker aircraft became land borne when Canada went out of the carrier business several years ago. The move of VU33 to Comox consolidated all military flying activity in B.C. at CFB Comox.

**HMCS QUADRA**  
Aside from the actual flying operations, another important activity at the Base is the summer Sea Cadet Camp at HMCS Quadra. It houses some 1000 cadets in residence during the summer months. The Camp includes a number of small boats and has excellent small boat maintenance facilities. Although these boats provide excellent training for the cadets, they do require considerable upkeep. Quadra is also the home of the Base Marine Section which operates crash boats, and a YPF for the Sea Survival Training Course. The Sea Survival School Detachment has a new building at Quadra for all their activities and train students, mostly aircrew trainees, in the skills of survival at sea.

**OTHER**  
We have our own Air Traffic Control system comprising the Control Tower, Radar

Terminal Control, and Precision Approach Radar.

We also have our own Fire Department which occupies the newest building on the Base, and our firefighters are trained for rescue and fighting both structural types of fires and the aircraft fuel type of fire.

**HOUSING AND SCHOOLS**  
In February 1953 the first 200 units of Permanent Married Quarters were completed and occupied. An elementary school for children of RCAF personnel was also established with classrooms for grades one to six and kindergarten. In 1960 the Government built an additional 100 quarters and added seven rooms to the dependents' school to accommodate the sharp influx of pupils in kindergarten and grades one to seven.

More housing was made available to RCAF Comox personnel in June, 1956, with the opening of fifty duplex-type limited dividend houses (100 homes) in the Village of Comox.

Comox had been designated an Air Defence Command establishment upon its re-activation in 1952. However, on 15 September 1961, it was officially placed under the control of Maritime Air Command. This arrangement in no way affected the operational posture of the Base, however Comox reverted to the administration of Air Defence Command when the Maritime Air Command role and name changed.

On 1 September 1975 CFB Comox and all squadrons came under command of Commander Air Command with headquarters in Winnipeg. The four squadrons, under Maritime Command, Air Defence Group, and Air Transport Group, today at Comox work closely together and maintain a heavy operational commitment.

## Marine Debris Entangles Seals

An estimated 8,000 fur seals in the North Pacific are the innocent victims of entanglement in castaway debris. The hazardous discards include scraps of fish net from gear repair, plastic bands used for binding packages, twine, rubber bands, clothing and other objects. Inquisitive seals become entangled in this floating debris and cannot

free themselves. They strangle, drown, starve or die from infection.

This new pollution problem was first noticed during the mid 1960's when a few seals returned to their breeding grounds entangled with nets and bands. It started when industry changed to the wider use of synthetic fibres, the discards of which neither rot nor sink but rather float and

accumulate. Now the majority of fabrics are synthetic posing a serious threat to seals as well as many other kinds of marine animals.

We ask your help to reduce pollution of our seas and prevent this needless suffering. The answer is simple and inexpensive - do not throw your wastes into the sea, dispose of them ashore or by burning.

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We've had good people with us over those 150 years. They made good products and good decisions which furthered our growth.

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Don't overwater plants. This is by far the most frequent cause of plant failure. It is better for a plant to be dry on occasion than to be virtually soaked in water.

# Burning Permits

If you are planning a household or industrial fire this summer, you should first check with your local municipal office or Fire Department. There are a wide variety of Fire By-laws throughout the province restricting or completely banning open fires and you should be sure before you start.

In many areas, there is often a Fire Protection District which may also issue burning permits. To find out whether you can burn in these areas, contact your local Fire Chief.

If you live in an unorganized part of the province where these

fire protection services do not exist, contact the nearest Forest Service Ranger Station for a free burning permit. The idea behind our permit is to ensure that all fires are conducted in safety, at the right times and in the right place. Should you apply for a permit when fire hazard conditions are high, we may ask you to postpone burning until a safer time.

A legal description of your property is required before the permit can be issued. So, to avoid delays, bring it with you. It can be found on your assessment or tax notice.



Province of British Columbia  
Ministry of Forests

# Editorials

## Stu's View

### Legal Pot

The average citizen may not sleep comfortably if he thought the last smoke that jet jock had was a reefer.

Fortunately for the public's peace of mind the Canadian Forces has been unbending in its opposition to the drug, and with good reason. The tools of national security allow small margin for error even under the most ideal conditions. There is no room to admit another incapacitating and potentially hazardous drug.

Yet legal pot may soon be a reality. Prime Minister Trudeau has promised to introduce a bill legalizing use of the drug if the opposition parties would grant it quick approval.

Because of our responsibilities, the Canadian Forces is justifiably cautious and is unlikely to be swayed by any arguments to allow its members use of the drug. Even the arguments to legalize marijuana for the general public are far from convincing.

The Liberal Party claims that many successful men, even some prime ministers, smoke pot.

The mere fact that some prominent individuals may choose to use a potentially dangerous drug for non-medical purposes does not justify its legalization. The late Prime Minister Mackenzie-King discussed business with the dead and spoke with his dog, but that hardly recommends that sort of activity for the rest of us.

Advocates of legal grass argue that the effects of its use are less severe than the effects of the use of alcohol, which they point out is both legal and socially acceptable.

Even if their claim was true, the mere suggestion that pot is not as harmful as alcohol is a weak-kneed reason to

compound the drug related problems we already face. There is no reason to believe that people would not abuse the use of marijuana just as they already abuse alcohol.

Nor is marijuana as harmless as those who indulge would like to believe. According to Andre McNicoll, a medical sociologist and former user of marijuana, "To say that marijuana is less toxic than alcohol, as one so often hears, is patent nonsense -- a fabrication of the irresponsible and abysmally ill-informed proponents of legalization". He claims that 20 per cent of those who use marijuana experience psychosis and require professional psychiatric care.

Only recently has medical research disclosed that marijuana can cause irreversible brain damage, chromosome breakage, a substantially reduced synthesis of DNA, birth defects and personality changes. A survey in New York disclosed that 26 per cent of marijuana users graduate to LSD, amphetamines or heroin.

If the champions of marijuana could demonstrate how the legalization of this drug could benefit society, or help solve some of our existing problems, their cause would be worth attention. Until then, if they are genuinely concerned for the welfare of our people, they would divert their energy instead to relieve the misery and hardship caused by the legal drugs we already have.

In an age when increasing numbers of people are expressing concern over pollution and the delicate balance of our ecology, it is baffling that many of the same individuals should fight for the right to use another drug to pollute and destroy their own minds.



JET JOCKS MAY GET TO SAMPLE MARIJUANA  
P.M. Envisions Everyone Going To Pot

### Red Holiday

Editors Note: The following guest editorial comes to us courtesy of "an average Joe Citizen", Mrs. Irene Ewing is the mother of regular Totem Times staffer Bill Ewing and has just completed a world tour. Her revelations on mainland China may interest you....

BY IRENE EWING

Between February and April of this year, I had the opportunity to tour around the world aboard the P & O liner, S.S. Canberra. Part of the tour included a visit behind the "Bamboo Curtain"....inside Communist China. This narrative is about that visit and the impressions gained there.

On Sunday, March 12th, 1978, our tour group from the S.S. Canberra rose at 5:00 a.m. to begin our trip into Red China. We were transported from Hong Kong by train to the border, where we walked across a tightly secured bridge into a different type of world. Our passports were taken from us, to be returned on our way back. There were soldiers everywhere, making you feel you had entered a giant concentration camp.

We were escorted aboard another train for the ride to Kwangchow, which was once called Canton. On the train we were handed a small box lunch which looked completely inedible and which none of our group was willing to even try. I handed mine to an old Chinese lady who was making the trip to visit relatives and who lived in Hong Kong. She was hurriedly trying to hide it in her hand-luggage when a guard saw what was happening, and took it away from her. He then proceeded to berate her for having the (to our point of view) inedible box lunch and myself for having given it to her.

When we arrived at Kwangchow, we stepped into a cold and austere world completely different from what we were used to. After a short bus ride, we arrived at our hotel. No heat, open doors, and all the pictures, rugs, etc., had been removed...no luxuries allowed!

Monday morning we were split up into different groups and were taken to visit different communes. It took about 1 1/2 hours over roads that were unbelievable! The roads were bad enough, but the weather was wet and cold, and the bus lacked even the "luxury" of heat or springs.

Upon arriving at the commune, we were taken into a large meeting hall and addressed by a Communist leader, translated by a woman Army Officer. After a brief thawing out over a cup of tea, we were off to tour the commune.

We saw tractor parts being made, then were taken to visit a school.

The school was eye-opening. No lights and open doors in a stark building. While we stood in the inclement weather, the children came outside and put on a display for us. It was strictly military, and not one child made a mistake under the watchful eyes of the Red leaders. Then it was on to the commune hospital, if it could be called that.

We were greeted at the door by two doctors in dirty linen smocks. Again, cold and bleak buildings with no heat and open doors and windows. We saw no patients, but were shown X-ray rooms, treatment rooms, and an operating theatre. The theatre had dark green walls, cement floors and one light over the operating table...which was covered with a grey sheet! My thought at seeing all this was anyone going in there I couldn't see coming out. The hospital tour continued with a visit to the dispensary, complete with plants, etc., used for ingredients of medicines, and a large collection of acupuncture needles.

Then it was back to the meeting hall for a lunch of pigs jowels, pork and vegetables, and rice. Plus the inevitable tea.

The Commune houses thousands of people and spreads for miles. Every single scrap of land is utilized, with crops even growing alongside the roads and railway tracks. Watching the men and women working barefoot in the icy water of the rice paddies could not help but make you shiver.

Our final stop on the tour was with one of the peasant families in their small home for tea. Again, bare walls, cement floor, and no colour anywhere. There is one kitchen for each five families, and the first of the women back from the fields in the evening does the cooking for all five households.

On the communes, children begin working at the age of seven, and we were completely puzzled by the total absence of the elderly. When we inquired about this, we received no answer, just a polite smile and then the person asked would walk away.

Then it was back to Kwangchow, a city of dilapidated brick buildings, the only outside trimmings are huge signs of the Leader's picture. Then, finally, onto the train again and back across the bridge into the completely different life-style of the Chinese people of Hong Kong...bright, noisy, busy, and human.

### That Burning Dilemma

... Two Points Of View

For those against... Pollution is out, clean air is in. On Wednesday, May 31, the non-smokers have the right to express their discomfort and adverse reaction to tobacco smoke, for that day has been designated non-smokers day. They have the right on this day, and every day after that, to voice their objection firmly and politely.

Cigarette advertisements lie when they claim, "Looking good, tasting great." It looks awful to see youngsters (or anyone) smoking in the streets, and it does not taste great, on the contrary, it has been scientifically supported that taste buds are being crippled through smoking.

People who smoke lose more time from work than the non-smoker. The worker who smokes wastes time hunting for cigarettes, matches,

ashtrays, etc. Smokers, accidentally, set fire to hotel rooms and their possessions.

In these days of environmental awareness, it seems incredible that the environment where most of us spend a very large part of our time, right here indoors, should be ignored. The Clean-Air Act and our Air-Pollution Control By-Laws apply only to the air outside buildings. Yet every single puff of tobacco smoke indoors puts into the air millions of harmful particles (carbon monoxide, hydrogen cyanide, nitrogen dioxide, cadmium, nicotine, etc.) These particles are dangerous not only to the smoker, but to the non-smoker as well.

The World Health Organization has recommended that countries enact sweeping legislation in order

to protect the public from this hazardous and useless product.

Smoking has become a symbol: a tribal-like ritual especially prevalent among the immature, poor people, and the slow learner.

Let us take action so that teenage girls (your daughters) who believe they've "come a long way baby", when they light up, do not equate this with equality and freedom, but more accurately with illness and death.

A community service organization that is working toward this end is the United Non-Smokers Society, Box 94592, Richmond, B.C. This society works to promote smoke-free areas in places of work, education, recreation, health-care facilities, public transportation, etc. It also

acts as a referral service for smokers who would like to quit.

For those in favour... It may well be true that the meek shall inherit the earth, but until that happens it is undeniably true that the sinners shall support the earth.

This depressing fact became abundantly clear the other day when the news was first flashed about the new budget. My daily pack of cigarettes is now going to cost me \$1 - just so I, and other sinful smokers, can have the privilege of paying for the extra \$20 million.

The pure of heart, and breath - the non-smokers - will merely enjoy the benefits. Well, after years of watching my vices such as smoking and drinking keep the country afloat via the tax route, this really didn't surprise me. We, the wicked and eternally damned, have no right to complain. And, if we did, who would listen?

I mean, it is quite difficult to get down on one's knees and ask for tax delinquency while holding a cigarette in one hand and a martini in the other. If you don't think so, just try it some time.

But this time, I am not taking this added penalty completely quietly. So okay, I have to pay more. But surely this very fact - the fact that I am the nation's savior - entitles me to a little more respect than I have been receiving lately.

During recent years, you may have noticed, the non-smokers have become more militant, if not downright belligerent, in their approach to smokers.

They demand that smokers be barred from practically all public areas except rest rooms. They chivy police to arrest people for having a puff in places they have arbitrarily decided should not be puffed in.

Any day now I expect them to get a bill passed making it illegal for a person to have a smoke in his own home on the

grounds that he is jeopardizing the health and happiness of his pet dog.

Up to now I have tried to ignore the stridency and sometimes downright malicious self-righteousness of these non-smokers. I had a variety of reasons for this.

First, I felt sorry for the non-smoker. I figured he didn't enjoy the weed because he was (a) afraid of his mother or, (b) afraid of his wife. You know the old plait: "Don't you dare smoke in here - the curtains will get all smelly."

A second reason was I felt a sneaking pity for them. They had probably finally kicked the smoking habit, but the cost in wear and tear on the nervous system had left them so jumpy and irritable they had to act nasty in order to compensate.

A third was that I felt a non-smoker might be a person who early in life had fallen under the evil spell of some do-gooder and while he desperately yearned for the soothing comfort of a good smoke was afraid to give it a try.

But no longer am I going to find reasons for ignoring the rudeness shown by many non-smokers. I will meet discourtesy with discourtesy on the grounds that he who pays the freight calls the shots.

And as I am obviously one of those paying the freight, I expect to be treated with respect.

One argument I will no longer listen to, for instance, is the one non-smokers give you about their inalienable right to so many feet of uncontaminated air space. If a smoker strolls within 20 feet of a non-smoker he is apt to be chastised for his careless disregard of the air space right.

I am merely going to reply that if there is such a thing as air space rights, I should have more air space than he does for the simple reason that I am paying for it.

### Law Of The Jungle

The human race's prospects of survival, in the words of English historian Arnold Toynbee, were considerably better when we were defenceless against tigers than they are today when we are defenceless against ourselves. And that is profound insight from a man who never had the opportunity to study Canada's economic disasters at close range.

To put the matter bluntly, Canadians have no tradition of fighting for survival. Whatever we wanted was, in a real sense, handed to us. While other nations were struggling to improve their standards of living in lands which had few natural resources, a few hard-working Canadian entrepreneurs dug holes in the ground, chopped down some trees and planted grain so that the rest of us could live quite comfortably. Now our heritage of sloth and indolence is catching up with us and we are virtually defenceless in international trade.

Outsiders have always looked after Canadian needs. Foreign investors (American, German, British, Dutch, French and Arab) took the risks and provided the development drive. The same countries that provided investors supplied our technological know-how (often several years out of date, of course). It was a comfortable life for Canadians.

Unfortunately, the law of the jungle - only the fittest survive - applies to international trade, too. As developing nations like Taiwan, South Korea and Malaysia become sufficiently powerful to challenge even the most efficient Western nations, Canada can't compete.

We don't know where to begin to fight back. The Hudson's Bay Company and the North West Trading Company looked after arranging foreign markets in our early days. Other multinational firms have taken their places more recently.

We have never produced significant quantities of manufactured goods that were competitive in world markets.

Countries are like athletes: those that train the hardest become the most prosperous. But out-of-shape athletes have managed comebacks in the past and, if Canada can find the will to survive, it is possible for us to flourish, too.

If we pick a small number of industries in which we could achieve world-beating excellence - and concentrate on fully developing those industries - a healthy Canadian manufacturing sector could be created. We could, for example, lead the world in fishing and processing. (Don't laugh; the fishery is an industry that could be as important to Canada as petroleum!)

The key is excellence in Canadian-controlled industry rather than reliance on mediocre branch plants. Canada is on the ropes; do we have what it takes to come up fighting?

It should be noted that a Divine Worship Service meets every one of these fundamental emotional drives. Nothing can give a man a greater sense of worth and self-respect than the knowledge that he is a child of God. What better place is there to meet the need for friendship and association than in the "communion of the saints"? The routing of fear is the whole story of God's presence in the soul of man, giving confidence and security. Adventure is at its best when it treads the highroad of faith.

In a very real and true way, a human being understands himself only when he walks with God and finds himself a co-worker and sharer in the Divine Purpose. Once more we note that morale is strengthened in that particular area where we work.

W.L. Howie  
LCdr

Courtesy The Lookout

### Morale And Emotion

The late Chaplain Ivan R. Edwards wrote the following a few years ago. The content is timeless and is, therefore, presented here.

Since morale is a quality of the whole man, right emotions are every bit as important as right ideas. A man must feel that what he is doing "adds up," that his actions amount to something. The sense of self-respect and personal worth is an incentive toward carrying out responsibility in a faithful and constructive manner.

The way to bring out the best in a man is to expect the best of him; and that goes not

only in his relations with his fellowmen, but in his relationship to God.

Furthermore, a man must satisfy a sense of community. He needs the company and appreciation of others to keep up his own spirit. Here again it is one of the purposes of religion to get men out of their own way so that they can share life with others in fuller and happier associations. A man must get a divorce from himself if he is to live happily ever after with somebody else.

There is also a desire for security. The force of fear, real or imaginary, deals

many a knockout blow to personality. The opening note of the Christian message is "Fear not!", and it is the vitalizing power of religion which gives us strength to meet and overcome our fears.

Another basic drive in men is that which calls for adventure or change. Man rebels against monotony; he likes variety. It has been said that there are two places a serviceman likes best, the place where he has been and the place where he is going. The humdrum present can best be met by inner resources rather than outer changes.

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## TOTEM TIMES

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1977

# New Commander For VU 33 Sqn.



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## Signing Out

## Promotion And Scrolls



Base Photo

## Cpl. Yves Callaree - 21 Yrs.



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## VU 33 Sqn. Personnel

## Safety Award

OTTAWA - Highest honor bestowed on an individual by the renowned U.S. National Safety Council has gone to the Defence Department's Director of General Safety, David I. Darling of Ottawa and Halifax.

It's the Distinguished Service to Safety award, recognizing Mr. Darling's contribution to the general field of safety over the past 25 years and his effectiveness as a member of the executive of the National Safety Council.

Mr. Darling, a wartime officer in the Royal Canadian Navy, is a founding member of the Safety Council. In 1955 he developed and implemented a safety program for 3,000 Canadian Navy

civilian employees which resulted in a reduction of their injury frequency rate from 40 per million manhours to six.

In 1959 he was appointed head of the RCN's occupational safety program, and his accident prevention efforts were expanded throughout the Department of National Defence. He was named Director of General Safety for DND in 1967.

Mr. Darling has been an active and long-time member of the National Safety Council. He is past general chairman of its public employee section and has served on the section's executive committee since 1961.



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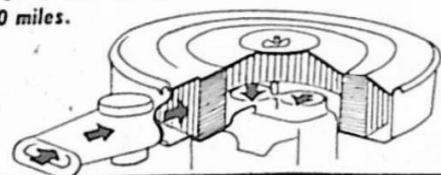


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## Sgt. Dave Klassen - 25 Yrs.

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May 29th — "ISLANDS IN THE STREAM" - George C. Scott.

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Saturday, May 24th — SWIZZLE NIGHT. Barbecue and Disco. Subsidized rum swizzles 1800 - 1900 hrs. Barbecue your own steak (subsidized). 1830 - 2000 hrs. Disco dance 2030 - 0300 hrs. Dress: Casual.

**COMING EVENTS**

Saturday, 10th June — Hawaiian Night.  
Sunday, 18th June — Father's Day Barbecue.

# Sports Beat Comox

## Jocks In Action

### Up Earl's Alley

"With Earl The Pearl"

Who would have believed it... The New Westminster Bruins are the Memorial Cup Champions and, that's two in a row. Perhaps now Milford and Co. (The Canucks) will give him a chance to prove himself in the "Big Time." Things would be a little different, like, he would not have so many players to select from and it may be problems getting a band of giants together, but, he probably has a trick or two up his sleeve and could do it.

The Canucks will be training here in Courtenay at the Sports Centre come September so all (two) of you supporters will get a chance to see the big guys in action. It will be quite a thing for the Pros to train here and it will prove to a lot of you non-believers that even though they did not fair too well in the League, they still are a very talented group of athletes.

Well... on to greater things, the Canadians are steam-rolling right along again... After the other night's fiasco, it could be the Cup for the Habs in four straight. I think somebody should check the ice cubes they eat and get the recipe for them. Either that or have their urine tested... they sure seem to have an abundance of energy. The way they motor, they could play a man short for the entire game and give the other team fits and probably, end up on the long side of the score.

The Valley Senior A Fastball League is off and running and, if the scores from the first few games are any indication it should be a great season for fastball here locally. The Totems at press time are two and one and have the depth where it counts, on the mound. With Big "Honest" Dave Molloy handling the nagging side of things, and, also throwing the odd barb at some of the "Rabbit Eared" types, it should make for an interesting year. As a matter of fact, somebody could get a little Air Time...

Ken Bell and Appollo Athanasopoulos have arrived back from the Prairie and Pac Region Softball Officials Clinic which was hosted by Bill Oliver at Penhold. Ken is about to head off to North Bay so our loss will certainly be their gain.

The BPERO got his Captains and his work load has doubled but, he still has time to participate in the Noon-Hour Soccer workouts. Judging by this year's start, the team should be stronger than last year's squad and they came within an ace of capturing the Pac Region title.

The Golf Club is really booming this year and the course is in very good shape, thanks to the excellent work of the staff. The gals in the Pro Shop are really doing a great turnover and the players have been doing their thing in support of the club as well. Ken and Kay Banks are running the bar and their hotdogs are the best in the Valley. It's a great place to spend your noon-hours as you can do a little practice putting on the practice green.

### Dependants' Soccer

The Dependants' Indoor Soccer league came to a close on 6 May at the Rec Centre.

All four teams were involved in the Single Elimination play-off which pitted the Green Demons against the Purple Panthers. In this match the little "Devils" were clawed by the Purple Panthers by a score of 1-0. It certainly was a hard-fought contest and the outcome was in doubt right up until Sherry Plume put her foot to a ball and "Whamo" it was in to give the Panthers a well-deserved victory.

In the second contest the Yellow Jackets took on the Red Barons and this was truly an exciting match. The play saw back and forth and finally Ken "Lampighter" Jennings sliced one past the keeper to put the Barons in the lead, 1-0. The Yellow Jackets were not to be outdone and on a beautiful cross Darren Levigne slammed one past the Red Barons keeper to knot the count at 1-1.

The score remained tied until the expiration of regular playing time. This set up sudden death overtime period without goaltenders. A "hand ball" call created a penalty shot situation and "old faithful," Todd "The Hammer" Redmond took the shot, with the keeper in the net, and won the game. Final score Red Barons 2, Yellow Jackets 1.

The Purple Panthers who finished in last place during the schedule and the Red

Barons who finished third were the adversaries for the Championship.

With the stage set the two teams had at each other and this was one of the better games of the year. The Red Barons really were charged up for this one and never gave up from the opening kick. The Purple Panthers scored first on a goal by Richard Grosvenor and held the lead for about three minutes. From there on the Red Barons took charge and this resulted in goals by Todd Redmond (2) and the Old Lampighter Kenny Jennings ripped the opposition apart by scoring three goals to give the Red Barons the game and the title 5-1.

As in all events whether they are sporting or otherwise, contest of this nature require a great deal of organization. The league co-ordinator and director was M.Cpl. Ev Swann of the Base Rec staff and both he and his wife Anne controlled the league, which was conducted every Monday, and received excellent support from Sgt. Chuck Eddy, of the BOR Staff who also pitched in and helped in all areas as required.

The Community Council also lent great support and Capt. Murray Haynes was the man behind this scene. The Credit Union, Mr. Rick Kellow, Manager, supported the league and provided trophies for the winners.

### Totems In Action



A Close Call At Second In The Home Opener



Lots Of Good Swingers... But We Need Good Hitters

### Totems Fastball Action

The Comox Valley Senior A Fastball league is now underway and the Base team is starting to prove they will be a power to be reckoned with when the "Dust" settles. Coach McClean and his able Manager Molloy seem to have things well in hand.

Their first game of the season was a road trip to Cumberland where they locked hatchets with the King George Hotel team. Chucker Bill Hill was instrumental in this game as he tossed a nifty one hitter to lead the team to a 1-0 win. A couple of timely singles resulted in the only run for the Totems.

Their first home encounter of the season resulted also in their first and only loss to date. The team had difficulty in getting hits and without runs it is impossible to win a ball game. Keith Degruchy started the game on the mound for the locals and was

replaced by the original foreballer Arnie "Not as in Palmer" Jacobson. He came on and put out the fire but, the hitters left a bit to be desired as the home team succumbed to Anchor Garage 5-0.

The Totems' third game of the season was played once again at the local diamond and this time the Base team's opposition was John Cliffe. Once again it was Billy Hill who burned the opponents and was more than stingy. The hitters came through with the

proper timely hits and Earl Brownfield led these stats with a two for four night. The final score for this game was Comox 2 - John Cliffe 0.

We hope in future editions to do a thumb nail sketch on all of the players and management. So, in the meantime come out and support the lads and there is no better way to spend a nice warm evening than to rid yourself of any frustrations and cheer your favorite team (the Totems) on to victory.

"The greatest pleasure in life is that of reading, while we are young." William Hazlitt



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### Red Baron Is Back

Our USAF buddy George "Red Baron" Scholer is back at the helm of a little league team once again this year. His Red Racers are off and "Racing"... so to speak...

The Red Racers won their home opener against Team No. 1 by a score of 17 to 7. (They even lost their name.)

Eric "The Albuquerque Turkey" Wright who is a newcomer to Canada, but not to baseball was the starting pitcher. Phil "The Condor" Codner led off the season with a home run in the bottom of the first inning... In the same inning, not to be outdone by

the "Condor", Earl "The Pearl" Scott hit a grand slam homer to put the Red Racers ahead where they stayed for the remainder of the game. Coach "Red Baron" Scholer and his trusty sidekick, Co. "Tiger" Juarez feel the team played a good game, but, not a great one. The "Red Baron" said that the team made a few errors, and still need a lot of improving if they want to have a winning season... 13 May 78

The Red Racers swept into first place by breezing by the "Mean Machine" in a close and exciting game by a score of 11-10. It was Earl "The Pearl's" relief pitching along with the vast improvement of Trevor "Speed Ball" Ramsdale, and a good triple by Trent "Pepper Pot" Ramsdale and pure determination to win by Steve "Stretch" Payne and old faithful Darren "The Crane" Levigne that won the game.

The Standings in the Dependants Pee Wee Hardball are as follows:

TEAM	WON	LOST
Red Racers	2	0
Mean Machine	1	1
Team No. 1	0	2

### Ladies Fitness

Another year of Ladies Fun and Exercise classes has come to an end; and this year, we finished in style - not in numbers but in form!! We had a bowl-off one day, a mini-olympics another, and the finale was a pot-luck luncheon!! All in all, the Ladies Fitness Class was a fun thing and we had wonderful support from all the fitness conscience gals.

Small awards were given out by Marcia Cudmore to the more enduring (or more deserving) participants - Ev Dyer, Pat Andrews, Jill Smith, Penny Chapin, Wendy and Carol Anderson, Nettie Daye, and Linda Chestnut. The overall athletic and fitness award went to Pat Anderson, who proved that "Great Bowlers" can excel in all athletic endeavors.

Following the mini-olympics, the Rec. staff presented a very surprised but pleased Marcia Cudmore with a three-piece luggage set; and at the luncheon afterwards, the class added further to the haul by presenting a gorgeous dogwood candle.

In conclusion; at this time of the season, many bouquets should and must be passed out to the many important people who made the time and space available to the ladies. The class would not have been the success it was if the Peri Staff at the Rec. Centre had not given their full support!! Hats off to Al Ettinger and group!!



BLAIR KILLEN

Blair Killen is one of the District Managers serving this community for the Canadian Federation of Independent Business, a non-profit organization of over 48,000 independent business owners dedicated to the preservation of free competitive enterprise.

A prime function of the C.F.I.B. is to give small business owners in our area a stronger voice in the creation of both provincial and federal laws affecting business. The Federation has proven to be uniquely effective in this regard.

As a direct result of C.F.I.B. efforts, a great deal of far-reaching legislation to assist our local independent businesses has been passed. For instance, the recently revised Small Business Loans Act makes loans available from the chartered banks at 1% over the prime lending rate.

This, plus many more equally vital initiatives by the C.F.I.B. will assist local businesses and merchants in this community to create more job opportunities.

For more information write Blair Killen, 1405-148 W. 16th St., N. Vancouver, B.C., V7M 1T5.

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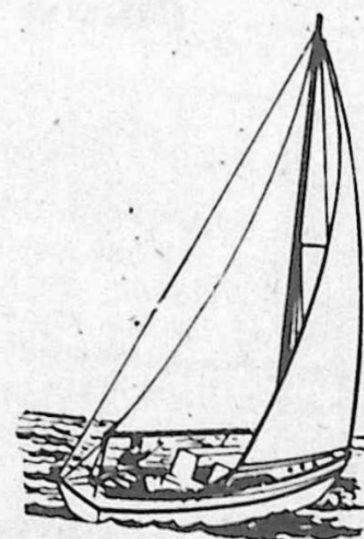
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### Next Totem Times

Deadline

Mon. May 29

Noon

PLEASE MEET OUR DEADLINE

### LIFEGUARD QUALIFICATIONS

Current Lifeguard Qualifications for CF Pool are to be strictly enforced at the CF Comox Pool.

To ensure adequate personnel are qualified a Bronze Cross Course will be conducted Mon., Tues., & Wed. starting 8 June 1978. The course will be a three week duration from 1800/2030 Hrs. nightly. Cost will be \$12.00 per course plus awards. Registration by phone will be accepted by Sgt. Molloy, 315.

here, there and everywhere



**ROYAL MARINES TRAIN IN GAGETOWN** - A section of Royal Marines from HMS Phoebe's 22-man Royal Marine detachment hurriedly exit a GOLF Company 2 PCR PAC upon coming under fire during mechanized infantry training at CFB Gagetown. The marines were taking a break from sea duty with NATO's Standing Naval Force Atlantic.

## Huey And Cosmos

Flying along the tree tops and eskers north of 60 in search of satellite debris was not in the operational forecast for January for the Canadian Forces' 408 Tactical Helicopter Squadron and 450 Transport Helicopter Squadron Detachment at Edmonton, but that's what they have been doing for the last couple of months.

And because of the long ranges involved, lack of navigational aids and forbidding environment, these men and their flying machines faced difficulties akin to those who flew "The Hump" between Burma and China in Dakotas during the Second World War.

Soon after the Soviet Cosmos 954 satellite disintegrated over the Canadian north on January 24, an aerial grid survey was flown by C-130 Hercules from 435 Transport Squadron, also based at Edmonton. They began trying to piece the satellite together again, a giant jigsaw puzzle spread over thousands of square miles of the North West Territories.

The Hercules, equipped with sophisticated remote radiation sensors, detected

areas of contamination and relayed the information to scientists at the operations centre at CFB Edmonton.

Two days after the re-entry, Canadian Forces helicopters were added to the list of aircraft involved in Morning Light, code name for the cleanup operation conducted by a joint Canadian-American task force. Seasoned crews ferried Canadian military personnel, scientists and material to the area, and began recovering radioactive debris between Baker Lake, Thelon River, Great Slave Lake and Yellowknife - an area of at least 15,000 square miles.

**Kiowas Requested.** As the operation settled into routine flying assignments, Lieutenant-Colonel W.I. (Bill) Butchart, 51, of Lion Head, Ont., the on-scene commander at Yellowknife, requested CH-136 Kiowas from 408 Squadron for command and liaison flights. Navigation in the North is difficult at the best of times and some viewed the employment of the Kiowas, with their limited navigational range, with some concern. But the Kiowa pilots, experts at low-level map-reading and

reconnaissance, were eager to tackle the job.

The Kiowa flight joined the larger CH-135 Twin Hueys and CH-147 Chinooks from 450 Squadron Detachment and became an integral and invaluable component of the operation at Yellowknife and Camp Garland, near Warden's Grove.

A typical evening planning session at Northern Region Headquarters in Yellowknife concentrated on the two chopper squadron's capabilities for a northern operation. Extreme cold, self-generating instantaneous ice crystals and a lack of navigation aids were limitations imposed on the crews - ones which they overcame in a professional, dedicated manner. Excellent capabilities designed into the aircraft did much to help the squadrons surmount daily problems as they arose.

Using their heavy lift capabilities, the Chinooks concentrated on positioning fuel caches strategically throughout the area, giving the search aircraft extended range. They also assisted in repositioning the Microwave Ranging System, essential for the Hercules' daily grid searches. Pickup of radioactive "hits", cased in lead, and recovery of air-dropped supply platforms were other Chinook tasks.

"When people hear good music, it makes them homesick for something they never had, and never will have." E. W. Howe



**NATO BRASS GATHERS** - Commodore Gordon L. Edwards, (second from right), 46, of Medicine Hat, Alberta, commander of NATO's Standing Naval Force Atlantic, STANAVFORLANT, left Halifax 17 April, after a three-week training and maintenance period. Made up of destroyer and frigate-type ships, the squadron provides ships and men of the NATO navies with the opportunity to train and work together in times of peace. It also provides the Supreme Allied Commander Atlantic with an operationally ready-quick reaction force. Currently steaming towards the Straits of Gibraltar to participate in Exercise Open Gate 78, a bi-annual NATO exercise designed to prove NATO's ability to keep open both the straits and the vital sealanes leading into the Mediterranean, STANAVFORLANT is commanded by a Canadian, Commodore Gordon L. Edwards, 46, of Medicine Hat, Alberta. Commodore Edwards is the fourth Canadian to command this unique multi-national naval force.

## Stanavforlant In Action

Canadian DDH 280 twin helicopter destroyer; USS Pharris an American helicopter destroyer, HNLMS Tjerk Hiddes, a Dutch helicopter frigate; HMS Phoebe, a British helicopter frigate; and FGS Emden, a German open bridged frigate. HMCS Iroquois, commanded by Cdr. R.E. George, 37, of Victoria B.C. acts as squadron flagship. In addition to Iroquois, Canada is represented for the first month at least, by the 24,000-ton operational support ship HMCS Protecteur, commanded by Captain (N) Lawrence Dzioba, 45, of Ridgeville, Manitoba.

While in Halifax, the ships companies participated in a sports olympiad won by the German ship Emden, routine training exercises such as firefighting, small arms firings, boat drills, pilotage, and navigation and a concentrated maintenance period. Over ten thousand Haligonians visited the ships during the Easter weekend, and HMS Phoebe's 22-man Royal Marine detachment used the visit as an opportunity to train with GOLF Company Royal Canadian Regiment at CFB Gagetown.

At the Change of Command ceremony on the 31 March, during which Commodore Edwards assumed command, Admiral Isaac C. Kidd, Jr., USN Supreme Allied Commander Atlantic, issued a clear reason for the continuing need for strong NATO navies advising that the Soviets are building one nuclear submarine every seven weeks, and are completing two more aircraft carriers to join the carrier Kiev already at sea, in addition to all manner of other surface and undersea craft.

He is assisted by an international staff comprising five officers and eleven other ranks from the Norwegian, Dutch, British, Portuguese, and Canadian navies. All eleven other ranks are Canadian. Although the Commodore remains in command for one year, his officer staff usually rotates part way through his tenure as do the individual ships in the squadron.

The squadron currently includes HMCS Iroquois, a

general Ramsay Withers, Vice Chief of the Defence Staff, wished them good fortune and good health. He thanked them for their dedication and asked, "Why has the UN once again called upon Canada, the country which contributes more troops to UN operations than any other member of the world body, to answer yet another call to perform a vital role in a deeply troubled land? "It is because the world knows it can count on you, and most particularly that it can count on Canadian communicators."

## Fall Homecoming

OTTAWA (CFP) - Eighty-nine signallers and SSF troops now serving with the United Nations Interim Force in Lebanon (UNIFIL) will be home by October 1, Defence Minister Barney Danson, assured them just before their take-off to the Middle East. Mr. Danson flew from Toronto to CFB Trenton to personally say goodbye to the troops. During his inspection at a parade on the tarmac he shook hands with each of them and wished them well.

At an earlier parade at CFB Kingston, home of 1 Canadian Signal Regiment, Lieutenant-



**ISMAILIA, EGYPT** ... Admiral Robert H. Falls, chief of the defence staff, gets a special welcome to "The Barn", 116 Canadian Air Transport Unit's rest area, during his visit to the Canadian Contingent, United Nations, Middle East, here. The guard is composed of two of the unit's technicians dressed in Arab-style garb. During his ten-day visit to the Middle East, April 8 to 17, the admiral had the opportunity of speaking with the members of the Canadian Forces serving with the U.N. Emergency Force (UNEF), the U.N. Disengagement Observer Force (UNDOF) and the U.N. Truce Supervisory Organization (UNTSO). The CDS also met with senior U.N. military commanders and military leaders of Egypt, Syria and Israel. More than one thousand members of the Canadian Forces - men and women in the regular and reserve forces - are serving with the United Nations in Egypt, Israel, Syria and Lebanon.

## C.F. CWO Named



**CWO Osside**

Chief Warrant Officer Robert P.A. Osside, 48, of Montreal has been selected by Chief of the Defence Staff Admiral Robert H. Falls to be the first Canadian Forces Chief Warrant Officer, a new position in the military. In the appointment, effective this summer, CWO Osside will advise and assist the CDS on matters pertaining to other ranks. The 29-year infantry

veteran is currently Regimental Sergeant Major of the 1st Battalion, Royal 22e Regiment (R22eR) stationed in Lahar, West Germany with 4 Canadian Mechanized Brigade Group.

Chief Osside enlisted Feb. 15, 1949 in the R22eR and was with the 1st Battalion in Korea from March 1952 to May, 1953. For the next 10 years he served in both instructional and regimental capacities at La Citadelle in Quebec City, Werl in West Germany, Camp Valcartier, Que., and the Royal Canadian School of Infantry (RCS of I) at Camp Borden, Ont.

Promoted to warrant officer in August, 1961 and master warrant officer in July, 1968, CWO Osside continued to serve the infantry with the R22eR in Germany and Quebec City. Following this period, he returned to the RCS of I, and later the Combat Arms School at Gagetown, N.B. on instructional duties.

## Maple Flag Update

Flying units of the Canadian Forces' Air Command, the United States Air Force and the U.S. Marine Corps are in the middle of a month-long training program which began April 22 at Canadian Forces Base Cold Lake, Alta., 240 kilometers northeast of Edmonton.

The Air Force training program, named "Exercise Maple Flag" provides 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" covers the full spectrum of roles which aircrews might expect in combat. Scenarios cover close air support, armed reconnaissance, defence suppression, interdiction and air superiority flights.

The Canadian Forces' 4,000 square mile air training range at Cold Lake is densely wooded, providing terrain features not available to U.S. aircrews at their training areas in the Nevada desert.

The Americans brought to Cold Lake a selection of sophisticated equipment to simulate ground-based weapons such as anti-aircraft artillery rockets and surface-to-air missiles. These threat simulators add a new dimension to training for the Canadian fliers.

Canadian Forces' Air Command participants are from the Cold Lake-based 419 (CF-5), 417 (CF-104) and 434 (CF-5) Squadrons; Comox, B.C.-based 409 (CF-101) Squadron and Bagotville, Que.-based 433 (CF-5) Squadron. CF-104 pilots from 1 Canadian Air Group in West Germany are also participating.

Approximately 325 personnel and more than 30 U.S. aircraft make up the U.S. forces in the exercise. Aircraft types 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 are being 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 range.

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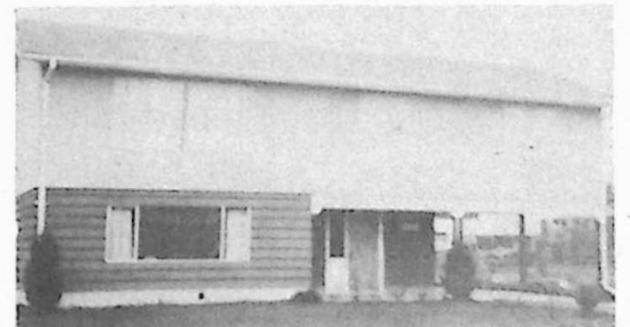
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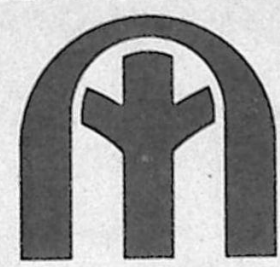
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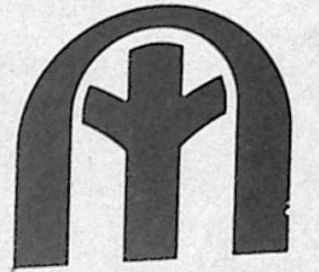


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**1 OPEN HOUSE - SUNDAY MAY 21, 1978 2:00 - 4:00 PM, 419 Anderton Road, Comox. MAVIS BONNELL in Attendance RES: 339-3968**



**2 THREE BEDROOMS ON MAIN LEVEL with ensuite in master bedroom. Fenced lot, tool shed and bedroom downstairs for \$43,500 in Comox. MAUREEN ARTHUR RES: 339-3674**



**3 FAIRFIELD PLACE - 3 bedroom, extra room could be den or bedroom. Only 3 years old, immaculate and fully finished both floors. Prime buy - \$45,500. GORDON BLACKHALL RES: 338-8076**



**4 SPOTLESS AND WELL MAINTAINED. This 2 bedroom home in Comox has extra large bedrooms with 2 dining areas, one opening to the sundeck and a finished family room downstairs. Fully landscaped and fenced. Only \$39,500. TOM PROCTER RES: 339-2668**



**5 EXECUTIVE ELEGANCE - Prime Comox location, entertaining size living room, 2 baths, plus ensuite, finished basement, 1,275 sq. ft. on main floor. Artistic landscaping and more - much, much more. \$62,500. Call anytime. MAVIS BONNELL RES: 339-3968**



**6 REDUCED TO \$49,900. This large, 4 bedroom split level in Comox features a central fireplace in living room with space for a grand piano, sunken family room, basement, large garage and orchard. Immediate occupancy. TOM PROCTER RES: 339-2668**



**7 COURTENAY - NEAR SCHOOLS AND SHOPPING. Neat 17 year old, 3 bedroom bungalow on a well landscaped lot. Priced to sell at \$31,500.00. ALEX WIERELEYCHUK RES: 339-2872**



**8 COURTENAY - IMMACULATE SPLIT LEVEL HOME on quiet street. 3 bedrooms up, large fenced back yard with garden and fruit trees. Must be seen. JUDY STEIDL RES: 338-7390**



**9 OVER 1,200 SQ. FEET FULL BASEMENT NEW HOME located Fairfield. All windows thermopane. Fireplace, double carport, valley and mountain view. Covered sundeck with wrap around balcony. \$62,800. JOHN CAMERON RES: 339-4353**



**10 COMOX - 4 BEDROOM FAMILY HOME 2,500 square feet, 2 baths, 2 fireplaces, rec room and hobby room, plus separate workshop and huge sundeck over carport. Full price \$50,900. HARRY HOLLAND RES: 334-4875**



**11 McLAUCHLIN AVE. - MINUTES FROM C.F.B., Courtenay or Comox. Full basement, 3 bedroom home with plenty of room for development in basement. Exterior is maintenance-free aluminum siding. \$41,900.00. ALEX WIERELEYCHUK RES: 339-2872**

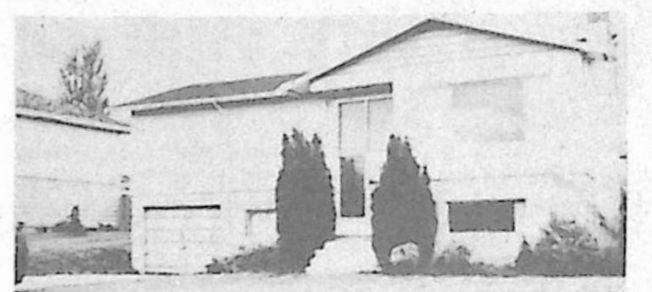


**12 3 BEDROOMS UP ON THIS WELL MAINTAINED HOME in Comox. Finished rec room, storage area, automatic oil heat, 70 x 125 lot in grass, trees and shrubs. ARCHIE DICK RES: 339-3440**

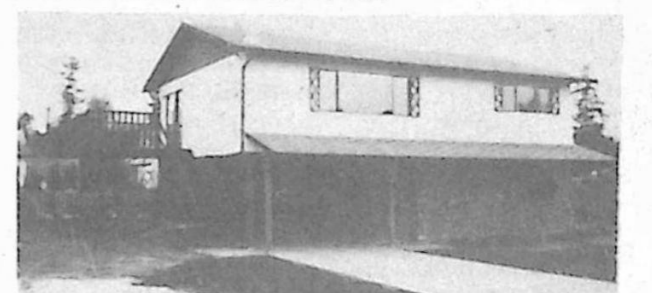
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**23 DOGWOOD AVE., COMOX - Spacious 4 bedroom home, with finished rec room, formal dining area and breakfast nook in kitchen, \$54,000. ALEX WIERELEYCHUK RES: 339-2872**



**24 QUALITY 3 BEDROOM FULL BASEMENT HOME in excellent Comox location. Brick fireplace - garage - immediate occupancy possible. \$52,900.00. JOHN CAMERON RES: 339-4353**



**25 COMOX - NEW QUALITY 3 bedroom, 3/4 basement home on quiet cul-de-sac. Fireplace, 2 baths, many extras. Full price \$43,900 - \$3,000 down. HARRY HOLLAND RES: 334-4875**



**26 EXECUTIVE ACREAGE - 1,526 square foot home, attached garage, small barn, thermopanes and ensuite. 2.3 acres of cedars and privacy, 2 miles to centre of Courtenay. Great for horses and kids. BRUCE TRAINOR RES: 334-2785**



**27 COURTENAY - 4 BEDROOMS, 2 baths, full basement. Nearly new home, mature shade trees - Full price \$40,000. HARRY HOLLAND RES: 334-4875**



**28 VENDOR WILLING TO LOOK AT OFFERS on this 3 bedroom with bathroom ensuite. Fireplace in finished family room. Located in Comox. MAUREEN ARTHUR RES: 339-3674**



**29 COMOX - MacKENZIE AVENUE - Large lot, 79' x 125'. 3 bedrooms up. Immaculate 1132 sq. ft. home with shining hardwood floors. Only \$41,900 full price. This won't last long! BRUCE TRAINOR RES: 334-2785**



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**17 COMOX FAMILY HOME - 4 bedrooms, 2 full baths, 2 fireplaces, family room, view, fruit trees. \$47,900. MAVIS BONNELL RES: 339-3968**



**18 HOBBY FARM - 12 ACRES OF FARM LAND - fenced, seasonal creek, 2,500 square foot home sitting on a knoll to take advantage of lovely view. Keep horses, cows, chickens. Enjoy the good life. LOIS MOEN RES: 339-6969**



**19 DIFFERENT, THIS 4 BEDROOM HOME in Comox on a large, fenced corner lot, has 2 fireplaces and finished family room. A must see for the serious home buyer. TOM PROCTER RES: 339-2668**



**20 PLAY BALL IN YOUR BACK YARD. Large pie-shaped lot on quiet street is the setting for this well kept home. Features finished family room, with fireplace in basement, and loads of storage. Double concrete driveway and carport. \$41,500. LOIS MOEN RES: 338-6969**



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**22 3 BEDROOMS, FULL BASEMENT large city lot, some appliances included. Close to schools. A steal at \$31,800. GORDON BLACKHALL 338-8076**



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# Family Circle

you and your community



**RC CONFIRMATION SERVICE:** On Monday, 26 April, His Excellency the Most Reverend Francis Spence, Auxiliary to the Military Vicar, confirmed 26 youth of the Lady Chapel. Seen here with Bishop Spence, Father Stack, Padre Coleman, Fathers Lehane and Blancard are: Roland Amirault, Linda Betheridge, Lea Buchan, Nicole Desnoyers, Karl Dipsell, Irene Dort, Shelly Eby, Paul Fieldina,

Michelle Grosvenor, Donvan Hammersley, Roberia Hammersley, Kenneth Jennings, Christina Michon, Peter Milan, Mary Muise, Stephen Muise, Bernadette Murphy, Rita Myrah, Kevin Olscamp, Kimberly Olscamp, John Ouellette, Jennifer Poole, Michael Redmond, Paul Richard, Christina Tkacz, Richard Van Der Pryn.

## May Family Month

It is hoped that Family Month will be a period of special importance to many groups. For the numerous spiritual communities it is an opportunity for the expression for essential values which hold their members together. For other groups in the community it is a time for special events and programs designed for family recreation and amusement. We all have a whole month in which to develop activities and fun ideas for the whole year. Whether one's family is nuclear or single-parental extended unit or two partners, without children, May is a time for us to get together as a family for fun and amusement. May should be a month of sharing.

## Tatting

In a time of high cost and rising prices, it would be better if we could make our own goods. Well, the beautiful and talented Cheryl Campbell, wife of Jim Campbell, of Det 5 425 MUNSS has dedicated many hours to the art of Pillow (Bobbing) lace and tatting. The above photo illustrates various works that Cheryl has either made or collected over the past years. I asked Cheryl what prompted her interest in lace work; "basically, I just wanted to be self-reliant." Cheryl comes from a rural area of North-Western Ohio. She loves the freedom of the outdoors and the simple things in life. Her talents are not limited to just lacing, she also likes to do a little embroidery, oil painting, macrame, smoking, arts and crafts, playing the piano, composing and breeding tropical fish. Cheryl is the founder of the Comox Aquarium Society.

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## PMQ Preamble

Well, it's finally coming!! Family Day '78 will be on Sunday, May 28th. Now is the time for all PMQ residents to come out as a family and enjoy themselves, meet your new neighbours, and most important, have fun as a

family. This year's Family Day will be held at the Airport School, and if it rains, will be held inside. Admission is FREE!! Just bring yourselves and all your brood.

BTO - The BTO just barely squeezed by the MP's in a softball game ... the final score was 27-7. I guess Mark Simpson wasn't playing for the MP's that night.

## Chapel Chimes



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

**MASSES FOR SUNDAY:**  
Saturday - 7:00 p.m.  
Sunday - 9:30 a.m. and 11:00 a.m.

**WEEKDAY MASSES:** 9:00 a.m.  
**SACRAMENT OF RECONCILIATION:** Confessions are heard before all Masses and any time upon request.

**BAPTISM:** By appointment. Please phone ahead in plenty of time.  
**MARRIAGES:** Please come in months before your marriage.

**CATECHISM CLASSES:** Each Wednesday night at the PMQ School, 6:30 - 7:30 p.m.  
**THE PROTESTANT CHAPEL**  
Telephone: 339-2211 Loc. 273.

**L.R. Coleman, Maj. (Base Chap (P))**  
**C.V. Patey, Capt. (Chap (P))**  
**CHAPEL SERVICES**  
The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

**HOLY COMMUNION:** Holy Communion (ACC) 12:00 hours first Sunday of the month.

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

**WOMEN'S GUILD:** All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2:00 hours on the second Wednesday of each month.

**CHAPEL CHOIR:** Our Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

**Junior Choir:** 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 11:00 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.

The proposed itinerary is:  
1200 - 1300: Opening,  
1300 - 1500: Games for one and all.

1500 - 1800: Free food, soft drinks, and ice cream. Prizes will be awarded to the winners of the various games and the name of the PMQ "Ideal Family" will be announced.

Your Ward Councillors and numerous other volunteers have devoted lots of time and energy into making Family Day, so come out and enjoy yourselves. And just remember, it's FREE!!

At 1300 on May 15th, the Scout Hall was officially named Gilwell Hall, by Col. Bruce Burgess, Base Commander. On hand was Mayor Fred Bishop, our own Rusty Rutherford, and Cub Master, Paul Leger. By the way, it was again Rusty Rutherford who donated his time and talents to make the handsome new sign for Gilwell Hall.

Speaking of Rusty Rutherford, he has received the Base Commander's Commendation for outstanding community work. To list all of the things he has done would be impossible, but the following is an example of just a few things: getting the Base Teen Organization into operation and into the present building; Chairman of the Group Committee for Beavers, Cubs and Scouts; and PMQ Council Member.

Oh! And volunteers are still needed urgently for both Scout and Community projects. Come on, let's take the load off Rusty!!

Getting on with the old news, we touch on the old problem of DOGS!! If your dog is missing, check with the local Dog Pound (338-8124); several of the PMQ population have already been picked up.

Once again, don't forget FAMILY DAY '78!! Sunday, May 28th from 1300 to 1800 at the Airport School. COME ONE - COME ALL!!

**Chapel Naming**  
(Continued from page 1)

Many former Senior Choir members took a special interest in the Naming Day service, and practised with the regular choir members in anticipation. Under the skillful direction of Walter Yeomans, the result was a pleasant rendition of "Psalm 150." The Junior Choir, sporting brand new robes, followed with "Near to the Heart of God."

A few well-directed prayers during the service resulted in the appearance of the sun just in time for the outdoor luncheon which was organized, catered and served by the hard-working members of the Ladies Guild.

And speaking of hard working, a big bouquet goes to the members of the Chapel Naming Day sub-committee. Weeks of preparation and planning were evident everywhere - fresh paint, well-trimmed lawns, colorful flowers, delicious food, sunshine and, most of all, smiles. St. Michael and all those angels have reason to be pleased.



Some seeds, notably the legumes, may sprout after a century or more.

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## IF YOU DON'T HAVE 10 INCHES\* OF INSULATION IN YOUR ATTIC, YOU'RE LOSING HEAT AND WASTING MONEY.

If your home is like 90% of Canadian homes, it's not properly insulated. This chart gives you an idea of how much you could save by bringing your home from the average level of insulation up to today's recommended standards. Of course, as energy costs go up, so will these savings.

	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).  
These savings are based on a typical 2-storey pre-war home of 1,100 square feet.

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

If your home was built before 1946, is your principal residence, and is three storeys or less, you're eligible for a taxable grant of 2/3 of the cost of your insulation materials, up to a maximum of \$350 (retroactive to materials purchased on or after September 1, 1977).

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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Minister

Programme d'isolation thermique des résidences canadiennes  
L'honorable André Ouellet  
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Send me the free book "Keeping the Heat In" (My home was built before 1946, is 3 storeys or less, and is my principal residence.)  
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P.O. Box 34180, Station D, Vancouver, B.C. V6J 4N2  
Or call collect through your telephone operator (604) 732-7295

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# Touristalk

# Discover British Columbia



SMILES and good food aboard the Queen of Prince Rupert  
B.C. Government photo

## Ferry Fiesta

British Columbia is throwing a party. The party is the bicentennial celebration of Captain James Cook's first landing on Vancouver Island, and the bevy of royal hostesses is British Columbia's fleet of sleek white and blue ferries. Since 1969, government-run ships like the Queen of Cowichan, Queen of Coquitlam, and Princess of Vancouver has been providing British Columbians with transportation to the many islands strewn along her mainland. But they also offer American visitors mini-cruises to some of the world's most spectacular, and least explored, scenery.

From the deck of the comfortable Queen of Victoria sailing the Gulf Islands on her way from Vancouver to Victoria, for example, it is still possible to relive the mood and kind of scenery that greeted Captain Cook as he sailed his barque along Vancouver Island's west coast in search of the Northwest Passage. In summer, sunny beaches twinkle from mossy coves and in winter the same misty islands and foggy banks are there. Without too much effort, you can transport yourself right back to 1778.

Today's best duplication of a Captain Cook voyage is already a top tourist attraction — the Queen of Prince Rupert's 330-mile (528-kilometre) cruise through British Columbia's Inner Passage. To tourists accustomed to the flat, unvarying horizons of open-ocean cruising, sailing among the picturesque islands Cook described in his diary is a unique cruising adventure.

But Cook on his chilly barque never had it this good. The Queen is a floating hotel carrying 430 passengers and 90 automobiles. After putting out of Kelsey Bay on Vancouver Island (in winter, out of Vancouver), passengers can linger on deck to savor the salt air, or relax in the cocktail lounge. Then comes a hearty dinner of British Columbia salmon or roast beef in the dining room, while Indian fishing villages and

velvety islands drift past the picture windows. As night falls, passengers retire to comfortable staterooms, while the Queen slips through the narrow Grenville Channel, 15 miles (24 kilometres) of sea-canyon flanked by sheer mountain walls. Considered one of the best travel bargains in North America, Queen of Prince Rupert cruises year round, with attractive off-season rates in winter.

But in this celebratory summer, it's on Vancouver Island's west coast that seekers of the 1778 spirit can really home in on history. A five-hour cruise on the M.V. Uchuck lands passengers at Friendly Cove, the same beach where Cook first stepped ashore. The three canoe-loads of friendly Indians that greeted him may be missing today, but the gulls screaming overhead and the pebbles crunching underfoot are still there.

This summer-cruise, run by the Nootka Sound Service of Port Alberni, leaves twice a week from Gold River, where tourists can have a pleasant lunch at the Gold River Inn before boarding. Captain Esson Young, passengers soon discover, is a colorful chronicler of Nootka Sound lore, and passing the landmark Bligh Island might prompt a "ferry tale" about Captain Cook's young ship-hand, William Bligh, later to make his infamous mark at the helm of the *Bounty*.

As 18th century crossroads for Spanish and English explorers, the cove ranks as one of the most historic spots on the North American Pacific coast.

On his way to Friendly Cove, Captain Cook wisely avoided the "graveyard of the Pacific", the shipwreck — littered shoals of Vancouver Island's Barkley Sound. Modern ferry captains too have the greatest respect for this area, among them captain of the M.V. Lady Rose, which provides an unusual cruise among the spectacular Broken Islands of the Pacific Rim National Park. Licensed for 100 passengers

and owned by Alberni Marine Transportation, the Lady Rose carries mail and cargo daily from Port Alberni to westcoast settlements, and takes tourists along for the picturesque salt water sail, the only one-day cruise to the open Pacific in British Columbia.

Passengers must be prepared to get up early — the Monday mail ship leaves at 5:45 a.m. — but the Lady has a comfortable lounge and coffee shop and a friendly crew. "Come along and bring your camera," invites her captain; "but bring warm clothing — it may be cool on the open water."

Just getting to British Columbia's party will be half the fun, because arriving by water in 1978 is the same visual feast it was 200 years ago. From Seattle to Victoria comes the refurbished "Princess Marguerite, a regal lady in wood panelling and potted palms. Her summer cruise is a four-hour adventure played against some of nature's most impressive backdrops. As Olympic crags trail her stern, the Princess slides through the Puget Sound, today the sheltered playground of yachtsmen and still "the most lovely country," as Cook's shipmate George Vancouver dubbed it, "that can be imagined."

But this Princess is a swinger. Onboard, the bicentennial party may start early as passengers sample a smorgasbord of entertainment, a sing-along, band music, a gallery of historical photographs. Others can chat in the pub or Crown n' Anchor lounge, or relax over dinner in the old-world dining room. Daily from May to September, the Princess steams to Canada, the Union Jack on her funnels, a jolly good time on her decks.

So on the eve of the party, British Columbia gears up for the fun and her crews get out their spit and polish. Tourists, meanwhile, are already dreaming of sailing the fjords of British Columbia, the scene of 1978's historical ferry fiesta.

## New Bridge For Valley

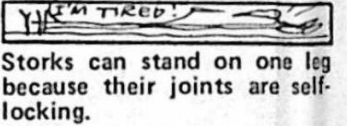
Highways Minister Alex V. Fraser announced today that the 17th Street crossing of the Courtenay River will be built. He has authorized a start on the detailed design plan for a four-lane bridge with design to be completed by December and a start on construction early in 1979 for the bridge and its approaches.

The Minister, in announcing the decision, has postponed a highway bypass around Courtenay on the ground that such a bypass would carry minimal traffic and that few through trips wish to bypass Courtenay. Ten other alternative routes were also studied but were abandoned as either impractical or uneconomic.

"The bypass was not recommended because we found it would only carry some 4,000 vehicles a day. The 5th Street bridge is currently carrying 24,000 vehicles daily during summer, and the 17th Street bypass will tend to split this total, consequently providing a solution to this traffic problem for many years," said the Minister.

"This solution is favored by the City Council of Courtenay as it distributes the business activity over a larger area than any other solution. I have, therefore, written to the Mayor of Courtenay, advising him of our decision," he added.

The Provincial Agricultural Land Commission has already approved the route.



Storks can stand on one leg because their joints are self-locking.

## Pamper Yourself You're Worth It

What will it be? A health spa, rich in soothing and medicinal hot springs and complete with beautiful views, full-services and elegant cuisine? An outdoor-oriented resort, with horse-riding, golf, tennis, and swimming, all within minutes away, and plenty of healthy, appetizing meals? A total retreat, far from interruptions where the only sounds are the splash of a trout at your hook's end and the call of loons? A family seaside resort, complete with sandy beaches, and lots to do? B.C. has it all, and more.

Two of the more notable hot springs resorts are nestled amidst the majesty of the Rockies.

Radium Hot Springs Lodge is the oldest, dating back to 1923.

The lodge is beautifully situated — high on the hills overlooking the National Hot Springs Aquacourt, a beautiful complex complete with an outdoor hot-spring pool and health centre.

While the hot springs are the biggest attraction, there are others in this year-round resort: backpacking in the Rockies, tennis and golf at the nearby country club, skiing on Panorama Mountain 32 kilometres away, and, for the adventurous, helicopter skiing on the Bugaboos.

Fairmont Hot Springs Resort is 32 kilometres South of Radium on Highway 93-95.

This family-oriented resort offers a variety of activities. For children, there are playground programs, hayrides and cookouts. For everyone, there is tennis, golf, hiking, and three large swimming pools fed by hot springs.

In the winter, this year-

round resort also offers skiing.

For a different style of relaxation, pack up your fishing rod and head for Painter's Lodge and Fishing Resort in Campbell River, home of the tye salmon.

Off Vancouver Island's Highway 19, Painter's Lodge lies on a bit of ocean shore. The best salmon fishing anywhere is right here.

This is the place for those who love the sea, fishing, beachcombing, and ... total relaxation.

Further south on the "Island Highway" is Island Hall at Parksville.

This popular tourist retreat keeps bringing "em back, every year."

It is more of a family resort — a summer haven.

There are safe, sandy beaches, clamming, tennis,

indoor and outdoor swimming, and complete dining facilities.

And now, how about a ranch holiday? There are hundreds of guest ranches, just as there are seaside resorts, and hot spring spas.

But the key word is "pamper". Is there, therefore, a luxury guest ranch? Sure. 108 Lodge, just north of 100 Mile House on Highway 97.

There is swimming in the heated pool, tennis, golf, and horseback riding.

And, for the visitor searching for a total retreat ... in the wilderness? B.C. has scores of fishing and wilderness camps offering room and board for fly-in guests.

Much of the province's north and west coast is uninhabited and inaccessible by road, thus offering a sanctuary to wilderness-loving souls.

Is it possible to find wilderness retreat that is luxury resort? Yes, from Good Friday to Thanksgiving Day, this is the season for the Clayquot Lodge on Vancouver Island's west coast.

This historical lodge, offering only six luxury rooms, is located on a private, 56-hectare island just off Tofino. Privacy is thus guaranteed.

B.C. has the greatest variety of luxury resorts to pamper oneself. And it is said that if a tourist cannot find the type of resort he is looking for in B.C. the world does not have it!



FAIRMONT HOT SPRINGS, a family-oriented resort in the Kootenays.  
Tourism B.C. Photo

## A Step In Time

If 'time' travel intrigues you, simply step back 150 years to British Columbia's earliest days.

You can make this trip by visiting Fort Langley, 40 km. east of Vancouver.

Fort Langley's wooden palisades enclose a replica of one of B.C.'s earliest Hudson's Bay Company fur-trading posts. Old plans, photographs and drawings were used to reconstruct the block, wooden buildings as accurately as possible.

Visitors to this national historic park can explore the store building, where Indians might once have bartered for the white man's trade goods: gleaming knives, axes and rifles; fat, black cooking pots; vari-colored hanks of beads;hardtack and wooly, trade blankets.

Another reconstructed building houses the cooperage, where bewhiskered workmen make barrels like those once used to pack salted, Fraser-River salmon for shipment to the "Sandwich Islands" or to send

delta-grown cranberries south to California — at \$30 a barrel.

At the top of the slope, overlooking all activities within the palisade, is the Big House — home of the Chief Trader.

The offices and living quarters there are furnished with the simple, wooden furniture of the period, while the second floor houses an absorbing historical display.

It was in Fort Langley's Big House that British Columbia, officially came into being.

Today's Fort Langley is actually the fourth Fort of that name.

Ground for the first Fort was cleared in the summer of 1827 when 25 HBC men came north from Fort Vancouver on the Columbia to set the Fraser's riverbank echoing to the sound of busy axeblades.

The defensive palisade and bastions were quickly raised against the threat of Indian attack.

By late November, a storehouse and living quarters were completed, the flagpole raised and the out-

post formally christened.

In 1839, the Fort was moved several miles upstream where better farmland had been found.

But only a few months later, this new Fort was destroyed when the forge fire got out of control and left only "trade goods, a bundle of furs and seven barrels of salmon ... rescued from the flames".

Construction of the third Fort Langley began almost immediately on a rise overlooking McMillan Island. This fort was sold in the 1880's. And by the 1920's, when interest in the historic site revived, only the store building was still standing.

But the reconstruction has been well worthwhile, for Fort Langley played a vital part in B.C.'s history.



The name Isaac means laughter.

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Every few weeks you'll receive this bonus on what we're calling "Discount Days" at your Service Station. On Discount Days our pump prices will be lowered 3¢ below our normal low price of gasoline. The more you fill up at your station the more Discount Days we'll be able to offer you.

Let's get the snowball rolling! You can't go wrong! Watch for our future announcements for Discount Days!



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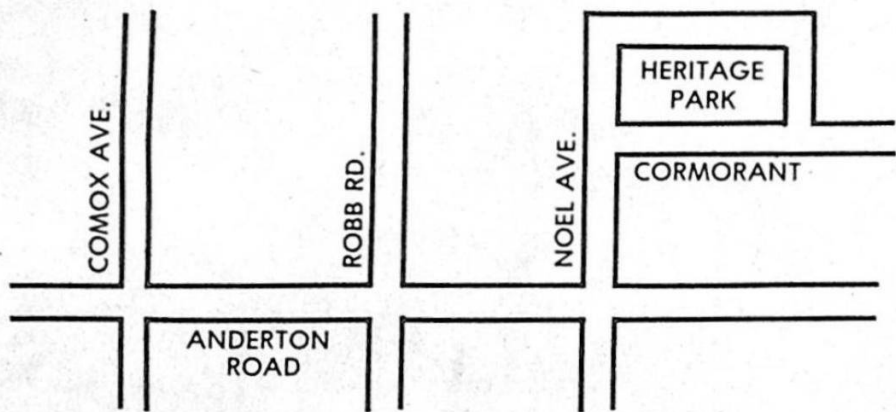


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**\$48,430.00**



1186 Sq. Ft.  
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1408 Sq. Ft.  
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1408 Sq. Ft.  
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**\$47,467.00**



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**\$39,835.00**



1350 Sq. Ft.  
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1055 Sq. Ft.  
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... getting the lowdown ...



... so that's Chinese music ...



... meeting the champions ...



... meeting the Navy ...

## EX MAY DAYS

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 A rod and reel combination anyone can use. Zebco easy-casting spin-cast reel with powerful spring ratchet drag system. Easy-change, non-corrosive spool, prefilled with approx. 75 yds. of 10 lb. test line. The reel is matched with a 5' two-piece light-action fibreglass rod. A dependable freshwater fishing outfit.

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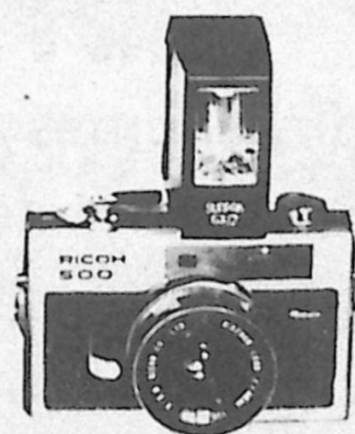


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