



# TOTEM TIMES



Death And Taxes Are Inevitable, But Death Has The Decency To Collect Only Once

VOL. 20 - NO. 11

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 1, 1978

## The Cudmores

### Family Of The Year

## IMBALANCE

### ...A Dangerous Trend



Meet the Cudmores...Family of the Year at Wallace Gardens for 1978. Wayne and Marcia, with children Michele and Chris, call Edmonton home, but have spent the last three years in the Comox Valley. Besides putting in a full day at the Dental Clinic, Wayne is currently involved with arrangements for this year's Cub Camp and is presently

Treasurer for the Boy Scouts Group Committee. Wayne helps out a great deal with the Squirts Softball, and is a former PMQ Councillor.

Marcia handles the Concession at the AMU for the Protestant Ladies Guild, she initiated and directs the Ladies Keep-Fit program at the Base Recreation Centre, she is very active with Brownies, and if all that isn't

enough, Marcia also teaches Sunday School.

Where you find parents such as the Cudmores involved in the community, you will also find their children equally involved. Michelle, aged 8, and Chris, aged 6, are involved in Brownies, Beavers, skating, baseball, and swimming. Both Michelle and Chris attend Airport School.

The Cudmores are the type of family that make a community go.

Unfortunately, we will lose this fine family during the summer as they are posted to Baden, Germany. On behalf of the Mayor of Wallace Gardens, PMQ Councillors and all the residents, good luck on your posting and many congratulations on being chosen PMQ's Ideal Family.

Stoeckl Photo



**HONORARY DIRECTOR:** Lt. Gen. W.K. (Bill) Carr, Commander of Air Command, receives an honorary director award in the Canadian Aviation Hall of Fame from director and famous Canadian bush pilot Stan McMillan, during ceremonies at CFB Edmonton recently. Gen. Carr who retires from the Canadian Forces in August after a career spanning 37 years joins other famous aviators like Claude Taylor, president of Air Canada, and Ian Grey, president of Canadian Pacific Air, as honorary directors of the Aviation Hall of Fame.

### Queens Jubilee Medal Recipients

YOUR PICTURES ARE AVAILABLE  
Drop over to the BPIO's Office  
and Pick Yours Up.

## Merit Awards Announced

F.A.C. Piddington and P.D. Meakes of CFB Esquimalt, B.C., earned \$1,000 and \$750 merit awards respectively through the Incentive Award Board of the Public Service of Canada.

Employed with the Naval Engineering Unit, Pacific, they are cited for their dedicated effort in developing and implementing the Canadian Forces' Test Equipment Maintenance

Management Information System (TEMMIS). TEMMIS is designed to support all levels of management concerned with test equipment. Data is collected at the calibration technician level, and a useful feedback of information to the technician provides accurate data collection.

Master Corporal R.E. Tidmarsh, 40, of Fort Erie, Ont., with the Aircraft

Maintenance Development Unit at CFB Trenton, Ont., is \$1,500 richer through the merit award system of the Public Service of Canada.

He is cited for his unusually high performance over an extended period of time and his work which assisted in the successful completion of major projects.

One noteworthy contribution was his development of a drogue chute collar.

## Remembering

The annual Battle of the Atlantic memorial services, commemorating the 2,709 Canadian dead and 24 warships lost in the Second World War were held in Ottawa Sunday, May 7 at the National War Memorial.

Navy veterans and representatives from the Canadian Forces, the Naval Officers' Association of Canada (NOAC), the Ottawa-Hull Naval Association (OHNA), the Navy League of Canada and the ship's company of H.M.C.S. Carleton, Ottawa's Naval Reserve Unit, attended the ecumenical service and wreath laying ceremony.

Following the sounding of the Last Post at 11 a.m., wreaths were laid by Rear Admiral Daniel N. Mainguy, Chief of Maritime Doctrine and Operations at National Defence headquarters, Captain (N) J.N. (Mack) Lynch, (ret'd) of the NOAC, Mr. Amie Dorin of the OHNA, Mr. Whiteley J. Eastwood of the Navy League and Mr. Arthur Sleaf of the Royal Canadian Naval Association.

The parade was composed of a color party, the HMCS Carleton band, NOAC and OHNA veterans, men and women of HMCS Carleton and Sea Cadets from local and regional corps. It was commanded by Lieutenant-Commander John G. Daniels, executive officer of H.M.C.S. Carleton, and Rear Admiral Mainguy took the salute.

H.M.C.S. Carleton has a complement of 220 officers,

men and women. Commanding officer is Lieutenant-Commander Robert N. Baugniet.

The Battle of the Atlantic, which was waged throughout most of the war, was a battle in which the Royal Canadian Navy was most directly involved.

From a tiny 1939 force of 11 warships and less than 3,600 men in Regular and Reserve service, the RCN grew by war's end to become the Allies' third largest sea force with a peak strength of 400 combat ships and more than 95,000 men and women. Its wartime convoy record included 25,342 merchant ships

In 1944 the Royal Canadian Navy was tasked with most of the responsibility for convoying in the North Atlantic.

**Editor's Note:** More and more of the western world is realizing that the ever increasing might of the USSR is fast becoming over powering. It is I think time for all of us to give some serious thought to the great imbalance that exists. The following quotes are from a recent address by General H.F. Zeiner Gundersen, chairman of NATO's Military Committee given at the NATO Defence College in Rome and they offer I think some food for thought.

### THE REASON WHY.

The great question today is why does the Soviet Union continue to increase her military strength? One cannot be certain of the answer but I can give you my opinion. Traditionally, the Soviet Union has seen herself in a hostile world and history has told her that military power was good and more of it was better. History has also told her, as it told Napoleon, that it is good to surround oneself with satellite states.

An atlas showing in colors the growth throughout the centuries of the Grand Duchy of Moscow of the 15th century to the Soviet Union of today would also be very revealing. She now believes that her position as a world power and her ability to spread the Communist dogma and to forward national Russian interests is enhanced by her military strength.

To us in the West, she appears economically uncompetitive, culturally and ideologically barren, but militarily very strong. As she sees it, however, greater influence in the world will now only be achieved through greater forces and through various devious partly subversive actions. These lines of approach are therefore likely to be her policy.

This is even more likely to be so since they are certain to

## William Tell ...For The Jet Set

**COLORADO SPRINGS** - Top fighter interceptor teams from U.S. and Canadian forces will compete in a worldwide weapons meet at Tyndall Air Force Base, Fla., next fall.

Called "William Tell," the meet is held every two years under sponsorship of the U.S. Air Force's Aerospace Defense Command at its Air Defense Weapons Center at Tyndall.

Teams entered in William Tell '78 will be picked to participate in the following categories: Category I for F-101 Voodoo fighter interceptors; two Air National Guard teams and one from the Canadian Forces Air Defence Group.

Category II, F-4 Phantoms: teams from U.S. Air Forces in Europe, Tactical Air Command, Pacific Air Forces, Air Forces Iceland, and the Air National Guard.

Category III, F-106 Delta Darts: two Aerospace Defense Command and two Air National Guard teams.

In addition to category winners, a "Top Gun" award will go to the aircrew that scores the highest in a special mission profile. "Top Scope"

honors will also be presented to the weapons controller who accumulates the highest overall point total.

This year for the first time, teams will be pitted against POM-102 drones in addition to regular missile firings against subsonic and supersonic Firebee drones.

The 102's were once F-102 Delta Dagger interceptors that have been reconfigured for drone use. They offer improved experience against high performance aircraft.

For added realism, the weapons firing evaluation will take place in an active air defense environment provided by electronic countermeasures-equipped fighters and chaff dispensing EB-57 Canberras.

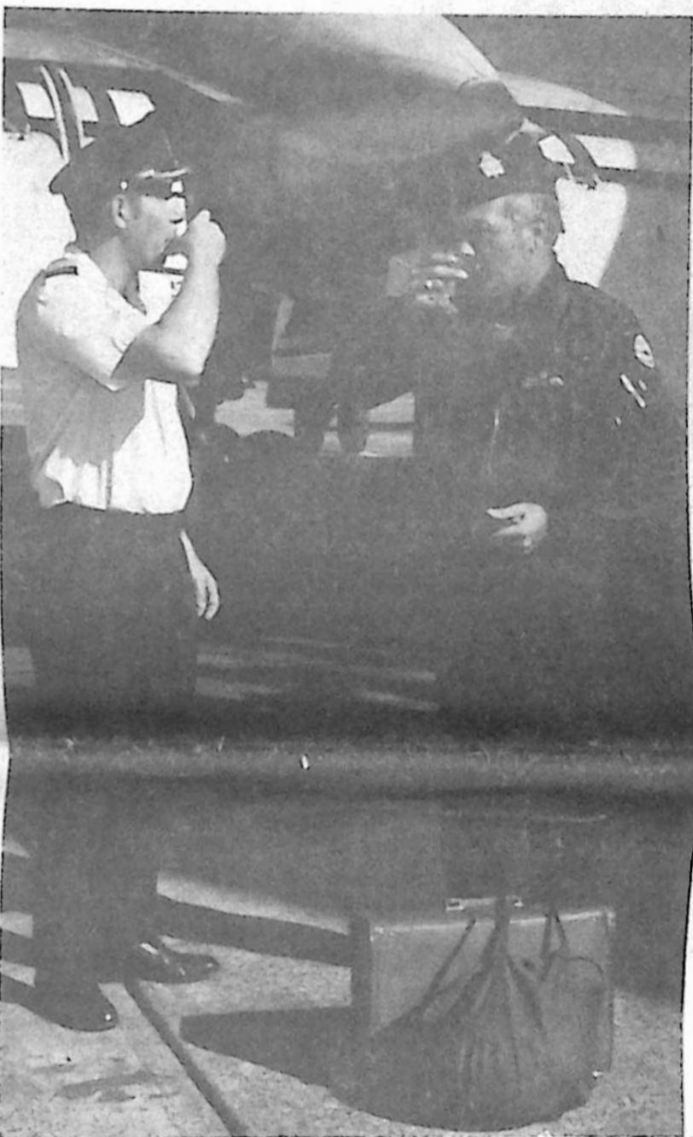
The competition gives air defense units an opportunity to function under simulated combat conditions and tests the proficiency of air defense operations.

It is also an evaluation of U.S. and Canadian weapons systems and tactics and gives the two nations of the North American Air Defense Command alliance a firsthand view of air defense readiness and capabilities.

pursue both Russian aims and communist aims which I submit are invariably synonymous. That her policy will extend to the use of those forces on the grand scale seems unlikely as long as NATO retains forces which make war an incalculated high risk. But, the use of these forces indirectly in flank areas, on land or sea, or beyond, is a possibility. The weakness of my argument is, of course, that it assumes the Russians reason the same way as we do. That may not be the case.

There is therefore always some scope for uncertainty regarding their intentions and lines of approach to problems. This, of course, is the reason why we must look at their capabilities and not ponder too much over their intentions, since we do not know if they perceive things in the same way as we do. We must also not forget that they are chess players, used to thinking very far ahead.

(Continued on page 3)



Base Photo

**TEN GRAND AND COUNTING** - WO Jack Maw gets a sip of the bubbly after completing his 10,000th hour. WO Maw was met by Chief Demon LCol. Konings and presented with a 10,000 hour award, as well as the well done toast.

## Halifax ...Some Changes

Plans for the construction of a new building to house the Canadian Forces' Maritime Command headquarters in Halifax were announced in Ottawa May 8.

Defence Minister Barney Danson said that the new facility, which will cost approximately \$11 million in today's dollars, will replace eight buildings in three different areas now being used as the headquarters. They were built prior to and during the Second World War.

The present headquarters set-up is functionally inefficient. Consolidation is required, but the existing main building is not large enough to permit this. Further, it is not structurally suited to the highly sophisticated communications and operations equipment required in a modern fleet headquarters operation.

The new complex will have 160,000 square feet of office space and house some 750 personnel. It will be built in the Dockyard area, considered the most economical

and operationally effective site available in the Halifax area.

Construction is due to begin next year and will be completed in 1982.

The new headquarters building is part of the major re-development program now underway at CFB Halifax.

A 100-bed Canadian Forces regional hospital will be built in Halifax at a cost of \$10.4 million in today's dollars, it was announced May 8 in Ottawa.

Defence Minister Barney Danson said that the construction is expected to create an additional 200 work years over the period 1980-82.

The existing hospital building and facilities, built at HMCS Stadacona in 1942-43, are obsolete, overcrowded and cannot be economically renovated to meet the demands of a modern hospital operation.

The new hospital will provide definitive in-patient care and surgical facilities as well as an out-patient department.

## Off And Running ...To Parkville



Base Photo

**THEY RAN FOR BIG BROTHERS** - Last Saturday the guys did the Courtenay to Parkville thing, all down the good old Island Highway by foot. Head slogger, George Scholer, led the way with a double dose of 10 miles. The 5 milers included Joe Hopkins, John Bryson, John Stevens, Brian Maddex, Gary Holt and Gord Kruger. A big thanks goes out to the guys and also to Graham Barclay...Head Honcho of the local event.

**Next Totem Times  
Deadline  
Mon. June 12  
PLEASE MEET OUR  
DEADLINE**

# Section News

## Demon Doings Nighthawks Nest

The softball season is upon us. Once more the mighty sluggers from among us Demons will step up to the plate and do battle. The team needs players and support, so come on out to the games.

Crew Two was busy up in our north land, showing the flag, counting wildlife and spraying oil over thousands of square miles. Who says the Territories have very little pollution; an Argus has flown over it many times.

The other day it seems that one member of Crew Two whose initials are Doug Gearing, had a little trouble finding the right airplane and was getting set to start the wrong one by himself when the search party found him.

Crew Three paid a visit to Nas Moffett under the skillful leadership of Don Snoddy. Don thought he had everything under control until the crew landed and began their long wait for Customs. One hour later the crew disembarked under the watchful eye of a big M.P.

who had made sure that no one left early. And who was late when Crew Three arrived back in Comox? Customs struck again.

It's suspected that Dave Johnson "got it right" on the past weekend when he did a VPCC check. He had done one the previous weekend and the VPCC did alright. However, Dave had to do it all over again last weekend. Another check is not scheduled for a while so Dave must have improved.

Has anyone seen Capt. Winterburn? It seems he came back from a trip to hold a standby and was off again. But it's odd, not one person heard a complaint. Everyone did. Hope you have a good time, Gale. Just remember, it builds character.

Capt. Shurson and Capt. Winterburn have been sentenced to three weeks hard labour in Halifax. The camp operates under the code word ADAC, but that doesn't fool anyone. What does a demon do for a living? Chase submerged bodies, of course.

The Maple Flag exercise which was held at CFB Cold Lake over a four-week period came to an end on 19 May. During the exercise most members of the Nighthawk Squadron were able to participate and found it to be a valuable learning experience as well as an enjoyable one.

Two sorties were flown each day which involved air defence missions against A-7's, A-4's, CF-5's, CF-104's and F-15's. Major Dave Koski was the detachment commander and spent all four weeks at Cold Lake ensuring things went smoothly and maximum value was achieved from each mission.

Although only five ground crew were deployed at any one time, they did excellent work keeping the aircraft in the air. Corporal Chris

Hosford, who spent the entire time at Cold Lake, managed to get his first ride in a 101 on the return trip to Comox.

Knock seemed to be the most popular part time during non-flying periods, at least during the last two weeks. As well, crud had its share of enthusiasts. It is hoped that Maple Flag exercises will become permanent and that the Nighthawks will be able to continue to participate.

During the evening of 17 May the Flight 409th took part in the flying portion of a four-day Vigilant Overview. Although the Nighthawks were ready to fly, there was less action than hoped for.

The long weekend was a busy one for air shows with 409 participating in three. The first one was held at Fairchild AFB, Washington on Sunday, 21 May. It seems that the two

crews flew into a minor problem obtaining permission to land at the airfield due to it being closed for an air show practice. The word from the aircrew is that the NOTAM closing the airport was not issued until after they were airborne and well on their way.

However, the airfield opened long enough for the aircraft to land when ATC was informed of a decision to land at Spokane International. After the air show, the Voodoos were flown to Namao for their air show which was held on Monday. After Namao, Doug Evans and Ray Harpell returned to Comox while Rick Zvyvitski and Charlie Gladders proceeded to Cold Lake.

On Tuesday, Doug was on his way to Cold Lake with Dave Taylor when word was

received that they were to return to Comox as a result of the Voodoos being grounded. Ziffer and Charlie were able to do the Static Display and return home the following day.

The Voodoos were back flying by Thursday morning, however valuable ECM training against 414 Falcons, who were out from North Bay for the week, was lost.

During the long weekend a T-bird shuffle was carried out in Colorado Springs. Due to a Comox aircraft going U/S down east, a North Bay T-Bird was borrowed to return to Comox. Bruce Arnold flew to Colorado Springs to exchange the T-Birds with LCol. McAffer as well as pick up George Wissler who flew down with the Colonel from Winnipeg.

On Monday the 22nd,

George was travelling again. This time he went back to Winnipeg with Kent Smerdon. George has been the interim test pilot at DLIR for the past few weeks while the regular test pilot was away on course. Kent was in the Peg to have a HAI refresher as was Jake Jacobson who arrived via service air from Edmonton where he spent the weekend. Both Kent and Jake returned to Comox on Tuesday well refreshed.

Since the Tutors were grounded, Jim Reith and Pete Wittich came back from Moose Jaw to do some flying with 409. Although Jim has not had much opportunity, Pete was able to head south to McClelland AFB, California on a target trip with Major Frank Martin, Bill Cleland and Andy Dobson. Before returning, both Frank and Pete drove to Reno to try their luck at the tables.

Last week, the head Nighthawk drove down to McChord where he attended a Commanders Conference.

Major Bob Pomerleau spent a couple of days in Vancouver last week, during which time he took the salute for an Air Cadet annual inspection.

This last weekend was another one for air shows. Doug Evans, Trev Wallace, Lance Dann and Mel Felts, left for Winnipeg on Friday. Doug and Trev did a fly past

at Sioux Lookout on Saturday and the air show in Winnipeg on Sunday. Lance and Mel were the Static Display aircrew.

Major Wes Allen and Rich Littler are presently in North Bay making necessary arrangements for their postings to the Bay later on this summer.

After just completing a month-long deployment in Cold Lake, the Nighthawks are off again. This time they are deploying to Tyndall AFB, Florida to participate in a live firing exercise used to ensure that the aircraft weapons systems are operating properly. The exercise will last three weeks.

Colin Hay, who is responsible for the servicing aspect of the deployment, flew down early last week with the ground support personnel to arrange the necessary servicing requirement. The ground crew at Comox were kept busy getting the Voodoos back in the air following the grounding and ensuring that they were ready to send to Tyndall. The first four crews left for Florida on Friday.

The Nighthawks welcome Captain Bill Books, navigator, and Corporal Gord Boddy, CAC operator, to the Squadron. Bill arrives from Air Command in Winnipeg and Gord from North Bay.

## ATC News

Exercise Vigilant Overview went over fairly smoothly except for an Argus who aborted on the runway when a Voodoo with an emergency was about 6 miles on final. It was a little hectic (to say the least) for a few minutes but everything worked out OK.

About the only other interesting thing occurred when Proof 92 went on a local IF training and had a stuck mike button. We didn't know that pilots knew so many colorful words.

Capt. Dave Barney checked out in the Tower last week and is taking over Tom Evers' shift. Tom and his family left for Moose Jaw last week and will be missed by the entire section.

Upcoming departures include Cpl. Jean Gauvin who is leaving Comox and the CAF for civvy life in Sherbrooke, P.Q. Also, Cpl. Al Munday is being posted to Victoria on 12 June for an interesting and challenging job at the Rescue Co-Ordination Center. By press time, plaques and Gravel Pit scrolls should have been presented to both.

Cpl. Debbie Edwards and husband, MP John will be posted to North Bay to become "Northerners" with the condition that they learn to love Dorans Northern Ale.

The section campers were at it last weekend with the Brooks, the Kempes and the Kirschners on Hornby Island. Capt. Bernie Murphy was also out but he and a couple of 409 types ended up doing some "treasure hunting" in one of the Upper Campbell lakes. For further information, contact Bernie at local 216.

The section hockey jackets finally arrived after mumbles of fraud, we've been taken, and just financed Evers' next Hawaiian trip.

The Golden Balls Golf Tournament was a great success with Eric Munroe and Pierre Brabant winning the big award. It was nice to see all the Telecom and Navaid types in attendance.

Finally, remember these people, they used to belong to us last year...Neilson, Harrington, Cave, Kyashko, MacIntosh, Pettigrew, Fisher, Morrow, Pilon, Malcolm, Flanagan, Pacowski, Laliberte, Cumming, Darling, Lester, Wade, Fader, Parker. Hard to believe but true.

Volunteer needed - Keen body, male or female to take over writing ATC NEWS on a regular basis. Has to be warm, breathing and able to hold a pen, chew gum and talk to A C at the same time. Pay to be announced.

## Another Firehall First

Once again we have a first. It's graduation time at the Fire Hall. Recent Grade 12 equivalency exams have produced ten Grade 12 graduates. Congratulations to:

Stan Johnson Doug Reid  
Larry Bourdon Ed Neufeld  
Don Reiser Laverne Asselstine  
Malcolm Caines Dennis Dore  
John Evans Brad Gurmin

Gown and Cap ceremonies will be held in front of the Fire Hall for the distribution of Certificates. Kool-Aid and cookies to follow.

## Inholding Donated

A significant inholding in Cape Scott Provincial Park has been given to the people of British Columbia, Sam Bawlf, Minister of Recreation and Conservation was pleased to announce today. The land is located in the northern portion of the park and includes waterfrontage on Nels Blight.

The Nature Conservancy, an agency headquartered in Arlington, Virginia, dedicated to the preservation and protection of wilderness lands, acquired the land from its previous owner and then donated it to the Province of British Columbia.

The Nature Conservancy of Canada is affiliated with the Nature Conservancy. It was through their efforts that the initial contact was made with the Nature Conservancy people which culminated in the donation of the Cape Scott lands.

## Secretary Serves Five CO's



MRS. L. KIRKER, POSTED FROM 407 -- On April 28, 407 Squadron lost its longest serving member when Mrs. Lorna Kirker was posted. The good news is that she has only moved as far as the BISO's office. Mrs. Kirker came to 407 as Commanding

Base Photo Officer's secretary nine and a half years ago on November 1, 1968 from Base Supply. She has served five Squadron CO's with her efficiency and sunny disposition. Best wishes Lorna, from your Demon Fan Club.

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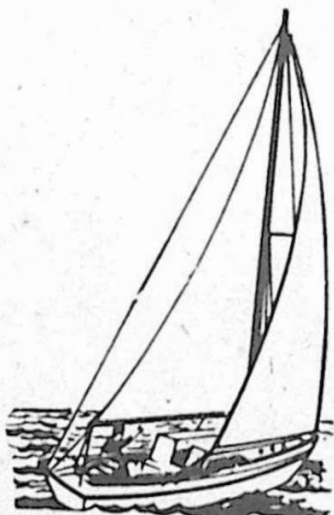
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## Marsh World



**WHITE-TAILED or VIRGINIA DEER (*Odocoileus virginianus*)** — This attractive animal invaded the Canadian prairies during the nineteenth century, following settlement in these regions. The open range, plentiful with poplar and willow bluffs, provided ideal habitat for the deer. Today, they are extending into the northern forest regions. White-tails remain hidden for most of the day, feeding in evening and early morning on twigs, buds, leaves and fruit. Their numbers fluctuate greatly due to disease, predation and starvation. During winter they often seek shelter in thick growths of tall marsh cane.

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# 409 Sqn Excels in Norad Competition

Thursday, June 1, 1978

CFB Comox Totem Times 3



**PERFECT TOOLBOX** -- Sgt. Ian Black of CFB Comox readies a 409 Sqn. toolbox for inspection at the annual NORAD weapons loading competition at Tyndall AFB, Fla. in early May. Out of 2,500 possible points, a perfect toolbox is worth 200, and that's what the 409 Sqn. four-man team of weapons-loaders achieved.



**COMOX WEAPONS-LOADERS REPRESENTING 409 "NIGHTHAWK" SQUADRON** race against time to arm an F-101 interceptor within the 22-minute mandatory time limit. They made it with seconds to go on their first load to achieve a perfect score of 1,000. Minor technical problems delayed

completion of their second and final load and they ran half-a-minute overtime. The four-man team achieved top score on the written technical test and overall finished second out of six load teams competing in the F-101 category. They were the top-scoring Cdn. team.

## Severance Pay or Rehab Leave

This is one person's thoughts and views on this perplexing decision that faces one at retirement.

First I must say that rehab leave is preferable if, by not taking rehab leave, you end up being assessed a penalty on your pension cheque.

After reaching the no penalty on pension time in service, the following assessments should be made:

- A. How much is my pension if I take severance pay?
- B. How much is my pension if I take rehab leave?
- C. How much will I get as a lump sum in 'Severance Pay'?

Once you have these figures, then you can make a judgment on the best way to go.

The following is from a discussion with a serviceman retiring after more than 25 years service. The difference in his pension going route "A" or "B" is approximately \$50.00 per month or \$600.00 per year. His severance pay would be approximately \$10,000.00. If he placed the \$10,000.00 into an RRSP at 8 per cent, he could earn and remove from the RRSP the annual sum of \$800.00 (\$66.66 per month). Therefore, taking severance pay, he could increase his monthly income by \$16.66.

The next observation I would make is that indexing on the \$50.00 would begin at the magic figure of 85. But I would say that the extra received prior to that time would more than offset the indexing.

The final kicker to this whole subject is that after 5, 10 or 20 years or up to age 71, the \$10,000.00 is still available to the pensioner to do with as he or she wishes.

Rehab leave or severance pay? Severance pay most definitely, if you have no retirement penalty to face.

E.H. Rick Kellow

## Smoke Detectors

The first phase of a nationwide project to install smoke detectors in married quarters has been completed at Comox. Yes folks, we'll be installing more smoke detectors at a later date to provide you with additional protection.

There have been many instances lately where our CE electricians, on the information provided by the occupants, have removed and replaced existing smoke detectors only to find on checking them out in the shop that the units were fully serviceable. This is a terrible waste of our tax dollars! Let's face it -- if you lived downtown and had a smoke detector that was acting up, would you rush to phone a repairman for a service charge of \$25? No, I guess not! Instead you would try to determine what was activating the unit and rectify the situation yourself.

The following user guidelines are provided so you can live 'peacefully' with your smoke detector. If you have a smoke detector that emits a very low hum continuously, or the red light is off, then call the Work Reception Clerk at local 234. If your smoke

detector is activated by cooking steam, smoke from the broiler, cigar-cigarette smoke, steam from the bathroom, etc., etc., it may be annoying but it shows the alarm is working.

To prevent setting off the alarm unnecessarily when cooking learn to confine steam and greasy fumes by closing the kitchen door and opening the window slightly;

if in some cases the detector is located near the bathroom and is set off when someone has just had a shower or bath, a suggestion here would be to close the bathroom door and open the window slightly till the steam dissipates.

When the detector is set off at intermittent periods from an identifiable cause then it's working as it should and the occupant can rectify the

problem by eliminating the cause. If the detector is operating continuously then it most likely is at fault and needs to be replaced.

It is hoped that the foregoing information will assist all married quarter occupants to adjust to this new condition which was brought about to assure better protection for you and your family.

## Swim Course

Experienced Red Cross swimmers who would like to become instructors are invited to register for a Red Cross and Royal Life Saving Society instructor school which starts on June 26 in Courtenay.

The six day course will be held at the Comox Valley Sports Centre, Pool, June 26 to July 1, inclusive.

Successful candidates will be certified as instructors for both the Royal Life Saving Society and the Red Cross Water Safety Service, and will be qualified to teach in their community's aquatic program.

Candidates must be at least 17 years of age and must hold the Red Cross Water Safety leader award. Candidates over 20 years of age who do not hold the leader award may apply as mature students if they hold a current bronze medallion.

All candidates must pre-register. Forms are available by calling or writing Red Cross Water Safety Service, 4750 Oak Street, Vancouver, B.C. V6H 2N9; or by contacting Al Alyward, Pool Manager, 4780 Headquarters Road, Courtenay, B.C., phone 334-2458.

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

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3 bedroom, split level home, close to schools & shopping. Fireplace, wall to wall carpets. Drapes, stove and fridge. \$300. per month. Available 1st or 15th July. Phone 338-8832.

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#### FOR SALE -- BY OWNER

4 BR home -- L.R. DR, large kitchen, fam. rm., HW floors, 2 baths, 2 fireplaces, carport, deck, large lot, apple trees, Elm Ave., Comox, \$54,900. 339-5152.

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Choice home in choice location. Located by Woodcote Park, close to schools, approx. 6 miles from CFB. 1 1/2 bathrooms, 3 bedrooms up, 2 down in full basement, 2 fireplaces, carport, garage c w workshop. Over 6 inches of insulation in attic. House just repainted. Phone (604) 338-6139 or write: A.E. Wilson, 1180-17th St., Courtenay, B.C., V9N 1Z7.

for sale

"Posted to Ottawa? Available July 1, attractive, spacious 3-bedroom condominium, end unit next to large field. Close to schools, shopping centre, buses. Carpeting, refrigerator, stove, dishwasher included. \$38,200. Phone 1-613-745-0487 or write Maj. S. Hill, 2166 Loyola Ave., Unit 138, Ottawa, Ont. K1J 8H5."



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(2) CANOPIES For Small Pick-up	\$295
(1) CANOPY For 1/2-Ton Pick-up	\$250



CHALET MOTORS

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## Imbalance

(Continued from page 1)

### THE TRIAD

What do we need to implement our strategy? Well it has become known as the Triad, three components, conventional forces, theatre nuclear forces, and strategic nuclear forces. Each element of this Triad is a separate entity but it is the intricate linkage that binds them together to make a whole which gives reality to the strategy. Each one of them must of course be militarily credible for its purpose.

The conventional forces must be properly manned, equipped and trained and able to meet aggression flexibly, whether at the level of intimidation, local incursion, or of limited or large scale conventional attack. The size of force required to meet these criteria is a basic question which NATO and the nations find hard to answer.

Broadly speaking, three options are open. First, a conventional capability able to deal with the full weight of conventional forces that could be thrown against us.

Secondly, an intermediate capability able to deal with limited attacks or with larger attacks for a short time. Thirdly, a capability which would be a little more than a tripwire. Well, the first option is low risk but so costly in manpower and financial terms as to be seemingly politically and economically impossible. The third option is low cost to maintain but of such high risk as to be politically unacceptable.

Inevitably conventional force levels lie somewhere in between. In the view of the

military, far too close to the high risk zone, but in view of some, the best we can afford, a point of view which seems to ignore the reality of the risk.

However, whatever one's view may be, we do have, and I am fortunate in that I frequently see them, strong, well-motivated, well-trained and equipped conventional forces who have done much to keep the peace in Europe for over thirty years. I think, and many agree with me, that we need more but that should not stop us from being proud of what we have.

I now come to the theatre nuclear component, the second element of the Triad. It is an indispensable and powerful element of deterrence or, if war should come, of repelling a full scale sustained attack. It is the means by which the conventional forces will be aided in countering the attack and a sure sign of our determination to escalate if this is necessary. But resort to all-out nuclear war is not inevitable.

If tactical nuclear weapons are to be employed, firm control must be exercised and an appropriate number of weapons used. Clearly no-one can be sure that a further escalation will not occur after a first use of nuclear weapons, but it is, in part, this uncertainty which enhances the deterrent effect. One more point on this. Do not forget that it is implicit in the strategy that tactical nuclear weapons are there to be used to halt hostilities and force the enemy to withdraw.

Finally, we need the third element, the ultimate strategic deterrent. It is, and

it has to be, an invulnerable retaliatory capability that will inevitably inflict an unacceptable level of destruction. It is the basis of our whole strategy, showing as it does our determination not to capitulate. It is probably the main element in the successful preservation of peace in Europe since 1945.

Here, I want to make just a final, and I think most important, point on nuclear weapons. Unlike any other weapon system, they are -- and must be -- under the strictest political control. Their first use, be it strategic or theatre, would be a political decision of the greatest magnitude. Indeed it would be the most difficult and far-reaching question ever contemplated by man kind. It would be an unmistakable indication to the aggressor that a continuation of hostilities may lead to doomsday. In other words, war from that moment could only be of a fundamentally different nature.

### AVOID TEMPTATION.

The Soviet Union is now in a position to make her presence felt on all the seven seas and with her submarine force to pose a very real and significant strategic threat to NATO's control of our lifelines across the Atlantic.

On land and in the air, the Soviets have modernised and replaced their weaponry on a greater scale and more quickly than the Alliance has been able or willing to match. If action is not taken to reverse this trend, and a significant further increase in this imbalance occurs, coupled with real Warsaw

con't from page 1

Pact strategic and tactical nuclear superiority, then the Soviet leadership might reach the conclusion that their aims would best be achieved by the use of force. The temptation would be there and the pressures from their military leadership to use the mighty weapon which they had created could also be there. It is a situation which I am convinced we must avoid. MBFR and SALT are ways of doing it which must be pursued, but improvements in NATO force capability are necessary as well. The degree of improvement is often misunderstood. I am not suggesting a huge expansion of our forces, or that we should become contestants in some modern day arms race.

What I do want is to be sure that we never find ourselves in a position where we know that in order to stop aggression we will have to use nuclear weapons almost immediately.

In such circumstances, no-one could predict the outcome but one could be reasonably certain that it would entail the deaths of millions of innocent people and the destruction of vast tracts of both eastern and western Europe.

In the eyes of the Soviet leadership, we must be both now and in the future sufficiently strong in all three elements of the Triad as to make war an unacceptable risk to them; and when I say strong, I am speaking not only of the need for visible military strength, but also of the need to demonstrate the continuing political will to resist aggression or any other form of pressure

# Editorials

Stu's View

## Unfit To Print

If Bill Bissett's poetry is worthy of public support, appreciation of art in Canada must surely have flourished in the mire of its darkest age.

The so-called poetry for which the Canada Council has given Bissett \$60,000 or \$70,000 of taxpayers' money is not worthy of being reproduced in this paper, or indeed any other responsible journal.

Oxford defines prose and poetry as having the quality of "elevated expression of elevated thought or feeling." In stark contrast, Bissett's work means nothing, says nothing and stands for nothing. To criticize it for being pornographic as many have is too kind; it is not that good. His work is noteworthy only by the fact that an adult actually wrote it and then has the incredible audacity to call it "art". For the Canada Council to finance Bissett with public funds can mean nothing less than artistic bankruptcy in our country.

Several members of parliament, including Hugh Anderson, doubt the value of Bissett's work and have questioned the propriety of providing taxpayers' money to Bissett and others like him.

In response Bissett charges that the average citizen or MP is not fit to judge his "art". If Bissett himself thought his work was of any value then he should have no fear of the public being his judge. Who else should assess the value of Bissett's poetry but the people who have to pay the price?

As for Mr. Anderson, "I may not be able to judge literary merit," he says, "however I do know when the taxpayers' dollar is being thrown into a cesspool".

Mr. Anderson's opposition to Bissett-style waste of public funds has been linked to censorship by those who probably have not read Bissett's poetry.

To cut Bissett off from tax dollars does not, by any stretch of the imagination, constitute censorship. Bissett is still free to write what he wants and publish what he can. If his "art" is worth as much as the Canada Council apparently believes, then he should have no difficulty in peddling it on the market, where the true test of its worth lies.

But Bill Bissett is not the person to blame. Certainly responsibility for this grotesque misuse of public funds rests squarely at the feet of the Canada Council, which according to Tom Cossitt not only finances crude poetry but also awards "public funds to extreme leftist-oriented organizations which advocate terrorism". Perhaps the time has come to take a serious look at the Canada Council.

It is a terrible and sad comment on our society when we can have disabled veterans and many pensioners living from hand to mouth, while at the same time crude and self-styled "artists" are laughing all the way to the bank with public money.

## USSR Problems At Home

Soviet family life is under increasing pressure -- and a lively new debate is under way here on what to do about it.

One marriage in every three now ends in divorce here, according to the latest statistics, triple the rate of 16 years ago. In Kiev, Moscow, Riga, and other big cities, the figure is estimated to be one in two.

And fewer divorced men get married again now -- 47 per cent in 1976 versus 55 per cent in 1967.

Not only is this causing hardship on adults and children (at least half a million children now are thought to be living in homes without fathers) but it is an important reason behind the drop in the national birth rate, experts say.

This in turn worries senior Communist party officials, who face a definite manpower shortage for the rest of the century. They must also greatly increase the percentage of Uzbeks and other Central Asians drafted into the armed forces, thus lowering the percentage of Russian stock.

A detailed new analysis of the rising divorce rate offers new insights.

The study, by noted sociologist Viktor Perevedentsev, advocates special new high school courses on such subjects as marriage, and family budgets, and keeping house.

A despairing letter from a woman in the weekly Writers Union publication Literary Gazette echoes many when it complains that husbands today seem to do little else at home but watch television, drink, and tell stories.

According to sociologist Perevedentsev, marriage in this country is going through a transition period. Men once headed the family. Now wives insist on equal rights.

Men don't want to give up their status; women rebel -- and "they are right," the sociologist argues.

He makes a point that other Muscovites talk about freely: since the vast majority of women work under the Soviet system, many of them bring home more money than the husband.

An engineer can get as little as 130

rubles (\$187) a month, whereas women who work as doctors (almost all doctors are women here), teachers (likewise) and in factories can earn more. Yet husbands traditionally do little in the home here.

Another sociologist, N. Solovyov, estimates that if a man's working week is 50 hours, then a woman's is 80.

Mr. Perevedentsev sketches this picture in a recent issue of Literary Gazette:

A young woman today is much more educated than before. Six of 10 graduates from technical schools or institutes are women. They are better qualified than young men their own age. Their standards are high.

Yet a woman is expected to run the home as well as her job. Her husband, under pressure from relatives, will not help. He starts going out with friends, drinking wine, meeting other women.

It is necessary to raise the younger generation in an atmosphere of equality between men and women, Mr. Perevedentsev believes.

According to a recent study in Kiev, the main reason for divorce there is alcoholism among men. Sixty-one per cent of all divorce applications there come from women, almost half of whom cite heavy drinking.

Mr. Perevedentsev wonders, however, whether drinking causes divorce or whether worsening marital relations causes drinking.

Overall figures for 1976, he says, include 861,000 divorces in the USSR in 1976, up from 270,000 in 1960. The rate has climbed from 104 per thousand marriages in 1960 to 332 in 1976.

In the United States, by comparison, the 1976 figure was 1.07 million divorces, more than one of every two marriages.

But old traditions die hard. Two years ago a book by sociologist E.K. Vasilyeva said between 15 and 30 per cent of women surveyed claimed to be heads of the families -- whereas the number of men who agreed that their wives were in fact the heads of their families was only 2 to 4 per cent.

Christian science Monitor

## Run For Your Life?

North Americans, swept by a running mania, are in danger of running themselves to death, just like the original Greek marathoner Pheidippides, says jogging advocate Arthur Lydiard.

"What worries me is that we're getting away from jogging, and we are producing a continent of competitive athletes. They may kill themselves," Lydiard said.

"People used to go jogging with their friends in the morning, have a shower and feel good later. Today you can lose yourself in a bunch of thousands of people..."

"Even if you have jogged for two years, you can still have a heart attack by pushing yourself too hard, too soon and too fast."

Lydiard, the 61-year-old New Zealand trainer of 10 gold-medal-winning Olympic runners and a pioneer in aerobic conditioning who runs 110 to 130 kilometres a week himself, was here to promote September's 43-kilometre Mayor Daley marathon in Chicago.

Lydiard drew large audiences at appearances in this running-mad city, where Mayor Michael Bilandic has promised to lead youngsters in 23 neighborhood mini-marathons.

The Daley marathon is expected to draw up to 10,000 runners.

Marathons are safer than short high-speed runs, says Lydiard, because few novices

try to run 43 kilometres too fast.

"You can go too fast for your own welfare, but you can never go too slowly. And you can still benefit from running slowly."

Lydiard views, many of the trends surrounding running, such as drinking defizzed soft drinks during races and loading up on carbohydrates a week before a race, as so much faddism.

But the cultish quality and commercialism of the running mania -- spawning satin running shorts, a crop of new runners' magazines and popular advice to meditate before races -- is all right, as long as it gets people running, said Lydiard.

The Sun



The element helium was discovered by British astronomer Sir Joseph Lockyer in the 1860s. He found it in the sun 40 years before it was discovered on earth.

## Nickel Bargains

In Thailand, the cost of a marriage licence has just been reduced from \$5 to 5 cents.

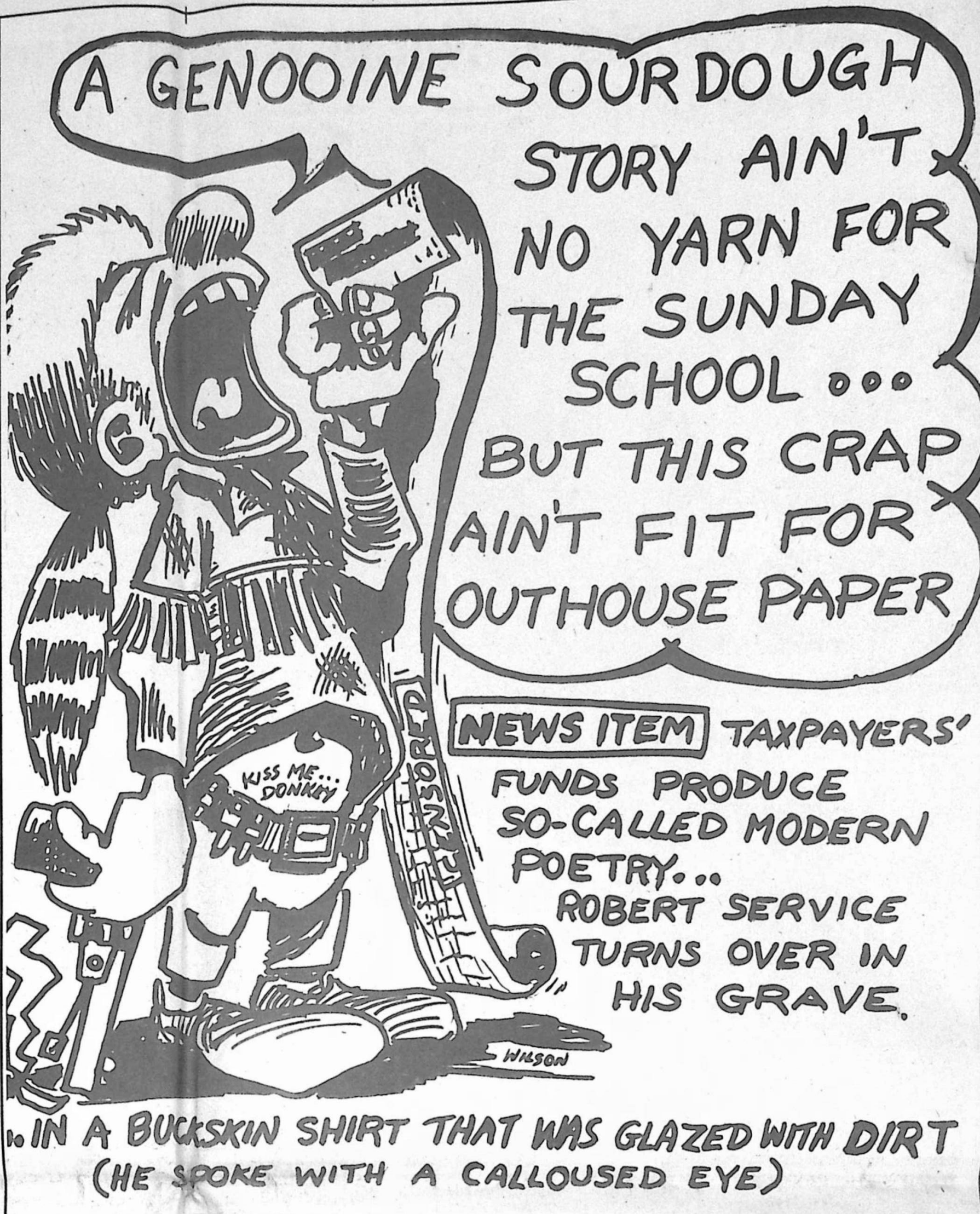
A ministry spokesman explained that the former \$5 cost kept too many marriages from being registered.

It leads one to reflect on just what's left that you can get for a nickel now. Not a chocolate bar. Nor a cigar. Not even a pay phone. Just a package of bubble gum -- and a licence to marry in Thailand.

The Colonist

"No disguise can long conceal love where it exists or long feign it where it is lacking."

La Rochefoucauld



## Keep Canada Moving

Over a hundred years ago, the famous historian and philosopher Macaulay said, that, with the exception of the alphabet and the printing press, the inventions which bridge distance do the most for the civilization of man.

That statement is particularly interesting when we realize that, at that time, the development of rail was in its infancy. Today, in Canada, we have sixty thousand miles of steel track. Macaulay had never heard of an automotive or trucking industry and probably could not imagine the industry which now has over half a million miles of highways and streets at its disposal.

Waterborne traffic has a much longer history. It has been used ever since the first cave man made a small boat of twigs and animal skins. No one needs reminding of the thousands of waterways which serve Canada today or of the craft, of all sizes and types of power, which transport man and his materials over the water.

While the Canadians of the mid-nineteenth century knew and used water as a mode of transportation, it's doubtful whether few, if any, dreamed of using air in the same way. In something like sixty years, Canada has developed an air network which logs 227 million miles a year.

The exploitation and use of Canada's oil and gas resources led to the construction of a pipeline system for transporting these fuels, a system which today boasts 78,000 miles of pipeline.

Wheels, water, rail, wings and pipe -- all these support Canada's transportation system -- the system which DOES bridge distances. It makes the country appear more compact and accessible by bringing people closer together and reducing the time taken to travel from here to there. It makes possible the conveyance of goods from the area of production or import to the eventual market. In

other words, transportation is the vital thread holding together the fabric of the nation.

In becoming the great country she is now, Canada has evolved from the horse-drawn wagon to the jet plane. It is impossible to reflect on the growth of Canada without recognizing the immense distances and the difficult terrain over which the pioneers and settlers made their slow and difficult progress. That so much has been accomplished may be the reason that we tend to take for granted the transportation system on which our past was built, our present relies, and our future depends.

The Vancouver Board of Trade, in these comments, pays tribute to the Transportation industry of Canada as National Transportation Week begins. Since 1970, one week a year has been set aside to focus attention on the indispensable role that transportation plays in our lives, our business lives and our family lives. This week, May 28th - June 3rd., the National Transportation Week Committee of Vancouver has prepared a series of events to which the public is invited to learn more about this essential link in both our country's development and its future.

During the week, the railways serving British Columbia will feature colorful and informative displays throughout the Pacific Centre Mall, including a one-third model locomotive provided by Burlington Northern. The trucking sector has arranged a parade of thirty trucks through downtown Vancouver on Thursday, June 1st at noon.

The focal point will be a reviewing stand in the 700 block of West Georgia Street. These, and other events, have been co-ordinated by the Committee which consists of members from the Transportation Clubs in the city. (The local press and radio

stations will be carrying more details.)

A keynote feature of the week, which the Vancouver Board of Trade has been actively involved in, is the sponsorship of a luncheon meeting on Wednesday, May 31st, when the guest speaker will be the Federal Minister of Transport, the Honorable Otto Lang, P.C., M.P., Mr. Lang will discuss the Federal Government's national transportation policy and review some recent initiatives, generally referring to future directions for transportation.

To the one million Canadians who work in the transportation industry -- one out of every ten Canadians who are employed -- we say "thank you" for your contribution to our economic and social well-being.

The Vancouver Board of Trade endorses the Transportation Week theme of "Keep Canada Moving!" We urge all Canadians to support the industry so that the theme may be translated from words into action and that we may, indeed, "KEEP CANADA MOVING!"

Courtesy Vancouver Board of Trade.

## Letters We Get

What are the factors that most influence promotions in the service or success in the business world? They are many, of that I am sure. Not numbered amongst them is luck. Many books have been written on the subject.

Many a businessman will go bankrupt in the months ahead not because of the economic downturn, but because of his unwillingness to change. The same may also apply to times of retrenchment in the service. Some of the greatest leaders in the service built their careers in times of stress. The greatest business empires were built during the depression. Why? Willingness to change. The same laws apply to those who are successful and to those who fail to adapt to change.

Why does one leader of men retire to some menial position, while the other becomes an influential businessman and a pillar of the community? Change. One did, the other didn't. One walks the beaches of the world, while the other has perhaps less holidays than while in the service.

Why do I say these things? Because I've been there. Great penalties are extracted from those who are complacent, self-satisfied, procrastinate, are fearful or have self-imposed limitations. Don't get me wrong though, I never said success was going to be easy. Anything worth having is worth working for, be it in the service or on civvy street.

But I'm going to get a pension! Okay, starting Monday, try living on half your income. Superannuation is great but it does have its limitations. With this in mind, one can realize the necessity of change. I've been away for four years and have returned to notice many changes in our lovely community. I've also noted many people have retired, some to new and successful ventures, while others are just shadows of their former selves.

All this could have been averted had they been willing to change, to take up the challenge of a new and exciting future. The major difference between success and failure in most cases is the willingness or the unwillingness to change.

The physical body makes a complete change and replacement of all the cells of the body every seven months. Would it therefore not be wise to change our attitude and self-image along with these changes. Wishing you all much success with your future, I am

Ronald Wesley, C.A.F. Retired.

## CNA TOTEM TIMES

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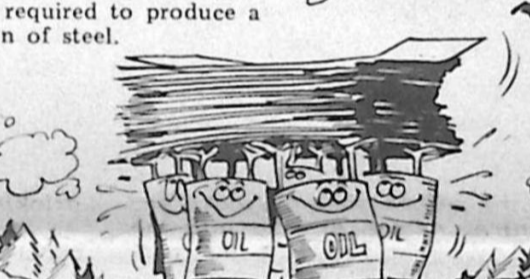
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# Sports Beat

jock talk CFB Comox



**RUNNIN' FOR GOOD OLD COMOX** -- The recent "run for Comox day" brought out this fine group. They all did their one and one-half in the Aircom

## PAC Golf

The Pac Region Golf qualifying rounds are underway and two dates have been utilized to date. A total of eighteen golfers have done battle so far and more are expected to join the act from here on in. This is a reminder that you must have completed two rounds by the 13 of July and on this day, all golfers interested in making the Base team are to play their third

and final round. There are still three dates left in order that you can get your required two preliminary rounds in and they are: June 8th and 22nd and the other is July 6th. The eight low gross golfers, for the three rounds, will represent CFB Comox at the Regionals in Kamloops or Chilliwack in late July. If you require further information, give Earl a call at local 315.

## Little League

Standings  
Mean Machine 4 2 8  
Red Racers 2 3 4  
Team No. 1 2 4 4

It was a "Showdown" for first place between the "Mean Machine" and the "Red Racers," with the "Mean Machine" winning by a score of 3-0.

This game saw the best two pitchers in the league meet head on in a real wing ding of a match. Dave "The Human Vacuum" Chamberlain of the "Mean Machine" tangled with Earl "The Pearl" Scott of the "Red Racers." Eric "The Albuquerque" Turkey started for the Red Racers but gave way to reliever Earl

"The Pearl" and then it was a pitch-off to see who could strike out the most batters. The Mean Machine got their runs early and had a 3-0 lead when "The Pearl" came on. Both the Mean Machine and the Red Racers played a heck of a game.

These boys play a very enjoyable brand of ball and according to the "Red Racers" coach George "The Red Baron" Scholer, things are going along very well and the league is very well balanced.

Competition that pits base against base. The competition is based on submitted times and a winner will be named after all results are in.

## Totems Fastball

While the coach is away, the men will play. And play they did but, had a very unproductive week. They ran into some stiff competition and, after managing a win on Sunday the 21st, they have ended up on the short side of things.

In the Anchor Garage Fastball Tournament held at Lewis Park in Courtenay over the past weekend, the Totems lacked a bit of zip at the plate and even though they played sound ball throughout the tournament, they lacked that much needed punch at the plate.

In the first game the Totems had an extremely tough game against the Firehall men from Campbell River. Without the heavy artillery, the local lads came up on the short end of a 2-1 score. Their second game of the tournament was against the Gold River team and squeaked out a 3-2 verdict. Rolling right along on the winner's side of things, they managed to outlast the Leaky Logger team and won this one 5-3.

Then came the cruncher. The Anchor Garage team, proved to be the team to beat and the Totems had them on the run as they lead the game 1-0 and were looking for a berth into the finals. However, this was not to be as the Garage crew lucked in on a couple of the Totems' miscues and even though they were out 9-3, managed to eke out a 2-1 victory and eliminate the Base team. The pitching has been and continues to be superb and with the hitters getting their eye, things should work out better.

On Sunday evening (28th May) the Totems continued their league play and once again due to lack of "Bats", ended up on the short side of a 2-1 score. This time the adversary was the King George Hotel team from Cumberland. The Totems League record now stands at 3 wins and 3 losses.

The team is still looking for ballplayers so if you haven't made an attempt to make the team and you would like to, there is still time and positions still are available. Give Dave Molloy a call at local 315.

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## OFFICER'S MESS ENTERTAINMENT

**FRIDAY, JUNE 2nd, 16th and 23rd**

Regular TGIF's subsidized drinks and food 1700 - 1800 hrs. Bottle and Jackpot draws at 1800 hrs. Dress - casual.

**FRIDAY, JUNE 9th**

W.O.'s and Sgts. vs. Officers Golf Tournament. Tee off at 1300 hrs. (9 holes). TGIF with subsidized drinks and food to be held at Golf Club after the tournament. Prizes etc. Casual dress.

**SATURDAY, JUNE 10th - HAWAIIAN NIGHT**

Cocktails 2000 - 2100 hrs. Floor show and dance 2100 - 0100 hrs. with South Sea Enchanters. Dinner sittings 2100 - 2230 hrs. and 2300 - 0030 hrs. Reservations by 1300 hrs. Thursday, June 8th. \$10.00 per couple - \$15.00 per guest couple. Dress - Hawaiian or casual.

**SUNDAY, JUNE 18th - FATHER'S DAY FAMILY BAR-B-Q**

1730 - 1930 hrs. Barbeque your own steaks - No Cost. Advise Mess Manager if you plan to attend by 1400 hrs. Friday, June 16th. Dress - casual.

## Up Earls Alley

Now that Montreal has rid us of the agony of who is who around the hockey circles, we can look forward to another season of baseball and football and whatever else goes on between now and the first week of October, when the NHL starts up again. I guess things went pretty well as expected in the play-offs as the top two teams in the league ended up meeting in the final.

The Canadiens were just too awesome for the plucky Bruins, even though they did put up a gallant struggle. Larry Robinson was a shoo-in to win the Conne Smythe Trophy and he did. Mr. LaFleur did not have to explode in the finals and then again he had some problems trying to shake Marcotte. That should prove a lesson to all that even a team's Super Star can be checked if that is what is required.

The CFB Comox Glacier Greens Invitational Golf Tournament will be held at

the course Saturday and Sunday, the 3 and 4 of June 78. Jim Perry and his tournament staff have done a heck of a job on the organizing end of things and the course staff have the course in excellent condition.

The B.C. Lions are in town and have commenced practice sessions at Lewis Park. It must be quite a treat for the players to be able to get thumped on to the ground and feel the good green "Old Natural" turf under their rather than the artificial stuff. The proverbial "Body Slams" would be a lot easier to take and the training staff probably have fewer injuries after practices on the good sod.

It would be nice to see the Lions do their thing and get to the Grey Cup Classic this year. Let's hope so, as their fans could use a boost. And speaking of fans needing a boost, the Canucks have signed a new coach...Harry somebody from the What's

Happening League. He has said that he will be getting a few goons to turn the team around....well....it will take more than a few goons....how about a couple of hockey players???

We have a new helper on the Base Rec staff, between parade drills, and her name is Pte. Suzanne Tuck. Suzanne is one of the new ARAF types and is a welcome addition to the staff. We had some problems getting a sweat suit to fit but, with the help of a new elastic around the waist and a pair of suspenders, Apollo's solved the problem...

Oh yes, and for all you basketball buffs, we now have the new fibreglass backboards installed and all those skid marks you see on them were made by "Pistol Pete" Cardenas. We had some trouble holding Pete back until the job was completed and he claims that with the new boards up he has no

problem with the "two-handed reverse stuff"....that's really getting up there, Pete old boy...

George "The Red Baron" Scholer is at it again. He a several other joggers from CFB joined in and ran a relay to Parksville in support of the "Big Brothers" cause recently. Well done, guys, for contributing your time and efforts to a very worthy cause....

John O'Brien has really been golfing up a storm recently. John has been trying his hand at the excavation side of things. He tried to remove all of the sand from the trap in front of No. 9 green. Now that really isn't all that difficult, but....with a wedge??+&!... I guess one of the chaps in the foursome, I think it was John "The Man" Gailey, tried to cheer him up, he was heard to remark, "Speaking of traps, John, would you mind keeping yours shut."...THE END!!!!

## TeePee Park — campground regs

1. Your fullest cooperation is solicited to observe and abide by the regulations listed hereunder.

a. Camping fees are as follows:

(1) Non-CFB Comox Servicemen - \$2.25 per night.  
(2) CFB Comox Servicemen, DND Employees - \$1.50 per night.  
(3) Lower Level Tenting Area - .75 per night.

b. All personnel must register with the Campground Supervisor on their way into the grounds. Individuals may then proceed in to select their sites.

c. The Campground Supervisor will not accept reservations.

d. Occupancy may be limited to two weeks dependent upon the demand. Check-out is 1200 hrs.

e. Occupants are

responsible for the cleanliness of their camp site and are to leave it in a spotless condition on departure.

f. Camp fires are restricted to the stone fireplaces provided at each site.

g. Campers are restricted to the camp site and beach area. Restricted Area Regulations are enforced.

h. Cutting or marring trees in the area is prohibited.

j. Each camp site is restricted to one family only, the exception being, if the family occupying the space wish to have visitors, and space permitting, add one other tent, trailer, etc. The visitor will be charged normal camping rates per night. The visitors are the responsibility of the occupant and will be governed by the same regulations. The visitors will

vacate before or at the same time as the family registered.

k. Pets in the campground or beach area must be kept on a leash.

m. Applications for use of the picnic pavilion are to be submitted to the BPERO in memorandum form well in advance of the planned function.

n. Quiet is requested in the camp sites after 2300 hrs.

p. Garbage pick-up is only from the three marked locations. Campers are to ensure their garbage is moved to one of these locations before departing.

q. Please feel free to contact the Campground Supervisor concerning any operation rules. Your assistance in controlling abuse of the facility is appreciated.

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13 June - "BAD NEWS BEARS"

## WO's & SGT'S MESS

**2 June**— TGIF - Chili con carne. Fishing Derby begins. Register at Bar \$1.00.

**3 June**— Fishing Derby ends at 1400. Chowder & Kegs of Beer in Mess.

**9 June**— Golf tournament with Officers Mess 1300. 9 holes - register at Bar, \$2.00. Prizes awarded at Golf Club. Hip of Beef in the Mess.

**16 June**— Hawaiian Night - A few tickets left, at the Bar.

— MOVIES —

Sunday 4th— "NETWORK"  
William Holden

Sunday 11th— "BAD NEWS BEARS"  
—MOVIES NOW START AT 2100—

# Annual Bowling Banquet



**MALE BOWLER OF THE YEAR** -- "Aw shucks you shouldn't have but, I'll take it anyway," says Bill Purcell as he accepts the Award for the "Bowler of the Year." It certainly was most deserved. Congratulations, Bill. The bowling president, Gerry Arthur, makes the presentation.



**FEMALE BOWLER OF THE YEAR** -- The Base bowling president, Gerry Arthur, performs the pleasant task of presenting the Female Bowler of the Year Award to the pretty recipient, Alice Allison.



**ALLEY CATS** -- "Whoooooo yourself", as the BPERO, Capt. Al Ettinger presents the Ladies Base Championship Plaque to the winners, the "Alley cats". "Ties are optional, Gerry."



**BOBACIOUS BULLETS** -- "Smile, you're on Candid Camera" as the BPERO, Capt. A.V. Ettinger, presents the Men's League Playoff Championship Plaque to the team captain, Fred Acton of the "Bobacious Bullets."



**HOT STUFF** -- "Why can't I have a hug too?" asks the BPERO, Capt. Al Ettinger, as he presents the "Hot Stuff" team the Mixed League Plaque emblematic of the Base Championships.

## Soccer Clinics

**VANCOUVER** -- The B.C. Soccer Association today announced a series of major soccer clinics for youngsters between 6-16 years of age to be held throughout the province between July 3 and August 25.

Called the B.C. Summer Soccer School, it will be held in 55 centres throughout the province and is expected to involve close to 15,000 youngsters.

The Summer Soccer Schools is being supported by the local bottlers of Coca-Cola and Canada Safeway Limited. The Soccer Schools, open to both boys and girls, will be conducted five days each week, commencing July 3, from 10:00 a.m. to 3:00 p.m. Final week of the Schools will be August 21-25. Each youngster participating in the Schools will be given 20 hours of instruction by certified

Canadian Soccer Association coaches. The registration fee is \$15.00.

In addition, each registered youngster will receive a T-Shirt and soccer ball.

Interested youngsters may register for the Soccer Schools, beginning May 29, at their local Canada Safeway Store. Registration forms are to be returned to local Park and Recreation offices.

To enable the B.C. Soccer Association to cope with the large registration, it is also offering soccer school instructor courses to school teachers in various centres of the Province. These are certification courses in the Canadian Coaching Certification program.

Further information on the course is available through Jim Richardson, Provincial Co-ordinator, B.C. Soccer Association, 687-3333, local 58, Vancouver.

The Combined Mess was the setting for the 1978 Bowling Banquet. A total of 290 bowlers and guests made this event one of the more successful get togethers of the year.

Trophies and plaques plus various individual awards were in abundance.

The following personnel made this event the success that it was:

Bowling president; Gerry Arthur  
Alley manager; Russ Englemeyer.  
Statistician; Nina Eddy.

PMC Jr. Ranks Mess; Gerry Goodman.

Manager Jr. ranks Mess; Dick Frelove.

Special guest Capt. Al Ettinger the BPERO was on hand to present the Play-off Plaques. And a special "thank you" to the Mess Hall staff for preparing and serving a terrific meal.

As the sport of Bowling involves such a magnitude of personnel space will only permit us to list the name of the winning teams rather than team members.

The individual winners were:

Men's League: High Single: Gerry Arthur 353. High Triple: Bill Purcell 930. High Average: Bill Purcell 246.

Wednesday Mixed: High Single: Peggy Hillier 348. High Triple: Alice Allison 737. High Average: Alice Allison 205. High Single: Stan Prime 345. High Triple: Stan Prime 865. High Average: Stan Prime 240. Sunday Mixed: High Single: Renate

Stallard 314. High Triple: Linda Fillier 766. High Average: Linda Fillier 200. High Single: Bill Purcell 366. High Triple: Dave Pilon 874. High Average: Bill Purcell 237.  
(Tues.) Ladies League: High Single: E Perry 338. High Triple: Fran Marks 781. High Average: Alice Allison 203.  
(Wednesday P.M.) Ladies League: High Single: Mavis Lightfoot 296. High Triple: Micki Carr-Hilton 699. High Average: Marilyn Stroud 193.

### LEAGUE AND ROLL-OFF WINNERS.

**MEN'S LEAGUE:**  
League Winners - "Cast Offs";  
Roll-Off Champs - "A" Div. - 407 Demons;  
"B" Div. - Voo Doo's.

**WEDNESDAY MIXED:** League Winners - "Mixers".

Roll-Off Champs - "A" Div. - "Late Comers"; "B" Div. - "Stingers".

**SUNDAY MIXED:** League Winners - "Hot Stuff".

Roll-Off Champs - "A" Div. - "Pussy Cats"; "B" Div. - "Camels".

**LADIES' LEAGUE:** League Winners - "Chestnuts".

Roll-Off Champs - "A" Div. - "Alleycats"; "B" Div. - "Thunderbirds".

**LADIES' LEAGUE (WEDNESDAY, P.M.):** League Winners - "Red Caps". Roll-Off Champs - "White Bows".

### INTER-SECTION BALL SCHEDULE

DATE	TEAMS	DIAMOND	TIME
June 5	442 Sqn vs Hospital Firehall vs USAF/MP 407 vs 409 Sqn	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 7	Firehall vs 442 Sqn Hospital vs 407 Sqn 409 vs USAF/MP	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 12	442 Sqn vs USAF/MP Firehall vs 407 Sqn 409 vs Hospital	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 14	407 Sqn vs 442 Sqn Hospital vs USAF/MP 409 vs Firehall	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 19	Firehall vs Hospital 442 Sqn vs 409 Sqn USAF/MP vs 407 Sqn	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 21	409 Sqn vs 407 Sqn USAF/MP vs Firehall Hospital vs 442 Sqn	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 26	USAF/MP vs 409 Sqn 407 Sqn vs Hospital 442 Sqn vs Firehall	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
June 28	Hospital vs 409 Sqn 407 Sqn vs Firehall USAF/MP vs 442 Sqn	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
July 3	Firehall vs 409 Sqn USAF/MP vs Hospital 442 Sqn vs 407 Sqn	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
July 5	407 Sqn vs USAF/MP 409 Sqn vs 442 Sqn Hospital vs Firehall	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
July 10	442 Sqn vs Hospital Firehall vs USAF/MP 407 Sqn vs 409 Sqn	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.
July 12	Firehall vs 442 Sqn Hospital vs 407 Sqn 409 vs USAF/MP	1 2 1	1700 hrs. 1700 hrs. 1900 hrs.

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# Touristalk



COLLECTING OYSTERS on Cortez Island.

B.C. Government Photo

## B.C.'s Spanish Isles

Few vacationers, arriving on the sun-spattered Gulf Islands of B.C. are aware that they are treading on territory once claimed as part of the Spanish Empire in the New World.

As far back as 1774 — a few years before Captain James Cook landed at Nootka in 1778, Spanish explorers sailed up our coast from bases in Mexico and California.

Juan Perez brought the Spanish colours in 1774 when he sailed as far north as the Queen Charlotte Islands. He was followed by other Spaniards.

They came in cockleshell vessels, venturing into remote and stormy seas. Some of them died swiftly at the hands of angry Indians. Others, with their gums toothless and bleeding, perished in the slower anguish of scurvy.

They came to assert Spain's "rights" to the northwest coast and to stop Russian fur-traders moving south from Alaska.

One of these doughty Spanish seamen was Juan Francisco de la Bodega Y Quadra. He arrived on this coast in the summer of 1775 in his 36-foot Sonora. Contrary winds, the onset of scurvy and a surprise Indian attack failed to daunt the courageous Quadra.

He "pressed on, taking fresh trouble for granted." Battered by gales and drenched by icy downpours, the lonely little Sonora clawed her way to 57 degrees 20 minutes north latitude — halfway up the Alaskan Panhandle. There his sick and tattered ship's company paused before turning

homeward and took formal possession of the land in traditional explorer fashion — by erecting a large wooden cross in the name of their king, Carlos III.

That epic voyage was commemorated in 1903 when three islands east of Discovery Passage were named in honour of Quadra, his stout little ship Sonora, and his sub-lieutenant Francisco Antonio Maurelle.

Few Vancouver Island residents know today that their island was also once named after Quadra. British Captain George Vancouver, who formed a close personal friendship with Quadra, named Vancouver Island, "the Island of Quadra and Vancouver."

Among other Spanish voyages of exploration was that of Jose Maria Narvaez, who named Texada, Lasqueti and Gabriola Islands, and, in honour of his own schooner Saturnina — Saturna Island.

In the following year, 1792, came "capitan de fragata" Dionisio Alcalá Galiano in the schooner Sutil accompanied by Cayetano Valdez, commanding Mexican. Together Galiano and Valdez charted many of the inland waterways along the "Gran Canal de Nuestra Señora del Rosario la Marinera" — the present day Strait of Georgia.

Sutil and Mexicana were tiny ships, estimated at about "45 tons burthen" and armed with only two guns each. Vancouver was also engaged in charting the area that summer and colonizing it in the name of King George III. He found the two little

schooners swinging at anchor off what is now called Spanish Banks near today's city of Vancouver. He pronounced the Spanish ships "the most ill-calculated and unfit vessels that could possibly be imagined for such an expedition."

Perhaps out of concern for their safety, Vancouver invited Galiano and Valdez to join forces with him in exploring areas further north. They did so for a time, charting Redonda Islands near Powell River and naming Hernando and Cortez Islands after the conquistador of Mexico. Then Vancouver, with his swifter ships sailed on ahead for his historic negotiations with Quadra at Nootka.

Galiano and Valdez, their ships whirled and buffeted by the swift tide-rips between the islands, at last found their way to the safe harbour at Friendly Cove and then headed south for Mexico. Theirs was the last Spanish exploration of the northwest coast.

With the settlement of the Nootka Convention, Spain relinquished her claims to the territory and the British navy carried on the work of charting and surveying the maze of channels and inlets along the B.C. coast.

Thus charts of Canada's western coastline reveal the story of three peoples — the Spanish, the British and the Indians — who have each claimed this incomparable land as their own.

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

## Lady With Point of View

A certain Vancouver Island lady has quite a reputation. People are talking — about her awe-inspiring endowments and her unconventional ways.

But this lady doesn't mind. In fact, over a cup of steaming tea, she'll obligingly reveal her many charms.

She's a natural beauty called Point No Point, 40 acres of trails, coves and beaches, the Pacific surf at her feet, a handful of secluded cottages and a cozy teahouse at her crown.

A scenic 64 kilometres west of Victoria, her teas are a favorite with Sunday drivers who come as much for the picturesque seacoast drive as for the homemade cakes and jam — and spectacular view — served up at picture windows overlooking the Pacific breakers far below.

After a tea guaranteed to spoil your supper, guests can stroll through one of the leafy corridors that descend from bluff-top to beach, a beach-comber's paradise of shells and unusual driftwood, or sometimes, in a snag of seaweed, Japanese glass fish floats.

The lazy can linger over a tidal pool's miniature aquatic world, while the more am-

bitious hike off in search of several nearby petroglyphs. "There's always plenty to do here," says owner Evelyn Packham, "even though we have no organized entertainment."

In a day of packaged resort amusements, Point No Point's calling card is a no-frills privacy.

"We leave our guests alone," she says. "And we've had people come back 20 times over the years because they cherish the quiet and peace."

So cottages boast fireplaces, but no telephones; ocean views, but no televisions.

After exploring the forest trails and half mile of private beach, guests can raid the teahouse's well-stocked library or chat in front of the lounge fireplace.

"Once you learn how to shift into low gear," explains one guest, "you can have a great time just sitting on a rock watching for seals or a pod of killer whales."

By any other name, Point No Point's view would be as impressive, but her surveyor's title imparts a haunting note befitting her mists and moods.

Old admiralty charts reveal

that she was dubbed "no point" because her promontory, originally called "Glacier Point" by Captain Vancouver, doesn't jut out enough to qualify as a "point."

But in all other respects, guests agree, she measures up.

Twenty-five years old this spring, she's not getting older, just better.

Her roomy cottages, all moderately priced, have modern kitchens and balconies or patios; her daily teas are reputed to feature some of the Island's best crumpets, drizzled with butter and a hint of cinnamon.

Open year around, Point No Point is a true beauty who looks good wearing any kind of weather; she's intriguing in a winter fog, dazzling in dappled sunshine.

Even a stormy winter day, when the breakers smash in and the seafoam flies all the way across the Sooke Road, finds tea going on as usual, boots warming before the fireplace.

Seems that, when it comes to easing away city cares and jangled nerves, this lady deserves her reputation.

## Aiyansh Lava Flow

When you stand on the road you can still sense its power. The molten rock seems to sweep down on you.

Then you see that the waves and ridges are frozen. The Aiyansh lava flow has been motionless for 250 years, but is the youngest in B.C.

It is so recent that trees do not grow on it: it is 40 square kilometres of unforested rock. Only the pioneer plants, the mosses and lichens, cover the dark basalt.

The flow begins near Lava Lake, 80 kilometres north of Terrace, and stretches another 18 kilometres to the Nass River at Aiyansh.

The logging road between Terrace and the Nass Valley runs through its centre.

You first see the lava at Lava Lake's north end.

The flow created the 11-kilometre-long lake by damming the Tseax River. At the same time, it created one of the most charming scenes in B.C.

When you look across the lake from the campsite you can see massive Mount Poupard with a glacier on its belly reflected in the water.

The Aiyansh flow came from a volcanic crater six kilometres up a steep side valley.

It ran to the Tseax River, and then down the Tseax Valley for 18 kilometres to the Nass.

It pushed the Nass River to the north side of its broad valley, then built a lava plain

10 kilometres long and three kilometres wide.

The trail to the craters starts boldly at the road. Within a kilometre, it loses heart like most of the hikers who try it.

Every step on the lava must be planned. The rocks are loose and covered with moss.

They tilt and slip, always threatening to spill a hiker onto the lava's jagged edges. It is a place designed for sprained ankles.

Only the physically fit should hike to the craters.

Their reward is an exquisite cinder cone, some 60 metres high with an 18-metre deep crater.

It is set inside the original volcano's vent that blew the side out of the mountain and sent a lava river down to the Nass.

There are small vents and cones from other eruptions, too.

But there is no compelling need to hike at all: the lava flow is impressive enough from the road.

The Nishga Indians in the Nass Valley have legends about the eruption.

They say it was a warning to some boys who tormented the spawning salmon.

The boys had split the salmon's backs and inserted flaming torches.

The legends also say that the lava flow contains a petrified woman, a petrified house, and a petrified fish trap.



EVERY STEP MUST BE PLANNED — The Aiyansh Lava Flow has been motionless for 250 years and the rocks are loose and covered with moss. Only the physically fit should hike to the craters.

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## Discover British Columbia Cattle Country's Sport

Whether easing down gently onto a snuffy range cayuse's hurricane deck or just "settin' the top rail" and looking on, the rodeo is exciting...and spectator interest in the wild west sport increases every year.

In B.C.'s interior plateaus and valleys, the cowboy and his horse are part of the scene. And so are the rodeo sports.

Some are local get-togethers. Others, such as the Williams Lake Stampede, attract spectators and professional contestants from all over North America and other continents. In between are many semi-professional competitions that are held nearly every weekend.

Although the sport has undergone major changes over the 200 years that it has been enjoyed in North America, its basic concept remains: a display of the skills required by cowboys in performing their work-a-day tasks on ranch or open range.

But today it is far more. It is a competition between individuals, between man and beast where rules usually favor the beast, and between man and himself. It calls for stringent self-discipline if the cowboy is to keep coming back to the chutes.

Where bronco-riding, team-roping and calf-roping have practical applications in a cattle-raising operation, some rodeo events such as steer-wrestling and barrel-racing are strictly arena competitions calling for perfect co-ordination of horse and rider.

Bull riding, the spectators' outstanding favorite is in a class by itself.

It has no practical application and is highly charged with danger. It requires the finest physical skill, strength and stamina in a straight competition between man and animal.

With the rodeo's popularity

at an all-time high, the competition's quality is also improving.

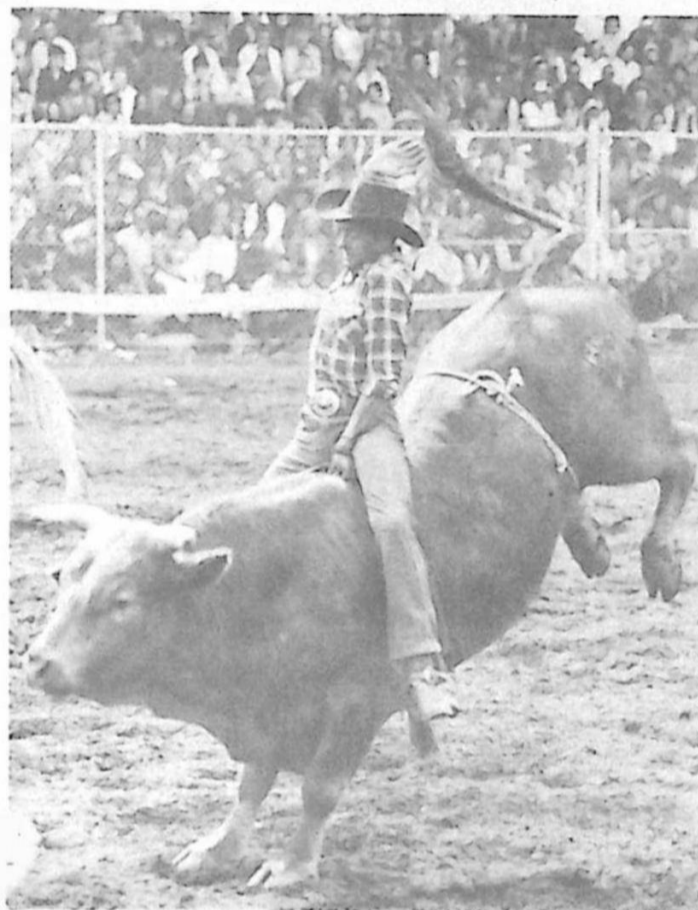
Bucking events' aficionados are no longer satisfied to see a rider simply stay with his horse or bull. They are as discriminating as the judges, rating and applauding animals' efforts along with the riders' timing and rhythm.

The co-ordinated, split-second movements of a roper's horse as it holds a calf at lasso-length without dumping it, doesn't go unnoticed by regular rodeo watchers. A chunk of the prize money is what a rodeo cowboy wants most, but the crowd's appreciation for a well-executed performance has much to do with his staying at the sport.

There is no salary. So, if he fails to do his best, he could find himself going hungry. And no one can predict how rank and obstreperous his next mount will be.

But that is rodeo — a sport born on the frontier and nurtured by men who rated independence highly.

This same spirit is alive and well in B.C.'s rodeo arenas — and it's exciting to watch.



WILLIAMS LAKE STAMPEDE, Williams Lake, B.C. Tourism B.C. Photo

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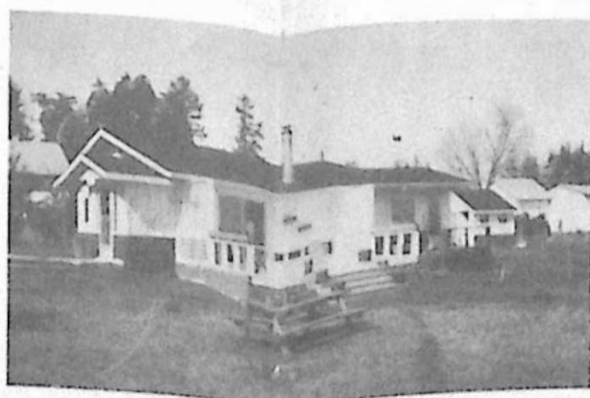
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## Cadets Summer Camps

More than 7,000 boys and girls of the Royal Canadian Air Cadets soon will be heading for summer camps, flying training or survival training in the foothills of the Rockies.

Selection of the most qualified and deserving of the 13-18 year-old cadets has been completed by Air Cadet League and Canadian Forces board and successful candidates will be advised by mid-May.

Basic courses are offered at the larger cadet camps at CFBs Greenwood, N.S., Bagotville, Que., Trenton, Ont. and Penhold, Alta. A variety of other courses, including survival and music, also are scheduled for these bases. There is a senior leaders' course at CFB Cold

Lake, Alta. and four technical courses and military and pipe band instruction at CFB Borden, Ont.

Glider pilot training, where cadets have the opportunity to qualify for a glider pilot licence and air cadet wings, will be conducted at Nanaimo, B.C., Rivers, Man., Mountain View near Trenton, Ont., St. Honore near Bagotville, Waterville, N.S. and Stephenville, Nfld. Younger cadets will get familiarization flights in gliders and powered aircraft at the main camps. Various flying clubs and schools across the country will have 250 17 and 18 year-old cadets engaged in scholarship flying training leading to their private pilot licence and air cadet wings.

The most northerly and the smallest camp will be at Whitehorse, Y.T. Cadets from the Yukon and N.W.T. will train there along with some from the Prairie and Pacific regions. A number of northerners also will train in southern Canada.

For cadets in top physical condition and who thrive on outdoor living, two weeks in the foothills of the Canadian Rockies is offered, under the watchful eyes of Regular Force instructors from the CFB Edmonton Survival School. Although basic cadet aircrew survival is taught at the four main camps, positions on this national Search and Survival course are highly prized.

Some air cadets will attend the navy, army and air force athletic leadership courses at Bagotville or Borden. About 150 young men and women from the sea, army and air cadets from across Canada will learn coaching and athletics in the concentrated six-week program.

The Royal Canadian Air Cadet organization is composed of 400 squadrons and has an enrolment of more than 26,000. Just under one



TOPPING UP -- Two Canadian Forces' Air Command CF-5 jet fighters refuel from a Boeing 707 tanker during a long-range air deployment. (CANADIAN FORCES PHOTO)

GLIDING -- An Air Cadet Schweizer 2-33 glider executes a turn over Rivers, Man., during last summer's Air Cadet training program. Glider pilot qualification is just one of many opportunities offered air cadets at camps across the country every summer.

Canadian Forces Photo



WORKING TOGETHER FOR PEACE -- A member of the French battalion to the United Nations Interim Force in Lebanon (UNIFIL) prepares a message while Master Corporal Gene Dube of the UNIFIL Signals Troop of 73 Canadian Signals Squadron passes a message to the headquarters.

Throughout their stay in Lebanon, the members of the Ismailia, Egypt, based Signals Troop depended on the contingent with whom they worked for accommodation and food. The working relationships were excellent and many strong friendships developed during the one month stay in Lebanon.

Canadian Forces Photo

## Promoted to M/Cpl.



Base Photo  
LT. EVANS, THE BASE FIRE CHIEF congratulates Cpl. Caines on his promotion to M/Cpl.

## Canadian Forces in Norway

Canadian Forces' Air Command fighter pilots are preparing for Exercise Best Focus in Norway May 26 - June 3.

In Best Focus, the biennial tactical air reconnaissance exercise conducted by NATO's Allied Forces North, more than 60 jet fighters from six countries will be in action.

Participating air forces are from Britain, Canada, Denmark, West Germany, Norway and the United States. Their flying will concentrate on visual and photographic reconnaissance of simulated land and sea targets in Norway, Denmark and surrounding waters.

Pilots from the participating air forces will be formed into flights to compete for top scores in various aspects of the exercise, promoting cooperation and the exchange of tactical information between NATO forces.

Representing Canada are

members of 433e Escadrille tactique de combat from Bagotville, Que. and 434 Tactical Fighter Squadron

from Cold Lake, Alta. Both squadrons operate CF-5s. Enroute to Norway the CF-5s will be air-refuelled by

Boeing 707 tankers from 437 Transport Squadron based at Trenton, Ont. Heading the Canadians in

Norway is Lt.-Col. Dave Huddleston of Toronto, commanding officer of 434 Squadron. Major Rick Aubin

of St. Henri Mascauche, Que. will command the 433e Escadrille detachment enroute to and from Norway.

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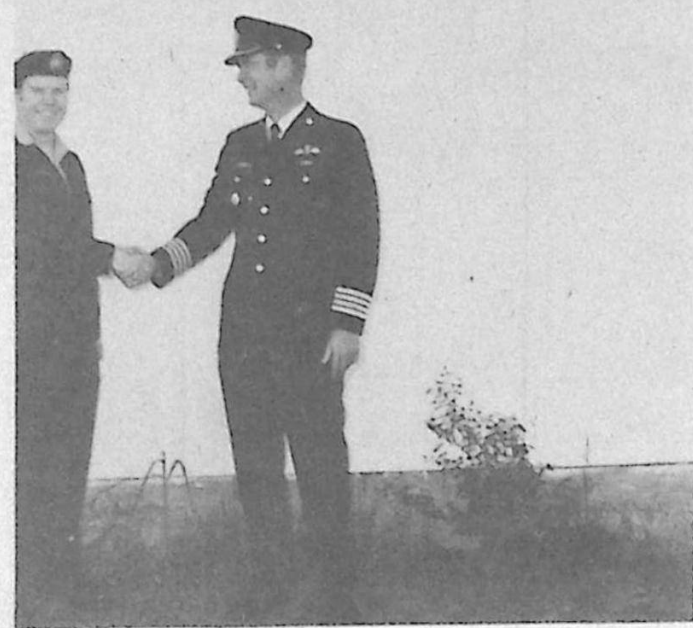
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# Family Circle

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## GILWELL HALL

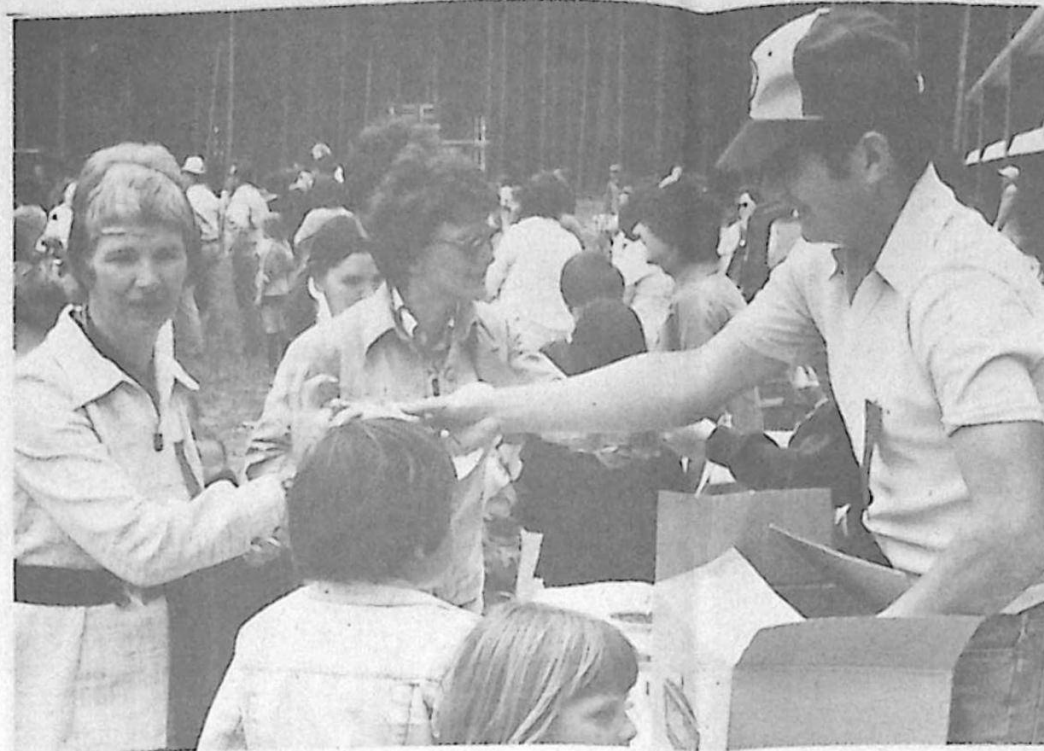


**SCOUT HALL NAMED** -- Base Commander, Col. B.T. Burgess, adds another thank you to Rusty Rutherford. The Scout Hall was officially opened as Gilwell Hall and another of Rusty's projects is completed.

Base Photo

## Family Day '78

Photos By Joanne



### Insurance

Its A Very Good Year

This is a very good year for Canadians who are buying property and casualty insurance.

A substantial proportion of all policyholders in Canada are paying less for their insurance coverage on 1978 renewals than in 1977 or in 1976 — and chances are that quite a number of policyholders will be getting anti-inflation excess revenue rebates in one form or another as well.

Circumstances and the Anti-Inflation Board have combined to create this bright-looking year for insurance customers. Here is how it works, and why things look bright for 1978:

Because of the way insurance companies operate it takes two years for rate changes to filter through the

system and show up in the companies' books. In 1974 and 1975, the high rate of inflation, which was reflected in the size of the insurance claims, made the insurance business unprofitable; it was so bad that auto-insurance companies were able to prove to the AIB that they needed to raise their rates just to stay in business. So, in July of 1976, rates for personal auto coverage were increased on average by 15 per cent.

In the meantime, the rate of inflation for such things as auto parts and labor costs decreased somewhat and the number of claims per hundred auto policies dropped by about 20 per cent — from slightly more than nine to about seven. (Much of this drop in claims is attributed to the use of seat belts and a reduction in

the speed limit to 55 miles per hour).

Then there was the increased flow of revenue from large rate increases in 1975. Overall, this meant that, in 1976 the insurance companies made more than \$100 million in excess of the profit margin allowed by AIB guidelines. (This figure includes the Insurance Company of British Columbia which is administered by the B.C. government).

As prescribed by the guidelines, companies disposed of this excess revenue either by reducing rates or by offering rebates on renewal, or both. Customers reaped the benefits in 1977.

## OWC Banquet

On May 17 in the Officers' Mess, CFB Comox, the Officers Wives Club held their closing banquet. Cocktails commenced the evening, followed by a roast beef dinner.

After President Beth Arnold welcomed the guests and members, she and Terry Martin presented spoons to the members who are leaving the Comox military surrounding. Women eligible to receive these souvenir spoons were: Carolyn Anderson, Beth Arnold, Audrey Bodnarek, Dawn Button, Norma Barnes, Rosemary Barney, Brenda Codner, Olga Fielding, Gloria Faubert, Joan Goodall, Lois Herbert, Maureen Hallstrom, Pat Konings, Marilyn Lamb, Dorothy Lugg, Terry Martin, Shannon Noseworthy, Norma Poirier, Nancy Pyper, Ann Poole, Florence Wallace, Carol Buss, and Ethel Morris.

Each year, the OWC donates a cheque to two charities and this year Beth Arnold presented a cheque in the amount of \$500 to Sister Margaret for the Extended Care Unit of St. Joseph's Hospital, and another in the same amount to June McKellar for Cerebral Palsy.

The new executive was introduced, and appreciation was given by Beth Arnold for all the work contributed by the girls on the last executive. The Honorary President, Faith Burgess also expressed appreciation for the way Beth Arnold kept her executive together, working as a team.

## 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 1100 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

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

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

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

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

Junior Choir: 1830 Hrs. Thursday at the Chapel.

Senior Choir: 2000 Hrs. Thursday at the Chapel.

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

**OFFICE HOURS:** 0800 - 1630 hours. Phone 339-2211, Loc. 273.

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



**HAPPY TRIO** -- OWC PRESIDENT Beth Arnold chats with guests, Sister Margaret and June McKellar.

Windish Photo

"Never say you know a man until you have divided an inheritance with him." Lavater

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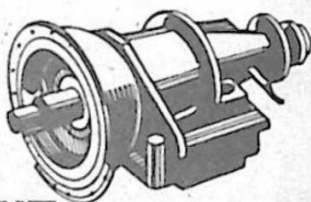
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We've had good people with us over those 150 years. They made good products and good decisions which furthered our growth.

Without doubt however, the fundamental factor for our success was our good fortune to be a part of the young and dynamic people who formed the nation we now know as Canada.

We grew together.

Started by Canadians and still owned by Canadians Labatt's feels proud, and grateful, for all those good years.

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## Accent Safety

### The Green Grass Of Home

Among the blessings of home ownership are the seasonal delights of shovelling your walk, driveway and sometimes the roof. At this season of the year, the revitalized grass in your lawn becomes the most urgent focus of your planning. Notice I did not say attention...for that is devoted to gardening, golfing, fishing and vacations. Planning for lawn care is simply a means to an end...namely how quickly...but safely...can I be done with this chore so I can do what I want to do?

In the interest of achieving this chore in the shortest possible time, we must avoid accidental injury. Accidents require explanations, repairs, delays and generally reduce the time available for golfing, fishing, swimming, tennis, etc.

One may be tempted to discount the need for accident prevention, but if you choose to ignore refresher training and elimination of safety precautions, you are facing very bad odds. Hundreds of people are injured each year, and their recreation plans spoiled, by power lawn mower accidents and injuries. They happen to blue or white collar workers, trained technicians and housewives. Most often, they involve contact with the revolving blades or being struck by stones, wire or other materials thrown by the blades.

#### SAFE OPERATING TIPS

- Choose a day when the grass is fairly dry, needs cutting (but not raking) and plan your mowing for daylight hours.

- Wear substantial protective shoes.

- Take time to walk your acreage, clearing the lawn of stones, sticks, wire, glass, etc.

- Do not let a child operate the mower.

- Know your mower; read the manufacturers instructions.

- Prevent accidental starts by removing the high tension wire from the spark plug when checking the underside or when mower is left accessible.

- Do not start the engine until you are ready to mow and never leave it running unattended.

- Keep hands and feet away from moving parts. At no time reach under housing, deck or guards or try to clear the discharge chute when the mower is running.

- Mow across slopes with a walk-behind mower.

- Mow up and down slopes with a riding mower.

- Allow the engine to cool before refuelling.

- Store fuel outdoors in a shed or garage - not in the house.

#### WHIPPING THOSE WEEDS

Nylon cord weed trimmers, which cut grass and weeds with a whirling flexible line instead of metal blades, are becoming more and more

popular. The careless gardener who gets his or her fingers or ankles struck by the whipping line will be stung, but the injury will not be as serious as from metal blades.

The equipment should not operate unless the electrical switch is held down, making it almost impossible to reach under the trimmer while it's running.

These weed cutters still demand common-sense precautions applicable to any electrical power tool: avoid rain or damp locations, guard against accidental starts by pulling the plug, keep onlookers at a distance.

It is especially important to completely disconnect the power source when adjusting the cutter cord length or changing the reel.

SAFETY SAM

## SHAPE UP BEFORE YOU SHIP OUT

In this area where boating and fishing is almost a year round activity, it is very important that all boat owners understand and heed the basic rules of fire prevention. The Principal cause of motor boat fires is improper handling of engine fuels. These six basic safety rules listed below could prevent a fire in your boat and maybe save a life.

- 1) Exercise utmost care during fueling operations, absolutely "No Smoking" in the vicinity, keep fuel away from ignition sources and wipe engine clean of spilled fuel before starting.
- 2) Use gasoline as a fuel, never as a cleaner.
- 3) Keep bilge clean of oil or gasoline.
- 4) Do not let oily rags or other combustibles accumulate aboard your boat.
- 5) Fuel carried on board, outside of fixed feed system should be in an approved safety container or in a portable tank provided by the manufacturer of out-board engines.
- 6) Promote the necessity for, and the value of, intelligent fire prevention by equipping your boat with approved fire extinguishers and inspect all fire and life saving equipment at regular intervals.

"The Life you save could be your own."

## Grad 78

The high school graduates are, for the most part, 17 or 18 years old. The legal drinking age in this province is 19. Why, then the effort aimed at protecting that age group from injury or killing themselves after they have committed an illegal act? Why not round them up in large numbers and "throw the book at them"?

We know drinking at that

age is illegal, whether combined with driving or not. The police know it and the teenagers themselves know it. But the reality must be faced that the use of alcohol is very widespread among today's school population, and down to the early teen years. Strict enforcement of the law is not the answer, however much we wish it were. No matter how illegal it is we know many young people will be drinking, some heavily, during the grad exercises. We don't condone it. But it is unrealistic to hope that it will not happen. Therefore, many of the

Grad Programmes supported by CounterAttack have as their objective the providing of safe transportation so that the Grad parties can be remembered with pleasure - not with sadness. Whether kids ride in buses, taxis, cars chauffeured by relatives, or whoever - it doesn't matter. Charges for illegal drinking will be laid - but the emphasis must be to provide these young people at Grad time, when they naturally want to celebrate, with as much help as we can so that they can follow our advice - "If you drink, don't drive."



DRINKING DRIVING COUNTERATTACK

I'M SO THIRSTY, I COULD DRINK TWO QUARTS

Sand is mainly quartz in tiny grains.

## Motorists Beware!

Beginning June 1st motorists who leave their keys inside their vehicles may have to go to the Courtenay R.C.M.P. Police station to retrieve them. Cst. Steve Bowler, head of the local Crime Prevention Unit, explains that June 1st marks the start of 'Operation Lock It and Pocket'. According to Cst. Bowler, 'Operation Lock It and Pocket' originated with the Kelowna R.C.M.P. Police as a means of reducing car thefts and damage to vehicles due to keys being left inside, unlocked doors and or open windows. Due to the program's success in

Kelowna and other municipalities, Cst. Bowler is initiating the operation here in the Comox Valley under the auspices of the R.C.M.P. Police Summer Job Corps. The Summer Job Corps members will be under the supervision of Cst. Bowler and will carry official picture identification.

The Jobs Corps Members will periodically spot check vehicles and if the keys are inside the vehicles, they will be seized and sent back to the police office in Courtenay. The unlucky motorist will find an envelope explaining the

situation and a warning slip. Unlocked vehicles will be locked and their windows rolled up. Members of the public are advised to report any suspicious occurrences regarding persons entering vehicles, even if they are removing keys, IMMEDIATELY to the R.C.M.P. Police at 338-6551. Do not assume that the persons members of the Job Corps

Will this program antagonize the public? "It may make a few people angry" admitted Cst. Bowler, "but its better than them losing their car to thieves or a twenty-five dollar fine."

## Spot The Hazard

Recently an electrician while checking electrical equipment, found a portable spot flood light lampholder extensively damaged by heat. The plastic unit had melted and charred to the top of the screw shell, a depth of four centimeters. The cause of the damage was evident, in that the remains of a standard incandescent light bulb was still in the lampholder base.

This problem is the result of the different heat radiating

characteristics of standard light bulbs relative to spot flood type bulbs. Specifically incandescent spot flood light lamps (PAR or Reflector) are coated with aluminum to divert the heat from the rear and sides of the bulb forward, while a standard medium base bulb reflects heat in all directions. All CSA approved spot flood light lampholders have the maximum wattage and type of lamp allowed stamped on the unit.

If you have this type of lampholder you are requested to ensure that this fire hazard does not exist.

## Snowbirds Memorial

Following the death of Captain Gordon de Jong, Snowbirds pilot killed during a Tutor crash at Grande Prairie, Alta. during an Armed Forces Day Airshow May 3, the mayor of that Alberta city established a memorial fund.

Because Captain de Jong was a strong supporter of the Air Cadet movement, Mrs. de Jong, requested that any monies collected be channelled into a flying scholarship for Air Cadets or for any other purpose deemed appropriate by the Air Cadets. A final decision regarding fund disbursement will be made by Snowbirds members, administrators of this fund.

Donations to the Fund may be sent to the following Grande Prairie banks:

Royal Bank, 10102 Richmond Ave.  
Toronto Dominion Bank, 9936-100 Ave.  
Bank of Montreal, 10101 Richmond Ave.

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