



TOTEM TIMES



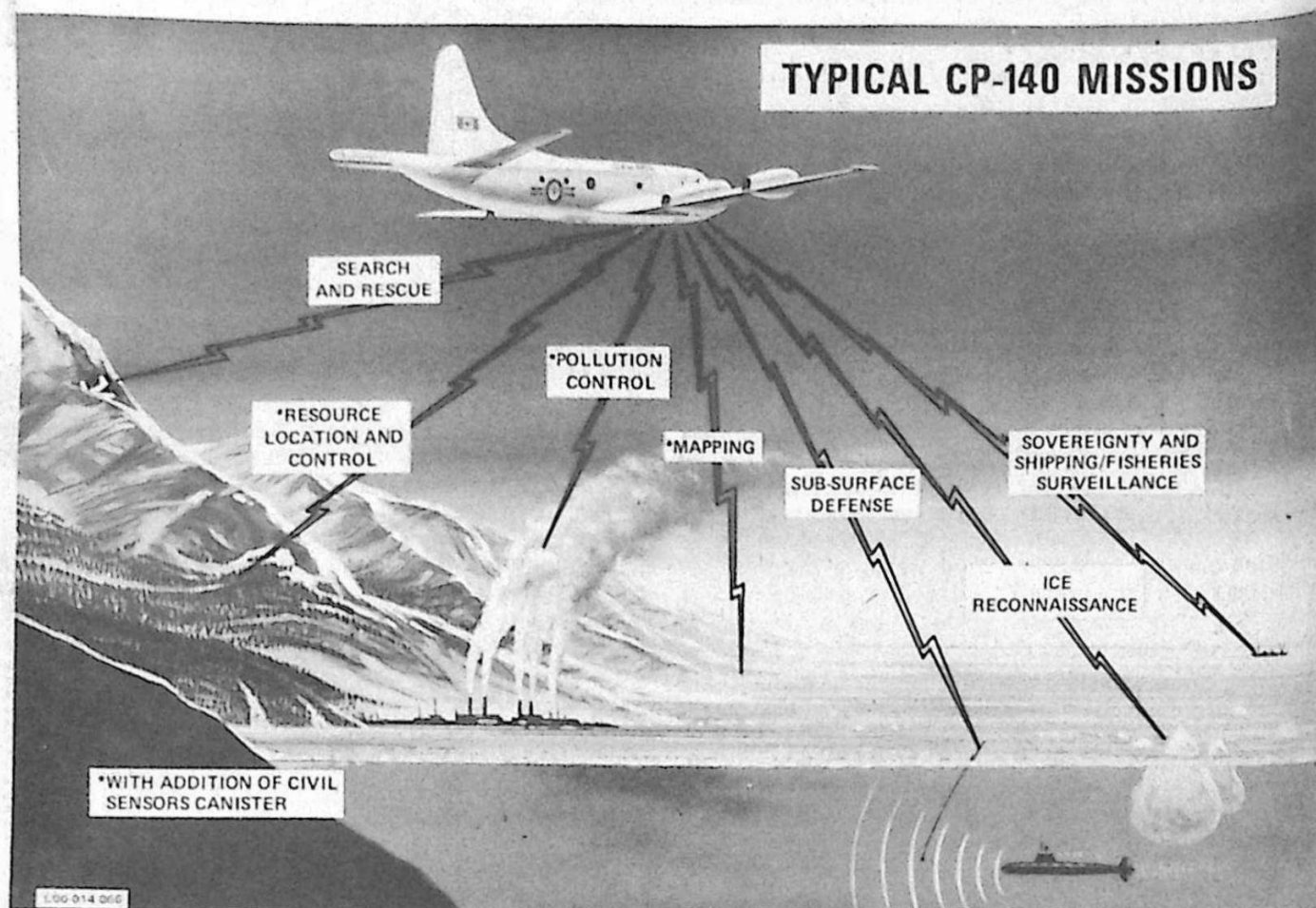
Op Eval is like sex — the anticipation is often greater than the accomplishment

VOL 21 -- NO 4

CFB COMOX TOTEM TIMES

THURSDAY, FEB. 22, 1979

NO CHARGE



Versatile Aurora

C.F. Photo

Whipped by a brisk, cold wind that presaged the sort of weather in which it will do much of its flying, Canada's first CP-140 Aurora rolled out on the 25th January to the applause of more than 800 guests from throughout the hemisphere.

The smartly painted patrol plane, bearing avionics and sensing packages that will enable it to perform diversified types of missions when cruising above the Canadian waters, was an instant hit with all who saw her.

The aircraft is scheduled to make its first flight March 22, 1979. Then it and the next two off the assembly line will participate in an extensive flight test program leading to delivery of the first aircraft in

May '80, and all 18 delivered by Mar. '81. Completion of this first aircraft is the 11th of 36 stringent milestones designated in the Contract between Lockheed and Canada. So far, each milestone has been met on or ahead of schedule.

Seventh in a long line of Lockheed-built airborne subhunters, the CP-140 is a unique aircraft combining the engines and airframe of the reliable P-3 Orion with the sophisticated ASW systems of the carrier-based S-3A Viking.

Designed primarily to carry out the Maritime patrol tasks essential to North American and NATO defence, the CP-140 will also provide long range surveillance to protect Canada's sovereignty in-

terests in coastal waters and the Arctic.

Among the latter are surveillance of shipping in Canada's coastal waters, monitoring the country's fisheries, ice reconnaissance, and search and rescue missions. Additional civil missions planned for the future include topographical mapping, the location of mineral resources and control of their development and the identification and control of sources of pollution.

First famil course

The long awaited day when the CP-140 Aurora will grace the skies of the Comox Valley is looming nearer with each

passing month. The excitement will be at a feverish pitch on Feb. 26 when the first Aurora Aircrew Familiarization Course gets underway at CFB Comox.

A total of 36 aircrew personnel from across Canada and Burbank, Calif., will be gathering for the week-long course. The Burbank Instructional Team will be presenting the series of lectures and films.

On Sunday, March 4, the course will depart, appropriately enough, by Argus for Burbank, Calif., for a first hand look at the new aircraft. Rumor has it that Lockheed Corporation has placed only one restriction on the visitors — no drooling on the new airplanes.



Starfighter refit

C.F. Photo

OTTAWA (CFP) — With an eye to safe and efficient operation of the Canadian Forces CF-104 Starfighter fleet until the new fighter aircraft arrives on the scene, a contract calling for inspection, repair and overhaul of the CF-104 has been awarded to North West Industries Ltd., at Edmonton.

This combined Depot Level Inspection and Repair, and Service Life Extension Program will involve CF-104s based both in Canada and Europe.

The ninety-seven aircraft involved in this program began arriving in Edmonton early last month. Those from Cold Lake were flown in while those from overseas were partially dismantled and delivered to the plant via Pacific Western Airlines

stretched Hercules. This life extension package will see the replacement of the rubberized fuel cells and the complete undercarriage. Several structural improvements will be incorporated and any areas identified as excessively corroded, or susceptible to minor cracking will be repaired and strengthened. The European-based

Starfighters several years ago received a thorough structural integrity examination by visual and electronic non-destructive testing methods at Scottish Aviation (now British Aerospace, Scottish Division). Meanwhile in Canada, aircraft were sampled from time to time to ensure that unsafe conditions were not developing.

The European-based

White Knuckle cutting back

Effective April 1, the Great White Bird from the East will be making only two visits a week to CFB Comox.

The new schedule will see the Boeing 707 arrive from the East on Monday and Friday nights and depart Tuesday and Saturday mornings. The new schedule for overseas flights was unavailable at

press time but indications are that one flight a week will be chopped from the schedule.

The cutbacks are due to money restraints, other commitments, etc. The immediate effect which comes to mind, of course, is that pri. 5 seats will be even harder to come by.

It's Op Eval time

Despite the best efforts of the Service Air people, this week saw the arrival of a dedicated group of keen-eyed types from various Headquarters areas. Armed with note-pads, sharp pencils and inspectors' badges, they scattered over the base in a concerted effort to determine if the reputation enjoyed by CFB Comox and its resident Squadrons was really deserved.

Approximately 50 personnel from AIRCOM, ADGHQ, MARCOMHQ, and ATGHQ commanded a 707, two Falcons, two Voodoos and two CF 100s and fled the wintry blasts of Winnipeg, North

Bay, Halifax and Trenton. All except the 707 managed to arrive on schedule. With the co-operation of the weatherman their initial impression had to be favorable. Whipping out their sunglasses they started the second annual AIRCOM Operational Evaluation of CFB Comox.

The stated aim of the whole exercise is to evaluate the ability of CFB Comox and its resident Squadrons to respond to operational tasking and emergency situations in a timely and effective manner. To accomplish this aim, the Team provides simulated situations to various base and

Sqn. agencies and then observes and criticizes the resulting reactions.

At press time only a few areas of the base had the chance to show the results of the many practice sessions held over the past few months. A simulated aircraft crash and the attendant casualty demands led off. The firefighters, first-aid, transport and especially the medical staff had their hands full coping with the pressure of casualty priority, first-aid, evacuation and extensive treatment.

409 Sqn. then got their first chance to swing into action with a mass load. A smooth,

co-ordinated effort by everyone in the Sqn. resulted in a most impressive display.

Throughout the day and well into the "silent hours" the BDF, the military police and many others were faced with a variety of unusual situations.

Before the week is over virtually every operational and support function of the base will have been thoroughly inspected and tested to ensure they are capable of producing efficient and effective results.

When it is all over, the base will only have to worry about AMIT, CI, Vigilant Overview, NORAD exercises, etc. etc...

Roe Herring SAR plans

VANCOUVER -- Three Federal government departments have combined their search and rescue resources to attempt to prevent loss of life during the most hazardous fishing season in British Columbia.

Air and marine Search and Rescue resources are being provided by the Departments of National Defence, Transport and Fisheries and Environment during the two-month roe herring fishery. Search and rescue crews will watch over the fishing fleet of about 1500 vessels on the fishing grounds and as it moves from one fishing area to another. The widely-spread harvest areas, openings that can last as little as 15 minutes, rugged coast line and potential bad weather all contributes to the hazards faced by fishermen.

The Canadian Armed Forces 442 Search and Rescue Squadron based at Canadian Forces Base Comox will deploy Labrador helicopters to coastal airfields to follow the fleet. Buffalo search

aircraft will fly daily out of Comox on surveillance patrols carrying droppable pumps and life rafts.

Tracker and Argus aircraft based at Comox, operating in their normal role of coastal surveillance, will provide additional fleet coverage. HMCS Porte Dauphine, manned by naval reservists, will patrol the west coast of Vancouver Island and the east coast of the Queen Charlotte Islands.

The Canadian Coast Guard has increased its primary search and rescue fleet to 13 vessels for the '79 season. The two additions are the chartered Bastion City and the Coast Guard launch Relite.

Three Coast Guard 30M cutters, the Ready, Racer and Rider, will move with the fishing fleet along Vancouver Island and the North Coast. They also will patrol the hazardous transit areas between the fishing grounds. Two rescue hovercraft and a 12M cutter will provide coverage for the lower end of Georgia Strait and the Gulf

Islands from their Vancouver bases. Three 14M life-boats will provide coverage in the Tofino, Bamfield and Bull Harbor areas. Relite will be available as required off Campbell River.

Bastion City, last used for search and rescue during the 1977 fishery, will patrol the Gulf Islands and the Straits of Georgia. The Ocean Sciences vessel Richardson will patrol the Straits of Georgia and Juan de Fuca. G.B. Reed, a Fisheries research ship, will be used in the exposed waters off Vancouver Island's west coast, the Queen Charlottes and Hecate Strait.

Fisheries and Environment will provide both primary and secondary search and rescue support during the herring roe season. Five patrol vessels which have been assigned special search and rescue duties are the Tanu, Laurier, Kitimat II, Arrow Post and Chilco Post.

In addition, other Fisheries patrol vessels are available to assist in search and rescue efforts during the course of

their regular duties on the fishing grounds.

Search and rescue operations will be co-ordinated at the Victoria-based Rescue Co-ordination Centre (RCC), Maritime Forces Pacific, telephone 388-1543 or 732-4141. Additional back-up resources are available from other government agencies.

Search and rescue is complemented by a preventative program, including safety hints and information which has been provided to all fishermen with their roe herring licences.

Steamship inspections for vessels over 15 tons are mandatory, however, the Coast Guard will make courtesy safety inspections for herring roe vessels under 15 tons if requested.

Fishermen are advised to heed updated weather forecasts and daily notices to shipping broadcasts. As most accidents occur when the fleet is travelling to the fishing grounds, fishermen are urged to use the buddy system and travel in groups.

Leopard in first major exercise

LAHR, GERMANY...Canada's NATO-assigned forces in Europe are taking part in the first winter exercise here in four years.

4 Canadian Mechanized Brigade Group (4 CMBG) and 1 Canadian Air Group (1 CAG) are exercising in northern Bavaria with United States and German forces in the most severe weather conditions experienced in Germany in decades.

Certain Sentinel is an 8 day exercise involving more than 60,000 NATO troops in 12,000 wheeled and tracked vehicles and 600 aircraft. The exercise which started 29 January is scheduled to end 5 February.

The 3,000-man 4 CMBG, commanded by Brigadier-General Jim Fox of Bedford, N.S., is part of an opposing force in the free-play exercise which is designed to test interoperability in procedures, equipment, communications and logistics in winter conditions. This type of exercise gives commanders a free hand to practice tactical skills in responding to operational situations.

Poor weather conditions causing low ceilings and minimal visibility are the main problems facing the 800-man 1 CAG commanded by Brigadier-General Bill Paisley of Nipawin, Sask.

The three CF-104 squadrons based at Baden-Soellingen joined with German and United States air forces to give air support to NATO land forces in Exercise Certain Sentinel.



(Canadian Forces Photo by Sgt. J. Rodger)

The air exercise is geared to test and evaluate air-to-ground co-operation over the battlefield in winter conditions.

Colds, pneumonia and frost-bite are the unseen enemies in the exercise, although colder weather and more solidly frozen ground would aid mobility in the open fields.

The men are equipped and dressed for severe conditions

and Exercise Certain Sentinel is providing the training needed to operate in cold weather.

When the exercise started early Monday morning (29 Jan) icy roads proved a determined foe for opposing commanders. As the lead elements of the brigade crossed the Main-Donau canal south of Bamberg a heavy wet snow was falling causing

slippery roads and covering soft, muddy fields.

The Royal Canadian Dragoons moving cross-country in their recently received C-1 Leopard main battle tanks were exercising for the first time with the new 47-ton tank considered to be the most up-to-date in any armored regiment in NATO and Exercise Certain Sentinel.

NEXT

**TOTEM TIMES
DEADLINE**

Monday, March 5

Section news

the latest gen

Firing away....

If you can recognize the hazard, then you can correct it. Basic fire hazards are easily recognized primarily because they are right out in the open where everyone can see them. This is because your basic fire hazard is normally man made. Recognition and immediate correction of these fire hazards is everyone's responsibility.

If at any time you are in doubt about whether a certain set of conditions constitute a fire hazard, call your local fire department.

Have Emergency Plan of Action

Before you rush off to make a room-by-room check — remember no place of residence is 100 per cent fire safe; therefore it pays to have a plan of action just in case.

Consider now the decisions you may be required to make during an emergency. Take into account all the various likely situations which could arise. Determine as well as you can what you would do if your house or apartment or its contents begins to burn, always with life safety as the first consideration.

This exercise will assist you greatly during an actual emergency when you may have very little time to make what might just constitute life or death decisions.

Make the Correct Decision

Even if the fire is still small when it is discovered, decisions will have to be made. Fight it? Call the fire department? Or get out? If you know you can extinguish it immediately with something at hand, and in complete safety, you would hardly think twice before doing it. For instance, grease in a frying pan catches fire on the burner. The person simply turns off the heat and puts the pan cover over the fire, and it is out. But, simple as this is, if there is the slightest question about controlling it, that person must call the fire department immediately.

The situation is different when someone comes into the kitchen and discovers a frying pan fire that has already spread to a wooden cabinet beside the stove. Perhaps that person is afraid to cover the pan. Whenever there's any hesitation, phone the fire department immediately.

Be Ready To Call For Help - Safely

Another decision may be needed immediately following discovery of fire, call the fire fighters first or get everyone out of the house first? This decision may be made automatically by conditions of the fire. If it is growing rapidly, the house filling with smoke, and the danger is obvious, then order everyone out...quickly! If there are small children or an invalid in the house, plan now, that in case of any fire not instantly extinguished, everybody out!...Then sound the alarm! Decision-making is easier when you have it fixed in your mind that lives are more valuable than houses.

Location Of Telephone Is Important

Is it located close to an escape door so that you can make your call for help and still be safe? If it isn't, can the phone company relocate it? On the other hand, is there a public alarm box within seconds of the house which you would plan to use instead? If there isn't, how about telephones of neighbors? Are there almost always neighbors at home? Make Every Second At The Phone Count

See that the phone number of the fire department (and the numbers of the police and you doctor, hospital, the gas company, too) are affixed to the phone, or kept near it. The important thing in making a call is to be sure the fire department gets the correct address. And, by the way, is your house number prominently and legibly displayed on the house or mailbox?

fire safety in the home

The older children can, however, be instructed in the operation of the public alarm box.

More Decisions

If an adult is confident that he can control the fire, that no one is in danger and that his escape is assured, his decision will probably be to make a stand. He may have to make a decision to call the fire department first and then fight the fire, basing his decision on how far the department has to travel or on

the capabilities of the department.

Regardless of what decisions taken as to whether to fight the fire or not, never lose track of the order of priority in fighting any fire:

1. EVACUATE — Get everyone out first.
2. CALL FIRE DEPARTMENT — The pros know best.
3. CONTROL FIRE — After the house has been evacuated and the fire department notified, you may fight the fire if it looks manageable. If not, get out!

407 Armament section

The Arm't Section is a very active place these days. First we have people returning to the section and we have others leaving, on courses and such. Then we have the ever approaching menace of Op EVAL. All in all things are getting quite hectic. The lucky ones are away; however, the few still here are gearing up for the grim battle between the way we do it and the way it's supposed to be done. Oh well, practice makes perfect and practice we shall, (hopefully, we'll get it right).

Now to the comings and goings around the section, M-Cpl Moe Campbell is in Borden on a SIT Course. Cpl. Dave Glover is visiting Cool Pool studying the ups and downs of IOY's. Pte. Killam and Pte. Schmoth are still in Greenwood learning all there is to know about the Argus. Pte. Roz Steeves is studying Trackers in Shearwater. Cpl. Sharp is back from Greenwood. It seems they taught him something about airplanes but he's still lost at cards. Sgt. Bruce Horochuk got a bit mixed up and flew back here from down south. Sgt. you go south for the winter, not north. M-Cpl. "Ernie" Wiwchar even

topped that mistake; he went further north but after a short stay in Cold Lake he soon learned and returned.

All visitors to the section take warning Pte. Mike Pitre is studying card tricks. Though I have to admit he is getting good, if you have better things to do stay away. Speaking of tricks, everyone is still trying to figure out how WO Forget got the new car away from his wife.

The section has been without Sgt. Robinson's voice for the last week, seems the flu caught up with him followed by laryngitis. Cpl. Cunningham also discovered sleeping in this weather is good for a cold. If all this misery isn't enough, you should hear some of Capt. Manuel's jokes.

With that note of sarcasm, I'll bring this report to a close. Catch ya next time.

Demon Doin's

Shades of light blue! Have we gone back to Airforce Blue uniforms? Unfortunately, not. It seems it was old uniform night at the 'O' Mess last Friday. It was nice to see that some of our Squadron members still fit into their old uniforms. As for you others, remember, 'Mile and a half' time is fast approaching.

We had visitors last week. Members of the RCAFA, hosted by Capt. MacKean, were here to see what we've been doing lately. During a conversation, one of their members remarked that he was very impressed with the modern, sophisticated electronic hardware carried on our aircraft. It was hard to believe he was talking about the Argus.

The recent Squadron ground training day went well. Capt. Hammersley tried to bring the Squadron 'up' to his level of knowledge on RECCE. After that grueling lecture I'm sure at least one person learned some RECCE. Isn't that right, Captain?

The Demons have said goodbye to Capt. Harv May. Harv is leaving us to join the "White Knuckle" Airline. He was given something to remember us by — a piece of NAS Barbers Point. Aloha Harv, and Good Luck!

Back from Halifax are Capt. Gary Ousey and Lt. Mike Kennedy. After the three-week super-super course they were on, they now are the Squadron's Oceanography experts. I'm sure they will discuss with anyone who is interested, the merits of the advanced theory of cycloidal wave motion.

The compliments of Crews 4 and 5 have undergone some changes. Capt. John Leross is the new VPCC of Crew 4. Filling the vacancy in Crew 5 created by John, is Capt. Butch Breen.

Maj. Robin Thoms is ready for a change, having completed his 1st Officer's check.

A surprise was waiting for Mike when he arrived home. We would like to congratulate Mike and Evelyn Kennedy on the forthcoming addition to their family.

The S Surv O, Capt. Jim Slater, has been busy sending the chosen few away to "Crystal City" to do like the Eskimos. Arriving home this week is Cpl. Mark Scott. Leaving this week are Ltd. Gilles Briere and MCpl. Ron Schauer. DON'T FORGET YOUR LONG JOHNS!

It's nice to hear that Crew 3 finally made it to Hawaii and back. It only took them three tries to do it. For all you green-eyed, jealous types, the crew was having a hard time believing they had ever left Comox with all the rain they had while in Hawaii.

Rumor has it that there is a young pilot on Crew 5 who will be renting out his new waterbed on weekends when he'll be away. It's for those who are interested in "trying" one out, if you know what I mean.



The largest of sharks, the whale shark, may grow up to 50 feet long and weigh 20 tons.

WO'S & SGT'S MESS

23 FEB.: TGIF
Food: Spaghetti and meat sauce.

25 FEB.: Movie: Starting time 2000 hrs.
"OH GOD"

02 MAR.: TGIF with your CPL's.
Invite your Corporals to the Mess corporals only"

03 MAR.: Cash Bingo and Dance
All ladies invited to play Bingo
Music by Music Man

04 MAR.: Movie: To Be Announced

09 MAR.: TGIF

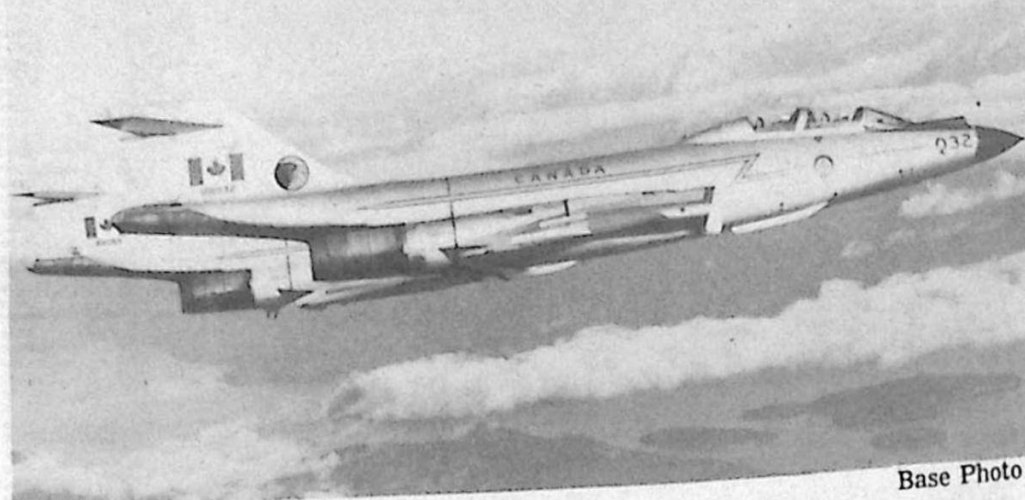
COMING UP

17 MAR.: St. Patrick's Dance
Band: Stillwater
17 MAR.: Food: Irish Stew with Irish Biscuits
Cost: \$5.00 per couple

OFFICER'S MESS ENTERTAINMENT

Schedules for the officers' Mess and the Junior Ranks Club were unavailable at press time. For coming events please check with your Mess Manager

Jr. Ranks Club



Base Photo

Nighthawks Nest

The past two weeks have seen the Nighthawks making a number of last minute preparations for the operational evaluation. Final touches were completed in the Squadron area reconstruction, with everyone settled into their new offices.

A new stats board, which suddenly appeared, seemed to overwhelm some of the Nighthawks with its size and

complexity, however everyone soon mastered its many columns.

A ground school during the week wrapped up the academic review for TacEval. Combined with an intensive flying schedule focused on areas of evaluation the work of the past weeks should help to produce the usual good results.

Last weekend a number of A

Flight people journeyed to Hill AFB at Salt Lake City for three days. Maj. Ron Egli led the group which flew in support of an O.R.I. (Operations Ready Inspection) for a Mobile Ground Control Intercept unit. Flying against the 105 Thunderchiefs (Thuds) of the Air National Guard, the Nighthawks gained some valuable intercept training in the low-level environment.

Also Majors Hellberg and Evans went to Bagotville to retrieve a Comox aircraft and tend to have a compass problem on the return trip.

Congratulations to Larry Russell who recently became Combat Ready and was presented with a membership to the private club at the end of the runway (i.e. the Q).

When it's easy to track you down...

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of ANNIE

Anne Friedman



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Thurs. to Wed. - Feb. 22, 23, 24, 26, 27, 28

Mon. to Thurs. - 8:15 p.m.

Two Shows Fri. & Sat. - 7:00 and 9:00 p.m.

No Matinee This Saturday

Thurs. to Sat. - March 1, 2, 3

Mon., Tues., Wed. - March 5, 6, 7

Peter Falk

Ann-Margret

Who dunnit?

Neil Simon's

"THE CHEAP DETECTIVE"

MATURE

Starts March 8

Clint Eastwood

"EVERY WHICH WAY BUT LOOSE"

Van Isle

Campbell River

Mon. to Thurs. - 7:30 p.m.

Friday & Saturday - 7:00 & 9:00 p.m.

No Matinee This Saturday

Feb. 22, 23, 24 - George Segal

"WHO IS KILLING THE GREAT CHEFS OF EUROPE?"

MATURE

Feb. 26, 27, 28 - Burt Reynolds

"WANNABE HOLLYWOOD"

Scud A SS-1b is one member of a series of Soviet Tactical

Base Photo

(R.S.B.C. 1960, Chap. 315)

ROYAL COMMISSION OF
INQUIRY HEALTH AND
ENVIRONMENTAL PROTECTION
URANIUM MINING

TAKE NOTICE that, pursuant to the British Columbia Public Inquiries Act, His Honour the Lieutenant-Governor in Council has been pleased to appoint as Commissioners the following persons, namely:

Dr. David V. Bates, Chairman
Dr. James W. Murray
Valter Raudsepp

The Commissioners shall inquire into the adequacy of existing measures to provide protection in all aspects of uranium mining in British Columbia. In particular, the Commissioners will examine the adequacy of existing Federal and Provincial requirements in British Columbia for:

- (a) The protection of the health and safety of workers associated with exploration, mining and milling of uranium, and
- (b) The protection of the environment, and
- (c) The protection of the Public.

The Commissioners shall make recommendations for setting and maintaining standards for workers and public safety and for the protection of the environment in respect to the exploration, mining and milling of uranium ores. They are to report their findings and recommendations to the Lieutenant-Governor in Council in accordance with the provisions of the Act.

AND FURTHER TAKE NOTICE that Public Hearings by the Royal Commission of Inquiry Health and Environmental protection — Uranium Mining will be held at selected locations throughout the Province, at times and dates to be announced. The first series of Public Hearings to receive Briefs will be held during the months of May, June, and July, 1979. An inaugural Public meeting is to be held

10:00 a.m., Tuesday, March
Holiday Inn
711 West Broadway Avenue
Vancouver, B.C.

The purpose of this meeting will be to outline plans for future sittings and rules of procedure.

AND FURTHER TAKE NOTICE that those persons or organizations intending to appear before the Commission at any of its Public Hearings after March 6, 1979 are required to:

- (a) Write immediately to inform the Executive Secretary at the address below and inform him of such intention, and thereafter
- (b) Prepare a Brief to be forwarded to the Executive Secretary prior to their appearance before the Commission.

There will be an opportunity for informal presentations to be made before the Commission during its Public Hearings without prior notice being given.

The Executive Secretary will contact the parties concerned and certain other organizations and expert witnesses to arrange for their appearance at a suitable time and place.


Further Public Notices with respect to the Public Hearings will be issued in due course.

On behalf of the Commission:
Brig. Gen. E.D. Danby (retired)
Executive Secretary
Royal Commission of Inquiry
Health and Environmental
Protection — Platinum Mining
P.O. Box 46302, Postal Station "G"
Vancouver, B.C. V6R 4G6

100% flypast

body with conical nose and cruciform cropped delta tail fins

Length: 35 ft. (10.6 m)
Diameter: 2 ft. 9 in. (.85 cm)
Weight: 10,000 lbs. (4,500 kg)



kg)
Propulsion: Storable liquid
Range: 80 mi (130 km)
Guidance: Probably radio
command launch phase into
ballistic trajectory
Warhead: Believed optical
 nuclear or high explosive

take four points from the top team, this also put them alone in first place. How sweet it is gang. Remaining the team this year from Boozers to Buffalo's came as a surprise to all but met with very little opposition except in the background I heard Bob say I'll drink to that.

In keeping with a great tradition we did it again, an all out effort paid off as 442 Sqn. launched the whole fleet in a fly past showing 100 per cent serviceability. Captain Ery Cross flew with the team as an observer to over see the formation. How'd it look from there Ery? To sum up the whole operation, the book of Proverbs covers it best. Chap.

31: VS. 19:
Many Daughters Have Done
Virtuously,
But Thou Excellest Them
All.

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Western Canada Lottery Foundation

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FURTHER INFORMATION — CALL,
DATE
PROJECT
Ref: 339-4010

Editorials

Ken's pen

1 Uniforcians verses 1-23

A Reading from the First letter of Paul to the Uniforcians:

1. Greetings to all my brothers and sisters in green from your brother in exile, Paul. Word has reached me from many and far away lands that many of you are struggling
2. in your observance of the principles of our faith. For this reason I once again write to encourage and inform you and give you hope as you live out the life of service
3. that has been bestowed upon you by those whose wisdom goes unchallenged. (In other words, this is a pep talk -- so pay attention.)
4. Thou dost remember well the problems that beset you when only a decade ago you were three separate nations.
5. For was there not much rivalry amongst you. And did you not at every opportunity, continue to heap insult upon
6. each other with words such as "Pongo", "Fish head", and "Crabfat". And even the garb you wore, blue, as the sky is
7. blue, brown, as the earth is brown, and blue, as the sea is blue, did this not add to the animosity by distinguishing you as Air, Land, and Sea nations.
8. And tho you had great leaders to lead you, they were so many, that even when nation was not at war with nation, leaders were at war with leaders, and jealousy and pride.
9. those greatest of all sins, did indeed hinder you all from leading a fruitful existence. It was then that he, who was then and still is, greater than even I, did say unto
10. me: "Paul, go forth into these nations and straighten out this mess, for I wouldst have harmony in my Kingdom, and
11. the people of the nation Civilian will be pleased with me if we but work hard and make them believe we save them taxes."
12. So it was that I went to you all and didst talk greatly of the difficulties that beset you, and didst (in
13. my wisdom gained from having been a member of one of your nations with the position of Corporal) deign that harmony
14. wouldst be obtained by making of you one nation. And this came to be in the year one thousand nine hundred and sixty eight, and the nation was given the name "Hellyer Trinity".
15. And it came to pass that the three families of the Hellyer Trinity did indeed prosper (bite my tongue). All were given a new garb to wear, green, as the grass
16. green until trampled on, and all who saw the new nation in this garb didst say: "are you the Coke man", and "could you
17. please check the oil and wash the windshield"; and there was a great pride among the people of this new nation.
18. And to some I didst allow great abundance of facial hair, to others retention of previous titles of nobility, (such as Petty Officer), and still to others many accoutrements collected through the history of their nation. And to all I did ensure the right of free transportation (flips) on the second Wednesday of the fifth month of every year.
19. And having done all these things, I then went to he who was, and still is, greater than even I, and said to him: "See how I have brought harmony to your kingdom.
20. Dost thou not believe that now that the nations love me and trust me so, that I should replace thee as the one who is greater than all?" And he said, "NO".
21. And it came to pass that I did truly believe that I should be the one who is greater than all, but there were many who plotted against me, and the people were led to mistrust my wisdom, and I was exiled into the land of
22. Civilian. But do not give up hope of my return, for lo, it will come to pass in thirty to fifty years, that many
23. nations will come to realize the wisdom of the Hellyer Trinity, and many great leaders will say "Truly, Paul was a great man". And I will some day become one who is greater than all (knock on wood).

Tax talk

How RRSP's help you retire

By The Institute of Chartered Accountants of British Columbia

For many people, retirement is a traumatic experience. What do you do now? Has society washed its hands of you? Will your money pay the bills now that your income has ended?

This is where the Registered Retirement Savings Plan comes in to ease your worries about finances.

RRSPs. What are they? Simply, they're a means by which you may provide for financial security in retirement. At the same time, they save you tax dollars.

You deduct from your taxable income amounts (to certain limits) contributed to a Registered Retirement Savings Plan and tax is paid when the funds are withdrawn.

Income earned by the funds invested in the plan are not taxed and, as a result, a pool of funds builds up for your use in retirement.

There are three important RRSP elements to consider:

- (1) Timing: when the contribution should be made.
- (2) Amount: maximum allowable contribution.
- (3) Type of RRSP.

Let's look at them closely. **TIMING:** To get a deduction for 1978 your contribution must be made by March 1, 1979. You don't have to worry

about the availability of RRSPs because as that date approaches all the banks, trust companies, credit unions and other financial institutions will advertise heavily for your business.

AMOUNT: The allowable maximum investment depends on whether you're already in a company pension plan.

If you're not, you're allowed to contribute the lesser of \$5,500 or 20 per cent of your earned income to an RRSP. If you are in a company plan, the contribution is the lesser of 20 per cent of earned income or \$3,500, less contributions to the company plan during the year.

For example, based on income of \$18,000:

(a) No company plan — maximum allowable contribution is \$3,500;

(b) Company plan with \$200 contribution — maximum allowable is \$3,300.

TYPE OF PLAN: Here are a few samples of available RRSPs:

Fixed income — guarantee of a percentage return;

Equity investment — trustee invests in qualifying securities;

Mortgage funds — trustee invests in mortgages;

Insurance — savings portion of a life insurance policy is deductible.

You're also able to establish a self-administered plan in which you determine the type

of qualified investments you wish to make and someone in this type of plan is allowed to contribute other types of property to get the deduction.

A further option is that, instead of making contributions to your own plan, you may make them to a plan for your spouse. There are, however, certain restrictions on the withdrawal of such funds.

There are a few other things to consider, such as:

An RRSP matures no later than your 71st birthday. Then you can either cash in the plan, buy an annuity or invest in a Registered Retirement Fund;

There may be an advantage to borrowing funds for contributing to an RRSP because the interest on such loans is deductible for tax purposes;

Timing of withdrawals. Precise details of the above may be easily obtained from any financial institution.

The attractiveness of the RRSP will, of course, vary with each individual plan and a person's tax position. But always remember to review the available plans carefully to find the one that best suits you.

Also, be sure to compare costs (initial, annual and withdrawal) at the various institutions offering RRSPs.

And always regularly review your RRSP to make sure it's serving you well.



Your child may be a credit to you

Children born in 1961 or later may be a credit to their families, a tax credit that is. Under new legislation that took effect January 1, mothers, or in some cases fathers, whose family income is \$18,000 or less can claim a \$200 credit as a supplement to their family allowance payments for each eligible child. Families with incomes above \$18,000 may also be eligible for some or all of the credit for their eligible children although the amount is reduced as total family income rises.

And according to Revenue Canada, Taxation, that means approximately 2.8 million Canadian families will be eligible to claim at least some or all of the \$200 credit for their eligible children.

How does one identify an eligible child? Generally,

children born in 1961 or later for whom a parent received family allowance in December 1978, are eligible for the credit.

The number of eligible children is recorded by Health and Welfare on the information slip (TFA1) sent to parents in January.

One copy of that information slip must be included with the completed tax return schedule when the mother or father applies for the child tax credit at income tax time.

Generally only children for whom either the mother or father received family allowance payments last year are eligible for the credit. Foster children or children who are not maintained by their parents do not generally qualify for allowance payments and are therefore

not eligible for the child tax credit.

What happens if a child is not included on the TFA1 information slip from Health and Welfare? A child born in December of last year will not be included on the TFA1 but may still be eligible for the credit. An award letter obtained from Health and Welfare to confirm eligibility for the credit must be included with the tax return and schedule at tax time.

Landed immigrants or parents who maintain children outside Canada should contact Health and Welfare to determine whether their children are eligible for family allowance payments and the tax credit.

There is no limit on the number of eligible children in a family provided they all

meet the criteria outlined. A family whose income is \$18,000 or less would receive the full \$200 for each eligible child. As a family's income rises above \$18,000, the amount of the credit is reduced. For instance, a family with four eligible children with a family income of \$28,000 would receive a total credit of \$300.

To help calculate the exact amount of the credit, a one-page application form (Schedule 10) was included with the January family allowance cheque. The completed schedule must be submitted with the tax return by whichever parent receives the family allowance. In most cases this will be the mother, although single-parent homes headed by the father would be exceptions.

Parents will have noticed already that their family allowance payments were reduced in January as part of the new tax credit system. The reduction could mean not less but more money for families in the middle to low income range who complete the schedule and tax return and mail them to their Taxation Centre at tax filing time.

A free leaflet, entitled You Were Asking About the Child Tax Credit is available through District Taxation Offices. Comox Valley residents wanting more information or assistance to complete their claim can contact an Income Tax Volunteer through the Comox Valley Thrift Shop, 565 Cumberland Road (Phone 338-8444).

Food background

Supermarket shopping skills

Coming out of a supermarket with only half the items on your shopping list and no spare change in your pocket can be a disheartening experience.

Consumer and Corporate Affairs Canada recognizes that the amount a shopper spends on food is affected not only by what is bought, but by how it is bought. To help you shop wisely, the Department recommends some common-sense tips on skillful shopping.

A very basic point. Studies show that a hungry shopper who is not overweight, can spend up to 10 per cent more on groceries. Overweight people, however, who have just munched before shopping are in a different situation — they should wait

until after shopping to eat, as snacks can stimulate hunger. If you follow the guidelines that suit you, then it will help you to buy what you need, not what you want.

Buy only what you need. Make a list of the groceries you need, and buy only those things on your list.

Look around. Many stores keep their more popular items at eye-level, so it often pays to bend down or reach up for a cheaper product. Also, those end-of-aisle displays aren't always offering bargains. Check them against the regular price.

Shop quickly. The longer you spend in a supermarket, the more time you'll have for buying on impulse. Your whims can cost you money. It's best to stick to the list.

Forget brand loyalties. A lot of chain stores have their own brands of food items, and the quality is just as good as the popular brands. In fact, inside the packages, most of these products are identical, and you'll find the store brands are usually cheaper. In some areas of the country, no-name products are appearing in supermarkets. These items have lower prices largely because there is less advertising and the manufacturer is using a lower-grade product. Nutritionally, however, there is little difference between the grades.

Buy less meat. About one-quarter of your food dollar is spent on meat and poultry. It's a very expensive item for which there are plenty of good

substitutes like eggs, cheese and milk. Often fish and poultry are cheaper than beef and pork. But you can save a lot just by buying less meat, choosing cheaper cuts and serving smaller portions.

Shop alone. It's more efficient. Other members of the family can cost you 15 to 20 per cent more with their impulse-buying. If you have to take the children along, be firm about what you need and try to stay clear of the candies and cookies.

Shop only once a week, or even less often. And shop towards the end of the week when more bargains begin to

appear on the shelves. Specials are usually advertised in the Wednesday newspapers. It's a good day to write out your list.

Read labels carefully — to find out exactly what you're getting and how much of it. Also, check the unit prices marked on the shelves. They'll tell you how much a product costs per gram or ounce.

Watch for mistakes. When produce is being weighed, keep an eye on the scales. And watch that cash register as your purchases are being rung up. To err is human, but every nickel counts.

HELP WANTED

Do you have a couple of hours a week to spare? With summer fast approaching and most of our staff posted, we need volunteers to help with the fish wrapper. No experience necessary — just a desire to help.

- ADVERTISING ASSISTANTS
- PHOTOGRAPHERS
- FEATURE WRITERS

Don't be shy — call today

— Brian Puttock
loc 238 339-5370

CNA TOTEM TIMES

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Haileybury High

To all ex-students of Haileybury High School:

The Town of Haileybury will be celebrating its 75th Anniversary of its incorporation from Friday, June 29th to Tuesday, July 2nd, 1979. To honor this occasion, Haileybury High School will hold its first reunion of ex-students on Saturday, June 30th, from 10 a.m. to 4 p.m. in the school building.

We sincerely hope that you will plan to attend if possible. If so, we ask you to write us a short note to the address below, including the year that you left the school, so that we

may produce a list of "expecteds" for later publication. We should also like very much the loan of any suitable photographs in your possession. These should have your name and return address on the back, and, if possible, the names of those in the photos. These pictures will be returned promptly after they are duplicated. Needless to say, we should also welcome your help in notifying ex-students of your acquaintance who may not be contacted in this particular manner. Since the reunion will be held as part of the Town Anniversary celebrations, you will have the opportunity to

meet many friends other than classmates, and to enjoy the other events scheduled at that time. As soon as a comprehensive mailing list can be compiled we will send to all who write in the complete programme of the Anniversary weekend.

So, please let us hear from you! We'll be there, and your friends will be there. Join us and make it a time to renew old friendships and rack up one more pleasant memory!

The Reunion Committee
Haileybury High School
Box 279,
Haileybury, Ontario. P0J 1K0

Announcements

Trapper Education Program
24th & 25th February 1979
9:00 a.m. - 5:00 p.m.
Malaspina College, 900 - 5th
Street, Nanaimo, B.C., Room
204, Environmental Sciences
Building, (Top most building
on campus).
Course open only to the first 30
applicants.
Application forms available
through: Fish & Wildlife
Branch, 324 Terminal Avenue,
Nanaimo, B.C. V9R 5C8.
(Betty Schenker - 754-1371).
\$15.00 cheque should be made
payable to: B.C. Trapper
Education Program or B.C.
Trappers Association.
Bring lunch - coffee will be
served.

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required. Call 338-8346.

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2787 Wentworth Road, ph. 334-
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viewing call Judith at 338-
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Personal

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so? Start a new and exciting
career as a management and
marketing consultant for an
International Corporation.
Start part time with no in-
vestment and retirement day
may see you earning 2 or 3
times your present income.
Sound interesting? For in-
terview phone 338-7887.

Do you have a drinking
problem? Maybe alcoholics
anonymous can help.
Meetings at the CFB
Protestant Chapel Annex,
Mondays at 8:30 p.m.

Congratulations.....



Base Photo

ERNIE'S ANGELS!...Things always happen in
threes, we are told, and over at Ernie's ARAF Shop
it happened just that way as three of his Angels
were recently made Corporal. Pictured left to right

are Lynn Roux, Laurette Clark and Loretta Bergen.
The Angels use their talents in the Administration
business at CFB Comox as part of the ARAF
organization.

Russian inroads

Vehicular traffic in Moscow
is growing at an estimated
rate of 10 per cent a year, and
visitors to the 1980 Olympics
will increase that growth, at
least temporarily.

Moscow already has three
ring roads around the city,
one of them 110 km long. Two
more ring roads are under
construction, and should be in
use by the time of the
Olympics.

There are some longer term

plans afoot that are a rather
different approach: within ten
years, it is anticipated.
Moscow will have a N.W.-S.E.
throughway completed...
underground!

Two separate four lane
tunnels will carry traffic in
opposite directions, with exits
to multistory car parks every
3 to 4 km along the route,
according to a report in the
July edition of "World High-
ways". The tunnels will be
some 40 to 50 metres below the
surface.

Other plans call for later
underground route
development including an
underground ring road.

There are some obvious
safety implications in these
plans. A major one is the
apparent separation of fast

vehicular traffic from
pedestrians, and the
separation of "through"
traffic from busy city streets
resulting, it would appear, in
much less congestion.

On the other hand, there
must surely be some
problems to overcome with
regard to the clear passage of
emergency vehicles in event
of a multi vehicle accident?

Like many European cities,

Moscow's 3,500 km of roads
and streets have evolved in
such a way as to lead drivers
through the centre of the city.
Planners are trying to reverse
that process, and a com-
puterised traffic signal
system operated by thousands
of sensors embedded in the
streets will set traffic signals
for the fastest flow.

Cost, it seems, it not a
major stumbling block!



The ambulance was first used in 1792 when Baron
Dominique Jean Larrey devised a specially built vehicle
to carry wounded men from the battlefield. Larrey was
Napoleon's personal surgeon.

Awards and promotions at CFB Comox

CD's to Nighthawks



Base Photo

Keith DeBruyn



Base Photo

"Willy" Williams



Base Photo

Doug Beatty

EMPLOYERS

Hire someone to work for you

SAVE MONEY

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- If you will hire a relatively inexperienced person between the ages of 15 to 24 years of age, who has been out of school from 3 to 36 months -
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- This involves a minimum of paper work, and provides the opportunity to assess potential permanent employees.
- Potential J.E.T. workers will be pre-screened by the local Canada Employment Centre, and referred to you for an interview. You will make the final selection.

FOR FURTHER INFORMATION CALL:

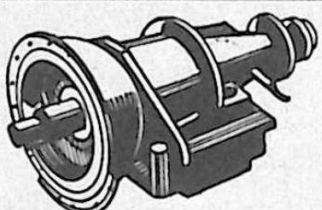
Betty Rokkan 334-3151



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Sports

Up Earls Alley

"Believe it or not"....Wally Berger was out on the Glacier Greens Golf course the other day and it was so wet his son went with him, no, not to caddy, but, as lifeguard.... Also it might be noted that before his round he had to waterproof his irons.... That's the truth.

The Comox Oldtimers are going to host a North Island Oldtimers Hockey tournament in April. It is hoped that six teams will participate in this round robin event. The dates for this wind-up will be Sat. and Sun., the 7th and 8th April.

The Pac Region hockey championships will be hosted here at CFB Comox the 28 Feb. - 2 Mar. There will be four teams representing Comox, Chilliwack, Esquimalt and Fleet. Last year's champions, Chilliwack, will be out to defend their title and, this year's winner will proceed to Petawawa for the CF Nationals which will take place 24 - 29 Mar 79. Unless the interest in Base team hockey improves, the days for Regional activities in this sport are numbered. It is a problem to get personnel to come to practice, whether it be during working hours or, on their own time. I would imagine that in the not too distant future all Regions will be holding "Oldtimers" tournaments which will lead to holding CF Nationals in this category. At present there are three Regions of the six holding Regionals.

The Base Broomball team are off to the Nationals in Edmonton. The calibre of play has increased in the Region and it was very tough for the Base team to repeat as perennial winners. They have a well-balanced team this year and if their bench strength comes through they should do well. "Chicken" George McNabb has been picked from CFS Baldy Hughes to augment the team along with O'Connor, Chilliwack and Galloway from Holberg. This year's coach, Dave Collins, has been holding daily practices and has the team in top condition. Well, the BPERO Capt. Al Ettinger has been posted to Trenton in June and, Mr. Alphabet, Anastasios Athanasopoulos (Apollo) has been posted to Germany in December. Replacements have not been named yet.

Intersection hockey

The Intersection hockey leagues are still going strong. Tempers are starting to flare and the players are starting to rid themselves of their frustrations by becoming more physical, especially in the "A" division. A couple of suspensions have been levied and this should settle things down a bit.

The majority of the Base

team players are playing this league and it is hoped that they will play this tough in the Regionals. The referees have been doing a commendable job of controlling the play and keeping the heavy stuff under control as well.

The team standings and the scoring leaders are as follows:

Team	Won	Loss	Tied	Pts.
442 Sqn.	12	8	1	25
407 Sqn.	11	8		22
M.P.	10	7	1	21
740 Comm. Sqn.	8	15		16



THE CFB COMOX CURLING team captured the Pac Region Title in the Regional Bonspiel which was held in Chilliwack. Pictured above are the smiling faces of the team members holding their awards as presented by Major Hadden from Chilliwack. Team members from left to right are: Harvey Herauf, Darryl Wright, Jack Pate and Dennis Viklund.

CF marathon

As a CF National Marathon will not be held in 1979 in conjunction with the National Capital Marathon in Ottawa, if enough interest is shown CFB Montreal will host a CF Invitational race. This marathon would be held in conjunction with the Montreal Marathons 25 and 26 Aug '79. The Montreal International

Marathon will be held on the 26 Aug and qualifying times will be required. On the 25 a Marathon will be held for novices or first time runners. R & Q will be available at CFB Montreal for Service Personnel. The Centre, local 315, will keep you interested guys informed, as we receive it.

Golf school

It's that time of year when the Golf Bug starts to "float" around. M CPL Berger and M CPL Garrison are interested in hearing from any Glacier Greens Junior Golfers that have this virus or, think that they are about to come down with it. The antidote for this is a pre-season junior instructional school. If you are interested call 339-2211 local 315 and leave your phone number. Hopefully the school will commence in March 79. "Witch Doctor"

ALIVE AND WELL!
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UNSTRUCTURED PLAYTIME

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- Badminton
- Basketball
- Volleyball
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EVERY THURSDAY
1 p.m. - 3 p.m.
JOIN US!
REC CENTRE

Noon volleyball

The noon hour Intersection Volleyball league is running along rather well. There are four teams in the league and games are played twice a week on Tuesday and Thursdays commencing at 1200. The teams participating are: AMS-TRT-TFC, 409 (WLS), Firehall and USAF. The Firehall team is in front at this time followed by the USAF team.

BROOMBALL STATISTICS

(WEEK ENDING 16 FEB. 79)

Team	GP	Wins	Ties	Losses	Pts.
1. HQ	26	18	4	4	40
2. 407	28	8	11	9	27
3. 409/442	25	2	7	16	11

TOP TEN SCORERS

Player	Goals	Assists	Points	Team
1. Pitcher	22	11	33	HQ
2. Roux	7	12	19	HQ
3. St. Pierre	11	5	16	HQ
4. Dick	8	8	16	HQ
5. Ettinger	7	9	16	HQ
6. Lyle	7	2	9	409/442
7. Harty	3	4	7	407
8. Vincent	5	1	6	407
9. Whelen	4	2	6	409/442
10. Forget	2	4	6	407



THE SERVICEWOMEN'S BOWLING team from CFB Comox and led by Lil Davis won the Regional Championship for 1979. Pictured above are the smiling faces of the winning team. From left to right: Kay Alex, Marilyn Bell, Lorraine St. Pierre, Lil Davis, High Triple winner from Esquimalt, M-Cpl. Hissette, Pat Goeke, Marie Parks.

Ladies bowling champs

The CFB Comox Servicewomen won the Pac Region Women's Bowling Championship which was held at CFB Chilliwack recently. Under the captaincy of M-Cpl. Davis, who won the high single and high average honors, they bowled their way to an impressive win over their arch rivals. The final results were as follows:

TEAM	PINFALL
Comox	18118
Chilliwack	17084
Esquimalt	16566
Masset	15622
High Single: M-Cpl. Davis, Comox - 287.	
High Triple: M-Cpl. Hissette, Esquimalt - 725.	
High Average: M-Cpl. Davis, Comox - 212.	
Congratulations, gals.	



THIS IS the senior boys team which represented the Base in the YBC Zone Rolloffs held in Courtenay 18 Feb. Back row: Roc Leforte, Albert Steele, Blake Bourgeois. Front row: Robert Zruna, Warren Mead, Pat Hudson (singles) and Gary Wiffen (coach).



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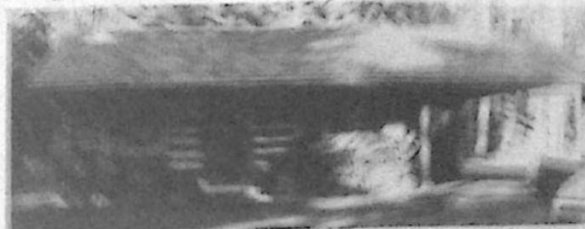
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After a fall

It's inevitable that at some time or other you will fall in powder or crusty snow. It happens to the best of skiers.

An important rule to follow is: relax and don't panic. Becoming stiff or panicking can result in injury. Cross-country falls rarely result in severe injuries as snow cover can be a great cushion.

Once in the snow, take off your poles, place them side by side, and use them as props to push yourself out. Place one hand just above the baskets and the other hand part way up the shafts. Hand climb the shafts until you're up.

When your feet are twisted on your skis or your skis are crossed or entangled, release yourself from your bindings, then use your poles to get out of the snow. Put your skis back on once you're standing.

After falling on hills, position yourself to lean into the hill before pushing yourself up with poles.

By practicing this technique a few times before skiing, either at home or on the trail, you'll accustom yourself to the procedure.

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Sports talk



Still waiting for winter???

JUST 30 MINUTES DRIVE from downtown Vancouver are scenes such as this at Grouse Mountain. With its varied terrain and 11 runs, Grouse has the added advantage of being open from 9 a.m. right through to midnight. Residents and visitors to Vancouver can zip up the mountain for a long ski after they have had supper. Floodlit and twinkling in the night, Grouse becomes a wonderland not only for skiers but for viewers looking up from Vancouver. At the same time, skiers are looking down on the million lights of Vancouver as they either whisk down the dazzling slopes or relax on the

mountaintop restaurant and lounge. Grouse also boasts a 100-passenger Super Skyride aerial tramway as well as four chairlifts, three tows and two T-bars. Information on skiing conditions and the availability of accommodation at this and other resorts is provided by the Ski Travel Centre, 834 Helmcken St., Vancouver, V6Z 1B2. The phone number for B.C. residents is 687-5422, and for those living in Western Canada outside B.C. there is a toll-free number of 800-663-3444. Information is also provided by Tourism B.C., 1117 Wharf Street, Victoria, V8W 2Z2; phone 387-6417.

B.C.'s best

VANCOUVER — The only Canadian Gymnast ever to score a perfect mark of 10 in competition, Philip Delesalle of Victoria — has been named British Columbia's Overall Athlete of the Year in 1978.

Delesalle was given the honor Saturday night at the annual Sport B.C. Awards Banquet at the Vancouver Hyatt Regency Hotel. A sell-out crowd of close to 700 attended the dinner, along with Premier Bill Bennett and the Hon. Hugh Curtis, Provincial Secretary, and the Minister responsible for fitness and amateur sport in the province.

As well as being named Overall Athlete, Delesalle was also named the province's Senior Athlete of the Year. Other winners were declared in Junior, University, High School, Master and Physically Disabled categories and Team of the Year.

Selection of finalists in all categories and the Overall Athlete were done by members of the lower mainland media.

Delesalle scored his perfect mark of 10 during the Pacific Rim Invitational championships in Vancouver. It came in the pommel horse

competition. That sparked Delesalle to win the overall title at the event, a feat he had performed one week earlier in the Pacific Rim meet at Edmonton against the U.S.A. and China.

The highlight of Delesalle's year, though, was in winning two gold medals at the Commonwealth Games in Edmonton — one for the overall individual title and

another for being a member of Canada's men's champion team.

Later in the year, a severe bout of the flu and a leg injury prevented Delesalle from competing in the World gymnastic championships and the World Cup meet.

The two other finalists Delesalle beat out for the Senior Athlete title are Commonwealth Games

javelin gold medalist Phil Olsen of Nanaimo and Vancouver wrestler Marc Mongeon, Canada's top competitor at the 1978 world championships.



AL ROBB

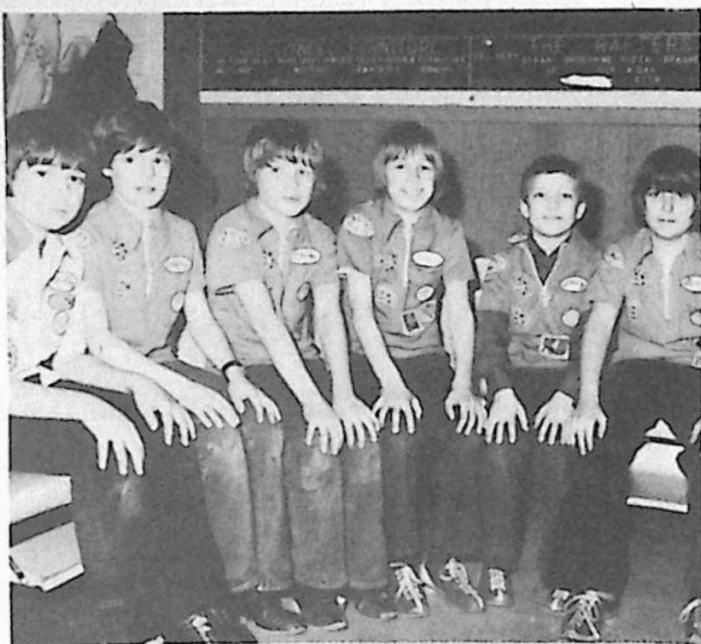
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Base Photo

SURE TO PUT ON A GOOD SHOW at the YBC Zone Rolloffs in Nanaimo on 25 Feb. is our Bantam Boys team made up of Bradley Mastin, Brian Hall, Robert Hudson, Dennis Friesen, Jerry Veldhuis, Peter Bourgeois (singles).

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

Bantam Girls



THIS HAPPY GROUP will be showing their stuff as our Bantam Girl Reps at the YBC Zone Rolloffs in Nanaimo on 25 Feb. From the left: Merridith MacLennan, Cheryl Sampson, Julie Herauf, Tanya Dickens, Teresa Ballard, Donna Purcell (Singles)

Base Photo

Junior Girls



Base Photo

GOING TO PARKSVILLE on Feb. 25 as the Base Junior Girls representatives at the YBC Zone Rolloffs are: Wendy Webber, Carole Herauf, Nadine Legere, Pat Steele (mascot), Debbie Steele, Michelle Grosvenor

Junior Boys



Base Photo

REPRESENTING THE JUNIOR BOYS from the Base at the YBC Zone Rolloffs being held in Parksville on 25 Feb. are: Barry Collins, Stephen MacDonald, Benny Clarke, Bobby MacDonald, Raymond Hill, Danny Veldhuis (singles)

Senior Girls



Base Photo

HERE IS THE SENIOR GIRLS team which represented the Base in the YBC Zone Rolloffs in Courtenay on 18 Feb.: Shelley Dickens, Donna Rossiter, Margaret Jones, Theresa Pokol, Linda Legault (singles). Missing from picture are Cheryl Pearson and Gail Engelmeyer (coach). And late news: The girls won their division and will be travelling to the Provincials in Prince George on 17 March.

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Comox-Powell River Ferry

In order to carry out necessary repairs and maintenance, the MV "Sechelt Queen" will be out of service on Tuesday, February 27, Wednesday, February 28 and Thursday, March 1. For these three days, service on this route will be maintained by the 28-car MV "Tanaka". Normal service will resume on Friday, March 2.

We regret any inconvenience this service reduction may cause.

Province of British Columbia
Ministry of Transportation, Communications and Highways
Hon. Alex V. Fraser, Minister

Termination of Service

Beaver Cove-Kelsey Bay Ferry

With the newly completed section of the North Island Highway from Sayward up to Woss Lake providing a faster and more convenient means of transportation to and from northern Island points, the need for a ferry service between Beaver Cove and Kelsey Bay has been eliminated.

The MV "North Island Princess" will make her last sailings on this route on Wednesday, February 28, 1979, departing from Beaver Cove at 9:30 am and from Kelsey Bay at 4:00 pm.

Province of British Columbia
Ministry of Transportation, Communications and Highways
Hon. Alex V. Fraser, Minister

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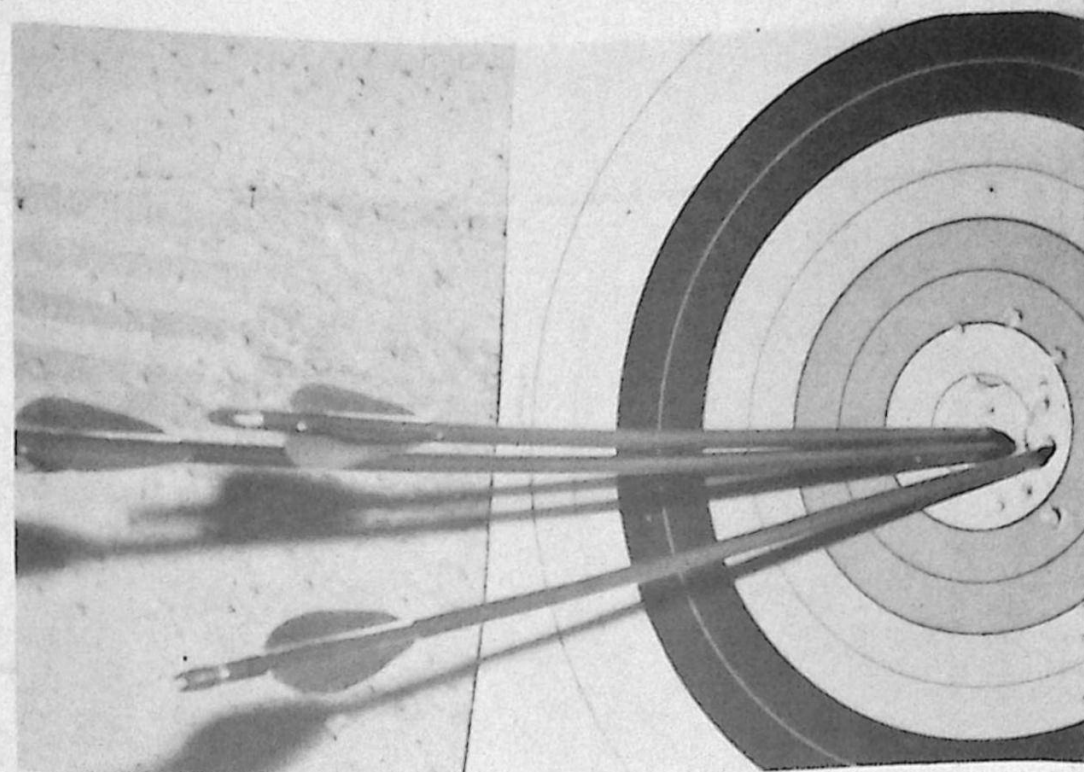
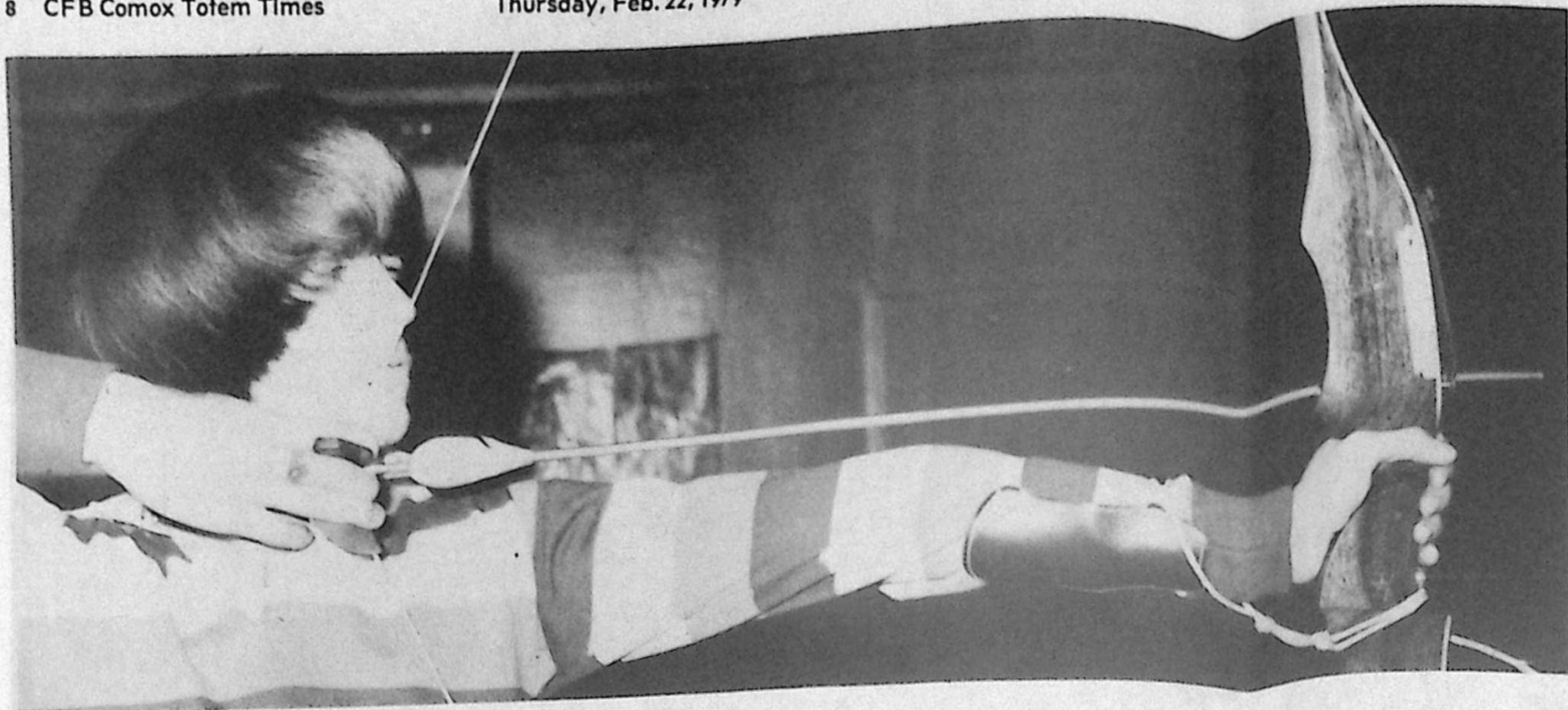
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Sports and recreation base archery club

Archery Club



THE DEADLY SPECIES. Sugar and spice and...getting on the wrong side of this lady could prove to be a foolhardy mistake. Another of the club's activities involves the use of the crossbow. Lee has hers fitted with a 4X scope, making it "all the better to see you with".

Archery - Defined as "A sport involving the skillful use of the bow and arrow in marksmanship". Whatever it's humble beginnings it has certainly come a long way from the days of hand-crafted bows and shafts. Today it's the compound bow, aluminum shafts, plastic fletchings and balanced stabilizers. Sights that would do a rifle-marksman proud, giving the archer the ability to put an arrow into a one inch centre.

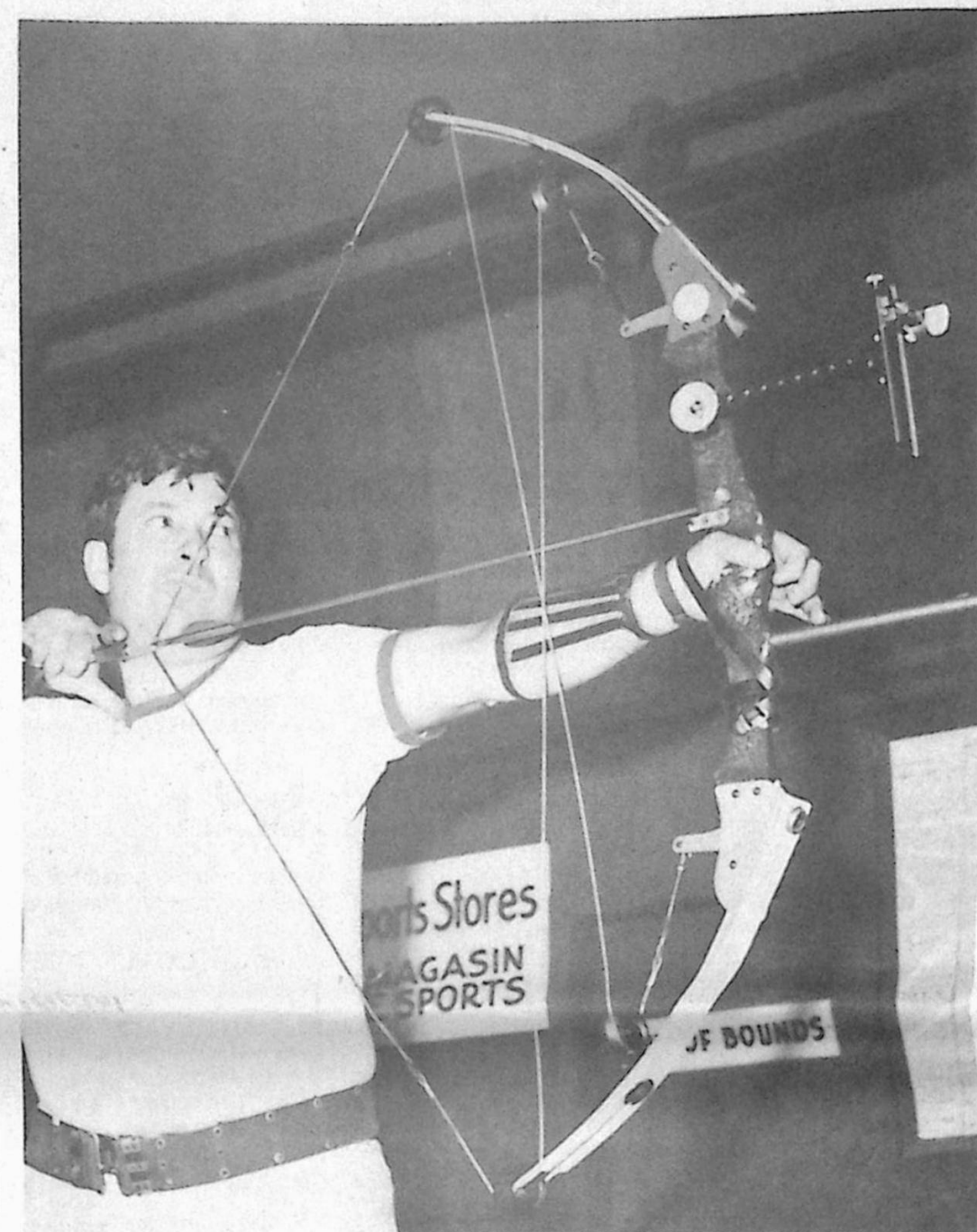
One of the oldest continuous sporting events in the world involves archery. Competitors shoot for a Silver Dart, the "Ancient Scorton Arrow", held annually in Yorkshire, England.

But let's move on to the local scene. The base archery club is run by Don Buchner, an electrical tech. working in 409 Eng Bay. The club has two registered coaches, Don, who has been registered four years, and his wife Thanna, registered two years.

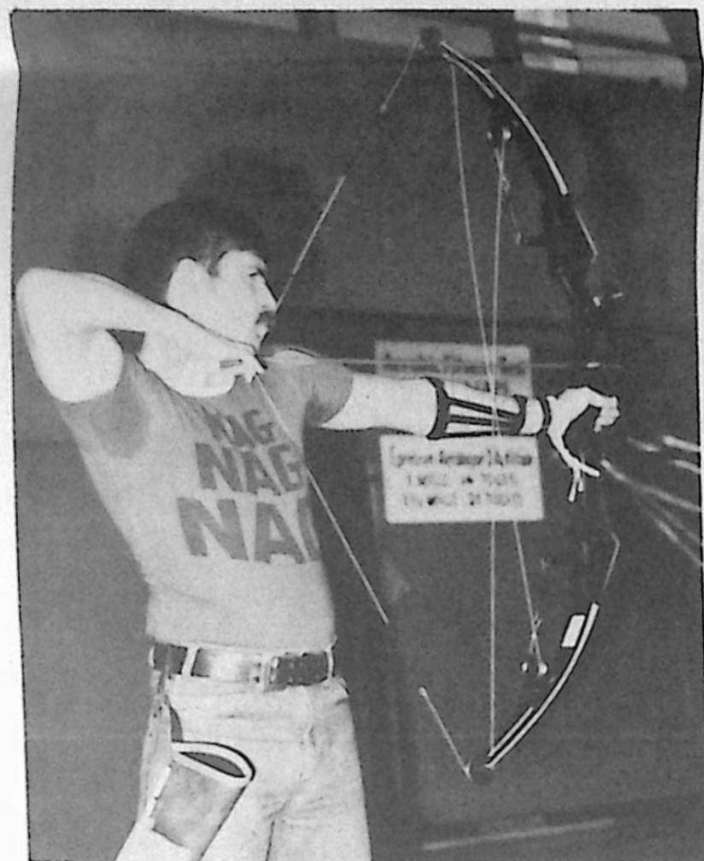
The clubs membership dues are most reasonable. Five dollars a year for adults, three for juniors and seven and a half dollars for family membership. These dues are used to cover the costs of targets and the clubs archery equipment which is used to teach beginners.

In the club the levels of achievements are as follows: Beginning with Yeoman you move on to Jr. Bowman, Jr. Archer, Bowman, Archer, Master Bowman, Master Archer and then on to the Olympian program of which there are six levels. The club holds its own competitions each month, and there is lots of meets and events in the near-laying areas.

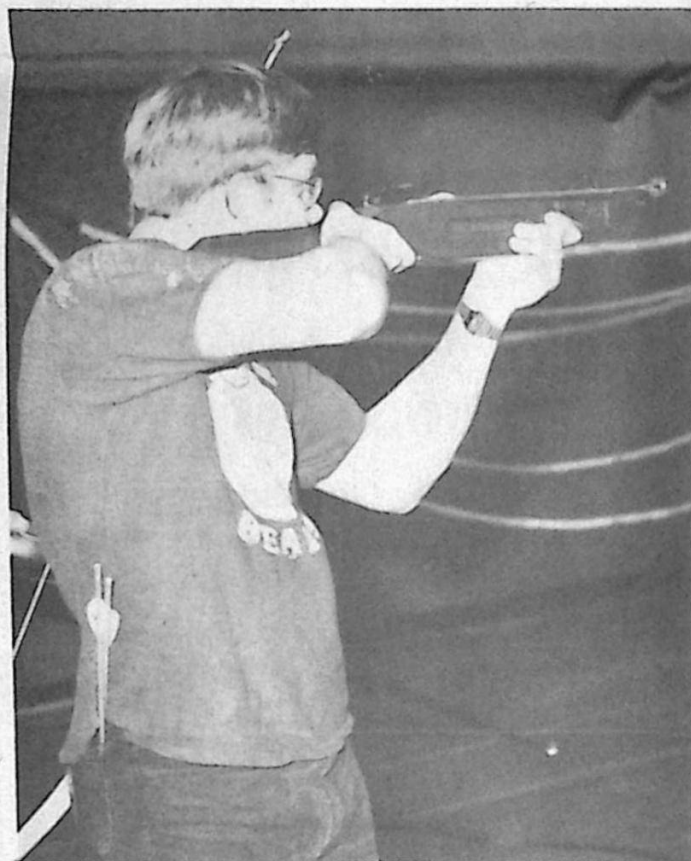
For a sport the whole family can take part in, come on out to the rec. centre, take aim, and fire....



IT'S COME A LONG WAY. Longbow men of old would turn over in their graves if they knew what has happened to the bow and the field of archery over the last 50 years. Don Buchner, one of the club's registered coaches, is shown here with one of the numerous compound bows available today. Note the peep sights and stabilizer rod which help contribute to a truly accurate shot.



IT'S HARD WORK. Constant work is the secret to a steady score. Here Eldon Lee works to improve his form...and his score.



New M.P. sidearm??

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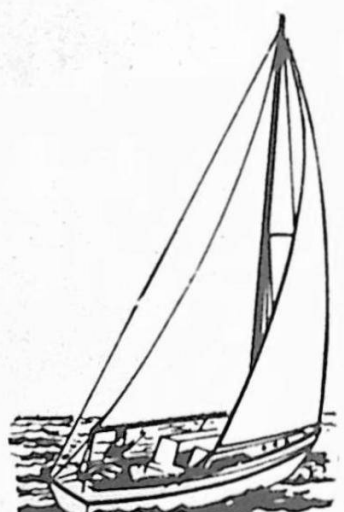
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Story and photos by Chris Hosford

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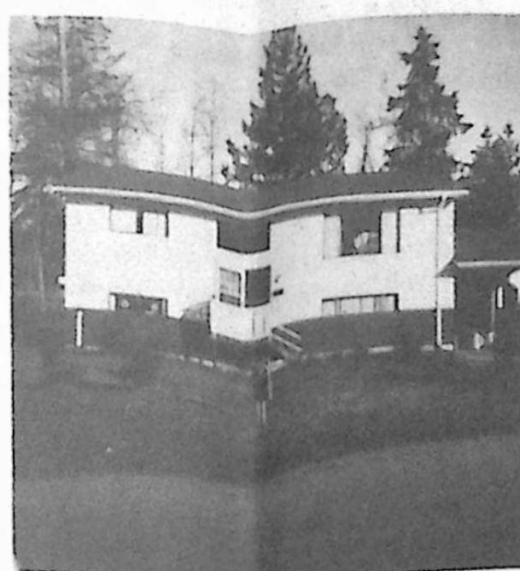
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PMQ preamble

Debbie McLaughlin, our MISS WALLACE GARDENS, gave a glowing account of the Winter Carnival activities and Snoo Queen Contest, even though she was not chosen the new Snow Queen. She thoroughly enjoyed meeting so many new people and feels that the experience was rewarding and exciting, especially the fashion show! She said that she would gladly "do it all over again!" Thanks, Debbie, for doing such a beautiful job of representing us - it's only the beginning!

This is Guide Scout Week in Canada. Please support fully all activities and projects involving the Guides, Scouts, Brownies, Cubs and Beavers! The Ladies Auxiliary

Bazaar held on February 17 was a tremendous success! It seems that everyone loves a bazaar! The interest and support is appreciated by the hard working Auxiliary members and all those that benefit. Special thanks to Vick Michaud for having all the raffle and tea room tickets printed. I hear that Vick is always anxious to help in any way he can. What WOULD we do without such helpers? Cubs selling the most raffle tickets were Kelly Johnston, Jimmy Parker, and Sean Horton. They each received a \$2 gift certificate. Winners of the raffles are as follows: radio, Jeffery Parker; quilt, Jane Parker; grocery box, Louise Belliveau; wood carving, Nancy Lyon; flower

arrangement, Louise Andrews.

The scheduled PMQ Council meeting for February 15 was cancelled and the next one is planned for March 8. Another PMQ Council election will be coming up soon. Please give this matter a lot of thought, as each Ward needs and deserves good representation. Remember, also, that an interested resident may certainly volunteer to serve on council and vote on the same ballot.

Please observe and obey traffic arrows around the Post Office parking area. Perhaps a reminder is needed at this time about PMQ garbage disposal. All PMQ garbage is to be contained within a garbage can with the lid in

contact with the can top. This means that no plastic bags hanging over the edge. This will prevent any gull or crow "fiesta time" over our Wallace Gardens lawns!

Counselor Dave Tucker reports that the first softball and baseball registration will be held on March 17 at the Airport School at 1000 hrs. There will be two additional registrations announced in later issues of Totem Times, along with a printed registration form.

The CWL is sponsoring a St. Patrick's Day Tea and Bazaar in the PMQ School Gym on Saturday, March 17, 1400-1600 hrs. Please support this bazaar also by donating items for the Craft, Bake, Candy, or

White Elephant tables. General Convenor is Bev Pierce, (339-2924). Tea Room convenor is Connie Lamouche (339-6373). Eva Schwab (339-5705) is in charge of the bake table, Barb Lamoureux (339-4114) and Rita Hebert (339-2898) will be at the white elephant table. Elaine Shea (339-3939) and Edna Boais (339-5419), the handicraft table and Dianna Kaden (338-6653) and Lucille Amiraault (338-507) at the candy table. Raffle tickets will be sold by Joyce Andrews (338-8655).

For donations to any of the tables to be picked up, please make arrangements by calling. For any further queries, information or suggestions, please contact Bev Pierce.

Girl Guides to visit Ottawa

When Parliament opens next week twenty-six Girl Guides will be sitting in the visitors gallery watching the representatives which they will someday replace. Two girls from each province and territory will be attending sessions of the House of Commons, Senate and Committee as part of the Helen Gurd Project named after the former Chief Commissioner of the Girl Guides of Canada - Guides du Canada.

While there were no specific qualifications for applicants it was suggested that the girls have an interest in the parliamentary system, civic

and public affairs, as well as a good knowledge of Canadian history. During their five day stay in Ottawa the girls will be accompanied by two adult Leaders. Following parliamentary sessions the participants will meet and talk with members of parliament. Sightseeing of Ottawa and an evening at the National Arts Centre are also a part of their schedule.

Representing our Province is Susan Dent of Nanaimo and Marion Mercure of Gold River.

For more information, contact Hilda Ross at Local 231.

Lung tester donated

A mobile lung-testing unit has been donated by the WCB and British Columbia Lung Association to the Respiratory Division, Department of Medicine, University of British Columbia at Vancouver General Hospital.

The \$130,000 van will travel through the province, conducting tests on workers and others exposed to conditions that may damage their lungs. Announcing the joint fun-

ding project, Dr. Adam Little, Chairman of the Workers' Compensation Board, said "I hope the travelling unit will create a greater degree of activity and involvement in vocational medicine, especially respiratory diseases."

Mr. Bill King, President of the British Columbia Lung Association, said he sees the project as a joining of hands on the part of the official and the voluntary agency, in the search for better health. He welcomed the opportunity for Christmas Seal dollars to be used in this way for the benefit of all British Columbians.

The 27' van, the first of its kind in Western Canada, will be six to nine months in production.

Akela says

Kub Kar Rallies

The winners of 1st Lazo Kub Kar Rally, held 6 Feb 79, were:

Race Kar: 1. Bradley Mastin; 2. Joey Michaud; 3.

Mike Tkacz.

Show Kar: 1. Danny Holloway; 2. Mike Synnuck; 3. Karl Dipsell.

The District Kub Kar Rally was held 17 Feb 79 at 1:00 p.m.



The postage stamp collector especially of the profuse lower and medium grade stamps should not as a general rule look forward to stamps as a means of making money or as a possible fund for education or for future security. It should not be overlooked that everytime stamps are purchased, the price usually includes a profit for the dealer. This is the reason why collectors are often disappointed when offering their stamps for sale to dealers.

The best chance of getting back the money outlayed, or even to make a profit, would be to dispose of a stamp collection to fellow collectors who are not accustomed to buy at rock bottom trade rates. The attempt to solve this problem has been responsible for many collectors going into the stamp business.

The proper way to look upon the hobby, is to consider

stamps an entertainment expense just like buying tickets for the movies or a football game. This does not mean that outlays for stamps represent a complete loss or that there may not be some value or even some gain to be made. In time when a collector emerges into advanced philately, he may then by due study of the market and careful buying, be more capable of making his purchases much more sound from an investment point of view.

Before investing in stamps, it is important to subscribe to several of the philatelic journals. These will keep the reader constantly posted as to changing trends of various important issues. A close analysis of the advertisements in these journals will reveal current movements of the buying and selling process of stamps.

T. Lucas President

Ladies Auxiliary

The bazaar is over for another year, but must say that this year's has been an outstanding success. Congratulations ladies, on a job well done. The L.A. would like to thank all those who donated to the tables or helped out on Saturday - Without you we wouldn't have made it.

Sue Dodge would like to thank the girls in the tea room. One of the pies that went to the Bake Table was

sold with a metal pan. Whoever bought it, the pan, please return it to Sue or phone her to let her know you have it.

The raffle and door prize winners are as follows: Wood carving - Nancy Lyons; Quilt - Jane Parker; Radio - Jeff Parker; Canned Goods - Louise Belliveau; Flower Arrangement - Louise Andrews.

in Gilwell Hall. The 1st, 2nd and 3rd place racers and 1st place winner in Show Kar from the Comox Valley area were eligible to enter the District Rally. All our boys can be very proud of their efforts.

The winners of the District Kub Kar Rally were:

Race Kar: 1. Bradley Mastin (1st Lazo); 2. Jeff Bardsley (Comox); 3. Shane Martin (Courtenay).

Show Kar: 1. Danny Holloway (1st Lazo); 2. Steve Belzac (Comox); 3. Steve Davis (Comox).

The Regional Kub Kar Rally will be held 17 Mar 79, Rec Centre, CFB Comox, where the 1st, 2nd and 3rd place racers and 1st place winner in show Kar will compete against the winners of other Vancouver Island Districts.

Two people who deserve a bouquet are Paul Leger, for co-ordinating both rallies and John Baron for his technical work on the finish line. Thanks very much for your hard work. Thank you also to the Starter, Finish Line Judges and all those fine people who helped put on such a fine event.

Trip to Victoria Provincial Museum:

On 11 Feb 79 we left Gilwell Hall at 8:00 a.m. for Victoria. We had our lunch at Fort Rod Hill but we weren't able to look around the Fort because of the rain. We spent a few hours in the museum, then headed home. Our only stop on the return trip was McDonald's in Duncan and I must say the boys' manners were terrific. The BTO and his staff deserve a very loud "yell" for their support: Was it coke? No! Was it coffee? No! Was it milk? No! Was it tea? Yes! Terrific! Scouts Club

During the past year a Scouts Club was being born in the Comox Valley. This is a chance to meet fellow Scouts in a relaxed rather than a training atmosphere where you can exchange ideas and come away with some fresh material, or get a problem out in the open and perhaps come away with a solution.

All those interested are invited to the next Scouts Club meeting, 26 Feb 79 at 8:00 p.m. Call Paul Leger 339-5317 or Sue MacKenzie 339-3518 for details.

A Scouts Camp (adults only) is tentatively planned for 11, 12 & 13 May 79. Such things as scouting skills, pioneering, nature, canoe handling and campfire cooking will be on the agenda. Please note: this is now a prerequisite for Part II Woodbadge.

Ladies Auxiliary Bazaar From my point of view the Ladies Auxiliary outdid themselves this year. The bazaar was an overwhelming success and all concerned deserve many thanks. All the money raised from the bazaar will benefit Beavers, Cubs and Scouts at Lazo Group and without this support many outings and functions would not be as nice as they are.

Reminders and Announcements

1. Baden Powell Church Parade - Protestant Chapel at 2:00 p.m. - 25 Feb. 79.
2. Beach outing - 25 Feb 79 - following church parade - dress warmly, please.
3. Scouts meeting - 26 Feb 79 - 8:00 p.m. - at Mike Lamoureux's.

Raksha

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3. BACHELOR PAD

First the low price of \$22,900. Now the goodies. 100 x 130' lot zoned R-2. Situated 6 blocks from Courtenay shopping. Lots of fruit trees, excellent garden and a cozy home as neat as a pin. Prices includes wood heater and deluxe stove.

Call WAYNE GRAFTON

334-2984



4. AVAILABLE NOW!

Beautiful 3-bedroom home with an attractive fireplace. R1 fourth bedroom down plus R1 bathroom. Maintenance free aluminum siding on exterior.

Call LLOYD WORK

334-2220

5. COMFORTABLE RANCHER

Immaculate 3-bedroom rancher with large 11 x 24' storage area over attached garage. Fenced back yard well landscaped. Bearing fruit trees. Patio with BBQ. Built-in stove and fridge. Only \$1950 down.

Call DOUG COOK

334-2015



6. COMFORTABLE 4-BEDROOM HOME

Can you believe this! 4-bedroom plus finished family room. View of ocean and mountains. Spacious 81 x 125' lot. Large sundeck with extra storage. All this for just \$43,900.

Call ERNIE ANDERSON

338-5018

7. NEW HOME WITH ¹²⁰⁹⁵ DOWN

75 x 110' lot in excellent area of Comox. Three-bedroom home finished in cedar siding. Custom ash cabinets. Probably the best deal in the market today.

Call WAYNE GRAFTON

334-2984



8. 2-BEDROOM POST & BEAM HOME

Lovely 2-bedroom chalet style home on approx. 25 acres of land on the Tsolum River Road. The home features quality finishing throughout with modern 4-piece bath, 2 extra large bedrooms up and wrap around sendeck. This home gives all the conveniences of modern living and yet offers all the seclusion anyone could ask for. Only 10 minutes north of Courtenay.

Call STU LIVING

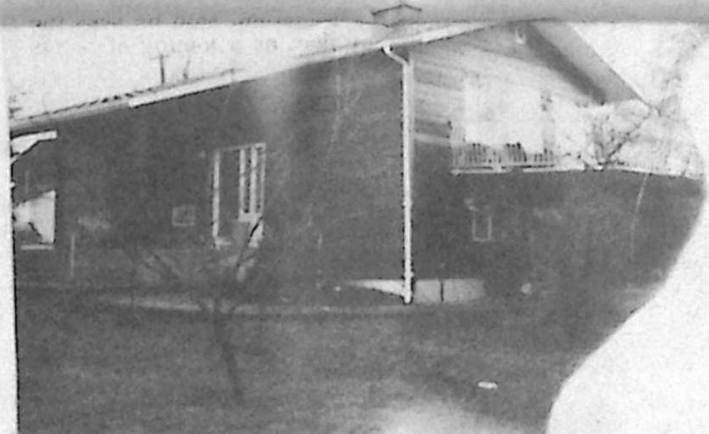
339-3541

9. CONTEMPORARY CEDAR

Not a forest of homes but a home in the forest. 3-bedroom cedar home in the Radford Beach area. Quality finishing throughout. To view a home with a difference

Call DOUG COOK

334-2015



10. A UNIQUE 4-BEDROOM HOME

A big home on a small lot in Comox. There will be very little yard maintenance and yet privacy and a nice water view. The exterior is top quality California redwood. All walls are soundproofed and wired for TV and phone jacks. The building costs are considerable above the asking price of \$54,700.

Call WAYNE GRAFTON

334-2984



11. LARGE 3-BEDROOM HOME ON TULL AVENUE

Large 3-bedroom home on Tull Avenue. This home is situated on an extra large city lot of 90 x 138'. The basement is unfinished with a R1 fireplace awaiting your ideas. This home is situated close to shopping and schools and is available for immediate possession.

Call STU LIVING

339-3541

12. PRIME HOMESITE

Wide frontage 1/2 acre lot. Well treed with large fir and maple. The property is located in exclusive residential area.

Call DOUG COOK

334-2015



13. RETIREMENT DREAM

The features of this home will astound you. Note the large master bedroom. The ensuite features a sunken bathtub and separate shower and deluxe vanity. The spacious kitchen has fluorescent lights to make the dreariest day bright. Closet space abounds. The paved driveway leads to a 30 x 20' cemented garage with a 8 x 20' workshop. Also a 20 x 10' covered sundeck across the front and a large back porch complete this quality engineered home for \$49,500.

Call WAYNE GRAFTON

334-2984



14. COMOX BUNGALOW

Family home ready for immediate occupancy. Useful double garage can be for hobbies or workshop. Close to schools and base. Priced in the low 40's.

Call ERNIE ANDERSON

338-5018



15. HEATED POOL

Three-bedroom townhouse complete with wall-to-wall carpeting. Purchase price incl. fridge, stove, washer, dryer and all drapes and curtains. All maintenance is provided for. No more cutting grass, just lounge beside the pool.

Call ED FOURNIER

338-6093



16. GRAB THIS!!

Wholesome country acreage only minutes from the city. Two-bedroom home with horse barn and workshop. Alder and fir growth, cleared to your own heart's desire.

Call ED FOURNIER

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- 100% Cotton
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BLACK & DECKER FINISHING SANDER POLISHER KIT

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- Polyester and Cotton
- Size S.M.L.

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- Size 4 to 6X
- Fruit of the Loom

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SPECIAL PURCHASE

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- Harvest Gold
- Handle and Base

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GIRLS' PLAID BLOUSES

- Size 8 to 14

\$4⁹⁷

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GIRLS' T-SHIRTS

- Polyester and Cotton
- Size 4 to 6X

\$3⁹⁷

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BLACK & DECKER 3/8" VARIABLE SPEED DRILL KIT

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\$29⁹⁷

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- Size 6 Litre

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