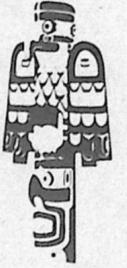




# TOTEM TIMES



An egoist is one who never goes around talking about other people

VOL 21 -- NO. 5

CFB COMOX TOTEM TIMES

THURSDAY, MARCH 8, 1979

NO CHARGE



## A momento of CFB Comox

Base Photo

**A MOMENTO OF COMOX** - Governor General Ed Schreyer is presented with a plaque by the Base Commander, Col. B.T. Burgess to commemorate his visit to CFB Comox. Governor General Schreyer spent a busy four hours touring the

Squadron and Base facilities on Friday, March 2nd. Even the 'bad weather routine' failed to dampen the spirits of the hosts and their guests as the tour was proclaimed a huge success by all.

### The cliff hangers

## Brit. SAR problem much like ours

Over Christmas and the New Year the Royal Navy's 814 Squadron of Sea King helicopters volunteered for search and rescue duty at Cudrose in Cornwall. During that period the squadron lifted 19 people to safety from stormy seas. One of their most courageous rescues was on December 31. In gale force conditions a North Shields trawler became detached from a Russian factory ship and, with a faulty rudder, was swept towards the Cornish rocks.

On the night of Saturday, December 30, the southwest of

England was experiencing the worst weather conditions for 25 years. Thirty-foot waves were pounding Cornwall's rugged coastline, and gale force winds from the east were driving a blizzard of blinding snow. It was, as the newspaper headlines have it, a "whiteout". A local fisherman in Falmouth put it differently: "It was a pig."

In the pretty little cove of Maen Porth, three miles south of Falmouth, 19-year-old Peter Billcliffe had just closed and locked his pub. It was shortly after 11 p.m. when, peering into the howling night,

he saw the lights of the trawler Ben Asdale wallowing off the point. He rang the coastguards, and collected his brothers, Michael, 21 and Graham, 24, to walk over the cliffs for a better view. Only as they approached the stricken vessel did they realise, with astonishment and horror, that men were still on board.

Running back to the beach they found two men emerging from the crashing surf. Fearing that others might be in the water, they began to pick their way along the rocks at the foot of the cliffs. It was Michael who first spotted a man clinging to one of the outlying rocks and plunged into the sea to reach him. He struggled ashore with the stiff, frozen body of the exhausted seaman. (Later, the seaman told him that he had tried to kill himself by swallowing water. He had heard that drowning can be a horribly slow death.) Graham, meanwhile, had waded out to rescue three men in liferafts.

A few minutes before midnight the lights of the Falmouth lifeboat loomed out of the blizzard, but the raging seas prevented the crew getting within 200 yards of the Ben Asdale. They fired parachute flares and desperately tried to hold their position in case the storm abated. At this point there were either 10 or 11 men left on the trawler. At some time during the early hours of the morning one of two Russian engineers who had gone on board during the day to help solve the ship's rudder problems decided to make a swim for it, and was lost.

The first that Squadron 814 learned of the drama at Maen Porth was at midnight, when Lt. Cdr. Mike Norman and his crew of four were awakened. At night the Royal Navy at Cudrose has a commitment to be airborne within 90 minutes of receiving an emergency call, and at 1:30 prompt the Sea King helicopter was ready. But the meteorological report was now a nightmare: severe gale

force 9; storm force 10; forecast, heavy snow; ground temperature 1 degree centigrade; cloud base on airfield 200 ft. Reluctantly, the station commander, Capt. Jock Tofts, decided that he could not risk his crew in such conditions.

What Cudrose did not know was that while they had been preparing the Sea King, a last-ditch rescue attempt by coastguards on the cliff of Maen Porth had failed. Two seamen had already been lost overboard while attempting to secure a breeches buoy. In a brief, terse conversation with Captain Tofts the coastguards made it clear that unless a helicopter went in the men would be dead by dawn. Tofts realised there was no alternative, and at 1:45 the Sea King lifted into the snow.

Flying the aircraft from the front right-hand seat was the first pilot, Lt. Tony Hogg; in the front left-hand seat was the second pilot, Lt. Larry Jeram-Croft, who would have a vital role to play com-

(Continued on page 5)

## Canada boring until Maj. Keith-Murray stepped in

**THE CANADIAN CONNECTION**  
**COLORADO SPRINGS** - "The lessons on Canada was boring until you came along, but now I hope I can get a good grade."

That comment appeared in a recent letter from a sixth-grade Colorado Springs student. His letter was one of many stacking up in the files of Canadian Forces Major Peter Keith-Murray, one of 65 Canadians assigned to Headquarters, North American Air Defense Command.

The letters, from an increasing number of young fans, result from a one-man school visitation program organized by the outgoing Canadian officer. Over the past year-and-a-half, about 1,500 Colorado Springs grade school students have seen Major Keith-Murray's presentation.

The study of Canada is part of the local sixth-grade social studies curriculum, and an appearance by Major Keith-Murray, aided by two 16mm color films, heightens understanding of the "northern neighbor".

Teacher kits, made available by the Canadian Consulate in San Francisco, are an important part of the program.

"The kits provide the maps and background information which the teachers use in their Canadian studies groups.

Usually one kit is enough for two or three classes in the same school," says Major Keith-Murray. "Then, following the initial classroom study, I show up to chat with the kids, give them a bit of fractured French, introduce my films, and answer questions."

The teacher kits are a recent innovation. Last year the Canadian officer wasn't equipped with them and, in Major Keith-Murray's assessment, his program wasn't as effective. "I get harder, more perceptive questions from the kids now," he said.

Other teaching aids include a giant, plastic-preserved maple leaf from British Columbia, and handout maple-leaf flag pins and brochures.

In some cases the handouts have practical uses. One girl wrote to say that the maple-leaf pin was useful to clip her skirt together. "I hope you're not insulted by that," she concluded.

But while Major Keith-Murray may make points getting his message across on Canada, he may be encountering other problems because of his dark green uniform.

by Canadian soldiers, sailors and airmen.

To one young lad, the green uniform meant "highway

patrol", and he wrote that someday he, too, would like to be a "NORAD major and work on the state line!"



**FACTS ON CANADA** - Rudy Elementary School students Doug Blake (left) and Michelle Keil study booklet on Canada with Canadian Forces Major Peter Keith-Murray of the North American Air Defence Command. In a year-and-a-half, the Canadian officer has presented his "Program Canada" to 1,500 Colorado Springs, Colorado, school students. (NORAD PHOTO)

### 8,016 incidents

## RCC's kept busy in 1978

**OTTAWA** - A total of 8,016 search and rescue (SAR) incidents were actioned by the Canadian Armed Forces Rescue Co-ordination Centres (RCC) at Victoria, Edmonton, Trenton, Ont., and Halifax in 1978. This was an increase of 332 over the previous year.

Most incidents were of the marine and air type with 5,476 marine incidents and 1,881 air incidents. Also, there were 517 incidents involving humanitarian assistance and

142 requests to provide assistance to civilian authorities.

Carrying out SAR air operations were search and rescue aircraft and crews on emergency standby duty at Comox, B.C., Edmonton, Trenton, Summerside, P.E.I., and Gander, Nfld.

In addition to these dedicated resources all aircraft and ships of the Canadian Forces can be called upon to assist in a

search and rescue operation. Civilian aircraft also assist in search and rescue when required.

The Canadian Coast Guard (CCG) provides the marine element for the national sea-air rescue organization, with coast guard officers co-located at the RCCs in Victoria, Trenton and Halifax. The CCG has over 140 vessels under its direct control. The CCG is a formation of the federal Ministry of Transport.

RCCs at Victoria, Trenton and Halifax also assist the United States Coast Guard with search and rescue operations. In the Pacific region, the Victoria RCC assisted the U.S. in 138 incidents, most of them in the Bellingham, Wash., area. The missions involved locating pleasure boaters, vessels out of fuel and fishermen in trouble. The U.S. Coast Guard reciprocated by assisting the Victoria RCC on 45 occasions.



Base Photo

## Tower perpetrated!

**IN THE STEALTH OF THE NIGHT** unknown person (s) perpetrated this dastardly deed and desecrated this symbol of efficiency that all BATCO personnel hold dear to their hearts. Who would or could have conducted such a thing and what does "MP" mean any way?

**Next Totem Times  
Deadline  
Mon., March 19  
Please meet our deadline.**

# Argus returns



**ARGUS RETURNS** - 407's Mascot "Argus 711" being viewed by Maj. Ed. Welsh (Recovery project officer) and Capt. Roy Mascotto at 75 MAS, Travis Airforce Base, California, where it was regained after its disappearance last fall, it marked the first time the aircraft (?) has fallen into American hands.

# Nighthawks nest

Tac Eval week, 1979, has come and gone and from the reaction at the wind-up party, TGIO, it seems that everyone did a darn good job.

The week started out rather slow with a 24 hour delay caused by the absence of most of the evaluation staff who were travelling via White Knuckle. However, things got well under way Tuesday with a Base Recall and load exercise. The expertise gained by the many practices was well demonstrated in a smooth, co-ordinate operation. The Nighthawks had the opportunity to display their knowledge in a written exam which everyone managed to pass with ease.

The next day each aircraft was recategorized to demonstrate the operational readiness of 409's Voodoos. Finally, on Thursday, the operation of the squadron was tested in all respects of a wartime environment.

Many missions were flown against challenging targets and the Nighthawks achieved excellent results. A great deal of credit goes to the squadron maintenance personnel who kept the aircraft serviceable despite the heavy flying schedule.

Thanks to the efforts of each and every member of the 409 team, the squadron achieved and in most cases exceeded

the OP Eval requirements. WELL DONE! Congratulations to Ron Neeve and Charlie Gladders whose forthcoming promotions were announced this week.

Lance Dann and Dave Burt headed East last week for four days to see the snow. Fortunately no compass problems were experienced and they returned without any unscheduled excursions.

409 Squadron was visited this week by Doctor Jamieson who is on a Flight Surgeon's Course. A briefing and tours of squadron areas as well as flights in the T-33 and CF-101 completed the fighter aircrew environment familiarization.

Congratulations to Bruce and Marybeth Arnold on the birth this week of their second daughter, Rebecca.

Norman

## Jane's intelligence

The SS-4 Sandal Short to medium-range ballistic missile is now somewhat elderly and it was first publicly revealed in 1961. It is a developed version of the Shyster - itself an improved version of the German V2 rocket of World War II.

Sandal was also the bone of contention in the Cuban crisis of 1962.

Depending upon the payload carried, ranges of up to 800-1000 nautical miles can be achieved, sufficient for the southern states of the U.S. to have been reached from launch sites in Cuba. The complete weapon system consists of about a dozen tractor vehicles and trailers with a crew of about 20 men. Despite its age, Sandal is reported to be extensively deployed in the Central Asian Region of the U.S.S.R.

Type: Intermediate range surface-to-surface ballistic missile.

Configuration: Cylindrical body, apart from short flared section at rear and conical nose, of constant diameter. Small cruciform tail fins.

Length: 68 ft. (20.8 m) (20.8 m) approximately.

Diameter: 5 ft, 3 in. (1.6m) approximately.

Weight: 60,000 lb. (27,200 kg) approximately.

Propulsion: Single-stage liquid sustainer.

Range: 1,100 mi (1,770 km) approximately.

Guidance: Inertial, formerly radio command.

Control by moving surfaces on fins and vanes in nozzles of rocket.

Warhead: Probably optional nuclear or high explosive.

# Demon Doin's

The smiles are back on the faces of the deadly Demons especially the big Demon, as he read the report of the Opeval team. It stated in part "That 407 Squadron demonstrated a high state of readiness in the performance of assigned tasks" which, as our leader put it, reinforces my own belief in the capability of this Squadron. Crew 1 still wants to take all the credit.

As one of their comrades expressed it, "Not only were we one of the few crews that met our take-off time during the ORI, but we also came first in the RECCE Test". As we all know, take-off times are the pluck of the draw and as far as RECCE is concerned we feel Capt. Bob Hammersley and the boys from Intelligence deserve all the credit there as they "hammered" that big average up 5 per cent this year. Capt. Doug MacKean has the honor to claim the most noteworthy event of the recent exercise when, on arriving at OPS for the Squadron recall was so anxious that he zipped into work and left his car running. We wonder if his battery is fully charged?

Some confusion arose this past week as some of our fellow VP killers overtook the main briefing room for a short pre-Aurora course. The course escorted by Crew 2 on a loaded Argus (33 SOB) was away on the weekend for a quick 4 hour glimpse at the new machine.

If you're looking for someone on Crew 3 and can't seem to pin him down, don't worry, neither can their wives. They've flown the coop for the third time in the past six weeks. First it

was 2 weeks in Moffett, then a week in Hawaii, and now they are off to get stimulated, as if they weren't already.

It seems Capt. Fred Bishop is having his problems these days. Fred is still trying to sell his trailer hitch, which is attached to his jeep, which is attached to his house. Take sympathy though Fred, for your situation is minor compared to Capt. John Plaxton's. As you may know, Crew 3 had had their aircraft problems lately, especially on their Hawaii trip. The solution was discovered by unwary Crew 5, when John, along for a patrol, dropped the Argus serviceability from 100 per cent to 20 per cent. Take note: Beware of the jinks of Crew 3!

MCpl. Ed Miller and Cpl. Mark Scott have recently returned from their polar course and to their dismay have discovered that the hockey team does better without them. We've also heard that with their return, several of the future course participants including Lt. Rory Kilburn, Lt. Rick Bialachowski and Sgt. Gord Parrott are trying to climatize by sleeping in their deep freeze.

We've finally passed the buck, MCpl. Rick Gallant is off to wop WOPS in two weeks so you should say "so long farewell, it's been bad to know ya!" before his mind gets really twisted. But seriously, Rick, the Demons wish you the best of luck in the future.

In closing this week's enlightening column we will give you the solution to the previous nickname "Funny Bunny", as being no other than Capt. Tom Cobb of Crew 5.

## MIRACLE DRIVE-IN

Black Creek, B.C. 337-5097

ADM. - 13 & Over - \$3.00 - Box Office - 7:15 p.m.; Showtime - 8:00 p.m.

Friday, Saturday & Sunday  
March 9, 10, 11

"To The Devil . . .  
A Daughter"

— PLUS —  
"FIST OF THE DOUBLE K"



Friday, Saturday & Sunday  
March 16, 17, 18

UP YOUR TOGA"

— PLUS —  
"9 AGES OF NAKEDNESS"



## WO'S & SGT'S MESS

ENTERTAINMENT FOR MARCH, 1979

- 9 Mar. — TGIF Food: Chicken and chips.
- 11 Mar. — MOVIE Starting time 20:00. *The Ballad of Cable Hogue*. Jason Robards, Stella Stevens, David Warner. Restricted.
- 16 Mar. — TGIF Food: T.B.A.
- 17 Mar. — DANCE St. Patrick's Dance. Band: Stillwater. Food: Irish stew and Irish Biscuits. Cost: Member \$5.00 per couple. Guest: \$6.00 per couple. Starting time: 21:00 hrs.
- 18 Mar. — MOVIE Starting time 20:00 hrs. *THE ENFORCER*
- 23 Mar. — MIXED TGIF AND DANCE Starting time 18:00 hrs. Not a normal TGIF Games and prizes. Food: T.B.A. Subsidized drinks. Cost: Member \$5.00 per couple. Guest \$6.00 per couple.
- 25 Mar. — MOVIE Starting time 20:00 hrs. *GAUNTLET*
- 30 Mar. — TGIF Food: Minute Steaks.
- 31 Mar. — FISHERMEN'S BINGO AND DANCE Starting time 20:00 hrs. Cost: \$2.50 per person Extra cards 5 for \$1.00 or 25c each. Music: Long John.

COMING UP

- Sat. 7 Apr. — OLD TIMER'S HOCKEY TEAM DANCE Free dance - Everybody welcome. Dress: Casual. Band: T.B.A.
- 14 Apr. — EASTER DANCE Band: T.B.A. Food: T.B.A.

## Jr. Ranks Club

Sat., March 10 and Sun., March 11 — POPULAR VANCOUVER SHOW BAND. \$2.00 per member, \$3.50 guest.

Sat., March 17 — LOCAL BAND. \$1.00 per member, \$2.00 guest.

Sat., March 24 — DISCO — 50c per member, \$1.00 guest.

Sat., March 31 — LOCAL BAND — \$1.00 per member, \$2.00 guest.

The Junior Ranks Mess Committee wishes to express their regrets for the entertainment provided on Saturday, February 17. This group was selected on the basis of their professional credits and fell short of our expectations.

## BASE THEATRE SCHEDULE

8 MARCH TO 1 APRIL

Thur. 8 Mar. Fri. 9 Mar. Sat. 10 Mar. Sun. 11 Mar.	<b>GREY LADY DOWN</b>	Charlton Heston Rosemary Forsythe	SHOWTIME: 2000 Hrs
Thur. 15 Mar. Fri. 16 Mar. Sat. 17 Mar. Sun. 18 Mar.	<b>MARCH OR DIE</b>	Gene Hackman Catherine Deneuve	French Foreign Legion type SHOWTIME: 2000 Hrs

### SUNDAY MATINEES

SUNDAY, 11 MAR. 79  
**WORLD OF ABBOTT & COSTELLO**  
Comedy

SUNDAY, 18 MAR. 79  
**RAILWAY CHILDREN**  
Children left alone near a railway

AUTHORIZED PATRONS ONLY

## SCUBA COURSE

Starting 19 March  
NAUI Certification

Contact

Don Buchner

Loc 388 or 338-6275

## OFFICER'S MESS ENTERTAINMENT

FRIDAYS, MARCH 9, 16, 23, 30 — REGULAR TGIF's  
Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot draw at 1830. Food as indicated. Free taxi service — Ask at bar.

SUNDAY, MARCH 18 — CHILDREN'S MOVIE — FAMILY DINNER  
"BENJI" will be shown at 1500 hrs. in the Cabaret Room, followed by dinner with table service at 1700 hrs. for the first sitting. Dress: Casual. Cost: \$1.25 children, \$2.00 adult. (Note: Juveniles above the age of 14 years are considered adult for dining purposes). Menu: Baked Virginia Ham or Fish 'n Chips, Ice Cream Cones, Toppings! Reservations required - to Mess Manager, Local 324 by 1300 hrs. on Friday, 16th.

SATURDAY, MARCH 24 — "SPRING FLING"  
Theme, decorations, labour, etc. provided by single officers. Music provided by the "55th Street Boogie Band" from Vancouver who will set up shop in our high school gym. Dress: Graffiti just the way you dressed in grade eleven; (casual if you never finished high school). Cost: Stag \$0.75. Couples \$1.00. Time: Music 0830 hrs. - 0030 hrs. Food: Burgers 'n Chips 2100 hrs - 2300 hrs. Reservations please by 1700 hrs., Friday, 23rd. Keep this calendar for lucky draw during "Spring Fling" — The prize of \$75.00 will be drawn for until claimed at this function. Bring entertainment calendar to the "Spring Fling" and you will receive a free ticket in exchange on the \$75.00 draw.



EAT IN • TAKE OUT  
HAMBURGERS • SANDWICHES  
FISH & CHIPS • PRAWNS & OYSTERS  
SOFT DRINKS • COFFEE & TEA  
DESSERTS

HOURS:  
Sun to Thurs.  
11 a.m. - 8 p.m.  
Fri., Sat.  
11 a.m. - 10 p.m.

**BROWNSIES**  
fried chicken

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COME AND GET  
A REAL MEAL  
Open Mon. - Thurs. 11 a.m. - 8 p.m.  
Fri., Sat. 11 a.m. - 9 p.m.  
Sun. Noon - 8 p.m.

CFB COMOX

## RESTAURANT GUIDE



FAMILY RESTAURANT

Full Service Menu • Open All Year Round  
AT THE DRIFTWOOD MALL

HOURS:  
Mon., Tues.  
Wed., 7-7  
Fri., Sat.,  
Thurs., 7-9  
Sun., 10-6



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OPEN 7 a.m. till 8 p.m. — 7 Days a Week

BREAKFAST — LUNCH — DINNER

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Big Taste-Freez

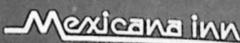
EAT-IN • TAKE-OUT  
Ice Cream • Burgers • Fries • Sundae • Party Ice  
OPEN 11 a.m. - 11 p.m. — 7 Days a Week  
2002 Comox Avenue, Comox

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Call 338-7771  
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338-5132

FULL DINING FACILITIES

## EW

Mon. to Thurs. - 8:15 p.m.  
Two Shows Fri. & Sat. -  
7:00 and 9:00 p.m.  
No Matinee This Saturday

Adults \$2.75, O.A.P. \$1.00, Child \$1.00

Thurs. to Wed.,  
Mar. 8, 9, 10, 12, 13, 14

Clint Eastwood  
Sandra Locke

"Frequent coarse language; occasional  
nudity." — B.C. Dir.

"EVERY WHICH WAY BUT LOOSE" MATURE

Thurs. to Wed.,  
Mar. 15, 16, 17, 19, 20, 21

Alan alda  
Bill Cosby

"CALIFORNIA SUITE" MATURE

Starts Mar. 22 — Walt Disney's  
"NORTH AVENUE IRREGULARS"

## Stardust

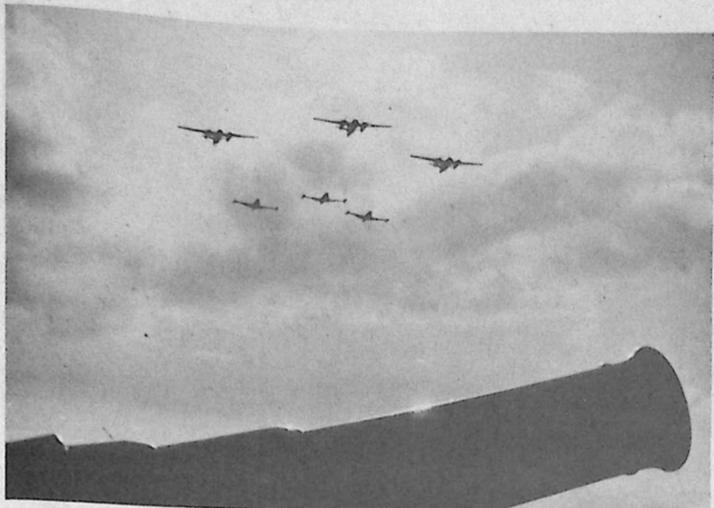
Drive-In Theatre

Fri., Sat., Sun., Mar. 9, 10, 11  
"CORVETTE SUMMER"  
"Occasional suggestive scenes"  
— B.C. Dir. — Plus — MATURE

Fri., Sat., Sun., Mar. 16, 17, 18  
"CONVOY" — Plus — Burt Reynolds  
"SEMI-TOUGH" MATURE  
"Coarse language and some nudity"  
— B.C. Director.

Island Hwy. & Williams Beach Rd.  
Phone 337-5033  
ADM. \$3.00 ALL-NITER \$3.25  
GATES: 7:30 P.M. SHOW: 8:15 P.M.

# Total effort



**FLEET FLYPAST** - Three Tracker aircraft and three T-33 jet trainers from VU 33 Squadron, participated in a recent flypast over CFB Esquimalt. Rear-Admiral M.A. Martin, Commander Maritime Forces Pacific, was on hand at Duntze Head to receive the flying salute. The Trackers perform coastal and fisheries patrol duties while the T-33's prime role is target support for ships of the Pacific fleet. CF PHOTO

# Open mike

Another OP Eval over with and we're back to the old grind. Visiting dignitaries during action week were MAJ. JACK FIELDER and CWO JIM McMANUS from Winnipeg and MAJ JOHN HULME from Ottawa. Missing all the excitement this year was CPL CHRIS COUGHLIN. He programmed his marriage and honeymoon during that week and had his own OP Eval down south in the sun.

**RUMOR.** After catching a 9½ lb. steelhead in the Oyster, Murray Turnbull was quickly transferred to Ratcon from the Glass House. He and RICK Boswell started their check out so that the good fishing

stories could be kept from Bernie Murphy. **CONGRATS.** Speaking of RICK BOSWELL: He widened a stripe and is now called Captain.

**TRAINING AID FOR 407.** Action stations were called after a civilian aircraft reported a submarine 45 miles west of us. Within 20 minutes the unidentified sub was identified as a partially submerged island with trees right where the conning tower would be. The civilian pilot is reported to have been hired by 407 Sqn. as a Permanent Port Lookout.

**CAREERS VISIT.** MAJ MOE HERRON the ATC, AWC, MET, CAREER, MANAGER visited last week and briefed all the officers. The Bad News, Promotions practically nil. The Good News, no money for postings out of Comox for the next while.

**MOVES AND SUCH.** Welcome to Pte (F) PROVENCHER here for Precourse OJT. under screening for Europe are Cpl. BRIAN SWALLOW and PTE. PAT FARRELL; Brian for Baden and Pat for Frankfurt. CPL. WOLFGANG WOLF was seen over at supply picking out his camel saddle for six months in Egypt starting April 11th. PTE BASINGER from Cold Lake is scheduled to arrive to augment 'B' stand strength, and reduce wear and tear on the Boeing. Last but not least CWO JIM McMANUS from Winnipeg will arrive here this summer to take over from BLAKE MULOIN who will be retiring in the area.

That's about it for this edition so until next time 'keep smiling' and remember fire escapes are made to go down only an m.p. would want to climb up. **SAY AGAIN** In the "good old days"

In recent years there has been a great deal of attention given to hearing loss and its relationship to noise exposure in industrial environments. Hearing conservation programs have been developed to minimize the hazard. Nevertheless, any program will obviously fail unless those participating are aware of the hazards and take advantage of the conservation methods available.

There is, of course, more than one kind of hearing loss and not all hearing loss is related to noise exposure. Obviously, some forms of deafness are congenital. What we are concerned about in this article is hearing loss acquired later in life. Basically, acquired hearing loss occurs in two forms - conductive and sensorineural.

Conductive hearing loss usually means that there is or has been disease of the middle ear. Damage to the tympanic membrane (eardrum) or to the small bones in the middle ear (ossicles) can occur as a result of ear infections or injuries. There is also a hereditary disorder, known as otosclerosis, in which the ossicles become fused. In all of these conditions, sound is no longer conducted from the ear canal to the inner ear. Conductive hearing loss is often treatable by surgery. The tympanic membrane can be reconstructed and the ossicles can be replaced by prostheses. Hearing aids are also very helpful because they amplify and transmit sound through the bone to the inner ear, which is still functioning normally.

Sensorineural or "nerve" deafness is the term used when damage has occurred to the inner ear, the auditory nerve, or the hearing center in the brain. A degree of sensorineural hearing loss is part of the normal aging process and tends to progress as age advances. This type of hearing loss also occurs as a result of noise exposure and this is what we are most concerned about in the Canadian Forces.

# Hearing conservation

before the advent of ear defenders, many service personnel suffered hearing impairment. Many of the older types still working on the flight line have H3 or H4 medical categories. The hearing conservation programs now in effect are designed to protect these men from further hearing loss, and to prevent the same thing from happening to new recruits.

Sounds which are too high in intensity cause damage to the delicate nerve endings in the inner ear. These nerve endings are "tuned" to different frequencies of sound, and as those responsible for detecting high frequency sounds are most delicate, they are the first to go. A person who has early hearing loss will not be aware that anything is wrong. He can still carry on normal conversations and doesn't seem to miss anything going on around him. But he might as well trade in his expensive stereo for a transistor radio, because he no longer has the range of hearing to appreciate high fidelity. He may notice that he has some trouble communicating when there is a lot of background noise. For example, when sitting around a table at the local pub with a group of friends, he might notice that while everyone else is laughing at the latest joke, he feels a bit left out because he missed the punch line. The problem here is that, while he can hear the general murmur of conversation, he can't distinguish words. The vowels, which are low frequency sounds, come through, but the consonants, like "t" and "s" which are high frequency sounds, are swallowed up by the background noise.

As hearing loss progresses, the degree to which it interferes with one's life obviously becomes greater and greater. The man begins to miss things that his wife says sometimes a blessing in disguise and the family complains that the T.V. is turned up too loud. Eventually, even direct con-

versation with another person becomes difficult. Fortunately, very few of our personnel have progressed to this point.

The following are important facts about noise-induced hearing loss that all personnel should be aware of:

- 1) Onset is insidious and usually unnoticed. Audiograms are the only reliable method of detection.
- 2) The effects are additive to those of aging. In other words, a person who has hearing loss at a young age due to noise exposure, will experience further loss in old age.
- 3) Sensorineural hearing loss is not treatable. Hearing aids are of little or no benefit.

Hearing loss can occur from long exposure to moderate noise levels or from very short exposure to high noise levels. A discussion of actual sound pressure levels and the associated hazards is beyond the scope of this article. This information is available from the base hospital. Copies of CFP 119 - "Hearing Conservation in the Canadian Forces - A Guide for Supervisors" are also available for the asking.

At CFB Comox, the Hearing Conservation Program is carried out in the following stages:

- 1) Detection of hazard - Safety Sam and the Base PMed Tech., on their appointed rounds of the various work-places on base, are alert for possible sources of excessive noise. Suspect areas are later subjected to a sound level survey using specialized equipment. The degree of hazard is thus accurately determined.
- 2) Elimination of noise - The easiest way to deal with excessive noise is simply to get rid of the source. Obviously, we can't do that in most cases and still get the job done. We can't stop flying jets or dispose of essential machinery. But machinery can sometimes be modified or shielded to reduce the noise level at the operator's ear.
- 3) Personal protection -

Personnel who must work in noisy areas can be protected in two ways - by limiting the time of exposure by wearing protective devices (ear plugs or ear defenders).

Personnel who work in noisy areas should have an annual audiogram. These personnel are identified during safety inspections and any that don't already have a requirement for an annual audiogram in conjunction with a "Jack Benny" medical are advised accordingly.

As stated earlier, this

program can only work if everybody co-operates. As a worker, you should participate by taking the following steps:

- 1) Be aware of the danger.
  - 2) If you suspect that a hazardous noise level exists, advise your supervisor.
  - 3) When working in a designated area, use protective equipment as directed.
- No one need lose hearing from noise exposure. Remember, the hearing you lose today is gone forever.



It was once believed geese were witches' horses.

## TRANSFERRED TO CFB TRENTON?

FOR INFORMATION ON HOUSING AVAILABLE IN THE TRENTON AND BELLEVILLE AREA WRITE TO: FRASER & O'NEIL LTD. REALTOR.

**BELLEVILLE** 275 N. Front Street P.O. Box 914 K8N 5B6 1-613-962-3418  
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As it is current service policy to make retirement information available to members terminating their employment in the regular force, the National Legion executive is exploring the possibility of using this avenue to familiarize servicemen with their organization.

Individual contact with retiring members is virtually impossible due to sheer numbers and the relocation of many service families immediately after retirement. Consequently, it has been proposed and I endorse a plan to include Legion information in individual retirement packages.

The necessary literature will be provided to addressees by Legion representatives and it is not envisaged that this service will create any additional administrative ORKLOAD.

I strongly solicit your support in making this information available and your co-operation in this regard will help enhance the excellent relationship that presently exists between the Legion and the Canadian Forces.

## 412 reunion

412 Squadron will celebrate its 40th anniversary in 1979. This year also marks the 35th anniversary of the Squadron Crest and the 15th anniversary of the presentation of colors.

To celebrate this occasion, the Squadron is planning to hold their 2nd All Ranks Reunion 13-15 July 1979 at Canadian Forces Base Ottawa (S) (Uplands). The cost will be \$35.00 per person or \$60.00 per couple for the entire weekend, excluding accommodation. All former members interested in attending please address their correspondence to:

412 Reunion Officer  
 General Delivery  
 Canadian Forces Base  
 Ottawa (S)  
 Ottawa, Ontario  
 K1A 0K5.

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# Editorials

Ken's pen

## So you want to retire?

Wondering what it's like on civvie street?

Want to know how to apply for a job?

Are you eligible for U.I.C. benefits?

If these, and many other questions have often popped into your mind, then you, like I and 73 other people did, should have attended the Retirement Seminar held on base last week.

No, sorry to disappoint many of you, but I am not retiring right away. However, I, like many others, have often asked myself the above questions, and I decided to attend the seminar with the idea of finding out some answers. And answers there were - more than I had questions.

As I said, there were 74 people in attendance, representing 1,636 man years of military service, and as the milk commercial says, there was "something for everybody".

For many years now servicemen have been saying that the military didn't really care about them, and they were being turned out into an unfamiliar environment without any help from their long time employer.

Well, you may think the military does not care, but the BITO, his staff, and the guest speakers cared, because the seminar was a comprehensive package put together without any budget given to BITO office, and all speakers volunteering their time.

When you consider the speakers - BComd, BCompt and

Accounts staff, BITO and staff, Base Release section, Public Service Commission, Vancouver, Ministry of Labor, Nanaimo, Federal Business Development Bank, Campbell River, Capilano College (Project Dogwood), Vancouver, North Island College, Unemployment Insurance Commission, Canada Manpower and Immigration, Real Estate Office, Courtenay, ARAF, Regional Social Worker, Padre, and last but not least, the Base Surgeon - one can see that to pay these people for their time and expenses could have cost a pretty penny.

What does this mean? It means that yes, someone does care about us, and their concern was such that all of them volunteered their time from probably a busy schedule to try and help us, in whatever capacity they were able. And help us they did - if not by solving a problem we had, then by giving us the information with which to better prepare ourselves for a new career, or a life of leisure.

As virtually all the speakers stressed, "Do it now". Planning is the important basis of an orderly and effective transition from a military to a civilian life style, and to all those personnel thinking of "getting out", then I would highly recommend you attend a Retirement (Planning) Seminar when one is held again.

To those Base personnel who assisted, and to all the many other guest speakers, I can only say, BRAVO ZULU...

Ken's pen

## Bridge over troubled waters ...

Or rather, the lack of a bridge.

You know, if someone wanted to bet on whether or not they finally build a 17th Street bridge, he wouldn't get any takers. Even Jimmy the Greek would stay away from that one. Let's face it, after nearly 10 years of pro and con infighting we still don't have any concrete (pun intended) results.

People thought the issue was finally settled last year when the Minister of Highways announced "We will have a second crossing". How wrong they were. Anywhere else, and yes, we would have a second crossing. But not in good old Comox Valley.

Here we are fortunate (?) to have our very own Citizen's Traffic Advisory Committee, or something like that. Who or what this group is I have no idea, nor am I really interested. However with a name like CTAC, I would hopefully assume they all have engineering degrees, with considerable experience in Traffic Management.

As they, and other minor factions, continue to worry about four-lane highways, by-passes, loss of downtown business, building of a new shopping centre etc., the traffic line-ups continue. A person now allows an extra half hour travelling time from Comox to Courtenay, because they know that once they hit the Field Sawmills area, the hassle will begin.

For goodness sake, let's get moving on this badly needed traffic solution. We are out of the age of the horse and buggy and into the age of the automobile. And although I sometimes wish we weren't, we are a nation on the move, and as such, a safe and effective method of moving traffic is a necessity. The second crossing is a necessity.

Who knows, maybe some day in the near future we won't have to close down the only highway linking the north of the Island with the south because we are having a July 1st parade in Courtenay.



Letters(?) to the editor

## Barefoot and pregnant!

What has happened to the good old days when men were men and women were women. I, personally, have been quite disgusted with the number of features in the fish-wrappers over the past few months on women in the Forces. Who needs 'em! The way I figure it, all these women out working are the

main reason we have so much unemployment in the country. Seems like a guy can't go out now-a-days and get a job without some women claiming discrimination. I ain't prejudice mind you - I just don't like women taking all the jobs. The Forces seem to be quite caught up in this women's

liberation stuff. Now, they even want to get into combat roles. Women just can't fight like us men. They ain't cut out for it. What will happen if women take over all the top spots in the Forces - they won't want to fight, that's what! Phooey! Us guys have been doing great fighting wars and running the world

for many centuries - why should we let women take over and spoil all our fun. What really got me upset enough to write this letter was a visit to a local establishment last week. Dang it all, there were more ladies in the joint than men. And there is a male stripper in town for the women but no female strip-

pers for us guys. That's what they call reverse discrimination. We sir, are making a big mistake. The way I see it, we ought to get the women back in the kitchen - barefoot and pregnant, that's the only way we'll reduce unemployment and see a return to the good old days. Cpl. I. Dona Likit.

## Female editor for fishwrapper?

Bravo to the fishwrapper! I have been reading your paper for sometime now and have been quite impressed by the coverage you give to women in the Forces. It's far past time this male chauvinist society let us women out of the kitchen to contribute our part to society. Men have been messing up

this world for too long, it is time we women were given a chance. It is very nice that Mr. Danson is going to give us women more opportunities in the Forces. I was rather disappointed that we won't be able to have combat roles yet, but I am confident that that day will come. I pray every

night before I go to bed that before I retire I will get the opportunity to lead a platoon of females into a field exercise. To get back to the fish-wrapper, I want to reiterate that you are doing an admirable job of covering women in the Forces. It is, however, quite evident that

you are lacking female staff. Your Editor, or Assistant Editor, should be female. I would volunteer but I just don't have the time. Perhaps when my husband has finished raising the children and he can go back to work I will have more time. Anyway, keep up the good work. We women will

remember open-minded males such as yourselves when we establish ourselves in the higher ranks. Capt. (W). I. Hatemen. Editor's note: I spoke with my Asst. Editor and since neither of us is willing to have the operation, I guess we will have to wait until your hubby goes back to work!

## Focus on food

Sir Winston Churchill said it in 1943: "There is no finer investment for any community than putting milk into babies." No one could argue with that. But today we might go a step further and say that putting milk into people of all ages is a fine investment. When you consider the cost and nutritional value of milk and milk products, it's hard to imagine how you could get a better return on your money. Still, it is possible. Here are a few ways you can get more for your milk money without sacrificing taste or nutrition.

Experiment with skim milk powder. Too many of us are prejudiced against this versatile product, despite the fact that it's as good for you as fluid milk and costs much, much less. All milk powder sold in this country must be Canada First Grade, which means it has met definite standards of composition and quality. Try mixing it half-and-half with fluid milk. (You'll be surprised at how good it tastes.) Add it to puddings, sauces and soups. Substitute it for whole milk in casseroles and baked goods. Use it to make a whipped topping for desserts. Add it to cocoa and sugar to make your own instant hot chocolate mix.

Say cheese. Just one ounce of hard cheese is the nutritional equivalent of a full glass of milk. If you find one with the taste your family likes, buy a big hunk of it. It's cheaper when you buy in bulk and when you, rather than the manufacturer, slice and grate it according to your needs. A

mild or medium Canadian is a good, inexpensive all-purpose cheese. Store it in the fridge, wrapped or in a covered container. If mould appears on the surface, just scrape it off - the rest of your cheese is waiting to be eaten. Make your own yogurt. Not from scratch, of course, unless you have a yogurt maker. However, a big container of plain yogurt and

## Kilometrage & metrage

Now that highway signs are in metres and kilometres, construction uses metres and millimetres, and fabrics are sold by the metre, Sandy McArthur, Chairman of Metric Commission Canada, suggests kilometrage and "metrage" may replace the words like mileage, footage and yardage. The 49th Meeting of Metric Commission Canada held recently in Ottawa, considered "metrage" to be a suitable replacement for footage and yardage in the perhaps even mileage in the English language. The equivalent of the French word "millage" in the French language is of course "kilometrage". Mileage has become obsolete in Canada, since conversion of road signs throughout the country over a year ago. Signs in metres and kilometres accentuate the need for a new word to express distance readings and press odometer readings and length. distance or length. Kilometrage and Metrage may catch on in sectors such

as road and urban transport, electric power, construction, real estate, land surveying and town planning, the carpet industry, forestry, the film industry, consumer and retail trades. Both "kilometrage" and "metrage" are used in the French language in most of these sectors. Seventy per cent of the letters received in response to Metric Commission Canada's suggestion were in favor of the use of "metrage". Some of the reasons given were: it's easy to pronounce and spell; it has about the same general meaning in both official languages (distance or lengths measured in metric units); and is a convenient replacement for obsolescent words like footage and yardage. It is suggested that readers of this announcement try using kilometrage and metrage in house organs, bulletins, magazines, newspapers and audio visual presentations, and evaluate the possibility of acceptance of one or both new words.

## Milk and money

cheese is blended from cheeses which have been shredded, mixed and heated. A cheese spread will often cost less than slices but it might not have that real cheese feel or flavor. Individually wrapped "singles" will usually cost more than unwrapped slices. In general: The fancier the packaging, the more you pay. We all scream for ice cream. It tastes so good and delivers the goodness of milk. But stay cool and save

money: Always look for specials and always compare the prices of store brands to well-known dairy brands. The less expensive kind may be even better for you, as it contains less fat. Ice milk and sherbet also contain milk, but don't forget that they also have twice as much sugar as ice cream. If you keep them in the freezer of your fridge, frozen desserts should be used within a week of purchase. They'll keep for about a month in a deep freeze.

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# Brit. SAR - from Page 1

municating with the coastguard; behind them was Leading Medical Attendant Brian Steele, not part of the regular crew, but a volunteer from Cuodrose's sick bay; by the door towards the rear was Leading Aircrewman Chris Folland (who would operate the winch) and the captain, Mike Norman, who was navigating.

The Sea King could not go directly overland because high ground separates Cudrose from Maen Porth, and at anything over 400 ft. the aircraft would have iced up. So they flew west instead, hugging the cliffs of Land's End and the Lizard at 200 ft. above sea level. When they arrived at Maen Porth at five past two their radar on which they had been depending, since they were flying completely blind in the snow) began to fail. The waves were so high that the screen began to show "sea-returns": they could no longer be sure where the coastline was.

The problem was that helicopters hover into the wind (which was coming from the sea), and any miscalculation on the descent

about where the cliffs were could have been disastrous. The only solution was to go into a hover over the open sea, 1,000 yards out, and get the coastguard (who could see their powerful lights, though they couldn't see him) to reverse them into the cove by giving directions over the radio. At just 50 ft. above the churning sea, it was an operation between the second pilot (who was the radio link), the first pilot (who had the job of keeping a steady altitude in the tremendous turbulence caused by the gale lashing the cliffs), and Lt. Cdr. Norman, who adjusted the aircraft's lateral movement with the "auxiliary hover trim", a little joystick by the open door.

Observers on the cliff say they will never forget the sight of the Sea King's blazing arc lights coming out of the blizzard. As it reached the Ben Asdale, just 70 ft. from the cliffs, one man said it looked like something straight from science-fiction: Close Encounters of a very hairy kind. On board the helicopter the crew decided that the first man to be lifted would be the surviving Russian engineer

who was alone in the bows of the vessel, more often underwater than out of it. The lift went successfully, but the Russian was in a bad way. Hypothermia had set in, and he was literally stiff with cold.

The rest of the men - seven of them - were clinging to a guard rail. Lift two was accomplished, but during it another problem arose that was to get worse as the night wore on. Because Mike Norman had spent so much time leaning out of the open door, his helmet had become saturated and the inter-com - through which he was giving the first pilot instructions - began to fail.

Lift three was the most perilous of all. As the seaman seized the harness he began to swing wildly, and in the frantic efforts to prevent him smashing into the ship or the cliffs, the Sea King drifted off station. At one point they could see the beach beneath them, and people on the cliff top said the machine's rotors were almost cutting the grass. Slowly they edged forward into the open sea, only to find that the winch wire had caught around a piece of the aircraft's structure. Without

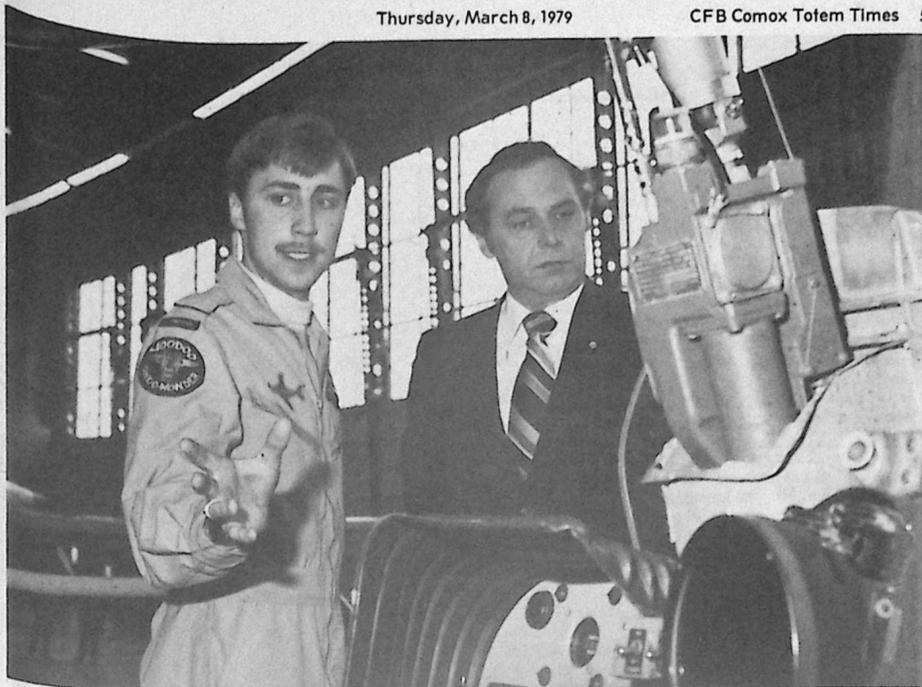
relieving the weight on it, they could not bring the seaman up. They could have flown him back to Cudrose on the end of the wire - in which case he would have been dead on arrival - or they could lower him into the sea. They chose the latter course and although it was a grim and inexplicable experience for the seaman they freed the wire within seconds and soon winched him aboard.

At this point wind and snow were increasing, and the crew had a hurried discussion about whether to call the mission off. The bald fact was that unless they continued the five men still on board were going to die, so again they asked the coastguard to talk them back into the dove. At lift five the drenched inter-com failed completely, and Mike Norman was reduced to passing handwritten messages through the crowded cabin to tell the first pilot what to do. "We just muddled on the best we could," he says. Added to this the winch wire had been damaged when it caught on the aircraft, and was now beginning to fray.

At 3:30 a.m. lift eight was completed and they and the Falmouth lifeboat (which had gallantly remained on station, despite its inability to help) headed for home. With the inter-com still unworkable, Mike Norman wrote on a piece of paper: "Head east for two miles, then south." The landing was in driving, disorientating snow. "We were uncertain of our visual references," is how the pilot puts it.

It then took two hours to pull the Sea King into a hangar with ropes (the tractors were sliding helplessly on the packed snow), and it was shortly after 6 a.m. when the crew went down to the sick bay to have a chat with the men whose lives they had saved. They went to bed at 7 a.m. At 9 a.m. the phone rang: a pregnant woman in the village, cut off by snow drifts, had to be ferried to hospital.

Peter Taylor  
Courtesy of the Sunday Telegraph.



## GovGen gets the word

Base Photo

LT. DALE ERHART, sporting the new CF flying suit briefs Gov. Gen. Ed Schreyer on 409 Sqn. roles.

The Gov. Gen. visited all the Base Squadrons during his recent tour.

# Petawawa and Yorkton tops in fire prevention

OTTAWA (PFC) - When it comes to fire prevention, CFB Petawawa, Ont., and CFS Yorkton, Sask., are the leaders.

In fact, they are the joint "Grand Award Winners" in the 3rd Annual Fireprecan (Fire Prevention Canada) Military Category, Fire Prevention Contest.

Fifty-seven entries from bases, stations and ships competed in the contest which recognizes outstanding achievement in the field of fire prevention and education in 1978.

The 57 entries were divided into six classifications depending upon the size and type of the base or station.

Standings in the six classifications are:  
Class A: 1st - CFB Petawawa; 2nd - CFB Borden; 3rd - CFB Esquimalt. Honorable mention: CFB Greenwood and CFB Ottawa.

Class B: 1st - CFB Europe, Baden-Soellingen Detachment; 2nd - CFB Esquimalt, Belmont Park; 3rd - CFB North Bay. Honorable mention: CFB Summerside and CFB Cornwallis.  
Class C: 1st - CFS Penhold;

2nd - CFS Esquimalt, Rocky Point Detachment; 3rd - CFB St. Jean.

Class D: 1st - CFS Yorkton; 2nd - CFS Sydney; 3rd - CFS Kamloops. Honorable mention: CFS Mont Apica and CFS Gypsumville.

Class E: 1st - CFS Masset; 2nd - CFS London; 3rd - CFS Moncton.  
Class F: HMCS Assiniboine.  
Both CFB Petawawa and CFS Yorkton, as "Grand Award Winners", will be recognized at the 71st Annual Meeting of the Canadian Association of Fire Chiefs to be held in August 1979.

## Firing away

### FIRE - An Invading Enemy

If you approach the problem as a defending General, your job becomes clear. To exist, fire needs oxygen, fuel and a heat source. Oxygen cannot be removed from the home, so we must attack the problems presented by fuel and heat. Most anything can become fuel for a fire. But some materials burn more easily than others.

Wherever possible, you should be sure that your home is finished with and furnished with fire resistant or fire retardant materials. This includes the roofing, as well as the interior surfaces and furnishings of your house.

If you are building or remodeling your house, keep reduced flame spread

buying building materials. Your choice of products can contribute to the safety of your family.

WALLS - Buy gypsum or other noncombustible wall boards. These offer considerable fire resistance. Dry wall (gypsum) or plaster are the most commonly used for fire safety reasons.

PANELING - Wall paneling may contribute to fire spread, unless you buy paneling labeled as fire retardant. Look for a label that gives the flame spread rating of the paneling. In new constructions, have a layer of 1/2" gypsum board put between paneling and insulation.

CEILING - Most ceiling tiles made today have reduced flame spread

characteristics. Read labels carefully and buy only ceiling tiles that have the label of a testing laboratory.

INSULATION - Insulation can really pay off in reduced heating and cooling costs. Before installing it, check your home's electrical system for any problems. When purchasing the insulation, check for the seal of a testing laboratory and for flame spread ratings.

Be sure not to pile insulation around recessed lighting fixtures; maintain a minimum 3-inch clearance to avoid heat build-up.

Special care should be taken with plastics, keeping them away from heat. Most household plastics do not ignite easily. But some

plastics emit large volumes of extremely toxic gases when they burn or smolder.

Fabrics offer special concern that you should consider. Most will burn with relative ease. And when clothing burns, you burn. Fuzzy, lightweight, loosely woven or loose fitting fabrics ignite and burn easily. Look for sturdy fabrics with a smooth, tight weave. Denim and wool are less likely to burn quickly. Purchase sleepwear for children which has a label indicating it to be flame retardant. Pay attention to the laundry instructions on fire retardant clothes, otherwise you lose the protection. REMEMBER - Fire prevention is your best defence against fire.

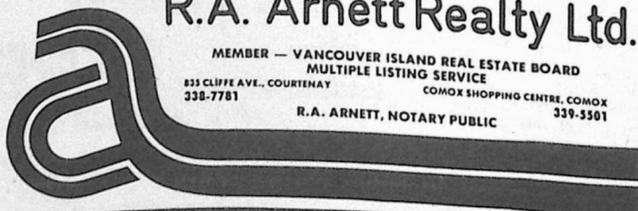
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# Sports

## Up Earls Alley

Well they did it again ... The Leafs pulled a "feux pas". It reminded me of the old Gaston - Alphonse buck passing situation. The only guy to suffer, and not to chuckle, was poor Roger Neilson. Of course he has a lot of class and is a good hockey coach so things like that probably did bother him but he stood up well while Ballard did his thing ... whatever that is ... I think that Tiger Williams summed it up pretty good when he stated, "He didn't get fired, we played him out of a job".

Having a class guy like Darryl Sittler around also helps in a situation like that. At least the team showed a lot of respect for him and who knows maybe this will give them a lift. They are on a winning streak and, most important of all, did you notice that the Leafs finally are staying out of the penalty box ... amazing isn't it. Of course mind you I have not known any player that increased his ability and point production while in the penalty box...

The Comox Valley Clair Supply Midget Reps have repeated once again as North Island Champs and are travelling off to Victoria to play the "Stacked" Racquet Club team. This team has "robbed" players from other associations and formed the team and whether it be legal or otherwise they are the South Island Champs. Who said, "Money doesn't talk"...

The CFB Comox Broomball team were unsuccessful in their recent trip to the "Nationals" in Edmonton. Wins were rather hard to come by but, according to all reports they did have some very close games and were really only run over by Quebec 9-0. However they are one up on a lot of teams, as they still are the reigning Pac Region Champs.

"Yours truly" once again failed in his bid to become the first man to participate at the CF Hockey National as Player, Referee and Coach. Oh well, maybe next year? The Totems nearly came through and except for injuries to key players we could have been heading to Petawawa the end of March for the National Classic - however, we should be represented as I feel certain that the Chilliwack team will in all probability be augmenting their club with Comox players.

The Golf Club is open and except for the odd occasional bit of water here and there, it is in pretty good shape. Larry Berry is the new Pres. and should provide all members with the guidance required to make this yet another successful season.

Late Flash ... The two players from the CFB Totems hockey team selected to augment the Chilliwack team are Capt. Larry Russell and SGT. "Freight Train" Tressell. Congrats fellas ... and good luck.

## Golf update

The Glacier Greens is open for another season and the time has come to pry out the Golf Clubs and move some Real Estate (Divots) about. Wally Berger and John Gailey were out recently and Wally said that John took a vicious cut at the ball with his wedge and an enormous divot was dislodged and, get this, it was soooooo deep it took the top off of a rickshaw. Wellll ... that's what I heard.

Now is the time to take advantage of some good deals in the Pro Shop ... 10 per cent off of last year's stock and 20 per cent off of footwear.

Golf memberships are now available and may be purchased at the Glacier Greens Pro Shop or at the Rec Centre (local 315). The 1979 prices are as follows:

Male \$110.00.  
Ladies \$95.00.  
Man and wife \$180.00.  
Jr.'s \$35.00.

The payroll deduction plan maximum six months - March to 1 Oct.) is available for all Servicemen. THE CLUB NEEDS YOU ... SO ... DON'T DELAY. JOIN TODAY.

Wally Berger and Ty Garrison once again are looking after the Junior Program. There will be a meeting for all juniors at the Glacier Greens Golf Club on Sunday 11, March at 1300 (1 P.M.).

## Ski champs

Due to a mixup in the joining message we lucked in and managed to place a couple of Service women in the Prairie Region X Country Ski Championships which were held in CFS Sioux Lookout recently. The Message stated Area One and Prairie Region - well our girls come under Area One so ... away they went.

The two gals, Cpl. Rita Landry and Pte. Jane Rummerswaal represented the Base. Jane the veteran of the two (by one year) and Rita a total newcomer, trudged through the mild Ontario weather (-15 to -30 Celsius) to prove that, yes we do Ski in B.C.

Only 7 seconds behind the Prairie Region Gold Medal winner came Jane, capturing the Women's Novice 5 KM race. The silver was taken by Sioux Lookout and then sliding by to capture third place and the bronze was Rita.

Both girls came back tired but very happy and more than willing to return next year.



Base Photo

## He shoots he scores

A LONE ESQUIMALT maurader outhustles and outdekes five members of the Chilliwack squad and eventually puts the puck in the net. Chilliwack eventually won the game and the tourney which took place last week at the local ice palace.



Base Photo

## Doin' the boardwalk

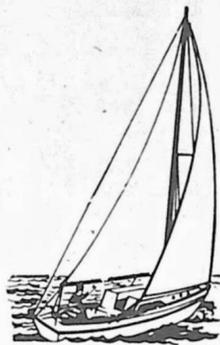


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## Totems edged out

Wait until next year!! This was the cry from the just defeated CFB Comox Totems locker room after their 5-1 loss to the Chilliwack Warriors in the Pac Region Champions hip final game on Friday, 2 March. The Totems and the Warriors went in to the final game tied at two victories each.

The Comox team were really hurting as their leader Larry Russell suffered a back injury in a previous game and was only operating on one cylinder. Pat Mercer didn't play due to a concussion and, our key defenceman George Wissler had to sit out as a result of a painful shoulder injury suffered against the PPCLI team from Esquimalt. Rob Haswell suffered a head injury during the final game as a result of an errant elbow and all of these injuries really weakened the Totems.

The team played extremely well and the score was 1-1 until the sixth minute mark of

the third and by this time the feeling was that the team that scored the second goal would win, and, that's exactly what happened. Chilliwack by playing in the League were a bit sharper and we here at CFB Comox wish them well at the Nationals.

The game results were as follows and as can be seen the Kootenay, representing the Fleet were rather outclassed. However, they never gave up and really played their Hearts out. One of the players was heard to remark, "Well one part of game has really improved, we have our centre ice face-offs down pat". I guess after facing off there, a total of at least 52 times, the players would experience a learning process.

Chilliwack (13), Kootenay (0).  
Comox (7), PPCLI (5).  
Comox (16), Kootenay (1).  
Chilliwack (9), PPCLI (4).  
PPCLI (14), Kootenay (4).  
Chilliwack (5), Comox (1).

A special thanks to Capt.,

Gord Kruger and his staff of officials for doing a great job, the organizing staff lead by Ev Swann and the arena crew led by Sgt. Dave Molloy were great. The Jr. Ranks, as always, hosted the event very well. Sgt. Bill Turner was up from Esquimalt as the RSD Rep and although the hockey was fast, rough and at times furious, had very few if any complaints to handle.



A wet shave with lather and razor is preferred by two out of three men.

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Ministry of Forests

### The Small Business Program

The Ministry of Forests has produced, for discussion, a white paper entitled "The Small Business Program" which deals with the proposed position of "small business" resulting from the new Forest Act.

Copies of this paper are available from the following Ministry of Forests Regional offices:

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 631 - 355 Burrard Street<br>Vancouver | 540 Borland Street<br>Williams Lake |
| 515 Columbia Street<br>Kamloops       | 1600 - 3rd Avenue<br>Prince George  |
| 518 Lake Street<br>Nelson             | Market Place<br>Prince Rupert       |

Replies and comments should be forwarded to W. Bishop, Assistant Deputy Minister, Ministry of Forests, Victoria, B.C., V8W 3E7.

The deadline for returns is March 9, 1979.

# The Cheap Floor Store

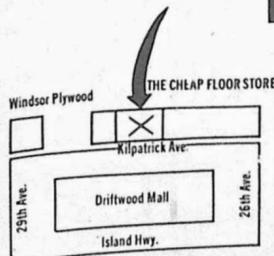
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# Jock talk

## Taylor breaks record

Craig Taylor, son of Captain Bob Taylor of 442 Sqn., recently broke a Canadian record and won a bronze medal at the Junior Indoor Track and Field Championships held in Toronto. Craig outdistanced twelve other competitors from across Canada with a jump of seven metres, 38 centimetres. He also captured a bronze medal in the fifty metre dash with a sprint of five point eight seconds. This effort earned Craig the Outstanding Athlete of the Meet award.

The new record and the award are particularly gratifying to Craig, as his training conditions are definitely less than ideal. Because there are no practice jump pits, indoor or out, in the local area, Craig trains for the

competition in the gym at Vanier High School.

Craig who was noted third in the long jump in Canada last year, competed with the National Track Team last summer in competition against teams from Italy, Cuba and France. He was chosen by the B.C. Track Federation after fine performances in Moscow, Idaho and Seattle in February of this year.

His goals include the Pan American Games in Puerto Rico in August and the World Cup in Montreal. His ultimate goal is the 1980 Olympics. It will be a long, hard, journey, but he has proved his talent and determination in his past performances. Congratulations Craig and good luck this summer.



Craig Taylor Base Photo

## Junior lacrosse

Box Lacrosse is becoming very popular in Canada in recent years and as it is still recognized by Parliament as our national sport, we in the Comox Valley are trying our utmost this year to promote it.

The program will be a little different this year as compared to last year in that we will have only one REP team of approximately 15 boys. The boys who do not make the Rep team will be split into two groups of Novice and Bantam and in order to make it work, we will need 4 Novice teams, and 4 Bantam teams, with 11 players on each team. This will bring the total to 88 boys plus the 15 on the Rep. team. So as you can see we will need over 100 boys.

We have well over half that number so we will be carrying on regardless but would appreciate just a little more support in making this a successful year.

We will be stressing basic fundamentals of Lacrosse as well as good sportsmanship, safety and physical fitness. The Lacrosse season is very short as it starts on April 19, 1979 and ends June 30, 1979.

For all you hockey parents if you find your son's energy level running too high after hockey season is over, think seriously of getting him into Lacrosse until school is out. We are very proud of last season as we did not have one serious injury.

## Youth bowling

The 4 steps to stardom zone playdowns are now history and we are fortunate enough to have two teams qualify for the provincials.

Travelling to Prince George on 16 March will be Gail Engelmyer's Senior Girl's team of Donna Rossiter, Cheryl Pearson, Theresa Pokol, Shelley Dickens and Margaret Jones. While Gerry Arthur leads the junior boy's team of Raymond Hill, Barry Collins, Stephen MacDonald, Benny Clarke and Bobby MacDonald.

We wish them all well and know they will give a good account of themselves as the North Island representatives. Five singles and the senior boy's team categories were taken by Courtenay so the Comox Valley will certainly be heard from in the cool north.

A special thanks goes to all our bowlers who didn't make it. Everyone tried hard and in no way did you disgrace yourselves on or off the alleys.

The season is rapidly drawing to a close with the roll-offs starting on the 24th.

The "I beat my average" tournament will be on the 10th. We will also be choosing teams to go against Courtenay in April for the Valley Championship. With all that we would like to have good attendance the rest of the way.

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## Wildlife problems

Mr. Lyons, Regional Director of the Fish and Wildlife Branch, Vancouver Island Region I in Nanaimo, has issued an update on the region's problem wildlife management program. He announced today that problems caused by

wildlife reported to, and investigated by the Fish and Wildlife Branch, during December, January and February were as follows:

Problem	Location	Wildlife species Responsible	Action taken
Human safety	Residential-Comox Victoria Golf Club	Cougar	Several patrols made in area.
Damage to greens	Parksville	Canada Geese	Sound deterrent used.
	Coombs	Raccoon	Live trap provided.
	Nanaimo	Raccoon	Referred to local trapper.
	Nanaimo	Mink	Referred to local trapper.
	Sidney	Beaver	Referred to local trapper.
	Victoria	Raccoon	Box trap provided.
	Esquimalt Base	Deer	Deer to be moved. Permit issued. Tranquilizer gun.
	Sidney	Hawk	Box trap. Bird to be relocated.
	Metchosin	Waterfowl	Birds to be scared. Discharge firearm.
	Port Alberni	Raccoon	Raccoon trapped and relocated.
Ornamental garden damage	Port Alberni	Raccoon	Raccoon trapped and relocated.
	Ganges	Raven	Raven killed by owner.
Human chased by cougar	Butchart Gardens	Deer	4 deer killed by permit - No fence. Advised to build secure fence.
Human chased by cougar	Victoria	Raccoon	Chased into house. Cougar destroyed by person.
Human chased by cougar	Holberg	Cougar	Chased into house. Cougar destroyed by person.

Mr Lyons commented that many of the complaints of wildlife attacks on domestic livestock could be attributed to poor animal husbandry practice by the owner.

Frequently, poultry and other domestic animals are held in areas known to be heavily populated with predatory wildlife, while making little or no provision for providing protection from raccoons, mink or other predators.

In complaints of deer damaging gardens, Mr. Lyons pointed out that the onus is on the occupier to protect their

property by adequate fencing or other deterrents and that the killing of animals for this reason is not justified. He cautioned that livestock producers in the northern part of the Island should increase surveillance of sheep during the lambing season to reduce wolf related losses, and advised that continued co-operation of the public in reporting all wildlife related problems to the nearest Fish and Wildlife Branch office as soon as possible.



The first submarine was built by a Dutch inventor over 300 years ago in the year 1620.

## X country downhill

Downhills are for enjoyment in cross country skiing. They are the reward for uphill climbing. They should offer you a brief moment of semi-relaxation as you glide downwards, feeling the fresh air on your face.

Always bend slightly at the knees when skiing downhill. It gives you an opportunity to react to slight changes in the snow surface. Standing straight will only increase the chances of a fall.

Maintain your centre of gravity by positioning yourself at a right angle to the slope. In other words, lean forward sufficiently into the hill.

Allow your arms to hang in a state of semi-readiness by your sides.

Place your skis 15 to 30 centimetres apart to assist with balance. That average stance will enable you to stop or turn quite easily.

Practice downhill skiing by starting on very gradual slopes. Get the feeling of gliding while coasting.

Going downhill at a speed suitable for yourself is an important part of touring.

Skiers unable to control their descent usually fall and experience a higher chance of injury as a result.

This technique results in your ski tips coming close together, but not touching, and your ski tails spreading

out behind you to form a large V or snowplow.

By bending your knees towards each other and applying equal pushing pressure from your heels, your skis will gradually spread apart at the tails.

By controlling the amount of pressure on your skis you can determine the speed at which you wish to descend. This sideways pressure on the boot heels will force your skis' inside edges to dig in, thereby slowing your speed. It can also help you to stop quickly. Equal pressure has to be applied to both skis to guarantee that your tips do not cross. The wider the V, the slower the descent.

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## Province of British Columbia PUBLIC NOTICE ROYAL COMMISSION OF INQUIRY INTO 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, with further Hearings in the Fall.

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  
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**THERE APPEARS TO BE AN EPIDEMIC:** Colin Chellev is the second of the three brothers stationed here to receive his third in as many months. Sgt. Chellev is one of the unsung heroes of the Combined Mess kitchen. Congratulations., Collin. Base Photo



LCOL McAFFER congratulates Cpl. (W) J.A. Remmerswaal on her recent promotion. Cpl. Remmerswaal works in Repair at 409 Squadron. This accelerated promotion recognizes her diligent effort in her day to day work and in the on-the-job training program. Base Photo



25 YEAR SERVICE AWARDS. Front row L to R: Mr. George Howard - Base Language Training Coordinator; Mr. Harry Brown - CE Paint Foreman; Base Commander; Mrs. Millie Goodsell - Central Registry Supervisor; Mr. Walter Tribe - Marine Section Master. Back row L to R: Mr. Gerald Scott - Base Services Cleaner; Mr. Malcolm Hatfield - CE Stationary Engineer; Mr. Spencer Rohne - Transport Mechanic; Mr. Bill Harris - Supply Storeman. Base Photo



M-CPL. J.P.D. ROBICHAUD survives 12 years service without being detected. BAoD gives the glad hand. Base Photo



M-CPL. JOHN LOGAN of 407 Squadron Photo Section receives the CD from his Commanding Officer LCol. P.A. Hamilton. Base Photo



An informal police survey of drivers charged with drinking and driving in Etobicoke reveals that nearly 70 per cent believe they drive as well under the influence as they do when sober.

The survey of 129 drivers was conducted during a one-month period on November and December last year by officers of 2 District Traffic. The study results were released this month.

The charged drivers were asked, "Do you think you can drive as well in your present condition as you could if you were sober?" A total of 68.6 per cent replied yes.

The average blood alcohol level of the 129 drivers queried was .148 milligrams of alcohol in 100 millilitres of blood. The legal limit is .080.

When asked why they drove under the influence of alcohol, the most popular response was because it was their right. More than one in four said they were able to drive; one in five said no one else was available to drive; one in 10 trusted luck and another 10 per cent claimed they had to drink and were not concerned about consequences.

**PERSONAL PROBLEM**

Only a small minority, less than one in 20, admitted they had a personal or alcohol problem.

The majority of the surveyed drivers were aware of the Reduce Impaired Driving in Etobicoke (RIDE) program and more than 50 per cent learned about it through media coverage. About 20 per cent had learned of RIDE by observing police and another 20 per cent had heard the word from friends.

"Media coverage has been one of the most important components in the educational process of driver awareness,"

says Al Neild, a community research consultant with the Addiction Research Foundation (ARF) which compiles RIDE statistics.

**ROADSIDE TESTS**

The latest RIDE figures show that 121,039 drivers have been stopped since the program began last October and 1,697 roadside tests have been administered to determine alcohol levels.

Of those tested, 695 passed, 510 were warned and 388 failed. A total of 424 drinking-driving charges have been laid by RIDE officers since the inception of the program.

Comparisons have now been made of two seven-month periods, one period in 1977 before RIDE came into being and a similar period this year when RIDE was in effect.

Results indicate the number of drinking-driving accidents dropped from 356 to 274 or 23 per cent. The number of people injured in drinking-driving accidents also fell from 79 to 67 or 15 per cent.

Meanwhile in the rest of Metro, excluding this borough, the number of people injured in drinking-driving accidents increased from 419 in 1977 to 475 in 1978.

"It is hard to make any definitive statements about the efficacy of RIDE based on these figures," says Dr. Evelyn Vingilis of ARF, "but the data is encouraging and seems to show a decreasing trend in alcohol-related accidents with the intervention of RIDE."

Also noted was a reduction in the proportion of alcohol-related accidents in Etobicoke from 10.06 per cent in the 1977 period to 8.53 per cent this year.

The proportion of alcohol-related accidents increased in the rest of Metro.

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# Community news



**JUST YOU WAIT 'TIL I TELL DAD!** - Daniel tells his mom Mrs. Jan Landry at a recent Parent and Son banquet.

## First Lazo Beavers

Beavers of Blue Colony had a very nice tour of C.F.C.P. radio station on Feb. 19th. They were shown how commercials were made, they saw the news coming in from all parts of Canada and then were able to talk on the radio to their moms and dads. What a thrill for the boys. Special thank-you card was made and signed by all the boys, and sent to the radio station. The boys really enjoyed the tour.

Thanks to the Beavers who accompanied me to the Comox Mall on Feb. 24th at the Beaver Booth.

Feb. 25th the weather broke long enough for the boys to march in the Church Parade ending Baden Powell week. We attended a very nice service given by Padre Coleman and Father Stack. Beavers were busy asking

questions about Religion in Life Badges that the older members of the organization are able to earn.

Campfire was held at the Cub Hall and singsongs, hot chocolate, and cookies were enjoyed by all. Blue Colony presented their Baby Bumblebee song to the group.

Our last meeting for this column was a busy, happy, but sad time. Robert Hoey gave a talk and demonstrated flags and their eticete - well done Robert. Keo was busy with the white tails, talking about Cubbing and teaching basic knots. New games were played and Pare Bird was the craft. Tic Tac read a nice story on birds. We are sad to report that our Hawkeye has left us, we wish him well in his new career in C.A.F., and thank-you for a job well done.

Blue Colony will miss you very much.

We are fortunate, though we said good-bye to Hawkeye we welcome Todd's dad to the Colony. The boys will be naming you soon Lloyd, so welcome and I hope you'll enjoy working with all of us.

Sunday was the Parent and Son Banquet and from all the fat tummies and big smiles that left I'd say the chicken and Tommy Tomkins film were both a big success. Thanks to all the moms who worked so hard during the banquet.

Next is the big tour of McDonalds next week. Please DON'T send any spending money with your boys. We may also be a little later than 7:30 p.m. so don't worry if your boy is a few minutes late.

Rainbow

## Brown Colony

Brown Colony Beavers have now received their new tails, the Beavers each brought a helper along for the tail change celebration. It was a fun night beginning with a full size picture of each Beaver being drawn and then a game and of course sewing on the new tails. The evening finished with dessert; ice cream cones for everyone.

We've been learning about eight points of the compass, hopefully we'll soon be able to get out on a starlit night and find the north star. Last

meeting we colored a donkey and then started to learn braiding with the donkey's woolen tail. The Beavers have been asked to practise braiding at home and bring the donkey to the next meeting and show us how well they are doing. Green tailed (for growing) Beavers should be growing a carrot top in a dish of water to bring in and show the Colony.

On March 20th, Brown Colony will be going swim-

ming, it doesn't matter whether or not the Beavers know how to swim they'll have fun anyway at the pool.

It would be nice if this could be an all boys night to do this. We'll need some dads to volunteer to help. We have 24 women so our Colony and feel we need 6 men for the swim meet. Of our 4 leaders 3 are women so that means 5 dads are needed. Phone 339-5851 if you can help.

Busy Beavering



## Magic world of stamps

At first glance stamp collecting may seem like a maze of colors, shapes and symbols, but a closer look will show you that almost everything you like is found on stamps. There are animals, astronauts, art, sports, Kings, Queens, ships, birds, etc. Above all stamps capture the spirit, and preserve the history of famous people, places and things. To look at stamps is to take a journey into the far or near-distant past. A great way to start your journey into the magic world of stamps is to read stamp catalogues and use stamp albums to mount your stamps.

If you are thinking of getting into the world of philately you must first choose a topic, whether it is a Country such as Canada or a topical such as dogs. The hobby of stamp collecting was considered at one time to be the hobby of Kings, and Queen Elizabeth II has one of the largest stamp collections in the world.

In order to remove a stamp from the envelope, soak the stamp in cold water for 15 minutes and peel it off gently and place it face down on a piece of newspaper. It may look wrinkled as it dries, but it will flatten out after a few days in an album.

Since the first - One penny black-postage stamp which was intended to provide the British government with enough money to insure an effective, rapid means of mail delivery. The idea caught on and before long countries around the world were issuing postage stamps. To date approximately 275,000 different stamps have appeared throughout the world.

The words "postage stamp" originated many years ago. The original mail stations were called Posts. Thus postage referred to the charge for carrying this mail. The letters themselves were sealed with wax, stamped with a seal or ring design to identify the sender.

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## OWC news

On Wednesday, Feb. 28, the Wives Club had a very interesting and informative evening covering all areas of self-improvement.

A talk on dental care by Jill Toews brought insight into a few common problems and Penny Bardsley's talk on physical fitness was great. Penny is a living example of how one can look and feel with the proper exercise program.

The "Hairport" gave two free demonstration haircuts and "NuLook Faces" demonstrated two facials. Good advice was given for everyone.

The Officers Mess provided a delicious punch that everyone enjoyed.

The food for the evening was also on a health theme and beautifully arranged by Carol Harvey-Clarke and

Lana Buchanan. Numerous fresh fruits and vegetables and all the accompanying dips were great.

March 22 1979 in the Totem Lounge brings us around to our annual "Fashion Show". This fun evening is open to everyone and costs only \$2.00 for tickets. They can be obtained from any member of the Executive and if any are remaining they will be sold at the door. Bar opens at 7 p.m. and the Fashion Show starts at 8 p.m. sharp. Clothes and accessories are from "JJs" and Comox Shoes; hairstyles by Anna's Coiffures; jewellery by Mirielle. There will also be great door prizes: a dress from JJs, a \$25.00 Gift Certificate from Comox Shoes and jewellery from Mirielle. Please come out and support this great evening and remember all proceeds go to charity.

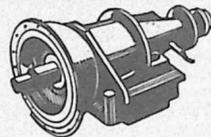
## OFFICERS WIVES CLUB SPRING FASHION SHOW

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## Classifieds

### Announcements

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### For Rent

**PADS FOR RENT**  
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2 and 3 bedroom town homes for rent. Includes, heat, hot water, cable TV, stove and fridge. No dogs. References required. Call 338-8346.

**Mobile Home Park**  
Trailer spaces for rent. First month rent free. Cement pads. Mission Heights Park, 2787 Wentworth Road, ph. 334-4386.

### Wanted

Wanted to buy a "Snuggli" baby carrier. Phone 339-5370.

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## PUBLIC NOTICE BOATING RESTRICTION REGULATIONS

The Public is advised that the following recommendations for amendments to the Federal Boating Restriction Regulations will soon be forwarded to the Federal Ministry of Transport in Ottawa.

Wowo Lake (Gazetteer of Canada Reference System 49 125 N.E.) to be included under Schedule B-1 of the above noted regulations restricting the use of power driven vessels other than vessels driven by battery powered electric propulsion motors.

Anyone wishing to comment or receive further information can do so by writing to:

Outdoor Recreation Division  
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# "Doc talk"

With Doc Bardsley

**Blood pressure - What is it?** It is simply the measure of the blood within the arteries, and is usually expressed as a double number, for example, 120/70. The first of these two numbers reflects the intra-arterial pressure in millimeters of mercury (mm Hg) when the heart contracts - the systolic component (120 in the example); the second represents the pressure when the heart is between beats (temporarily at rest) - the diastolic component (70). Blood pressure is usually conveniently measured on the upper arm with a pressure cuff, or sphygmomanometer, and a stethoscope. Using these two instruments the taker raises the pressure in the cuff to occlude the blood supply to the arm, gradually deflates the cuff while listening with the stethoscope over the brachial artery and determines when the sound of the blood in the occluded artery appears - systolic pressure - and when it disappears - diastolic pressure (always the lowest value). There are several more esoteric means of, and innumerable sites for measurement, but for ease and convenience this is the preferred technique.

Now that you have an idea of what blood pressure is, let's discuss some of its interesting characteristics, stressing high blood pressure, or hypertension. Blood pressure varies throughout the day (i.e. it displays a circadian rhythm) with the lowest values usually occurring during sleep, and peak values in the hours just after arising. It also varies with certain stimuli, for example eating, smoking, full bladder, temperature, exertion and pain. These variations can be exaggerated in people with high blood pressure. However, stressful stimuli have the most dramatic effect - a visit to the doctor's office can raise blood pressure by as much as two mm Hg in the average patient, to fifteen in the person with high blood pressure (i.e. the hypertensive). Blood pressure also tends to increase with age, and with certain medications, for example one to five per cent of women on the birth control pill will become hypertensive.

With specific reference to high blood pressure, several additional interesting points can be made. Only about ten per cent of hypertension has a detectable physical cause (e.g. kidney disease), the other 90 per cent, called essential hypertension, has no readily identifiable cause. The essential type of hypertension seems to be inherited polygenically - that is, more than one gene determines the tendency - with the appearance being largely determined by environmental factors. In other words, one inherits it in much the same way one inherits personality. Certain such environmental factors implicated in the genesis of high blood pressure, are: excessive salt intake, pregnancy, certain medications and stressful lifestyles. Moreover, although commonly construed as an adult's disease, very few new cases of hypertension arise after 30 years of age, which really says that this is very much a young person's disease, and indicates that younger people, even children, should be screened for this disorder, especially those with a strong family history. Bearing these characteristics in mind, let's have a look at blood pressure from a health point of view.

**Hypertension and Health**  
Why do we want to know what your blood pressure is? And why do we make such a fuss when it's high? Well, high blood pressure, or hypertension, can, and does, kill. It kills by causing disease in blood vessels, the patient subsequently dying mainly of stroke (cerebrovascular accident), kidney failure, heart failure, heart attack (myocardial infarction) or a ruptured blood vessel. And the process is usually silent. But, what constitutes hypertension? Put simply, hypertension is an elevation in blood pressure, the lower limit arbitrarily selected as 165-95. However, things in biology are rarely as simple as they seem, and blood pressure, especially what is

healthful and what is unhealthy, is no exception. For example, actuarial data compiled by insurance companies have shown that people with blood pressures greater than 140/90 are at greater risk of specific illnesses than those with lower pressures. In other words, just because one has a blood pressure which is not hypertensive by arbitrary definition, does not mean that one is not at real risk. Let me illustrate what I mean.

Let us look at Table I for a moment. This Table tells us that the chances of dying at a younger age increase as blood pressure rises. This effect decreases with age, which really says that the younger one is, the more serious this problem is, in part because it has a longer period over which to have its inimical effects. So, the longer one has high blood pressure, the worse for one's health - and life expectancy. Also, high blood pressure is more deleterious in males, although women are very much affected. As an example, if one is male, aged 35 years with only a moderately elevated blood pressure of 150-100, on the average he will lose 16½ years of his life. And this situation is aggravated if he happens to be black, because hypertension is more common in this racial group. Shocking isn't it. And terrifying! But what is even worse is that half of the people so afflicted do not know they have the disorder. Studies have shown that between 10 and 20 per cent of the North American population are hypertensive (i.e. BP 160/95) - at least two million Canadians! - of which only 50 per cent know it. Furthermore, of this 50 per cent, only one-quarter to one-half are receiving adequate treatment. And if the level of 140-90 is used, there are at least 3.6 million Canadians who are at risk of illness and early mortality resulting from high blood pressure. When one considers that proper therapy can control hypertension in 80 to 90 per cent of patients, one realizes the needless and reversible toll taken by this disease.

Well, now that I have scared you half to death, let's look at what we can do about hypertension. Firstly, have your blood pressure taken - it takes very little time and is easy and painless to have done. If your blood pressure reading is high, then consult a medical officer. However, there are several things that you can do for yourself that may both prevent and rectify high blood pressure:

- Reduce your salt intake - do not add salt to your food, before or after cooking (or use a salt substitute) and avoid highly salted foods, such as pickles, snack foods, 'junk' foods, etc;
- Reduce your weight - consult a dietician for a well-balanced, nutritious diet low in refined carbohydrates, salt and fats;
- Get regular (and appropriate for your age and health) exercise;
- Reduce your alcohol consumption;
- Reduce the stresses in your life, and modify your lifestyle to cope with the remaining ones more effectively;
- Reduce your cigarette consumption; and
- If you happen to be on birth control medication, have your blood pressure checked at least twice a year.

These simple steps can reduce a significant number of high blood pressures to the low risk levels, (and, if adhered to before the fact, will probably prevent the development of hypertension in a significant number of

cases). If serious attention to these lifestyle changes does not bring down the blood pressure to desired "safe" levels (i.e. as low as possible within reason), all is certainly not lost. The mainstay of therapy now becomes a medicinal supplement to the above. The primary medication of choice are the diuretics, substances that induce the kidney to excrete salt and water, and, with other effects, result in a lowering of blood pressure. The regimen of therapy indicated up until now boasts a high degree of success, has very few deleterious side effects (in fact, many advantageous ones), and, what is extremely important from a flying point of view, enables continued cockpit occupation. The diuretics used are one group of a very few, which are approved by most agencies, including our military, for flying. In the small per-

centage of cases where the above therapies do not work, more esoteric medications are added, a discussion of which is beyond the scope of this essay. However, the goal of therapy remains the same - to attain the lowest blood pressure possible and thereby proportionately reduce the risk.

Let's close on a positive note. Although high blood pressure is a serious illness, it can be detected easily, and, in the majority of cases, treated easily and effectively. And, if treated effectively, the health risk of the treated hypertensive is no different from that of the person with "normal" blood pressure. And remember, hypertension is like so many diseases - it belongs to individuals who themselves can go a long way in preventing its deleterious effects, if not its very presence.



music reviews and syndicated columnist



Frankie Valli

Frankie Valli has come a long way from his childhood years of hustling 9-ball in the tenements of Newark, to the occupation of hitmaker supreme. He traded in the tenements for a glass-walled house high in the hills of Bel Air and turned in his shyness to become lead singer for The Four Seasons, a group that sold millions of copies of such classics as "Sherry", "Big Girls Don't Cry" and "Walk Like A Man".

**GREASE.**  
For 15 years Valli led the Four Seasons through a succession of hit singles and albums and toured throughout the world as one-quarter of a group that was almost as well known as the Beatles. He took the dramatic step, left the group and headed for a solo career and for Valli, he's still in the hit groove.

When his rendition of "Grease" hit the trades, it rocketed to the top and can now be found as the lead-off single for a whole new career. It's also the lead-off track in his recently released Warner Brothers album "Frankie Valli ... Is The World" (BSK 3233). The album, produced by long time friend and associate Bob Gaudio (with the exception of "Grease"), gives Valli a chance to stretch out vocally.

Throughout the set he uses a

solid bevy of backing musicians and vocalists and covers the sound spectrum from the already world-wide hit sound of "Grease" and the disco flavored "Needing You" through mid-tempo "Sometimes Love Songs Make Me Cry" and ballads like "Without Your Love" and in so doing, brings the listener a well rounded set of vocals that should help lay the groundwork for top forty action.

**SAVE ME, SAVE ME**  
Valli's vocals shine through on "Save Me, Save Me" which displays his smoothly textured voice augmented by a good orchestration that features some hot guitar licks and is complimented by background and harmony vocals within the framework of horns. This one could easily leap from the set for singles release.

Frankie describes the album as "close to the spirit and energy of an early Four Seasons record. We got exactly what we shot for and it was probably the most fun of any album I've ever cut. We wanted the album to sound

### BLOOD PRESSURE LIFE EXPECTANCY TABLE

Male	Female
<b>At Age 35 Blood Pressure</b>	
Normal - 41½ years to live	
130/90 - 37½ years to live	
140/95 - 32½ years to live	
150/100 - 25 years to live	
<b>At Age 45 Blood Pressure</b>	
Normal - 32 years to live	37 years to live
130/90 - 29 years to live	35½ years to live
140/95 - 26 years to live	32 years to live
150/100 - 20½ years to live	28½ years to live
<b>At Age 55 Blood Pressure</b>	
Normal - 23½ years to live	27½ years to live
130/90 - 22½ years to live	27 years to live
140/95 - 19½ years to live	24½ years to live
150/100 - 17½ years to live	23½ years to live

Taken from actuarial data collected by 26 insurance companies in the United States covering nearly 4,000,000 insured people.

### THE HOME FRONT

Home-Ownership isn't for Everyone - But in this series of articles I would like, as an experienced - Real Estate saleslady to aid and guide those who are considering entering the real estate market and also those who now have "Pride of Ownership."

TODAY, my information is just preparing you for showings on your home when it is listed for sale. As service personnel we know that posting notices are normally not as cut and dried as we wish they would be, and sometimes a short notice is given. Therefore, take a critical look at the exterior of your home, ensuring that it is maintained to your advantage.

THE external appearance of your home has far more impact on a potential buyer than you realize. Put yourself in the buyer's shoes, they are looking for charm, comfort, location and a bargain. Give them the best show for their money, as "First Impressions are Lasting Impressions."

THE prospective purchaser drives about the area, looking at homes with "For Sale" signs, all they really see is the exterior of your home. Take a good look at your home as you approach it, and get it in prime condition, so that the potential purchaser will request an appointment to view the interior.

GIVE the house a fresh coat of paint if it is required: replace any broken or cracked windows, replace loose shingles; mend that fence; keep the lawn mowed and tidy with the flowers full of bloom to give your home a "well cared for look".

HOW about downspouts, do they spill over or into the dry well? Are your windows and door frames freshly caulked this year? How about sticky doors or door fronts scratched and marred by the household

pet? Is your driveway paved, not cracked from frost heaves.

YOU as a home owner have equity, time and money invested in your home. It is not uncommon for a few hundred dollars and a few home owner labor hours (way to go dad) to increase the value of a home by a significant amount of time spent just having it in prime shape.

NANAIMO REALTY being members of VIREB, are provided with data sheets on the resale market. The residential market on single dwelling properties in the Comox-Courtenay area, is now compiled showing us Realtors that a time element of 63 days is indicated for a residential sale. Location, price and advantages to the purchaser, all are indicators on how long your home will be on the market.

IT is up to you, plus our expertise as Professional Real Estate Salespeople to aid you, the seller in our community, to have a saleable home, so that your move will not be a traumatic one from dollars lost to you, the Vendor.

NEXT week I shall go over the threshold, into the interior for your advantages to make it a showcase for showing.

MY footnote today is: Imagine why people buy? Is it confidence in your property. At your service, a votre service. Maureen.

Maureen Arthur is an experienced Real Estate Saleslady with Nanaimo Realty.

**Paid advertisement by Nanaimo Realty.**

## Foster parents seminar

Region 10 Foster Parent Assoc. will host a child abuse Seminar on March 10, 1979, at Island Hall, 181 West Island Highway, Parksville.

Speaker for the afternoon will be Dr. Gossage, from Vancouver Child Abuse Team. Judith Ray will assist.

Dr. Gossage will speak for 1½ hours. The group will then break into smaller groups, to discuss the topic with each other. A question and answer period with Dr. Gossage will follow.

In order that Foster Parents will get to know their Region 10 Executive, 1979 elections will be held at 10:00 a.m. Dr. Gossage will speak at 12:00 p.m.

Those eligible to vote are Region 10 executive members, and four delegates to region from each M.H.R. office. All nominations must be sent to Sue Alford, 920 Deloume Rd. RR1 Mill Bay, B.C., by March 2, 1979. Nominations may also be made from the floor, the morning of elections.

For all those holding B.C.F.F. P.A. Membership cards admittance will be free. Membership cards can be purchased at the door. Cost being \$3.00, single; \$5.00, couple. Pre-registration guarantees a seat, and can be mailed in advance to Frances Nuttgens, RR1 Old School House Rd., Cowichan Stn., B.C. V0R 1P0.

Some areas to be covered in the workshop are, explaining the workings of a child abuse

like we were enjoying what we were doing and feel as natural as possible. When everyone is into each other and loving what they are doing, it comes through.

Anyone interested in more info on Frankie Valli can write to: Frankie Valli Fan Club, 4171 Caminito Ticino, San Diego, California, USA, 92122.

team. What constitutes child abuse in the law, and how does it come to the attention of the public. What is sexual abuse, and are there different kinds of sexual abuse. How not to get in an abusive situation even though the child may be setting themselves up to be abused. Explain reasons parents abuse children and what treatment is available to them.

This workshop is open to all Foster Parents, and any other interested persons.

## HOSPITAL BUDGET RESTRICTIONS:

They're going to cost us our jobs.

They could cost you your life.

Last year our Union was awarded a contract which was the product of the Essential Services Disputes Act, legislation enacted by the provincial government.

That contract guaranteed us an eight per cent increase in pay and benefits for 1979.

After that contract was awarded, the same provincial government told British Columbia's hospital boards they couldn't increase their 1979 budgets by more than five per cent over last year's.

That's not enough to keep up with inflation, let alone pay the wage increases promised to us and our fellow hospital workers.

Something has to give . . . and that something, at most hospitals, is our jobs. People are being laid off, or aren't being replaced when they retire or quit.

The figures vary, but the provincial average could be as high as one in every 10 health care workers losing their jobs, or not being replaced, in 1979.

That concerns us, for obvious reasons: these are, after all, our jobs, our means of making a living; and we care about health care.

It may surprise you to learn it also concerns most hospital boards and administrators, our employers, people who are every bit as concerned as we about budget restrictions and the lowered standard of patient care they must inevitably bring about.

Who's going to be the real loser in this round of election money games? You are. You're the one who could desperately need that tenth worker when you, or your loved ones, must be in hospital this year. You're the one who isn't going to get the care that tenth worker could offer.

Think about it. Go to the next meeting of your hospital board and ask the trustees there about it. Then write to Robert McClelland, the Minister of Health . . . tell him what you think about it.



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**2 WAITING FOR A BARGAIN**

This 2 bedroom home is styled for thrifty thinking. No maintenance aluminium siding, soffits & screen doors. New roof installed in /78. Electric heat. Enter the house protected by handy carport with large double storage unit. **CALL ED FOURNIER 338-6093.**



**3 COSY TWO BEDROOM BUNGALOW**

Just a short walk to Croteau Beach. Fenced yard and well landscaped with large combination garage and workshop. Vendor will carry first mortgage. To view **CALL ED FOURNIER 338-6093.**

**4 QUIET COUNTRY LIVING**

3 bedroom 60 ft. mobile home sited on nicely landscaped .65 acre lot midway between Campbell River and Courtenay. Shed & sundek are attached and there is a fine cedar chicken house and storage shed by the duck pond. Washer, dryer, fridge and stove included. Cable T.V., good well and new septic. Priced in the 20's. **CALL AL ROBB 339-3307.**

**5 WARMTH & CHARACTER**

Immaculate 1321 ft. home in excellent Courtenay location on a quiet street. Features include 4 bedrooms, cedar rec room, enclosed garage, dishwasher, garburator and lots of storage in a room, numerous closets & concrete crawlspace. The covered concrete patio with cedar fence provides total privacy outside the living room. **CALL AL ROBB 339-3307.**

**6 COZY CAPE COD STYLE HOME**

In immaculate condition with 4 large bdrms., brick f'place, & 1 1/2 baths. Excellent construction detail, good insulation, shake roof & screens are some of the features. In a quiet prime Comox location, the lot has paved drive, shed, covered 27x10 patio, cedar fence, fruit trees, shrubs & mtn. view. **CALL AL ROBB 339-3307.**



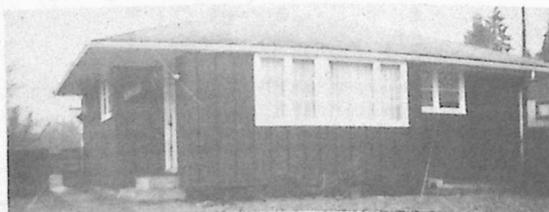
**7 A REAL DELIGHT**

Spotless 3 bdrm. home with f'place, rec room, 3/4 basement & a double paved driveway. This one is priced to sell. **CALL DUKE SCHILLER 334-2203.**



**8 NEW LISTING**

Older, full basement home with self contained suite upstairs with private entrance only blocks from downtown shopping. Priced in the mid 30's. This is a must see. **CALL DUKE SCHILLER 334-2203.**



**9 WARM & COZY**

2 bdrm. starter or retirement home only 1 block to a store & 2 blocks to school. Fenced rear yard with utility shed & wired workshop. **CALL DUKE SCHILLER 334-2203**



**10 TIME TO MOVE UP**

Fantastic cedar home with full basement on super treed lot. Privacy galore on beautiful Puntledge River. **CALL ERNIE ANDERSON 338-5018.**



**11 CENTRAL COMOX**

This 3 bedroom home has a nice view of the mountains from the spacious kitchen, dining room and living room. Has a fireplace and a very private back yard. Just a couple of blocks from schools and the hospital. **CALL VIC RUSHTON 339-3484.**



**12 ATTRACTIVE DESIGN — ALPINE**

Home features heavy shake roof that will last years. 2 bedrooms, 2 f'places, 2 bathrooms, full basement, paved driveway, 4 sets of sliding glass doors. Master bedroom complete with balcony overlooks cozy living room. **CALL VIC RUSHTON 339-3484.**



**13 GREAT FAMILY HOME — QUALITY**

This most attractive 3 bedroom home was built by a Comox based airman to above minimum standards. Large kitchen, large dining room, opens to a southern exposed sundek. All completely landscaped, fenced all-round. Considered to be one of the finest homes in the area. **CALL VIC RUSHTON 339-3484.**



**14 PRICE REDUCED**

Excellent 3 bdrm. family home, fireplace, feature walls, close to schools. You may have immediate occupancy. Only \$44,000. **CALL GAYE OR LLOYD WORK 334-2220.**



**15 CHARACTER & CHARM**

Large living room with beamed ceilings, tastefully decorated, 2 bedrooms on main floor, part basement & family room. Self contained suite upstairs. Fireplace presently being installed. All this under \$40,000. **CALL GAYE OR LLOYD WORK 334-2220.**

**16 HANDYMAN SPECIAL**

3 bedroom home on extra large site close to shopping. Extra revenue cottage rented at \$125.00 per mo. All offers will be presented. **CALL GAYE OR LLOYD WORK 334-2220.**



**17 A CEDAR CREATION — SAUNA**

An exceptional 3 bedroom, 1 1/2 storey with wall to wall old brick forced air f'place. Located minutes north of Courtenay off Huband Rd. on a private treed 0.27 acre setting. \$69,900. **CALL DICK GARDINER 337-5327.**



**18 SPACE, FLEXIBILITY, COMFORT, FULL ENSUITE**

Excellent 1374 sq. ft. 4 bdrm. home with basement. Featuring f'place, extra flu for the energy conscious individual. Humidifier and family room. 3 bathrooms, wrap-around sundek. Dedicated park access to the street. \$69,381. **CALL DICK GARDINER 337-5327.**

**19 BEAUTIFULLY TREED**

3/4 acre setting with a large 3 bdrm. home with basement with drive-in. Recommended buy at \$46,000. **CALL DICK GARDINER 337-5327**

**20 KESWICK AVENUE**

Newly remodelled 3 bedroom home in quiet area. Large family kitchen, full basement & garage. May be purchased for only \$1,500. down. **CALL DOUG COOK 334-2015.**

**21 MODERN HOME**

Located on Windemere Extension near school. Two bedrooms up, possible third down plus family room. Cement driveway, large yard and view of the mountains. Only \$1,900. down payment. **CALL DOUG COOK 334-2015.**



**22 EXCEPTIONAL SPLIT-LEVEL**

Excellent neighbourhood. Low maintenance, gleaming Alcan siding. Huge living room with bay window. Extra large master bedroom with 1/2 bath. Good view. \$59,500. **CALL DICK GARDINER 337-5327.**

**23 IMMACULATE HOME NEAR PARK**

2 - 3 bedroom home. Master bedroom has ensuite. Heatilator f'place in living room and workshop in basement. Well constructed large green house. Well landscaped yard surrounded by picket fence. Only \$2,200. down. **CALL DOUG COOK 334-2015.**



**24 HERE'S A SURPRISE!**

Excellent quality 3 bedroom home with loads of room to develop in the basement. Many features including next to Comox Golf Course. What's the surprise? This beautiful home is priced at \$57,900. while the homes around have been priced at over \$60,000. Find out more, **CALL MAX WEEGAR 334-4568.**



**25 CHARMING RUSTIC STYLING**

And just reduced to \$11,000.00. See this warm cedar cottage with corner f'place and parquet hardwood floors. Bay window, and knotty pine add character. Large half acre lot with many trees assures your privacy and seclusion. To see your future hideaway, **CALL MAX WEEGAR 334-4568.**



**26 RICH AS COUNTRY CREAM**

Large 90' x 120' lot of rich farmland on full city services with a 3 bedroom, f'place home of easy care aluminium. Realistically priced so call now. **CALL MAX WEEGAR 334-4568.**

**27 CEDAR PALACE IN THE COUNTRY**

Nicely situated on a dead end road only 2 miles from city centre. This cedar home with large workshop and greenhouse could be yours for \$51,500. Country living at its best. Please phone for an appointment. **CALL RON MALTBY 335-2608.**

**28 FREE WEST SUBDIVISION**

Waterfront and view lots, serviced with water and hydro close to community centre with southern exposure. Ranging from \$16,000. to \$31,500. Hurry, they won't last. **CALL ROD MALTBY 335-2608.**

**29 4.14 ACRES WONDERFUL MEADOWLAND**

Full southern exposure with a fantastic little natural meadow completely secluded from everyone's eyes except yours. The price is excellent for this unique property at \$29,900. **CALL ROD MALTBY 335-2608.**



**30 COUNTRY ACREAGE**

Excellent 3 bedroom full basement home on 1.67 acres of privately treed property. If you are ever going to move to the country and enjoy it — today is the day. Pack up the children, horses and cows and head for Gibson Dr. For further direction and appointment, **CALL ERNIE ANDERSON 338-5018.**

**31 GREAT STARTER**

Priced to sell in the low 30's. This full basement home has 2 bdrms. Try \$1,600. down & payments under \$300. per month. Close to town. **CALL ERNIE ANDERSON 338-5018.**



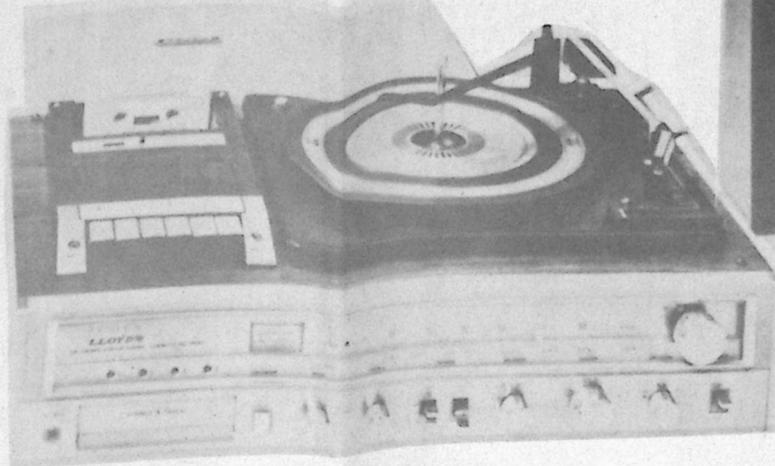
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