





## Open Mike

Spring has sprung; the flowers are out to stay; all news is good news; we're in a new budget year; and we have a political promise of new pens for RATCON.

Congrat & Farewell - Art Kirschner received his lifetime membership to the gravelpit and with it hardy congratulations from the ATC section on his recent promotion to MWO. Art's off to Gagetown, N.B. after the Easter weekend. He only spent 2 yrs. in God's country, however, during that time he took over as Senior Radar Controller, completed the Aerodrome Controllers Course in Borden and a cloak and dagger check out at the Comox Tower. Art's ability to adjust to these changes and do so well, renews one's faith in the promotion system. He sure will be missed around here and we all think that Gagetown will be getting a super tower controller.

Puff, puff - The glass house retained possession of the famous 'Kenny' trophy by defeating the RATCON again

in the 1½ run. Flash Boswell recorded an 8:14 to lead the tower team. RATCON hopes were dashed when Pat Farrell came in second with an 8:20. To cement Tower Ratcon relations and conserve hot water, Ted & Murray shared a shower.

Outside help - Many thanks go to 408 Sq. Edmonton for their help with our glide path flight checks. A helicopter with a radar altimeter sure accomplished the task accurately.

Non-powered flight - The Air Cadet Sqn. from Nanaimo invaded Comox for their annual Glider Pilot training program. Along with providing an interesting diversion for the tower they impressed one of the controllers so much he volunteered to spend the whole summer watching them in Rivers, Man. My question is, "Why the Prairies in the summer, Don?"

Double banking - All positions will be double manned with checkouts for

this week's exercise. We're all looking forward to the increased flying as activity around the Base has been quieter than usual the past few weeks.

Back to school - Fred Kempe, our illustrious Standards and Training officer, has received word he has been accepted for CAF Post Grad program. Fred will be studying for his Masters in Computer Science and will be posted to Waterloo University this fall. Sure will be tough going to school on a Capt's pay.

Rumor - The MP's, our brothers (soon to be blood brothers) of the Ops Branch have just completed an in-depth investigation into a 2 yr. old case. Namely who took a shot at the yield sign in front of the tower. Seriously guys, the next time spots start appearing on signs, can we start the minquire a little later than 6 a.m.?

That's all for this edition, so until next time, keep on smiling.

Say Again.

## Nighthawks Nest

The fiscal year has finally ended and the Nighthawks have met their YFR (yearly flying requirement). The past two weeks have been very busy, flying the maximum number of missions each day to keep on schedule. A special thanks to maintainance who overcame an outbreak of unserviceabilities and kept us in the air.

BFM (Basic Fighter Maneuvers) training is underway and from the smiles on the participants' faces, it appears that they are enjoying the missions.

409 is hosting a "Mini-shoot" next week. Invitations have been sent to all VooDoo Squadrons operating in North America to compete. The competition will be judged by LtCol. Jack Deakin, ex 425 Squadron CO, who is now at NORAD HQ, Colorado Springs.

The QRA is having a facelift. Renovations are underway to remodel the living quarters at the "Q". Meanwhile, alert crews are living in transient quarters, eating at the Mess, and getting lots of opportunity to practise their CB lingo on the

walkie-talkie scramble radio. LtCol. McAffer is in Ottawa for a week to see some career managers. Hopefully the news will all be good!

Charlie and Greta Gladders are in Europe on holidays now after finishing his job at Wintex 79.

Congratulations to Rick Zivitski who recently learned of his promotion to Captain.

On Friday, March 30, 409 held a sports day which included competitions in

bowling, hockey, volleyball and broomball. All participants were declared winners and treated to a good time in the Rec Centre afterwards.

A B Flight spring party barbecue was held last Friday. Plenty of anti-freeze was required due to the cold weather and everyone had an enjoyable evening. Thanks to everyone who helped to make the evening a success. Is anyone missing socks?

## Janes Intelligence

The SS-8 Sasin and the SS-7 Sagger form a pair of 'older heavy' ICBM's as implied by the terms of the Salt agreement between the USA and USSR. Between them, the two types account for 209 of the present Soviet ICBM launcher strength, some in silos, some in semi-hardened emplacements. Both are now regarded as obsolescent. Storable liquid propellant is used and a payload estimated at between 10 and 15 megatons can be carried over ranges up to 5000 nautical miles.

Type: Intercontinental ballistic missile. Configuration: Cylindrical body with second stage of smaller diameter than the first stage with tapered fairing between stages. No fins.

Length: 80 ft. (24.38 m.) approximately. Diameter: 9 ft. (2.75 m.) maximum. Propulsion: Two-stage storable liquid. Range: 6,500 nm (10,500 km) estimated maximum. Guidance: Probably inertial. Warhead: Probably thermonuclear, 5-10 Megaton yield.

## Demons Doins

These past few weeks have seen the closure of the 1978 fiscal year which could only bring with it both good and bad news. The good news, of course, was that the Demons had dedicatedly fulfilled their MFR with the aging Argus. On the other hand, for those owners of such paper holders as desks, filing cabinets and waste paper baskets, this could only mean that "in baskets" would have to be emptied and their paper quickly shuffled to the "out baskets" with lots of headaches enroute.

Yes, there were claims, PERs, quarterlies, amendments and for a select few junior officers, (those without bald spots) OPDPs. To top it off, our dear and close friends, the MAST team, arrived last week to judge our capabilities. Concern was everywhere, but confidence was best seen as our CO took a day's leave with their arrival.

You've probably heard this expression more than once in the past few months, "Let's get Small," while somebody did! Yes, that famous marathon runner was doing his thing last week but not by his own choice. The problem was quite simple though, it seems somebody took the expression, "A tooth for a tooth" and figured it only fair; a 14-hour patrol for a car and a trip to Vancouver.

Ground Training Day was held recently with many new announcements and proposals brought up. The CO announced this year's competition crew as being crew 2; you could almost hear the applause, but it wasn't crew 2 clapping, for they'll be spending their summer in Greenwood and Shearwater. The tables were quickly turned on the crews as the SOPsO briefed on the absence of servicing technicians and therefore a lack of away-trips. As was anticipated, he did say that our flying was going to pick up in preparation for summer leave. This relieved Capt. K as he was beginning to think crew 4's chief duty was air cad static display.

407 Operations, the pulsating nerve center of Canada's west coast airborne anti-submarine squadron, has

completed phase one of a "great leap forward" into the technical age. The new telephone system has been successfully integrated into the base system, complete with flashing lights and all. This system is designed to confuse and baffle compulsive telephone answers. The common bell has been replaced by a buzzer that sounds like: (a) the door buzzer; (b) the message center buzzer. The new radio system has also been installed and is well into the throbs of both testing and providing entertainment for the base telephone operators. The benefits of watching Sesame Street have been demonstrated by the technical staff conducting the testing. The manner in which these wizards of the electron count to ten and then back again has a good portion of the headquarters both delighted and confused. The versatility of the new radio equipment can be attested to by: (a) owners cassette recorders; (b) the base telephone operators; (c) anyone using a telephone during the time tests were taking place. This new radio equipment is so versatile that with very little effort you can talk on telephones, cassette recorders and so on; there is, however, one small snag. The voice transmissions to the aircraft are unreliable and in most cases, unreadable.

A visiting 2½ almost had a short arms inspection at AMU recently. The unknown major paid a quick visit to the dias prior to leaving to retrieve some personal papers. He was in and out before anyone who noticed him, could recognize him. Crew 5, who was about to brief, were very suspicious of the intrusion so Gary Hein had the MPs track him down. Lucky for Major Fawcett, one of the crew members, Tom Cobb, was able to identify him before the MPs did their tricks and the 707 departed.

This week's RUMOR OF THE MONTH comes from a usually reliable source, that a certain heavy set major recently on temporary duty at MARPAC is going to make a dedicated effort to lose a few pounds. You see, during a

conducted tour of the dockyard facilities his group strolled by a ship launching ceremony and a near-sighted little old lady broke a bottle of champagne on the major's stomach. Hard to believe! In closing we must comment on a growth that has been inflicted on a member of



Green onions are picked from the ground before maturity. Ripe onions are kept in the ground until the tops wither.



The first steam engine was patented in 1698 by Thomas Savery. It was improved by James Watt in 1769.

crew 3. We're not sure what to call that thing above his lip but we do know that it just goes to show, you'll do anything to stay warm on Arctic survival.

## BASE THEATRE SCHEDULE 8 MARCH TO 1 APRIL

Thur. 6 Apr. 79  
Fri. 6 Apr. 79  
Sat. 7 Apr. 79  
Sun. 8 Apr. 79

### JAWS II

SHOWTIME: 2000 HOURS

Roy Schneider  
Lorraine Gary  
Drama  
Some frightening scenes

Thur. 12 Apr. 79  
Fri. 13 Apr. 79  
Sat. 14 Apr. 79  
Sun. 15 Apr. 79

### GREEK TYCOON

SHOWTIME: 2000 HOURS

Anthony Quinn  
Jacqueline Bisset  
Mature  
Occasional nudity and coarse language

### SUNDAY MATINEES

Sunday Matinee  
Sun. 8 Apr. 79

### TOM SAWYER

Johnny Whitaker  
Julie Gholson  
Adventure

Sun. 15 Apr. 79

### WHERE THE LILLIES GROW

SHOWTIME 2 P.M. (1400 Hours)  
MATINEE ADMISSION .50 PER PERSON

4 orphans from 5-16 years old who can make it on their own

AUTHORIZED PATRONS ONLY

## WO'S & SGT'S MESS

### ENTERTAINMENT FOR APRIL, 1979

Mon. 9 Apr. — **WO'S AND SGT'S MESS WIVE'S CLUB.** Meeting 9 Apr. 20:00. Green Thumb Bingo. For information phone Judy Carscadden 339-3991.

14 Apr. — **EASTER DANCE.** Band: T.B.A.

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

## OFFICER'S MESS ENTERTAINMENT

**FRIDAYS, 6, 27 April. Regular TGIF'S**  
Subsidized drinks 1700-1800 hrs. Bottle and Jackpot draws at 1830 hrs. Food as indicated on calendar. Dress: Casual.

**Friday, 20 April — Mixed TGIF - DISCO.**  
Subsidized drinks 1700-1800 hrs. Buffet style food served in lounge 1830-1930 hrs. Bottle and Jackpot draws 1830 hrs. Disco music, 1900 hrs. to 2300. Dress: Casual. Cost: nil. Reservations: nil. Luck Calendar at 1730 hrs. for \$75.00 prize.

**Sundays: 8, 15 April — Family Brunch.**  
Regular lunch menu 1200-1300 hrs. Tickets at the bar: Cost \$1.65 adult, \$1.25 children. Reservations to the Mess Manager by 1400 hrs. Friday previous. (08 April brunch) 1400 hrs. Wed., 11 April for Easter Sunday. Dress: informal.

**Sunday, 22 April — Family Day Move & Dinner**  
Movie shown at 1500 hrs. in Cabaret Room followed by dinner at 1700 hrs. Dress: informal. Cost: \$1.25 children (14 years and under), \$2.00 adult. MENU: A - southern fried chicken and chips. B - our famous roast. Ice cream, cones, toppings. Reservations required by 1500 hrs. 20 April.

**LUCKY CALENDAR DRAW AT MIXED TGIF \$75.00!**

## Jr. Ranks Club

**Fri., 6 April - Disco.** Free Admission. T.G.I.F. - Fish & Chips.

**Sat., 7 April - Dance - Local Band.**

**Tues., 10 April - Movie - "Dog Day Afternoon"**

**Thurs., 12 April - TGIT - Chicken & Chips.**

**Sat., 14 April - "WESTERN NIGHT"** - One of B.C. Top Western Bands - "Blue Northern". Wear your jeans and salad.

**Sun., 15 April - Dance** again with "Blue Northern". Providing good country music.

**Tues., 17 April - Movie - "Steelyard Blues".**

**BINGO EVERY WEDNESDAY AT 20:00 HRS.**  
**FUN & REFRESHMENTS: COME OUT LADIES.**

**EAT IN • TAKE OUT**  
HAMBURGERS • SANDWICHES  
FISH & CHIPS • PRAWNS & OYSTERS  
SOFT DRINKS • COFFEE & TEA  
DESSERTS  
**BROWNIES**  
1743 COMOX AVE., COMOX 339-5322 fried chicken

**MR. MIKE'S**  
**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**

**abc Family Restaurant**  
**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

**Smitty's PANCAKE HOUSE RESTAURANT**  
**"EVERYBODY'S FAVOURITE"**  
OPEN 7 a.m. till 8 p.m. - 7 Days a Week  
BREAKFAST - LUNCH - DINNER  
1747 COMOX AVE., COMOX • 339-3911  
FULL DINING FACILITIES

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Ice Cream • Burgers • Fries • Sundae • Party Ice  
OPEN 11 a.m. - 11 p.m. - 7 Days a Week  
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**THE RAFTERS**  
**PIZZAS OUR SPECIALTY**  
FREE DELIVERY  
Call 338-7771  
1320 Cliffe Avenue  
OPEN Mon. - Thurs. 4 p.m. - 3 a.m. • Fri., Sat. 4 p.m. - 4 a.m. • Sun. 4 - 12 Midnight

**Mexicana inn**  
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Open Daily 6 p.m. till 10 p.m. - Except Sunday  
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FULL DINING FACILITIES

**MIRACLE DRIVE-IN**  
Black Creek, B.C. 337-5097  
ADM. 13 & OVER - \$3.00 BOX OFFICE: 7:15 SHOW: 8:15

**Fri., Sat., Sun., April 6, 7 and 8**  
**HORROR EXPRESS**  
PLUS  
**THE DRAGON FLIES**  
Warning - Frequent scenes of brutal violence

**Thurs., Fri., Sat. and Mon. April 12, 13, 14 and 16**  
**FOUL PLAY**  
PLUS  
**GOIN' SOUTH**  
WARNING - FREQUENT COARSE LANGUAGE

**EW**  
Courtney  
Adults \$2.75, B.A.P. \$1.00, Child \$1.00  
Mon. to Thurs. - 8:15 p.m.  
Two Shows Fri. & Sat. - 7:00 and 9:00 p.m.  
No Matinee This Saturday

**Now Showing Thurs., April 5 to Wed., April 11**  
**"SUPERMAN"**  
GENERAL  
You'll believe a man can fly.  
MARLON BRANDO, GENE HACKMAN, CHRISTOPHER REEVE

**Showing 2 Weeks - Thurs., April 12 to Wed., Apr. 25**  
**"BUCK ROGERS"**  
GENERAL  
One Step Beyond STAR WARS  
Henry Silva, Erin Gray

**Stardust**  
Drive-In Theatre  
Island Hwy. & Williams Beach Rd.  
Phone 337-5033  
Admission \$3.00, All Niter \$3.25  
Bates Open 7:30 p.m.  
Showtime - 8:15 p.m.  
Thurs. to Sun. - April 5, 6, 7, 8  
**"NATIONAL LAMPOON'S ANIMAL HOUSE"**  
MATURE  
Occasional nudity, suggestive scenes, coarse language  
S.B. Dir. - Plus  
Thurs., Fri., Sat. - Apr. 12, 13, 14  
**"MOMENT BY MOMENT"**  
MATURE  
Suggestive scenes  
S.B. Director - Plus  
"I WANNA HOLD YOUR HAND"  
SUN. APR. 15 - SPECIAL ALL NITER  
5 BIG HITS



# Firing Away

## HOW ACCIDENTS HAPPEN Pre-school Children

Toddler sets his clothing on fire while experimenting with matches.

Child wearing sleepwear (it may be loose and floppy) reaches across stove or climbs up, igniting clothes. Usually occurs 6-9 a.m. while child is unsupervised.

Child falls against or is pushed against heater during play.

## School-age Children

Boy tending outdoor grill or open fire in the yard catches fire by being too close. He may throw gasoline on open fire causing flashback that ignites clothes.

Boy uses flammable liquid near hot water heater or other open-flame appliance. The vapors reach the pilot light and explode.

Girl gets loose sleepwear caught in open space heater igniting clothes.

Girl alone in kitchen reaches across stove igniting loose sleepwear on gas flame or on electric burner.

## Adults

Woman reaches across stove and ignites clothes on flame or electric burner.

Man falls asleep while smoking in bed. He may be alone and/or under the influence of medicine or alcohol, or he may be sick.

## Elderly and Disabled

Older woman reaches across the stove and ignites clothes on flame or hot burner.

Older woman's clothes ignite from contact with space heater.

Older person ignites clothing while lighting a cigarette.

## HOW TO PREVENT THEM

Keep matches and lighters where exploring toddlers can't find them.

Recognize danger of child alone. Close off the kitchen with a gate if children wake up before parents. Supervise child if he is in kitchen while you are cooking. Don't store cereal, cookies, other "bait" over or near stove. Dress child in close-fitting clothes.

Teach child to be aware of danger. Use heater labeled by nationally-recognized testing agency such as Underwriters' Laboratories (UL) or Factory Mutual (FM). Place away from traffic and children.

Recognize the danger of flammable liquids and matches in the hands of this age group. Be sure you know and teach children not

to use flammable liquids to start or freshen any fire. Gasoline, paint thinner, barbecue starter etc., are hazards because of the explosiveness of the vapors.

Set a good example in the safe use and storage of flammable liquids. Use and store them outdoors or in well-ventilated areas away from appliances with pilot lights. Clean up spills immediately.

Teach awareness of the danger of clothes near heat source. Use heater labeled by a testing agency. Place away from traffic and children.

Teach awareness of the danger of clothes near heat source. Tell girls not to wear sleepwear or loose sleeves while cooking. Supervise girls and boys while they are learning to use the stove. Know how to smother pan fire with cover; drop down and roll if clothes ignite.

Recognize the danger. Do not wear sleepwear or loose sleeves at the stove. Do not store things over the stove that you will use while cooking (or that will be attractive to children).

No one should ever smoke in bed. This is a large individual cause of fatal home fires. When you smoke in bed, you risk your own independence (you may become an invalid or die). You also endanger the rest of your family or occupants of the building who may become trapped by the fire you cause.

Recognize the danger. Women should change into close-fitting daytime clothes before using stove. Sew sleepwear from flame-retardant fabrics. Drop down and roll if clothes ignite. Smother pan fire with cover.

Use heaters labeled by a testing agency. Keep heater away from traffic. Don't dry clothes on heater. Recognize the danger of clothes near heat source. Avoid loose-fitting clothes.

Older persons and the disabled may not have good hand coordination. They must face this fact. A person should make careful, deliberate motions when handling smoking materials. Keep matches away from clothes. Know to drop down and roll if clothes ignite.

Becoming a helpless invalid is nothing to look forward to. And no one wants to risk the lives of his neighbors and friends. Not every burn is listed here. Scalds, electrical burns, burns from floor furnace grids, camping tents, and so forth, are not discussed. But the examples given are among the most serious, crippling, and frequent. They have the highest probability of occurring to your family members. Practice prevention. Eliminate the burn epidemic in Canada - it's up to you.

## Snowbirds Are Coming

The annual migration of the "Snowbirds" from Moose Jaw to Comox will this year occur on April 8th.

The teams will put the Tutor aircraft through their routines twice daily from April 10 to 13 and 16 to 19 in preparation for the upcoming season.

The Snowbirds arrival is always greeted enthusiastically as a sure sign that spring is here and the bluebirds are running. The practice shows will not be open to the public, however, everyone will get to see things at their best on Aug. 8, Armed Forces Day at C.F.B. Comox.

The longest and heaviest of all snakes is the South American anaconda. Specimens have been reported to be as heavy as 950 pounds.

# Safety practices for trailer towing

Thinking of buying or renting a trailer for your vacation this year? If so, there are several things you, as the driver, should be aware of concerning the trailer and tow vehicle handling characteristics before you set off down the highway.

## Inspection and Safety Checks prior to Starting -

The following points should be checked when inspecting equipment prior to being used:

Ensure that the tow vehicle has adequate power to properly haul the trailer.

Check signal lights for proper functioning and adjust rear view mirrors.

Ensure that the ball hitch and socket are the same size by checking the size stamp on both units. If size is not stamped on the unit, lock the ball in place and raise the front of the trailer using a castor jack. If the two vehicle can be lifted above its normal level without the ball breaking away from the socket, the connection is safe.

When equipped with a weight distributing (or equalizer) hitch, ensure that the torsion bars are properly attached and adjusted.

Ensure that the safety chains are in good condition and properly attached to trailer and towing vehicle.

Ensure that trailer brakes are locking on all braked wheels. The brakes are tested by pulling ahead slowly with trailer brakes applied and then observing if all braked wheels are locked and skidding. This test should also be performed on trailers with "break-away" switch systems with brakes disconnected from the towing vehicle to ensure the "break-away" system is functioning. In the "break-away" system, brakes are activated if the trailer becomes detached from the towing vehicle.

The trailer load should be distributed in a manner to ensure the trailer tongue load is not less than 10 per cent nor greater than 15 per cent of loaded weight of the trailer. The trailer load should never

exceed the rated trailer gross vehicle weight as overloading can result in tire failure, broken springs, broken shackles or structural damage to the trailer.

## Safe Driving Practices -

When towing a trailer you must be fully aware of the restrictions on manoeuvrability, visibility and acceleration, and that braking characteristics are changed considerably by the added weight of the trailer. The following points also require particular attention and action:

A speed of 50 miles per hour should not be exceeded.

Extra distance should be allowed for passing and care should be taken in returning to the driving lane.

When turning, drive beyond the normal turning point of conventional vehicles to ensure that sufficient clearance is allowed to make the turn in safety.

Signal well in advance of any move.

When following another vehicle allow at least one full length of the vehicle plus trailer for each ten miles per hour.

Before backing, leave the vehicle and check for hazards. If help is available, one person should remain outside the vehicle to direct the backing maneuver in safety.

## The Driver

You should be aware that the ability to drive safely can be seriously affected by emotional and physical impairment resulting from fatigue, poor health, worry, anger, or consumption of alcohol, drugs or medication. Fitness to drive is important for your safety and the safety of others. To avoid fatigue it is recommended that drivers take the following precautions:

Be well rested before starting out.

On long trips, stop for a ten minute rest every two hours.

Avoid driving for periods in excess of 10 hours without a

prolonged period for rest and sleep.

Try to avoid heavy foods. Keep plenty of fresh air in the vehicle.

Wear good quality sunglasses in bright sunlight.

## Fishtailing

Trailer "fishtailing" with the resulting loss of steering control, is a major cause of trailer accidents. This effect generally results from:

Poor load distribution on the trailer.

Excessive highway speed. Overloaded trailer.

The towing vehicle is too light or underpowered.

Wind percussion from passing vehicles.

Improper tire inflation or defective tires.

Improper application of brakes (the trailer brakes should be applied prior to

applying the brakes on the towing vehicles).

Now then, if you conscientiously remember and observe all these points, you'll find yourself at your holiday spot all in one piece and ready to swat mosquitoes for the next two weeks. One more thing, when you're on the highway don't forget to look in your rear view mirror often and when you see traffic starting to pile up behind, don't just shrug your shoulders and forget about them. Look for a safe place to pull over and let them go by. You'll be rewarded with a friendly tap on the horn or a smile and a wave, either of which is a whole lot easier on the nerves than being forced off the road by someone who is determined to pass at all costs.

## 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

### TRENTON

115 Dundas Street East  
P.O. Box 427 K8V 5R6  
1-613-392-9224

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**24 HR. SERVICE  
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ANYWHERE - ANYTIME - ANY SIZE

260 Island Hwy. N., Courtenay

## Matinees In Trouble

The matinees at the Base Theatre may soon become a thing of the past.

The reason cited is poor attendance and the ensuing financial loss. There has been a substantial increase in advertising, including inserts in the Totem Times, but thus far attendance has not im-

proved. The present 50 or 60 customers is not sufficient to make it a viable operation. If attendance does not improve in the next month or so, the matinees will be suspended.

The evening shows are presently just holding their own and are not in danger at the present time.



**442 AWARDS.** LCpl Burrows, CO of 442 Sqn recently presented a few of his Squadron members with well earned recognition in a variety of ways. Lt Mike Shea was promoted to Capt., MCpl Barrett received his CD, MCpl Johnston was presented with a 1000 Hour Labrador Certificate and Cpl Wright received his appointment to MCpl.



Only one variety of mushroom is grown commercially in the U.S. It can range from dark brown to pure white. Differences are negligible, but the darker ones are firmer, better for skewering, less easily bruised and - some believe - more flavorful.

AT THE TOP OF MISSION HILL  
North Island Highway, Courtenay, B.C.

**CHRYSLERS - PLYMOUTH -  
DODGE TRUCKS**

VANS - MOTOR HOME VANS -  
PICK-UPS - 4-WHEEL DRIVES

OMNI  
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C  
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WHEEL DRIVE

**CORDOBA - MAGNUM - LeBARON**

"SERVICE AFTER THE SALE"

**COURTENAY CHRYSLER PLYMOUTH**

Island Highway North, at the top of Mission Hill, Courtenay, B.C.

Phone 338-5451



## GOOD'S GROCETERIA

Ruth, Gary and Jim Bourque  
Ryan Road, Comox, B.C.

**Roasting Chicken 99¢**  
Utility Grade ..... lb.

**Whole Wheat Loaf 59¢**  
Sunbeam, 16 oz. .... Each

**Bacon \$1.39**  
Budget Brand, 1 lb. pkg. .... While Stock Lasts

**Pork Sausage \$1.29**  
Maple Leaf - Pure ..... lb.

**Celery 2 49¢**  
Canada No. 1, Imported ..... lb.

**Medium Onions 23¢**  
Canada No. 1 ..... lb.

**Mushrooms \$1.19**  
B.C. Grown ..... lb.

**Tomatoes 49¢**  
Mexican Field, Canada No. 1 ..... lb.

Enter our "OWN BRAND CONTEST"  
with 5 labels or reasonable facsimile. You have a chance on a  
12" T.V. to be drawn from our store plus a chance on  
2 Pontiac Acadians to be drawn for in B.C.



## Editorials

### Some Things Never Change

It is comforting, in a way, to see that some things have not changed in the 19 year history of the fishwrapper. The following is an editorial published in the Totem Times October 13, 1960 entitled Tale of a Tabloid.

**THE SEED...**Last March the Totem Times went to press with an opening message of goodwill and encouragement from the Commanding Officer, G C R.F. Miller. In his message he spoke of "the persistence and ingenuity" of the editor and his staff in their efforts to start this newspaper and "hoped that all sections would do their share to ensure the continuing success of the Totem Times".

**THE TASK...**Similar to other station activities the Times received its share of enthusiasm and support from the sections and feature writers. A glance at past issues will show an interesting mixture of persistence, talent and growing pains as endowed and felt by the past writers and reporters, some of whom have been transferred. But such ventures which rely heavily on the efforts of volunteer workers will suffer from a creeping apathy unless new blood, new ideas, writers, reporters and constructive criticisms are received from the readers.

**THE DIFFERENCE...**The

main difference between the station paper and any other station activity is that there is a deadline set every two weeks. Each two weeks the same amount of work, reporting and writing has to be done regardless of delays, inconveniences and shortages of material. The editor and staff are equipped to write, rewrite and run off the press any news which comes in. The problem is the shortage of current news.

**THE MATERIAL...**What is news? News is events which reflect the life of personnel and their families at Station Comox. People are interested in one another. They want to read of their hobbies, social activities, their outside interests and work and the role they play in the RCAF environment.

**THE DEBT...**The cost of the Times is on the shoulders of our advertisers. To perform the service due to them we are obliged not only to print their advertising, but to ensure them that the news and features are of sufficient interest to keep up a large reading audience.

**THE SUPPORT...**Support your paper. Let the editor know of happenings in your neighborhood, and if you have any talent or desire to work on the paper in one of its many facets, drop him a line.

### Kids Are People Too

There is a general aversion to statements relating the obvious -- but, sometimes, things just HAVE to be said. KIDS ARE PEOPLE TOO. This is the title being used for promotional purposes by the provincial committee for the International Year of the Child.

Since the United Nations Organization was formed in 1945 it has sponsored many special interest offshoots; UNICEF and the World Health Organization are two well known examples. They have also sponsored special "years" -- 1975, for instance, was International Women's Year and 1979 is the Year of the Child.

The United Nations Declaration of the Rights of the Child says that the child has the right to affection, love and understanding, the right to adequate nutrition, medical care and free education. Among other rights are those of learning to become useful members of society and developing their individual abilities.

Do we really need such a directive, here in Canada, to tell us how to look at, and look after, our children? We are a HAVE nation. Most of our children enjoy the rights outlined by the Year of the Child. But, maybe, we should stop and consider. If it were not able to achieve anything else, this International Year of the Child will make us look again and question our attitudes towards children.

As parents, our immediate concern is to see our children

develop into healthy and happy adults. Adults who are equipped to make a living and enjoy doing so, and adults who, in turn, will be able to bring up more healthy and happy children.

As business people, our concern is for children as a resource. The provincial group dedicated to the Year of the Child suggests that we should invest in kids because every child is a part of our future.

One can argue that children are a renewable resource and, indeed they are, but these are the days of conservation. Resources must be fully utilized but not exploited! They must be developed yet be subject to conservationist practices.

We are concerned that children leave school well equipped with the requisite skills for a successful and rewarding adult life. We do not think that such skills should be restricted to the basic three R's even though they are a vital basis for the future learning of any skill or knowledge.

All these things which can be acquired in the classroom. They can also be acquired in the home or volunteer organization BUT, most importantly, they should be included among the rights of all Canadian children.

If you, as a member of the community are not satisfied that our children are enjoying all the rights to which they are entitled, perhaps it is time to stop and think. What can be done about it?

Vancouver Board of Trade



### Letter To The Editor

#### From Corporal To Defence Minister

Something of continual concern to all Military Personnel is their Pay and Allowances. At this particular date in time with no apparent immediate or direct threat to our democratic system it becomes an ever more formidable task for our Minister of National Defence to sell to the Members of the House the idea of a general wage increase for the military comparable to the cost of living and to the average agreement settled upon by our civilian counterparts.

Keeping this in mind, no one was more surprised than I when I found myself burdened with this very task. This is my story and how I attempted to reach a solution.

One Friday evening I inadvertently went to bed as a Corporal, (we Cpls are known for making split decisions and taking immediate action) and being satisfied with the fact that I had indeed made the right move I immediately dropped off to sleep. Sometime through the evening I was visited by the Fairy Pumpkin Mother and informed that with the wave of her wand I would be the next Minister of National Defence. My immediate concern was whether or not this promotion would necessitate a cut in pay. Upon questioning Miss Pumpkin to this effect she informed me that I had vested rights and would not receive a reduction in my income.

With this out of the way I next found myself chairing a meeting of various civil servants and ranking officers of the Armed Forces. First on the agenda was the matter of purchasing a new fighter aircraft for the military. On this issue I stood firm. The Armed Forces will negotiate for the F18 Hornet. At this point I am gaining confidence and I am amazed at the ease in which the responsibilities of this Cabinet Post can be carried out.

Now for the hot issue. That of a pay increase for the Armed Forces. I hear from a

couple of my Generals and a top civil servant advising me to be very conservative in my demands. On this advice, I immediately declare a coffee break.

Upon reconvening the meeting I read my proposal to the members. Considering the pay increases for the military over the past few years and the increased cost of living the Armed Forces have fallen behind in their purchasing powers. To offset this inadequacy I recommend that all ranks in the Armed Forces earning \$18,000 or less annually be granted a 23 per cent pay increase diminished by 1 per cent for every one thousand dollars earned over \$18,000 with no member receiving less than an 8 per cent pay increase.

Armed with some complimentary tickets for the next intersection football game I set upon the Minister of Finance and other assorted members of the Cabinet in hopes of selling them on my wage package. I was totally denied. It seems they preferred hockey. Back to the slate.

Once again I meet with my Generals and civil servants. I suggest that if we lessen our wage demands and opt for greater fringe benefits we could possibly squeeze it through the House.

My new proposal is for a 13 per cent pay increase for all members earning \$18,000 or less annually diminishing by 1/2 of 1 per cent for every thousand dollars earned over \$18,000 with no member receiving less than 5 per cent. Along the lines of fringe benefits I propose the following:

- All standard kit issues be made available on an exchange basis at no cost to the members.
- A dental program be initiated to cover dependents at a minimal expense to the member.
- That the pension returns henceforth be

based on the best 3 years in lieu of the best 6 years.

d. That various programs be initiated whereby the contributions made by the members to the pension fund be made available to the members in the form of second mortgages and educational loans for dependents at the rate of 8 per cent or less.

e. That the Temporary Duty rates, moving allowances, and separation allowances be reviewed and revised to reflect those available through civilian firms with an eye to establishing a standard rate for all members.

f. And that the various trades in the Armed Forces be recognized and credited by their counterparts in the civilian fields.

These recommendations met with unanimous approval by the members of my board.

Just as I was about to gather up my material and once again confront the Finance Minister the Fairy Pumpkin Mother re-appeared. Due to the shortage of manpower and the increased work load I was to report to my previous job immediately. With the flick of her wand my suit turned into a pair of coveralls and my attache case into a 9 16" open end box end wrench. As I worked diligently away throughout the day I wondered if my imaginary journey hadn't given me an insight into the tedious roll of the Minister of National Defence, or if in fact the Minister of National Defence had not received an in-depth look into the trials and tribulations of service life. You see, when I was transformed back to my Armed Forces occupation I found my coveralls were soiled and my 9 16" wrench was warm. What was the Honorable Minister doing while I was performing his tasks? Maybe this October will tell.

An Imaginative Corporal

### Letter Of Thanks ...

#### ... From The Governor General

Dear Colonel Burgess, I was delighted to be able to come to the Canadian Forces Base at Comox last Friday and I want to thank you for the excellent arrangements which were made for me to see something of your operations there. Everything was beautifully organized, and I left with the feeling that I had quite a good understanding of the important and varied roles performed by your Command. I was especially pleased to have an opportunity to meet such a good cross-section of the personnel of the base, as well as mayors and people of the adjoining communities.

I was, of course, most grateful for the comprehensive briefing and for the informative tours of the aircraft and search and rescue facilities in CFB Comox. I was reassured by the effectiveness and enthusiasm of the crews in the Quick Reaction Alert Centre, and indeed by the esprit de corps of all the men and women on the Base. Canada's Pacific Region is well served. Before closing, I should like to thank you most warmly for the very attractive plaque you presented to me at the luncheon and which bears the Squadron's Crests. This will serve as a most pleasant reminder of a very interesting day at Canadian Forces Base, Comox. I send to you and all who serve there renewed thanks and all good wishes. I hope that your wife's health continues to improve.

Yours sincerely,  
Ed Schreyer,  
Governor General of Canada

### FISHWRAPPER BEING RAVAGED

Postings are once again depleting the staff of the Fishwrapper. We have an immediate need for:

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- FEATURE WRITERS

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**CNA TOTEM TIMES**

Published every second Thursday, with the kind permission of Colonel B.T. Burgess, Base Commander, CFB Comox. Second Class mail registration is 4098.

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# Promotions and Awards



Base Photo

## "Rusty" Rutherford



Base Photo

## D.S. Nelson



Base Photo

## MCpl Wilkins

MCPL GR WILKINS Str Tech CE Section is congratulated on his recent promotion by Lt DW Corbett CE Prod O.



Base Photo

## Flight Surgeon Wings

COL. R.W. FASSOLD, A Chief, DCIEM, presenting Capt. R.T. Brown with his Flight Surgeon's Wings. Capt. Brown attended the Flight Surgeon's Course, Serial 79-01 at DCIEM and now has hung up his shingle for the practice of Flight Surgery at CFB Comox.

## Safety System Scores Double

Promotions are like home runs these available but not numerous however. Safety Systems scored a double on 15 Mar 79 when Sgt. G.H. Rutherford and Sgt. D.S. Nelson were promoted to that rank. Promotions are great to receive but for the Safety Systems Section it is believed this is a first. Rusty, Sgt. Rutherford, will still be required to fill the slot in Egypt but wife Winn is happy for her husband's promotion and I'm sure it will help the 6 months pass a little faster. Son Jim (age 10) was not too happy with father when promotion festivities interfered with an important hockey game. However he and first son Geordie (age 15) congratulated Dad on his accomplishment. Dave, Sgt. Nelson had his chauffeur wife Anne drive him to the club and with much appreciation from all present was so pleased for her husband, brought the first round. Dave as well as welcomed home with congratulations from sons Scott, age 17, Kelly, 14 and daughter Kim, 13.



Base Photo

## 225 Yrs. Of Public Service

THE BCOMD. presented 25 year public service award plaques bearing the signatures of the Deputy Minister of Defence, Mr. Nixon and the Prime Minister, Mr. Trudeau, to a group of CFB Comox personnel. Proudly displaying their plaques are front row, left to right: G. Casloke (409 Sqn), H.

Ross, (BTelo), (BCond.), E. George (BTNO), T. Hulman (BTNO). Back row, left to right: L. Bourgeois, (BTO), D. Muma(CE), W.C. Derrien (Bupo), K.A. Chadderton (BSupo), J.R. Richardson (BCompt), H.T. McGill (CE), B. Taylor (BCompt).

## Screen shot:

The illness you'll never see coming. Get in shape—and don't give the enemy a big target.

Fitness is fun.  
Try some.



Base Photo

## Returns To Fold

MWO G. COLLIE, CE AdmO, is presented with the Military Engineer Insignia by the BCEO, Major A.H. Johansen. MWO Collie, an Engineer Accountant at integration and placed in the Administration Branch, was remustered to the new Construction Engineering Procedures Technician trade 2 Apr. 79. His comment, "It is good to be officially back with the Military Engineers."

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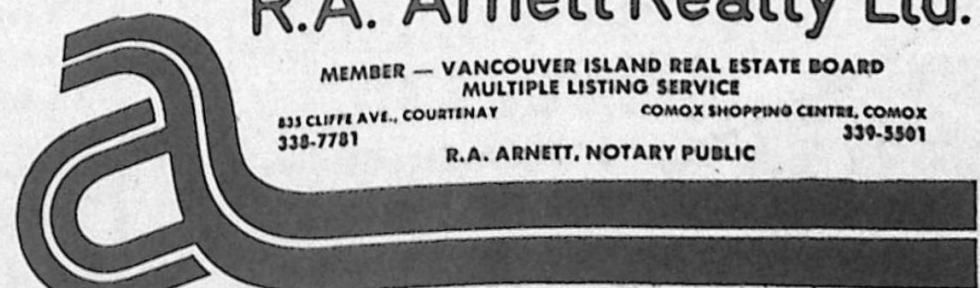
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## Campbell River

"From Far To The North"

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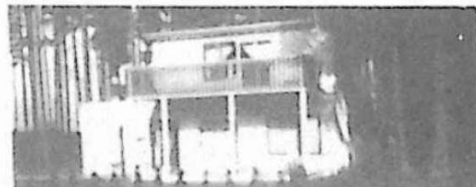
**KITTY COLEMAN** - 3-bedrm. home on high ground with 1 acre of land. Fireplace, 2 bathrooms, 2 sundecks, finished family room. Good view and well back from the road. Offered at \$53,900. Short walk to park.

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—GREENWOOD PARK lot, 100x200' with septic, water and hydro. Ready for mobile or double wide.



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## Up Earl's Alley

CFB Comox will host the "First" Annual North Island Oldtimers League Hockey Tournament. This gala event is scheduled for Friday, Saturday and Sunday the 6, 7 and 8 of April at the Glacier Gardens Arena.

The competing teams will be Powell River, Campbell River, Courtenay, Port Alberni and Comox. A round robin tournament is scheduled and the top two teams will play off for the Port Augusta Trophy.

The League has been very competitive this year and the teams were very well balanced. This is the type of hockey that most fans enjoy and games have to be played according to the COHA rules and the officials have done an excellent job in controlling the games.

Well it's nice to see that the Leafs beat the Vancouver Canucks for the Stanley Cup...April Fool...

We are sure of one thing, the above two teams are in the playoffs and that is a plus. The finals should wind down to a great series between the Canadians and the Islanders. There could be a problem with the Islanders as in the past they have suffered from that New York syndrome of "quitting" in the playoffs. The same thing or ailment that the Rangers have suffered over the years.

The golf course is improving with each day and the players now may wear their "sheep boots" instead of the hip waders...Wally complained the other day at hockey practice that he had difficulty focusing on the puck because it was black instead of white...and...round.

The "Oldtimers" tournament should be a dandy. The Port Augusta has donated a huge trophy which is up for grabs and the competing teams are very well balanced. The Totems have held a couple of practices this past week, for those that weren't golfing, and Coach Chelwell feels confident that his team is ready. Gary Flath is going to use a fishing pole instead of his normal left five...Oh yes, I found out where he has been



## Powell River

"From Across The Turbulent Waters"



## Courtenay

"Just A Bunch From Across Town"

Friday	7 PM	Campbell River vs Port Alberni
	9 PM	Powell River vs Courtenay
Saturday	9 AM	Comox vs Courtenay
	11 AM	Campbell River vs Powell River
	1 PM	Port Alberni vs Comox
	3 PM	Courtenay vs Campbell River
	5 PM	Port Alberni vs Powell River
Sunday	9 AM	Comox vs Powell River
	11 AM	Courtenay vs Port Alberni
	1 PM	Comox vs Campbell River
	3:30 PM	Championship Game

## 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."

### FAMILY FIRST HOME GRANT

One of the many advantages of residing in British Columbia, aside from the climate, oceans, mountains and fishing, to name a few, is the assistance in financing available for first time home buyers, in the amount of \$2,500.00. Today I would like to cover some of the Provincial Home Acquisition Act on Family First Home Grant requirements to you, as a future purchaser in B.C.

Canadian Armed Forces personnel transferred to British Columbia may obtain assistance by way of a grant on all NEW and USED homes, including mobile homes and condominiums, priced within the grant limits of \$46,000.00, for our area. Formerly, grants were available on new homes only, but this has been altered to give ALL first home owners the opportunity of purchase aid.

This all reads like steak and wine, so we all request transfers to B.C. the Beautiful, but unfortunately, like all government policies, a few requirements must be met. To qualify for this Family First Home Grant, here is how it works: (1) You are a family with at least one dependent child under 19 living at home (this includes single parents and adoption families); (2) You are buying your first family home. If you have owned a home before, whether in B.C. or elsewhere, you cannot qualify for the \$2,500 but GOOD NEWS — \$1,000 is available; (3) The home is priced within the \$46,000 for the Comox Valley area; (4) You have the required minimum equity of five per cent of the purchase price.

A footnote to No. 1's requirement — if your wife is expecting a child, you will qualify when the child is born, as purchasers have up to one year after occupation to make application for the \$2,500 Grant.

Residential requirements must also be met, so those in PMQ's or now renting, will benefit in regard to the grant: (1) The applicant must have resided in B.C. for a continuous two years. This applies to either spouse, so an aid to those who marry B.C. girls; (2) If you or your spouse are B.C. born, you are eligible to apply so take a second look at your wife, she may be ahead of the fishing as she will

qualify; OR (3) If you are fortunate to have resided at anytime for a continuous five years in B.C. then transferred out of the province and return on a transfer or to retire here, you are eligible. IF you do not qualify for the Family First Home Grant because you have owned a home before or that you have no dependents, you will be eligible for the \$1,000 Grant available IF you meet the residential requirements, but this \$1,000 Grant is available ONLY on new homes.

IF the Grant is taken as a lump sum of \$2,500, it is registered against the Title and is "forgiven" over a period of five years. That means if you stay in the house for five years, the grant does not have to be paid back. If you move out before the end of the five years, you must pay back 20 per cent of the value of the grant, for each year less than the five years that you are not in the house.

The form of payment can be chosen to suit you best: (1) OPTION 1 — Payments in 60 months of \$52.50 per month to assist your monthly mortgage payments for the first five years. The total amount paid if chosen, is actually \$3,150, because the interest on the unpaid amount is credited to you; (2) OPTION 2 — You can take the \$2,500 as a lump sum and add it to your down payment of five per cent equity.

WE are aware the prospective purchasers need that assistance and we at Nanaimo Realty are here to service and aid you in any way possible on any questions or assistance as professional real estate people, therefore, please give us a call.

IN my next article, I will cover the B.C. Second Mortgage of \$5,000 which is also available from our government, as with today's article, I do not wish to confuse the two for my faithful readers.

**MY FOOTNOTE TODAY:**  
"You can always tell a homeowner — they are always coming out of the hardware store!"

**MAUREEN**  
Maureen Arthur is an experienced real estate saleslady with Nanaimo Realty (North) Ltd.  
Telephone No.: 334-3124

## Classifieds

All future classified adds must be accompanied by a cheque or money order payable to base fund cost \$1.50 per add up to 50 words.

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1975 Lionel tent trailer. 3 way fridge and burner stove. 1695 Elm Ave. 339-4097.

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### For Rent

#### PADS FOR RENT

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

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

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#### Mobile Homes

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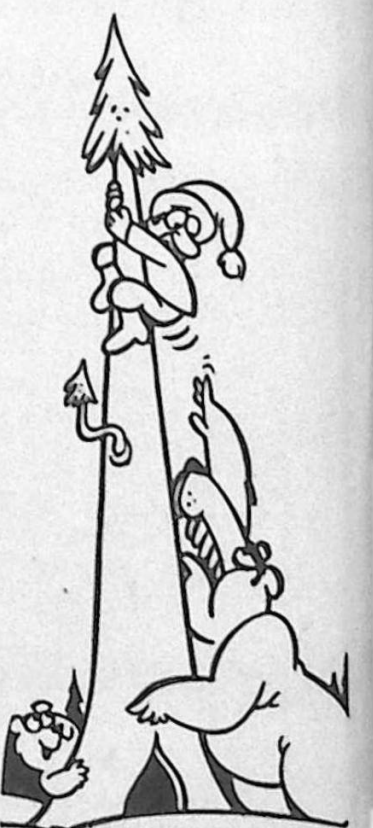
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### Personal

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



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1974 MAZDA G.L.C.	Automatic	\$3995
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1973 CAPRI	2-Dr. Coupe. V-6. 4 speed.	\$2295
1976 MAZDA 808	stn. wgn., 1600cc engine	\$3495
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1975 TOYOTA PICK-UP	Long Box	\$3295



**CHALET MOTORS**  
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## Elk Talk

The relocation of thirteen adult and juvenile Roosevelt Elk was successfully accomplished recently as a result of a combined operation of the Courtenay Fish and Game Club and staff of the Fish & Wildlife Branch, Ministry of Environment. Additional assistance was provided by the Gold River and Cumberland Fish and Game Clubs.

Dr. Darryl Hebert, Regional Wildlife Biologist for the Fish and Wildlife Branch, stated

that the objective was to relocate part of a herd whose future is threatened through deterioration of habitat to more suitable surroundings.

Heavy logging in the Heber river area has reduced winter range to a point where if a severe winter occurs, the herd will experience difficulty in surviving.

The herd will be re-located in the Wolf Lake-Black Creek area where habitat is recovering from past logging activity and Elk winter range

is re-establishing. Conservation officer Ray Rogers of Courtenay stated that elk were formerly abundant in this area and it was hoped that the population would increase to its former level.

The project was initiated by the Courtenay Fish and Game Protective Association and coordinated by Conservation officer, Ray Rogers of Courtenay. Funding was provided by a grant from the Recreation Facilities Fund.

## Rec Gen!

### INTERSECTION SOFTBALL

The softball season is fast approaching and it is time once again to hold our annual meeting. This get together will be held on the 23rd April in the Base Recreation Centre.

All Sections-Squadrons interested in forming a team are requested to have a representative attend this meeting.

Personnel interested in officiating softball this year are to contact Cpl. Athanasopoulos at local 315. The pay is not bad and the hours are short.

### MARATHON NEWS

The annual Vancouver marathon is being held this year on Sunday, 6th May. Several of the Base runners have expressed interest in entering and the chap to get a hold of in Vancouver is Mr. Don Basham, Race Secretary, Vancouver International Marathon, 2032 Deep Cove Crescent, North Vancouver, B.C. V7G 1T2.

There will also be a "Bigfoot" marathon this year in Cranbrook. This event will take place on the 24th June. The one to contact there is Dennis Walshe, Race Director, Royal Canadian Legion, 101 Kootenay St., Cranbrook, B.C. V1V 3T5.

### COMOX WINS PAC REGION VOLLEYBALL

CFB Comox has won the 1979 Pac Region Volleyball Championship for the first time ever. CFB Esquimalt had been the perennial champs for years and finally through the fine efforts of Ty Garrison and his team from

Comox, the supremacy has been broken.

The Totems had been training under Ty since before Christmas and their practices have certainly paid off.

Members of the Championship team were: Jim Clouthier, Pat Mayo, Ken McDonald, George Dierk, Andy Varga, Mike Lowe, Warren Wasylik, Rory Kilburn, Ty Garrison (Coach), and Claude Julien. Congratulations, fellas.

### PACIFIC REGION ROAD RACE CHAMPIONSHIPS

CFB Chilliwack will be hosting this year's Pac Region Road Race Championship. The event will be held on 21 April 79.

The following rules will apply: The Championship has the following categories and distances:

- a. Servicewomen (all ages) - 3 miles;
- b. Joggers (all ages) - 5 and 13 miles;
- c. Open (under 35) - 5 and 13 miles;
- d. Masters (35 & over) - 5 and 13 miles.

Joggers will be determined after completion of the races. All five milers finishing with a time of 35 minutes and over shall be categorized as joggers. All 13 milers finishing with a time 1 hr. 30 min. or over shall be categorized as joggers. All runners finishing in times under these cut-offs will be placed in the open or masters results according to their ages.

An aggregate team award will be presented to the team

amassing the highest total points earned in all events using the following point system:

- a. First - 7 points;
- b. Second - 5 points;
- c. Third - 4 points;
- d. Fourth - 3 points;
- e. Fifth - 2 points;
- f. Sixth - 1 point.

For further information, please contact M-Cpl. Ty Garrison at local 315.

### BROOMBALL UPDATE

Broomball... "ANYONE" interested in the formation of a league for the upcoming season this fall is invited to attend an organizational meeting to be held the 25 April (Wednesday) at 7:00 p.m. in the Upper Hall of the Comox Legion. The games are to be played on Monday and Wednesday evenings, and Saturday-Sunday afternoon-evenings. This growing winter sport is the perfect outlet for the non-skater who wishes to play a team sport similar to hockey but at about 1/4 of the cost for equipment and no special skills required such as skating. Available at this meeting will be a Rule Book, catalogue of equipment, some shoes, brooms, balls, etc., for demonstration purposes.

For any further confirmation, contact B. Lavigne 339-2767, Box 552, Lazo, B.C. For any servicemen that now play the sport, bring your civilian friends out. Let's get this sport going in the Comox Valley, as it is played almost everywhere else in Canada, even in the B.C. Winter Games.

## Sports Happenings at C.F.B.

See you on the ice and...keep your head up....

### OUTSIDE FACILITIES REPORT

This report is an update on the maintenance of the Base outside sports facilities. Contrary to some people's beliefs we do not maintain the outdoor facilities during the winter months. Just because the sun finally comes out it does not necessarily mean that we should drop all of our winter activities and rush out to play ball, tennis, soccer, etc. Actually the summer programme does not get underway until the first of May with the exception of the Base softball team which is now conducting practice

sessions for the upcoming season which will start in late April, weather permitting.

The tennis courts will certainly be well prepared for play as well. We have no control over the broken glass that is lying about the courts and a method of better security and control is being established. The cracks will be filled and new lines will also be painted on within the near future. So, have patience and all will be in perfect condition for the summer fun time. And if you should see anyone vandalizing the outdoor facilities such as drop kicking bottles onto the playing surfaces, well...drop kick them and see if they, the culprits, shatter.

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## Granola!

A nutritionist and a dentist say granola bars, advertised as natural and wholesome, contain too much sugar to be considered a healthy snack on a regular basis. The bars, a combination of oats, sugar, oil and nuts, have sugar as their second largest ingredient. Dr. Kenneth Ryan, a dental consultant for the Ontario ministry of health, said the bars are nutritionally acceptable, but he would not offer them as a snack unless children brushed their teeth after eating them. He said he would prefer to see them eaten with meals because of the high sugar content. "As an alternative to a chocolate bar, they are certainly better," said Mara Vaughan, a nutritionist with Toronto's health department. She said chocolate bars have about 400 calories, compared with 100 in granola bars, but granola bars are not particularly nutritious and should not be offered as a treat on a regular basis.

## Golf Course Fees

Golf Course memberships are available at the Rec Centre and the Glacier Greens Pro Shop. All interested are urged to get in on the act and get your applications in. As the saying goes, "by gosh the price is right" and that's the truth.

They are: Male - \$110.00; Female - \$95.00; Jr. - \$35.00; Husband and Wife - \$180.00. Call the Pro Shop, 492, or Apollo at the Rec Centre, local 315, for further info.



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## About Shoes

How important are special shoes for running? In 1970 Dr. George Sheehan reported that runner's knee, pain in the knee during running, is caused by an excessive rolling in of the foot. Prior to Dr. Sheehan's report, physicians were treating the condition with cortisone injections and surgery.

In my experience, neither of these treatments ever helped any runner. After Dr. Sheehan's report, the accepted treatment for runner's knee is to limit the excessive rolling in of the foot with special shoe inserts called orthotics.

I asked George how he discovered the correct treatment for runner's knee. He answered, "When running against traffic, I often had pain in my knee. However, when I ran with traffic on the reverse slope of the road, my knee pain often disappeared."

Since then, we have found that injuries to the lower back, leg, or foot and the joints of the ankle, knee, and hip, and even broken bones in the foot plant. Man was created to walk barefooted in the sand. When he stepped in the sand, the sand would create a perfect fit by conforming to the depressions and elevations on the bottom of his foot.

Shoes cannot possibly fit

your feet as well unless they are formed from a cast made of your foot. Some track shoes fit you better than others because the last on which the shoes were cut more closely resembles the bottom of your foot.

Why is the perfect fit on the bottom of your foot so important?

When you run, you land on your heel, come down on the outside part of your foot, and then roll your foot so that all your weight shifts to the inside part of your foot. This rolling from the outside part of your foot to the inside of your foot is called pronation and is responsible for most running injuries.

When your foot rolls inward, the bones of the lower leg are also twisted inward. It is this twisting that can cause lower back, hip, knee, ankle, foot and muscles injuries. Good running shoes should be designed to limit pronation. To accomplish this, they should have a flared heel to offer stability, and a cookie to support the arch.

The foot is locked in the shoe by a stiff Achilles counter, a tight collar, and a good saddle. Thick socks should never be worn if they prevent the shoe from fitting like a glove and allow the foot to roll inward excessively. Most good runners either wear no socks at all or very thin stretch ones.

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You will share in 10% of Westcoast Transmission.

You will share in 100% of Kootenay Forest Products and Plateau Mills.

## and own a piece of these growing B.C. resource enterprises.

### What do B.C.R.I.C. shares represent?

The B.C. Resources Investment Corporation is the holding company for shares held by the province in a variety of B.C. resource industries and enterprises. B.C.R.I.C. holds 81% of the common shares of Canadian Cellulose, 100% of the common shares of Kootenay Forest Products and Plateau Mills, 10% of the common shares of Westcoast Transmission, plus oil and gas rights in a vast area of northeastern B.C.—investments transferred at a value of over \$151 million. B.C.R.I.C. shares represent partial ownership of this whole range of enterprises.

### Who qualifies?

Every person who has lived in B.C. for the past year—and who holds or has qualified and applied for Canadian citizenship—is eligible for five free shares in B.C.R.I.C. Those 16 years of age and over should apply for shares on their own behalf. For children under 16, the application should be made by the mother or guardian. Infants, born in B.C. on or before June 15, 1979 and resident here since birth, also qualify for free shares. Application, again, should be made by the mother or guardian. Free shares are also available to those ordinarily resident in B.C. who have been temporarily absent from the province during the 12 months immediately preceding the offer, provided such persons are otherwise eligible.

### To apply.

Application forms are available at banks, trust companies, credit unions and investment dealers throughout B.C. When making application, you must present two of the following pieces of identification: a.) driver's licence; b.)

Social Insurance card; c.) Medical Plan card. If you are 65 years of age or over, a Pharmacare card is sufficient proof of identity.

Mothers or guardians applying for children under 16 are required to furnish only a medical plan number or a birth certificate for such children. Young people, 16 and over, who have not yet received such identification, may establish their eligibility by presenting their birth certificate or other acceptable identification—in person—at the office of their local Government Agent (or, in the Lower Mainland, at their local Motor Vehicle Branch office).

Those unable to apply in person may delegate a suitable individual to act on their behalf—that person must utilize a Power of Attorney form, available where applications are made.

Applications for free shares will be accepted only until June 15, 1979. Distribution of these shares by B.C.R.I.C. will begin immediately after British Columbia Day, August 6, 1979. The person making application has until September 30, 1979 to pick up the shares.

### Additional shares.

If you qualify for free shares, you have the option of purchasing up to 5,000 additional shares at a price substantially below their underlying value. This price will be specified on your application form.

No individual or corporation may own more than 1% of the voting shares of B.C.R.I.C. (although pension funds may own up to 3%). Corporations and pension funds, however, are not allowed to participate in the initial share issue.

### Can I sell later?

Yes. Stock market trading in shares is expected to commence shortly after the

distribution date. At this point, a "market value" will be established. However, it is hoped that most British Columbians will not only retain, but enlarge, their share holdings. In this way, they will participate directly in the continued expansion of our resource industries, while ensuring that control of these industries remains in B.C.

### Other questions?

For further information on the free share offer—or about B.C.R.I.C.—contact: B.C. Government Public Information, in Vancouver, phone 873-3455. In Victoria, phone 387-6121.

In other areas, information is available through your local Government Agent.



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# Doc Talk

## Caffeine Comments



Caffeine is a common drug found in a variety of plants, most notably coffee beans, tea leaves, cocoa seeds and cola nuts. It is closely related to a variety of chemicals, including uric acid (the causative agent in gout), theophylline and xanthophylline (for treatment of asthma) and theobromine (the major stimulant in cocoa). Of all the chemicals of this family, caffeine has the greatest stimulant effect on the central nervous system (CNS), especially the higher centres (cerebral cortex). It also causes the kidneys to increase fluid output, stimulates the heart to beat faster and relaxes smooth muscle (e.g. the bronchi of the lungs).

Of all these effects, we seem to drink coffee for its stimulating effect on the CNS. Caffeine, through the CNS, does a variety of "good things": it allays fatigue and drowsiness, allows sustained mental effort, gives a keener appreciation of sensory stimuli, decreases reaction time, enables a clear flow of thought, increases motor activity and enables greater association of ideas. Through other avenues it also increases the muscular capacity for work, increases acid secretion by the stomach and increases the rate of breathing. Although tolerance to these effects does develop, the stimulant effects are least affected.

Since a variety of food products are made from the plants that contain caffeine, many commonly consumed beverages and snacks have fairly high levels of this drug. Also, since caffeine does have the physiological effects referred to above, it appears in a host of commonly-prescribed and over-the-counter medicines. The following is a list of the commonest sources of caffeine on the market today, with approximate contents:

1. Beverages: brewed coffee,

Caffeine Content, 90-150 mg 6 oz. cups; instant coffee, 80-90 mg 6 oz. cups; tea, 70-80 mg 6 oz. cups; hot chocolate, 20-50 mg 6 oz. cups; colas, 35-55 mg 12 oz. bottle.

Certain types do not have any (e.g. Ovaltine (R).)

**Medications:** Frost Pain killers (e.g. 222, 292, etc.), Caffeine Content, 30 mg tablet; AC & C (Ayerst), 15 mg tablet; Anacin (R), 32.5 mg tablet; Coricidin Cold Tablets (R), 30 mg tablet; Sinarest (R), 30 mg tablet; Bromo Seltzer, 32.5 mg packet; Excedrin (R), 60 mg tablet.

In addition, certain chocolate preparations and Dristan (R), also contain significant amounts of caffeine.

Although caffeine has many good side effects, too much of the proverbial "good thing" has undesired, adverse, and often serious effects. When one consumes enough caffeine to get side effects, the condition becomes known as "caffeineism", and most of us have probably had this on occasion. The symptoms of caffeineism are numerous, and include the following: irritability, shakiness, muscle twitching, inability to sleep, nervousness, rapid breathing, flushing, rapid heart rate, irregular heart beats and palpitations, frequent urination, abdominal cramps, diarrhoea and acid stomach with heart burn. Most of these effects are due to the stimulant properties of caffeine, again the reason we drink coffee or tea in the first place.

The development of these symptoms and the dose of caffeine required to produce them depends on the individual. On the average, however, 50-200 mg of caffeine is usually enough; therefore, two cups of coffee or tea could produce unwanted effects, and so could the drinking of several colas - indeed, caffeineism has been documented in youngsters drinking colas.

In part, this is because young people are more susceptible to caffeine - the younger, the more susceptible. So, be cautious in the amount of caffeine-containing substances you allow your children to have. Others who should be cautious are those with heart disease, fast heart rates, high blood pressure, ulcers, acidity stomachs or bad nerves.

Another trait of caffeine that is interesting is its purported effect of depleting the body of certain vitamins, most notably Thiamine (Vitamin B-1). This has prompted people sold on vitamins to push vitamin supplements on coffee drinkers. Whether this is necessary or not needs verification, but it is a possibility and deserves attention.

To avoid the adverse side effects alluded to above, a lot of people are switching to decaffeinated coffee. However, there is evidence that caffeine is not the only offending constituent in coffee, albeit the principal one. Thus, people who switch to decaffeinated coffee may still witness some, or all, of the unwanted side effects.

Moreover, other heavy caffeine consumers, alarmed by articles such as this have ceased their intake abruptly. This has resulted in a physical withdrawal with such symptoms as irritability, headaches, shakiness and a variety of others. So, if you decide to break the caffeine habit - let's call it what it often is, a caffeine addiction - let yourself down slowly, or stop under the care of your physician. Although we often don't take caffeine seriously, we should!

As an aside, it is interesting that many fever remedies contain aspirin and caffeine together. Evidence exists which shows that the fever-lowering effect of aspirin can be negated by the presence of caffeine which tends to elevate body temperature.

WASHINGTON - Women's over-dependency on prescription drugs and alcohol is reaching "epidemic" proportions, according to the author of a new study conducted for the National Institute on Drug Abuse.

The study, obtained by The Washington Star, reported these findings:

Many women use and/or abuse more than one prescription drug;

Sixty per cent of psychotropic (mind-altering) drugs, 71 per cent of antidepressants and 80 per cent of amphetamines are prescribed for women;

Eighty per cent of women alcoholics in one study reported that they used other drugs as frequently as alcohol, making multiple drug abuse and cross-addiction a significant problem among women;

Middle-age, middle-class women are susceptible to prescription drug abuse with medications provided to help them cope. Eighty per cent of prescriptions for mood-altering drugs are from internists, general practitioners and obstetrician-gynecologists who have no training in psychopharmacology.

Up to 60 per cent of those who seem psychologically distressed have alcohol problems. One in three of them is a woman;

Half of the presumed 10 million Americans who are alcoholics are women.

These and other findings support the fact that millions of women across the country, like Betty Ford, misuse legal prescription drugs and alcohol, the report says.

"Women tend to believe that if a drug is prescribed for them, it is good for them. They don't question the doctor. Their attitude is the doctor knows best. Women are not given enough eyeball

supervision by doctors or pharmacists," Muriel Nellis said in a recent interview.

Miss Nellis co-ordinated the study on the problem of drug and alcohol dependency for the National Institute on Drug Abuse of the U.S. Department of Health, Education and Welfare. She is principal author of the report, called *Drugs, Alcohol and Women's Health*.

"It is a major health problem - an epidemic," Miss Nellis said. "My own guess is there are 20 million women out there in jeopardy. That's a conservative estimate."

"And there has been no careful measurement of its implications. We have no idea what percentage of this newest generation has been impaired not just by ingestion of alcohol but also by mood-altering drugs."

The use of prescription drugs by women exceeds the use by men. According to statistics compiled from other sources by the National Institute on Drug Abuse, 32 million women compared to 19 million men have used tranquilizers prescribed by a doctor; 16 million women compared to 12 million men have used sedatives prescribed by a doctor; 12 million women compared to 5 million men have used stimulants prescribed by a doctor.

Last year alone, 8.5 million women and 4 million men used prescribed tranquilizers for the first time; 3 million women compared to 2.6 million men used prescribed sedatives for the first time; and almost 1 million women compared to 400,000 men used prescribed stimulants for the first time.

There are several theories on why women use prescription drugs more than men. One is that women use the health care system more frequently than men - most

middle-class women see a gynecologist twice a year - and come into more contact with prescription drugs.

"Two-thirds of the consumers of the health care system are women," according to an NIDA spokesperson.

Another thought is that women have been "taught" that it is okay to cry, to be depressed, to show and accept these feelings, and more likely than a man to use the health care system.

The new study conducted for NIDA was critical of the tendency of physicians to "help" women by prescribing tranquilizers or sedatives. "By allowing automatic refills or renewing prescriptions over the telephone, dependency is

encouraged. Warning is rarely given about the hazards of using multiple drugs and in combination with other substances," the report found.

Many women - perhaps the majority of those who abuse drugs and alcohol - are "hidden," according to the report, since so many are alone throughout the day.

"While society tends to accept the fact of alcoholism and drug abuse in men, women's drug problems are neither acceptable nor tolerated," the report said. "A woman is labelled, instead, as unfit, deviant, weak, 'fallen,' often by herself, as well - as by society. Consequently, a woman tends to ignore or hide her drug problem."

"Women do not become statistics until confronted by a crisis that forces them to seek help. The stigma attached to the use of drugs or alcohol by women makes it difficult for them to admit their problem, seek help, be rehabilitated and then accepted by society."

"There is little help available for women with poly-drug or cross-addiction problems," the report said. "There appear to be few differences between the needs of the woman drug addict and the woman alcoholic, yet the needs are separated bureaucratically as well as by a therapeutic rationale that establishes alcoholism as a 'disease' and drug problems as a self-imposed 'habit'."

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### The Condition of Stamps

The condition of a stamp is of major importance in any appraisal of its desirability or value. The zenith of condition of any stamp is when it is in its mint state just after sale by the post office and especially when blessed with well balanced centering. However on used stamps it depends on its state of preservation, degree of cancellation, centering, etc. In offering older or better class stamps, it is common practice for auctioneers and dealers to describe their condition as mint, superb, very fine, fine, good, fair, average, poor, bad or damaged.

From the viewpoints of both prestige and investment, it is advisable to have stamps whenever possible, in the very best of condition. A few defective copies of stamps in an otherwise well conditioned collection, may depreciate the value and respect of the entire collection far out of proportion to the actual value of the

damaged stamps. Such circumstances are usually noticed and taken advantage of to the utmost by prospective buyers.

In appraising condition, one must take into consideration the circumstances and general standards of the time when the stamp was first issued. It is not to be expected that an 1860 stamp would be in as superb a condition as a modern stamp. From a comparative point of view, stamps over 50 years old or an issue noted for poor centering and perforations should warrant higher respect than stamps recently printed although classified alike in condition. One of the world's most expensive stamps - British Guiana 1856 - 1 cent is both a poor and damaged copy. In spite of that it is worth \$280,000. Here is a good example where an appreciation for rarity overcomes the factor of condition.

T. Lucas  
President

## Preamble

Spring has definitely "sprung" in Wallace Gardens and I feel sure that everyone welcomes it! Grass is "greening" and flowers are blooming. A general spring clean-up is in order by all of us to protect our reputation as a neat, well groomed, beautiful Wallace Gardens! It is impressive and a pleasure to drive through the area and observe the effort and care put into the individual lawns and gardens.

The semi-annual PMQ Council election results are incomplete at deadline time and must be announced in the April 19 edition. Sorry for the delay.

Final ball registration will be held on April 14, 1979 at the

'Airport School. This will be for the Squirts, Girls Softball, and Pee Wee Baseball. Anyone who missed registering for Babe Ruth may do so at this time. Anyone having any questions about this is requested to contact SSGT. Dave Tucker at Ext. 446 or at home, 339-5937. We are still in need of coaches for the Midget girls and assistance with the Bantam girls.

A reminder that the next PMQ Council meeting will be held on Thursday, April 19 at 0830 hours in the Parish Hall.

### Hints For The Hostess

TIPS TO HELP YOU

The difference between a party that people slip over and one that's a flop could be something as simple as the proper advance planning.



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Here we are again with more news for the teens of the base. Elections were held and we now have a new executive: president - Madeline Verchere; vice-president - Paul Hixon; secretary - Wayne Scott; treasurer - Wendy Lyons; sec-treasurer - Betty-Ann Thow.

As you can see from our calendar we are starting to have some entertainment, but we cannot be successful if

YOU TEENS do not attend these functions. We need you to come out and join the BTO and give it your support, after all it is your organization.

All of our special functions which will be held at night will be chaperoned by adults.

Parents: We also need your help and your support. I'm sure some of you could spare an hour or so in the evenings to drop into the BTO. We would like to have adult

supervision every evening at the BTO but we need some of the parents to volunteer some of their time.

If you can help us out, please phone 339-5853. Any assistance you can give us will be appreciated.

**BASETEEN ORGANIZATION CALENDAR**  
April 3 - Youth Bowling Banquet. Teen Town will be closed to members from 6:00 -

7:30. From 7:30 to 10:00 p.m. there will be a dance, all members of BTO are invited.  
**April 9 - Parents' Night** at the BTO Building from 7:00 to 10:00. All parents and interested teens are welcome. Refreshments will be served.  
**April 13 - BTO Bowling Day.** From 1:00 to 5:00 p.m. All teens from the base welcome. Cost will be \$1.00 for the afternoon.  
**April 13 - Fun bowling - 1**

game of normal bowling, 1 game of blind bowling, 1 game of wrong hand bowling. Prizes will be given out on the evening of the 14th at the BTO Disco Dance, everyone welcome. The draw for the radio-cassette will also be held. Winner will be in the next publication.  
**April 14 - BTO Disco Dance - chaperoned.** From 7:00 to 1:00. Admission - 50 cents members, \$1.00 non-

members. There will be an American D.J. to play for our dance. No JEANS to be worn. Come on out-you teens and enjoy yourselves and show us that you want to support your organization.

With the summer holidays coming up we hope to have some camp-outs and some dances at the beach, but I say again it all depends on the number of members and the support that you show us.

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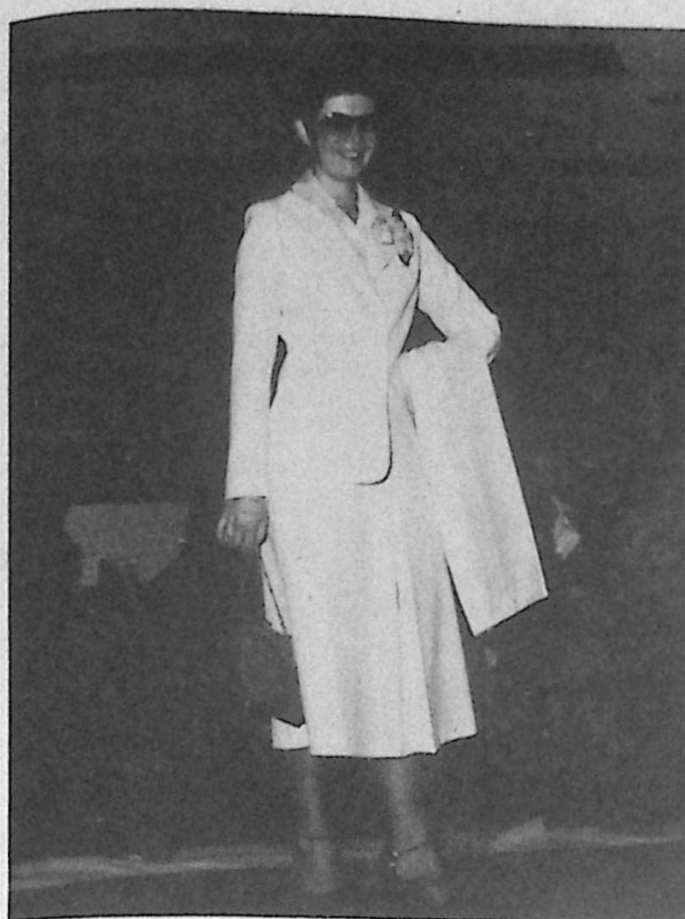
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# Officers Wives Club Fashion Show



Model Lineup



Jan McCluer



Penny Houseworth



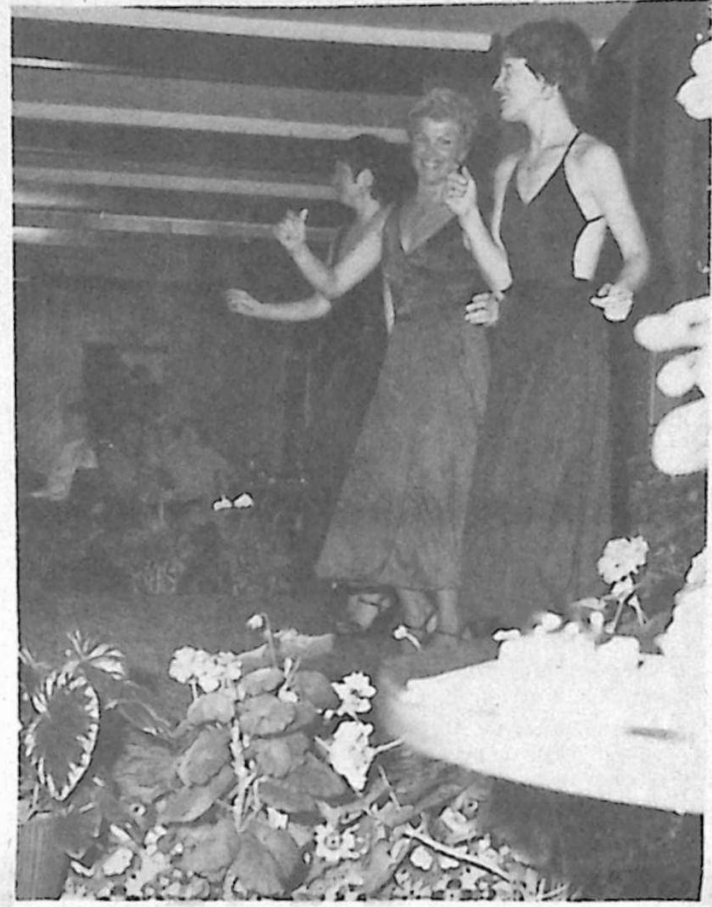
Ilene Flath



Joan Melson



Cheryl Cameron



Precision Disco



Debbie Greets Spectators

## OWC Fashion Show

The Totem Lounge was the setting on Thursday, March 22 as the Officer's Wives Club presented their annual Fashion Show. This event is the main fund-raiser for the Club's support to local charities and community projects. This year the Cancer Fund and St. Joseph's

Extended Care Unit were selected.

Fashions by JJ's Fashion Flair, shoes by Comox Shoes, and jewellery by Marielle Collection, all were shown to their best advantage by the volunteer models. Betty Jo Baird provided the com-

mentary as each model paraded a number of outfits.

The models for the evening were Cheryl Cameron, Ilene Flath, Joan Melson, Irene Diamond, Penny Houseworth, Freda Bell, Bev Burrows and Jan McCluer. A number of other Club members pitched

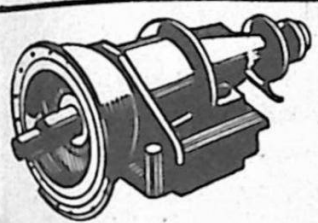
in to assist with the outfit changes and whatever else was needed.

Club president Doreen Johansen was pleased with the turnout and the audience in turn appeared to thoroughly enjoy the evening's fun.

Miss Wallace Gardens, Debbie McLaughlin was on hand to greet the audience and lend support. Three door prizes added a bonus for the lucky ticket holders and all in all the Fashion Show once again must be judged a resounding success.



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- 1 A FANTASTIC BUY**  
View home in Comox, fully finished up and down. 4 bdrm 3 baths, rec room and den with fireplace. The exterior is choice California redwood siding in natural finish. A very high quality of material was used in this fine home that could not be duplicated today. The home is only four years old and has been completely redecorated inside. 1/2 block from Comox Elem. on a quiet cul-de-sac. The full price is only \$54,900 for this very large well built home.  
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- 2 IT'S A HONEY**  
A house with everything plus 4 acres, 3 large bdrms., a pleasant kitchen, dining room, living room with brick fireplace, family room down plus sauna, separate shower and a separate 2 pce. bath. Cold storage area and workshop and large sundeck. 3 stall barn and property is fenced.  
Call GAYE or LLOYD WORK 334-2220



- 3 END OF A RAINBOW**  
A distinctive home close to all amenities. This four level split has 3 bdrms., ensuite off the master bdrm., red brick fireplace in the spacious family room. The quality of construction and finish is matchless. A new listing. Don't be sorry tomorrow, call today.  
Call WAYNE GRAFTON 334-2984



- 4 1600 SQ. FT. OF LUXURY**  
Beautiful bungalow on a quiet street in an excellent Courtenay location. Some of the features are 4 bdrms., cedar rec room with fireplace, encl. garage, dishwasher, garburator and lots of storage. A recommended buy at \$54,000.  
Call AL ROBB 339-3307



- 5 OLD WORLD CHARM**  
And character in this beautifully maintained 3 bdrm. home on a large lot with many fruit trees, berry bushes and a large garden. Close to downtown Courtenay shopping and schools. To make this your home,  
Call MAX WEEGAR 334-4568



- 6 SPACIOUS & GRACIOUS!**  
Describes this beautiful 3 bdrm. rancher with over 1200 sq. ft. of living space. This home features WW carpeting, thermopane windows, floor to ceiling fireplace, dishwasher, counter top stove, built-in oven and many other exquisite features. To view,  
Call ED FOURNIER 338-6093



- 7 PUNTLIDGE PARK AREA**  
Lovely 3 bdrm. home with picturesque rock fireplace in the LR, close to schools and parks for the children. Maintenance free alcan siding means more leisure time to yourself. Have a go at this. \$44,000.  
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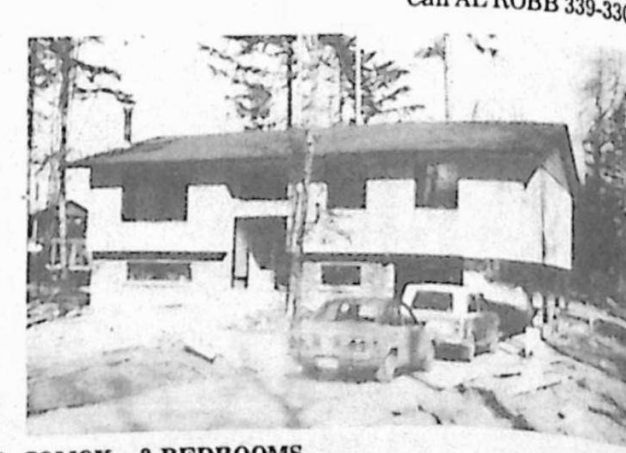


- 8 RELAXED RURAL LIVING**  
Can be yours in this 3 bdrm. Tudor style home with 2 pce. ensuite, WW carpeting, 2 fireplaces and large basement for rec room and workshop. All this on a 1/2 acre lot with large 10 1/4 per cent mortgage. Asking price \$53,900.  
Call MICHAEL EMERSON 339-5809



- 9 THIS HOME HAS EVERYTHING BUT YOU!**  
Just 1 1/2 years old, this 3 bdrm. home is set on a 1 1/2 acre treed lot just 1/2 mile from the beach and free boat launch and 3 miles from CFB Comox. This home features heatilator fireplace and thermopane windows for low heat bills, 1 1/2 baths, family size kitchen and private sunny sundeck. Asking price just \$63,900.  
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- 10 NOW ONLY 2 LEFT**  
Your last opportunity to choose a new home in this fine Comox area. Luxury bungalow at just over \$48,000. The other is at a fantastic price under \$40,000 yet with all the Heritage Park features incl. - thermopane windows, ensuite, underground services, concrete drives and walks, etc.  
Call AL ROBB 339-3307



- 11 COMOX - 3 BEDROOMS**  
Just completing in the new Evergreen Heights SD in Comox. A good sized lot nicely treed in a quiet area. 3 blocks from the new high school. The brick facing on the front sets this home off to good advantage. Full price \$54,000 with terms to fit your budget.  
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### 12 WARM AS TOAST

The warmth of cedar coupled with thermopane windows and a large brick fireplace ensure that the elec. back-up heat is used very little. See this lovely view property today.

Call MAX WEEGAR 334-4568

### 13 WANT OUT!

And you need a job. Ever try groceries? Just take a look at the income on this little gold mine. Big capacity for a corner store and right across from the Post Office. \$65,000 with walk-in freezer and cooler with an old time walnut meat counter with \$15,000 inventory incl.

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### 14 MODERN HOME

Located on Windemere Extension near school. 2 bdrms. up, possible 3rd down plus family room. Cement driveway, large yard and view of the mountains. Only \$1,900 down payment.

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### 15 CHARACTER HOME

Ample bdrms., new kitchen cabinets and counters. Panelled DR with brick fireplace. Large LR also with brick fireplace. Large master bdrm. with 2 walk-in closets. 2 - 3 pce. baths. New floor covering throughout. Full basement plus separate garage. All this located on a double lot within walking distance to shopping. To view this exceptional home,

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### 16 FIVE PLUS TWO

For the large family still growing, 5 bdrms. on 2 floors plus 2 extra bdrms. in the basement. Living room, dining room, kitchen plus large family room on the main floor. 2 complete baths. Check this one out.

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### 17 THE HOME MAGNIFICENT FOR A FORTUNATE YOU!

Are you looking for a custom built home in one of the more desirable areas of the Comox Valley? This beautifully laid out home features 4 large bdrms., ultra modern kitchen, Brazilian pine floors in the family room accentuates cedar walls and fireplace. These are only a few of the many outstanding features. This is a must for the discriminating buyer.

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### 18 MAGNIFICENT VIEW, COMOX

Big 4 bdrm. home only 8 yrs. old on Beach Drive in Comox. The yard is well developed with flowers, vegetables and bearing fruit trees. The home is in excellent condition and has 2 1/2 baths, 2 fireplaces and a super sundeck overlooking Comox Bay. Close to stores and hospital. Priced in the low 60's.

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### 19 GET AWAY FROM THE HUSTLE!

2 acres of waterfront with a fabulous view across the water onto the mountains. A unique character house with out-buildings, all for \$54,900.

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### 20 RURAL LIVING HAPPINESS

Try this cedar home on 1/2 acre with outbuilding on a quiet dead-end street just 2 miles from town. Fireplace with cedar in the living room. All for \$51,500. Please call today.

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### 21 IMMACULATE HOME NEAR PARK

2 - 3 bdrm. home with ensuite in master bdrm. Heatilator fireplace in living room and workshop in basement. Well constructed large greenhouse. Well landscaped yard surrounded by picket fence. \$2,200 down. Now only \$42,900.

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### 22 CONTEMPORARY CEDAR

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

Call DOUG COOK 334-2015



### 23 6 WEEKS FROM COMPLETION

Choose your own finishing incl. floors and cabinets for this big 1278 sq. ft. home on Strathcona Cres. in Comox. This home sits on the biggest lot on the street and overlooks Comox Bay and the islands. The area is well established with large homes and the lot was considered a real find for a new home. The yard is in lawn and large established ornamental trees set off the English Tudor design.

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### 24 BUDGET BARGAIN!

This 2 bdrm. sensibly styled home is for the thrifty thinkers, can easily be converted to 3 bdrms. No maintenance needed with alum. siding and soffits. Newly decorated inside and alum. screen doors installed. New roof installed in '78. Save dollars, move now.

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### 25 ANOTHER ONE!

And this time, both you and your spouse could work this one. The Bonnie Lass is for sale. 5 chairs with possible room for more business. Fireplace in the sitting area. Commercial zoning in nice neighborhood. \$59,900 or house and lot only for much reduced price.

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### 26 LARGE WATERFRONT LOT

Take advantage of this rare opportunity to own this excellent treed lot with a commanding view of the Georgia Straits and the mainland mountains. Located near the top of Seaclyffe Rd., close to the best salmon areas yet only 10 min. to Comox or Courtenay. Priced to sell at \$33,900.

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### 27 .72 ACRE LOT WITH SPECTACULAR MTN. VIEW

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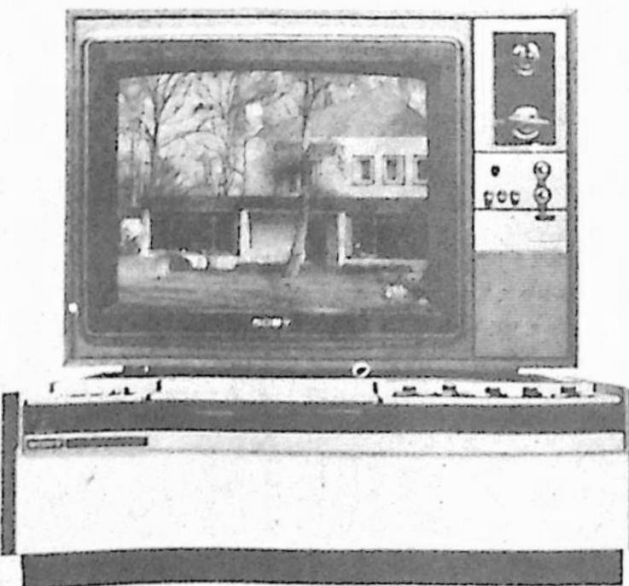
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### 28 PRIME COMOX VALLEY ACREAGE

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