



TOTEM TIMES

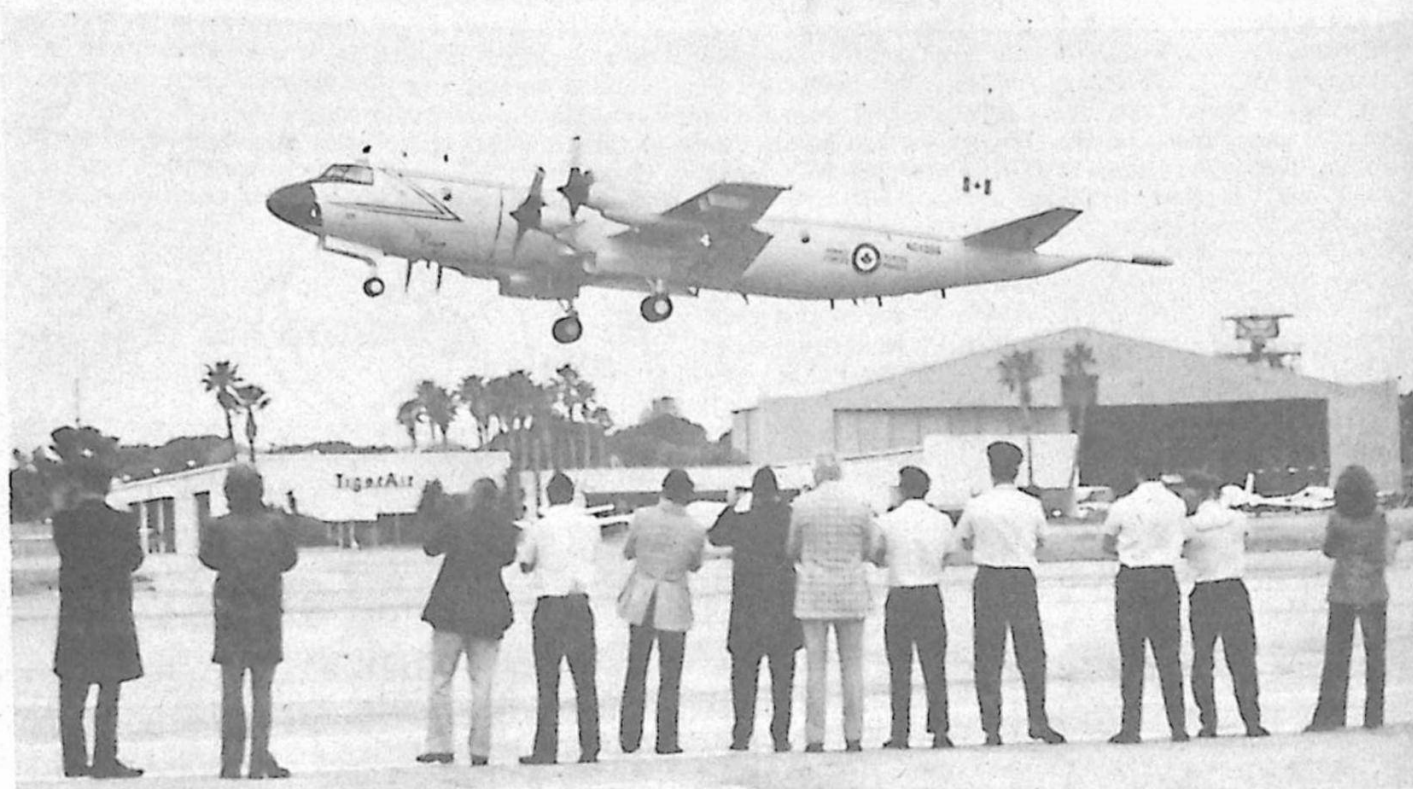


VOL 21 -- NO. 8

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 19, 1979

NO CHARGE



It flies!

C.F. Photo

CP140101 LIFTED OFF the runway on 22 Mar 79 at 0846, was declared airworthy at 0921 and returned to base at 1412 Pacific Standard Time. During its 5 hour and 26 minute maiden flight, the aircraft, which has been temporarily renumbered N64996 to meet FAA regulations, underwent airworthiness tests over the Palmdale area and then flew north to Bakersfield and Avenal. To test its underwater listening devices, the plane headed for the Santa Barbara Channel, where two sonobuoys were dropped. The working first flight was declared an

"unqualified success". John Christiansen, Lockheed's chief engineering test pilot summed up the results of the flight with the remark "of all the first flights I've ever made, this plane was in the finest condition of any I've flown". This first CP-140 will be joined in flight test by the next two aircraft due off the production line in Oct. 79 and Jan. 80. These three aircraft will accumulate a total of 525 hours in flight tests prior to the start of deliveries to Greenwood in May 80.



C.F. Photo

Our latest addition

TORONTO -- THE FIRST OF TWO DASH-7 short take-off and landing (STOL) aircraft for the Canadian Forces was accepted by the Minister of National Defence, Barney Danson, at a roll-out ceremony here today. The four-engine aircraft is manufactured by de Havilland Aircraft of Canada Ltd., and will be operated by the CF in Europe where it will replace the CC-109 Cosmopolitan. In its military configuration the DASH-7 will bear the designation "CC-132 Dash-7". Flight testing of the first CC-132 Dash-7 will be completed by the manufacturer at the end of May when it will be

flown to the Aerospace Maintenance Development Unit, Canadian Forces Base Trenton. The second aircraft will be delivered August 31, 1979. The Forces' newest aircraft can be flown in either the passenger, cargo or mixed passenger cargo configuration. Its range is approximately 800 statute miles and it has a maximum take-off weight of 20,000 kgs or 44,000 lbs., carrying up to six tons of cargo or 50 passenger seats. The DASH-7 is designed to operate from 2000-foot airstrips and is so quiet that it cannot be heard from a distance of two miles. Cost of the two aircraft is \$13.5 million.

FEATURES

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Everything you always wanted to know about customspg. 4

Oldtimers Hockey Tourneypg. 6

Next Deadline
Monday, Apr. 30
Please meet our deadline.

Clean up your act all this week

The Base Fire Department and the Community Council are sponsoring the Spring Clean Up campaign for CFB Comox this year. It is time for decisions.

Do you really need to save that old mattress, chairs, drapes, out grown clothing or other litter?? Your environment protection begins at home.

Get rid of old paints, thinners, solvents, oily cloths, wood scraps and other project leftovers. Avoid a "Do it yourself" fire.

In closets, attics, basements and other storage places, check for collection of magazines, boxes, wrapping, forgotten games and other dubious "treasures". Too good to throw away? They can be downright dangerous to keep.

To assist in getting rid of all unused or unwanted items, place the articles in front of your MQ near the roadway before 1300 hrs on the 23 April '78 and they will be picked up. Usable items will be donated to a local charity.

Remember! Don't give fire a place to start or spread. It's Clean Up Time.

Northern air fields

CF-long history north of 60

OTTAWA (CFP) -- Canadian Armed Forces have had a presence North of 60 since 1898. Then the Yukon Field Force, made up of 203 regulars and volunteers, was shipped to Dawson to assist the Northwest Mounted Police when the government feared lawlessness and disorder might spread from Alaska to the Yukon, during the Klondike Gold Rush.

In recent years the Canadian Forces' presence has been of a more permanent nature. Building bridges over Arctic streams along the Dempster highway, establishing survival cairns along hunting routes and flight paths, and constructing airfields, CF personnel have contributed to the opening of the North.

Over the years the Engineers of the CF have developed considerable expertise in northern airfield construction, and an understanding for potential problems encountered in the far north.

In 1970 the Department of National Defence agreed to a request from the Department of Indian and Northern Affairs to participate in a Remote Airports Program, by building airstrips at six Arctic settlements. A Ministry of Transport agreement with DND was signed in August 1974 so that the Remote Airports Program was included in the Arctic Air Transportation Facilities Policy, approved by the federal cabinet in February 1974. Funding and program management were assigned to MoT.

Under this agreement DND undertook the construction of airstrips at Pangnirtung, Whale Cove, Eskimo Point, Cape Dorset, Pond Inlet and Spence Bay.

Work on the Pangnirtung air strip started in 1970 and was completed in 1972. Whale Cove, Cape Dorset and Eskimo Point were finished by 1977 and Pond Inlet was



C.F. Photo

A CANADIAN FORCES C-130 Hercules aircraft completes a LAPES (Low Altitude Parachute Extraction System) drop of a 15 ton bulldozer.

handed over to MoT last year. Spence Bay the final airstrip in the program should be finished this year.

Originally the air strips were to be 3,300 feet (1,000 m) long and 100 feet (30 m) wide capable of handling a DC-3 (Dakota) aircraft. Estimated cost was \$2 million. When DND became involved in the program, size of the airfields and funding for the overall project were increased so that C-130 Hercules aircraft could be accommodated. The requirement was altered to provide airstrips 4,400 feet (1,300 m) long and 300 feet (90 m) wide. DND provided from its funds an additional \$650,000 to complete the project.

All the airfields were designed to make Arctic regions more accessible year round and to improve medical, educational and other services in the North.

Although CF engineers developed some skill in building northern airfields, much of it was learning on the job. No two projects were the same and very little was what it appeared to be. Problems with permafrost, muskeg and covering peat were expected but lake drainage, immovable nine-ton rocks, and constant equipment break-down with consequent long delays were not. And each of the six airfield projects was located in

an area of different topography and geological origin which presented its own local problems.

No Arctic operation can be undertaken without air support. Although a sea-lift was possible on an uncertain basis, weekly supply was exclusively by air. One Construction Engineering Unit (1 CEU) CFB Winnipeg was the agency responsible

for the airfields program, and a special cell in that unit 1 CEU Airfield Operations Centre (AOC) was responsible for the supply and maintenance of the engineers in the field. Until last year three fields were under construction at the same time and aircraft moved 250,000 pounds of materials, passengers and

(Continued on page 5)

New safety campaign

OTTAWA (CFP) -- "Teamwork Safety", a new DND safety campaign involving all military and civilian personnel, begins this month.

Its two-year program promotes an improved team approach to the prevention of accidents. All specialized safety program managers at NDHQ, including flight, vehicle, weapons, explosives, fire prevention and preventive medicine are participating.

Previous safety campaigns within the department have stressed the individual's responsibility in preventing accidents. This new campaign encourages military and civilian managers and supervisors at all levels to accept the requirement for

their direct involvement in accident prevention. Most important every member is expected to participate.

Mr. David Darling, Director of General Safety at NDHQ and overall co-ordinator for Teamwork Safety, said that the object of the campaign was to establish an on-going, cohesive and more effective safety and accident prevention effort throughout the department and the Canadian Forces.

Teamwork Safety, launched by Mr. C.R. Nixon, Deputy Minister of National Defence, and Admiral Robert H. Falls, Chief of the Defence Staff, involves all commands, formations, bases, stations and units and covers all areas and activities, operational as well as support.

Chris Hosford

A job well done

Cpl. Chris Hosford was presented with a Base Commanders Commendation for his contribution to the Comox Community as a 'fishwrapper staffer'. Chris has been one of the paper's most valued members over the past four years. He was not only the chief photographer but also layout artist and feature story writer. Chris spent many a night until two or three in the morning developing pictures for the paper. Our readers will most likely remember Chris for such features as last year's Lion's Training Camp and recent articles on the Judo and Archery Clubs. If he had been paid minimum wage the many hours he contributed, Chris would probably be retiring now instead of packing his bags for a four year stay in Europe. Congratulations, Chris, you have the thanks and appreciation of all the staff and readers of the 'fishwrapper'.



Base Photo

Nighthawks nest

The beginning of April saw the return of Lynn Housworth and Jake Jacobson who have both been away on course in Winnipeg. Lynn was on the ICP (Instrument Check Pilot) course and is now ready to use his recently acquired knowledge. He says its better to be the "checker" instead of the "checkee". Jake spent 3 months on the SANC course (Staff Air Navigator Course) and although he enjoyed the course is glad to be back where its above freezing.

A Felix Brave exercise was conducted on the evenings of the 3rd and 4th of April during which time the nighthawks were scrambled to intercept the "bad guys". However, there weren't that many "bad guys" to be scrambled against and the action was somewhat slow.

The semi-annual mile and a half run was held Thursday

afternoon, April 5th. The entire squadron ran as a group, to start with at least. A rest and recuperation get-together was held following the run at the Rec. Centre with energy rebuilding refreshment supplied. The time keeper was Bruce Arnold, who has quit running for the present due to shin splints.

Bob Drummond, Dave Burt and Brian Taylor have received their promotions to Captain. Congratulations!

Last Monday, a welcome was held for the Snowbirds who have returned to the valley for their annual practice session. A few of the squadrons more stalwart members have accepted their offer for a ride during their practises.

During the past week 409 hosted their second annual Nighthawk Nocturne com-

petition, a mini-shoot in which all Voodoo Squadrons in North America were invited to attend. 416 Squadron from Chatham, N.B. and the 123rd FIS (Fighter Interceptor Squadron) from Portland, Oregon accepted the challenge. Chatham crews were Dean Rankie and Hank Dielwart, Jake Jarron and Steve Peach. Portland was represented by Billy Cox, Bill DeJaeger, Jack Fisher and LCol. Cliff Landis. The Nighthawks who participated were Dale Erhart, Dave Burt, Glen Buchanan and Jerry Knight. As well, targets were supplied by crews from the 190th Tactical Reconnaissance Squadron from Boise, Idaho flying RF-4 Phantoms.

The competition was held on Tuesday and Wednesday with a practise day on Monday the

9th April. Each crew flew a total of 4 missions during the 2 days. The winning team was determined by total points acquired. LCol "Black Jack" Deaken, from NORAD HQ, Colorado Springs was the Chief Judge and he presented the Dooher Trophy to the winning team at a wine luncheon held on Thursday. This year's winner was the 416th team from Chatham.

Following the luncheon the winning team decided to mix a championship portion in the trophy and allow everyone a drink. Russ Hellberg decided to see if the fish in the fish pond wanted a taste and they liked it so well they finished it off. Later on the party moved to the Russel home where excellent chili was fed to the troops. It then moved on to Hellbergs where it finally wound down.



MILESTONE FOR BOSS HAWK.

Base Photo

LCol. George McAffer, CO of 409 Nighthawk Squadron recently racked up his one thousandth

hour at the controls of a CF101 Voodoo. Maj. Russ Hellberg greets the boss in appropriate fashion.



Ammo interest

"The NDHQ Director General Ammunition (DGAMMO), CAPT(N) John Russell, and the Superintendent of CF Ammunition Depot, Rocky Point (Victoria), Mr. Jack Clarke, visited CFB Comox on 28 Mar 79. DGAMMO sets policy and procedures relating to Explosives Ordnance Disposal (EOD) and design, maintenance, transport and storage of explosives in the CF. CFAD Rocky Point is the only ammunition depot west

of Saskatchewan and provides ammunition support to CFB Comox.

Capt. (N) Russell and Mr. Clarke visited various ammunition storage, maintenance, and user sections on the base. In the photograph the BMSO, Major G.G. Beech, is shown explaining to Capt. (N) Russell and Mr. Clarke the weapon loading operations during a practice Combat Turnaround conducted by 409 Sqn."

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Safety Clips

Compiled by Craig Fischer

Items on this page are intended for use in employee publications and safety bulletins. The material may be "lifted" directly or reset, and the page is designed for easy removal, so it may be routed to appropriate personnel.

Power Tool User, Test Thyself

While modern power tools are carefully designed to help you save time and do a better job around the house safely, careless use of them can result in needless—and possibly serious—injury. Following is a test to help you understand where you stand in good safety habits. If you can answer "yes" to one part of a question but not the other, don't score it in your favor. Be honest with yourself.

1. I think through a project and plan my moves before starting. If I need help, I don't proceed without it.

☐ Yes ☐ No

2. I have studied the instruction manuals for power tools I own, and I have a good understanding of the tools' use and maintenance. I follow what the manual says concerning safety and limitations of the tool.

☐ Yes ☐ No

3. I carefully check power tool and extension cords for fraying or breaks, and I use proper extension cords, including "outdoor" cords when necessary. I have electrical outlets inspected and replaced whenever I suspect or detect a problem.

☐ Yes ☐ No

4. I connect all electric power tools with three-prong plugs to matching grounded electrical outlets, or use a properly attached ground adaptor with outlets that accept only two-prong plugs. I never connect a power tool with a grounded (three-wire) system by cutting off the third prong.

☐ Yes ☐ No

5. I work with electric tools only in

dry areas, and I avoid wetness inside and outside the house. I understand that wetness and electricity are a dangerous combination.

☐ Yes ☐ No

6. I always use the guards provided with power tools and make sure that the tools are in proper operating condition. When necessary, I use dust masks, safety goggles, or safety glasses with side shields.

☐ Yes ☐ No

7. I work only in well-lighted areas, inside or outside, and I correct crowded, cluttered conditions that can cause tripping, falls, and dropping of tools.

☐ Yes ☐ No

8. I avoid overreaching, for example, when making a long cut with a circular saw. I check ladders, work benches, and other work helps to be certain of their good condition.

☐ Yes ☐ No

9. I don't use power tools when I'm angry, tired, or in a hurry. I disconnect tools when they're not in use.

☐ Yes ☐ No

10. I stay alert to the potential hazards of highly combustible materials, such as gasoline and naphtha.

☐ Yes ☐ No

11. I store tools in a safe place, out of children's reach. I don't permit others to use my power tools unless I know they are capable and knowledgeable in the tools' use.

☐ Yes ☐ No

12. I make a real effort to see that others around me follow good safety

habits, whether they're watching me or doing the job themselves.

☐ Yes ☐ No

Scoring: Sorry, but scoring a safety test of this type is unlike scoring any other test. Accident statistics document the importance of *all* these very carefully selected questions. So every power tool user should score 100 per cent—a "yes" to each question. Nothing less should be acceptable to you. Each "no" increases your potential for an accident. If you have several "no" answers, take a serious look at your work habits, and do something about them.

Safety Slogans

Don't let home be where the hurt is. A child may dare, so drive with care. Safety has no quitting time.

Short Cuts

Incandescent light bulbs produce a great deal of heat as well as light. Before you try to change a light bulb with your bare fingers, remember the following:

The Ames Laboratory measured the surface temperature of an ordinary 60-watt light bulb at room temperature, with the bulb in various positions. The coolest temperature measured was 257 F, the hottest was 407 F.

This is not only hot enough to cause a severe burn, it is also hot enough to ignite some combustible materials.

A hot bulb should never be touched with bare fingers. All bulbs should have enough air space around them to dissipate the heat.



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Editorials

Smoke-an out of pocket expense

There used to be a sweet and sentimental song about "smoke gets in your eyes". Now we hear a very different tune about smoke. The question "smoking or non-smoking section?" is no longer limited to airline use and is occurring in restaurants and other public places.

The legislation which restricts or forbids smoking in public places was warmly applauded by most health authorities. Even those who still wish to smoke are complying -- albeit grudgingly! But the legislation has done more: it has encouraged the non-smoking lobby to press for non-smoking areas in the workplace. The issue of smoking is developing into a major concern for Canadian employers.

There are those who argue that, even if smoking is injurious to health, they have the right to continue. The high cost of public health care makes this a doubtful point. The harmful effects of "second-hand smoke" have been clearly spelled out by a U.S. report, which includes two former surgeons-general among its writers. This finding, of course, was strongly repudiated by the tobacco manufacturers.

Recent court decisions have upheld the right of employees to healthy working conditions declaring it a "common law right". The workplace must be kept free of unnecessary contaminants. Immediate solutions sought by some employees have included segregated cafeterias. Office staff may be asked to smoke only in their own offices but this may not be sufficient protection for those working in large open areas and, at best, it is a stop-gap measure.

Those premises which are air-conditioned by standard equipment are only cleansed of the larger dirt particles, the re-

circulated air still contains the toxic factors in tobacco smoke.

Does it matter? Does smoking affect Canadian productivity? We are hearing that it does, on at least two counts. First studies have shown that the process of smoking; the finding, lighting, puffing and eventual butting of smoking materials can account for anywhere from 2-10 per cent of a working day. There is an additional loss indicated from headaches and lethargy from a high carbon monoxide level and other similar evils but this is harder measure.

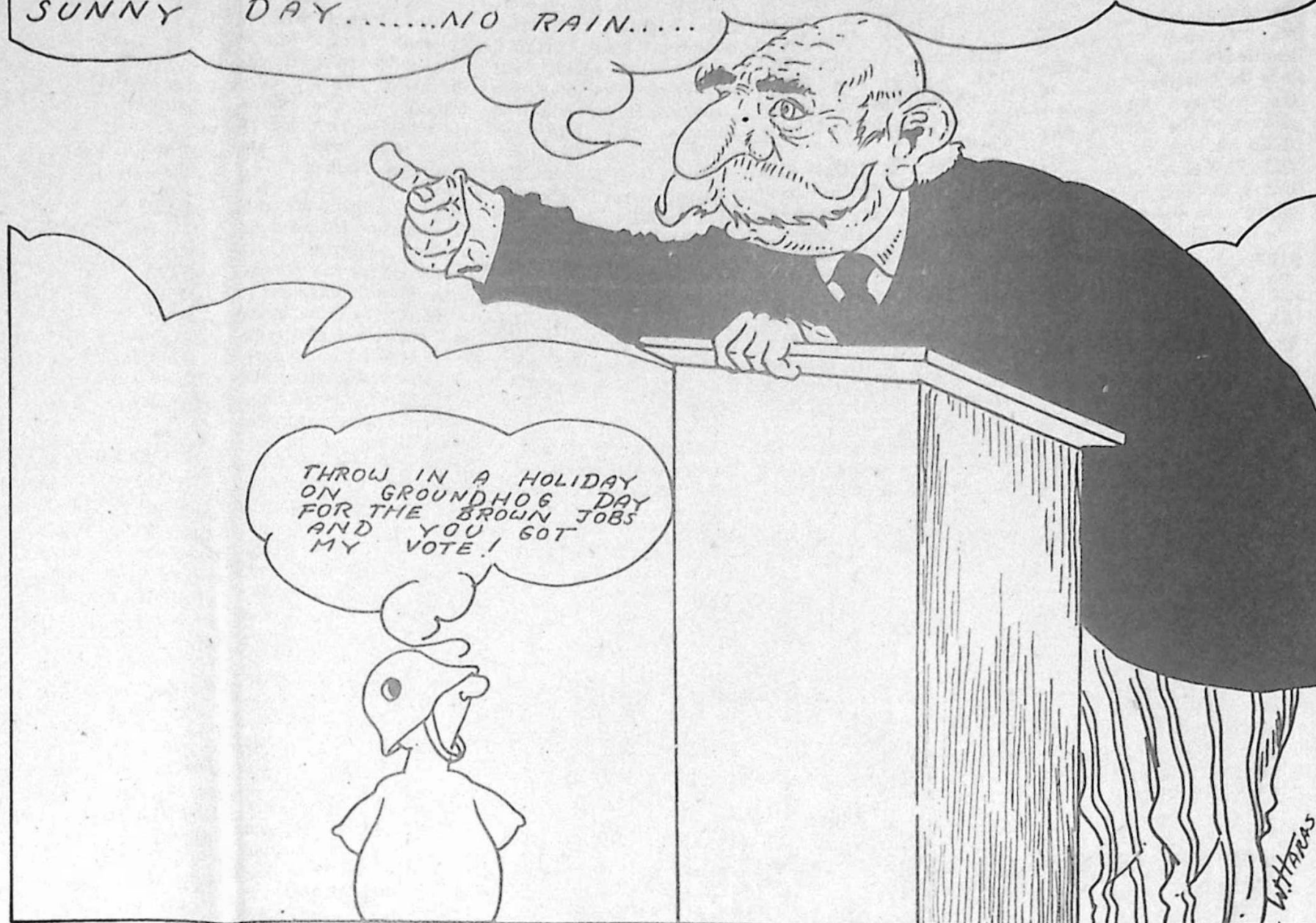
Secondly, other studies (from the United States but having much relevance here) indicate that absenteeism is 19 per cent higher for smokers than non-smokers -- and for the very heavy smokers the rate can be tripled. Respiratory disease is reputed to be the leading reason for sick leave in industry. Smoking is considered a major factor contributing to heart disease and industry loses millions each year replacing top-level people who have died prematurely from heart problems.

This is not meant to be a crusade against smoking BUT we are learning that smoking is becoming an issue in the workplace. The health aspect and the legal rights of employees make it so. The costs in lost time, disability payments and job disruption make it so.

We think the day is fast approaching when it will no longer be a question relegated to, and contained, within staff or shop meetings. It could well become the burning issue of the day and one which will not "just go up in smoke!"

Courtesy Vancouver Board of Trade.

ELECTION FEVER HITS A HIGH PITCH—WHAT IF...
IF ELECTED I PROMISE TO REACTIVATE THE
AVRO ARROW, CHANGE THE MILE 'N' HALF RUN
TO A BEER GUZZLING MARATHON AND LIMIT
BASE EXERCISES FROM TEN TO TEN
FIFTEEN... ONCE A YEAR... ON A WARM
SUNNY DAY... NO RAIN....



Canada Customs

Planning a trip abroad?

Although many of us in the Forces are frequently travelling outside Canada, there is still some confusion as to what we can, or cannot, declare. The following are excerpts from the pamphlet 'I Declare' which should answer many of your questions. Copies of 'I Declare' are available at airline offices and travel agencies.

BEFORE YOU LEAVE
Firearms
If you were planning to acquire any kind of firearm while abroad, it would be wise

or, if you are leaving by road, call at Canadian Customs on your way out.

WHILE YOU ARE ABROAD
Receipts

It is important to keep all receipts for purchases, accommodation, repairs done to or parts acquired for your vehicle, for presentation to Customs, as evidence of the length of your stay and the value of the goods or repairs.

Gifts
You may send gifts from abroad to friends or relatives in Canada under certain

chased in the child's name must obviously be for his exclusive use.

Limitations
The 'personal exemption' entitlement has certain limitations -- the frequency of use, the length of stay abroad and, in the case of alcoholic beverages and tobacco products, the age of the individual.

In general, the goods brought in under personal exemption must be for personal or household use, as souvenirs of your trip or as

required. After seven days absence or more:

Once every calendar year, you may bring in goods to the value of \$150. A written declaration may be required. **NOTE:** You can claim a yearly (\$150) and a quarterly (\$50) exemption in one calendar quarter, provided these are claimed for separate trips.

Tobacco products

Any person aged 16 or over may bring in 200 cigarettes AND 50 cigars (or cigarettos) AND 2 lbs. of tobacco. Additional quantities may be brought in, if you are willing to pay duty and taxes on the excess amounts.

Alcoholic beverages

If you meet the age requirements set by the province or territory through which you enter Canada, you may bring in 40 oz. of wine or liquor, OR 24x12-oz. cans or bottles of beer or ale.

All tobacco products and alcoholic beverages must accompany you in hand or checked luggage.

WHEN YOU RETURN TO CANADA
Declaration

When you reenter Canada you must declare to customs EVERYTHING you have acquired abroad, whether as purchases or gifts. This must include goods still in your possession that you bought at a Canadian or foreign duty-free store.

Gifts that you sent from abroad to friends or relatives in Canada DO NOT count against your personal exemption. Gifts that you bring back with you DO count.

Goods which must accompany you
The goods you bring in under the \$10 or \$50 exemption must accompany you in hand

or checked luggage, no matter what countries you have been visiting.

They must also accompany you if you bring them in under the yearly (\$150) exemption, but have been travelling within continental North America.

Exchanging goods

If any goods you brought abroad have to be repaired or replaced, you have 60 days from the date of your return to Canada in which to contact Customs and arrange documentation to cover the exchange.

Exceeding your personal exemption

There is nothing to stop you from bringing back any quantity of goods (even if you cannot qualify for any kind of personal exemption), providing you are willing to pay the full rate of duty and taxes.

Some items free of duty and ALL taxes

Coin and stamp collections, hearing aids, paintings -- originals valued at over \$20, sculptures -- originals valued at over \$75.

Some items free of duty but liable to 12 per cent sales tax

Camera accessories (exposure meters, range finders, tripods etc.), electric razors, some musical instruments, including accordions, clarinets, violins and bows.

If you are unsure of the status of an item you wish to purchase, check with your local customs office.

Payment

To clear your goods through Customs, payment can be made in cash, by traveller's cheque or by certified cheque.

Inquiries
Any inquiries may be made to the regional Customs Office, 1001 West Pender Street, Vancouver, V6E 2M8.

Customs quiz

This quiz will help you measure your Customs I.Q. If you can answer all questions correctly it will reduce Customs clearance delays for you on return from all future abroad. This is one of the rare quizzes demanding a perfect score.

1. Is the Customs officer authorized to stop the entry of plants, animals and foodstuffs?
Yes No
2. Before you leave Canada, should you register the serial numbers of your cameras, tape recorders, radios and other valuables with Canada Customs?
Yes No
3. Why is it important to keep all receipts of purchases, accommodation and services for presentation to Customs if requested?
(a) to prove the length of time spent abroad and your right to an exemption.
(b) to show Customs the amount of money spent abroad.
(c) to show you had foreign currency to spend abroad.
4. How often can you bring back \$10 worth of goods without Customs duties and taxes when you have been out of the country for at least 48 hours?
(a) Once a year (c) As often as you wish
(b) Four times a year (d) Never.
5. Once every calendar year, after an absence of at least 7 days, you can bring in, free of Customs duties and taxes, articles up to a value of...
(a) \$100 (b) \$150 (c) \$175
6. If your purchases abroad are within the limits of your personal exemption must you declare them to Customs?
Yes No

7. Can two or more people combine their tourist exemptions to obtain free entry of an item worth more than their individual limits?
Yes No
8. Must you declare goods purchased at any duty-free store which are being carried with you on your return from abroad?
Yes No
9. If you are willing to pay duty and taxes, can you bring back purchases which exceed your personal exemption?
Yes No
10. Can an adult use a minor's exemptions to bring back things that will not be for the child's personal use?
Yes No
11. After at least 48 hours abroad, you are allowed to bring back duty-free (under your quarterly or once-yearly exemption only).
(a) 200 cigarettes (c) 2 lbs. of tobacco
(b) 50 cigars (d) All of the above.
12. How much liquor can you bring back under your tourist exemption of 48 hours or more?
(a) 12 oz. (b) 26 oz. (c) 40 oz.
13. When abroad, you can send gifts duty-free provided each does not exceed the value of...
(a) \$10 (b) \$15 (c) \$25

14. Can you send gifts of alcoholic beverages or tobacco from abroad?
Yes No
15. Can you prepay duty and taxes on the value exceeding the allowance limit on gifts you send from abroad?
Yes No
16. If you get a cat or a dog while you are abroad will you be required by Canadian Customs to have a certificate of vaccination against rabies?
Yes No
17. When abroad, who can tell you what items are not allowed entry into Canada?
(a) that country's Customs office
(b) the Canadian embassy, high commission or consulate
(c) the American Express office.
18. What is considered smuggling?
(a) A false verbal declaration
(b) A false written declaration
(c) An omission to declare
(d) All of the above.
19. What is the penalty for smuggling goods valued at less than \$200?
(a) None
(b) A fine of \$50 to \$200 and/or 1 month to 1 year in jail
(c) A fine of \$10 and a reprimand.
20. What is the penalty for smuggling goods valued at \$200 and over?
(a) A fine of \$25 and a reprimand
(b) A fine of \$200 to \$1,000 and/or one to four years in jail
(c) A fine of \$500.

CNA TOTEM TIMES

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to check out the new firearm legislation with your local police or customs office.

Motor Vehicles

To bring a new vehicle from outside Canada is expensive and, for a used car, it is in most cases impossible. Your local customs office can advise you on this.

CB Radios

Before buying a CB Radio abroad, check with one of the 50 local offices of the federal Department of Communications, to insure that your intended purchase meets Canadian standards.

From the same source you can find out current US operating regulations if you intend to take your own CB equipment on a visit there.

Carrying valuables with you
Before you go...have all the valuable items you plan to take with you such as cameras, sporting goods, expensive jewellery and watches, boats, motors, trailers, etc., identified and listed by your local customs

conditions. First, each gift must be valued at no more than \$15 Canadian and, secondly, the gifts must NOT consist of alcoholic beverages, tobacco products or advertising matter.

If any gift is valued at more than \$15, your friend or relative will be required to pay regular duty and taxes on the EXCESS AMOUNT.

Gifts sent from abroad DO NOT count against your personal exemption. Make sure a gift card is enclosed, to avoid misunderstanding.

PERSONAL EXEMPTIONS
Who qualifies?

Any resident of Canada returning from a trip abroad may qualify for a personal exemption and therefore be able to bring into Canada goods up to a certain value -- free of duty and taxes.

Even a babe in arms may qualify and in that case the parent or guardian may make a Customs declaration on behalf of the infant. The only proviso is that goods pur-

chased for friends or relatives. Goods purchased for commercial use, or on behalf of another person, do not qualify and will be subject to full duty and taxes.

The exemption is a very personal thing, for which each individual does -- or does not -- qualify at any given time. Your exemption cannot be pooled with, or transferred to, other individuals.

You cannot, for example, combine your quarterly (\$50) and yearly (\$150) exemptions and claim a special exemption of \$200. Nor can you use half of your yearly exemption now and 'save' the other \$75 for another six months from now!

The details
After 48 hours absence or more:
Any number of times per year, you may bring in goods to the value of \$10. Only an oral declaration is required. Once every calendar quarter, you may bring in goods to the value of \$50. A written declaration may be

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CF in the north

cont. from page 1

rations during the four-month season. A Buffalo from 424 Squadron at Edmonton, and 429 Squadron, Winnipeg, and reserve squadrons flying Otter aircraft from 440 Squadron, Edmonton, 402 Squadron, Winnipeg, and 411 Squadron, Toronto.

Capt. E.D. Harron of 1 CEU commenting on the work at Eskimo Point wrote: "The resupply route to the north represents the backbone of the northern airfields construction program. Without food and spare parts, no construction would ever be accomplished. The 424 Squadron provided the airlift using the Buffalo on weekly shuttles. No sight was more welcome than that of the 'Buff' taxiing to a stop to drop off some urgently needed parts."

Some material was too heavy for the Buffalo and no sea-lift was possible. Then it became a chore for the freighter work-horse of the Canadian Forces - the C-130 Hercules from 435 Squadron, Edmonton. The Hercules delivered such things as bulldozers by low altitude parachute extraction system (LAPES). In this system the Hercules flew a few feet over the ground while parachutes pull fully-loaded pallets off the rear ramp onto the ground. It was a sight to see when a Hercules delivered a dozer and as soon as the restraining straps were undone a serviceman would climb into the operator's seat, start it up and drive it to work.

Heavy equipment was essential to the construction and each site was equipped with three 'dozers, two graders, three Terex dump trucks, two front-end loaders, one wobble roller, one vibratory roller, two crew cabs, one back hoe and one screening unit. Fuel to run this equipment totaled 16,000 gallons each year.

Design of the airstrips was as simple as possible to reduce the amount of culvert material required. The engineers couldn't make much selection of construction material. And although the finished product might appear to be standard, the design wasn't. Each field required locating, transporting and placing approximately 200,000 cubic yards of fill. Cape Dorset required approximately 70,000 cubic yards of rock excavation. Gravel pits, called 'borrows' had to be constructed with a slope to provide drainage, otherwise the pit became a mud bog. And scraping off the top strata could only be done at a slow rate because the permafrost receded only two to six inches per day in the mildest weather.

Getting there was often half the fun, for the troops. In 1975 it was necessary to get two 15 yard Terex trucks (22-ton dump trucks) to Eskimo Point

from Churchill, Man., 239.4 km (160 miles) north to Eskimo Point. Uncertainty about the shipping possibilities determined that the trucks would have to be driven over the ice of Hudson Bay. Lt. Roy Wolowidnyk of Carrot River, Sask. and four CF drivers were selected for the job. John Voicoy of Churchill, was hired as navigator and a civilian contractor Lyndel Lee, also of Churchill, was engaged to break trail with a heavy bulldozer. Navigating ice pressure ridges and around open leads made it a 14 day journey.

On arrival at Eskimo Point in the spring of 1977, Capt. E.D. Harron of 1 CEU reported that the snowbanks were at least 10 feet high along the roads, and up to the roof of the trailers. All the pipes had burst. But such problems were taken in stride. The arriving crew had the snow cleared and the engines running in four days. A multitude of vehicle breakdowns required repairs that kept three CF vehicle mechanics and two Inuit helpers busy for a month and a half. But by June 1 fill material was being moved and the vehicles were hauling seven to 10 thousand yards of gravel a week. Then in mid-July the screener "died a violent death from terminal usage," Capt. Harron reported.

"The material situation looked very bleak with no screening unit, no suitable natural surface material and great quantities of fine sand and large rock," he added. "The solution involved long hours and great patience. The conveyor assembly with vibrating screen removed, was used to stockpile material for the final grading process. The 100 feet graded areas on either side of the runway were used as a source of surface material. This necessitated the redesign of some of the cross slopes. The result was a runway built by redistributing the airstrip."

Although the engineer camps were usually located away from the community there was frequent involvement with the local population. At Eskimo Point Saturday night would find the boys whooping it up with the Eskimo Point Multi-Piece Band. On Sundays the men relaxed in the heated Terex pool. This pool was a brain-storm of one of the engineers. The large 15-yard truck was equipped with a series of pipes from the exhaust to keep the fill from freezing. On Sunday a truck was scrubbed out and filled with water, heated by the same exhaust pipes. It was the only outdoor heated pool operating at near-zero temperatures in the North. This location was also unique in the number of Inuit hired as helpers. Eighteen were employed for most of the

season, which permitted a double shift to operate in the nearly 24-hour daylight.

Fog almost fouled up the formal handover ceremonies on Sept. 14, 1977. But a north wind cleared the air enough for the arrival of the official party's aircraft. The aircraft was loaded and handover to Ministry of Transport completed by three p.m. And in the words of Capt. Harron, "with mixed feelings of pride and relief we bid the 400,000 cubic yards of gravel and four seasons of work: Adieu!"

Spence Bay on the Boothia Peninsula had its particular problems, not least of which was a lake across the northern tip of the runway. By building a 500 foot ditch, the five foot deep, 1,000 by 200 foot lake was drained in three days into a low-lying body of water.

Here at least the engineers were lucky to find readily available fill. Eskers, the sediment remaining from the ancient glacial rivers, provided relatively well graded gravel fill. Several were within a one mile haul distance. The engineers were properly respectful of the fragile nature of the tundra, and practised careful track discipline to keep damage to a minimum.

A road to the airstrip had to be diverted because of a huge rock nine feet in diameter which was immovable even with three 'dozers working in concert.

In spite of all the work there was still time for recreation. Lt. R.M.L. Welsman of 15 e Regiment du Genie de Combat, Valcartier, reported, "The village was very open towards us and a great many friendships were formed. During the evenings the construction troop would form teams for volleyball, floor hockey, basketball and softball to play the village. On several occasions the entire settlement turned out to watch the first real softball games played in Spence Bay. Natural aptitudes must be possessed by the Inuit for by the third or fourth game, the Sappers had to give their all to ensure a victory."

The locals beat the Sappers at basketball and the two sides were most evenly matched in volleyball. The latter two games were played in the school gym under the watchful eyes of much of the community.

In one year at Spence Bay the engineers built 2400 feet of solid runway 150 feet wide with a 400 foot overshoot. When the job is finished this summer it will be a 4,400 foot strip with taxiways to match the five others already completed.

The airstrip at Whale Cove, on the western shore of Hudson Bay, north of Eskimo Point, was started in 1971. When it was completed the heavy equipment there was shipped by sea to Cape Dorset. Dorset a community

of 650 Inuit and 20 to 30 non-Eskimos is located on the southwest coast of Baffin Island about 250 miles west of Frobisher Bay. There the resupply problems were the least difficult of any of the six airstrips built by the Canadian Forces. It was easy to obtain replacement parts and supplies from the airfields operations centre, operated by 1 CEU at Winnipeg.

The airstrip was completed and turned over to Ministry of Transport officials on Oct. 2, 1976, at ceremonies in high winds and blowing snow.

In the Canadian Forces Engineering circles there is a tendency to shudder when the words Pond Inlet are mentioned. There seems to be a curse hanging over the airfield that reveals itself in two forms - weather and equipment. The construction season has been known to start as late as June 30 and end Aug. 25, with almost continuous rain in between. Much of the equipment used there was a relic of the first airfield construction at Pangnirtung. It was nine years old and exposed to the

Arctic winter for eight months of the year. As a result there were constant breakdowns that interrupted construction. There was no greater challenge for a vehicle technician than a summer at Pond Inlet.

Pond is the most northerly of the fields constructed by Canadian Forces, located on the northern tip of Baffin Island well inside the Arctic Circle.

A variety of Canadian Forces units had a hand in construction of the field there. In 1972 the Mapping and Charting Establishment of Ottawa, surveyed and sited the strip. In 1973 2 Field Engineer Squadron of Petawawa commenced construction using equipment from Pangnirtung. Cinquieme Escadron de Campagne, Valcartier, took over in 1974 and 1 CEU handled activities in 1975 and 1976. In 1977 22 Field Squadron, Gagetown, N.B., handled the work and returned last year to put the final grade on the strip.

Warrant Officer Doug Neale, of Grimsby, Ont., was

(Continued on page 10)

Gov. Gen. gets CD

THE COMMANDER-IN-CHIEF of the Canadian Armed Forces, GOVERNOR-General Edward Schreyer, today was awarded the Canadian Forces decoration from the Minister of National Defence, Barney Danson, in a ceremony at Government House. The Canadian Forces decoration is awarded traditionally to the Governor General as Commander-in-chief of the Forces. Mr. Schreyer became Canada's Governor-General in January of this year. (CANADIAN FORCES PHOTO).

Fire season starts April 15

VICTORIA, B.C. - British Columbia's six-month forest fire season goes into force April 15 and Forests Minister Tom Waterland today asked the general public and forest industry to team up with his ministry's fire management forces to make 1979 a banner year for fire control.

Among special provisions for protection of the forests, restrictions on open burning in forested areas will come into effect for the season. Except in periods of high hazard, these restrictions do not normally apply to campfires.

"In the 67 years since the Forest Service was formed, man's activities have been responsible for two-thirds of our forest wildfires, so it is obvious that man has it within his own power to reduce this annual destruction of our forest resources," Waterland said.

"And when he can't prevent them, he can report them - an early report can make all the difference between a small fire that takes a few

firefighters practically no time to control, and a holocaust that could take hundreds of firefighters, using a fleet of air tankers and masses of ground equipment, up to several weeks to subdue.

"As a matter of fact, the general public has been most co-operative in this regard and in recent years has been responsible for more than a third of the fire reports our protection forces have received.

"This year I urge the public to make every effort to beat even this outstanding record by immediately reporting any fire sighting to the nearest Ministry of Forests office or by calling the toll-free number Zenith 5555.

"In reporting, it will assist the ministry staff if the caller provides the following information:

1. Location of the fire.
2. What is burning - trees, rangeland, buildings, etc.
3. If anyone is taking control action.
4. If the fire is spreading."

At the same time, the

minister cautioned against careless use of fire in the forests.

Smokers are the greatest single cause of man-made wildfires, followed closely by campfire users. "In nature, only lightning causes more fires than these two preventable results of human activity," he said.

In 1978, for example, even though the percentage of lightning caused fires was far above average, smokers and campfire users were still responsible for more than 20 per cent of the 2,308 wildfires that burned over more than 50,000 hectares of B.C.'s forest land and killed nearly 5 million cubic metres of merchantable timber, of which only about one-fifth can be salvaged.

"Common sense and care are the main requirements for putting an end to this sort of needless waste," the minister said. "It's worth the effort. After all, the forests belong to the same people that use them."

Dependent bursaries

OTTAWA - Dependant sons and daughters of Canadian soldiers were granted \$130,000 in educational bursaries during 1978 through the Canadian Army Welfare Fund (CAWF).

The amount exceeds 1977's allotment by \$30,000.

The 244 bursaries, averaging \$606.50 were awarded to students attending universities and community colleges across Canada.

To be eligible for a bursary,

one of the applicant's parents must have served in the Canadian Army (Regular) between October 1, 1946, and February 1, 1968, with financial need being a determining factor.

The Canadian Army Welfare Fund was established in 1952 with contributions from Maple Leaf Services, Army canteens and messes. It is supported now by the Canadian Forces Central Fund. The Fund also provides

financial assistance in the form of loans and grants to eligible applicants.

Applications for this year's CAWF Bursary Program may be obtained from the Manager, Canadian Army Welfare Fund, East Memorial Building, Wellington Street, Ottawa, Ont., K1A 0P4. Deadline for the acceptance of applications is July 1 of each year, and applicants are advised of the results by August 15.

ANNOUNCEMENT

BOB ARNETT of R.A. ARNETT REALTY LTD. is pleased to announce the appointment of A.N. "ARCHIE" DICK and H. "LORE" KENNELLY to the staff of the Comox Office.



Archie is a long time resident of the Valley and has been previously employed in the Real Estate Industry. He is well qualified and anxious to help you with your Real Estate needs. Over the years he has been active in Golf, Curling and Fishing. He lives with his wife Kay on Church Street in Comox and friends and clients both old and new may contact him at 339-3440 or at our Comox Office in the Mall 339-5501.



Lore has been in the Valley since 1965 and she, her husband, Tim and three children currently live in Comox. Lore's many years of dealing with the public and her enthusiastic approach to life ensure a successful career. She may be contacted at home 339-3524 or in the Comox Shopping Centre Office 339-5501.

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1973 VALIANT DUSTER 2-Dr. H.top.	\$1995
1973 CAPRI 2-Dr. Coupe. V-6. 4 speed.	\$2295
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1976 HONDA Hatchback. 4 spd.	\$3295
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Totem sports

Up Earls alley

The Pee Wee hockey tournament was a great success thanks to the organization of Sgt. Ed Kingston and the Arena Manager Sgt. Dave Molloy and his staff. There were a total of sixteen teams participating and everything went off without a hitch. The Fuller Lake team captured the Championship with Saanich coming in the runner-up slot. This annual event has grown in popularity and it is anticipated that we might just have a Midget tournament around Christmas time.

The golf course is trying to dry up a little and the grass is certainly green. And speaking of Golf or is it hockey? Max J. was in the other day and signed out a Helmet and Face mask and when questioned if he was going to play hockey ... he said, "No, I am going to play a round of golf with Wally B." ... Swish ... duck. Club Pres. Larry Berry and Mary Shaw won the mixed two ball with a combined score of 78. That's a good score anytime ... even on a dry course. The Regional team has already been picked for this year ... at the club ... but we still will be having a qualifying set of dates in case some of the club regulars just might be able to "luck in" ...

This year's Masters was great. The "Darkhorse" just snuck up and wham... won the title. When asked about the disappearing putter act that took place on the 11th Green after "Fuzzy" just dropped a Birdie putt, Vince Skelly said, "Yes folks there it goes, and by ten o'clock tonight, Fuzzy will be higher than that 'the putter' ... As they say, that tournament is the most prestigious and the winner should realize approx. a million dollars from it. That really is not to bad a weekend's pay cheque.

Team Canada has qualified for the world hockey finals and are doing just great for a bunch of players they got together from the losing teams. With the exception of a couple of players all of those asked did go and join up. Of course "Big" ... Berry Beck of the Rockies saw fit to be injured? But, then again judging from his performance in the Canada Cup it is just as well he decided not to go injury or no injury ... The team has played well to date even without any so-called Superstars and if they can maintain their self discipline should get in the medal parade.

GOLF JOKE - Moses and Jesus Christ were playing Golf and for their second shots into the Green they were selecting their irons. Now the distance was approx. 180 yds. and Moses said "I am going to use a 5 iron and, Jesus said, "Well, I am going to use a 7 iron."

Of course a small discussion ensued and the two gentlemen made their shots. Moses landed on the Green and Jesus landed in the pond in front. Moses goes up and parts the water and tosses the ball back to Jesus who still insisted on using the 7 iron and of course, once again landed in the water.

Moses once again parted the water, retrieved the ball and remarked, "Use your 5 iron" and Jesus said, "Listen, I saw Jack Nicklaus the other day on TV and he used a 7 iron for this yardage and he's a pro."

Well, he hit the Ball again and this time it once again went into the water. He walked on top of the water reached down, picked out his ball and threw it on the Green. One of the Golfers who had been on the Green said to Moses... "who does he think he is Jesus Christ?" And Moses replied, "He is ... but, he thinks he's Jack Nicklaus."

Spring ski

Wouldn't you rather ski Whistler?

If you live on the west coast and enjoy skiing, then a trip to Mont Gibraldi is definitely a must. My first assignment in the new fiscal year had to be a jammy one, so I jumped at the chance to combine business with pleasure and meet some East coast friends at Whistler for a week of spring skiing.

What the heck, I figured the Totem Times would cover most of the expenses if I presented my case right. So much for that idea. My editor and ex-friend just laughed when he saw the bill for a business luncheon with a Whistler Ski Hostess...

Anyways the skiing was terrific. It was really an experience skiing "above the clouds". The transition on the Gondola from a dull morning light, to foggy cloud conditions, then breaking out into an environment of total sunshine and fresh mountain air was quite - invigorating at eight thirty in the morning. In fact that ride alone was worth the nine dollars for a days lift pass.

Most of the lower runs on the mountain were pretty well finished for the year, but there were always two or three enthusiasts picking their ways down the trails at the end of the day. (I personally enjoyed the ride down on the gondola while discussing the day's skiing and emptying a wineskin.)

The slopes ending at Mid-Whistler were heavy corn and were embedded in a cloud bank for the four days we

were there. However at the top of the six thousand five hundred foot hill the snow conditions varied from fresh to icy to corn depending on the run and the time of day.

The Bowls are awesome and after having skied the tamer areas of them it is obvious why Whistler is considered one of the best.

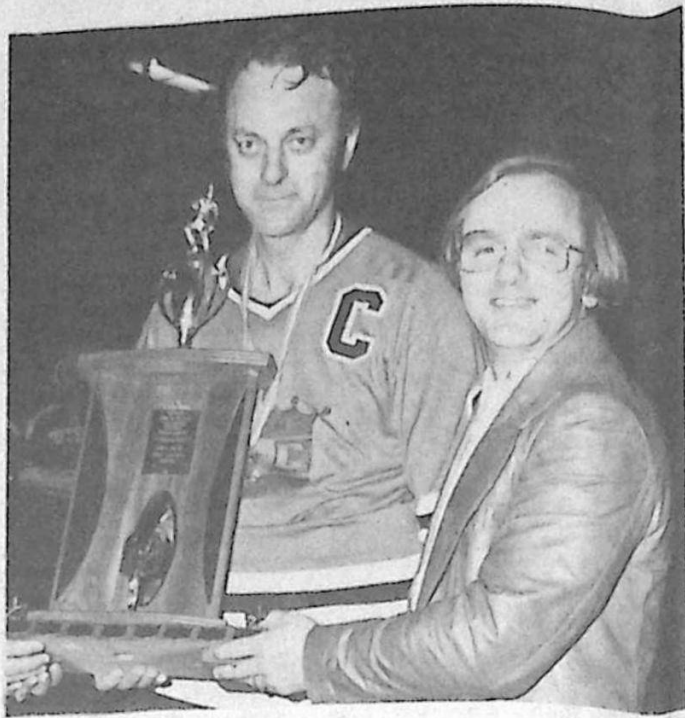
As a resort area, however, Whistler leaves a bit to be desired. There are four or five ski lodges situated in the area that offer reasonable accommodation at unreasonable prices. One couple we met figured they were paying eighty dollars a night for their room through a ski holiday package. The meals we had were acceptable but the Comox Valley offers a much wider choice at comparable prices.

A big disappointment was that the day care centre that was advertised in brochures was not running and the management of the Gibraldi Lifts did not seem concerned that people who had travelled thousands of miles to ski could not look after their offspring.

If you rent a chalet as we did, remember to take your groceries with you. There is no such thing as a grocery store in Whistler. We went expecting a town similar to Banff. We were quite surprised. But we must have enjoyed ourselves, as we arrived home tired, and broke. More often than not those two things at the same time signify that you had a fun vacation.

CUSTOM QUIZ ANSWERS

1. Yes
2. Yes
3. (a)
4. (c)
5. (b)
6. Yes
7. No
8. Yes
9. Yes
10. No
11. (d)
12. (c)
13. (b)
14. No
15. No
16. Yes
17. (b)
18. (d)
19. (b)
20. (b)



Campbell River champs

Doc Turner team captain for the Campbell River "Oldtimers" is shown receiving the trophy from Mr. Richard Perks of the Port Augusta Motel, donor of the trophy.

Oldtimers tourney

The First Annual Hockey Tournament (Oldtimers) was held at the Glacier Gardens Arena the 6-9 April, 1979.

Up for grabs was the Port Augusta Trophy for the first place finishers and medals which were donated by R.A. Arnett Realty, were given to the first, second and third place finishers.

A total of 11 games were played with teams from Powell River, Campbell River, Port Alberni, Courtenay and the hosts, Comox.

On Friday a "Meet and Greet" was held after the second of two games were played and all went well. Saturday there were a total of five games played and at 1900 (7 p.m.) a Banquet, followed by a dance, was held in the WO's and Sgt's Mess.

From the "Luck of the Draw" the CFB Comox "Totem" Oldtimers had a monumental task to achieve in order to win. They were required to play games at 0900, 1300 and again at 1500, all the same day...

The Tournament was a great success thanks mainly to Sgt "Duke" Reid the Organizer, Director, Chairman, Jury of Appeal, Secretary and whatever other position it takes to run a Tournament. The Base Recreation Staff were very co-operative and Sgt. Molloy from this staff and his arena crew did an outstanding effort in ice maintenance. The officials were excellent and even the losers praised all facets of the tournament. Thanks to the WO's and Sgts. Mess and the F.R. ranks mess for being such great hosts.

The Campbell River team defeated our own Totems 3-2 in the Championship game to win the Gold, the Silver was won by the Totems and the third place Bronze went to Courtenay.

The game results and final standings were:
Game No. 1 Fri.-Campbell River (4) Port Alberni (3).
Game No. 2 -Courtenay (6) Powell River (3).
Game No. 3 Sat. - Comox (7) Courtenay (3).
Game No. 4 - Campbell River (5) Powell River (3).
Game No. 5 - Comox (9) Port Alberni (3).
Game No. 6 - Courtenay (4) Campbell River (4).
Game No. 7 - Port Alberni (2) Powell River (4).
Game No. 8 Sun. - Comox (3) Powell River (3).
Game No. 9 - Courtenay (9) Port Alberni (4).
Game No. 10 - Campbell River (3) Comox (2).
Game No. 11 Championship Game Campbell River (3) Comox (2).

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5 6 4 3 8 3 0

8 4 5 1 4 8 0

6 6 7 5 3 5 3

3 6 3 4 6 8 5

last 6 digits win \$10,000

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last 4 digits win \$400

last 3 digits win \$25

MAR. 7 DRAW

0 5	4 6 8 7 2
1 2	9 7 7 4 4
1 9	9 6 9 3 8
0 2	2 2 3 7 5
0 5	1 9 1 1 6

MAR. 21 DRAW

0 6	4 5 1 4 5
0 5	6 7 4 7 7
0 3	8 7 1 7 9
1 4	1 4 1 8 5
0 2	4 8 0 9 3

MAR. 14 DRAW

1 4	8 2 1 1 6
1 6	3 3 3 4 6
1 9	3 7 3 3 2
0 2	9 3 2 6 4
1 3	4 6 9 0 5

MAR. 28 DRAW

2 2	7 4 1 9 0
1 9	3 3 9 8 7
0 8	6 6 7 4 8
1 2	8 7 7 0 4
0 2	2 9 1 0 2

MARCH 25 DRAW

WINNING NUMBERS

3 5 0 7 1 3 8

5 6 4 3 8 3 0

8 4 5 1 4 8 0

6 6 7 5 3 5 3

3 6 3 4 6 8 5

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Running and the mind

Whether motivated by a suicidal impulse or by other impulses, more and more people who never believed in exercise have begun running. And in doing so, are discovering running's therapeutic effect of the scars caused by the stresses of modern society - including depression, nervousness, inability to sleep, inability to cope with their environment. "Running is good for mental health". This is a lesson that many psychiatrists, psychologists and physiologists have begun to discover.

Several doctors have begun to ask questions as to why running improves the mental, as well as, the physical health. They have begun to explore the almost uncharted regions of running and the mind, and have come to the conclusion that jogging - and even running marathons - may prove to be a superior form of therapy.

In a recent book, The Joy Of Running, Dr. Kostrubala writes: "I have talked to many runners - runners who run long, medium, and short distances - and I have come to the conclusion that running done in a particular way is a form of natural psychotherapy. It stimulates the unconscious and is a powerful catalyst to the individual psyche."

The academic world has begun to take notice of this promising area for both research and accomplishment. A research seminar on Physical Fitness and Mental Health was organized in 1977 by the University of Nebraska found that the link between exercise and tension reduction is so clear it is no longer even questioned by most researchers. It's a dead issue.

Perhaps any measurable psychological benefits from running may come not from the act itself, but from the opportunity that the act gives the runner to get away from the stresses and pressures of modern society. You cannot answer a telephone or pay bills while running and long runs in the woods or on back country roads may permit otherwise harassed business executives, or housewives, to let their minds spin free, engage in a form of daydreaming and relaxation. In many cases, long distance running can provide some

stunning cures, much more than most traditional psychiatrists today are willing to admit.

As far back as the 1940's, certain veteran's hospitals used running as one means of calming their patients and keeping them out of trouble. Then along came tranquilizers and other forms of drugs. All the psychiatrists got out their chemistry sets and forgot about the potential benefits of exercise. It was like the old DuPont slogan: "Better Things From Chemistry".

Recently, however, a small group of researchers - not all of them psychiatrists or psychologists, some of them exercise physiologists - have begun to demonstrate that various forms of exercise may prove superior in their effect to drug therapy. Researchers found that exercise in single doses works better than tranquilizers as a muscle relaxant among elderly persons with symptoms of anxiety tension - and without undesirable side effects.

They also discovered that, through a physical conditioning program, the program helped people make friends, relieved tension, and increased their energy level.

They found, however, that such gains were more apparent in people who were unfit physically before beginning the program. With subjects previously fit, further increases in their fitness might not necessarily produce these psychological gains.

One study involving golfers, archers and joggers found the greatest improvement among the group of women joggers, but also noticed that "the women who chose to take the jogging, were more 'down' psychologically than their counterparts, who elected archery or golf".

This, seemingly, would provide ammunition for those individuals who, for years, have been convinced that "all

runners are nuts anyway". In fact, Dr. Kostrubala claims he can name at least two world class marathon runners who are mentally ill and only approach accepted standards of 'normality' because of their running.

At the University of Wisconsin, a 'pilot' study involved patients who came to the University outpatient clinic complaining of depression, or with difficulties functioning as students, workers, and family members. Dr. Greist chose at random eight to be treated instead of with standard psychotherapy, with 10 weeks of walking, jogging, and running.

At the same time, 14 individuals with 'comparable presenting problems' received standard psychiatric treatment. The eight subjects spent one hour three times a week with a running leader. The patients did not overstress themselves and, in fact, progressed more slowly than most of them might have wished.

After 10 weeks of such running therapy, Dr. Dreist found six of the eight patients to be essentially symptom free, about the same rate of improvement as those un-

dergoing normal therapy. But on one measure - the patients' rating of the severity of the chief complaint - the running group showed greater improvement.

The mind is considered by some to be capable of healing the body, just as psychosomatic illnesses are linked to the mind. This once was thought to be a one-way street: Mind-to-body. But now it seems, that the body also may be able to affect the mind, providing a double-barreled approach. Perhaps, the one-way sign can be removed to permit two-way travel: mind-to-body and back to mind.

Scientists have only recently begun to realize that an activity, such as running, supposedly engaged in solely for physical benefits, can have a profound effect on the psyche of the individual.

Two St. Louis University researchers have reported that there is scientific evidence that runners really do feel better. Running results in the release of a chemical, Atp, that improves circulation and metabolism in the brain. The release of ATP leads to the runner's euphoria that not only makes them feel better but also think more clearly.



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Logistic games

The 6th March, 1979 saw the Base Comptroller Branch, the Base Transportation, Base Supply and Base Foods Services Sections competing for the Inter-logistics Olympic Trophy.

The committee had worked hard to make the afternoon enjoyable for all and the event turned out to be a complete success. The official events ranged from balancing acts to basketball throws with world

class competitors in all events.

As in all competitions the devotion and training to prepare for such events ended in the sorrow of defeat or in the joy of victory. To heal the wounds and celebrate the victories the Totem Lounge bar was open and food served in order that the athletes could build up their strength for another day and prepare for the long road of training to get ready for next year's competitions.



Base photo

THE WINNING TEAM

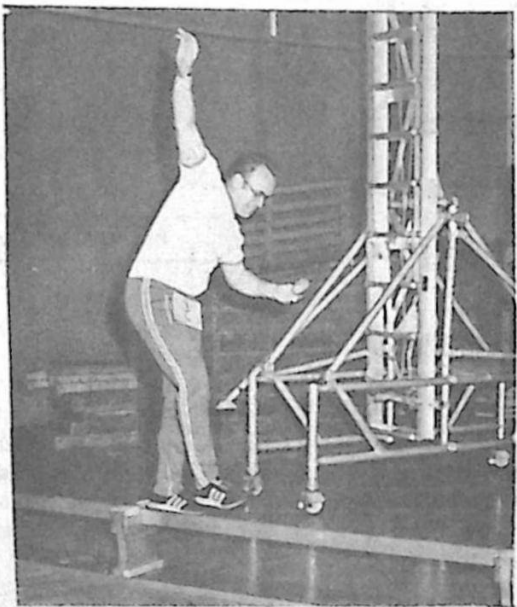
From Left: Hank Oke, Guy Paquin, Lise Forget, Al Barette, Jackie Giarard, Clutch Clouthier, Dee Holmes, Rud Richardson.

Ball workshop

A Softball Umpire's workshop will be held at CFB Esquimalt 4-5 May '79. All CFB Comox Service personnel that would like to receive an update on the rules, and there are a number of changes, should plan to attend this workshop. Rations

and Quarters are available at CFB Esquimalt. This workshop is open to those qualified to Umpire at Base Team level or higher.

All personnel interested are to contact the Rec Centre local 315 no later than 25 April '79.



Base photo

I'm going to crash

Mike Redfern has some touchy moments during the spoon n' potato event.



Base photo

Lcol. Clements presenting the Inter Logistics Olympic Games trophy to the winning section, base foods.

From Left - John Leonard, Mickey Hargreaves, Mike Dodds, Roy Delaney.



Base photo

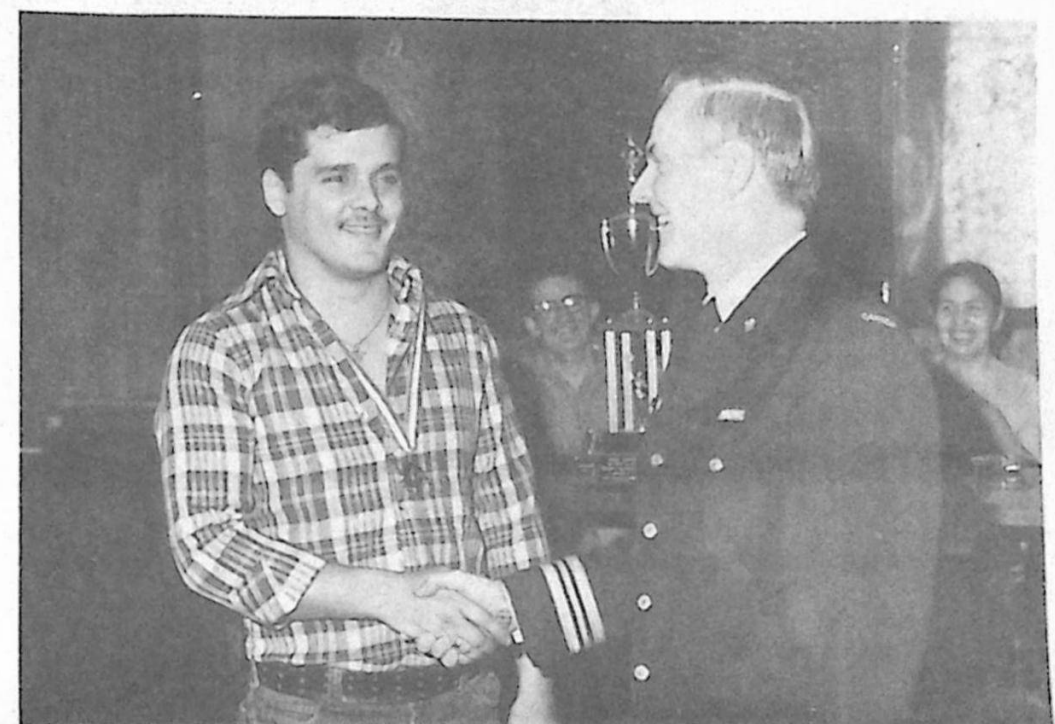
Maj. Beaudet presents Rud Richardson with top male award.



Base photo

I owe it all to wheaties

Maj. Orser presents excited Lise Forget with top female trophy.



Base photo

Maj. Lugg presents male runner-up award to Roy Delamey.

ANNOUNCING...

Another SISIP benefit for single and married members who need EXTRA LIFE INSURANCE!

OPTIONAL GROUP TERM INSURANCE... FOR SISIP PARTICIPANTS

MONTHLY COST	AMOUNTS OF INSURANCE				
	\$ 10,000	\$ 20,000	\$ 30,000	\$ 40,000	\$ 50,000
UNDER AGE 25	\$ 1.10	\$ 2.20	\$ 3.30	\$ 4.40	\$ 5.50
AGES 25 TO 29	\$ 1.30	\$ 2.60	\$ 3.90	\$ 5.20	\$ 6.50
AGES 30 TO 34	\$ 1.50	\$ 3.00	\$ 4.50	\$ 6.00	\$ 7.50
AGES 35 TO 39	\$ 2.00	\$ 4.00	\$ 6.00	\$ 8.00	\$ 10.00
AGES 40 TO 44	\$ 2.50	\$ 5.00	\$ 7.50	\$ 10.00	\$ 12.50
AGES 45 TO 49	\$ 3.60	\$ 7.20	\$ 10.80	\$ 14.40	\$ 18.00
AGES 50 & OVER	\$ 4.80	\$ 9.60	\$ 14.40	\$ 19.20	\$ 24.00

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Accounting Office**

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Capt. G. A. Gast, Base Pension and Insurance Co-ordinator - Loc. 383

Preamble

Results of the semi-annual PMQ Council election are complete. A warm welcome to all new elected and volunteer members who will serve for one year commencing 1 April, '79.

They are as follows: (Ward 1, Apt. A and B, House 1-11, 101, 119-122), A.L. Wingo and D.A. Ridley; (Ward 2, Apts. C, D, E, and F), E. Muna and G.D. Mayhert; (Ward 3, 12-25 and 34-48), G. Grosvenor and G.T. Roy; (Ward 4, 26-33 and 49-65), B.W. Lovell and Blanchard; (Ward 5, 66-83), J.D. Wiggins and R.T. Brown; (Ward 6, 84-100), D.G. Waller; (Ward 7, Apts. 102, 103, 105-108), Cpl. Bosse; (Ward 8, Apts. 104, 109, 117, and 118), Mrs. Freeman; (Ward 9, Apts. 110-112, 114, 116), D.E. Huttmacher.

Many thanks to all the departing Council members for job well done. Your hard work is appreciated. They are: (Ward 1), Dave Dixon and Mike Keller; (Ward 2), Dave Fiddy; (Ward 3) George

Scholer and Paul Leger; (Ward 4) Len Blais and Clare Belliveau; (Ward 5) Dee Tkacz and Paul Soucy; (Ward 7) Bill Chesnut; (Ward 8) Dale Smith; (Ward 9) Gerry Desnoyers.

Council members remaining in office are: (Ward 2) Jim Dodge; (Ward 4) Gord Synnuck; (Ward 5) Dave Burt; (Ward 6) Dennis McMahon; (Ward 7) Joan Asselstine; (Ward 8) Joan LeBlanc; (Ward 9), J.J. Landry and Dave Tucker. Also remaining is Mayor Bob Taylor and Town Clerk Stan Doubleday.

Ever wonder where the PMQ Community Council money goes? The expenditure includes Recreation (ball program, summer program, swimming pool rental and indoor sports), Administration (typing, tax rebates, Totem Times delivery and misc.), Works (playground maintenance), Community Activities (BTO, Scout Program grants, youth

bowling grant, and Christmas cartoon show) and Special Activities (School library, school sports day, Sunday School picnic, family day, PMQ Appearance Award and Miss Wallace Gardens).

Official Spring Cleanup Week was hopefully a success! This is the time to "spring" into appropriate actions on our entire Wallace Gardens area.

Bantam and Junior members of the YBC are reminded that their awards presentations take place this Saturday, April 21 in the Social Centre. Bantams start at 1230 hrs. and Juniors at 1730 hrs.

This will be my last column. It has been a learning experience and I can say sincerely that I have derived many hours of pleasure from writing the PMQ Preamble and trying to communicate useful information to the readers. My thanks to all those who called me with information of current events and this contributed to the interest of the column.

My personal thanks to my hubby for his loving support and encouragement, for many times supplying me with just the "right" word I sought, and for his wise and philosophical thoughts on certain issues. He indeed helped the council and community through his assistance to me.

I do hope you will continue to support with news the incoming Preamble writer. I am sure he or she will appreciate any news, comments, questions, etc. from anyone in our PMQ family.

Dee Tkacz

Chapel Chimes



RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) - Telephone 339-2211

Loc. 274; Residence - 339-2102.

MASSSES FOR SUNDAY:

Saturday - 7:00 p.m.
Sunday - 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSSES: 9:00 a.m.

SACRAMENT OF RECONCILIATION: Confessions are heard before all Masses and any time upon request.

BAPTISM: By appointment. Please phone ahead in plenty of time.

MARRIAGES: Please come in months before your marriage.
CATECHISM CLASSES: Each Wednesday night at the PMQ School, 6:30-7:30 p.m.

THE PROTESTANT CHAPEL

Telephone: 339-2211 Loc. 273.

L.R. Coleman, Maj. (Base Chap (P) CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

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

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

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

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

Junior Choir: 1830 Hrs. Thursday at the Chapel.

Senior Choir: 2000 Hrs. Thursday at the Chapel.

SUNDAY SCHOOL: The Sunday School operates from September to June, ages 6-15 meet in the Chapel at 9:30 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 11:00 hours. All children are invited to attend.

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

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



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Garry Sweeney

music reviews and syndicated columnist

Gary Stewart, a songwriter turned hitmaker, is rapidly carving out a niche in the charts with his current "Garry" (RCA AHL 1-3288) an album that blends the high energy of Stewart with some of Nashville's finest session musicians. The set is a dazzling display of just how much country music has progressed over the past few years.

WITH PRIDE

With persuasion from Mel Tillis, Gary continued to write and finally headed for Nashville, from his home base of Florida. There seemed to be an instant demand for his songs, with Billy Walker recording "When A Man Loves A Woman" and "She Goes Walking Through My Mind", and "There's A Whole Lot About A Woman" and everyone from Jim Ed Brown and Roy Drusky through Peggy Little and even Nat Stuckey recognized that Stewart's writing was all about and cut his songs.

As a writer, Gary had little trouble in cracking any type of barrier in Nashville. His break as a performer came when he landed a job with Charley Pride, working in the Pridemen's band where he played piano fronted the group and was given a chance to sing his songs. This led to a recording contract and in short order, Stewart had albums on the charts.

His first efforts, "Out Of Hand," "Steppin' Out" and

"Your Place Or Mine" were all moderately successful and now with the release of "Garry" it looks, from early indications in sales and chart positions, like Stewart is 'stepping out' and heading straight to the top.

MAZELLE

Opening the set with his high stepping "Mazelle", Stewart adds some highly sophisticated guitar workings to an undercurrent of bass and some solid percussion work to come up with a song that has all the necessary ingredients to be culled for immediate release as a single.

With "Shady Streets" the chanter uses a laid-back contemporary sound to convey his message, while "The Next Thing You Know" is a medium paced shuffler of lost love. One of the album highlights comes with the ultra slick production of "I've Just Seen The Rock Of Ages", a tune that uses a backbeat and solid instrumentation throughout. This song, with its immediate message, should be considered by RCA execs for singles release also.

Stewart balances the new and contemporary styled songs with a harmonica laced rendition of the classic Hank Williams opus "Lost Highway" and rounds out the set with "One More", "The Same Man" and "The Blues Don't Care Who's Got 'Em". Production by Roy Dea. Album could be the breakout vehicle that Stewart needs for star status.

Batmobile's successor sought

The sky was partially cloudy. A full moon did little to illuminate the crumbling edges of the pavement. Thirty police and government personnel stood waiting well back from markers that had been placed on the ancient runway.

This is not the opening scene in a science fiction movie or a secret plot to overthrow the government of a banana republic. This is a description of a normal activity of B.C.'s Drinking Driving Counter Attack.

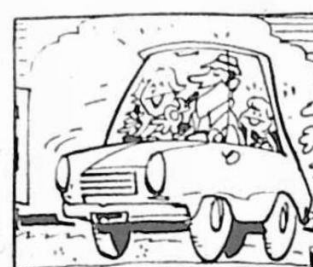
On this particular occasion the police and government personnel were gathered together to view a demonstration of an experimental device which could help police detect drinking drivers without ever having to stop a moving vehicle. The darkness was important to the demonstration since most drinking driving takes place at night. The abandoned airport was chosen since it permitted drivers at controlled levels of intoxication to drive cars without danger of a collision.

CounterAttack's Director, Ron J. Boyle states that this type of activity is a normal function of the program because every effort to improve upon present methods of enforcing laws will aid in the overall goal of reducing the amount of drinking driving in the province. "Whether or not the device

demonstrated on this particular evening would ever be practical to use is really beside the point," observed Boyle. "The important thing is that we are looking at everything that could possibly help us in achieving our objective."

The device that was being demonstrated was a prototype of an instrument to electronically measure a driver's ability to control a car and compare this with the performance of an average sober driver. According to the inventor, impaired drivers make greater errors than sober drivers and the machine could measure that error even though most people watching would not likely notice the difference. The effect would be that police would be able to detect many of the "borderline" cases of drivers who have drunk more than the law allows but whose driving has not yet visibly deteriorated. "We cannot say much about this device yet because all we have seen is a demonstration as to how it would be applied

in testing. We are now studying a proposal for testing under actual driving conditions to determine whether or not it would be practical and potentially helpful to us in B.C. Very often an idea is developed which shows excellent results under controlled laboratory conditions but is too costly or too complicated to apply in every-day use," Boyle said. "If we're convinced that the device has practical use, B.C. drivers may find themselves with another extremely convincing reason for curbing their drinking."



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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."

IT IS A BEAUTIFUL HOME, BUT...

A HOUSE is perhaps the largest single purchase made by the average consumer. Few people really understand exactly what they are buying or how they are paying for it.

TODAY, I would like to cover with you some of the terminology pertaining to the real estate industry. A purchaser is the Buyer, a Vendor the seller.

FOR a contract to be valid it must be in writing. It is an agreement between two or more parties to purchase or sell real estate. The contract is called an INTERIM AGREEMENT. It is binding as it presumes to express your intentions. It is called an "Interim" because some further legal documents, a Deed or Agreement for Sale, are required in order to finish or complete the transaction. DEPOSIT: A deposit has two basic functions. It is a part payment of the purchase price; it is a guarantee of performance. If there is no contract because of a "subject clause" not being met, the deposit is returned to the purchaser. ADJUSTMENT DATE: From here on in the Purchaser pays, this is a fixed date for adjusting taxes and mortgage payments. Taxes are applicable from January 1st to December 31st, but are payable on or before July 1st each year. The usual practice is to adjust taxes on the basis of the tax assessment for the preceding year. An example for you would be, if the yearly taxes are \$600.00 and were paid in July by the Vendor, with your adjustment date being September 1st, then the Purchaser would pay the Vendor the unused portion of the years dues. Sept. Oct. Nov. Dec. POSSESSION DATE: Home, sweet home. This is the date upon which you can move in. It is usually the same date or later (never before) as the completion date.

COMPLETION DATE: Money changes hands on this day, all documentation must be finished.

The Purchaser pays to prepare all conveyancing documents and to pay all costs of conveyancing. The money should not be paid until the documents are accepted for filing in the Land Registry Office.

RISKS - WHO INSURES? WHEN property is being transferred from one person to another, it is important for the parties to agree and to indicate in the Interim Agreement exactly when risk passes from the Vendor to the Purchaser. The risk is upon the Vendor until the time of completion, so the Vendor should maintain his fire insurance on the premises until the time of completion.

FIXTURE & CHATTELS: SOMETIME a problem arises when there is something inside the house that is affixed to the building. Normally fixtures are permanent improvements to the property and may not be removed. Examples fixed, carpets, curtain rods, screen doors. Chattels are not fixtures, they may be purchased separately by the Purchaser, like portable dishwashers, fridges & drapes. In the event you do purchase these Chattels the Interim Agreement should specify so as no problems arise.

HOPEFULLY this article aided you, we at Nanaimo Realty can give you the professional guidance and assistance if required, be it buying or selling.

MY FOOTNOTE TODAY: A good decision is not one that is unemotionally made, but one that recognizes and takes into account the many emotions that influence all of us.

MAUREEN ARTHUR is an experienced Real Estate Saleslady with Nanaimo Realty, 576 England Avenue, Courtenay, B.C. 334-3124 (paid advertisement)

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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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THE ANATOMY OF A CANADA STAMP

While just about every topic in the world is shown on stamps, most stamps are composed of but six parts: design, printing, paper, watermark, glue and separation.

The design process begins when the government authorizes a new stamp, including a subject and a value. Proposed sketches are submitted, one design is picked and greatly enlarged. Illustrators and graphic artists work from this enlargement to prepare finished art. The completed art is turned over to an engraver whose job it is to reproduce the art in metal, which is called a die. The master die is transferred to a press die by using transfer rolls under great pressure, and the printing process begins.

A common printing method is the engraved intaglio, which means the stamps are produced from steel or copper plates. This is also known as recess or line-engraved printing.

Typography -- prints stamps from movable type or from plates which have the design in raised figures. (Letterpress printing).

Lithography -- originally printed from stone by transfer image, but the more modern lithography makes use also of aluminum and zinc plates. The impressions are entirely flat.

Photogravure (rotogravure) -- in both processes an original illustration is produced by photo-mechanical means. Gravure printing can be identified, with the aid of a strong

magnifying glass and appearing as evenly distributed dots throughout the design.

Three basic kinds of paper had been used. Laid paper made with parallel lines, and can be seen when held to the light.

Wove paper -- usually very smooth both sides, and uniform texture when held up to the light.

Granite paper (silurian) -- similar to silk paper. More recently three other types of paper have been used. Paper A -- Creamy, little or no fluorescence. Paper type B -- White, very fluorescent. Paper type C -- White, little or no fluorescence.

Watermarks -- are brands impressed into the paper at the time of manufacture, under pressure that leaves them permanently part of the structure. There are many different kinds of watermarks, and can be detected by a drop of benzine or naphtha (use with caution) or can be detected by ultra-violet rays, or light filters.

Glue or gum is put on the backs of stamps to allow the user to affix them to his letters.

Originally stamps were sold in sheets, and it was necessary to use scissors to cut out individual stamps. These stamps were called imperforated stamps. An Irishman, Henry Archer, who in 1847 invented the first method of separating stamps by what is known as the roulette process. At a later date he improved on this with a new machine which made small holes all around the stamps which are known as perforations.

T. Lucas, President

Teen news

On April 13 we held a Fun Bowling Day and four people won awards. The four were Mike Naso, Donna Cook, Gordon (Goose) Mooney, and Sue Purcell. We had a good turnout and if there's another one we would like to see more people attend.

On April 14 we had a Disco Dance and prizes were awarded for spot dances. Winners were Mitch Smith and Debbie Harpell, Mike Naso and Cheryl Fraser, Clayton Verchere and Michelle Lapointe. During the evening we had a dance contest won by Rick Gillis and Judy Gallely.

We also had the draw for the radio cassette and this was won by N. Byrnes PMQ 46.

On the 23 April we will be having a Casino Night in the building using play money with 50 cents equaling \$10.00. Time 7 p.m. till 10 p.m. It's open to all teens on base.

Dances will be held every Saturday night from 10 p.m. till 1 a.m. in the building.

We were getting quite a few new members but we can still use more so kids, come out and support your local Teen Organization. See you next issue.

Pitch-in

More than 200 organizations in British Columbia have already made plans to clean-up a part of their immediate environment during Pitch-In '79 which will be held May 7-12, 1979.

"Response to this year's campaign is overwhelming," stated Robert Simmons, Chairman of Outdoors Unlittered's Board of Directors in British Columbia. He added, "It seems that our theme 'Lend a Hand to Clean our Land' motivated hundreds of thousands of people to do just that and we are very enthusiastic about this excellent response".

The campaign was announced in March, 1979 by the Hon. Rafe Mair, Minister of Environment in a letter addressed to schools, towns and voluntary organizations.

Outdoors Unlittered reports that requests for free garbage bags, donated by Shell Canada Limited for clean-up projects undertaken during May 7-12, have been coming into the Outdoors Unlittered office at an extraordinary rate and the organization hopes to be able to supply every organization with bags.

This is the 11th year that the Pitch-In campaign will be held in British Columbia and

it is also the first year that the campaign will be held in Winnipeg, Manitoba.

"Pitch-In is now the largest environmental public participation program in Canada with projects being undertaken from Vancouver Island to Winnipeg," stated Robert Simmons, adding "and it all started with a group of ten volunteers who, in 1967, regularly cleaned litter from beaches in Victoria, British Columbia."

Even though Outdoors Unlittered now receives financial support from provincial governments, local governments, industry, schools and the media, the organization is still totally dependent on the efforts of more than a million volunteers who implement the many programs available from Outdoors Unlittered.

"Without our volunteers we would not be able to have much effect."

Outdoors Unlittered is a non-profit, charitable organization founded in 1967 and supported by government, industry, and the media. For further information on any Outdoors Unlittered programs write to 200-1326 Johnston Road, White Rock, V4B 3Z2.



Estimate the number of bottles and glasses of wine, beer, cider, or distilled spirits consumed during the last week:

Beer or Cider:	12 oz. bottles glasses	Number	Alcohol Equivalent
	 X 1.7	or cl
	 X 1.1	or cl
Wine:	35 oz. bottles X 10.0	or cl
	25 oz. bottles glasses X 7.0	or cl
	 X 1.0	or cl
Distilled:	40 oz. bottles X 45.0	or cl
	25 oz. bottles X 28.0	or cl
	12 oz. bottles X 14.0	or cl
	drinks (shots) X 1.5	or cl
	drinks (doubles) X 3.0	or cl

Weekly Total

Divide your weekly total by 7 to determine your daily intake of absolute alcohol. If your daily intake is 15 cl or more, you are drinking at an alcoholic level according to the definition of the Addiction Research Foundation of Ontario. If your daily intake is 10 cl to 15 cl, you are drinking at a level which is hazardous to health which simply means it will eventually cost you physical disease.

If you would like to talk to somebody about your drinking habits why not seek out your Base Drug Education Co-ordinator, or your doctor, or padre, or social worker, or AA ... there are lots of people who are knowledgeable and concerned ... they care. DO IT NOW.

BASE DRUG AND ALCOHOL COMMITTEE

Capt. Frank Manuel	407 Sqn.	Loc 302
Capt. Wayne Fisher	442 Sqn	Loc 239
Dr. Culver-James	Base Hospital	Loc 213
Sgt. Gerry Murphy	407 Sqn	Loc 417
MWO Ken Greer	409 Sqn	Loc 379
MCpl Jim Judge	BAMSO	Loc 336
Sgt Hank Oke	B Compt	Loc 383
MCpl Gord Pflug	B Sec	Loc 218
WO Ted Forget	407 Sqn	Loc 302
Padre Coleman	B Cahp (P)	Loc 273
Padre Stack	B Chap (RC)	Loc 274

If you think you have a related problem give any of the above a call at any time.

Migraine weather

A research project to examine a link between migraine headaches and the weather was announced today by the Atmospheric Environment Service of Environment Canada.

Jointly undertaken with The Migraine Foundation, the study will attempt to cast some light on the widely held but so far unproven belief that certain kinds of weather can trigger or worsen an attack of the painful affliction which affects at least 20 per cent of the population.

Some 200 volunteers are involved, including 150 provided through The Migraine Foundation and 50 from the Atmospheric Environment Service in Downsview, Ontario. The volunteers will provide information about when and how severely they have suffered migraine attacks and where they were in Canada at the time. Comparison of the answers were weather records is expected to clarify whether there is a relationship and, if so, what kinds of weather are responsible.

The \$6,000 study is headed by Atmospheric Environment Services climatologist, David Phillips.

Mr. Phillips pointed out that if the relationship is confirmed, considerable help may be available to sufferers. "Using the extensive climatological archives of the Atmospheric Environment Service, we think it will be possible not only to forewarn migraine victims of the onset of unfavorable weather but also to determine those parts of Canada where such weather occurs most often," he said. "And while that won't provide a cure, it will give sufferers enough information to take advance medication, or to avoid those areas of the country which aggravate their misery."

A preliminary report, covering the weather - migraine relationship from January to June, is scheduled

for next September. At a later date, Mr. Phillips expects to produce a final report covering an entire year.

Apply today for your 5 FREE SHARES IN THE BRITISH COLUMBIA RESOURCES INVESTMENT CORPORATION...



You will share in 81% of Canadian Cellulose.

You will share in oil and gas exploration rights in northeastern B.C.

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, 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.

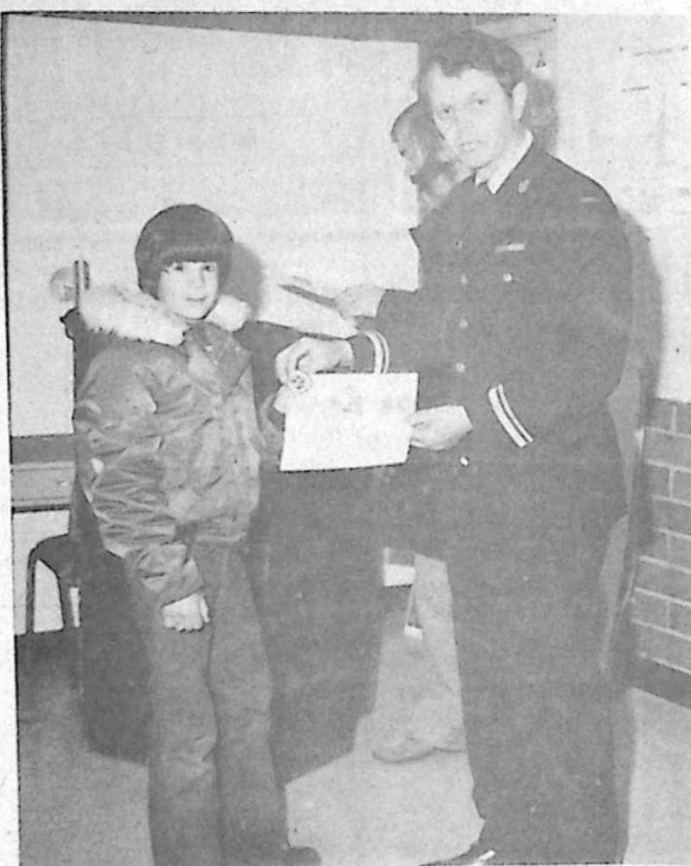
In other areas, information is available through your local Government Agent.



APPLY UNTIL JUNE 15 AT BANKS, TRUST COMPANIES, CREDIT UNIONS, INVESTMENT DEALERS THROUGHOUT BRITISH COLUMBIA.



Province of British Columbia



JR. BRIGADE

Paul Windish receives his scroll and badge from Fire Chief Evans. Airport School Gr. 5 class recently received Jr. Fire Brigade Training from Base Fire Dept. Personnel.

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Nighthawk promotions

BASE PHOTO



Capt Brian Taylor



Capt Dave Burt



WO John Montgomery



Mcpl Stu Boddy



Mcpl Charlie Williams

(Continued from page 5)

in charge of double shift work that went on during the 1977 season. Included in his engineer party were Cpl. Jim Mahoney, Enfield, N.S., a welder, Master Corporal Max Zwicker, Galetown, N.B., a carpenter, Cpl. Weldon Doherty, Stickney, N.B., and Cpl. Bob LeBlanc, Galetown, N.B.

This airstrip was handed over to MoT in late 1978. Only Spence Bay remains to be completed now and it should be handed over to MoT later this year.

For the Engineers it will be the end of nine tough years in the North. They leave behind them, good friendships with the local populations and the frustrations of trying to adapt southern construction methods to the hostile environment of the North. But they also have the satisfaction of knowing as Lt. Weisman said that "now aviators have 4,400 feet of solid runway 150 feet wide with a 400 foot overshoot". And the knowledge that they had made a major contribution to the opening of the Canadian Arctic.



RECENT RECIPIENTS of the Civil service 25 year award presented by the BComd. were: L to R., Mr. Jarvis, mse driver for BTNO; Mrs. Foden, BComd's secretary; Mr. Logan, weather forecaster; Mr. Clark, CE section.



RECENT PRESENTATIONS AT 442 Sqn. saw Al Pollon promoted to W.O., new Mcp. Edison, and Sgt. Johnson presented with his CD.

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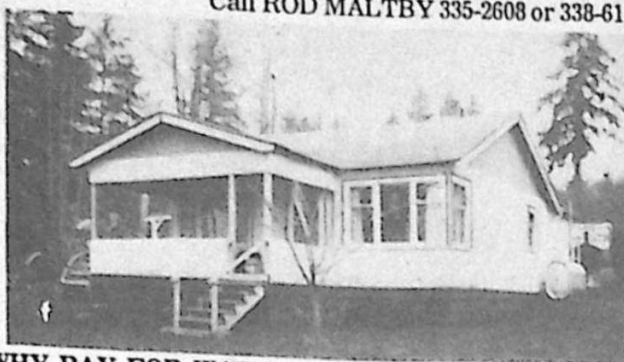
449-5th. STREET, COURTENAY

PHONE 334-3111

**1 OLD STYLE CHARMER**

Situated on a fairly quiet street, the bright cheery home has the benefits of older style homes like large foyers and windowed doors but is updated to have the comforts of today. Fruit trees, an established garden, even a little kids cottage add up to definite interest. This is a real family home. Call for an appointment.

Call ROD MALTBY 335-2608 or 338-6194

**2 WHY PAY FOR WATERFRONT?**

This clean and neat 2 bdrm. home is located on a 1/2 acre view lot with an unsurpassed view of Baynes Sound and just a 100 ft. from the waterside. Piped water and a LOW price of only \$34,900 means this will sell quickly. DON'T BE DISAPPOINTED.

Call MAX WEEGAR 334-4568

**3 PAINT FOR PROFIT**

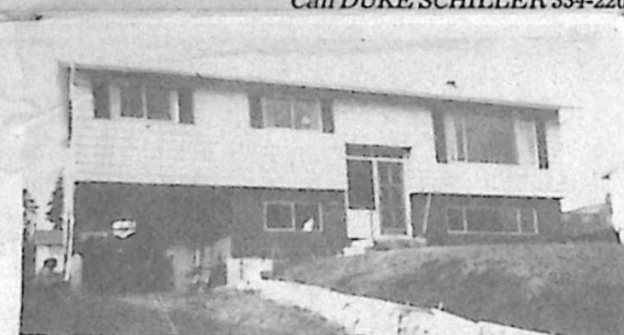
Well designed 3 bdrm. 1069 sq. ft. Comox home in need of a little paint and decorating. New roof last year. There's a single garage plus 10x20 storage shed. Over 1/2 acre lot provides all kinds of room for boats, rec vehicles, etc. Excellent value at \$33,900.

Call JIM GORDON 339-4615

**4 A REAL CHARMER**

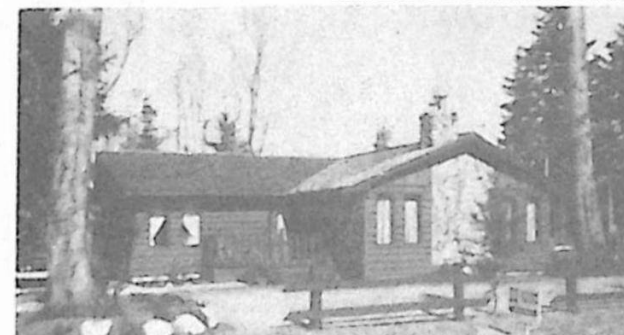
Located on a quiet street in Courtenay on a nicely landscaped lot with dbl. paved driveway. Other features are 3 bdrms., f'place, 1/2 bsm., alum. and brick siding and a neat rec or family room. Priced at \$44,500, it's worth a look.

Call DUKE SCHILLER 334-2203

**5 FITS PAY CHEQUE \$44,000**

3 bdrm. home with bsm., priced in your league. Lovely brick f'place in the bright LR, sundeck off DR. Maintenance free exterior siding. Handyman to finish the bsm. to his liking.

Call ED FOURNIER 338-6093

**6 LUSTROUS AS DAYBREAK**

Graceful and elegant and just waiting for a happy family. 3 bdrm. home with fascinating stone floor to ceiling f'place. Thermopane windows throughout. Here's a kitchen with everything you can imagine built-in.

Call ED FOURNIER 338-6093

**7 WATERFRONT SPECTACULAR**

Exquisite 4 bdrm. waterfront home on Seaclyffe Road. Large kitchen and dining area. Stone f'place separates living room and family room. All this plus a dbl. garage fully wired and plumbed.

Call HARRY SQUIRE 334-3427

**8 NEW 3 BDRM., COMOX**

Nestled in the trees in a brand new area close to the new high school and Brooklyn Elem. The brick and stucco exterior ensures a maintenance free home for years to come. The rooms are large and the LR is set off with an ornate brick f'place. The bdrms. area a good size with ensuite plumbing off the master. Top soil is in place and ready for seeding. Full price \$54,000 with financing to suit.

Call CLAY GRANT 339-3945

9 GOOD FOR CHILDREN

3 bdrm. full bsm., finished home. Quiet area of Courtenay. Large backyard completely fenced. A large brick f'place compliments the tastefully decorated home. Priced to sell at \$46,900.

Call WAYNE GRAFTON 334-2984

**10 VIEW PROPERTY**

Luxurious home with 4 bdrms., 3 baths, 3 f'places plus garage and 2 CP. View this today.

Call GAYE OR LLOYD WORK 334-2220

**11 COZY CAPE COD STYLE HOME**

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

Call AL ROBB 339-3307

**12 DOWNTOWN COURTENAY**

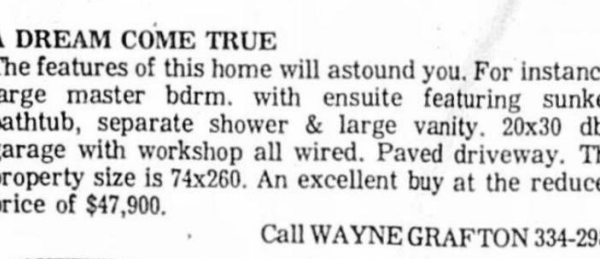
Save on gas! Walk to work from this cute 3 bdrm. home with heatilator f'place on 3rd Street. Investment possibilities as this lot is zoned for multiple dwellings. Only \$34,000.

Call RAY PAGE 338-6267

**13 CENTRAL COMOX RESIDENTIAL**

Functional open-style 2 storey home. New stucco, all new wall to wall, f'place. Very private backyard with trees, hedges & fruit trees. Asking \$49,900.

Call VIC RUSHTON 339-3484

**14 A DREAM COME TRUE**

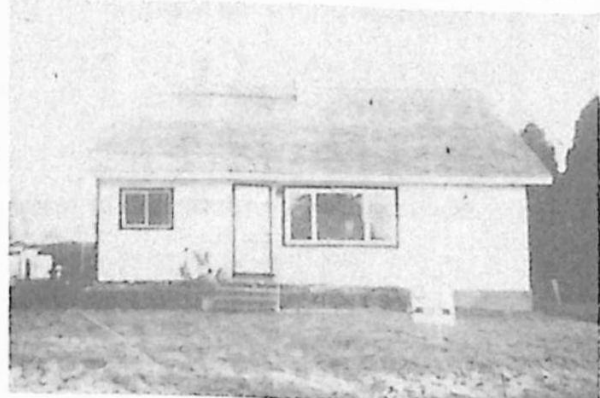
The features of this home will astound you. For instance, large master bdrm. with ensuite featuring sunken bathtub, separate shower & large vanity. 20x30 dbl. garage with workshop all wired. Paved driveway. The property size is 74x260. An excellent buy at the reduced price of \$47,900.

Call WAYNE GRAFTON 334-2984

**15 RURAL HAPPINESS**

Will be yours in this cedar home situated on a dead-end street just 2 miles from city center in the Valley's rural area. The property features a large workshop, greenhouse & various out buildings as well as a brick heatilator f'place.

Call ROD MALTBY 335-2608 or 338-6194

**16 GEARED FOR BIG FAMILY LIVING**

5 bdrms. up plus 2 extra rooms in the bsm. Large family kitchen, large LR, large rec room on the main floor. 2 complete bathrooms. All newly renovated. Close to schools & shopping. Perfect setting for the family with no car or one car concept. Priced right.

Call GAYE or LLOYD WORK 334-2220

**17 RETIREMENT SPECIAL**

Neat little 2 bdrm. bungalow on an easy to care for lot. Only 1 block to school or store. Special little workshop & utility shed at the rear. Full price just \$31,000.

Call DUKE SCHILLER 334-2203

18 DUPLEX

4 yr. old building, stucco exterior. Adjacent to Glacier View school. Each side rents for \$275-mo. Each unit has top quality carpeting, stove, fridge, 1 1/2 baths & 3 bdrms. Extra storage in bsm. Listed at \$54,000 with low down payment to existing mortgage.

Call VIC RUSHTON 339-3484

**19 RELAXED RURAL LIVING**

Can be yours in this 3 bdrm. Tudor style home with 2 pce. ensuite, WW, 2 f'places & large bsm. for rec room & 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

**20 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 & free boat launch & 3 miles from CFB Comox. This home features heatilator f'place & thermopane windows for the low heat bills, 1 1/2 baths, family size kitchen & private sunny sundeck. Asking price just \$63,900.

Call MICHAEL EMERSON 339-5809

**21 "THE OLD ORCHARD"**

3 bdrm. basement home just a short stroll from city centre in "The Old Orchard". F'place, sunny kitchen & a beautiful dbl. lot with an orchard full of peach trees, apples, plums & cherries. An excellent investment with zoning permission for professional offices.

Call BILL MORRISON 339-4063

**22 ASTRA BAY WATERFRONT**

Charming older home on a precious & private waterfront in the Little River area. 3 bdrms., small bsm., sunny kitchen & a nicely treed backyard. A real rare investment at only \$59,500.

Call BILL MORRISON 339-4063

**23 RARE BREED!!!**

One of the very few split levels available. Priced under \$50,000.

Call MAX WEEGAR 334-4568

**24 LETS GO TO THE COUNTRY**

Newly renovated in & out, 2 bdrm. home on approx. 1/4 acre. Wall to wall carpeting & lino throughout with bull bsm. Can't be beat for only \$27,900.

Call ED FOURNIER 338-6093

**25 IMMACULATE**

3 bdrm. home close to schools & playground. Full bsm., 2 baths. This home is priced to sell.

Call HARRY SQUIRE 334-3427

26 COUNTRY LIVING HERE

Fresh country air for the family with lots of playroom for the children & dogs. 2 bdrms. on main floor plus a large room up which could be divided into 2 rooms. Park-like setting, on Royston water system. Priced at \$27,500.

Call GAYE WORK 334-2220

27 1590 SQ. FT. OF LUXURY

Immaculate, luxurious bungalow on quiet street in Courtenay. 4 bdrms., cedar rec room, loads of storage closets & areas, enclosed garage, dishwasher & garburator. The excellent landscaping compliments both the bright exterior & enclosed patio. Priced below replacement at \$54,000.

Call AL ROBB 339-3307

**28 GENTLEMAN FARMER**

Black Creek area. 3375 sq. ft. of luxurious living with spacious rooms, granite f'place, 4 baths, separate dining, huge rec room & many other features that must be seen. Only \$79,500.

Call RAY PAGE 338-6267

**29 STUCCO, CEDAR, STONE**

This top quality 3 bdrm. home was built to above min. standards. Features extra insulation, combination ensuite, f'place & large kitchen-dining area. Landscaped & fenced.

Call VIC RUSHTON 339-3484

30 2 ACRES WATERFRONT & VIEW

The view of the mtns. from this character home is stupendous. Situated on a crest of a hill overlooking Baynes Sound this home features rustic finishing as well as expansive rock patios & rock gardens. Happiness could be yours for \$54,900.

Call ROD MALTBY 335-2608 or 338-6194

31 WALK TO WORK

Only a couple of blocks to downtown Courtenay, this full bsm. home has a self-contained suite upstairs with a private entrance. 2 bdrms. on the main floor. Full price just \$37,000.

Call DUKE SCHILLER 334-2220

32 A HOME WITH DRAMATIC FLAIR

This elite 2 storey, 4 bdrm. home contains all the features for formal living & dining. Luxurious carpeting & cedar decorating enhance the imposing stateliness of this home. Many more features too numerous to mention demands that you see this home.

Call ED FOURNIER 338-6093

33 DUPLEX

Only \$31,900. Live in one home & let the rental pay your mortgage. Walking distance to stores.

Call GAYE or LLOYD WORK 334-2220

**34 SOMETHING DIFFERENT, ALPINE DESIGN**

Attractive home has unique architect's design. Massive tall fireplace enhances a 16x16 living room. 2 baths, 4 sets of sliding glass doors, access for your camper, boat or mobile home. Offers to \$55,900.

Call VIC RUSHTON 339-3484

35 HANDYMAN'S SPECIALS

\$22,900

100x131 lot can be subdivided. Nice cozy house on 1/2 the lot. Excellent buy for the handy person to fix up to sell or rent and sell or build on the remaining lot.

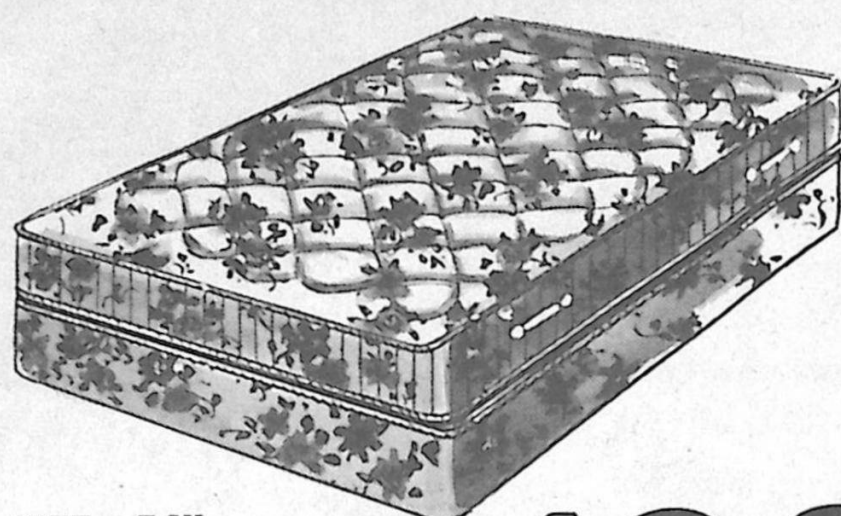
\$26,250

This one needs outside paint & inside attention. 2 bdrm. home on large 80x100 lot. Separate garage with lane. Ideal investment or starter.

Call WAYNE GRAFTON 334-2984



"SEALY" BOX SPRING AND MATTRESS



- SIZE - 54"
- "SLEEP-GUARD"

**BIRTHDAY
SALE**

\$199

SPRING SPECIALS

Powerhead Vacuum

The VC750 has a single speed motor with two stage fan and an air flow regulator on hose. The tool caddy holds a set of accessories including a floor and wall brush, upholstery nozzle, dusting brush and crevice tool. Mfg. sugg. ret. \$194.98



\$159.97

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THURSDAY
10:00 A.M. TO 8:00 P.M.

SUNLIGHT SOAP POWDER

- 6 Litre Size

\$2.99

TIDE DETERGENT

- 12 Litre

\$5.97

EX GARBAGE BAGS

- Extra Heavy Duty
- Pkg. of 10

79¢



GILLETTE FOAMY

300 ml.

\$1.17

HEAD & SHOULDERS SHAMPOO

300 ml.

\$2.17



VO5 SHAMPOO

regular, 450 ml.

\$1.77

AGREE SHAMPOO

225 ml.

\$1.19



5476 PLYMOUTH
Regular: L71" D35"

**SPECIAL
PURCHASE**

\$379.00

SANYO STEREO SET

- Stereo Receiver - JCX2100K
High Fidelity AM/FM
- TP535 Belt Drive With
Automatic Return
- AD2323 3-Way Speaker System
- Compare - Canex Low Price

\$369.00

ANACIN

100s

\$1.47

RES DAN

10 oz.

\$2.17

Q TIPS

400s

\$1.49