



# TOTEM TIMES



Exercise your rights -- cast your vote in the elections

VOL 21 -- NO. 9

CFB COMOX TOTEM TIMES

THURSDAY, MAY 3, 1979

NO CHARGE



## Totem Trippers

Whitler Photo

THIS CHORUS LINE of lovely ladies is just one of the delights of the Totem Little Theatre's latest production 'Decades'. The theme 'Decades' depicts the music of the last seven decades with situation comedy thrown in to round out the show. The

performances will be on May 8 and 9 at 8:00 P.M. Admission is just \$2 with accompanied children under 15 admitted free. For full story and more pictures see page 5.

## 6 May is Battle of the Atlantic Sunday

Battle of Atlantic Sunday, from the Minister of National Defence.

The battle of the Atlantic will be commemorated on Sunday 6 May '79. On that day we will pay our respects to those Canadian and allied sailors, merchant seamen and airmen who kept open the Atlantic Sea routes to Europe during the Second World War. Through their courage and endurance in the face of extreme danger and hardship, the battle was won and the way was paved for eventual allied victory. We will particularly remember at this time, those who gave their lives for the democratic freedom which is ours to enjoy.

The dedication of the officers and men who served their country in the battle of the Atlantic 1939-1945 will not be forgotten. Barney Danson

Battle of Atlantic Sunday from the Chief of Defence staff. Sunday 6 May '79 has been designated as Battle of the Atlantic Sunday. The national ceremony to commemorate the battle will be held at the sailor's memorial in Point Pleasant Park in Halifax while naval units across Canada will hold special memorial parades and church services.

Canadians will remember with pride the unselfish response of our young men and women from all walks of life who enabled a rapidly expanded Royal Canadian Navy to make such a tremendous contribution in the long struggle to keep our allies in Europe supplied with the resources so vital to the war effort.

Victory in the Battle of the Atlantic will be forever a tribute to the skill and effort of all who served the ships, military and civilian alike, and we remember with special gratitude those officers and men who paid the supreme sacrifice.

R.H. Falls, Admiral

## Editor's 3rd Edition

The editor's wife, Christine, has presented him with a new daughter, Delia Elizabeth, 7 lbs. 6 oz., born April 27th.

Delia is sister to the first two editions, Darren and Laura.

**Next Deadline**  
**Monday, May 14**

Please meet our deadline.

## Voting May 7 - 12

## CF forms bulk of early voters

OTTAWA (CFP) — Members of the Canadian Forces make up the bulk of the 100,000 Canadians eligible to cast their ballots in the May 22 federal election up to 14 days before the rest of the country. Using special write-in ballots, voting for them begins May 7 and ends May 12.

In addition to members of the forces the total figure includes eligible dependants residing with forces electors outside Canada and some civilians employed outside the country.

The pre-election voting occurs under the special voting rules to ensure that the Forces ballots are available for counting at the same time as the civilian vote.

These special regulations are under the direction of Colonel Robert Martin, 46, of Edmundston, N.B., and his special duties in the election make him one of the busiest men in the country these days. Col. Martin, is the permanent DND co-ordinator appointed by the minister, is travelling across Canada and to locations overseas to aid in setting up the special procedures necessary to ensure an orderly vote.

Actually his work began some time ago when 2,800 special voters lists were

prepared of all eligible personnel under the special voting rules. The large number of lists were necessary because the rules call for a list of electors to be available for every candidate nominated in each of the 282 ridings in the election.

Computer lists for each electoral district were prepared at National Defence Headquarters and delivered to the chief electoral officer April 2. The lists have the name, rank, and current military postal address of every Canadian forces elector eligible to vote for a candidate in a particular riding.

The DND computer centre also prepared alphabetical listings of all Canadian Forces electors. These lists will be used by the Chief Electoral Officers in Ottawa and by the special returning officers at the four voting territory headquarters in Edmonton, Ottawa, Halifax and London, England.

Other lists are being prepared at all units for use by deputy returning officers at the voting places of the units during the voting week.

Members of the Canadian Forces are ineligible to vote at civilian polls in the electoral district where they are presently residing unless that

electoral district is their chosen place of ordinary residence. If this is not so it is illegal for service personnel to vote at civilian polls in the ridings where they are presently posted.

About 16,000 Canadians will be entitled to vote outside the country. These are members of the Canadian Forces and their accompanying dependants 18 years of age and up on civilian polling day. Also included are members of the public service residing outside Canada and their eligible dependants and civilians employed by the force as teachers or as administrative support staff for the Forces schools. Their dependants may also vote if they qualify. Of members outside Canada include troops in the United States, Europe, Cyprus, and the Middle East.

Every attempt is made to keep the service vote secret. After the ballot is filled in it is placed in a special unmarked inner envelope and sealed by the voter. Then the inner envelope is placed in an appropriately addressed outer envelope by the deputy returning officer (DRO) and sealed by him. Both the voter and the DRO must sign the outer envelope. These are then forwarded to the ap-

propriate special civilian returning officers at Edmonton, Ottawa, Halifax and London to arrive prior to 1600 hours local time on Friday, May 18. Col. Martin explained that the ballots of most overseas members of the Forces and their dependants will go to London for sorting and counting by scrutineers selected by political parties. The ballots of the military in Canada and the United States will be sorted and counted in the three Canadian centres also by scrutineers.

Once totals have been tabulated for the various electoral districts in Edmonton, Ottawa, Halifax and London they are sent to the Chief Electoral Officer, J.M. Hamel in Ottawa by secure telecommunications. On May 22 — civilian polling day — the Chief Electoral Officer will in turn send the results to the returning officers in the respective ridings not earlier than one hour after the polls have closed. The returning officer must, where possible, merge the results of the votes under the special voting rules with the result of the votes of at least one advance poll in that electoral district.

## How, where and when to vote in the Federal Election



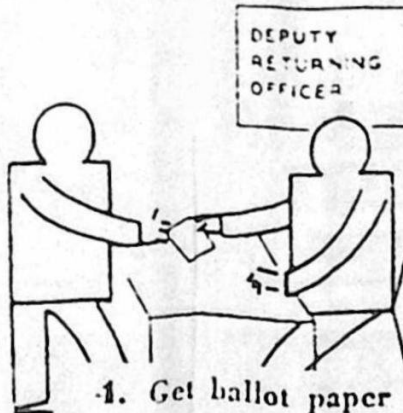
1. Check name of your constituency and names of candidates



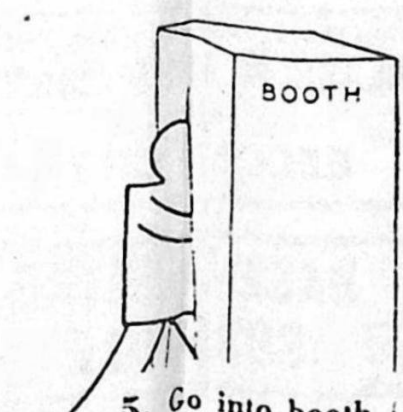
2. Get outer envelope from deputy returning officer and fill out form on back



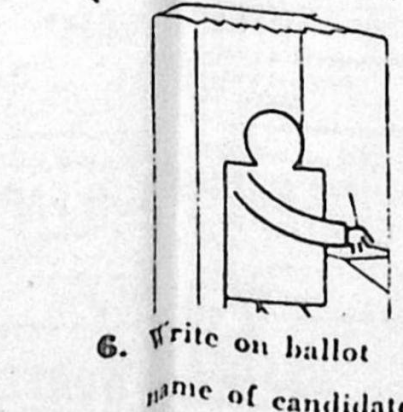
3. Deputy returning officer signs certificate on outer envelope



4. Get ballot paper from deputy returning officer



5. Go into booth

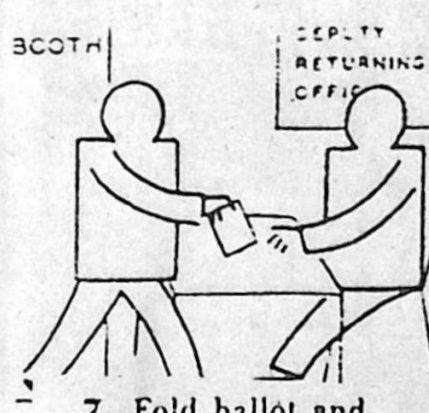


6. Write on ballot name of candidate you vote for

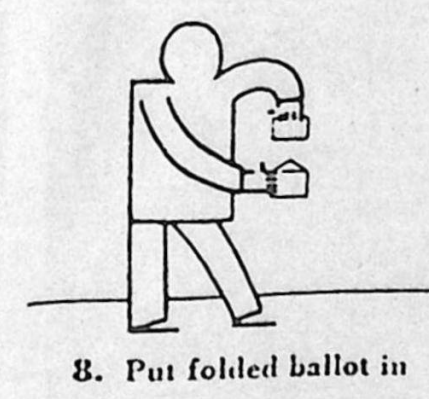
Armed Forces personnel will get their chance to vote in the Federal election the week of May 7.

The polling station will be set up in the Social Centre (upstairs in the rec centre). The poll will be open for the following times: Mon., May 7, 09:30-15:30; Wed., May 9, 09:30-17:30; Fri., May 11, 09:30-17:30 and Sat., May 12, from 10:00 - 13:00.

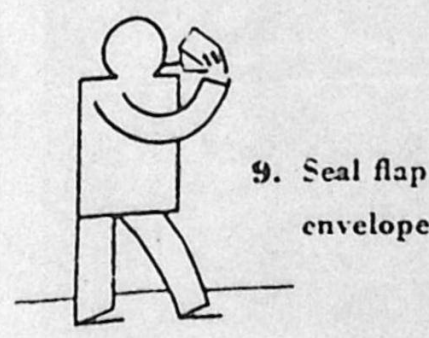
If you have any inquiries about the voting call Lt. Evans loc. 224 or Capt. Gregory loc 289.



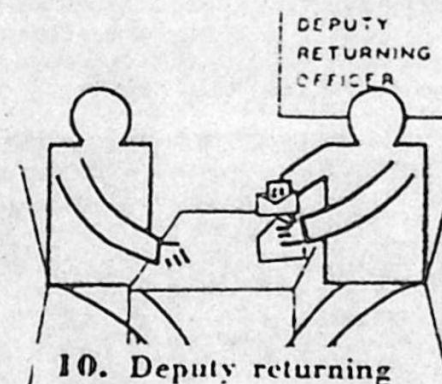
7. Fold ballot and go back to deputy returning officer



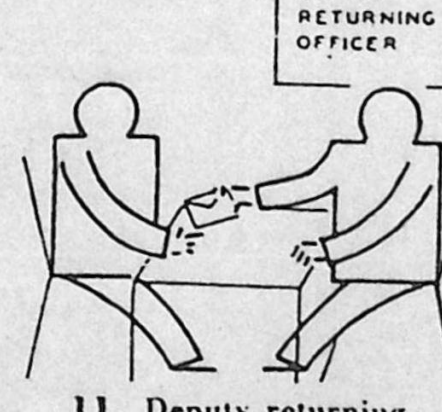
8. Put folded ballot in plain inner envelope provided



9. Seal flap of inner envelope



10. Deputy returning officer puts plain inner envelope containing ballot inside outer envelope and seals it



11. Deputy returning officer gives sealed and addressed outer envelope to service voter



12. You mail it yourself immediately in nearest mail box



# Section news



**CWO Russ Bush ... for 32 fine years**  
presentation by Major Garry Cooper

Base photo

## Demon Doins'

I didn't believe what I found in my suggestion box last Friday when I went to look for the last gossips. Here's how it goes: "What pilot was given a SF 712 baggage tag to wear on his tunic to ensure that he would not get lost enroute from Greenwood to Comox?" At least, there was no mention about a navigator on this one!

Now, I have quite a few promotions to announce. Capt. Bourdies, Capt. Dyer, MWO Hetherington, Sgt. Milne, MCpl Main, MCpl McMaster, MCpl Scott, MCpl Stoeckel and MCpl Thurley were promoted recently to their actual rank. Congratulations to all of you and keep up the good work.

The squadron gained a new member but lost one during the last month! 2Lt. Bob Paxton, navigator, arrived directly from Winnipeg via Greenwood to join Crew 6. On

the other hand, CWO Russ Bush, Technical Services, is retiring after 32 years of services (see pictures in this paper).

As for the crews, Crew 1 and 2 are currently in Greenwood where the latter one is getting sharp-ready for their competition against 405 and 415. Crew 3 got airborne with their originally assigned aircraft recently (the first in some time for this crew) only to be informed that their playmate was unable to meet them. Crew 3 members are talking about a Capt. Unserviceable hanging around them these times! At the end of last month, Crew 4 really pulled a swifty by delivering an Argus to Shearwater instead of Greenwood. They used the good old "strong cross winds" excuse but everybody knew it was to avoid the bus ride the day after to catch the "white

knuckle" home. Crew 5 is away on TD for a week and Crew 6 just got back home from a six-day stay in beautiful Greenwood. They left when it started to snow out there!

I'll conclude this weeks article with a reminder: you may hang your tie away for the next few months...if not already done!

The Naval Reunion activities will take place on Saturday and Sunday. The highlight of the reunion is the dinner-dance on Saturday evening.

All who have served at Cornwallis are welcome to attend the Sunset Ceremony on May 18 and may contact the Naval Reunion Association P.O. Box 3, Deep Brook, N.S., B0S 1J0 for details of the association's program.

## Nighthawks Nest

The past couple of weeks have been quite busy for the Nighthawks. In addition to a heavy weekly flying schedule, several away missions have been completed. Daily flying has had an emphasis on BFM (Basic Fighter Manoeuvres) training for those participants in the Maple Flag exercise in May. The Nighthawk Formation team, led by Maj. Doug Evans, is once again in action. Their practices have added to the heavy flying schedule.

Last weekend Bruce Arnold, Jerry McCluer, Glen Buchanan and Jake Jacobson went to San Antonio, Texas. Bruce and Jerry were visiting their career managers; Glen and Jake provided moral support.

A static display last weekend in El Toro was manned by Dave Lineker and Dave Taylor. At the same time two other B Flight crews journeyed to McClellan AFB in California. On the return trip, the nose gear strut broke on one aircraft and the aircraft was recovered in Portland where it remains awaiting repair. All that acceleration on take off did it

ch, Mark?

The third semi-annual Maple Flag exercise in Cold Lake is starting next week. This exercise modelled on USAF Red Flag in the Nevada desert, will give those Nighthawks who attend valuable experience in the low-level, highspeed environment. In addition to the three crews who left Saturday, LCol McAffer and Charlie Gladders travelled to Cold Lake Sunday for the in-briefing on the exercise. This briefing acquaints the participants with local operating procedures as well as laying down the rules of engagement for the "Combatants".

409 Sqn. was visited last week by the Can-US MCC committee. This committee was treated to a Sqn. briefing and a static display of a Voodoo.

"A man often pays dear for a small frugality."  
Ralph Waldo Emerson

## cfb happenings

**EW**  
Courtney

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

Thurs. to Wed. - May 3 to 9  
Fri. & Sat. - 6:45 & 9:00 p.m.

Based on the novel  
"The Fellowship of the Ring" and "The Two Towers"  
United Artists  
"May frighten some children"  
-B.C. Director

**"The Lord of the Rings"**

Thursday to Wednesday -  
May 10, 11, 13, 14, 15, 16

"Some frightening scenes"  
-B.C. Dir.

**Invasion of the Body Snatchers**  
United Artists

**Stardust**  
Drive-In Theatre

Island Hwy. & Williams Beach Rd.  
Phone 337-5033

Admission \$3.00. All Niter \$3.25

Show Starts at Dusk

Thurs. to Sun. - May 3, 4, 5, 6  
Academy Award Winner - Maggie Smith  
"CALIFORNIA SUITE"  
Plus - Farrah Fawcett Majors  
"SOMEBODY KILLED HER HUSBAND"  
MATURE

Thurs. to Sun. - May 10, 11, 12, 13  
Gabriel Kaplan in the  
Fastest, Funniest, Winningest  
movie of the year!  
"FASTBREAK"  
Plus - "CASEY'S SHADOW"  
MATURE

## Jr. Ranks Club

SATURDAY, MAY 5 -

Returning by popular demand, one of the Lounge's most versatile groups - "VANCOUVER" DON'T.

SATURDAY, MAY 12 -

Very good Middle of the Road Group from Vancouver.

SUNDAY, MAY 13 -

MOTHER'S DAY WINE AND CHEESE PARTY.  
Music and Refreshments Beginning at 1900 hours.

### MOVIES

MAY 8 - "INSIDE OUT"

TUESDAY, MAY 14 - "A STAR IS BORN"

TUESDAY, MAY 22 - "THE CANDIDATE"

**BNINGO Every Wed. in the Lounge at 2000 Hours**  
**T.G.I.F. Every Friday with Food at 1800 Hrs.**  
**and Games at 1900 Hrs.**

## WO'S & SGT'S MESS

### ENTERTAINMENT FOR MAY

**4 MAY** - T.G.I.F. with FOOD  
**5 MAY** - Cash Bingo and Dance. Music by: T.D.C. Enterprise Ltd.  
**6 MAY** - Movie: Starting time 2000 Hrs. - "Inside Out"  
**11 MAY** - Mixed Mess Dinner. **75 Couples Only.** Cocktails: 1830 - 1930 Hrs. Dinner with Wine: 1930 - 2100 Hrs. Band: Contraband, 2100 - 0100 Hrs. Dress: Members: Uniform. Assoc. Members: Business Suit. Guests of Retired Members: Business Suit.  
Reservations Only. See Entertainment members for Tickets. Cost: \$25.00  
**13 MAY** - Movie, Starting Time 2100 Hrs. - "A Star Is Born"  
**14 MAY** - WO's and Sgt's Wives Club Meeting. 2000 Hrs.  
**18 MAY** - T.G.I.F. with FOOD.  
**19 MAY** - Country and Western Night. Band: Country Express, 2100 - 0200 Hrs. Food: T.B.A. Cost: Members \$5.00. Guests: \$6.00. Dress: "Hard Times Dance". Also this is a Draw Night - \$50.00.  
**20 MAY** - Movie, Starting Time, 2100 Hrs. "The Candidate" with Robert Redford.  
**25 MAY** - T.G.I.F. with Food.  
**26 MAY** - Camper's Bingo and Dance. Music by: T.D.C. Enterprise Ltd.  
**27 MAY** - Movie, Starting Time 2100 Hrs. "Uptown Saturday Night".  
**1 JUNE** - T.G.I.F. with Food. Last one with food until 15 Sept.  
THERE WILL BE HAMBURGERS AVAILABLE TO BAR-B-Q ON FRIDAY NIGHTS

### COMING UP

**22 JUNE** - Mess Dinner for Retired Members. Dress: Uniform.  
**23 JUNE** - Last Bingo until after the 15 Sept.

## OFFICER'S MESS ENTERTAINMENT

**Fridays, May 4, 11, 18, 25 - REGULAR TGIF's**  
Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot Draw at 1830 hrs. Food as indicated. Free taxi service - Ask at bar.

**SUNDAY, MAY 13 - MOTHER'S DAY SMORGASBORD**  
Food 1900 - 2030 hrs. Movie: "Shakiest Gun in the West", starring Don Knotts - 2030 hrs. Cost \$2.00 adult, \$1.25 child. Dress: Informal. Reservations by May 10 to Mess Manager.

**SUNDAY, MAY 27 - FAMILY BRUNCH**  
Lunch menu 1200 - 1300 hrs. Tickets at bar. Cost, adult \$1.65; children \$1.25. Reservations to Mess Manager by 1400 hrs. on Friday previous.

**SATURDAY, MAY 19 - HAWAIIAN NIGHT**  
Cocktails 2000 - 2100 hrs. Dance to "South Sea Enchanters", 2100 - 0100 hrs. Continuous buffet 2100 - 2400 hrs. Reservations by 1300 hrs. Thursday, May 17. Cost, \$15.00 per couple, \$20.00 per guest couple. Dress: Hawaiian or casual.

**LUCKY CALENDAR DRAW** - \$75.00 during Hawaiian Night. (Turn your calendar into the bar for your lucky ticket.)

## GOING SALMON FISHING BATES BEACH RESORT

TOP QUALITY BOATS - MOTORS - TACKLE

ASK ABOUT OUR FIRST-TIME RENTAL RATE

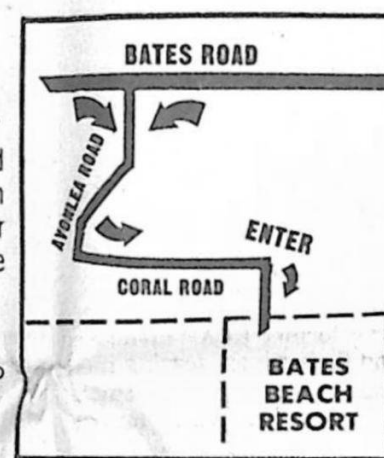
RESERVATIONS  
RECOMMENDED

334-2151

### REMEMBER -

We are the second resort at the bottom of the hill. Look for the red and white house.

OWNED AND OPERATED  
BY EX-SERVICEMEN



## MIRACLE DRIVE-IN

Black Creek, B.C. 337-5097

ADM. 13 & OVER - \$3.00 BOX OFFICE: 8:15 SHOW: DUSK

Thursday - Sunday, May 3, 4, 5 & 6

JACK PALANCE IN  
**ONE MAN JURY**  
A SQA ARTISTS RELEASE  
COLOR PRINTS BY CFI

PLUS

**"AN EERIE CHILLER"**  
-Judith Crist  
Richard Chamberlain in Peter Weir's  
**THE LAST WAVE**

Coming Thurs., May 16 to Sun., May 13  
**THE GLASS OF MISS MacMICHAELS**  
and  
**RECORD CITY**

## BASE THEATRE SCHEDULE

Thurs., 10 May - Fri., 11 May - Sat., 12 May - Sun., 13 May

**"THE SWARM"**  
Michael Caine - Richard Widmark - Katherine Ross  
Action Drama - Killer Bees from Brazil  
SHOWTIME: 2000 - 2155 Hrs.

Thurs., 17 May - Fri., 18 May - Sat., 19 May - Sun., 20 May

**"A BRIDGE TOO FAR"**  
Robert Redford - Gene Hackman  
War Action - Bridge in Arnheim, Holland  
Frequent gory battle scenes  
SHOWTIME: 2000 - 2255

Sunday, 6 May

**"CROSSED SWORDS"**  
Oliver Reed and Raquel Welch  
Prince and pauper story

Sunday, 12 May

**"1001 ARABIAN NIGHTS"**  
PLUS "3 STOOGES COMEDY"  
Animated  
MATINEE SHOWTIME: 2:00 P.M.

AUTHORIZED PATRONS ONLY  
SUPPORT YOUR BASE THEATRE

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

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

**CFB COMOX RESTAURANT GUIDE**

**abc Family Restaurant**  
Full Service Menu • Open All Year Round  
AT THE DRIFTWOOD MALL  
HOURS:  
Mon., Tues., Wed., Fri. 7-11  
Thurs., 7-9  
Sun., 10-6

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

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

**THE RAFTERS**  
PIZZAS OUR SPECIALTY  
FREE DELIVERY  
Call 338-7771  
1320 Cliffe Avenue  
OPEN Mon. - Thurs. 4 p.m. - 3 a.m. • Fri., Sat. 4 p.m. - 4 a.m. • Sun. 4 - 12 Midnight

**Mexicana Inn**  
DINING LOUNGE  
Open Daily 6 p.m. till 10 p.m. - Except Sunday  
CALL 338-5441 For Reservations

**Smitty's PANCAKE HOUSE RESTAURANT**  
"EVERYBODY'S FAVOURITE"  
1080 Cliffe Ave., Courtenay  
338-5132  
FULL DINING FACILITIES



# Jane's intelligence

## THE SS-11

The SS-11 ICBM has, with the SS-13 which is another Soviet ICBM of similar proportions and performance, been the subject of an involved and lengthy debate concerning designations and identification. In brief, US defence officials differentiate between two missiles, SS-11 and SS-13, of which it is stated the former is liquid fueled while the latter is solid fueled. Only one NATO code-name has emerged, Savage, which has been described in various quarters to one or the other of the two ICBMs known as SS-11 and SS-13 to the Americans. Which is solid and which is Savage is still being argued, but on the grounds that US reconnaissance and intelligence resources are more plentiful it is proposed to adopt US evaluations of the available evidence.

Three versions of the SS-11 have been tested, but only Mod 1 and Mod 3 have been operationally deployed. The Mod 2 program is thought to have been dropped.

The Mod 1 has a single re-entry vehicle, while the Mod 3 carries a MRV payload. SS-11 Mod 1 has been operational since 1966 and in addition to its ICBM role is reported to have been tested at reduced range, suggesting an alternative peripheral mission for this weapon. Extensive testing of the Mod 3 multiple re-entry vehicle version since 1969 is

reported and it is stated that this version is being rapidly deployed on a significant scale. The total number of SS-11s of both types is about 1,030.

**THE SS-12 SCALEBOARD**  
Scaleboard is another of the Soviet missiles which is known publicly only by its container, in this instance an all-enveloping casing carried on an eight-wheeled MAZ-543 transporter truck. The latter is capable of elevating the case and missile to the vertical for launching. Scaleboard is considered to be a medium-range ballistic missile, principally for tactical use, although it has been credited with a warhead in the megaton bracket and a range of 430 or 500 miles (700-800km approx). Inertial type guidance is presumed. It is not known how extensively Scaleboard is deployed with the Soviet forces.

Type: Surface-to-surface. Tactical

Configuration: Scaleboard has not been publicly revealed outside the launcher-erector casing which completely envelopes the missile. The following dimensions are based on the studies of the container and the transporter vehicle (MAZ-543).

Length: 37 ft. (11.5m)  
Diameter: 3 ft. 3 in. (100 cm)

Weight: 15,000 lb (6800kg) plus  
Propulsion: Presumed storable liquid

Range: 430-500nm (700-800km) Estimated  
Guidance: Presumed Inertial  
Warhead: Nuclear.

## THE SS-13

The SS-13 and the SS-11 have for some years been the subject of protracted debate regarding designations and other details, as described in the entry for the SS-11. For the reasons given there, it is proposed to adopt the American interpretation of the available evidence. Of the two ICBMs which comprises this enigmatic pair, the SS-13 is the solid-fueled one, beyond which little more is known for certain. US estimates are about 60 SS-13 ICBMs have been deployed. The new SS-X-16 is seen as being developed as a possible replacement for the SS-13.

## THE SS-14 SCAMP-SCAPEGOAT

Scamp is the NATO code-name assigned to a mobile launcher version of the SS-14 intermediate range ballistic missile. First seen in public in 1965 as a tracked transporter with an enclosed container for the two-staged solid-propellant missile, it was not until 1967 that the missile itself was revealed. From its appearance the SS-14 missile (which by itself bears the NATO code-name Scapegoat) is apparently comprised of the top two stages of the Savage SS-11 SS-13 three-stage ICBM.

# The goods on Goode

At Empress Hotel on Wednesday, May 25th the "Old Dowager" added another item to her long list of laurels. Mr. Roy Lipscombe, an Executive of the BBC, arrived from England and with the help of his technical crew in the Conservatory, proceeded for an hour to take some video and sound recordings to be broadcast back home and to remain in the BBC archives.

Lord Briggs of Worcester College, Oxford, is writing a full history of the BBC and the purpose of these recordings was the interviewing of Squadron-Leader Clarence S. Goode who fifty-five years ago helped to form the BBC and was a founder Regional Director of the organization.

Mr. Lipscombe later in the day left for England by Air Canada. Squadron-Leader Goode is well known here on the Island from the time he served with the Royal Air Force at Patricia Bay about the time of Pearl Harbour having served with the RFC and RAF throughout the whole of both Great Wars.



## The chief gets a screwdriver

Base photo

**BUSH GETS THE BRUNT** ... of the fun activities at his recent retirement luncheon. Presenting the Chief's screwdriver is WO Howie Giles while 407 XO Major Frank Van Der Pryt looks on approvingly.

After 32 great years we at the Totem Times wish you well on your future right here in good old "Action Land".

# Komox wing news

The bond in the history of the former Royal Canadian Air Force between coastal communities, particularly the Komox Valley, has been strengthened with the recent formation of the Komox Wing (888) of the RCAF Association. After three charter meetings in the past two months the Wing's membership now numbers 142.

At the last meeting of the airforce group, held earlier this month at the Komox Legion Branch, future prospects were discussed at length relative to an expanding membership and the ultimate possibility of leasing or owning a building for the Wing's own use. The meeting drew former RCAF members and their wives, serving men and women from CFB Comox, plus a half a dozen former flyers from Campbell River. Among the latter, Yvon Boivan, a Campbell River businessman, offered his services in public relations on behalf of the Wing in that district. Group Captain E.G. "Irish" Ireland, chaired the meeting.

Established in 1948, the RCAF is a non-profit community service organization of air-minded citizens based on the traditions of the Royal

Canadian Air Force and its efforts in aviation in peace and in wartime years. In its many city chapters across the country it seeks to maintain unity of purpose among serving and former par-

ticipants in Canadian aviation. By (1) honoring the past through perpetuation of the traditions of the RCAF and Civil aviation, commemorating their significant events and providing a common bond for all aviation personnel; by being responsible for the present by encouraging improved aviation legislation, supporting both military and civil aviation, undertaking community and charitable projects, assisting air veterans, backing war veterans' legislation, working for Canadian unity, and promoting responsible citizenship in youth.

One major aim of the Wing is to actively promote the future of both Canadian civil and military aviation by having Air Cadet squadrons, encouraging procurement of

improved equipment for the betterment of Canada and maintaining pressures for the attended the four forty-five minute periods of instructions and who successfully completed the course and were further development of the overall Canadian aviation industry as a National economic resource.

These efforts are expressed through the Wings or branches at the grass roots level as well as through individual member-at-large.

At present there are Wings located in 76 cities and towns in Canada, the U.S.A. and Germany.

Meantime, the Pacific Group RCAF is holding its annual convention in Victoria, April 20 to 21st, the host Wing 800.

# Firing away

The Annual Spring Clean-Up Campaign has been successfully completed for this year. The 2½ ton truck had to make five trips between Wallace Gardens and the junk yard to dispose of all odds and ends which were picked up on the last day of the campaign.

The thinking here at the Fire Department is a possibility of conducting a Fall Clean-Up Campaign to be held in conjunction with Fire Prevention Week held during the month of October. This idea is still being tossed around and if all systems are go, we will give lot of advance notice so you can dispose of all those unwanted articles.

The Fire Prevention Bureau

also recently completed the Junior Fire Brigade Course at Airport School. The course content covered such topics as Classes of fires, methods of heat transfer, home escape planning, fire reporting and fire losses. There were 42 students from Grade Five who presented with a Junior Fire Brigade Certificate and spent the afternoon in the Fire Department taking a tour and drinking pop.

As with any program you must rely on co-operation from other persons to make it successful and once again we would like to thank Mr. Shields and his staff at the Airport School and Base Transportation for assisting us in obtaining our goal.

# Chicken feed ... and some other things

**OTTAWA** - In December last year George Crawford of Happy Valley, Labrador, found out he had a problem. He had 4,300 mouths to feed and was rapidly running out of food.

The 4,300 mouths belonged to his hens whose food supply had been caught in an early freeze-up on the Labrador coast. Because of the cost to fly in the feed commercially (\$25,000) he was going to have to lop off their heads rather than have them starve.

And if the hens went to the cutting block the residents would be without fresh eggs. Then a request from his local MP to the Ministry of Transport which was forwarded to the Department of National Defence resulted in the tasking of 436 Transport Squadron to assist George and his hens.

It required seven Hercules flights to transport 120 tons of chicken feed from storage at Gander airport to Goose Bay. So while what is good for the Goose may have come from Gander it was the efforts of 436 Squadron that restored the clucking to Happy Valley.

This is only one example of the unusual and at times dangerous situations that the crews of the Hercules Transport Squadrons, 435 based in Edmonton and 436 based in Trenton, have found themselves in. Just recently, in the midst of Iranian political unrest, the two squadrons were involved in airlifting a grateful 296 Canadian and 165 foreign nationals from that troubled country.

Also, not many people would have envied the task of the 436 crew assigned to wait to transport a lone gunman in Toronto who demanded transportation for himself and four hostages to Uganda in

March of 1977. Although the gunman later surrendered there were probably a few anxious hours for the crew members standing by.

Another example of 436 Squadron's more harrowing assignments occurred when hostilities between India and Pakistan broke out in December of 1971.

A Hercules crew on a routine global training flight was loaned to the United Nations to commence evacuation of over 300 personnel from Pakistan. This did not prove to be an easy assignment. Landing was initially prevented by the condition of the airfield which had been bombed and strafed by Indian aircraft and then the Hercules was fired upon by an unidentified aircraft. A hit resulted in a fire on board which fortunately was brought under control by the crew. Finally, after all this, clearance for landing was refused.

Conditions under which many of the transport operations are carried out are often less than ideal. During the Biafra-Nigeria civil war in 1968 night take-offs and landings from a roadway deep in the jungle was the only way that 435 Squadron could resupply food to the starving Biafrans.

The conditions were not much better in 1973 when 435 and 436 Squadrons jointly airlifted supplies in aid of drought stricken sub-Saharan countries.

Operating with little weather information, sub-standard airfields and very hot temperatures, the squadrons airlifted 5,500 pounds of powdered milk, grain and cattle feed.

And in 1977, 437 Squadron flying 707's joined 436 Squadron in airlifting 500,000 lbs. of supplies into

Guatemala. The country had been the scene of an earthquake which killed 26,000 and left 1,000 homeless.

While the scale was smaller and the temperatures colder, British Trans-Arctic explorers on an ice flow 600 miles north of Point Barrow, Alaska were just as happy to receive the 3,000 pounds of food, kerosene and clothing airlifted by 435 Squadron.

Over the years of service the cargoes carried by these transport squadrons have been as varied as their destinations. In 1974 for example 435 Squadron discovered their passenger list included four male and six female muskox. The muskox were transported from Sachs Harbour, 1500 miles north of Edmonton, to Montreal where they continued their journey to Russia by ship.

And while delivering cargo to save lives is not an unusual task for 435 Squadron, delivering a baby to start a life is a little outside their regular duties. Yet it happened in October 1960 during a medical evacuation from Resolute Bay to Thule, Greenland when an Inuit woman gave birth.

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## Editorials

### A useful mission

The best was back there in 1966 when a group of 37, headed by President Syd Welsh, rambled about Spain and North Africa in an old piston-engined DC 6. The worst was last year when it didn't go at all. What are we talking about? The Vancouver Board of Trade's Annual Offshore Trade and Goodwill Missions.

These Missions have averaged 44 members over the 26 years. In that time they have travelled nine times to the United Kingdom and beyond. Six times they have started in Japan, four times in Mexico, three times they have travelled in Central Europe, twice they have been "down under" and once, on the memorable jaunt mentioned above, the Mission went to North Africa.

Detractors of these Annual Missions point to the fact that few members come back with specific orders for so many tons of coal, bushels of wheat or board feet of lumber. To many members, that is not the object of the exercise. The object is to see, to observe and to learn: to compare our efforts with those of other countries and to profit by the comparison.

There are those Mission members who can point, quite definitely, to new contracts made and new associations cemented from these annual visits. There are others who have applied Canadian technology to foreign problems, and foreign know-how to Canadian problems and have prospered from the experience.

A person travelling on his own, to any of the more than fifty countries visited by Board Missions, would certainly see the sights that all tourists see. Where the Board excels is in its role as door-opener. The most prestigious business groups in the world have opened their offices to its members. Canadian Trade Commissioners and

Ambassadors and their respective staff have worked long into the night to accommodate every business whim of their visitors from Vancouver.

We are proud to organize these Missions. They fulfil a badly needed role in these days when so many Missions are structured vertically. By this we mean they relate to one profession or industry and their objectives and interests are specifically defined. The Board Missions are described as horizontal, meaning that the concerns of the participants extend over a wide range of interests.

This is accentuated when one realizes that Mission members are often wearing more than one hat. Because a fellow is an architect or an accountant does not mean that he is not interested in a variety of business and civic activities. One finds that many members are quietly gathering ideas and concepts in foreign lands that will result, some day, in better living for Vancouverites.

While Mission members learn about other countries and their inhabitants, those inhabitants form impressions and learn about Canada and its people. It is an important aspect and objective of the Board Missions that they leave a foreign country with a better impression of Canadians than it had before the Mission's arrival. Trade and goodwill are inter-related. Trade cannot exist without goodwill and the Board's Missions are part of its continuing efforts to promote trade and commerce. The 26th, Annual Mission has just left for Holland and Scandinavia, taking with it good wishes from this city and its business community. Courtesy Vancouver Board of Trade.

### The price of complacency

This report is of a typically important fire recently reported to the Nation Fire Protection Association - NFPA. It is reprinted here to inform, educate, and at the same time remind everyone of good fire prevention practices. The price you can pay for complacency in the area of fire prevention is starkly illustrated in the following true report.

**ONE - FAMILY DWELLING**  
Two Children Dead Aug. 25, 1978  
After Playing with Matches

The mother of this family was on the first floor of her 1½-storey wood-frame house at about 6:30 p.m. when she heard her 5-year-old son call her from the second floor.

The young boy and his 6-year-old sister were in a play area located in a crawl space off their second-storey (attic) bedroom. When she opened the door to the play area, the mother was blocked from reaching her children by a mass of flames. She went downstairs to

get a pan of water, with which she unsuccessfully tried to fight the fire.

Returning downstairs a second time, she rescued her other child, a 2-year-old daughter, and ran next door, where a neighbor called the fire department. The neighbor and the mother then tried to re-enter the burning house to rescue the two trapped children, but were driven out by heat and smoke. The mother suffered first- and second-degree burns in this rescue attempt.

Arriving fire fighters found that the fire had extended to the bedroom and attic, and extinguished it in 30 minutes. They discovered the bodies of the two young victims together in the far corner of the play area.

Fire department investigators determined that a small foam mattress had been ignited by matches; it was completely consumed by the fire.

I know something like this will never happen to you, will it?...



### Receipts and records needed after tax time

Tax filing season may be nearing an end, but taxpayers should not throw out their receipts and records yet. After refund cheques and assessment notices have been mailed, Revenue Canada, Taxation begins to re-examine the tax returns of thousands of Canadians to verify claims for personal exemptions, deductions from income and expenses reported on 1978 tax returns.

Without the necessary receipts and records, taxpayers could find that their claims are hard to support. The annual assessing adjustment program is a necessary follow-up to the initial processing at the Taxation Centres where the emphasis is on speed and volume.

While the returns of self-employed taxpayers or those with income from investment, commissions or rental property are examined through the Department's audit programs, other taxpayers' returns are examined through assessing adjustment programs.

Not all adjustments are initiated by the tax department. Any number of reasons, from the receipt of an additional T4 information slip to the discovery of a forgotten claim, can prompt a taxpayer

to contact the District Office for a reassessment.

Revenue Canada, Taxation has identified certain claims that could be open to abuse by taxpayers and returns claiming these deductions automatically receive closer examination. Returns claiming such expenses as away-from-home expenses, moving expenses, income averaging annuity contracts and expenses against salary are often subject to scrutiny.

In addition to the recovery of tax from taxpayers who have made erroneous or

improper claims, this post-assessing program alerts the Department to problem areas. Future assessing programs can then be planned accordingly. In the 1977-1978 program, reassessments from the post-assessing program totalled \$14,407,000 in income tax.

Through Revenue Canada's matching program information reported by taxpayers on their tax returns is checked for accuracy. Computers match information reported by employers on T4 earning slips, by

the Unemployment Insurance commission on T4U payment slips, and by Health and Welfare on TFA1 Family Allowance slips with information that is reported by taxpayers on their returns.

Other information slips such as those for interest and trust income as well as receipts for payments received are matched manually to ensure that all amounts have been reported by taxpayers on their tax returns. Not only do these cross-checks verify information reported by tax-

payers, they provide clues to people who have failed to file returns and to cases of fraudulent or misreported income or deductions.

A total of \$43,763,000 in tax was recovered through matching programs last year.

As well as recovering income tax owed by individual taxpayers, these verification programs encourage taxpayers to comply with the law. Anyone who is contacted by the tax department should be able to provide supporting documentation to back up claims.

### A few easy tricks save \$55 a year

Do you want to save \$55 a year - effortlessly? No loss of comfort, you don't have to quit smoking or eat beans with peanut butter for a month.

With gas prices averaging 92 cents a gallon (and higher) and the average car travelling 12,000 miles per year a mere 10 per cent reduction in gas consumption will save \$55.20 - and that's enough for a night on the town. And taxi fare home.

According to the B.C. Automobile Association a motorist can easily save money by turning a few gas

saving tricks into regular driving habits:

**CHANGING GEARS** - shift to the higher gear as quickly as possible. Staying in first gear too long increases gas consumption by 30 per cent and could add \$165 to the annual fuel bill. Staying in second gear too long increases consumption by 15 per cent.

**FUEL LINES** - simply tightening all fuel lines will eliminate leaks which can accumulate to several wasted gallons of fuel a year.

**IGNITION SYSTEM** - the longer it takes to start the car the more gas is used. Good points, plugs and condenser will help as long as the battery and wiring system are good.

**SPARK PLUGS** - a single misfiring plug can cut mileage by 10 per cent. That can cost \$4.60 for every 100 miles.

**FAULTY CHOKE** - a stubborn or stuck choke forces the engine to suck too much gasoline. This can cut gas mileage by 30 per cent, or \$13.60 for every 100 miles, notes the BCAA.

**CLOGGED AIR FILTERS** - a car uses a certain ratio of air to gasoline for a carburetor mix. If air can't get through the filter, more gas is used to make up the mix. Changing a dirty air filter can improve mileage by 10 per cent.

**STARTING OFF** - if the car starts from a stop smoothly, the gas required for power is reduced by 75 per cent. Think of the number of times you stop-and-go and remember that gas costs you over \$500 per year.

**TIRE PRESSURE** - underinflated tires can cost more than a mile per gallon -

at a cost of \$2.30 per 100 miles. Air is still free - gasoline is decidedly not. Put air in the tires instead of extra gas in the tank.

**IDLE WARM UP** - never leave the engine idling to warm it up (except in severely cold weather), it wastes gasoline and can cause premature engine wear. Never race the engine when it is cold - besides wasting gas it annoys the neighbors.

**SEAT BELTS** - wearing seat belts can conserve gasoline in many ways: less likely relatives will have to drive to visit you in the hospital, ambulances will not waste fuel rushing to the scene of the accident (high speed driving causes greater fuel consumption) and being firmly belted in aids in maintaining an even foot on the accelerator.

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Sep. 28 - Sep. 30, 1979

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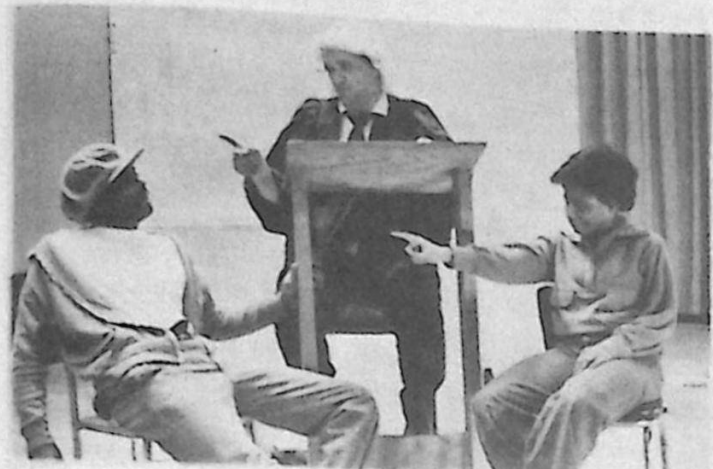
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at it again



Whitter Photo  
**Boogie Woogie Bugle Boy**



Whitter Photo  
**Canadian justice**

## Wallace Gardens Family day

The Wallace Gardens community council is once again having the "Family Day Picnic" at Airport School on May 27, 1979 at 1:00 p.m. There will be free: hot dogs, pop, chips, balloons, ice cream. Little Toot will be there to take the children for rides through P.M.Q.

There will be games in-

volving both parents and children. SO KIDS BRING YOUR PARENTS.

We are looking for the most involved family in Wallace Gardens, so please nominate neighbors, friends or any deserving family. For more information phone Joan Leblanc, 339-4414 or Vern Asselstine at 339-5357.

## Decades

Once again the Base Theatre is alive with the sound of music and the stocatto of dancing feet as producer-director Paul Kozak puts the members of the Totem Little Theatre through their paces for this year's production ... DECADES.

The Totem Road Runners are scheduled to visit CFS Masset on the 5th and 6th of May for a warm up before returning to CFB Comox for performances Tue. and Wed., 8 and 9 May at 8 p.m. Then, who knows, possibly Cold Lake, Edmonton and the Middle East? Admission this year is still \$2.00 for an adult ticket with youngsters under 15 admitted free when accompanied by an adult. Half of the proceeds after expenses will be turned into base fund. The theme decades depicts the music of the last seven decades with situation comedy thrown in to round out the show.

The main attraction of any variety group of course is the chorus line and the "Totem Trippers" are back again this year (see photo) with several new additions including two talented fellows Donn Budd and Rick Bialachowski (sounds just like it's spelled). The Trippers will perform two popular numbers from last year's show ... the Can Can and the Charleston, and have added two excellent routines where they are helped by the rest of the cast in Rock Around the Clock and an up to date disco number.

Staging includes black light, strobes and CO2. Choreography this year has been done by Linda Snoddy with assistance from Noni Ireland. A special thanks must go to Rick Butler from the Comox Rec Centre. for his assistance in the disco number. Cheryl Thomas joins the Trippers and also does a superb Highland Dance solo to live pipes.

Highlighting the musical numbers this year will be Donn Budd, Peter Witter and Paul Leger. Donn gives excellent renditions of several modern ballads and Pete "Jolsa" Witter (see photo) does a creditable and enjoyable Jolson.

The Andrew Sisters (see photo) and their Boogie Woogie Bugle Boy join us this year and are a pleasure to watch.

Skits this year are on a wide variety of topics and several have military themes with "Laugh In" overtones. Includes TLT's version of the uniformarian and how "it" was created a decade ago. Satirically a late night talk show hosted by ... Paula (Michelle Caudry) Soleless gives us an insight into how this surgically created unified person functions today in "Canada in the Dark". Americans Pete and Linda Witter get a taste of Canadian "Justice" from the judge. Then there is the Mating Game. Tying the show together this year will be M.C. Peter Urquhart (RCAF retired) who does a humorous "Albert and the Lion".

Producer Paul Kozak has had much help this year from executive producer Kip Caudry in the overall production of the show, and as in years past, as in any variety show all the cast members pitch in and help in every department.

A few special mentions however must go to Set Designer and Stage Manager Glen Rowe and his crew Debbie Dyer and Chris Carruthers who perform just about every facet of stage construction and design. Wardrobe and props are handled by Jackie James, Jan McLurer and Bev Burrows. Anna Horseman and Audrey Crotey are in charge of make-up. And last but not least piano accompanist Bren Hart deserves a special mention for his super work throughout the show. Advertising and publicity are being handled by Gweneth Hughes.

This year's show is a well produced series of skits, songs and dances that will provide entertainment for every member of the family. A sell out for both nights is sure to occur so get your tickets early and come out and enjoy Totem's Little Theatre's "Decades".



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## Those April showers



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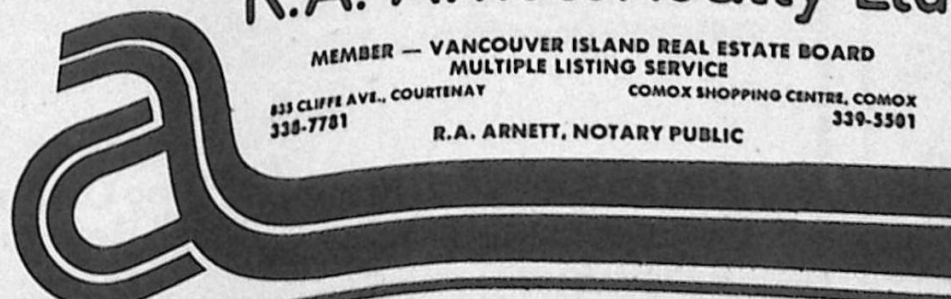
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# Totem sports

## Up Earls Alley

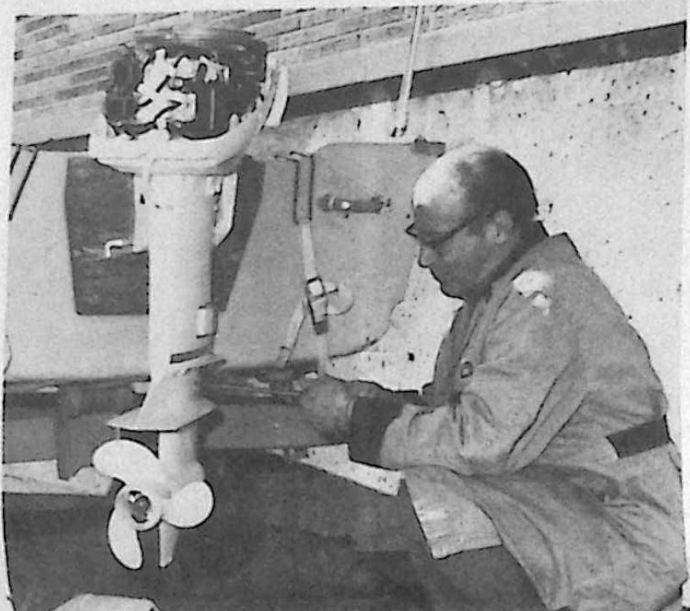
Hold on to your hats fellow Jocks ... There is a move afoot to cancel out Regional and National sporting activities. Imagine, the last piece of straw we had to grasp onto in order that we might keep what little personal pride and morale that we had left and Wham ... this ugly thing has to rear its head. This is not a rumor it is fact ... The message has been received on the subject, A TWO YEAR MORITUM ON ALL REGIONAL AND NATIONAL SPORTS.

Now this message was sent out as a suggestion, but, heaven forbid if it is allowed to happen there goes all we have strived for ... right down the tube. We all realize that there is a money shortage but heck I thought that during the past year we operated on a shoestring and we still managed to send teams and or participant to all Regional activities.

I for one do hope that the powers to be keep in mind that we do need inter Base-Station and inter Regional activities rivalry to make our every day normal trade tasks worthwhile from an Esprit de Corps point of view. This Base has in the past and ... we hope will continue to do so in the future, supported sports at the Unit-Section and Squadron level as well as the Regionals. So all you sport and activity enthusiasts all you have to do to help us is to ... PARTICIPATE...

Just got back from the Canex show and Peri Seminar in Ottawa and the weather there was, amazingly, warmer than here ... Good rumors were few and far between and according to the PERIS there all rumors begin outside of Headquarters ... and for those personnel in Ottawa requesting a cross posting (exchange) they were informed that the West Coast was a brutal place to be transferred to ... but if forced we would stick it out for another five or six years...

The Base Softball team under the watchful eye of "Honest Kip" McLean are once again in the North Island League and will play their, or I should say have played, their first games, this week. The team should do well again this season and they have their sights set on the Nationals which will be held in Montreal in September...



## Spring tune

Lower unit lubricant should be drained and checked in the fall before winter storage. This will eliminate any water that may have seeped in with the lubricant.

In the spring, it is only necessary to loosen the top screw to inspect the lubricant level.

## Ball league

Well it looks as if the Intersection Fastball league will be bigger than ever this year. To date eleven teams have expressed a desire to play in the league. Enthusiasm is running very high. The only problem to date, and it is a problem, we are very short of Umpires. The Intersection games will probably be played on Monday and Wednesday evenings. Officials will be paid so much per game and all evening assignments are "doubleheaders".

The expression, "Games can be played without officials", may be true but from our experience it is a necessity. Where else can you go out, enjoy a ball game, get yelled at, yell back and go home a satisfied and nervous wreck, and, look forward to the next outing... On the more serious side of things it is a great experience and the players do appreciate your efforts whether they the players sense it or not, you as umpire are and will always continue to be a very important part of the game.

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## Across Canada and back??

M-CPL. BARRY WHILLANS has completed 7,200 miles and is pictured above receiving his sixth and final Seal for Aerobic Excellence. L-Col. P.A. Hamilton Commanding Officer 407 Sqn. is making the presentation to Barry. When M-Cpl. Whillans was asked if he was going to continue on, he replied, "Of course, that's only the first time around".



M-CPL. K.J. WILK (bottom photo) and Cpl. G.A. Kehoe (top photo) have completed their first 1200 miles and have received their Scrolls and first seal of the Aerobic Excellence program. Major GGE Beech, BAMS made the presentations recently at the Rec Centre. Keep up the good work guys.

## Air challenge

Volunteers are required to compete in the Semi-Annual Air Command Challenge Run. This run will take place the 7-11th May '79.

We require forty competitors who can do their required 1-5 mile run in the Excellent (Level 5) category. In an effort to regain the trophy we lost last fall it is imperative that we make a strong attempt to get it back. Once again we hope to have two teams of twenty and competitors are selected from the following age groups. Five over forty, 8, thirty to thirty nine, minimum of three females and the remainder under thirty.

If you are interested give Apollo a call at local 315.

## Kayak champs

The 1979 Provincial Championships and Team Selection Races for Slalom and Wildwater Kayaking are being hosted by the Vancouver Kayak Club this coming Saturday and Sunday - April 28th and 29th. The events will be held in Capilano Canyon Park at the top of the river beside the Capilano Fish Hatchery (North Vancouver).

A controlled water flow from nearby Cleveland Dam will ensure excellent conditions for this annual international event and participating racers are expected from as far away as Alberta and California.

The schedule for the weekend is as follows - Saturday morning will be open practice for all competitors; Saturday afternoon will be set aside for the wildwater events; slalom events will take place all day Sunday.

## Trouters beware

There are many ways to catch a trout in British Columbian waters. They can be caught in lakes, rivers and streams with gear ranging from complicated, flashy trolling rigs to a simple worm dangling on a hook. Of course there is a time and place for the various methods of fishing. The trolling rigs consisting of flashers and-or spinners and a lure (not unlike the setup used for salmon fishing), are used in deep lakes for rainbows and Browns.

Fly fishing, whether with dry sets or nymphs is productive in the many rivers and small mountain lakes found on Vancouver Island. The spin fisherman can limit out flogging his hardware in rivers, streams or lakes. For the truly patient enthusiast, worms can take big trout in any environment, although they are probably most efficient in smaller streams and ponds.

The techniques involved with the various types of fishing ranges from simple to fairly complicated so I'm not going to attempt to explain them, but the rookies best bet is to invest in some monthly periodicals and better yet, make a trip to a library.

Before starting out on your first Vancouver Island fishing expedition here are some basic but very important tips to remember. First, do not catch trout (or any other fish) without a B.C. Fresh water fishing licence. They can be purchased at the Fish and Wildlife branch office located at the post office in Comox, or at any sporting store in the local area. The cost is five dollars and is well worth the investment.

If caught without the licence the Fisheries officers have the authority to confiscate your tackle and even your motor vehicle if they feel it is warranted.

Next, do not use roe as bait when fishing in either the puntledge or the Oyster Rivers. It's a new law this year and I am confident it will be rigidly enforced.

Do not catch trout in areas where fishing is banned. It is very important to know the river you intend to fish. Read the B.C. fishing regulations and if you are doubtful, get a map and visit the Fisheries office. They are more than willing to help.

Also do not keep a trout that is below the minimum size. Any trout caught that is less than 20 cm., (7 3/4") must be released unharmed, immediately.

Another restriction which is important if you are fishing the Puntledge is the ban on angling within 25 metres downstream of any obstacle, leap, or lower entrance to any canal or fish ladder. The Puntledge has a number of these areas and they are not always marked. It is up to the angler where they are and to fish no closer than the 20 metres.

If you keep these hints in mind you spend enjoyable hours attempting to catch the elusive Vancouver Island trout. Good Fishing!

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W. R. MITCHELL,  
Returning Officer  
COMOX Electoral District.

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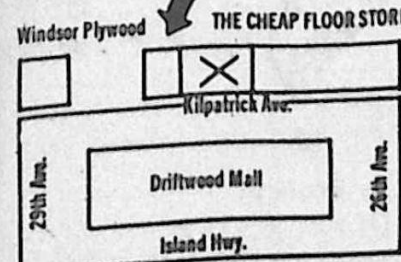
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# Jock talk

## Coffee and anxiety

**COFFEE RELATED TO ANXIETY AND DEPRESSION**  
Although coffee contains other chemicals that may also be important, the most widely studied component of coffee is caffeine. Caffeine is a drug and has been extensively studied in pure form. Its main action is to stimulate the central nervous system — in much the same way as pep pills work. That is why coffee deserves the designation as a "liquid go pill". Caffeine has essentially the opposite effects from tranquilizers or sedatives.

The other action of caffeine is to increase the adrenaline production. Adrenaline contributes to anxiety responses. Actually when a person is anxious he may release more adrenaline than usual. This excess release causes tremulousness, sweating, excessive nervousness and other manifestations commonly attributed to anxiety. These findings are often incorrectly attributed to other problems, such as low blood sugar — which may trigger the release of adrenaline causing the same responses as those observed from anxiety reactions. The adrenaline release also contributes to increased blood pressure and irregular beats from the heart.

These actions of caffeine certainly raise serious questions about its use in patients who already have anxiety or other psychiatric complaints. Dr. Johnreden of the University of Michigan and associates studied the relation of coffee drinking in patients to anxiety and depression (Am. J. Psychiatry, August 1978). Those who consumed lots of caffeine had higher scores on the State-Trait Anxiety Index and the Beck Depression Scale — tests to measure anxiety and depression. They noted that the higher the consumption of caffeine the more likely these patients were to have complaints of fatigue, tension, feeling blue, worrying, feeling like crying or being upset.

Dr. Greden and associates caution that the observation will need further studies and controls before the relation of coffee drinking to anxiety and depression can be evaluated in the general population. Their patients were all psychiatric patients. Despite this disclaimer the pharmacological actions of caffeine have long been well established and its role in stimulating the nervous system and increasing the release of adrenaline is not what one would want for people who are already anxious, tense or worried — in short a large number of people in the general population. Certainly people who require tranquilizers to control nervous symptoms should not have caffeine in coffee, tea, or from any other source to counteract the qganquilizers.

### NATIONAL ACADEMY OF SCIENCES SAYS COFFEE OKAY

Meanwhile the GRAS (generally recognized as safe) committee for the National Academy of Sciences has given coffee a clean bill of health. The committee stated that a person can consume three to four cups of coffee a day to improve attention and relieve fatigue. They found no evidence that caffeine consumption aggravated peptic ulcers. The committee did note that the long term use of caffeine may be associated with heart irregularities in a small portion of the population (Geriatrics, August 1978).

The level of three to four cups a day is below the five cup level often cited as causing problems. THE HEALTH LETTER questions the wisdom of the report. First, there is a high degree of individual variability in people's tolerance to caffeine. A cup of coffee drunk by a person not habituated to its use can send a sensitive person up the wall, and it can cause undesirable changes in heart regularity in the sensitive individual. There is no magic threshold of three or four cups that works for everybody.

One of the well established actions of caffeine is to stimulate the stomach to produce more acid. This might not be important if a normal person does not produce excessive acid in the first place, but in the person who tends to produce excess stomach acid it can be disastrous. Anyone who has practiced much clinical medicine and has been observant has seen repeatedly the individual with burning pain in the pit of the stomach with normal X-rays. Often the culprit is coffee and after it is stopped the symptoms disappear. Coffee has recently been implicated in possibly increasing the chances of early abortion or some birth defect in more than one study.

Finally, coffee has not been adequately studied as to other harmful effects it may or may not have. It is a sobering thought to realize that the United States consumes about 70 per cent of all the coffee in the world, and has the highest rate of colon cancer in the world as well.

This has been attributed to the lack of fiber in the U.S. diet. But countries that consume lots of fiber also drink little, if any, coffee. In the U.S. the lower rates of cancer of the colon in Mormons is not because the Mormons eat less meat than the national average. Perhaps they eat more fiber. Most certainly as a population they drink far less coffee than the national average. Does coffee contain among its many harsh chemicals a substance that is carcinogenic? These and other important questions need to be dealt with seriously before coffee consumption in any amount is given a casual clean bill of health. (from The Health Letter, Vol. XII, No. 9).

## Ball talk

### Pro News:

The Vancouver Canadians will enter their second season with a new working agreement with the Milwaukee Brewers organization. Canadians General Manager, Jack Quinn was delighted with the move and expressed, "the Brewers will be a stable and productive partner and will provide ballplayers who will make Vancouver a contender in the Pacific Coast League."

The club announced that Manager John Felske will guide their fortunes during the season.

Any amateur baseball group wishing to take advantage of the Canadians' 'speaker bureau' should contact their office at: 872-4232.

The Victoria Mussels of the Northwest 'A' League will also be entering their second season of play.

Seven B.C. professional players are currently at Spring Training. Blue Jay DAVE McKAY enters the 1979 season following his best season ever. Fellow Blue Jay prospect, RANDY WIENS of Kamloops joins Dave at camp in Dunedin, Florida.

Victoria's MIKE FINLAYSON and Delta's GORDON PLADSON stand the best chance at landing jobs at the AAA level. Both pitchers had outstanding 1978 seasons. Mike plays with the Expos organization while Gordon tells with the Houston Astros. The B.C.A.B.A.'s recent 'College Award' recipient, RANDY TOWN joins Surrey products KEVIN HALECKI of the Mariners and DARRYL PAQUETTE of the New York Mets in their quest of a Major League career.

It is nice to note that former B.C. professionals, Bob Lasko, John Haar, Don Cowan, Ken Myette, Murray Gage-Cole, Al Richards, Ian Dixon and Marty Lewis are all involved in B.C.A.B.A. instructional programs.

## Marshall: Youth baseball ruins arms

### ARTICLE BY RON MARTZ

If major league pitching doesn't seem to be of the calibre it once did, don't blame it on the hitters.

And if major league pitching declines even more in the years to come, don't blame escalating salaries or restrictions on pitchers.

Blame youth baseball. "Little League baseball is selectively ruining the best 12-year-old arms in the country," says former Cy Young award winner Mike Marshall.

Speaking at the third annual Sports Medicine Seminar in Clearwater Beach Saturday, Marshall said that the undeveloped bones of youngsters under 14 years of age cannot stand the pressure that it takes to throw a baseball. Especially when that throwing is done competitively, which is trying to throw a ball so a batter can't hit it.

"People say curves are bad for Little League arms and they certainly are. But fastballs are just as bad when you try to throw as hard as you can. Anytime you try to throw a ball so somebody can't hit it you are eventually going to hurt yourself."

Marshall, a kinesiologist who will receive his Ph.D. in exercise physiology this year, showed a movie in which he

filmed himself with three different cameras to demonstrate the mechanics of throwing a baseball. The action of the body is such that a tremendous amount of pressure is focused on the shoulder and elbow of anyone who throws a baseball.

The arm and accompanying throwing motion, said Marshall, "is the fastest you can move any limb in the body. Contrary to those who think you can throw a softball faster, you cannot throw a softball nearly as fast as you can throw a baseball..."

"At 90 miles per hour the ball has 30-35 pounds of inertial weight you're trying to accelerate. Imagine putting 30-40 pounds on your fingertips and trying to move them."

Marshall also showed X-rays of arms and shoulders of major league players and youth baseball players. The elbows and shoulders of the young players had often been damaged beyond repair due to overuse before the bones had sufficiently hardened. Even the elbows and shoulders of professional pitchers looked like scrap heaps.

But it need not be this way, said Marshall. In 1974 while with the Los Angeles Dodgers, Marshall pitched in a record 106 games as a relief pitcher. He attributed his stamina to an exercise routine he had developed for himself and to the fact that he was not a pitcher when he played youth baseball.

In youth baseball "there are a lot of well-intentioned

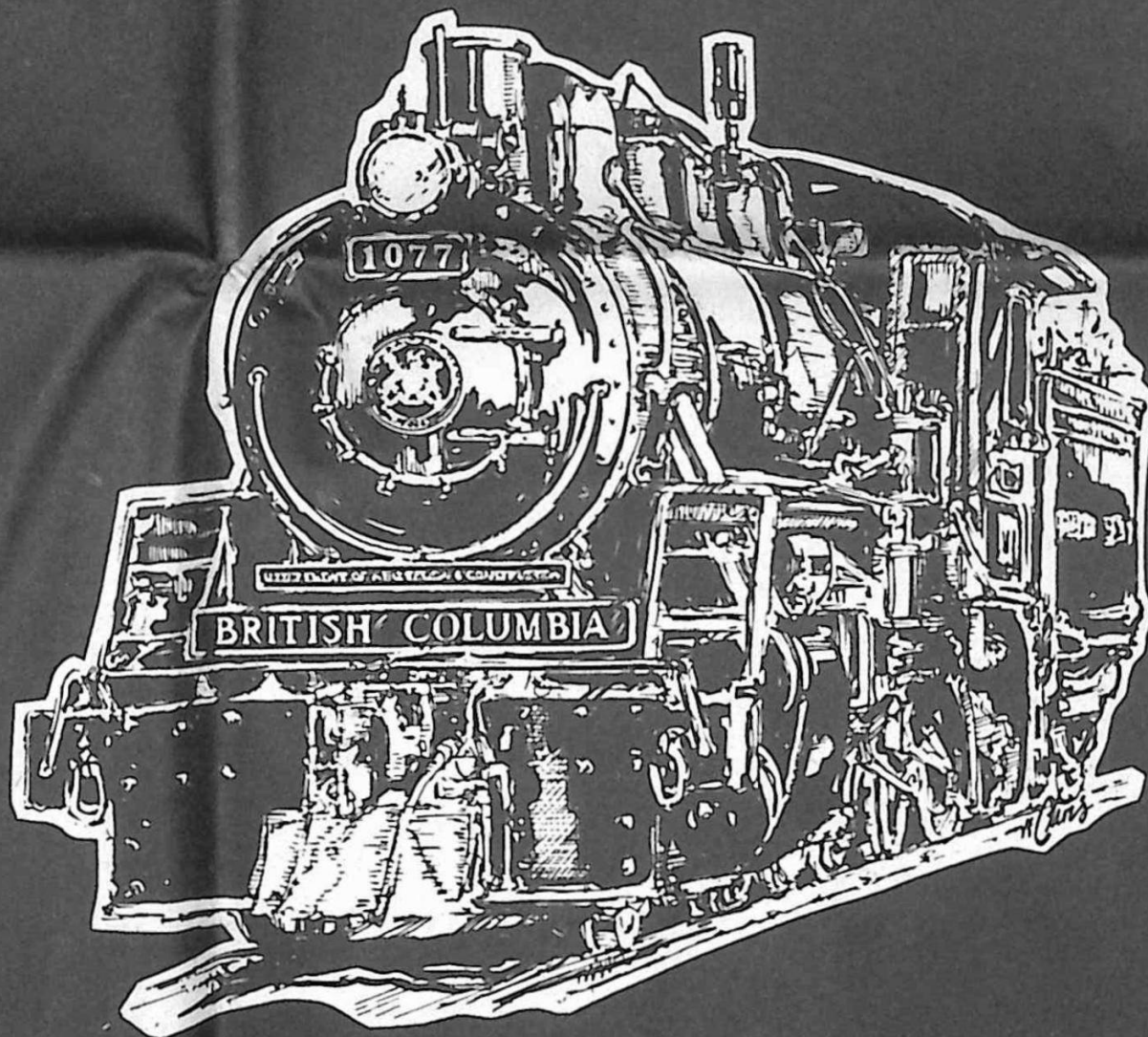
people who give of themselves freely. I applaud them for that. Unfortunately they don't know what's happening. I don't blame them for that. They are just ignorant of the facts. When you have 12-year-old kids playing by adult rules, you take the very best arms in our country and ruin them."

The solution to the problem, says Marshall, is quite simple. And it does not involve eliminating youth baseball. All it would involve is having a pitcher pitch to his own teammates for a limited number of innings. By pitching to his own teammates, the player would try to give the batter the best possible pitch. That could mean more hitting, more fielding and less emphasis on pitching.

"That way we would get back to learning of skills of hitting and get back to learning the skills of fielding. I don't know how many of you have watched a Little League game lately but its boring. What you have is a skeletally mature pitcher scaring the hell out of a skeletally immature batter and the fielders standing around watching the pitcher."

"The competitive adult form of baseball is not appropriate for youngsters under 14 years of age. Take your kids, play catch with them, but don't allow competitive throwing until they're about 14 years old. Then, ease into it. We have to fit the game to their needs. Don't force them to fit the adult game."

## Steam Locomotive 1077 GOOD TIMES EXPRESS is coming to town.



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# Child safety week

May 1 - 7, 1979



## Adults' responsibility

## Prevention the answer

In 1976, accidents killed 1,293 children under 15 in Canada, with traffic, drowning and suffocation claiming the three highest

number of fatalities. With timely action most of these deaths could have been prevented. This is Child Safety Week and the

Canada Safety Council urges you to make it a week of thought and planning so that this bleak

picture can be brightened.

Accidents are the greatest threat to the lives and limbs of children and more of them die because of accidents than because of all the communicable diseases of childhood combined. Many more are seriously injured or permanently disabled. Medicine can immunize children against some

diseases and prevent many others, but parents and educators must immunize children against accidents through protection and education.

1979 has been proclaimed International Year of the Child by the United Nations. It is also the 20th anniversary of the Declaration of the Rights of the Child. It is our

responsibility as parents, educators or simply as adults to make sure that our children have and enjoy the right to safety, which is ultimately the right to life. It is too late to resolve to do better as the result of an accident. Prevention is the answer. Adult responsibility is clear. The time for thought and action is now.

### Hide and seek dangerous

Young children love to explore and play "hide-and-seek", with empty refrigerators and freezers being a favorite place to hide. Many children have suffocated to death, and whenever this hazard seems to be diminishing, accidents happen and children die.

The Canada Safety Council recommends the following for temporarily out of use refrigerators and freezers:

1. Remove lock;
2. Leave shelves in compartment. This discourages children from climbing in;
3. Place unit so that the door is up against a wall;
4. Tie the door to cabinet by either:

- wrapping a chain around and securing with a lock,
- wrapping a thick rope around and knotting tightly,
- binding with flat metal strapping.

Teach children to be aware of the dangers of playing around unused refrigerators

and freezers. Explain that if they get inside, they may not be able to get out without help. No one will hear them and they can't be seen.

Children must be warned that they should never push other children into refrigerators and freezers. They should help any trapped

child out. If they are unable to do this, they should report the matter to an adult immediately.

If a child is missing, look first in any unused refrigerator, freezer or even old stoves and any type of airless enclosure in the home or immediate neighborhood.



If your car gets stuck in snow, never spin wheels, even for an instant. This just digs the car in deeper.

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Province of British Columbia

## PUBLIC NOTICE ROYAL COMMISSION OF INQUIRY INTO URANIUM MINING

### COMMUNITY MEETINGS

The following Commissioners were appointed in accordance with the British Columbia Public Inquiries Act:

Dr. David V. Bates, Chairman  
Dr. James W. Murray  
Mr. Walter Raudsepp

Within the Terms of Reference, the Commissioners are to inquire into the adequacy of existing measures to provide protection in all aspects of uranium mining in British Columbia. In particular, they are to examine the adequacy of existing Federal and Provincial requirements in British Columbia for:

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

On completion of the Inquiry, the Commissioners will make recommendations to the Lieutenant-Governor in Council for setting and maintaining standards for workers and public safety, and for protection of the environment in respect to exploration, mining and milling of uranium ores.

A preliminary schedule of Community Meetings in June and July 1979 has been arranged as follows:

**KELOWNA**  
Tuesday, June 5  
Wednesday, June 6

**CLEARWATER**  
Friday, June 8

**KAMLOOPS**  
Monday, June 11

**ROCK CREEK**  
Monday, June 18

**GRAND FORKS**  
Wednesday, June 20

**CASTLEGAR**  
Thursday, June 21

**WILLIAMS LAKE**  
Tuesday, June 26

**VANDERHOOF**  
Wednesday, June 27

**FORT NELSON**  
Tuesday, July 3

**ATLIN**  
Wednesday, July 4

The purpose of the Community Meetings is to give the Commissioners the opportunity of understanding the local issues facing these communities that could be affected by uranium mining in British Columbia. It will also permit local organizations or members of the public an early opportunity to express their views regarding the issues that are to be considered by the Commission. The Commission plans on returning to these and other communities where required, at a later date after more technical information is available.

Public interest groups who are applying for "Participant Funding" may, if they wish, make an opening statement at these Meetings, but they will not be expected to present their main submissions until the Fall Hearings. However, anyone who particularly wishes to speak at the above Public Meetings in June or July, and who have not already done so, are requested to advise the Secretary in advance.

During the course of the Hearings, the Commissioners will make on-site inspections of uranium deposits and local environmental settings.

The locations, dates, and times of the individual Public Hearings will be published in advance in the appropriate regional and local newspapers.

On behalf of the Commission  
Brig. Gen. E. D. Danby (retired)  
Executive Secretary  
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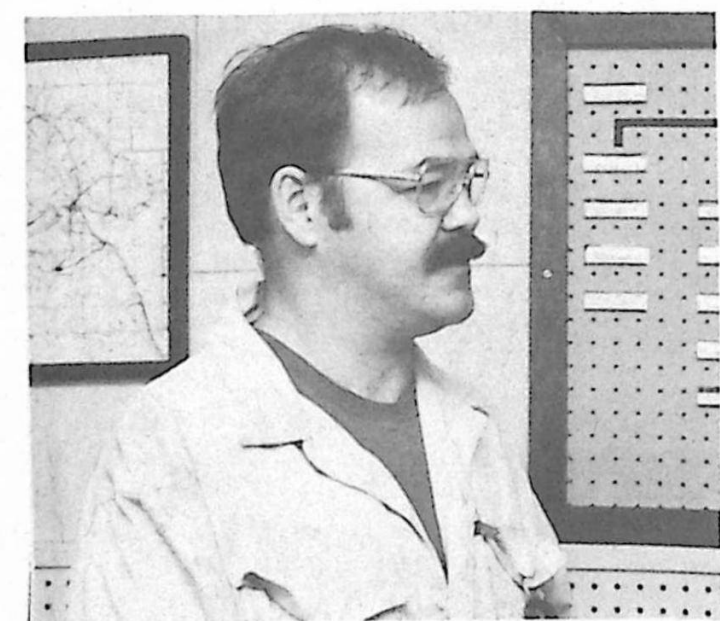
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Base photo

## Treasure Island

### Foster Parent report

On March 10 Foster Parents from Region 10 attended Dr. Gossage's workshop on Child Abuse. Dr. Gossage is one of two Physicians in the province, who actively works in the field of Child Abuse, and heads up the Child Abuse team working out of the Royal Columbian Hospital. The discussion in the afternoon brought out many questions from Foster Parents, all which Dr. Gossage was able to assist the Foster Parent with.

The slate of new elected officers are, president, Francis Nuggets, Vice-President, Ray Primeau, Secretaries, Maureen Shortt, Sue Alfred, Treasurer, Stu Lamb, Public relations officers, Thelma Primeau, Regional Representative, Judy Eyford.

Astra Paakas, who was the Regional Family and Children's service co-ordinator in Region 10 is now the Child abuse co-ordinator

at Queen Alexander Hospital for Children in Victoria. Region 10 will miss Astra's service both to her job and The Foster Parents of Region 10.

Shares in the B.C. Resource Investments Corp. are available to all Foster Children. Foster Parents are asked to please contact their social worker for information on how to obtain them.

Foster Parent kits are available to all new Foster Parents by writing to B.C.F.F.P.A. 800 Cassiar St., Vancouver, B.C. If you are a new Foster Parent this kit contains information very useful to you.

The 12th annual meeting and conference of the B.C.F.F.P.A. will be held at Village Green Inn 4801-27th St., Vernon, B.C. on May 25, 26, 27, 1979.

The goals of the conference this year, being the International Year of the Child, is

to involve both Natural Parents and Foster Parents in educational experiences, sharing common concerns and becoming more knowledgeable in matters relating to children. The Parenting skills workshops are: 1. Community planning boards, 2. communication, 3. Natural parents, 4. Special occasions in Foster children's lives, 5. Human sexuality, 6. The effects of fostering on the foster family, 7. How to deal with anger. If you are interested in attending please contact your local Foster Parent Assoc., if there is not a local in your area please contact Regional P.R. Thelma Primeau, RR No. 2, Port Alberni. Please discuss with your local the matter of travel and motel costs.

The next regional meeting will be held on May 5 at 10:00 a.m. in the M.H.R. building in Parksville. All Foster Parents are welcome.

### Officer's wives club

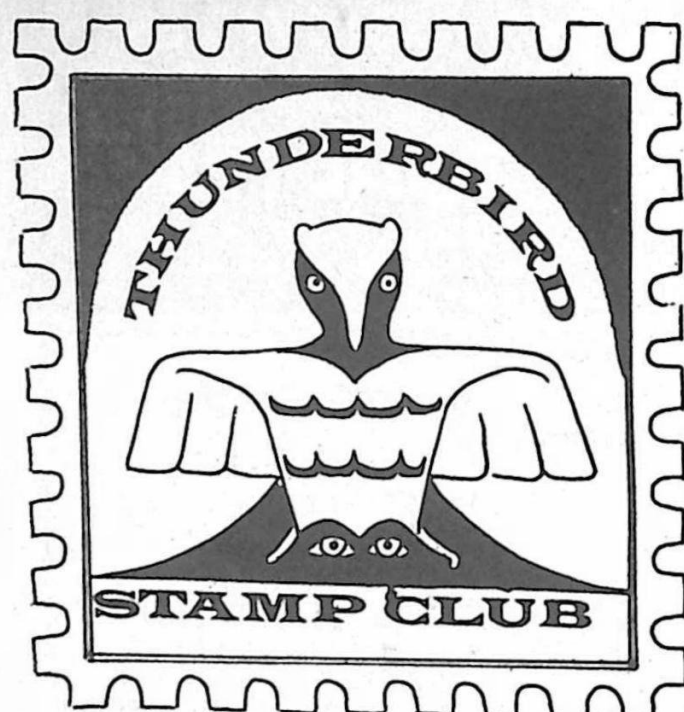
On April 18th Officer's Wives Club commenced its monthly meeting with a glass of punch. The famous "Whistlers" got a few belly laughs and then on to business.

Elections for 1979/1980

executive were held and the results were:  
President - Ann Gibbon.  
Vice-President - Carol Harvey-Clark.  
Secretary - Dorothy Wright  
Treasurer - Belinda Breen  
Food Convenors - Pat Black, Betty Gregory.

Publicity - Sue McKinley.  
Welcoming - Dianne Beech  
Entertainment - Marilyn Books, Jill Toews.  
Phoning - Lesley Dunkerly.  
Bridge - Donna Lee Kuntz.  
Cher Evans shared her original "Sasquatch Song", and then went on to musically narrate a skit put on by Laurie Haines. Marybeth Arnold, Della Reid and Joyce Taylor. Harv-Arn cake was served with coffee and a delicious casual social hour followed.

May 16th will be the big wind up dinner, so come out and say goodbye to all the gals who are transferring to bigger - not necessarily better places. Tickets for the dinner must be purchased before May 9th.



Perforated stamps are provided with means of separation through the little holes around them as you see almost every day on the ordinary postage stamps. There are different sizes of perforations. These are usually measured by the perforation gauge according to the number within its width of two centimeters of space. This is very simple. Just run the edge of your stamp along the gauge until the dots fit exactly into the perforations. You will find then the correct figure printed at that point on the gauge.

If the figure is 12, for instance, it means that there are 12 perforations within the two centimetres of space as described heretofore. This is important as there may be stamps exactly alike except for the difference in perforation measurements, and this may also mean a great difference in dollars and cents.

Rouletted stamps like perforated stamps have means of separation, but instead of having holes made through removal of paper from body of stamps it has instead, incision. These are made without removal of paper.

T. LUCAS Pres.

## Airport school report

On Wednesday and Thursday, April 25 and 26, Airport School presented a musical production based on the story "Treasure Island". Children from all grades were involved. Mrs. Vera Jensen directed the actors, and music was under the direction of Mrs. Linda Safford and Miss Margaret Greig.

Debbie Edwards took the part of Long John Silver, managing her pegleg and crutch admirably. Jody Chellen was outstanding as Ben Gunn. Other principal roles were played by Jennifer Smith, Christine Hooley, Ann Patterson, Karen Sallis, Tracy Cook and Tammy Jensen. The three sailors

were Bryon Barker, John Graham and Dennis McLaughlin. Ten girls from grades 3-5 were convincing as the villainous crew of cut-throat pirates.

Over 130 children sang out justly in the enthusiastic chorus. Paul Cladon, Wyn Davies and Paulette Vaton, lent their talents in the design and painting of the sets.

Special thanks are due to Airport staff and students for their co-operation, especially to those students who worked as stage-crew, ushers, ticket sellers and babysitters.

For the first hand comment on the Treasure Island Production was really a sight to behold. The children played

their parts as if they were born to be stars. As for the chorus their voices rang out as if a victory long fought had finally been won. They were great! To the staff of Airport School a job very well done. Keep up the good work!

BTO - Damage concerning doors kicked in and holes in walls, the teens will be partially responsible for any wilful damage in the future. If this continues to happen, the BTO will be in grave danger of closing.

REMINDER - all animals are to be contained within the owners yard area according to the PMQ resident brochure. Any complaints of stray animals should be directed to

your ward councillor. The dog catchers continues to make periodic checks through the Wallave Garden area.

Dog owners do not take dogs for a walk on children's playground area!

BIKE OWNERS - do not leave bikes lying on side walks during the evening.

The above column is written by Mrs. D. Tkaz, which is her final column. Thank you Mrs. Tkaz for your fine work in the past. At this time the members of the PMQ Council would like to thank all of the past PMQ Councillors for all of their help and time they put into their jobs. Thank you one and all!

FAMILY DAY - The family day picnic will be held on Sunday May 27, 1979. Time 1300 hours at the Airport School. In case of bad weather the picnic will be postponed until June 3.

FAMILY OF THE YEAR - Will be announced by your Miss Wallace Gardens at the Family day function. Ballots for the Family of the Year will be distributed by the ward councillors the 2nd week of May.

POSTER CONTEST - There will be a poster competition between the 7th graders of Airport School pertaining to the advertisement of our Family Day Picnic. The winner of the contest will receive \$10.00 cash and 2nd and 3rd place winners will receive \$5.00 each. The winners of the contest will be announced May 17. All drawings must be in by May 11. Good luck to all the participants and a thank you to Mr. Shields, school principal, for his co-operation.

MUSIC LOVERS - There will be a concert held at the Airport School May 8, at 1900 hrs. until 2030 hrs. entertainment will be provided by not one but two bands. Featuring Comox District Concert Band and the Elementary Honor Band. Come on out and join in the fun!

TOTEMS ON THE ROAD - The month of May is bringing

plenty of entertainment our way. Also featuring Totems on the road, May 8 & 9th at the Base Theatre. Time 8:00 p.m. Remember what a fantastic skit they put on for us last year? Well, I hear it's even better this year, so come on out and let Totems on the Road tickle your innards.

ANNUAL COOKIE DAY - On behalf of the Girl Guides of Canada they would like to thank all of the people who participated in the buying of the cookies for their support. WANTED - New leaders for the Brownies and Guides for next year. All you mothers who would like to give us a hand contact your Ward Councillor. If there is any news which you, as a reader would like to have publicized feel free to contact me at 339-6087, Joyce Freeman, Publicity Councillor.

NEXT PMQ COUNCIL MEETING will be held May 17th, 0830 hrs. in the Parish Hall.



Base photo

### Junior fire brigade

THE SMILING faces of the Grade Five students of Airport School who attended the Junior Fire Brigade Program. The course which is held annually and was presented to the students by the Base Fire Department Fire Prevention Bureau.

### Blue Colony

### First Lazo Beavers

The Beavers have indeed been busy this month. 2nd April was an Outdoor Night and the boys enjoyed the New Venture playground and other outside games. The Beavers wrote a letter to Hawke, telling him of all the things they have done since he left. Birthday people were honored, and new songs were sung around the campfire. We also heard a few new jokes (didn't we Todd).

The monthly outing was a trip to Courtenay Detachment of the RCMP. The Constables gave the boys an excellent tour. Fingerprints were taken and we had a chance to go to Jail. All the boys had a turn to sit in the police car and hear the sirens, and see all the

flashing lights. These experiences the boys will long remember. Questions were asked and answered and the boys learned that being a Policeman in real life is somewhat different than what their ideas were. Special thanks again.

Noisy night and Fun night for the month was Bring a Buddy and Musical Evening. Everyone made a musical instrument, then we all had a parade outside followed by a peanut scramble. We went back in had a story and sang songs around the campfire.

By the time this column gets to print we will have had our 30th April meeting which is to be "Growing" night. The swim up ceremonies for

Busy Beavers going into Cubs has been planned for 14th May at 6:30 p.m. at The Pond. Parents of the Beavers swimming up are part of the ceremonies, so please mark this date on your calendar, and plan to be there. All parents of the other Beavers are welcome to attend the ceremonies.

28th May is District Beaveree, more information in the next column. Blue Colony will not hold a meeting on May 21st as it is a holiday. Final meeting of the year will be 28th of May.

Before I end this column I would like to thank the Beavers and Leaders for the cheery card they made for me when I was "Down and Under" Thank you very much.

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# Give me the life of a TV Beer Commercial

Millions of people watching the Stanley Cup playoffs on television have made an astonishing discovery:

The only place in Canada today where life is perfect is in the beer commercial.

There it never rains, nobody worries about unemployment, everyone is healthy and good looking, food and drink are plentiful, cranky bosses are unknown, and life is just one long, devil-may-care party. It's even better than Victoria, B.C.

As a result of finding out where true happiness is really at, many of us have become addicted to alcoholic commercials.

"What I wouldn't give for just a week in a beer commercial," Jackie sighed over the weekend, thinking of the pile of un-ironed shirts in the basement.

"In a beer commercial you never have to scrub a floor, clean up your sons' rooms,

make a meal or take dog hair off the rug, and your eyeliner never gets smudged after a swim in the lake."

## LOST MORE

"You're right," I agreed. "This week the muffler, tail pipe and oil pan rusted off the car, I lost at least 56 more hairs from my head, and there's a funny noise in the refrigerator. You never see that sort of thing in a beer commercial."

"Boy, it must be terrific to be in a beer commercial and do nothing all day but push rafts into some resort lake, hug models with 22-inch waists, and knock off 5-minute miles while waiting for the picnic to start."

"Why can't we live in a beer commercial?" the missus demanded. "Why can't my hair always look perfect? Why can't we entertain 20 or 30 people around some sun-splashed cottage without

having to lift a finger, or clean up the ash trays later?" "It's just not in the cards," I tried to explain. "There are two classes of people in beer commercials, and those who don't. We happen to be stuck in the non-suds group."

"Do you think they ever worry about national unity in beer commercials, the 87-cent dollar, mortgage payments, income tax, or putting on weight?" Jackie wanted to know.

"The biggest worry I've seen in a beer commercial was the one where the guy bought a new car, and was wondering if it was a sign of old age because it wasn't a sports model. He looked 26 years old," I commented. "No one grows old"

"Alice was crazy to go through the Looking Glass," was the missus' reply. "She should have run away to a beer commercial where no

one ever grows old and the average income must be \$50,000 a year."

"Even if we can never hope to have a beer commercial of our own, perhaps one of our children will marry into one, and we can visit," I said.

That was the end of the conversation because a beer commercial flashed on our TV screen and Jackie and I again sat there, silent and wide-eyed.

Frankly, I'm a little worried.

Thanks to the hockey playoffs, Jackie and I are up to approximately 16 beer commercials a night now and, while they do let you escape from the day's problems momentarily, we're afraid we may have terrible withdrawal pains once the Stanley Cup is over.

Does anyone have a telephone number for alcoholic commercials anonymous?



## Brownsville

BY BARRY SWEENEY

After cutting seven albums in nine years, Brownsville's debut Epic album "Air Special" (Epic PE 35606), the group feels that they can reach their ultimate goal with this album. In the words of singer-guitarist Cub Koda, "It's what we always wanted to put down on record. It's a really good, raucous rock and roll sound—but one with some class." Code goes on to explain "There's damn few rock and roll bands left. There's Foghat, the Stones, ZZ Top and us".

While it only stands to reason that a member of a group is bound to hype his own product, Coda and the rest of Brownsville Mike Lutz, Bruce Nazarian and Henry Eck, have what Coda described — a raucous rock and roll set with class.

## WHO DO YOU LOVE

Rising to prominence, almost Phoenix like, from the ashes of several Michigan groups, Brownsville Station gigged it's way around the country blowing windows out of frat houses with their raucous rock and mega-watt sounding amps.

The group had a string of hits that ran from "A Night on the Town", "School Punks", "No B.S.", "Yeah", "Motor City Connection" and "Brownsville Station". Now with their release of "Air Special" marks the tenth year as a professional unit, but also looms on the horizon as one of their biggest yet.

As spokesman Coda says "Every time we turn around there's a band up there playing 22-minute double leads on a couple of SGs and yelling boogie at the audience". For the boogie fan, forget it. For the hard core rocker, "Air Special" gets it all together with a certain

synergism that hasn't been witnessed since the early Stones. It's not heavy metal, it's just straight ahead, raunch and rock.

One of the highlights in the

set is the remake of the classic Ronnie Hawkins "Who Do You Love" that couples the lyrics of McDaniels with driving guitars and solid percussion throughout.

those songs could be considered for singles release and have a good shot at making it to the upper echelons of the charts.

Imaginative production on "Love Stealer", along with an old timey 50s feel on "Let It Roll" and "Down The Road Apiece" wrap up the set. Good set of nothing but rock, and that's what it's all about. Tom Werman production.

Barry Sweeney

# B.C. boasts whale of a show

By Erich Hoyt

Coastal British Columbia boasts great deep fjords teeming with salmon, a rich variety of navigable waterways, and myriads of island paradises varying from a few square metres to Vancouver Island, the largest inhabitable North American island.

Along this coast, and a special part of its attraction, are the whales that inhabit those deep fjords and the ease with which whales can be seen "in the wild".

In the last few years, a new sport—you might almost call it that—has developed along the B.C. coast. It's whale watching.

Of course, fishermen dating back to the early coastal natives have always watched whales. But, today, a widespread fascination with the whale has led more and more people to want to see for themselves the largest creatures that have ever lived on this planet.

## FAST SWIMMERS

B.C. claims more than a dozen species of *Cetacea* (the scientific name for the order of whales and dolphins). Most of them—humpbacks, sperm whales, finbacks and minke whales—rarely approach close to shore.

They are fast swimmers and may dive for over an hour at a time. So, if you see them, it would still be difficult to obtain a close look. Most of them live in the vast open waters north of Vancouver Island to Dixon Entrance, but there is no one place off the B.C. coast where you can go and expect to encounter them.

But two other species of whales are readily accessible, and these are gray whales and killer whales or orca.

## GENTLE GIANTS

During the spring, up to 13,000 of these barnacled "gentle giants" migrate to the Arctic, lolling off the west coast of Vancouver Island from Rafael Point to Ucluelet. The gray whales remain in the area anywhere



Bull killer whale off Vancouver Island.

from several days to months, and can be seen within one kilometre of the beaches of Pacific Rim National Park. During the winter, the grays migrate to the warm, protected lagoons of Baja, California, to give birth and raise their young before heading up the west coast in spring.

The surest way to see them is by boat, though they can often be viewed from shore, feeding in the shallows. The first sign of them will be their sky-high blows. Then, if you look closely, you'll see their gray, mottled back and wide tail flukes as they dive.

## MURKY TRAIL

If the water is clear, you can watch these up-to-16-metre-long cows of the sea "bottom feed", sifting the sand for tiny shrimp-like krill and leaving a murky trail behind them.

Sometimes you can follow them this way, and they may even come over and look at you—"spyhopping". But always, eventually, they're gone—off exploring or searching for richer pastures.

B.C.'s favorite whale, which inhabits the entire coast from southern Vancouver Island to Prince Rupert, is undoubtedly the killer whale.

The bulls are the first to be recognized with their tall, up to 1½-metre dorsal fins that look like witches' hats and their

Erich Hoyt Photo

San Juan Island and in the Gulf Islands, especially along the Vancouver Island shore south of Nanaimo. They are often seen travelling close to shore.

- In Johnstone Strait, anywhere from Alert Bay to Kelsey Bay, is "prime whale country".
- Near the village of Nanaimo, where one of the first orcas was captured for an aquarium, killer whales can be seen at the entrance to Fitz Hugh Sound and Rivers Inlet.

- South of Prince Rupert, in Douglas Channel and the appropriately named Whale Channel.
- North of Prince Rupert, bordering Alaska, in Portland Inlet.

## SEEN FROM FERRIES

Few fishermen and regular weekend boaters in these areas have not had at least one close experience with the killers or "black-fish" as the coast people call them.

For many others, their first view of these magnificent mammals has been from the B.C. Government Ferries. Killer whale pods are occasionally seen on the busy Horseshoe Bay-Nanaimo and the Tsawwassen-Swartz Bay crossings.

But the whales are frequently encountered on the North Island ferry from Kelsey Bay to Beaver Cove. In fact, they are so common in these waters that the ferry captain often doesn't bother to announce them. That is, unless they come right beside the boat—and then the skipper slows the engines to have a look himself.

British Columbia has become famous for its killer whales. The B.C. coastal Indians were the first to recognize the intelligence, sheer power, and beauty of the creatures, putting them on their poles and crests. Today, B.C. killer whales—seen in aquariums all over the world—are like ambassadors from our province. But here we are lucky: We can see them, "in the wild", almost any Sunday.

This is a Tourism British Columbia feature.

chubby eight-metre-long bodies. With females and subadults, the dorsal fin is shorter and curved, only up to two-thirds of a metre high.

## NO ENEMIES

Characteristic of all killers is the contrasting black back and white belly and eye patch. These unique markings seem to suit their "dramatic" character, because killer whales are among the most intelligent, strongest and fastest creatures in the sea.

They have no natural enemies. And they eat anything from fish and seals to dolphins and larger whales which they subdue with intelligent pack-hunting methods. In B.C., however, their diet probably consists mostly of salmon.

How common are they in B.C. waters? The Fisheries Research Board, Pacific Biological Station in Nanaimo, estimates some 300 killer whales live off the B.C. coast. They have counted more than 20 families, or pods, ranging from 1 to 20 members each.

## LIKELY SPOTS

They also determined that B.C. killer whales were permanent, year-round residents. However, the best time of year for sighting them (mostly due to weather) is late spring to fall. These are some of the more likely spots:

- In Georgia Strait, they can be found along the west side of

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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."

## THE HOUSE HUNTING PROCESS — PART I.

WELCOME TO VANCOUVER ISLAND! Why not think about living here now, or as service personnel, a possible transfer here in your future days, or investing in a piece of land for your future retirement days.

THE ISLAND is 282 miles long and varies in width between 50 - 80 miles. Our mountains soar to a height of over 7,000 feet and hundreds of lakes, sandy beaches and some of the world's largest salmon are caught here. Yes, ladies they have been recorded and are not just fish stories.

FOR YOUR INFORMATION most service personnel transferred here live in the Courtenay and Comox areas, with some selecting the outlying areas of Cumberland, Royston, and north to the Campbell River area. The air base is a scenic drive of 10 to 15 minutes from Comox or Courtenay so the majority choose this for family needs and shopping amenities. The total population of the Comox Valley is 30,000.

TODAY, I would like to guide you, the prospective purchaser of a home, through some of the vital information that affects your house hunting efforts and your decision to purchase a certain home here or on any other transfer.

A PURCHASER, let's face it, the down payment, or cash at hand plus the ability to carry mortgage payments within your means. Try payments within the mortgage to keep this far more important payment in the price of the house; remember it remains stable during inflation and you will gain equity from your investment. Therefore, this is an excellent time to buy a home, prices will continue to rise predict industry leaders, who see no levelling off periods in the future.

WHAT can you manage safely? Each individual lives, plays and saves at different levels, also our gross income varies from rank to rank and years in service. But, we have all rented accommodations

or some of us have carried mortgage payments on previous dwellings. A rough guide to figure out the monthly cash flow required for a mortgage payment is between 25 to 30 per cent of your gross income. If you are fortunate enough to have a wife working, part-time income, these count toward monthly payments.

YOU should have enough money set aside for the down payment and closing costs. Banks and mortgage companies require by law, 5 per cent down on high ratio loans, or you can increase the down payment up to 25 per cent of the purchase price; therefore reducing your monthly payments plus obtaining a lower interest rate from the conventional mortgage.

WE, at Nanaimo Realty, can save you time and trouble, if you take advantage of our professional service as salespeople. We can analyze your needs and guide you into the price range of a home suitable to your pocketbook. We can calculate your gross debt service ratio, plus your loan to value, that banks and mortgage companies base their lending value. We can find you the best terms on a mortgage as financial institutions are now offering terms of 1-2-3 or 5 year terms.

ANOTHER factor to bear in mind is the cost of getting into your home and living in it, particularly if it's your first home. You need to figure the cost of moving, utility bills, maintenance, insurance and repairs. Carefully evaluate your life-style, and how much you want to sacrifice. YET, despite what you've read or heard, more people are buying homes. It is the most popular form, a good investment because if you ever decide to sell, there could be many buyers.

MY FOOTNOTE TODAY: The success of a business is always dependent on the quality of its services.

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

## Classifieds

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

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## 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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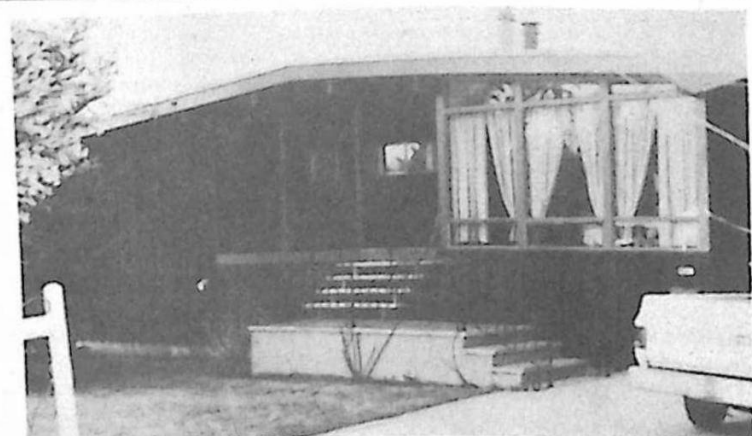
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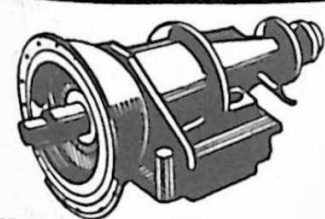
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# Obesity - its ups and downs

Did you know that the incidence of obesity in Canadian society has been estimated variously between one-third and two-thirds of the population? The same figures apply to the United States, where at any given time, approximately 10-20 million Americans are on a diet of some kind, and spend \$10 million per year on diet related expenses. Startling isn't it?

But consider that the state of being overweight is associated with a decreased life span and increased chances of developing a wide variety of illnesses and it's shocking. Little wonder, then, that obesity has drawn so much attention. What follows is an attempt to deal with various aspects of obesity from an educational point of view in order to foster a general understanding of this complex state, and to make you aware of some of the modern thinking on this age old problem. It is not intended to be a panacea for obese people. Let's start with the basics of energy dynamics in the body.

## How Our Body Gets Its Energy

We need nutrients to live! Basically, there are three types - carbohydrates, fats and proteins. However, alcohol comprises such a large portion of the daily intake in most Western

societies (e.g. an average of 5 per cent in Britain and 8 per cent in France) that this carbohydrate will be considered an entity on its own.

These four substances are broken down by the digestive system into basic constituents which are used either as building blocks for body growth and repair, or further broken down to release energy. The amount of energy released varies: carbohydrates (from such foods as potatoes, macaroni and spaghetti) produce four calories per gram; fats, nine; proteins (principally from meats), five; and alcohol, seven.

However, most foods are a combination of these constituents, and Table I will give the calorie value of some foods commonly found in an average diet. Now let's look at how this energy is used.

## How Our Body Uses Energy

There are five uses of energy in the animal body: 1) basal metabolism, 2) growth and repair, 3) specific dynamic action, 4) activity and 5) conversion to storage products. Basal metabolism, or basal metabolic rate (BMR), is the rate at which energy is consumed by the body at rest; in other words, the energy needed for vital functions.

The BMR is variable, and depends on the quantity of active tissue in the organism

(basically the mass of the body minus the weight of fat, water and bone minerals), age (it decreases with age, the male losing more than the female), sex (males are 8 per cent higher than females), physical condition (athletes are 6 per cent less than average), and state of obesity (since obese people have more living tissue in the form of fat cells their BMR tends to be higher than normal). BMR accounts for a relatively small consumption of energy in the body.

Growth consumes a lot of energy during childhood, but far less after puberty. The energy for repair is used for the replacement of tissues with high turnover - for example, the blood, skin and lining of the gut - and the healing of injuries - for example burns and cuts. Other than in childhood, this category is normally of minor importance in the energy economy of the body.

Specific dynamic action (SDA) is the energy required for the utilization of food and only consumes about 6 per cent of calorie intake. The SDA varies from food to food, and forms the basis of recommendations made by dietitians for the consumption of foods that are filling and also require a lot of energy to digest, for example, salads.

By far the largest consumer of energy, and the most

variable, is activity over and above the other three. When we speak of activity, the big energy consumer is muscular activity. Mental activity requires relatively little energy - three hours of intense mental concentration consumes only ten calories. Muscular activity, on the other hand, can burn an enormous amount of fuel, with a lot of it being given off as heat. The more strenuous the muscle activity is, the more energy consumed. The energy consumed by four basic activities can be seen in Table II.

The fifth consumer of energy is that which takes place after the previous four are done. The calories that are released from foods and are not used as above are converted to storage products. The body stores energy mainly as carbohydrate and fat.

Fat is by far the largest energy storage form in the body - the average person having enough stored fat to meet the needs of two months of total starvation. Moreover, in contrast to the carbohydrate stores, it does not seem to have any mechanisms to restrict its size. Therefore, the greater the excess in our diets, the fatter we become.

## TABLE II

The energy consumed by four typical activities, based on an "average" 150 pound person. Heavier people will consume more calories because they have to move more weight. For example, a 200 pound person uses at least

one-third more energy in each activity.

**Activity**  
Resting (reclined)  
Walking (3.5 mph)  
Bicycling  
Swimming  
Running (jogging)

## Calorie consumption Per Minute

1.3 calories per minute  
5.2 calories per minute  
8.2 calories per minute  
11.2 calories per minute  
19.4 calories per minute

## A Matter of Balance

Now let's look at input and output. Since obesity is basically a result of energy excess, it is obvious that such excess must be avoided. To do this one must cut down the input, step up the output, or a combination of the two. If we look at Table I, we can see that by stopping adding a tablespoon of sugar to coffee, we can save 50 calories to input.

On the other hand, if we look at that 50 calories in terms of Table II, we can see that it would take about ten minutes of walking to burn it off. Alternatively, we could cut our sugar in half and walk for five minutes.

Thus, if the caloric value of a specific food is known (from Table I or a similar table) and the energy expenditure



In old Germany it was illegal to tie nine knots in anything.

required by certain activities is also known (Table II), then any combination of input and output can be calculated in order to strike a balance, or gain or lose weight.

Such a balance becomes important indeed as we age. The first four energy con-

sumers mentioned above decrease in their needs as we grow older. The overall result is a 21 per cent reduction in energy needs between the ages of 22 and 75, a reduction not usually balanced by corresponding decrease in energy intake. The result is an

increased incidence of obesity in older people.

In the next issue we will have a look at the control of fat tissue in the body and look more closely at the complexities of the cause of obesity.

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You will share in 10% of Westcoast Transmission.

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

Ownership of our resource industries should be in the hands of individual British Columbians. To encourage this trend, your government is offering five free shares in the recently-formed British Columbia Resources Investment Corporation to every eligible resident of our province. Following are answers to the most important questions concerning this unique offer—

## Who is eligible?

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.

## 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.

## How can I 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.

who have not yet obtained such identification, may establish their identity 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.

## When does the offer expire?

To take advantage of the free share offer, you must submit your application by June 15, 1979. Should there be extenuating circumstances—absence from the province during the application period, for example—an appeal may be made to the Ministry of Finance by September 30, 1979.

## When do I receive my shares?

Distribution of free 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 where application was made.

## Can I buy additional shares?

Yes. 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.

## Will I be able to sell my shares?

Yes. Stock market trading in shares is expected to commence shortly after the distribution date... and at this point, a "market value" will be established. However, it is hoped that a majority of 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.

## What if my shares are lost or stolen?

The free shares will be "bearer" shares—in other words, owned by and saleable by the bearer, and not registered to any individual. Therefore, there is no protection against loss or theft. However, each block of 100 shares or more will be registered in the name of an individual share-holder (and thus protected). Because registering takes additional time, persons planning to purchase blocks of shares for registration should submit their applications as early as possible. Note: only the holders of registered shares will be eligible to vote on company matters and receive financial information and other communications from the company.

## How will B.C.R.I.C. use its money?

All money invested in the B.C. Resource Investment Corporation will be used to further its investment objectives, including the development of resource industries within British Columbia.

## Other questions?

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

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



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Province of  
British Columbia

Approximate number of calories contained in some foods commonly found in Western diets. Where not indicated, servings are moderate or medium in size.	
TABLE I	
Foodstuffs	Calories
Apple, 1 large	100
Asparagus, 1 stalk	3
Bacon, 1 strip	50
Bacon fat, 1 tbs.	100
Banana, small	90
Beans, 1 cup	30
Beer, one bottle	180
Beets, one	50
Bologna, 1 slice	100
Bread, 1 slice (most types)	70-80
Brownie, 1 square	140
Butter, 1 tbs.	95
Cabbage, raw, 1 cup	25
Cake, 1 slice (med)	360
Carrot, raw	25
Celery, 1 stalk	8
Cheese, cream, 1 tbs.	50
Cheese, cottage, 1 tbs.	20
Cheese, cheddar, 1 oz.	110
Chicken, Fried, 1/2 breast	230
Chocolate bar, small	350
Cookie, Chocolate chip	50
Cream, coffee, 1 tbs.	60
Cream, whipped, 1 tbs.	35
Cucumber, 1/2 medium	10
Cupcake	250
Doughnut, plain	150
Dressing, French, 1 tbs.	60
Dressing, Mayonnaise, 1 tbs.	90
Egg, fried	110
Egg, Boiled	75
Fish, Halibut, 1/2 lb.	205
Fish, Cod	100
Grapefruit, 1/2	50
Ham, 1 slice	265
Honey, 1 tbs.	100
Ice Cream, 1 1/2 qt.	200
Ice Cream soda	325
Iced milk, 1/2 qt.	145
Jam, 1 tbs.	100
Jello, 1/2 cup	85
Lamb, 1 slice	100
Lard, 1 tbs.	100
Lettuce, 2 large leaves	5
Liquor, 1 1/2 oz., Gin	120
Liquor, 1 1/2 oz., Rum	150
Sugar, 1 tbs., brown	50
Sugar, 1 tbs., white	50
Syrup, chocolate, 1/4 cup	200
Syrup, corn, 1 tbs.	75
Syrup, corn, 1 tbs.	75
Syrup, Maple, 1 tbs.	70
Syrup, molasses, 1 tbs.	70
Tomato, med.	30
Tomato juice, 1 cup	60
Foodstuffs	
	Calories
Liquor, 1 1/2 oz., Whisky	150
Macaroni, cooked, 3/4 cup	100
Margarine, 1 tbs.	100
Marshmallow, 1	20
Milk, whole, 1 glass	165
Milk, skim, 1 glass	80
Milk, chocolate	1,100
Milk Shake, plain	240
Milk Shake, malted	500
Mushroom, 1	1
Orange, 1	70
Orange juice, 1 cup	120
Oils, 1 tbs.	110
Peach, med.	50
Pear, med.	50
Peas, 1/2 cup	85
Pie, apple, 1 1/2	380
Pie, raisin	440
Pizza, cheese	180
Pork and beans, 1/2 cup	175
Pork chop	315
Potato, baked	90
Potato, mashed, 1/2 cup	100
Potato, salad, 1/2 cup	100
Potato chip, 1	10
Radish, 1	2
Raisins, 1/4 cup	90
Rice, cooked, 3/4 cup	100
Roll, med.	100
Sandwich, Club	590
Sandwich, Hamburger	300
Sandwich, Hot beef	430
Sandwich, Tuna fish salad	280
Sherbet, 1 1/2 qt.	180
Shrimp, fried	180
Soft Drinks, 10 oz., Cola	125
Soft Drinks, 10 oz., Ginger Ale	110
Soup, 1 can, mushroom	360
Soup, 1 can, noodle	290
Soup, 1 can, tomato	230
Soup, 1 can, vegetable	200
Spinach, cooked, 1/2 cup	20
Steak, sirloin	250
Steak, T-bone	235

## BUYERS/SELLERS REALTORS/SELECTED LISTINGS

**HOMES:** —Waterfront executive home, 4 bedrooms, Craigdarroch Beach, \$94,500.  
—1840 Cousins Road, Courtenay, 4-bedroom home with 2 fireplaces, finished family room, Sundeck and fenced yard. Only \$50,900.  
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—Highland Road, Comox, 3 bedroom bungalow, all cedar family room and fenced yard, \$49,900.  
—Gail Crescent, Courtenay, 1390 sq. ft. full basement with 4 bedrooms, 2 fireplaces, 3 bathrooms, mountain view, only \$59,900.  
—Crestview Drive, Comox, 3 bedroom, 2 bathrooms, full basement, all cedar, \$59,900.  
—Burgess Road, Courtenay, new 4 bedroom, full basement, 2 bathrooms, extra large 70 x 174' lot, all thermopane, oak cabinets, \$56,900.  
—Cousins Ave., Courtenay, 4 yr. old, 2 storey, 2 bedrooms up with ensuite bathroom, formal and family dining areas. Only \$44,500.  
—Sonora Place, Comox, 3-bedroom continental plan home on large lot. Kitchen, living room, dining room downstairs, 3 bedrooms upstairs. Only \$44,000.

**HOMES AND ACREAGE:**  
—Veronica Place, 3 level split on 1 acre with 2 fireplaces, family room, ensuite bathroom, lots of trees, good garden, mountain view. Only \$62,900.  
—Marsden Road, Courtenay, 4 bedroom full basement home on 2.2 acre, 2 fireplaces, 2 baths, garage, duckpond, all fenced, lots of cedar, \$66,500.  
—Cessford Road, 2 houses on 7 acres, well treed, only \$44,000.

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—Langlois Road, 1.9 acre view lot, \$24,500. —2.2 acre lot, \$26,500.  
—Whitaker Road, 1 acre lot close to beach, from \$13,500.  
—Emberton Cres., Courtenay, nicely treed, \$10,500.  
—Aldergrove Drive, Bates Beach, Semi-waterfront view lot, \$17,500.

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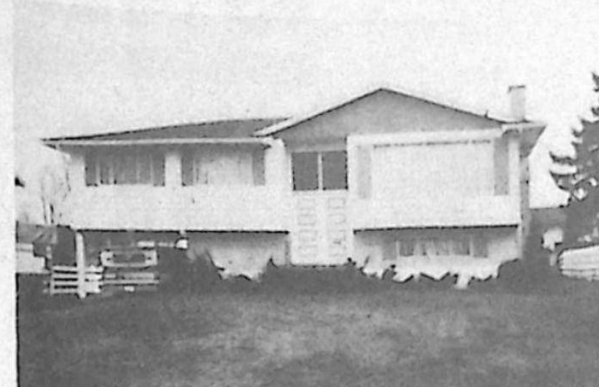
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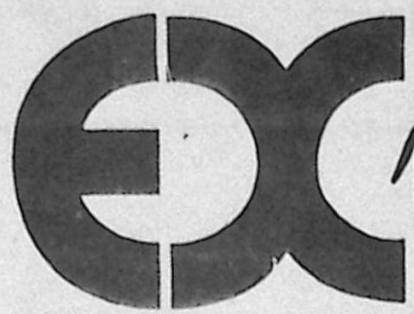
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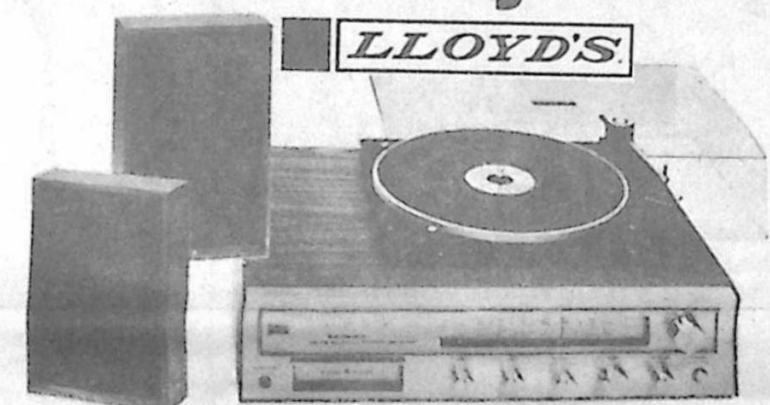
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