

# First annual Totem Times road race June 22

The first annual "Totem Times Road Race" will be held on Friday, June 22 at two p.m. sharp. The 10.6 kilo course follows the perimeter road skirting the runway, will

start and end in front of the Rec. hall and is open to all CF members and civilian employees of CFB Comox.

The concept of a perimeter road race evolved while

discussing the growing popularity of running among Comox personnel and the increasing number of men and women who pace, jog or plod their way around the

aerodrome. It was felt a bit of competition and sport would give the athletes something to ponder while out on their jaunts.

Although the road race is

primarily to foster friendly competition, an added incentive has been thrown in. Mountain Meadows Sporting Goods has contributed a pair of Nike Waffle Trainers as a

prize for the best time over the distance. There is also a possibility of a couple more prizes which will be announced later.

If you're interested in

competing or would like to act as an official, contact Rick Boswell at Local 423 or 338-7337. Any and all volunteers will be welcome, there's plenty of jobs to fill. Further

details on preregistration and possible "celebrity" entrants will appear in the next issue of the "fishwrapper". Don't miss it!



# TOTEM TIMES



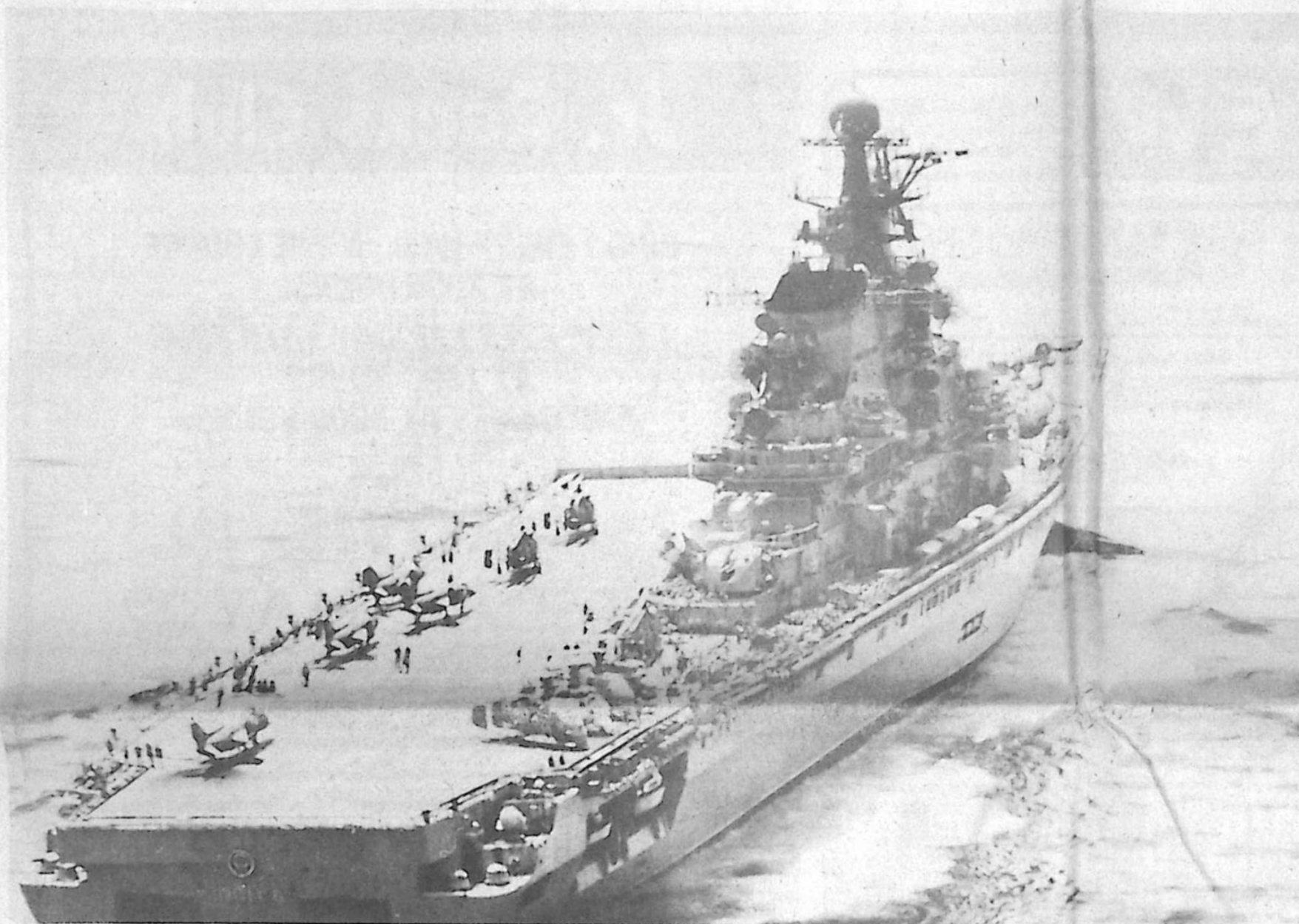
It's better to remain silent and thought a fool than to speak up and remove all doubt! — Abe Lincoln

VOL 21 -- NO. 10

CFB COMOX TOTEM TIMES

THURSDAY, MAY 17, 1979

NO CHARGE



## New Soviet aircraft carrier

A CANADIAN FORCES "ARGUS" AIRCRAFT from 415 squadron based at Summerside, PEI, while on patrol carrier "Minsk" in the Atlantic southwest of Gibraltar. The second of the new recently photographed the Soviet aircraft Kiev class of carriers and escorts were observed steaming south after leaving the Mediterranean.

### The Minsk

Type of Vessel: Kiev class aircraft carrier.  
Date of Entry into Soviet Fleet: 1978-Black Sea.  
Displacement: 37,000 tons.  
Length: 270 metres (900 feet).  
Max. Speed: Over 30 knots using steam-powered turbines.  
Armament: Four twin surface to surface guided missiles.  
Four twin surface to air guided missiles.  
One twin surface to sub-surface (anti-submarine) missile launcher.  
Four 76 mm guns.  
Eight air defence gatling guns.  
Aircraft Complement: Usually a mixed fleet of Forger vertical take-off and landing fighters and Hormone anti-submarine helicopters totalling 25 to 30 aircraft.

## Retirement assistance seminar June 6-7

1. A two day seminar for retiring servicemen and their wives will be held at the Social Centre (upstairs in the recreation center) on Wednesday and Thursday 6-7, June '79.

2. The seminar will cover topics such as: Employment Review, Trade Certification, Social, Physical and Psychological effects of retirement, release pension entitlements, financial aspects of retirement and many more.

3. To determine seating personnel and their wives that will be attending are asked to contact the BITO local 348-469 prior to 1 June '79.

**Next Totem Times  
Deadline  
MONDAY, MAY 28**



## Battle of the Atlantic remembered

ON SUNDAY, MAY 6TH, personnel from CFB Comox and members of the local Royal Canadian Legion branches joined with members of the Comox Valley Navy League and Port Augusta Sea Cadet Corps to commemorate the Battle of the Atlantic. During the course of this battle, from Sept. 1939 until VE Day in May 1945, the Royal Canadian Navy lost 24 ships, 1797 dead and 319 wounded. The commemoration service was held at sea in Comox harbor on board three crash boats of the CFB Comox Marine Section commanded by CPO James Maybin. Ceremonies were conducted by Major L.R. Coleman, Major M.A. Stack of CFB Comox and Frank Henderson of Comox Branch 160, Royal Canadian Legion. The lesson was read by Major E.H. Gibbon, Commanding Officer VU-33, representing CFB Comox and all serving naval personnel. A wreath was laid by a tracker aircraft of VU-33 to begin the service. VU-33 was a Navy squadron prior to integration of the Canadian Forces. Wreaths were laid on completion of the service by Tom Dandeno representing the Comox Legion and F. Hawkins from the Courtenay Legion. Following the service, a reception was hosted by the Comox Legion for all participants. The Comox Legion branch is to be commended for their efforts in reinstituting formal recognition of this important World War II battle and those who lost their lives during it. CFB Comox personnel are encouraged to participate in next Year's services.

Base photo

## B.C. resources Investment Corporation shares

Ref: A. MARPACHQ Esquimalt A-Comd. 016 102300Z Apr. '79. (Notal).

a. The B.C. Resources Investment Corporation (BCRIC) was incorporated on 22 Feb. '78 and was established to provide an investment opportunity for British Columbians and to create a new pool of investment capital that is owned and managed in the Province. Accordingly, the Province of B.C. will distribute five free shares in the BCRIC to every eligible man, woman and child in the Province of B.C.

b. To be eligible an individual must be a Canadian citizen or individual qualified to be a Canadian citizen who has applied for Canadian citizenship, and who:

(1) Has ordinarily resided in B.C. for at least the immediately preceding 12 months, or has so resided since birth, or

(2) Is a member of the Canadian Forces, and before his posting outside the Province has ordinarily resided in B.C. for the preceding 36 consecutive months prior to his current posting, or

(3) Has ordinarily resided in B.C. for a least 10 consecutive years before leaving the Province for not more than 60 months and who before 1 Jan. '79 has returned to and has resumed permanent residence in B.C., or

(4) Is the spouse living with, or is the child under the age of 16 years of an individual described in sub-para (2) or (3).

c. Canadian Forces personnel who meet the eligibility requirements but who through duty will be absent from the Province of B.C. during the application period (16 Mar-15 June '79) may apply for BCRIC shares by adhering to the following procedures:

(1) If you qualify under b. (1), (2), (3), (4) above, in order to obtain shares for you and your eligible family members it will be necessary to obtain a

c. (2) (b) For citizenship purposes -

(i) Canadian birth certificate or card duplicate,

(ii) Canadian citizenship document, or

(iii) Any other citizenship documents such as a Canadian passport, receipt showing application for citizenship has been made or a Baptismal certificate.

(c) For residency purposes -

(i) The name of a reference who is in eligible resident and will confirm applicants residence in B.C. for more than one year immediately prior to application or where applicable for at least 36 consecutive months prior to posting outside the Province and that applicant is ordinarily resident in B.C. The business and home telephone number of the reference should be provided. Relatives may not be used as reference, or

(ii) Receipts indicating residency in B.C. for more than one year (or 36 consecutive months prior to posting, rent or mortgage payment receipts, bank statements, telephone-utility receipts, etc.

(3) Application for shares for the children should normally be made by the mother or her attorney. It must be noted that separate powers of attorney must be completed for the husband and the wife. (Please note that the birth date of each applicant and child is required on the application form). Original or certified true copies of identification that must be submitted on behalf of an application for children are:

(a) A Medical Services Plan card showing a separate dependant number for the child,

or

(b) A Canadian birth certificate for the child, or

(c) A certificate of Canadian citizenship of the child.

d. Between 15 March - 15 June '79, if you are eligible for the five free shares you are also eligible to purchase up to 5,000 common shares at the price of 6.00 dollars per share (must be purchased in blocks of 5 shares). If it is your desire to purchase shares, you will instruct the individual holding your BCRIC power of attorney accordingly. Payment for the purchase of BCRIC common shares must be made at the time of application. To accomplish the foregoing and in order to avoid delays, you are requested to make your cheque or money order payable to the person holding your BCRIC power of attorney and instruct them to present their own cheque or money order for payment of your purchased BCRIC common shares at the time of application. Please be advised that any quantity of shares obtained (free and purchased) of less than 100 shares will be in bearer form and easily negotiable.

e. If there is a valid reason why you or the person appointed with your BCRIC power of attorney cannot make application for shares before the application deadline of 15 June '79, application may be made for the free shares between 16 June-31 Dec. '79 to designated offices of the B.C. Ministry of Finance by post-appeal procedures.

f. Purchase shares subsequent to 15 June '79 may only be acquired through the stock exchange of the then listed stock market price.

g. The purchase of BCRIC shares is an individual's personal responsibility in this matter. All correspondence by individuals shall be direct to the Government of B.C.

## RCN founder dies

Rear Admiral (ret'd) George Leslie Stephens, CB, CBE, CD, a founding member of the Royal Canadian Navy and one of Canada's most distinguished naval officers, died April 13 in Ottawa at the age of 90.

Born in Plympton, England, Jan. 2, 1889, he joined the Royal Canadian Navy in 1912. He trained initially with the Royal Navy and became a member of the original crew aboard HMS Niobe when it was turned over to the RCN. He was the first engine room artificer (machinist) in the Canadian fleet.

He was commissioned in 1920 as an engineer lieutenant and served in a variety of appointments at sea and shore.

During the Second World War Rear-Admiral Stephens served at Naval Headquarters, Ottawa, as engineering chief and later as chief of naval engineering and construction. He was also a member of the naval board and commanding officer, HMCS Bytown.

He retired from the RCN in September, 1946, and held the award of Companion of the Most Honorable Order of the Bath.

Rear Admiral Stephens was a past Chairman of the Board of Governors of the Canadian Corps of Commissioners, Ottawa branch. He was also a life member of the Navy League of Canada and Engineering Institute of Canada.

He was buried with full military honors in Ottawa on April 18.

Rear Admiral Stephens was the father of Vice Admiral (ret'd) Robert Stephens of London, Eng., who retired last year as Canada's senior military representative to NATO Headquarters, Brussels.



# Section news

around cfb comox



**CFB COMOX EOD TEAM MEMBERS** - shown "supporting" our EOD Chief (the one with the silly grin), are: (back row L to R): MCpl. Don McMillan, Sgt. Gord Graham, Sgt. Ed Rippin, Cpl. Jim McNeil, MCpl. Art Betteridge, MCpl. Chico Hicks, Cpl. John Dennie. (front row L to R): MCpl. Lyn Bristow, Cpl. Danny Laviolette, MWO Ken Greer, Sgt. Ed Kew (EOD team chief), MCpl. Jack McMillan, Cpl. Jari Annelin. Missing from photo are: WO Ted Forget, Sgt. Bruce Horochuk, MCpl. Ray Pare, MCpl. Moe Campbell, Cpl. (W) Adeline Bouvier, Capt. John Windish, MCpl. Jim Dodge, MCpl. Doug Beatty, Maj. Gord Beech (BAMSO), Cpl. Mike Lowe, Cpl. Les Layne, Cpl. Murray Sharpe, Pte. Don MacFarlane, Pte. Ron Townrow.

## Open mike

Nice weather prevailed and another grand opening of the GRAVEL PIT went without a hitch. Fly pasts from 409, 407, 442 and VW33 kept the eyes toward the skies for a while, then everything swung to the business at hand. Those still standing a few hours later paid a spring visit to the BATCO's house and kept the party rolling. All incriminating pictures may be viewed in the RATCON PHOTO LOG.

**NEW C.C. NAMED.** TREV JONES will be leaving for Victoria in a short while and with his departure a very popular selection, namely MURRAY TURNBULL has been named as his replacement effective June 1st. Good luck at the new post TREV and all the best to

MURRAY on his new straight day job. TED NORRIE is off to Winnipeg on the ICP Course for the next few weeks in preparation for Standards and Training when Fred Kempe leaves this summer.

**SPRING GALA.** RICK BOSWELL has been working overtime planning and preparing for a super fun evening on the 26th. Hip of beef, wine and super music will make for a great evening and all are urged to attend the beginning of the year's social events.

**SURPRISE.** Drilling and sawing, sawdust and noise pollution permeated RATCON last week as the techs began preparations for the installation of the new Secondary Radar equipment. Rumor has it only six more weeks of the old stuff.

**CONGRATS. CPL. SERGE ROY** completed his final flight check successfully and is now fully qualified as a 161 RADAR Controller. Well done, Serge, I'm sure that pay raise will come in handy.

**DEPARTURES.** The count down is on for BLAKE MULOIN. Blake will be retiring in Comox after a full and colorful career in ATC. Some of the stories at his Mess Dinners will remain in the history of our Section forever.

Also leaving the section this month is CPL. BRIAN SWALLOW. Brian heads overseas to Baden as a RADAR CONTROLLER. BEST OF LUCK, BRIAN, it's a beautiful time of the year to arrive in Europe.

SAY AGAIN

## Demon doins

The elections are on, the Stanley Cup finals are being played and the Demons are keeping a heavy flying schedule. Crews 1 and 2 have recently left for a CAN-US Exercise in Moffett, while Crews 4 and 5 have just returned from Hawaii. Crew 3 have been off practicing survival, leaving Crews 6 and 7 to hold down the fort, which they managed to do by flying an unplanned 20 hours one day.

Three innocent members of Crew 5, including Capt. Dick Ferguson, Lt. Jeff Morris and WO Bob Cascadden, paid a recent visit to our friends who man Ocean Station "Papa", the Crew of CCGS Quadra. Their visit was to express our sincere appreciation for their co-operation at sea for which they presented them with a photo of the ship on station taken by Bob. The trip was a great success and the hospitality was so good that

Jeff and Bob were unable to make the return trip to Comox until the following day.

Our congratulations go out to Sgt. Gord Parrott having been selected for Commissioning from the Ranks, for which he will attend the Officer Candidate School in Chilliwack next January. Good Stuff!!

The Observer cell of our Squadron is showing their best these days with the acceptance of several members for aircrew selection which could lead to CFR to navigator. The candidates are, MWO Rennie Doll, Sgt. Paddy Paddison, Sgt. Terry Walker, Sgt. Ron Mastin and Sgt. Lee Rogers. It has been rumored though that Paddy is trying to get the jump on the rest by switching from peanut butter to bananas. Sorry, Paddy but that's Pilot food.

An amusing note has come into our hands from an anonymous author: "Going to

Morning Briefing is like attending a function at the Officers' Mess. The officers stand around the coffee urn chatting just like they stand around the Punch Bowl at the Mess, not allowing anyone else a chance at the refreshments".

The Totem Little Theatre Group performed last week at CFS Massett and here in Comox and featured two fellow Demons who have become known as the "Bouncing Polac" and "Rory Revolving". Figure those two out!

We have recently headed off the busy Aurora Co-ordinator, Maj. Bob Eby, to find out what is happening since the first flight in March. It seems the aircraft has completed its first flying phase with only a few minor snags but is right on schedule. So we asked the obvious question, When?

It is proposed that four Aurora crews will be trained

in the period Feb. through Apr. '81. They will return bringing our first Auroras. Scheduled day of arrival is the 22nd of April 1981. Four additional crews will be trained in May, June and July of that same year. The last argus aircraft will leave when the Aurora arrives.

Training of Maintenance Techs already underway and will continue at a rate that will provide sufficient Aurora technicians to maintain the aircraft on its arrival. Bob also mentioned a Squadron briefing which will occur in the near future; looking forward to it.

In closing we have heard the new Nav Training Officer, Capt. Terry Spencer, is busily tracing down a rumor that a Nav has actually discovered a navigational use for the HP 97 versus its present operational use for Blackjack and Star Wars games. Have fun Terry, we'll never tell who he is.

**EW**  
Courtney

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

Thursday to Wednesday, May 17, 18, 19, 21, 22, 23  
IT'S HILARIOUS... IT'S OUTRAGEOUS...  
"CARRY ON EMMANUELLE"  
"Some suggestive scenes and dialogue." - B.C. Dir.

Thursday to Wednesday, May 24, 25, 26, 28, 29, 30  
Matinee Saturday - 2:00 p.m.

Walt Disney's All-Time Hit  
"PINOCCHIO"

**Stardust**  
Drive-In Theatre

Island Hwy. & Williams Beach Rd.  
Phone 337-5033  
Admission \$3.00. All Nites \$3.25

Show Starts at Dusk

Thurs., Fri., Sat., May 17, 18, 19  
Walt Disney's Double Bill  
"NORTH AVE. IRREGULARS" PLUS  
"THE CAT FROM OUTER SPACE"

SPECIAL ALL-NITE, SUN., MAY 20 -  
5 BIG HITS  
"MAGIC - LAST HARD MEN - BEYOND THE VALLEY  
OF THE DOLLS - THE PHANTOM OF THE PARADISE  
THE WORLD'S GREATEST LOVER"

May 24 to 27  
PLUS - "THE EXORCIST"  
"THE ENFORCER"

**MIRACLE DRIVE-IN**  
Black Creek, B.C. 337-5097

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

THURS., FRI., & SAT., MAY 17, 18, 19

AGATHA CHRISTIE'S  
"DEATH ON THE NILE"

MATURE

PLUS

**Lipstick**

"Warning: Brutal Rape & Violence" - B.C. Dir.

SUNDAY, MAY 20th

ALL NIGHT SPECIAL

5  
GREAT SHOWS

COMING... MAY 24, 25, 26, 27

BREAD AND CHOCOLATE & Goodbye - Franklin High

**BASE THEATRE SCHEDULE**  
MAY 17 to MAY 27

THURS., 17 MAY - 20 MAY, 79

A BRIDGE TOO FAR

ROBERT REDFORD - GENE HACKMAN

War Action - Frequent gory battle scenes

War action - Bridge in Arnheim, Holland

Frequent gory battle scenes

SHOWTIME: 2000 - 2255 HOURS

THURS. TO SUN., 24 - 27 MAY, 79

NATIONAL LAMPOON

ANIMAL HOUSE

JOHN BELUSHI - VERA BLOOM

Comedy - Occasional nudity, suggestive scenes and

coarse language

SHOWTIME: 2000 - 2145 HOURS

SUNDAY MATINEE

SUNDAY, 20 MAY, 79

HEY THERE YOGI BEAR

PLUS 3 STOOGE COMEDY

SUNDAY, 27 MAY, 79

THE TROUBLE WITH ANGELS

Matinee Showtime: 2 P.M. Comedy Matinee Adm.: 50c Per Person

SUPPORT YOUR BASE THEATRE AUTHORIZED PERSONS ONLY

## Jr. Ranks Club

BINGO EVERY WED. IN THE LOUNGE  
AT 2000 HOURS.

T.G.I.F. EVERY FRIDAY WITH FOOD  
AT 1800 HOURS  
AND GAMES AT 1900 HOURS.

—MOVIE—  
TUESDAY, MAY 22  
"THE CANDIDATE"

## WO'S & SGT'S MESS

ENTERTAINMENT FOR MAY

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 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 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.)

**BROWNIES**  
EAT IN • TAKE OUT  
HAMBURGERS • SANDWICHES  
FISH & CHIPS • PRAWNS & OYSTERS  
SOFT DRINKS • COFFEE & TEA  
DESSERTS  
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., 7-7  
Fri., Sat., Thurs., 7-9  
Sun., 10-6

**"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 • Sundaes • 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

**"EVERYBODY'S FAVOURITE"**  
1080 Cliffe Ave., Courtenay  
338-5132  
FULL DINING FACILITIES





## Explosive safety

Spring is a wonderful time of year, that special time when the weather becomes warm, the sun shines and after the long winter we can once again enjoy the beaches and woods in comfort. Many of the things that wash up on the beaches are interesting to say the least, unfortunately sometimes they are also very dangerous. One of the often found dangerous items is the MK 25 Marker Marine. Many have been washed up on the beaches over the winter months and spring is Prime Time for finding them.

The MK 25 is a very useful and widely used piece of military ordnance. The device is an aluminum cylinder 18 inches long and 3 inches in diameter, the base end is flat while the top end has a nozzle opening in the center through which the flame and smoke are emitted. The core or candle is made up of a number of ingredients, one of which is phosphorus, which will burn when exposed to the air. The flare ignites when dropped into salt water. Occasionally the nozzle will crust over and cut off the air supply making the flame go out.

Now we have a dangerous device which can re-ignite if the crusting at the nozzle is broken. The flame from a MK 25 is very hot and the dense white smoke is very toxic. They can easily re-ignite through careless handling or if a curious person should attempt to see what is inside by cutting it open with a hack saw. Remember, burning phosphorous can only be

extinguished by removing the air supply, if it gets on the clothes or skin, trying to wipe it off would only spread it making it worse. Normally after the MK 25 has burned itself out it will fill up with water and sink to the bottom causing no problem.

The MK 25 is designed to be dropped from an aircraft to mark a position on the water surface. This could be for any number of reasons; to assist in locating an underwater object such as a submarine, or to relocate a boat, raft or survivor. In a search and rescue operation, this can be a very difficult task in rough seas or large expanses of water.

The bright flame and dense white smoke given off by the MK 25 can be seen for miles from an aircraft during the day or at night. Dropping these flares with pin point accuracy requires a great deal of skill on the part of the squadron personnel, this skill can only be maintained through constant practice, which means dropping a great many flares.

A small percentage of those dropped fail to function properly and will be washed ashore. Is this really necessary? We are often asked, well these flares could easily mean the difference between a successful or a tragic unsuccessful rescue operation. How much is a human life worth? How much is YOURS worth?

From the 1st of January 1979 until the 1st of May '79 CFB Comox EOD section has responded to over 30 calls.

Over 70 MK 25's have been picked up and destroyed. There have been calls from as far south as Gabriola Island and as far north as the Queen Charlottes and Prince Rupert. When a call comes in we try to action it as quickly as possible, but all too often time, manpower or transportation make speedy recovery impossible, but we do try.

Because of the large area covered by CFB Comox, coupled with the ever changing tides, MK 25s could be found on any of the beaches throughout the Strait of Georgia. They can also be found in people's garages and homes because there are people who think explosive devices make good souvenirs, WRONG: they make deadly souvenirs.

To anyone having, finding, or knowing the whereabouts of any explosive-type device, we strongly recommend, let us help you:

1. Don't touch it.
2. Advise the the Armed Forces or the Police Authorities about it.

3. If there is a danger of it being washed out to sea again by the tide, gently place some large stones around and over the device, then mark the spot so that you can find it again.

Spring is a wonderful time of year, but a few seconds of carelessness or over curiosity could change all of that for you and your loved ones.

**EXPLOSIVE SAFETY IS EVERYBODY'S BUSINESS.**  
Sgt. E.B. Kew,  
CFB Comox EOD Section.

## Obesity

From Part I you will recall that the food we eat is broken down in the gut and used either for building up tissue, or for energy release. Such energy is used for vital bodily functions, the most demanding of which is muscular activity. Any excess energy is stored principally in the form of fat (adipose tissue) which seems almost limitless in its potential size.

In times of caloric deprivation fat tissue can be broken down to meet the body's energy needs. All in all, then, obesity is really an external manifestation of an energy imbalance which results from too much energy input, too little output, or a combination of both. But, how is fat tissue controlled?

**The Control of Fat Tissue.**  
Fat tissue is constantly and fairly rapidly turning over: but at the same time usually remaining fairly constant in total amount. Fat is accumulated in the body in two ways. The most important in amount is the uptake from the blood of fats absorbed from the gut and their conversion into fat stores by fat cells. The second method is the direct conversion to fat stores by fat cells.

The second method is the direct conversion to fat stores

of blood sugar which is derived from sugars and starches in the diet. The first of these two pathways is enhanced principally by diets high in fat; the second principally by diets high in sugars and starches; both are regulated by the hormone, insulin, which promotes fat storage.

When diet becomes deficient, stored fats are broken down into smaller components which are used for fuel. This process is opposed by insulin (and thereby by the consumption of sugars and starches, which stimulate insulin secretion) is promoted by a variety of hormones from the adrenal glands (adrenaline), the pituitary gland and the pancreas. You can appreciate, then, that is not only how much we eat, but what we eat, that contributes to obesity. Now, let's examine the causes of obesity in greater detail.

**More On the Causes of Obesity**  
The causes of obesity remain a puzzle. Although there is no doubt that it is basically a result of energy imbalance - that is, the energy put into the body is more than the body needs for vital functions and activity - the underlying reasons for the imbalance are unclear.

At the cellular level there are three types of obesity. Firstly, there is obesity found in people who have a greater-than-normal number of fat cells in their body; secondly, those who have fat cells larger than normal size; and thirdly, obesity associated with adipose tissue which has not only a greater number of fat cells, but these cells are larger than normal as well.

When the fat cells are larger than normal, the reason at least seems apparent - they are merely storing as fat the excess energy presented to the body; however, the situation with a greater-than-normal number of fat cells is rather more complex. Recent studies have indicated that the number of fat cells is determined both in the uterus and during childhood (up to 5 to 13 years of age) and depends on the amount of food presented to the body during these periods.

Experiments in rats have indicated that this tendency for fat cells to reproduce is inherited both for rate of division, and the length of time during which such division can take place. The latter allows certain strains of rats to increase the number of fat cells well into adult life. Moreover, there is evidence

that fat cells have to be of a minimum size, and, if they are below such a size, they can 'instruct' the brain - "eat more". Thus, these rats become fat primarily through an internal disorder. If such a phenomenon is operative in humans, one can understand how difficult it would be for such a fat person to maintain a lower weight, since the desire to be thin and, therefore, eat less, would be in constant conflict with an internal drive to eat more.

Considering heredity a little further, studies on identical twins that have been separated after birth have shown that such twins display similar tendencies to obesity in spite of the environment of their upbringing. Moreover, in families where obesity is prevalent, the children born of the parents who are obese show much greater degrees of obesity than their adopted siblings. These results indicate that there is more in operation than merely eating behavior learned from the family environment.

It is interesting to note that investigations into hormonal causes of obesity indicate that the hormonal abnormalities observed are more commonly the result of, rather than cause of, most obese states.

Some people believe that their continuous urge to eat is caused by an inherent abnormality in the centres controlling hunger and/or feeling full. There is no evidence that these two centres, located in that portion of the brain called the hypothalamus, are directly responsible for such abnormal eating behavior.

However, what has been put forward is that sedentary lifestyles result in the malfunctioning of the appetite control centre in such a way that food intake is not appropriate to needs. In contrast, in people who are active, appetite is more closely controlled so that food intake is geared to energy output. What this means is that when the human body is inactive,

the mechanisms controlling food intake become defective leading to overeating. Such a mechanism may explain part of the tendency to obesity in our society, but it is not the sole one.

It is quite safe to say that most North Americans overeat, or at least over-consume calories, what with our meat-centered diet high in fats, our "coffee breaks" of sugared beverages, our snack-oriented recreational habits and our reliance on beverage alcohol as a focus of our social activities - all reinforced by the constant bombardment with seductive advertising.

However, the average caloric intake in our society has decreased since 1900 while the extent of obesity has increased. Moreover, some studies have shown that some obese people consume only a small number of calories more than non-obese people. Even though such a small difference would make a significant contribution to obesity over many years, it does not explain why society is fatter while taking in fewer calories.

Twentieth century technology has enabled, and indeed, encouraged sedentaryness. The result is a relative lack of energy expenditure. Many researchers feel that this is the principle cause of obesity in our society.

Observations on obese people do indicate that they are less active than their non-obese peers, both in the type of things they do, and the way they do them. Thin people are usually veritable perpetual motion - legs jiggling, arms going, up and down; while the obese person sits still or moves relatively slowly. The result of all this, then, is a person who consumes a few (or many) more calories than he uses each day. Over the long term he becomes, and stays, fat.

In the next issue we will have a look at the effects of obesity on health and examine some of the means of therapy.

## Nighthawks nest

Cosmic! That's not a security term but rather the latest fighter lingo used by the F-15 jocks at Maple Flag III and this year, Cold Lake's exercise was just that. The eight aircrew and twelve ground crew drew some great experiences out of Cold Lake even though much of it was dissimilar to our

operating environment (including their "spring" temperatures).

Meanwhile back at the home front, everyone is busy preparing for Survival '79 which may be one of the most challenging ones yet. Our two resident bush-wackers, Dave Lineker and Brian Taylor have everything well organized for a successful and enjoyable course.

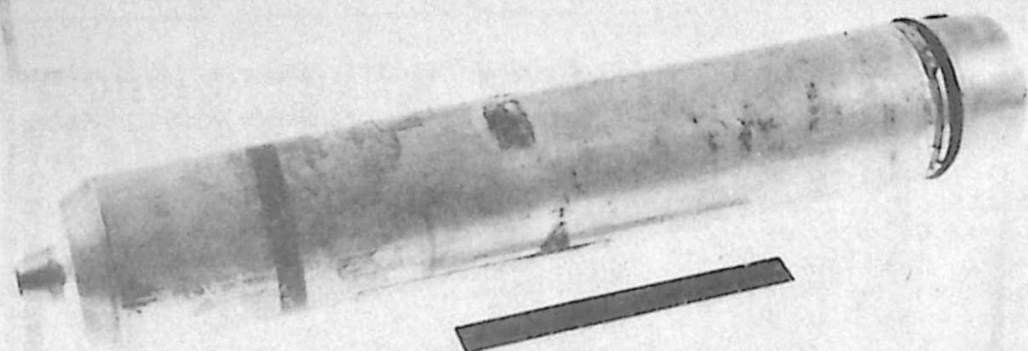
The AWIC boys were back home this weekend for some

west coast R and R. I hope the long trip was worth it to you guys.

409 Sqn's annual Capability Inspection is only a few weeks away and all of the nighthawks are prepared once again to demonstrate their skill, cunning expertise as well.

409 welcomes Bernie Hughes to the nest. Bernie is under combat ready training but will be finished shortly to join his crew mates in the glorious newly renovated Q.R.A.

## Look out for this one



Base photo.

## Prize poetry

A \$1000 grand prize will be awarded in the Spring Poetry Competition sponsored by the World of Poetry, a quarterly newsletter for poets.

Poems of all styles and on any subject are eligible to compete for the grand prize or for 49 other cash or merchandise awards.

Says Contest Chairman, Joseph Mellon, "We are encouraging poetic talent of every kind, and expect our contest to produce exciting discoveries."

Rules and official entry forms are available from World of Poetry, 2431 Stockton Blvd., Dept. A, Sacramento, California 95817.



The 10 gallon hat actually holds three-fourths of a gallon.

## BOB'S TOWING and BOB'S VALLEY SERVICE



**24 HR. SERVICE**  
**CALL 334-4124**

After Hours 334-4967  
SERVING THE COMOX VALLEY  
ANYWHERE - ANYTIME - ANY SIZE  
260 Island Hwy. N., Courtenay



**AL ROBB**  
CF/RCAF RETIRED. WILL WORK FOR YOU AND ENLIST Black Bros. resources on your behalf.  
Homes, Lots, Acreages, Farms, Businesses, Home Trade Plan - in short - A Total Real Estate Service!  
**TRANSFERRED IN** - or had enough of rent payments, call or write Al for professional service.  
**TRANSFERRED OUT** - call Al for Black Bros catalogue N.R.S. and/or M.L.S. listing to maximize your selling potential. Also BBTV at no charge.  
**ALAN ROBB**  
**BLOCK BROS. LTD.**  
445 - 5th St., Courtenay, B.C.  
OFFICE RESIDENCE  
334-3111 339-3307

## TRANSFERRED TO CFB TRENTON?

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

**BELLEVILLE** 275 N. Front Street P.O. Box 914 K8N 5B6 1-613-962-3418  
**TRENTON** 115 Dundas Street East P.O. Box 427 K8V 5R6 1-613-392-9224

## Comox Valley Ford RENTAL

**Cars and Trucks**  
Mavericks, Comets, Pintos  
1-Ton Furniture Van  
¾-Ton Pick-up  
Club Wagon

SALES SERVICE & RENTALS  
OPEN 8 a.m. - 9 p.m. Mon. to Sat.  
**For Daily Rental**  
**Call 334-3733**

**COMOX VALLEY FORD**  
**SALES LTD.**  
Your Local Ford and Mercury Dealer  
360 N. Island Highway, Courtenay, B.C.  
Phone 334-3161  
MOTOR DEALER LICENCE NO. 5020



## GOOD'S GROCETERIA

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

Pkg. of 12 Hot Dog & **HAMBURGER BUNS** 2/\$1.38  
from Westons

Fresh Canada Grade A **YOUNG TURKEYS** \$1.29  
6 - 10 lb. average

Maple Leaf **BOLOGNA CHUNKS** 99¢  
lb.

Maple Leaf **BULK WEINERS** 95¢  
lb.

Maple Leaf Sliced Sandwich Meats  
**CHICKEN LOAF, BOLOGNA, MAC & CHEESE** \$1.09  
12 oz. Pkg.

Maple Leaf **BOLOGNA** \$1.19  
lb.

**LONG ENGLISH CUKES** 59¢  
Canada No. 1

California **CORN ON THE COB** 5/\$1.00  
Canada No. 1

B.C. Bunch **RADISH, CALIF. GREEN ONIONS** 2/39¢  
Mix & Match

Old Dutch **POTATO CHIPS** 69¢  
225 gram. Box. All Varieties. ea.

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



## Editorials

Ken's pen

### A one in six chance

That you will be the victim of a crime this year if you live in Courtenay...at least, according to figures just released by the B.C. Police Commission.

However, not to worry, as the Courtenay RCMP say the picture is not as grim as it looks because the majority of the crimes are vandalism, and house breaking and entries -- not major crimes.

Well I don't know about you, but when I consider that my chances are 1 in 6 that next year my house might be broken into, or my car windows smashed, my boat motor stolen, or whatever, then I say the odds are just a little too high. Mind you, I can always think positive and say to myself "they'll hit the guy three doors down on the right or left of me". But then, he is probably saying the same thing to himself.

I don't agree that vandalism, break and entry etc. are not major crimes, because any crime committed against a person, or a person's property is an attack on that individual's right to live in this country without worry of trespass. Admittedly, an attack on someone at knife point could have much greater consequences to the victim than breaking into his house and stealing his stereo,

but the basic crime against a person's right to walk a street safely, or own property, is still there. And, as one who might someday become a victim, I consider these types of crimes, major.

How many times in the court parade have we seen the same names two or three or more times, and usually for the same types of crimes, and yet, because so many of these people are young, and the courts, social workers, etc., worry about the consequences of incarceration, we see these individuals being slapped on the wrists and told not to do it again. It must be totally frustrating to the victims, and to the Police (who according to the same report, have the second largest workload in the Province) to see this happening time after time.

I do not advocate vigilante groups, for the simple reason that we have laws in this country that were set up to deal with criminals. But there has to be an answer, and the leniency shown by the courts in the hopes of rehabilitation does not seem to be working as witnessed by the many second and third time offenders. If there is an answer, let's find it, and quickly.

### Language is not a barrier

In all the descriptions of Canada, united or divided, we hear of the barrier that is the Rockies. We hear of the concentration of capital and head offices in the East and we are constantly reminded of the problems associated with Canada being a nation with more than one mother tongue.

It was refreshing, recently to listen to a speaker whose company had determined that none of the foregoing should be a hindrance to a relationship between Quebec and British Columbia. Michel Belanger, President and Chief Executive Officer of the Provincial Bank of Canada was in Vancouver for a meeting of his Bank. It was the first held in the west and certainly the first since the merger with Laurentide Financial Corporation and it marked the start of Provincial Bank operations in British Columbia in a big way.

Mr. Belanger has been asked, "Why the Provincial Bank?" and "Why British Columbia?" The response in his address was both enlightening and encouraging -- and delivered with a wit too seldom displayed at a speaker's podium.

He pointed out the similarities between Quebec and our province in explaining why they thought the prospects here were good. "A company," he said, "naturally seeks growth in markets with which it is familiar, and no province seemed more familiar than British Columbia. Apart from the base of manufacturing in Quebec, the economies are similar, being based on a rich endowment of mineral wealth and forest resources. They are both blessed with tourist attractions, are well served by agriculture and have generous hydro-electric resources. Quebec and British Columbia are both trading provinces and have major

resources for international trade."

Like Quebec, our natural resources are distributed over the whole province and also, like Quebec, British Columbia's population is concentrated into narrow bands or small urban centres. The provinces are equally alike in having major cities which are not provincial capitals.

Does all this make it seem that we are as alike as two peas in a pod? Wherein lies the difference that would form a barrier?

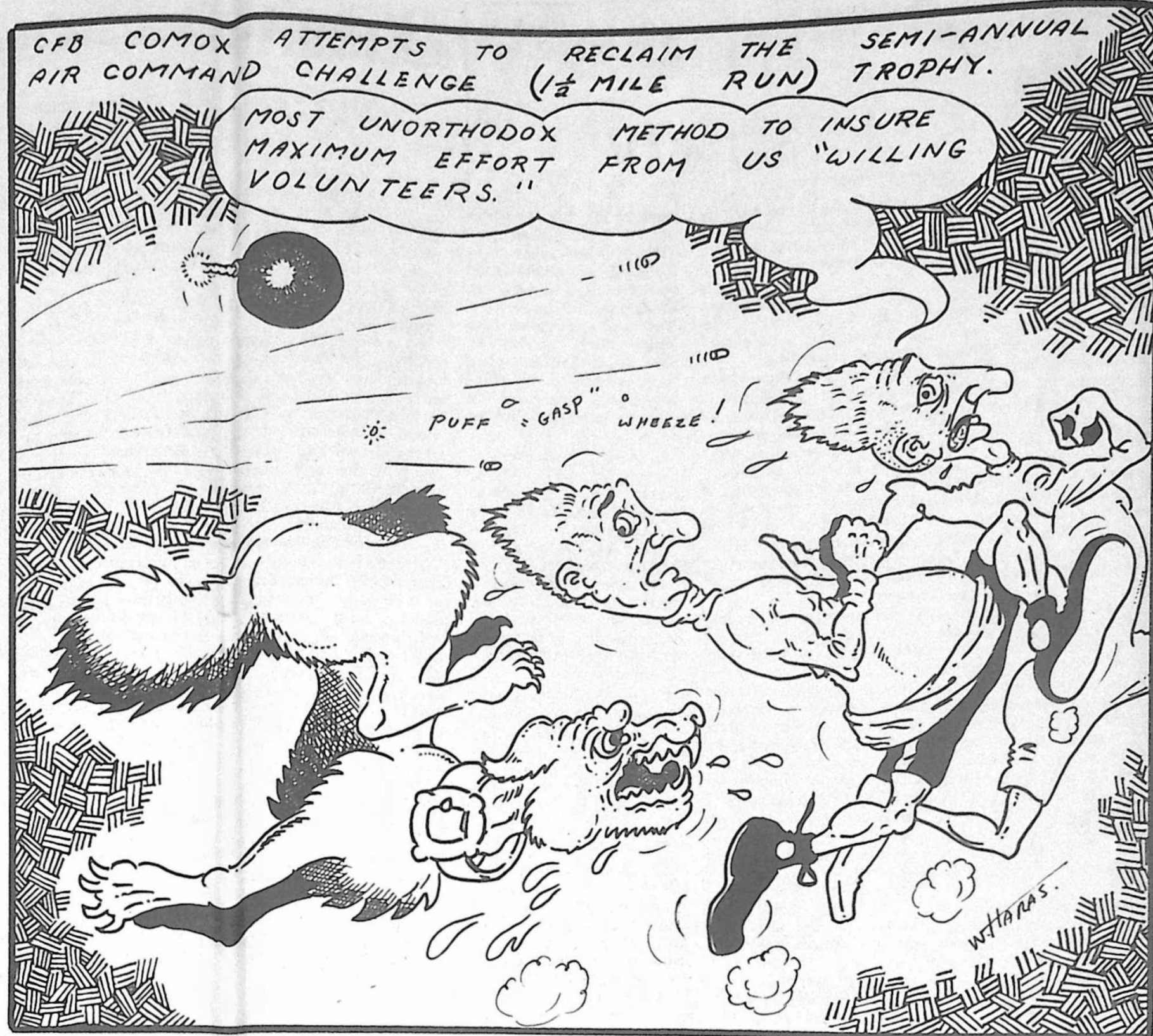
We begin to suspect that any barrier that exists is raised within the province in a misguided attempt at self-preservation, a way of keeping the good things for oneself.

We suggested, in a recent editorial, that trade and goodwill were interdependent and particularly that trade could not exist without a measure of goodwill. The move into British Columbia by a Bank, mostly francophone, and definitely Quebec based, might open our eyes a little. To learn that Quebecers want to come here, for so many reasons, is a little heartwarming.

For us to commend the move for its business motives, and in a commercial manner, would be a mistake. That is not our intention. We welcome the Bank as should welcome any newcomer, especially one who admires our way of life sufficiently to consider becoming part of it.

Trade, goodwill -- business, goodwill -- all vital parts of our economy to our way of life. Perhaps for business to be a means of promoting goodwill is something new and, if so, we are pleased to see it. We hope all British Columbians will be equally encouraged -- and encouraging -- and welcome our new neighbors.

Courtesy Vancouver Board of Trade



### Red Cross told to 'wage peace'

Local delegates to the recent Red Cross Annual Meeting in Vancouver were told that Canadians have the potential to make a greater commitment to helping solve world problems.

Romeo Maione, Director, Non-Governmental Organizations Division, of the

Canadian International Development Agency, stated that many of the problems of today lie with the developed industrial nations.

"We have the resources to do a great deal," said Maione. "Whether we have the will or not is yet to be determined." Maione said the next 20

years will be critical.

"Today, the world spends 400 billion dollars a year on arms. That's over one billion dollars each day."

He pointed out that if just a fraction of these monies were re-channelled, many of the problems now facing the third world could be eliminated.

Maione praised the work of the Red Cross, both in Canada and internationally, and emphasized especially the organization's efforts relating to children of the third world.

"With just one per cent of the world's arms expenditure to work with, we could, through organizations such as

Red Cross, ensure that every child today is vaccinated. This is not a great deal to ask for. Especially in 1979, this International Year of the Child."

Maione urged the delegates to carry his message back with them and to "wage peace" through Red Cross.

### Courtenay youth music centre

String students from all parts of B.C. will have the opportunity to work with some of Canada's foremost concert artists at Courtenay Youth Music Centre this summer.

CYMC is a music camp for students of all ages and at all levels of achievement. Now in its twelfth year, the Vancouver Island summer school attracts students from the lower mainland and many of this province's small communities as well as students from all across Canada. They

range from near-beginners to semi-professionals, all of whom benefit from the unique informality and enthusiasm of music-making at CYMC.

Started in 1967 as a Centennial project by the Vancouver Junior Symphony, the "music camp" rapidly outgrew the original plan to be a training ground for young Vancouver musicians and has now achieved national recognition as one of Canada's foremost summer music schools (the others being the

National Youth Orchestra, Les Jeunes Musicales, Banff School of Fine Arts, and the Royal Conservatory, Toronto).

Director Robert Creech, formerly a Vancouver musician and now music department head at the University of Western Ontario, has planned for enriched string instruction at CYMC this summer. The faculty includes the Purcell String Quartet (based at Simon Fraser University), Andrew Dawes of the Oxford Quartet, Montreal, Denis Brott of Interlochen Arts Academy of Michigan, Frederick Nelson, conductor of the Vancouver Junior Symphony, Gerald Stanick, a member of Quartet Canada at London University, and many others.

CYMC, which runs from July 1 to August 12 this year, offers instruction in all orchestral and keyboard instruments as well as vocal, choral, and opera programs. This year, the classical emphasis is augmented by a Pacific Jazz Workshop directed by Dave Robbins, Vancouver band leader and teacher.

### Museums day

On May 18, the National Museums of Canada are celebrating International Museums Day, an event which is held on the same date every year all over the world as declared by the International Council of Museums.

The National Museums of Canada are focussing on the important role that Canada's public museums and galleries play in the community by preserving our cultural heritage and by making it easily accessible to Canadians.

Attached are a number of short fillers on International Museums Day that we hope you will run in your newspaper in the period leading up to the event to encourage Canadians to visit a museum.

If you wish to have more information on the National Museums of Canada, we will be happy to provide it. Please write to "Information Services, National Museums of Canada, Ottawa, K1A 0M8 or telephone Ottawa collect (613) 593-4285".

### CNA TOTEM TIMES

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

EDITOR: Brian Puttock (238) or (339-5370)  
ASST. EDITOR: John Windish (491) or (339-4420)  
EDITORIAL STAFF: Gord Kruger, Ole Johansen, Pete Whitter, Ken Lahaie  
SPORTS EDITOR: Rick Boswell (423) or (338-7337)  
ADVERTISING MANAGER: Ev Evans (224) or (339-5851)  
ASST. ADVERTISING: Laurette Clark  
PHOTOGRAPHER: Joanne Stoeckl  
CARTOONIST: Willie Haras  
PROOFREADERS: Rhona Windish, Jean Copeland  
CIRCULATION: The Juneau Family (338-6215)

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. VOR 2K0.

Printed in Courtenay, B.C., by the Comox District Free Press

### ONLY FOUR OF US REMAIN!

The Totem Times editorial staff has dropped from our usual 8 - 10 volunteers to just four. In this year of restricted postings, many of our staffers happened to be among those who received travelling papers.

There have so far been no new additions to replenish our ranks. Somewhere out there must be someone with 2-3 hours to spare every second Tuesday evening.

If you would like to help out, call Brian Puttock /c/ 238 or 339-5370.

Ladies -- Let hubby stay home for a change -- the "Fishwrapper" is not a male chauvenist organization!

### FLASH!!

NOW YOU TOO CAN GET HOME, MAIL DELIVERY OF THE COMOX FISHWRAPPER SIMPLY FILL IN THIS FORM AND MAIL ALONG WITH A CHEQUE OR MONEY ORDER FOR \$3.00 TO:

CIRCULATION MANAGER, TOTEM TIMES  
CFB COMOX, LAZO, B.C.

TOTEM TIMES SUBSCRIPTION -- ONE YEAR -- \$3.00

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
COUNTRY \_\_\_\_\_  
CHECK/MONEY ORDER \_\_\_\_\_  
SIGNED \_\_\_\_\_



# Promotions & Awards

Thursday, May 17, 1979

CFB Comox Totem Times 5

who got them & why



Base photo

## Airmen of the quarter

SSGT. JOHN HALE has been selected by Det-5, 425th Munitions Support Squadron as Airmen of the Quarter (Jan-Mar). Ssgt. Hale is the training NCO for the Custody Branch. In addition to his custody duties, John enjoys listening to the political works of Dr. Martin Luther King and Dick Gregory. He also likes wood work and builds book shelves for his record collection. John likes football and coaches the Det-5 softball team and at one time was an amateur boxer. John said, "This award is a great morale booster for me and I was happy to have won". The competition was tough. Ssgt. Gary Farthing of Quality Control, Ssgt. Bill Chestnut of Maintenance and Sgt. Larry Thoren of Explosive Ordinance Disposal all can be proud of their nomination.



Base photo

## WO Ron Sawyer

WO RON SAWYER receiving his promotion from Major G.G. Beech, BAMSO. Ron joined the RCAF in 1954 and prior to his tour at CFB Comox he served as a Refinishing Technician at 121 C&R Sea Island B.C., 4 (F) Wing in Germany and 6 RD Trenton, Ont. For the past five of his six years here at Comox he has been the NCO i-c of the Base Refinishing Section. Ron has been posted to CFSAOE, CFB Borden.



Base photo

## Sgt. Denis Chislett

MAJOR G.G. BEECH, BAMSO presenting Sgt. Denis Chislett with his promotion. Since his enrolment in the RCAF in 1959 Denis has served as a refinisher at CFB Greenwood, Shearwater and LaR. He has worked in the Base Refinishing section since arriving in Comox last summer and is to succeed WO Sawyer as the NCO i-c of the Section.



Base photo

## New sergeant D.B. Bjolverud



THE NAVY TAKES COMMAND of the Base Transportation Section on 19 April '79 as CPO Jim Maybin, Superintendent of Marine Rescue "sits-in" as A-BTNO. We don't know yet if things will ever be the same.

## WORK AT YOUR LEISURE!

Other people's leisure too — golf courses, ski hills, arenas and rec centres, B.C.I.T.'s Recreation Facilities Management Technology gives you the skills to operate and manage them. A great future, in a specialized field, waiting for you to apply now.



BCIT 434-5734 for information.  
British Columbia Institute of Technology  
3700 Willingdon Avenue, Burnaby, B.C.

## Pitch in '79

A record number of Western Canadians are participating in Pitch-In '79 according to Outdoors Unlittered, sponsors of the campaign to be held May 7-12 in the three Western provinces and Winnipeg.

"A total of 2,100 organizations are participating. These groups will, in total, involve in excess of one million people," stated an Outdoors Unlittered spokesman.

Participants in British Columbia's campaign range from Primary school children to senior citizens. Projects vary from cleaning up a back alley to scouring a ravine.

This is the 11th year that the Pitch-In campaign is being held in British Columbia. It is co-sponsored by the Ministry of Environment and Shell Canada Limited. Shell donates garbage bags to Outdoors Unlittered for distribution to community groups. This year approximately 50,000 bags were distributed in British Columbia.

Outdoors Unlittered is a

non-profit, charitable organization which was founded in 1967 by approximately 20 volunteers. In 1979 the organization receives support from various levels of government, industry, schools, the media and the general public. The Pitch-In campaign is one of many programs sponsored by Outdoors Unlittered in British Columbia.

### FOR RESULTS Call Collect or Write For Information On



- Homes
- Lots
- Acreages
- A.E. LePage

Nation & Worldwide Find A Home Service

FOR COURTESY, SERVICE AND PROMPT RESULTS CALL

**TOM PROCTER**  
Nanaimo Realty (North) Ltd.  
Off: 334-3124 Res: 339-2688

## Port Augusta Motel



- 1 & 2 Bedroom Suites

WATER BEDS BY SLEEP EZE, COMOX

- Kitchens • Coloured T.V.
- Dining Room
- Heated Indoor Pool

CATERERS TO SERVICE PERSONNEL

RESERVE NOW AT 339-2277



## CHALET MOTORS

### USED CARS

1976 HONDA Hatchback, 4 speed	\$3295
1976 DATSUN B-210 Coupe, 4 speed	\$3495
1973 NOVA Sedan, 6 cyl. Auto.	\$2495
1978 FORD FIESTA Hatchback, 4 speed	\$3995
1974 DATSUN B-210 4 speed	\$2495
1974 MAZDA 800 Coupe, 29,000 miles	\$2895
1978 MAZDA GLC Deluxe Hatchback	\$4295
1974 VEGA Station Wagon, Auto.	\$1995
1968 FORD GALAXIE 500 Fastback	\$695
1975 CELICA 5 speed trans.	\$3895
1974 MAZDA 800 Station Wagon, 4 speed	\$2695
1973 VALIENT DUSTER Duster H/T, V-8, A/T.	\$2295
1976 CAMARO (LT) V-8, Auto. New Paint.	\$5895
Tilt wheel, P. Windows, P.S. and P.B.	\$5995
1978 MALIBU CLASSIC Sedan, Auto.	\$2495
1974 VEGA WOODIE WAGON, Auto.	\$4495
1978 HONDA Hatchback, 4 speed	\$3495
1976 MAZDA 800 Station Wagon, 1600 c.c. engine	\$2895
1978 VENTURA 4-Dr. Sedan, V-8, Auto.	\$3895
1973 MUSTANG H'top, V-8, Auto.	\$3495
1967 CAMARO H'top, V-8 with Headers. New Paint. Mint cond.	\$3495

### USED TRUCKS

1973 G.M.C. 4-Ton P.U. V-8, Auto. Only 24,000 miles	\$3495
1975 JEEP 4x4 CHEROKEE Station Wagon, V-8, Auto.	\$4995
1975 FORD E-150 VAN WITH MAG WHEELS, ETC. CYL.	\$4495
1976 MAZDA P.U. and Canopy. Only 25,000 miles	\$3895
1978 TOYOTA Long Box and Canopy	\$5395
1976 COURIER P.U., 32,000 miles, 4 Spd.	\$3295
1977 MAZDA P.U. Long Box, 9,000 miles	\$4495
1975 CHEV Shaggy Van, V-8	\$4995
1973 WESTFALIA CAMPER	\$3695

1977 HARLEY DAVIDSON 1200  
Electra-Glide, Full Dress. New condition. 2,700 km.

\$6695



## CHALET MOTORS

Dealer No. D6555  
148 Island Hwy., Courtenay  
Phone 338-5478

"NO MAN EVER STANDS SO STRAIGHT  
AS WHEN HE STOOPS TO HELP A BOY"



## THE COMOX VALLEY CHAPTER OF BIG BROTHERS NEEDS YOUR HELP

WE NEED BIG BROTHERS  
CAN YOU HELP?

FOR INFORMATION PLEASE CALL THIS NUMBER  
GEORGE SCHOLER 339-5732 - Loc. 433

## Call the Gentlemen. northAmerican

VAN LINES INC.

For free estimates • packing • storage • Full Value Protection •  
world-wide moving • local moving • bulky articles handling

### COMOX MOVING & STORAGE

#### TRANSFERRED OVERSEAS?

Don't take chances with your valued possessions. Leave them in the care of the GENTLEMEN of the moving industry — COMOX MOVING & STORAGE, agent for north-American Van Lines.

Our storage facilities, located just outside CFB Comox on Ryan Rd., are unsurpassed in the local area.

Come in and see for yourself. No obligation!

Drop into our office any time during regular business hours, or call us at 339-2281, 2282 or 2283.

COMOX  
339-2281  
Ryan Rd.

PORT HARDY  
949-7033  
Market St.

TELEX 044 62555



northAmerican



# Totem sports

## Up Earls alley

Well the Rangers made short work of the New York Islanders... Once again the 80 game schedule does not mean a thing when the playoffs arrive other than home ice advantage ... but, a loss at home can change all of that too. It did work to Montreal's advantage as they were forced to the limit by the pesky Bruins ... The Bruins have no Super Stars and are made up of a hard working group of players ... with an excellent coach.

The Rangers have opened up a one game lead (at press time) over the powerful Canadians and played extremely well in doing so. It was nice to see a team score a "short-handed goal". Most teams feel that once you get possession of the puck when you are a man short you should get rid of it immediately by shooting it down into the oppositions end...

Well the Rangers took the puck, went to the attack, and, wham scored a goal. As the expression goes, "Possession is nine tenths of the law", and if you have the puck they, the opposition can't score and, you might. One game does not make a series and the year's Stanley Cup final is far from over. The Canadian's will probably win it in six. And the winner of the Conn Smythe Trophy will be John Davidson...

Well for the first time since 1949 Gordie Howe will not score 20 goals in a season ... he ended up with 19...

The first Annual Road Race (closed) will be held in CFB Comox in June. We should have upwards to 100 personnel competing for the trophy and individual awards. All the faithful runners will enter and hopefully some new talent will do the "Runners" (formerly called sneakers) and participate. The race will be run over approximately six miles and with a bit of luck the weatherman will co-operate.

The BPERO has arrived back from St. Jean, completely bilingual and will be around for the next few weeks and then, it will be off to, not Valcartier, Trenton. Capt. Kimmick from CFB Calgary will be arriving to take over the BPERO duties in August.

The golf course has a couple of new Wrinkles ... Sand Traps. The volunteers have done a great job and of course the "Experts" are complaining that they could have been better better like aaah ... nearer the green, more to the side, deeper ... etc. ... etc. They are a start and it will add to the "degree of difficulty" of the course and that always increases the mental aspect of the game.

The memberships have been rolling in and Apollo Athanasopoulos has been doing a great job as Membership's Chairman and will be thoroughly missed when he takes his leave and proceeds on posting to Europe. Earl "The Pearl" Thompson will take over on the 31 May so, if you have any queries give me a call at local 315. Played my first game the other day and roared around in a total of 81 blows. I even visited the creek (bottom) on hole No. 6. There was one consolation however, I didn't hit the bridge ... Sure glad that hole is a Par seven...

The gym floor has been refinished and is once again back into full operation and the air is once again full of birds (shuttlecocks)...



## I think I can take him Farewell to Greer

For everyone who doesn't know MWO Ken Greer, he is the Judo instructor of CFB Comox Judo Club, whom is leaving us in the month of June. MWO Greer is a highly trained, 3rd degree, Black Belt holder in the art of Judo. His three degrees of Black Belts are registered with KODOKAN, in Tokyo.

He started training in Judo in 1954 after being a wrestler during his high school years. MWO Greer's Judo training led him into Judo Competition. In 1971 he won the Heavyweight Championship title for C.A.F. After many long, hard years of training and competing in Judo, he received many injuries to his knees, which resulted in a multiple of operations. With Judo still surging strongly in his blood he decided to teach others this majestic art of self defence. His statement was "Since I no longer compete, I donate all of my time to teaching others".

MWO Greer became a teacher. His first students were adults until after a few

months of teaching at Comox Forces Base. The facilities with which he had to work with were very inadequate for large bodies being thrown all over the small room. That is when he began teaching children.

MWO Greer has been overwhelmingly good with the children of his Judo class. Discipline is a very well known word among his students. He is a tough teacher, which his students can truly testify to, but they all seem to love him dearly and himself likewise.

What MWO Greer has given to our children, the most important thing of all, his time and understanding. We, the parents of your students, would like to extend to you, our gratitude. MWO Greer you are one hell of a man. May good luck and fortune follow you where ever you are bound.

MWO Greer is being posted to Baden Baden Germany for a four year tour, leaving Comox sometime in June.

Story by Joyce Freeman



Season's first pitch!!!

## Totems in action

The season's home opener for the Totems turned out to be a thriller with the Totems dropping Anchor Garage 2-1.

Our Base Commander, Colonel Burgess (professed ball enthusiast and previously undiscovered pitching talent) threw in the first pitch, a surprising drop ball which subsequently dropped 150- from home plate in the glove of Bob Couvillier in center field.

After the slow start in the first inning, slowed somewhat by an embarassing umpires delay (tough luck Russ, thanks to Mike Keller the situation was covered with a more adequate pair of pants), the Totems got to work at sinking the garage.

After a base hit, Gary "Pig Pen" Farthing displayed some excellent base running, coming off first on a base hit to left field and rounding third to score the first run of the game with a good slide to home. Later Bruce Young finally straightened one out after a dozen foul balls in two at bats and scored Norm Keyes with a single to put the Totems ahead 2-0.

The garage came back at the top of the sixth trying to weigh anchor with an unearned base and a couple of base hits, but, a good throw from left field by Pat Mayo and a well executed grab and tag by catcher Keith Degruy, held the garage to a single run.

Tight pitching by "Jake" Jacobson held Anchor scoreless the remainder of the game and aw the Totems to their first victory of the regular season.

Previously the Totems won the two pre-season games held here defeating Leakey Logging and Gulf Coast Construction 10-6 and 6-4 respectively. Also in their first away game of the season, the Totems lost 7-2 to a strong new entry to the league, Campbell River.

I'm sure the Totems will be ready for Campbell River next time around and there'll be a lot of action with them and the rest of the eight team Comox Valley Fastball League. So come on out and support your base team and you might be surprised at the action and entertainment you're missing.

## Ladies golf tourney

June 24 will see seventy-two lady golfers from the many golf clubs from Victoria to Campbell River and Powell River participate in the 7th annual Invitational Golf Tournament sponsored by the Comox District Credit Union. The eighteen hole event will be preceded by a practice round on Saturday. The many prizes will be divided into three groups, to give equal opportunity to the three flights made by handicaps. A dinner on Sunday will follow the day's competition and wind up the tournament.

## Intersection fastball

The Inter Section Fastball league will get under way on May 23, '79. This year's league will have a total of ten teams participating. Last year's winners, the 409 team will be out to defend the title.

Other participating teams this year will be: 407 Sqn., MSE CFSTS HOSP, FIREHALL C.E., TEL COM NUC DEF ATC, BASE ARM'T, USAF, AVSO, MP's, 442 HQ SUPPLY.

Games will be played on Mondays and Wednesday Diamond numbers 1 and 2. Doubleheaders will be played commencing at 1700 hours. M Cpl. Ty Garrison will once again be the league co-ordinator and if you have any changes in team rosters or questions regarding the league operation make sure that he is the FIRST one you contact. His local is 315 at the Rec. Centre. Cpl. Athanasopoulos is the umpire co-ordinator and he is short of personnel so if you know of anyone who would like to help out in this capacity have them contact Apollo at local 315. The pay is not all that good but, you can't beat the challenge and excitement.

## Ladies tee time

Tuesday, May 1st

Several ladies took part in a Junior Senior 2 ball fun day. After 18 holes of play the first place winners were: June Berry and Joyce Aylward. 2nd place winners, Marg Wreggitt and Kay Banks. Sorry folks can't tell you who was senior or who was junior.

Tuesday, May 8th

Twenty ladies played for Pin Day. Mona Ledgaard won the Pin with first Low net. Barb Carter and Joyce Aylward tied for second Low Net.

Rose McClesch presented Gwen Hall with her Pin for the most Improved Golfer on the Ringer Board for the month of April.

## SEE THESE BETTER BUY HOMES THIS WEEKEND



NEW LISTING in Comox, 4 bedrooms on cul-de-sac street, spotlessly clean and faultlessly landscaped. Only \$44,500.



COURTENAY 5 bedroom home with 2 fireplaces, rec room, fenced yard, sundeck and tool shed. Only \$50,600.



COMOX - 4-bedroom quality home with 2 1/2 bathrooms, 2 fireplaces, 2 dining areas, finished family room and sundeck, garage and workshop area, all windows Thermopane. Offered at \$56,900. A recommended buy.



MAGNIFICENT MOUNTAIN VIEW from this 1400 sq. ft. home with 5 bedrooms, 3 bathrooms and 2 fireplaces, large kitchen & features family and formal dining room, thermopane windows and cedar shake roof, located just north of Courtenay. Offered at \$59,900.

—VERONICA PLACE, 3 level split on 1 acre with 2 fireplaces, family room, ensuite bathroom, lots of trees, good mountain view, reduced to \$60,000.  
—MARSDEN ROAD COURTENAY, 4 bedroom full basement home on 2.2 acres, 2 fireplaces, 2 bathrooms, garage, duck pond, lots of cedars, only \$66,500.

CALL — FOR FURTHER INFORMATION — CALL

TOM PROCTER

RES: 339-2668  
OFF: 334-3124



NANAIMO REALTY (NORTH) LTD.

DAVE PROCTER

RES: 339-4016  
OFF: 334-3124

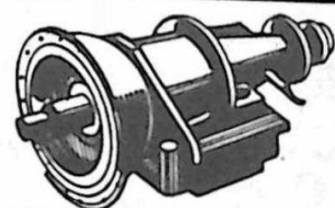
no matter where you're moving ...

we'll help you find a new home before you arrive!

Nanaimo Realty

576 England Ave.,  
Courtenay, B.C.  
334-3124

TRANSMISSION SPECIALISTS



• ADJUSTMENT  
• REPLACEMENT  
• CHECK-UP  
• LARGE STOCK OF PARTS, CONVERTERS AND RC TRANSMISSIONS  
NOW ... ALSO SPECIALIZING IN  
ENGINE TUNE-UP SERVICE

DIAGNOSIS BY THE LATEST ELECTRONIC ANALYZERS.

DAVE'S TRANSMISSION REPAIR

370 Puntledge, Courtenay

Phone 334-2917

"WE HAVE EVERYTHING FOR THE BUILDER"

CENTRAL BUILDERS' SUPPLY LTD.

Foot of Sixth Street  
COURTENAY, B.C.

PHONE 334-4416



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

CHRYSLERS - PLYMOUTH -  
DODGE TRUCKS

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

OMNI CARS FRONT  
HORIZON WHEEL DRIVE

CORDOBA - MAGNUM - LeBARON

"SERVICE AFTER THE SALE"

COURTENAY CHRYSLER PLYMOUTH

Equal Opportunity North of the Top of Mission Hill, Courtenay, B.C.

Phone 334-4416

GRAND OPENING  
FRIDAY

1 JUNE '79

ROUNDEL HOBBIES

520 DUNCAN AVE., COURTENAY, B.C.

338-5933

★ SPECIALIZING IN CANADIAN MILITARY AIRCRAFT ★

- INJECTION AND VACU-FORM PLASTIC KITS
- CANADIAN MILITARY DECALS
- HUMBROL AND LIQU-A-PLATE PAINTS
- X-ACTO, BADGER, DREMEL TOOLS AND ACCESSORIES
- AVIATION REFERENCE AND GENERAL INTEREST BOOKS

FREE

ONE TUBE OF TESTORS PLASTIC CEMENT WITH \$5.00 PURCHASE  
(LIMIT ONE PER CUSTOMER)



## jock talk

## CFSPER courses

The following courses are available for Service Personnel at the Canadian Forces School of Physical Education and Recreation at CFB Borden for 1979 and 1980. Personnel interested in attending these courses are asked to contact the Rec centre at local 315.

BPERO  
SKI INSTRUCTOR NORDIC  
CRSE:

No. 8001, 15-23 Jan. '80, 1 POS.  
No. 8002, 29 Jan. 06 Feb. '80, 0 POS.

## ICE MAKER:

No. 8003, 12-20 Feb. '80, 1 POS.  
No. 7901, 24-28 Sept., 0 POS.

## UNIT PT. ASSIST.:

No. 7902, 15-19 Oct., 1 POS.  
No. 7903, 22-26 Oct., 0 POS.

## COMMUNITY RECREATION SPEC.:

No. 7901, 30 May, 27 June, 1 POS.  
No. 7902, 07 Nov., 06 Dec., 0 POS.

No. 8001, 20 Feb., 19 Mar., 1 POS.  
No. 7902, 10-14 Sept., 1 POS.

No. 7903, 15-19 Oct., 0 POS.  
No. 8001, 24-28 Mar., 0 POS.

Acknowledgement to fill positions or relinquish positions must be forwarded 65 days prior to commencement of course.

## B.C. broomball society

The British Columbia Broomball Society, 5858 Leonard Place, Kamloops, V2C 5S9, is pleased to announce its incorporation under the Societies Act.

If you are involved in Broomball and would like your league associated, please contact us as soon as possible.

## Dear good little leaguer

Dear Good Little Leaguer:

Your mother called Tuesday, right on schedule. It seems one kid got a big story because he hit two home runs and another boy on the same team pitched a two-hitter and didn't even get his name mentioned and what was going on down here, anyway?

Of course, she didn't say you were the boy who didn't get mentioned, or that she was your mother. They never do. Not right away. It went like this:

"Do you know the boy?"

"Yes."

"Is he your son?"

"Well, yes. But that has nothing to do with it."

Of course not.

We had quite a talk, your mother and I. She wanted to know who covered Little League for this paper, and seemed startled when she found out no one did. We take the results by telephone from league reps - the official scorer, usually - and whoever answers the phone does the item.

"Do you think that's right?" she asked.

"No," I said. "If I had my way, we wouldn't write anything about it at all."

Things got a little loud after that. You see, son, I don't think your mother was being truthful. She said she was phoning because you were upset. Face it, she was phoning because she was upset. Her boy had done something that made her awfully proud. She loves you very much. She wanted the world, or your little part of it, to know. We didn't print your name - and somehow, in her mind, that took the edge off what you'd accomplished.

She is wrong, son. With the best intentions in the world, she is wrong. I hope you understand that. Because if you don't, you're not learning what kid's baseball was originally designed to teach.

We hear from so many like her. Their arguments are all the same.

"Why should little kids get their names in the paper for

playing baseball?" I asked.

"Why...because they're playing!" she said. "They're not out on the street stealing or taking dope, or anything. They deserve recognition."

For what? For not getting into trouble? In the first place, there is no guarantee that kids who are kept off the streets by sports automatically stay out of trouble. I once covered a Connie Mack tournament in which the third-base man for one team almost missed the game because his wife couldn't find a babysitter. Sport is an aid, not a cure.

Kids, you're 12 years old. It's about time you learned the way the world works. The way it works is - I don't break the law, I'm allowed to stay out of jail and live as good a life as effort and the breaks allow. You don't get in trouble, you're allowed to go in the playgrounds and have fun. We both have a choice.

Ask yourself something son. When you play baseball or soccer or hockey, do you have fun? Because that's all that

counts. You've got a lot going for you these days - uniforms, road trips, high level competition if you're good enough - all provided by adults willing to spend time to teach you how to play. But if you're not having fun, chuck it. And if you are having fun, who needs to have your name in the paper?

Your mother and people like her worry me. They start out watching you have fun. Pretty soon they're having fun watching. And before you know it, they're more involved than you are. That's why she's upset - not because we spoiled your fun, but because we spoiled hers.

My own theory on kids' sport is that we shouldn't report it at all until the kid reaches 16. By that time the ones with true athletic ability - as opposed to the ones who grew a little faster or got their reflexes a few months sooner and thus enjoyed a temporary advantage - have begun to surface and they're old enough to handle competition.

by J. Taylor

## THE ART OF LISTENING

People are so often preoccupied with themselves that they forget to look outside themselves.

But there is a beauty and meaning in the ordinary things of the world waiting right out there for attentive ears and open eyes.

For the most part, God Himself speaks to us in ordinary ways, in the ordinary events of life, in the still small voice, while people wait for the dramatic occurrence they are always demanding, but won't listen to when it comes.

Look, son, I'm not trying to do a trip on your mother. She cared enough to get involved, and that's important. What I'm saying to you is that the only important thing about playing is that you are playing.

You're 12 years old. You'll be a man for a long time. You don't have much time left to be a boy. Treasure it. There is never enough.

That's the problem with your mother. She loves you. She'd never do anything to hurt you. But she is going through a difficult time. She can't be a kid again. It always comes as a blow.



God's still small voice to our world is Jesus Christ. In His own unpretentious way the Son of God gave His life for us all. In Christ, God was reconciling the world to Himself, not counting our sins against us. He is God's still small voice in history, not to be drowned out by the whirl of industry, the roll of drums, the thunders of war, the pronouncements of the mighty, or the jabbering of people preoccupied with themselves.

SERVICE  
DIRECTORY

Use your local businesses  
to save time and money

WHY NOT  
ADVERTISE  
HERE?KIRK'S  
HOME HEAT SERVICE

14 YEARS EXPERIENCE  
Conditioning, repairs. All parts available. New installations. Reasonable rates.  
TRAILER FURNACES A SPECIALTY  
CALL ANY TIME

Courtenay 338-7860 or 337-5181

## GOODS GROCETERIA

P.P. BOX 190, LAZO, B.C. V0R 2K0

339-2376

## MEAT SHOP

339-3800

RED & WHITE  
FOOD STORES

## C &amp; N MOTORS CO. LTD.

LAWNMOWERS • ROTOTILLERS • CHAIN SAWS  
• SMALL MOTORS  
BOUGHT, SOLD AND REPAIRED  
CHAIN SAW SHARPENING  
NEW AND USED

CARL ACKLAND  
409 Pritchard Road  
Comox

339-4518

REQUIRE WASHER AND DRYER, DISHWASHER  
DISCONNECTED FOR MOVE OR CONNECTED FOR  
POST MOVE?

CONTACT:

SALTER & NEWELL  
APPLIANCE REPAIRS

THREE QUALIFIED TECHNICIANS FOR SAME-DAY SERVICE

PHONE

334-4553

2667 COUSINS ROAD  
COURTENAY

## DICK'S QUALITY MEATS

For better quality meat -  
better meet Dick.

TWO LOCATIONS TO SERVE YOU BETTER  
1832 COMOX AVE., COMOX  
339-3100

FARMER'S MARKET, COURTENAY  
339-3200

10% DISCOUNT EVERY WEDNESDAY.

## CENTRAL MEATS LTD. (1975)

491 Fifth Street, Courtenay, B.C.

Phone 334-4921

GUARANTEED  
HIGH QUALITY AND PROMPT SERVICE

Low Prices

SERVING UPPER VANCOUVER ISLAND

## TAYCO PAVING CO. LTD.

867 FIFTH ST., COURTENAY, B.C.

PAVING CONTRACTORS

• INDUSTRIAL  
• COMMERCIAL

• RESIDENTIAL  
• MUNICIPAL

Phone 338-7251

## COMOX BUILDERS CENTRE LTD.

554 Anderson Road, Comox, B.C.

We offer a good, general selection of lumber,  
building supplies and hardware.

BUT Our Specialty is Service

Saws Sharpened

Coffee

Hours - 7:30 a.m. - 5:30 p.m.  
Drop in and see us or PHONE 339-2207

## CATHAY RESORT

KYE BAY

R. R. 1, COMOX

Phone 339-2921

New fully equipped large 2-bedroom family units  
Daily, Weekly and Monthly Rates

Owners: BETTE & DOUG HANDEL

## KING'S PIANOS &amp; ORGANS

Factory To You

★ HEINTZMAN PIANOS

★ HAMMOND ORGANS

PRICES THE SAME CANADA WIDE

USED PIANOS AND ORGANS

LARGE SELECTION OF MUSIC

DRIFTWOOD MALL, Courtenay

338-5662

BAYVIEW  
COLOR CENTRE

3080 Comox Rd.  
Courtenay B.C.

(Next to Animal Hospital)

339-3711

SERVING THE COMOX VALLEY WITH SHERWIN-WILLIAMS,  
BAPCO PAINTS AND OLYMPIC STAINS.

Come in and see our large selection of  
Wallpaper Books

House of Dogs

## BOARDING KENNEL

DOGS & CATS

PROFESSIONAL GROOMING - ALL BREEDS

Heated Kennels - Under-Floor Heated Bedding Area

Large, New 18-ft. Individual Runs

SANITARY CONCRETE BLOCK CONSTRUCTION

VISITORS' INSPECTION WELCOME

Don & Joyce Thomas

RR1 Anderson Rd., Comox

Phone 339-2955

## Westwood Homes

Build Your Own Home and  
Get FREE ADVICE from a  
Professional Builder. Or we  
build for you if required.

## ART COLLINS CONSTRUCTION

Box 186, Royston, B.C. V0R 2V0

334-2307

SERVICEMEN AND FAMILIES WELCOME AT

CHELTENHAM  
COURT MOTEL

COURTESY • CLEANLINESS • COLOR T.V.

994 Gorge Rd. West Phone (604) 385-9559

Corner of Gorge & Admirals Rds. Victoria, B.C.

CLOSE TO C.F.B. ESQUIMALT

## J.J.'s Fashion Flair Ltd.

LADIES' WEAR

YOUR PERSONAL SERVICE STORE

"LINDA DRESSES"

Sizes 7 thru 24

OPEN MONDAY TO SATURDAY

ALTERATIONS DONE ON PREMISES

1832 Comox Ave., Comox

PANT SUITS By

"THIRD DIMENSION"

Sizes 7 thru 20

Phone 339-4445

## THE TACO SHOP

AUTHENTIC MEXICAN FOOD AT  
AFFORDABLE PRICES

TACOS - BURRITOS - TOSTADAS

PLATES FRY (1 FULL LB.) 49¢ - SALAD 54¢

OPEN LUNCH & DINNER

14th & Cliffe

CALL US AT 338-7113

for fast TAKE-OUT SERVICE

## COMOX HARDWARE LTD.

A COMPLETE LINE OF  
HARDWARE, PAINT,  
APPLIANCES AND  
FISHING TACKLE

IN THE  
SHOPPING CENTRE

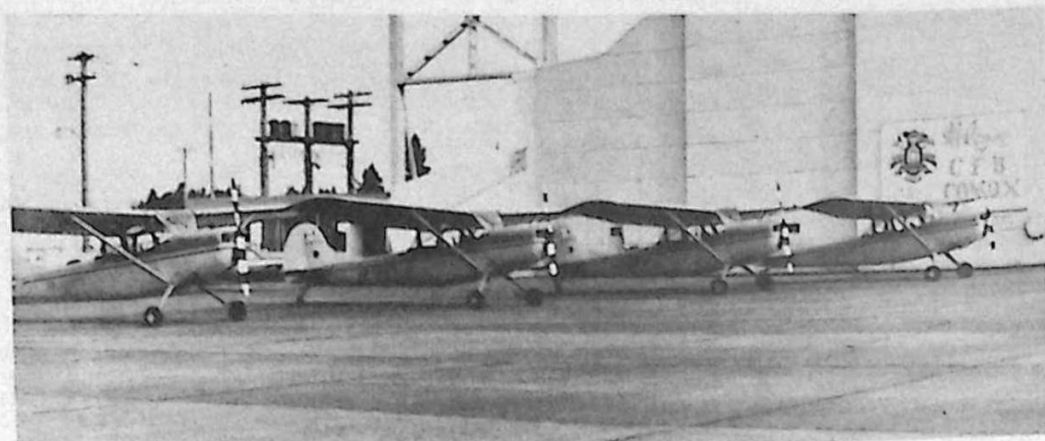
339-2911

339-2911

339-2911



# Pacific Region Air Cadets



## New paint for tow aircraft



Base photos

## Base refinishing team

## Thunderbird stamp club

Paper is a material composed of a compact web of cellulose fibers formed into sheets. The fibers most often used for the paper on which stamps are printed are mulberry bark, wood, straw

and certain grasses, with linen or cotton rags added for greater strength. These fibers are ground, bleached and boiled until they are reduced to a slushy pulp known as "stuff".

Sizing, or weak glue, and coloring matter may be added to the pulp. Thin coatings of pulp are poured on sieve-like frames which allow the water to run off while retaining the matted pulp.

When it is almost dry, the appearance of the pulp is converted by mechanical processes. It may be passed through smooth or engraved rollers (dandy rolls) or placed between cloth in a press that flattens and dries the product under pressure thus forming a sheet of paper.

Stamp paper falls broadly into two divisions - "wove" and "laid". The differences in appearance are caused by the surface of the frame onto which the pulp is first fed. If the surface is smooth and even the paper will be of uniform texture throughout, showing no light and dark areas when held up to the light. This is called Wove Paper.

The frames utilized for Laid Paper are made of closely spaced parallel wires, with cross wires at wider intervals. Obviously a greater thickness of the pulp will settle between the wires, and the paper, when held up to the light, will show alternate light and dark lines. The spacing and the thickness of the lines may vary, but on any one sheet of paper, they are all alike.

T. Lucas  
President



## Scouts Pitch in

THE SCOUTS pitched in last week to help clean up the PMQ area.



## Catholic Women's League

MEMBERS OF THE Catholic Women's League, with their director, Father A. Stack, are gathered around the Church organ, practicing hymns in preparation for the Convention coming up. CFB Comox has the honor of hosting the 12th Annual Military Vicariate CWL Convention from Friday 1 June to Monday 4 June. The theme of the Convention is, A Child - The Supreme Gift.

## THE "MARINER" APARTMENTS

COMOX AVENUE, COMOX  
(Next to the Hospital)

- OCEAN AND MOUNTAIN VIEW
- W.W. CARPETING
- DRAPES
- STOVE AND FRIDGE
- FREE CABLEVISION
- INDIVIDUAL SUNDECKS
- LAUNDRY ROOM EACH FLOOR
- LOCKER ROOM EACH FLOOR
- CONTROLLED ENTRANCE
- AMPLE PARKING
- ELEVATOR
- RESIDENT MANAGERS

For Appointment To View

PHONE 339-5417

There are 43 Air Cadet Squadrons in Pacific Region in which approximately 2300 Cadets actively participate. A major part of the cadet program is an exposure to the world of flying. Each year 25 of these cadets receive powered aircraft training to completion of qualifications for private pilots licence and 60 cadets complete training to receive their glider licence. From the 60 selected to proceed further to the passenger carrying standard. The top glider pilot from the region is sent to the Schweizer glider factory and training school for advanced training. Last year top pilot from B.C. came away as the top Air Cadet pilot for Canada.

Female involvement and participation in the organization is strong with females representing 25 per cent of the Regions strength. Pacific Region has recently graduated its first female glider tow pilot, believed to be the first in Canada.

The 4 Cessna L-19 aircraft are the primary tow planes for the 7 Schweizer 2-33 gliders in operation. In addition, they operate a Piper PA18 and a Bellanca Citabria aircraft. All are used for cadet air familiarization flights in the spring and fall of each year and also during the glider pilot training program in July and August. The Air Cadet Gliding School is located at Cassidy Airfield Nanaimo and is commanded by LCol. J.M. Sorfleet. During the spring and fall periods the aircraft are deployed to 5 centres in B.C. namely: Nanaimo, Abbotsford, Penticton, Prince George and Terrace.

CFB Comox provides support facilities and resources for all major maintenance and repairs of the fleet. Major Joe Whittington, who is the Engineering Officer for the Cadets, spends much of the winter season in No. 1 Hangar preparing the aircraft for the upcoming spring and summer gliding operations.

The four T-19s recently received a much welcomed paint job. The new paint scheme, blue on yellow, was designed and applied by members of the Base Refinishing Section. This paint scheme is designed specifically for glider tow planes

## Preamble

Wanted: SUPPORT from PMQ residents. To all PMQ residents, we, the PMQ Counsellors, are in need of your support. We are asking all residents of Wallace Gardens to take heed and help the PMQ Council to help you. When ballot sheets are passed out, PLEASE, do not disregard them. Only you can inform the council of what or whom you would like to see fill a position. The PMQ Council is not doing things to benefit ourselves but we are trying to do things to benefit YOU, residents of the PMQ's. We are asking you to help us to help you. We can't assume what you want, you have to tell us by contacting the PMQ Counsellor of your district. WE ARE HERE TO SERVE YOU, NOT YOU SERVE US!

Dog owners, regardless of the time of day or night please refrain your pets to your own yard. Respect your neighbor's privacy by taking your dog inside if he starts barking early in the morning. Remember some early morning when you're trying to sleep and someone's dog is serenading you. Take into consideration your neighbors when you release your pet in early hours of the morning.

Bike owners, since the warm weather is here at last there will be many bike riders. Before taking your bike out on a trial run make sure it is in top notch condition, before putting it on the streets. If you would like your bike inspected take it to the gate house for proper inspection. ALL auto drivers,

PLEASE, observe the speed limits posted in the PMQ areas. There are a lot of small children crossing the streets every day, so BEWARE of our little pedestrians.

Reminder: FAMILY DAY PICNIC, MAY 27, at the Airport School. Time 1300 hours. If you'd like a little change and lots of fun come on out and join us. Food and drink will be provided. Don't forget the Family of the Year will be announced by Miss Wallace Gardens and also the winners of the Poster Contest at the Family Day Function.

Remember if there is anything you would like to have published in the Totem Times call 339-6087, Joyce Freeman.

## MOVING

A.E.

LePage

X Canada

Referrals



For knowledgeable efficient real estate service call collect or write  
BRUCE TRAINOR.

NANAIMO REALTY  
576 England Ave.  
Courtenay, B.C.  
V9N 5M7

BUS: 334-3124  
RES: 338-6914



576 ENGLAND AVE.,

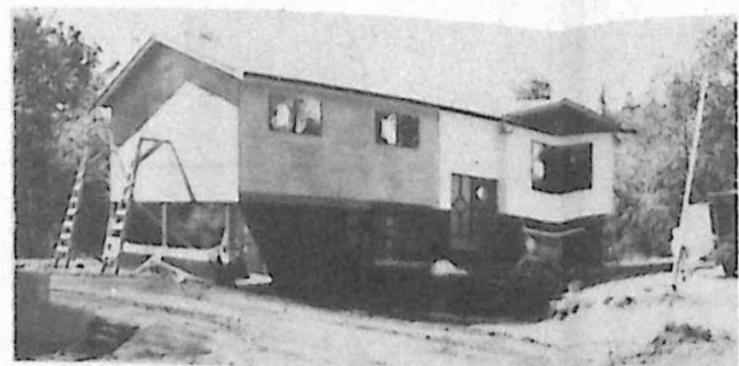
Ph: 334-3124

TELEX 00462541



A HOME AS INDIVIDUAL AS YOU ARE  
with rustic charm. 3 bedrooms, ensuite, garage, large treed lot (14 dogwoods) plus 2 lofts.

MAVIS BONNELL RES: 339-3968



BIG AND BEAUTIFUL

New 3 bedroom 1150 sq. ft. Comox home by the creek. Ensuite, fireplace and sundeck. The best buy in town at \$56,175.

BRUCE TRAINOR

RES: 338-6914

and is presently being considered for adoption across the country for all Cadets L-19s.

Base Refinishing is only one of the support sections on the base which enjoy an excellent working relationship with the Air Cadet organization in maintaining their aircraft. Although support given to the Air Cadets amounts to a relatively small portion of the sections workload it is far from being insignificant or unimportant and is found to be very rewarding for those technicians involved.



THE 5TH Comox Valley Youth Conference was held at CFB Comox on the 21st of April. Judging by the smiles, it was a successful day. Gerry Zanussi was in charge of the young and not so young for the day. Connie Lamouche and Lucille Amirault, members of the CWL organized the day in preparation for the Military Vicariate CWL Convention coming up.



IT'S NOT EASY  
GIVING UP YOUR  
BLANKET! 1  
YOU'LL  
NEED HELP!

GET A SLUMBERDOWN QUILT  
The Perfect Gift ... Even For Yourself

It will last a lifetime and give you warmth without weight.

COMPARE OUR PRICES AND QUALITY

	TWIN 135x200 cms	DOUBLE 153x220	QUEEN 200x220	KING 220x220
100% DUCK DOWN	\$118	\$154	\$182	\$212
50% FEATHER 50% DOWN	\$84	\$108	\$140	\$170

B.C. RESIDENTS ADD 5% SALES TAX

- All quilt cases are imported from Scotland
- Feather and down is imported from China

GUARANTEE: If you are not completely satisfied with your quilt return it unmarked within 10 days and your money will be refunded. If any leakage or wear occurs any time (provided a cover has been used) we will replace without charge.

For further information on how to kick the "Blanket Habit"

Contact: SLUMBERDOWN QUILTS  
Box 667, Lazo, B.C. V0R 2K0  
338-8994 or 339-2960

Prompt delivery in the Comox Valley. See them at Sleep Exo, Comox - Neptune's Lair, Mission Hill

## 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 II.

DO NOT become a "Panic-Buyer". This describes those who are afraid they will not find what they want in a home or make a mistake when they do buy a property. Your interest is highest when you do find that special home and your offer to purchase goes for the seller's acceptance and your interest will wane until you finally move into that home.

I would like to guide you through a tour of viewing property, what you the purchaser and your salesperson should be questioning, watching for on each home.

LOCATION: - is considered to be the most important factor in selecting a home, next to your basic family needs. Your life-style should determine the location. Do you want space or country living with privacy and quiet? Or do you want the stimulation of city, planned community for your future dwelling.

ACCESSIBILITY: - to your work, shopping and recreational facilities that your family will travel to often is also important. With gas prices soaring, I feel this will become predominate unless we all ride bikes. In the Comox-Courtenay area, we have two ice arenas, and four swimming pools with two of them being enclosed with sauna and jet whirl pool baths. Parks are located in each town with excellent recreation facilities for football, baseball, soccer, tennis, also trap and skeet shooting.

SCHOOLS: - for many the location of schools is of utmost importance, especially to the families with youngsters just starting primary grade. Comox has 3 elementary schools, a Junior High plus the Highland Park Senior to Grade 12. Courtenay has Vanier Senior Secondary, two Junior High, plus four elementary schools to choose for their children.

STANDARD SERVICES: - such as sanitary and storm services, water supply and street lighting

can put a drain on your salary if you are not aware of these factors. Police and fire protection should be questioned as it is to your benefit plus your dollars invested.

THE NEIGHBORHOOD: - have a good look at the surrounding homes, landscaping and structures, at the approach of the area. Query the age level of the children of your immediate neighbors, as this could affect your future happiness in that area.

RESALE VALUE: - Consider this foremost. You live in it, you pay for it, does it have resale value? With service personnel on the move constantly, be careful and don't let your wife fall in love with a house over-improved for that area, or one that the market place has no demand for, as it will take time to sell and do we on our next move have the time and money to wait for that purchaser to come along for our dream home?

ONCE you determine your needs, there's a wide variety of dwellings from which to choose a home. You can buy a new house, an existing house that's new enough to have many modern conveniences, an old house, townhouse, duplex or a mobile home.

WE at Nanaimo Realty are professional real estate people, we know how to show and sell value. We screen our prospective buyers to know your needs and not waste your time. If you are reading the Home Front series, I am hopeful that you are gaining some knowledge which will enable you as a buyer. Keeping in mind that you must be honest with your salesperson to enable him or her to assist you, as you go through each properly.

MY FOOTNOTE TODAY: The first step in selling your home is fixing it up. Of course, you may like the improvements so much you'll decide to stay.

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

## Classifieds

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

### For Sale

#### PRIVATE SALE

3 bedroom family home. 0.83 acres with trees and creek on property. Large family room and fireplace. First mortgage at 10 1/2 per cent. Call 339-3035.

Western Canada School of Auctioneering Ltd.  
Canadian first, and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act, R.S.A. 1970 c. 366. For particulars of the next course write:  
Box 887, Lacombe, Alberta or Phone 782-4218

### For Rent

#### PADS FOR RENT

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

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

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

4 bedroom home in Courtenay. 2 baths, 2 fireplaces, living-dining room combination, L-shaped kitchen eating area, family room, laundry storage rooms, trees, garden, flowers. Lovely view. Walking distance to Elementary and High schools. Available July. \$350 - negotiable. Roy Johnson 338-8064. Loc. 485.

### Mobile Homes

Transferred to Comox? Contact F-L Bob MacKelvie (Red't) of Cypress Homes. We have the largest selection of new and pre-owned manufactured homes in the Comox Valley. Beautiful new CMHC approved double and single wide; some located near the base.

Cypress Homes  
Box 3237  
Courtenay, B.C.  
V9N 5N4  
Phone 604-338-6716 (Days)  
604-338-6387 (Evenings)

1978 Bendix 14' x 64' mobile home. Two bedroom mobile with deluxe furnishings. Situated in Uplands Subdivision (top of Ryan Road) on permanent foundation on partial view lot. Services include water, sewer, sidewalks, etc. Open house on weekends.

### Help Wanted

PIPELINE AND NORTHERN JOBS. Earn up to \$3,000. per month. Learn how to secure these and other high paying jobs throughout Canada. Send long self-addressed stamped envelope for details regarding our services. LMES-10, Box 7810 (Sta A), Edmonton, Alberta, T5J 3G6.

### Real Estate

Coming to Victoria? Posted or retiring to sunny Victoria? For help with all your housing needs write or call collect to:

Baz Pharaoh  
EX407 SQN retired  
of J.H. Whittome  
& Co. Ltd.  
4520 West Saanich Road,  
Victoria, B.C. Office 604-479-1667 (24 hrs.) Home 658-8449.

### 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.



Admiration has been called the cream of human kindness.





# BLOCK BROS. REALTORS

449-5th. STREET, COURTENAY

PHONE 334-3111

**1 IT'S RIGHT "BECAUSE"**

The price is right - only \$27,900! Newly renovated 2 bdrm., full bsmt. home with cedar feature wall and bricked in parlor stove. Don't be sorry tomorrow...Call today!

Call ED FOURNIER 338-6093

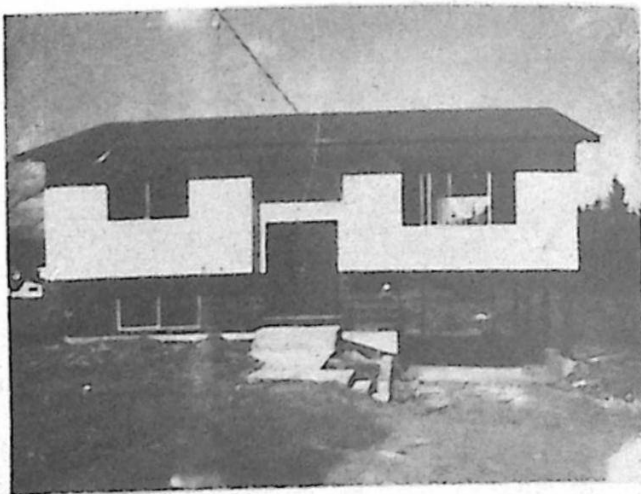
**2 A SUPERIOR 3 BDRM. COMOX HOME**

Here is a fine home with a different look. Dbl. gables set the theme for an English Tudor finish, 1268 sq. ft. of floor area on a big 72 ft. lot on upper Strathcona Cres. with a good view really makes for gracious living. The builder is known in the valley for his superior building and unique ideas.

Call CLAY GRANT 339-3945

**3 4.3 ACRES NEAR AIRPORT**  
Property only, mobile home is not for sale. Established small hobby farm, workshop, chicken coop, duck pond and pasture area. Septic system will accommodate a good sized house. Asking \$30,000. Please make offers.

Call VIC RUSHTON 339-3484

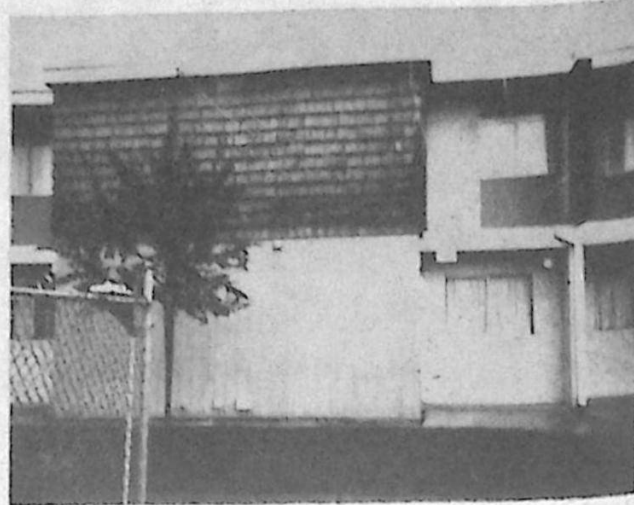
**4 ONLY \$37,000**

Great family home with quality carpets, thermo windows. Master bdrm. has ensuite plumbing and walk-in closet. Best of carpeting and close to schools.

Call GAYE or LLOYD WORK 334-2220

**5 MILE TO TOWN, 2 ACRES & STREAM**  
House almost 1400 sq. ft. with 5 bdrms. all on 2.02 acres of cleared land with seasonal salmon stream. Big garden, raspberries, etc. Solid home extensively renovated. New carpeting, etc. Asking \$72,500.

Call VIC RUSHTON 339-3484

**6 KITCHEN SINK INCLUDED!**

Relax by the pool while the caretaker cuts the grass. For only \$1400 down, you get 3 bdrms., over 1200 sq. ft. Fridge, stove and drapes included.

Call ED FOURNIER 338-7093

**7 2360 SQ. FT. ARCHITECT DESIGNED HOME**

Single storey designed with privacy in mind. The living area is surrounded by central court with bdrms. in one wing and the L.R. with huge brick f'place in the other. Note the huge kitchen with its own Franklin heater. The rec. room is 20 x 12. The home was designed for family living all on one floor.

Call CLAY GRANT 339-3945

**8 CHARACTER HOME**

Ample bedrooms, new kitchen cabinets and counters, panelled D.R. with brick f'place, large L.R. also with brick f'place, large master bdrm. with 2 walk-in closets and two three piece baths. New floor coverings throughout. Full bsmt. plus separate garage. All this located on a dbl. lot within walking distance to shopping. To view this exceptional home,

Call DOUG COOK 334-2015

**9 MODERN HOME**

Located on Windemere Extension near school. 2 bdrms. up, possible third down plus family room. Cement driveway, large yard and view of the mountains. Only \$1900 down payment.

Call DOUG COOK 334-2015

**10 LUSTROUS AS DAYBREAK!**

On Stewart Avenue in Courtenay is this beautiful 4 bdrm. home with fifth bdrm. optional. Just a short walk to downtown. 10 per cent financing. F'place, family room and full bsmt. Seeing is believing.

Call ED FOURNIER 338-6093

**11 FARMETTE - 1.02 ACRES**

Super garden soil, barn, fruit trees, spreading willow tree. Fridge, deep freezer and stove included. New 20' well. Fenced for running and pasture areas. Older 3 bdrm. home is very comfortable but needs some fixin' upstairs. Listed at \$35,500.

Call VIC RUSHTON 339-3484

**12 CLOSE TO BASE**

Spacious rancher, quality built 3 bdrm. home. Brick f'place has walnut mantel with attractive wood storage compartment set in wall which loads from behind in the garage. Formal D.R., kitchen has eating area. Built-in dishwasher for the lady of the house. This is a must to see. Please phone for your appointment.

Call GAYE or LLOYD WORK 334-2220

**13 665 CRESTVIEW DRIVE, COMOX**

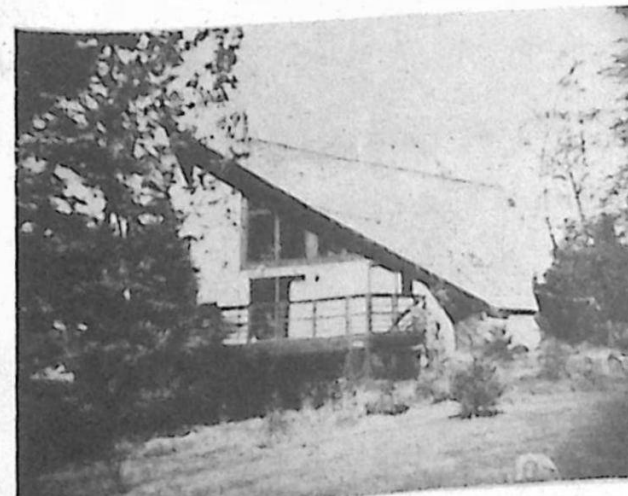
Beautiful brick and stucco exterior compliments this well treed lot in an exclusive new subdivision in Comox. Complete with custom cabinets, brick fireplace and ensuite plumbing, this 3 bdrm. home is a super buy at only \$54,000.

Call CLAY GRANT 339-3945

**14 CONTEMPORARY CEDAR**

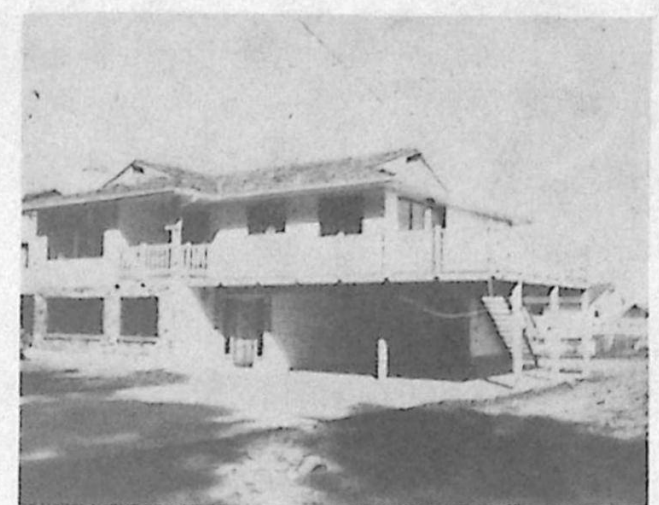
Not a forest of homes but a home in the forest. 3 bdrm. cedar home in the Radford Beach area. Quality finishing throughout. To view a home with a difference,

Call DOUG COOK 334-2015

**15 SOMETHING DIFFERENT, ALPINE**

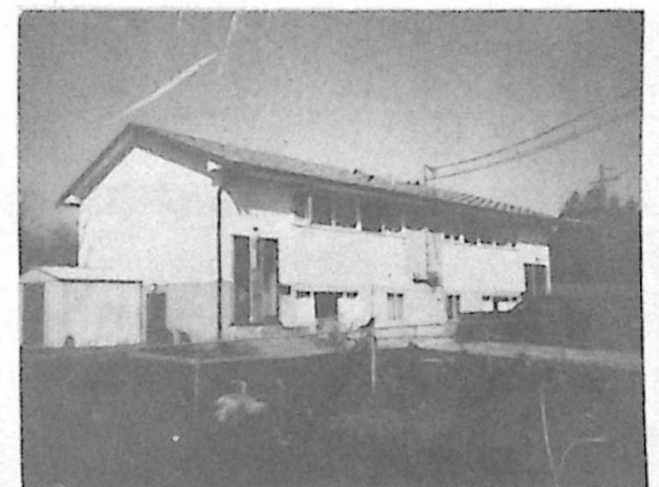
This unique home design was achieved by turning a conventional A-frame 90 degrees. The result is an architectural gem. Spacious living room is dominated by the massive towering f'place. by the massive towering residential area and Meadowbrook offers to \$55,900.

owner will invite offers to \$55,900. Call VIC RUSHTON 339-3484

**16 ONE WORD, "SUPERIOR"**

One of the finest built homes in the Comox Valley. New 3 bdrm. home built to exacting standards as the contractor's own home. Kitchen cabinets are top of the line Crestwood with a hutch and writing desk. The exterior is backed aluminum and brick with aluminum soffits and eaves. The huge sundeck affords a fine view.

Call CLAY GRANT 339-3945

**17 DUPLEX**

4 year old frame building with stucco exterior. Adjacent to Glacier View school. Always rented. Each unit has WW, 1½ baths and 3 bdrms. Stove, fridge in each side. Asking \$54,000. Mortgage will carry.

Call VIC RUSHTON 339-3484

**18 NEW HOME - \$38,000.**

Functional ¾ basement style new home with 2 bdrms. and space for more in the undeveloped basement area. Ranch wall siding. Good quality carpeting throughout. Nicely treed yard.

Call VIC RUSHTON 339-3484

**19 ALMOST ½ ACRE ON DOGWOOD IN COMOX**

This 1196 sq. ft. family home is set on one of the finest lots in Comox. Features 3 bdrms., 2 f'places, 2 baths, lovely carpeting, finished rec. room plus other areas and workshop area. Large garden, gazebo, fruit trees, etc. Haida skirl cedar siding. New listing at \$58,500.

Call VIC RUSHTON 339-3484



# Weekend specials!

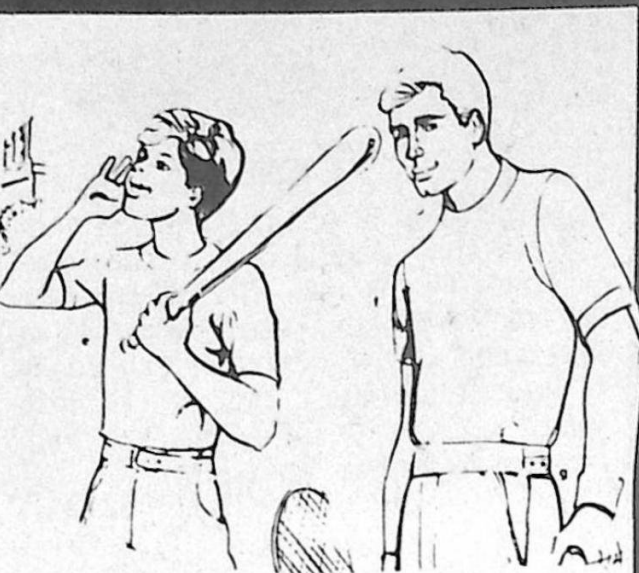
## LADIES HANDBAGS "BRIXTON" SPECIAL!!



**\$8<sup>97</sup>**

## LADIES T-SHIRTS 100% Nylon Sizes S.M.L.

**SPECIAL!! \$2<sup>97</sup>**



"Ives Chevalier"

### Boys' T-shirt

Has short sleeves and crew neck. Poly/cotton knit. Sizes S.M.L.  
in a wide range of colors

**2<sup>47</sup>**

"Ives Chevalier"

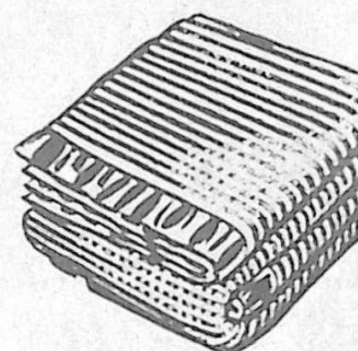
### Men's T-shirt

Short sleeve, crew neck style in poly cotton blend. Sizes XS-XL  
in a wide range of colors

**2<sup>97</sup>**

## BOY'S LEVIS T-SHIRTS Sizes 8-16. **\$5<sup>47</sup>**

## COLGATE TOOTHPASTE 100 ml. **ONLY 97<sup>c</sup>**



### Merita Thermal Blankets

90% acrylic/10% nylon in  
yellow, champagne and blue

**8<sup>97</sup>**  
single/double

10<sup>97</sup> double/queen

## Save 109<sup>98</sup> Compact Stereo System



• record changer • speakers • 8 track tape player

Mfg. sugg. ret. 239.95

**129<sup>97</sup>**

## STEREO SALE

### 1 Only — SANYO

- Turntable No. 525
- Receiver No. 200KA
- Speakers No. SX2050
- Canex Reg. Price \$399.99

**Clearance \$329<sup>97</sup>**

### 1 Only — SANYO

- Receiver/Turntable
- Model 55001C
- Speakers - 1010
- Canex Price \$259.99

**CLEARANCE \$199<sup>97</sup>**

### 1 Only — SANYO

- Turntable/Rec/Cassette
- Model 4512
- Speakers - 1010
- Canex Price \$240.00

**CLEARANCE \$199<sup>97</sup>**

### 1 Only — LLOYDS

- Turntable No. 472
- Receiver No. 415
- Speakers No. 009
- Canex Price \$329.00

**CLEARANCE \$288<sup>97</sup>**

## SPECIAL DEAL!! "DARE" COOKIES

20 oz. Pkg.  
**ONLY  
87<sup>c</sup>**

## Soak up the savings! TOWELS

Plush combed cotton in plain or  
Jacquard styles. Wide selection of  
decorator colors

Face Cloth

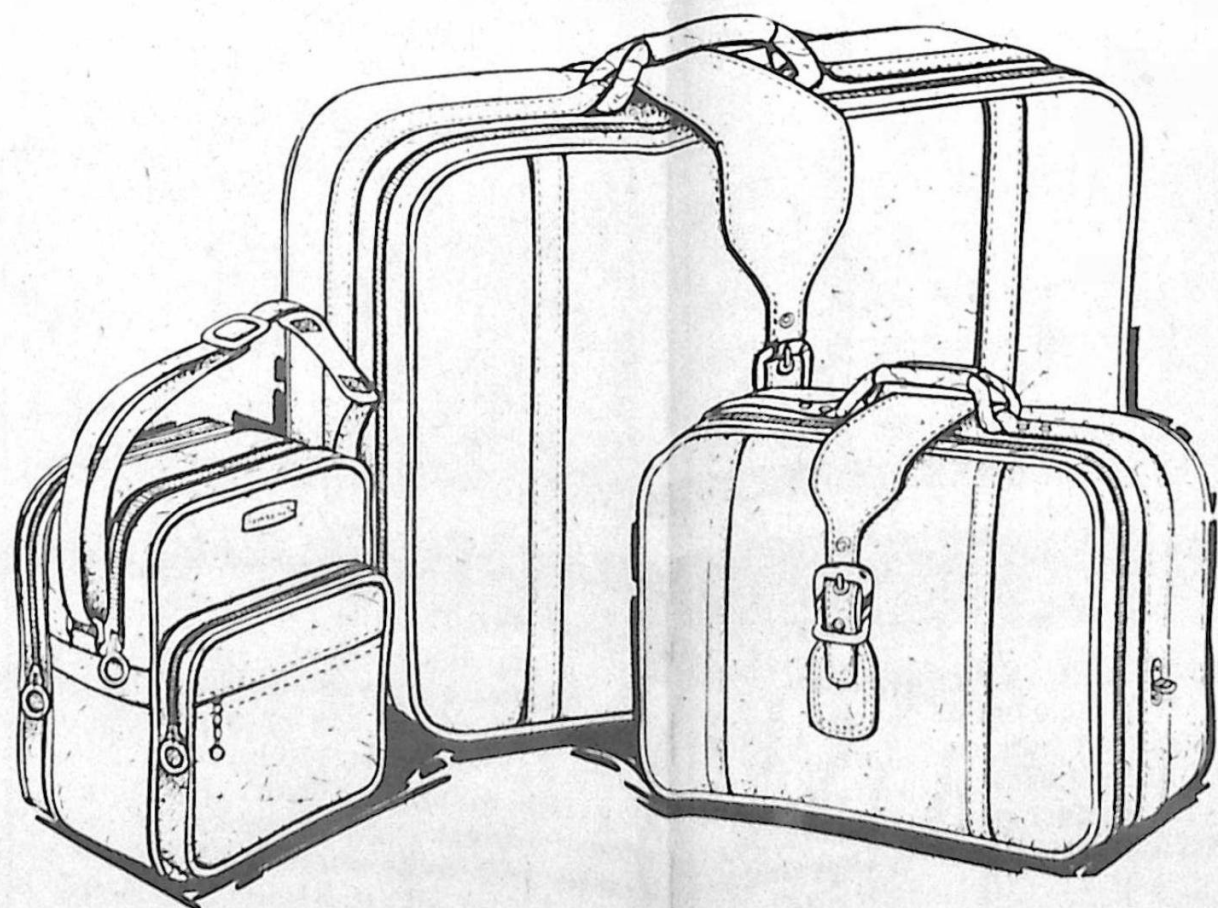
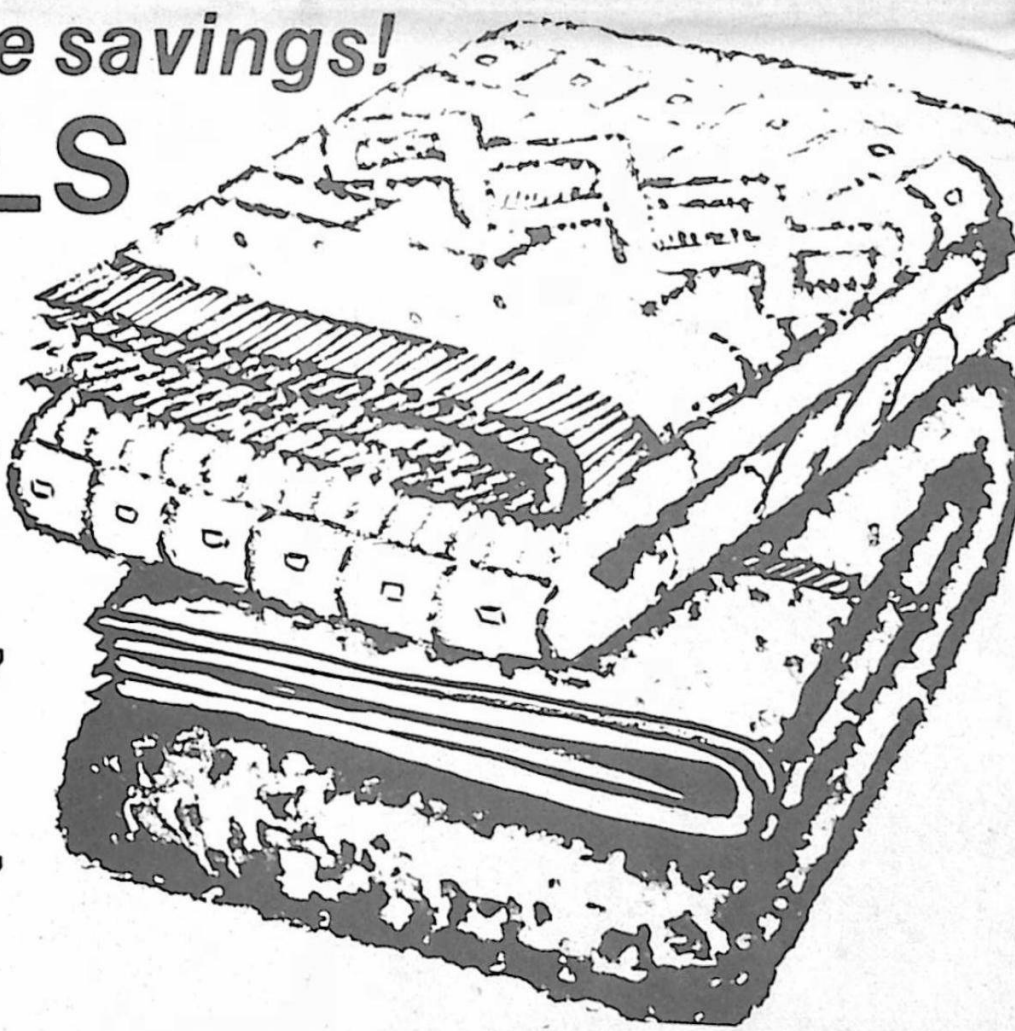
**1<sup>47</sup>**

Hand Towel

**3<sup>17</sup>**

Bath Towel

**4<sup>97</sup>**



## JETLINER LUGGAGE

• 3 Pce. Set.  
**SPECIAL BUY**

**\$79<sup>97</sup>**