



TOTEM TIMES



"Advice is a drug in the market; the supply always exceeds the demand." — Josh Billings

VOL 21 -- NO. 11

CFB COMOX TOTEM TIMES

THURSDAY, MAY 31, 1979

NO CHARGE

Gliding club coming back

The CFB Comox Gliding Club will fly again.

Base fund's decision to finance repairs to one of the two club gliders of the now defunct CFB Comox Gliding Club, is contingent upon the club being formed first.

To meet this requirement an organizational meeting to elect an executive will be held in the BITO classroom, Base Rec Centre at 1930 hours, Tuesday 5 June 79.

A good cross-section of student and solo pilots is essential to any gliding club and it is hoped many of the people who showed interest in the Air Cadet gliding activities during Easter break will attend this meeting.

The club is open to service personnel, their dependants, and civilian personnel of CFB Comox, although MOT requires the glider pilot applicant to be at least sixteen years of age.

Costs leading to a glider licence are usually 10 per cent of becoming a powered licence holder.

If you are interested but unable to attend this meeting or want further information, contact one of the following:
Curt Brown Local 421
Bill McArthur Local 417
Harry Ristola Local 431

All of the above are shift-workers so leave a message if required and your call will be returned.



Road Race contender?

OH, OH, NO TAPE. Our very special "Totem Times" photographer Pte. Joanne Stoeckl has just breezed past the finish line and has been clocked by the Ex "designated huffer" Dave Molloy. Joanne jogs daily and had very little difficulty in attaining a level 5 in the 1.5 mile run. She is on the team representing the Base in the Air Command Run. (See Sports page).

Base Photo

Ceremony June 27

New colour to Maritime Command

Her Majesty Queen Elizabeth, The Queen Mother, will present a new Queen's Color to Maritime Command at a ceremonial parade on the Garrison Ground, Halifax, at 3:00 p.m., Wednesday, June 27, 1979.

While Army units have had colors or something equivalent, throughout recorded history, and ships have always worn identifying

flags or ensigns, our Navy did not receive a special color until after HM King George V had approved their use by the Royal Navy in 1924. The first two King's Colors, one each for the Atlantic and Pacific Commands were received in 1927. Colors were again presented by King George VI in Victoria during the Royal Visit in June, 1939. Our present Queen's Colors were

presented by HM The Queen in Halifax on August 1, 1959. The new Queen's Color is a special naval jack of white silk, fringed with blue, with a Royal Cypher in gold on a blue disc within a floral chaplet, in the centre. The Queen's Color is never paraded on board ship or on foreign territory, and is only paraded on shore for special ceremonial occasions involving royalty or

the sovereign's representatives.

The ceremony this June will be a large one involving more than 700 officers and men of the Canadian Forces and the Naval Reserves from across Canada on parade. Honor will be paid to the old color before

it is finally marched off. The new color will be consecrated by the Chaplains-General of the Canadian Forces before presentation by HM Queen Elizabeth, The Queen Mother. The parade will march past in review and there will be a flypast of Maritime aircraft.

Civilian employment assistance program

The outside world

Over the next several issues the Totem Times will be publishing a series titled "The Outside World". This series is of particular interest to personnel nearing retirement from the military. The series originally published by Major W.F. Anderson, a Personnel Selection Officer, have been amended slightly for the Totem Times. You may wish to clip out the articles and collect the series for future reference.

BPSO services

Time has a way of sneaking on everyone. Retirement, which up to now has been something to be pushed to the back of your mind, can suddenly turn out to be only months away.

Common sense tells us that a change involving the outside world needs early planning and preparation.

Fine, but how do you start and who can help?

One person who is ready to help is the Base Personnel Selection Officer or Personnel Education Officer responsible for the Civilian Employment Assistance Program. Briefly, these are some of the ways he can help you.

- It is a good idea to test your retirement plans by talking them over with a person who can afford to be objective. For example, how realistic are your plans in relationship to economic conditions?

- You may wonder if your military skills and experience are useful in the outside world. A master gunner in the artillery for example, might need help in selling his skills to the average civilian employer.

- If you want to make a clean break with the past, vocational guidance tests are available.

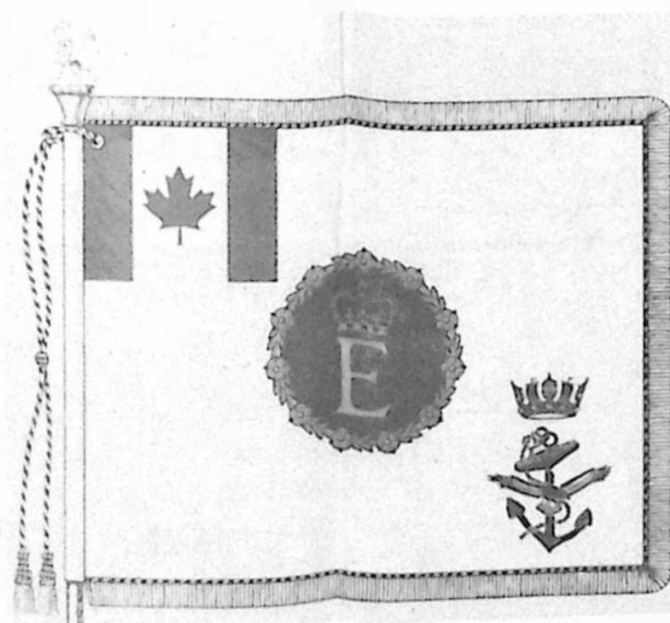
- You can obtain assistance in the preparation and

printing of your career resume.

- Can you teach an old dog new tricks? Of course, and those interested in academic upgrading should talk it over with the Base Personnel Selection Officer.

- The largest employment service in the country is Canada Manpower. Your contact for the Manpower Centre nearest your Base is the Base Personnel Selection Officer. He can start your first appointment off on the right foot with a special introduction.

It pays to start thinking about your retirement.



New colour

**Next Totem Times
Deadline
MONDAY, JUNE 11
PLEASE MEET OUR DEADLINE**

June 22 - 2 p.m.

Totem Times Road Race

Plans for the Totem Times' Road Race are rolling along. Two more establishments have offered prizes for the event, so three people will have their efforts rewarded in some manner.

The participant with the best time will receive a pair of Nike Waffle Trainers, courtesy of Mountain Meadows Sports and two more prizes; one donated by Canex and the other by Happy's Sporting Goods, will also be awarded after the race.

Also, the first and second place finishers will have their

names inscribed on the cherished and hallowed trophy awarded to the winners each year.

There will be a briefing for all runners at 1:15 on Friday 22 June, in the gym and the 10.6 kilometre race will be run at 2 p.m.

Pre-registration for the event is not mandatory, but it would be appreciated, to give the organizers a fair estimate of the interest it is generating.

If you are intending to run, please fill out the form and send it to the Times through the base mail system.

Remember, this race is for

everybody! Whether you run the course in thirty-five minutes or an hour and fifty minutes, we'll still be there to cheer you over the finish line.

One of the prizes will be a "hidden time" prize. So

everyone has a chance at taking something else home besides a set of sore leg muscles.

Keep practising and we'll see you on the course.

TOTEM TIMES ROAD RACE REGISTRATION

NAME _____
AGE _____ SEX _____
PHONE _____

Red Cross water safety week

This summer, over 600 Canadians are expected to die from drowning. Almost half of these fatalities will be children and teenagers.

These predictions were released by the Canadian Red Cross on the eve of National Water Safety Week.

"June 3 - 9 will see a tremendous amount of public education happening," said Jim Murray, Red Cross' local Area Consultant for the Water Safety Service. "Parents and young people, in particular, will be the focus of our publicity."

The week's theme throughout all of Canada is to center around International Year of the Child. Parental responsibility will be strongly emphasized.

"As could be expected," said Murray, our drowning statistics show that children are by far the most vulnerable

age group in our society. This will always be so but the fatality rates need not be so tragic."

According to Murray, our young people are not getting the attention they deserve.

"It's fine for Red Cross to offer water safety and small craft safety lessons, but if the parents don't enroll their children in the courses our efforts are not going to be as effective as they should be."

Murray pointed out, also, that far too many accidents occur because parents don't take supervision as seriously as they should.

"How often do you see a child playing by the edge of a lake while the parents concern themselves mostly with soaking up the sun?"

A child can drown in inches of water without making a sound. That doesn't leave very much room for error."

There are five tips which Red Cross suggests should be strictly followed this summer. They are:

1. Children playing in the water should be told to always stay within safe rescuing distance.

2. Children should never be allowed in, on or around the water by themselves.

3. Parents should ensure that their boat is well supplied with P.F.D.'s (personal flotation devices or life jackets) and that, before venturing out, all children are actually wearing them.

4. Every parent has a responsibility to know the mechanics of artificial respiration.

5. Parents should ensure that their children gain a good understanding of water safety and swimming instruction before they become actively involved in water activities.



Is this you?

A CHILD CAN DROWN in just inches of water without making a sound. The theme of Red Cross Water Safety Week, June 3-9 this year, focusses on parental responsibility. The Red Cross reminds you that supervision is much more than just a part-time job.



Whitler Photo

Family of the year

Sgt. and Mrs. Robert Horton, originally from Nova Scotia, have been in B.C. for three years. They are the proud parents of two sons, Robert Jr. age 13, and Sean age 6, also born in Nova Scotia.

The Horton family plays an active role in the activities of the community. Robert Sr., is the coach of the PeeWee Totems baseball team, the Auditor for the First Lazo Group Committee and is also the Totem Times Business Manager.

Marge is also involved in a lot of group functions starting with a Colony Beaver Leader, Ladies' Auxiliary, Group Committee, Beaver Leader Trainer, she is also a member of Craft and Hobby Club and speaks to groups for bazaars.

The Horton's sons are just as active as their parents are. Robert Jr. is a scout, a Cadet, the equipment manager for the PeeWee Totems and he is also a Youth Participant which gives a helping hand to the Beavers. Sean belongs to the Beavers and also plays baseball.

What a family! This is a family who has earned to hold the title of Family of the Year. Voters you made a very wise choice. Talk about a busy family, the Horton's take the cake.

Section news

Once upon a time, in the beautiful land of Comox, a glorious leader decided that his minions should learn how to live in the bush. So, meetings were held, paperwork was pushed through, and Crew 3 set out to get everything together for their journey.

However, this glorious leader soon encountered many stumbling blocks.

During a RECCE flight over the proposed site, it was discovered that the lake was still frozen, so it was hurriedly decided that the group should select warmer climate. And lo, so it came to pass that the group journeyed to Horne Lake.

And so it was that Snow Red and his 16 dwarfs arrived at the campsite, after a long and tiring journey in their trusty deuce-and-a-half's.

The camp was set up in short order, and soon Hairy, Smoky, and Histry braved the waters of the lake in search of fresh rations.

Their efforts were fruitless, and all had to be content with a meal of hamburgers and hot dogs.

Soon, after an evening of stories told around the campfire, the troop retired to their tents for a night of peaceful sleep, secure in the knowledge that Snorry's knowledge would frighten away any living creature that dared approach camp.

The second morning dawned, and a few hardy individuals again went in search of fresh rations, while Birdie contented himself with hunting the elusive hummingbird.

Still others decided that they wished to see the top of the world, and started climbing the nearest mountain.

Rocky tried to impart some wilderness skills upon this band of travellers; all were suitably impressed with his killer instincts.

Shaky was to go on trial for the previous evening's deeds, but his trial was cancelled, and the noose removed from the tree.

Nobody had yet caught any fresh rations, so a stew was served. Then, excitement in the camp! Two of the dwarfs have caught fish!! The camp resounds with joy.

Another morning dawns, and the fishermen strike again.

Everyone is filled with a major breakfast, and so tread off their separate ways to learn more of the wilderness.

Snow Red leads a group up the mountain again; after his heartpacer gives out he decides maybe he should just fly over the hills, and leads the group home to camp.

The noose is back on the tree - Bossy is to be hung for previous night's deeds without benefit of trial.

As their adventures were drawing to a close, Snow Red announced to all that a mess dinner was to be held in honor of this great occasion.

So it came to pass that the PMC Wino, and the Vice-Bossy, presided over a grand feast.

Speakers who imparted wisdom on the group included



Crew 3 . . .

Base photos

Birdie, Snow Red, Baldy, Shakey, Grumpy and Mouthy.

Their humor or lack thereof, was appreciated greatly by an attentive audience, including Hairy, Snorry, Trappy, Honky, Smoother, Histry, Smokey, Rocky and Happy.

As the evening waned, so did the troupe, and all retired to listen to Snorry for the last night.

In the morning they broke camp, came home, and flew happily together forever after.

Demons Doin's

VP 407 took part in a very successful drug bust recently; the Argus works as good as ever, and the "Canadiens" won the Stanley Cup. Is that enough to make everybody happy? No! Ask our Deputy Flight Commander, Capt. Bill Taylor, now a fan in football...only!

Before going any further, I would like to congratulate Sgt. King and MCpl. Draper for their recent promotion to their actual rank.

Crew 1 and 2 were in Moffett, Calif. for a week and everything went well apparently for them. Meanwhile

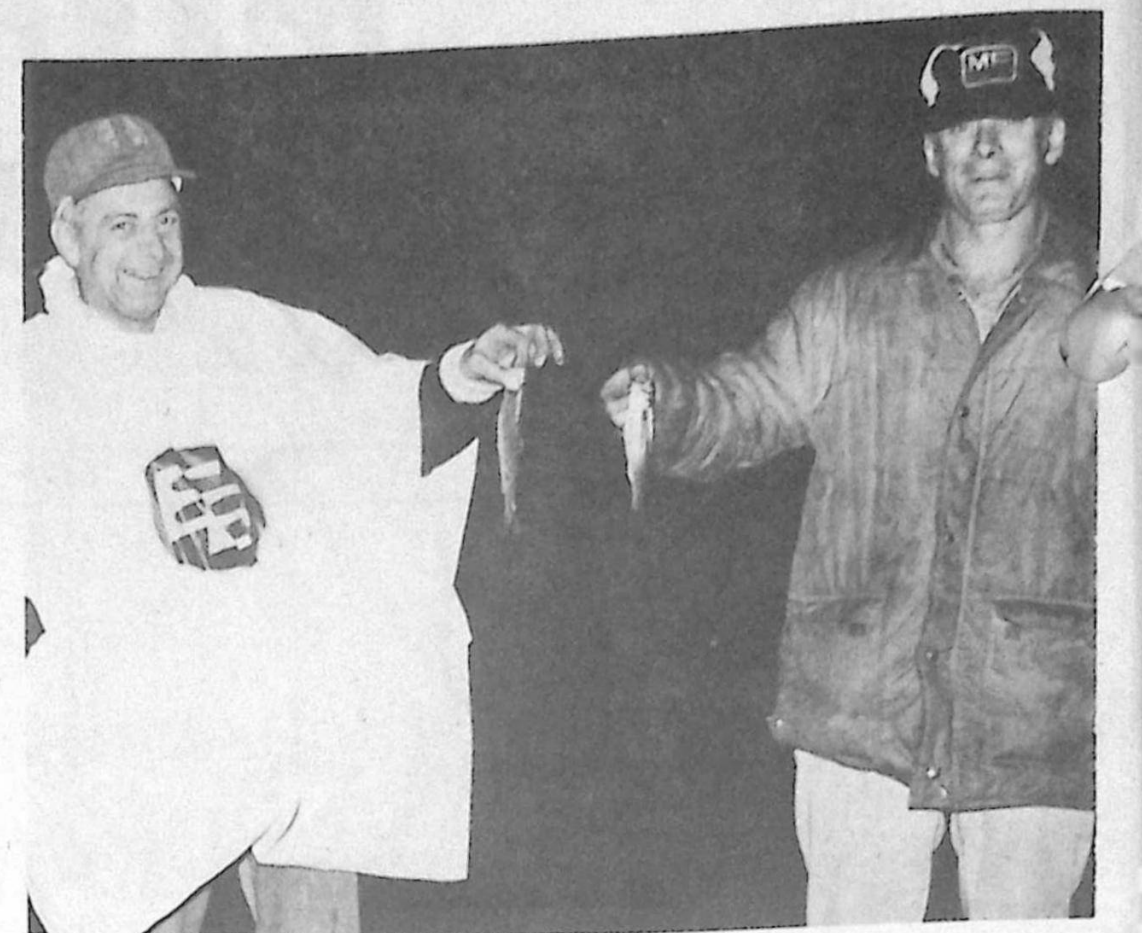
Crews 3 and 6 gave a hand in decorating the Officers' Mess for the Hawaiian Night held there last week. Crew 4 is gone to Greenland for a week where they will do some training. Crew 5 just got back from Yellowknife where they spent five days doing northern patrols. An Observer from Crew 2 insisted that I mention he went with Crew 6 and even took a few pictures on the trip to help the RCMP in their drug strike.

Submitted by Lt. Rory "Tigger" Kilburn - the question of the week goes like

this: "What diminutive Major pilot puts his long johns on backward?"



Many Canadians are rediscovering home canning. If this is your way of keeping Fall's bounty, do it by using the right method and up-to-date procedures. Improperly canned foods can cause deadly food poisoning.



Base photos

. . . after the big ones

Jr. Ranks Club

TUES., 29 May - Movie "Uptown Saturday Night" - Sidney Poitier & Bill Cosby.

SAT., 2 JUNE - Lounge Open. Free Adm. Tapes.

TUES., 5 JUNE - Movie "One On One" - Robbie Benson and Annette O'Toole.

SAT., 9 JUNE - Dance with "Nulus Secumbus." Good group from Nanaimo.

TUES., 12 JUNE - Movie "The Medusa Touch" - Richard Burton and Lee Remick.

SAT., 16 JUNE - Dance and Mixed Games Night. Games begin 1930. Music at 2100.

WO'S & SGT'S MESS

ENTERTAINMENT FOR JUNE

- 1 JUNE - TGIF with food (last TGIF with food until Sept.)
- 3 JUNE - MOVIE. Starting time 2000 hrs. (last one until Sept.) "ONE ON ONE"
- 4 JUNE - Entertainment Committee Meeting - 1300 hours.
- 8 JUNE - TGIF - No Food.
- 11 JUNE - Wives Club Meeting - "POT LUCK SUPPER."
- 16 JUNE - SUPER \$\$\$\$ Household Bingo (last Bingo until Sept.) Food: Cold Plates. Band: "Alley Cats." Cost: \$5.00 per person. Extra Cards: 5 for \$1.00. 10 Games. 3 Spot Dances.
- 15 TO 17 JUNE - "Mixed" Salmon Derby. Starts at 1600 Friday. Ends at 1600 Sunday. Weigh-ins at the Base Fire Hall ONLY. (Fish cleaned, head on). Food and Refreshments at the Beach Pavilion Sunday. Many Prizes. Cost: \$1.00 per person. Registration at the Bar.
- 22 JUNE - Mess Dinner for Retired Members. Dress: Uniform.
- 29 JUNE - TGIF.

COMING UP

5 Aug. - Family Picnic 15 Sept. - Hawaiian Night 20 Oct. - Octoberfest

OFFICER'S MESS ENTERTAINMENT for June, 1979

June 8, 1979:
Mess Dinner Mixed.

June 22:
Mixed T.G.I.F.

June 17:
FATHER'S DAY BARBECUE.
Food 1730 - 1930 hours.
Cost for Steak dinner - \$2.00.
Hamburger Dinner - \$1.00
Reservations by June 14/79.

CFB COMOX RESTAURANT GUIDE



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

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

BROWNSIES
fried chicken

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.



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



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

EW
Courtney

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

Adults \$2.75 OAP \$1.00 Child \$1.00

Effective July 1, 1979, Adult Admission \$3.00, Children \$1.25

Thurs. to Wed. - May 31, June 1, 2, 4, 5, 6

Elliott Gould, Christopher Plummer, Susannah York

"THE SILENT PARTNER"

"Some gory violence and nudity" - B.C. Director

Thurs. to Wed. - June 7, 8, 9, 11, 12, 13

Jane Fonda, Jack Lemmon, Michael Douglas

"THE CHINA SYNDROME"

"Occasional coarse language" - B.C. Director

Stardust
Drive-In Theatre

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

Effective July 1, 1979 - General
Admission \$3.25, All Niter \$3.50

Gates open 8:30, Show at 9:00

NOW OPEN 7 DAYS A WEEK

Thurs. to Wed. - May 31 to

June 6 "SUPERMAN"

Plus "WHO IS KILLING

THE GREAT CHEFS OF

EUROPE?"

Thurs. to Wed. - June 7 to 13

"WANDA NEVADA"

Plus "THE END"

"Occasional religious

ridicule & coarse language"

- B.C. Director

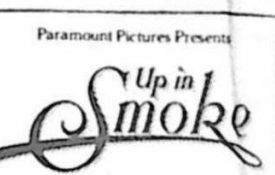
MIRACLE DRIVE-IN

Black Creek, B.C.

337-5097

ADM. 13 & OVER - \$3.00

BOX OFFICE: 8:15 SHOW: DUSK



OPEN 7 DAYS

A WEEK

May 31 -

June 6

Thurs. - Wed.

CHEECH & CHONG

PLUS



22 MILLION

PEOPLE

DO IT

44 MILLION

TIMES A DAY...

Mature

BASE THEATRE SCHEDULE

MAY 17 to MAY 27

Thurs., Fri., Sat., Sun. -

May 31, June 1, 2, 3

"THE END"

BURT REYNOLDS
Comedy. Mature.
Occasional coarse language.
SHOWTIME: 2000 - 2145 HRS.

Thurs., Fri., Sat., Sun. -

June 7, 8, 9, 10

"MEDUSA TOUCH"

RICHARD BURTON, LEE REMICK
Drama Action - Power to move object with mind.
SHOWTIME: 2000 - 2150 HRS.

SUPPORT YOUR BASE THEATRE
AUTHORIZED PERSONS ONLY



IN THE NAVY . . .

AT SEA - PRIVATE PATRICK PARFENOW, 20, of Comox is one of the two Finance Clerks aboard Esquimalt-based HMCS RESTIGOUCHE that handle pay records, allotments, travel claims, and NPF for the 200+ officers and men aboard. RESTIGOUCHE, sister ships GATINEAU and TERRA NOVA, and HMCS PROVIDER returned to HMC Dockyard Esquimalt on May 17 on completion of a deployment to the Orient that saw the Canadians exercise with the USN, RN, and Korean Navy. Port calls during the deployment included the Philippines, Hong Kong, Korea and Japan. (CF Photo).

Accent on boating

Now that the fish are running and more importantly, biting, the ranks of the "salt choppers" will be swelled by those who choose only to fish when the fishing's good and by some who are completely new to the game. Fishing means boats and boating means water and water means danger, particularly if you are not aware of the limits to yourself, your boat and your equipment and knowledge about local waters.

If you have not taken training on safe boating, do so before trying it for the first time - before renting, buying or borrowing one to use. Your local recreation office has a supply of excellent booklets published by Transport Canada and the Canadian Coast Guard. They're called "Boating Safety Guide" and are free for the asking.

So what? you say. Well, before you dismiss the need for boating safety information, put your knowledge to this simple test.

1. Do you know where local boat launch ramps are located?

2. Do you know the meaning of the term hypothermia?

3. Can you identify the recommended safe load and horsepower for a boat and know where to look for it?

4. Do you know the law and its requirement for boat licensing, personal flotation devices and emergency equipment?

5. Do you know the particular hazards of gasoline and liquefied petroleum gases (propane) in boats?

6. Do you know the "Rules of the Road" and follow them?

7. Can you recognize when divers are working or active in an area?

8. Do you know the Canadian Buoyage System and how to safely follow channel markers?

9. Do you know what wind strengths are indicated by the terms "Small Craft Warning" and "Gale Warning"?

10. Do you know which CB channel is used for marine emergencies and how to call?

11. Do you know how to signal an emergency and how to recognize those signals by flag, flashlight, flare, sound signal or by arm signals?

12. Do you know how to contact the Search and Rescue resources in this area? Report a forest fire? Get a marine weather forecast?

No, we're not going to give you the answers here and now and the name of the game is not to turn to page 32 and see if your answers were correct.

The name of the game is boating safety. It involves respect for water and for other boaters and the responsibility that demands you know the dangers and rules of the game before you head out.

There's a lot to learn, but each step in that learning will increase your knowledge and pay big dividends in boating safety and enjoyment of this natural resource that surrounds us. Pick up a copy of the "Boating Safety Guide" from your Rec. Centre today and ask about the CFB Comox boating safety supplement. SAFETY SAM



Saxifrage root was believed capable of removing freckles.



Wallpaper was invented in the 16th century when someone discovered that the paper lining used for books would look good on walls.

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 ROLES OF THE REALTOR

As much transferred and transient folks, we in the Canadian Armed Forces are buying or selling a home on the average of every two to three years. Sometimes we need to buy in a hurry, and worse yet sell on a short posting notice. In this and the next two articles I am going to cover your Realtor and his services he has to offer you, the public.

The main function of a Real Estate Agent is to bring together buyers and seekers of real estate or real property.

The term "Realtor" is a registered certification mark and may be used only by those Real Estate Brokers whose qualifications and adherence to a well-enforced Code of Business Ethics entitles them to membership in the Canadian Real Estate Association (C.R.E.A.). Look for the Board's Realtor crest hanging in a member's office; that's assurance - the best. Do not confuse the word "Agent" with "Broker", as they really mean the same thing, depending on province to province, with "Agent" being used here in B.C. on transactions in real property.

Each real estate firm has an Agent-Broker who holds a valid Agent-Broker license and oversells the real estate staff who is licensed to list as service representatives for that Agent-Broker and his firm only, and sales in his firm plus co-operative firms belonging to M.L.S.

The Vancouver Island Real Estate Board (V.I.R.E.B.) belongs to C.R.E.A. and

services all of the communities from Duncan north on Vancouver Island. There are some seventy agents from seventy firms with a total of 450 sales representatives. Our board is located in Wellington (part of Nanaimo proper) and from here all our Multiple Listing Services (M.L.S.) are printed and distributed to the members belonging to V.I.R.E.B. Education programmes and travelling seminars are continually conducted by the Board for membership firms to improve our professionalism.

A Realtor knows the territory, houses, land and investments in that location. If you're moving from one part of the country to another, a Realtor can recommend another Agent for you before you leave.

We at Nanaimo Realty (North) Ltd. Realtors having memberships in the V.I.R.E.B. and M.L.S. We have seven Nanaimo Realty offices on the Island, being in business for fifty-two years. Although we are in business to assist our clientele in buying and selling property, we are also concerned with promoting the image of Realtors as a reliable and conscientious business partner within the community.

My foot-note today: "A HOUSE IS TO PUT YOUR HOME IN." Maureen Arthur is an experienced Real Estate Saleslady with Nanaimo Realty, 576 England Avenue, Courtenay, B.C. 334-3124 (paid advertisement)

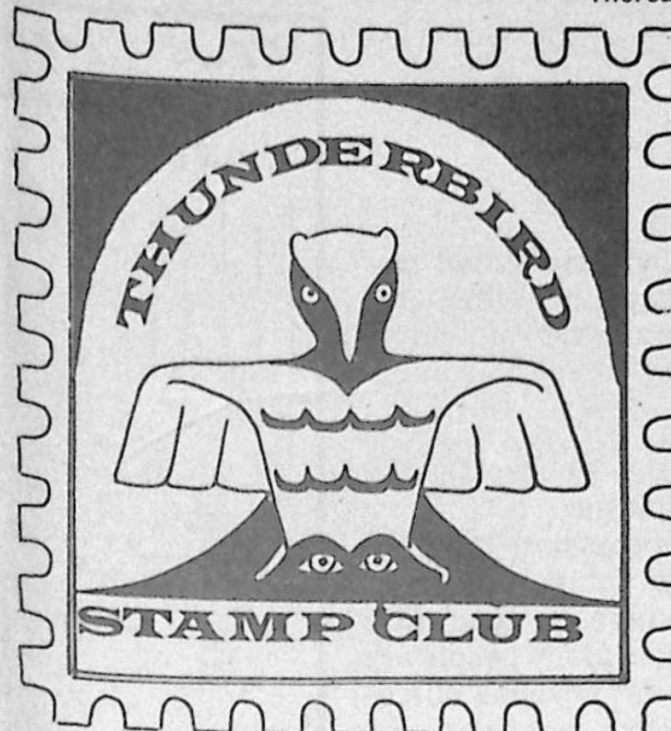
888 Wing RCAFA

The Comox Valley's No. 888 Wing of the Royal Canadian Air Force Association gets another boost in formation with its Charter Dinner and Ball to be held Saturday evening June 9th in the Comox Legion Branch upper hall. The Wing has 132 charter members, both men and women, and has received inquiries of interest from other districts since its conception in March of this year.

Tickets to the first Charter Dinner and Ball are limited initially to each member and a guest and selling in advance of the event. However, there would likely be some left not sold just before the June 9th date for possible extra guests. Tickets have been distributed to various of the executive committee.

Guests of honor from the long-established Victoria Wing of the RCAFA are expected to be at the charter night affair. At the last meeting of the Komox (888) Wing, May 2nd, a new Recording Secretary was greeted in the person of Ms. Marty Cunningham. The membership is also awaiting official approval of the Air Cadet League in Ottawa in sponsoring the Comox Valley air cadet unit (386 Squadron). In this responsibility is cadet committee leader, Stan "Paddy" Paddison, who spoke to the group with a summary of cadet unit financing.

Membership in the RCAFA Association is not restricted to ex-members of the RCAF or to military background. Anyone with interest in Canadian aviation may join.



Tagged stamps

(Luminescence, Fluorescence, Phosphorescence)

Some tagged stamps have bars (Great Britain, Canada) frames, South Africa, or an overall coating of luminescent material applied after the stamps have been printed (United States). Another tagging method is to incorporate the luminescent material into some or all colors of the printing ink (Australia No. 366, Netherlands No. 478). A third is to mix the luminescent material with the pulp during the paper manufacturing process or apply it as a surface coating afterwards. These are called "fluorescent" papers. Switzerland Nos. 510-514, Germany No. 848.

The treated stamps show up in specific colors when exposed to ultraviolet light. The wave length of the luminescent material determines the colors and activates the triggering mechanism of the electronic machinery for sorting, facing or cancelling letters.

Various fluorescent substances have been used as paper whiteners, but the resulting "hi-bright papers" show up differently under ultraviolet light and do not trigger the machines. They are not noted in the catalogue.

Introduced in Great Britain in 1959 on an experimental basis, tagging in its various forms is now used by many countries to expedite the handling of mail. Following Great Britain were Germany 1961; Canada and Denmark 1962; U.S.A., Australia, Netherlands, Switzerland 1963; Belgium and Japan 1966; Sweden and Norway 1967; Italy 1968; Russia 1969; and so forth.

Certain stamps were issued both with and without the luminescent factor. In these instances, the tagged variety is listed in the United States, Canada, Great Britain and Switzerland and is noted in some of the other countries. Canadian tagged stamps, Winnipeg and General will be covered soon.

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



HOMESTEAD SESAME

24 oz. Loaf ea.

BARON OF BEEF ROAST

Grade "A" lb.

MAPLE LEAF ALL BEEF

SKINLESS WIENERS

1 lb. Pkg. ea.

MAPLE LEAF

SAUSAGE STICKS

All Varieties. 1 1/2 lb. Pkg. ea.

DEVON SIDE BACON

By the Piece lb.

B.C.

HOT HOUSE TOMATOES

. lb.

B.C. MUSHROOMS

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MIX AND MATCH

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Summer job corps

The R.C.M. Police Summer Job Corps has hired its personnel for the summer. Heading up the project will once again be Daryl McLoughlin, a recent graduate of the University of Victoria. Working with McLoughlin will be Susan Leblanc, Barb Haynes, Laura-Mae Field, Richard Zehanzoviz, David Zaharko and Carol-Anne Butler.

The students come from Courtenay, Comox and Cumberland and have a number of career ambitions. Susan Leblanc hopes to become a veterinarian, Laura-Mae Field aims to become a lab technician, Richard Zehanzoviz wants to enter the biological-medical field and David Zaharko is planning to eventually go to B.C.I.T. to take a drafting course. Carol-Anne Butler wants to become a primary school teacher and Barb Haynes will be taking a hotel-motel business management course.

The job corps will be working under the auspices of Cst. Ron Harris's Crime Prevention Unit. A number of programmes have been planned for the summer, including a marine and residential marking project, bicycle registration and other crime prevention related projects.

The programme is funded by a Ministry of the Solicitor General grant.

VICARIATE CONVENTION

The 12th Annual Military Vicariate Convention of the C.W.L. will be held at C.F.B. Comox, June 1st to June 4th. Directors and delegates from thirty-two Bases across Canada and Europe will be represented.

SCHEDULE OF ACTIVITIES

Friday, June 1
8:30 p.m. to 10:00 p.m. Directors & Delegates arrive
Registration - Island Lodge

Saturday, June 2
9:00 a.m. Mass - Totem Lounge
10:00 a.m. Pre-convention Meeting
(Voting Delegates & M.V. Executive only)
2:00 p.m. Formal Opening - Totem Lounge
6:30 p.m. Cocktails & Banquet
Guest Speaker - Bishop De Roo

Sunday, June 3
8:45 a.m. Mass - Totem Lounge
10:00 a.m. Theme Day "A Child - The Supreme Gift"
8:00 p.m. Hawaiian Social

Monday, June 4
9:00 a.m. Business meeting reconvenes
Elections
11:45 a.m. Mass & Installation of Officers
at the Chapel
1:30 p.m. Post Convention meeting
3:30 p.m. Executive meeting



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Editorials

Clothes count

Editor's Note: Although the following is obviously aimed at civilians, it is quite relevant. Have you ever noticed that although we all wear basically the same uniform, there are very definite differences in appearance? Have you looked at yourself in a full-length mirror lately?

Most of us grew up with the idea that "Clothes make the man" but now it seems that we must also accept the fact that what women wear can make, or break, them in their careers. On every side, we see articles saying that wearing the right clothes at the right time will enhance our job opportunities.

According to the latest expert, John Molloy, women in business should be wearing dark, skirted suits with light colored blouses. Should we assume that, because the men working in one job area have been persuaded to wear the uniform of dark suits, women also should comply? How dull our downtown office core would become!

I am certain that women who set out to emphasize their femininity by wearing, shall we say, party clothes at work, have a harder time reaching the top. Those whose clothes or accessories distract their employer may find that employer's mind to be preoccupied to offer either a job or a promotion.

Should we not be judging people by their performance and ability? Of course, -- but do we? There is an old saying, "never judge a sausage by its skin, you never know how much pig there lies within". True, but these are competitive days for job-hunters. It still matters how much you can contribute to the job, but it matters more that you get a chance to prove it. Even getting job interviews will depend on how you present yourself, how

you package yourself, the potential employee.

First impressions must be good. You do not get a second chance to make a good first impression. Too many people are turned away at personnel offices because of the way and the manner in which they present themselves. A good potential employee can be lost to an employer because the first impression was so negative.

Sloppy and casual dressing and grooming can only suggest sloppy and casual work habits. Glaring errors in taste indicate a lack of judgment for which it may be hard to compensate.

I am not suggesting that we all wear three piece suits to prove our dedication to business -- heaven forbid! How dull and how very impractical. The key word is not *suit* but *suitability*. If the job calls for blue jeans, wear them. If the job calls for a white uniform, be prepared to wear it. In the business office, be businesslike.

There are many people, young and old, looking for employment and each one will be thinking of all possible ways to improve his or her own marketability. I am quite serious when I suggest that attention to what is worn is important -- and I stress the suitability and NOT the cost of clothing. First impressions do count. Make sure that you don't spend your time wishing for a second chance!

Courtesy Vancouver Board of Trade

Keep Canada moving

When Robert Louis Stevenson said "To travel hopefully is a better thing than to arrive" he displayed a certain cynicism and ignorance about the transportation industry. The Transportation Clubs in Vancouver would disagree with him. These Clubs, consisting of members from all modes of transportation, are dedicated to an industry which wants and expects its passengers to travel safely and arrive on time. "Travelling hopefully" just is not good enough!

In less than two hundred years, Canadian transport has developed from the horse-drawn wagon to the jet plane. Those of us who are accustomed to crossing large distances simply may be forgiven if we take our transportation system for granted. We easily forget that

this is the system which built our past, the system on which our present relies and our future depends.

The Vancouver Board of Trade, in these comments, pays tribute to the transportation industry as National Transportation Week begins today. Since 1970, one week each year has been designated to focus attention on the role that transportation plays in our lives. This year, that week starts May 27th and continues through till Friday, June 1st.

One out of every ten Canadians in the work force works in the transportation industry. To those one million Canadians, we say "Thank you" for your contribution to our economic and social well-being.

Courtesy Vancouver Board of Trade



Doc Talk

Obesity -- its ups and downs - part 3

Effects On Health

There is no question that obesity is bad for health, both physically and psychologically, but it may not be as bad as what is commonly believed.

The decrease in longevity amongst the obese seems to be well enough established to be a fact; however, because the data for it is from selected populations (e.g. policy holders with insurance companies) it should be interpreted with that in mind.

The correlation of stroke and degenerative joint disease (osteoarthritis) with obesity also seems firm.

The correlation with high blood pressure (hypertension) also is positive; however, taking blood pressure on a fat arm with a normal-sized blood pressure cuff over-estimates the blood pressure by as much as 8-12 mm Hg.

The effects of obesity on hardening of the arteries and heart disease deserve some comments.

Obesity itself is not associated with increased incidences of such disorders; however, what it is associated with is an increased incidence of risk factors for heart disease such as elevated serum triglycerides and cholesterol, diabetes and possibly decreased physical activity.

In other words, cardiovascular disease is a complication of the mechanisms that produce, or are commonly produced by, obesity, rather than the obese state itself.

Moreover, the commonly held misconception that obesity contributes to heart disease because it overloads the heart, or puts a strain on it, is grossly untrue, and should be dispelled once and for all. In fact, the load on the heart may indeed be beneficial.

Therapy
In discussing the therapy of obesity, let's start by looking at certain radical forms of treatment.

Firstly, the drug therapy of obesity (except for certain hormonal disorders) is not only fraught with real danger, such as addiction and other unwanted side effects, but is virtually useless over the long term.

Secondly, ileal bypass surgery is a procedure recommended only for so-called "morbid" or gross obesity. This procedure is fraught with serious side effects over and above the risks of surgery, and although

there is initial weight loss, the patient tends to plateau at obese levels after about one to two years.

Finally, there is the whole realm of fad and crash diets and fasting.

Fasting is unnecessary since it has no more effect on weight loss than a 700 - 800 calorie diet and harmful side effects are possible.

Crash diets are also inadvisable because of severe calorie restriction, and the fact that such restrictions affect work performance adversely.

Fad diets are a waste of time, and usually get the dieter's expectations high and then let them down, furthering any psychological disorders the patient may have, and aggravating his condition further. Moreover, such diets are designed for the short term, and losing weight and keeping it off must be a life-long venture in which the "loser" must readjust his lifestyle, especially in his attitudes and practices concerning both food and activity.

Let's have a look at programs which offer such long-term features.

Successful therapies are almost uniformly multidisciplinary with the ultimate responsibility resting with the individual. A balanced, low calorie diet is obviously an essential, but successful programs have also shown the need for strong behavioral modification and educational components, as well as an increased physical activity schedule.

The necessity for these four areas which encompass the fields of nutrition, health education, psychology and physical education, becomes obvious when one considers the major casual factors discussed above. Such a regimen appears to obviate medical participation, but it should not, since, although these four disciplines are the mainstay of therapy, there is still that minority of cases where medical problems are primary. Therefore, medical screening is essential.

In addition, adequate medical follow-up to guard against deleterious side effects of the program seems reasonable.

And finally, and most importantly, the individual himself is the one responsible for the program in the final analysis, with he or she alone calling the shots and looking to the others only for help.

Let's take a few moments

and look at three of the key areas.

A balanced diet, low in animal fat and containing fewer calories than are required by the individual for his energy needs, is essential. Such a diet should contain foods each day from the four main food groups (i.e. milk products, breads and cereals, meat and alternatives, and fruits and vegetables).

Caloric restriction should be kept modest, and geared to a weekly weight loss of about one to two pounds. Greater restrictions can have undesirable side effects.

For instance, work performance decreases as dietary calories decrease - 1,000 calories reduced from a 3,600 calorie daily requirement cuts work performance by over 50 per cent. It seems reasonable that the diet should restrict salt as well.

Not only is it a well accepted fact that most North American diets contain too much salt, thereby contributing to high blood pressure, but some workers maintain salt-restriction as a necessary ingredient to satisfactory weight loss. The resultant loss of water which is retained in the body by our excess salt, is the reason for the immediate large weight loss (5-10 lbs.) that accompanies a lot of diets (and causes subsequent disappointment when such a rate is not maintained).

Physical activity is another key area in an effective weight-losing program. The nature of the activity is extremely important since the type of internal stores used during exercise depends on the type of muscular activity.

The state of inactivity is the time when the body stores fat, so obviously less time should be spent here. Whereas maximum energy activities, such as sprinting, consume mainly carbohydrate stores, low energy activities, such as walking, jogging and cycling, consume mainly fat stores, with intermediate levels consuming some of both storage products.

Therefore, one can appreciate that the low activity exercises are the best for weight loss, not only because they consume principally fats, but also because these are the exercises which usually demand the lowest levels of physical fitness and are the easiest to perform. These are important considerations when one considers that most obese people will probably be

just starting out on any kind of exercise regimen.

As well as the exertional level, the duration of exertion is important -- exercise should be for at least twenty minutes or more at a time.

Finally, as in any exercise program, the exercises should be tailored to meet the special needs, likes, and state of fitness and health of the exerciser, and should be graded to effect gradual introduction of more demanding types.

Myth; many people believe that exercising while dieting is bad because it increases the appetite. This is not true for the average person.

Exercising for less than two hours per day either leaves the appetite normal, or actually decreases it, a phenomenon noticed by many sedentary people who commence exercising. Moreover, as we have seen previously, sedentaryness seems to be the culprit in contributing to increased food intake.

If we refer back to TABLE II, we realize that obese people are actually at an advantage in the consumption of energy through exercise, due to the increased weight that they must move around.

However, even at the average energy-consumption levels, if a person kept his food intake constant while adding merely 30 minutes of cycling or 45 minutes of walking each day, he would lose about 26 pounds over one year (one pound of fat is burned off with 7½ hours of bicycling, 5½ hours of swimming or 11 hours of walking).

Albeit this means only a two pound loss per month, but when one considers that obesity is the result of many years, one should not be impatient in trying to reverse the state.

Revamping one's lifestyle requires patience -- a "virtue" necessary in permanent weight loss.

The educational component not only informs the person of what he is doing and why, but can also dispel myths, and put expectations for weight loss into perspective.

The weight loser must be made fully aware of the stimuli that lead him to his eating behavior, and urged to change such behavior, or avoid such situations, by substituting different, more healthful endeavours.

Overall, such a multidisciplinary approach strives for a restricted caloric intake while concomitantly

ensuring balanced nutrition, increased caloric output in terms of healthful and appropriate physical activity, education in all related areas so "dieters" understand what they are doing and why, careful medical monitoring and, probably most importantly, substituting healthful behavior for obesity-producing behavior. All this entails a major adjustment in lifestyle. But there is more!

Fat people who become thin, especially the very obese, should expect more than just a thinner image in the mirror.

People close to the weight loser may see him in a different light, treat him differently, or expect different things of him.

This is not only because the weight loser is a different person (i.e. has changed his whole lifestyle), but also because what he was before, which is very closely related to the way he looks, is different.

In other words, losing weight permanently entails not only a major adjustment in lifestyle, but also equally major social adjustments. Little wonder, then, that successful programs rely on the responsibility and motivation of the individual.

Losing weight permanently then is no easy task. Obesity needs to be recognized as a disorder over which the patient has some control, and for which something can be done given the understanding and supportive assistance of therapists and those close to the "loser".

Patience and moderate expectations (remember, the "safe" rate of weight loss is about one to two pounds per week) are essential for both the "loser" and others involved.

Just as the watched kettle is slow to boil, so the watched scale is slow to change. One should not expect to reverse state like obesity in a short period when such a state is the result of one's habits over a lifetime.

The patient must also be truly intent on losing weight permanently. The main predictor of success in any program seems to be the person's conviction that he would be gratified by his own mastery of the problem.

In the next issue, we will look at how the fat content of the body is measured, how obesity can be prevented and the benefits of losing weight.

CNA TOTEM TIMES

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Promotions and awards

Base photos



COL. B.T. BURGESS, B Comd., recently presented clasps to the CD (22 years of service) to: L to R front row: Sgt. J.A. Tomko, Col. Burgess, WO G. Synnack, Sgt. F.J.R. Campbell. L to R back row: Cpl. J.R. Muise, Cpl. H.J. Wardaleking, Cpl. H.R. Hall, MCpl. M.J. Hill, Cpl. W.L. Martin, MCpl. R.A. Auld.



MCPL. M.K. SMITH receives an award for his suggestion to modify the Ammo Compartment. MCpl. Smith proposed the modification while stationed in Europe.



SGT JACK SHAPKA 409 Weapons Load Section was recently presented a suggestion Award by Maj. MacDonald. 409 SAMO Jack has been NCO in care of the QRA since arriving from Bagotville. While in Bagtown he modified the Voodoo flyaway kit and received the award and a cheque for \$150.00.



CPL JIM TAILLON gets the big handshake for his promotion. Fall off any bikes lately Jim?



BOBBO'S ARAF ASSISTANT gets her hooks. Cpl. Auril Cross is a valuable member of the hospital staff.



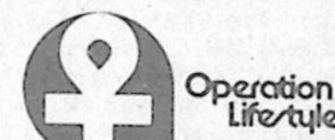
"DON'T LOOK SO SAD JUDY, you get a raise too." MCpl. Judy Surline receives her Maple Leaf from Maj. J. Bardsley.



LOOKS LIKE SGT. KEITH DeGRUCHY finally discovered how to smile. Was Egypt that good, Keith?

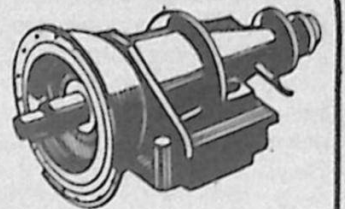


MAJ. MacDONALD presents Sgt. Gerry Roy of 409 Weapons Load Section with the "Silver Seal" award. Gerry is NCO in care of B shift in the 409 Weapons Load Section. Gerry trains on the base, mostly during his noon hours.



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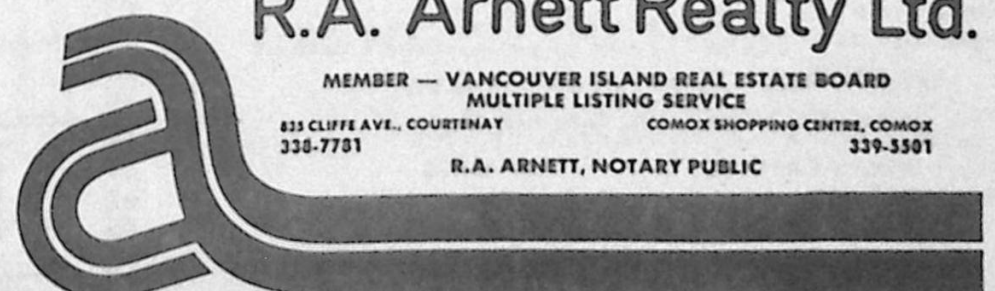
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R.A. ARNETT, NOTARY PUBLIC

Totem sports

Up Earl's alley

The Annual Glacier Greens Open Golf Championship will be held this weekend, 2-3 June 79. The Staff and Committee have done an excellent job in preparing the course for this well run event. This tournament has become so popular that you have to be quick on the entry or... sorry... too late. Hopefully the weatherman will co-operate and we can experience nice sunny conditions for this affair.

Bill "Hat Trick" Fraser and Earl "The Pearl" were slashing around the course (golf) the other day and Bill remarked that the game was no longer a challenge anymore. Pars are very easy to come by and he hardly ever loses a ball anymore... Wally Berger, Ty Garrison, Max Jennings, Jim Perry and John O'Brien were down to Nanaimo for the Annual Zone 6 championships and the wind was brutal... Max claimed that the greens were so big that he once had to putt with his wedge.

Honest Kip "The Whip" McLean and his Totems were very successful in their attempts to win the Comox Valley Fastball League Tournament. They ended up in second place as they lost a squeaker to Anchor Garage 6-5, but, they still won a few bucks... Kip says that since he has conducted his practice sessions using the new ball (N.A.S.L. Soccer ball), the players are starting to "boot" the ball around rather well. On a more serious note the Totems are playing excellent ball and a number of the players were selected to the Tournament All-Star team. Much of the credit for their success must go to Kip as he is one of the Masters in the coaching area... and... draught-ing as well.

It is amazing how fickle the human being is... A couple of months ago Harold Ballard was quoted as saying that he was not interested in having Don Sherry as coach of the Leafs as he (Harold) wanted a coach, not a mouthpiece. Yep, you guessed it here we are two months later and Mr. Ballard is negotiating with Mr. Sherry... for coach. Scotty Bowman has also been approached by the Leafs in a management capacity. That would help... Good management, and coaches are scarce at that level and it will be interesting to see what job they give to Neilson.

The B.C. Lions are in town and the Lewis Park Turf will get a good going over for the next couple of weeks. Once again the team is very optimistic as to their chances at a Grey Cup this year and it certainly could be their year. If they the players, believe in themselves they can do it. Once the games start the coaching staff have to rely on the players to do the things they were taught in training camp. As the saying goes, "Your number one, until someone makes you number two".

The Valley has put a bid in to host the 1981 Summer Games. The Base Rec Staff will in all probability be involved... As usual when the going gets tough they call on the old relatives for help. Whether civilians believe it or not the Service PERI is a professional and does not dabble in Phys Ed and Recreation as a leisure pastime as the normal volunteer does. It is amazing how a person will get involved and immediately whom... he's an expert... As the local expression goes... a man buys a pickup and a skill saw and "Zip" he's a contractor... And if you don't believe it... take a look at my house. A Journeyman (Tradesman) has a "helper" and so does the PERI or Recreation Director rely on "volunteers" as their helpers. One is as important to the Community as the other and therefore each should be given the recognition each deserves.

PAC sports

The Sports and Dates have been announced for the forthcoming 79-80 season.

This year for the first time there will be a Pacific Region "Oldtimers" hockey tournament. All other Regions have been playing this activity for several years and with the decision for this Region to join the group perhaps there will be a National in this sport... shortly.

We here at CFB Comox have requested that we host two National activities this year, Hockey and Servicewomen's Volleyball.

THE CALENDAR OF ACTIVITIES IS AS FOLLOWS:

Squash (Pac Region)	6-7 Jul	Esquimalt
Softball (SB)	6-8 Aug	Comox
Softball (Pac Region)	9-12 Aug	Comox
Golf (Pac Region)	15-17 Aug	Esquimalt
Soccer (Pac Region)	24-26 Aug	Esquimalt
Marathon (National)	25-26 Aug	Montreal
Softball (National)	6-9 Sep	Montreal
Tennis (Co-ed)	6-9 Sep	Chilliwack (TBC)
WP Softball (Pac Region)	10-12 Sep	Kamloops
Soccer (Nat)	26 Sep-2 Oct	Trenton
Old Timers Hockey (Invitational)	Dec 79	Comox
Broomball (Pac Region)	Jan 80	Comox
Curling (Pac Region)	Jan 80	Chilliwack
Hockey (Pac Region)	TBA (Feb)	Comox
Hockey (National)	TBA	Comox (TBC)
Volleyball (Pac Region)	TBA 80	Esquimalt
Volleyball (Nat)	TBA 80	Esquimalt (TBC)
WP Volleyball (Pac Region)	TBA 80	Comox
Badminton (Pac Region)	Mar 80	Esquimalt
WP Volleyball (Nat)	Apr 80	Comox (TBC)
Badminton (National)	TBA	Esquimalt
Bowling (Pac Region)	TBA	Chilliwack
WP Bowling (Pac Region)	TBA	Esquimalt



Base Photo

Heck, that was easy

ONCE AGAIN, CFB COMOX has entered into the fight for the Air Command Semi-Annual 1.5 mile run championship. The Base hopes to recapture the trophy they lost to Cold Lake last fall, when we came second, and pictured above are some of the hopefuls that have just completed their spurt. Comox had 40 runners involved and their time all ranged in the level five category. Let's hope it's fast enough to win the Shield.

Totems in action

It's been a busy 2 weeks since last report for the totems with all players getting a good early season workout.

Tuesday, May 15 saw the Totems take John Cliffe's from Cumberland 4-2 in a close defensive battle. This season's league play promises to be a real fan season with good calibre play all around.

On the Victoria Day weekend the Comox Valley Fastball League hosted a tournament at Lewis Park with all the league teams with the exception of King George Hotel (Cumberland) participating. The visiting entries were Texada Island and Port Alice.

The Totems took advantage of Texada in the first game Saturday the 18th (Texada must have had a rough ferry trip as their play improved later in the day) defeating them 7-0 in the bottom of the sixth inning. (Tournament ruling that any team with a seven run lead after 5 complete innings would be declared winner.)

In the second game played at 1600 hours on the same day the Totems took Port Alice in a 5-4 decision after a strong rally by Port Alice in the top of the seventh, scoring 4 runs to go ahead 4-3. "Jake Jacobson" came in to relieve "Bill" Hill to finally put a stop to the rally. Bob Cuvillier and Pat Mayo scored in the bottom of the inning after Cuvillier got on base with an error and Mayo, Harv Herauf and Bruce Young came up with successive singles.

The third game played Sunday the 19th at 1000 hours saw the Totems' first defeat of

the tournament by Anchor Garage in a 3-0 decision. A strong pitching game by Anchor held the Totems to only five hits.

Game four saw the Totems into the finals, defeating Leakey Logging 3-0 with another strong pitching performance, this time by "Bill" Hill.

Game five was a rematch between the Totems and Anchor Garage. A real fans game was witnessed with both teams trading the lead twice. The Totems started off with a 1-0 lead which was quickly answered by a four run inning by Anchor. The Totems came back with a couple then went ahead 5-4. Anchor wasn't out yet though and came back at the top of the seventh with two more and hang on to win a 6-5 thriller. There was really too much action to report here so suffice to say the fans were well entertained.

The Totems of course were rewarded for their efforts

with second place and their share of the Allstar team. "Bill" Hill-pitcher, Keith DeGruchy-catcher, Bruce Young-second base, Bob Cuvillier-centre field and leading hitter.

The team had last week off from regular play but hosted a Jr. team from Campbell River Sunday the 26th at 1830 hours. These kids were not duffers to be sure but the experience of the base players offset the speed of the younger team. It was a good experience for both teams, final score being 5-1 for the Totems.

The Totems have another 10 games at home in the regular season play plus probably a couple of exhibition games and also host the regional play-offs in August. The action is good and we might even be able to make available some refreshments if the attendance picks up a little, so come on out and support your base team and bring a friend.

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B.C. Summer Games

In less than three months you will have the opportunity of participating in the B.C. Summer Games either as an athlete, a volunteer or a spectator.

Undoubtedly you have by now wondered just what are the B.C. Summer Games?

Statistically, next to the Montreal Olympics, it will be the largest gathering of athletes at any one time in Canada competing for the honor of winning.

It is a three-day event which has pulled about 2,000 Richmond residents together to volunteer hundreds of hours of their time to ensure that this will be the best Summer Games ever staged.

And before you jump to the conclusion that this is just a glorified field day, think of the more than 55,000 people in this province who will be applying for one of the 3,400 entries, and that 45 per cent of the participants are over the age of 19; the 13 year old next door, as well as the 81 year old neighbor down the street could be standing on the podium before the Games close to receive a medal.

Are you starting to get the picture? These are the people who get more out of life than spending their time with Charlie's Angels and Mork and Mindy. These are the males and females of this province who participate.

"Sure", you say to yourself "just a bunch of sport jocks getting together".

Well, let's go back in time one year ago. The place is the Centennial Pool in Penticton.

The crowd watches as the girls step up to the starting blocks and seems slightly surprised as the starter moves partway down the pool away from the competitors.

"What's he doing, how can he tell if there is a false start?", a lot of people were saying to themselves and those near them, and then the story quickly spread through the anxious crowd, "See the girl in the blue bathing suit, the one that is watching the starter, she's deaf".

That's not quite true because Laurie Kiselick of Surrey can hear slightly but not enough to hear the starter's gun. She is watching for the smoke for her signal to hit the water and start swimming.

Every heart in the audience went out to this girl hoping for her sake she would make a respectable showing.

The gun sounded, Laurie saw the puff of smoke and headed for the far end of the pool and by the time she made her first turn she had the energy of every spectator pushing her faster and faster.

Laurie Kiselick must have felt the vibes because she could hardly hear the cheering. Whatever it was it worked because the first one to touch at the finish of the 200 Metre Individual Medley was the girl who to most didn't have a chance.

There wasn't a dry eye in the place.

A gold medal for the girl who couldn't hear the starter's gun, great - that was to everyone but Laurie because

she had come to Penticton to compete and compete she did. She entered the 100 Metre Free Style and won another gold, and then made it three in a row with the 100 Metre Breast Stroke.

That night in the dormitory, Laurie fell asleep with a smile on her face that stretched from ear to ear and only she knew the smile would get bigger tomorrow.

The following day, two more gold medals were placed around her neck for the 100 Metre Back Stroke and the 200 Metre Free Style.

No, she didn't win them all but just about.

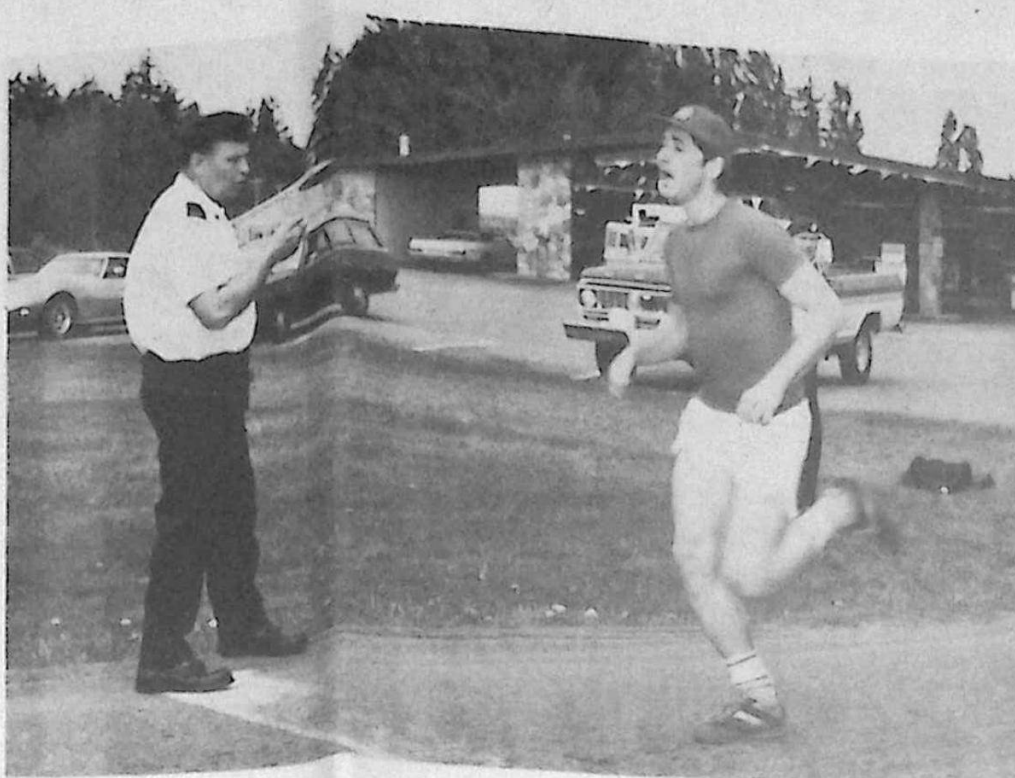
Two days previously they referred to her compassionately as the deaf kid; now everyone in Penticton knew Laurie Kiselick of Surrey.

Unless they change the rules, Laurie will never compete in the Olympics but that doesn't really bother her because the B.C. Summer Games were her Olympics and she was fortunate enough to win.

Like Laurie, all of the athletes participating in the Summer Games this year have spent months and years at their sport.

For most, it is the fun of participating and competing; for others it is the first big competition for a future in sports.

One thing is for sure; win, lose or draw, they will be here to compete and give their best.



Base Photo

Hey, what's this??

WHY IT'S OUR hard-working sports editor of the "OI Fishwrapper" Capt. Rick Boswell being given words of encouragement by Sgt. Dave Molloy of the Rec. Staff as he approaches the finish line as one of the competitors in the 1.5 Air Command Run. Rick said the only difficulty he encountered was in trying to keep his hat on. Well done Rick.

Glacier Greens ladies tee

Tuesday, May 15th. Neither clouds, rain nor wind, could dampen the spirits of the ladies from Powell River, as they joined with the ladies at Glacier Greens for a day of golf. The lucky lady winners from Powell River were: 1st low gross with 97, Anne Drader; 1st low net with 69, Ruth Carmichael; 2nd low gross with 101, Iva Collins; 2nd low net with 72, Mary Adams; the least putts went to Thelma Gumley and Marge Reid; and Lil Warman the swingiest.

For Glacier Greens: 1st low gross with 96, Mary Shaw; 1st low net with 70, Marg Wreggitt; 2nd low gross with 100, Joyce Aylward; 2nd low net with 74, Kay Banks; the least putts were taken by Kay Sauter and Mona Ledgaard; and Jan Dillan took the swingiest. Angie McAllum thanked the ladies of Glacier Greens for the wonderful day and invited them to their tournament at Powell River.

Glacier Greens

Both men and women of Glacier Green Golf Club competed in the President's Cup Tournament, held Sunday, May 20.

First Low Gross for the ladies was Kay Johnson, second was Mary Shaw. First Low Net (ladies) was Joan Webber, second was Audrey Haughn, and third Joyce Aylward.

First Low Gross for the men and winner of the President's Cup Trophy was Wally Berger, second was Ty Garrison, and third was Don Buddy. First Low Net was Ron Maximick, second was Trevor Jones and third was Dennis Vikland.

The mixed Friday night two ball will commence May 25 and every second Friday thereafter.

The Mens' Open will take place at Glacier Greens on June 2nd and 3rd. The Ladies Annual Invitational sponsored by the Comox District Credit Union will take place June 24.

GOLF TIPS FOR THE WEEK
The basic factor in all good golf is the grip. Get it right, and all other progress follows. See ya on the tee.

THE ODDS

It is estimated that a child whose parents are of normal weight, has an eight per cent chance of being obese. If one parent is obese, his chances rise to 40 per cent; if both are obese, his chances are 80 per cent.

(Taken from Aviation Medical Bulletin)

PAC golf team

Now that dates have been set for the 1979 PAC Region Golf Championships we are now able to get on with the selection of a team for the Championships.

Once again we will be holding qualifying rounds over a five date period. Each individual is allowed to Golf on any two of the first four dates mentioned (dates of his choice). On the final date, 27 July, all competitors will play their third and final round. The eight low gross golfers from these three rounds will represent CFB Comox at the Regions to be held in Esquimalt the 15 - 17 Aug. 79.

All qualifying rounds will be played at the Glacier Greens Golf Club and will commence at 1300 on all dates. There will be NO exceptions made to these dates, unless the weatherman fails us, and all personnel trying for a spot on the team MUST have their two rounds in prior to the 27 July.

DATES FOR THE QUALIFYING ROUNDS ARE:
First Date Friday 8 June
Second Date Friday 15 June
Third Date Friday 22 June
Fourth Date Friday 13 July
Fifth Date (Championship) Friday 27 July

You do not have to register prior to any of the dates (first four). However you must be at the Golf course Pro Shop no later than 1245 so that flights can be set up. If you would like to have more info. give WO Earl Thompson a call at the Rec Centre, local 315.

NOTE: The Zone team will consist of the five low gross golfers and the other three (for a total of eight) may compete in the Regionals as individuals and would be eligible to win any of the Individual prizes, including the Regions.



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Province of
British Columbia

In and around our Base



Base photo

R.C. Altar servers upgrading

UPGRADING. Front Row - Left to Right: Michael Tkacz, Paul Lamoureux, Jennifer VanDer Voort, Jodi Rich, Laura Hammersley, Laureen Shea, Naomi German, Shelly Arkesteijn, Michael VanDer Voort. Second Row - Left to Right: (Altar Servers Director) Mr. Dave Rich, Tammy Dori, Christina Tkacz, Irene Dori, Karl Dipsell, Nicole

Desnoyers, Lise Hebert, Donny Hammersley, Michelle Grosvenor, Richard Grosvenor, (RC Chaplain) Father M. Allan Stack. Missing from picture: Peter Bourgeois, Ken Jennings, Gary Jennings, Ricky Jennings, Swayne Kerr, Michael Lucas, Linda Lucas, Pat McMahon, Lisa O'Brien.

PMQ preamble

The PMQ Council would like to thank C.E., the roads and grounds section, for their help in fixing up the ball diamonds. THANK YOU! Your help was greatly needed.

ATTENTION SCOUTS: If you are looking for odd jobs to help increase your funds for your camping trips, contact Cpl. John Baron at 338-7998.

PMQ RESIDENTS: If you are sitting your garbage cans out a day ahead of garbage pick-up, you could get caught in trouble. Garbage is to be set out on the day it is to be picked up, not 24 hours before.

Garbage is also to be placed in a container which is dog proof and bird proof. NOT a plastic bag! All the heavy duty garbage bags on the market are no match for these birds around here.

So be fair to yourself and put your garbage in a can. If you don't, you're only hurting yourself.

PMQ Councilors, the next council meeting will be held in Sept. so keep your eye open for the approximate date and time.

Anyone who has a complaint, your complaints are to be taken to your ward councilors.

The Family Day Picnic turned out to be one very enjoyable afternoon.

Even before the Family Day function started, the preparation of setting up was filled with laughter and fun. We actually peeled the paper off of 450 hot dogs, along with other chores yet to be fulfilled.

In the long run all of our time spent in the preparations

of our Family Day Picnic paid off with a lot of happy faces. The picnic offered, not only professionally peeled hot dogs, but pops, potatoe chips and ice cream for the children and also, the young at heart, parents.

The entertainment consisted of a few games and a ride on the "Little Toot" train around the PMQ area.

Everyone seemed to be having quite a fun-filled afternoon when it all came to an abrupt standstill.

Would you believe rain in the form of HAIL! Even though the weather was not satisfactory, it did not completely stop the Family Day function.

Even in the sprinkling rain Miss Wallace Gardens, looking very pretty and sophisticated, announced the winners of the Family Day Poster Contest.

First place went to Todd Wright, prize \$10.00 in cash. Tracy Cook and Jodi Chellew worked together on their poster which won 2nd place prize of \$5.00 and 3rd place went to Paul Richard, also a \$5.00 prize winner.

To all of the 7th graders of Airport School, who participated on the Poster Contest, "thank you" for such beautiful posters. All of the posters were very nice.

At this moment we would like to extend a "thank you" to all of the Councilors for all their help in getting the Family Day Picnic set up.

A special "thanks" to Dennis Osbourne for driving "Little Toot"; Verne Asselstine and Joan Leblanc for their invaluable

assistance; councilors Hutmacher and Lovell for the use of their vehicles to pick up everything; the Base Fire Chief for the use of the fire truck for pre-publicity and also Mr. Shields for allowing access to the Airport School.

"Thank you" is also in order to the A & W ROOTBEER for the donation of Rootbeer tickets to the council.

For those individuals who did not win any of the rootbeer tickets, rootbeer will be on sale at the A & W ROOTBEER for 5 cents a glass starting May 31 until June 3.

The winning family who won the Family of the Year title was Sgt. & Mrs. Robert Horton. Congratulations to the Horton Family. You hold a most deserving title which suits you well!

All in all, the Family Day Picnic turned out to be a BIG SUCCESS!

Remember readers, if there is anything: births, postings, birthdays, etc., you would like

to have printed in the Totem Times, call J. Freeman at 338-6087.



Firing away

Your Home May Not Be As Safe As You Think. That is, unless you've thoroughly inspected it just recently, corrected the hazards, and have so successfully instructed your family that no one is about to create new hazards.

Almost All Fires Are People-Caused; accidentally through carelessness or neglect or ignorance. And since they are people-caused, you can do much - with a little close observation, a little planning, a little work and a few dollars - to keep your house and members of your family from being added to the statistics. The following are some common basement fire hazards:

Look For Sawdust, Wood Shavings, or Fine Dust accumulating on or around the workbench (which itself may be wood and oil-soaked). Sometimes careless smoking or a spark from electrical equipment can fall into this fuel, causing a slow smoldering which may not blaze up until you've left the area.

Clean it up. And keep a low limit on the amount of wood or other combustibles on hand. Store any lumber in flat stacks, because in the leaning position it will burn so much more readily.

Examine your electrical equipment. Replace power cords or extension cords that are dry, cracked, or have worn spots in the insulation. Fires start from flashing, sparking short-circuits in wiring.

Use safe electrical equipment. Keep tools in good repair. Lubricate them in accordance with the manufacturers' instructions for long, safe use. And when you buy tools look for the label of Underwriter's Laboratories.

Handle flammable liquids with care. Never bring gasoline in to the house. Use oil-base paints, varnishes, lacquers, thinners, shellac, alcohol, and paint removers in small quantities in well ventilated areas.

Store flammable liquids in tightly covered metal containers; never in glass. Store the containers in a closed metal cabinet, or in metal racks of shelves.

Give care to wipe cloths and other rags that are wet with paint, paint remover, or other flammable liquids. Spread them out to dry or throw them into metal containers which can be tightly covered. Don't spread cloths out to dry in an enclosed area or near an open flame. Do not attempt to dry cloths in a clothes dryer.

Don't allow your basement to become a catchall. Evaluate its contents, then minimize the amount of combustibles by throwing out what you don't need.

Keep the space under the stairs free of loose combustibles. Many things are best stored in metal trunks, footlockers, or in old dresser drawers, whether under the stairs or elsewhere.

Try to avoid keeping trash in the basement. If you do not have a safer place, clear the trash out weekly, and meanwhile keep it in covered containers. Oily, greasy paper and rags may slowly heat up as they oxidize, and finally burst into flame. If they are in a tightly covered trash can, the fire will be smothered out.

Chimney fires can be prevented. If you use the fireplace frequently, the chimney should be checked every year or two to see if cleaning is needed. If you burn oil in the furnace you need check less frequently, because when the unit is properly adjusted it burns with comparatively little smoke, and soot accumulation is slower.

Isolate the furnace from combustibles. A minimum

distance of 18 inches should be allowed between the furnace and combustible building construction. Keep all other combustibles, such as trash and storage, at least two feet away. Use plaster, plaster-board, or other nonflammable partitions around the furnace - not panelling.

Hot ashes are a hazard. Keep ashes in metal containers under tight fitting lids until taken by the trashman.

The overheating of left-on-and-forgotten irons is dangerous, especially if the ironing board is wood and covered with a cloth. Metal boards and fire-resistant covers are well worth the cost.

Have a playroom in the basement? Although the hazards usually are the same as those in the living room, the den may get more use, and its use is usually more informal. Smokers may, at times, be less careful how they dispose of ashes or butts. A cigarette left burning on the edge of an ash tray can tumble into trouble. Here's a room where children might plug in the electric popcorn popper handy to the TV and where chances are better that both the popper and the TV will be left on and forgotten at bedtime.

A fire starting in the basement playroom in the night, could gain fatal headway before it is discovered, particularly if the room is wood panelled and furnished with overstuffed chairs and couch and synthetic fiber carpet.

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Province of British Columbia

PUBLIC NOTICE ROYAL COMMISSION OF INQUIRY INTO URANIUM MINING

COMMUNITY MEETINGS

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

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

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

- The protection of the health and safety of workers associated with exploration, mining and milling of uranium, and
- The protection of the environment, and
- The protection of the Public.

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

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

KELOWNA
Tuesday, June 5
Wednesday, June 6
CLEARWATER
Friday, June 8
KAMLOOPS
Monday, June 11
ROCK CREEK
Monday, June 18
GRAND FORKS
Wednesday, June 20

CASTLEGAR
Thursday, June 21
WILLIAMS LAKE
Tuesday, June 26
VANDERHOOF
Wednesday, June 27
FORT NELSON
Tuesday, July 3
ATLIN
Wednesday, July 4

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

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

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

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

On behalf of the Commission
Brig. Gen. E. D. Danby (retired)
Executive Secretary
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a potpourri of family news

Busy Beavers. . . 1st Lazo



Base photo

... a cubbin' we will go

We are slowing down this month but forgetful we are not.

Our "growing experience" on 30th April was a lot of fun and from the reports to date, the grass is growing and in a few cases "hair cuts" were given.

May 7th Beavers were kept busy with soccer, dodge ball, and various other games, while Beavers in turn made lovely hand prints for Mother's Day gifts. (Time didn't permit painting, but if the boys wish to paint them, encourage them to do so). It will give them something to do

on a rainy day when they say, "I don't have anything to do". Special thanks to Linda and Jeffrey Coleman for a helping hand at this meeting.

The big event in the life of a Beaver is the night he swims up to Cubs, and I always feel like I'm parting with my very own boys on these occasions. They are so very special.

May 14th was Blue Colony Swim-up. We say "Good-luck and Happy Cubbing" to: Michael Brown, Robbie Coleman, David Cook, Charlie DeGruchy, Chris MacLeod, Ashley Slater, Dwayne Smith, and Teddy Vecquaray.

Special guests for the evening were, the new chums parents, Ted Crumpton, John Barron, the Akels' Paul Leger and Dick Kuntz, and the other Cub leaders and all the Cubs.

A campfire after the Swim-up ceremonies was very successful, and a lovely way to round off the very successful evening.

Special thanks to the L.A. and in particular Sue Dodge and Barb Lamaroux for serving treats to everyone.

The Beaveree was on May 26th and was very successful. There will be more on this

event in the next column. Hawkeye I is back in Comox again for O.J.T. - Blue Colony says welcome home and the best of luck in your new career.

Before I close, I'd like to say thank-you to new Akela Dick Kuntz and Mike Lamaroux for the special "Cub Night" they had for our Chums on 15th of May.

The boys were thrilled with the evening and can hardly wait for Sept. to roll around and they can go to Cubs permanently.

July 1st celebrations shaping up

This year's celebrations are shaping up to be one of the best ever. The parade will be starting at ten o'clock sharp again this year and with more out-of-town entries it should be a good one. Once in Lewis Park there are going to be displays, concessions, dancing demonstrations and other things during the afternoon that should have something of interest to

everyone.

The Rotary Club of Courtenay will be having their official opening of their new changing facilities at the pool on this day and will be putting on free swimming for the kids with the co-operation of the CRA.

The local mayors will be taking part in a cow milking contest (If we can find one to co-operate) and possibly the

councils will also be competing in another type of fun challenge. The Kinsmen Club will be staging a teenage disco in the tennis courts which should be interesting to see and we are hoping to have a recreation vehicle display in the playground area that is something else new this year. We are also bring up children's rides from Victoria this year which hopefully will

keep the little ones entertained too.

There are posters out in Comox and Courtenay now promoting July 2nd and if anyone is interested in putting a display or concession or an entry in the parade the applications will be in the stores that are displaying posters. It should be a fun day this year so try and get out and have a great time.

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Base photos

OWC news

On May 16, Officers' Wives' Club was honored in having some very special guests attending the wind-up dinner. At this time, OWC President Doreen Johansen presented cheques to our two chosen charities, namely St. Josephs

Extended Care Unit and the Cancer Society.

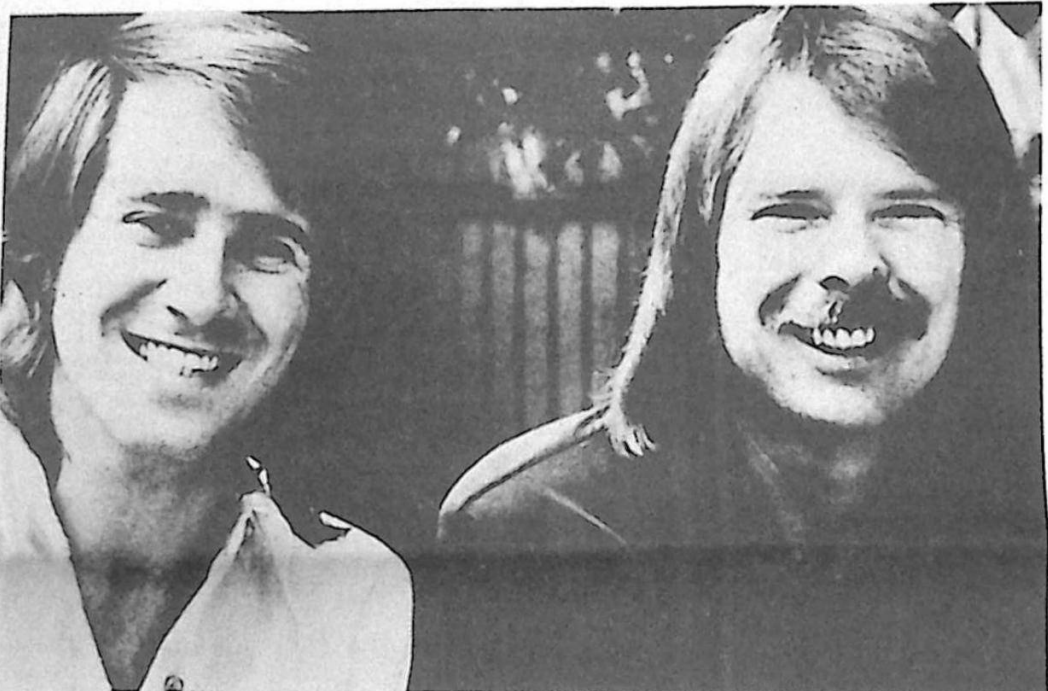
The gals being transferred or retiring received souvenir spoons from Laurie Haines.

This year's executive introduced next year's and our

Honorary President, Faith Burgess, expressed thanks for all the work and effort Doreen Johansen and her girls have performed.

Have a good summer ladies, and hopefully we'll see you back in the fall!

Musically speaking



BY BARRY SWEENEY

In the days of glitter rock, painted faces, exploding flashpots, lasers and the up and coming holographics that have become a part of rock music, it is refreshing to find a musical entity that relies on talent, rather than theatrics.

That refreshing breeze that is currently blowing through the top ten of both, singles and album charts, is England Dan and John Ford Coley. The duo feature a tight sound, counterpoint harmonies and a talent that shines, not just on their instrumental or vocal work, but also on their written compositions.

DAN AND JOHN

England Dan, whose last name is Seals, is the brother of Jim Seals, who forms half of the Seals and Crofts package. Dan started in the music business playing upright bass, while standing on an apple crate. At that time he was almost five.

His father played guitar and older brother handled the fiddle. The group was a local success, doing TV shows around the Texas area. Dan later learned guitar and sax. John Ford Coley, a native of Dallas, Texas, once set his sights on becoming a concert pianist. Like Dan, he later added guitar and became extremely adept at songwriting. Some of his classical roots show through on some of the melody compositions.

Danny and John became friends while attending high school. They joined local groups and met with some success in a group called "Southwest F.O.B."

The group remained together for seven years, and attained national chart ratings with "Smell of Incense". As is the way with most rock groups, "Southwest F.O.B." broke up with Dan and John deciding to give it a try as a duo.

They switched from the hard rock sound and developed a softer, more melodic quality that has become so well known.

During their debut performance at the Lee House in Pasadena, Herb Alpert heard about the vocal qualities they possessed, listened to one of their tapes and signed them to A & M Records.

With A & M they clicked with the single "New Jersey" and the album "Fables", which contained another hit, "Simone".

Extensive tours took them to England with Elton John Japan with Three Dog Night and various other cross-country treks with Chicago, Carole King and other name acts helped to bring them recognition.

To bring things a bit more up-to-date, England Dan & John Ford Coley signed with Big Tree Records (distributed by WEA Music in Canada)

and launched into the second phase of their careers with such hits as "I'd Really Love To See You Tonight" and the album "Nights Are Forever".

They are currently clicking on the single charts with "Love Is The Answer" from their runaway hit album "Dr. Heckle and Mr. Jive" (Big Tree KBT 76015...marketed by WEA Music) which is exploding into platinum.

Like a couple of Texas twisters, Dan and John open with "Hollywood Heckle and Jive" with its rocking beat and rollicking guitar licks.

They click with the ballad "What Can I Do With This Broken Heart" and move up tempo with "Another Golden Oldie for Wendy" and wrap up the set with highlights such as: "What's Forever For" and "Only A Matter of Time".

Excellent production by Kyle Lehning with session sidemen including Jeff Porcaro (drums), Leland Sklar (bass) and Jai Winding (piano).

Akela says

STAR & BADGE WORK

Most of our boys have been working very, very hard on their star & badge requirements and each and everyone of them deserve a hearty congratulations for a job well done. Some of the star work is very difficult and the boys have shown a great deal of originality in their projects.

The World Conservation Badge requirements are almost completed. I'm afraid the few boys who didn't show up for the extra outings and hikes will be disappointed that they didn't complete the requirements. But all requirements that were completed will be carried over to next year.

CUB CAMP

The camp fee has yet to be decided, but parents are asked to remember that the camp is for 5 days when the fee is announced.

Besides the food there is the cost of lumber, nails, poly, craft supplies, paint, torches, propane, etc. etc.

A camp menu will be attached to the registration form this year for the parents' information.

Definite camp date - 4 to 8 July inclusive. A registration form and camp list will be given to all the boys within the next few weeks.

1979 80 REGISTRATION

Next fall there will be two cub packs. Because of the increasing number of boys interested in cubbing, it is now impossible to carry on with only one pack. This also means that the number of leaders will be cut in half. One leader will be away for a good portion of the year which leaves only two leaders for each pack.

We will be in dire need of new adult leaders. ANYONE interested please call Paul Leger 339-5317 or Dick Kuntz 339-5877. (You need not be of the male species - ladies are most welcome.) No prior experience necessary.

If there happens to be no volunteers at registration time, it is very possible that the number of boys registered for each pack will have to be limited. Surely out of 80 plus parents, there must be two or three who are available and interested enough to give the boys their support. Please call immediately - don't wait until fall.

LADIES AUXILIARY

On behalf of the Beavers, Cubs, Scouts, Leaders and those persons who benefit, either directly or indirectly, by the dedication and support provided by the ladies auxiliary, I would like to take this opportunity to say thank you to you all.

The bazaar this year was an overwhelming success and all concerned deserve many thank-yous. All the money raised from the bazaar will benefit Beavers, Cubs and Scouts at the Lazo Group and without this support many outings and functions would not be as nice as they are.

The last meeting of the year was held 23 May 79 and new officers elected. 1978 79 officers were: President - Jeanette Michaud; Secretary - Isabelle Smith; Treasurer - Pat Ridler and Social Convenor - Nancy Cassibo. They all have done a great job for us.

Good luck to Nancy and her husband who are opting for civilian life. May you do well in all your endeavours.

RAKSHA

Rabies warning

The public are once again warned of the dangers of handling live bats found in daylight. Such bats may be suffering from Rabies.

Any person receiving a bite from a bat at any time should

wash the wound well with soap and water and consult a physician for medical advice. Health Unit offices will forward any specimens of

bats received for investigation of Rabies, but do not have the personnel to operate a bat-collecting program.



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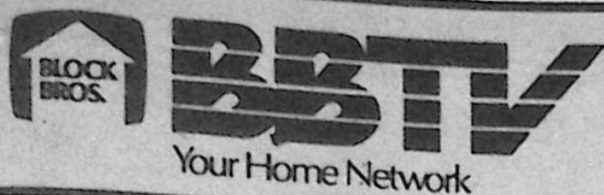
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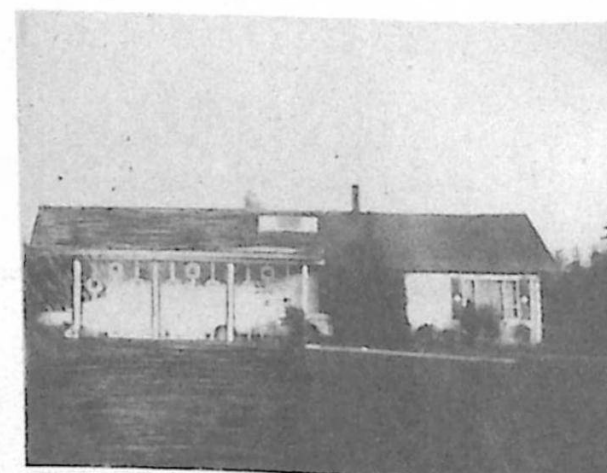
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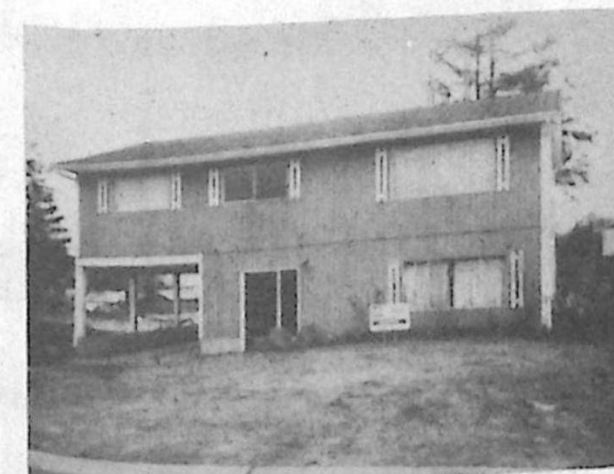
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7 x 35
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Father's
Day