



(Canadian Forces Photo).

## Ramp space at a premium for Maple flag

**PILOT'S DREAM** - Eight F-15 Eagles sit on the tarmac in front of the AETE Hangar at Cold Lake along with some CF-5s, Hercules, Falcon and a U.S. Air Force Starlifter during Exercise Maple Flag

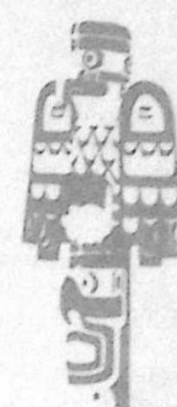
III. The F-15s brought a glistening to the eyes of CF fighter pilots who are no doubt hoping the NFA program acquisition currently under study will include the Eagles! Exercise Maple Flag III (28

April to 25 May) conducted at CFB Cold Lake, this year brought together U.S. Air Force F-15s, F-5s, F-4s, U.S. Navy F-4s and RAF Buccaneers which

exercised along with Cold Lake CF 104s, CF-5s and CF-101s from Bagotville and Comox. Exercise Maple Flag IV is scheduled for the fall.



# TOTEM TIMES



"If you were born lucky even your rooster will lay eggs." — Russian proverb

VOL 21 -- NO. 12

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 14, 1979

NO CH

## Update from NATO

1. The Defence Planning Committee of the North Atlantic Council met in Ministerial Session in Brussels on 15th and 16th May, 1979.

2. Ministers recalled that during the thirty years since its foundation the North Atlantic Alliance has, despite serious challenges, continued to meet its basic objectives. Foremost amongst these objectives, which remain as important as ever, are the preservation of peace and the integrity of NATO territory. Ministers reaffirmed the political resolve, expressed by members of the Alliance at the Summit in May 1978, to meet the challenges to their security posed by the continuing momentum of the Warsaw Pact military build-up.

3. Ministers confirmed that, in keeping with its policy of deterrence and defence, the Alliance views detente and arms control as necessary complements to the safeguarding of its security by military means. Accordingly its members are engaged in a series of negotiations to reduce the risks of armed conflict by arms limitations and control. They emphasized once again that deterrence and detente are interdependent and are designed to maintain unimpaired security for its members.

4. Ministers took note of the latest developments in the negotiations on Mutual and Balanced Force Reductions. They stressed the importance they attach to a successful outcome of the Vienna negotiations and reaffirmed the principle that NATO forces be maintained and not reduced except in the context of a Mutual and Balanced Force Reduction agreement, which must in no way diminish the collective security of the Alliance.

5. Ministers welcomed the agreement in principle reached between the United States and the Soviet Union in



## Lions roar

THE B.C. LIONS have been in town for the last 2 weeks preparing for another CFL season. It appears that it will be another 'wait and see' year for the Lions. Last year's team fizzled out with more of a whimper than a roar. Perhaps the Lions can do it in '79.

the Strategic Arms Limitation Talks. They agreed that equitable limitation of the nuclear weapons capabilities of the Soviet Union and the United States will improve the security of NATO. Ministers expressed their satisfaction with the past record of close and full consultations within the Alliance on issues arising from these talks, confirmed the importance of continuing close consultation, and looked forward to the opportunity to study in depth the official

(Continued on page 5)

**Next Totem Times  
Deadline  
Mon. June 25th  
PLEASE MEET OUR DEADLINE**

## The old. . .

In my term as your minister I have had the opportunity to get to know many of you personally and it has been the most rewarding experience of my life. My respect for the men and women who serve with such dedication and expertise is unbounded and I leave you with both satisfaction and very deep regret. I know that you will serve your new minister with equal loyalty and that our forces will continue to be a source of strength and pride to Canada at home and abroad. May the times ahead be happy ones for all of you and your families. It's been great being with you and I shall always be grateful to you for your thoughtfulness and support.

Barney Danson.

## . . . and the new

It is with a sincere sense of pride that I have assumed the duties of minister of National Defence. Both as a former serving officer and as a parliamentarian I have closely followed military matters in Canada and I am very much aware that your professionalism and dedication have earned for Canada a reputation second to none. I am proud to be a member of the team. I assure each and every one of you that it is my intention to work with you to maintain these high standards.

In the near future it is my intention to visit bases, stations and units and I look forward to the opportunity to meet with many of you personally as the beginning of a long and fruitful association.

Allan McKinnon

## 368 passengers

## Boeing 747 diverts to Comox

A Northwest Orient Boeing 747 with 368 passengers on board made an emergency landing at CFB Comox on the 5th of June. The aircraft, chartered by United States Air Force Military Airlift Command, landed at Comox at 0628 local after an in-flight fire on the Number 4 engine forced the captain to abort the flight. The aircraft originated from Travis Air Force Base with a stop at Seattle enroute to Yokota Air Force Base in Japan and Osan, Korea.

The emergency landing was uneventful and the fire was extinguished prior to landing. CFB Comox activated their Command Post to cope with the arrival of the aircraft. The passengers were deplaned approximately three hours after the aircraft had landed. There was no danger to the passengers staying on board and the cabin crew of the 747 entertained the passengers with a movie.

During this time CFB Comox personnel were making arrangements to feed and accommodate the passengers after they deplaned. All three messes were involved in the feeding process and the twenty or so children that were on board were transported to the Base Accommodation Centre for a rest period. A replacement Boeing 747 aircraft was flown from Minneapolis by Northwest and arrived at approximately 1715 local time.

All baggage and freight (26,000 lbs. worth) were transferred from the crippled aircraft to the replacement aircraft in minimal time even though the handlers did not have the usual handling facilities.

The replacement aircraft with its passengers departed

Comox at 2300 local for Anchorage, Yokota and Osan. The crippled 747 departed Comox at 1925 and was flown by the crew who had brought the replacement 747 to Comox. The aircraft was flown on its three serviceable engines to the Northwest Orient maintenance facility at

Minneapolis.

The Base Accommodation Centre looked after approximately seventy people, mostly families. The Base food services were very busy all day as they served an extra 1000 meals for the passengers.



## Fishwrapper places 10th in cartoon competition

An Editorial Cartoon by former Fishwrapper Staffer Al Wilson has placed 10th in the Canadian Newspaper Association's Better Newspapers Competition 'Jasper Award for Cartooning Excellence in the Community Interest' category.

Al's cartoon, poking fun at 'Women in Combat' appeared in the June 15, 1978 edition of the Totem Times. There were 59 entries from Newspapers all across Canada entered in the competition. The

judges were the Hon. William G. Davis, Premier of Ontario, the Hon. Stuart L. Smith, Leader of the Opposition and Leader of the Liberal Party of Ontario,

and the Hon. Michael Cassidy, Leader of the New Democratic Party of Ontario. Congratulations on your fine showing Al; a well deserved recognition. We have been blessed with fine Cartoonists at the Fishwrapper over the past few years.

## FIRST ANNUAL TOTEM TIMES ROAD RACE

Prizes to be furnished by  
MOUNTAIN MEADOWS  
HAPPY'S SPORTING GOODS  
BASE EXCHANGE

**Friday, June 22**  
BRIEFING UPSTAIRS  
IN THE REC CENTRE  
AT 1:15

Come Out and  
cheer on your  
favourite

Once Around  
The Perimeter  
Road  
DISTANCE 10.6 kilometers

### PRE-REGISTRATION

NAME .....  
AGE .....  
SEX .....  
PHONE .....  
DROP IN CR MAIL TO TOTEM TIMES

PRIZES TO BE  
PRESENTED UPSTAIRS  
IN REC CENTRE  
AT 3:30 P.M.

Col. Burgess will  
officially start  
the race at  
2:00 (1400 hrs.) P.M.



# Open mike

After missing last edition while I was on leave and just getting back to work, catching up on the news from the section has been something else.

To start with our Boss man K.D. has been rumored to be looking for a Commercial Fishing Licence so he can stay out in his boat longer than half an hour to limit out.

**SUDDEN MOVE.** Sgt. Frank White pulled a swifty and pulled up stakes for Goose Bay Labrador. The posting made his 9 month stay in Comox a short one but he'll certainly be missed around the section. Good luck Frank.

**CONGRATS.** Congratulations are in order for the professional manner that Capt. Dale Webb, Keith Wagner and M-Cpl. Stan Rice and Pte. Val Venne handled the 747 incident last week. Their quick reactions started all the responses on base and off needed to handle the tense situation in the middle of the night. WELL DONE.

**PROMOTION.** Al Basidger picked up some extra loot and a new look when he put up his CPL's hooks last week. I hear everyone showed up at the GRAVEL PIT to congratulate him so I can add mine now.

**RETURN OF THE NATIVES.** Cpl. Rick Watcher is back with us after successfully completing the 161 Radar Controllers Course in Camp Borden. Rick's in Ratcon now starting his checkout. CPL Chris Coughlin has rejoined his new bride after his JLC Course in Penhold.

**NEW ARRIVALS.** Wo. Pete Morin has joined the Ratcon Complement from Trenton and is entrenched in his ratcon check-out.

Flight check this week in the rumor bird has things right. Pete will be taking over as our new senior Radar Controller and will be returning to Trenton shortly to accompany his family west. Welcome Aboard.

**T.D. EAST - Capt. Dale Webb and Curt Brown** will share the BATCO Duties at CFB Rivers, Manitoba for the summer months. Dale leaves next week for his stay and Curt six weeks later.

**LAST FAREWELL.** MWO Blake Muloin pulls the plug this week and will have his retirement mess dinner. With a little luck he will still be attending the ATC Bonspiel with us this fall in Portage. I don't know what we'd do

without him there showing the younger fellows what stamina really is.

**ALTITUDE READ OUT.** The new secondary radar system has been installed and the flight check set to go this Friday. It's like day and night comparing it to the old stuff. Now if it doesn't blow up, we're in business.

Last but not least, another Goosite has joined the Ratcon Staff from the Glass House. Rick Boswell has started his check out and will be doing his thing on shift in the near future.

Until next time, keep smiling.

SAY AGAIN.

# Nighthawks nest

The Nighthawks have had a very busy spring indeed. To start with Survival '79 proved very successful. Visitors from as far as Nevada and Idaho came to participate, and no doubt will report back to their units about how tough it is in the Canadian wilderness. One of these guests demonstrated remarkable life saving abilities which was appreciated very much. The after supper canoe trip which started off like a Tom Sawyer adventure ended up more like something from Deliverance. And were those really bears on the hill or just some sensitive citizens?

The Squadron fared ex-

tremely well once again in our annual Capability Inspection. Congratulations to all who participated. The formation team has already done several demonstrations and is shaping up into an excellent show. "Watch that wash Bill!"

409 welcomes Adam Morton Dann to the nest, and extends congratulations to Lance and Carol.

The farewell Bar-B-Que was great fun for all with not one complaint on the cooking. There were many sad farewells to make because there are 10 nighthawks leaving the nest.

The same evening the boss

welcomed Ed and Karen Campbell back to the nest. This time with two four month old twins to add to the excitement.

The aircraft was given a day off and a large number of boats were put to sea for a squadron sports day-fishing derby on Friday, 8 June. Pat McLaughlin took the top prize with a 12 pound spring salmon, but everyone enjoyed the day on the water.

Congratulations to Bernie Hughes who has successfully achieved combat ready status. This status now gives you divine right to participate that aspired group at the end of the runway.

# Demon doin's

What's the rest of the Demon world doin' you may ask as you stuff your nose into this fishwrap. While for the majority of you avid readers (what few you may be) you probably don't know for you've been hopping it up in some distant part of the globe.

First, for those who may have missed it, the big news in QQ (Comox) has been the short visit by the Yank's new ASW aircraft. Big it is, carrying some three hundred plus crew members! Truthfully though a 747 made an emergency landing here last Tuesday.

At home plate there has been numerous transfers lately and many position changes on squadron all of which, if expressed, would probably compose a service letter. We Demons though, wish to congratulate the new VPC and future VPCC: Nick Scromeda (Crew 6), Butch Breen (Crew 5) and of course the gentle giant of all times, Walt Dennis, (we were going to say crome-dome, Walt, but) who will take any crew he can get.

I mentioned earlier that a lot of you have been away recently. Crew 4 is fresh back from the glorified wood bomber in Greenwood. Crew 1 has been "catching some rays" in Moffett, while Crew 3 flying their new pennant fought off mosquitoes in Yellowknife. Crew 2 is leaving shortly for the National ASW competitions held in Shearwater this year. Good luck

guys! Crew 6 can't go anywhere while Roy Moscott looks for a house in Trenton as he prepares for Wardair. And Crew 5 has been doing VPC checks here with "mother", oh well!

The shoulder strippers rocked it up at their mess last week with entertainment from all corners of the world. The "JG.s" who stole the floor with skits referring to the lives of our leaders are now officer cadets.

One of the bartenders asked, "If all Argus flyers are going deaf then why do most of them stand or sit at the far end of the main lounge away from the band?" And even our SOPS was thought to be entertaining (small pun, very small). Chris Squires, a banana-man from VP 404 and guest at the function had been trying to get to Comox for years, finally succeeded, enroute to Australia. It seems that a nav from Crew 3 served water during the night for his crewmates who were also on standby. The big Demon declined, even though his wine glass was empty, again. To that comment we say "better Crew 3 than Crew..."

More parties were held over the past week with an officer's mess lunch-in and a peanut butter eaters convention both of which to express good-byes to fellow squadron members.

Flash, Flash after a 2 to 3 hour discussion on Omega between Bob Richter and Toad Parker of MP & EU, the crew 5, TACCO is now totally in favor of deselection

stations. "If you deselect them all," says Bob, "you'll see for yourself just how accurate Omega really is". All this aside, our best wishes go to Bob and Jane on their

new baby girl. As Bob said "the size of a large spring or small coho".

As we leave you for another couple weeks we ask "Who is the Sandpaper TACCO?"

**EW**  
Courtney  
Adults \$2.75 OAP \$1.00 Child \$1.00

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

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

Thurs. to Wed., June 14, 15, 16, 18, 19, 20  
Dean Jones, Michele Lee, Buddy Hackett

Walt Disney's **"THE LOVE BUG"** GENERAL

Thurs. to Wed., June 21, 22, 23, 25, 26, 27  
Jon Voight, Faye Dunaway, Ricky Schroder

**"THE CHAMP"** MATURE

**Stardust**  
Drive-In Theatre

NOW OPEN 7 DAYS A WEEK  
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Dir. - Plus -  
"GUMBALL RALLY" MATURE

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Gates open 8:30, Show at Dusk

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

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**HURRICANE**  
An epic adventure of love and romance.

— PLUS —

**HEAVEN CAN WAIT**  
WARREN BEATTY

MATURE

Thurs., June 21 to Sat., June 23  
**KING OF THE GYPSIES**  
PLUS PRETTY BABY Restricted

Sun., June 24 to Wed., June 27  
**THE ROCKY HORROR PICTURE SHOW**  
PLUS ALICE IN WONDERLAND  
X Rated Musical Comedy

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

Thurs. to Sun., 14 - 17 June  
**SEMI TOUGH**  
BURT REYNOLDS - CHRIS KRISTOFFERSON  
Football Action  
Mature - Occasional nudity  
SHOWTIME: 2000 - 2155 HOURS

Thurs. to Sun., 21 - 24 June

**THE HINDENBURG**  
Action drama mystery  
Frightening fire scenes  
GEORGE C. SCOTT - ANN BANCROFT  
SHOWTIME: 2000 - 2205 HOURS

SUPPORT YOUR BASE THEATRE  
AUTHORIZED PERSONS ONLY

# The outside world

Communication is the name of the game when it comes to finding work in the outside world. It means selling your skills and experience to potential employers and in order to sell you must have contacts. Some, when faced with this problem, have been known to panic -- jump on the proverbial horse and ride off in all directions. This is not the answer.

The answer is to cultivate every possible bridge to the outside world.

These bridges include friends and associates, newspaper advertisements, public and private agencies and your assessment of where the jobs are.

The Canada Employment and Immigration Commission is one of these bridges. This is a government agency operating over 360 Manpower Centres in Canada and is in the business of bridging the gap between the employer and the person looking for a job. How can they help you? Briefly,

- The manpower counsellor at the manpower centre near your base knows the

local employment picture. He can refer you directly to potential employers.

- A clearance system is available which enables you to find out about jobs in other parts of the country.

- If upgrading of skills or occupational retraining is indicated the manpower

counsellor can help. The Canada Manpower System is important because it is a joint sponsor with DND of the Civilian Employment Assistance Program, designed to assist servicemen establish themselves in the outside world after they leave the Canadian Forces.

# One day at a time

## YESTERDAY

There are two days in every week about which we should not worry, two days which should be kept from fear and apprehension. One of these days is yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone beyond recall.

## TOMORROW

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise

and perhaps its poor performance. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow, for it is as yet unborn.

## TODAY

This leaves only one day - today. Any man can fight the battles of just one day. It is only when we add the burden of those two awful eternities, yesterday and tomorrow, that we break down. It is not the experience of today that drives man mad. It is the remorse of bitterness for something which happened yesterday or the dread of what tomorrow may bring. Let us therefore do our best to live but one day at a time.

# Jr. Ranks Club

## JUNE ENTERTAINMENT

Sat., June 16 — Mixed Fun Games and Dance with Victoria's "Blue Moon". Games begin at 1930 hrs. Dance 2100 hrs. Adm. Members \$2.00. Guests \$3.00.

Tues., 19 June — Movie - "Naked Under Leather" with Alan Delon and Marianne Faithful.

Sat., 23 June — "Western Night Dance" with Country Express supplying the music. Adm. Member \$2.00. Guest \$3.00.

Tues., 26 June — Movie - "Billy Jack" with Tom Laughlin and Delores Taylor.

Fri., 29 and 30 June — "The Hornets". This Vancouver showband will play all your old Beatle favorites. Adm. Members \$2.00. Guest \$3.00.

# WO'S & SGT'S MESS

## ENTERTAINMENT FOR JUNE

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 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

**BROWNIES**  
fried chicken

EAT IN • TAKE OUT  
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HOURS:  
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FULL DINING FACILITIES



# The Douce is loose (by Barry Sweeney)

Hot on the heels of his Mushroom album "Mama Let Him Play", Jerry Doucette is charting "The Douce Is Loose" (MRS 5013). In this elpee Jerry pulls out all the stops to give the listener straight ahead rock, highlighted with off-the-wall guitar riffs.

"Run Buddy Run", from the pen of the Douce, opens the set with a percussion sound that lays way for some wailing synthesizers and then as Doucette comes on vocally the guitar and drums literally explode. From there, "Buddy" runs wild. While Doucette handles the vocals to perfection, the synthesizer ties the tune together and this song should be an airwaves and sales monster.

Doucette continues the hard driving sound with "Rita" and again in this track, it's as much Doucette's vocals as it is the tight driving instrumental backing that bring the sound to the fore. In any

other setting, "Someday" would sound like a reasonably fast paced rocker, but after "Buddy" running and "Rita" being warned that the Douce is loose, "Someday" seems almost laid back. In actual fact, it to rocks and reels with outa sight guitar, drums and bass.

## FATHER

Backed by a twenty piece string section, Doucette totally turns the rapid fire around and brings home a laid-back ballad. This cut is highlighted by the electric piano and organ playing of Duris Maxwell. The smoothly textured sound builds, but remains in the ballad bag and could become a surprise hit as the Hamilton, Ontario, native relates a story of "Father, Dear Father".

The melding of lead guitar and piano create a good listening atmosphere as Jerry joins the instruments with high flying vocals and extremely good harmony

vocals. Set rounds out with the rock steady production of "Before I Die", "All Over Me" and the blues sounds of "Further On Up The Road".

Production by John Ryan for Chicago Kid Productions. Album was recorded at Sound City Studios in Van Nuys, California with the mastering at Crystal Sound in Hollywood. Solid set that should help project Jerry Doucette beyond any limitations of Canadian borders.

## MALCOLM TOMLINSON

Malcolm Tomlinson, a name that should be virtually unknown to you at this time is an artist on the verge of stardom. From his London, England, beginnings Malcolm learned to play guitar, flute and drums. He worked his way through various skiffle bands, joined with Noblemen, backed Reggie Dwight (better known now as Elton John) on Top Gear TVer and when the big name rock acts played

England, Malcolm backed them.

He worked the stage with Wilson Pickett, Lee Dorsey, The Coasters and moved to Canada about ten years ago. Shortly after emigrating, he formed Blackwood, dissolved them, backed a few people, formed Rhinoceros and had a hit single with "Apricot Brandy". He went on to Bearfoot and Zig Zag (with ex-Edward Bear member Danny Marks) and last year signed with A&M as a solo artist.

After the success of his debut album, "Malcolm Coming Out Of Nowhere", he is now represented with "Rock and Roll Hermit" (A&M SP 4765) a soft rock set of ten tunes that should take the chanter to new heights. Best tracks include: "Rock and Roll Hermit" a middle energy rocker filled with hook lines, "Going Crazy", "Carry The Heart Well" and "Holiday".



DOUCETTE



malcolm tomlinson

## Question?

Do you want something new constructed that will eventually form part of the building? Then that is a construction item which must be requested through CE on a CE 141 (Work Request form) that is available at CE or most sections. How do you know if it's a CE responsibility? If it is an item which forms an integral part of the building or lands and it is not, nor will it become, an inventory item then it's CE's "baby".

## Let there be LIGHT

Don't call the CE Section to replace your incandescent light bulbs, fluorescent tubes, or fuses - they are your responsibility! How do you know whether a fluorescent tube has failed? - the end of the tubes become blackened. If you replace the tube(s) and the light still doesn't work, THEN call local 234, CE Work Reception.

## Grass Grass

Now that I have your attention - Remember when you first saw the married quarter you had been allotted and how pleased you were to see the grass neatly cut and the yard tidy? First impressions are lasting - how about leaving the yard in the same good shape for the "next guy" when you move?

## Crow pickins'

Do you have complaints about the garbage collection service? - if so, then immediately call local 313, CE Orderly Room, and we will look after the problem. (We don't offer the same guarantee that's displayed on some garbage trucks "Satisfaction Guaranteed or Double Your Garbage Back" but we're working on it).

## The Outside World

# Tomorrow's jobs - yesterday's skills

"Tomorrow's Jobs" because you and I know that your career in the Canadian Armed Forces will come to an end. Retirement. This, however, is the wrong word because everyone also knows that servicemen do not retire when they complete their 25 or 28 years, but move to the outside world and continue working. No, service personnel do not retire - they change jobs.

"Yesterday's Skills" because facing the challenge of modern Canada and a change in jobs involves planning and careful preparation.

Over the years everyone builds up a personal catalogue of marketable skills and experience. This is the plus side of the ledger. The minus side is the problems faced in selling ourselves to civilian employers. Your training might be out of date, we speak a language that the civilian does not understand, and sometimes we are not sure how to go about getting that civilian job. A good deal of

soul searching thought, and hard work, is needed.

The change from service to civilian life can be difficult. That is why help is available

through the Civilian Employment Assistance Program. This series will examine the problems and assistance available to every

serviceman approaching retirement and, more important, the ways and means of reaching out for tomorrow's jobs.



## Hot wired?

## 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  
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1-613-962-3418

**TRENTON**  
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1-613-392-9224



## MOVING TO HALIFAX OR DARTMOUTH?

I can help you in your Real Estate Needs. Please call or write me - Mary Martel at ROYAL TRUST, Holiday Inn Branch, Dartmouth, N.S.

Bus. Phone (902) 469-4330  
Home Phone (902) 435-4238



photo by Dave Bowman

# Accent on vacations

Have you ever known someone to leave on their vacation full of great expectations, only to return fatigued, much poorer and with jittery nerves?

One of my most memorable sights in France was a young couple arriving back at No. 2 (F) Wing wearing goggles, with an empty car-top rack and scarey, starey eyes. They had been to Spain for a total of five days and during that time had some of their holiday money stolen, had their complete camping gear destroyed by fire and lost their automobile windshield when it "crazed" and collapsed onto their laps.

Their major accident happened while enjoying the normally safe passtime of a game of bridge. When the lantern ran out of fuel, a new canister of fuel was being screwed onto the lamp base. As the container was pierced, a stream of fuel burst from the canister, ignited on the hot lamp and did an impressive imitation of a flame thrower! The lantern was held in a more or less horizontal position and the flaming fuel struck the couple's tent. In ten

to fifteen seconds they were without accommodations, sleeping bags, most of their clothes and food!

If you are planning a camping trip, there are a number of points you need to remember. In fact, the number is so large, we can only aim at the more critical areas where loss of life is at stake.

## FIRE

When we relocate to the great outdoors, we leave a comfortable and familiar environment and enter one where portability is the keynote. Portable stoves, lanterns, campfires, ovens, heaters, Bar-B-Q, etc. bring into use firewood, white gas, propane, gasoline, alcohol and charcoal fuels. The fact that they are portable often leads to the temptation to cook inside a tent, camper, boat or station wagon if the weather is bad. Remember our opening story. Tents can burn fast, especially older ones.

Build a campfire or use a portable stove well away from tent walls and canopy. Use battery lights inside tents - candles are too dangerous and so are mantle lanterns if they

leak, operate inefficiently or are placed too close to combustibles. Keep in mind the forest fire hazard when laying out a campfire. The ideal site is on mineral soil or solid rock. If you're boating or hiking, a gravel bar or beach location is ideal.

## ASPHYXIATION

The technical meaning of asphyxiation is to deprive the body and mind of oxygen. Carbon monoxide is usually the culprit and a little goes a long way. It's dangerous even in small concentrations because its absorbed into the blood much more readily than oxygen. The hemoglobin in the blood grabs onto the carbon monoxide and ignores the oxygen. Without oxygen, you're dead.

Any type of fuel burning device poses a potential threat, including the exhaust system of your recreation vehicle and all of those portable equipment items mentioned earlier including Hibachis. Most include a printed warning "use only with adequate ventilation", but that may be impossible to get in a small camper or boat and there's no way you can be sure until it's too late. Get

warm sleeping bags and blankets. It's not worth the risk to use a portable heating device while you sleep.

## DROWNING AND HYPOTHERMIA

The best we can do in this category is point out some awareness and precautionary tips. You must do the rest.

1. Teach kids a healthy respect for water. Enroll them in the Base water safety program.

2. Learn the steps in giving mouth-to-mouth resuscitation; it may save a life.

3. Don't dive into cold water or try to swim long distances.

4. Swim parallel to the shore - never too far out and don't swim alone.

5. Learn the symptoms, dangers and treatment for hypothermia. Ask at the Base Rec Centre for the free booklet "Wilderness Survival".

6. Avoid known danger areas such as the "Medicine Bowl", fast flowing rivers and waterfalls.

If you think the whole vacation thing is too risky - ask me about the couple whose mother-in-law died in Spain.



## GOOD'S GROCETERIA

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## Editorials

### We did good work

Public Relations is a very important role for the Canadian Forces. It is always a benefit to be able to show the public that their tax dollar is not being put to idle use. The majority of residents in the Red River Valley are, I'm sure, ardent fans of the CF.

The unscheduled arrival of the Northwest Orient 747 at CFB Comox was another case of good PR. The cool and efficient manner in which the situation was handled gave credit to both CFB Comox and the CF in general. National and local

media gave praise to Base Personnel.

The public are not the only ones who must have confidence in the Forces. Most of all, we must have confidence in ourselves. Last week's event certainly gave us a boost in that department. It was with no small amount of pride that we watched the National News that night.

We did good work and should be proud of ourselves. Let's hope that there are more events (with similarly happy conclusions) in the future to boost our image in the public, and our own, eyes.

B.P.

### Fish innerds

Can you imagine plunging into the water at Air Force Beach and coming up with a mouthful of fish innerds? Not a very pleasant thought.

As the picture on the sports page illustrates, our beach is, indeed, being polluted by fishing enthusiasts. As a keen angler, I

have some sympathy for the fisherman but as a swimmer, I cannot condone their choice -- of a place to clean their catch.

It is not that difficult to go over to the other side of the breakwater to clean your catch. Let's clean up our act, literally.

B.P.

### Road race needs

The Totem Times Road Race is our attempt to get more involved in the Base Community. This race will, hopefully, become an annual event. The response to date has been quite good -- it appears that there will be upwards of 30 competitors.

We are hopeful that many of you who are not joggers will turn out to cheer on the competitors. In short, we are looking for a response that will indicate your satisfaction with our efforts.

If the race goes well, there is a good chance that we will plunge into other such endeavours -- a photo contest perhaps. Any suggestions you have would be appreciated.

We would like to thank, in advance, all those who turn out for the race. A special thanks to our sponsors -- Happy's, Mountain Meadows, and the BX.

See you on June 22 at 2 P.M.

B.P.

Do You Have a . . .

QUESTION

COMMENT

COMPLAINT

Join us a line and drop it in CR mail or to the Editor, Totem Times, CFB Comox, Lazo VOR 2K0

**CNA TOTEM TIMES**

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A 747 WITH OVER THREE HUNDRED PASSENGERS AT CFB COMOX. MAKES AN EMERGENCY LANDING

AFTER FEEDING THAT MOB, THIS IS YOUR RATONS FOR THE REST OF THIS MONTH



Doc talk

## Obesity - its up and downs - part iv

### MEASURING THE BODY'S FAT CONTENT

The measurement of obesity is every bit as complicated as its causes. Although the most accurate method is the Archimedian technique which we learned in school, this method is hardly practicable from any point of view.

The traditional height weight charts, supposedly giving "ideal", "desirable" or "relative" weights are fraught with error.

To begin with, most of these charts are based on insurance company actuarial data and, therefore, tend to be biased. Use of these charts is often dependent on correct interpretation of frame size, a haphazard undertaking. These tables also tend to understate the "ideal" weights from a health viewpoint, since people who are 5-10 pounds lighter than their "ideal", on the average have increased longevity.

Finally, they tend to miss the gain in muscle mass accompanying increased physical activity and make it look as if fat has not been lost, when indeed it has been.

Another method, again fraught with problems, is that

of using indexes such as the ponderal index. The presently favored of such methods seems to be the body mass index which is weight over height squared; however, the index system is so new, and is generating so much controversy, that it is, for the moment, not practicable either.

The most reliable and practicable method presently available appears to be the measurement of skin fold thicknesses. This method entails the taking of a fold of skin between the fingers, and measuring its thickness with a special set of calipers. As one might imagine, there are several "serious" problems with this method.

Firstly, it samples only subcutaneous fat and fat deposits occur all over the body. Secondly, it is sex specific -- we are all acutely aware of the not-so-subtle variations in male and female fat distributions. And there are other drawbacks; results vary from examiner to examiner, and even with one examiner from one time to the next; there is debate over which sites to measure; it is also age and population specific; and the

equipment is expensive. In spite of all these drawbacks, it seems to be the best available.

Three sites are generally favored for measuring skin fold thicknesses -- the back of the upper arm (triceps); on the back below the shoulder blade (subscapular); and on the side above the hip (suprailiac). To attain greater accuracy an average of two or three such measurements can be taken, with all measurements being taken by the same person.

No matter what method of weight determination is used, it is quite obvious that clinical judgment must play a significant role, and reliance must be placed on the patient's own opinion, since the average person knows whether he is carrying excess weight, and how that weight affects him.

### THE PREVENTION OF OBESITY

One of the best ways to counteract obesity and its adverse side effects is preventing the condition in the first place.

There is evidence that the tendency to adult obesity is established while the child is IN UTERO, so maternal nutrition is important.

In addition, there is evidence that, since a fat child will be a fat adult, nutrition during childhood is paramount. In part this may be because, at this time, he is vulnerable to increasing his number of fat cells.

This is one case for breast feeding, which allows the child to regulate his intake of a balanced diet. It is also a case for common sense if breast feeding is not feasible. Concentrated formulas are popular nowadays, and the tendency is to over-feeding in order to achieve a quiet "healthy" child, which all too often means that he is fat.

In addition, solids are introduced into infant feeding far too early on the average (the earliest introduction should be at about five months of age and be gradual) and are usually given as a supplement to, rather than a substitute for, the milk or formula.

In later childhood most western children continue to be overfed and, unfortunately with a variety of inappropriate foods. Dietary habits are like most adult habits, they are established during youth.

Therefore, just as we spend time educating our children in

other matters, we should also educate them in the values of good nutrition and physical activity, both at home and in the school.

### THE BENEFITS OF WEIGHT LOSS

Weight reduction is one of a very few areas where the "loser" is the winner. As well as the immeasurable psychological benefits of losing weight, studies have shown that concomitant with weight loss are decreases in blood pressure, blood sugar and fats, and blood uric acid (the cause of gout).

By losing weight then, an obese person can go a long way toward rectifying his own high blood pressure, diabetes, gout, arthritis, back problems and other disorders. Moreover, along with these disorders, some of which are risk factors for heart disease, he can also reduce other risk factors such as high blood fats.

Therefore, since so many disorders can be combatted, and other disorders avoided, by losing excess fat, it is worth serious thought and effort. It seems to be a matter of life or weight.

(Continued on page 5)

## We get letters. . .

### Cancer society

The Canadian Cancer Society has just completed its annual campaign. Through the pages of your newspaper I would like to thank all the people attached to Canadian Forces Base Comox for their generous support.

We once again had a successful fund-raising campaign in this area and throughout the province. However, our campaign is not only to raise funds to support cancer research, public education and services to cancer patients. It is very important that people be made aware of the importance of early detection of cancer and of the simple steps everyone can take to lessen the risk of certain types of cancer. With about 7,000 new cases of cancer being diagnosed each year in B.C., early diagnosis means a greater chance of successful treatment.

Cancer can be beaten in our lifetime. On behalf of the Canadian Cancer Society I

would like to thank those who have contributed their time and money to support the vital programs of the Society as we reach for this goal. We would also thank your

newspaper for its kind cooperation in assisting us to make the public aware of the programs of the Society.

H. Hoffart,  
Campaign Chairman

### Fitness festival

I wish to express my personal thanks to you for your assistance with the Comox Fitness Festival on May 27.

I appreciated very much the general help and enthusiasm shown by members of the air base both as members of the organizing committee and as participants.

At our evaluation meeting last week the committee decided to turn the festival into an annual event. We set next year's festival for Sunday, June 1, and planning will start in February.

We look forward to your continuing help. Once again, my thanks to you.

Yours sincerely,  
Peter Feltham,  
Chairman.

### CWL convention

On behalf of our Director, Father Stack, Convenors, and members of Council we would like to publicly thank, Base Housing and all Messes; Base Transportation; Military Police and Commissionaires; Switchboard; Totem Times; 407 Photo; Fire Hall; Base Exchange; Base Administration; Chaplains' Office; and especially Colonel Burgess, the Base Commander, for their support of the 12th Military C.W.I. Convention held at CFB Comox, June 2-June 4.

C.W.I. Council of CFB Comox

## Words from a child a lesson for coaches and parents

1. Don't spoil me. I know quite well I ought not to have all I ask for -- I'm only testing you.
2. Be firm with me...I prefer it, it makes me feel secure.
3. Don't let me form bad habits, I rely on you to detect them early.
4. Don't make me feel smaller than I am...it makes me behave stupidly "big".
5. Don't make me feel my mistakes are sins...it upsets my sense of values.
6. Don't correct me in front of people if you can help it. I'll take more notice if you talk quietly in private.
7. Don't protect me always...I need to learn from consequences.
8. When I say "I hate you", I really hate your power to thwart me.
9. Don't make rash promises...I feel badly let down when they're broken.
10. Don't tax my honesty too much; I'm easily frightened into telling lies.
11. Don't be inconsistent...it confuses me and I lose faith in you.
12. Don't suggest you are perfect...it's too great a shock when I discover you are neither.
13. Don't let it be beneath your dignity to apologize to me...it will make me feel surprisingly warm towards you.
14. Don't forget how quickly I am growing up. I love experimenting and it must be difficult for you to keep pace with me -- please try.
15. Don't forget that I can't thrive without lots of understanding love, but I don't need to tell you, do I?



from page one

SALT II text once the treaty is signed.

6. In the light of a military briefing and a statement by the Chairman of the Military Committee, Ministers reviewed recent developments in the military capabilities of the Warsaw Pact. They noted with concern that many trends in the military balance of power continue to favor the Warsaw Pact; and that progressive force improvements permit the Soviet Union and its allies to maintain and enhance a posture well in excess of defensive requirements and from which it could initiate offensive operations with little preparation at a time and place of its own choosing.

7. Ministers expressed concern about recent developments in the nuclear field, particularly certain new developments in Soviet theatre nuclear capabilities. Specifically, the SS-20 missile introduces a new dimension of threat in the theatre nuclear field. For the first time a weapon on the continental scale can reach all the territories of Western Europe with multiple warheads from mobile launchers based in the Soviet Union. Also from the point of view of its greater accuracy this new weapon constitutes a qualitative change in the Soviet arsenal. Ministers also noted improvements in new Soviet intercontinental and submarine-launched ballistic missiles, all with multiple

independently targetable re-entry vehicles (MIRV), which have enhanced substantially the Soviet strategic capability.

8. Ministers noted that in the conventional field improvements in the capabilities of Warsaw Pact forces continue unabated. For the ground forces these include improvements in readiness, mobility and firepower; for naval forces the entry into service of the more advanced submarines and the construction of new classes of major surface combatants; and for the air forces the capability to carry out deep penetration operations from home bases at higher speeds and lower altitudes and continued re-equipment with modern aircraft and new weapon systems. Ministers reiterated their concern at the growing global capabilities of the Soviet naval and air forces which permit the Soviet Union increasingly to expand and develop its influence outside the NATO area.

9. Ministers noted that these massive Soviet defence efforts are backed by resource allocations involving increases in expenditure of 4-5 per cent a year in real terms and absorbing 11-13 per cent of their Gross National Product.

10. Against this background, Ministers approved new Ministerial Guidance as the basic political directive for all defence planning activities, both national and in-

ternational, in NATO. In this Guidance they noted with satisfaction the steps already taken to bring about improvements in the Alliance's defence and deterrent posture necessary for undiminished security. They welcomed the vigorous steps taken in the refinement of programs to ensure an effective follow-through to the Long-Term Defence Program approved by Heads of State and Government at the Washington Summit in May 1978. They reaffirmed that the Long-Term Defence Program is a moderate but firm response to the military build-up of the Warsaw Pact, and reflects a determination to use Alliance defence resources to maximum effect by greater co-operation and by long-term co-ordinated planning. They agreed to give their continued support to steps necessary for the timely implementation of the many individual measures comprising the Long-Term Defence Program.

11. In providing, as part of Ministerial Guidance, instructions for the development of new force goals relating to the whole spectrum of NATO's military needs within the framework of the Alliance's defence planning system, Ministers stated that NATO's defence planning must continue to be based primarily on assessments of the Warsaw Pact's capabilities rather

than assumptions about its intentions; and that NATO must continue to emphasize the strengthening of its conventional forces while maintaining credible capabilities within and linkage between the strategic nuclear and theatre nuclear force elements of the NATO Triad and avoiding any lowering of the nuclear threshold.

12. In the light of the substantial programs under way in the Soviet Union to modernize and expand its theatre nuclear forces, particularly the long-range component, Ministers reaffirmed that it would be necessary to maintain and continue to modernize theatre nuclear forces. In this respect, they also discussed the modernization of NATO's longer range theatre based nuclear forces in support of the Alliance's strategy of forward defence and flexible response. They emphasized the need for the parallel consideration of theatre nuclear forces modernization and arms control and stressed that no increase in overall reliance on nuclear systems or departure from existing NATO policy is envisaged.

13. Ministers agreed that there is a need for NATO to extend progressively its co-ordinated defence planning into both a broader coverage and a longer timeframe, and that procedures should be developed which would allow

countries who project their own defence planning increasingly into the longer term, to look to NATO to provide a NATO framework within which national decisions can be prepared and taken.

14. In the light of their discussions of the overall situation, Ministers agreed that nations should intensify their efforts to implement fully for the whole planning period the resource guidance of 1977, which was endorsed by Heads of State and Government in Washington in May 1978 and in which it was decided to aim at making available resources which would allow for annual increases of defence spending in the region of 3 per cent in real terms.

15. Recognizing that effective operations of NATO forces in peace and war depend heavily on the availability of necessary infrastructure facilities and that the NATO commonly funded Infrastructure Program is assuming an increasingly important role in providing these facilities, Ministers reached agreement on the common funding of a new five-year program at a substantially increased level. At the same time they approved a new category of infrastructure works to become eligible for common funding, the Reinforcement Support Category, as an important contribution towards the implementation of plans for the rapid reinforcement of Allied Command Europe in periods of rising tension or crisis.

16. Ministers took note of the continuing work of the Eurogroup aimed at achieving still closer co-operation in the defence field within the framework of the Alliance. They welcomed a statement by the Chairman, Mr. Neset Akmandor, Defence Minister of Turkey, which drew attention to recent developments in a number of

fields, including logistics, training, communications, equipment co-operation, force structures, medical co-operation and financial planning. They expressed their full support for the role of the Eurogroup in fostering European cohesion to the benefit of the whole Alliance.

17. Ministers welcomed the increased efforts towards rationalization, particularly those being made by the Conference of National Armaments Directors and its subsidiary bodies to pursue co-operative programs in the development and acquisition of equipment, many of them in relation to opportunities in this field arising from the Long-Term Defence Program. In this connection, they noted with satisfaction the establishment of project groups on a NATO Identification System and a NATO Maritime Electronic Warfare Support Group. They also welcomed further progress achieved in testing and refining armaments planning procedures and in the transatlantic dialogue, noting with particular interest proposals covering dual production programs.

18. Ministers discussed the urgent need for external assistance to Portugal and Turkey which had been highlighted in the current force goals established by the Alliance and by the Long-Term Defence Program, both of which emphasized the difficulties of these two countries in fulfilling their commitments in the light of the very severe economic constraints bearing on their defence expenditures. They reviewed the ongoing efforts to assist in the provision of military aid to Turkey and Portugal and noted the progress made towards modernizing the Portuguese armed forces. Ministers agreed that the efforts to provide assistance, both military and economic, to Portugal and Turkey should

be pursued vigorously, with the widest possible participation of member countries, in order to enable these two Allies to make their full contribution to the common defence. They called for a report on the progress achieved to be prepared for their December meeting.

19. In conclusion, Ministers reaffirmed that the freedom and welfare of the peoples of the Alliance as well as a

successful pursuit of détente rest on the maintenance by NATO of an adequate deterrent and defence posture. They recognized that this is inseparable from political solidarity and mutual support among the Allies and requires that each be prepared to contribute an effort commensurate with its capabilities to NATO's one and indivisible common defence.

## Admiral falls to head NATO Military committee

OTTAWA - Defence Minister Barney Danson has announced today that the defence planning committee of NATO, meeting in Brussels, has appointed Admiral Robert H. Falls the new chairman of the NATO Military Committee (NAMILCOM).

Mr. Danson added that quote the selection of the Chief of Canada's defence forces for the top military position in NATO reflects the high regard held by our allies for the professional performance of our Canadian Armed Forces who have served NATO so well for 30 years.

Admiral Falls will assume the appointment in Brussels in

the summer of 1980. This marks the first time that a Canadian will hold the position. He will replace Norwegian General Zeiner Gunderson. The NATO Military Committee is the senior military authority.

Within NATO and is composed of the Chiefs of Defence staff of each member nation and providing forces for NATO's military structure. The committee meets two or three times a year with the Chiefs of Defence and weekly with their national military representatives.

Its role is to provide military advice to the North Atlantic Council and NATO

Defence Planning Committee. It is the body to which the Supreme Allied Commander Europe, the Supreme Allied Commander Atlantic, the Commander-in-Chief, Channel, and the Canada-United States Regional Planning Group are responsible.

As chairman of NAMILCOM, Admiral Falls will preside over the committee meetings and direct its day-to-day business. He will also be the Chief Military Advisor to NATO Secretary-General Joseph Luns. He was elected by the Chiefs-of-Defence of the Member Nations for what is normally a

two-year term.

Admiral Falls has been the senior military man in Canada since September 1977 after having served as vice-chief for three years before that date.

A veteran of 37 years service he joined the Royal Canadian Air Force in 1942 and trained as a pilot.

Many naval flying and sea command appointments, including a tour as Commanding Officer of the Canadian Aircraft Carrier HMCS Bonaventure.

He was born in Welland, Ontario, on April 29, 1924.

## Obesity — ups and downs

(Continued from page 4)

**CLOSING COMMENTS**  
Obesity is a disorder of energy imbalance. Being such, it affects twentieth century western society to a startling degree. All the ingredients are there.

The needs for energy expenditure are few: we ride in cars, buses, elevators, escalators and a variety of other mechanized devices; our entertainment has become home-oriented, as exemplified by the 40 per cent of Canadians who watch 15 or more hours of television per

week; and we are a society of spectators rather than participants.

The availability of energy in our society is awesome: we are inundated with "quick food" outlets; "snack" and "junk" foods are pushed on us through seductive advertisements; alcohol is the mainstay of our social circles; meat, high in fat, has become the staple of our diets; and soft drinks and other sugared treats have become almost essential to life.

And to top it all off, society has become so large, impersonal and unsure that the

elements of psychiatric disorders are there pushing the susceptible into the solace obtained through eating, television and other such escapes.

However, there is a choice, and that choice is yours. Make it, and perhaps you too can be the thin, active person who

lives a longer and "happier" life.

But, if you know the risks and are willing to take them, be the classical "happy fat person" — why compound your problems by feelings of guilt and other psychological ills? The choice is indeed yours, be happy in it!

**You too can measure up**

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Friday, June 22  
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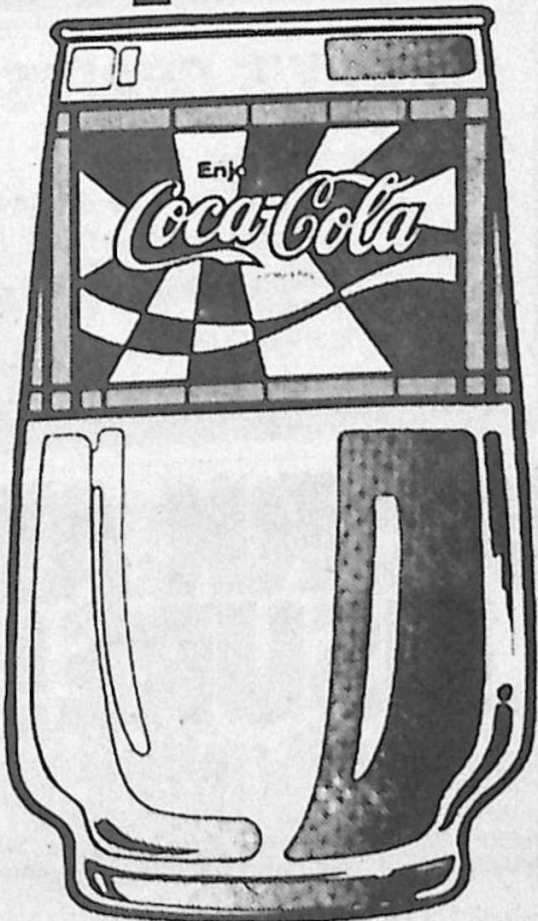
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EX





# Totem sports

## Up Earl's alley

With the advent of the "Sunny" weather the Golfers and Fishermen are out in abundance. The Golf Club is enjoying another successful year of operation thanks to the Committee and the maintenance personnel. The course record was finally broken as a young Mr. Harper from Victoria fired a 69 in the final day of the Men's Open. The previous record was 70 held by several golfers including Wally Berger and "Earl The Pearl" ... bad swing and all.

The Anglers have been busy out in the chuck and apparently the new "Bait" being used ... L. Blue is working out really well. Rumor has it that the "Snake" is going to be put up at the Boat Ramp ... Heavy ... The Salmon sizes range from three (3) lbs. to 20 lbs. ... Depending on how soon they are caught after launching. The longer one stays out the larger they get of the vision gets a little hazy ... why of course, ... from the Sun...

I guess it is once again that time of year when the "Cheap Shots" are flying around. Apparently there is very little to do and the PERIs are accused of supporting only the activities they "like" to participate in. I say "Bull" ... there is plenty to do and if ALL would read the Totem Times and the WRO... which by the way is a must for all Servicemen to do ... they would keep up to date and get involved.

The POOR souls ... it is a good thing that they are not on a Base where there is really nothing to do ... how about Alert ... Also fellas ... if your TV set goes on the blitz you don't call the Plumber do you? ... Well if you feel your hard done by ... call the expert ... in sports ... the PERI and he certainly will help you out ... we even provide "Flush-a-byes" ... for the untrained ... We do have a complaint Department over here and I'm sure Dave would be glad to handle things in a professional manner.

We can only support the sports that provide enough players to support the activity. It would be ridiculous for us to support a "Hot Rod" Club if there was only one "Hot Rod" on Base ... In all seriousness people ... you name the tune and we'll play it ... get the message ... If your going to take a cheap shot give it in person and direct eh ... not by proxy ... Speaking of support it's a pretty classy outfit when one has to use his own Vista Cruiser to prepare the Ball Diamonds because of lack of vehicles ... Get the facts straight and then ... perhaps, you might have an argument.

The Totem Fastball team are atop the Valley League as a result of their doubleheader win over the Cumberland team. The game results were 3-0 in game 1 and 14-1 in game two. They play all of their home games on Diamond number 3 on Tuesdays and-or Thursdays. Take a look at the Bill Board, by the Commissioner's hut at the Main Gate and plan to take in the next game.

Wellll ... Scotty Bowman has shuffled off to Buffalo and it looks like he might take Roger Neilson along with him ... That addition will certainly make that team a strong contender ... If not a winner. The Leafs will probably pick a winner themselves and give Gerry McNamara the job ... If that happens we might as well change colors and join the Rocky supporters.

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Times	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
0800	GYMNASIUM MAINTENANCE						
0830	Fitness Class	Fitness Class	Fitness Class	Fitness Class	Fitness Class		
0930							
1000							
1030	Open for Booking	Open for Booking	Open for Booking	Open for Booking	Open for Booking	Available on Booking or Signing Authority (Includes Dependents Under Supervision)	Available on Booking or Signing Authority (Includes Dependents Under Supervision)
1100							
1130							
1200	NOON HOUR FITNESS						
1230	Badminton/Basketball/Swimming/Sauna						
0300	Inter section Sports	Open Recreation	Inter section Sports	Open Recreation	Inter section Sports		
0330							
0400							
0430							
0500	Fitness Class	Fitness Class	Fitness Class	Fitness Class	Fitness Class		
0530							
0600							
0630							
0700	Closed	Closed	Closed	Closed	Closed		
0730							
0800	KEY SIGNING AUTHORITY IS AUTHORIZED						
0830							
0900		Casual Recreation					
0930							
1000	Casual Recreation		Badminton Club	Casual Recreation	Archery Club		
1030							
1100		Archery Club					
1130							

### SUMMER SPORT AND RECREATION CO-ORDINATORS

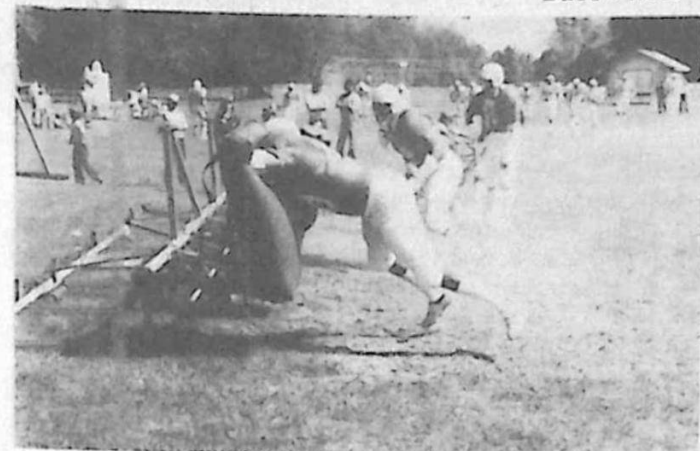
ARCHERY — M/CPL. BUCHNER Loc. 388  
GOLF — CAPT. BERRY 339-6515  
HOBBY SHOP — CPL. PAYNE Loc. 440  
SCUBA — M/CPL. BUCHNER Loc. 388  
M.D. RECREATION — S/SGT. TUCKER Loc. 446  
BADMINTON CLUB — CAPT. WILLIAMS Loc. 354

I/C GYMNASIUM — W. O. THOMPSON Loc. 315  
SWIMMING — SGT. MOLLOY Loc. 315  
INTERSECTION SPORTS — M/CPL. GARRISON Loc. 315  
BASE SOFTBALL TEAM — M/CPL. McLEAN Loc. 489  
BASE SOCCER TEAM — M/CPL. SWANN Loc. 315  
WOMEN'S SOFTBALL TEAM — PTE. PHINNEY Loc. 254  
RECREATION CENTRE WEEK-END USE (Further Information Loc. 315)  
AUTHORIZATION MAY BE GIVEN TO SERVICE PERSONNEL TO SIGN OUT A KEY FROM THE GUARD HOUSE



OUR BASE BSURGO Maj. J. E. Bardsley has given full support to the Forces Aerobic Fitness Plan. It certainly does help the cause when an expert in the field of Physiology endorses a program. Maj. Bardsley has just completed step two, and is pictured above being presented his Scroll and Seal (red), the second, white, to follow, which exemplifies 2400 miles in the Physical Fitness Award For Aerobic Excellence Program. Our BPERO Capt. Al Ettinger, soon to become the BPERO of Trenton, made the presentation.

Base Photo



## The Lions roar

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## Comox womens ball

The Base Servicewomen's softball team, THE BAD NEWS BABES, are back in action again.

For all of you reading this column and may not know what the title stands for, it is the name of the Base Service women's Softball team.

The team this year is one of great potential and has become quite strong. This, I guess, goes to the credit of our coach Keven and co-partner Dennis.

We have also managed to get a lot of new talent this year and of course us "oldies" are still hanging in there.

On May 31 we played a return match with the "Bush-wackers". We won the game 34-11. The six "stars" of the evening who helped make the enthusiasm even greater by scoring 8 home runs were: Pam Issalson with three; Marilyn Bell; Marie Parks; Sylvie Fortier; Jane Remerswaal and Rita Landry all with one apiece.

Of course the rest of the team who made some great plays and had some excellent base-running deserve credit too. Well done!!

By the way Kevin, we'll make you wear the "kill" next time!!

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June 30 - July 1 & 2

11 a.m. - 11 p.m.

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The Burl Store: clocks, tables, bowls, spoon racks, knife holders, many gift items, 822 Sandpines Cres., off Lazo Road, near Pt. Holmes, 339-5704.

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### Personal

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



# jock talk



## Dirty double dozen

### Judo tournament

The closing of MWO Greer's Judo Class could have mesmerized any audience. The Judo Class underwent their final judgment of Judo competition in a final competitive tournament in MWO Greer's Judo room, June 9.

The children were all on their best behavior, eager, along with being nervous, to compete. They were all like newly trained gladiators ready for crowning of the highest title yet to be bestowed upon them.

Watching them compete amongst themselves is a picture I will never forget. Even though the sport was rough and rugged the students stood in a class to be looked upon with praise, they were above outstanding, they were magnificent.

To all the students of MWO

Greer's Judo Class, you have been taught by a wonderful teacher and you have learned your lessons well. Be proud of what you have achieved and use your skills wisely, not foolishly.

The presentation of the trophies was done by WO E. Thompson, head of the Rec Centre. Mr. Gary Clark, a close friend of MWO Greer and also a brown belt holder in the art of Judo, timed the bouts between the competitors.

Starting with the Heavy Weight Division, 1st place went to Todd Balfe; 2nd place Eric Nelson and 3rd place went to Paul Greer.

The Light Heavy Weight Division was as follows: 1st place holder Steven Cook; 2nd place Steven Lovell; 3rd place Mike Theriault; and 4th place

holder went to Leif Freeman.

The Middle Weight Division 1st place went to Andrea Freeman; 2nd place Sean Byrne; 3rd place Lynwood Robitaille and 4th place went to Beverly Byron.

The Light Weight Division winners were: 1st place Carlos Freeman; 2nd place Heather McCormack; 3rd place Cris Keller and 4th place went to Jeff Chapin.

All of the first place winners received gold medallions; second place winners received silver medallions, and the third and fourth place winners received bronze medallions.

Other trophies presented to the Judo Students were, Judo of the Year presented to Todd Balfe; Judo of the Month presented to Eric Nelson; Student with the Most Points presented to Mark Whorral; Student Most Improved presented to Andrea Freeman; Most Outstanding Achievement presented to Paul Greer, and Samaria of the Month presented to Sean Byrne.

While trophies were being presented, not only did each and every student receive something but also the Sensei. Sensei Greer was presented with a trophy from his students crowning him ONE GREAT GUY which, engraved in the trophy, were the names of all his students in his class of '79.

To all the parents who made it possible for the presentation of the trophy to "Sensei" Greer, THANK YOU!

## Aerobically speaking

Maj. J.E. Bardsley, T Sgt. George Scholer and Capt. Gord Kruger have ran a total of 7200 miles.

These athletes received their Scrolls recently and although Maj. Bardsley's second Seal, White, is not on his Scroll, it is in the mail.

A point is given for each mile jogged and after every 1200 points are accumulated, Seals are presented by NDHQ.

After the initial 1200 miles are completed a suitable Scroll is presented and the Program then continues on through an additional five

more segments for a total of 7200 miles. A move is "a foot" to enable those Joggers that do achieve the 7200 total to receive an Award to present a greater challenge and continue on above the present Program.

For further information on this well worthwhile and healthy activity call the Rec Centre at Local 315 for an update on how you can get involved and have your activity work for you towards the Award of Excellence Aerobic activity.



## 7200 miles and not puffing

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—Lots of lots from \$100 down and \$100 a month.

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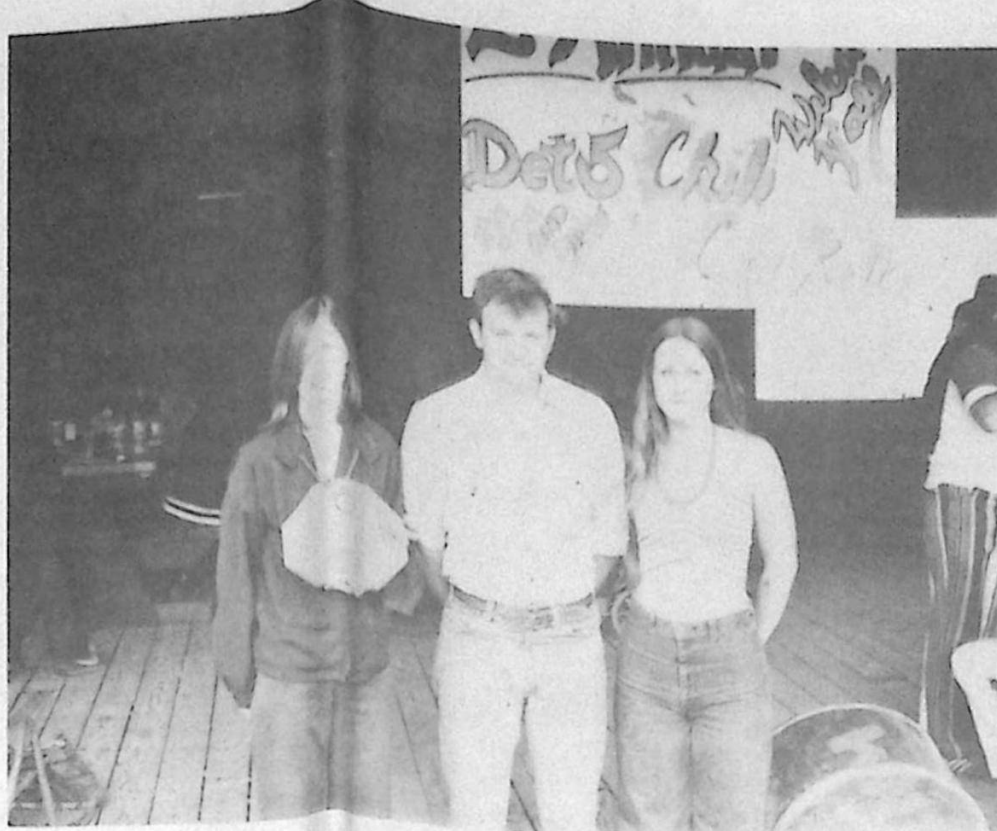




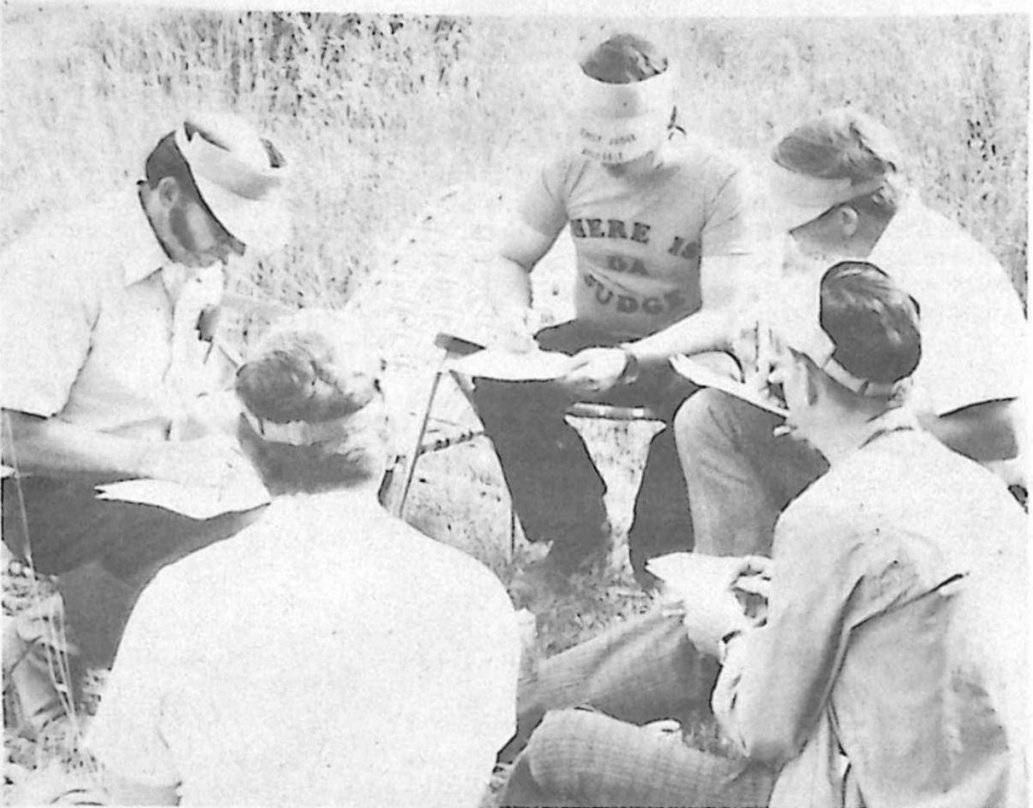
# USAF, Det 5, 2nd annual chili cook-off



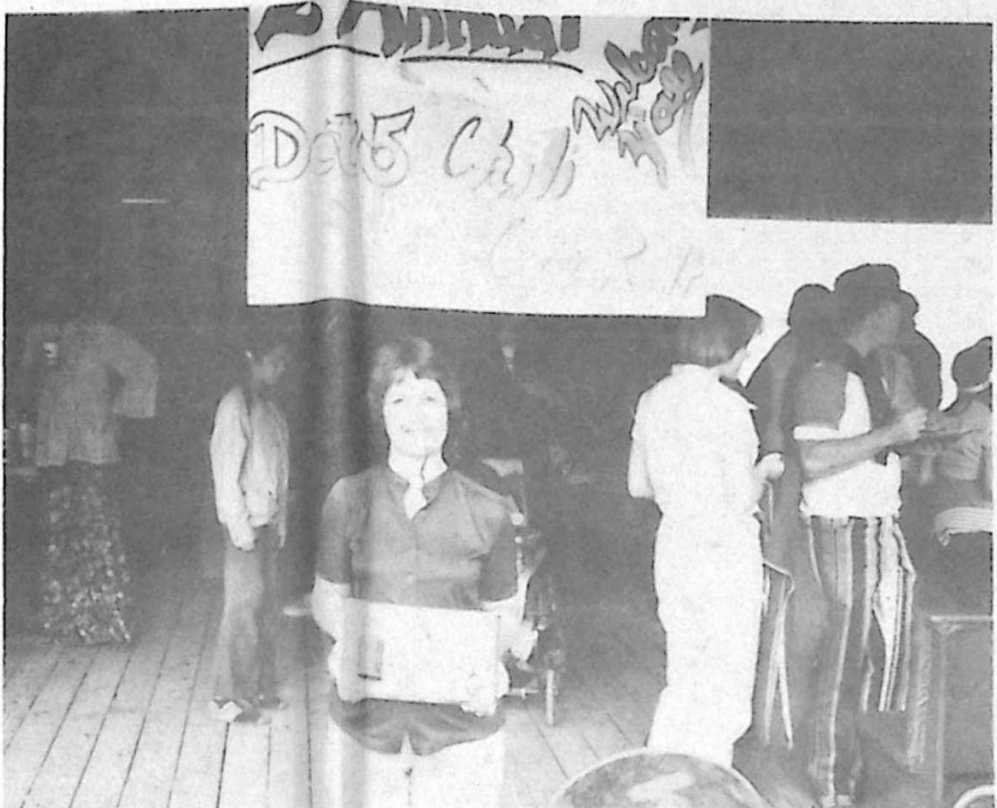
Anyone for chili



First, second and third



The big decision



Sportsmanship Award

Over the weekend 'USAF', Det 5, celebrated their 2nd Annual chili cook-off down at Airforce Beach.

The function was filled with plenty of fun, food, drinks, and pots of chili, brewing over open gas lit stoves.

The selected judges for the cook-off consisted of Capt. J. McKinley, chief judge, Lt. Col. B. Hallowell, Mr. R. Alexander, Mr. L. Fajkus,

Mr. J. Hovland a visitor from Grand Forks N. Dakota, and last but not least Mrs. L. Ballard, honorary judge. Mrs. Ballard was last year's 1st place winner in the chili cook-off.

As the judges did their continuous tasting of the pots of chili, the tension was mounting among those who had entered the cook-off. Whom shall it be?

Before I announce the winner of the chili cook-off I would like to categorize the types of chili which the judges were up against. The chili category consists of 3 types of chili.

The mild or regular chili, the hot chili, and the r-e-a-l hot chili. That r-e-a-l hot chili repositioned a lot of taste buds from the chili tasters mouths. Now, for that once a year

excitement pertaining to chili, the 1st runner up in the cook-off was Dave Tucker. 2nd runner up was Lisa Wright, and our most deserving winner Mrs. Susan Emerson.

Susan was last year's 1st runner up but this year she didn't have to settle for 2nd best. She was honored with a 1st place plaque and the title of Best Chili Cooker.

Congratulations Susan! That must have been some good tasting chili.

The second award, both presented by our Commander Major Wright, was the Good Sportsmanship Award which was presented to Dorothy Wright.

A few other presentations pertaining to work were made to the men who will be leaving

this beautiful Island in a very short period of time. These families consist of SSgt. Gary Farthing and wife Faye and sons; MSgt. John Woods and wife Nancy and Family and Lt. Harland Sullivan and fiancée Debbie Osbourne, soon to become Mrs. Sullivan.

To all of you we extend to you our Best Wishes. "YA'LL TAKE CARE!"

## PreAmble

This Thank you notice is relatively late but I hope it will be appreciated never the less. To Jill Smith, exercise instructor for the women, the women of your morning class would like to extend their many Thanks to you, for the time you spent in helping them take off those unwanted pounds. From your students, Jill, Thank You.

The annual Bar-b-que of the 6th Pack was held Thurs. at Kin Beach. Games were played, promotions and gifts were given to Brown Owl, Lynn Bate whom is resigning and also Delores Matheson, Tawny Owl, who is going to Nova Scotia.

There were also plenty of hot dogs peeled to add to the excitement. A thank you is in order to Ron Bate and Don Leblanc for their expertise in cooking. A special message to Ron from Joan Leblanc, quote "after you've had a few more years of experience in cooking, you might receive your cook's badge."

Also a thank you to all the mothers who assisted in the driving.

Attention PMQ Residents: Please keep your water sprinklers out of the entrance way of your door. If your sprinkler is on it will be rather difficult for your paper boy to deliver your paper inside of your door, plus rather a messy task if you try reading a soaking wet newspaper.

A farewell to Tom and Delores Matheson and girls, who will be leaving for Halifax and also farewell to Mr. and Mrs. Dave Collins and family who are retiring to

Halifax. Best Wishes to you both.

Remember, I am still waiting to hear of births, departures, birthdays, etc., so if you are interested in having something printed in the Totem Times contact J. Freeman 339-6087.

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## 1st Lazo Beavers Brown Colony

The Brown Colony held their Swim-Up Ceremony May 29th at Airforce Beach. The evening was lovely and the setting perfect as the following Beavers "swam up" to Cubs: Jason Byrne, Bobby Purcell, Jeff Chapin, Bobby Bourque, Chris Besaw, Dean Neilsen, Troy Hamilton, Jason Sharp, Trevor Kuntz, Michael Michaud, Ryan Nash and Michael L'Arrivee. Thanks to the Cub Pack for making the evening an enjoyable one. Thanks also to the L.A. for providing refreshments. Good luck to the new Chums.

On June 2nd and 3rd the

boys from the 1st Lazo Brown Colony had the opportunity to experience "CAMP" in the form of a Beaver Family Camp held at the Brown's River Scout Camp. The boys participated in a formal Camp Opening, Campfire Ceremony, Scouts Own Service and a Camp Closing.

They slept in huts and were responsible for their own dishes. During the two days many activities were planned which kept the boys and parents on the move. The boys had the chance to be out-of-doors, close to nature and to obtain an idea what Cub Camp

is all about.

A very special thanks to ALL parents and to Pat Byrne and Terry Christensen who assisted us. We have enjoyed working with the boys during the year and wish everyone a Happy Summer. There were a few articles left behind after the Camp and they may be claimed by calling Mary Lou 339-5807. Leaders are required for next year and anyone wishing to help out please call Mary Lou, Jan or Gary.

Rainbow - Pat Evans.  
Rusty - Jan Landry.  
Hawkeye - Gary Bourque.  
Bubbles - Mary Lou.

## Ladies auxiliary

The Ladies of the 1st Lazo Beaver, Cub and Scout movement elected their new Executive at last month's meeting. They are as follows:  
President - Donna-Lee Kuntz.  
Vice-President - Sue Dodge.  
Secretary - Marg Horton.

Treasure - Diane L'Arrivee.  
Social convener - Barb Lameroux.  
Badge convener - Heather Atkinson.  
Sewing convener - Bev Purcell.  
Uniform convener - Jane Parker.

Thank you to the past Executive for a job well done. I hope the new executive can keep up the "GOOD" work.

"THE NEWS" first job was the bottle drive on June 9th. It seemed to be a great success. Thank you to everyone.

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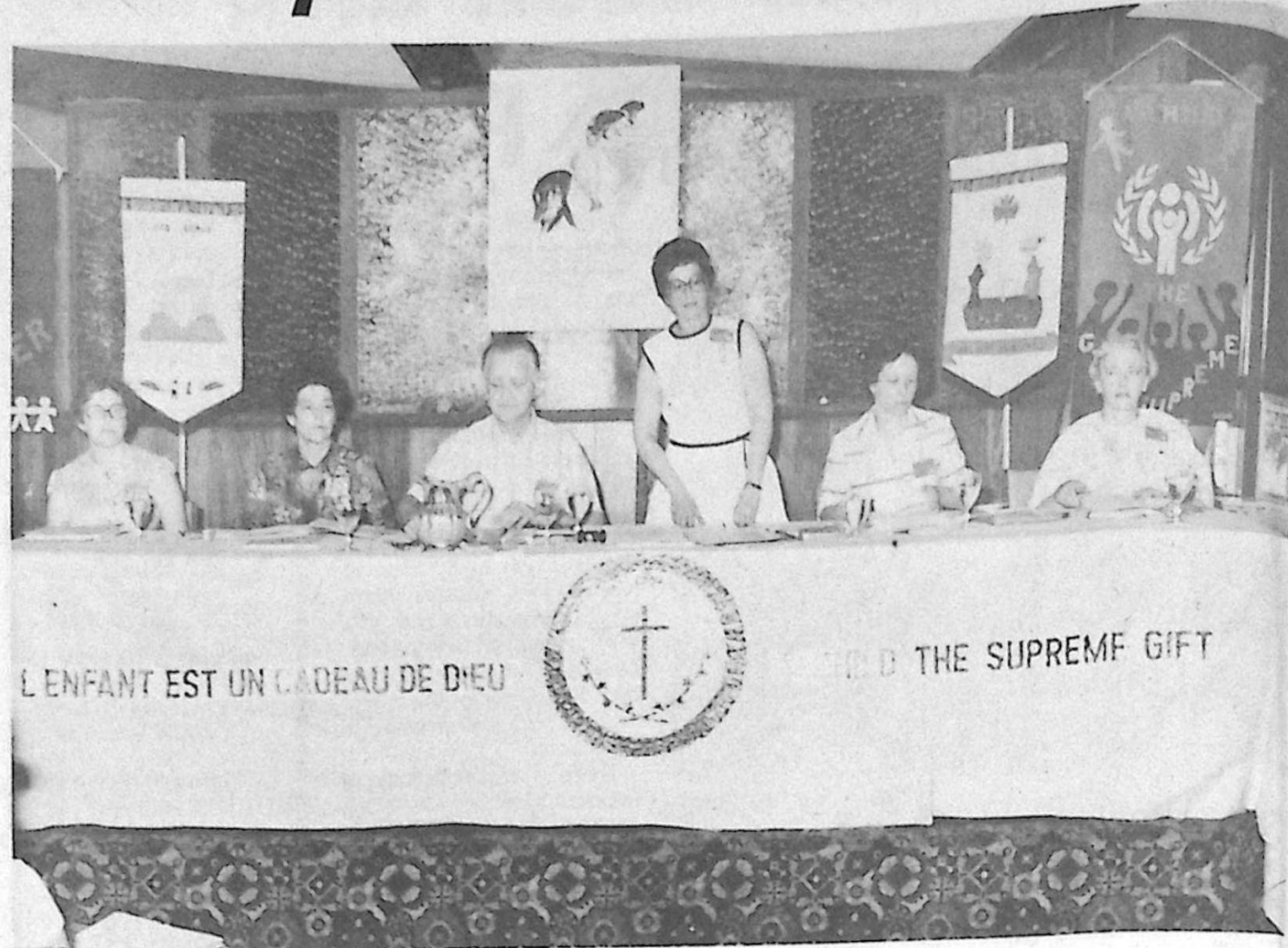
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# Military vicariate council of Catholic women league convention

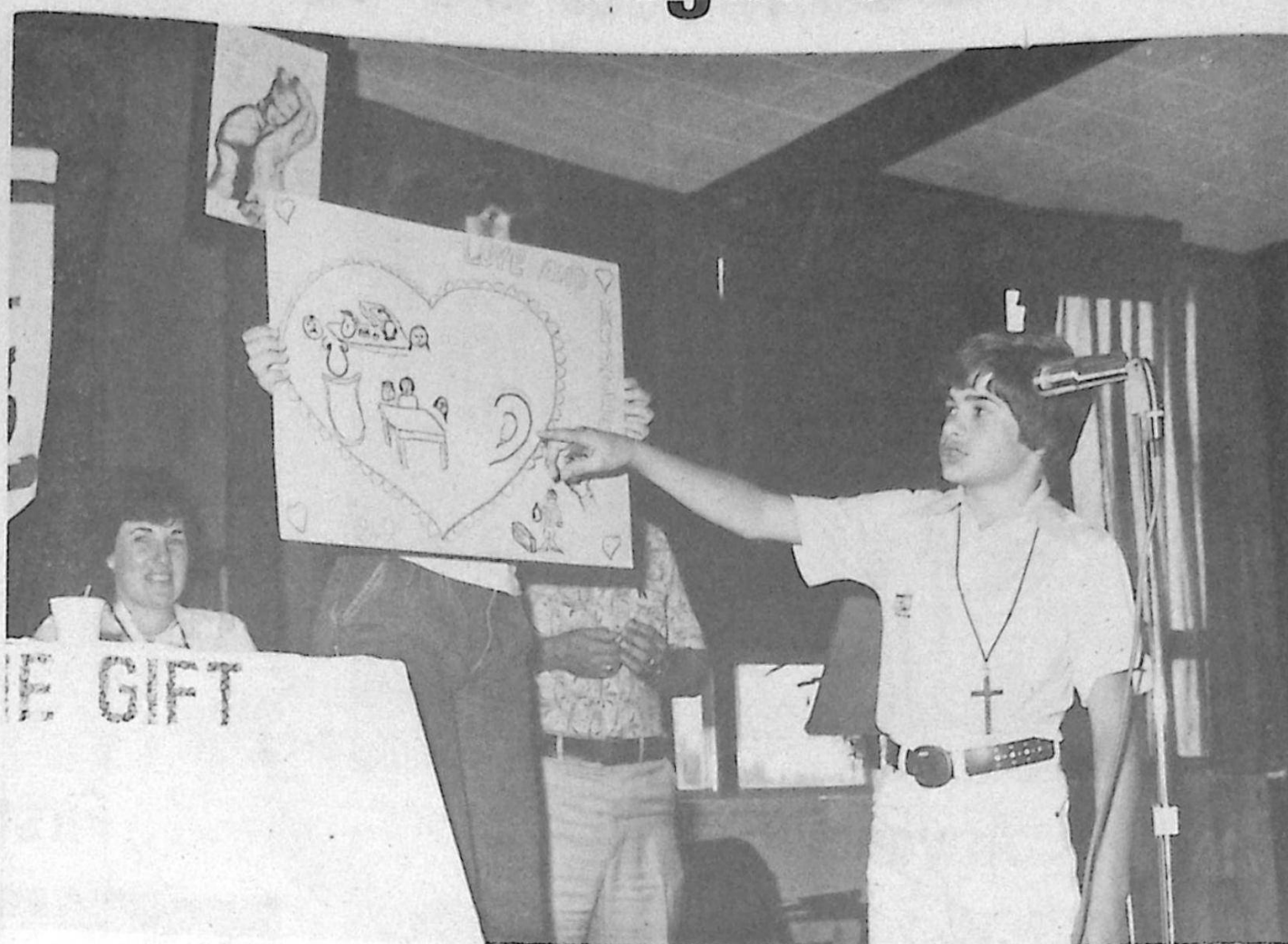


## 32 base councils represented

THE MILITARY VICARIATE COUNCIL of the Catholic Women's League of Canada, held a very successful convention at CFB Comox. Standing is the Military Vicariate president, Lucie Neveu, evaluating the past year and making plans for the coming year. Seated at her right is Mgr. F.H. Boucher, spiritual director of the Mil. Vic. Council.

The 117 registered delegates and guests, including 19 spiritual directors and representing 32 base councils, are sure to return to their bases with many new ideas and projects that will surely benefit the children and other dependents of our Military personnel.

(Amirault Photo).



## Youth role important

THE YOUNG PEOPLE PLAYED AN IMPORTANT ROLE throughout the CWL Convention held at CFB Comox. While Belinda Breen and Ken Lahale look on, Michael Loader explains his version of 'Love and Respect'. Here he says, 'Parents

have big mouths but children can take it because they have big ears.' On a more serious note, he feels that love and respect has to start in the family before it grows in the community.

(Amirault Photo).



## Love and respect

MGR. F.H. BOUCHER holds up a poster while Bernice Porter from Chilliwack summarizes what their group felt was important in the 'Love and Respect' of adults and children toward each other. Ken Lahale, seen in the background and listening

carefully, was group leader for the Mini Youth Conference held on Theme Day of the 12th Annual Military Vicariate CWL Convention.

(Amirault Photo).



## Jerry helps out

JERRY ZANUSSI, an old pro at Youth Conferences, is seen here helping a group of CWL delegates of the 12th Annual CWL Military Vicariate Convention go through the motions of a

Youth Conference and prepare them for these kinds of Youth programs to be held at Military bases across Canada.

(Amirault Photo)



## Children need help

DURING THE LAST days of May, because it was the month of Mary after whom the Chapel is named, RCs gathered on a Sunday afternoon for what was to have been an outdoor ceremony. However, hail stones wet the grass and the ceremony was held inside. Because it was International Year of the Child, the ceremony, organized by Mrs. Elaine Shea, involved children who had made their First Communion recently. Sister Pat of St. Joseph's Hospital was the speaker. Here Mrs. Shea is seen helping a child up to deposit a garland of flowers on Mary's statue. Sister Pat, using this as a starter, "children need to be helped", spoke of the child-like qualities of Mary that must be characteristic of big and little Christians of today. (Amirault Photo).

## Summer job corps

June 11th marks the start of the R.C.M. Police Summer Job Corps bicycle registration-licencing clinics from June 11th to August 23rd, members of the Job Corps will be at the police office Monday through Friday from 3:00 to 4:30 (holidays excepted).

Since the program was started by the Job Corps last summer, the incidence of

stolen bikes has declined while the recovery rate has increased.

An unmarked bike has a six times as great risk of being stolen compared to a marked bike. A marked bike has an 85 per cent chance of being

recovered, an unmarked bike only 30 per cent.

In some cases police were actually able to return stolen bikes to their owners before the owners knew the bikes were gone.

Registration takes only 5

minutes and is free.

Police caution that despite the registration and licencing, bike owners should help to deter bike thefts by locking up their bicycles when left unattended.

The Job Corps will also be at the Comox Mall Thursday,

June 21st to Saturday, June 23rd to register bikes and take appointments to have household effects engraved.

D. McLoughlin  
Project Leader

## Bike registration

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"WO JIM PEARDON receives his crown from the BAMSO, Maj. Gord Beech. Jim arrived at Comox in 1978 from CFB Edmonton and has recently been employed as NCO IC IE-IS Labs. It was a memorable day for Jim because not only did he

receive his WO, he was celebrating his 23rd wedding anniversary. Jim will be moving over as 442 Sqn. AVSO come the end of July." (Base Photo by Robert)



"CONGRATULATIONS TO Gary Arnold on his recent promotion to Sergeant. His promotion to PO (former Navy of course) places him in charge of

the Base Photo Section until the arrival of his new boss from Ottawa." (Base Photo by Bowman).



"THE WEAPON STORAGE AREA supervisory staff was significantly upgraded when Jari Annellin, Adeline "Addie" Bouvier, and Ron "Triple 3" Townrow were promoted to Corporal. The three Weapons Technicians Air are responsible for weapon and trailer maintenance in support of the Air Defence role carried out by 409 Squadron CF 101 Voodoo aircraft at CFB Comox. Cpl. Townrow on

the left is from Calgary, Alberta, and was promoted effective 6 March '79; Cpl. Bouvier in the centre calls Lisleux, Saskatchewan home, and was promoted effective 22 Feb. '79; Cpl. Annellin on the right hails from Thunder Bay, Ontario, and was promoted effective 9 Jan. '79." (Base Photo by Robert).



WO REG TRESSEL is presented with his crown by the Base Fire Chief, Lt. Ev. Evans. (Base Photo by Robert).

## 1st Lazo Beavers - Blue Colony

Blue Colony Beavers were out in force on 26th May for the District Beaverfest. Mother Nature co-operated by giving us a beautiful day.

Special thanks to Pat Brown, Edie MacDonald, Mr. Young, Ev. Dyer and George "P" Scholar for all the help during the day's events. Also to Linda Coleman for supplying cookies for the boys snack period.

Our final colony party was held on Monday 28th of May at Airforce Beach. Games were played, Hawkeye I had a scavenger hunt for the boys while Hawkeye II had campfire duty. A wall plaque was the craft for year end.

Supper of hot dogs, pop and a marshmallow roast rounded out the evening. All the boys were presented with Badges and a Beaver Mug. Certificates of appreciation were presented to Hawkeye I and Tic Tac who are leaving us this summer THANK-YOU both for "ALL" for the year.

We also said good-bye to all our Chums as they are going to CUBS in the fall. Good-bye Robbie Coleman, Michael Brown, Michael Ridler and Chris Scholar who are all leaving the area this summer. Best of "Luck" in your new homes.

Last but not least I'd like to thank all the leaders for one of the most enjoyable Beavering years, Pat Ridler, Jane Parker, Lloyd Houston, and Dennis Lyons. I would also like to thank our Youth helpers Carl Dipsel, Robert Hooley, and Robert Horton. One "BIG" Thank-you to all the Parents who gave all their help and support to us all year. Thank-you to our phoning "MOTHER" Alisha

Bullard for being so Friendly. Thanks to the Ladies Auxiliary, Group Committee, CUBS and Scouts and their leaders for their support. Thank you one and all.

In ending I "Rusty" would like to Thank Marg Horton "Rainbow" for all her hard work, without her the Beaver Colony would have been nothing. We are very lucky to have someone with her "CRAFTY" talents. Thank you.

Enjoy your summer boys and remember your promise. Registration will be Sept. 4th at the Cub hall.

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WE NEED BIG BROTHERS  
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## THE HOME FRONT



Home-Ownership isn't for Everyone - But in this series of articles I would like, as an experienced - Real Estate saleslady to aid and guide those who are considering entering the real estate market and also those who now have "Pride of Ownership."

(paid advertisement)

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Selling or buying a home in today's market is not simple, it is a job for an expert who is willing and ready to do everything possible to enable you to sell or buy at FAIR MARKET VALUE.

Today let's take a look at the services offered through a Realtor. There are two ways to buy or sell a home, one being the Multiple Listing Service (M.L.S.), or an Exclusive contract with a Realtor.

The M.L.S. system provides wider market exposure, as all member firms are provided with data plus photographs on all homes in that board area.

The great advantage to the M.L.S. system for a prospective purchaser is that he can view and purchase any of the homes listed with a large number of firms, even though he only has to deal with one salesperson for appointment to view right thru to an accepted offer on a specified house.

The M.L.S. system saves you steps; you can sit with your salesperson in the comfort of his office and go through the listings. Comparing location, square footage, and prices to choose five or ten homes to view from all the homes available on the current market place through M.L.S. as its co-operative arrangements among brokers.

As a vendor (seller), a binding contract is made in writing when you list your home with a Realtor. The commission is 7 per cent here in B.C., and is payable by the vendor only when the property is sold.

The commission on M.L.S. varies across Canada, but the contract must be of 90 days or more duration, and any other firm belonging to the M.L.S. system may sell that property, with you paying only the agreed commission to the listing firm.

An Exclusive listing gives only ONE Realtor and all the salespeople licensed with his firm, the opportunity to find a buyer within a specific period of time. The commission is payable by the vendor if and when the property is sold, with the commission fee usually a percentage lower than the M.L.S. fee.

Here in the Courtenay zone the fee is 6 per cent on all Exclusive sales.

Ask your salesperson what method, M.L.S. or Exclusive, is best for your home. The contract will specify the price, the specified period of time it is listed for sale, and the terms of financing and cash to you when sold.

Place your confidence in a Realtor; ask for his help, you will find that he can be helpful in innumerable ways. We are twenty-four salespeople at Nanaimo Realty, understanding the unique problems of single home buyers, and will help guide you safely through the complexities of buying or selling.

My foot-note today: "The easiest way to acquire a bigger house is to marry off a few kids."

Maureen Arthur is an experienced Real Estate Saleslady with Nanaimo Realty, 576 England Avenue, Courtenay, B.C. 334-3124.





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**25% OFF**

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LIMIT - 3 CTNS. PER CUSTOMER

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1	KROENLER CHESTERFIELD ONLY	469 <sup>00</sup>	399 <sup>00</sup>
1	KROENLER CHESTERFIELD & CHAIR	649 <sup>00</sup>	599 <sup>00</sup>
3	KROENLER CHESTERFIELD & CHAIR	699 <sup>00</sup>	599 <sup>00</sup>
1	KROENLER CHESTERFIELD & LOVE SEAT	749 <sup>00</sup>	699 <sup>00</sup>
1	OTTOMAN	749 <sup>00</sup>	699 <sup>00</sup>
1	KROENLER CHAIR	99 <sup>00</sup>	49 <sup>00</sup>
1	KROENLER CHAIR	169 <sup>00</sup>	149 <sup>00</sup>
1	KROENLER CHAIR	220 <sup>00</sup>	199 <sup>00</sup>
1	KROENLER CHAIR	199 <sup>00</sup>	169 <sup>00</sup>
1	KROENLER CHAIR	249 <sup>00</sup>	199 <sup>00</sup>
2	SANYO MICRO-OVEN	649 <sup>00</sup>	599 <sup>00</sup>
1	YAMAHA STEREO MODEL 465	449 <sup>00</sup>	399 <sup>00</sup>
2	YAMAHA STEREO MODEL 565	579 <sup>00</sup>	499 <sup>00</sup>
4	YAMAHA STEREO MODEL 666	669 <sup>00</sup>	599 <sup>00</sup>
1	KODAK CAROUSEL 200	139 <sup>99</sup>	127 <sup>97</sup>
1	DOMO TENT	64 <sup>99</sup>	34 <sup>97</sup>
2	BROTHER SEWING MACHINE	177 <sup>00</sup>	147 <sup>00</sup>
2	CLOTHES HAMPER	21 <sup>99</sup>	10 <sup>97</sup>
Assort	EARRINGS PIERCED & CLIP-ONS	3 <sup>19</sup>	1 <sup>47</sup>
4	TRUNKS	1/2 PRICE	
6	100 FT. EXTENSION CORD		10 <sup>97</sup>
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4 Roll Pack

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3 PCE.

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### HAND TOWELS

**\$1<sup>37</sup>**

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**67<sup>c</sup>**

SALE

Reg. 1.29

### MENS TURTLENECK T-SHIRTS

Reg. 6.99

## \$2<sup>97</sup>

SALE





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## 1 FAMILY SIZED HOME

This completely renovated home has 3 bdrms., a study with built-in desk and spare den. Close to downtown shopping and recreational facilities. Newly painted and neat as a pin. As low as \$2,100. down.

RAY PAGE 338-6267

## 2 TIRED OF CRAMPED QUARTERS?

Executive type country home has everything including 3375 sq. ft. of luxurious living at a price far below replacement cost. Separate dining room, double granite fireplace, 4 bathrooms, chicken coop, barn, etc. for only \$79,500.

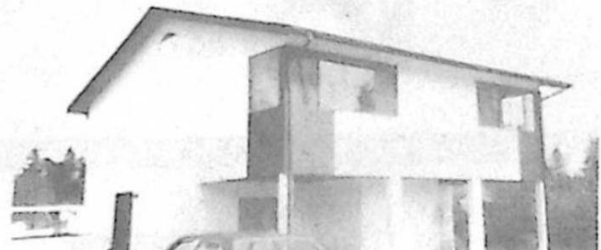
RAY PAGE 338-6267



## 3 4.88 HOBBY FARM

Located only 5 minutes from shopping centre or downtown Courtenay. 3 bdrm. home, equipment shed, barn, orchard, large garden area.

HARRY SQUIRE 334-3427



**4 NEW HOME - MISSION HILL - \$48,500.** This 3 bdrm. home will be completed by June 30th. Stucco and cedar. Dining room, living room runs full width of the home. View of mountains from 2 enclosed patios. Extra insulation. Builder will invite offers.

VIC RUSHTON 339-3484

## 5 FOUR BEDROOM BUNGALOW

In Royston with just a short walk to the beach. View of the water from the living room and kitchen. All double glazed and recently expensively renovated. Franklin fireplace. Attractive cedar siding enhances this ranch-style home. Offers to \$41,500.

VIC RUSHTON 339-3484

## 6 FARMETTE - 1.02 ACRES

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

VIC RUSHTON 339-3484



## 7 NEW HOME - \$38,000.

Functional 3/4 basement style new home. 2 bedrooms with space for more in the undeveloped basement area. Ranch wall siding. Good quality carpeting throughout. Nicely treed yard.

VIC RUSHTON 339-3484

## 8 MILE TO TOWN - 2 ACRES - STREAM

House almost 1400 sq. ft., 5 bedrooms, 2.02 acres, cleared, seasonal salmon stream. Big garden, raspberries, etc. Solid home, extensively renovated, new carpeting. Asking \$65,000.

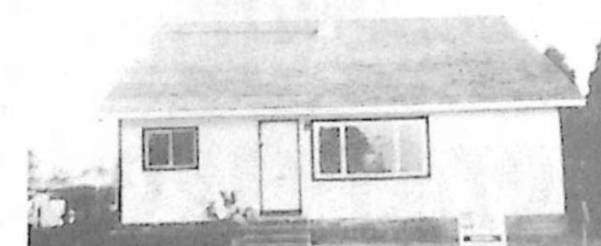
VIC RUSHTON 339-3484



## 9 ONE MANICURED ACRE

This property is less than a mile to Courtenay. Has a solid 3 bdrm. home with fireplace, full basement and double garage with workshop. Heavily treed at rear with salmon stream. Just listed at \$49,900.

VIC RUSHTON 339-3484



## 10 BEYOND REPLACEMENT COST

For a large family, inspect this five bedroom home with a family room for the children. Two bathrooms. All new carpets throughout, close to all amenities, walking distance to downtown.

GAYE or LLOYD WORK 334-2220



## 11 FISHERMAN'S RETREAT

Catch your limit, then swap stories in front of the crackling fireplace about the "one" that got away. Ideal homesite for a group purchase by sport fisherman who would like to enjoy a quiet and private weekend. Buccaneer Beach less than one block away with road side access leading to the ocean. Located between Courtenay and Parksville on Vancouver Island. \$36,500.

JOHN FORIN 334-2728



## 12 COMOX - COUGAR CRES. CASTLE

This beautiful 4 bedroom home is available for August 20th. Super clean throughout and landscaped to match the famous gardens this home boasts about. 2 1/2 baths, 2 fireplaces, family room and games room, large sundeck and double carport. All located on a .41 acre lot with full services. For appointment to view call.

MAX WEEGAR 334-4568



## 17 NEW COURTENAY SPLIT LEVEL

A very attractive siding and brick home on a big lot. 2 x 6 exterior walls with extra insulation and thermopane windows ensure a warm and cozy home. The unique kitchen arrangement will certainly impress you. Full price just \$48,500. with financing to suit.

CLAY GRANT 339-3945



## 18 NEW 3 BEDROOM - COMOX

Beautiful brick and aluminum siding complements this well treed lot in Evergreen Heights. Close to elementary and senior high schools. This home cannot be built again at the low price of \$54,000. Custom cabinets, brick fireplace and ensuite plumbing make this an outstanding value.

CLAY GRANT 339-3945



## 23 P.M. (PRETTY SPECIAL)

Just finished and what finishing there is in this Cape Cod style cedar home on a rural 1/2 acre. Sensational cabinets trimmed with oak, oak flooring, 2 baths, 3 bdrms. and unique stained glass windows. Super deck for summer set downs and a warm heatilator fireplace for crackling winter fires. Better see it before its gone! Only \$61,500.

BILL MORRISON 339-4063

## LOTS & ACREAGES

### 24 INCREDEVIEW

Tremendous 1/2 acre view property overlooking Baynes Sound and Tree Island. Serviced with piped water in an area of fine homes and selectively cleared for building. This one won't last at just \$18,900.

BILL MORRISON 339-4063

### 25 WATERFRONT & VIEW LOTS

As low as \$49,900. for good size lots facing southwest close to Denman Island's ferry. All serviced with piped water. Excellent soil and trees left on for privacy and character. View lots as low as \$16,000.

ROD MALTBY 338-5029

### 26 2.5 ACRES - OCEAN VIEW

One of the loveliest small acreages around with a spectacular ocean view. No mobiles around the property. Full price \$29,500.

ROD MALTBY 338-5029

### 27 4.4 ACRES IN SUNNY MEADOWLAND

Looking for a hobby farm with fantasy-like character? Come with me and I will show you 4+ acres of rich soil, sunny exposure, privacy and probably one of the nicest building sites around. Piped water, hydro and paved roads. It's going to sell at \$29,900. with vendors willing to negotiate terms.

ROD MALTBY 338-5029

### 28 1.17 ACRES OF PANORAMIC OCEAN VIEW

Very wide property with all the privacy you will need for a beautiful home. Southeast exposure and beautiful homes in vicinity. Call for a showing.

ROD MALTBY 338-5029

### 29 SEMI-RIVERFRONT ACREAGE

5 acre parcels only 11 miles from Courtenay. These parcels are priced to sell for as low as \$19,000. Country living at its best.

HARRY SQUIRE 334-3427

### 30 DOUBLEWIDE OWNERS!

Almost 1/2 acre homesite now available with mountain view, piped water and paved road. Semi-rural living with some room to breathe can now be found just minutes west of Courtenay. Priced at \$6,950. firm.

JOHN FORIN 334-2728

### 31 5 ACRE HIDEAWAY

Rare indeed! To find a nicely treed small acreage just 10 minutes North of Courtenay off Headquarters Rd. Build the home of your dreams and start your hobby farm now. Priced at \$29,500.

JOHN FORIN 334-2728

### 32 LOTS OF LOTS

- Chaster Road, approx. 90' x 180'. Panoramic view of Comox Valley.  
- Riverbend 5 acres. \$18,500 - \$24,000.  
- Bates Beach area. \$11,000 - \$43,000.  
- Trent River area, 5 acres. \$24,900.  
For further information on the above call,

GAYE or LLOYD WORK 334-2220

### 33 LARGE WATERFRONT LOT

A rare find at a great price. This excellent treed lot has a spectacular view of Georgia Strait and it is situated amongst choice homes. The road and waterfront width is 100 ft., the depth over 525 ft. An investment at \$41,000.

AL ROBB 339-3307

### 34 LOTS & ACREAGES ON DENMAN & VANCOUVER ISLANDS

- Three 1/2 acre semi-waterfront lots on the East side of Denman Island, \$13,000 - \$14,000.  
- Nine 1.2 to 2.6 acre lots in Kye Bay area. Priced from \$14,500 - \$17,000.  
- 5 acre parcel on Denman Island near park and beach. \$29,000.  
- 79 acres at Trails End. Macaulay Road acreage with trees and farm potential. \$85,000.  
For further information on the above call,

SMOKEY WAGNER 339-4239

## COMMERCIAL PROPERTY

### 35 WATERFRONT RESORT

Big waterfront home with almost one acre of commercial property. Walk-on sandy beach with 7 rental units. Saratoga Beach area; halfway between Campbell River. Please call for more information and appointment.

ROD MALTBY 338-5029

## HERONDALE PRICED AS LOW AS \$6,500.00 PER LOT

1	PRICE	APPROX. SIZE
2	\$6,500.	.25 acres
4	\$7,900.	.24 acres
5	\$7,900.	.27 acres
6	\$7,900.	.25 acres
7	\$6,500.	.26 acres
8	\$6,500.	.30 acres
11	SOLD	\$6,500.
12	\$8,500.	.33 acres
14	\$8,500.	.41 acres
15	\$8,500.	.29 acres
16	\$8,900.	.25 acres
17	\$8,900.	.24 acres
18	\$7,900.	.19 acres
19	\$8,500.	.23 acres
21	\$8,500.	.22 acres
22	\$9,500.	.32 acres
23	\$12,500.	.75 acres
24	SOLD	\$12,500.
31	SOLD	\$8,900.
33	\$8,900.	.42 acres
34	\$7,900.	.39 acres
36	\$7,900.	.26 acres
37	\$7,900.	.25 acres
38	\$8,500.	.26 acres
39	\$7,900.	.28 acres
42	\$7,900.	.27 acres

These lots are serviced with a piped water system, hydro, cablevision and paved roads. Hookup charge extra.  
Terms: Only 10% down, 11% interest 2 year term, 20 year amortization. A/S to vendor.  
NOTE: 5% discount for cash.



## 13 NEW COMOX LISTING

Immaculate spacious home with character in a quiet area. Top quality inside and out, every detail is appealing. Some of the features are 2 fireplaces, thermo windows, double driveway and garage, California Redwood siding and sundeck. Be an investor. Call,

AL ROBB 339-3307



## 14 TRULY DELIGHTFUL

Immaculate 1590 sq. ft. home in an excellent Courtenay location. Some of the features are, cedar rec. room, 4 bdrms., garage, dishwasher, garburetor and lots of storage areas. Part covered patio outside dining room. A great buy at \$54,000. Call,

AL ROBB 339-3307



## 15 14.5 ACRES - \$49,500.

Seaview, old two bedroom home that needs some work. Waterloo Creek flows through the property. Large pond once used as trout pond. Close to highway.

ROD MALTBY 338-5029



## 16 WATERFRONT HOME

Unfinished waterfront home on 1.3 acres, Denman Island. Access to pebble beach via private road. South west view of mountains and the water. \$45,000. AS IS. Call for an appointment.

ROD MALTBY 338-5029

## 19 JUST COMPLETED - 3 BEDROOM, COMOX

Situated high on Condor Drive, Comox, this luxury home is just waiting for a family that appreciates craftsmanship and location. Spacious best describes room sizes and the basement in this home. The paved driveway and front lawn are little extras that make this an outstanding home at \$69,700.

CLAY GRANT 339-3945



## 20 CHARISMA

That certain something that everyone wants can be found with this attractive cedar split level. Luxuriously carpeted throughout. It offers 3 bdrms., dining room, 2 fireplaces, 3 bathrooms and a sunken living room, inviting step-down family room off the kitchen has an airtight stove and is featured with cedar. A magnificent home on a secluded 1 acre site near the sea at a bestseller price of just \$83,500.

BILL MORRISON 339-4063



## 21 THERE'S QUIET CHARM

In this big cedar home on 3/4 of an acre near Comox. 1380 sq. ft., 3 bdrms., 2 bay windows, 2 way fireplace and a full basement. A value investment at just \$56,900.

BILL MORRISON 339-4063



## 22 LEVEL DEVIL

Skylights and cedar accent this "no stairs" home on prestigious Sable Place in Comox. Three bedrooms, 3 patios, 2 baths, and a large enclosed garage. The home with a difference at just \$59,900.

BILL MORRISON 339-4063



MAX WEEGAR

AL ROBB

WAYNE GRAFTON



JOHN FORIN

LLOYD WORK

ERNIE ANDERSON



JIM GORDON

ROD MALTBY

CLAY GRANT

DOUG COOK



HARRY SQUIRE

STU LIVING

VIC RUSHTON

ED FOURNIER



RAY PAGE

GAYE WORK

MICHAEL EMERSON