



# TOTEM TIMES



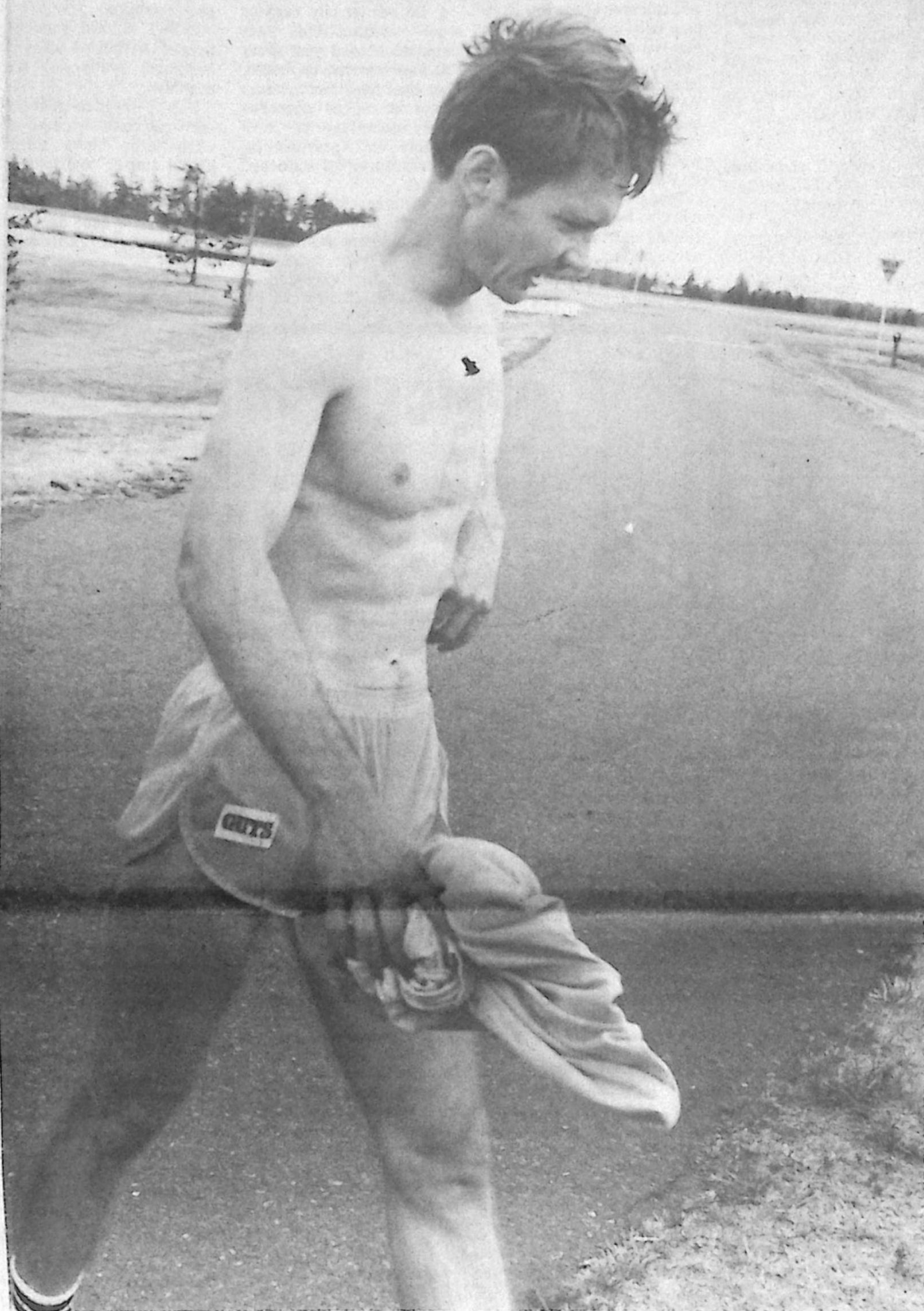
112 years -- Happy Birthday Canada

VOL 21 -- NO. 13.

CFB COMOX TOTEM TIMES

THURSDAY, JUNE 28, 1979

NO CHARGE



## Bruce Arnold tops in Road Race

CAPT. BRUCE ARNOLD streaked across the finish line 39 min. 20 sec. after Col. Burgess fired the starter's gun and became the first winner of the Totem Times Road Race Trophy. Bruce was one of 31 participants who made this race a great success.

Other winners included Gerry Roy, the first over 35 finisher, Gord Kruger, hidden time award, and Dave Waller, the never-say-die award. Our thanks to all those who ran and helped to organize this event.

## CFB praised by company and passengers of NW Orient 747

Because of the number of personnel involved in helping with the recent Boeing 747 emergency landing at CFB Comox, the following letter of appreciation from Northwest Airlines is being published for all personnel to see:

Dear Colonel Burgess:

On June 5, 1979, Flight N2K5, a Boeing 747 charter flight operated by Northwest Airlines for the U.S. Military Airlift Command, made a special stop at your base in Comox, British Columbia. Your staff and personnel responded to this emergency in a most exemplary fashion. Your staff responded to our landing and our presence immediately and affirmatively. They moved your aircraft to provide parking space for ours, including the second one which was ferried in to continue the flight later in the day. We understand that they also opened up the theater to provide a movie for

our passengers, provided three buses to provide transportation for some of the passengers into town, quarters were provided for women and children and meals provided for all of the passengers and crew members. Your fuel trucks were also used for transferring of fuel from one of our aircraft to the other.

We are aware of the special efforts, in addition, to yours, of Lt. Colonel Hallowell, Lt. Colonel Clements, Lt. Colonel Kilpatrick and Major Beaudet. Never in our memory have we received such outstanding co-operation and thorough service and handling at an airport not receiving regular service with an aircraft the size of a Boeing 747. I extend to you and all of your staff and personnel our very sincere appreciation for your extraordinary efforts in assisting our flight and its passengers.

Sincerely, M.J. Lapensky

Dear Colonel Burgess,

I recently had the opportunity to visit your Base under less than ideal circumstances. I was on board the Northwest Orient 747 that was forced to divert to Comox on June 5. Although it was a very unexpected sidetrip, I wish to tell you that it was a very pleasant one. The outstanding hospitality provided by your Base made the emergency divert a rather pleasant excursion. In nine years of service in the US Air Force, I have never witnessed greater efficiency on the part of a military unit, nor a more charming and gracious welcome than that exhibited by your people. Their eager and cheerful handling of our predicament upheld the highest traditions of friendship and service between the professional military services, regardless of nationality. The men and women of Comox well proved that Canada is, indeed, the

United States "Good Neighbor to the North".

Again, my thanks to you and the men and women of your command. I hope the chance arises for me to visit British Columbia again, under better circumstances.

Sincerely,  
Brian W. McLean  
Captain, USAF

Sir,  
I just wanted to take the time to express my gratitude to you and your command for the first class treatment our group was given during our unexpected visit to CFB Comox. I believe I speak for all my buddies when I say that your people are the GREATEST.

I'm looking forward to a return visit to Canada, hopefully under more convenient circumstances. Once again, thanks to you and everyone on CFB Comox for making the best of a somewhat awkward situation.

## Contingency plans ready for Skylab re-entry

OTTAWA -- Victor J. Walton, Director General, Emergency Planning Canada, said today there is a 95 per cent probability that Skylab will re-enter the earth's atmosphere between July 4 and July 28, with a 50-50 chance of it doing so on July 16.

Emergency Planning Canada (EPC) is co-ordinating the Canadian government's response should debris from the American space vehicle Skylab re-enter and land in Canada.

Mr. Walton said that although there is only a two per cent probability of any Skylab debris landing in Canada, the federal government has made arrangements to ensure swift and efficient response if it does. "As with any contingency plans," said Mr. Walton, "one should plan for the worst. That way you can be pleasantly surprised."

Mr. Walton said EPC has had a number of meetings with representatives of various federal departments, agencies and Crown corporations to discuss what arrangements should be in place if the federal government is called upon to render assistance.

Included in the contingency measures are the following:

Royal Canadian Mounted Police have notified all their divisions and are ensuring their capacity to respond quickly.

National Defence will receive re-entry and tracking information from NORAD and pass it immediately to EPC. (In fact, an EPC officer will be stationed in National Defence headquarters for several hours before the anticipated re-entry.) The

information will be passed immediately to EPC regional directors in all capital cities and, by them, to the provincial governments.

Furthermore, the Canadian Forces will be on standby in case their help is required, and search and rescue crews and helicopters will also provide backup support.

Revenue Canada (Customs and Excise) have alerted all border points and reminded them that if a NASA team wishes to enter with equipment they could have immediate access. Likewise, immigration officials have been asked to expedite entry into Canada.

Transport Canada is alerting air traffic controllers and the Canadian Airline Pilots Association of the estimated re-entry time, while the Canadian Coast Guard is doing likewise with its regional offices.

National Health and Welfare has portable hospitals and emergency medical supplies pre-

positioned across Canada -- part of their normal role.

In the unlikely event that a piece of Skylab causes damage or injury to a Canadian citizen, or to public or private property in Canada, the Department of External Affairs will handle all queries and claims.

EPC regional directors have formed a federal provincial Skylab response group in each provincial capital, comprising a representative of the provincial government; a military liaison officer; a senior RCMP officer (augmented in Quebec and Ontario by senior provincial police officers); a communications specialist from Communications Canada and an information officer.

EPC has arranged for helicopters to be on standby in each capital city so that the regional federal response group headed by the Emergency Planning Canada regional director could fly to an impact site if necessary.

A sophisticated cross-country system of communications involving direct

lines, simultaneous TELEX transmission to all 10 EPC regional offices, and portable radio-telephones for on-site communications, ensures the quickest possible federal response if any is needed.

EPC is in constant contact with participating departments to ensure they are kept informed of latest Skylab developments, and as re-entry time approaches, headquarters staff will form into two teams: operations and information. The six-person operations team, working in 12-hour shifts, will go on duty 36 hours before until 12 hours after re-entry. They will handle communications and co-ordinate response should it be necessary for the federal government to become involved.

Similarly, an information team will be on hand to answer media and public enquiries at least 12 hours before re-entry until 24 hours after, or until the need diminishes. These information lines are available: (613) 992-3322, 992-9988, 992-7330.

## Safe boating week

An increasing number of Canadians are taking to boating as a source of recreational pleasure. Increasing use of boats means more enjoyment for more people but it carries with it an increased responsibility. Greater care must be taken to observe boating safety rules.

In 1977, drownings totalled 977 in Canada. The 13-21 age group was the hardest hit with 253 deaths. These cold and

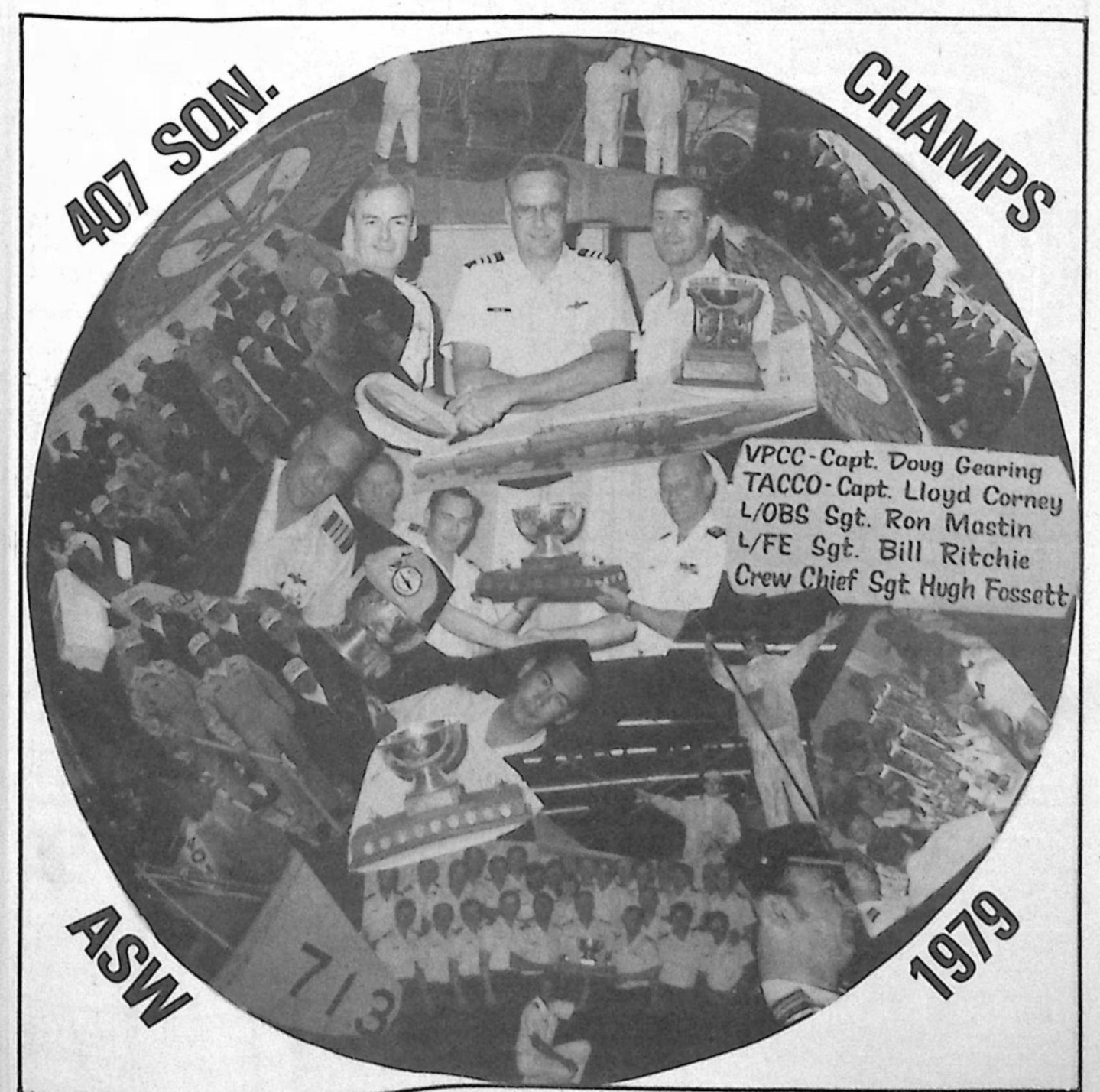
faceless statistics tell the story of men, women and children who were only looking for fun and recreation. Most of them would still be alive today if they had been more aware and respectful of safety.

For many years now, the Canada Safety Council in co-operation with Transport Canada and with the endorsement of several interested organizations, has

been sponsoring Safe Boating Week Canada wide. This year's campaign theme is: "Boating means floating! Stay afloat". It is our belief that safety through information and education is the answer to the tragedy of death, pain and property damage resulting from accidents. Inform yourself and stay afloat!

W.L. Higgitt  
Ottawa, Ont.

## Next deadline - Mon. 16 July





## Nighthawks Nest

Our old friends, the T-33s are getting uppity and trying to act like Voodoos. No, they are not attempting to go supersonic, nor will they pitch up.

They have been grounded twice in the last week for SI's, which is somewhat out of character, and probably due to bad influence from their larger hangar-mates.

The bar talk recently has changed from re-enactments of the skill and cunning used to get the X in the can, to re-enactments of the skill and cunning used to get the fish into the boat.

Most of the squadron has been quite successful, but both Ron Neeve and Jerry Knight had the tables turned on them when fish caught their rods and reels and carried them away.

Gerry Takach has a new perspective on the reliability of outboard motors since his home grown version of "Shipwrecked".

Swashbuckling Captain Mel

Felts must learn not to ram another boat amidstships when he wants to moor his vessel. Perhaps a broadside volley would be more appropriate. We're expecting a short article from him about "secure mounting of boat throttle quadrants" in the next issue.

The air show season is in full swing. On the 16th of June the Hawks performed at the Cold Lake 25th Jubilee Air Show. On the 24th John Wiggins and Jerry McCluer flew a solo show, with Ed Campbell and Larry Russell on static display at Moose Jaw.

Chuck Fast and Sids were at Portland, and Dave Taylor and Andy Dobson at Great Falls for static displays on the 23rd.

It is posting time and 409 has quite a few people leaving. Major Bob Pomerleau and Sheelah are on their way to Vancouver, where Bob will become a graduate student. Major Dave and DeeDee Koski along with Major Russ and Odette

Hellberg are off to Staff College in Toronto.

Still more Nighthawks pursuing higher education are Ron and Linda Coleman, and Bob and Nicole Drummond who are going to RMC in Kingston.

George and Darlene Kulka and John and Rhona Windish have secured for themselves a posting to Europe.

Dave and Jeanne Burt will soon start playing "musical homes" as Dave commences pilot training, and all the moving it involves. We hope to see you back in a couple of years.

Two of our members are remaining within ADG, so we will probably see more of them. George and Donna Wissler will be at 410 in Bagotville. Al Sutherland will be back to haunt us from the rear of a CF100 or Falcon, as he and Cheryl are going to 414 Squadron in North Bay.

Good luck to all of you and thanks for your contribution to 409 Squadron.

Summer is finally here and all the flowers are in bloom in the Gravel Pit. Much to the chagrin of Bob Walton, his early planting of the local wild flowers, namely, thistle, ragweed and dandelions were removed by the section horticulturist Heather Madeiros.

With all the grooming completed a section gathering was called to follow the annual car rally. The results? Bob Walton and his better half walked away with all the marbles followed closely by last year's winner, Curt Brown and his navigator wife. Our leader won for the fastest time as he picked the most picturesque spot: went there: guessed at all the skill testing questions, and returned for refreshments. He then gave a heart rendering farewell to Blake Muloin that had everyone in stitches. Some people got a little lumpy.

Early evening entertainment was provided by the B.O.P.S.O. with a few

songs from his repertoire. Following that a frisbie competition took place between LUMPY and one of the guests. Rumor has it that Fred Kempe is suing the BATCO for the replacement of his favorite glow in the dark frisbie. All in all it was one of the most successful section parties ever held and everyone is looking forward to the next one.

More exciting news this week was the 10.6 KM Totem Times invitational foot race. Rick Boswell organized and placed a comfortable third out of a field of 32. Coming in a respectable 27th was our ex Infantry Jumper and illustrious 'B' stand in RATCON BARRY HANSEN.

**QUESTION**  
What young 'B' stand from RATCON needs I.D. to buy a drink at the Lorne?

**CONTROLLER'S RETIREMENT FUND**

Another Provincial Lottery

## Firing away

### BOATING

The principal cause of motor boat fires is improper handling of engine and cooking fuel.

Listed below are six basic rules that if followed, could prevent a fire in your boat and maybe save your life.

1. Exercise utmost care during fueling operations, absolutely "No Smoking" in the vicinity. Keep fuel away from sources of ignition and wipe engine clean of spilled fuel BEFORE starting.

2. Use gasoline as a fuel NEVER as a cleaner.

3. Keep bilge clean of oil or gasoline.

4. Do not let oily rags or other combustibles accumulate aboard your boat.

5. Fuel carried on board, other than fixed fuel system, should be in an approved safety container or in a portable tank provided by manufacturer of outboard engines.

6. Promote the necessity for, and the value of, intelligent fire prevention by equipping your boat with approved fire extinguishers and inspect all fire and life

safety equipment at regular intervals.

### BARBECUES

The summer season is upon us. Time to get out the lawn chairs, get a cold box of suds, thaw the T-bones and set up the barbecue.

Before you set up your portable barbecue however, there are some pretty stringent rules that must be followed. Portable barbecue equipment is designed primarily for outdoor operation where safety from fire can be reasonably assured. Therefore, the following DON'T rules must be adhered to:

DON'T - use equipment in poor condition.

DON'T - have your barbecue within 5 feet of buildings, walls or combustibles.

DON'T - try to re-ignite your barbecue coals or chips, etc. when using liquid starter. Liquid starter shall only be applied before ignition of barbecue coals.

DON'T - use barbecue equipment in garages or shelters.

"THE LIFE YOU SAVE COULD BE YOUR OWN"

## Transportation corner

On the afternoon of 7 June 1979, three-quarters of the BTNO Section turned up at the Comox Legion to see many of our friends presented with farewell plaques and hear their remarks on their last year's working here amongst us.

Their comments were varied, but all agreed that this was quite a unique place to work.

Those retiring are: MAJOR RUSS ORSER is retiring after 30 years service. Since joining the Army as a private in 1949, he has served on 23 bases, from Newfoundland to Comox. Space does not permit me to list all of his accomplishments on our behalf during his tour at Comox, many of which will not become apparent until after his departure.

MASTER CORPORAL "CLUTCH" CLOUTHIER is retiring after 25 years, the last nine of which were spent here. "Clutch" started out in 1954 as an ACI at RCAF Station St. Margarets New Brunswick and after several postings arrived here. While here Clutch's experience and inventiveness along with his easy manner has resulted in numerous improvements to our MSE Section from which the base has benefited.

CORPORAL DUKE SNIDER's career has seen many changes since joining the RCAF in 1950. His 29 years has seen him posted in most provinces and Europe. Duke's experience and knowledge in all facets of our transportation trade made him a key individual from which most sections on this base benefit. His contributions to MSE sports, resulted in a special award being presented reflecting these achievements.

CORPORAL JACK MARSHALL arrived in Comox for his second tour last year from Ottawa. Jack's career started in 1955 at RCAF Station Beaver Bank N.S. After 25 years of travelling for the service from coast to coast, Jack is planning on retiring in Ottawa.

MR. FLOYD JARVIS is retiring after 25 years of devoted service here at Comox. Floyd started driving for the MSE Section in 1955. His first job was a freight run, 3-4 times a day, 6 days a week from the base to Courtenay and return. This was when most of the supplies for the base came by train.

During the years Floyd has done every run possible from driving school buses to ambulances, pickups for CE to

stake trucks for Supply. He has assisted in and trained many MSE personnel on all our varied equipment. For the last 13 years this cheerful individual has been dispensing aircraft fuel on the flight line.

Floyd has received the highest safe driving award an MSE operator can obtain, the MASTER DRIVER AWARD for driving DND vehicles for 21 years without an accident.

Those posted are:

MSE MWO Jim Beer to CFB Moose Jaw

Sgt. Tom Smith to CFB Edmonton

Cpl. Mel Waite to Europe

Cpl. Ron Saunders to Europe

Cpl. Dale Eadie to CFB Ottawa

O C Don Budd to CFB Portage MAINT.

Capt. (ex-MWO) Ted Myers to CFB Borden

Sgt. Neil Knowlton to CFS Holberg

Cpl. Joe Desroches to Europe

MARINE MCpl. Ernie Eatmon to HMCS MacKenzie

AMU Cpl. Guy Paquin to CFS Lowther

## Open mike

**EW**  
 Courtenay  
 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

Now Showing - Thurs. to Wed. - June 28, 29, 30, July 2, 3, 4.  
 Roy Scheider, Richard Dreyfuss  
 "Some frightening & gory scenes" - B.C. Director  
**"JAWS"**

Thurs. to Wed. - July 5 to 11 - One Show 7:30 p.m. incl. Fri. & Sat.  
 Winner of 5 Academy Awards including Best Picture.  
 Robert De Niro  
**"THE DEER HUNTER"**  
 "Scenes of gory & brutal violence" - B.C. Director

July 12, 13, 14 - The Bee Gees  
**"SGT. PEPPER'S LONELY HEARTS CLUB BAND"**

July 16, 17, 18  
**"THE TEXAS CHAINSAW MASSACRE"**

**Stardust**  
 Drive-In Theatre  
 Island Hwy. & Williams Beach Rd.  
 Phone 337-5033

Effective July 1, 1979 - General Admission \$3.25, All Niter \$3.50  
 Gates open 8:30, Show at dusk

NOW OPEN 7 DAYS A WEEK  
 June 28 to July 4 -  
 "MIDNIGHT EXPRESS" - PLUS -  
 "HARD CORE"  
 SPECIAL ALL-NITER, SUN. JULY 1  
 5 BIG HITS  
 July 5 to 11 - "BEYOND THE DOOR II" - PLUS - "THE EVIL"  
 July 12-18 - "HALLOWEEN" - PLUS -  
 "COUNT DRACULA & VAMPIRE BRIDE"

**MIRACLE DRIVE-IN**  
 Black Creek, B.C. 337-5097  
 ADM. 13 & OVER - \$3.00 BOX OFFICE: 8:15 SHOW: DUSK

Thursday, June 28 to Saturday, June 30  
**CARAVANS**  
 Anthony Quinn, Jennifer O'Neil, Michael Sarrazin  
 Mature

PLUS MATILDA  
 Elliot Gould and Robert Mitchum  
 In the comedy of the year

Sunday, July 1 - ALL-NITER!!  
**BLOOD ON THE STREETS and THE CHEATERS** Restricted -  
 PLUS - EXOTIC HOUSEWIVES and DRACULA VS. FRANKENSTEIN Restricted

Monday, July 2 to Wednesday, July 4  
**DEATH JOURNEY AND FINGERS** Mature

July 5 - 11  
**OLIVER'S STORY** Mature  
 PLUS THE WARRIORS  
 Restricted with Warning

July 12 - 18  
**GREASE** Mature  
 PLUS SATURDAY NIGHT FEVER  
 Restricted with Warning

**BASE THEATRE SCHEDULE**  
 JUNE 28 to JULY 8

Thurs., Fri., Sat., Sun. -  
 June 28, 29, 30, July 1  
**COMA**  
 Michael Douglas  
 Genevieve Bujold  
 Suspense Drama - A Medical Drama  
 Involving Human Body Parts  
 SHOWTIME: 2000 - 2150 hours

Thurs., Fri., Sat., Sun. -  
 July 5, 6, 7, 8  
**CONVOY**  
 Kris Kristofferson  
 Ali McGraw  
 Based on Popular Song.  
 Mature: Some Violence and Sex  
 SHOWTIME: 2000 - 2150 hours

SUPPORT YOUR BASE THEATRE  
 AUTHORIZED PERSONS ONLY

**OFFICER'S MESS ENTERTAINMENT**  
 For July, 1979

July 6 - Regular TGIF.  
 July 7 - Quadra Mess Dinner.  
 July 13 - Regular TGIF.  
 July 14 - Kiwi Club Barbeque.  
 July 20 - Regular TGIF.  
 July 27 - WESTERN NIGHT. Reservations by 1200 hrs. on 26 July. \$8.00 per couple. \$10.00 per guest. Western or casual dress. Music by Country Express.

**WO'S & SGT'S MESS**

There is no scheduled entertainment other than regular TGIFs for the month of July.

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

**Jr. Ranks Club**

July 3 - Movie - "See You In Hell, Darling"  
 July 10 - "Sex And The Single Girl"  
 July 17 - "Magnum Force" - Clint Eastwood.  
 July 24 - A Piece of the Action.  
 July 31 - "Secrets of the Bermuda Triangle"  
 July 7 - Special Children's Day with Mandrake The Magician. Starts at 1 p.m. Evening, 2 adult shows. Band after shows - Stillwater.

**CFB COMOX RESTAURANT GUIDE**

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

**BROWNIES**  
 fried chicken

**Mr. Mike's**  
 Open Mon. - Thurs. 11 a.m. - 8 p.m.  
 Fri., Sat. 11 a.m. - 9 p.m.  
 Sun. Noon - 8 p.m.

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

**abc Family Restaurant**  
 Full Service Menu • Open All Year Round  
 AT THE DRIFTWOOD MALL  
 8 A.M. - 8 P.M.  
 7 DAYS A WEEK.

**"EVERYBODY'S FAVOURITE"**  
 OPEN 7 a.m. till 8 p.m. - 7 Days a Week  
 BREAKFAST - LUNCH - DINNER  
 1747 COMOX AVE., COMOX • 339-3911

**Smitty's PANCAKE HOUSE RESTAURANT**  
 FULL DINING FACILITIES

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

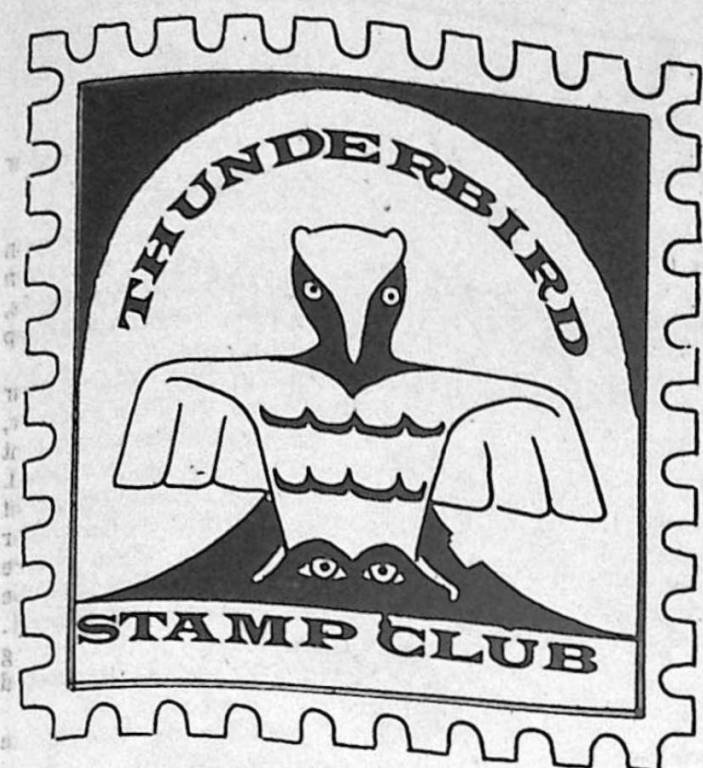
**THE RAFTERS**  
 PIZZAS OUR SPECIALTY  
 OPEN Mon. - Thurs. 4 p.m. - 3 a.m. • Fri., Sat. 4 p.m. - 4 a.m. Sun. 4 - 12 Midnight

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

**Smitty's PANCAKE HOUSE RESTAURANT**  
 FULL DINING FACILITIES

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





## Demon Doin's

For the second time in the past three years, VP 407 won the National ASW competition held in Greenwood last week. This time we have to be thankful to Crew 2 for bringing back the trophy of this annual event.

Their prize? A trip back to Greenwood to meet the crews from U.K., New Zealand and Australia... plus a champagne reception when they landed here last Saturday night. Congratulations to you guys, aircrew and groundcrew, from the fans!

Have you ever wondered how much is an Argus pilot worth in the North? Crew 5 discovered the truth on their last Norpat during a party at NRHQ where the Mess members were conducting an auction to pay for the wine.

Having nothing of great value to donate, Crew 5 offered the services of their young and single pilot for twelve hours. The bidding was

fairly slow and all the auctioneer could raise was \$2.25! It should be noted that a toilet training seat went for \$4.75 while a couple of plants (which looked suspiciously like northern weeds) sold for \$3.00 each. A special thanks goes out to the groundcrew for the reception given to the aircrew after their long patrol.

Meanwhile back home, Crew 6 is the happy crew having logged seventy-five hours of flying time so far this month, and they have one more patrol to go. Crew 1 had a garage-door-hanging party the other day. I've been told, by not always a reliable source, that they had some trouble moving the garage while holding the door was an easy two-man job!

Crew 3 is preparing the Airforce Day program and Crew 4 has been practising their fishing in view of the coming VP 407 Fishing Derby.

If you see Capt. Gary Hein, our new PAdO, going around repeating "Yes Sir! Yes Sir!" don't worry, he is only practising his recent challenge and response lesson given by Major Bill Mazey.

To conclude this week, I propose a deal to 442 pilots (I hope they read our news!) - you stop making jokes about the Argus serviceability rate and we won't mention "SAR Burgess"! For details, see Capt. Terry Spencer.

## Manitoba Univ. visit

Mr. Piercy, University of Manitoba program coordinator, will be visiting CFB Comox on the morning of Friday, July 6, 1979.

The University has an ongoing program for Service personnel and dependents who wish to take extension and correspondence courses in a variety of subjects. The program recognizes military training and experience and offers credits to qualified students.

Many serving personnel and dependents have participated successfully in this program and many more are presently enrolled.

Service personnel and dependents wishing to discuss courses with Mr. Piercy are asked to contact the BITO at local 348 or 469.

Three members of The Thunderbird Stamp Club decided to take a trip to New Westminster for the day to see the stamp show PipeX-79. The members were Frank Davis, Roy Blevins and Tony Lucas. This was the 39th annual philatelic exhibition of the Northwest Federation of Stamp Clubs PIPEX '79. It was held at the Royal Towers Hotel in New Westminster, B.C. PIPEX was a three day show, from June 9-11. We decided to go on June 10 and had an excellent day for travelling and at the stamp show.

One half of a very large room was full of stamp displays that people had mounted on three foot by

three foot frames. These displays were set up in different categories and judged by the officials. One category that was very interesting was the errors on recent Canadian Stamps. All of the displays were of excellent quality.

The other half of the room was set up with numerous rows of tables where many dealers and stamp salesmen displayed their wares. It was very exciting to see quality stamps under glass table tops that had been authenticated by the expertizing committee. All the stamp dealers there were quite willing to help with our wants or our problems and we all decided it was well worth the trip.

## The outside world

### YOUR PERSONAL RESUME

The career resume is the accepted document used by government and industry in screening candidates for job openings. You can think of it as a calling card providing an outline of your training and experience.

Service personnel will find that once preparations are started for moving into the outside world a career resume is essential.

One job advertisement placed in a city newspaper will average 400 replies of which probably only ten are selected for interview. The aim is to end up on the right pile and to do this, a mental picture must be created that makes you stand out from all other applicants.

When you say a woman is beautiful everyone gets a vague mental picture. However, if you say she is blonde, five feet six inches tall, measures thirty-six, twenty-two, thirty-three, the picture is much better.

What does the employer want to find in a career resume? The emphasis should be on what you can do for him. Talk the civilian's own language and avoid military jargon. Keep it terse using active words and avoiding vague generalizations. Use concrete examples with emphasis on efficiency and competence. State a clear employment objective.

A common mistake is to spread oneself so thin describing qualifications for several jobs that the resume loses bite and impact.

Remember that the resume does not get jobs but it helps to get interviews, therefore, you can be selective in what you say. Think of tailoring your resume to the job being offered or the company being approached.

### MAINTAINING MOMENTUM

Thinking of rehabilitation leave as a grand excuse for a holiday? The swing through the United States visiting relatives can be very tempting when one is drawing full pay without responsibilities. You could be wrong to think this way. Let me explain.

During the final months of your service, while completing the preparations and planning for retirement, a momentum is built up which we call a job campaign. There are letters to write, contacts to be made, interviews with employers and a hundred other details to be completed. You are organized and in high gear, mentally ready for the challenge of finding the right job in the outside world.

Break the momentum with a holiday and what happens. The pattern of your planning is now lost, since you have to re-establish all of your former contacts. Remember you have been away from your friends for several months and are starting from scratch without the firm base of your present employment.

The use of a telephone can be a problem when working out of your home, especially when your wife wants to run the vacuum cleaner. Finally, the greatest danger is that panic will set in when no job seems in sight, your leads have turned sour and rehabilitation leave is running out. Faced with a fifty per cent drop in income some take the first job that is offered.

The answer. Don't waste a single month of your rehabilitation leave. Keep up the momentum of your job campaign. Rehabilitation leave is like an insurance policy and who knows, the holiday the year after may be better than you think.

## Classifieds

### Mobile Homes

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

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

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

### Real Estate

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

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

### Personal

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

**NANU — NANU**



## Demon ASW champs

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



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

After Hours 334-4967  
SERVING THE COMOX VALLEY  
ANYWHERE - ANYTIME - ANY SIZE  
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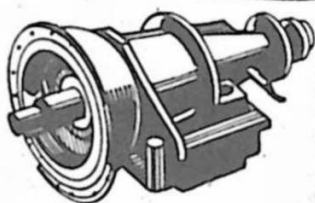
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## Editorials

## Positive thinking - pass it on

"It is a simple psychological fact that the average person probably acts like the kind of person he *thinks* he is, no matter what position or job he holds. It is impossible for him to act otherwise."

"A person's personality consists of many ideas which are more or less consistent with each other. Any single idea which doesn't agree with this consistent group will be rejected."

"If this self-concept is essentially negative, every decision made must necessarily filter through motivational blocks and memories of past failures. Such a person is burdened with doubt; convinced not to expect too much and not capable of much -- so he or she never reaches for anything higher."

When a self-motivated supervisor helps an employee burdened with low self-esteem to set high goals for himself in every area of his life, and when the employee converts all of these goals into short affirmations that he repeats, in the present tense, over and over to himself every day of his life, he is going to change the way he thinks.

His former low opinion of himself will be replaced by confidence and self assurance. These positive affirmations soon become internalized -- they become his own characteristic way of responding to life and interpreting experience.

If an employee is fortunate enough to be associated with a motivated supervisor, it is

inevitable that he will learn to think the wholesome, positive thoughts of strong, healthy men and begin to grow in their image.

He will begin to look to his strength. Instead of considering his problems, he will begin to look to his power. He will develop an attitude of positive expectancy; he will enter each day without giving mental recognition to the possibility of defeat.

His low self-concept will become a thing of the past -- not immediately, but inevitably.

Negative thinking can be reduced, and more often than not, completely eliminated by stressing the following points of self-discipline:

Minimize past failures.

Reinterpret failures maturely.

Accent past successes.

Bolster your own ego by believing in yourself.

Set reasonable goals that are attainable.

Share responsibility.

Be ready to help, because every time you help someone else, you help yourself.

Looking backward to re-experience failure is a quirk of human nature that inevitably interferes with an employee's maximum use of his potential. He must learn to motivate himself in the present tense.

A good rule for a consistently progressive life is:

"Don't ever look back ... unless you plan to go that way."

Courtesy NSC "Safety Supervisor"

Safety Sam

## Canada - it's you and me

What will July 1st, mean to you? The reason for a long weekend, time to improve the suntan, or a chance to tackle the jungle of weeds in the potato patch?

We should not lose sight of the fact that it is THE day to celebrate Canada's birthday and that this year, Canada will have reached the venerable age of 112. Canada owes her long and peaceful, yes peaceful life to many people:

- To the Fathers of Confederation who, with extraordinary wisdom, foresight, faith and optimism, laid the groundwork and rules for Canada's growth.

- To those who created our heritage, the Eskimos and Indians whose cultures have enriched our lives.

- To the pioneers who came and opened up this vast land.

- To those statesmen who dreamed about, and then set in motion, the democracy we now enjoy.

- And to all those nameless and forgotten Canadians who have built our first one hundred and twelve years.

A birthday is a time for looking back, for examining the present and assessing the future. We have much to be thankful for in our present and the Canada Week Celebrations will be demonstrations of that thankfulness. The theme chosen for the national celebration is "CANADA - IT'S YOU AND ME" or "CANADA - C'aest toi et moi". Major events and hundreds, even thousands, of minor ones will be held across Canada in every town, city and municipality. The format, style, program and participation will vary from one community to the next. The kind

of participation will depend on all of us. Remember? It's CANADA, it's YOU and ME.

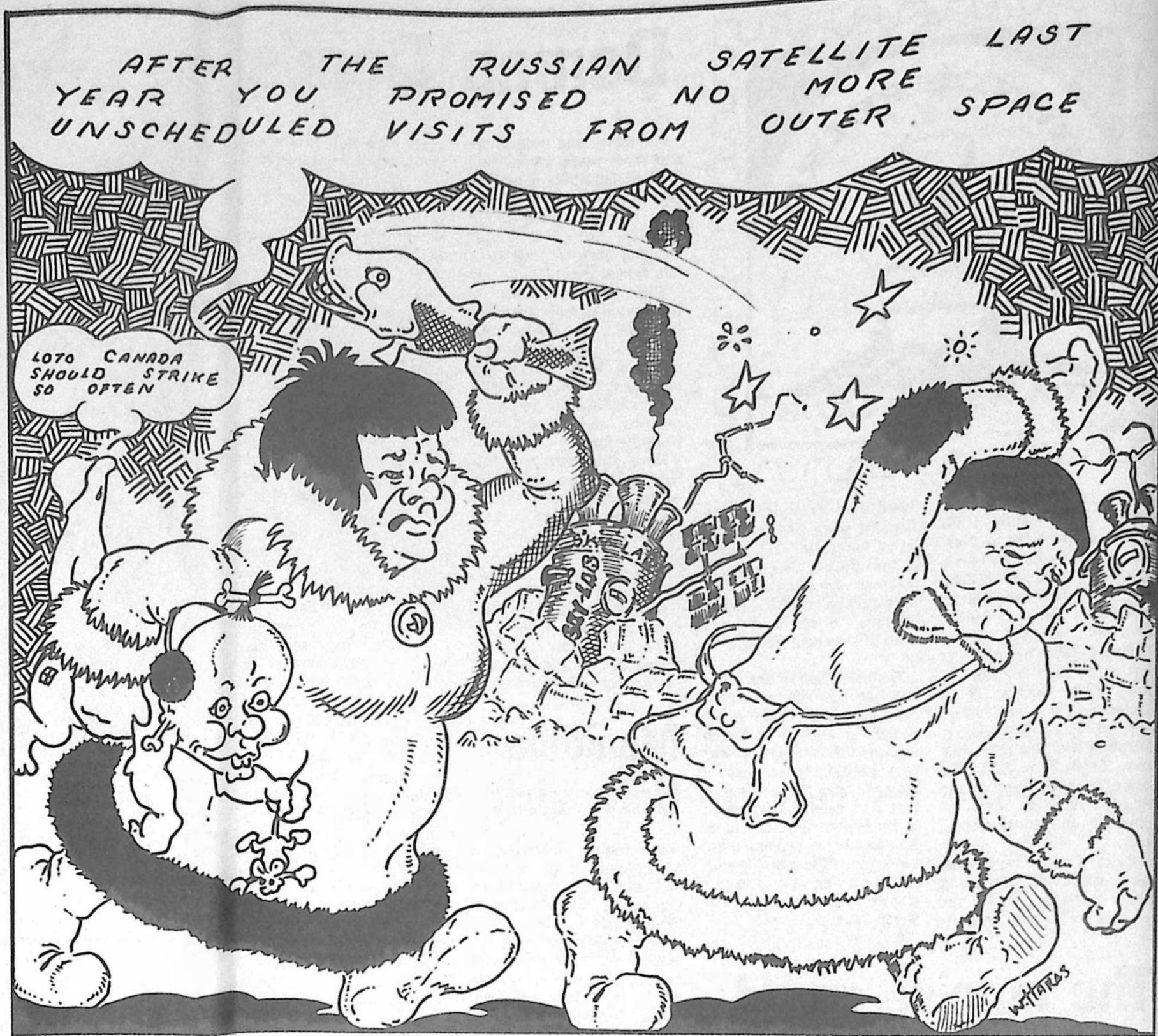
In this province, there will be at least 80 different celebrations during Canada Week. Some will be very local and some will relate to our twin province. For this week, British Columbia has been twinned with Newfoundland and any celebration linking these two can truly be called coast-to-coast across Canada. The Mayors of Victoria and St. John will embark on the Great Canadian Salmon Taste Test. That I am already convinced British Columbia will be the winner will probably be put down to a Westerner's bias -- but, don't forget, you heard it here first!

If anyone would like help and ideas for developing a program for Canada Week, it is available from a provincial group who can be contacted in Vancouver at 873-6575.

Our celebrations can be of thankfulness but we must be aware that in giving thanks for the strengths of Canada, there are problems in our country and the threat of separation by Quebec is, at present, one of the most serious. We, The Vancouver Board of Trade, share with millions of other Canadians the belief that, with common purpose, with understanding and goodwill, together we can maintain the unity of our country.

As Canadians, we must make personal commitments to a united Canada. We hope that Canada Week will become a visible demonstration of that belief. Won't YOU plan to be part of that celebration and of that purpose?

Courtesy Vancouver Board of Trade



## Do's and don'ts for sun worshippers

## Avoiding sunburn and other hot weather ails

BY CHRISTINA SCLANDERS

Remember when bathing costumes covered one from neck to knee and included hats and shoes, and even in the heat of summer ladies wore hats and gloves and carried parasols? Maybe that wasn't as ridiculous as it seems today.

Did you know that even if you stay in the water all day you can still get sunburned and that excessive, repeated exposure to the sun can age the skin prematurely causing roughening, thickening and wrinkling and may even cause skin cancer?

If you want to acquire a healthy tan without getting sunburned or suffering heat related illness, here are some tips to follow.

## Sunburn

Since prevention is better than cure do get your tan gradually. Spend no more than 15 minutes in the sun the first day, increasing exposure five to 10 minutes daily thereafter.

The sun's ultraviolet rays are strongest between 10 a.m. and 2 p.m. so avoid prolonged exposure during those hours. Remember too that you can get sunburned on a cloudy day. Ultraviolet rays can penetrate cloud cover, haze or fog. They can also penetrate water. Reflected light from sand (and in winter from snow) can also burn.

Minor sunburn is red and painful. Immersion in cold water can ease the pain and even prevent blistering.

Compresses soaked in cold water can be applied if immersion is not convenient. An

application of Histocaine ointment will accomplish the same thing. If extensive blistering occurs do not break the blisters. Cover the area and get medical aid.

Once you've acquired a tan and avoided a sunburn, protect your skin from too much additional exposure, particularly during the midday hours.

There are two other dangers related to over-exposure to the sun or intense heat and both of them require medical attention.

## Heat Exhaustion

Symptoms for this are weakness, dizziness, stupor and headache. The skin is pale and moist and the casualty perspires profusely. He or she should rest in a cool place with feet elevated.

## Heat Stroke

This is an extremely serious condition and the patient should receive medical aid as soon as possible. It differs from heat exhaustion in that the skin is hot, flushed and dry instead of pale and moist.

Temporary measures are putting the patient in a cool place, sprinkling with water and fanning and application of cool compresses or ice packs to reduce the high temperature.

The elderly and the obese are particularly vulnerable to heat exhaustion and heat stroke. They should wear loose fitting clothing, avoid excessive exercise, avoid alcoholic indulgence and maintain good nutrition during extremely hot summer weather.

## An editorial

## Red tape - revisited

In some of those rare moments when I can afford to contemplate the blacker side of life, I think about government rules and regulations. The whole messy scene seemed to be at its blackest when I first heard rumors of a new Ministry: a Ministry of Deregulation. Hmph! I thought, more bureaucrats to set up more machinery and produce even more regulations. I would visualize reams of new paperwork to be read, and procedures and forms to be interpreted and obeyed by both business and private citizens.

It's gratifying to report that my worst fears were not realized. The Ministry is a very real attempt by the Provincial Government to cut the tangle of red tape which threatens to strangle industry and which can turn the life of any citizen into a veritable maze from which there may be no escape.

But is deregulation possible? Can all regulations be cast aside? Cancelled forthwith? Unfortunately not. Our society is too closely knit, we are too interdependent for each citizen, private or corporate, to go on his own merry way unimpeded by rules and regulations, the basis and origin of which were the general protection of all of us.

Most of us agree that some regulations are necessary for our own protection; health and safety come immediately to mind. We are more likely to disagree on the need for all the regulations controlling industry and complicating our business lives. The private sector is virtually unanimous in its conviction that it is being regulated to death by over-zealous interfering governments. It's hard to single out those most oppressed but the natural resource industries and the fields of construction, energy and transportation must be way up -- or is it down? -- there.

The crucial questions must be now to make the necessary regulations work

efficiently, how to identify and weed out the unnecessary and outdated ones and what options exist to replace government intervention in the private sector.

We cannot settle these questions, we think they will take long and tedious hours of examination and deliberation. However, there is an avenue for each and every one of us, whoever we are and whatever we do, to make recommendations and suggestions to a Ministry pledged to action -- and action NOW. The life of the Ministry of Deregulation is temporary. The mandate given was for two years. That its creation was not an idle gesture is proven when you consider that its civil service leader is a very senior and competent government employee.

But what do we hear from Victoria? That the business sector, which has been so vocal in its complaints about the bureaucracy, has been virtually silent when asked to identify specific areas of unnecessary red tape. It has not bothered -- I think that is the right word -- not bothered to summarize the offending regulations, detailing their cost and consequences and any possible remedy or substitution.

If it's anonymity you want, I think that can be achieved even though it seems unnecessary for valid recommendations. (If it is important, it can be another benefit of membership in The Vancouver Board of Trade.) We would like to know of examples which we can forward to the Ministry -- and we'll research them if necessary.

We think there are plenty of cases which should be brought to the Minister's attention. It just seems a pity that, when invited to make recommendations, we are all strangely quiet. We will never have a better opportunity to have our cases heard. Why are we so silent?

Courtesy Vancouver Board of Trade.

## CNA TOTEM TIMES

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# Promotions and awards

Thursday, June 28, 1979

CFB Comox Totem Times 5



**MGEN KJ THORNEYCROFT**, Deputy Commander of Air Command recently presented the Chief of the Defence Staff (CDS) Commendation to two members of 409 Sqn., MWO J.L. Foulm and Cpl. L.E. Phillips. The citation commends the two



for the part they played in the rescue of a pilot from an overturned CF101 Voodoo aircraft on 14 Jan. 1978. MGen. Thorneycroft made the presentation on behalf of the CDS during a recent visit to Comox.



**NEW CAPTAIN.** You don't have to call me Sgt.-Major, you can call me Sir - or you can call me Captain -- or you can call me ... MWO Ted MEYERS receives his commission and promotion to Capt. the same day. LCol. Clements tries out the new rank badge.



**MWO Bud Cameron**

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**ONE STEP UP.** LCol. McCaffer admires new rank of three Weapon Load Section members, MCpl. Laviolette, WO Rippen and Sgt. Balfe.



**HAWKS ADVANCE.** Sgt. Perry, MCpl. Byrne, MCpl. Naso, and MCpl. Kretschman show off new rank insignia for LCol. McCaffer.



**Capt Haughn**

**LCOL P.A. HAMILTON**, CO 407, presents a silver tray to Capt. P.T. Haughn. Capt. Haughn served with the RCAF and Canadian Forces 27 June '52 to 8 Dec. '79.



**Maj Pomerleau**

**MAJOR J.J.R. POMERLEAU** receives carved wings as a retirement gift from CO 409, LCol McCaffer. Between 1 Oct. '52 and 24 Oct. '79 Major Pomerleau served the RCAF and Canadian Forces.



**Maj Doyle**

**THE BASE COMMANDER**, Colonel Burgess, presents a silver tray to retiring mess member Major B.K. Doyle. Major Doyle served the RCAF and Canadian Forces from 23 Oct. '53 until 17 July '79.



## 1000 hour Hawk

**409 SQUADRON NAVIGATOR**, Captain Mel Felts recently completed his 1000 hour ride in a CF101 Voodoo. His pilot on the historic mission, Capt. Dave Lineker offers congratulations.

More  
on  
page  
9

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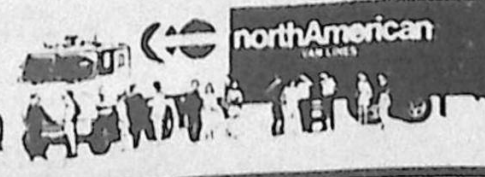
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# Totem sports

## Up Earls alley

Well the First Annual Totem Times road race is history. The Race was well "run" and Mr. Fleetfoot, Capt. Arnold wizzed around the just under seven mile course in a time of 39 minutes and 20 seconds. The wind was a factor and times would have been better.

Capt. Gord Kruger won the hidden time award and the other winners were, second place with a time of 42:16 and Lt. Waller won the never say die award.

Sports Editor Rick Boswell and the "Old Fishwrapper" Editor, Capt. Brian Puttock are certainly to be commended for doing a great job in promoting this event.

The Totems fastball team are rolling along in first place and Kip "The Whip" has the team really playing great ball. The team will be in great shape when the Regionals roll around in August. The Nationals will be held this year in Montreal in September.

Well it looks as if the Leafs might end up with Buffalos old duo of Punch Imlach and Marcel Pronovost. Rumor has it that Punch will take over the Management and he in turn will hire Marcel Pronovost to coach.

Marcel spent twenty years as a player and has coached in the Central League with Tulsa (player coach) and coached the Hull Festivals, Jr. "A" before going to Buffalo where he coached for a couple of years. He is very knowledgeable and has a tremendous amount of experience. He has played for and coached for Punch so he knows what is expected.

Well I have developed a new method of weight training. Repetition is the key to the success of the situation. The weights "I" use are anywhere from three to eight pounds and the method of training is extremely rewarding.

Equipment required is: 1 Rod, a Reel some line - 30 lb. test, a deep line, about 50 feet... and a special kind of "HOOOOOOCHEEY".

Very little skill is involved but, some luck is required. This is a terrific conditioner for the Arm and Shoulder muscle group. Of course a boat is a must and it does not have to be a large one... Yep you guessed it... it's called Salmon fishing... Eat your heart out Dick Bevan wherever you are.

Heck I thought there had to be some skill to catching those things but, all you have to do is throw in your line and "WHAM" you got it... Well now that I have mastered that I guess I'll look for an activity with a little more challenge like perhaps cooking... etc. etc... Now Ev if there is something you are not quite sure of don't hesitate to ask.

On a more serious note... the summer activities are about to commence and the swimming pool is in full operation.

Capt. Al Ettinger has left for CFB Trenton and the NEW Base PERO Capt. Al Kimmick is due in next week from CFB Calgary.

We are going to miss Al E. as he certainly was a man for all seasons. He never once failed to acknowledge a sport or activity even though it might not have been his "piece of cake". He participated in Soccer, Basketball and Broomball and gave full support to all other activities.

"Thank you" from all and have a great time in your new posting.



A little vanilla poured on a piece of cotton and placed in the refrigerator will help eliminate odors.



## They're off and running

### TT Road Race

Despite 10-15 knot winds and a threat of rain 31 athletes participated in the 1st Annual Totem Times Road Race held on base last Friday afternoon.

The 29 men and 2 females taking part in the 10.6 kilometre trek were congratulated for their participation by Base Commander, Col. Burgess, and started on their journey with a traditional bang.

Only thirty-nine minutes and twenty seconds later Bruce Arnold crossed the finish line to become the first recipient of the Totem Times Road Race trophy, and the proud owner of a pair of Nike Waffle Trainers donated by MOUNTAIN MEADOWS SPORTS.

Bruce who is an avid runner, won the race easily and was never really challenged. Congratulations Bruce, you ran a fine race, and I know a lot of runners envy the ease in which you covered the distance.

Second man across the wire was Ken Wheller, with a time of 41:05. It was a personal best for Ken and a fine run. He came up with some extra energy at the end to pull away

from Rick Boswell who finished three seconds behind.

The two runners were side by side throughout the race, each trying to put some distance between the other at various times. This was the reason, no doubt, that both improved their times for the course by two to three minutes.

Gerry Ray finished fourth overall and was the first athlete over 35 to cross the line. He accomplished this in a time of 42:16 and won himself his choice of either a track suit or a pair of runners from HAPPY'S SPORTS.

There were two hidden time prizes, donated by CANEX. Gord Kruger won a thirty dollar gift certificate for finishing in a time of 53:00. Congrats Gord, spend your money wisely.

Dave Waller captured the twenty dollar gift certificate by "never saying die" and running the 10.6 kilos in a time of 59:51. Special mention should also be made about the fact that he ran the perimeter road wearing Combat boots. Dave, you've got a lot of soul!!

Congratulations and a

## Entrants and times

NAME	TIME	NAME	TIME
Arnald	39:20	Smith	48:52
Wheeler	41:05	Oke	48:52
Boswell	41:08	Wilk	48:52
Ray	42:16	Steckler	49:46
McCaffery	42:38	Leslie	49:53
Simpson	44:02	Stoeckle	50:00
Clarke	44:14	Willis	50:02
LeRoss	44:20	Lightfoot	42:24
O'Berski	45:00	Day	52:30
Small	45:32	Silverski	52:40
Haines	45:39	Hansen	52:50
Scholer	45:40	Mackean	52:54
Zanussi	46:24	Kruger	53:00
Bardsley	47:23	Waller	59:51
McCulloch	347:30		
Hayward	48:34		
Maddex	48:52		

## Tee Pee Park

Just a reminder to all you avid campers and picnickers... The Tee Pee Park Campsite is situated on the Georgian Strait here on CFB Comox. The Recreation and Camping, plus picnic facilities available are: Camp and Trailer sites; a Beach Picnic Pavilion; Boat Launch area and a beautiful sandy beach.

The campsites are well maintained by a full time supervisor and you have only to wait a couple of minutes to launch a boat. The Beach House Pavilion is available

upon request from the Rec Centre at local 315.

For the Campsite reservations contact Mrs. Gillis or Mr. Gillis at local 483. The prices for campsite rentals are as follows:

CFB Comox Service Personnel - \$1.50 per night  
Visiting Personnel - \$2.25 per night  
Tenting (lower campground) - .75 per night

And... by the way there is no charge to use the boat launch and beach... YET.

## Stretching

While the primary function of a muscle is to contract, that is, to shorten itself, it is important that muscles be adequately "stretched". Otherwise, muscles will shorten, movement of joints will be impaired, and stiffness will result.

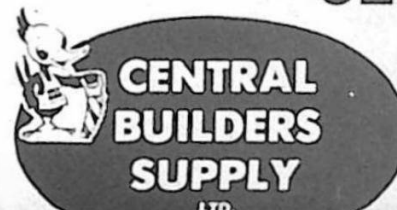
But stretching, to be effective, must be done properly. Science has shown that muscles must be stretched slowly. Rapid stretching as is often done in calisthenics exercises, actually does more harm than good. That's because muscles have a built-in protective "stretch-reflex" which is designed to keep a muscle from being injured due to overstretching.

Here's how it works: When you stretch vigorously, such as in bending forward to touch your toes, the muscles in the hamstrings automatically tighten to restrict movement, somewhat like automobile seat belts during sudden braking. Just as your seat belts release when pulled gently, so your muscles will "release" if stretching is done slowly and gently.

(from Aviation Medical Bulletin, April 1979)

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COMOX - Beautiful Sable Place, 3 bedrooms upstairs, 2 fireplaces, 2 bathrooms, finished family room with wet bar, priced at \$62,500. Do not miss this opportunity.

Better than new doublewide at \$12,000 below replacement cost, on permanent lot.

Highland Road Comox, 3 bedroom bungalow with fireplace and finished family room, \$49,900.

Courtenay, 2 bedrooms upstairs, 1 1/2 bathrooms & basement home, 2 yrs. old, only \$44,500.



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# Bad news babes

Well the team was in action again on a cold and rainy Tuesday night, and put in some fine efforts to win another game.

The Bad News Babes played at the base diamond on June 12th against the Leakey Loggings' girls' team. The Leakey Logging are the top team in their beer league and in some innings of play, things were tense, but we came through winning the game after five innings 22-9.

Batting for Comox was good, with Rita Landry getting a three base hit, hitting to right field. France Fortin, hitting to right field and Cathy Todd, hitting to left field managed to both get a two base hit. Leakey had two home runs and one three base hit.

The infield for Comox was strong, with a lot of help from our new player "Bebite" Chevrier. "Bebite" played an excellent short-stop with some great throws and a lot of covering. The outfield also played well. Jeannie Bird had two super throws to home plate to take a runner out and Sylvie Fortier made a great catch while playing in left field.

The general feeling was that it was a good game and both teams are looking forward to the rematch.

On Saturday and Sunday, June 16th and 17th, the team saw action in a tournament sponsored by Courtenay.

Our first game Saturday morning was against a team from Port Alberni called "Dennis' Janitorial".

The Bad News Babes came on strong right from the start and won the game 7-2.

Super hitting by Rita Landry and excellent pitching by Lin Hunt (from Courtenay) made the win even easier. Lin pitched the whole game, striking out 7 and walking 2. While Dennis' pitcher struck out 4 and walked 8.

The second game was against a team from Nanaimo and Comox defeated them 6-5.

Again The Bad News Babes played together and with good hitting from everyone the game went fairly well. The infield made some great plays and the outfield did a lot of catching to stop Nanaimo from taking the game. Christine Slater (from Courtenay) pitched the first 5 innings and then was relieved by Lin. Christine played well and the team really appreciated her efforts.

The third game Saturday afternoon saw us up against a strong team from Victoria called "Dryco-Breakers".

They took the game 6-2. The Bad News Babes had a few difficulties to start but then came together to hold them at 6 for the last 4 innings. The Bad News Babes hit a lot of pop flies and Dryco hit three home runs.

Our fourth and final game was played Sunday morning. The Bad News Babes came up against a team known as "Hospitality". We tried hard to win this game so we could continue, but couldn't get the batting to work for us. We lost the game 9-1. The one point coming from a walk to first and subsequent stealing early in the game. Hospitality hit quite a few out to the field, but out of reach of our fielders and also managed to steal a few bases.

All in all though, the tournament was great and the whole team deserves credit for their efforts and placing fifth out of 12. I, like I'm sure everyone agrees, had a good time and was impressed with our efforts and with our bench support, for without the constant cheering when things were rough we may not have done so well. Also thanks to Kevin and Dennis for the great coaching over the weekend and to the Rec. Centre for paying our entry fee.

# Intersection ball

The regular season for the league is in its final week. The playoffs will commence the week of the 2 July '79. Games scheduled for the 2nd have been rescheduled for the 3rd and games scheduled for the 4th will now be played on the 5th. The top four teams will be in the playoffs and the semi-finals will be a best two of three affair. The two winners will meet in the finals which will be decided in three of five games. The League standings as of the 27 June (which includes games played 25 June) are as follows:

TEAM	GP	W	L	T	PTS.
442-HQ-Supply	8	7	1	0	14
Firehall-CE	8	6	1	1	13
Telcom-NUC DEF-ATC	8	6	2	0	12
USAF	8	4	2	2	10
MP-SEC	8	4	4	0	8
409 Workshops	8	4	4	0	8
AVSO	8	3	4	1	7
MSE-CFSTS-HOSP	8	2	6	0	4
407 SQN	8	2	6	0	4
BASE ARM'T.	8	0	8	0	0

# Rod, Rifle, And Good Spirits



Would you believe that the most popular sports in America today are the same ones that were popular 200 years ago?

More Americans currently hunt and fish in their leisure time than participate in any of the so-called growth sports—running, tennis, or golf. Of course, in Colonial America hunting and fishing also were necessities to stock the family larder, but they still afforded relaxation and pleasure in the great outdoors.

Today's hunters and fishermen find a retreat to the peace and quiet of the country a dramatic change of pace, an ideal way to get away from it all.

As much a part of these excursions as the rod or

rifle is hearty food and good "spirits." CANADIAN LTD., a quality Canadian whisky imported by the Fleischmann Distilling Company and available at a reasonable price, is a great choice to help set the mood for those tall tales about the ones that got away in field or stream.

A good way to relax before settling in to enjoy a meal around the campfire is to take along a few tasty backwoods appetizers that you can pick up at your local supermarket or food store. Select smoked hard sausages such as kielbasa or cacciatore and cheese, and crunchy crusted bread to have with your good spirits. But remember to buy only things that keep well and don't add too much weight to your backwoods pack.

# SWIM PROGRAMME — CFB COMOX 1979

SESSION No. 1 will commence 2 July and run until 13 July 79. The remainder of the programme will be as follows:

SESSION II - July 16-July 27  
0815-0900 Junior (1) Beginner (1)  
0845-0930 Prebeginner (1) Beginner (1)  
0915-1030 Prebeginner (1) Beginner (1)  
1015-1100 Senior

SESSION III - July 30-August 10  
0815-0900 Intermediate (1)  
0445-0930 Junior (1) Beginner (1)  
0915-1030 Prebeginner (1) Beginner (1)  
1015-1100 Junior (1) Beginner (1)

SESSION IV - August 13-August 23  
0815-0900 Bronze  
0845-0930 Junior (1) Beginner (1)  
0915-1030 Prebeginner (1) Beginner (1)  
1015-1100 Intermediate (1)

REGISTRATION FOR ABOVE SESSIONS MAY BE DONE ANY DAY PRIOR TO THE NEXT SESSION. The classes are programmed for 10 candidates per class at a cost of \$12.00 per session. Classes are structured so that parents may take the first week in one session and the second week in a following session.

Casual swim times will be as follows:

a. Daily 1300-1630 hrs. Mon.-Fri. (1500-1630 Service Personnel only)  
1800-2000 hrs. Mon.-Thurs.

b. Sat. & Sun. 1300-1500 hrs. (1800-2000 hrs. adults only)  
1800-2000 hrs. (1900-2000 hrs. adults only)

As the casual swim times are supervised and controlled by paid personnel the following charges have to be levied to help support the operation:

Casual swim fees -  
July/Aug. family - \$10.00  
Monthly family - \$6.00  
Casual Fee - 50¢  
Service Personnel - 50¢ (1800-2000 only)

For additional information contact the Base Aquatic Supervisor - Sgt. Molloy at local 315.

# Glacier ladies

Glacier Greens Ladies Tee Tuesday, June 12.

Glacier Greens Ladies Division played host to 30 lady golfers from Cimox Golf Club. The weatherman played a beautiful part of the 18 hole competition, with sunshine all day.

The lucky ladies from Comox were:

1st low gross Y. Baker 87

1st low net E. McClean 69

2nd low gross J. Stacey 94

2nd low net E. Orpin 69

3rd low gross A. Rahn 95

3rd low net J. Gillrie 71

Least putts 1st B. Seguin 29;

2nd D. Jackson 31; Most putts

G. Haight; Swinger R. Morris.

Glacier Greens lucky ladies

were:

1st low gross M. Game 93

1st low net C. Rathbun 64

2nd low gross D. Anderson

94

2nd low net K. Salter 69

Least putts 1st Mona

Ledguard; 2nd M. Wreggitt

and Swinger Sally.

Golf tip for the week:

Spread feet apart same width

as shoulders. All shots are

played from this stance

regardless of club used.

See ya on the T.



This isn't as hard as it looks!!

# Haemoglobin in runners

An athlete who is trained well enough for marathon competition may also indicate anemia when tested by the conventional laboratory methods. This phenomenon was also noted when an exceptionally large proportion of army recruits were rejected as blood donors. When tested by the prescribed methods, their haemoglobin was below normal and their haematocrit (a ratio of volume of packed red blood cells to volume of whole blood) was low.

To the uneducated observer, this might indicate that strenuous exercise causes anemia and the loss of red blood cells. Dr. J. Brotherhood and a group from the British National Institute

for Medical Research, studied this phenomenon.

Instead of using the usual test tube analysis, they measured whole body quantities of blood. They found that a program of strenuous exercise actually creates an excess of blood.

A highly trained athlete might have as much as one quart more blood volume than an untrained individual. This represents about 25 per cent increase in the volume of body blood. But the haemoglobin has increased only about 20 per cent.

So, the blood is the contributing factor to staleness or the state of being over-trained. The athlete should back-off from his training routine and rest until blood volume and haemoglobin

returns to normal. (from Physical Fitness Newsletter, Vol. 111 No. 8, April 16, 1979)



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Thursday, June 28, 1979

CFB Comox Totem Times 7

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# Promotions and awards

Thursday, June 28, 1979

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Mr. Floyd Jarvis - master driver



Sgt John Tomko - CDI



Cpl Bruce Clark - CD



Cpl Bill Martin - CDI



MCpl Tom Wilson - master driver

## Order of Military Merit

OTTAWA - The Order of Military Merit will be presented to 51 Canadian Forces members in a ceremony at Government House June 13, at 11:00 a.m.

His Excellency The Right Honorable Edward Schreyer, CC, CMM, CD, Governor General of Canada, Chancellor of the Order of Military Merit, and Commander-in-chief of the armed forces will invest Regular and Reserve officers and other ranks.

Created on July 1, 1972 to recognize meritorious service and devotion to duty by Canadian Forces members, the Order is established in three grades - commander, officer and member.

The present list includes three commanders, 15 officers and 33 members.

**GRADE OF COMMANDER**  
Major-General Charles Henri Belzile, CD, 45, Trois Pistoles, P.Q.

Major-General Wilson George Leach, CD, 55, Chalk River, Ont.

Major-General Richard Rohmer, DFC, CD, QC, 54, Toronto

**GRADE OF OFFICER**  
**BRITISH COLUMBIA**

Colonel William Beatty Sterne, CD, 44, Victoria

**ALBERTA**

Captain (N) William Wilson, CD, 54, Calgary

**SASKATCHEWAN**

Lieutenant-Colonel Donald Ray Williams, CD, 36, Prince Albert

**MANITOBA**

Major Douglas Bagshaw Walton, CD, 42, Brandon

Lieutenant-Colonel William Donald Macnamara, CD, 44, Winnipeg and Toronto

**ONTARIO**

Colonel William John Patterson, CD, 48, Morrisburg

Lieutenant-Colonel Walter William Garner, CD, 53, Toronto

Major John Frederick Hunt, CD, 54, Ottawa

**QUEBEC**

Colonel Georges Letourneau, CD, 51, Hebertville, Gaspé and Montreal

Lieutenant-Colonel Roger Boucher, CD, 41, Noranda

Major Joseph Louis Charles Garneau, CD, 51, Quebec City

**NOVA SCOTIA**

Lieutenant-Colonel Dorothy Jean Gogan, CD, 52, Amherst

Lieutenant-Commander John Charles Jessop, CD, 50, Halifax

Chief Warrant Officer Robert Joseph Slaney, MMM, CD, 46, Dartmouth

**NEWFOUNDLAND**

Colonel David Fairlie Candlish Garland, CD, 44, St. John's

**GRADE OF MEMBER**

**BRITISH COLUMBIA**

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Captain Donald Clyde Taylor, CD, 47, Esquimalt

Chief Warrant Officer Robert William Harris, CD, 55, Victoria and Montreal

Master Warrant Officer Gordon Edward Francis Arnold, CD, 43, Richmond

Warrant Officer John Fredrick Rene Lanfranci, CD, 43, Courtenay

**ALBERTA**

Sergeant Daniele Stefano, CD, 41, Calgary

**SASKATCHEWAN**

Sergeant Joyaleen Eva Maria Slade, CD, 35, Shellbrook

**MANITOBA**

Captain Frederick James Forsyth, CD, 51, Winnipeg

Chief Petty Officer 1st Class Dorothy Deason, CD, 49, Winnipeg

Master Corporal Edison Gordon Priest, CD, 36, Winnipeg and Halifax

**ONTARIO**

Captain Randolph Kerry Morriss, 28, Toronto and Deep River

Chief Petty Officer 1st Class Robert Burnett Chalmers, CD, 48, Chatham, Ont., and Halifax, N.S.

Chief Warrant Officer David Roderick O'Neil, CD, 45, Garson Mine

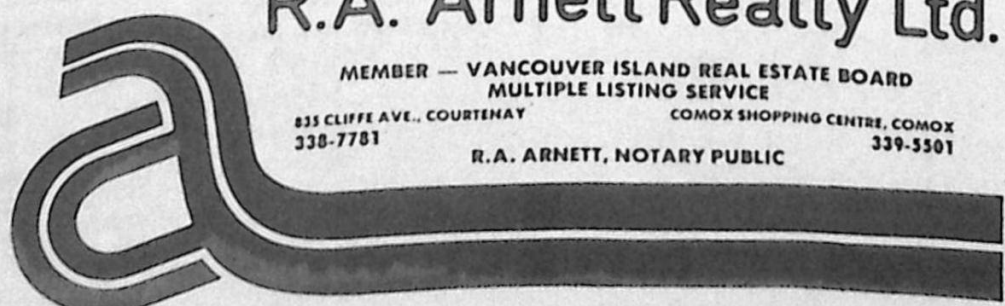
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# Community news

## Reward your car

Along with a tune-up tonic your car may deserve special attention this spring. After all, didn't it leap over snowbanks, carry you safely through treacherous ice patches and tolerate abuse from sanded roads over the winter?

The best way to reward your car, says the B.C. Automobile Association is with an oil change, chassis lubrication and a spic and span treatment.

The recent balmy weather affords most interior and northern B.C. residents their first opportunity since fall to wash their cars.

Dress in your grubbies, assemble equipment (especially clean rags) and perform the first rite of spring.

Wash the car in the shade when the body is cold to avoid a streaky result.

Hose the car down, squirting jets of water around the wheel wells, fenders and along the edge of metal trim to flush out accumulated sand and dirt.

Soap the car with a mild detergent. If it is really dirty add some commercial car wash solution to the water, but don't use heavy-duty or industrial detergents - they may bleach the paint.

Start with the roof, trunk and rear bumper moving along the side of the car to the hood and grille.

Continue soaping in long streaks along the other side. Scrub the tires then rinse.

Scan for missed spots then soap the car again. Tedious, but the only guarantee against missing areas.

To remove bits of hardened tar or bird marks hold a cloth saturated with cooking oil

over the spot until the blemish lifts easily.

Dry with an old towel - and if you're really fussy - polish the chrome with a house-hold 'shine-up'.

While you are caressing the car's body with the rag check under wheel wells and along seams for indications of rust - discolored areas and blistered paint. Referred to in the auto trade as 'cancer', rust cannot be arrested by touch-up paint or even complete re-painting.

The only way to eliminate rust is to remove the cancerous area either by replacing the complete part, such as a fender or rocker panel, or by cutting out the bad area and welding in new metal.

For look's sake rust spots and chip marks can be tidied up with judicious use of touch-

up paint available from dealerships and automotive supply stores. It comes in many forms - small bottles, cans and applicators resembling mascara dispensers. When buying touch-up paint be prepared to quote the car's serial number - it may be required for an exact match - or tell the salesperson if the car has been re-painted to a color other than standard factory.

After the car and touched-up areas have dried, pour some car polish or cleaner polish on a clean cloth. Using a circular and overlapping motion coat one section of the car at a time. Press down vigorously on the cloth to remove the film of oxidized paint from the surface.

Let the polish dry completely, when it looks hazy rub the film off with yet another cloth.

Liquid or paste waxes are applied in the same manner but paste waxes should be applied with a damp cloth.

On the inside looking out through dirty windows? A bit of household cleanser on a damp rag (it seems the most efficient way to clean your car is to start with a bed sheet) will remove grime and smoke residue from the inside of car windows.

The best way to clean upholstery, advises the BCAA, is to use a commercial preparation. However, if the interior vinyl is clean, a small amount of cooking oil applied with another rag will bring up a nice shine.

Your gleaming car is now ready for a spring spin.

All you have to do is watch out for big trucks near mud puddles.

## Reg. 10 foster parents

The 12th annual meeting and conference of the B.C. Federation of Foster Parents Association was held on May 25, 26, 27, in Vernon, B.C.

Over 20 Foster Parents, natural parents and social workers attended from region 10, which included Duncan, Campbell River, Courtenay, Nanaimo, Port Hardy and Port Alberni.

A new executive for the B.C.F.F.P.A. was elected. The new President elected for 1979-1980 was Phyllis Primeau from Port Alberni, of Region 10. We are very pleased to have the president in Region 10, congratulations to Mrs. Primeau.

The 1978 resolutions were reported on, and the 1979 resolutions were presented and voted on.

Friday evening was a panel presentation by Ken Levitts, Regional Manager for Region 13 and Brian McParland, Regional Family and Children's service coordinator for Region 13. They presented their study and results of 49 children. They programmed a study to avoid children entering the drift of Foster care, without a permanent life plan.

Hugh Hayward specialized counsellor to children and families described his experiences in working with troubled teens.

George Phillion, from Region 11 spoke on planning committees from a social workers point of view.

Helen Bickle and Mavis Dean spoke as Foster Parents, and Joyce spoke as a Natural Parent, on planning boards.

Saturday was workshop

day. Everyone present attended two of the seven workshops.

At the banquet Saturday night, Bernice Levitz Packford supervisor of parent encouragement program in Victoria, was the key note speaker. Her theme basically challenged Foster Parents and social workers across the province to join together in providing better service and quality care to children. Bernice was instrumental in the forming of the B.C.F.F.P.A. 12 years ago, and formed the Natural Parents group in Victoria. As a result of this conference the Natural Parents attending

formed a steering committee for Natural Parents throughout the province. Natural Parents are parents who have, or have had, their children in Foster Care.

The outcome of this conference proved that natural parents, foster parents and social workers can work as a team to improve the quality of service to children in care. This was the first B.C.F.F.P.A. Conference in which the Natural Parents were asked to attend as participants.

The next regional meeting will be held in Parksville M.H.R. Office at 10:30 a.m., June 16.

## Food talk

No one has to tell you what you're paying for food. Chances are you think it's too much; well you are right!

The Food Prices Review Board has found that Canadians generally are paying more for food than they need to for a nutritious diet. Unfortunately food buying cannot be postponed or delayed, and may absorb at least 1/3 of our pay cheque.

The average Canadian family buys about a ton of food per year for each teen and adult. If we could combine all this food, we would need a shopping bag the size of an elephant! Over a lifetime a consumer could expect to spend approximately \$80,000.00

on food alone. Could we eat better for less? Consumer & Corporate Affairs says "Yes!"

By working with Manpower's Youth Job Corp., Consumer & Corporate Affairs created an information service called "Food Talk". Well Food Talk is here and in Courtenay. Three local residents are part of the team and will be available to concerned individuals or groups who are seriously interested in getting the most food value for your dollar. For further information call 338-1153.

Upcoming articles will deal with buying habits and saving suggestions.

## Postal service

Postal facilities throughout British Columbia will be closed on Monday, July 2, in observation of the Dominion Day holiday.

There will be no mail deliveries on this holiday, with the exception of special delivery items.

Street letter box collections will be made on a "Sunday Service" basis.

Full postal service will resume Tuesday, July 3.

## 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)

### REGISTRATION

Today I would like to cover with my faithful readers some of the terminology used when your purchase or sell real property.

As a purchaser of a home, lot, or investment, the Title must be registered in the Land Registry office. How you do this is a matter of preference, but you may register the following ways. There are advantages and disadvantages to all forms, depending on circumstances and income.

**JOINT TENANTS:** is normally used by man and wife. This can be accomplished even though the husband or wife were not available when you purchased your new home. In service life this is a common occurrence, as normally both parties can't afford to fly clear across Canada to go house-hunting. If this is the case, that the husband or wife is not available for signatures, have the sale representative stipulate on the offer to purchase that the husband or wife's name is to appear on all registered documents.

**Joint Tenant registration** gives each party the right to survivorship interest passes at death. You form together the same possessions, same title, and same interest. This is an added bonus in the Province of B.C. as there is no succession duties on your principal residence, so if one of the parties passes on to the unknown, there is no Provincial Estate Tax to pay. As joint tenants both parties

must sign a listing contract when you place the property on the market for sale. Two or more owners can be involved, and no matter what a will or probate judge says, the property passes without interference upon death of one partner.

**TENANTS IN COMMON:** is different in that each person registered has one unity and that is possession only. This registration is being used more in our changing world today, as more couples live together, be it partnership or common-law. Whenever two parties or partners purchase property together, the tenant-in-common registration will bind and protect each other. You have equal share, the same rights, and an equal share of the income on the sale of that property. You may each sell your share, your rights to another party, as each owner retains complete control of his share.

**INDIVIDUAL:** This registration is normally used when one party is registered; a single person or some married couples use this as a form of registration when you reside in a province that has succession duties on a principal residence. For a single person or any individual to purchase real property in B.C. they must be 19 years of age.

Foot-note for today: "When all else fails, follow directions."

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

## Summer safety

Planning a vacation by car? Get a safety check from your garage before you start out. Repair and replace worn parts and avoid the worry and the time consuming costly repairs that would spoil your trip. Check your spare tire.

Carry a flash light, flares, first aid kit, fire extinguisher and tow chain or strap, stowed so that they can be reached easily in case of an emergency. Don't forget your sunglasses, road map, note book and pencil or pen. They will come in handy on any trip. Make sure there isn't anything inside the vehicle that will obstruct your vision. Remove loose objects from rear window shelf - these can become flying missiles in a sudden stop.

When you are loading the car, put heavier items in the trunk and distribute the weight evenly to reduce vehicle swaying. Don't tie anything on the back of the vehicle. Larger, awkward items should go on the car top

carrier.

Remember, increased vehicle weight may require more air in your tires. Check owner's manual for information on maximum weights, tire pressure, etc.

Driving when your car is heavily loaded or when towing a trailer means you need MORE SPACE in which to stop or pass. Leave plenty of distance between you and the vehicle ahead and signal turns well in advance to warn other drivers. When towing a trailer, be sure your rear view mirrors give you a clear view of the road behind. When travelling more slowly than the rest of the traffic, BE COURTEOUS, pull over where possible to let faster vehicles pass.

Ensure that infants and young children are placed in child restraints and be sure everyone else in your vehicle is WEARING A SEAT BELT. Keep doors locked when vehicle is in motion.

Wet and slippery roads or

poor visibility are good reasons to delay your departure. If you should meet these conditions en route, slow down and proceed with extreme caution.

Wet and slippery roads or poor visibility are good reasons to delay your departure. If you should meet these conditions en route, slow down and proceed with extreme caution.

Regular rest stops are important to both you as a driver and to your vehicle. Fatigue is a major cause of highway accidents. Do not drive for extended periods and if you have been on the road for some time, stop early. Most accidents occur between 6:00 p.m. and 9:00 p.m. Remember, alcohol and driving never mix. If you stop for refreshment, make it coffee, tea or a soft drink.

**Gasoline Shortage - Fire Marshal's Office** indicates only 22 litres of gasoline may be carried in approved container outside a vehicle. A permit is required for in excess of 22 litres. It is dangerous to carry gasoline in the trunk or enclosed area of a motor vehicle.

**KEEP YOUR DISTANCE, DRIVE DEFENSIVELY AND HAVE A SAFE TRIP.**

## Renaissance Faire

The Central Island Arts Alliance will host its 5th Annual Renaissance Faire June 29th and 30th, July 1st and 2nd. The Faire will open Fri. evening from 6 p.m. to 11 p.m. Sat., Sun., and Mon. from 11 a.m. to 11 p.m. at the Old Fair Grounds, Headquarters Rd., Courtenay, BC.

Advance tickets for the three and a half day event will be \$8.00. Tickets at the gate will be \$3.00 per day.

Advance tickets may be bought at the following outlets: Blue Heron Book Store - Comox Arts Alliance - Courtenay Ferguson Music Centre - Nanaimo Victoria Folklore Centre - Victoria Black Swan - Vancouver Ernie's Hot Wax - Vancouver

This event is sponsored by the Central Island Arts Alliance, a non profit organization. If you require any further information please contact Diane McNicol at 338-6211.

## WO's and Sgt's wives club

The newly formed WO's and SGT's Wives club had their wind up pot luck supper on Monday, June 11th.

Although the club had only run for three months they had

a marvelous turn out.

Two of the members, Ann Zruna and Norma Sallowell are leaving the area this summer, and were presented with souvenir spoons of Comox.

The next meeting will be held September 10th, at 8 p.m. at the WO & SGT's Mess.

So girls let's start the fall off right with a good turn out. Have a good summer.

## Neighborhood watch operation identification

This summer the R.C.M. Police Crime Prevention unit will be embarking on a residential business seminar program. These seminars include helpful hints for premise security, locks, lighting, and crime prevention.

These seminars will be conducted by constable Ron HARRIS and use a film lecture format. There will also be an opportunity for interested parties to arrange for their household business effects marked for identification by the R.C.M. Police Summer Job Corps.

There will be NO charge for these seminars or for the marking. Persons interested in the seminars are asked to contact constable Ron HARRIS. Those interested in the marking please phone Daryl McLAUGHLIN. They can be reached at the R.C.M. Police office 338-6551.

The Summer Job Corps will be also canvassing door to door in selected neighborhoods for marking. They will be carrying picture identification.

The Job Corps will be at the Driftwood Mall Friday, June 29 and Saturday, June 30 for bicycle registration and for taking appointments for Operation Identification.



Some people used to put a lock of hair into a cherry tree trunk to cure asthma.

## THE "MARINER" APARTMENTS

COMOX AVENUE, COMOX  
(Next to the Hospital)

- OCEAN AND MOUNTAIN VIEW
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- STOVE AND FRIDGE
- FREE CABLEVISION
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- LAUNDRY ROOM EACH FLOOR
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RES: 335-0271



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The property is over 1.3 acres, semi-waterfront with a fantastic lake view and extensively treed. The home is exceptional, 2 1/2 baths, master ensuite, 4 bedrooms, 2 fireplaces. Double garage and wrap around deck.

ELIZABETH JOHNSTON

RES: 334-2785

## Classifieds

### For Sale

Camera attachments and film supplies for sale. Miranda Sensor accessories, (adaptable for others): fisheye lens, variable closeup lens, 500mm f 1.4 lens, soligor 90-230 mm f 4.5 zoom lens, and vivitar 28mm f 2.8 lens, extension tubes, focobell, filters, 2x teleconverter. Also flash and flash brackets. Also film supplies 1/2 price. Also for sale 1976 Suzuki 11,000 miles, 380 cc, good condition. \$1100. Call after 1530 hrs. or weekends 339-4614.

The Burl Store: clocks, tables, bowls, spoon racks, knife holders, many gift items, 823 Sandpines Cres., off Lazo Road, near Pt. Holmes, 339-5704.

### Transferred to Europe MUST SELL

- 1970 Ford 1/2 ton with canopy. \$1800. or best offer by Sat. 9 p.m.
  - 1971 Ford Pinto hatchback. Motor good - body terrible. (Would make a good bush buggy or beach buggy) \$100 O.B.O.
  - C.B. Antenna (Starduster) \$50. O.B.O.
- Apply at 1146 Cumberland Rd., Courtenay or phone 338-7667.

### FOR SALE

28 ft. Express Cruiser  
250 Hp FWC  
Dual Controls  
Flying Bridge  
Fridge Stove Oven Head  
Sniffer Depth Sounder Etc.  
3839 Laurel Dr., Royston.  
After June 26, Comox Govt. Wharf. No. 16 A 290. Taking offers.

### Services Offered

Western Canada School of Acupuncture Ltd.  
Canada's first, and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act, R.S.A. 1970 C. 366. For particulars of the next course write:  
Box 637, Lacrosse, Alberta or Phone 782-2315

### DOLLY CRAFTS AND JOKES NEED YOUR HANDICRAFTS

Making handicrafts for a hobby? Why not let us sell the surplus for you. Drop in and talk it over with Dolly, or call 339-6311. All kinds of crafts are needed, we are located in Goods Groceteria, Ryan Road.

Coastal sand blasting and repair, spray painting, equipment and structures, Comox, B.C., phone 339-3551. Rust or corrosion problems with your:

boat trailer  
automobile  
machinery  
See the rust removing and refinishing people. 2.

### SAVE 50 PER CENT ON YOUR HOTEL BILLS

With an INTERNATIONAL TRAVEL CARD you pay for the first night and get the second night FREE, in Seattle, Vancouver, Victoria. At over 600 hotels and motor lodges across the U.S.A., in Canada and abroad. For our brochure, write: International travel card box 39T - 444 Robson Street Vancouver, B.C. V6B 2B5 Phone 683-7825 (24 hours)

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and fed up with the "Plastic" type of people you've been meeting? Then take the first step to social happiness by calling us now!

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### For Rent

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

**Mobile Home Park**  
Trailer spaces for rent. First month rent free. Cement pads. Mission Heights Park, 2787 Wentworth Road, ph. 334-386.

### Help Wanted

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



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4 bdrm. home with a view all for mid 30's.  
Call MAX WEEGAR 334-4568



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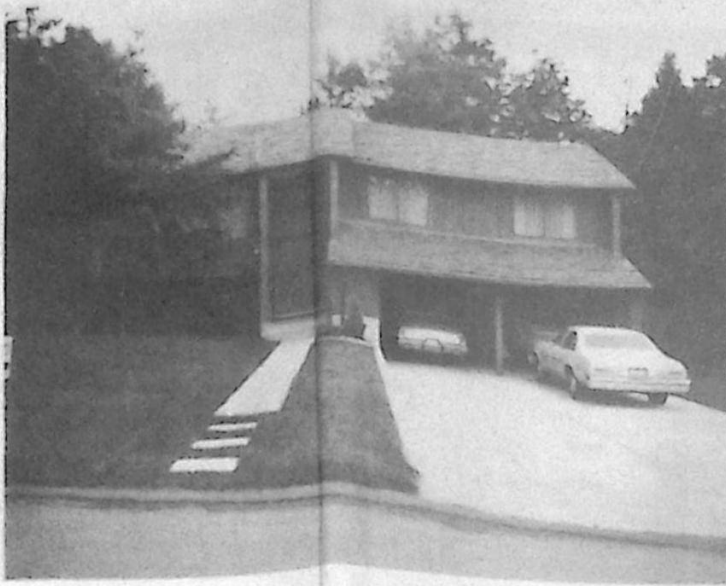
Almost new split level on 2 acres of privacy. Contemporary design on Ryan Road. 2 fireplaces, huge master bedroom with ensuite. Knotty pine cabinets. Built-in dishwasher and vacuum system. Garage, workshop. Real comfort for \$75,000.

Call RAY PAGE 338-6267

## COUNTRY ESTATE

Over 2 acres of wooded park. Looks out over the sea and mountains. Convenient to airbase and only 10 miles from major shopping centre. Get the best of both worlds and live in this modern split level home with dbl. garage, heatilator f'place and many extras. Attractively priced.

Call LLOYD WORK 334-2220



## THE SEARCH IS OVER

Immaculate, spacious home with character in a quiet area of Comox. The exterior features incl. California redwood siding, dbl. paved driveway leading to dbl. garage, heavy shake roof and a sundeck. The interior is luxurious and like new throughout with 3 bdrms., rec room, thermo windows, 2 f'places, 2 1/2 baths, dishwasher and much more.

Call AL ROBB 339-3307



## EASY LIVING!!

Quality 3 bdrm. home located in Courtenay's permanent mobile home subdivision. Landscaped beyond belief and supplied with full services, this should be your base for world travel.

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## RURAL RANCHER - \$30,500

Clean as a whistle and AJAX CLEAN. Bordered with evergreens and maples and enough cleared land for a garden. 3 bdrms., shake roof and concrete foundation help make this older rancher a terrific buy at today's prices.

Call JOHN FORIN 334-2728



## SPLIT LEVEL ON .83 ACRE

Surrounded by rolling pastureland yet just outside Comox on Anderton Road. The 160x230 ft. lot has a stream and trees in front of the home. The 1200 sq. ft. split level house includes 3 bdrms., 2 baths, f'place and a partly finished rec room. Priced at \$58,500.

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## WHAT VALUE!!

The perfect starter home. This well priced one level home is close to shopping and schools. Light up your nights with a brick f'place. 3 bdrms. for future expansion of a family. Concrete patio and large rear yard ideal for veg. garden. Located in Courtenay. Priced at \$33,500.

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## DUPLEX

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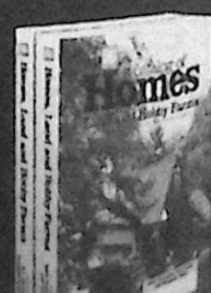


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# SUMMER VALUES

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