

TOTEM TIMES



Then there was the guy who used the anticipated pay raise as collateral....

VOL 21 - NO. 20

CFB COMOX TOTEM TIMES

THURSDAY, OCT. 25, 1979

NO CHARGE



Dr. Jeckyl and Dr. Jeckyl

DR. JECKYL AND DR. JECKYL - How would you like to bump into these two lovely ladies Halloween night? These were just two of the imaginative costumes dreamed up by the officer's wives for their recent meeting. You will never guess who the two ladies above are -- and we are not about to tell you!

Christmas seals '79

The 1979 British Columbia Christmas Seal Campaign, with a target of \$715,000, will start on November 1 with the mailing of 180,000 appeal letters to homes throughout the province. By the end of the month, more than 1,200,000 homes and businesses in British Columbia will have received their Christmas Seals in the mail.

Every year since 1903, Canadians have used Christmas Seals on their Christmas cards and parcels. Associations have also become the moving force behind the development of research and education projects concerned with air pollution and cigarette smoking. In addition to ongoing research into diseases caused by them.

The Christmas Seal Committee Chairman for the Comox Valley area is Mrs. Janet Dods of the Ladies Auxiliary Fraternal Order of Eagles No. 3099. The 1979 British Columbia Lung Campaign target for this area is \$8,800.

Tax credit at a glance

1. Mortgage Interest Credit: It will reduce federal taxes payable through a tax credit of 25 per cent of interest payments on a mortgage used to purchase a home or to make major (in excess of \$5,000) alterations. There is a limit of \$5,000 on such interest payments for a maximum tax savings of \$1,250.			
2. Homeowners' Property Tax Credit: It will reduce federal taxes payable by a flat \$250.			
The program will be phased in over four years, with 25 per cent of the benefits available this year, and 100 per cent in 1982. The maximum benefit this year will be \$375, rising to \$1,500 in 1982.			
TYPICAL BENEFITS	Mortgage Credit	Property Tax Credit	Total
1. Mortgage Interest: \$2,000	\$ 125.00	\$ 62.50	\$ 187.50
Year One	500.00	250.00	750.00
Year four			
2. Mortgage Interest: \$5,000	312.50	62.50	375.00
Year One	1,250.00	250.00	1,500.00
Year four			

Trick or treat time

It is trick or treat time once again (and I'm not just talking about the pay raise). Although many parents do not look forward to Halloween with enthusiasm, children do. You can rest assured that come October 31st, the streets will be full of witches, goblins and the sort.

Foul weather will not dampen young hearts and, unfortunately, October is often 'monsoon' season in the Comox Valley. This makes it especially dangerous for drivers. Traffic safety will be the last thing on children's minds. The best advice for drivers is - don't drive, but if you have to, be alert and prepared for almost anything.

Parents too must be aware of the potential dangers. Dress your children sensibly and go out with them if possible. If they are at an independent age, set a curfew and make sure they do not go out alone. Use common sense.

Beware also of the treats your children bring home. The Comox Valley is not immune from harsh realities. Make sure you check the candy before the children eat it. Be very careful with anything unwrapped.

This has all been said before, but must be repeated yearly because we never seem to learn. Halloween is supposed to be fun for all - let's make this year the safest and happiest yet.

Halloween safety tips

- Many parents are concerned for the safety of their children during Halloween and the Canada Safety Council suggests the following safety tips which parents may wish to discuss with their children before they set out on their happy expedition.
1. Wear light colored, flame resistant costumes with retro-reflective stripings so that you are easily seen by motorists.
 2. Clothing must be short enough to avoid a tripping hazard.
 3. Face masks must not obstruct vision. Make-up is preferable.
 4. Make your calls along one side of the street and then along the other. Do not criss-cross. Cross the street at intersections or crosswalks.
 5. Carry a flashlight to see better and to be better seen. 6. Travel in groups of four or five. Young children should be accompanied by an adult.
 7. Set a curfew and boundaries within familiar neighborhoods.
 8. Do not enter the house or apartment of a stranger.
 9. Do not eat any gifts until they can be inspected by an adult at home.
- Help keep Halloween 1979 a happy occasion for everyone!

FEATURES

Rec Centre fights back **pg. 6 & 7**

Our series on wine making continues **pg. 9**

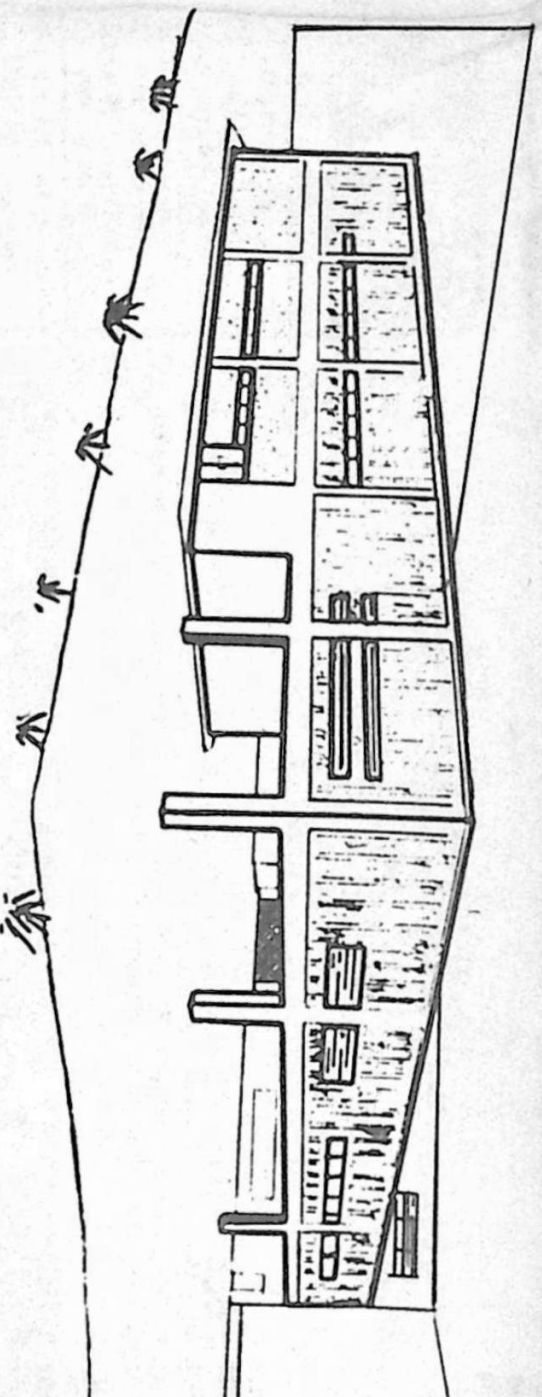
Check the Christmas mailing deadlines **pg. 9**

TOTEM TIMES DEADLINE
Monday, Nov. 5, 12 NOON
ALL CORRESPONDANCE TO
THE EDITOR
CFB COMOX, LAZO
OR THROUGH CR MAIL.



The old . . .

C.F. Photo



... and the new

CANA CONSTRUCTION from Victoria, B.C. has begun the ground works for construction of the Data Interpretation Analysis Centre (DIAC). Work began on October 1st and the contract completion date is scheduled for November 14th, 1980. The DIAC will house equipment that will be acquired for

the new Aurora aircraft and will allow 407 Sqn. to be located together at 7 hangar. Base Photo will also have new quarters when the DIAC is completed. Major Bob Eby, the Base Aurora Co-ordination Officer, depicts with his artistic skills what the DIAC will look like when it is completed.

Traffic death toll 'shocking'

Elementary school children in British Columbia are being killed in traffic accidents at the rate of one a week while seven are injured every day. These grim figures are contained in a report and survey commissioned by the Insurance Corporation of B.C. and the B.C. Year of the Child and the Family and carried out by the Motor Vehicle Branch.

Hugh Earle, The Insurance Corporation's Road Safety Manager says, "The survey's results are shocking. Every driver, every parent, every person concerned for the safety of children should take note of the survey."

"Death and injury lurk everywhere for school children," says the report. "At play, on the way to school and while cycling."

In cold statistics: 53 children aged five to 15 were killed in traffic accidents in

1978, that's five more than in 1977. In 1978 a total of 2,692 children aged six to 15 were injured in traffic accidents - that on the average is more than seven children every day of the year.

Other highlights of the report:

More traffic injuries occur in July and June than in any other month; by far the smallest number occur in January.

Most traffic injuries and fatalities occur on Thursday and Saturday.

Two thirds of all traffic fatalities and injuries in the age group, six to 15 years, occur in daylight, particularly in the afternoon.

The report states that more fatal traffic accidents occur in rural and undeveloped areas than in other areas such as business and shopping zones. In fact, rural and undeveloped

areas along with family residential areas, account for 77 per cent of fatal accidents. Schools and playgrounds account for eight per cent, while recreation, business, shopping, apartment residential, industrial and manufacturing share the other 15 per cent.

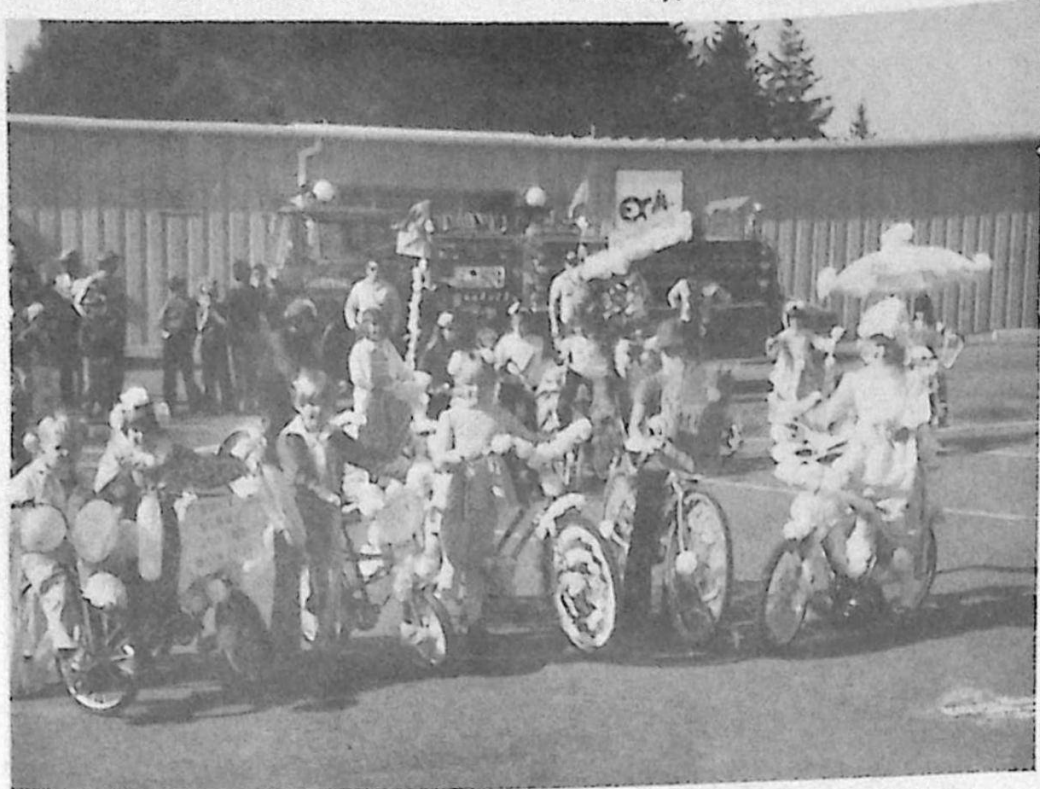
Crossing streets where there are no signals and no crosswalks is the major cause of pedestrian fatalities and injuries. Over one third of pedestrian injuries are in this category. Indeed, says the report, four of the five most frequent pedestrian actions that cause injury result from crossing a street.

Mr. Earle, commenting on the report, says traffic safety programs throughout the Province should be cognizant of these very real dangers at intersections. Adults should educate children to the dangers of traffic, and drivers

must become more pedestrian-conscious if deaths and injuries among young people are to be reduced.

The report notes that in 33 per cent of fatal accidents, the child involved is a pedestrian; in only four per cent of fatal accidents the child is on a bicycle; in two thirds the child involved is in a vehicle. Far more children, aged 11 to 15, are fatally injured while in a vehicle than those who are from six to 10 years of age.

The report looks at different patterns of behavior to ascertain, among other things, good and bad days of the week. Among 11 to 15 year olds, the lowest number of fatalities happen on a Friday. "One would normally expect this to be the most dangerous day of the week, judging by the number of Friday night parties. However, such is not the case," says the report. "It's Thursday!"



Firing away

This year from the 7-13 Oct. '79 during Fire Prevention Week, the aim of the Fire Department was to make as many people as possible aware of fire and fire prevention.

We attempted to get maximum participation from as many people as possible so we conducted contests, initiated unannounced fire drills at different buildings, conducted talks and fire extinguisher demonstrations to various organizations and held Open House at the Firehall for residents of the military community.

The Open House at the Firehall was considered a great success. We displayed Fire Fighting Equipment from the largest fire vehicle to

the smallest extinguishers we also showed films for our guests.

Over all we hope we made you aware of fire and fire prevention. Please keep in mind it is an every day prevention, 365 days a year not just a week during the year.

The winners during Fire Prevention Week were as follows:
BIKE CONTEST
6 and over: 1st prize - Barry Calhan, 2nd prize - Handy Baxter, 3rd prize - Tina Neufeld.

Under 6 years old: 1st prize - Jo Ann Daye, 2nd prize - Tracy McQueen, 3rd prize - Kim McQueen.

POSTER CONTEST: 1st prize - Darren Verville, 2nd

prize - Judy Hume, 3rd prize - Earle Luj.

COLORING CONTEST: 1st prize - Noel Chestnut, 2nd prize - Laura Lamoureux, 3rd prize - Sarah McLennan.

CROSSWORD CONTEST: The winner is Mrs. P. Hamel, Lazo, B.C.

The Fire Department like to thank North Is. Fire Safety who donated the Fire Extinguisher for the winner of the Crossword contest.

Until next time remember. October is the Fall of the year.

Pumpkins, witches, trick-or-treat

Watch those children cross that street

Corn stalks, branches and leaves
This is where fire breeds.



THE SEAFOOD display depicting the invasion of the lone lighthouse by giant salmon, crab, and lobster was designed and built by MCpl. M. Hargreaves of the CFB, Comox Combined Mess. The occasion was the WO's and Sgt.'s Mess Yearly "Down Homer's Nite" held on the 20th, Oct. '79.

CFB COMOX RESTAURANT GUIDE



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Fri., Sat.
11 a.m. - 10 p.m.

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MR. MIKE'S

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A REAL MEAL
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Accent Safety

Phase two of the Teamwork Safety Campaign emphasizes training, particularly that safety training which is the responsibility of workplace supervisors.

SUPERVISOR SAFETY TALKS - Are a responsibility of the workplace supervisor. No person is better qualified or in a more strategic position to identify safety hazards and the controls and precautions required than the supervisor.

He deals directly with the worker and the job and is in the best position to improve safe attitudes, knowledge and skill and to insist on safe practices on the job ("It's my way or the highway!" - and remember who writes your PER!)

In addition to initial

orientation and indoctrination training, a continuing schedule of safety talks in each work area promotes accident prevention by raising the level of awareness. These talks also help to involve the workforce in the safety program and ensure that they know and are reminded of the major hazards, rules and regulations and what to do in the event of an emergency.

To be effective, safety talks should be brief and given at least monthly by managers and weekly by supervisors. The talks should be current and directly relate to local conditions and include warnings about potential hazards due to changes in climate, procedures, equipment,

scheduling, facilities, etc. Since the topics and content will vary widely for each location and activity, it is not possible to provide other than a general guideline from which Bases, Stations and Units can develop safety talk topics and information that is tailored to the specific organization or workplace.

TOPICS FOR SUPERVISOR SAFETY TALKS

Burns
Electrical Shock
Controlling Static Electricity
Electrical Portable Power
Tools
Slips and Falls
Proper Lifting and Material Handling
Unsafe Acts and Practices

Electrical Lockouts and Tag-outs
Preventing Electrical Arcing
Guard Rails
Ladder Safety
Pressure Risks
Entry into Confined Spaces
Safety Attitudes

Dangerous Substances
Grinders
Hazard Reporting
Housekeeping
DND Safety Standards
Machine Guards

Temporary Work Structures
Hand Tool Safety
Operating Mobile Equipment
Noise and Hearing Conservation

Personal Protective Equipment
Asbestos Hazards
Solvent Hazards
Photochromic Lenses

Individual Safety Responsibilities
Airless Spray Guns
Handling Flammable Liquids

Pride of Performance
compressed Air Hazards
Spontaneous Combustion
Welding and Hot Work
Radiation Hazards

Explosive Activated Devices
Handling Compressed Gas Cylinders
Ground Fault Interrupters
FOD Control

Dollars & Good Sense

by William J. Martin
Special Consultant to
SAVED FINANCIAL SERVICES

Second incomes have many effects on families. In recent columns, I've been discussing some of the problems that can

result. Today though, I'd like to discuss one of the hidden benefits.

In many situations, the second income is the wives' income. Where this is the case, some thought should be given to using that income to develop a credit history in the wife's name only.

Married women have tradi-

tionally had difficulty establishing credit in their own names. This often goes unnoticed until the woman is widowed or divorced and then finds trouble getting credit because she has none already established.

So, once the wife takes a job, it's a good idea for her to maintain separate checking and savings accounts in her own name.

The next step in establishing credit is applying for it. First try for a bank or department store credit card. If you are unsuccessful, try an installment purchase at a store.

Once you have established a good payment record, you should have no trouble getting regular credit at most places of business.

Once you are earning an income of your own, see to it that you get the credit you deserve. It may pay off later.

Readers' questions are welcome and should be sent to Box 5857, London, Ontario.

BASE THEATRE SCHEDULE

CFB COMOX

Thurs., Fri., Sat., Sun. -
Oct. 25, 26, 27, 28

THE BUDDY HOLLY STORY

Garey Busey, Don Stroud
Rock and Roll. He changed the sound of music.

SHOWTIME: 2000 hrs.

Thurs., Fri., Sat., Sun. -
Nov. 1, 2, 3, 4

THE CHEAP DETECTIVE

Paul Williams - Ann Margret
Comedy. A send up of every detective of the 30's and 40's.

SHOWTIME: 2000 hrs.

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Thurs., Fri., Sat. - October 25, 26, 27

It's 1963. Meet "THE WANDERERS"
"Frequent violence, coarse language throughout" - B.C. Director

Mon., Tues., Wed. - October 29, 30, 31
Harrison Ford "HANOVER STREET"
"Some coarse language, occasional suggestive scenes" - B.C. Dir.

Thurs., Fri., Sat. - Nov. 1, 2, 3. MATINEE SAT. - 2:00 p.m.
Walt Disney's "UNIDENTIFIED RYING ODDBALL"

Mon., Tues., Wed. - Nov. 5, 6, 7 - Chuck Norris
"A FORCE OF ONE"
"Some violent scenes" - B.C. Director

Stardust
Drive-In Theatre

Fri., Sat., Sun. - Oct. 26, 27, 28
Richard Harris "RAVAGERS"
Plus - Robert Mitchum
"THE AMSTERDAM KILL"

"Some violence" - B.C. Director

Fri., Sat., Sun. - Nov. 2, 3, 4
Peter Falk "THE BRINKS
JOB"
"Some swearing & coarse language" - B.C. Dir.

Plus - "PARADISE ALLEY"

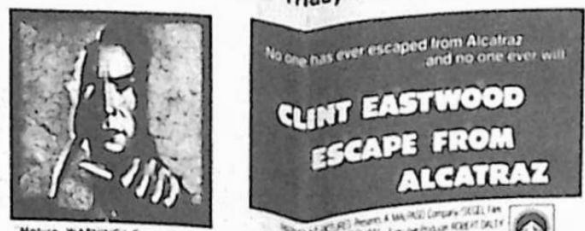
Island Hwy. & Williams Beach Rd.
Phone 337-5033

General Admission \$3.25,
All Niter \$3.50
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ADMISSION - 12 & over: \$2.50 BOX Office: 7:15 Show: 8:00

SPECIAL TRIPLE HEADER
Last Shows of the Season
Oct. 26 - 28
Friday to Sunday



At this time we would like to thank you for your patronage over the last season & are looking forward to serve you in the spring.

Jr. Ranks Club

MOVIES

OCT. 30 - The Goodbye Girl - Richard Dreyfuss.
NOV. 6 - Freebie & The Bean - James Caan
NOV. 13 - Jeremiah Johnson - Robert Redford
NOV. 20 - Grasshopper - Jim Brown, Jacqueline Bisset

OCT. 27 - 1200 Hrs. "Kids" Hallowe'en Party. Prizes for costumes. Games & Movie. Hallowe'en Dance - Band "Country Express". Admission: Costumes - Free; Members - \$2.00; Guests - \$3.00.

NOV. 3 - Greaser Night - Music by "Home Brew" - Jeans allowed. Members - \$2.50; Guests - \$3.50.

NOV. 10 - "D.J." By "Long John". Admission: Members - \$1.00; Guests - \$2.00. Dancing - 2100-0100.

NOV. 17 & 18 - Dance to "Swan" which is back by popular demand. Members - \$2.50; Guests - \$3.50.

NOV. 24 - "D.J." Dance to the music of "Long John".

SPORTS

NOV. 10 - Mixed Bonspiel. \$3.00 per person.

WO'S & SGT'S MESS

OCT. 27 - Hallowe'en DANCE - Disco.
Sponsored by Wives Club.

NOV. 3 - SPORTSMEN'S BINGO

NOV. 2, 9, 16, 23, 30 - T.G.I.F.

NOV. 24 - CANDLELIGHT DINNER
with the "NOTE-ABLES" from Van.
\$30.00 per couple; \$40.00 for guests.
INCLUDES:
—3 Floor Shows. —Cocktails at 18:30. —Veal-Cordon
Bleu and Wine at 19:00.
Tickets from mess manager

SUNDAY MOVIES

OCT. 28 - THE GOODBYE GIRL
NOV. 4 - FREEBIE & THE BEAN
NOV. 11 - JERIMIAH JOHNSON
NOV. 18 - GRASSHOPPER

Demon doin's

"Who works at 407 Squadron, it's a flying club isn't it?" we heard this long enough from our East coast counterparts and last week we made them eat their words. You see a hot and keen operational crew from Greenwood's 405 Sqn. cancelled out on a trip to Hawaii because of local weather while the so-called flying club had Crew 5 pilot training at the time. Chew boys, chew.

What's this Wayne Denny, an Argus driver, we all know he's an Observer, but a recent Greensheet article gave him the distinction of being an "Argus Pilot". When Wayne was questioned about this noteworthy event he had the gall to say "must have been a misunderstanding, I wish they had said fighter pilot."

Turncoat!

Crew 2, this year's competition crew, is home again

after their jolly to Kinloss in Scotland and the Hague in Holland. It seems there were no red lights to be seen in Holland but their Nordo aircraft did get a green light from the Kinloss tower.

Flash, flash, Gordy Bate and Doug McKean fight off the old age pension and receive extensions on their posh jobs in Ops.

Crew 3 has been at it again, proving old mottoes, "have time to spare, travel Service Air," which they did to Greenwood for a one day shot at the OFT. Pretty simple eh, while it meant two days of non-eventful travel down and two days of sheer horror on the return leg versus one. It started off with the usual two hour bus ride to Shearwater at 8:00 AM, (4:00 AM Comox time.) In Shearwater they were welcomed with the news of a 2½ hour delay, which

turned into a 5½ hour delay, followed by an overnight stay in swinging Trenton.

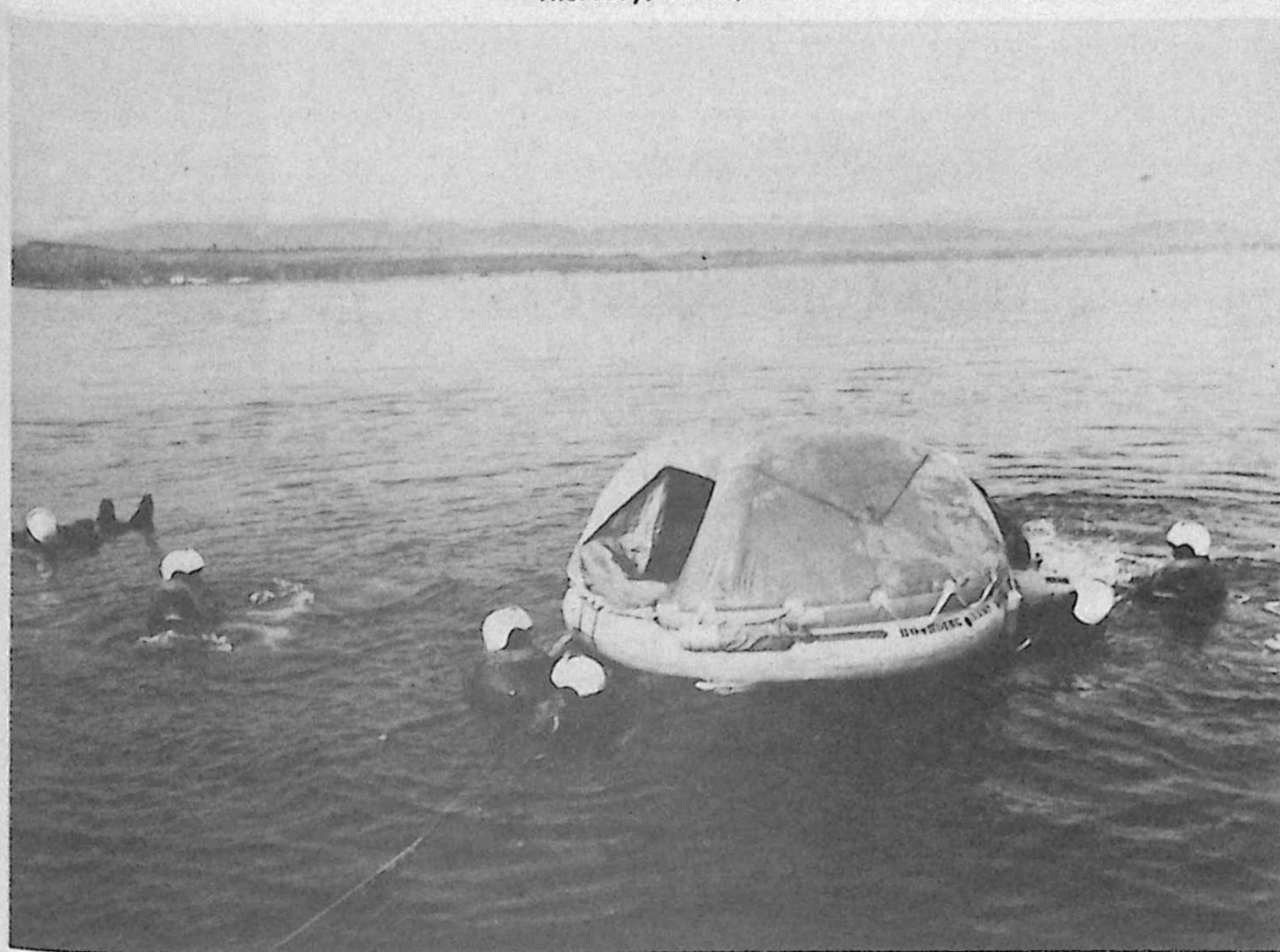
The following morning everything was tic - kic - ti - boo (so to say) til Edmonton where they spent an extra ½ hour in the terminal while the aircraft was loaded with extra fuel. "Hum", said one pilot to another, as the third chewed the last of visible nail from each finger as his hundred bills of lobster started to rethaw in the a. c. Vancouver was down to 300 and ¼ with Comox sitting at 200 and ¼ and both expecting lower. But onward the white knuckle pushed into Vancouver then overhead Comox, to recover in Vancouver.

It was now 5 o'clock as ten weary-eyed airmen stood in the Vancouver terminal pondering further travel. Onward tonight, or downtown in a five-day-old shirt. They

tried to get help from Comox Base Transport Section but their answer was "get with 50 miles (meaning Parksville and we'll be able to pick you up, you see we have an op restriction on the bus."

To make this long story shorter it was midnight when the commercial bus finally arrived in Courtenay, the crew was 27 hours late for days off. The Boeing never did make it into Comox on the scheduled run. The crew ironically spent their first day back to work in the icy water of Georgia Strait doing survival. To sum it all up on crew member didn't as "what did we do wrong?" but did ask "don't the Boat People get better treatment than this."

Next week we'll hear from Crew 4 as they're on the same mission this week.



Crew 3 go for a swim

Photo by Pte. Robe

Night Hawk's nest

The base dentist has his grindstone ready to take down the fangs of the fighter crews, who are returning from Cold Lake's Maple Flag. This falls' scenario has been excellent training for all crews. F-111's jaguars, Phantoms and B-52's tested our tactics and skills.

Doug Swanson is wrapping up combat ready training and will soon be entering the grey monastery between 9 and 10 hanger.

Promotions have been awarded to several deserving Hawks last week. Congratulations to Don Thornton who is now a fully inflated balloon and Ron Piper whose promotion was well warranted. Kip MacLean has also been rewarded with his third hook. Good show to all.

A wine luncheon is well over

due and so hopefully there will be a correction made in the very near future.

Other activities coming up are D.B. Cooper night in McChord, and bomb retrieval from Portland.

George Rawson has had to turn down his remuster offer to Padre as it would conflict with his Disco dancing at the Boogie Man's Thursday nights.

Applications are now being taken for C flight. Maj. Pontious will be the flight commander. This prestigious flight will only accept applicants who have performed such outstanding actions as putting gloves on backwards, missing take off clearances and leaving little buttons in the out position. Please submit as soon as possible.

RCAF Assoc.

Members of Canada's newest wing of the Royal Canadian Air Force Association, formed this year in the Comox Valley, heard a report from the Wing's president, E.G. Ireland, on his return from the RCAF National Convention which was held in September in London, Ontario.

"Irish" Ireland, former C.O. at CFB Comox and now retired, told them he was tremendously impressed with enthusiasm of the large gathering of delegates from 71 other wings across the country. It was the dedication to the future of Canadian aviation and the aid generated towards young men and women interested in flying, and not just respect for the past history of the RCAF, that made the overall impression at the London convention. He felt that the new 888 (Komox) Wing was in distinguished company.

Most of the RCAF Association's wings with larger membership support Air Cadet training such as 888 Komox Wing's role in aiding the Comox Valley Lions Club

in civilian sponsorship of 386 Squadron Air Cadets. Keynote speaker at the RCAF Convention was General KD McNaughton, Director of Air Doctrine and Operations at National Defence HQ Ottawa.

The night of November 2nd Komox Wing will hold the Harvest Ball Dinner and Dance, starting 7:00 PM in the upper hall of the Comox Legion Branch. Tickets are \$12.00 each and featured are Baron of Beef, dessert, and dancing to the Alley Cats. Also a draw on the spot for a Texas Mickey.

There is to be a brief initiation ceremony for new members and any who missed the Charter Night last June. Tickets are limited to 150 for members and or guests may be obtained from committee members Stu Cripps and Fred Bolan; or the following members of the executive: Irish Ireland, Al Scott (9-5101), Fred Norton (9-4749), Tom Proctor (9-2668), Marg Robinson (9-3420), Marty Cunningham (9-4931), Scott Hunter (4-3219).

The RCAF meetings are on the first Wednesday of each month at 7:00 PM in Comox Legion upper hall. After business a social evening or a film when possible. There is a prior notice in the Free Press and Totem Times each month and promo announcements on CFCP radio station.

Distractions are dangerous

Most of us like to think that we are careful drivers. And, we are, most of the time. Some accidents happen to drivers who are usually quite careful, but who may have their attention distracted - even for just a moment.

Here is a check list of some of the most frequently encountered distractions in Canada compiled by the Canada Safety Council:

Reaching for something in the glove compartment while driving. Cure: have everything likely to be needed out of glove compartment before starting out, or pull off the road and stop.

Trying to read a road map while driving. Cure: If driving on unfamiliar territory, first find out exactly where you are from street names, highway signs, or other landmarks. Then pull off the road, find the location on your map, and plot our your next move.

Trying to put on or take off a coat or jacket whilst

driving. Cure: Stop the car, out of traffic. How many drivers have been caught with one arm in a coat when a traffic signal turns green?

Trying to locate an object dropped on the car floor. This hazard is especially dangerous to smokers, who are aware of fire dangers from a fallen cigarette, or aware of damage that can be done to car seat or clothing.

Cure: Stop the car, in the case of a cigarette, as quickly as safely possible. Never try to solve this problem whilst the car is moving.

Having clutter or garbage on the car floor. Cure: Always carry a garbage collector for pop bottles, soft drink cans, or other items that can so easily roll under a pedal.

A bug or other insect in the vehicle. This one is prevalent in summer. Cure: Either take the bite, or stop the car at the first opportunity. Sometimes, driving with windows open can en-

courage insect to leave - he's probably just as happy to be out of your car!

Items on the dash. Business papers that can blow away, pencils, crayons or pens that can disappear down the defroster vents, portable radios or tape players that can fall, and similar items should never be kept on the dash while driving.

Storage over the sun visor. Once again, the elastic or whatever secures items can break, causing distractions, or your attention can be momentarily taken while trying to retrieve an item from this position. Cure: For both of these last two items is simple. Just don't do it. There are other places where items can be kept safely.

Thoughtful conversation. Few drivers can keep their mind on the task in hand while trying to work out an algebraic problem, solve some business dilemma, or decide how to spend the next

few hours with a passenger. Cure: Either explain that you must keep your attention on the road ahead, and other vehicles, or stop at a restaurant and discuss the subject over a coffee.

It rapidly becomes clear that a driver's attention must always be on the job at hand while controlling a car. To sum up in one simple, easy-to-remember rule:

If it is necessary to take your hands off the steering wheel, your feet off the pedals, or your eyes off the road, find a safe place to stop and do it safely.

As the Ontario Safety League put it in a recent release, "drive at all times with your eyes, your ears, and your knows."

"Man comes as a novice into each age in his life." Nicolas Chamfort

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Editorials

Don't be upset

A rather scathing viewpoint on page four of the last issue of the Totem Times has raised a number of eyebrows around the base during the past two weeks. The people criticized in the letter were quite agast that such an article was printed in the Fish-wrapper. My reaction to the controversy is "why be upset?"

The type of letter printed in the last issue is exactly what we are looking for. The individuals involved obviously felt that they had a beef and chose the Fish-wrapper as their means to air it. This does not, of course, mean that we want to air everyone's dirty laundry in the paper. The last thing we want to do is unjustly smear someone's reputation.

Our policy is quite simple. We will gladly print any reasonable opinions, providing they do not knock DND policy and the writer signs his name (withheld if desired). We will also give ample space for a rebutt, in the same or next issue

of the paper.

One of the Totem Times functions, as we see it, is to be a sort of personnel newsletter for local interest issues. In performing this duty, we are not looking to malign anyone, but rather to keep our readers informed as to who, what, where, when and why.

To get back to last week's viewpoint, it was contributed by a group and not one person. This indicates to me that there was real concern for the issue. Perhaps they should have gone directly to the organizers instead of writing to the paper -- that is debatable. The Totem Times has the capacity, however, to reach the most people on such an issue and, hopefully, solve the misunderstanding.

Viewpoints -- rebutts are, to me, a very effective means of informing the community. A strong rebutt will more than satisfy our readers. Of course, if you are unable to reply, perhaps it is time to get off the pot.

Bottom line - at what cost

"Rich by nature, poor by policy". This statement, made about Canada nearly a century ago, was recalled by a recent speech of Rowland Frazee.

Frazee, President and Chief Executive Officer of Canada's leading bank, had addressed himself to the topic of Canada's ability to earn her way in what he described as a tough world. He pointed out that our net foreign debt, the dollars owed to other countries, is too large already at \$6 billion and that it is growing at an alarming rate.

We can all agree that, if Canada is not to become a bankrupt nation (with all the shame and disaster that would bring) something must be done. Our speaker asked what is lacking in Canada. Well, theoretically, we have everything going for us: natural resources, energy, an educated population, political stability, freedom and a large friendly neighbour who is our best customer. We have first class educational institutions and access to advanced technology. In other words, we are capable of rescuing ourselves from bankruptcy.

Among other remedies, it was suggested that we should become more competitive in world markets -- selling harder, developing new markets and making better deliveries. He also recommended that we need to make more effort in research and development.

It is this lack of research and development that The Vancouver Board of Trade would like to explore today. Failure to keep pace with technological change, with new developments and new products, not only affects the ability to market our products, it affects our ability to produce those products efficiently and effectively. Failure to keep pace with research and development can eventually force a company right out of the market, for example, the story of Admiral and its television business.

What is holding back Canadian research and

development? What is stopping Canadian companies from improving their products and developing new ones -- and hence -- new markets? What is stopping Canadian companies seeking less costly and more efficient methods of production?

The simple and obvious answer is money. Yes, money, but money has to be spent to make money and anyone unaware of this, and not making progress in this fast changing technological world, is actually losing ground.

But, there is another reason, one more telling. More and more shareholders are looking at the company's bottom line -- its profit for the year. They are encouraged by financially-oriented executives and accountants who are too concerned about meeting target figures for THIS year's profit. They will not take the risks involved in spending money on research and development. And there are risks -- costly risks of failure with no return at all and the inherent risk to one's reputation of making neither a profit nor progress.

There has been a significant tendency of late to elevate financially oriented accounting people to leadership roles in many of our larger companies. If these conservative-trained individuals do not also possess an entrepreneurial flair and are not willing to take some risks, if they insist on a "tunnel vision" approach to the current bottom line results, then we, as a nation, are in big trouble.

The bureaucracies formed in many corporations (rivaling those of some governments) are not renowned for fast decision-making and flexibility, or for giving up vested interest in the old ways of doing things.

So why the expression "RICH BY NATURE, POOR BY POLICY"? because if we don't revise some of our present policies, that is exactly what Canada will be.

Courtesy Vancouver Board of Trade.

We value your opinions. Drop us a line today.

Totem Times, CFB Comox, Lazo, B.C. V0R 2K0

or through CR mail



They're your fish

There's something pretty exciting going on in British Columbia, but it's costing a couple of hundred million dollars. That's a lot of loot, and whether you know about it or not, you're paying for it.

The former federal Liberal government committed the money in 1977 and B.C. environment minister Rafe Mair signed an agreement last March which committed the provincial government to an initial stake in the game with a promise of \$7.5 million from the province's coffers. It's probably no surprise to you that neither former fisheries minister Romeo LeBlanc nor Rafe Mair had any intention of dipping into their private household budgets to live up to the multi-million dollar contract they co-signed. They expect you to handle the shot so you better pay attention.

The whole thing got started a number of years ago when a group of respected biologists got together at a seminar and concluded that Canada had enough know-how to increase the anadromous (freshwater-searun) fish stocks of the Pacific watersheds to what they were at the beginning of this century. What that conclusion really means is that these guys say that we

have enough scientific knowledge available in this country to increase the present salmonid stocks by 100 per cent after three-quarters of a century of screwing up the streams, rivers and estuaries that are essential for the spawning, rearing and maturing of these fish.

Out of this came the concept of the Salmonid Enhancement Program (SEP) and the subsequent decisions by the two governments to invest your money in the scheme.

(For the record: the pronunciation is sal-MON-id, and it refers to the five species of Pacific salmon -- coho, chinook, chum, pink and sockeye -- as well as searun Dolly Varden, steelhead and cutthroat trout.)

The decision, however, was not an arbitrary one. You may recall the public meetings that were held throughout the province in November 1976. They were called to test the citizen's reaction to the SEP proposal and the results of these meetings were positive, but with certain reservations. Backed by this public approval the proponents of the program approached the federal government and got an affirmative nod from

cabinet and treasury board but, here again with reservations or, if you like, with strings attached.

Some of the strings were that the cost be recoverable within a reasonable time frame, that the program would provide increased employment, it would be a catalyst for regional development, it would provide social and economic benefits for native Indians and it would preserve resource and environmental values. Then to really tie up the package, the government decreed that there should be heavy public participation in the program.

It's this final string I want to bring to your attention because I think it's important you're aware of it.

As stated earlier: it's your money that's backing this ambitious scheme of doubling a resource that's dependent on a deteriorating base (streams, rivers and estuaries). In other words, you are a shareholder in a resource industry that, like any other industry, requires capital investment if production was to be increased. You've already been committed to this investment but, as with other investments you might make, you should

expect a reasonable return.

In the original planning of the SEP it was anticipated by your industry's advisors that this return, or profit, to the shareholders would be about a buck-and-a-half for every buck invested in the short run and probably much greater than that over a longer time span. It was also anticipated that there would be other benefits -- mostly social -- to which dollar-values are difficult to assess.

Now -- as in any other business or industry, things can sometimes get off track and a profitable plan can end up as a break-even situation or worse, as a loss. There are many ways the latter can happen. Unwillingness to change from the original plan despite changing conditions is one way. Straying from the original plan when there is no need, is another. And withdrawal of investment capital is a sure way of scuttling an otherwise viable venture.

As a shareholder in this venture you should make a point of becoming as informed as possible about the salmonid resource and how the program is progressing so that you can put forth valid opinions if you suspect the project is getting off course.

Fortunately, there's a mechanism built into SEP for just this purpose and you should use it.

The B.C. Task Group is an advisory body made up of individuals (voluntary) representing specific interest groups (sports fishermen, commercial fishermen, chambers of commerce, forest industry, etc.) and the public at large. It is responsible to the public and the SEP staff at the same time, as a means of attaining two-way communication. It also passes on recommendations to the SEP Board who, in turn, advise the two responsible ministers and treasury boards.

If you require information on salmonids and how the enhancement program is progressing or should you have knowledgeable suggestions you feel should be heard, write to the Head of Public Involvement, SEP, 1090 West Pender Street, Vancouver, B.C. V6E 2P1.

If you want to know more about the B.C. Task Group, contact our office at No. 501, 535 Thurlow Street, Vancouver, B.C. V6E 3L2.

Remember, it's your business. You better look after it.

Defensive driving can save you money

The President of the British Columbia Safety Council feels the new Fundamental Auto Insurance Rating plan being introduced by the Insurance Corporation of B.C. should encourage both drivers and car owners to learn the art of defensive driving.

"Driver improvement courses will become increasingly more popular and play an important role in our day-to-day driving habits," says Ken Burnett.

"The new F.A.I.R. plan, whereby the person involved in an accident will have to pay the Insurance Corporation a premium for any third party liability claim against him, should be ample incentive for a person to learn or refresh themselves on the art of defensive driving," says Burnett.

Defensive driving courses are now underway in most B.C. communities.

The B.C. Safety Council encourages all drivers who have not undertaken professional driver training within the last two years to enrol in a driver improvement program.

"It is a preventive measure in that you can reduce the chance of paying the costly premiums which will soon be

charged to the driver contributing to the crash," says Mr. Burnett.

Most adult education or community education departments in B.C. now offer an eight-hour classroom program in defensive driving. Defensive Driving Courses offer a standard for driving behavior that is recognized by the Motor Vehicles Branch as a program which may reduce driver error.

"Driver error is responsible for approximately 85 per cent of all car crashes. Most car crashes result from the interaction of three factors -- the driver, the vehicle and the road. The factor relating to driver error often sets up the chain of events culminating in injury and property damage."

According to Mr. Burnett, the most common error in urban driving is the failure to yield to another motorist.

"Not paying sufficient attention to cross traffic and not allowing adequate stopping distances are the major causes of a crash in this instance," says the Safety Council spokesman.

"Other kinds of driver errors occur in rural driving," adds Mr. Burnett, "with the most common error being driving at speeds too fast for

existing conditions."

"Most people do not seem to realize that posted curve speeds are recommended speeds for ideal conditions. Inclement weather, road

repair and driver fatigue are all indicators for a speed reduction."

Another area which concerns safety officials is the alarming increase over the

last five years in the number of collisions between cars and motorcycles, with half of these accidents the result of the car driver "not seeing" the cyclist and driving into his path.



TOTEM TIMES



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Promotions and awards



Congratulations MWO Burns

Master Warrant Officer James H. Burns, an instrument and electrical technician at Canadian Forces Base Comox, B.C., has received an award from the Suggestion Award Program of the Public Service of Canada for his suggestion concerning a part of the constant speed drive unit on the CP107 Argus aircraft.

While stationed at CFB Summerside, he suggested that the sprag clutch which is part of the constant speed drive unit (CSDU) on the Argus be replaced locally rather than having the CSDU removed and returned to the contractor for repair and overhaul. The local clutch replacement not only reduced the downtime of the aircraft and flights aborted because of CSDU malfunctions, it also made a substantial saving in CSDU shipping charges and repair and overhaul costs. The net savings to the Department of National Defence is estimated at over \$53,000 for the first year. MWO Burns was awarded \$1910.00 for his efforts.

Colonel Bruce T. Burgess, Base Commander, CFB Comox, made the presentation on behalf of DND of a Certificate of Award and the award cheque to MWO Burns. In a letter to MWO Burns, Admiral R.H. Falls, Chief of Defence Staff, said "... It gives me great pleasure to express my personal appreciation to you for your valuable service to the Department of National Defence. Congratulations, Master Warrant Officer Burns, for a job well done."

MWO Burns served at Edmonton prior to his posting to CFB Comox, and is a former resident of Halifax, N.S.



C.D.S. commendation

Master Corporal J.A. North, presently with 407 Maritime Patrol Squadron, Canadian Forces Base Comox, B.C., was awarded the Chief of Defence Staff Commendation for his life saving actions during an emergency situation. The citation read:

"On 10 May 1978, near Memmingen, West Germany, an aircraft technician suffered a severe convulsive seizure, fell to the ground and was choking on his tongue. Corporal North quickly rushed to his assistance and only with a great deal of effort was able to apply first aid which saved the life of a fellow airman. Signed R.H. Fall, Admiral, Chief of Defence Staff."

Brigadier-General Allan Pickering, Commander Maritime Air Group, Halifax, N.S., made the presentation during a recent ceremony held at CFB Comox.

As a result of receiving the award, MCpl. North can proudly display the gold bar with three maple leaves symbol for the Chief of Defence Commendation on his CF uniform.



L-COL. BURROWS, B. OPS O, CONGRATULATES SGT. ED SINCLAIR on his promotion. Sgt. Sinclair recently joined the security force at WSA from the PPCLI; Baden.

THE COMOX VALLEY SQUARE DANCE CLUB

is the "Ocean Waves" and dances every Wednesday at Glacier View School in Courtenay at 8:00 p.m. Anyone wishing to dance (novice or experienced) please come out. We would like to meet you. For more information, call George & Jackie at 338-8002.

WARNING! SQUARE DANCE FEVER

Very Contagious

SYMPTOMS: Absent minded tapping of the floor with foot. Mumbling meaningless phrases such as "Allemande left with the old left hand" and "Do-si-do with the gent you know." Constant need for baby sitter. Dresses in weird costumes and imitation Cowboy style.

NO KNOWN CURE

TREATMENT: Medication is useless. Disease is not fatal. Socialize with other square and round dancers for soothing effect. Victim should go square dancing as often as possible.

S.D. CALLER,
Dept. of Public Health

Why do people square dance?

After having served for nearly 25 years in all three branches of the Services - Navy, Army, and Air Force - and a further 14 years at a Canadian Services Cadet College, mostly all in the capacity of a medical laboratory technician much similar type of work accustomed to as a civilian, it has meant a career that has taken me to many parts of the world and has enabled me to see life generally and how other people live in many lands. I now know that people are all very human in nature no matter where you go; they all like friendship, laughter and good fun, kindness and understanding which is the greatest of all tonics.

On leaving the Services and settling down to civilian life, there was a void or vacuum that had to be filled. In 1965, an article on square dancing

appeared in one of our local newspapers. The article concluded with names, addresses, and telephone numbers of callers who were having beginner classes.

On following this up in real earnest, I found that square dancing would indeed fill this void in a nice, neat, gift-wrapped package because square dancing is full of life and color, good music, good dancing, good clean fun and laughter, and certainly not least, lasting friendships.

Where else can ladies make themselves look so pretty, wear such lovely colorful dresses, with their partners possibly wearing matching shirts and other suitable square dance attire? Where else can one enjoy a good evening of square dancing and square dance rounds for a modest price of \$2.00 or thereabouts and on party

nights, this frequently includes refreshments.

The callers are dedicated people who give much of their time, frequently at no small sacrifice, to this great movement because they love it. I feel it is a great privilege to belong to a club in such a wonderful pastime. As a beginner, I was a real dothead; my wife and I passed through a beginner's class twice and even later, attended a refresher class to understand better some of the more involved movements.

I am in full agreement with the excellent article "The Real Reasons" by Chris Vear, San Antonio, Texas, as published in both "Square Dancing" January, 1978, the official magazine of the Sets in Order American Square Dance Society, and Canadian Dancers News, April, 1978. Let's not go overboard with

too many basic movements; let's not make square dancing too technical which can even be at times, a possible endurance test.

One must be able to relax to fully enjoy square dancing, particularly after an active and tiring day. Let's not speed it up so that some of the movements become a little ragged rather than a graceful maneuver.

My particular club is often

referred to as the "fun club" and one that caters exclusively to good fellowship, good singing and patter calls, good square dance rounds, all with a good sprinkling of fun and laughter, suitable rest periods between dances and light refreshments towards the end of the evening. The club seems to go "all-out" on party nights to please everybody. The club has a good executive. To my wife

and I, this is truly the ideal club.

Now that I am retired, we hope to have many more years of happy dancing, with all the pleasures and social activities that it involves, which, too, can be found in most parts of the world. Once a square dancer, you need never be alone. There is always a square dancer or square dance club not too far away.

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Totem Times Sports

Up Earl's Alley

Well the trip to Buffalo was super but, I'm glad to be back. I think ... Things at the OI Sweat Shop are rather hectic these days as we are now short two PERI's which makes us rather understaffed as well as all of the other Sections on the Base are. But when you lose two experienced personnel, and, you only have a Staff of six to start with ... well ...

To start off the new season I have a rather large bone to pick ... I would like to offer the "Golden Digi" award to the person, one might refer to as the excavation point in the lower part of the Anatomy, for his untimely and most ridiculous untruth bit of garbage that appeared in a recent edition of the Totem Times under cover of the Editorial page ... My time is limited for a person that would stoop that low and write such rubbish about an activity or Section and not have the intestinal fortitude to sign his name ... If that is what the editorial staff of the paper consider "news" then there should be some heads being read ... I suppose it is better to write or print something like that rather than show some support to an individual or Section that has faithfully contributed many many articles (normally two pages full) over the past three years.

If you do not understand what I am getting at have a look at the last two papers that came out while I was away. If it were not for Photos (Flag Football) and the Article on the Marathon which was put in by this shop, there would have been NO sports section. I rest my case ...

The Pacific Region Flag Football Championships are underway as of press time and Comox and Esquimalt are the two teams that will be battling it out for the Title. Competition has been very keen and the officiating has been extremely well done. The rains came upon us on Monday and that couples with the "exercise" things were rather hectic. Thanks to the volunteers who helped yours truly and the rest of staff (Armand) for coming to our rescue.

I was happy to see that "Honest Kip" McLean got his third. It couldn't have happened to a nicer guy and it was much too late in coming. But as the expression goes Kip, "Better late than never".

The Intersection Broomball and Hockey are now under way and the winter season is upon us. All Arena allocations are made at the Arena local 314. The manager is Sgt. Dave Molloy and if the phone is not answered on the first, second or third ring do not give up OR write an article of discontent, just have patience and try again. To date the Zamboni does not have a phone on it ...



CFB Comox rec staff

Youth indoor soccer

The Youth Indoor Soccer league is once again underway. This year there are four teams comprised of Dependents between the ages of 5 and 12 and all games are played on Monday evenings from 6 P.M. to 8 P.M.

This year we are fortunate to have a MCpl. Bob Chappell looking after the league and

will give us the continued expertise to not only coordinate league but, to offer the children skill instruction as well.

If you are interested in seeing the league in action drop by and have a look. Registrations have closed as all rosters have been filled.

INTERSECTION FLAG FOOTBALL - POST MORTUM

(1530 hrs., Tues. 30 Oct., Social Centre, Gym) Objective; examine problems of the past season.

TENTATIVE AGENDA:

1. - schedule
2. - rules for next year
3. - officials
4. - team rosters
5. - PR
6. - business from the floor.

INTERSECTION BROOMBALL SCHEDULE

The Intersection Broomball season is underway and the Referee-in-chief is M/Cpl. Russ Roux. Cpl. Vartanyan is the League co-ordinator and games will be played on Monday and Wednesday evenings commencing at 2000 and also games will be played from time to time on the weekends, either Saturdays or Sundays. The Schedule for up to and including 12 Dec. 79 will be as follows:

TEAMS

HQ
BAMSO
409/442
407
MP

1st period 25 min.
5 min. break
2nd play out remainder time regardless

2000 hours

15 Oct.
HQ vs 407

22 Oct.
MP vs 409/442

29 Oct.
407 vs BAMSO

5 Nov.
409/442 vs HQ

12 Nov.
BAMSO vs MP

19 Nov.
HQ vs 407

26 Nov.
MP vs 409/442

3 Dec.
407 vs BAMSO

10 Dec.
409/442 vs HQ

17 Oct.
BAMSO vs 409/442

24 Oct.
HQ vs BAMSO

31 Oct.
MP vs HQ

7 Nov.
407 vs MP

14 Nov.
409/442 vs 407

21 Nov.
BAMSO vs 409/442

28 Nov.
HQ vs BAMSO

5 Dec.
MP vs HQ

12 Dec.
407 vs MP

BROOMBALL WEEKEND SCHEDULE

Sat. 20 Oct.
8:00-9:15 9:15 - 10:30
HQ vs 407 BAMSO vs 409/442

Sun. 21 Oct.
4:15 - 5:30
MP vs 409/442

Sat. 27 Oct.
8:00 - 9:15 9:15 - 10:30
HQ vs BAMSO 407 vs 409/442

Sun. 28 Oct.
4:15 - 5:30
MP vs hq

A response to a disgruntled intersection foot baller

Having become the Comox Physical Education and Recreation Officer within the last month, I am vitally interested in finding out how things operated in the past, how they are going now and where improvements can be made for the future.

To this end, I would encourage you and others to COMMUNICATE your concerns directly to the Physical Education Staff. If you personally met frustration in the past, I am sorry. But don't give up. We are trying to provide the best possible programs, facilities, equipment and physical education experiences for all 1485 service personnel and their dependents.

However, it is a two-way street in which CO-OPERATION is essential. I have called a "Flag Football Post Mortum" at the Social Centre in the Gym at 1530 hours on Tuesday, 30 Oct. All coaches, captains and interested players are heartily invited to come. Let us together examine the situation with a view to make next year an enjoyable and worthwhile activity for more people than might have been the case this year.

J.A. Kimick, Capt. BPERO 315

1979 - 1980 UNDERWATER PHOTOGRAPHY CONTEST

The Association of Canadian Underwater Councils (AUCU) is sponsoring this contest. Cash prizes of up to \$500 will be awarded for National winners and trophies for area winners:

The subjects are:

—BEST UNDERWATER PHOTOGRAPH ANY LOCATION — ANY SUBJECT

—BEST UNDERWATER PHOTOGRAPH OF MARINE LIFE - FLORA, FAUNA - TAKEN IN CANADIAN WATERS

—BEST UNDERWATER PHOTOGRAPH OF MAN UNDERWATER - which may include wrecks, divers, people, and man-made objects, TAKEN IN CANADIAN WATERS.

The closing date for entries will be announced in 1980. Interested persons should pick up entry forms at the Base gymnasium.

J.A. Kimick
Captain
BPERO
315

Tariff status - diving equipment

The Association of Canadian Underwater Council's (AUCU) Executive Director has held discussions and negotiations with the Revenue Canada Tariff Board over the past four years with the intent of removing the tariffs on diving equipment. Success was met in having the tariffs removed in 1977 from imported sheets of wet suit material.

The Minister of Finance directed the Tariff Board to conduct an inquiry generally into Scuba diving equipment, at which time the dive stores, manufacturers and Councils were informed that they should prepare briefs to support the removal of tariffs to the Board. These were presented at the inquiry hearings conducted in five cities across Canada.

With the completion of the inquiry, the Tariff Board has

recommended to the Minister of Finance that in almost every instance for Scuba equipment, the material should be allowed entry into Canada duty free. However, it was stated this procedure should be phased in over a one year period, during which time there should be an intermediate rate of duty. It must also be noted that the Federal Government's 9 per cent sales tax will remain in force on imported Scuba equipment.

It now remains for the report to be tabled in the first fifteen days that Parliament reconvenes, at which time it may be considered immediately, or in the next budget or even in the 1980 budget. Whenever the tariff proposal is accepted by the Government of Canada, the Association will immediately relay the information.

FACTS & FIGURES

The country with the highest rate of taxation is Norway, where an 80 percent tax limit recently has been abolished and some citizens have to pay more than 100 percent of their taxable income.

The country with the second highest rate of taxation is the United Kingdom. There the rate for taxable incomes over \$46,000 is 83 percent with an additional surcharge on investment income of 15 percent, making a total rate of 98 percent.

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Mr. F. B. Wong,
Regional Superintendent
Material Management
Room 405-739 West Hastings Street,
Vancouver, B.C. V6C 1A2.

Sealed and marked tenders will be received up to 11:00 hours (local time) on Friday, November 23, 1979 in the office of the following:

Mr. F. B. Wong,
Regional Superintendent
Material Management
Room 405-739 West Hastings Street,
Vancouver, B.C. V6C 1A2

A tender briefing meeting will be held at the following time and location:

14:00 hours (local time),
Tuesday, November 6, 1979,
Room 216,
Harbour Towers Hotel,
345 Quebec Street,
Victoria, B.C.

Give us your views on a new B.C. Stadium

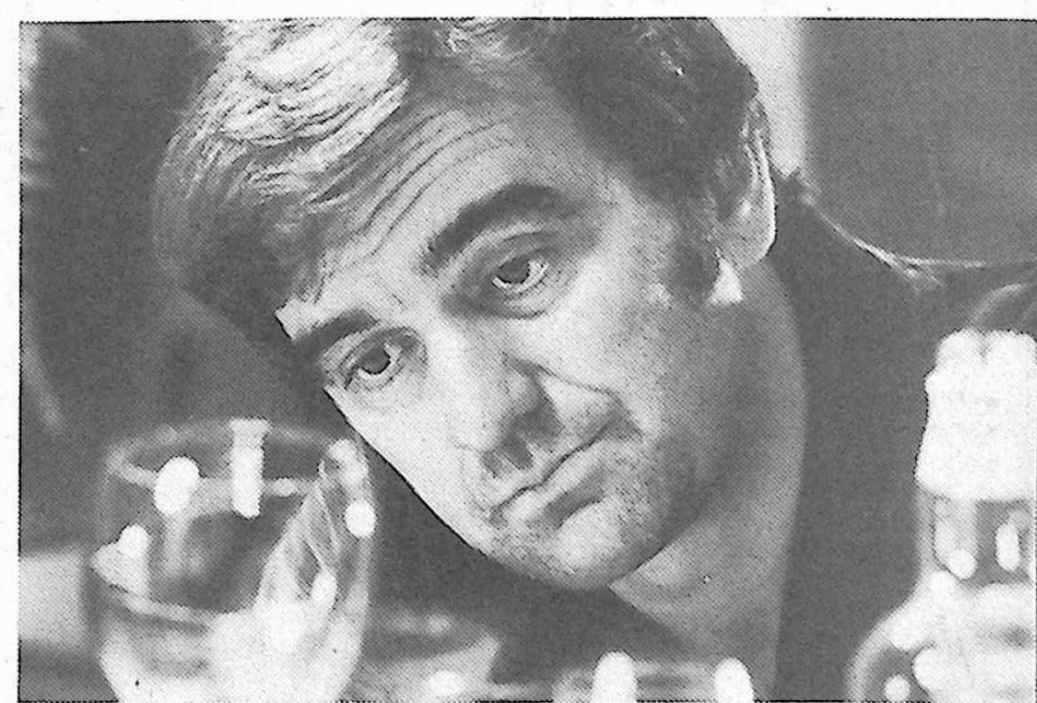
If you have a definite idea on the sort of stadium we need, now's the time to express yourself. The British Columbia Stadium Commission invites all interested parties to submit their proposals ... with particular attention to the most desirable site within the Lower Mainland. If you have an opinion, put your thoughts into words now. Submissions on the proposed new stadium - in writing only - should be addressed to:

Paul Manning,
B.C. Stadium Commission,
P.O. Box 35,
800 Hornby Street,
Vancouver, B.C.
V6Z 2C5



Province of British Columbia

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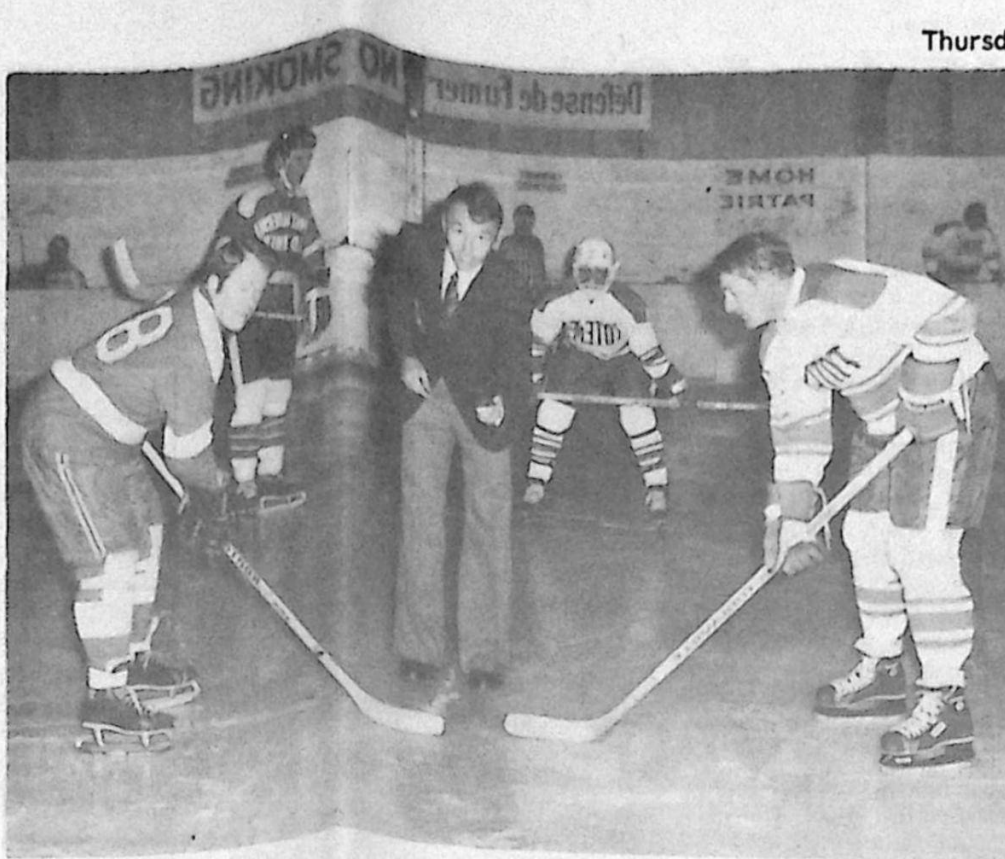
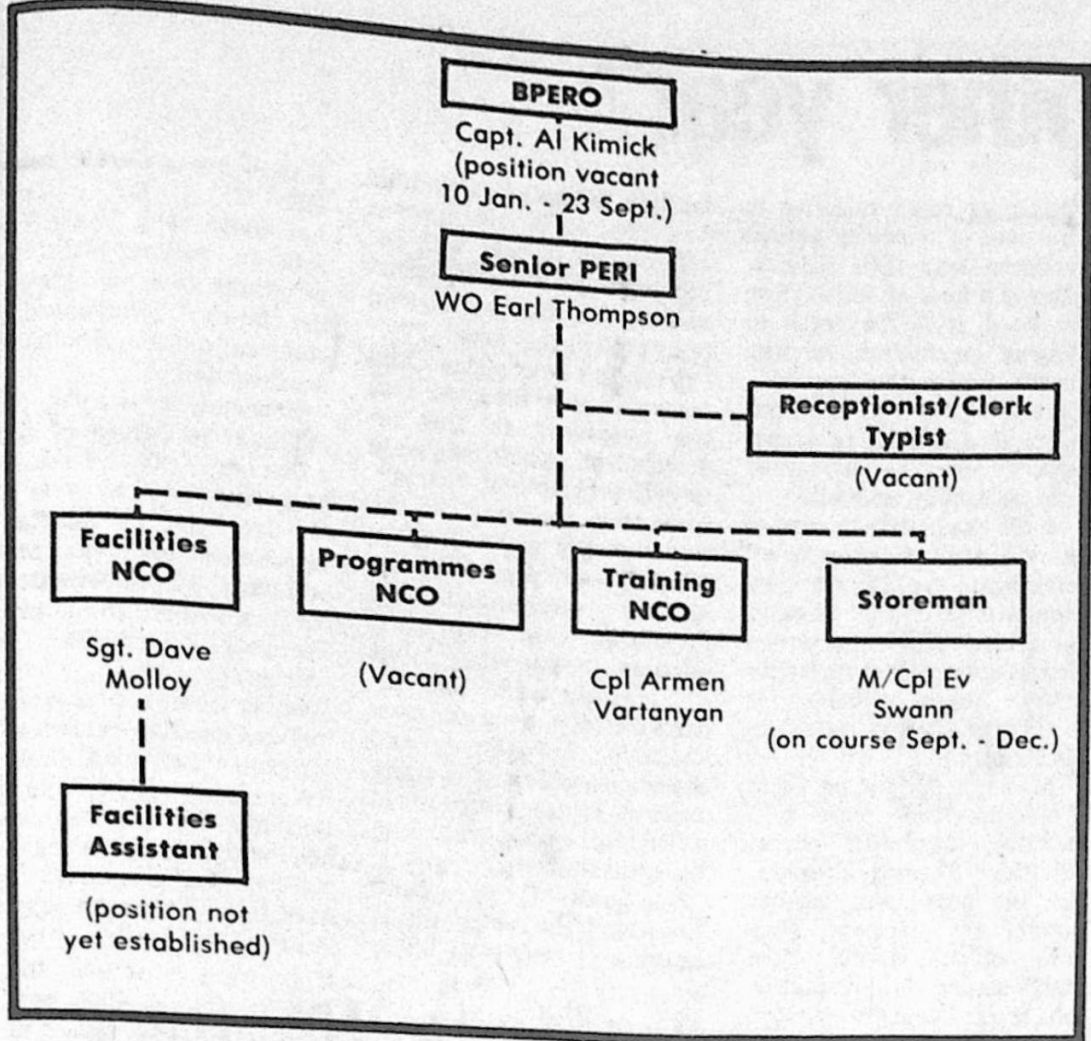
ALCOHOL AWARENESS WEEK OCTOBER 22-26

This week is Alcohol Awareness Week in British Columbia. There are more than 50 alcohol treatment services funded by the Alcohol and Drug Commission, Ministry of Health, and located throughout the province. If you or someone close to you has a drinking problem, contact us for help: Alcohol and Drug Commission Box 21, 805 West Broadway Vancouver, B.C. V5Z 1K1



Province of British Columbia
Ministry of Health

ALCOHOL AND DRUG COMMISSION



A new season for the Old Timers



Regional flag football championship

Sweat hall sneakers

The mysterious author, Player's Unlimited, mentioned in the last issue of Totem Times that the rec centre may be understaffed. To provide a clear basis for discussion the organization is illustrated above.

In order to have the facilities operate efficiently this fall and in particular, the arena, Cpl. Vartanyan should have filled the Facilities Assistant position. This graphically demonstrates the inherent problem that four distinct jobs, namely reception, stores, programs and training would be vacant. The situation is almost a crippling one. At times, as few as 2 of 8 positions are filled at any one time. However, even if the positions were all filled, it must be recognized that two

essentials are still necessary for effective programs — namely COMMUNICATIONS and CO-OPERATION.

Constant, constructive communication is required to identify the needs and set priorities of CFB Comox. Talking and letters are useful. Time permitting, a PE&R survey will be drafted and distributed before Christmas.

The second essential of a good PE&R program is having the co-operation of the branches-squadrons-sections and community at large to act on the needs.

The following random list is but the tip of the iceberg of the people involved with the program at CFB Comox:

Clements, Diamond, McAffer (supportive Branch Heads - CO's), Spicer,

(supportive section commander), Hartley (scout leader), Dixon (player, section rep, statistician), Schmidt, Alley, Phinney (IS officials), Roux, Rowe, Mathieu (IS-Base team players), Cramer, Shaw, McLean (coaches), Chappell, Verchere, (Youth Soccer, bowling), Vandervoort (concerned parent, Community Council rep) plus the medics, cooks, engineers, supply and cleaners. Many, many more are all helping to make it happen.

In fact, every man, woman and child has a valuable, essential contribution to make to themselves as individuals and to the total well being of us all. WE are the program, without whom virtually nothing would or could be done.

Toronto, Ontario . . . Still on the subject of metrication, a Torontonian, Stan Love, has discovered an obvious benefit if sports went metric: the elimination of athlete's foot.

Classifieds

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The Corporation's Inspection Office in Courtenay will be moving from its present premises at the Mexicana Inn, 1001 Ryan Road, Courtenay to 536-4th Street, Courtenay, on July 16, 1979. The present mailing address: P.O. Box 3337, Courtenay B.C., V9N 5N5 and telephone number 338-8611 will not change.

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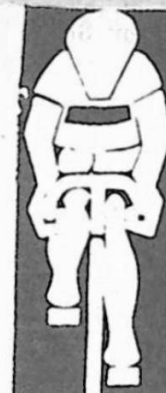
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1st Lazo

Ladies Auxiliary

The ladies of the 1 Lazo ladies auxiliary held their meeting on Nov. 17th with 18 ladies present. First of all I have a few special thanks to make. A very special THANK-YOU to Kay Johnston for sewing all those scarfs, it was too bad they were too small to be used. THANK-YOU to Jean Ainslie and all her sewing girls who in such short notice came up with the required 62 scarfs we needed for all our new boys. A job WELL DONE. I would also like to thank all the women who brought cookies to the meeting on Wed. These cookies will be used for Investures, bottle drives and apple day. THANK-YOU.

The meeting opened with our secretary Marg Horton reading the minutes of the last meeting. Our big discussion this meeting was having a community "Tupperware" party in the Airport school gym. This would be a money raising project for our boys. After a debate and a vote it was decided we would hold the Tupperware party on Nov. 14th at 8 p.m. in the school gym. Linda Witter will give it. Everyone is welcome to come, the more we have the more money we will make. We are very short of funds so MONEY is the one big thing on our minds.

Our Bazaar is the big money maker for our boys. We are getting started on this now, so anyone with any ideas would you please give them to us. We need HELP to anyone and

everyone please share your talents whatever they may be with us.

Our guest speaker for the evening was John Baron our group Committee Chairman. He gave a very interesting talk on how our group committee operates and the help it gives our boys. THANK-YOU John.

The "Mystery" gift draw was won by Francine MacLeod.

The meeting was adjourned at 9:55 p.m. with the closing of the prayer.

The next meeting will be held in the Prost. Church chapel on Nov. 21st at 7:30 p.m. All mothers of boys in the Scouting Movement are welcome, the more the merrier, so PLEASE come out and join us. Find out what your boy is doing, and help us make some of the money we so badly needed.

In closing this column I would like to know how many people would be interested in buying things out of our Scouting catalogue for Xmas presents for their boys. There are a lot of nice things for stocking stuffers. The charge for each item would be 25 cents above the original cost. This 25 cents extra cost per item is to cover the postage stamps, money order, etc. If there are any questions pertaining to this please call me Jane Parker at 339-5273. Thank you.

See all you mothers at our next meeting on Nov. 21st.

O.W.C. enjoys Hallowe'en party

The Officers' Wives Club met on October 17th in costume for our Hallowe'en party and penny auction. Our witch's brew was served by a lovely (?) lady in black in a setting of pumpkins, candles and harvest decor. Getting down to business with our regular meeting, we were briefly interrupted by the surprise entrance of a mysterious dragon.

Following the meeting, we were entertained with a penny auction conducted by auctioneer Peter Witter. Along with the many amusing gag gifts sold, Peter's auc-

tioning kept the witch (and everyone else) cackling. Many thanks go to Peter and our entertainment gals, Jill Toews and Marilyn Books, for a very fun evening.

Of the many clever costumes, the one selected best of the evening was a macrame skeleton made and worn by Mary Dunsden.

Next month's meeting will be on November 21st and promises to be another outstanding evening. We will have a pot luck supper along with an arts and crafts display and sale. See you then.

Unicef Hallowe'en

A hospital in Ontario is hiring a Shamen to treat the Native People in the area. Traditional medicine and modern medicine can go hand in hand.

UNICEF began such a program in the Philippines in 1954 when it began training hilot (traditional midwives) in modern birth delivery. The hilot are accepted and respected in the community. They are the ideal people to deliver maternal and child health services. 9,000 hilot have now been trained in hygiene, prevention of infections and referral of complicated and difficult cases. At the end of the training program each hilot receives a UNICEF Delivery Kit.

The success of the program is indicated by the decreasing child mortality rate and a new goal to train 25,000 hilot by 1980 has been set. This program and other innovative self-help programs are funded by UNICEF. They are made possible by Canadian children and the UNICEF Hallowe'en boxes.

Mrs. Flora Makotoko, is, by any standards a human dynamo. She's a public health nurse in Lesotho, a small, poor, mountainous, nation surrounded by South Africa.

Mrs. Makotoko looks after 16 rural health clinics, runs a health workers training program and looks after her husband and their four children. Her self-initiated,

self-help program concentrates on the use of clinics, immunization against communicable disease, sanitation and first aid.

Mrs. Makotoko's clinics need continuing supplies of vaccine, vitamins and medicines. These are provided by UNICEF. Help fill a UNICEF Hallowe'en box and help Mrs. Makotoko keep her clinics stocked with the vital necessities of health care.

Unicef Canada - just another year?

We've had World Refugee Year, The Year of the Environment, International Women's Year, and now, The International Year of the Child.

There are more refugees than ever; the environment is more troubling than ever and women still do not have equality in many parts of the world. When 1979 has come and gone, more than half of the world's children will still face a bleak future. If they don't solve problems, what's the point of these "special" years? What are they all about anyway?

We North Americans are conditioned to the 30 minute solution, or in this case, the 365 day solution. If problems are raised, surely they should be solved.

There is a basic misunderstanding of what the special UNITED Nations years of focus are all about. The special "years" are in-

tended to provoke thought, and to bring about discussion - thought and discussion by governments, by experts and above all, by the public. They are intended to pin-point specific international problems and bring these problems to the forefront of everyone's mind. The United Nations can obtain international agreement on principles, but it has no power to make its member nations adopt legislation that would enshrine those principles in law.

The International Declaration on the Rights of the Child, for example, was adopted 20 years ago, but not all principles in that declaration have been translated into legal rights for all children. In Canada, we are considering special appointed lawyers to represent the rights of children in court cases. These children's advocates would represent the

child, not the parents. We are moving away from the idea that children are chattels belonging to parents. Regrettably this kind of legislation is far in advance of what is possible in many countries; countries where children still can legally be bought and sold and where child labour laws are still non-existent.

This year, during The International Year of the Child, many nations have introduced new laws to protect their children and many others are funding, with the help of organizations like UNICEF, special long-term programs which will benefit their own children.

In Canada, we have seen an effective public campaign to recognize and report cases of child abuse. Hospitals and child welfare agencies are setting up special programs to deal with the victims of abuse. The legal profession is

becoming more sensitive to the need of removing abused children from their parents. This is a form of action close at hand, it is the result of "focus" on children and their needs during this special - international year, but elsewhere, gains in programs that we now take for granted can be equally dramatic.

India has initiated a plan to provide free education for all children to the age of 8. New educational and health programs will concentrate on lowering the infant mortality rate. Again, India is reviewing all laws related to children.

In many burgeoning Latin American cities there is a serious crisis with "street children". These children are, for the most part, without parents or guardians. They live on the streets, often participating in prostitution and drugs. Some are as young as six and seven and they are

terribly exploited. Columbia has set up a permanent commission to deal with the problems of "street children" and Mexico also has special programs in this area.

When the Year of the Child began, it was assumed that the problems in the industrialized countries were largely problems of "value", while the problems in the third world were largely "basic". As people of all nations exchanged information, however, it became apparent that illusions existed. The industrialized nations do have health, nutrition and education problems and many children in the third world suffer from child abuse, drug and alcohol abuse.

The goals of this special U.N. Year? The real, positive, tangible results? The

Executive Director of UNICEF, Mr. Henry Labouisse, said, "If the Year sets in motion plans and programs that will improve the fate of generations of children to come, it will have reached its goal".

It would seem clear, that IYC has "set in motion" quite a number of positive working programs and in this respect, all the U.N. special years have done the same. The problems will still be with us but the wheels are turning. The year of focus isn't just "all talk".

On October 31st nearly a million Canadian children will "trick or treat" for UNICEF. By helping to fill their UNICEF boxes you are helping to keep the wheels in motion. The programs that have been initiated are long term.

International Year of the Child

THE INTERNATIONAL YEAR OF THE CHILD, a year in which governments, individuals and local, national and international voluntary organizations, focused on the rights and needs of the world's children comes to an end at midnight, December 31st.

It is a year which has seen a start on many new programs and projects to help the world's children; it is a year which has launched child welfare legislation in many countries. IYC was conceived as a year of international consciousness raising, a year which would begin new efforts and plans for a better future. The results have been real and tangible.

UNICEF, as the lead agency for IYC, is the international organization charged with improving the present and the future for the world's neediest children. It is the organization which will help carry out many of the programs and projects begun during IYC.

Funds raised through the sale of UNICEF cards and gifts help fund continuing basic services in health care, nutrition, education, sanitation and safe water for some 350 million children in 102 developing countries.

UNICEF projects are self-help projects, they are long-term and they go on "working" for years after the initial funding and implementation. UNICEF also maintains a special emergency fund to provide assistance following disasters. Every effort is made to turn emergency help into lasting help. A well, for example, that is drilled during a

drought will remain to provide clean water for years to come.

The proceeds from a single box of UNICEF cards provides enough money to purchase 1,000 tablets of vitamin C, enough vaccine to immunize 20 children, or sufficient seeds to plant a school or community garden.

This year's line of UNICEF cards and gifts include the popular children's calendar. Illustrated with children's art from around the world, it lists all of the national and religious holidays in every nation. It's an educational tool as well as a calendar.

Traditional greeting cards offer inscriptions in the five official languages of the United Nations while other cards are blank so you may write your own message. UNICEF notes can be used year round. They're ideal "thank-you", "get-well", "Happy Anniversary" and "Happy Birthday" greetings.

UNICEF cards and notes feature the work of internationally famous artists, children and a special group of noted Canadian artists. UNICEF also distributes a number of gift items.

Every gift, every card, every package of notes, every UNICEF calendar, is double value. You are giving to those on your gift list and to children in developing countries.

A free illustrated catalogue may be obtained at British Columbia UNICEF Committee, Winch Building, 739 W. Hastings St., Vancouver 1, B.C.

1st Lazo Beavers Blue Colony

Since our last column the Beavers have been busy indeed. In the craft corner they've done collages, bird feeders and hobo sacks to name but a few. They've played a lot of old favorite games plus some new ones. We've utilized the outdoors when mother nature allowed. The big chore for Beavers and Kits has been the practicing for our Investiture.

18th Oct. was a happy occasion for Beavers and parents at the pond. The Kits were invested as Eager Beavers and the parents and boys arrived as Hobo's for the program theme. The Keos had fun with a game they lined up for parent and son, a shoe scramble. I'm sure everyone enjoyed this. Rusty did the opening ceremonies followed by the investment of our leader Lloyd Houston, better known as Hawkeye 11. Marg Ward the District Beaver leader Co-ordinator did the honors.

Ted Crompton, District Chairman invested our new kits. Welcome to new Beavers Justin Chapman, Cody Green, Joel Lewis, Greg Martin, Alex Smith, Mike Pruitt, Darren Ward and Michael Mitchell. Blue Colony is indeed fortunate to have Two Keos who were also invested this night. They are Mike Synnuck and Michael Burgess.

Welcome to our happy group. "Baggy Clothes Relay" game proved to be the highlight of the evening when parents and boys got together again for this fun game. Those long trousers, baggy shirts, rope, belt, huge boots and sloppy hats were the boys attire for a relay race. Some Beavers we're yet to recognize as they all but disappeared in the outfits.

Grub time saw the Hobo sacks emptied and refreshments of coffee and juice supplied and served by the L.A. members eaten and drank up in minutes.

Campfire songs were sung around the campfire. Ted Crompton led the boys in a few of the old favorites, while Marg Ward taught us a new song.

Before I close I'd like to thank my leaders the Beavers, their parents, Ted Crompton, Marg Ward, Donna-Lee Kuntz, Sue Dodge, Ev. Dyer, Jean Ainslie and Peter Witter for sharing your time with us and contributing to an evening the boys will long remember. THANK YOU.

Next week, with a bit of sunshine I'd like to remind the boys we'll be leaving the pond at 3:30 p.m. for a 'super' and supper meeting with more fun and excitement 'n store. 'Til next time...



CFB COMOX BIDS FAREWELL to A-Cpl. Daniel Lebel, October 19, 1979.

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)

Today, I would like to share with my faithful readers a poem by "Henry Woodward."

The real estate market is based on supply and demand, but with inflation on a never ending spiral, plus the cost of building materials that go into a new house, then add the factor of labour, what have we got? We have real estate on the rise, Canada wide.

The poem is so true, with pride of ownership an emotion that can and will be yours on any real estate venture, be it house, land, or investment property.

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I am the basis of all wealth, the heritage of the wise, the thrifty and the prudent.

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I am the solace of the widow, the comfort of old age, the cornerstone of security against misfortune and want.

I am handed down to children through generations as a thing of greatest worth.

I am the choicest fruit of toil. Credit respects me, and yet I am humble.

I stand for every man, bidding him to know me for what I am and possess me.

I grow and increase in value through countless days. Though I seem dormant, my worth increases, never failing never ceasing, for time is my aid and population eats upon my gain.

Fire and elements I defy, for they cannot destroy me. My possessors learn to believe in me. Invariably they become envious. While all things wither and decay, I survive.

The thrifless speak ill of me, the charlatans of finance attack me, yet I am trust-worthy, I am sound. Unfailing I triumph and my detractors are disproved. Minerals and oils, come from me. I am the producer of food, the basis of ships and factories, yes the foundation of banks.

Yet I am, so common that thousands unthinkingly and unknowingly pass me by.

By Henry Woodward

Maureen Arthur is a licensed real estate sales lady with Nanaimo Realty, 576 England Ave., Courtenay, B.C. 334-3124.

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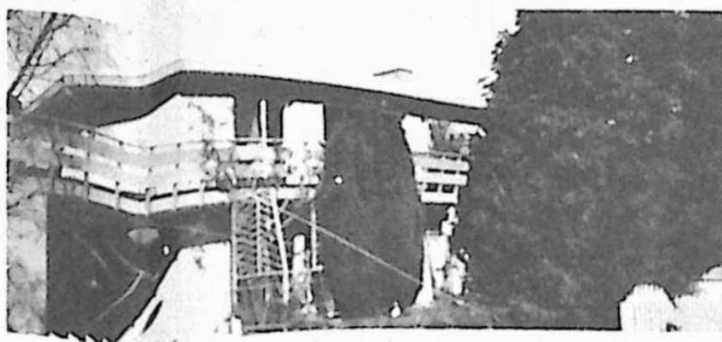
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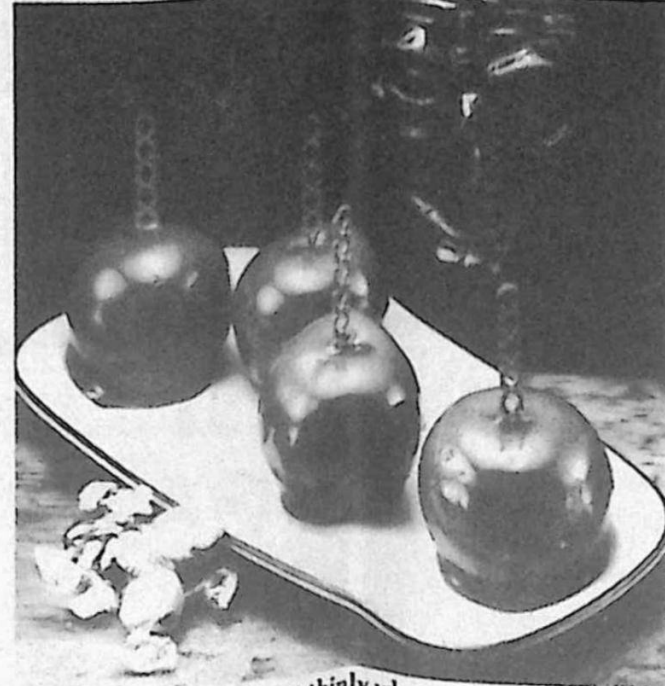
Nutmeg was once thought to remove freckles.

Fact sheet

1979 Christmas deadlines

Oct. 5	Cuba	- surface unsealed Christmas cards - surface parcel post
Oct. 13	Haiti & Neth. Antilles	- surface unsealed Christmas cards - surface parcel post
	Africa	- surface unsealed Christmas cards
	Asia	- surface parcel post
	Oceania (including Australia & New Zealand)	- surface parcel post
Oct. 19	Europe	- surface parcel post
	Argentina & Paraguay	- surface unsealed Christmas cards - surface parcel post
Nov. 2	Rest of Central and South America and West Indies	- surface parcel post
	Oceania (including Australia & New Zealand)	- surface unsealed Christmas cards
	Africa	- surface unsealed Christmas cards
Nov. 9	Europe	- surface unsealed Christmas cards
	Gt. Britain and Northern Ireland	- surface parcel post
	Republic of Ireland	- surface unsealed Christmas cards
	Asia	- surface unsealed Christmas cards
	Rest of Central and South America and West Indies	- surface unsealed Christmas cards
Nov. 23	Great Britain and Northern Ireland	- surface unsealed Christmas cards
	Republic of Ireland	- surface unsealed Christmas cards
	Haiti and Neth. Antilles	- air parcel post
	Cuba	- air parcel post
	Africa	- air parcel post
	Asia	- air parcel post
Nov. 30	Europe	- air parcel post
	Argentina & Paraguay	- air parcel post
	Haiti & Neth. Antilles	- air sealed & unsealed Christmas cards
	Cuba	- air sealed & unsealed Christmas cards
	Rest of Central and South America and West Indies	- air parcel post
Dec. 7	Europe	- air sealed and unsealed Christmas cards
	Argentina & Paraguay	- air sealed and unsealed Christmas cards
	Great Britain and Northern Ireland	- air parcel post
	Republic of Ireland	- air sealed and unsealed Christmas cards
	Rest of Central and South America and West Indies	- air sealed and unsealed Christmas cards
	Africa	- air sealed and unsealed Christmas cards
	Asia	- air sealed and unsealed Christmas cards
	Oceania (including Australia and New Zealand)	- air sealed and unsealed Christmas cards
Dec. 13	Great Britain and Northern Ireland	- air sealed and unsealed Christmas cards
	Republic of Ireland	- air sealed and unsealed Christmas cards
	U.S.A.	- first and third class Christmas cards - all sealed
	Canada	- first and third class Christmas cards - all sealed
Dec. 17	In-town/local	- first class Christmas cards - sealed
Dec. 3	Canada/U.S.A.	- Parcel Post

Caramel apples for an old fashioned hallowe'en treat



Use small apples and coat thinly when making Hallowe'en caramel apples.

Caramel-coated apples are an old-fashioned Hallowe'en treat that still makes a lot of sense today. Certainly more fun for the "trick or treat" than the standard handful of kisses, caramel apples also offer food value, particularly if the coating is milk-based.

Two suggestions when preparing the recipe below. Choose apples which are small. They are easier to work with and easier to eat, especially for pre-schoolers. Also keep the coating thin. It is more economical and again makes it easier for the smaller ghosts and goblins to manage.

HALLOWE'EN CARAMEL APPLES

- 1 can Eagle Brand Sweetened Condensed milk
- 1 cup sugar
- 3/4 cup golden corn syrup
- 1/4 cup butter or margarine
- 1 tsp. vanilla
- 8 small apples
- 8 wooden skewers or popsicle sticks

Insert wooden skewers well into stem end of apples. In a heavy saucepan, combine sweetened condensed milk, sugar and corn syrup. Stir and cook over medium heat to 230 degrees F on a candy thermometer or to soft ball stage. Remove from heat. Stir in butter and vanilla. Working quickly, dip apples in caramel and spoon over to coat well.

Place apples stem side up to harden on greased paper.



MAKE YOUR OWN WINES AT HOME

Big reds for hearty meals

Endless arguments rage over the superiority of red wine compared with white wine... and vice versa. Rarely are these confrontations more amusing than dull. And always they seem futile.

The one thing which seems beyond debate is that each wine should be judged on its own merits in a specific situation. Those who insist on maintaining snobbish prejudices in wine will miss a lot of enjoyment. Whites are deservedly popular these days, but the solid reputations of the reds remain unshaken.

The red colouration in wine (as noted in the second article of this series) comes mainly from the grape skins. The juice and the bluish skins go through primary fermentation together. Red wine comes in many subtle shades, varying all the way from a paleness which almost puts it into the rosé class, to deep purple with a touch of amber. In every case, though, the resulting wine is considerably lighter than the grape skin colour. Yet colour is only the more obvious aspect of the deeper enchantment of a good red wine, because the pigment which sends a rich colour to the eye also adds much to the chemistry which governs flavour. To the home winemaker this means more scope for adjustment and experimentation with the final product.

The home winemaker who uses the easy grape concentrate for the juice base doesn't have to be concerned with the business of putting the skins into the primary fermentation and removing them afterwards; skin pulp and pigment extract is included in the concentrate for red wines, and will settle out as "lees" (the accumulated matter on the bottom of the fermenter).

The entire fermentation process, in both primary and secondary, is exactly the same for the home winemaker using concentrate whether the wine being produced is red or white. Since most red wine enthusiasts tend to like their reds completely "dry" — in other words, with zero residual sugar — it is important to be sure that all the sugar has been converted to alcohol. Here again the hydrometer is the instrument for accurate measurement of sugar (see second article in series for discussion of hydrometer).

Although the fermentation process is the same for both reds and whites, it is important to note that the type of yeast chosen — or specified in the recipe — may not be equally appropriate for both reds and whites. Wine yeasts do have an influence on flavour, so it is important to distinguish between Chablis and Burgundy-type yeasts, as well as, several other specialized wine yeasts, to get the hoped for result. Newcomers to the art of winemaking should follow the recipe; those with

more confidence can experiment with alternative wine yeasts.

Undoubtedly, the factor which separates reds from whites when it comes to flavour is the presence of more tannin and acids in reds. These elements are extracted from the skins and seeds during processing and fermentation, and give red its distinctive zip and bite — eventually — and its unappealing sharpness when young. A year or more can be required to round, soften and mellow the tannin and other acids into a wine fit to compliment hearty roast beef.

As with sugar content, nature can be given a nudge by the home winemaker when it comes to acid and tannin. These additives supplement the natural tannin and acidity level present in the juice for a better product, and the amounts for additional tannin and acid are usually given in the recipe. With experience, tan-

nin and acid levels can be delicately manipulated by the home winemaker to suit individual taste.

Another source of tannin commonly used in home winemaking is oak chips — seasoned French Limousin oak added during secondary fermentation as a more practical substitute for very expensive oak barrels.

Here's a reliable recipe for a robust red:

NEXT: CAN CHARACTER COME IN CANS?

If you would like to receive further winemaking recipes and information simply send your name and address to: Wine Recipes, P.O. Box 4035, Station "A", Toronto, Ontario, M5W 2E5. Each name received will be eligible for a draw, the winner to receive a free trip to Australia CP Air and a tour of the vineyards of Southern Australia.

SHIRAZ (Hermitage) Dry Red

The syrah makes the best wines from the Rhone Valley regions of Hermitage and Chateaufort-du-Pape. In its new southern home, the Shiraz produces magnificent wines and is the most widely planted red wine grape in Australia.

INGREDIENTS

- 1 tin Australian Shiraz grape concentrate
- 5 1/2 tins Water
- 1.8 kilos Granulated Sugar (or 5 lbs. Corn Sugar)
- Acid (as directed in recipe)
- 2 tsp. Grape Tannin
- 2 tsp. Pectic Enzyme
- 2 tsp. Super Nutrient
- French Wine Yeast
- 8 oz. Freeze Dried Pomace (optional)
- 2 oz. French Oak Chips (optional)
- Starting Specific Gravity: 1.090
- Starting Acid: 4 g/l
- Yield: 26 bottles

METHOD:

Mix all ingredients EXCEPT WINE YEAST(S) in a sterilized primary fermenter. It is advisable to use three containers of hot water to dissolve sugar, acids, nutrients, etc., then add balance of cold water to reduce the temperature of the must to 21-23 degrees C (70-75 degrees F) before adding the yeast(s).

Fermentation should start in approximately 24 hours. If there is a pulp present, the must should be stirred twice daily while in the primary. In 5 days or when the S.G. of the must drops to 1.020 or below, rack into the secondary fermenter. When racking, place the syphon hose at the top of the secondary and allow the wine to splash to the bottom of the secondary. This is known as the aeration stage. Attach the fermentation lock. (Some foaming may occur but will quickly subside.)

Rack in 10 days, again using the aeration technique. Be sure the carboy is topped up at all times and attach the fermentation lock. Rack in 3 to 4 weeks when the S.G. is 1.000 or below and the fermentation has ceased. Before racking, first rinse out a carboy with a standard sulphite solution (2 oz. metabisulphite crystals dissolved in 160 oz. water), shake out excess sulphite but do not rinse with water. Rack the wine carefully into the carboy by placing the end of the syphon hose at the bottom of the carboy so that the wine does not splash. All further rackings should be done so that there is no aeration.

After a further 3 to 4 weeks, finings may be added to the wine to enable the wine to clear faster. In a further 10 days, the wine should be filtered into another carboy. Your local wine store should have rental filters available at a nominal charge.

Further bulk aging of 2 to 3 months is recommended.

BOTTLING: Rinse the clean wine bottles with a standard sulphite solution (see above), drain for about 5 minutes but do not rinse with water. Bottle the wine, cap or cork and age in a cool dark place for at least 2 to 3 months before sampling. We recommend that red wines be uncorked or uncapped at least 1 hour before serving.

New program for Girl Guides

The Girl Guides of Canada in British Columbia are introducing a new program to their organization. There will be something to interest every girl from the age of six to the age of seventeen in a newly designed program that stimulates excitement and adventure.

Brownies will now be able to join at six years of age. The program is a "learning by

doing" experience that maintains its appeal until the Brownie reaches the age of nine.

Girls of nine are ready for the broader scope of the Guide company. From age nine to twelve the Guide will be provided with a sound knowledge of Guiding skills. The girl is ready to take her part in decision making and the patrol system.

The Pathfinder program is designed to suit the transition years between girl and adult: ages twelve to fifteen. A wide variety of interests will be encouraged and girls will be exposed to real life situations where sharing, serving, striving, and achieving will occur. She will be encouraged to give of her best and be satisfied with nothing less.

Rangers, Cadets and Junior Leaders, as senior members, have shown over many years their interest in Guiding and wish to continue friendships, camping, service, teaching and reaching out into a wider world through their involvement.

The Guiding program has been changed to suit the needs of today's youth. The AIMS of Guiding remain the same: to encourage the girls to become resourceful, responsible and happy members of society.



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