



TOTEM TIMES

It's better than a boot in the



VOL 21 -- NO. 21

CFB COMOX TOTEM TIMES

THURSDAY, NOV. 8, 1979

NO CHARGE

Remembrance Day special on CBC

OTTAWA (CFP) -- A Remembrance Day special on Operation Jubilee, the frontal assault on the French town of Dieppe in 1942, will be aired this fall on the CBC-TV network.

"Dieppe 1942", which focuses on one of Canada's most traumatic events of the Second World War will be telecast in two 90-minute film segments on Sunday, Nov. 11 and Monday, Nov. 12 at 9:30 p.m. Part I is subtitled The Battle Begins; Part 2, Echoes of Disaster.

In this CBC-TV special documenting the battle and its aftermath, survivors of the raid recall the part they played in the attack. Canadian, British, German and American veterans revisiting Dieppe describe their part in the events. Among the Canadian veterans appearing in the film are Brigadier-General Dollard Menard, the most senior surviving officer and Senator John Godfrey who flew a Royal Canadian Air Force Spitfire in the Dieppe action.

Brereton Greenhous, senior historian at the Directorate of History in Ottawa says that "the films treat the idea of fighting to one's death in a sober, realistic fashion, emphasizing the waste and political futility of war, without sentimental editorializing".



Honesty pays . . . six months later

MISS ANDREA FREEMAN found \$70.00 in cash and turned it into the Military Police lost and found. Andrea was rewarded for her honesty. When six months passed and no one claimed the money it was presented to her by the BAdo LCol. Burrows. Congratulations Andrea, you are a good example for us all (T.T. Photo by Maurice Robert).

North Bay gets ROCCs

OTTAWA (CFP) -- On behalf of Defence Minister Allan McKinnon, Mr. Stan Darling, MP for Parry Sound-Muskoka, announced in North Bay that Canadian Forces Base North Bay, headquarters of the 22nd NORAD Region, will be the site of two collocated Region Operations Control Centres (ROCCs) designed for the command and control of Canadian airspace.

As a result, primary command and control for surveillance, detection and identification of aircraft in Canada will be carried out completely in Canada. At present only eastern Canadian airspace, with the exception of south-western Ontario and southern Nova Scotia, is controlled in Canada

while the remaining Canadian airspace is controlled by centres in the United States.

Mr. Darling said that the collocation of two ROCCs at existing facilities in North Bay rather than the establishment of an ROCC in eastern and one in western Canada would result in significant savings in capital, maintenance, operational, and personnel costs. The ROCCs will cost an estimated \$87 million in 1979 Canadian dollars. The two Canadian ROCCs will be part of a network of seven including one in Alaska which will protect both U.S. and Canadian airspace. The North Bay centres should commence operations in late 1982 with final completion scheduled for early 1984.

The original contract for the

design verification stage of the project was awarded to Hughes Aircraft Co. of Fullerton California in October, 1977. This company was later awarded the contract to build the first ROCC in southeastern U.S. and it holds the options to build the remainder, including the North Bay centres. However, Canadian industrial benefits will amount to approximately 10 per cent of the total joint production costs plus a further 10 per cent through "offset" of non-project related contracts.

The ROCC project also calls for replacement of existing Semi-Automatic Ground Environment and Back-up Intercept Control facilities at North Bay and St. Margarets, N.B. respectively.

Like their predecessors, the ROCCs will work in conjunction with the Department of Transport air traffic control agencies and should continue to provide invaluable assistance in times of air emergencies or during any loss of civilian air traffic capability. In addition, the ROCCs will be able to switch from peacetime to wartime operations in support of the U.S. Airborne Warning and Control System (AWACS).

In closing, Mr. Darling said, "The establishment of the two ROCCs here will be a significant step forward in improving the joint Canadian U.S. NORAD system while ensuring that national command and control of Canadian airspace is maintained."

Baby sitting course

BABYSITTING COURSE

In order to meet a demand for capable and responsible babysitters, the Base Fire Department once again this year in conjunction with the Military Police and Base Hospital, have produced, "The Babysitter's Training Course". The aim of the course is to upgrade the standard of babysitting, to make the sitter aware of his or her responsibilities and how to handle different problems if they arise.

Date: 27, 28, 29 November 1979
Times: 1800 to 2100 hrs.

Place: DND School

Age: 12 years old
Registration forms will be available at DND School - Secretary's office and at the Base Fire Hall. Registration must be in by the 23 November 1979.

COURSE CONTENT

Child care, child behaviour, special care (sick children and elderly), security (safety of sitter, children and dwelling), very basic First Aid, fire prevention (protection and action in event of fire).

Totem tickler

Tower to 101 pilot: "Reduce speed and follow the Cessna on final."

101 pilot to tower: "Tower,

do you know the stall speed of a 101?"

Tower to 101 pilot: "No, but ask your navigator, maybe he knows!"

Next
TOTEM TIMES DEADLINE
Monday, Nov. 19 - 12 Noon

ALL CORRESPONDANCE TO
THE EDITOR
CFB COMOX, LAZO
OR THROUGH CR MAIL.

Miss Wallace Gardens 1980



Debbie McLaughlin
1979

Wallace Gardens Community council is holding a Miss Wallace Gardens Contest on Nov. 29, 1979 in the Totem Lounge.

Eligibility requirements are: Age 16-21 years of age (16 by the 1st of January and not 21 before the 8th of

February 1980). She must be a resident of Wallace Gardens.

Entrants will be judged on poise, appearance and sociability. Each girl will give a short personal history and a presentation on a subject of her own

choice.

Each girl will receive a gift, corsage and the lucky winner will receive a number of surprise gifts.

Miss Wallace Gardens will represent the Wallace Gardens Community in the Comox Valley Snow

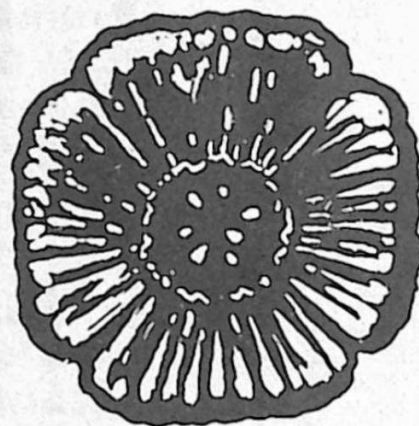
Miss ???
1980



Queen Contest in February 1980.

Come on girls, register now by calling Mrs. Joan LeBlanc at 339-4414 or Mr. Gerry Roy at 339-6165 by Nov. 16.

You'll have fun, meet nice people and enjoy a new experience.



LEST WE FORGET

REMEMBRANCE DAY

NOVEMBER 11

Section news

happenings on and around c.f.b. comox



THE ADMIRAL COMETH ... Vice Admiral John Allen, Commander Maritime Command is pictured on his arrival at CFB Comox. It was a wet and windy arrival but the Admiral was in high spirits for his visit to our base. He is accompanied by Rear Admiral Martin, Commander Maritime Pacific and our very own Colonel as he sets out to test the quality of our Comox Valley raindrops.

Demon doin's ... OR SECRETS OF SATAN

The Demons haven't been doin' much lately! It looks as though the winter doldrums have settled over the Valley, the quiet pace broken only by the occasional roar of pilot trainers. The slow pace does, however, give all Demons a chance to recuperate from a heavy summer before launching into the hectic social program that military folks embrace before Christmas. 407 extends its thanks to Mike Kennedy for our new bulletin boards. It is always necessary to remind the squadron of its diabolic heritage, in case there are any saints among the ranks.

Crew Five flew an interesting norpat last week to provide an introduction to the wonderful world of VP flying to a trio of civvies, including the British High Commissioner, who incidentally had a terrific time! Unfortunately, the cameraman who came along developed an odd fascination for the bottom of a little white bag; guess he was looking for buried treasure! The reporter on board was reminded of military security-consciousness when the only substantial news he gathered was that a TACCO is a form of

junk food favored by VPCC's. The C.O. keeps teasing us at morning briefing with pending pay raises, but don't give up hope men! Staff reporters have discovered that the prisoners in Canada's jails will be getting a raise soon, so the Armed Forces can't be far behind.

Capt. Kerry gave us a fascinating briefing on cold weather ops last week, during which he reminded us of our off duty responsibilities. Remember to stay close to the phone if a heavy snowstorm strikes. You may be chosen to hold up the tail of the venerable argus before the fluffy white forces her down. Won't that be one to tell your grandchildren! (Bring your own rope!)

In Jonesy's usual enthusiastic style he bought a \$200.00 pair of skates to play hockey for the Demons. On Thursday night, unable to contain himself any longer, he raced from the dressing room onto the ice in front of his multitude of fans, head held high, arms extended - hopes of wild cheering quickly fading into darkness as he fell flat on his face. OOPS! Forgot

to take off the skate guards. If that wasn't enough, during the break after the second period, Jonesy returned to the dressing room and began to change. When one of the perplexed players asked why, he simply said, "Um-Uh the game is over, isn't it?"

I sit here in quiet solitude waiting for the telephone to ring, in great hopes that Butch will say yes, we're going to invade the inky darkness of ocean and sky with the mighty Argus in search of a lonely patch of ocean where thoughts and dreams flow freely shrouded by the iridescent red glow of the instrument panel. I can smell the leather now, hear the distant chatter of the tac compartment, feel the powerful beat of pistons going up and down, making my heart slow to the rhythm of this tranquility. Is that the phone now? Ah Shucks! It was only the laundry-mat saying my underwear jammed and overheated one of their dryers. Flying a fantasy seems to be my best friend lately. Any engineers interested in liberating an Argus please get in touch!

Accent safety ... skiing safety

Access to the Forbidden Plateau ski area is provided by a well-marked, paved road for the first three or four miles after you leave the Island Highway. The actual distance is academic, because the blacktop ends at the "Cat Shack" (a shelter for road maintenance equipment - not what you think!) and there you stop worrying about the road you just left and start worrying about the gravel road. Jacking or working beneath a car on a slope is dangerous, so most drivers put their chains on at this lower, level spot, or leave their cars and hitchhike up with others (commonly known as the Colonel Saunders option). To help you decide whether or not you should bother, the local radio station broadcasts local snow and road conditions at 0705 and 0910 hours. The second information agency is a Dept. of Highways sign near the Cat Shack which tells you if chains are mandatory. As an added incentive to join the chain gang, be advised that the RCMP often station themselves further up the hill on "chains mandatory" days and delight visitors with picturesque Canadiana and souvenir traffic tickets, if they fail to heed the sign.

Once your decision has been made and you are on your way, you will notice the

pleasant, reassuring sounds and vibrations that chains bring into your life. You will also notice that the conditions change quite drastically as you begin climbing and you begin to appreciate the wealth of meaning hidden beneath the brief statement on the ski report, "The road is good - but chains are mandatory". By now you will be used to the tendency of your car to want to travel sideways rather than forward at every opportunity. Do not be alarmed, chains are just like that. One thing that most newcomers do is drive too slowly uphill. This is particularly bad if the vehicle is Detroit Iron and weighs in at 3500 lbs. plus. With the exception of "Switchbacks", try and keep your speed between 20 and 30. Keep a sharp lookout ahead for downhill traffic; keep your headlights on; keep well to the right on sharp turns. Visibility at these points is limited to about 20 feet and you have little or no time to react and correct your road position.

At the two major crisis points: The Forbidden Plateau overnight lodge and the infamous "Cranapple Corners", try to avoid gripping the steering wheel too hard. It doesn't help the traction and may turn your knuckles permanently white. The road grade at these points

is demanding on most cars and impossible for some - depending on the road surface; the temperature; how recent the snowfall; and particularly the driver's technique. When you finally reach the parking area, be sure and turn right at the sign. This avoids one more demanding grade and a possible head-on collision.

On busy days, a staff member will direct you to a parking spot. If you do not get that far and choose your own parking spot, be sure to avoid corner locations that will make your car an obstacle to others. Finally, turn off the ignition and headlights, place transmission selector in gear or in "Park", set your parking brakes, heave a giant sigh and mentally shift your thoughts from the questionable pleasure of driving to the unquestionable pleasure of skiing.

SAFETY SAM



DEDICATED TO YOU ... Yes to all you poor slob on the other side of the Granite Barrier. This is a typical November scene in the glorious Comox Valley. Today is November 5th and as you can see I am enjoying some fun in the sun. H'lo Winnipeg-Moose Jaw, and all the rest of winter wonderland ... cheers from Gord.

OFFICER'S MESS ENTERTAINMENT

FRIDAYS — NOVEMBER 16, 23, 30
REGULAR TGIF's - Subsidized drinks. 1700 - 1800 hrs. Bottle and Jackpot Draw at 1830 hrs. Food as indicated. Free taxi service - ask at bar.

FRIDAY, NOVEMBER 9 -
RETIREMENT MESS DINNER - No regular TGIF.

SATURDAY, NOVEMBER 17 -
CASINO NIGHT - Come out and try your luck on the games! Our Casino opens at 2000 hrs. There will be D.J. Music for Dancing and also Baron of Beef on a Bun for a mid-evening meal between 2130 and 2300 hrs. Lots of fun for everyone. Cost: \$6.00 per couple. \$8.00 per guest couple. Reservations to Mess Manager by Noon Thursday, November 15.

SUNDAY, NOVEMBER 25 -
GREY CUP DAY - East vs. West in the Officers' Mess - Come and support your team! Excellent viewing, delicious chili for lunch, moosemilk, and Coffee House to follow with Entertainment provided by your fellow Officers and Wives. (Interested participants should submit name to Entertainment Officer or Mess Manager). No Charge and no reservations needed.

NOTICE

School Guidance Counsellors Host Base Officers in Mess. Dates: 8 Nov. - Edmonton Counsellors, 19 Nov. Winnipeg, 29 Nov. - Regina. Further info forthcoming.

ASSOCIATE MEMBERS

Express your ideas through your new Representative on the Officers' Mess Committee - Col. E.G. Ireland.

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BASE THEATRE SCHEDULE

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November 8, 9, 10, 11, 1979
"EYES OF LAURA MARS"
Faye Dunaway, Tommy Lee Jones
Classic Suspense: MATURE
Violent and frightening scenes, a circle of murder.
SHOWTIME: 2000 hrs.

Thurs., Fri., Sat., Sun.,
Nov. 15, 16, 17, 18, 1979
"CALIFORNIA SUITE"
Michael Caine, Walter Mathau, Jane Fonda, Bill Cosby
Comedy. The best two hour holiday in town.
SHOWTIME: 2000 hrs.

SUPPORT YOUR BASE THEATRE
Authorized patrons Only

WO'S & SGT'S MESS

NOV. 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. Cut off date for tickets 20th Nov.

NOV. 25 — GREY CUP DAY — W/Food.

DEC. 15 — PMC BINGO & DRAW.

★ **NEW YEAR'S EVE INFO** — will be published in next Totem Times.

SUNDAY MOVIES

NOV. 11 - JEREMIAH JOHNSON
NOV. 18 - GRASSHOPPER

Jr. Ranks Club

—MOVIES—

NOV. 13 - JEREMIAH JOHNSON. - Richard Dreyfuss.
NOV. 20 - GRASSHOPPER. - Jim Brown, Jacqueline Bisset.
NOV. 27 - BLACK SAMSON. - Rockne Tarkington.

—ENTERTAINMENT—

NOV. 10 - "D.J." by "LONG JOHN". Admission: Members \$1.00, Guests \$2.00. Dancing - 2100-0100.
NOV. 17 & 18 - Dance to "SWAN". 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.
NOV. 25 - Grey Cup Day in the annex. Come out & cheer for your favorite team.

TICKETS: For the New Year's Ball will go on sale in the PMC's office on Nov. 15. 200 tickets only, so get them early. The band for New Year's is "The Note-ables". Cocktails, food, floorshow & dance. Members \$20.00 couple. Guests. \$30.00 couple.

FOR UP TO DATE ENTERTAINMENT INFORMATION
PHONE 339-5212.

CFB COMOX

RESTAURANT GUIDE



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Two Shows Fri. & Sat.,
7 and 9 p.m.
No Matinee This Saturday

Adults \$3.00, O.A.P. \$1.25, Child \$1.25

Thurs. to Wed. - November 8, 9, 10, 12, 13, 14



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"Parents - Some frightening & violent scenes" - B.C. Dir.

Thurs. to Wed. - November 15, 16, 17, 19, 20, 21

THE CONCORDE

AIRPORT '79

FRANK LANGELLA
LAWRENCE OLIVER
MATURE

SUSAN BLAKELY
ROBERT WAGNER
MATURE



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We've had a great season, and it has been our pleasure to show you the top hits this past year. The Stardust Drive-In is now closed for the Season, and we look forward to serving you early in 1980.

Thank you for your patronage.

Stardust Management



HERO STORY OF THE WEEK: On their return from a mission on the morning of 24 Oct. '79, Capt. Bill Cleland and Bill Books were met at the aircraft by a rather select group of 409 Sqn. bds. Unfortunately a dog got loose and the photographer missed that stellar group and provided only the above photograph. Gad what a shot -- it depicts the two Bills being congratulated by Maj.'s Harvey-Clark and Egli. Booksie actually logged his 2000th, that's right Virginia, 2000th Voodoo hour last week at Maple Flag in Cold Lake. Unfortunately on landing from that mission he had to make an urgent telephone call and was not available to be congratulated. Despite appearances -- in this picture he is not practicing threat behavior, he merely recognizes that another telephone call is a distinct possibility. Bill Cleland, on the other hand, has amassed 1000 Voodoo hours while still on his first tour on the aircraft. As you can see in the photo he's trying hard to be modest about the whole affair. With no offence intended to officer Cleland -- those who look closely will notice that 2000 hrs. is 50 times better than 1000.

Firing away

INSULATION CAN CAUSE FIRES

Recessed lighting fixtures covered with insulation may have been the source of a number of recent fires according to CSA. Homeowners who have recessed fixtures projecting into insulated ceilings or attics should check to make sure that the insulation is not covering the fixture.

Recessed fixtures covered with insulation could create sufficient heat to start a fire.

Recessed lighting is any lighting fixture that projects into an attic space or space above a ceiling.

CSA urges you to check your attic and other ceiling spaces to make sure that insulation is spaced well away from any recessed lighting fixture. Even fixtures that have been enclosed in boxes may cause overheating if the box is covered with insulation.

So far over a dozen recent fires across Canada have been attributed to insulation covered lighting fixtures according to the international association of Electrical inspectors, who at a recent seminar in Toronto, requested that consumers be warned of a potential hazard.

Many do-it-yourself or new people in the insulation installation trade may be unaware of a Canadian Electrical Code clause that stipulates "Recessed fixtures shall not be used when blanketed with thermal insulation. The Canadian Electrical Code is a CSA standard and has been generally adopted by the provinces.

We like to remind you that electrical problems are one of the Major problem areas both in dollar loss and numbers of fires in 1979. We already had 10 electrical fires for a loss of \$26,348.00.

Keep this in mind if you are thinking of putting insulation in your house.

ONE PICTURE

is worth 1000 words

BOARDSIDE & RINSE
DUE TO FISCAL RESTRAINT,
USE ONLY ONE SHEET
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TREASURY BOARD
BANKRUPTCY



Nighthawks nest

Enroute at 35,000 feet, clouds obscure the jagged rock below. Autopilot on, gauges in the green, the DME rolls off the miles slowly against the westerly jet stream. Not much to do for awhile. The aircraft commander shifts in his chair, boredom setting in. He ponders what he had recently been told, and admits to himself that it is true; he is too old to be flying the airways around the country. "Yes," he tells himself, "leave this cross country stuff to the young kids. When you hit thirty you just have to get down in the weeds and slash, hack and KILL!"

A recent poll of Canadian fighter pilots indicated that most would prefer a two seat NFA. However, when informed that the second seat would not be a flight attendant station many reversed their initial choice.

The squadron wives have been meeting quite frequently under a veil of secrecy. No one, except them, is sure of what exactly is afoot, but an unreliable source tells me that they have formed the "Nighthawks Organization of Women". These neo-NOW

members meetings are in truth feminist self-actualization sessions which will culminate in the besiegement and subsequent seizure of the bar at a forthcoming TGIF.

Poopy Dip 79 was successfully accomplished at Comox Lake on October 29. 442 Squadron provided a helicopter and boat to give many of us the experience of being hoisted from the water. Those who missed out on the hoisting at least got the chance to go swimming and play with flares. Thanks to everyone who made it possible for us to enjoy a final day at the beach this year.

The termination of the "60 day" freeze is good news to us and a number of trips are either underway, or have been planned for the near future. The past weekend saw aircraft at Portland to work with the air guard. This week two crews are in Mather for an

intelligence briefing. Hopefully, the rest of us will go soon. We could use some intelligence too.

PEOPLE and PLACES DEPARTMENT

We wish a hearty Nighthawk welcome to Barry Kennedy, just arrived from 410. Barry will be working for A Flight as soon as he finishes Combat Readiness Training.

An anonymous nighthawk is presently undergoing silicone injections to increase the size of his brain.

Congratulations to Doug Swanson who is combat ready and will now have to snivel for trips like everyone else.

Bruce Arnold and Bernie Hughes picked up some unexpected jam when they diverted to McChord from the Q. Maj. Egli and Ed Campbell were the lucky pair to fill in on alert. Dale Erhart and Jerry Knight picked their portion of preserves by replacing Bruce and Bernie at McChord.

Meanwhile ... over at the bank



Camp Wainwright 1940 — 1980

A photographic historical record of Camp Wainwright is being assembled as part of Alberta's 75th Anniversary. There are serious gaps in the material. We would ask that anyone who has served or trained at Camp Wainwright between 1940 to the present, donate photos to this project (they will be mounted into a series of large books) indicating date/time/place/unit/type of training/activity. In the event that the owner of the material wishes to loan material, Camp Wainwright will reproduce the material and return same. All communications should be addressed to:

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Editorials

Just a job?

On November 11, Canadians once again will gather at the Nation's war memorials to honor the more than 100,000 men and women who gave their lives in the two World Wars and Korea.

Each year the memories of the last great conflict grow dimmer and dimmer. Many of today's servicemen were not even born when the war ended thirty-four years ago.

In times of peace, it is easy for the serviceman to look upon his occupation simply as a job. Something you do nine to five and don't bother me with parades, extra duties and the like.

November 11 is a good time for each of us to reassess our commitment. We must never forget the events of the past and do everything we can to prevent a recurrence in the future.

A hidden cost of inflation

What costs Canadians one billion dollars annually, adds lots of people to the payroll and contributes nothing to production? Unless you are a retailer or security guard, it's unlikely that you would easily recognize this as a description of shoplifting.

Shoplifting costs \$1 billion? Oh no, shoplifting is small boys wanting penny gum, teenagers desperate for a comic book and the little old lady who furtively slips a bar of soap into her pocket. These people aren't criminals; they are just tempted by the splendid array of goods put out for their perusal — and pocketing!

One might like to go along with this charitable version but shoplifting is not a charitable venture. It is big business, estimated at the billion dollar level in Canada and eight billion dollars in the United States. Shoplifting comes in many forms. It can be concealing merchandise and walking past the check-out counter. It can consist of changing the contents of boxes and so lowering the price paid for the item taken home. Shoplifting is the "nibble" at the candy counter and the half-eaten bag of peanuts hidden behind the soup cans before the check-out is reached. It includes too those brazen types who walk off with goods (without the benefit of sales receipt) and yet manage to return them later for a cash refund! What must be emphasized, again and again, is that however it is done and for whatever motive, shoplifting is STEALING.

Shoplifting is a crime, and it is everyone's business. Although it occurs mainly in department

stores, supermarkets and drug chains, it is not unknown in the more prestigious and, perhaps, more service-oriented stores and boutiques. A conservative estimate places the cost of shoplifting at between 2 and 3 per cent of everything sold by the supermarket type of operations. That additional cost is paid by us, the consumers, and it costs us one billion dollars every year.

What is being done to combat shoplifting? Some stores install security guards and surveillance equipment. These, unfortunately, have a poor effect on the honest shopper who completes the minimal purchase and leaves as soon as possible. In this way, surveillance can reduce sales and at the same time add to the operating costs.

Store employees are being taught to spot and apprehend shoplifters and storeowners are pressing for convictions. However, it is a sad fact that few shoplifters are ever jailed. This may be because it is usually only the beginning amateur who gets caught and he is often let off with a warning.

Public awareness of the problem must be increased. Honest shoppers, seeing or suspecting shoplifting must not think "Oh, the store can afford it". They should be thinking how THEY will be subsidizing the theft through higher prices. That should make them mad enough to alert the store personnel who will deal with the offender. When the paying public condones shoplifting, it is probably because it does not realize who pays the ultimate cost.

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

CNA TOTEM TIMES

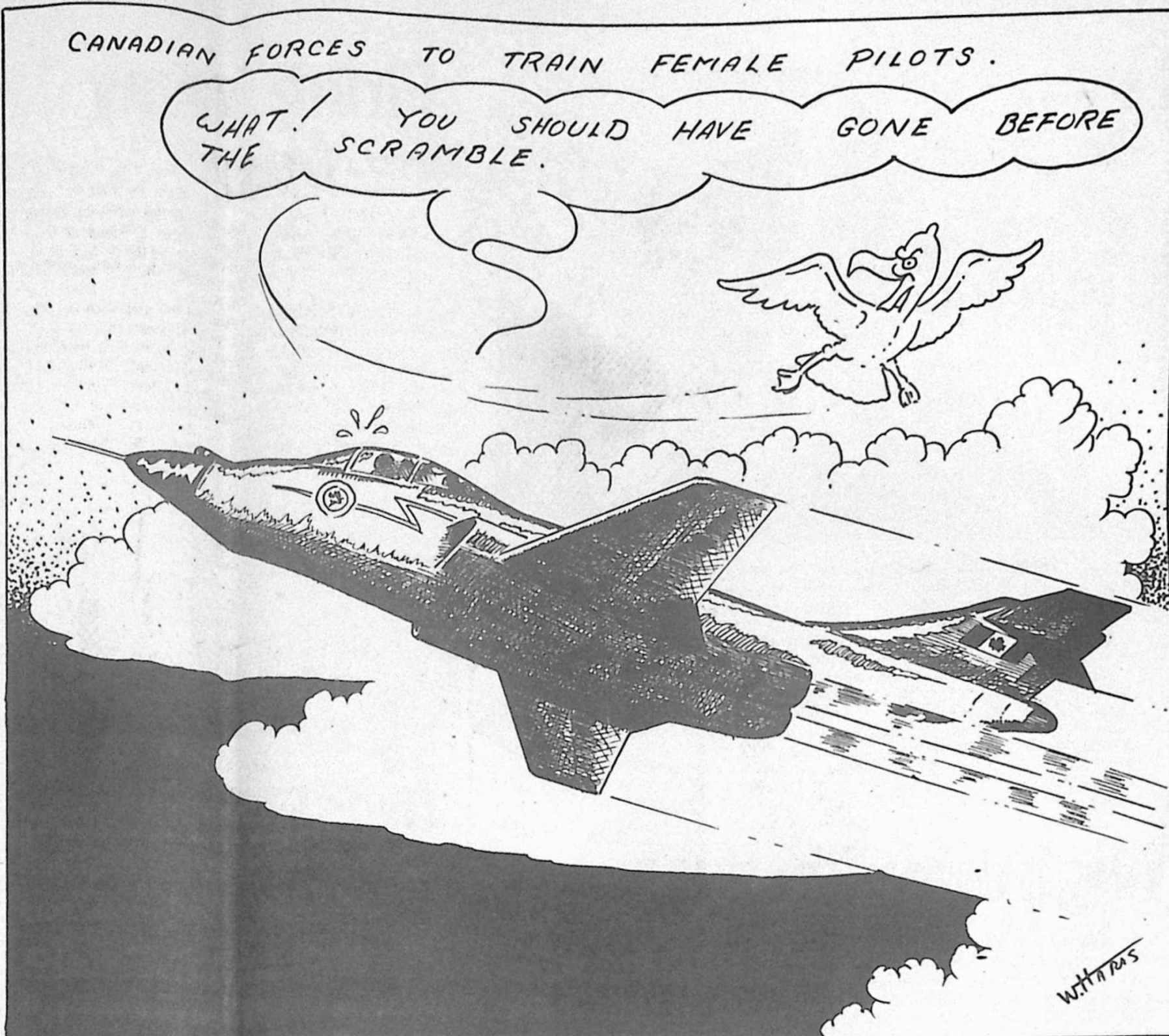
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TOTEM TIMES

Deadline
19 NOV.
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Publication
22 NOV.
6 DEC.
20 DEC.

Serge Wong
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or
339-4379



RECENT CD CLASP recipients were back row left to right, Capt. D.P. McMahon, mCpl. F.W. Schwab, Cpl. D.C. Cillespy, Sgt. H.D. Fossett, MCpl. G.W. Murphy, Capt. M.B. Lapointe. Front row L-R: WO J.E. Korponay, BComd., and Maj. R.N. Coward. The CD clasp represents 22 years of full time service. (Base Photo)

Comox is the best

Air Command recently announced the winners of the Aircom Transient Service Award. Three sections at CFB Comox took top honors and were considered the best of all CF Air Command Bases during the period 1 July '78 to 31 May '79. Major-General D.W. McNicholl, Commander Air Defence Group, North Bay, presented the award to Captain Dusty Rhodes, Base Housing Officer, representing the Base Accommodation staff for outstanding service to transient aircrew in the accommodation department; Major K.D. MacDonald, Base Air Traffic Control Officer, representing his staff for outstanding air traffic control service; and Mr. Lou Ranahan, Base Meteorological Officer, representing his staff for outstanding service in providing Met services to transient aircrew.



LEFT TO right are mGen. D.W. McNicholl, Comd ADG; Capt. Dusty Rhodes, BHousO; Maj. K.D. MacDonald, BATCO; Mr. Lou Ranahan, BMetO; and Col. B.T. Burgess, BComd. (Base Photo).



Suggestion Award program

What happens when you match up the expertise of two people from the Base Hospital and one from Base Workshops? A \$300 cash award for the three from the Suggestion Award Program of the Public Service of Canada, that's what!

WO Joe Richard, formerly of the Base Hospital and now stationed at CFB Cold Lake, Sgt. Doug Cook of Base Workshops, and MCpl. Rex Pitcher of the Base Hospital, collectively designed a portable, self-contained, compact

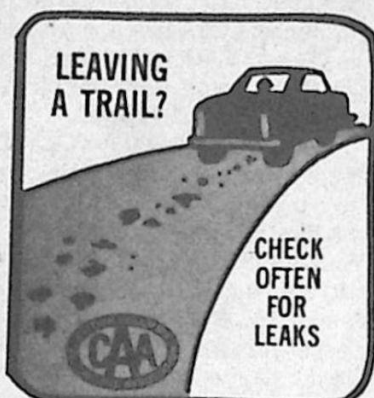
and damage-resistant unit for use with the BENNETT respirator. Although the BIRD MARK 10 respirator is the preferred item of choice for medical air evacuations, the BENNETT respirator was authorized for use at CFB Comox in order to allow standardization and compatibility with British Columbia ambulance services. The unit designed by the three can with little modification accommodate the BIRD MARK 10 and will be placed in service with all

units throughout Canada and CF Europe holding either the BENNETT or BIRD equipment.

The respirator is used as a breathing assist for a patient or can breathe for a patient and is used by the Base Hospital staff during air evacuation flights.

In the photo are Sgt. Cook, Maj. Cooper who made the presentation and MCpl. Pitcher.

(CF Photo by BPhoto)



CO OF 409 Sqn. LCol. McAffer offers congratulations to new WO Piper (top) and new Sgt. Kip McLean (bottom) (Base Photo).

PICK THE DRIVER WHO'S GOING TO HAVE AN ACCIDENT.



You can't, can you? Neither can we. And that, in a nutshell, is the biggest problem automobile insurance companies like ours have faced for years. Who pays how much?

The traditional solution seemed logical enough: calculate the number of accidents each group was likely to be involved in—young and old, male and female, single and married, where they live—and charge all members of that group the same premium, depending upon vehicle use.

The trouble was, each group contained good drivers and bad drivers. The system simply lumped them together. It was based on probabilities, not individual abilities.

That's going to change. The Provincial Government has challenged the entire auto insurance industry in British Columbia to come up with a new and non-discriminatory rating system. I.C.B.C.'s answer is Fundamental Auto Insurance Rating. We call it F.A.I.R. Because it is fair.

The program will start to be phased in on March 1, 1980. First priority will be given to removing age, sex and marital status as factors in determining insurance premiums. Those changes will be made in the first two years. Geographic inequalities will start levelling out in 1980 and will be eliminated by 1985.

By March 1, 1982 the basic idea will be in place: everyone will be innocent until proven guilty; everyone will be a safe driver until proven unsafe; everyone will be entitled to a base premium until they lose that right.

But if everyone enjoys these rights, they must also share the responsibilities. That's why the new F.A.I.R. program includes a Driver Accident Premium. The implementation of this Accident Premium will place the principal responsibility on the driver who causes accidents.

Obviously, any program that sets a fair base premium is going to cost money. So who'll make up the difference? The bulk of the money will eventually come from those who are responsible for accidents. They'll pay higher premiums. And the more accidents they have, the more frequently they have them, the higher their premiums can go.

Isn't that the way it should be? That's F.A.I.R.



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Totem sports

Up Earl's Alley

This "Alley" will contain a hodge podge of items from A to Z. First of all the Leafs are really rolling along this year under their new management ... That is what happens when you get somebody else's cast offs to run the organization, not to mention, owner interference... Perhaps they should get King Clancy back behind the bench and ... revert to the "wrist shot" rule ... The Flyers are on the move and the North Stars are coming of age. The Canucks are starting to get organized and at least they are not getting blown out of the rink. Of course the Sabres will be there when the time comes to count the winners share. With a Coach like Scotty, a team cannot help but be successful. And as an added plus they have Neilson as the strategist and Jim Roberts, who incidentally, has only had one season where he was not on a winner, doing the whip duties.

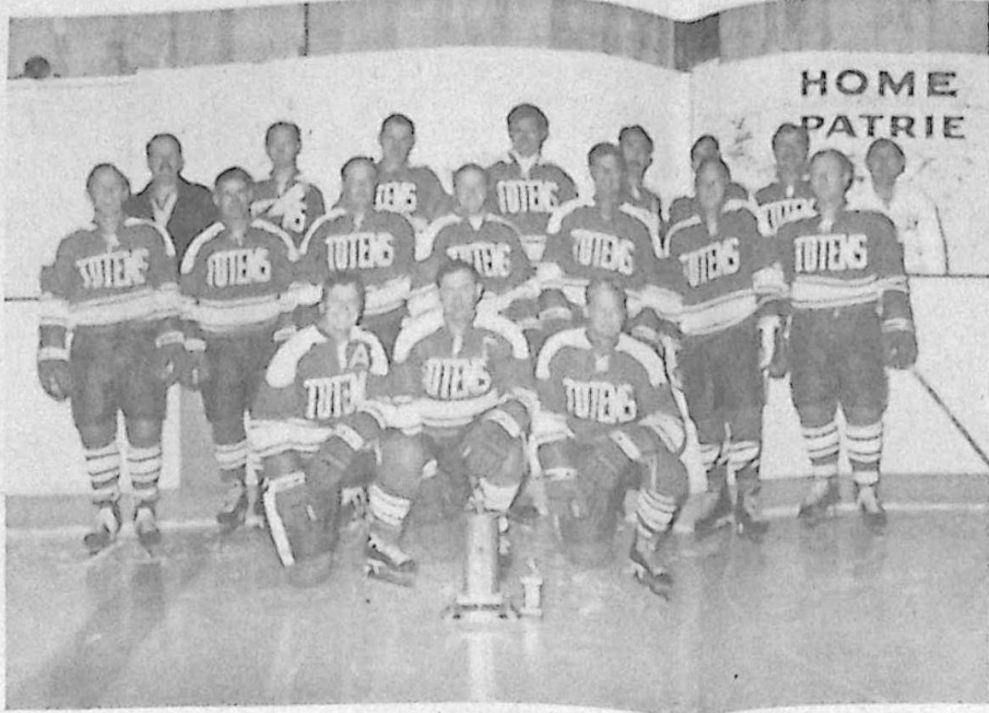
Well it finally happened, yours truly finally lost a North Island Midget League game. Yep, that was a first last Sunday when Powell River gathered in the breaks and defeated our Comox Valley Midget Chiefs by a score of 5-2. Actually we didn't lose the game we let them win. And as Vince Lombardi would say, "We didn't lose, the clock just ran out on us." The winning streak lasted through some 45 home games and-or two and a bit seasons ...

Well the Pearl, yours truly, is pulling the pin... Yep I am off to the sunny shores of Lake Ontario and the Town of Port Hope (Cities back East have a much greater population than 9,000). I will be looking after an arena complex and have a couple of coaching possibilities plus I will be employed (as a sideline) with Roger Neilson's hockey school at Trinity College (Port Hope).

It is a new arena (opened officially in August '79). To me relief is spelled M O N E Y and I must admit my increase in relief will be MUCH GREATER than 6 per cent. But then again money is not everything as to me having peace of mind is greater than dollars and cents. I am probably leaving one of the best areas (climate wise at least) in Canada. But, then again one must strike when the iron is hot. And besides, the demand for a fifty year old (CRA) Coach and-or power skating instructor would not be too likely to happen.

I will be leaving the arena on or about the 24th of November as I have to report for my new career on the 3rd Dec. We have enjoyed our stay here and I personally have had many great experiences and these happenings certainly out number the very, very few bad ones.

I certainly will miss the fellowship and the camaraderie of you all but heck, Port Hope is only 35 miles West of Trenton and, if you should happen to arrive there at the AMU please give me a call. And for those of you that are heading through (via auto) stop by and have a coffee (Royale) and spin a few SALTY DIPS.



Oldtimers 'B' Champs

The "OLD" smiling faces in the above photo, along with their trophy, are the CFB Comox Old Totem Hockey Club. The team was successful in winning the "B" Championship in a Tournament hosted recently by Campbell River. One of the regulars, missing from the photo, Earl "The Pearl" Thompson was absent for the photo. Word has it that he deked himself right out of camera range.

The first game of the tournament was a heart breaker as the Totems lost in a shootout to the Victoria Athletics. The score after regulation time, and a ten minute overtime period was, tied at three. Penalty shots were taken to break the tie. Scoring for the Totems were: Burgess, Tressel and Thompson.

The second game proved to be another thriller as the Totems battled the powerful Powell River team to a 3-3 tie on goals from Tressel, Thompson and, the old lamplighter himself, Bill Fraser. At 1:28 of the overtime (sudden death) period, Earl "The Pearl" left a trail of bodies in his wake and after taking the goaltender into the lobby for a snack, ended the game at 4-3 for the Totems. This advanced the Base team into the "B" finals against the Saanich Warriors. After a slow start the Base team really ran away with things to win the game and the final by a score of 6-2. Scoring for the Totems were: Tressel (Freight Train), Fraser (Hat Trick), Williamson (Crazy Legs), Main (Tiger), Brooks (Slap Shot) and Martinson (Scooter). With the scoring spread out like that it makes it pretty difficult not to win. They can't watchem all...Coach Bob (Golden Glove) Chagnon, the coach, did a terrific job at keeping the team on the proper track and Gerry Goodman and Pete (Pop) Chellew kept the Rub a35 and ice available not to mention the Geritol. Duke "Penny Pincher" Reid was once again his usual "old reliable" self and Gerry (sometimes defenceman) Zanussi was un-stoppable...almost...at least the ones he could SEEEE....

The team is back to normal once again and are participating in the NOR ISLE LEAGUE. Home games are played on either Saturday evenings at 1930 or Sunday afternoons at 1400. Come out and have a look, you'll enjoy it.

flag champs

The Pacific Region Flag Football Championships were held at CFB Comox again this year and the calibre of play was of an extremely high standard. The officiating crew are certainly to be commended for doing just a great job and all games were well handled.

The weatherman did not do us any justice. It did not just fall (the rain), it blew down. Five games were played the first day and instead of a minute Flag, a minute Umbrella was used to protect the Umbrelee and timer as well. It was also discovered by the officials that the so-called wet weather gear (clothing) is really not water-proof. Pete Schmidt, the Chief Official, told me that his Flag throwing hand had sprouted webs between the fingers ... the rain also melted some of Ed Lafleurs' hair off and part of Al Grays' beard disappeared completely ...

The Bill Shaw Rollie Cramer coached CFB Comox team played good ball and were pressured closely by CFB Chilliwack and especially CFB Esquimalt. The games were extremely close. The last play of the game saw Chilliwack on the Comox 4 yard line. Comox won 13-9. In the final game of the Championship, some last minute heroics by Rollie and Ken MacDonald were required as the Base won a 7-6 squeaker to clinch the title.

The score was 1-0 for Comox and stayed that way until five minutes in the fourth quarter when Esquimalt scored a major. They missed the convert leaving the score 6-1. There was less than three minutes to go in the game when Rollie hit MacDonald with a pass and Ken made no mistake. With some nifty running, he danced over the line and put the Base ahead to stay 7-6. A few anxious moments were spent during the closing minutes but, the final score was still 7-6 for CFB Comox to give them their hard fought victory.

A special thanks to the following officials who gave of their time to assist us, the PE&R Staff, with the Championships: Cpl. Pete Schmidt, Pte. Derek Knee, Ed Lafleur, Al Gray, Ed Crank, Pete Thompson, Rick Oliver, Cpl. Amadio and Pte. Brabant. The help of sections like Food Services, the Junior Ranks Mess, Housing, and other individuals all combined to make for an excellent championships.

The results and final standings were as follows:

TEAM	GP	W	L	PTS	STDG
COMOX	4	4	0	8	1st
ESQUIMALT	4	3	1	6	2nd
CHILLIWACK	3	1	3	2	3rd
HOLBERG	4				
BALDY HUGHES	3	0	3	0	4th
DID NOT PLAY FINAL GAME					

Football post-mortem

Three interested football players and an official attended the Intersection Post Mortem which was chaired by the BPERO. The league coordinator was also in attendance. The following points were presented and will be considered for next year.

1. Schedule: 1st week in August: Team captains and officials (minimum of 2 per

team) are to attend a rules clinic.

3rd week in August: League play begins (a double round robin). Games are to be at 1700 hrs., Mon. thru Thurs.

A single elimination tournament between the top four teams is to be held to determine the league champions. This will take place on the last weekend in the season and will be followed by a small

wind up social (pending Base Fund approval).

2. Rules: The CF has an amalgamation of various rules since there is no official rule book for flag football. It was decided to present the idea of touch football to the Regional Sports Committee and if it was adopted, the Intersection football would be 7 man touch. There are many

positive points for playing touch football: an official rule book is available; it is recognized Canada wide; less injuries are likely.

3. Officials: It was agreed that units must provide at least 2 officials and that it

would be preferable if they only officiated and didn't play. Coaches captains have a responsibility to assist the officials in keeping control of team players. The officials are not required to put up with abuse. The name of the game is fun and fitness.

4. Team rosters: Only 15 players can dress for any one game but the rosters are to be unlimited. Team players are to be registered on each game sheet. The playoff team might have a restriction (eg. players must have played a minimum

number of season games to be eligible).

5. Other business: Sunday afternoons should be Base team days, where the team practises or plays exhibition games or possibly in the proposed touch football league downtown.

IT CAN HAPPEN HERE.

The energy crisis isn't something that happens somewhere else. Not any more. Vancouver Island faces a possible shortage of electrical energy now. There's no way Hydro can solve it alone. We need your help.

What's going on here?

Vancouver Island is outgrowing its supply of electrical energy. Since 1964, the average annual growth in electrical demand has been nearly 9%. Peak time (5:00 - 7:00 p.m.) electrical requirements have almost doubled in the past ten years. Last winter's peak use, came uncomfortably close to the Island's total electrical capacity.

Where do we all stand now?

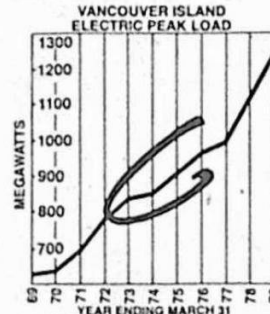
We could face problems this winter if Hydro customers on Vancouver Island continue to increase electrical use at the present rate. AND HYDRO HAS NO OTHER POWER RESOURCES TO TURN TO UNTIL 1983 AT THE EARLIEST.

The Island generating stations are already operating at near-peak capacity, generating 30% of the Island's electricity supplied by Hydro. That exhausts the last of the Island's own economic sources of electricity. The other 70% is being "imported" from the mainland by submarine cables and these are now loaded to capacity.

Two additional submarine lines from Chekye to Dunsuir (Squamish to Qualicum) will solve our Island power problems until well into the 1990's. But the first of these lines cannot be put into service before 1983 at the earliest. That means we still face a possible shortage each winter until then. An unusually cold winter could increase the Island load beyond our capacity to supply it.

First in a series of messages to inform Vancouver Island people about the possible shortage of electrical energy, and effective methods of conserving energy to reduce demand.

How did this happen?



After 1972 the rate of load increase on Vancouver Island slowed down. In response to this slackening in the economy, Hydro deferred some costly expansion called for by earlier forecasts. When the economy suddenly picked up again, so did the growing demand for electrical energy.

Why does it take so long?

Planning of major electrical projects is a highly technical and lengthy process. It also involves a long period of discussion with residents, municipal governments and other government bodies. In the case of the Chekye-Dunsuir submarine power lines, needed to bring the Island's power supply back up to strength, these discussions have been going on for over two years.

What can we do about it?

Hydro can increase the supply but not in time to avert a possible electrical energy shortage. But you can reduce the demand now. Especially during the daily peak use period from 5:00-7:00 p.m. For instance, hot water is one of the prime energy users at peak load time. And many tasks—washing dishes, washing clothes, taking a shower—could be done outside of that critical 5:00-7:00 p.m. period.

B.C. HYDRO



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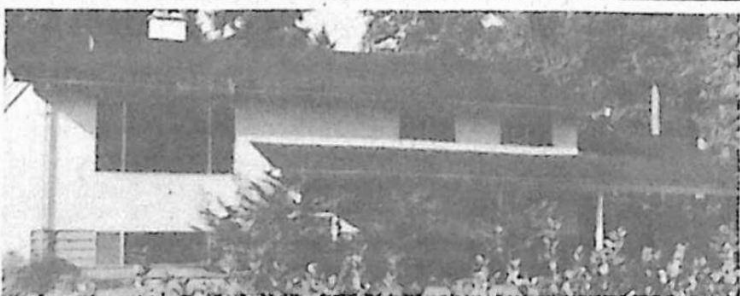


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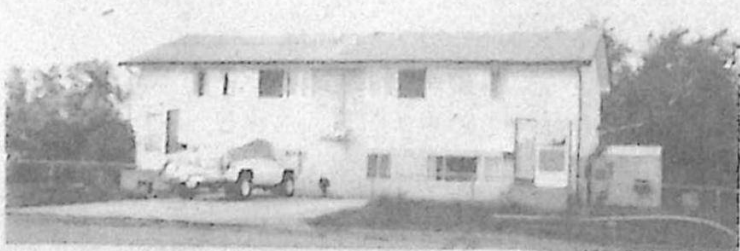


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CANADA MORTGAGE AND HOUSING CORPORATION

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.

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

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

Personal

Send **SHORT STORIES ABOUT SASK.** for Christmas to ex-prairie people to remind them of our 75th Anniversary next summer. 1500 sold. 23 stories. 160 pp. \$3 from Les Dybvig, 3405-25th Avenue, Regina, S4S 1L7. (also book stores Saskatoon, Regina and Moose Jaw).

Boats - Motors

WANTED 16 foot, deep "V" fiberglass boat, with motor and trailer. 335-0166.

TOTEM TIMES IS YOUR WAY TO MAKE YOU KNOWN.

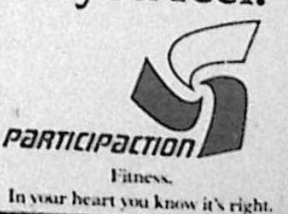
For Sale

GARAGE SALE, Sat., Nov. 10. 1660 Dingwall Road, Courtenay. Bottom of Mission Hill, at church turn right. Sponsored by CFB Comox Old Totems Hockey team.

Salmon whole, fresh, frozen, Sockeye, Pinks, Red Springs. Also prawns and crabs and other sea foods. 339-6522.

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jock talk



WHO ARE THESE fans cheering for? If you don't know then why not drop over to Glacier Gardens every Sunday at 2 p.m. Free admission to entertaining hockey.

ATC nips MSE

After an initial defeat in Fun League exhibition play, the ATC rep team regrouped and upset a strong MSE Firehall team 7-4 on Thursday, Oct. 24. In the early stages of the game ATC netminder Devon looked sharp and kept his teammates in the contention by thwarting numerous MSE attacks. It was a different feeling for the young goalie as it is not that often his protective padding comes in contact with flying rubber. Usually the pucks just keep zinging right by him. Just kidding Dev.

Al (Showboat) Basinger proved to be the key man for ATC, banging in four goals, however, he failed to pick up a single assist. This definitely reflects his attitude on passing the puck.

Rookie (did anyone see that goal?) Watcher surprised everyone and scored twice.

After the game Watcher admitted the pressure was now off. "After not scoring for three or four months my confidence was beginning to wane but now I feel I can score at will!" After the interview Rick was seen heading down to the Loft.

Mike (Slapshot) Marshall rounded out the scoring for ATC by blistering home a drive from just outside the circle.

Third year veteran Tall Ted Norrie made an impressive debut this season by setting up three goals and playing a strong defensive game as well. Next game says Coach door-opener Serge Roy, Ted will be allowed to wear skates!

From the turnout so far it looks like another strong season for the ATC club, so watch out opposition, here they come.

CFB COMOX OLDTIMER HOCKEY SCHEDULE

Glacier Gardens Visitor
Sun., Nov. 11
1400 hrs. . . . Campbell River
Sat., Nov. 17
1930 hrs. . . . CFB Holberg
Sun., Nov. 25
1400 hrs. . . . Parksville
Sun., Dec. 2
1400 hrs. . . . Courtenay
Sun., Dec. 9
1400 hrs. . . . Campbell River
Sun., Dec. 16
1400 hrs. . . . Powell River
T.T. Photo by Maurice Robert

Lost & found

Any items which are found in the gym will be tagged with the date and location found. They will be held in the top locker in the outer office for 1 week.

Any items of value will be recorded in the "operations log" and sent to the MPs immediately.

J.A. Kimick
Captain BPERO

'79 SCHEDULE A & B LEAGUE HOCKEY	
A LEAGUE 442 MP 407 409	B LEAGUE ATC Armi MSE 407
TIMES TO PLAY ARE: Mon, 1815 - 1945 & 2115 - 2245 Wed, 1815 - 1945 & 2115 - 2245 Thurs, 1815 - 1945 Sat, Alternate with Broomball - 2000 - 2315	
A LEAGUE	B LEAGUE
6 Nov 1815-1945 442 MP	7 Nov 2115-2245 ATC Armi
12 Nov 2115-2245 442 MP	13 Nov 1815-1945 ATC Armi
19 Nov 1815-1945 442 MP	20 Nov 2115-2245 ATC Armi
26 Nov 2115-2245 442 MP	27 Nov 1815-1945 ATC Armi
3 Dec 1815-1945 442 MP	4 Dec 2115-2245 ATC Armi
10 Dec 2115-2245 442 MP	11 Dec 1815-1945 ATC Armi
17 Dec 1815-1945 442 MP	18 Dec 2115-2245 ATC Armi
24 Dec 2115-2245 442 MP	25 Dec 1815-1945 ATC Armi
31 Dec 1815-1945 442 MP	1 Jan 2115-2245 ATC Armi

Sports conference

The Semi-Annual Pacific Region Sports conference was held recently at CFB Comox. All stations bases with the exception of Beaverlodge, Calgary and Penhold were in attendance at the meetings. Due to flight cancellations the visitors from Alberta were unable to reach their destination. Calgary and Penhold are newcomers to the

Pacific Region as in the past they were part of the Prairie Region sports scene. The addition of these two Bases will greatly improve the competition for large Base involvement.

The good news arriving from the conference was the fact that the Nationals and Regional competitions are on once again for the 1980 season.

Volleyball

1. The team needs a non-playing coach. Additional players are welcome.
2. Please contact a team rep before 1 Dec. since that is the date that the team members will be registered with the

B.C. Volleyball Association. Practices: Tues. and or Thurs. - 1630-1830
Contacts: Lt. Rory Kilburn - (407 Sqn) 308; Cpl. Mike Lowe - (409 Sqn) 489; Capt. Al Kimick (PERO) 315.



YES I BRUSHED THIS MORNING ... DID YOU? Pictured above are the smiling faces of the recent participants in the Pacific Region Sports Conference which was hosted by CFB Comox. Col. B.T. Burgess, BComd., CFB Comox seated centre front, officially welcomed the members from the other Bases-Stations in the Pacific Region. Pictured above from L. to R. are: Front row - CWO Buzz Verner, Esquimalt; Capt. Ken MacDonald, Esquimalt; CFB Comox Base Commander, Col. B.T. Burgess; Capt. Al Kimick, BPERO, Comox; Capt. Tom Walton, BPERO, Chilliwack. Second row L to R: Sgt. Len Gregory, Sr. PERI, Baldy Hughes; Sgt. Bill Turner, PERI Esquimalt; Sgt. Corky Corscaden, Sr. PERI Aldergrove; WO Gerry Linder, PERI Esquimalt; Sgt. Jim Doucet Sr. PERI Massett. Rear row Lt. Sgt. Bill Jones PERI Esquimalt; Sgt. Robbie Robertson, Sr. PERI Holberg; Sgt. Chuck Abbs, PERI Chilliwack; WO Earl Thompson, Sr. PERI Comox. Missing from meeting and picture were Sgt. Ty Garrison, Sr. PERI Beaverlodge; Capt. Roy Hillier BPERO, Calgary and Sgt. Gary McGarry Sr. PERI, Penhold.

CFB bowling

CFB Comox has four automatic bowling alleys situated in the Rec. Centre. The alleys are busy with League Bowling. Youth Bowling goes all day on Saturdays. If you would like to join our bowlers, there are a few openings in the Ladies and Men's Leagues. Each League has a Voted-in-President and Vice President. To join, please contact the appropriate league president.

Mixed League President - Pat Hudson, Loc. 209 or 339-3965.
Mixed League Vice President - Bob Taylor, Loc 450 or 339-5394.

Ladies League President - Kit Spillsbury 339-2308.
Ladies League Vice President - Lois Ballard 339-2277.
Men's League President - Jerry Authur Loc. 375.
Men's League Vice President - Keith McKenzie, Loc 271 or 339-3518.

Youth Bowling Council - Gord Stallard, Loc. 251 or 339-5707.
Alley Manager - Pat Patrick, Loc 445 or 339-2187.

(Adult cost is only 50 cents per string plus 50 cents for prizes: \$2.00 per night)
We have open bowling on Sunday afternoons from 1 to 3 p.m. Cost per string is 50 cents for adults and 25 cents for children. Commencing on the 9 Nov., we will have adult and teenagers casual bowling from 7 to 11 p.m.

Officials needed

Because Comox is an operational base, an officials roster is essential for the intersection sports programs. Any person who is not presently officiating or who may not be on the list, is encouraged to phone the gym (315) and leave his/her name, phone numbers, sport(s) and approximate degree of proficiency. A small fee is paid on a per game basis (\$6 for hockey, \$5 for broomball). Beginner officials are welcome and they will be paired with experienced persons.

Hockey and broomball are presently going on Mondays and Wednesdays, 1815-2245 hrs Thursday, 1815-1945 and Saturday 2000-2315 hrs.

Early a.m. dip?

Interest has been expressed in having the pool available Mondays, Wednesday and Friday mornings from 0700-0730 hours for an early morning dip. If enough military members, with current Bronze Medallion qualifications or higher

volunteer to lifeguard on a rotational basis, then the idea can be implemented. Personnel should contact Pte. Karen Kowalski at the Base Gym (local 315) to express their interest in participating as a swimmer and or a lifeguard.

Badminton meeting

Badminton Club Meeting
Wednesday, Nov. 14, 1979, 1900-2100 hrs. Social Centre in the gym.

Purpose:
a. to determine the interest in an organized club (possible playing times Wed Sun. 1900-2200 hrs).
b. to set up an organizational structure.

Open to: Military personnel, DND employees, Canex patrons and dependents. A limited number of Associate

Memberships could be approved (maximum of 20 per cent).
Further info: Capt. Mike Williams (442 Sqn - 294), Capt. Al Kimick (BPERO - 315)
If you can't attend, please phone and leave your name, phone number and how many participants will be interested.

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PMQ residents

ATTENTION all PMQ residents: Those of you who are putting your garbage out on the street in plastic bags, alone, are not taking under consideration how awful it looks after animals or birds tear the bags open. It is NOT a beautiful sight. The garbage men that pick up the garbage are NOT under any obligation to pick up scattered trash, due to the inconsideration of those who put their trash in plastic bags, alone. The scattered garbage may not have any effect on the individual responsible but think of how your neighbors must feel especially if some of the garbage ends up all over their lawn. Just remember, how would you like to walk outside on a windy day and get hit in the face by someone's flying egg carton, etc.

Pet owners, have you forgotten your responsibilities? If your pet is running loose, day or night, defecating in your neighbors' yard, barking at late hours of the night, etc., you can and will be held responsible. You could find yourself in quite a lot of trouble. Your pet is supposed to be restricted to your own yard, not to your neighbors'.

To Janette Spicer, a special friend, Happy Birthday and also a very late Happy Anniversary wish to you and Jim.

For all the PMQ councillors the next council meeting will be held on November 29, 1979, time 0830 hours at the Parish Hall.

For any announcements on births, birthdays, anniversaries etc., contact J. Freeman at 339-6087.



Comox 1910 -- International Archives Week

November 1-8 is International Archives Week in Canada. You can mark it by seeing the display that the Provincial Archives is putting on in Victoria, or by visiting an archives in your community.

Archives all over the province need the public's help and interest to save historical information. What do you have in your attic? Old diaries ... letters ... playbills ... programs ... photographs ... sound recordings ... maps?

Here's something to keep in mind. A sound recording of the voice of any provincial politician before 1935 would be a real find for B.C. Map archivists would love to get their hands on pioneer surveyors' original plans or original architectural plans for heritage buildings. A daguerreotype, (an early photographic process on metal) taken in British Columbia would be a treasure cherished by the people of the province.

Historical records get into an archives in various ways: purchase, gift, enquiry and investigation, or sheer blind luck! (For example, as a result of a salvage operation by Dr. W.K. Lamb, a former provincial archivist and later dominion archivist, the British Columbia provincial archives has the original minute books of the colonial House of Assembly of Vancouver Island.

One day, Dr. Lamb came across a large quantity of paper, old leather volumes and assorted records stacked along a corridor in the bowels of the Parliament Buildings in Victoria. He stopped to look through the haphazard piles of material, and discovered, to his astonishment, the original minute books of the colonial legislature on their way to be burned. The proceedings of the crown colony have since been edited and will soon be published -- and thus made available to the people of British Columbia.

If you think that something is worth preserving for the future, check with the people in charge of the collection near you. The provincial archives has an archives advisor, who visits community archives, museums and libraries to advise on the arrangement and preservation of archival material.

organizes and conducts workshops, and promotes reproduction and diffusion programs between the provincial archives and local repositories. He can be contacted by writing The Provincial Archives, 655 Belleville Street, Victoria, British Columbia, V8V 1X4, or telephoning 387-6671.

This historic photograph from the provincial archives gives an idea of the fascinating information that can be found in archives. Our history means a lot to us and to future generations. Help celebrate International Archives Week.

Pot luck for OWC

BY SUE MCKINLEY
November 21st is the evening for our annual pot luck supper, starting at 6:30 in the Officers' Mess. Stir up your favorite recipe and come on out for a tasty feast.

In addition to our dinner we are having an arts and crafts display and sale. All items are welcome, including food. The following ladies have volunteered to deliver and arrange your items in the Officers' Mess. They are for Comox: Carol Wolfe, 339-2658; Nora Bernard, 339-5105; Carol Harvey-Clark, 339-5814.

For Courtenay: Leslie

Dunkerley, 338-6229; Barb MacKenzie, 338-8208; for PMQs: Cathy Peele, 339-6386. Please phone before you come to drop off your items.

So, bring your dish and your pocketbook (plan to do a little Christmas shopping) and enjoy! Admission is \$1.00 for members, \$2.00 for non-members. Tickets will also be on sale for our annual Christmas tea.

We are also organizing our Christmas caroling group. Anyone interested in singing with us this year, please join us in practice Thursday, November 8th at 7:30 p.m. in the Officers' Mess.

Chapel Chimes



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Father M. Allan Stack - Base Chaplain (RC) -

Telephone 339-2211

Loc. 274; Residence - 339-2102.

MASSSES FOR SUNDAY:

Saturday - 7:00 p.m.

Sunday - 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSES: 9:00 a.m.

SACRAMENT OF RECONCILIATION: Confessions are heard before all Masses and any time upon request.

BAPTISM: By appointment. Please phone ahead in plenty of time.

MARRIAGES: Please come in months before your marriage.

CATECHISM CLASSES: Each Wednesday night at the PMQ School, 6:30-7:30 p.m.

THE PROTESTANT CHAPEL

Telephone: 339-2211 Loc. 273.

L.R. Coleman, Maj. (Base Chap (P)

E. Clifton, Capt.

CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 1100 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

HOLY COMMUNION: Holy Communion (ACC) 1200 hours normally is first Sunday of the month. BAPTISM: By appointment. Consultation with parents expected 2-3 weeks in advance of Baptism.

WOMEN'S GUILD: All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2000 hours on the second Wednesday of each month.

CHAPEL CHOIR: Our Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

Junior Choir: 1830 Hrs. Thursday at the Chapel.

Senior Choir: 2000 Hrs. Thursday at the Chapel.

SUNDAY SCHOOL: The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 1100 hours. All children are invited to attend.

OFFICE HOURS: 0800-1630 hours. Phone 339-2211, Loc. 273.

HOSPITAL VISITATION: The Chaplain would appreciate the co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211 Loc. 273) to report the names of any members of the congregation who may be in the hospital.

WO's & Sgt.'s Wives club

The Warrant Officers and Sgts. Wives Club held a most successful and well attended Halloween Party in the Mess, October 27th. Judging was most difficult, with many prizes being awarded, special mention must be given to our very own FLASHER.

Our next meeting will be November 12th, when Joyce Hicks will discuss our local Crisis Centre and the work they do. All members and new members, please plan on attending this meeting.

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THE HOME FRONT



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

(paid advertisement)

INVOLVE THE KIDS ON YOUR MOVE!

What should you tell children to prepare them for a move? How can you turn a strange city into a friendly place?

There's a lot more to moving and buying a home than mortgages and moving vans. Don't ignore the emotional turmoil. Moving to a new community, giving up friends and changing schools plus adapting to a different community can be upsetting.

Children, and wives often need help with the transition before and after the move. How to prepare children for a move? With very young children save the news until just a few days. With older children, explanation and preparation are important; suggest that a move may happen; offer suggestions as to why the home may be a pleasant experience. Let them know what to expect and when, taking the time to thoughtfully answer their questions.

Expect the number of questions or tears to increase as moving day approaches. It's tough to leave good friends and a familiar school, to your children the whole idea may be scary.

Involve the children in learning about the new community, try to take them along on an exploratory visit, seek out information about their particular interest, swimming, figure skating, skiing or community sports.

Psychologists now agree that teenagers adapt more easily if they move during the school year. Why? They're immediately thrust into school life which helps them meet other teenagers. Parents too, often find the adjustment easier when community life is in full swing from September through spring.

There are advantages to a July - September move, school is out and a vacation can be tied to a move. Disadvantage: moving companies are often booked up, children may have difficulty meeting friends because many neighbors are away on holidays.

The inevitable round of farewell parties begin as your move nears the date. Try to involve the children, let each of your children have a farewell party for their friends. If a major event, like a birthday is to happen, try to arrange the celebration with their friends before the move.

Settling in takes time! Sometimes the toughest days come after you've unpacked. The adjustment period may last two or three months, so try family excursions on the weekends; explore the new community together.

Remember to think and talk positively, don't dwell on the home you've left behind. Talk about the events and rewards of where you live now. Before you know it, you'll feel very much at home in your new community.

Soak up the facts about your new community, involve all your family by sharing in decisions should help everyone to become more enthusiastic about the move and your new home.

Before your move:

Make use of local real estate firms, house hunting in a strange city need not be an overwhelming experience. Nanaimo Realty are members of A.E. LePage, a Relocation firm can be contacted anywhere in Canada or the USA. Special packages of information about house prices, taxes, real estate trends and community events plus a local newspaper can be yours upon request from our firm. Use us, we're in business for you.

Maureen Arthur is a duly licenced real estate lady with Nanaimo Realty (North) Ltd., 576 England Avenue, Courtenay, B.C. Telephone 334-3124.

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PMQ preamble

MISS WALLACE GARDENS 1980! Any girl age 16-21 is invited to enter our MISS WALLACE GARDENS competition. The winner will represent us in the Comox Valley Winter Carnival held in February. This would truly be an opportunity and a rewarding experience. Only one girl can win the title but each girl CAN be a winner in achieving a very personal and fulfilling experience. Besides, it is a lot of fun!

You are asked to phone Mrs. Joan LeBlanc at 339-4414 or Mr. Gerry Roy at 339-6165 by Nov. 16, 1979. The competition will be held on Nov. 29 at the Totem Lounge. The contestants will be judged on personality, poise, speech, and beauty.

Plans are being made for coffee and tea reception at 1830 hours, on this day, for the contestants and their parents, judges, and some council members. During this time, the girls will be circulating and talking to everyone. The identity of the judges will not be known.

The judging competition will be opened only to invited guests, judges and parents of the contestants. Contestants may invite two other guests, other than their parents. Dress for the occasion is semi-formal. GOOD LUCK TO ALL

THE CONTESTANTS!

The PMQ council meeting, held on Oct. 26, 1979 in the parish hall pulled out the welcome mat for all our new councillors, and to thank all our retiring councillors for all their help. A congratulation is in order for our new Wallace Gardens Mayor, Sgt. Bob Horton.

A little reminder to ALL the residents of Wallace Gardens, we, the PMQ council, are still here to be of any help we can be. The only way we can be of any use to you is through YOU. Without your interest and your help the council cannot function. Help us to do our duty toward you, USE US! If you are skeptical or just curious of the duties of the PMQ council, contact your ward councillors. Remember, HELP US TO HELP YOU.

Your complaints, suggestions, and/or constructive criticism about our community are to be forwarded either verbally or by written format to the community council through their ward councillors. The following list is provided for the information of the residing residents of the PMQs. This will inform everyone of whom their ward councillors are and also of the PMQ quarters which comprise the individual wards.



Jennifer Warnes

Shot through the heart

BY BARRY SWEENEY

Jennifer Warnes, a native of Orange County, California, spent much of her early years studying the styles of such now renowned artists as Bob Dylan, Ray Charles and the Everly Brothers. She spent her summers working stints in civic operas and playing lead roles in dramatic productions.

It was one of those productions, the Los Angeles based "Hair" which helped her to get her initial break in

show business. Her role in "Hair" led to critical acclaim and through her strong performance, Jenny was able to branch out into nightclubs and concert tours and eventually network television shows.

She broke into the national spotlight musically with her debut Arista album "Jennifer Warnes" (Arista 4062) which contained her highly successful single "Right Time Of The Night".

After a brief hiatus from chart action, Jennifer has

returned with her new album "Shot Through The Heart" (AB 4217 - marketed in Canada by Capitol EMI). The set has already spawned one runaway best-seller, "I Know A Heartache When I See One". This tune is a mid-tempo shuffler that features good guitar workings and a shifting beat with Ms. Warnes vocals up-front. "Shot" has already broken top twenty and looking like a strong contender for a shot at the top ten positions.

Along with the hit single, Jenny opens the set with a slow paced "Shot Through The Heart" and uses her strong vocals to highlight the keyboard laced "Don't Make Me Over". The Jesse Winchester penned "You Remember Me" is given a bluesy workout as is the not well known Bob Dylan penned opus "Sign On The Window", which opens slow and builds and then reverts to the laid-back style. This particular song is somewhat different for Dylan, but then it was written almost ten years ago.

This total album is pure Warnes. Along with co-producing with Rob Fraboni, she wrote a number of the songs and on various cuts plays piano, percussion and along with looking after the crystal clear vocal chores, also sings harmony vocals on a few of the tracks.

1st Lazo Beavers Blue Colony

Mother Nature has a way of not being very co-operating with us this year it seems. First our trip to the Fish Hatchery had to be cancelled because of "fog" then the "rain" poured down for our Halloween Party to be held at Kin Beach. However, the "rain" doesn't stop us. We had our Halloween Party in the "pond" and it was a huge success. The boys Party in the "pond" and it was a huge success. The boys were a supper party and the boys were "starving". After they were all fed and full we started into the games.

The first one was a jello sucking contest. The boys went into lodges, they were each given a straw and a bowl of jello, they then proceeded to "suck" up the jello. After much "slurping" the dishes were empty. Rusty arranged a "spooky" treasure hunt for each lodge, then a marshmallow relay game was played.

The main "highlight" game of the evening was bobbing for apples. This proved to be one of the favorite and most "wetting" experiences of all the games played. All the boys enjoyed their Halloween party. We closed the party with the singing of halloween, and old favorite songs around the Jack-o-Lantern.

On the 1st of Nov. the Beavers were busy learning a new game, made Walnut owls for mothers to put on the fridge. They will watch to see "Who" raids the fridge. We read chapter five of Friends of the Forest and TicTac was busy hiding his nut supply for winter; thus a peanut scramble was had. The Beavers took the peanuts home in their bucket to eat at home and give mother the mess to clean up. The evening ended with songs around the campfire.

New pictures have been taken of our Invested Beavers which should appear in another section of this paper. Sorry for the delay folks but the original pictures didn't turn out. Thank-you Peter for coming and taking them again.

In the last column I forgot to thank Ted Crompton for coming out to our Investiture THANK-YOU Ted. I would also like to Thank John McKim for being "Chief Cook" at our Halloween party. A big "tail slap" of thanks to parents who



MAKE YOUR OWN WINES AT HOME

Can "character" come in cans?

Character has to start with the grape. For centuries certain grapes have been selected and developed for their good winemaking qualities, until today there are probably fifty or more varieties which can make some claim to excellence, depending where in the world they are grown. For practical purposes, though, there aren't more than twenty varieties that are really important for good winemaking, and only about a dozen really stand out. And now these are available in grape concentrate form!!!

So the real question for the home winemaker is how to get a supply of these good wine grapes? There are four possibilities, but only one of them is practical and reliable for the average person in Canada who wants to produce good wines reasonably.

First, you can get a plot of ground in a mild climate area (Niagara or the Okanagan), get the right vines, nurse them along for a few years, learn exactly when the grapes reach peak ripeness, pick 'em, squeeze 'em and proceed to make the wine. This is out of the question for all but a few patient and knowledgeable people.

Second, you can arrange with a Canadian grower of the right grapes to get a small portion of his harvest, but you'll have to compete with the large wineries for this scarce commodity, and you'll have to be prepared to do your own crushing just when the grapes peak in the fall. Not impossible, but still a lot of trouble.

Third, you can buy grapes imported from California, crush them in your own equipment and go on to make wine. But it is increasingly difficult to get good wine grapes fresh from California (most of them go into California wines), and they are usually picked before they reach peak ripeness. Good wines can be made from raw California grapes, but beware of low quality California grapes which flood the market.

Fourth, you go to a wine-maker's supply store and choose a can of grape juice concentrate from among a broad selection of grape varieties. Or, better still for the beginner, have the store expert recommend an appropriate concentrate. (Some excellent ones are now arriving from Australia, for example.) This way you are assured of basic quality in the juice and you get a recipe specifically formulated for the sugar, tannin and acid characteristics of the juice. Indeed, this no-fuss approach to home winemaking has succeeded in attracting thousands of enthusiasts to the art.

Grape juice concentrate is a relatively recent development in the age-old story of wine. Some years ago when the volume of grape juice production in Europe was way above worldwide wine demand, Spain partly solved its problem of over supply by switching a portion of the available crop into concentrate. It wasn't surprising for Spain to take this lead because the Spaniards had already done pio-

neering work in the concentrating of orange juice, and the process is similar. It became so successful that other grape growing countries got into the act — notably France, Austria and California. Now far away Australia has joined in, adding some interesting technological improvements and several excellent grape varieties.

What all this activity means is that the home winemaker, as well as, some commercial wineries across Canada, have available in concentrated form on a year-round basis the juice of the best grapes picked at the peak of ripeness. It's so convenient and reliable.

To make the concentrate, the producer (in many cases this is a winery) puts the fresh juice into a vacuum pan so that the water can be extracted at low temperature. When the volume of the juice has been reduced to a standard concentration it is packed and shipped to foreign markets.

Until recently concentrates had one shortcoming: they lacked some of the subtleties of flavour which combine to create that elusive quality called "character". The reason for this is that some of the delicate esters and aromatic oils flared off from the vacuum pan before the water separated. Now, however, the concentrate producers have a method of recovering these esters outside the vat and returning them to the juice. This is recent technology in use in Australia now, which gives a higher

level of quality, character and "bouquet" to the wines made from concentrate.

Therefore, when the concentrate label identifies the variety of grape juice — such as famous Cabernet Sauvignon, the popular Grenache, or the interesting Mataro — you know you are getting a product which will make a fine wine. Australian concentrates are highly recommended now due to advanced technology and the right combination of soil-climate grape.

Unfortunately, with skyrocketing prices most of us have only a slim hope of ever seeing a bottle of truly great wine, but the availability of excellent concentrates with which to make our own really fine wines, has to rank as one of the better advances of the modern era.

Yes, definitely, "character" for wine does come in cans these days! And here's a recipe you can use to prove it.

NEXT: THERE'S MORE TO WINE THAN ALCOHOL

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.

CABERNET SAUVIGNON (Medium Bodied Dry Red)

INGREDIENTS

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



METHOD:

Mix all ingredients EXCEPT WINE YEAST(S) in a sterilized primary fermentor. 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 fermentor. When racking, place the siphon 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 siphon 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.

Lest We Forget

O Valiant hearts, who to your glory came
Through dust of conflict and through battle flame;
Tranquil you lie, your knightly virtue proved.
Your memory hallowed in the land you loved.
Proudly you gathered, rank on rank to war,
As who had heard God's message from afar;
All you had hoped for, all you had you gave,
To save mankind - yourself you scorned to save.

In Remembrance
of all who served and died
for
Canada and the Commonwealth
in times of need

J. S. ARKWRIGHT.

FROM

THE MANAGEMENT AND STAFF

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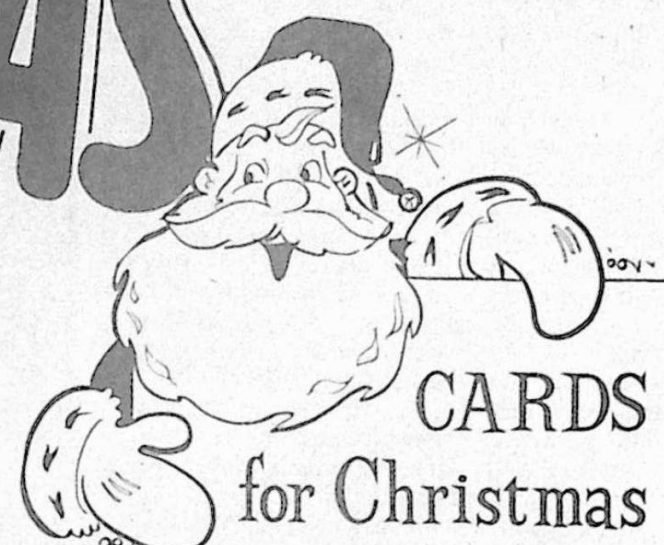
MON., TUES., WED., FRIDAY
9:30 a.m. - 5:00 p.m.

THURSDAY - 9:30 a.m. - 9:00 p.m.

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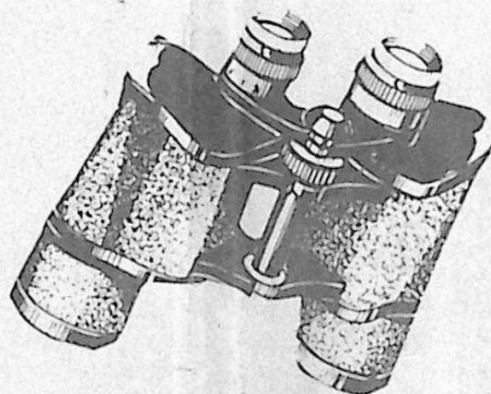
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MRS. E. CULVER JAMES

NEXT DRAW -
NOVEMBER 30, 1979

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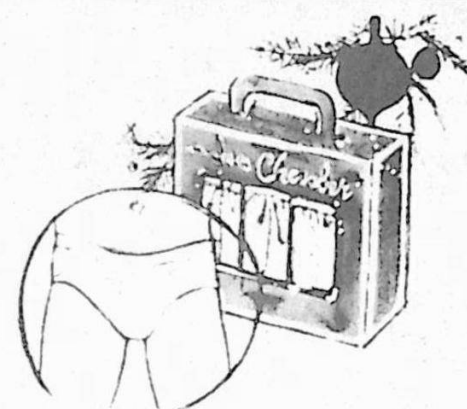
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Lotus Shaped Rice Bowl	1 ²⁷
Soup Spoon	97 ^c
Soup Bowl	1 ²⁷
Chopstick Rest	87 ^c
Chopsticks (10 per pack)	1 ³⁷
Saki Bottle & 6 Cups	6 ⁹⁷
Soy Pot with Spout	2 ⁹⁷
Tea Pot with 6 Chinese Cups	17 ⁹⁷



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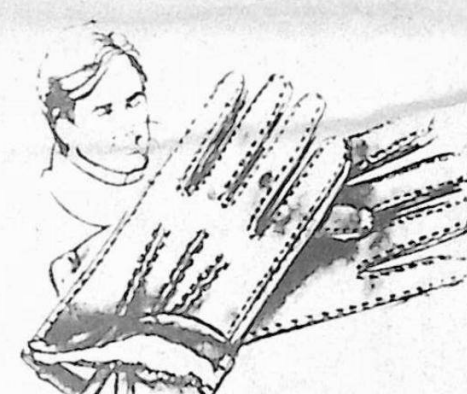
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or black. Sizes 8 to 16 in the group.

Velour 2 Tone Top Black/Turquoise	21 ⁹⁷
Velour Straight Skirt Black or Silver (not sketched)	21 ⁹⁷
Velour Draped Tunic (not sketched) Silver	19 ⁹⁷
Velour Pull-on Slack Black or Silver	19 ⁹⁷
Panne Crossover Blouse Silver	19 ⁹⁷
Panne inner Camisole Silver (not sketched)	12 ⁹⁷
Spun Polyester Draped Blouse Coral, jade or black	12 ⁹⁷
Spun polyester Draped skirt to match Coral, jade or black	14 ⁹⁷
Spun polyester short sleeve stand- collar Shirt (not sketched) Coral or jade	14 ⁹⁷
Supersheen Sweetheart Blouse Turquoise, black or jade	12 ⁹⁷
Supersheen front Pleat Skirt Turquoise, black or jade	12 ⁹⁷
Supersheen Classic Shirt Turquoise black or jade	15 ⁹⁷

