



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



Miss ???
1980

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.

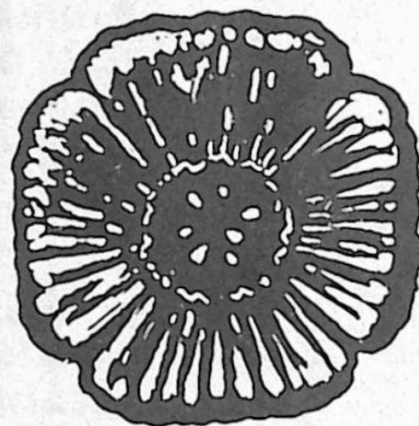
Each girl will receive a gift, corsage and the lucky winner will receive a number of surprise gifts.

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

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

CFI COMOX

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

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

DRACULA

A UNIVERSAL PICTURE • PANAVISION

Parents - Some frightening and violent scenes - B.C. Dir.

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

THE CONCORDE AIRPORT '79

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FRANK LANGELLA
LAWRENCE OLIVIER

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. bods. 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

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DUE TO FISCAL RESTRAINT,
USE ONLY ONE SHEET
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THANK YOU
TREASURY BOARD
BANKRUPTCY



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:

Commanding Officer
Camp Wainwright
Denwood, Alberta
TOB 1B0

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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.

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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

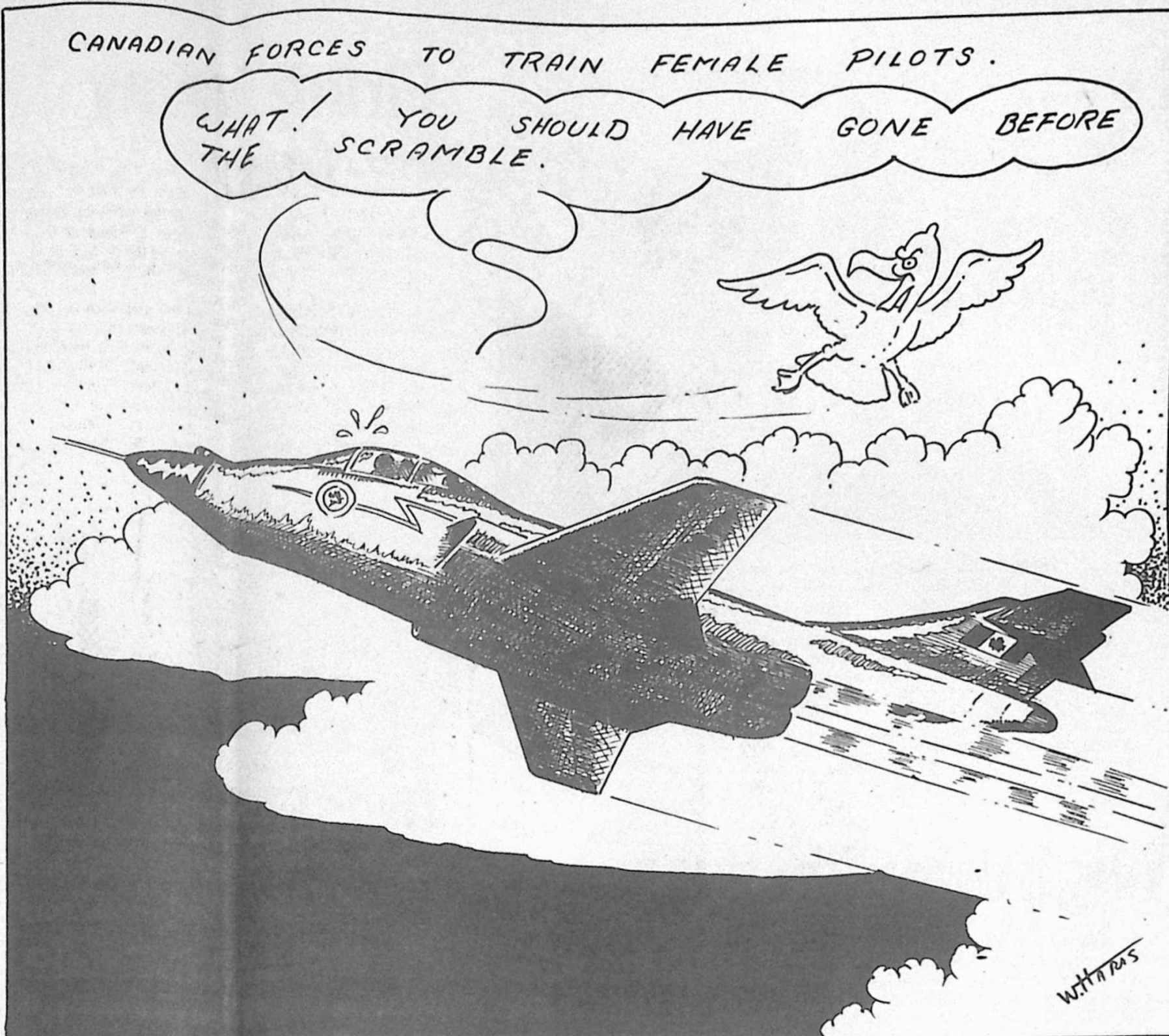
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TOTEM TIMES

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20 DEC.

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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

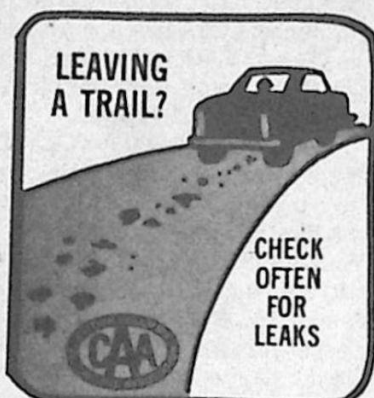
and damage-resistant unit for use with the BENNETT respirator. Although the BIRD MARK 10 respirator is the preferred item of choice for medical air evacuations, the BENNETT respirator was authorized for use at CFB Comox in order to allow standardization and compatibility with British Columbia ambulance 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.



Insurance Corporation of British Columbia

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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.

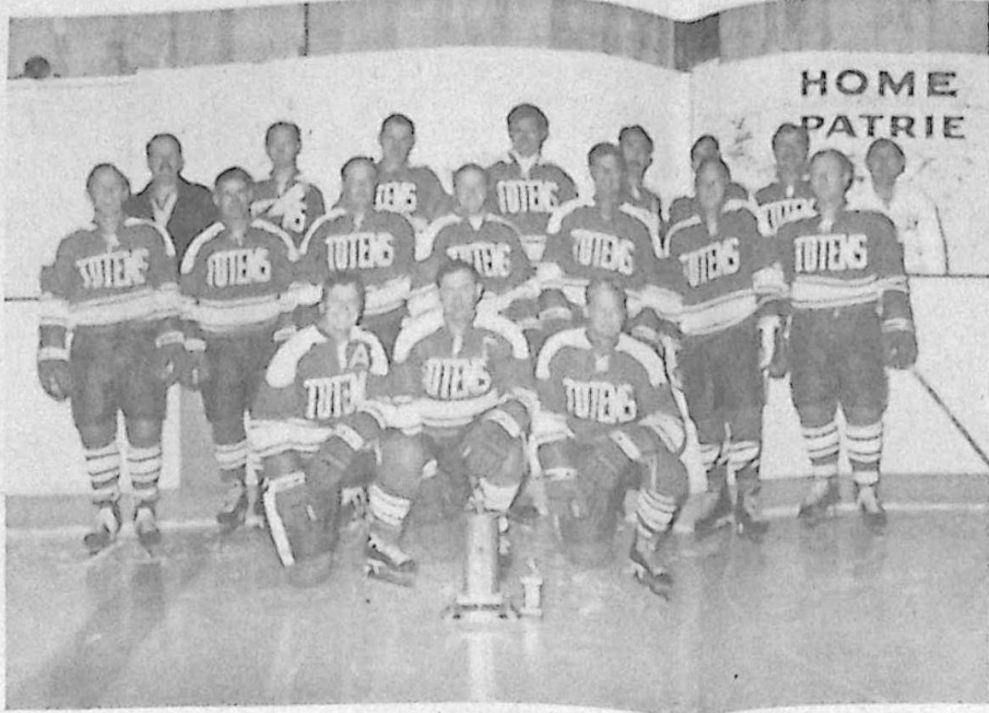
Well it finally happened, yours truly finally lost a North Island Midget League game. Yep, that was a first last Sunday when Powell River gathered in the breaks and defeated our Comox Valley Midget Chiefs by a score of 5-2. Actually we didn't lose the game we let them win. And as Vince Lombardi would 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 Umbrelle 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?

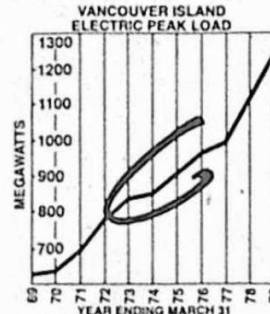
We could face problems this winter if Hydro customers on Vancouver Island continue to increase electrical use at the present rate. AND HYDRO HAS NO OTHER POWER RESOURCES TO TURN TO UNTIL 1983 AT THE EARLIEST.

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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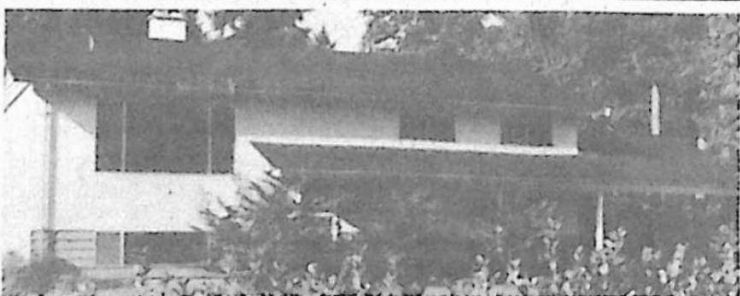


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PHONE 334-4416

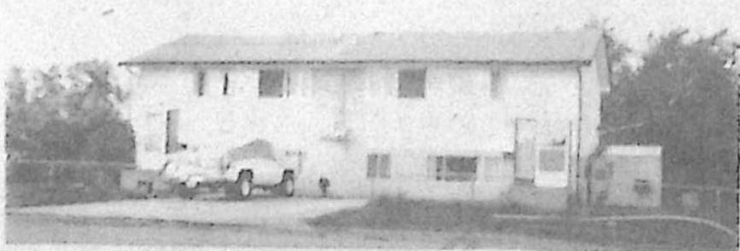


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CANADA MORTGAGE AND HOUSING CORPORATION

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.

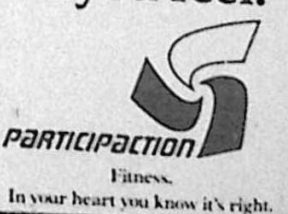
For Sale

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



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'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 1815 1945 407 MP	8 Nov 1815 1945 407 MP	12 Nov 2115 2245 407 MP	13 Nov 1815 1945 407 MP	14 Nov 2115 2245 407 MP	19 Nov 1815 1945 407 MP	20 Nov 2115 2245 407 MP	21 Nov 1815 1945 407 MP	22 Nov 2115 2245 407 MP	23 Nov 1815 1945 407 MP	24 Nov 2115 2245 407 MP
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10 Dec 1815 1945 407 MP	11 Dec 2115 2245 407 MP	12 Dec 1815 1945 407 MP	13 Dec 2115 2245 407 MP	14 Dec 1815 1945 407 MP	15 Dec 2115 2245 407 MP	16 Dec 1815 1945 407 MP	17 Dec 2115 2245 407 MP	18 Dec 1815 1945 407 MP	19 Dec 2115 2245 407 MP	20 Dec 1815 1945 407 MP	21 Dec 2115 2245 407 MP



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.

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

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.

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.

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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.

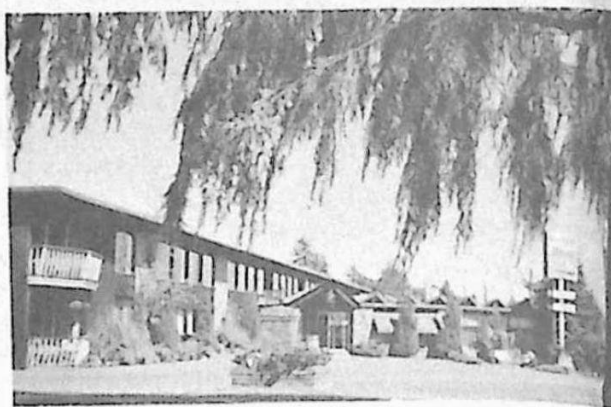
Soak up the facts about your new community, involve all your family by sharing in decisions should help everyone to become more enthusiastic about the move and your new home.

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 licensed 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 Party in the "pond" and it was a huge success.

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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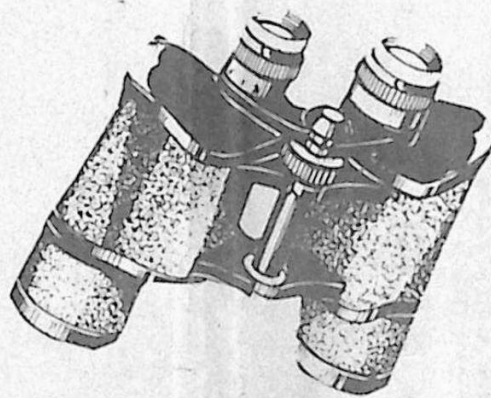
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NOVEMBER 15 -
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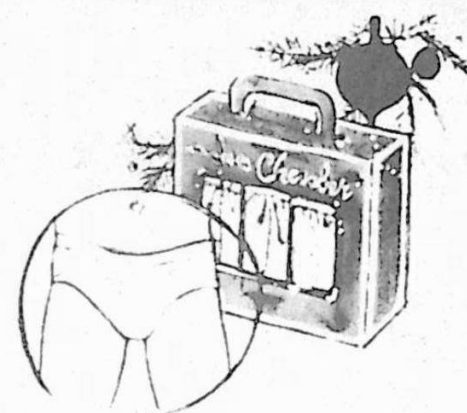


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Saki Bottle & 6 Cups	6 ⁹⁷
Soy Pot with Spout	2 ⁹⁷
Tea Pot with 6 Chinese Cups	17 ⁹⁷



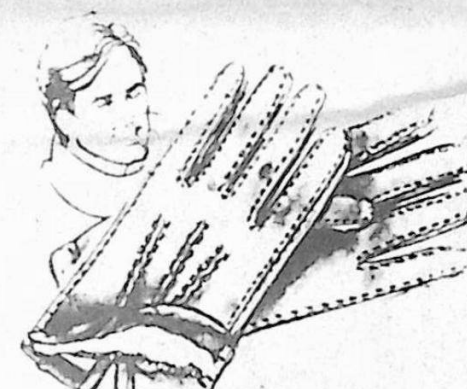
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- Supersheen 12⁹⁷
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- Supersheen 15⁹⁷
- Classic shirt Turquoise black or jade





TOTEM TIMES



"I know at last what distinguishes men from animals: financial worries." - Jules Renard

VOL 21 -- NO. 22

CFB COMOX TOTEM TIMES

THURSDAY, NOV. 22, 1979

NO CHARGE



Wing Commander Bob Hallowell

BOPSO RETIRES Wing Commander (as in LCol) CR Bob Hallowell was honored at a mess dinner held at the Officer's mess on Nov. 9 on the occasion of his retirement from the RCAF and CR. W.C. Hallowell was presented with the RCAF Wings by the Base Com-

mander Col. B.T. Burgess. W.C. Hallowell has taken up residence in the Comox Valley and we wish him all the best in his future endeavours. (Base Photo)

People in crisis get help from the Crisis Centre

In front of 1970 Cliffe Street in Courtenay is a sign which says "Crossroads Crisis Centre Family Services". The stone sidewalk overhung by a large Holly tree leads to a cozy, quiet-looking house. Inside things are usually anything but quiet. A core of faithful volunteers lead by full-time co-ordinator Joyce Hicks, try to help people work through personal crises in their lives.

The Crisis Centre started operations in 1973 in what is now the Tourist Information Bureau. The original funding was through a L.I.P. grant sponsored by the Mental Health Society. Initially the Centre simply operated crisis lines but this was soon found to be inadequate to meet the needs of the Valley. The following year extended funding was obtained from the Provincial Ministry of Human Resources. A program of actively recruiting and training volunteers was also instituted in this year. 1975 was a year of change for the Crisis Centre. It moved from the Tourist Bureau to its present location. Also there was a merger with Family Services and resulting organizational and administrative changes. The Centre was incorporated and a Board of Directors elected. An attempt has been made to get a cross section of Board members representing the various groups in the Valley more directly concerned with the operation of the Centre including the military. At the present time, CFB Comox is represented on the Board by Padre Clifton. The Board meets monthly and is mainly responsible for establishing the policy of the Centre.

living in PMQ's and barracks. The original service of offering a crisis line for those with acute emotional problems is still an important part of the program at the Centre. The Centre has someone on call 24 hours a day. At the present time, the Centre handles over 600 calls a month. Many other services are also available.

Staff and volunteers act as intermediaries between clients and various agencies with which clients may be having problems, helping them to understand the bureaucracy and cut through the red tape. Clients are also accompanied to court so that they may better understand the judicial process.

Then there is "Crisis Intervention". This offers immediate assistance to people experiencing emotional distress and usually means going out to the crisis location, be it the home or wherever. Many valley agencies such as the Ministry of Human Resources, Mental Health and the local hospital use the Crisis Centre as a back-up in situations like this as their volunteers and staff can be reached on a 24 hour basis.

The Crisis Centre has an arrangement with the Ministry of Human Resources to issue vouchers to those people genuinely in need of accommodations or meals, when their office is closed. Vouchers are documented and people are screened as to their needs.

The Centre also provides temporary placement homes for juveniles with no place else to go. This service involves the staff and some of the volunteers making their homes available for the emergency placement of juveniles who have been experiencing problems at home or who have been picked up by the RCMP. This is done under the supervision of the

Child Welfare Department and provides sufficient time for the involved social worker to assess the home situation and make more appropriate long-term arrangements.

Family, individual and marriage counselling are also available at the Crisis Centre. Indeed the staff and volunteers are prepared to sit down and talk over any problem with anyone who contacts the Centre. The staff will also make referrals to other agencies in the Valley to ensure that clients receive the support they need in their particular circumstance. Support groups can also be set up by the Centre and special assistance is available to the handicapped and elderly.

The number of calls which the Crisis Centre receives indicates that there is a definite need in the Valley for the type of services it offers. Those who call know that their problems will be held in confidence and that they are receiving assistance from trained individuals.

At the present time there are 25 trained volunteers working a minimum of twelve hours per month; however, more volunteers are needed. They will receive a training course in communication skills, identification and assessment of problem areas. They are then placed on shifts where they can observe experienced volunteers. Only when they are fully prepared are they given a shift of their own. On going training is available to assist the volunteers.

The Crisis Centre offers help to people in time of crisis that might not be available elsewhere. It is operated by a dedicated staff and volunteers and offers assistance to all who ask for it. If anyone would like to volunteer or if they need the services of the Centre, the number is 334-2455.

The perfect gift for 407 types

Ladies, are you at wits end trying to find the ideal Christmas gift for hubby? Well, here is the chance of a lifetime.

Crown Assets Disposal Corporation has produced a pamphlet 'Aircraft Fleet for sale - CP107 Argus'. Price is not mentioned but, as we all know, aircrew types are all independently wealthy and you should have no trouble in meeting the payments (couldn't cost much more than a new car anyway).

Just consider the possibilities. The pamphlet tells us the aircraft is capable of flying to a patrol area 1000 miles from base, remaining on task for approximately eight hours and returning to base with sufficient reserve fuel for an additional 500 miles. Just think, when you send hubby to the corner store, he could go to the one on Waterfront Street in St. John's, Newfoundland!

It would also be great for summer vacations. The whole family could go along. Besides the long range, we are also told there are considerable facilities for crew comfort. These include a separate dining and galley area, four bunks, reclining seats and a toilet. Imagine the fun you will have redecorating.

No need to worry about the kids being bored either. A special feature of the aircraft is the Tactical Compartment, the operational centre of Argus. Junior could have a great time here, maybe even hunting up a submarine or two during the trip.

Now that you are convinced this will make the ideal gift, don't delay in making your purchase. The total fleet only consists of 24 aircraft and they are sure to go fast. They would also make ideal gifts to impress the family back home.

If you are interested in this once in a lifetime purchase, drop us a line at the Fishwrapper and we will put you on the rapidly growing waiting list.

Safe driving week

With "Safe Driving Week" due to begin on December 1st next, the Canada Safety Council is asking Canadian drivers to examine options open to them, and to make a positive choice for safety.

"Safety: The Positive Choice" - that's the theme of the 1979 campaign, and it is intended to show that most automobile accidents are indeed preventable - as long as drivers make real decisions that lead to safe driving.

The Safety Council is suggesting that, apart from a very small percentage of reckless vehicle operators, most drivers in Canada ARE careful drivers. Most of the time.

Problems arise when we, as drivers, have something on our mind. Something went wrong at home or at work, perhaps. An important or difficult decision ahead. Concern over a sick relative.

Anger at some action by

others. Or even the apparent thoughtlessness of another driver.

Or else, we may be overtired, in less than sound health, or under the influence of an alcoholic beverage to some degree. Not necessarily impaired, either.

Any of these can distract an otherwise good driver. And when attention wanders - even for a few seconds - we are asking for trouble.

It requires a conscious decision - a "positive choice" - to shelve thoughts of problems until the task of driving is finished, because driving is a full-time job.

The accident that takes but a second to happen can last a lifetime!

from the PM

For 24 consecutive years December 1st to 7th has been designated Safe Driving Week in Canada. Last year the Canada Safety Council was rewarded for its continuing efforts by the highest reductions ever in weekly traffic fatalities during this week.

The theme for this year's Safe Driving Week is "Safe Driving: The Positive Choice". I join with the

Council in urging each of you to do your part by making that choice a personal habit.

Traffic fatalities still take a staggering number of lives each year. Individually we can all help to make this figure less. Please support the Canada Safety Council in its effort to make Safe Driving Week - 1979 a most successful campaign.

Joe Clark

THIS WEEK

KD's wooden bench	pg. 3
All about the SRRSP	pg. 4
Our series on making your own wine continues	pg. 8

DON'T FORGET TO ENTER OUR "WHAT SHALL WE DO WITH THE ARGUS CONTEST"

**NEXT DEADLINE
MONDAY, DEC. 3
12:00 NOON**

**ALL CORRESPONDANCE TO
THE EDITOR, TOTEM TIMES
CFB COMOX, LAZO, B.C.
or through CR mail.**

Contest

Contest

Enter the Fishwrapper's what should they do with The Argus Contest.

FIRST PRIZE ...

A 4 hr. flight on an Argus.

SECOND PRIZE ...

An 8 hr. flight on an Argus.

Send Entries to:

**THE EDITOR, TOTEM TIMES
CFB COMOX, LAZO, B.C.
or through CR mail.**



WHO WILL IT BE. These five beautiful young women are this year's candidates for the title of Miss Wallace Gardens. The lucky winner will be chosen on Thursday, Nov. 29 at the Totem Lounge. The winner will go on to represent the Base in the

Comox Valley Winter Carnival. L to R. Wendy Lyons, Sherry Gibbs, Margie MacInnis, Stephanie King and Donna Cook. (Base Photo).



Splinters anyone?

KD'S WOODEN BENCH Major KD MacDonald, BATCO, has been known to tell the 'sprogs' how he controlled airplanes in the old days. "All we had were wooden benches" he would say when someone complained about the inadequate RATCON chairs. KD was recently presented with his very own wooden bench for his office, just to make him feel at home. Don't worry, boss, we won't tell anyone about the cushion. Guess the old callouses have gone soft, eh?

(Witter Photo)



MAJOR-GENERAL D.W. McNichol, Commander Air Defence Group, honored CFB Comox with a short visit Nov. 6-7, 1979. Met on arrival by the Base Commander and Co. 409, MGen McNichol was given a tour of the base including those areas which saw changes since his tour here as Base Commander from 1972 to 1974. His primary area of interest, of course, was 409 Sqn. During his visit to the squadron, MGen McNichol met and had discussions with both the aircrew and groundcrew.

Photos by B photo



Accent on safety

Last issue we described the uphill travel to the Forbidden Plateau ski area. This time we'll take an early look at the road to our newest ski area - Mount Washington.

We visited the new ski area in early November and the roads were snow-free and dry. The areas likely to be hazardous could only be assessed by the steepness of the grade, width of the road, curvature and visibility. When they are snow-covered, heavily travelled and the wind and snow factors added, it will be a whole new game.

Leaving CFB Comox, the trip is along familiar routes: west on Ryan Road; right onto the Island Highway; left onto Headquarters Road; and left onto Piercy Road. Although the legal access is via Dove Creek Road, we chose the familiar alternate of driving toward the Plateau area and entering Wolfe Gate at the junction of the Comox Logging Road and Plateau Road.

If you take Lake Trail Road from Courtenay and join the Comox Logging Road to reach Wolfe Gate, special caution is required in the Crown Zellerbach maintenance area. Speed limits are posted and speed bumps are there to remind you. Keep well right and slow down approaching the pipeline cross-over and Stotan Falls bridge. Both are narrow and only adequate for one-way traffic. Keep low beam headlights on.

Wolfe Gate gives access to

Duncan Main Logging Road which is paved to within 1/4 mile of the turn-off for Mount Washington. Shuttle bus service is planned from this point to the ski area.

At Dove Creek Main, well-marked with a Mount Washington sign, you turn left and begin a gravel road climb. There are spots that could be difficult under winter conditions but they are not too long and at this point the road is well-maintained and wide.

Nine miles along Dove Creek Main the road divides; Tsolum Main is to the right, and Branch 62 to the left, which leads to Paradise Meadows and the Mount Washington ski area. This corner is well marked.

The Branch 62 Road is much narrower and demands your

full driving attention. Keep well to the right on all curves and be prepared to meet oncoming traffic or overtake slower vehicles on very short notice!

On a clear day, you will be treated to your first bonus, fantastic valley views within a mile along Branch 62. The safest way to enjoy them is to stop first, then look!

At the next division of the road, you take Branch 62F to the left and follow along Rampart Creek. It is full of ups, downs and curves, but about one mile further, you top a rise and get your second bonus - a straight ahead look at the taller snow covered mountains - and the excitement and chatter of the passengers goes to full throttle.

Back to business! Another mile along there is a long full curve with very limited visibility. Slow down and keep well to the right. Same thing about 3/4 of a mile further, where the first real down grade combines with narrow curves. Watch ahead and to your left along the switchback for oncoming traffic.

One more mile brings bonus number three - a terrific view of the top of the Comox Glacier and surrounding mountains! The beginning of the Paradise Meadows hiking trail is just 1/4 of a mile down the road, on your left.

About 1/2 mile beyond the Paradise Meadows trail marker, the new Mount Washington ski area access road goes to the right. The snow surface was deep gravel

at this location and the grade is likely to be demanding under winter conditions. Another half mile and it's time to really slow down for a couple of tight corners, one with a downhill approach which could be tricky under slippery conditions.

That's the last challenge as far as the road goes. One half

mile ahead lies the main parking lot of the ski area! and WOW! Look at that very impressive four level Mount Washington Day Lodge! and there's the Blue Chair to the very top of Mount Washington! "Turn off the headlights; park this thing and let's go skiing!"

SAFETY SAM

Firing away

POWELL RIVER - Five members of one family died in a fire here last month caused by an inadequate clearance between a wall and an oil heater pipe.

Before installing any heater or wood burning appliances remember to check with your Fire Dept. for regulations, don't wait until it's too late.

GOOD'S GROCETERIA

Ruth, Gary and Jim Bourque
Ryan Road, Comox, B.C.

Prices Effective: November 21 - 24



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Editorials

Its days are numbered

It was sad, in a way, to see the recent pamphlet produced by Crown Assets Disposal Corporation -- Aircraft for Sale -- CP107 Argus. The 'Argoose' has served us well and its retirement will be met with mixed emotions.

There is no doubt that the Argus has served us well -- it is definitely one of the best purchases, aircraft-wise, in CF history. It is unfortunate that airplanes, as do people, grow old. The Argus are still very effective at their job but, as they grow older, the cost of maintaining them, updating equipment, and

keeping them in the air has outstretched their usefulness.

The new Aurora will have a hard act to follow. Comparison is human nature as is resistance to change. This is not to say that the Aurora is not a worthy replacement but, it will have to prove itself to be so to a lot of aircrew.

It will be interesting to see what happens to the Argus on their retirement from the CF. We can only hope that it is a worthy and respectable title after such a long and distinguished career.

SRRSP -- it looks good

We are often very facetious when it comes to the fringe benefits of being members of the Forces. Well, here is a deal that is hard to knock.

The Servicemen's Registered Retirement Plan is a RRSP developed to suit the needs of members of the Canadian Forces as a supplement to retirement benefits and offers a current tax savings benefit. To qualify for the plan you must be a member or the spouse of a member of the Regular Force; or a former member or the spouse of a former member of the Regular Force who is in receipt of a pension under the Defence Services Pension Continuation Act or an annuity under the Canadian Forces Superannuation Act; or transferred their pension contributions under Defence Services Pension Continuation Act or annuity contributions under the Canadian Forces Superannuation Act to the Civil Service Superannuation Account or the Public Service Superannuation Account.

There are a number of things which make the SRRSP as good or better than other RRSPs. First of all, it is very convenient. No matter where postings take you,

your account will always be handy and thus more easily managed. You can also make a pay allotment and take your tax savings monthly, if desired.

The most desirable feature of the SRRSP is the cost. Many other RRSPs require an annual fee, registering or deregistering fee. The SRRSP has no fees at all for the Savings and Investment Certificate Options. The Equity, Income and Mortgage Options have a small management fee, reportedly much less than most, if not all, other companies offer.

The interest rates offered in the SRRSP are also very competitive. Current rates run from 10 3/4 per cent in the Savings Option to as much as 13 1/4 per cent for a 1 year Investment Certificate. The Equity, Income and Mortgage Options can provide even higher rates for the knowledgeable investor.

This article is not meant to convince you to jump right into the SRRSP. Have a look around, if you can find a better plan, so much the better. But, as the Branch Manager of a Canada Trust Company, trustee and Administrator of the SRRSP said, however, "I wish I was eligible for your plan."

Women against progress

A most welcome trend in the Seventies has been the growing independence of women. There is a greater sense of responsibility and of the ability to take control of their own lives. With the growing sense of independence has come a need for equality -- in particular, equality of opportunity. If women are to stand on their own two feet, economically, they must have the same opportunities as men.

A recent event in the city, the proposed formation of a Women's Network, has highlighted the question of discrimination against women in the management level and the executive suite. The Network, it is suggested, will enable women to advance further into management and climb the corporate hierarchy into the executive suite. The intention seems to be a massive support system, involving buddies and mentors. A classified directory of members will also be published.

Through the Network, the women intend to pass along knowledge of job opportunities. This is to ensure that the so-called 'old boys' network' does not snap up all the openings. This was something the women said made it impossible for them to get jobs, or even to make application and thus show their interest in them.

It's well known that there are many women in this city who have management and executive skills. They are willing to, and do, share their knowledge and experience with other women. By and large, however, they are not about to join women's organizations which sit around criticizing the men who run the establishment and speak of themselves as part of a "tribe". As long as this "tribe" feeling persists, so long will the women who subscribe to it, feel themselves as something different.

There is only one way to arrive at the management and executive level. Get into the system and work. If women do not perceive themselves as being

different, it is unlikely that their male confederates will. Discrimination, when it exists, is usually based on inefficiency on the part of women managers. There is criticism when they don't do their homework, for not learning to speak out, and up, clearly and authoritatively or of not concentrating on being part of a team. These are criticisms which any manager, man or woman, can expect and must learn to accept when justified. Women managers cannot expect discrimination in the relaxation of these standards, any more than they can expect to dodge making management decisions or remain 'one of the girls'.

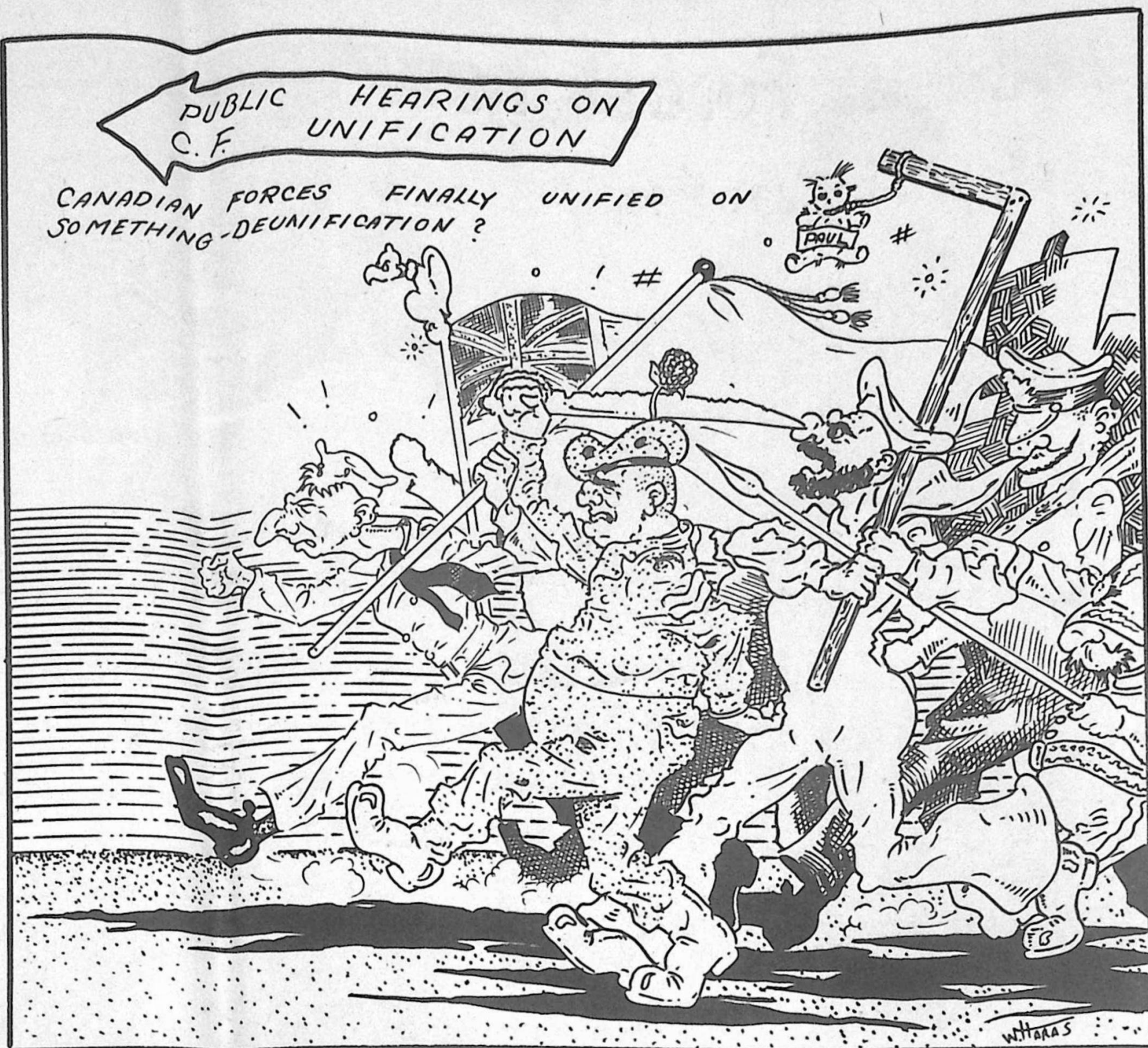
To continually stress the female problems in the management suite is to emphasize them, to inflate them and to make it significantly more difficult for those women who are on the threshold of management.

The rules and groundwork for business are already laid. The established rules exist because they work. They can be criticized, and often are, and such criticism may lead to change and improvement. It does no good at all to stand outside the system and condemn it, from ignorance, from lack of participation and from the inability to make one's way in it.

To form a ghetto, to operate in isolation, is not the way to executive suite. Power will not be handed over meekly to those who complain and demand it. Power is always there to be earned. Its prime criterion is that having power means also having the ability to exercise it. Being given it, by special consideration or legislation, will not work. It is not the answer.

If women do not like the established rules of business, there is only one solution. They must make their way in and then work for change. The climate is right for women to advance. They have the ability to do so. If they want more economic power, they must earn it.

Courtesy Vancouver Board of Trade



Questions and answers

Servicemen's R.R.S. Plan

Here are some of the common questions asked about RRSPs. The answers are based on the SRRSPs. It is not to say that it is the best plan (although it may well be).

Q. How much can I invest?

A. You can deduct up to 20 per cent of your earned income each year -- to a maximum of \$3,500.00 for contributions to your CFSA and to a RRSP. This amount is, of course, tax deductible.

Q. How do I make deposits?

A. Deposits can be made in lump sums or by regular allotments. (Pay allotments are available, if desired).

Q. Can I get money out before retirement?

A. Yes. You can withdraw all or part of the money from your plan excepting that invested in Investment Certificates which must remain until the Certificates mature. The money you withdraw will, of course, be taxable in the year of withdrawal.

Q. What investment options are available and what kind of interest can I expect?

A. There are five investment options. You can invest in any of the options, or a combination:

Savings Option

This option is similar to a savings account. You get a good rate of interest, paid monthly, and may withdraw at any time. The current rate of interest is 10 3/4 per cent.

Investment Certificates

You can invest in these Certificates (minimum investment \$500.00) for periods up to ten years. The advantage is a guaranteed interest over a period of years. You cannot, however, withdraw your money until maturity. Current interest rates for bonds maturing in year indicated are:

1980 - 13 1/4 per cent
1981, 82, 83 - 12 3/4 per cent
1984 - 12 1/4 per cent
1986, 87, 88, 89 - 10 1/2 per cent

Equity, Income and Mortgage Options

Money you invest in these options is combined with money contributed by other participants. It is then invested in a wide selection of securities, minimizing risks. Space makes it impossible to go into depth here -- suffice it to say that these options are similar to playing the stock market and very attractive interest rates are possible. You should look into it carefully before investing your money.

Q. What are the costs of Investment?

A. There are no fees, in or out, for the savings and

Investment Certificate options. The Equity, Income and Mortgage options are subject to a trustee's management fee. It is, however, reportedly lower than the fee charged by many other companies.

Q. What happens to my plan if I die before retirement?

A. You can appoint your spouse to receive the total value of your plan in the event you die before retirement. This can be done when you sign your RRSP application, there is no need to change your will.

Q. What options does my wife or husband have as beneficiary?

A. Your wife or husband has three options. She or he can purchase an annuity, she or he can "roll it over" that is register a RRSP in his or her own name or she or he can take the money and pay the appropriate tax.

Q. When can I start receiving investment income?

A. Anytime after your 60th birthday. However, government rules say your retirement income must begin by December 31 of the year in which you reach age 71. Legislation requires that you choose the type of retirement income from three alternatives: a life annuity, a fixed term annuity, or a Registered Retirement Income Fund.

Q. What is a life annuity?

A. A life annuity is a contract to pay you a regular income for the rest of your life. A life annuity can provide a guaranteed payment period to age 90 (or spouse 90 if she is younger). Should you not survive the guaranteed period it will continue for your spouse or estate. The amount of income from the annuity will depend on the amount saved, age at start of annuity, length of guaranteed term, if any, the company you purchased it from and the prevailing interest rates at time of purchase. The following examples are based on a male 65 years old with 10 years guaranteed in November, 1978:

Accumulated RRSP Savings
\$40,000.00
\$60,000.00
\$80,000.00
\$100,000.00
Monthly Income from annuity
\$394.40
\$591.60
\$788.80
\$986.00

Q. What is a fixed term annuity?

A. A fixed term annuity is very similar to a life annuity

with payments being made to you on a regular basis, except that the payments continue until you reach the age of 90 (or you may arrange until your wife reaches 90).

Should you die prior to age 90, the benefits could be transferred to your wife. Otherwise, the value of any remaining payments must be included in your income tax

for the year in which you die.

Q. What is a Registered Retirement Income Fund?

A. The RRIF is a plan by which a specific portion of the total assets in the fund-capital plus accumulated income -- is paid to the holder to provide annual income until age 90. The fraction to be paid each year is related to the age of the taxpayer in the year and

will simply be equal to one divided by the number of years remaining to age 90.

Conclusion

This article was not intended to tell you everything you always wanted to know about RRSPs. It has, hopefully, enlightened you to some extent about RRSPs and in particular the SRRSP. If you have any questions, feel free to drop us a line.

Totem Times — 1980

Vol. 22	Deadline	Publication
No. 1	Mon. Jan. 7	Thurs. Jan. 10
2	Jan. 21	Jan. 24
3	Feb. 4	Feb. 7
4	Feb. 18	Feb. 21
5	Mar. 3	Mar. 6
6	Mar. 17	Mar. 20
7	Mar. 31	Apr. 3
8	Apr. 14	Apr. 17
9	Apr. 28	May 1
10	May 12	May 15
11	May 26	May 29
12	Jun. 9	Jun. 12
13	Jun. 30	July 3
14	July 21	July 24
15	Aug. 11	Aug. 14
16	Sept. 1	Sept. 4
17	Sept. 15	Sept. 18
18	Sept. 29	Oct. 2
19	Oct. 13	Oct. 16
20	Oct. 27	Oct. 30
21	Nov. 3	Nov. 6
22	Nov. 17	Nov. 20
23	Dec. 1	Dec. 4
24	Dec. 15	Dec. 18

CNA TOTEM TIMES

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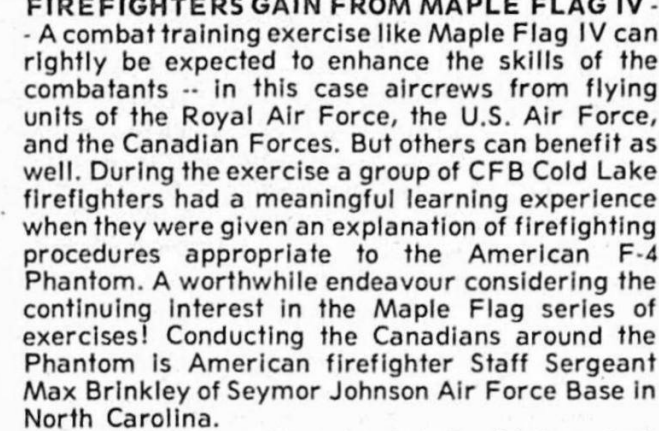
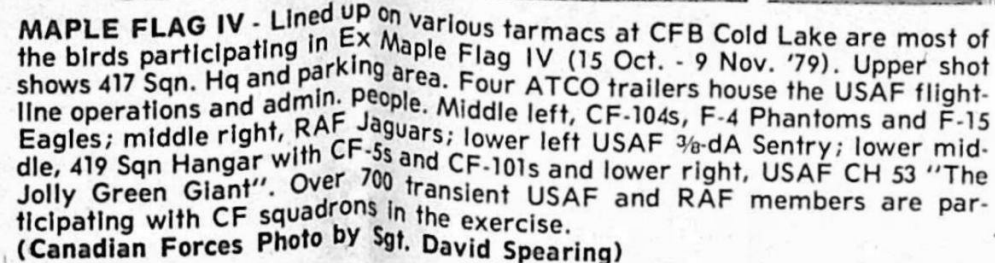
Aiding the Boat People



The smiles are made easier through the humanitarian efforts of many groups and many individuals. One of the first things the children discover while their parents are being processed by im-

Food provides another experience, not only for the kids, but also for the kitchen staff. Warrant Officer Gary Orwick, who runs the refugee mess hall, describes with wonderment their total infatuation with ice cream. Fresh fruit is also a popular item for both children and adults, with seven or eight cases of apples disappearing at a sitting. He also describes how one boy came in while his parents were sleeping and attacked a meal with two forks, chopstick-fashion.

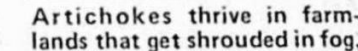
Beyond all else, the civilian volunteers and military augmentees who process the refugees agree on one final point — that the refugees are extremely courteous. That point was borne home to me as I walked across the parade square. Smiling children, with no real knowledge of English, greeted me with "thank you, thank you."



(Canadian Forces Photo by Sgt. David Spearing)

Canadian forces personnel who served in UNEF II can be proud of their contribution to the maintenance of stability in the Sinai during the past six years. That period of stability permitted Egyptian and Israeli national leaders to come together, and with the aid of the president of the United States, agree to terms of peace bringing an end to 30 years of war. The professionalism displayed by

all ranks of the Canadian contingent of UNEF II earned international praise for the Canadian forces. I wish to express my appreciation to all who served in this successful operation for a job well done.



A negative or poor attitude can be disastrous – even for a driver with all the other skills and qualities.

Signed
T.J. Bangs
for W.V. Taillon, Secretary
Air Transport Committee

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Jock talk

For your info

Archery Club Meeting
Friday, November 30, 1979, at 1900 hrs. at Social Centre, Gymnasium. All members are requested to attend. New members are encouraged to come out and give it a try.
For details call MCpl. Don Buchner, Local 462 or 339-6868.

Family Skating.
Provision has been made for small children learning to skate during family and public skating periods. This is in the form of a sectioned off end of the arena (through the face off dots) with pilons and/or rope.
No fast skating is allowed in the sectioned area. Everyone's co-operation is requested in adhering to this policy.

Judo
There are 2 civilian instructors who are willing to teach their art here on the Base. The Community is invited to express their interest by phoning the Gym (loc 315). It is open to boys and girls aged 16 years and under. A couple military members would also be needed for the committee if the judo enthusiasts wished to enjoy the benefits of "club status". Please respond by Nov. 30, 1979.

Cross-Country Ski Instructors Course.
Any service person who wishes to attend the subject course in fabulous Borden, Ontario, February 12 to 20, 1980, is invited to inform the BPERO, Capt. Al Kimick (315) before Dec. 7, 1979. It would be expected that the member contribute in some way to the Base program at a later date.

Dart League
Attention all dart players! The jr. ranks club dart league still has some vacancies on the dart teams. The league plays every Monday night at 1930 hrs. If you are interested please call Bill Chesnut Local 434 or 339-6186, or Al Cameron local 413 or 339-4088.

CASUAL BOWLING

SUNDAY 1-3 P.M. — ALL AGES
FRIDAY 7-11 P.M. (TRIAL BASIS)
TEENS/ADULTS
COST: 50° string adults
25° string children
10° shoes

Broomball bits

The intersection broomball season got underway on October 15 with five teams competing this year. The interest shown had to be credited to the ice time which has games being played at 2000 hrs. on Monday, Wednesday and Saturday.

Other changes besides the new ice time have been introduced this year with service women, dependants and civilians being eligible to play.

So far all games have been very competitive and very well supported.

Remember base yeams practice is held every Friday between 1100-1300 hrs. and is open to everyone.

TEAM	GP	W	L	T	PTS.
HQ	6	6	0	0	12
407	4	2	2	0	4
409-442	3	1	2	0	2
BAMSO	4	1	3	0	2
MP's	3	0	3	0	0

Kids' hockey abused

Organized amateur hockey in leagues is more dangerous than casual games says Dr. Tom Pashby, Toronto ophthalmologist and chairman of CSA's Committee on Protective Equipment for Hockey and Lacrosse Players.

Pashby, who has been treating hockey injuries for over 30 years, and has been active in coaching amateur hockey players feels organized hockey promotes the "win at any cost" attitude. "The kids today are told to hit and play rough. Some coaches seem to instill the philosophy "it doesn't matter how you play as long as you win", explains Pashby. "This, of course, creates injuries and hockey has got to become safer if it's to survive. Look what happened

with lacrosse — it became too tough and lost popularity. Hockey is a great game and I hate to see it ruined by too much violence."

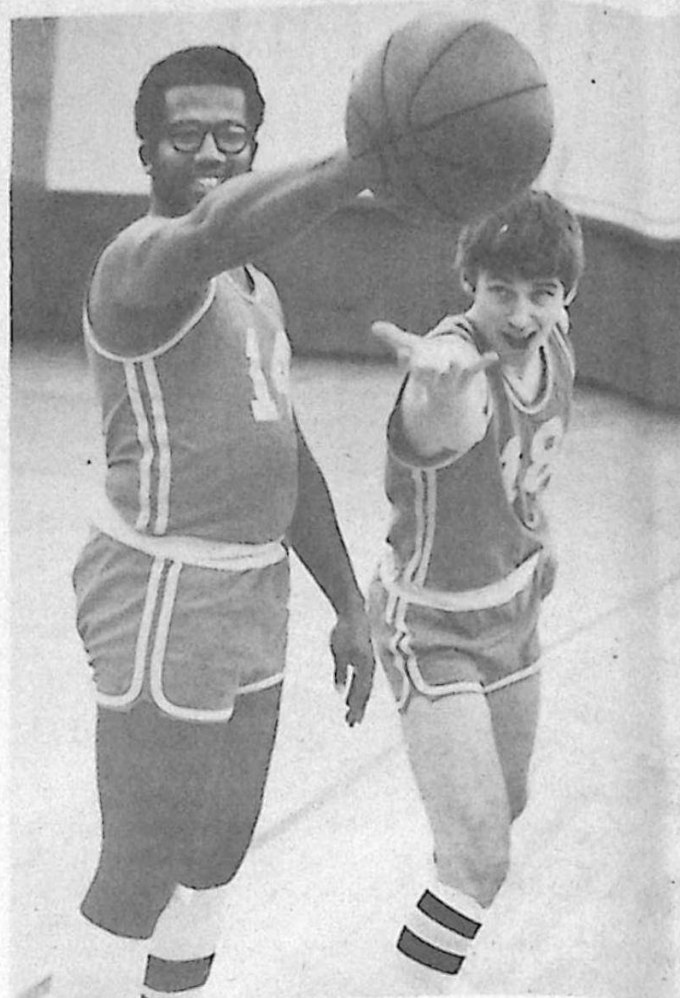
Pashby believes that players playing hockey on ponds are safer than in organized leagues because the games are "more for fun than to win."

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"The man who escapes with clean hands from the management of the world's affairs escapes by a miracle." Plato



The palm of Big John

B BALL SCHEDULE 79/80				
DATE	TIME	PLACE	OPPONENT	
Nov. 26 Mon.	9:00	Vanier	Beavers	
Nov. 27 Tues.	7:00	Base	Muskrats	
Dec. 4 Tues.	7:00	Base	Woodchucks	
Dec. 10 Mon.	9:00	Vanier	Muskrats	
Dec. 18 Tues.	7:00	Base	Coalminers	
Dec. 20 Thurs.	7:30	Base	Beavers	
Jan. 8 Tues.	7:00	Base	Muskrats	
Jan. 15 Tues.	7:00	Base	Coalminers	
Jan. 24 Thurs.	7:30	Base	Coalminers	
Jan. 28 Mon.	9:00	Vanier	Beavers	
Jan. 29 Tues.	7:00	Base	Woodchucks	
Feb. 5 Tues.	7:00	Base	Woodchucks	
Feb. 12 Tues.	8:00	Cumberland	Coalminers	
Feb. 18 Mon.	9:00	Vanier	Woodchucks	

Hockey blindness

Last season 12 hockey players were legally blinded compared to eight in the previous one according to reports received by Dr. Tom Pashby, a Toronto ophthalmologist and chairman of the Canadian Standards Association (CSA) Committee on Protective Equipment for Hockey and Lacrosse Players.

During the 1977-78 season, Pashby received reports of eight eyes legally blinded, while the 1978-79 statistics show 12 eyes lost. None of the players injured were wearing hockey face protectors — a fact which disturbs Pashby who has been treating eye injuries to hockey players for over 30 years.

"The youngest victim to lose an eye was 19 years old and the rest were in their 20's and 30's," explains Pashby. "The younger players are forced by their leagues to wear face protectors, but the older players are playing pick-up hockey and are not required to wear masks. The result is more injuries to the older players."

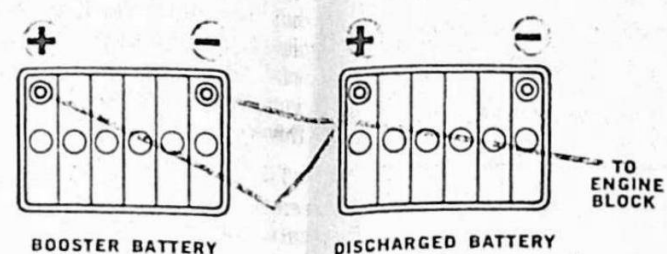
CSA has published standards for face protectors and tests and certifies them. So far, the program is voluntary, which means that non-certified masks can be sold next to certified ones.

"The wise hockey player should buy and wear a CSA certified hockey mask. Look for the mark before you

purchase," says Pashby. "The statistics certainly prove the success of this program. For instance, last year there were 42 eye injuries reported, the year before 53, and in '74 and '75, before face protectors were widely used, we had 253 eye injuries and 42 eyes lost."

HOW TO JUMP A BATTERY

A battery can be safely jumped using the procedures outlined below. Otherwise there is a danger of the battery exploding and spraying sulphuric acid over anyone nearby.



1. Place the two cars so the battery cables reach. Make sure the cars are not touching. Shift both cars into neutral or park and set the parking brake. Turn off ignitions and all accessories.
2. Make sure the batteries are the same voltage. (Six volt batteries have three filler vents; 12 volt batteries have six.)
3. Remove filler caps and top up batteries with water, if necessary. Do not try to start a car with a frozen battery.
4. Place a cloth over uncapped vent holes of both batteries.
5. Identify the positive terminal of both batteries. These are colored red, or have a "+" "P" or "pos" written on the battery case, post or clamp.
6. Attach one jumper cable between the two positive terminals.
7. Attach one end of the second jumper cable to the negative terminal of the booster battery and the other end to some part of the engine in the car being started. This final connection should be at least a foot from the battery (to avoid sparks which could cause an explosion) and must be on a piece of metal that is not painted, chrome-plated, heavily rusted or coated with grease.
8. Try to start the car. If it fails to start immediately, start the car holding the booster battery so it will not run down.
9. After the car with the discharged battery is running normally, remove the cable connection at the engine block first, then the other end of the same cable from the booster battery. Remove the second cable by disconnecting at the booster battery first.

*NOTE: If you have an imported car or an older Canadian or American car, it may have a positive ground. (The cable from the positive terminal of the battery will be attached to the car body.) In this case, reverse the jumping procedure, connecting the negative terminals first. Then connect the positive terminal of the booster battery with the engine block of the car with positive ground.



Nordics Ski Club

Are you interested in learning about Cross-Country skiing?

The VIN Ski Club is offering introductory X-C Ski courses for club members this December. The first course has a theory session Dec. 6 and a practical session on Dec. 9. Course Two theory session is Dec. 13 with practicals on Dec. 15. Hopefully, if you can't make one course, the other will be on dates you can. Both courses are identical with theory sessions covering care and selection of equipment and clothing. A wine and cheese get together is scheduled at each session end also.

Practicals include ski techniques plus a short tour. Total cost \$20 with equipment provided — or \$15 if you have your own gear to use. Interested? The registration deadline for both courses is November 30. Remember you must be a club member to enroll.

Club memberships are open to all at \$10 per couple, \$1 per child under 16, and \$7 per person over 16. For more details contact Dave McQuaid 334-2332; Lois Simmons 339-2888; or Dave Taylor 339-5237 (base local 409 during working hours).

Club members enjoy marked trails and a cabin in the Mt. Washington development area, a newsletter, and supervised Ski tours here, and away. In addition some local Sports Stores have offered 10 per cent to 15 per cent discounts on X-C ski gear to club members this year.

So, why not get the whole family out and join us on our first tour this Dec. 16 — right after the Introductory Courses finish.

Stress may not be hazardous to health

BY BERNIE WARD

Stress is NOT a dirty word. Stress is the Force. It is the stuff of which dreams are made whole, the creative juice from which flows our art, our culture, our very survival. Stress is the pigment that transforms the mosaic of life into rich, colorful and varied patterns, the fuel that keeps the wheels of commerce turning and the home fires burning. Without stress to goad us to adapt to the constant change that is existence we would be little more than so much gravel before the steamroller of life.

Distress IS a dirty word. Distress is our Darth Vader, constantly threatening, alert to our slightest weaknesses, always probing at the chinks in our defences. Distress is stress out of control, an accumulation of our highly individualistic pressures and problems. Once that control falters, our systems begin to go haywire — circuit breakers fail, connectors become frayed and short out, hundreds of tiny atomic piles throughout our bodies go into microscopic meltdowns. The result: all sorts of illnesses

real and imagined — insomnia, marital collapse, alcohol and drug abuse, hypertension, cancer, depression, and that great bugaboo of modern distressed man, THE HEART ATTACK.

People who suffer from stress have a subjective impression that their lives are controlled by outside forces and they can't do anything about them. People who thrive on stress have the opposite objective feeling

But it doesn't have to happen that way. While stress, in the popular mind at least, has taken on an unsavory, gunslinger type reputation (usually unwarranted), psychiatrists and psychologists have known for a long time that stress has its positive aspects. They also know that by learning to cope with the stresses in every day life we can turn them to our advantage and make them work for us.

Stress-inducing events can even be pleasurable experiences. Witness the now well-known Holmes-Rahe list of life changes or behavioral adjustments, which measures the impact of stress in a variety of situations, all the way from death of a spouse

(the worst at 100 points) to minor violations of the law (the least at 11 points). While negative factors top the list, a number of positive stress conditions are also measured, such as outstanding personal achievement, marriage, gain of a new family member and vacation.

In other words, stress does not have to be bad. Some of us even thrive on it, and without it — without the challenges of life and our stressful responses to them — not much would get done. Unstressed, life could easily become tedious and a bore. The trick is to identify the stressors in your life and cope with them before they can grow beyond your control and slide across that very fine line into the dangerous area of distress.

Dr. Roy W. Menninger, president of the prestigious psychiatric think tank in Topeka, Kansas, believes that managing stress and developing methods of coping with it, can be learning experiences founded on psychiatric principles but which do not necessarily require lengthy professional consultations. He cites, for example, substantial evidence that good exercise

and just plain old hard physical labor can do wonders in rejuvenating the overstressed and lifting the depression that frequently is the consequence of prolonged stress.

Meditation might likewise be the solution for some. And by meditation Dr. Menninger doesn't mean you have to shave your head, don saffron robes and chant your mantra while withdrawing from the world. But it might mean temporary withdrawal from stressful circumstances — taking a short psyche break so to speak — psychologically retreating for just a few minutes, taking a couple of deep breaths, closing your eyes and relaxing. These simple techniques can work anytime, any place, even right now, for instance, while you're waiting for take off or landing clearance, between meetings, on a coffee break or stuck in a traffic jam.

Stress is what set off the "fight or flight" response to danger in our prehistoric ancestors and which, ultimately, guaranteed the survival of the species

(To be continued)

Sports calendar

TENTATIVE CALENDAR OF PAC REGION-NATIONAL SPORTS EVENTS.

Oldtimers Hockey	10-13 Dec.	Comox
WP Bowling	14-16 Dec.	Esquimalt
Curling (Pac Reg.)	14-18 Jan.	Chilliwack
Broomball (Pac Reg.)	14-17 Jan.	Comox
Bowling (Pac Reg.)	28 Jan. - 1 Feb	Chilliwack
Hockey (Pac Reg.)	4-6 Feb.	TBA
Curling, Small Base (Nat.)	12-15 Feb.	Trenton
Broomball, B.C. Games	28-29 Feb.	Kimberly
Volleyball (Pac. Re. and WP)	7-9 Mar.	Esquimalt
Broomball (Nat.)	8-13 Mar.	Comox
Badminton (Pac. Reg.)	20-23 Mar.	Esquimalt
Hockey (Nat.)	25-29 Mar.	Shearwater
Volleyball (Nat. and WP)	8-11 Apr.	St. Jean
Badminton (Nat.)	22-26 Apr.	Winnipeg
Road Racing (Pac. Reg. and WP)	25 Apr.	Chilliwack
p Softball (Pac. Reg.)	7-8 Aug.	Kamloops
Softball (Pac. Reg.)	28-30 Aug.	Chilliwack
WP Softball (Nat.)	7-12 Sep.	Shearwater
Softball (Nat.)	21-26 Sep.	Greenwood

Base golf meeting

The Fall General Meeting to review the Course operation and to elect a new executive will be held at Glacier Greens Golf Course on Dec. 6, 1979 at 1900 hrs. (7:00 p.m.).

Anyone wishing to nominate their name or that of another person to serve on the

Executive for 1980 should ensure that they attend the meeting or provide the President with written willingness to serve, prior to the meeting.

Remember, if you don't tell us what you want, you probably won't get it.

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Current listing of PMQ Councillors

	PMQ	HOME PHONE	LOCAL
Mayor - Sgt. R.L. Horton	58A	339-2607	272-353
Ward 1 - Apts. A and B, House No. 1 to 11, 101, 119 to 122.			
SSgt. A.L. Wingo	47A	339-4130	446
SSgt. D. Tucker	7A	339-5937	446
Ward 2 - Apts. C, D, E and F.			
MCpl. D. Plume	F8	339-5702	308
MCpl. G. Mayert	25	339-5369	272
Ward 3 - House No.s 12 to 25A, 34 to 48.			
MCpl. M.J. Byrne	46	339-4703	462
Sgt. G. Roy	39A	339-6165	445
Ward 4 - House No. s26 to 33, 49 to 65A.			
Sgt. E.F. Burgess	60	339-4060	376
TSgt. B.W. Lovell	62	339-3818	235
SSgt. J. Schrock	57	339-4304	446
Ward 5 - House No.s 66 to 83A.			
MSgt. E.D. Rouse	68	339-6948	454
WO P. Morin	67A	339-4501	
Mrs. J. Melson	78A	339-2497	N-A
Ward 6 - House No.s 84 to 100A.			
Lt. J.R. Mathieu	87	339-3285	249
Lt. D.G. Waller	88A	339-5228	297
Ward 7 - Apts. 102, 103, 105, 106, 107, and 108.			
MCpl. B. Daye	107B	339-5475	283
MCpl. J.M.J. Bosse	105A	339-4246	374
Ward 8 - Apts. 104, 109, 113, 115, 117, and 118.			
Mrs. Alma J. Page	113A	339-5731	N-A
Mrs. Joyce Freeman	118A	339-6087	N-A
Mrs. Joan LeBlanc	118F	339-4414	N-A
Ward 9 - Apts. 110, 111, 112, 114, and 116.			
MCpl. M.H. Hargraves	111D	N-A	319
MCpl. D.E. Huttmacher	116E	339-3495	417

PMQ preamble

MISS WALLACE GARDENS CONTEST: Who will be the lucky girl to carry the title? All of the contestants make up one beautiful bouquet of roses, no less. The contestants are, in alphabetical order: Donna Cook, Shelly Gibbs, Margie MacInnes, Stephanie King, and Wendy Lions. You are all winners just by having the courage to stand up and be counted, but only one of you will carry the title. Good Luck to all the young ladies in the Miss Wallace Gardens Competition.

Thanks to Joan LeBlanc and Gerry Roy, the Miss Wallace Gardens Competition is well on its way. Without these two,

Joan and Gerry, we would not have had a Miss Wallace Gardens for 1980. They have put in a lot of work and valuable time in planning this function. Thank-you Joan and Gerry! Your work was definitely appreciated.

The Miss Wallace Gardens Contest will be held in the Totem Lounge on the 29th of November.

ATTENTION COUNCILORS: The next PMQ Council meeting will be held at 0830 hours on November 29, 1979, in the Parish hall. Your presence will be appreciated, since this is the start of a new council year.

For any publication in the Totem Times contact J. Freeman at 339-6087.

Parish news

The CWL Prot. Ladies joint Xmas Bazaar has ended as another successful parish event. We owe our thanks to many for this success. Without the support of Padres Stack and Coleman and without the support of the local community for having contributed so generously by donating items as well as by purchasing, all of this would not have been possible. Santa was certainly our newest and biggest attraction - thanks Santa, for being able to take time from your busy schedule to be with us! It was thoughtful of Eaton's to provide you with a nice red suit!

With the crowd awaiting the opening of the gyn doors at 2 o'clock, there were many waiting tables of inviting items to greet them. For those of you who are unaware as to what was available and as to the winners of the various door prizes, we have printed this information for you. The Santa Claus cake was made and decorated by Bonnie Rich, the ceramic Xmas tree donated by Marlene Rowland and the pine-cone wreath was put together by Dianna Kaden. All these items were generously provided as raffle items for Saturday afternoon. One of the last minute raffle

items was a Christmas table centerpiece made and donated by Lya Dipsell and this was won by Shirley Hailey.

I'll bet that half the public was unaware of the artistic talent of our women at CFB Comox. The painting of the child which was drawn as a door prize in the tea room and won by Sheila Henn was the work of Mary Kerr and the painting of the Glacier was the work of the other Bazaar Convenor - June Kuhn. This one was drawn for June Waite. The grocery hamper was won by Mrs. Staab. Congratulations ladies! The special prizes for children under 6 were children's books which went to Kimberley Kuntz and Marg Wiwihar. If the children weren't fortunate enough to have won something from the draw they most certainly had ample opportunity to purchase interesting little grab bags as well as to choose from an array of attractive items from their own special table. We can't close without thanking all those fine gentlemen and husbands who helped move tables before and after the Bazaar. Thank you to all once again for helping make this joint event such a success.



PMQs new mayor

CAPT. BOB TAYLOR who has served as PMQ Mayor for the past year officially hands over the job to his replacement Sgt. Bob Horton.



1st Lazo Beavers Blue Colony

I hope by now that the mothers all have their "owl watchers" on their fridges. The Beavers do enjoy their craft periods and on Nov. 8th the boys started a plant hanger for mom. There were some boys who didn't start their hangers on the 8th, so they will make them on the 15th meeting. All boys then will be done the hangers and will plant a slip and take them home with them. Watch your plant grow.

I'd like to thank Mrs. Michaud for donating all the plants for our Beavers. The boys were really thrilled with them. They can be called a "Beaver Plant". Still on crafts, the 15th of November the Beavers also started

another project. Our first Xmas craft. Hopefully they will be finished with them next week.

Bobby Williams our new Kit received his new tail, lodge patch, group and District badges tonight. Happy sewing Mrs. Williams.

The Region Badge was presented tonight and they are to be sewn on the uniform, upper right hand portion of front of vest (above the beaver crest on pocket).

Welcome back Caley who has been away for a month, he was telling us their was snow where he came from. Lucky we don't have to get our shovels out yet. (I hope we never do.)

Our Keoo's are keeping us

busy with new games and from time to time we'll have other Cubs in teaching us more games. New songs have been introduced and the Beavers are busy singing them. Ask them about the "Whoop".

Note to Beavers, please bring in your tuna fish cans and we still need some more coat hangers. Also if you have any old sequins, beads, etc. that you have no use for please send them along to the pond. The boys will always find some use for them. Thank-you.

Til next time Beavers remember, "A Beaver works hard, has fun and helps his family and friends".

Courtenay DTA

Courtenay District Teachers' Association are sponsoring an International Year of the Child Fair at 4:00 p.m. to 9:30 p.m., on Friday, November 30 at the Civic Theatre in Courtenay. There will be free admission with a collection for a UNICEF project. There will be a performance by the district school children, adult speakers, community group performances and displays of selected projects.

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B.C. park fees

New provincial park fee rates, to apply in both summer and winter, were announced today by Lands, Parks and Housing Minister James Chabot.

Under the new schedules, camping rates which are currently \$2.00 and \$4.00 will be increased to \$3.00 and \$5.00 respectively.

"This increase, the first adjustment in three seasons, reflects the increasing operational costs of the park system," Chabot said, "as well as the improvements in facilities at numerous parks, which have been completed over the past three years."

New winter rates were also announced for ski facilities at Manning and Cypress Parks. The new rates are based upon a comparison of charges at various winter facilities in the province and relate to the type and quality of services provided.

"Modest increases have been made to last year's prices," said the minister. "The season pass for Cypress Provincial Park has been dropped this year due to lack of interest in this form of ticket. With only 27 sold in all of last season, the cost of administering them could not be justified."

"New this year," Chabot continued, "is a reduced rate for senior citizens. Free skiing for pre-schoolers and reduced rate for children will be maintained."

Chabot noted that this has been an excellent tourist year in the province and preliminary estimates indicate the increase in camping use may be as high as 15 per cent. Similarly, the amount of winter recreation in the provincial park system is increasing. Cypress last year recorded its highest use in its three years of operation while at Manning Park the popularity of cross-country skiing continued to increase dramatically as 32,313 skiers enjoyed the developed trails within the park.

1st Lazo Ladies Aux.

First of all thank-you one and all for coming out to our Tupper Ware party on Nov. 14th. The crowd wasn't as big as we expected, but for a first venture it went very well. A "BIG THANK-YOU" to Linda Witter for putting on such a lovely display, also thank-you for the cookies. A job well done Linda.

boys really appreciate having something to eat as they get hungry as "bears" doing all this work. Thank-you to John Baron and Vic Michaud who took a truck load of bottles back on Saturday after the drive. This is very much appreciated. Thank-you one and all who helped in any way with the bottle drive.

Now for our bottle drive on Nov. 17th. The driver turn out again was terrific. Thank-you again goes out to our phoning mothers. The response of the boys was not as good for this bottle drive as it has been previously. At one time we had more drivers than boys. I know Saturday is a busy day for most of us, so you're all excused. The "drive" as far as bottles go was really great. From this the L.A. should have some "cash" on hand shortly. A special "Thank-you" to Francine MacLeod, Janet Edwards and Jeanette Michaud for serving, sorting bottles and helping all around. Thank-you to all the mothers who supplied sandwiches. The

Ladies PLEASE don't forget our L.A. meeting on Wed. Nov. 21st in the Prost. Church. EVERYONE PLEASE TRY AND COME OUT AS THE BIG TOPIC IS BAZAAR. We need HELP, HELP, HELP...and more HELP. Marg Horton will be at this meeting to give us a talk on Bazaar and show us some of her "goodies". If anyone has anything pertaining to bazaar that they'd like to share with us please bring it along. We'd love to see it, it may be one of our big sellers at our bazaar.

SEE YOU ALL AT THE MEETING ON NOV. 21st 7:30 p.m. Prost. Church.

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Parents -- what's wrong with this picture?

Take a close look in the center of the picture. Do you see what's wrong now? It's the little girl carrying an oversized package in one hand and her school books in the other, while walking up Ryan Road. What's wrong you ask? What happens if she trips? What if the driver loses control? If we want our children to be safe, we must teach them "how" to be safe. First, always walk in the direction the traffic is coming. Secondly, walk as far off the road as possible. Finally, stress to your children to stay alert and "never play games" while walking alongside the road. Remember, winter is upon us and the sun is rising later and setting earlier which makes it more difficult for drivers to see anyone that has no reflective type clothing on.



Square dance fever -- Ocean Waves

According to the Cross Trail News -- a Vancouver Island square dance magazine, Square Dance Fever is very contagious. Symptoms include absentminded tapping on floor with foot, mumbling of meaningless phrases such as "Allemande left with the old left hand" and "Do-si-do with the gent you know". There is a constant need for a babysitter. Those struck with the fever dress in crinolines and skirts if female and western shirts if male. There is no known cure. Medication is useless as disease is not fatal. Socializing with other square dancers will provide a soothing effect, and square dancing as often as possible is essential.

The Comox Valley Ocean Waves Square Dance Club has caught the fever -- at least four squares have been swinging partners, facing corners, passing through, do-si-doing,

turning back, and boxing fleas since we resumed dancing this season. Our Hard Times Dance saw Evelyn Pomfrey winning the female Burn Award while Brian Flintoff won the male award -- his prize being official "Hard Times Burn Paper" (Sears catalogue!).

We have welcomed two new couples recently to our club -- Ted and Helen Rogers, and Henry and Ilse Toews, and welcome back our good square dance friends Al and Ellie Pollen.

The Ocean Waves Square Dance Club dances every Wednesday 7:30-10 p.m. at Glacier View Elementary School and the 2nd Saturday of each month, 8-10:30 p.m. at the CRA Hall in Courtenay. We have been fortunate in having guest callers from other Island centers this season. Anyone interested in joining the club including those who require refresher sessions are most welcome. For further details call George and Jackie Rawson at 338-8002 or Dave and Sharron Reed at 338-6268.

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

WEEKDAY MASSSES: 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.

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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 11:00 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.

CANADA COLUMN

By John Fisher of the Council for Canadian Unity



Conseil pour l'unité canadienne

British Columbia pulled all the stops for the Bicentennial of Captain James Cook's visit to Nootka Sound in 1778. Cook didn't stay long on Vancouver Island -- about 27 days or enough time to repair his ships. But, he was the first to tell the world about this lush, temperate land of giant timber and rich otter fur. He aroused the curiosity of the Spaniards who also came to look at Nootka.

Cook is always associated in the Canadian mind with the Pacific Coast of British Columbia. We seem to have forgotten that the celebrated discoverer of the South Pacific and Australia spent the better part of five years on the Atlantic coast of Canada. He actually lived in our cities and helped write the history of the East.

Captain Cook was with General Wolfe's flotilla in the St. Lawrence. In fact Wolfe followed Cook's charts. Cook spent some time in Quebec City. Cook prepared the best maps of Gaspe Waters, even to this day. He spent several summers mapping the Newfoundland coast and knew the old city of St. John's very well. He was a frequent visitor to Sydney and Halifax.

Cook's charts of the Canadian Atlantic were still used by ships one hundred and forty years later. This remarkable navigator wrote history on both coasts but we seem to have forgotten his stay in Eastern Canada.

John Fisher, Executive Vice President of the Council for Canadian Unity was Canada's Centennial Commissioner.

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MAKE YOUR OWN WINES AT HOME

There's more to wine than alcohol

Fermentation is the most important part of the wine-making process. This is where success is born -- or Bacchus forbid, where it dies -- and where all the chemistry comes together. For the novice home winemaker, the trick is to grasp a basic understanding of fermentation without being overwhelmed by the details. Therefore, this discussion is purposely simple; for absolute and often bewildering accuracy consult a book.

There are two phases in wine fermentation: primary and secondary.

Primary fermentation is the vigorous, bubbling activity that goes on when the yeast grows at terrific rate, transforming the sugars -- the natural grape sugar and the added sugar -- into alcohol and carbon dioxide.

Throughout most of the history of wine, primary fermentation was a hit-and-miss affair, and often the wine was spoiled. Then, a hundred years ago, Louis Pasteur showed the French wine industry how yeast -- went about their business of producing alcohol. At least that's what "good" yeast did, while "bad" bacteria could (acetobacter) could turn the whole batch into vinegar.

Modern winemaking, therefore, aims at getting rid of bad bacteria and bad yeast and ensuring that only the best yeast gets a chance at the sugar in the juice. This is why cleanliness cannot be overemphasized, and why the sterilizing agent, sulphite solution, should be used to sterilize equipment. Then only yeasts specifically developed for winemaking should be used.

In addition, this specific yeast is given a big boost right from the start with a "nutrient" -- rich in nitrogen and phosphorous -- so it will flourish. Yeast nutrient is packaged separately and simply added to the juice along with all the other ingredients.

The hydrometer, an invaluable tool to the winemaker, is used to check on the progress of primary fermentation. Right at the beginning, when all the ingredients in the recipe have been mixed together, but before the yeast is added, you take a hydrometer reading by suspending the hydrometer in a sample of juice. By consulting an alcohol content table, or by reading directly from the hydrometer scale, you can get an estimate of the eventual alcohol content of the wine.

If you want a higher alcohol content, then additional sugar will have to be added to bring the specific gravity up to its proper level. On the other hand, if you wish to reduce the potential alcohol of a particular wine the proper procedure would be to start with a lower hydrometer reading.

The "correct" alcohol level in wine is strictly a matter of opinion. Most expensive imported wines range between 10% and 14% alcohol. For practical purposes the lower limit is dictated by the natural sugar content of the grape juice, and the upper level is controlled by the tolerance of the yeast

for alcohol. As the alcohol rises above 16%, most yeast are killed off, and only a few types of yeast can survive above 18%.

However, sufficient alcohol does help in the enjoyment of wine by evaporating readily and carrying the wine's bouquet back to where the mouth and nose meet.

Primary fermentation takes roughly five to eight days to complete at average household temperatures. More rapid fermentation will take place at slightly higher temperatures, but it doesn't have a desirable effect on the wine. Somewhat slower fermentation at slightly lower temperature is preferable for the sake of the wine flavour and colour, but it takes special yeasts to tolerate temperatures below 19 degrees C (65 degrees F).

Secondary fermentation is where the interesting things begin to happen to the wine. Some additional alcohol is produced during the period, and the quieter stage of the fermentation process goes on. There's enough oxygen in the wine to support the subtle chemical changes taking place, and to complete the life cycle of the remaining yeast cells still floating around in the wine. (Oak chips should be added to secondary fer-

mentation, if mentioned in the recipe.)

Most of the yeast cells and other solids were left behind in the bottom of the primary fermentation vessel when the wine was racked off into the secondary fermentor. But some cells remain, eventually settling as "lees" in the bottom. After 10 days to two weeks another racking is necessary to get the developing wine off the accumulated lees. Further rackings at two-month intervals should result in a clear wine by the time secondary fermentation is complete.

On an average after 4 to 5 months the wine is drinkable, but if you would like more interesting things to happen to it, bottle it and lay it away for further aging.

NEXT: HOW ACID GIVES LIFE TO WINE

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.

MATARO (Chillable Red)

This is the grape for those easy to make, easy to drink red wines like Vin Nouveau, Beaujolais, even a Petillant.

INGREDIENTS FOR RECIPE #1

1 tin Australian Mataro 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
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 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 state. 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.

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.

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By Jack House. The Director Teacher's Scotch Information Centre

The Seven-Headed Well

As many a wise man has said, it doesn't pay to lose your head over the prospect of ill-gotten riches.



There's a sinister monument in Scotland that proves it -- the Well of the Seven Heads. It's an obelisk with a frieze of seven dismembered heads around the top, with a well below to refresh the tired traveler. On each of the four sides of the well is an inscription in a different language -- English, Gaelic, French and Latin -- and each language tells the same story: A lord who had to go abroad entrusted the safe keeping of his only son to his seven younger brothers. But the brothers saw a chance of inheriting the estate and murdered the boy.

When the lord's clansmen heard of this, they chased the seven brothers, and killed and beheaded them. Then, when the lord returned, they washed the seven heads in a well on the lake shore and presented them to their chief.

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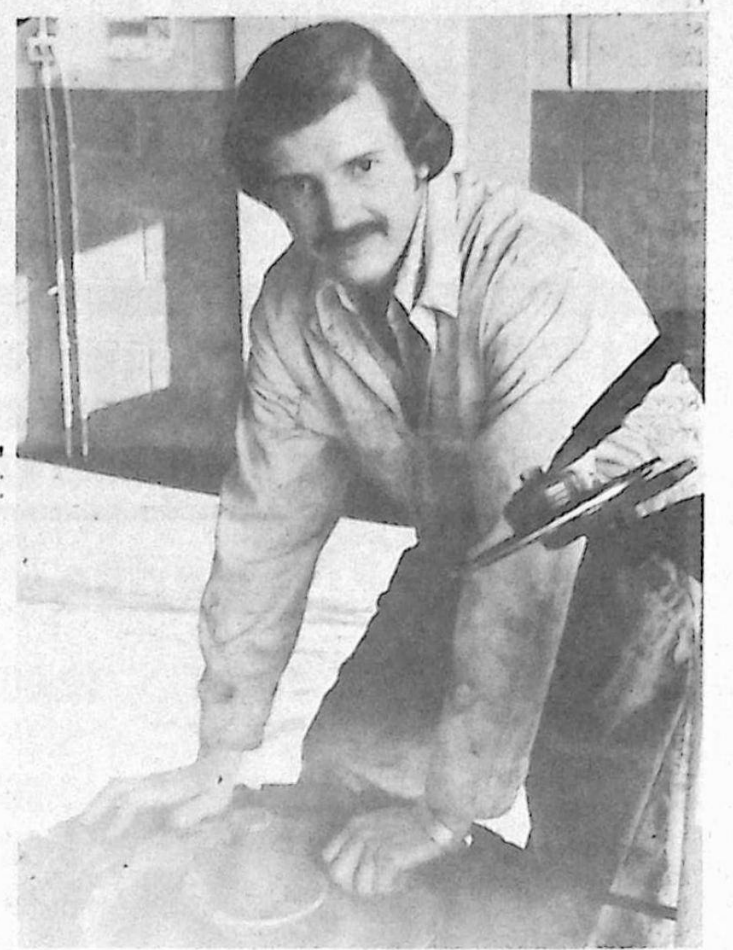
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Well done!

As part of the Canex 11th birthday sale, all bases were asked to set realistic sales objectives for their CANEX outlets.
The CFB Comox Canex outlet was first in Canada strictly for sales increases over objective, reaching a total increase of 43 per cent.
A large part of this success is due to the exceptional performance of the Auto Centre under direction of BXO Capt. Arnie Jacobson and of course under direct leadership of Manager Dave Allen.
For their performances they were awarded the ExEPO award. (Extra Effort Pays Off) and "Jake" was named "Coach of the Year".
Our congratulations goes out to the BX and Auto Centre for a job well done.
Drop in and give them a try!

**A GORD KRUGER
FEATURE
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FIRST CLASS SURROUNDINGS AND PERSONAL SERVICE: Manager Dave Allen and "front" man Steve Bailey keep the store in ship shape. The Auto Centre carries a full line of your auto needs. The "Big Book" allows access to your parts needs and most anything can be obtained.

Alert airlift

OTTAWA - Canada's most northerly military base - Canadian Forces Station Alert, N.W.T., 800 kilometres from the North Pole - will be resupplied with essential Arctic diesel fuel in a round-the-clock airlift Nov. 7-23.
In this operation, nicknamed Bostop 3 79, C-130 Hercules transport aircraft from 435 Squadron, Edmonton, Alta. and 436 Squadron, Trenton, Ont., will fly at least 125 missions to carry 425,000 Imperial gallons of diesel fuel from storage facilities in Thule, Greenland to Alert, 700 kilometres north.
A Hercules aircraft will first move a small support team and equipment from CFB Edmonton to Thule to ready the stored diesel fuel bladders for installation in the cargo compartments of the Hercules engaged in the airlift. A Boeing CC-137 from 437 Squadron, Trenton will then get the main part of the operation underway by

transporting 80 ground support personnel to Thule.
Meanwhile, a C-130 will airlift air traffic control mobile radar equipment, operators and technicians from Trenton. Alert is not equipped with radar landing aids, and without this assistance, aircraft would have to depend upon good weather conditions to complete the operation on schedule. With air-portable radar installed at the airstrip, aircraft can operate with a cloud ceiling as low as 200 feet and visibility of one-half mile.
Captain Robert N. Clark, a pilot from Base Operations, CFB Edmonton will be the on-site commander at Thule.
The air base at Thule is operated by the U.S. Air Force and the Danish Government. Resupply of Alert by sea is not possible at this time of the year because of frozen sea routes.

The other impaired

Most individuals are quite conscious of the need to avoid drinking and driving at the same time.
Conscious of it...but often ignoring it. At the onset of the holiday season, with its attendant parties and social events, it may be reasonable for safety authorities to issue reminders.
But for the 1979 "Safe Driving Week" the Canada Safety Council is looking at a related problem. The use of cannabis in the form of marijuana, hashish, or hashish oil has been growing steadily, and the Council's publication "Safety Canada" recently noted some erroneous statements about cannabis that have become widely accepted. (Vol. XXIII No. 10 Oct. '79).
THC (tetrahydrocannabinol), the main active

ingredient in cannabis, is not a simple water-soluble molecule like alcohol that the human body can deal with in a few hours. THC is a complex molecule that attaches itself to hydrocarbons in cell walls. It is called "fat soluble". THC remains in the body, especially in areas where fat concentrates - like the brain and the gonads (ovaries and testes).
The Canada Safety Council has warned cannabis users not to drive at the same time, and use along with alcohol is rated as "extremely hazardous". Frankly, studies have not yet progressed to the point of allowing us to predict changes in the driving habits of frequent cannabis users, but initial suspicions do not encourage those concerned about safe driving.

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Tips To Help You

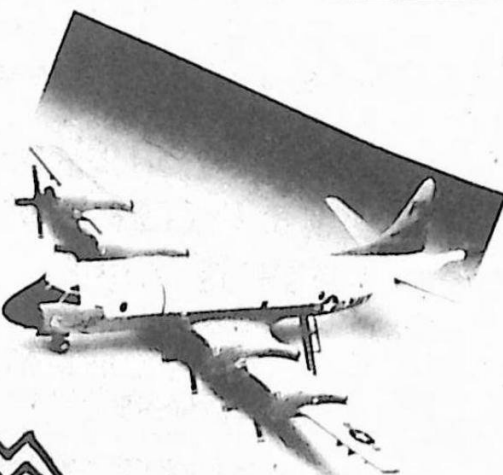
You can enjoy your audio tape recorder more if, before you start recording, you clean the recording head as recommended by the manufacturer. A clean machine makes for a clear high fidelity recording.



You can re-use and re-record on an old tape. Most tape recorders will erase as they record. But the Electronic Industries Association suggests you don't allow the tape to move forward accidentally while your machine is not in a recording mode, or it will retain the original recording.

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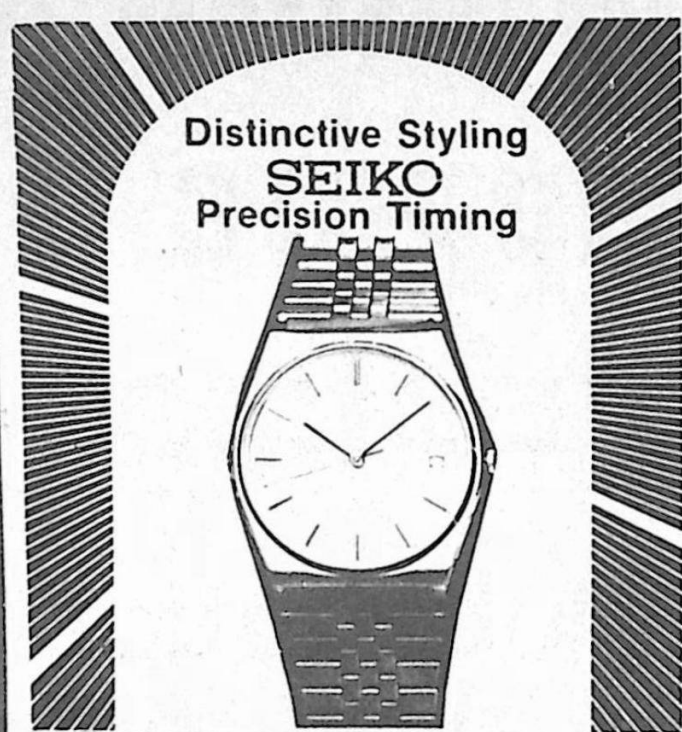
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