



TOTEM TIMES



Every man should serve a hitch in the service. He learns to make beds, to take orders, not to volunteer and many other skills he'll need when he's married!

Vol- 22 NO. 2

CFB COMOX TOTEM TIMES

THURSDAY, JAN. 24, 1980

NO CHARGE

CFB Comox Directory

ATTENTION ADVERTISERS. There have been a number of queries in recent weeks about the directory. Many advertisers are beginning to wonder if they will ever see the results of their investment.

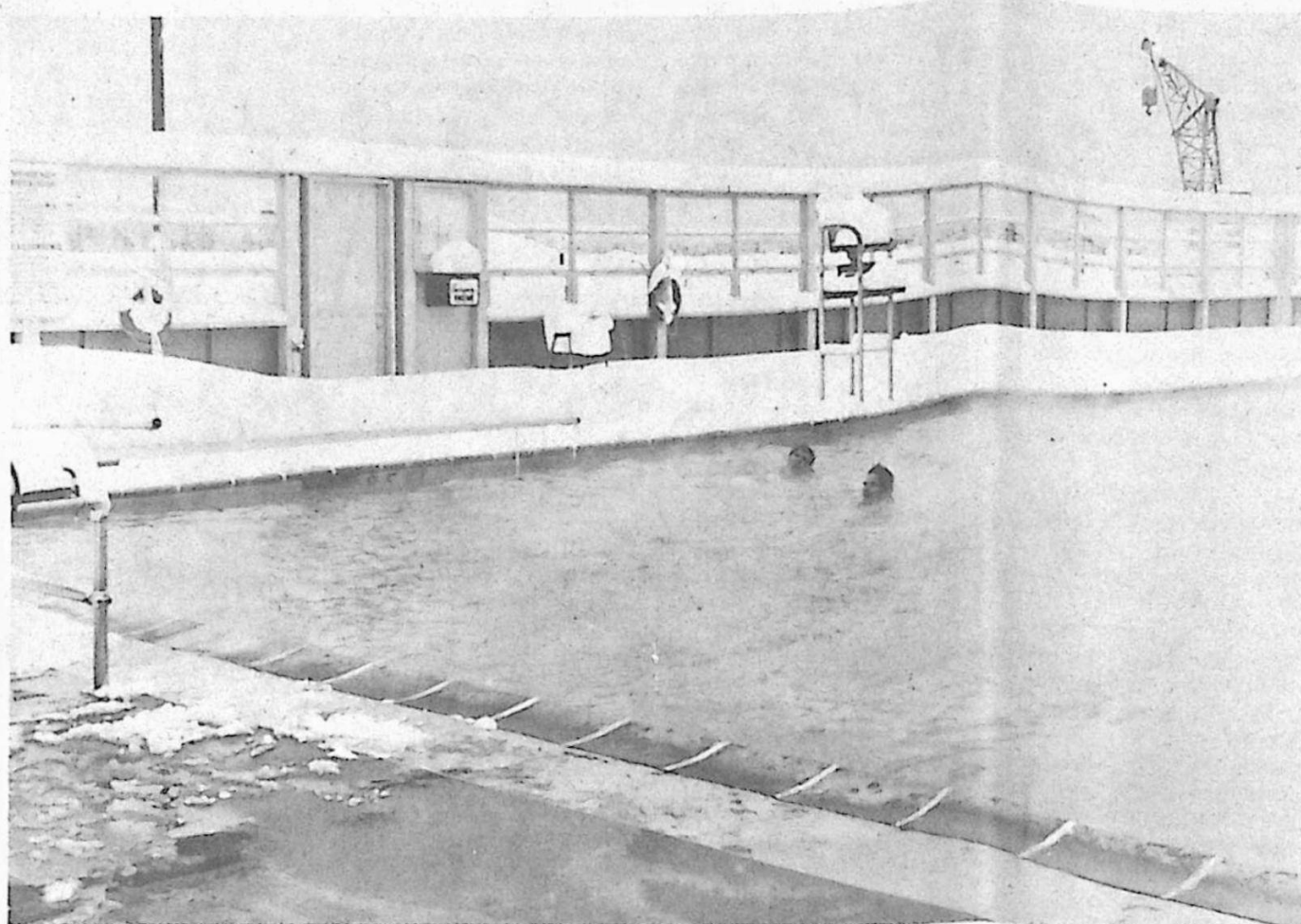
Base authorities have assured me that the directory will be out within a couple of weeks. I have seen the proof sheets and you will have no doubts that it was worth the wait. Copies will be mailed directly to everyone who placed an advertisement in the publication.

Attention ex-editors

We are hoping to do a special feature on former 'fishwrapper' Editors as part of our 20th Anniversary edition.

This is an invitation to all you former Editors to drop us a line and let us know what you are doing these days. We would enjoy any of your pet stories about the earlier days of the Fishwrapper.

Our 20th Anniversary Edition will be on March 17 so jot a few lines soon.



Neither rain nor snow...

HAWAII WE'RE NOT. A foot and a half of snow was not enough to stop Maj. Frank Vanderpry and M-Cpl. Ernie Stroccl from taking their daily plunge in the Base pool. The water, they said, was

fine, but getting in and out was another story. Never mind guys, maybe Santa will bring us a roof next Christmas.

Kiowa fleet gets wirecutters

OTTAWA — The Canadian Forces are adding a Canadian designed and built wirecutting device to their CH-136 Kiowa helicopter fleet to greatly improve survivability when wires are encountered in low-level flight.

Sets of cutting blades mounted above and below the

windscreen and a saw-tooth metal ridge running between them will be installed on all Canadian Forces Kiowas beginning this month. The entire fleet in Canada and West Germany is expected to be modified by April.

The blades should sever the thickest high-tension wires.

The metal ridge running vertically over the nose and down the middle of the windscreen will cut all small-diameter wires and guide the ones it can't cut to one of the two cutting blades.

Wire strikes are responsible for 20 per cent of the fatalities in helicopter accidents throughout NATO. In the last five years, 226 wire strikes have resulted in 56 fatalities. The last Canadian military fatality attributed to a wire strike was a 444 Squadron pilot Captain Ronald McBride, of Toronto, in May, 1976 during an earthquake disaster relief operation in Italy.

Following the investigation of this accident, the Directorate of Flight Safety at National Defence Headquarters concluded that in a helicopter wire strike, there is a 70 to 80 per cent chance that the wire will ride up the nose toward the rotor mast and controls to entangle or sever the rotor system.

A study was then begun to determine some form of protection. In April, 1977, Bristol Aerospace of Winnipeg was contracted to conduct conceptual and feasibility studies. The requirements were that the device be maintenance-free, light-weight, inexpensive and not obstruct the vision of crewmembers, while providing maximum protection to the mast and rotor control systems.

The basic Wire Strike Protection System (WSPS) design concept was formulated and development was authorized by the Department of National Defence. Tests were conducted to study the problems involved in wirecutting under simulated operational conditions.

In the final phase a prototype of the WSPS was mounted on a Kiowa for flight quality trials by Aerospace Engineering Test Establishment (AETE) at CFB Cold Lake, Alta. Concurrently, a prototype cutter was installed on a land test vehicle and subjected to simulated wire strikes to obtain data concerning speed and angle of contact considerations.

The final testing was conducted by the National Aeronautical and Space Administration (NASA) and the U.S. Army at the Applied Technology Lab at NASA's Langley Research Center near Norfolk, Va. A Kiowa was raised by two cables to a 100-foot height and released in pendulum fashion to swing at a speed of 40 knots to impact the wire. The cable, made of 38 inch 7-strand steel with a breaking strength of 11,000 lbs., was cut cleanly without causing hesitation or pitching movement to the helicopter.

The Canadian invention is now being evaluated by the U.S. Army with a view to equipping its own helicopters with the wirecutters.

Secretary Wanted

The Totem Times is looking for a part-time secretary/typist commencing in early March. Duties will be mainly typing but will also include familiarization with the newspaper business and dealing with advertising clients etc. Hours approx. 3 days every 2nd week. Must be flexible and willing to learn. Send resume, stating typing ability and experience to

EDITOR
TOTEM TIMES
CFB Comox
Lajo, B.C.

Deadline — Jan. 31st.

NEXT TOTEM TIMES

DEADLINE

Monday, Feb. 6

— 12 noon.

1980 - The year of the 'Fishwrapper'

1980 should prove to be one of the most exciting for the Fishwrapper in recent times.

March 17 will mark the 20th year that local anglers have been wrapping their catch in the Totem Times. That's right, our very first edition hit the streets on 17 March 1960.

We are, of course, planning a special edition to mark this milestone. There will be a review of the history of the Fishwrapper highlighting Base, Section, and Forces news and featuring some of our better cartoons and Editorials. We are very much looking forward to this event and hope that you will all watch for it. Any contributions that you might have would be greatly appreciated.

Our 20th anniversary will also see the Totem Times jump from the dark ages into the computer age. Early in March we will be accepting delivery of our own

typesetting and darkroom equipment.

For the past 20 years, the Comox District Free Press has been doing all our layout and printing. They have, as is evident by the quality of our layout, done an outstanding job of this task. Our old friend inflation, however, has determined that this is no longer a feasible method of producing the paper. The Free Press will continue to be our printers, but will be doing our own layout.

The typesetting equipment involved is actually a computerized typewriter. With this machine we will be able to take all our copy and turn out the nice neat columns that you read in the paper. Sounds simple, but would you like to sit down and try to produce one of these columns on a regular typewriter? You are welcome to drop by and have a look once we are in

operation. Lookout, though, you might find yourself volunteering to help out and we are glad to accept new staffers!

The photographic equipment involved will take your black and white glossies and 'screen' them so that they can be reproduced in the paper.

A side benefit of the new equipment will be the hiring of a secretary to do the typing. This means that we will be able to post regular office hours. No more 15 phone calls trying to locate a fishwrapper staffer (and also fewer phone calls waking me up after night shift!).

The net result of this equipment will be a reduction of our costs by almost one-third. That is good news for everyone as it secures the future of the Fishwrapper — we are looking forward to many more anniversaries.

Invitation aux Francophones

Enfin, un regroupement de francophones s'effectue véritablement dans la région. Eh Oui: Ça s'en vient!

Depuis quelques années, les gens désireux de se regrouper en association n'avaient trop le faire. En octobre 79, un noyau de Canadiens français sur la Base Començait de la a se réunir périodiquement pour des motifs aussi différents que la création d'un service d'accueil pour les nouveaux francophones, l'obtention d'un réseau français de radio et télévision dans la région ou simplement un besoin de se divertir ensemble. La création d'un comité bien défini s'aurait donc nécessaire pour faire face à tous ces besoins.

Saviez-vous qu'il y a 102 familles de langue française travaillant à la Base et au moins 60 célibataires. Mais ce n'est pas tout, plus de 160 francophones vivent à Campbell River, 200 à Courtenay et 600 à Powell River, selon Statistique Canada.

Vous trouverez ci-dessous la liste des membres de l'Association partante: Président: Bernard Leblanc (417) 9-5947; Vice-Président: Michel Bourduas (308) 9-5042; Secrétaire: Nicole Cantin (507) 8-8012; Service d'Accueil: Jean-Marie Bosse (374) 9-4246, Jeannine Desnoyers 9-5269, Cecile Boulanger 9-4442; Informations et Relations Publiques: Serge Wong, Sylvie Ancill, Gaetanne Mongeon, Murielle Stockton; Divertissements: Claude Filiatrault, Jean-Guy Mathieu, Alain Cote, Renald Pontbriand, Lya Dipsell 9-2361; Télécommunications: Luc Maurice 9-6506, Nicole Cantin (507) 8-8012.

Toute personne désireuse de s'impliquer d'avantage dans l'organisme en formation sera certainement bienvenue.

D'un aspect géographique, notre Association regroupera la vallée de Comox et ses environs. Déjà les villes de Campbell River et Powell River se sont montrées particulièrement intéressées à notre association. Il est donc clair que nous désirons bâtir un organisme francophone et

publique non pas strictement militaire. De cette façon, nous servons plus de gens et nous obtenons plus de participation, plus d'activités, et plus de chances de connaître d'autres gens. Dans cette même ligne de pensée, nous désirons nous associer avec un groupe très actif ici soit: l'Association Franco-Colombienne. Cette dernière compte plusieurs milliers de membres à travers la province. Son président, M. Jean Rioux, viendra d'ailleurs nous voir le 19 février prochain.

Déjà, nous avons plusieurs femmes qui font partie de l'Association et nous comptons beaucoup sur la participation de toutes les autres pour les activités à venir, tel que: le feu de la Saint-Jean-Baptiste, etc.

De plus, toutes personnes désireuses d'écrire un article en français ou simplement nous donner des sujets d'articles, sont les bienvenues car nous aurons maintenant une chronique en français à l'intérieur de chaque édition du TOTEM TIMES. Aussi, si vous avez des activités à suggérer ou à parrainer en français on aimerait bien en savoir d'avantage. Par exemple, toutes suggestions pour un emblème de l'Association seraient bien appréciées.

Grande Nouvelle! A la suite de pressions effectuées par le comité en Décembre, nous avons déjà obtenu des résultats concrets: la télévision et la radio française seront bientôt ici, à la joie de tous (mai 1981). Les délais semblent longs mais la décision nécessite la construction d'une antenne receptrice-emetteuse sur l'île Texada, (située entre Powell River et Comox).

Plus de détails seront disponibles au cours des prochaines éditions du TOTEM TIMES, particulièrement sur la façon de devenir membre de l'Association nouvellement formée. Comme dit si bien la Brasserie Labatt: "On Est 1 Millier, Y Faut Se Parler."

LUC MAURICE (442)



Voting again

FOR THE SECOND time in less than a year Colonel Bob Martin, the DND coordinator, special voting rules, has had to brief members of the department on the procedures involved in voting under these special rules. Last month in Ottawa, the service liaison officers and the special returning officers from the Forces four voting territory headquarters in Edmonton, Ottawa, Halifax and London, England, were informed of their duties in the upcoming federal election. Members of the Canadian Forces make up the bulk of the 100,000 Canadians eligible to cast their ballots up to 14 days before the rest of the country votes next February 18.

(CANADIAN FORCES PHOTO)

CHOPPERS CUTTING TEETH — To prevent military CH-136 Kiowa helicopter crews from falling victim to suspended wire strikes, Bristol Aerospace of Winnipeg has developed a protective system which will sever the wire. The vertical portion in the center of the windscreen is sawtoothed to cut small-diameter wires while the prominent single notches above and below the windscreen contain sharp cutting edges which sever the strongest wires encountered.

(CANADIAN FORCES PHOTO)

Night Hawks nest

The last time I was surprised by anything was when I found out that ice cream cones were hollow, so it came as no shock to find CFB Comox blanketed with several inches of snow. Upon arrival here I was informed that the valley experiences moderate temperatures throughout the year and that its proximity to the ocean ensured a mild climate devoid of the harsher elements that force lesser men indoors in a headlong race for hearth and bottle. Having long ago learnt however, that "climate" is what you expect and "weather" is what you get, I dismissed the tales as local gossip and was rewarded for my cynicism.

The squadron is back on its feet now that the majority of the snow has disappeared, but was grounded for four straight days. It was at that stage that the Met section wasn't sure whether we would have a continuation of the storm or a break in the action. Following the maxim that tells us all the weather men in the world laid end to end wouldn't reach a conclusion, we turned to the local residents for an answer.

They all assured us (quite accurately) that the freakish weather would last only for a couple of weeks, and that soon thereafter the streets would once again be bare - to the chagrin of skiing enthusiasts and to the delight of us saner folk who realize that other than temporarily squashing the "... but at least you don't have to shovel it!" joke, snow is of little redeeming social value.

Perhaps however, this weather should be looked at in a different light. Due to the fortuitous timing of the storm, the squadron was granted an extra few days to restore the benumbed brains and shattered bodies caused by the excesses visited upon them over the holiday season. As this is the first 409 article of 1980, we trust the rest of the

base had an enjoyable break and would like to extend a hearty welcome into the New Year. If you managed to survive the 1979 version of the Christmas, Boxing Day, New Year's party ritual, you are probably in the same state as most of us - capable of being carried about in a sponge, and owing Chagex your first born male child.

As you can guess, there were several parties New Year's Eve, including one which was noteworthy in that it featured a young lieutenant showing several higher ranking squadron members the proper social etiquette involved in hosting a party. After welcoming all the guests, our fair-haired lad viciously attacked a defenceless case of beer or two, then gracefully withdrew to his room (at 10 o'clock) in order to allow more room on the dance floor and politely relieve his visitors of any inhibitions about raging and ramping through the house as the New Year was rung in.

As well, he discreetly slept in until 2:30 the following afternoon so as not to interfere with the ladies who had returned to clean the place up. A memorial trophy was ordered in his honor, but before the engraving could be finished he recovered quite suddenly.

The squadron has had to say farewell to some of its members in the past little while. Before Christmas, a gathering of aircrew at the Leeward Pub toasted the departure of Dave Lineker, who will be joining CP Air, and Mark Shaddock - a new addition to the ranks of Air Canada. At the same time, a group at the Legion was raising its glasses to Dave Gould (from the engine bay), as he retired after long service in the RCAF and CAF. Dave obviously believes the locals spin about the weather, for he is remaining on the coast and plans to live up island where he will be

working as a millwright.

There is also a pair of additions to our ranks, as we are joined by Maj. Ray Dunsdon and Lt. Dan Trynchuk. Ray is a pilot with a long background on the CF-104, and recently completed his combat ready training. He tells us his New Year's resolution involves smoking nothing but his pipe, and says that at least the pipe gives him something to do with his hands. This is greatly appreciated by the squadron, for idle hands on someone his size could do grievous bodily harm - however unwittingly!

Dan is also a pilot, hails from Edmonton, and is on his first flying tour. A hockey player in his spare time, Dan is blessed with a hard shot and deceptive speed (he's slower than he looks). Despite the rumor that he has a small amount of brain damage, he's a welcome addition to the squadron.

This is also an appropriate spot to extend congratulations to Sgt. Bob McKay, who was recently installed as a member in the Order of Military Merit and may proudly wear the medal signifying his long and meritorious service.

The major event for 409 in the near future is the Tactical Evaluation coming up in February. We are starting to gear up for this assessment of our preparedness and LCol. McAffey, cruel taskmaster that he is (it is said that if he married Raquel Welch he'd expect her to cook), will no doubt have us in fine fighting mettle by then.

In closing I'd like to say that in an age that features labor unions quarreling with management, Russians fighting Afghans, hockey players battling each other, and the Iranians fighting everyone in the Solar System, 409 Squadron has decided to embark on a crusade to foster brotherly love and charity; so for the next twenty-one days we will be accepting gifts and

free drinks from any and all base personnel.

Now join with me brothers and sisters, in praying that for

the duration of the winter we will never again see the Voodoos up to their wing roots, and the pay office up to their assets in snow.

Words of wisdom

Congratulations to Dave and Eileen Vecqueray on the recent arrival of a brand new baby boy to the family. Dave now has one boy to follow in his footsteps in each of his three followings to date: Army, Navy, and Air Force.

Welcome to Cheryl Christensen recently arrived in Comox for OJT prior to her upcoming ATCA course in March. Cheryl's home town is Penticton and after a brief excursion in Cornwallis has returned to B.C. to get a start on her career. Cheryl is currently helping out in Flight Planning and should move up to the Tower in later weeks before her course.

Congratulations also go to Dale Webb who showed True Grit in a recent skiing accident. While living life to its fullest, up to his waist in powder, Dale attempted to MAP a new airway over an old established roadway atop Mount Washington. Well, take-off was a breeze, and flight was cool, but landing was a real smash. "C" Cat, damage was incurred to the collar bone and a rib or two, but undaunted and ever mindful of his ultimate goal to chart every square inch of the cold heartless mountain, Dale pushed onwards. After completing two more (successful?) missions to the top and running somewhat low on fuel (engines coughing and sputtering), and oxygen (hypoxia rapidly setting in), the decision was made to return to base. The rest of the account is a little hazy. Dale insists that he did eventually report to the flight surgeon, but local medical authorities state that ski pole splints secured with safety strap

bandages are not widely used in the professional treatment of such injuries.

On the international scene, the first of a series of rotating task forces has returned from their peacekeeping mission at McChord A.F.B. Bozz, Sea-Wolfe, Wolfgang, and Heather have safely returned home with accounts varying from "a job well done" to "what job?". They had been well briefed on the mission beforehand, and set out immediately on arrival to establish an outpost at the "Yukon Mining Company", a local meeting ground considered as a "hot spot" in the classified intelligence document entitled "K.D.'s World Affairs". Their unexpected arrival immediately aroused suspicion and an "undercover" agent code named "Margie" put forth a determined, although unsuccessful, effort to breakdown the defences of the mission's 3 JCs.

This provided enough distraction to allow one of our own agents (who shall go nameless for security reasons, but renowned for her determination in the "Wet T-Shirt Affair of 1979") to infiltrate the local insurgents. Bozz's report "3-Dimensional Space Wars" brings to light the devastating capability available from advanced Pinball technology. The group agreed unanimously to bestow a new award upon the group commander for his cool and level headed reaction to the electrifying climate.

Sea-Wolfe is the first proud recipient of the 'Murray Turnbull Award' since its inception during the 'Vancouver Centre Affair'.



AFTER 31 years of being neither fish nor fowl, the organization known as Para-Rescue became a trade on 1 Oct. 1979. Officially named as Search and Rescue Technicians, the trade is composed of 93 personnel serving at 5 operational units and one training section. The 442 section has 21 Techs who are finally captured on film on the only occasion that they were all on the ground at one time i.e. annual Christmas Party.

BASE PHOTO MCpl. BELZAC



A-CO congratulates Cpl. Sheppard on his appointment to MCpl.



MAJ. J.M. FORESTELL, A-CO 442 Sqn., congratulates Cpl. Brown on his appointment to MCpl.



LCol. DIAMOND with newly promoted Sgt. Irving Gillard, WO Ken Christensen, and WO John Petroff.

SAR SITREP

Our helicopter detachment has returned from Comox North (commonly known as Prince Rupert) where they were involved in a number of SAR missions, most notably the Salinta and the Lee Wang Zing. An Alirevac from Mt. Arrowsmith was the highlight of the past week...while fixed wing operators have been occupied with searches north to Whitehorse and east to Mt. Seymour. It was on an early morning mission that SAR Tech Sgt. Chuck Clements earned the title of BOMBARDIER. Flare drops at 0300 will never be boring again.

Meanwhile our CO, LCol. Gord Diamond is in frosty Portage La Prairie partaking of the helicopter conversion course. He'll no doubt be popping in to the Squadron from time to time even though he is not scheduled to return until March 11. At that time he will be trained on the Squadron birds and will maintain a dual currency, hopefully allowing the other Buff pilots more of our MFR.

ZULU LIMA

In response to complaints overheard regarding the lack of snow at Christmas time Flight Engineers John McCullough and Larry Atkinson are in Edmonton this month on the Land Survival Course. Shortly after their return they will be kitted out for the February session of the Arctic Survival Experience. Live and learn.

ZULU LIMA



In Anglo-Saxon times, a "silly" person was one who was "blessed" or "innocent."

Volksmarsch

Dear Sir,
May I inform your readers that Canada's first Volksmarsch will be held at CFB Borden on Feb. 17, 1980, organized by the Borden Wandering Club. This is an event which owes its origins to Canadian Forces personnel and their dependants who have recently returned from CF (E), where Volkswandering, or Peoples' Walking, is immensely popular. Between them, the CF (E), wandering clubs have a membership of more than

4,000 of all ages.
A Volksmarsch is a walk of ten or more kilometres, completed in one's own time, for an award, such as a medallion or crest. The standard entrance fee in Canada is \$4.00 per award. We extend an invitation to any of your readers who may be in the Borden area in mid February, to write for further details, to the following address: N.V. Blondel, P.O. Box 194, Borden, Ont., L0M 1C0.
Thank you,
Norm Blondel

OFFICER'S MESS ENTERTAINMENT

MIXED MESS DINNER

25th Jan. 1980
1900 HRS. COCKTAIL
1930 HRS. DINNER

BASE THEATRE SCHEDULE CFB COMOX

Thurs., Fri., Sat., Sun.
Jan. 24, 25, 26 & 27
LORD OF THE RINGS
Animated Feature: From famous book.
MATURE: could frighten children.
SHOWTIME: 2000 hrs.

Thurs., Fri., Sat., Sun.
Jan. 31, Feb. 1, 2 & 3
BRASS TARGET
George Kennedy Sophia Loren
Action Adventure: Plot to kill Patton.
SHOWTIME: 2000 hrs.

SUPPORT YOUR BASE THEATRE
Authorized Patrons Only

Jr. Ranks Club

MOVIES:

Jan. 29 - "Agatha" - Dustin Hoffman, Vanessa Redgrave
Feb. 5 - "The Frisco Kid" - Gene Wilder, Harrison Ford
Feb. 12 - "A Little Romance" - Laurence Olivier, Sally Kellerman

ENTERTAINMENT:

Jan. 26 - "Disco" by Peter May. Admission: Members \$1.00, Guests \$2.00.
Feb. 2 - "The Alley Cats". Admission: Members \$2.00, Guests \$3.00.
Feb. 9 - "Disco" by Peter May. Admission: Members \$1.00, Guests \$2.00.

PIG & WHISTLE - On Feb. 3 in the Annex.
BINGO'S - On Wednesdays at 2000 hrs. in the Lounge.
T.G.I.F. - Held in the Annex on Fridays. Food 1800 hrs. Games 1900 hrs.
FOR UP TO DATE ENTERTAINMENT INFORMATION
PHONE 339-5212.

WO'S & SGT'S MESS

FEB. 3: CASH BINGO AND MOVIE "FRISCO KID"
TIME: 1930 HR. COST: \$2.50 PER PERSON

FEB. 8: T.G.I.F.

FEB. 16: CANDLELIGHT DINNER/DANCE
TIME: 1900 HRS. BAND: "ALLEY CATS"
FOOD: VEAL-CORDON BLEU & WINE.
DRESS: SEMI-FORMAL. COST: \$25.00 PER COUPLE
\$35.00 PER GUEST COUPLE.
*TICKETS & SEATING PLAN FROM MESS MANAGER

FEB. 24: MOVIE "MAIN EVENT"
(BARBARA STRIESAND & RYAN O'NEAL)

FEB. 29: T.G.I.F. 1830/1730 HRS.

*MIXED T.G.I.F. 1900 HR. -
DISCO
DRESS: RELAXED (NO BLUEJEANS)

EW

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

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

Thurs. to Wed. - Jan. 24, 25, 26, 28, 29, 30
Tim Conway, Don Knotts
"THE PRIZE FIGHTER"

Thurs. to Wed. - Jan. 31, Feb. 1, 2, 4, 5, 6
The Kids Are Alright
THE ROCK 'N ROLL MOVIE!
MATURE

Starts Thurs., Feb. 7 - Marlon Brando, Robert Duvall
"APOCALYPSE NOW"

Van Isle
Campbell River

Monday to Thurs. 7:30 p.m.
Two Shows Fri. & Sat.
7:00 & 9:00 p.m.
No Matinee This Saturday

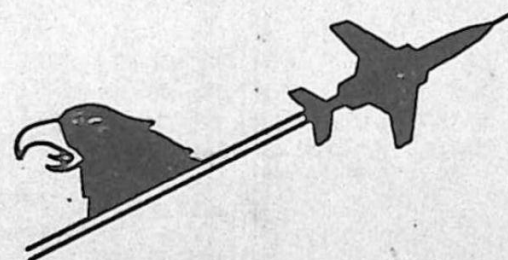
Thurs. to Wed. - Jan. 24, 25, 26, 28, 29, 30 - Dudley Moore
"10"
Some nudity, frequent coarse language, & suggestive scenes - B.C. Director
Jan. 31 to Feb. 6 - Fri. & Sat. -
ONE SHOW 7:30 P.M.
"FIDDLER ON THE ROOF"
GENERAL

DET 5 425 Munss.

USAF



Airmen of the quarter



409 SQN
ALL RANKS
1980 REUNION

JULY 11-13
CONTACT: CAPT HARPELL
SAGE 490-0409
GP 237-0409

The 409 Squadron All Ranks Reunion will be held in July 1980 and the activities are as follows:

FRI., 11 JULY 80: Arrival and welcome of guests followed by a monster TGIF.
SAT. 12 JULY 80: Golf, fishing and other activities followed by a dinner and dance that evening.
SUN., 13 JULY 80: Champagne breakfast and farewell party.

Base accommodation will be extremely limited and guests are advised to make arrangements downtown. Two large hotels in the area are the Westley 338-7741 and Mexicana 338-5441. Further information is available by phoning Captain Ray Harpell, SAGE: 490-0409 or GP 237-0409. All former members of 409 All Weather Fighter Squadron are encouraged to attend.

The man in the director's chair, Capt. Harry Ellis is not willing to discuss the car trouble he encountered after New Year's but the SOR staff are investigating.

MCpl. Sue Racine is helping out in and around the Orderly Room while Merle is away.



Teeth are bones—but harder than most of the other bones in the body.

SAR SITREP

Fellow Buffalo driver Capt. Wayne Cross, when interviewed on the subject of the CO's chopper conversion, noted that, "The boss had been logging more than his share of hours lately. While he's away we are training three new First Officers who will be scheduled to fly the Buffalo with LCol. Diamond on a regular basis...because nobody else will."

Maj. Pat Moran, Capt. Don Blair and Lt. Hal Morrison completed their unit check-outs last week. Weekend standby, Strip alert, OET...

Maj. Moran will also be assuming the position of Deputy Squadron Operations Officer under Maj. Cliff Fletcher, SOPSO, who is quoted out of context as having said, "Operations is, as normal, the heart and soul of the Squadron." ...Also from Ops comes word that Capt. Al Chouinard is replacing Bill Veldhuis and Bernie LaPointe will vacate his chair for the famous Capt. Gary Flath.

Leaving this week for Portage La Prairie are Ocd's Robin Barr and John Callander. Rob and John have been on contact training with the squadron for seven months while awaiting the start of their pilot training. We expect them to keep us informed of their progress and wish them both long and fruitful careers.

Also departing in the near future is our very own Capt. Mike Shea (of Shea International, Clearwater, B.C.), who was recently enterprising enough to convince Capt. Terry Day and Brian Taylor of VU33 to fly a form trip with him, with Mike as lead. On behalf of the Squadron I would like to wish Mike more luck than he had with 442.

Now that we have finally recovered from our annual dump of snow in the Valley, the Squadron activities have resumed their normal warp speed, snail's pace four decimal zero seven. This will all change though in little more than a year with the arrival of our new Cp-140. Many of the changes are already starting to be noticed, what with the high noise levels related to renovations, expansions, conversion courses, and postings.

John Plaxton and Terry Spencer will be involved in a battle of bites at the new Ground Support Computer Centre, and Marv Davis and Jim Slater are leaving rubber heel marks enroute to the Operational Training Squadron, both establishments being in Greenwood. Rumor has Lloyd Corney going to some place in Canada's rocky far east (Nfld.); therefore nobody except Lloyd will comment as to the next whereabouts of our Commanding Officer.

Portions of Hangar Seven are presently getting a face lift; for those of you trying to reach 407's technical staff and the Base Flight Planning Center, the task may be difficult. The technical staff is presently occupying what used to be the aircrew locker room, which explains the maze of lockers obstructing the hallway of the second floor. And as for filing a flight plan, it seems that either the BOpsO or the BPSO will accept them these days.

Crews 5 and 6 are missing the beautifully clear, but cold days of recent as they are spending fourteen days with our American counterparts on a co-ordinated anti-submarine warfare exercise "READIEK", in sunny and warm Moffett, California. They are scheduled to return this coming weekend. Speaking of exercises, we are presently involved in "Squadex" here at home plate, similar in nature, but

Demon Doins

Involving our own Pacific Fleet, and an American submarine and P-3 aircraft.

Recreational activities are playing havoc with our aircrew as witnessed by the number of cripples limping around, but it is obviously well worth the pain as the prestige of 407 has been enhanced. At a recent B league hockey game eight aircrew were present; even though three players were injured, they won the game against MSE 6-3. The surprise of the game was that since both regular goalies were missing (one injured, one away), a new star was born (six shots, stopped three). Crew 1 is building their morale through their wives-and-husbands ski club. While on the subject of skiing, Ed Miller of Crew 2 has a very sore knee after being viciously attacked by a tree stump wandering about on Forbidden Plateau.

When travelling on leave one expects to have the freedom and relaxation of being without those you work with, but this is not always the case. John and Marge Le Ross recently left for a warm holiday in sunny Hawaii, only to be greeted on arrival by John's crew 4. We suspect that the welcoming probably was one of the highlights of their wet and windy stay.

It is rumored that Herbie Lightfoot, Crew 1's Lead Engineer is experiencing eye problems these days. After a recent successful start of number two engine, Herbie noticed that he had no fuel flow indications. He informed the pilot and was about to recheck the gauge, when it was pointed out that he was actually reading number three gauge. Oh well!

In closing we have two questions from our Squadron gossip boxes. Which navigator has been driving his truck around town in reverse? What highly qualified VPCC spends his days off amending pubs for operations?

Kitchen killer

One of the most frequent causes of fires in the home, along with smoking in bed, is the pan of hot fat sitting on top of the stove.

According to the Canada Safety Council, thousands of homes are damaged every year -- and some are destroyed -- as a result of kitchen fires.

It helps to first see how easily it can happen. The married person cooking tries to handle several things at once in preparation for a meal -- lay table, watch the meat, keep the french fries turned over, get a drink for a little one, and so on. For any individual even slightly less than total organized, the food that was being fried is served, but the fat can easily be left on the hot burner.

Fat or oil left to heat will, on reaching self-ignition, burst into flames, giving off filthy acrid black smoke. The flames set fire to any combustible material nearby -- curtains, kitchen cabinets, food packages, and a fire is born. Not only is the kitchen damaged even when the fire is quickly smothered, but the smoke can cause major damage elsewhere in the home.

A British fire prevention officer commented that all too often, people add to the problem by doing the wrong things -- for instance some grab the pan handle intending to carry it outside, but find the handle searing hot. They burn their hands, drop the pan which then spreads burning oil or fat over the floor.

Picking up the pan of burning fat and throwing it into the sink sounds like a good idea, as one unfortunate Englishwoman thought recently. She managed to get the pan to the sink, but burning fat will not mix with water, and the fat was thrown out with explosive force and cascaded around the kitchen. The kitchen was wrecked, and the woman badly burned.

The best prevention is care to see this trouble does not start. Never leave a frying pan unattended, or if you must

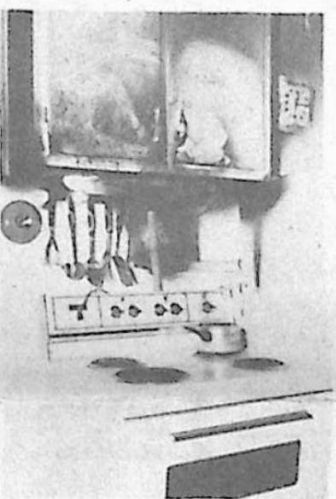
first turn off the heat.

If the person needs help, and another adult is available, some of the routine matters at mealtime can be handled by the second adult to reduce the number of matters to be handled simultaneously by one individual. This is especially valuable to the less well organized, but it is essential that a decision first be made as to who is in charge. Whether it is two or more people sharing an apartment or a husband and wife, the person doing most of the meal preparation should be in charge, and the other an assistant.

If precautions fail, and a fat fire does start don't panic. It is still a situation that can be handled. Simply place a large lid over the burning fat or oil -- either one from a pan set, or from a large saucepan (which should always be kept readily available). Turn off the heat, if you can get to it safely.

With air cut off, the fire goes out, but be sure to allow the pan and contents to cool thoroughly before removing the cover.

A dry chemical or carbon dioxide extinguisher will also make many householders feel more secure if it is kept easily available. Another tip is good for any time -- prevent hot fat or boiling water spills by keeping pan handles turned in toward a wall or back of the stove, away from accidental knocks and little fingers.



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Editorials

Positive thinking - pass it on

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

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

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

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

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

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

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

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

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

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

Minimize past failures.

Reinterpret failures maturely.

Accent past successes.

Bolster your own ego by believing in yourself.

Set reasonable goals that are attainable.

Share responsibility.

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

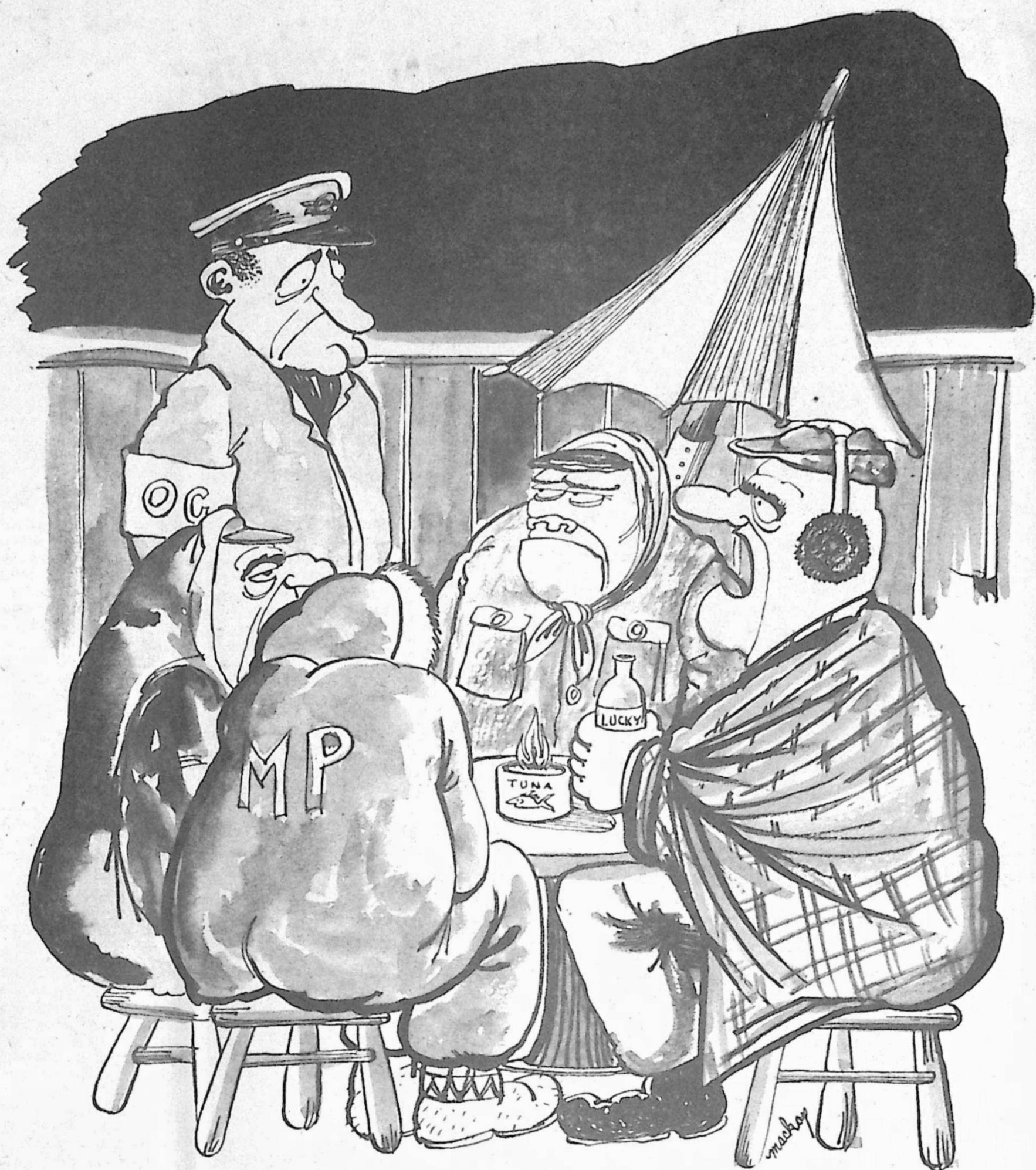
Looking backward to re-experience failure is a quirk of human nature that inevitably interferes with an employee's maximum use of his potential. He must learn to motivate himself in the present tense.

A good rule for a consistently progressive life is:

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

Courtesy NSC "Safety Supervisor"

Safety Sam



Yes sir, we would love to sit out here all night on BDF DUTY!!

TAX TIPS

What's the difference

"Work fascinates me. I can sit and look at it for hours" - Well, that's a definition some of us might endorse. It's certainly more provocative than saying that work is what we HAVE to do while play is what we LIKE to do.

There are hundreds of ways to describe work some of which may make it more palatable, some will not. Work is something which most of us have to face. It is something we do, and that fact makes us workers.

The whole question of what constitutes a worker has become clouded. In any newspaper, a headline referring to workers invariably proceeds to report or discuss those individuals who belong to a trade union or, at least, are hourly-paid. At a recent dinner meeting when members introduced themselves, there was a majority of accounting and sales people. Finally a member rose to give his name and occupation and after saying he was an electrician added lightly "I guess I am the only worker here!"

Perhaps the time has come for all of us to consider and re-examine our attitudes to work. How DO we regard it? WHOM do we consider a worker? Is financial reward the only means by which to measure job satisfaction?

Much is heard about the size of the work force and about productivity and the great need to increase both. There is, too, a new "work ethic" which those born since the end of World War II are supposed to embrace. The

idea is that work for its own sake is not necessarily commendable, that work is only a means to an end, cash, and not an end in itself. Furthermore if work isn't enjoyable, it shouldn't be performed at all!

Could it be that the adversary relationship existing between union and employer stems from the basic differences in attitude to work? The feeling that only those involved in manual or industrial tasks actually work is absurd. Resentment is too easily fostered against those whose collars are not blue, who have no manual sweat on the brow.

If we are not all "WORKERS" what do you call the non-union, non-hourly paid? It cannot be said that employers, managers, professionals, volunteers and housewives are immune from worry and concern about people, about budgets and about job satisfaction or that what they do doesn't constitute work.

This is our city, our province and our country. It needs hard work by all of us if we are to combat inflation and improve productivity. We are all in the same boat. We all belong to the same work force. A recognition of this, and a greater awareness and appreciation of the contribution made by other sectors of the work force besides our own, could lead to a more concentrated and more effective effort. Isn't Canada worth it?

Courtesy Vancouver Board of Trade.

What is income?

One of the things the Income Tax Act doesn't define is the word "income". Everyone filing a tax return is presumed to know just what income is and how much of it they made during the year. All income must be reported, although some types of income are not taxed.

Generally, "income" means salary or wages from employment; pension and annuity income; old age security pension payments; unemployment insurance benefits; income from business; property rental income; family allowance payments and alimony.

Bonuses, commissions and tips such as those received by cab drivers, waitresses and hairdressers are also considered income and must be reported. Interest income from all sources such as Canada Savings Bonds, dividends, capital gains and so on must be shown on your tax return. Interest and dividend income as well as capital gains are subject to special tax treatment.

Even though the word "income" isn't defined, the Income Tax Act leaves nothing to chance. Proceeds from crime such as bank robbery, burglary or embezzlement are also considered to be income. Although few crooks file honest tax returns, they are breaking the law by not reporting income for crime, for what it is worth.

Just about everything you receive during the year could be classified as "income".

There are several types of income not taxed. These include Workers' Compensation payments; war disability pensions; blind person's allowance; guaranteed income supplement; spouse's allowance; mother's allowances and lottery winnings. Occasional gambling

winnings need not be shown as income either, unless a person gambles so frequently that he or she may be considered a professional gambler. In that case, the person would be considered to be in the business of gambling, and winnings would be taxable.

Everyone who received taxable income in 1979, from whatever source, must file a tax return. The only exception is for persons whose income was so low that no tax is payable. That individual need not file a tax return. However, if you own a business, you must file a return every year regardless of how much or how little you make.

If you are not sure what to include in your own income, or which income may be exempt from tax, ask at your local district taxation office, or see a chartered accountant.

Business, sales, and professional income

If you your own boss, and making your living as a salesman, professional or one-man business, you also inherit an annual income tax project. You will be computing your income on a fiscal year basis for each business you operate. Your income is reported on your T-1 in the calendar year in which your fiscal year ends. This means if your fiscal year runs from October 1, 1978 to September 30, 1979, you will report all your income for that fiscal year on your 1979 return.

Self-employed salesmen may use either the cash or accrual basis of measuring their income, but in general must use it consistently from year-to-year. All other self-employed businesses must use the accrual basis.

Self-employed salesmen are generally less restricted in the expenses they may deduct from their income tax than employed salesmen, who are limited to certain sales and travelling expenses.

The general rule in the tax system is all expenses incurred in earning the business income are deductible. There are some things not permitted but there are unclear areas too. You should not hesitate to deduct an item unless it is clearly prohibited.

If you are a professional, you need not include the value of work in progress in your income if you have not billed your client for the services.

Sometimes a self-employed individual can compute a business loss or losses which reduce his net income to less than his personal exemptions. This means you lose those exemptions, and you should avoid that, even if it means carrying your losses into the next taxation year if possible.

Automobile expenses include capital cost allowance, lease payments, interest and insurance and should be prorated to expense based upon mileage.

If you use part of your house in business, you can claim a deduction. A photographer may have his studio and darkroom in his home for example. Pro-rate the floor space you use and include utilities, interest and capital cost allowance. If you claim capital cost allowance, the principal residence exemption is no longer available on that portion of the residence.

Interest and term life insurance premiums paid on business loans are deductible. Dues paid to social and athletic clubs are not deductible, but food and bar services are allowed, if related to business activity.

If you are self-employed, you cannot deduct wages you pay your spouse if she is employed in your business. It may still be worthwhile paying the wages because any investment income from them

would be attributed to your spouse instead of you.

Once you have filed your return, the Income Tax officials can't claim any expenses you may have overlooked. Review your return thoroughly to ensure you have deducted all allowable expenses. If you are unsure about deductions, you should consult your tax advisor or chartered accountant.

Kiddie care costs can cut tax

If you are in an occupational training course or research program and nobody can take care of the kids, you could claim a tax deduction. Get receipts for your child care expenses and remember them at income tax time.

You are eligible for child care deductions if you are a working mother, a single parent, a widow or widower, if you are divorced or separated or if your spouse is infirm or in an institution.

You've got to have an income to deduct from. On your tax form, you must report income from employment, self-employment, adult training allowances or some form of grant.

Your child care expenses must have taken place and been paid for in 1979 to claim on your upcoming income tax return.

You don't need to file receipts with your tax return, but they must be retained in case the tax authorities want to check your claim.

People who live outside of Canada and are considered to be Canadian residents for income tax purposes may also claim child care expenses.

Children for whom you are claiming expenses must not be over 14 years old in 1979 unless they are infirm. There

is a limit of \$1,000 per child up to a limit of \$4,000.

Child care payments are not deductible if you have made them to a relative under 21 years old, or to someone claimed as a dependent. If you are claiming payments made to a boarding school or camp, you are allowed a maximum of \$30 per week per child.

It is very important to remember why the deduction is allowed. It exists to allow the mother, or in some cases the father, to work, take an occupational training course or do research. You must receive income, a training allowance or a research grant during that period. Child care expenses paid so that a mother or father may attend school or university normally do not qualify.

Child care expenses are deductible up to two-thirds of a person's earned income. This includes money received from employment, tips and gratuities, self-employment (excluding losses), adult training allowances, the taxable portion of scholarships, bursaries, fellowships, other awards and research grants.

If a father with custody or control of the children pays child care expenses while his wife is infirm or in an institution, a doctor's certificate must be attached to the return stating the length of the infirmity. The wife must be away at least two weeks for the deduction to qualify.

The father may deduct \$30 per week per child up to four children.

Child care claims by a working mother may be reduced if she was infirm or institutionalized during the year and her husband claimed for that period.

Alimony, separation and child maintenance payments made to an estranged spouse cannot be claimed as a child care expense.



Spreading Christmas cheer

IE: 80-1 -- Cpl. Barton Craig and Lt. Don McEachern both of 447 Sqn assist a handicapped child of Camp He-Ho-Ha up a ramp into a Canadian Forces CH147 Chinook transport Helicopter. (Canadian Forces Photo by Sgt. David Spearing).



Naden Band

BANDING TOGETHER... The Canadian Forces Naden Band, Canadian Forces Band Esquimalt held a Christmas Concert at Victoria's McPherson Playhouse. Admission to the gala event was a wrapped Christmas gift for a child. All gifts donated were distributed to the children of Victoria by the Salvation Army. Receiving the donations are, left to right, Mr. Allan Purdy, founding chairman and arts consultant to the McPherson Playhouse, Rear-Admiral M.A. Martin, Commander Maritime Forces Pacific, Captain Bill Merritt, who accepted the gifts on behalf of the Salvation Army, and Captain Con Fury, commanding officer of the Naden Band. (CANADIAN FORCES PHOTO BY CORPORAL PAT HEALD)

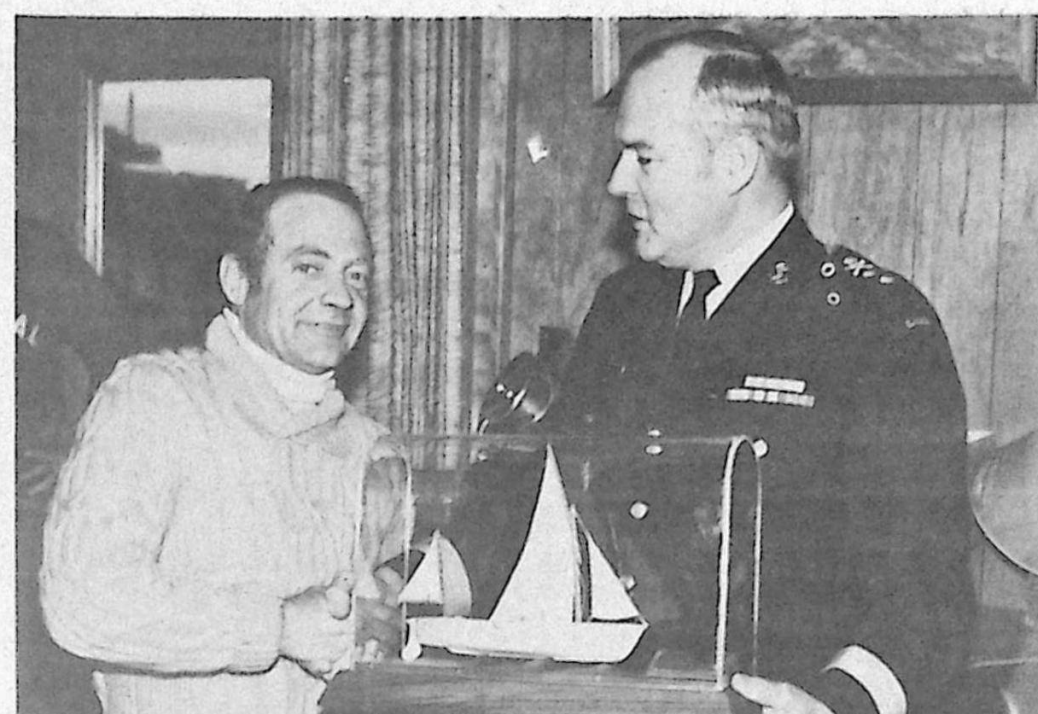
Camp He-Ho-Ha

CFB EDMONTON - With help from the Canadian Airborne Centre (CAC) Santa Claus dropped in to Camp He-Ho-Ha (Health-Hope-Happiness) and visited the 60 handicapped children in attendance at the annual winter camp. Santa's visit was preceded by a static parachute display showing how parachutes are worn and how they open. Seventeen members of the CAC then parachuted from a CH 147 Chinook transport helicopter of 447 Helicopter Squadron. Three passes were made by the Chinook helicopter dropping the parachutists in two groups of six and one of five. The last group of five parachutists jumped at 1525 m., free falling to 305 m. before opening their red and white maple leaf chutes. The last of the five free fall parachutists was M. Cpl. Jad Perry who was dressed as Santa Claus. He was enthusiastically received by all. Camp He-Ho-Ha is a retreat 72 km. west of Edmonton, for mentally retarded and handicapped children and adults. This camp is sponsored by the I.O.O.F. and the Rebekka Lodge 30 of Northern Alberta. (Canadian Forces Photos by Sgt. David Spearing).



Long distance to Alert

CHRISTMAS WISHES... Mrs. Patricia Rudd of 2395 Church Road, Sooke, B.C., exchanges Season's Greetings, via ham radio, with her son Master Corporal Bill Carson, 42, a maintenance technician stationed at Canadian Forces Station Alert on the northern tip of Ellesmere Island, N.W.T. Assisting her at this end is Petty Officer James Durance, operator of the Canadian Forces Base Esquimalt Amateur Radio Service (VE7CFB). PO Durance, 39, an electrical technician and instructor at the Canadian Forces Fleet School, Canadian Forces Base Esquimalt, B.C., is the son of Mr. James Durance, Gibson's Landing, B.C. (CANADIAN FORCES PHOTO BY MASTER CORPORAL M.D. JOHNSON)



Whaler race

NEW YEAR ... NEW TROPHY ... An annual event held each New Year's Day at the Canadian Forces Sailing Association, Canadian Forces Base Esquimalt is their New Year's Day whaler race run over a pre-determined course in Esquimalt Harbor. This year's race, shortened due to lack of wind, was won by the crew from HMCS Kootenay. A new trophy, the Rear-Admiral Michael A. Martin trophy is presented for the first time to Petty Officer Roger (Doc) Beaudry by Rear-Admiral Martin, Commander Maritime Forces Pacific. (CANADIAN FORCES PHOTO BY MASTER CORPORAL M.D. JOHNSON)



Retirement certificate

REGIONAL DIRECTOR RETIRES... Rear-Admiral M.A. Martin, Commander Maritime Forces Pacific presents a retirement certificate to Mr. Bob Hay, Regional Director of Civilian Personnel at Canadian Forces Base Esquimalt, Victoria, B.C. Mr. Hay retired on December 28, 1979 after 34 years with the Public Service as a civilian employee and four years' service in the Canadian Army during World War II. (CANADIAN FORCES PHOTO)

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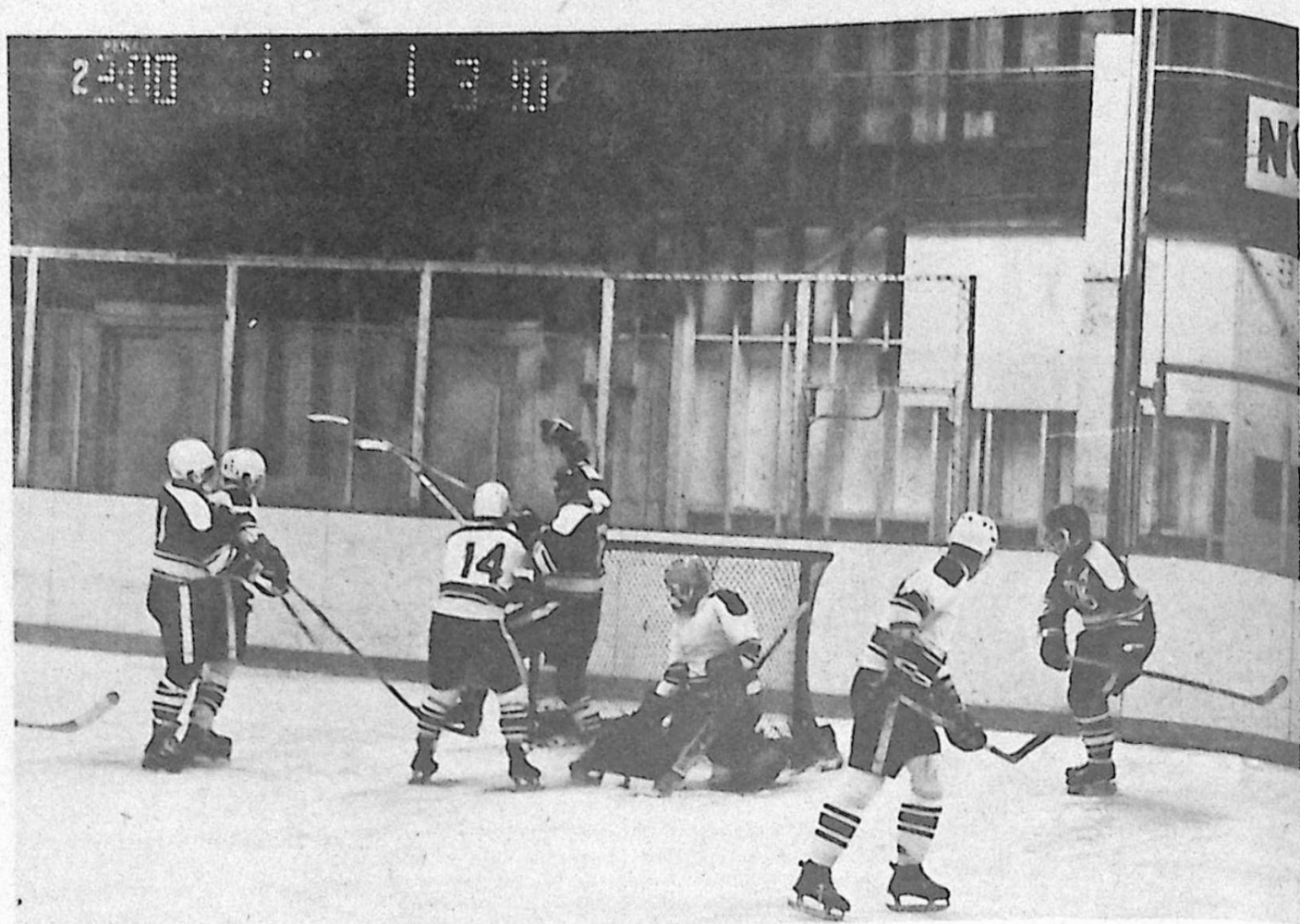
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Totem sports



Oldtimers score winning goal

DURING RECENT PAC REGION Hockey action, the Totem oldtimers came up big and scored the winning goal with 47 seconds remaining, to beat out CFB Esquimalt.

Youth bowling

BY PAT VERCHERE

December was a busy month for our YBC Bowlers. On the 2nd Dec. we had the Master Senior House Roll-offs which were won by Kelly Lavigne, Richard Gillard and Jerry Arthur. On Dec. 9 we had Master-Junior Roll-Offs which were won by Jennifer Hall, Danny Veldhuis and Daryle Englemeyer. Also on the same day the Bantam-Masters held their roll-offs, giving Nicole Young, Brian Hale and Russ Englemeyer, the right to go on to the North Island Tournament.

The North Island Tournament was held 16 Dec. at Glacier Lanes in Courtenay. A fun time and lots of good bowling was had by all participants. Our Bantam-Master team earned the right to go on to the Island finals, which will be held at a later date. Congratulations to Nicole, Brian and Russ, and good luck in the next tournament.

During Christmas break we held our annual Family Twosome Tournament which is always a lot of fun. Good participation was realized from all divisions.

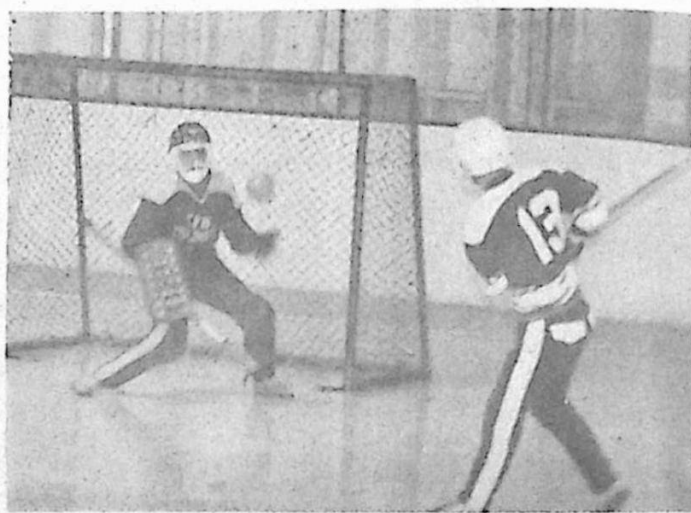
Winners for this tournament were Father and Son: Bantams - Shaun Cornfield; Juniors - Jon Verville; Seniors - Benny Clarke.

Mother and Son: Bantam - Jess Parker; Junior - David Cooper; Senior - Glen Bailey and Danny Wedge (tie).

Father and Daughter: Bantam - Tanya Dickinson; Junior - Debbie Steele; Senior - Natalie Patrick.

Mother and Daughter: Bantam - Julie Daye; Junior - Shari Hagar; Senior - Angela Legault.

The Master Bowlers would like to take this opportunity to say "Thanks" to all the parents who came out to bowl with their youth bowler and made this Family Tournament a success.



If I aim at his head. . . .

ATC lashes 407

A tired but persistent ATC hockey squad outlasted a strong 407 team Monday night in a well played "B" league contest. Led by the offensive output of John Dube and Rolly Rowland and backed up by superb goaltending by "Gump" Boswell, ATC came up with a 6-4 victory. Boswell and his horseshoe thwarted drive after drive in the early periods while 407 played their freewheeling break away style of hockey.

However once the fast

flying forwards tired, ATC put the pressure on, only to be stoned by "Jake the snake" Morist who stood between the twines for 407. ATC goals were scored by Dube (with two), Rowland (two), Basinger and Brown. Cameron, Andrews, Moorehouse, Dube and Rowland got assists. Thuen replied with two goals, Hanson and Farrow with one each for the losers. Hanson, McGibney and Maniak each got assists. It was a well played game, with the two teams fairly well matched.

Intersection broomball

As the first half of the 79-80 Broomball schedule draws to an end, we find the Headquarters team out on top with a 100 per cent effort by the entire team. With no major injuries, they remain as the only undefeated team in the League.

Right behind HQ, in second place, we find the illustrious 407 Sqn. They are now playing with more confidence than they started the season with, despite the numerous rookies on the team.

With Doctor Death, being temporarily side lined with whiplash and other ailments, the 442/409 teams' hopes of a come back lay wrapped in bandages. Despite the injuries however, the team is coming along strongly and starting to play good ball.

A lack of an offensive attack, has left the Barnso team lower in the standings than they had previously anticipated. However, with the masterful abilities of the base team coach to aid them, their chances of becoming a contender are apparent.

The MPs have rejoined the league this year, and inexperience has been their downfall. Although having a good turn out each game, they still fall prey to the more experienced teams. Having the worse win-loss record in the league to date, they have a solid lock on last place.



Bits of a broomball battle Bird calls

Just a few corrections from the last column. Carol Wolfe was elected secretary of the Badminton Club and the membership fee per family is \$10.00 not \$10,000 as was printed through some error.

As was mentioned before, the membership consists of all varieties of skills and ages. Don't be ashamed to come out and have some fun.

The membership fee is not required the first night, so why not at least try it out before making a decision.

I am not the best player myself, so I get a lot of help and coaching from the ones who really know how to play the game. Everyone is willing to help a new player get started. The rules and basic skills of the game are taught to all who want to learn.

But learning just the basis is not the final step. You have to play the game as much as possible. It is not important to win in a game, for you learn an awful lot when you lose, but almost everyone manages to come out a winner after a good two-three hours of badminton.

I hope to see you out every Sunday and Wednesday from 7-9:30.

Until next time

Excelsior



Six and a half million tons of rock had to be moved to build the Great Pyramid of Cheops. The work was done without the use of machinery of any kind—not even the wheel!

ATC hosts hockey

Comox ATC will be hosting an invitational hockey tourney on the 28th and 29th of January. Representative teams from Cold Lake and Edmonton will be visiting Comox to compete. Each team will play the other two, and the two top teams will play off in a final contest. Edmonton will take on Cold Lake in the opener at 9 a.m. Monday and then face Comox the same day at 1 p.m. Tuesday morning will see Comox and Cold Lake battle.

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Advertisement for COMOX VALLEY INSURANCE SERVICE LTD. featuring the SAFECO logo and text: 'INSURANCE BROKERS AND CONSULTANTS', 'Opposite Court House Courtenay', 'Phone 334-3195'.

Promotions and awards



Dan departs the dump!!

On the 21st of Dec. 79, Base Photo and Armament friends bid farewell to Sergeant Dan Kendrick on his retirement after 28 years service in the RCAF and CF. Dan's last appointment in Base Armament was as NCO in-charge of the Base Explosives

Storage Area (affectionately known as the "Bomb Dump"). Dan's service spans tours in Europe and across Canada; most importantly, his time in Sea Island (Vancouver) and Comox has convinced him to stay in the Comox Valley. Major G.G. Beech, the

BAMSO, presented Dan with his retirement certificate, and a special Armament plaque for dedicated "gun plumber" service and belief that "Without armament there is no need for an Air Force". Best wishes for the future Dan!



RECENT RECIPIENTS of the clasp to the CD were left to right, MCpl. M.S. Zaleschuk, Col. Burgess (making the presentations) Capt. W.J. Dennis and WO M.H. Smith.

Commendation



THREE PERSONNEL FROM THE BT10 section were recently awarded the Base Commanders' Commendation for their work during the installation of the Secondary Surveillance Radar. The citation read: "Presented to MCpl. A.W. Sim, MCpl. B.W. Young and Cpl. R. C. Alexander in recognition of exceptional initiative and dedication to duty during the CFB Comox Secondary Surveillance Radar installation 4-22 June, 1979. The crew working up to 12 hours per day, every day throughout the installation, completed the project one full week ahead of schedule. This effort was accomplished through the leadership of MCpl. Sim and the initiative and co-operation of all. Their efforts reflect credit on themselves, their section and CFB Comox." Pictured above are, left to right, Capt. W. Reddin, BT10 Cpl. Alexander, MCpl. Sim, BComd., and MCpl. Young.

Editor apologizes

In the Dec. 20 edition, Sgt. Al Whorral was pictured receiving his CD. Unfortunately, we neglected to mention his name. So Sgt. Whorral, we offer our congratulations and our apologies.

Tidal fish diary

VANCOUVER, January 16, 1980 - Tidal water sport fishermen in B.C. have been asked to participate in a Tidal Sport Fishing Diary Program important to the management of future fish stocks.

The federal Department of Fisheries and Oceans tidal sport fishing diary program, now in its second year, is used to determine the number of salt water sport fishermen in the province - the amount of time they spend fishing and the number of species of fish they catch.

William (Bill) Masse, Department of Fisheries and Oceans, Pacific Region, Acting Chief of Recreational Research, said 10,000 questionnaires have been sent to selected households across the province. Tidal fishermen who indicate on the questionnaires that they are willing to keep a tidal sport fishing diary will be sent a copy of the easily-kept diary in the mail.

"All persons receiving the questionnaire are urged to fill it in and drop it in the mail - even if they do not fish", said Masse.

Tidal sport fishing includes all saltwater fishing such as shore, pier, boat and spear fishing, as well as collecting or trapping shellfish. It also includes bar fishing on all rivers in B.C. to the head of tidewaters, such as the Fraser River downstream from Mission.

Information collected last year shows the average tidal water sport fisherman, in 1978, fished 11 days and caught seven salmon.

Masse said the questionnaire and Tidal Sport Fishing Diary will be used to:

- Gain a better understanding of the amount of tidal sport fishing in B.C.;
- Increase sport fishing opportunities;
- Help the Department of Fisheries and Oceans fulfill its responsibility to maintain fish resources.

For further information contact William (Bill) Masse, Fisheries and Oceans, 1090 West Pender Street, Vancouver, B.C., V6E 2P1. Telephone (604) 666-1061.

CHECK THESE NEW BENEFITS AND OPTIONS FOR AUTOPLAN '80



It's getting close to renewal time for Autoplan insurance. The deadline is February 29th for the majority of B.C. motorists. Although rates are up by 10% because of increased costs, individual premiums may increase or decrease because of changes in ICBC's rating structure and the introduction of Phase I of the F.A.I.R. program. Your Autoplan insurance for 1980 also features some new built-in benefits for everyone and some new options you should consider for your personal protection when you renew.

CHANGED COVERAGES

Like everything else, the cost of settling bodily injury claims continues to rise. So, for your greater protection, we have increased the compulsory minimum for Third Party Liability insurance to \$100,000 from \$75,000. For the nine out of 10 motorists who carry more than just the minimum coverage, there will be no extra cost.

2. INCREASED NO-FAULT ACCIDENT BENEFITS

Recognizing the higher cost of living, a number of no-fault accident benefits are being increased.

- Weekly benefits increased to \$100 from \$75.
- Dependent benefits increased to \$25 from \$15 a week.
- Funeral expenses increased to \$1,000 from \$750.

3. SAFE DRIVING VEHICLE DISCOUNT CHANGE

A major change in the discount program came into effect last September. It waives the earlier requirement that drivers in British Columbia had to be insured under Autoplan for six months

before they became eligible for a Safe Driving Vehicle Discount. Now the discount can be applied without the waiting period and it is based on the owner's previous claim record. A one-year claim-free record earns a 15% discount; two years earns 25%; three qualifies for 32%. This change principally benefits people buying an additional vehicle and new residents to the province.

NEW COVERAGE

In some U.S. states and Canadian provinces, your right to recover costs for damage to your vehicle through the courts is legally prohibited when a resident of that state or province is at fault in the accident. This new Autoplan feature, which is included as part of your basic coverage at no extra cost to you, provides for payment of your collision damage cost to the extent that you are not at fault for the accident.

NEW OPTIONS

For an additional premium you can now extend your protection to

INVERSE LIABILITY COVERAGE

cover accidents where the insurance of the driver at fault is not sufficient to cover claims for bodily injury and death. If you are the victim of an accident, and you carry this option you are protected to the limit of your own Third Party Liability coverage.

2. SUPPLEMENTARY NO-FAULT ACCIDENT BENEFITS

If you feel the current disability and death benefits offered under the No-Fault Accident Benefits schedule are insufficient to cover your needs, this option allows you to buy a higher level of benefits for an additional premium.

AND THE F.A.I.R. PROGRAM STARTS

The premium you pay may be affected by one or more of these changes:

- Sex and marital status will be removed as rating factors. This will mean a decrease of about 30% in the average premium paid by male vehicle owners or principal operators under 30 years of age.

- The first step will be taken towards removing geographical location as a rating factor. As a result, premiums will increase in some territories and decrease in others.
- The Safe Driving Incentive Grant will be discontinued because the young, single, male drivers who received this grant will benefit more from the new lower premiums
- An additional premium is no longer required for an occasional operator under 25 years of age.

If you have any questions, consult your independent Autoplan agent, or your Motor Licence Office. Be sure to pick up your Motorist Kit when renewing your insurance. It contains a handy pocket to protect your insurance and registration documents, useful information if you have an accident and details of Autoplan insurance for 1980.

Renew early and take time to discuss the new coverages and your requirements with your agent.

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Accent safety

Explosive safety --- make it your business

Explosive Safety like Fire Safety is everyone's business! Very few people would be willing to allow a dangerous criminal or animal into their home or near their family, yet many people keep explosive items even more dangerous and think nothing of it. Many explosive accidents occur across Canada each year, most of them involving children. Before you say, "Someone else maybe, but not me or mine", look around and see just how explosive safety-conscious your family really is.

Small arms ammunition, both military and civilian, is so common that most people overlook the fact that they are an explosive device and are dangerous, in or out of a firearm and particularly in the hands of children. Most people realize the danger when a bullet is fired from a gun; but many people fail to realize that if a cartridge is exploded outside of a firearm it becomes a small bomb with fragments going in all directions. This can and frequently does cause serious injury to anyone close by.

Some ammunition is not intended for use in normal firearms. Ram set cartridges for example, are intended to be used in a special machine to set bolts into concrete. Ballistic cartridges are used to launch grenades from a special adapter. If used in a standard firearm these cartridges can easily damage it and possibly cause injury to the shooter. The so called "Blank" ammunition which is used by the military during training manoeuvres is also very dangerous if used in normal firearms and can cause injuries or even death at close range.

Firearms, ammunition and ammunition components should be stored separately and under lock and key. Remember, no matter how big or small, ammunition is dangerous, even the little .22 can kill. Unused or unwanted ammunition or components should be disposed of by turning it into the Police or the Military for disposal - there is no charge or legal action for this.

Different types of explosives will be found in different locations. For instance, along the coastlines of the country such ordnance as mines, torpedoes, and flares may be found on or near the beaches. Inland, such items as mortars, grenades, practice shells and ammunition may be found either on or under the ground. Certain types of commercial explosives, such as dynamite and blasting caps, may be

found at or near construction or logging sites.

Not all such explosive devices will be highly dangerous...but caution is necessary at all times. Far better to be safe than sorry.

Of necessity, the Armed Forces use a large assortment of explosives. One way or another many of these items find their way into peoples' homes; some are lost during training exercises and later found by children and adults and taken home. Some are purchased through war surplus stores and are supposed to be safe, while in fact just the opposite is true.

Many potentially dangerous weapons and explosives which have been turned in over the last few years have been those kept as souvenirs. Shells, bombs, grenades, ammunition and other wartime types of explosives are all too often kept as mementoes of military service. SOME MAY BE EXTREMELY DANGEROUS. As time goes on, the danger increases. Such articles should be disposed of immediately, or get some competent authority to give assurance about their safety. Some of these articles have been altered so badly by rust, corrosion, or the efforts of someone trying to make the thing look nice, that even an explosive technician can't be absolutely sure that it is safe. In a case such as this, the item should be destroyed by a competent authority in a safe place. A number of "war souvenirs" have been turned in to the RCMP during the gun amnesty program.

In a wide area around CFB Comox, one of the most often found explosives is the Marker Marine, or Mark 25 as it is usually called. This is a harmless-looking aluminum cylinder about 18 inches long and 3 inches in diameter with

what appears to be a nozzle at one end. This is a flare that is dropped from an aircraft to mark a position on the water. It contains a salt water activated composition which burns when exposed to the air; giving off a flame and large quantities of toxic smoke. Usually they sink to the bottom of the sea after they have burned themselves out, however, once in a while one will malfunction and be washed ashore. If they are handled or if someone attempts to take one apart, they can re-ignite, causing serious burns or a fire.

The big brother to the marker flare is the parachute flare which is also dropped from an aircraft and is used to light up an area. This flare is about 3 feet long, and 5 inches in diameter. Normally, the flare and canister is completely burned up before it reaches the ground or sea level. If you find one, you can be sure it has malfunctioned and it can still burn or blind you. As well as creating a very high heat, the flare is extremely bright, so bright, that to look at it at close range when it is burning can cause injury to your eyes.

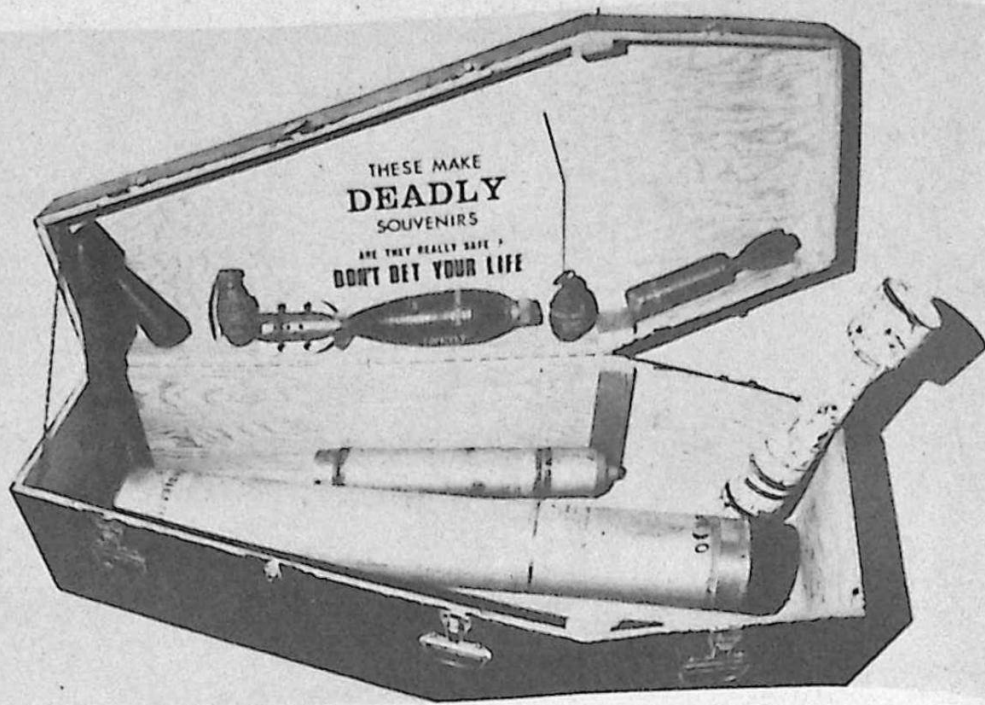
Commercial explosives such as dynamite, caps and

blasting cord have been used extensively to clear land, build roads and in the mining and logging industry. Occasionally some explosives are lost, or left behind when an operation is completed. The longer dynamite sits, the more dangerous it becomes, some must be neutralized before it can be safely moved. Detonators, regardless of age, are always dangerous. They can be set off by a sudden jarring or even the heat from your hand. That little harmless looking detonator is powerful enough to blow a man's hand off.

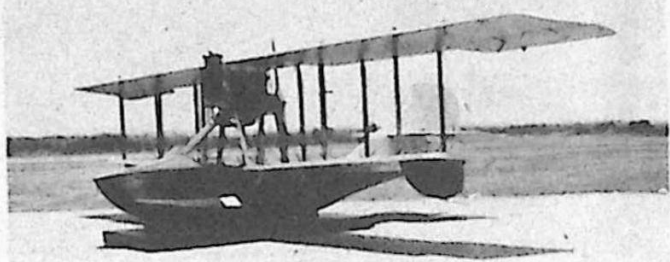
To anyone having, finding, or knowing the whereabouts of any explosive-type device, we strongly recommend:

1. DON'T TOUCH IT.
2. ADVISE RCMP POLICE AUTHORITIES OR ARMED FORCES MILITARY POLICE ABOUT ITS LOCATION AND DESCRIPTION.
3. PLAN ON BEING ABLE TO SHOW ITS LOCATION TO THOSE SENT TO DISPOSE OF THE ARTICLE.

Explosives are so final you seldom get a second chance to have an accident, the first one is usually the last!



"Seagull" in Museum



The "Seagull", a civil adaptation of the World War I Curtiss MF flying boat trainer, is in the National Aeronautical Collection, a Division of the National Museum of Science and Technology, in Ottawa. The aircraft was produced for the sportsman pilot and civilian operators requiring a reliable, three-seat, water-based aircraft. Changes from the military version included the fitting of a Curtiss, six-cylinder, in-line engine in place of the Curtiss, V-8 engine used in the MF model. The aircraft was acquired in 1968 from the Kensington Science Museum where it had been stored since its use in an expedition in 1924 and 1925 to northwestern Brazil. The National Museum of Science and Technology is one of the four national museums -- all located in Ottawa -- incorporated under the National Museums of Canada.

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Testing and evaluation

Fitness for everyone

EDITOR'S NOTE: The following is the second in a series of fitness articles forwarded to us courtesy of good old "Doc" Bardaly - our ESurg. They will provide the recipe ... It's up to you to provide the results.

The most precise measurement of the level of endurance physical fitness is the determination of the person's maximal oxygen consumption, or VO2 max.

VO2 max, also called aerobic power, is measured in millilitres of oxygen consumed per kilogram of body weight per minute (ml/kg min.). VO2 max. is best determined by working a person to his maximal physical effort while monitoring his consumption of oxygen. The latter is measured with an oxygen analyzer, a machine which measures the rate at which oxygen disappears from the inspired air that the person is breathing in through a tube in their mouth. The most accurate method of working a person is to use the treadmill, the same machine used for exercise stress testing for heart disease. The drawbacks of this form of assessment are that the machinery costs about \$10,000, the process takes about one hour to complete, and requires several highly trained staff, including a physician.

However, data collected using such sophisticated equipment have shown that the heart rate (pulse rate) response to exercise at various workloads correlates well with VO2 max. This correlation has enabled the development of several much simpler tests. There are many varieties of such tests, but those of particular interest will be discussed here.

The Bicycle Ergometer
Many fitness institutions use the bicycle ergometer. This process uses a stationary bicycle with variable resistance on the front wheel to impose a work load, and monitors the heart rate on an electrocardiogram while the exerciser works at 75 per cent of his maximum heart rate.

(Maximum heart rate will be discussed in the next section). Using tables developed from the correlation between heart rate and VO2 max., the latter can be determined. This technique is relatively accurate (although it underestimates the state of fitness) requires considerably less equipment and fewer attendants than the treadmill, and is less risky as the exerciser is only working at 75 per cent of maximum. However, it does take 20-30 minutes, and only one person can be done at a time. Nevertheless, it remains the most popular technique used by scientific and other institutions.

Canadian Home Fitness Test

Another less sophisticated fitness test was developed by Health and Welfare Canada in response to the recommendations of the Canadian National Conference on Fitness and Health in 1972. This test is also based on the exercise pulse rate as a predictor of physical fitness. The exercise consists of stepping up and down two steps (20 cm high) to music, the tempo increasing in seven stages for males and six for females. One's state of fitness can be predicted from the stage at which the maximum heart rate for age and sex is reached. The test has been assessed scientifically and has been found to be a safe and reliable predictor of the state of physical fitness. Recently a guide has been devised enabling the user to estimate his VO2 max. (state of aerobic condition) from his test results.

Although there have been objections raised on the reliability of the test and the possibility of errors from people taking their own pulses, these are insignificant in the light of the ease of administration and ready availability of this device. The fact that it can be administered by oneself in one's home is indeed a breakthrough. An exercise program to accompany the test has also been developed,

and this whole package, called the "Fit Kit", can be obtained at a cost of about \$6.00 from: "The Fit Kit", The

Mail Order Section, Printing and Publishing, Department
(Continued on page 9)

Chapel Chimes



RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) -
Telephone 339-2211
Loc. 274; Residence - 339-2162.

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 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.

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For more information on SRRSP or details on how to join, contact your SISIP/SRRSP advisor.

LT. HUGHES
Telephone Local 353

1st Lazo Beavers Blue Colony

We've only had one meeting in the new year as on Jan. 10th Mother Nature wasn't too cooperative. She huffed and puffed and blew all the snow around.

On Jan. 17th the Red Pack Cubs came to visit us. We had a night of fun-filled games. At this meeting the Cubs picked their Secondaries. They each received a special woggle.

Congratulations to David Cook, Ashley Slater, Teddy Vecquary and Charlie DeGruchy. Also congratulations to Mike Burgess who received a special woggle to wear. He is the Keo of the Blue Colony Beavers.

The highlight of the night was a Hula Hoop contest. Everyone did a swell job. I wonder who the strange hula girl was amid our group? Anyone have any ideas?

I'm sure all the boys had a good time and look forward to doing this again sometime. I'd like to thank the Ladies Auxiliary for serving hot chocolate and cookies to us. THANK-YOU!

Remember Beavers were going to the Comox Fire Hall this Thursday. So be on your best behavior.

Busy Beaver till next time.

Rusty

Protestant Chapel needs organist

St. Michael and All Angels Protestant Chapel is searching for an organist to replace Mrs. Edith Hoult who retired at the end of the year after many years of faithful service. The position involves playing for the choir practice on Thursday evenings and for the regular service of worship at 11:00 hours Sunday morning.

The chapel committee is in a position to offer a small honorarium for these services. If anyone is interested, please contact either Padre Coleman or Padre Clifton at 339-2211 local 273.

Operation Eyesight founder speaks at Protestant Chapel

On Sunday evening, January 27, Dr. Ben Gullison from "Operation Eyesight Universal" will be the guest speaker following a pot-luck supper at the Protestant Chapel.

Although a Canadian born in Yarmouth, N.S., Dr. Gullison has lived outside of Canada most of his life. Much of that time was spent in India where his parents were missionaries for 50 years. He attended an English Boarding School in South India, for ten years, as well as Acadia University in Nova Scotia and Edinburgh University where he graduated in medicine in 1932.

He and his wife Evelyn went to Sompeta, India in 1933. There they began general medical work in a small dispensary which, through the years, has gradually developed into what is now, a well known 125 bed Eye Hospital. Blind people, mostly destitute and speaking over

ten languages come from a radius of 700 miles. There during the last 40 years, over 120,000 blind eyes have been opened, through the dedicated work of the staff, all of them Indian nationals except Dr. Gullison and his wife.

The story behind the founding of "Operation Eyesight Universal" is an interesting one. In 1963, Dr. Gullison told the story of Arogya Varam Eye Hospital to a Calgary audience. A few businessmen there were impressed by the report. A week later they met and agreed to underwrite cataract operations for specific individuals at the extremely low cost of \$10.00 for each procedure. Even with inflation the cost of each procedure is now only \$25.00. Others heard of it and spontaneously asked to join. Eventually, with no promotion other than no-cost word-of-mouth, the idea of paying for individual operations began to spread

across Canada as "Operation Eyesight".

In addition to individual support "Operation Eyesight" receives contributions from many of the Protestant denominations, the Roman Catholic Church and Jewish and Hindu groups. The Rotary clubs have donated money for a mobile eye clinic while the Lions support an "Operation Eyesight Universal" hospital in Bangladesh.

Dr. Gullison is a dynamic speaker with an interesting story to tell. His photography is professional. His story of "Operation Eyesight Universal" will be of interest to all. Anyone who would like to hear Dr. Gullison speak on the project are invited to bring a dish of food and come to the Protestant Chapel on 27 January for 18:30 hours. This is intended as a family gathering.

Films will be provided in the Chapel Annex for the children. More information may be obtained from the Chaplains office at local 273. While reservations are not required the chaplains would appreciate knowing in advance how many plan to attend.

Base motorcycle club first annual New Year's day ride

A number of the members of the CFB Comox Motorcycle Club greeted 1980 in a style befitting all good motorcyclists; we went for our "First Annual New Year's Day Road Ride".

The purpose of the ride was billed "to pool our pity for our comrades in colder climates", as we truly do feel sorry for those unfortunate riders who must park their machines in October and endure 4-wheeled transportation until late April or May.

Thirteen hardy souls and true, on ten bikes, left the Auto Club area at 1:00 p.m., basking under a blazing sun. We knew it was blazing because some of the light even penetrated the thick overcast. By the time we stopped in Courtenay to top up tanks, it was obvious that we might be blessed with some of B.C.'s famous liquid sunshine. Before the trip was over, it was time for rain gear!

Upon reaching Tsolum School, one of our number had the misfortune of proving once again that dirt bikes are designed for dirt riding and not highway riding. His engine was distressed to the point where it refused to rotate.

The management and staff at Smitty's in Campbell River must be accustomed to the strange clothing sometimes necessary to bikers, because none of them batted an eye as we did our strip act before having our coffee. Not all of the customers were so well seasoned.

By the time we finished coffee, a lovely scotch mist was floating down from the sky; the very thing to drive away any cobwebs remaining from the night before.

A pause here for a moment's reflection for those poor people in the East whose bikes are and will be parked in snowbanks for the next few months. Oozing sympathy from every pore, we made the quick run back to the beautiful Comox Valley and so to home.

Now that our first run of 1980 is history, we are planning a very active year. Several rallies, a moonlight ride and perhaps some tours are "under study". Our next event will be our April Fools' run on Sunday, March 30th (well, what did you expect?).

Watch this space for a meeting in March and for other Club activities.



Alaska and Siberia have the dubious - and surprising distinction of having probably the highest mosquito content per cubic foot of air.

1st Lazo ladies auxiliary

The ladies of the 1st Lazo Ladies Auxiliary for Beavers, Cubs and Scouts held their first meeting of the new year. There were 17 ladies present. The main topic of discussion was Bazaar.

It's BAZAAR time again and we hope everyone will step forward and give us a helping hand. You don't have to have any talent to do this, only donate your time and yourself. If anyone has any special talents in craft or anything else would you please share them with us. This makes for a better Bazaar. Remember all the money we make at this Bazaar goes towards our boys.

Our BAZAAR will be held on March 15th in the Airport School Gym, from 2-4 p.m. We need donations of pies for our Tea Room and also workers to work in the Tea Room. If you can do anything to help us please call SUE DODGE at 339-5282.

We have a list of names for drop off points for articles to be used in the Bazaar. These points are as follows:

Marg Horton PMQ 58 339-2607
Leslie Lewis PMQ 109E 339-6140
Donna-Lee Kuntz PMQ 94 339-5877
Diane L'Arrivee 1376 Essex Rd. (off Ryan Rd.)
Janet Edwards 612 Pritchard, Comox 339-6861.

We are holding a workshop at the home of Barb Lamoureux on Essex Rd. off of Ryan Rd. This will be held on Jan. 30th at 7:30 p.m. Barb is also willing to pick anything up that you have for the white elephant table. You can call her at 339-4114. We would like to see as many women out to our workshop as possible. The more we have the less work it is for one person.

A Special THANK YOU to Aline Leger for coming to our meeting on Wed. night and showing us how to cover coat hangers. It was greatly appreciated.

Our next regular meeting is Wed., Feb. 20th at 7:30 p.m. in the Prost Church. Everyone is welcome to come. Let's see a few new faces.

Everyone please think BAZAAR, BAZAAR, BAZAAR, and do come out and support your boys, if you don't do it, WHO will

—PMQ PREAMBLE—

Attention PMQ residents:

ATTENTION PMQ RESIDENTS: Needed IMMEDIATELY is your help to maintain the summer programs for our children. The only way to help this situation is to say yes to a 50 cent raise in the PMQ taxes. Isn't it worth 50 cents extra to insure you that your children will be occupied this summer with educational things to do besides keeping Mom company. ALL day? Fifty cents really isn't too much to ask, especially for what is being offered. This raise in the PMQ taxes will be used for the

summer and on into the winter programs. PLEASE, vote Yes when the issue is put to you, we need your support.

This article is directed at the residents who continually ignore the plea for plastic filled garbage bags NOT to be set out on the streets without being placed inside a metal or plastic CAN. It seems like the people who set their garbage out in plastic bags do not care about the appearance of our community, but there are a lot of us who do care. In this specific case the pen is not mightier than the sword.

There have been quite a number of articles written asking you, inconsiderate plastic bag users, to quit placing your garbage in plastic bags, alone, but the articles seem to infuriate the plastic bag users even more. From now on there will be pictures along with the addresses of the scattered garbage. If words will not help to eliminate this garbage problem, maybe plain old embarrassment will. Nine times out of ten the scattered garbage always ends up in a considerate neighbor's yard.

Attention pet owners:

ATTENTION PET OWNERS: A lot of you dog and cat owners are forgetting, or just not caring, that your pets are not allowed to run free regardless of what hour of the day or night it may be. Your pets are restricted to your yard only.

The dog catcher is making his rounds once again in the PMQ area and he will apprehend your pet if they are running loose, cat and dogs both. If there are any stray dogs or cats please call Comely Kennels at 338-6960. Pet owners if you curtail your pet to your own yard you can eliminate neighbor com-

plaints and dog-cat catcher's fines.

If there are more than 3 complaints, either verbally or written, against a pet owner the owner will be told not asked to get rid of their pet. So, take heed pet owners and

keep your pet at home.

If there is anything that you would like to have published in the Totem Times please contact J. Freeman at 339-6087, PMQ Publicity Council.

Wives club

The Warrant Officers and Sgt's Wives Club held their meeting January 14th. After a short business meeting, members were addressed by Major Brygadier on the subject of pensions and benefits to dependents. It was a most interesting presentation, and most beneficial to all members.

Our next meeting will be February 11th, entertainment will be Bingo games and a Wine and Cheese Party.

Members are requested to wear something red in keeping with Valentine Day.

Fitness for everyone

(Continued from page 8)

of Supplies and Services, Ottawa, K1A 0S9.

The 12-Minute Test

In looking for a fitness assessment amenable to mass testing, Dr. Ken Cooper developed the 12-minute run walk test. This test was developed by measuring the state of physical fitness of a study group on a treadmill, having these same subjects run walk at maximum speed for 12 minutes, then correlating the distances for the latter with their measured VO2 max. In this fashion he devised a table correlating the two sets of values which can be utilized to place the candidate into Very Poor, Poor, Fair, Good or Excellent categories of fitness depending on the distance covered.

The One and One-Half Mile Run

In order to test even larger groups, such as the USAF, Dr. Cooper developed the 1 1/2 miles. The test, then, is simply running against the clock over the set distance. Again there are the same five fitness categories depending on age and sex; his her fastest time will indicate which category of fitness the runner falls into. In a similar fashion, the 2 mile walk and the 750 yard swim were developed. These three tests are the ones utilized by the Canadian Forces to assess the state of fitness. They were chosen for their ease of administration, the fact that they can be used for large groups, no special skills are required to perform them, and they are fairly accurate.

Achieving Endurance Fitness

Now that you know how to measure your level of endurance fitness, let's discuss how you can improve it. Heart rate (pulse rate) is the key to monitoring adequate training. For every individual there is a maximum heart rate which varies with age, and does not change with the state of

physical fitness. To achieve endurance fitness - the "training heart rate" roughly 75 per cent of the "maximum heart rate" should be maintained during training periods. An easy, two-part formula has been developed to determine the so-called "training heart rate": 1) 220 - age (in years) equals "maximum heart rate" for age; 2) "Maximum heart rate" x 75 per cent equals "training heart rate" (beats per minute).

Such a determination is an approximation and should be used as a guide. However, a pulse less than 160 - your age in years is of little benefit in achieving fitness, and, the closer you are to your training heart rate, the faster will be the road to fitness. Thus, for a 20-year-old, the maximum heart rate would be 220 - 20 equals 200 beats per minute; the training heart rate, 200 x 75 per cent equals 150 beats per minute.

Now that you have the key, how do you open the lock? It's a two-stage affair: 1) Your "training heart rate" should be maintained for at least twenty minutes per exercise session, and 2) the sessions should be every other day, at a minimum. Thus we have a three-letter mnemonic for endurance fitness training - P.D.F. where: P equals pulse - 75 per cent of maximum for age, or training heart rate; D equals duration - at least 20 minutes per session; F equals frequency - at least every other day.

The three requirements of P.D.F. are obviously not going to be filled by all types of exercise. The ones that do are exercises that by and large involve a lot of repetitive muscular activity, especially of the large muscle groups of the legs. The term "aerobic" is used to describe such exercises.

Aerobic Exercises

The following activities are, by virtue of their nature, aerobic exercises. The order

that they are listed in is an approximate order of their value to endurance conditioning. They are: 1) Cross-country skiing; 2) Jogging; 3) Cycling; 4) Swimming; 5) Walking; 6) Dancing.

Obviously, the value of any one of these will depend largely on the intensity with which it is carried out. However, on the average, it is easier to raise your pulse to a training level with the activities higher on the list, than with the ones lower down. A few comments about each of these activities is appropriate.

For ease of taking, the pulse is best felt over the carotid artery which can be found on the neck just behind the angle of the jaw. When you exercise it will be easily felt with very light touch. The artery should not be pressed hard or massaged while the pulse is taken.

Next Issue ... The Aerobic Exercises ... In Depth and Starting your Program.

SAFETY DO'S AND DON'TS

DON'T delay too long before you use your turn and brake signals. The sooner you get them on, the more chance you have of letting others on the road know what you're going to do.

DO use your headlight at all times. Even in daylight, it can help you be seen.

DON'T position your motorcycle in the blind spot of the driver ahead. This is usually on the left and fairly close in.

DO try to make eye contact with automobile drivers to help you make sure they know you are there.

DON'T forget to wear reflective items, especially at night. Put some on your helmet's back and sides, on your cycle and on your clothing.

DO get a free reflective decal, available from the Motorcycle Safety Foundation, Department NA, 6755 Elkridge Landing Road, Linthicum, Maryland 21090.

CNA TOTEM TIMES

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