

# Adm. Falls sees 'money' as number one problem

ADDRESS BY  
ADMIRAL R.H. FALLS,  
CMM, CD  
CHIEF OF THE  
DEFENCE STAFF  
TO

THE ANNUAL MEETING  
OF THE CONFERENCE OF  
DEFENCE ASSOCIATIONS  
THE CHATEAU LAURIER,  
OTTAWA

17 JANUARY, 1980  
Mr. Chairman, Ladies and  
Gentlemen:

The weekend before last I  
re-read the speeches I have

made to you since I was appointed as CDS in 1977. I noticed that I have usually tried to give you a thumb nail sketch of those things in which I know you are all interested, and to give you an up-to-date estimate or perhaps what I could call a fearless forecast of what I expected to be the future of the Forces: Regular and Reserve.

But over and above that I have consistently stressed some major themes. This year I am making my last

speech to you as CDS and I want to re-emphasize the importance, to my mind, of some of the things I have said before.

I said to you, exactly a year ago tomorrow, that I thought that the public appetite for government services had outrun the capacity of government to pay for them — not only in Canada, but in the Western World as a whole. I told you that I thought that we had already entered a period in which every public ex-

penditure was going to be questioned and in which austerity would become a way of life in every area of public affairs.

And you will remember that I asked you as forcefully as I felt proper, to go out and educate the general public, the media, and the politicians, on Defence. I asked you to use your experience, your intelligence, and your positions in society to educate all Canadians, to explain to all Canadians why the insurance

policy of an adequate Defence is worth every dollar of the premium.

What I asked you to do could not, of course, be done in one year or even two or three. It is in fact a never-ending and often frustrating task. But you ladies and gentlemen here today know that there is no alternative to an educated, intelligent public if the democracies are to avoid making the terrible mistakes of the past, in the new and potentially catastrophic

circumstances extant today. It is an unfortunate fact that you will probably find it easier to gather a ready and sympathetic audience today than at any time in the whole of the last decade. The general sense of unease at Russia's massive and continually increasing military strength was crystallized in the NATO Long Term Defence Program and the agreement to increase Defence budgets by 3 per cent which was reached in Washington in 1978 by NATO

heads of government. But the necessity for this increase in our Defence effort was never truly felt (at the emotional level) by the general public until the last few weeks.

The Russian invasion of Afghanistan under the ludicrous pretext of helping the Afghans to defend themselves against external imperialist aggression was, and is, so blatant and ruthless a use of military power that only the most devoted apologists for Russia's

policies can avoid the lesson to be learned — the lesson that weakness, or perceived weakness, in any area, will be exploited to the full by the USSR.

The fact that Afghanistan occupies an enormously important strategic position with respect to our vital oil supplies and adjoins the Indian sub-continent makes the present situation much more threatening, much more

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## TOTEM TIMES

Married life is like sitting in a bathtub. . . after awhile it's not so hot!!

Vol. 22 NO. 3

CFB COMOX TOTEM TIMES

THURSDAY, FEB. 7, 1980

NO CHARGE



### 30,000 runs

W.O. P.P. (PETER) MORIN recently received a plaque to mark the occasion of his 30,000 radar approach. W.O. Morin is only the third controller in the history of Canadian Military Air Traffic Control to achieve this number of radar approach. Col. B.T.

Burgess, BComd., flew the 30,000th approach and then presented the plaque to W.O. Morin, Maj. K.D. MacDonald, BATCO, and CWO J. McManus, WO I-C ATC, joined Col. Burgess to offer their congratulations.

## Sharp lookout pays off

VICTORIA — The keen eye of a ship's lookout aboard the Operational support ship HMCS Provider was responsible for the scooping out of rough seas a 15-metre pleasure boat 140 kilometres north of San Francisco on Jan. 8.

Standing as lookout while Provider was steaming southward in 16-to-24 metre seas, Leading Seaman Steve Wilcock spotted the pleasure craft "Ding Kuai Le" bouncing around about 2,000 metres from the ship.

Captain (N) Rip Kirby ordered the launching of the ship's Zodiac inflatable with two divers, Warrant Officer

Chris de Rosenroll and Able Seaman William Phillips, aboard. The divers determined there was nobody on board the vessel, and battling the rough seas, brought her to the side of Provider.

Two other divers, Petty Officer Ben Seminiuk and Petty Officer Ernie Peaker, then took over and placed slings around the pleasure craft. Under the direction of Chief Petty Officer Norman Bone, the chief bosun's mate, the vessel was hoisted aboard with the aid of a helicopter crane.

Valued at \$100,000, the pleasure boat was owned by William E. Tegart, who lives

on the Hawaiian Island of Maui. Tegart was having the boat transported to the Hawaiian Islands from Portland, Oregon, when it, four other boats, a swimming pool and a cargo of lumber slipped off a barge into the sea during a storm.

The "Ding Kuai Le" had apparently stayed afloat for about a week because a sump pump continued working.

Crediting Chief Petty Officer Bone with co-ordinating the entire effort, Captain Kirby was proud of his crew. "The whole operation was done in an hour.

I'm really impressed with my gang."

After notifying the United States Coast Guard and the Canadian Forces Rescue Co-ordination Centre at Canadian Forces Base Esquimalt, B.C., the Provider was ordered to bring the vessel back to home port in Esquimalt.

The boat was removed on Jan. 18 and placed in secure storage. Authorities are now working out details of the salvage claim — a part of which may be turned over to the Canadian Forces, and maybe even to Provider's ship's fund.

## Major changes for CF personnel on posting

Approval has now been received for major changes and additions to removal expenses and assistance provided members of the Canadian Forces moved from one place of duty to another at the request of DND.

During 1978 the pay studies team was deeply involved in a study of all DND policies and benefits with regard to the relocation of military personnel and their dependants, furniture and effects. The study has encompassed the variety of circumstances that exist for relocations of the military within Canada as well as outside. Relocation benefit norms within the private as well as the public sector were examined and in addition the views of commanders of commands as well as a variety of NDHQ Directorates and other sources were solicited and considered. Recommendations were made bearing in mind that comparability with policies in effect for the public service is a basic guideline; however recognition of conditions that are uniquely military has also been given. It was in this context that the study was conducted.

A continuing requirement exists for the Canadian Forces to maintain a high level of mobility of members to satisfy its objectives at home and abroad. Strong evidence indicates that the financial consequences of relocation at this high a frequency has a great impact on the service man and his family today. As a consequence, it is important that assistance offered by DND on relocation must reflect the needs of the service and its members and not detract from this overriding requirement for a high level of

mobility. After consideration of policies applicable to the private sector and the public service, and in view of recommendations received, recognizing the uniqueness of the military, the following changes have been approved.

**HOUSE HUNTING TRIP (HHT)** — An HHT prior to COS date has been approved for personnel posted within Canada and from USA to Canada. HH is introduced in response to a strong desire expressed by CF personnel for spousal involvement in the selection of accommodation at the new place of duty, to reduce periods of family separation and extended interim lodgings and to facilitate door-to-door moves on COS date.

The HHT package provides for return transport for member and spouse plus up to five days of interim living expenses and three days car rental expense.

A feature of HHT is flexibility to accommodate the variety of military and personal circumstances which allows spouse to join member after COS for HHT and both to return to accomplish move of DF and E among other options. Posted personnel should consult CFAOS for information on other options available.

HHT is not approved for members who apply and are provided with an MQ; however, when an MQ is not available, HHT may be undertaken without jeopardizing MQ list position. To provide advance indication of MQ availability, application has been increased to 60 days prior to COS with protection for those receiving less posting notification.

This is a significant new

benefit that unless great care is exercised could cause a large increase in expenditure. It is emphasized that as the gaining Base or Station Comdr is in the best position to ensure effective use CMM authority to authorize

HHT has been delegated to him. Imperative that he exercise particular care to ensure that his authorization of HHT will result in better move for the member and reduce necessity overall for interim lodgings and meals. Experience in other government departments shows that, without advanced preparation, HHT can be wasted. To ensure success of each HHT, gaining Base or Stn Comdrs who approve HHT have been requested to provide information assistance sponsor package for posted personnel. Additionally to facilitate door-to-door moves, reporting dates may be adjusted plus or minus 30 days of COS date by mutual agreement of losing and gaining Base or Station without NDHQ approval.

HHT is also available for single personnel where R and Q are not available. Here again great care is essential in ensuring HHT objectives are achieved at reasonable cost.

**MOVEMENT GRANT** — The basis of entitlement to movement grant is changed to weight of F and E moved on posting and is based upon an average of incidental expenses over a succession of moves with rates established at the same level for all ranks.

Movement of more than 2,000 lbs. F and E qualified for the maximum grant of 500 dollars and 150 dollars for moves involving storage of the same amount of F and E. Expenses for local moves as well as those under 2,000 lbs. F and E are reimbursable on the basis of actual and reasonable expenses supported by receipts.

**SEPARATION EXPENSE** — Separation expense for personnel in instances where DND rations and quarters are

not provided has been increased and restructured to address inflationary increases in shelter and food costs. New rates provide for expense of semi-permanent accommodation equipped with cooking facilities.

Actual and reasonable cost supported by receipts when approved by the CO is reimbursed up to approximately \$75 dollars per month for commercial accommodation and approx. 130 dollars per month for non-commercial. Additional meal expense of approx. 175 dollars per month is paid without receipts.

**UNACCOMPANIED BAGGAGE ALLOWANCE (UBA)** — UBA for personnel and dependants posted to CFE and other places outside of North America where move of F and E is prohibited has been increased and restructured to allow greater flexibility for the CF member. New UBA entitlement is expressed as the total of weight carried West to East plus East to West for each posting with member selecting the amount to be carried on each leg.

Following is the new UBA entitlement:

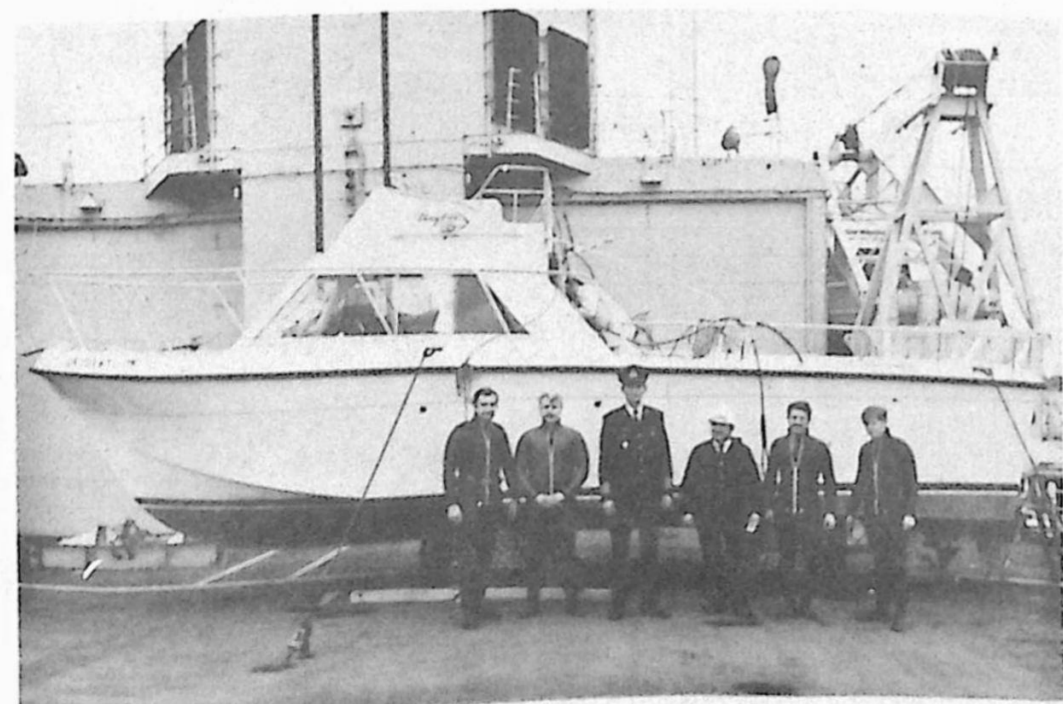
- a. Officer or Man — 1550 lbs.
- b. 1st dependant — 1000 lbs.
- c. Each additional dependant — 775 lbs.
- d. Plus 25 per cent of above weights for packing materials and containers. Example for family of four — total of East plus West — 5125 lbs.

In order that personnel now overseas may benefit from these increases immediately, fixed weights for the return to Canada which include 25 per cent for packing and containers have been established as follows:

- a. Officer Man — 1500-1600 lbs.
- b. 1st dependant — 475 lbs.
- c. Each additional dependant — 675 lbs.

Personnel now overseas are presumed to have taken their full entitlement eastbound; however, those who can produce satisfactory

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"Ding Kuai Le"

## Project Dogwood

OTTAWA (CFP) — The director of Business Programs, Camosun College, Victoria, B.C., Brian Killip, recently announced the opening up of 1980-81 Project Dogwood courses at Camosun College.

Project Dogwood is a full time course of studies designed especially for retiring servicemen and giving credit for military experience. In essence, the advanced credit allows a student direct entry to the final year of the Business Administration course and an associate of Arts Diploma. For the 1980-81 academic year, 15 student places have been set aside for retiring servicemen under the

sponsorship of Canada Employment and Immigration Commission.

There will be four course options offered under Project Dogwood this year: Accounting, Finance, Marketing and Hotel and Restaurant Management. Successful completion of the course opens the door to a variety of career opportunities; for example, Accounting students can transfer to RIA (Society of Management Accountants) or CGA (Certified General Accounts) programs and receive advance credit for their work at the college. The Finance option will train students for careers with Credit Unions, Real Estate

and Banking. Marketing graduates can explore careers in selling, advertising and public relations. The Hotel and Restaurant Management program trains student for employment in the Hospitality and Tourist Industry.

Project Dogwood is a program of the DND sponsored Second Career Assistance Network (SCAN), which means that retired servicemen selected for the course are eligible for financial assistance. Final date for applications is 15 February 1980. Course starting date is 21 April 1980. Anyone interested is invited to contact their Base Personnel Selection Officer.

**TOTEM TIMES**  
Next Deadline  
Monday, Feb. 18th  
12 noon sharp

All correspondence to:  
**THE EDITOR, TOTEM TIMES**  
CFB Comox, Lazo, B.C.  
or through CR Mail

# CFB section news

## Nighthawks nest

NPI (Nighthawk Press International) July 17, 1984 - An announcement was made today concerning the further postponement of a decision on the New Fighter Aircraft for the CAF. At a press conference in Ottawa, spokesman Andrew Vaccilate told the gathering that it was a difficult decision to reach, but was one that had to be made due to a variety of reasons of which the public is generally unaware.

"To begin," he stated, "the people must realize a few fundamental factors involved in our arriving at this decision. In the four years since 1980, due to increasing costs and spiralling inflation, the number of aircraft available within our purchasing guidelines has been reduced to seven. We do however, feel that this is an adequate force with which to accomplish our objectives - as long as the aircraft are truly multi-role, and with this in mind have delayed our decision to enable the NFA committee to explore the prospects of fitting agricultural spray bars to the five airplanes on our current short list."

He paused to dodge a cabbage and continued, "I realize a number of people feel the NFA is long overdue, but this doesn't relieve us of our duty to move judiciously in the matter."

Opposition critic James Waffle was unavailable for comment at the time, but this reporter tracked him down vacationing in Tijuana, and interviewed him over a dinner of uncertain origin (I was told it was fried Burro, but all I know is that it looked like something we wouldn't even go swimming with back home!).

NPI - Mr. Waffle, is it possible to solicit a comment or two on the recent decision to once again postpone announcement of the NFA?

Mr. W. - (between mouthfuls) - Overdue! Long, long overdue!

NPI - Yes, I think many people believe we could use a new airplane in our inventory.

Mr. W. - Not the airplane boy; the postponement! If they had waited just a couple more days we'd be sittin' here stuck with a new fighter on our hands. Then the Russians would start takin' notice and pretty soon everyone would be nervous as a long-tailed cat in a room full of rockin' chairs. Nosiree - we're better off as we are now.

NPI - Uhh...I see.

Mr. W. - Now if you'll excuse me, son.

So it appears at this time that the Armed Forces will not receive an answer on the NFA until the late fall. This of course raises the possibility of fund cutbacks, as the timing

of the announcement will correspond closely with the other major military expenditure since 1980 - the felt insole replacement program.

On the squadron level, we'd like to welcome Jake Jacobson back from Staff School, who returned a few pounds heavier and much more well versed in Volleyball. Jake tells us he enjoyed the course very much and found it generally rewarding (he should be careful of such comments on Staff School, as it is grounds for institutionalization in eight provinces).

On the social scene recently, a huge double-header hosted by LCol and Mrs. McAffer was undoubtedly the highlight. The party spanned the nights of the 25th and 26th, and by the amount of food and liquor consumed was an excellent example of living by the precept, "everything in moderation" - including moderation.

Rick Z. managed to attend despite having banged, bruised and brutalized his body on the slopes of Mt. Washington all day Friday (yeah, yeah, I know Marge - we try and get 'em to show up at work, but give "B" flight an inch and they'll take yer back yard, y'know?). He managed to assuage the pain somewhat with a liberal application of liniment and Bacardi until his wife decided he should suffer some agony for not taking her skiing, and put a tourniquet on the rum bottle.

Because he was on a diet, Lynn H. had a difficult time resisting the tremendous meal on hand (it was tough on the rest of us as well - trying to get by Lynn with a plate of food is like trying to sneak sunrise past a rooster). Our gracious hostess helped out here by serving Lynn only lettuce. At last tally he had polished off forty pounds of the stuff.

Finally, we are pleased to announce the January winners of the 409 Squadron Reunion Club Draw. January 12th saw Capt. Gary Soule from Moose Jaw win the first \$100 prize, followed by Col. Found of Colorado Springs a week later. Pte. Joanne Stoeckl was our first Comox winner on the 28th. (C'mon over Joanne, we're right across the hall and our coffee is only \$1.85 per cup.)

There are, by the way, still some 409 Club tickets remaining (at reduced cost), so help us make our Squadron Reunion a big success.

Goodbye for now from 409, and as we start looking forward to Spring I'd like to leave you with a philosophical question in keeping with the weather - where does the white go when snow melts?

Norman

## Team work safety

Teamwork Safety is a special two-year campaign of emphasis on safety and accident prevention throughout DND. It began in April '79 and embraces all personnel, military and civilian and activities. During this campaign each Command, formation, base, station or unit is expected to take positive action to reinforce their safety program on a teamwork basis.

The campaign has been divided into six phases, each of four month duration. The first phase called for a review of safety program management to ensure that the objectives meet the local need and are effectively organized. Subsequent phases focus on safety training, accident investigation and

reporting, safety standards, safety inspections and protective equipment.

Like all campaigns, orders and regulations, the success of Teamwork Safety depends upon the impact at the working level. For this reason, extensive use is being made of the DND General Safety Digest magazine, safety posters and base newspapers to get the initial information out.

The actual programs at CFB Comox operate through the line organization. The safety responsibilities of Line Officers, supervisors and individuals are detailed in articles 205, 206, 207 and 208 of Chapter 2 of DNDP 40, Volume 1.

Safety responsibilities - do you know yours?

SAFETY SAM

## Francophone

Francophones, either military or civilian, face an unfamiliar environment when arriving in the Comox Valley. The problem is especially serious for the dependents of the service members. Many of the younger wives do not speak English and are left without contacts within the community for many months until they finally get to know other francophone families or start being capable of communicating in English before they can resume a decent social life.

Recently, a group of service members and civilians got together to seek a solution to this situation. It was recognized that individual efforts often proved unsuccessful, (for example: no English course available) and that an association representing the francophone population of the Base and the area in general could provide many services to newcomers, and represent them at the provincial association. Accordingly, the "ASSOCIATION FRANCO-PHONE DE LA VALLEE DE COMOX" was formed with an executive composed of service members, wives and civilian employees.

The aims of the association are:

a. Help francophone families to settle in the Comox Valley;

b. Representation to the Francophone Association of B.C.;

c. Representation to the CRTC to receive radio and television in French in the Valley and Powell River area (some areas of B.C. with a smaller french population already receive the service); and

d. Organize social events for the entertainment of its members and guests.

It must be emphasized that this is not a political movement and no action in that field is contemplated. The association is not trying to disturb the social balance in

the area, but merely make life for non-English speaking families even more pleasant. The executive is composed of volunteers who work for the association during off-duty hours. Finally, it should not be regarded solely as a military organization since it is designed to help non-military families alike.

The next meeting will be held at Airport School on February '80 at 1900 hrs. All members and other interested persons are invited to attend.

The TOTEM TIMES and the Free Press will feature an article on the association in their current and future issues.

For more information, you may contact our President, Mr. Bernard Leblanc at 338-5947, or Miss Nicole Cantipia at 338-8012.

Michel Bourdus,  
Serge Wong



IT'S BEEN A very good year for Brad Gurmin, he just received his promotion to CPL and he is also the proud father of a little boy. Sean 7 lbs. 12 oz. Congratulations to Julie and Brad from everybody in the Hall.



176 YEARS OF SERVICE. Colonel B.T. Burgess, Base Commander, recently presented clasps to the Canadian Forces Decoration (CD) to eight servicemen who collectively represent 176 years of service in the Canadian Forces. Front row left to

right: WO L.A. Blais, BComd, Sgt. G.M. Gilbert, Sgt. R.T. Dobie. Back row left to right: MCpl. G.A. Kehoe, Cpl. R.I. Davis, MCpl. T.G. Steele, Cpl. J.B. Lavigne, and MCpl. B.W. Miller.

Photo by Base Photo

## OFFICER'S MESS ENTERTAINMENT

### ENTERTAINMENT FOR FEBRUARY

#### FRIDAYS, FEBRUARY 15 & 29

Regular TGIFs - 1700 - 1800 hrs.

#### FRIDAY, FEBRUARY 8

OLD UNIFORM NIGHT - mixed TGIF.

Music: Disco. Dress: Old Uniform or Casual.

Menu: Chinese Smorg. Self Serve.

NOTE: Food available 1700 - 1900 hrs. Cost: Nil.

#### SUNDAY, FEBRUARY 17

CANDLELIGHT DINNER

Dress: Informal - Adults only please.

Menu: Tossed Salad, Filet of Sole, Sherry Consomme.

(a) Veal Cordon Bleu.

(b) Prime Rib of Beef au Jus, Yorkshire Pudding.

Assorted Dinner Vegetables, Dessert: Chocolate Eclairs, Assorted Cheeses.

RESERVATIONS and Menu (a) or (b) to mess Manager by 1300 Wednesday, Feb. 13.

Also inform Mess Manager if you want seating for a group of 7 or more.

#### THURSDAY, FEBRUARY 21 - NOTE DATE CHANGE

TGIC OPEVAL 80

Two Kegs of Draft Beer Free from 1630 hrs.

Food: Beef on a Bun, Dip & Chips.

#### COMING EVENTS:

MEDIAVAL NIGHT - March 22.

Costumes a must, so get them ready now.

## BASE THEATRE SCHEDULE

CFB COMOX

Thur 7 Feb 80  
Fri 8 Feb 80

Sat 9 Feb 80  
Sun 10 Feb 80

## WANDA NEVADA

Peter Fonda - WESTERN

Brook Shields

Modern Day Western

Show time: 2000 - 2150 hours

Thur 14 Feb 80  
Fri 15 Feb 80

Sat 16 Feb 80  
Sun 17 Feb 80

## MOONRAKER

Roger Moore - Richard Kiel  
JAMES BOND

Show time: 2000 - 2205 hours

SUPPORT YOUR BASE THEATRE  
AUTHORIZED PATRONS ONLY

## Centralia reunion

A reunion of personnel and their spouses who were stationed at RCAF Station Centralia for any period between 1949 and 1966 is planned for the weekend of 9 August 1980 at Canadian Forces Base Trenton.

For further information write to RCAF Centralia Reunion, P.O. Box 48, Astra Ontario, K0K 1B0, or contact Major Roger Patey at (613) 392-1807, or Joe MacDonell at (613) 962-6062.

## Jr. Ranks Club

### ENTERTAINMENT

FEB. 9 - "Disco" by Peter May. Admission: Members \$1.00  
Guests \$2.00

FEB. 16 - Our Valentines Dance with the Band "Chaser" from Vancouver. Admission: Members \$2.50  
Guests \$3.50

#### MOVIES:

FEB. 11 - "A Little Romance". Laurence Olivier,  
Sally Kellerman.

FEB. 19 - "Main Event". Barbra Streisand, Ryan O'Neal.

BINGO'S - On Wednesdays in the Lounge at 2000 hrs.

T.G.I.F. - Held in the Annex on Fridays. Food 1800.  
Games 1900 hrs.

PIG & WHISTLES - Call our Entertainment Number.

FOR UP TO DATE ENTERTAINMENT INFORMATION  
PHONE 339-5212.

WO's & SGT MESS

CANDLELIGHT DINNER/DANCE

16 FEB. - Time 1900 Hrs.  
Veal Cordon Bleu and Wine.  
BAND: "Alley Cats". Semi-Formal.  
\$25.00 Couple. \$35.00 Guest Couple.  
Seating Plan & Tickets from Mess Mgr.

FEB. 24

Movie - "Main Event"  
Barbra Streisand - Ryan O'Neal

FEB. 29

T.G.I.F. - 1630 to 1730 hrs.  
MIXED T.G.I.F. - 1900 Hrs.  
★ Disco Music ★  
Relaxed Dress (No Blue Jeans)

EW

Courtesy

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

Thurs. to Wed. - Feb. 7, 8, 9, 11, 12, 13

Fri. & Sat.  
6:30 & 9 p.m.

Marlon Brando  
Martin Sheen

Apocalypse Now

United Artists

"Violence throughout"  
-B.C. Dir.

Thurs., Fri., Sat. - Feb. 14, 15, 16 - Jonathan Winters  
"THE FISH THAT SAVED PITTSBURGH"  
"Occasional coarse language" -B.C. Dir.

Mon. to Sat. - Feb. 18, 19, 20, 21, 22, 23  
Walt Disney's "THE BLACK HOLE"

Van Isle

Campbell River

Thurs. to Wed. - Feb. 7, 8, 9,  
11, 12, 13 - The WHO in  
"THE KIDS ARE ALRIGHT"

MATURE

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

Thurs. to Wed. - Feb. 14 to 20  
Fri. & Sat. - 6:30 & 9:00 p.m.  
"APOCALYPSE NOW"  
"Violence throughout"  
-B.C. Director

# ARAF promotions



CPL. MADELAINE BORNH

Base Photo Opl Hofmann



CPL FLORENCE CHIASSON

Base Photo Pte Bowman



CPL PAT PFEFFERLE

Base Photo Cpl. Hofmann



CPL. LYNNE ROUX

Base Photo Pte David Bowman

Did one of your men get promoted? Send pictures to Totem Times through C.R.

## Classifieds

TOTEM TIMES IS YOUR WAY TO MAKE YOU KNOWN.

### Services Offered

#### DOLLY'S CRAFTS AND JOKES NEED YOUR HANDICRAFTS

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

#### Western Canada School of Auctioneering Ltd.

Canada's first and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act, R.S.A. 1970 C.366. For particulars of the next course write: Box 687, Lacombe, Alberta or Phone 782-4215

#### Coming to Victoria?

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

Baz Pharaoh  
Ex 407 SQN retired  
of J.H. Whitmore & Co. Ltd.

4520 West Saanich Road, Victoria, B.C. Office 604-479-1667 (24 hrs.). Home 658-8449.

### For Sale

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

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

Are you moving to Ottawa? House for sale: 3 bedroom townhouse, eat-in kitchen, dining room, large living room, 1 1/2 baths, finished rec. room. 5 min. drive from CFB Uplands, close to shopping centre. Asking \$39,000. Write to P. Krayer, 255-2270 Cotters Cr., Ottawa, K1V 8Y6 or phone 613-521-9798.

For Rent Storage facilities for people who have everything except space to store it! 2641 Kilpatrick Avenue, Courtenay, B.C. Call: 338-1052. Driftwood Mini-Storage.

**WANTED TO PURCHASE** CF pattern Mess Dress size 5'10" 165 lb. Must be in good condition. Phone Tom Burns, Nanaimo 758-9400.

**HELP WANTED** Additional staff required for Income Tax Preparation. Experience useful but not essential. Write Budget Tax Service Ltd., P.O. Box 250, Nanaimo, with resume. Staff required in Courtenay and Campbell River.

**FOR RENT** 3 bedroom home, wall to wall carpeting throughout, fireplace and patio, full basement, rec. room, shower and extra bedroom downstairs. Fully or partially furnished \$350 per month plus damage deposit. Responsible working adults only need apply. One or two children welcome. Ph. 338-8970 after 6:00 p.m.

**FOR RENT** House in Courtenay, 1/2 mile from Courtenay Elem., 1 mile from Lake Trail Jr. Sec., 2 bdrm. upstairs, 2 bdrm. downstairs, finished family room, 2 fireplaces, utility room and shop. Fenced yard, garden, paved driveway, carport, shed, sundeck, 1 1/2 bath. Rent \$325.00-month, includes water, garbage pickup and cable TV. For further information call 338-8550. After 6:00 p.m.

### TOTEM TIMES CLASSIFIED

\$2.00 per insertion, up to 50 words.

CALL SERGE WONG  
339-2211 loc 249

## Admiral Falls from page one

potentially explosive. But that does not alter the fact that Russia has taken a decision to invade a sovereign nation, and that she has done so as a conscious political decision after carefully (I assume) weighing all the possible courses of action which would be open to the West.

Russia's actions, and the ridiculous excuse she asked us all to swallow - together with our pride - reveals an almost contemptuous attitude towards the rest of the world; and, in particular, toward the Western alliance. I think the indications are that the Russian leaders see the west as being in decline as an effective and influential force throughout the Third World.

Russia has for many years supported so-called wars of liberation throughout the Third World, she has used surrogate troops - Cubans - in cases where the indigenous forces were badly led or badly organized, or insufficiently numerous. But she has never before openly invaded a country that was not by mutual (though unstated) agreement already a part of

her sphere of influence - one of her satellites.

President Carter recently said that his appreciation of Russian attitudes, of Russian motivations, had significantly changed. I think that should apply to all of us. We in the military have always been most emphatic when we've said that we never judge a potential enemy's intentions; we always concentrate on his capabilities.

We have always advocated maintaining our strength at a great enough level to make sure that he would be foolhardy not to have peaceful intentions. The danger lies - always - in allowing any potential enemy to believe that he can gain more, faster, by aggression than by peaceful competition. And it is always much more difficult, much more expensive to redress the situation after aggression has occurred than it is to deter it in the first place.

Perhaps we have just been taught a lesson that shouldn't have been necessary. But let us at least learn everything we can from this situation,

and plan calmly and intelligently for the future.

The Western World faces two quite separate but interlinked threats. The first that a total disruption of Middle Eastern oil production for an extended period would cause virtual chaos in most of the Western World and Japan. However, at present, such a disruption of ME supplies would not seriously inconvenience the Russian communist block.

One of the seldom noted but very important aspects of this situation is that we have it in our power to reverse this situation over the next two decades. Now, two decades is not a long time in the rise and fall of nations and empires. We have the wealth and the ability to develop substitute energy sources, renewable, nuclear, and fusion.

And we have the wealth and the technology to develop relatively quickly our own fossil fuel resources. However, we will need at least ten years and very probably longer to completely extricate ourselves from our present addiction to OPEC oil.

On the other hand, the countries in Russia's orbit can see their dependence on OPEC oil growing enormously from now on. By 1990 stability of production in the Middle East will be as important to Russia and her satellites as it is now to us. They have neither the wealth nor the technology to easily change this state of affairs, and for them it must be a sobering, even a frightening prospect.

Given world peace and stability over the next twenty years the Russians, masters of chess, must see their position becoming infinitely inferior to a revitalized Western World with by then ample and secure energy supplies. Of course, we may not do the things we should do, but we certainly have the capacity, the expertise and the wealth, to do so - and the Russians like all good military thinkers measure capability.

The second, interlinked, threat, is that Russia's military machine, which has been growing consistently both qualitatively and

(Continued on page 4)

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## Editorials

## Posting blues

There is always a certain amount of shock involved when word arrives that your time has come pull up stakes and move to a new Base. This is particularly true when it involves leaving Comox. One's initial reaction is to curse your career manager's heritage and anyone elses within earshot.

Once the news sinks in, the first step is to scramble around for a map, because, you never asked for such a posting and don't know where the -- it is! It might be nice, you think, if your posting message included tickets for a candlelight dinner so that you could break the news gently to your wife.

News of my pending posting did not require a map (except for my wife), or a candlelight dinner (sorry about that Chris), but it did involve your usual amount of shock. The blow was lessened by the fact that I was actually going to one of my three requested preferences. It is still, however, very hard to leave the beautiful Comox Valley.

Now that the shock has worn off, I am trying to look on the positive side of things. I had the good luck to spend three years in Comox, something many servicemen have been wishing for whole careers.

B.P.

## House hunting trips

News of the new House Hunting Trip for members on posting is the best we have received in a long time. Long separations or purchase of a home by one spouse have long been a sore point with many of us.

The new procedures will allow us a trip to look for accommodation at our new Base if their could be a problem in getting a PMQ. Many wives will be particularly happy that they

will be able to pick their new home.

In the past, some postings ended in disaster for the poor husband that purchased a home which did not meet with his wife's approval. It did, in one case I know of, contribute to husband and wife separating.

It remains, of course, to see how this works in practice. In theory, it is something welcomed by us all.

B.P.

## Drive carefully

The tragic death of the DeMong family on the Island Highway last weekend, strikes very close to home. Such a senseless loss makes us all sit up and take note.

One wants to run out and buy a tank so that no such thing will ever happen to his family. We are all better drivers for a few days or weeks until the memory fades.

Unfortunately, there will

continue to be such tragedies as long as man has gasoline or some other fuel to run his four wheeled monsters. Our 'wonderful inventions' often cause just as much pain as relief.

There is little to say that has not been said before. Drive carefully is such a worn phrase, but as always the most appropriate.

B.P.

## Letter to the Editor

## "Billy Bishop goes to war"

Dear Sir,

In my capacity as Special Events Co-ordinator for Malaspina College in Powell River, I am sponsoring a production of the Canadian play "Billy Bishop Goes to War" here on Tuesday, February 19, 1980. This production received rave reviews in Vancouver and is currently touring Canada, prior to an engagement on Broadway and a booking at the Edinburgh Festival.

I believe this production may be of considerable interest to you and/or the Comox Air Base personnel, since it is

about Canada's greatest flying ace of World War I. "Billy Bishop Goes to War" has received much favorable attention from the Canadian military in other regions of Canada during its current tour. I would request your assistance in making information about the play available to CFB Comox personnel, possibly through your base newsletter, and in encouraging them to attend if possible.

In order to facilitate the latter, I would be willing to offer a one dollar (1.00) reduction on our regular adult

admission of \$8.50 to anyone presenting military ID at the door. Since the performance begins at 8 p.m. it may be necessary for Comox people to stay overnight, and arrangements should be made in advance to ensure a room.

As further information is received, I shall make it available to you for publicity purposes. I trust this request meets with your approval and would be interested in hearing from you on the feasibility of CFB Comox personnel coming to this production.

Yours truly,

Linda Butkus

Special Events Co-ordinator

quantitatively since WWII will reach a peak in the mid eighties. From about 1984 to '86 the Russian military machine will be almost entirely equipped with modern, sophisticated, highly effective armaments.

This will be true on land, at sea and in the air. At the same time, at the present pace, NATO's modernization program will not yet have made any really significant improvements to our Defence. It is unlikely - unless we are very stupid - that Russia will ever again be in such a favorable military situation vis-a-vis the West as in the first two thirds of the eighties - the present decade.

One final factor should be added. The present enmity between Russia and China may persist for years, or it may not. But if the Russians expect to have the Chinese as enemies over the next two decades or more, then they must be very much aware of China's steadily growing strength. How long do they expect it to be before China becomes a frighteningly powerful nation with over a billion people, a huge land mass, modern industry, modern military forces and sufficient indigenous energy?

I hope the Russian leadership will eventually see peaceful co-operation as the only sensible path to follow. But history clearly shows that from tsarist to communist times, the Russians play the world power game just as they play chess. Coldly ruthless moves when the situation is right, ultra-conservative and defensive when conditions demand it. Afghanistan is the latest example of how they think and act and if we use that as guidance, what I have just said becomes highly pertinent.

The Russians right now see their military position vis-a-vis the West as just reaching balance. They see the West as almost totally vulnerable to disrupted oil supplies, and they see their own relative invulnerability vanishing as time goes by. Finally, they see China's power growing inexorably. Clearly, if they want to change the face of the world to their taste, they had better do something soon.

The mirror-image of all this is that we in the West must face the fact that we have an immensely dangerous decade ahead of us. There is nothing much we can do quickly about energy except to bend every effort toward conservation; but in that area we must initiate a program leading to self-sufficiency as soon as

possible.

To deal with the military threat, NATO nations should at the very least observe the Washington agreement to increase Defence spending by 3 per cent after inflation each year. We might yet regret not doing even more than that. But we should not only increase spending, we should confirm to ourselves that each nation individually and NATO collectively is putting every dollar available into the most effective deterrence posture that we can devise.

NATO is not presently set up to cope with crisis outside its own boundaries. Yet the modern world does not have Central Europe as its only potential front line. The European nations and Canada, therefore, should probably strengthen their Forces on the Central European front and on the flanks -- with substantial assistance from the United States. While the United States together with France, Britain, and Japan are left to bear the main burden outside Europe: -- with economic and political support from all other like-minded nations; including, of course, Canada.

I don't wish to be melodramatic and so I will just say that we are entering, in my view, the most dangerous decade since the thirties. It is surely not beyond our courage and our intelligence to prevent the disastrous results which come from "hoping for the best" rather than facing our problems and solving them. Our security is threatened on two fronts: the energy front and the very closely associated military front. If we are given the time, we can solve both problems and probably maintain or even improve our general prosperity.

The general public in the Western World needs to be fully informed of the choices challenge and of the choices which face us all. And so, I request to you today my annual request to use every means at your disposal to make sure that Canadians become well informed on these matters. It is informed some sacrifice of your free time but you will lose far more than that if the Western democracies do not take the necessary hard decisions in the very near future.

On that note I want to take a little more of your time and quote from Henry Kissinger's "The White House Years". I think you will find it interesting and enlightening. (Let me remind you that this was written before the invasion of Afghanistan.)

Kissinger says "The question is continually asked: What are the Soviet Union's ultimate aims? What are the Soviet leaders' real intentions? It may be the wrong question. It seems to imply that the answer lies in the secret recesses of the minds of Soviet leaders, as if Brezhnev might divulge it if awakened in the middle of the night or caught in an unguarded moment.

He goes on to say: The Soviet practice, confident of the flow of history, is to promote the attrition of adversaries by gradual increments, not to stake everything on a single throw of the dice. "To accept battle at a time when it is obviously advantageous to the enemy and not to us is a crime," wrote Lenin. By the same token, the failure to engage in the conflict when the relation of forces is favorable is equally a crime.

It seems to me more useful, therefore, to view Soviet strategy as essentially one of ruthless opportunism. No chance of incremental gain must be given up for Western concepts of goodwill. The immense reservoir of sympathy built up during World War II was sacrificed without hesitation to obtain a bastion in Eastern Europe. The Geneva summit conference of 1955 was used to perpetuate the Soviet position in East Germany and opened the way to the Soviet arms deal with Egypt, which helped to produce two decades of turmoil in the Middle East."

He goes on to remind us that the Kennedy Administration, which had shown a clear desire for a new era in U.S.-Soviet relations was confronted with an ultimatum over Berlin and a Cuban missile crisis in 1962. And that only a few years ago (1975-76) a possible SALT agreement did not prevent the dispatch of Soviet backed troops to Angola. Nor did President Carter's eagerness to revive détente restrain the USSR when another opportunity for a proxy war presented itself in Ethiopia.

Kissinger says, and I am quoting again, that: In every policy choice the Soviet leaders have identified their interests not with the goodwill of countries that Soviet doctrine defines as organically hostile but with strategic opportunity as they saw it. To expect the Soviet leaders to restrain themselves from exploiting circumstances they conceive to be favorable is to misread history. To foreclose Soviet opportunities is thus the essence of the West's

responsibility. It is up to us to define the limits of Soviet aims." Unquote.

I repeat to you, and I hope each of you will engrave this in your memories, that: It is up to us to define the limits of Soviet aims.

Notice that Kissinger spoke of the responsibilities of "the West" and "us". This man is trying to inspire collective action and resolve among a very loosely knit alliance of like-minded but highly independent, democratic nations. And for many Canadians it is difficult to understand why Canada should be "helping to define the limits of Soviet aims".

We live so far from Afghanistan, from Ethiopia, from Angola, even from Czechoslovakia and Hungary. Furthermore, it costs so much less to pontificate about the necessity for arms control. Some Canadians even advocate setting an example by unilateral action.

I submit that we not only have a moral obligation to support and assist our allies to define the limits of Soviet aims, which is the rubric of deterrence, but that it will be the least expensive course of action in the long run. Surely it is not beyond the capabilities of a country with the second highest standard of living in the world to provide enough money to do our share; to provide more than just moral support.

Speaking of money, I seem to have spent an inordinate amount of time both as CDS and as VCDS in worrying about the lack of it, or how to make things work without it. One of my old friends and colleagues - a retired soldier, now making a bundle out West - made the point according to the abbreviated account I read in the paper recently, that most of the ills or apparent problems of the Canadian Forces stem from a lack of funds.

To this I can only add a hearty Amen. But even if, or should I say when, we get an adequate budget, we cannot afford, at this crucial time in the affairs of the world, to do other than ensure that every nickel we spend is aimed at improving the efficiency of the capabilities of our Forces, because time is not on our side.

We have come through some very difficult years, and while we are uncomfortably mortgaged to the future, we are for the moment in pretty good shape. We have I think done incredibly well in squeezing the most out of the allocated Defence monies, to the extent that Defence has been cited as being the best

managed department of Government. - Some of you may think that that's not saying very much' - But, since we're by far the most complex department of Government, it is really saying a great deal. And this could only come about through the exercise of leadership at all levels - through the exercise of good judgment in making decisions regarding both expenditures and consumption, and this by the whole vast team of more than 115 thousand military and civilian people.

Taking this in conjunction with the reports I get from the field commanders about the operational effectiveness of the Force, their state of readiness and their demonstrated capabilities in the international arena, we're in pretty good shape. But we can't stay this way for much longer. I mentioned a moment ago that we were uncomfortably mortgaged to the future. If we can't continue with an orderly plan to keep our men supplied with adequate equipment, we may as well unilaterally disarm. And we're already somewhere between one and three years late, depending on which piece of hardware we're talking about.

And so, ladies and gentlemen, the number one problem in the Canadian Forces has been, is, and will continue to be until resolved, money. And I'm not talking about money to expand or increase our Forces, though heaven knows we could use some of that. I'm talking about money to maintain the efficiency of our existing Canadian Forces at their present size.

So let me finally enjoin you once again - and it won't be for the last time, to help carry the message to all who will listen - to continue your missionary work among your fellow citizens.

I have given you no answers today, but I hope I have given you something to think about. The decade we have just entered will not be an easy one, and we must ensure that it ends not in catastrophe, but in renewed hope. This country in co-operation with other like-minded peoples must avoid the mistakes of the past; we must act to prevent war, because I personally cannot imagine there being any winner in a third world war.

Thank you for giving me your time and attention this morning. It is a pleasure to address such a dedicated, and sincere group of men and women.



## Admiral Falls from page three

CNA TOTEM TIMES

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## Exercise Snowrunner

**PRIVATE DAVID HALEY**, 22 (left) of Lazo, B.C., a member of 3rd Battalion, Princess Patricia's Canadian Light Infantry, Victoria, B.C., and **E4 Ronald Reid**, 24, of the U.S. Army's 4th Battalion of the 23rd Infantry, 172nd Brigade, Fort Richardson, Alaska, unload rations during "Exercise Snowrunner". The exercise, involving over 850 personnel of the Canadian Armed Forces and the United States Army, was held in British Columbia's Chilcotin area near Williams Lake Jan. 18-29. Pte. Haley is the son of Mr. and Mrs. Dale Haley, Ryan Road, Lazo, B.C.

(Canadian Forces Photo by Master Corporal M.D. Johnson)



## Family affair

**IT'S A FAMILY AFFAIR AT CFS DANA, SAGEHILL, SASK.** Married couples in Uniform are becoming more common in the Canadian Forces these days as enrolment of service women increase. No where is this more evident than at CFS Dana where no less than five married couples are currently serving. Pictured above from left to right are Pte Steve Starr, a Refrigeration Technician and his wife Pte Monica Starr, a Military Police Woman; next to the Starrs are Cpl Rick MacLeod, a Refrigeration Technician and his wife Cpl Kim MacLeod, Finance Clerk; Cpl Lorry and Eva Ventnor, both are Supply Technicians; Ptes Joe and Irja Hickey, both Mobile Support Equipment Operators and Pte George E. Salt, an Air Defence Technician, formerly of Calgary, Vancouver and Comox, B.C. with his wife Pte Cindi D. Salt, nee Cynthia Dawn Hill of Scarborough, Ont., and now an Administrative Clerk at CFS Dana. CFS Dana is a Long Range Radar Station located in central Sask., 80 Kilometres east of Saskatoon.



**REMEMBER THE VETS!** -- Susie McArthur offers the reminder that secret-number mini-tags for key-chains are being mailed to residents throughout British Columbia by the Tuberculous and Chest Disabled Veterans Association. Funds derived from the annual campaign, which provides employment for handicapped veterans, are used for scholarships and research into respiratory diseases. Purpose of the tags is the tracing by the TV Vets of owners of lost keys.

## Small bore champs

**VICTORIA** -- The Dominion of Canada Rifle Association (DCRA) will hold match competitions for the 1980 national cadet small bore team championships at Victoria B.C., on April 1 and 2. Seventy-two Canadian Forces cadets representing corps in all provinces and the territories will compete.

Selected boys and girls of the Royal Canadian Army Cadets from across Canada will also be in Victoria competing for the 18-member army cadet rifle team which will represent Canada at commonwealth rifle matches in Bisley, England, this summer.

Eagle-eyed shooters will fire the Anschutz-22 inch rifle



## WINTER SURVIVAL

Learning how to survive in the bush in minus 40 below zero celsius weather is Sergeant John McCullough, 32, of Toronto, a Canadian Forces flight engineer. Son of Mr. and Mrs. E. McCullough of Downsview, Ont., he is now receiving instruction on how to build himself a parachute shelter, snare rabbits and other small game as well as making signal and cooking fires if he had to bail out of an aircraft during a frigid Canadian winter. Sgt. McCullough is stationed at Canadian Forces Base Comox, and is presently attending the Canadian Forces Survival Training School winter camp at Jarvis Lake, Alta., approximately 310 km. west of Edmonton in the foothills of the Rockies.

(Canadian Forces Photo by Sgt. David Spearing)

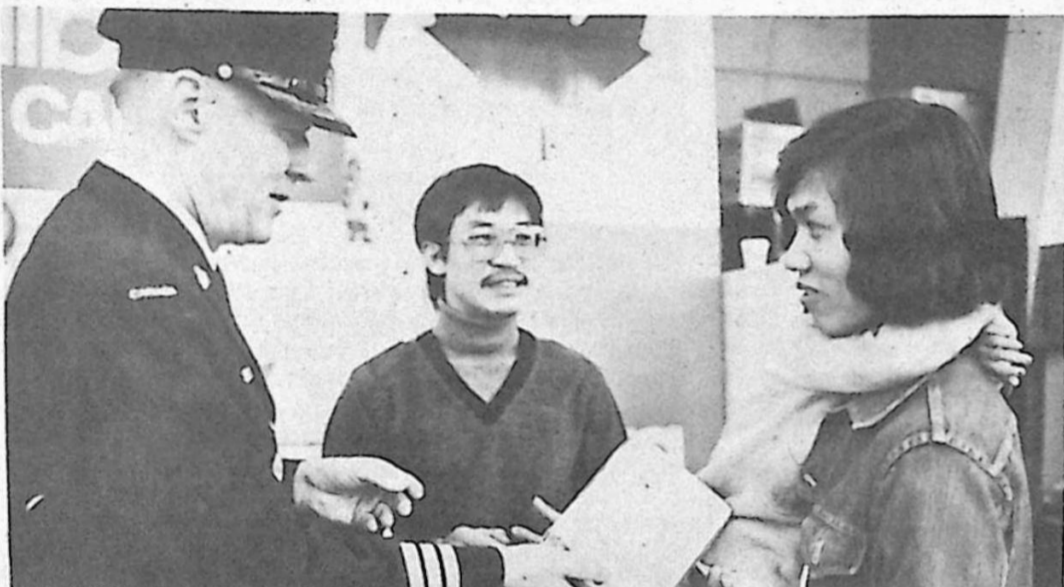


## LEARNING HOW

to survive in the bush in minus 40 below zero celsius weather is Master Corporal Larry Atkinson, 33, of Woodstock, Ont., a Canadian Forces flight engineer. Son of Mr. and Mrs. Gordon Atkinson of 281 Brenda Crescent, Woodstock, he is now receiving instruction on how to build himself a parachute shelter, snare rabbits and other small game as well as making signal and cooking fires if he had to bail out of an aircraft during a frigid Canadian winter. MCpl. Atkinson is stationed at Canadian Forces Base Comox, B.C. He is presently attending the Canadian Forces Survival Training School winter camp at Jarvis Lake, Alta., approximately 310 km. west of Edmonton in the foothills of the Rockies. (Canadian Forces Photo by Sgt. David Spearing).

during the DCRA competition. The top honors for 1979 went to an army cadet team from Pickering, Ont., while the air cadet team from Sidney, B.C., placed second.

In order to enhance the cultural value of cadets assembled from all parts of Canada, team members will be billeted with members of other teams.



**THE 10,000TH** -- The 10,000 Vietnamese refugee to pass through Griesbach staging area, CFB Edmonton, receives a warm welcome and commemorative base plaque from base administration officer Lt. Col. H.K. Olsen. Hong Tuong Hoang, 27, of Haphong, Vietnam and a shy four-year-old daughter, Hue Linh, were among 230 refugees to arrive from Hong Kong Jan. 23. His name was selected off the aircraft manifest as the 10,000th refugee processed through the Edmonton staging area. Interpreter Thanh Nguyen, centre, passes along Lt. Col. Olsen's greeting from the base and a hearty welcome to Canada. Another 15,000 refugees are scheduled to pass through the Griesbach staging area before the program is completed next October.

(Photo courtesy of Bill Brennan UPC)

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# Totem sports

## ATC tourney

A strong Base Ops team from CFB Edmonton was victorious in all three of their games and thereby captured the coveted Puck "N" Mike Trophy during the recent ATC Invitational Hockey Tourney.

The determined Namao squad obviously came to play hockey as they stayed out of trouble during the evenings and made up for this by really causing a rucus on the ice. Their resting up paid off Monday morning as they easily defeated a hungover team from Cold Lake by a score of 11-3. The "old man" of the tourney, Norm Schock, didn't get much support from his defence in the first period, and got burned for six quick goals. However, all the heat produced by the red light behind him must have limbered up his old bones, as he did a fine job stopping continuous drives and breakaways, in the next two periods. Thomas showed big for Edmonton by coming up

with a hat trick and Simard contributed two goals and two assists to the effort.

The Afternoon tilt saw Team Comox play the best defensive game of the series against a powerful Edmonton. Unfortunately for Comox (lucky for Edmonton) they were unable to unleash the awesome scoring power that they have shown in regular league games. Eventually Comox succumbed to a frustrated but determined group of Edmontonians, by a score of 3-0. Comox held Namao at Bay for 55 minutes due to the superior goaltending of "Gump" Boswell and two very wide goalposts. Edmonton was continuously on the attack, throwing everything they had against a stalwart Comox squad. They never relented and were rewarded by finally cracking their opponents' defensive efforts.

On Tuesday morning Cold Lake and Comox battled for the dubious honor of meeting

Edmonton in the championship game. It was well fought and it wasn't until late in the third period that Comox emerged with a definite edge in play. Comox ATC outlasted Cold Lake and scored a 5-3 win over the visitors.

The final contest proved to be a challenge to both the physical and mental capabilities of the players. As in the first meeting, the two teams were well matched but played completely different styles of hockey. The strong offense of Edmonton was effectively stymied by the Comox squad for the first half of the game, but they did manage to slip two goals by the overworked Comox goalie.

In the third period Edmonton came out flying and put three quick goals by a startled Comox defence. Comox hung on and were able to get those three back. Unfortunately Comox could not get any more by the solid defensive wall set up and went down to defeat 5-3.

Temper flared in the later stages of the game and what started out as a fun tourney ended on a very sour note. However, at the following banquet everybody got in their "WIMP" shots and everybody left on a happy but tired note.

Edmonton came to play hockey and were rewarded with being presented the first annual Puck "N" Mike Trophy. Do with it what you may, guys, but stay in shape cause next year you will be back to defend it.

Special thanks must go to Barry Hanson who did most of



## Pick a number, any number

SGT. REID MANAGER CFB COMOX Old Timers Hockey Team holds draw drum for Lt.-Col McAffer who picked the lucky ticket for Old Timers quilt draw. The winner was WO Bill Budge, 407 Sqn. servicing, who resides at 14 Mitchell Rd., Courtenay. The CFB Comox Oldtimers would like to thank all those who supported them in this event.

the ground work. Transport Dispatch, who always provided transport to and from the arena, Base housewiring, for finding rooms, were essential to the smooth operation. A lot of credit must also go to the refs who really had their hands full trying to keep players from all three teams from turning the hockey tourney into a duelling match.

Cold Lake left champions as well, as they consumed more beer than the other two teams combined and won the first annual Puck "N" Mike Boat Race. Thanks guys, it was fun to host it, hope we'll see you next year.

## Bantam tourney

For three days, February 15, 16, 17, 1980 the Comox Valley M.H.A. and the Dairyland Division of the Fraser Valley Milk Producers Association will be co-hosting a unique minor hockey Jamboree for Bantam House League players, ages 13 and 14. The Jamboree is part of a Province wide program which emphasizes Sportsmanship, Fellowship, and Participation rather than competition alone.

This event will be the 17th Jamboree Dairyland has organized throughout the Province over the last four years in the spirit of community co-operation. It is the 5th such event to be held for Vancouver Island youngsters. For the Comox Jamboree 16 teams have been formed from players selected by various Minor Hockey Associations on the Island for good sportsmanship displayed on and off the ice. Close to 300 participants are taking part representing the following communities: Duncan, Comox Valley, Kerry Park, Alberni Valley, Port Hardy, Fuller's Lake, Gold River, Oak Bay, Campbell River, Lake Cowichan, Juan de

Fuca, Victoria Esquimalt, Port McNeill, Powell River and Parksville.

The Jamboree is free to all the Hockey Association participating and all the young players will receive mementos of the event. Play will start at 8:30 a.m. Saturday, February 16th, at both the Comox Valley Arena and the C.F.B. Arena. Opening ceremonies will take place at 1:00 p.m. at the Comox Valley Arena. Games will continue through until 2:15 p.m. on Sunday, at which time closing ceremonies will take place at the Comox Valley Arena. The public is invited to attend, no admission charge.

A social affair will be held for all participants on Saturday evening at the C.R.I. Cumberland Hall.

Officiating will be Mr. Mike Bissell, Co-ordinator of the Dairyland Jamboree Program, Mr. Ron Mottershead, Dairyland Courtenay Branch Mgr., representatives of the B.C. Amateur Hockey Association, Mrs. Fran Tackaberry, President of the Comox Valley M.H.A. and local dignitaries.

## Broomball bits

The big story in broomball this month has been the surge of the 409-442 sqn. Doctor Death, having recovered from his injuries, seems to be the missing ingredient in the winning recipe for the team. Winning 3 of their last 4 starts, the team is starting to move away from the fourth place BAMSO team. 409-442 Sqn. was also responsible for the biggest upset of the season thus far. It was on the night of Jan. 26, that 409-442 Sqn. battled it out with HQ. After the final buzzer had sounded, for the first time this season, HQ's found themselves on the losing end of a 2-0 score.

407 Sqn., HQ's next opponent, lay in waiting hoping the wind had been taken from HQ's sails, but the winds could not be still. They met four days later, and HQ showed why they are ranked number one in the league, as they rallied with 4 goals and allowed none.

407 Sqn. is starting to hear footsteps, as they try to hold on to their second place position. With one of their biggest games coming up on Feb. 9, when they take on the flying 409-442 Sqn; who are now only 6 points behind them and have a game in hand.

The BAMSO team have not given up on their fight for third place, although they have started to slip behind. After splitting their last 4 games, winning 2 and losing 2, they now find themselves 4 points behind the third place 409-442 Sqn.

There are rumors of folding, coming from the MP's locker room as of late. With only 5 points for the season, on 2 wins and 1 tie, some of their players have started to get disgruntled.

I'm sure others share my feelings in that they should stick it out, and make a complete season of it. The five team league is a good one, and we should try to keep it intact.

... Important up and coming games you should try to get out to see: Feb. 9, at 2000 hrs. second place 407 Sqn. takes on the flying 409-442 Sqn., and of course the grudge match between the very same 409-442 and HQ on Feb. 13, at 2000 hrs. Report on Broomball by Vic Beaudry.

## Action B.C.

Action B.C. is a private, non-profit organization registered under the Societies Act. Its objectives are to create and promote opportunities for lifestyle change through increased physical activity, round nutrition and positive living habits. Their aim is to bring together health professionals under a "self help" concept. Action B.C. brings expertise, knowledge and motivation to a community and leaves skills and information behind for the professional.

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For more information contact MCpl E. Stroel at the Rec. Centre, Local 315.

## Medicine

The B.C. Medical Association and the B.C. Physiotherapists Association in co-operation with the B.C.F.S.A.A. will be conducting a Sports Medicine Conference at B.C.I.T. on the weekend of April 11, 12, 1980. Speakers and workshop sessions will address such topics as 'Nutrition', 'Legal Implications', 'Biomechanical and Anatomical Considerations in Warm-Up

Exercises', 'Equipment', 'Care and Prevention', 'The Team Trainer', 'Controversial Issues in the Training of Young Athletes', etc.

An outstanding group of Doctors, Physiotherapists and Sport related people has been contacted to participate.

Further information will be included in the February Bulletin.

## Van Isle Nordics

"VIN? What's VIN?" You've probably seen it on the signs around the X-Ctry Ski Trails on Mt. Washington and asked yourself the same question. Well, VIN - Vancouver Island Nordics ... Ahh, now you know.

For those skiing the trails over the past few weeks conditions have been far from ideal with the cold turning the tracks to ice. The warming spell and new snowfalls of the past weekend should have made conditions ideal once more. Our thanks go out to the Mt. Washington crew who at least once over the past while were out with the track setter trying to improve the tracks for the weekend skiers.

The Caribou Marathon was a chiller (-23C) this year for the 35 hardy Club Members who participated. More than half finished the 4 odd hour Marathon with 6 placing in the standings. A big "well done" to all who participated and survived without frostbite.

About the Cabin ... Don't forget to register with Cathie Gailloux (335-2458) if you plan to stay overnight. You will probably need candles (for light) and some paper (to get the fire started). Once cozy and in candlelight the cabin becomes your overnight lodge. For the sake of other "Lodgers" who will be using the cabin at later dates why not tidy the place up before you leave and put some dry firewood and kindling inside.

On the Trails ... Please don't walk on the prepared trails ... the footprints ("Chicken Tracks") leave bumps, holes, and the like, that harm the track and can make it unusable. If you must walk, do it off the tracks. Incidentally, a "good show" to those skiers who move off to the side of the track when overtaken. Thanks, it sure makes it easier.

Upcoming is the Club's Dinner and Social evening on Feb. 9 at the Lower Lodge on Forbidden Plateau. It's a "must" night if you can make it. A Ski Tour into Boston Canyon is planned in the afternoon with Glubwein available around 4:30 as a warmer. Dinner is at 6 with fireside dancing and guitar playing afterwards. The Ski Club from Campbell River will be at the Lodge also, so it really will be an evening to remember. Inez Cliffe 338-6688 is the lady to talk to for more information and tickets (\$10 per head). See you there.

## INTERSECTION BROOMBALL

### STANDINGS

TEAM	GP	W	L	T	PTS
HQ	15	14	1	0	28
407	18	9	6	3	21
409/442	17	6	8	3	15
BAMSO	15	5	9	1	11
MP's	15	2	12	1	5

### SCORING

PLAYER	TEAM	GP	G	A	PTS
Roux	HQ	14	16	15	31
Phinney	HQ	13	13	10	23
Kerr	407	15	10	4	14
Pitcher	HQ	10	7	7	14
O'Gorman	409/442	14	8	4	12
Beaudry	HQ	10	7	5	12
Mathieu	HQ	12	6	4	10
St. Pierre	HQ	9	4	5	9
George	MP's	11	5	3	8
Lyle	409/442	8	4	4	8
Piven	409/442	8	2	6	8

## Be nice

Mend a quarrel, seek out a forgotten friend. Dismiss suspicion, and replace it with trust. Write a love letter. Share some treasure. Give a soft answer. Encourage youth. Manifest your loyalty. Apologize if you were wrong. Try to understand. Flout envy. Examine your demand on others. Think first of someone else. Appreciate, be kind. Be gentle, laugh a little more! Deserve confidence. Take up arms against malice, decry complacency. Express your gratitude, welcome a stranger. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak your love. Speak it again. Speak it once more...

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## jock talk

## Masks mandatory in military

By Captain  
Jim Gebhardt  
Special to the  
Oldtimers' Hockey  
News

Effective September 1, 1979 the Canadian Forces adopted a rule requiring all military personnel playing in recognized Canadian Forces hockey and broomball programs to wear a CSA (Canadian Safety Association) approved hockey helmet and face mask.

In addition, personnel are required to wear eye protectors in military sponsored floor hockey programs. The term "recognized Canadian Forces hockey and broomball programs" includes participation in all military intramural leagues, as well as military representative teams playing in civilian leagues, tournaments and exhibition games.

This decision was taken by the Canadian Forces Directorate of Physical Education, Recreation and Amenities (DPERA) following a survey of military sports injuries that uncovered the following:

(1) 31.7 per cent of all hockey accidents are facial injuries; (2) 23.2 per cent of all broomball accidents are facial injuries; (3) 30 per cent of all floor hockey accidents are facial injuries; and (4) in the period October, 1977, to January, 1978, there were 264 facial injuries in these three sports.

**NEGATIVE FEEDBACK**  
Since the introduction of the facial protection rule, there has been a certain amount of negative feedback by participants, particularly the older hockey players.

It is similar to the resistance to the compulsory wearing of CSA approved helmets when that rule was first introduced.

Many participants have indicated that the wearing of face masks should be strongly recommended, but the final decision left up to the individual.

This comment has some merit, but when one considers, for instance, the thousands of dollars invested to train a pilot only to have the investment negated by even a partial loss of vision, one can sympathize with the forces stance.

#### TWO BLINDED

There have also been suggestions that the rule should not be enforced in no body contact or oldtimers' hockey. However this writer is aware of two cases of loss of vision to military personnel that were completely accidental.

One occurred when a player, skating behind the net, was accidentally struck by a puck during the goaltenders' warmup, and another when a puck was deflected off his own stick while poke checking an opponent who was in the act of shooting.

These types of accidents

occur at all levels and types of play.

Regardless of the opposition by some military members, it has been observed that many participants welcome the compulsory face mask decision.

If even the sight of one eye is saved or one serious facial injury prevented, the program should be considered worthwhile.

#### MACHO MAN

Many players might have been reluctant to wear a face mask because of the suggested deterioration of the "macho" image.

However, this was the case when helmets were in the optional stage and still appears to be the case with some professional hockey players.

Most players in amateur hockey today would no more think of going out on the ice without a helmet as they would without wearing an athletic protector.

#### IT'S INEVITABLE

With all players in leagues up to juvenile age wearing face masks on a compulsory basis, it is only a matter of time until these players become our oldtimers and will have a positive attitude toward the wearing of face masks similar to that of wearing helmets.

With regard to the type of helmet and face mask being worn, the only requirements is that it be CSA approved.

Observations indicate that players at Base Borden are

about evenly divided in their preference for the wire mesh style and the lexan type.

A recent study was conducted at the Royal Military College of Canada at Kingston, Ontario, to assess the characteristics of a wire mesh type and a lexan type face mask.

This involved an ophthalmological assessment including visual acuity, visual fields, depth perception and distortion testing.

Both afforded excellent protection, however the lexan cage was judged superior by both the players using this protector and by the objective data obtained.

A copy of this study has been sent to the editor of Oldtimers' Hockey News who could possibly provide a copy upon request.

#### PLAYER CHOSSES

There is no doubt that each player will have his own particular preference of what style or type he prefers to wear and no matter what type is selected, there will be some visual imitations caused by the bars, possible fogging or just the initial closed in feeling one experiences.

However in time and with further research and construction improvements, there is no doubt that face masks will be a normal acceptable piece of protective equipment for all hockey players at any level.

As a member of the Canadian Forces and the Canadian Forces Base Borden Oldtimers' Team, I think the military should be commended for this positive step toward additional safety in the wonderful game of hockey.



generated by the Games will be a lasting legacy for the city."

The human resources of the city will also be stretched to the limit with preparations and tasks during the actual Games events, but the Kimberley volunteer brigade is attacking the challenge with enthusiasm and gusto. A mixed lot, the volunteers truly represent a cross-section of the community as they range in age from elementary school children to senior citizens. There's total involvement by all local service clubs, sports groups, church organizations and youth groups such as Cubs and Air Cadets.

It might be of interest to note that the chairman and the nine directors of the Kimberley Winter Games Society are also volunteers. Their jobs are best described as "full-time, part-time unpaid positions." Most of them also hold down full-time jobs while trying to handle their long hours of organizational work with the Society. The Games operation manager and his office staff are the only paid employees involved with the event.

Every aspect of the Games involves volunteers. Construction work at sport venues, meal preparation, transportation, judging, preparing athletes' accommodations and organizing the opening ceremonies. There's something for everyone interested in getting involved and up to now, luckily there's always been someone for every job.

New recruits are joining the volunteer brigade daily and as the countdown to the 1980 B.C. Winter Games nears the opening date, Kimberley organizers are confident they are ready to host the biggest and best Winter Games ever.

## Winter Games

BY BARB FOSTER

**KIMBERLEY, B.C.** ... This small mining community nestled among the mountains in the south-eastern corner of the province is preparing for an invasion ... An invasion by a force consisting of approximately 2,500 healthy, physically fit recruits and officials from all regions of British Columbia. Early scouting reports indicate it's a competitive crew, finely conditioned and anxious to test their skills against all comers.

Happily, the intelligence reports also claim the invaders are friendly. In fact, they are athletes, winners of play-offs in eight designated zones in the province who have earned a berth in the 1980 B.C. Winter Games. Kimberley is the host city for the second annual Winter Games sponsored by the provincial government.

The 7,500 residents of Kimberley, the self-styled

"Bavarian City of the Rockies", were first alerted about the upcoming influx of athletes late last Spring and a special group, the Kimberley Inter Games Society, was immediately formed to direct all local preparations for the event. When the Society sounded a call for volunteers, the response was overwhelming.

The list already boasts over 1,000 names and another 1,000 volunteers are expected to be involved with the project before the final winner is declared. Opening ceremonies for the Games are slated for February 27 and sporting events get underway February 28 and through March 2.

The 1980 B.C. Winter Games will feature 21 sports, including for the first time, two wheelchair sports. Organizers expect 2,250 athletes will compete in the full slate of events. Alpine skiing, cross-

country skiing, judo, badminton, diving, racquetball and table tennis are just a sampling of the sports scheduled for the Games. Facilities in Kimberley and the neighboring city of Cranbrook will be stretched to the limit to accommodate all the activities.

While the games serve as a showcase for amateur athletes and sports in the province, perhaps the prime benefactors of the Games are the people in the host community. As one local Games organizer points out: "Hosting the Games is a once-in-a-lifetime opportunity for local people to be involved with a project this size. The impact of the Games might be even greater in a community of our size as it will require at least one person from every household in the city to successfully pull the project off. The organizational skills and the co-operative spirit

## Borden Braves

Courtesy of Canadian Oldtimers Hockey News.

**BORDEN, Ont.** - The CFB Borden Braves, Oldtimers Team was formed in September, 1978.

Highlights of the first season's operation included games with the Toronto-based NHL Oldtimers, The Flying Fathers and a touring Scottish team.

Profits from these games, in excess of \$650, were turned over to the Military Police Blind Fund charity.

In addition to these highlights, the team captured the "C" division title at the Annual Toronto Antiques Oktoberfest tournament, the five team Wasaga Beach league championship, and the "A" division Ontario Region Canadian Forces tournament.

The 1979-80 season opened with a loss in the "B" division semi-finals of the ever popular Thornhill tournament.

However this was followed with a narrow 2-1 win over Barrie Credit Union in the "A" division section of the first Annual Bradford Veterans weekend tournament.

The team is comprised of a fun-loving bunch of guys who practice once a week and play one or two exhibition games a week, against area teams.

Since its formation, the team has been extremely impressed with the outstanding organization of the tournaments we have entered and would publicly like to commend the Toronto Antiques and the Bradford Elders for their excellent work.

We were really pleased with the successful three, 10 minute stop-time periods employed at the recent Bradford Veterans Tournament November 9-11.

Although we have experienced difficulty getting organized to attend one of the

major national or international tournaments due to duty commitments, etc., we intend to keep on trying and in the meantime will continue to play teams and tournaments in the local area.

Our sincere thanks go out to all active members of the COHA executive who have and are making such an outstanding contribution toward the enjoyment of us old military huff and puffers.

## Sports line

The Base hockey team finally have the opportunity to represent Pacific Region in the National Championships in Shearwater in April.

The team came up the winner's with a 5-3 victory over PPCLI team at Esquimalt. In an earlier encounter they beat the Fleet 8-5. Ernie Strocel the Totem's coach got solid play from Russel and Kramer and the oldtimers defence.

The Intersection league is providing some good entertainment with some well played games. The 407 Sqn team are skating the other teams out of Glacier Gardens arena. 407 Amt "B" league team with coach Potlach MacLean has set a torrid

pace. This co-ed team are the Flyers of the Base league.

Base volleyball league is under way Tues., Wed., and Fri. with 9 teams scheduled. Mike Lowe has been out to scout some talent for the Base Volleyball team, but so far only invited one badminton player for tryouts.

New faces on the PERI staff - MCpl. Ernie Strocel - the new training NCO for Rec Centre. If you don't recognize the new arena manager, it's Ed Lafleur with a haircut and Sport Storeman Fred Eggleton - welcome to Comox.

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# Fitness for everyone

**Editor's Note:** This is the third in a series on family fitness courtesy of Doc Bardsley.

## 1) Cross Country Skiing

This sport is the best aerobic exercise that there is due to its using not only the large muscles of the legs, but also the muscles of the upper body. The only drawbacks to it are the need for a snowy climate and the equipment. However, the equipment is not all that costly, and, if you follow the layered technique of clothing, climate offers little problem. It is particularly attractive since it gets you out of doors in the winter.

## 2) Jogging

Here is an activity that requires very little equipment (except a good pair of shoes) and relatively little skill. It can be done in practically any weather, at any time. Probably because running is second nature to us, as children, many people tend to overdo it and end up getting hurt. That's a real shame because, if you follow the Long Slow Distance (LSD) principle, it can be an enjoyable and relatively injury-free activity. In those who are not presently jogging, this exercise should be worked up to by walking initially until you can do about four miles an hour (or 15 mins mile); then start to alternate walking and jogging, and then straight jogging. In other words, start slowly, work up progressively.

## 3) Cycling

A reliable bicycle and a caution to traffic and you're off for hours of enjoyable exercise. Start slowly and work up to a basic time of 30 minutes at about 5-10 mph.

## 4) Swimming

This is the best exercise for those people who have problems with bones, joints or muscles, and for those who are overweight. Because of the buoyant effect of the water there is little trauma to the bones and joints. The principal difficulty - it takes water, which can mean an expensive club membership, or seasonal activity only.

## 5) Walking

Yes, walking. This is one of the best, yet one of the most frequently forgotten forms of exercise. It can be done at any time, in any weather, and barring muggers, is safe. And, for the average North American, it is easy to meet the PDF requirements.

## 6) Dancing

With the modern Boogie and the like, it is easy to work up a sweat on the dance floor. There are hazards: deafness, inhaling second-hand smoke and the temptation to take too much alcohol. However, what an enjoyable way to spend time and get into shape.

In concluding this section, a few comments are appropriate. Firstly, any exercise can be aerobic as long as it fulfills the requirements of PDF, so the scope is not as limited as the six activities discussed above would lead one to believe. Secondly, for emphasis, all activities should be started slowly and progress gradually - patience is necessary, since you cannot expect to regain your childhood state of fitness over a few days, or even weeks. Moreover, it is going to take about 6-8 weeks to get

over all the minor aches and pains caused by your chosen activity.

Thirdly, each activity session should start with a period of warm up and be followed by one for cool down. These periods should include stretching and exercises to enhance flexibility and strength, for the purpose of preventing injury; they will be, in part, specific to the activity in which you participate. Finally, although it is important for you to monitor your progressive improvement by taking a fitness test periodically, the regularity of your physical activity and your enjoyment of it are definitely more important. In other words, you should be positive about what you are doing, and not dwell on your state of condition. The whole program should be fun and enjoyable, with the inevitable improvement in fitness as a nice, but relatively less important, side effect.

## Considerations in Starting Your Program.

To start with, remember that any activity can be aerobic as long as it fulfills the requirements of PDF. And remember too, that you are an individual, and thus your program must be individualized to suit you. It must be suited to your goals, likes, needs, lifestyle, body, health, interests and all else that makes up you. Having said that, let's have a look at some general considerations in program selection:

1) **Body Build** - What activity is suited to your build? As an example, people who are overweight are probably not suited to running because the weight would be too hard on the bones and joints. Perhaps walking or swimming - at least initially.

2) **State of Health** - Do you have any health problems that would be affected by certain activities? For example, people with arthritis are probably more suited to swimming than dancing.

3) **Availability of Facilities** - Are there facilities for your chosen activity available and at a cost you can afford? Obviously, even though downhill skiing is your favorite, if the hills are too far away and too costly, it cannot be the mainstay of an activity program, although it can be a part.

4) **State of Fitness** - What activities does your state of fitness allow you to do comfortably? If you have not been physically active, to choose a rigorous activity would not only be inappropriate but also dangerous. The more strenuous activities should be reserved until you have brought yourself up to a level of fitness appropriate to them.

5) **Climate** - Does the climate in your locale allow you to participate in your chosen activity?

6) **Individual Interest** - Is your selection of activities suited to your interests?

7) **Variety** - Do you like just one activity, or would you rather have a variety of activities done at random as the mood moves you? Remember, the type of activity is not as important as the regularity of activity, and variety seems to be an attractive element for maintaining interest.

8) **Availability of Time** - Do you have the time to par-

ticipate regularly in the activity of your choice? To go for a walk is not very time-consuming, but going skiing is. An important consideration here is making the time available - in other words, making your activity part of your daily schedule, a part of your lifestyle.

9) **Socializing** - Would you like to do your activity alone or with a group? Some people find that other people make for more fun and also are a positive motivator for continuation.

10) **Reasons** - Just why do you want to participate? This is important. Is your goal health preservation? Or running a marathon? Or just the pleasure and satisfaction of regular physical activity? Any reason is valid. However, those who find the latter an important motivator seem to stick with it. Regular physical activity can be fun; if it is not, maybe you should review your choice.

11) **Practicality** - Is your selection practical for you in all respects? This really is a total consideration of all of the above. Does the combination of all factors suit your lifestyle?

## Program planning check list.

To help you in your choice, the following 25 questions can act as a check list:

1. Do I really want to undertake an activity program?
2. What do I want to get from my program?  
- enhanced health?  
- weight control?  
- improved self-image?  
- keep up with my kids?
3. Can I make my program a regular part of my weekly schedule?
4. Can I do my activities at least three times per week?
5. Which forms of activities do I like?
6. Do I want to exercise alone? In a group? With my family? With another person?
7. Is my choice of activity aerobic?
8. Does my choice meet my needs?
9. Will my choice meet my expectations?
10. Can I afford my choice?

documentation of weights transported eastbound may have their westbound entitlement determined in accordance with the new procedure.

**ACQUISITION AND DISPOSAL OF RESIDENTIAL ACCOMMODATION** - Approval has been granted to reimburse for mortgage penalties and associated legal fees acquiring and disposing of the principal residence on posting.

Restrictions have been lifted on reimbursement of Real Estate and legal fees for successive postings outside of Canada.

Interest charges will be reimbursed for a bridge financing loan of up to 5,000

11. Are facilities for my choice convenient?  
12. Am I medically fit to exercise?  
13. Does my present state of fitness suit my program?  
14. What is a reasonable goal for me?

15. What is a reasonable pace to reach that goal?  
16. Can I combine my exercise with something else, e.g. socializing?  
17. Can I make enough time (20-30 minutes) available for it every day?

18. Will it conflict with my work? My social life? My family life?  
19. Is the local climate suitable?

20. Does my choice fit in with my lifestyle?  
21. Do I have a way to monitor my progress?

22. Do I have the proper equipment?  
23. Is my program pleasurable?

24. Do I need variety in my program?  
25. Will I have to give up any of my favorite things?

If you can answer all these questions positively, you are probably on your way to a successful and long-lasting activity program which will pay you dividends in many pleasantly unexpected ways.

If you have detected some negative points resolve them right off, lest they become a thorn in your side, and a reason to quit. Reasons for not starting a program, or quitting one, have been the object of several studies. A lack of knowledge of, and experience with, regular activity have already been mentioned. Other reasons commonly given are: heavy work load, frequent travel, no time, conflicting schedules, attitude of supervisors, fellow workers and family, and the lack of need due to being in good shape and health already. By and large, most of these problems could be solved with adequate planning of a program, adequate knowledge of the benefits of regular activity and patience in giving a program a try. One last hurdle, the one physical problems, poses a much more real concern.

On Australian Night, club members dressed or brought items relating to Australia. Mildred Mitchell, even made a stuffed kangaroo with baby. We danced to Australian singing calls and made a tape of club chit-chat which will go there to our new sister club. We are sharing a snapshot of Percival, our club mascot, wishing a bon voyage to Penelope, who will be travelling in January to Australia with club members Ilse and Henry Toews. We wish all three a safe journey

## Postings from page one

dollars used as a down payment for purchase on moves from owned to owned accommodation and from isolated and foreign posts.

Approval for reimbursement of Real Estate and legal fees for single members changed to the same basis as married.

**MOVEMENT OF F AND E** - Rules regarding the movement of recreational vehicles (motorcycles, skidoos, etc.), building to allow inclusion of these items with F and E.

Access to stored F and E is approved and posting between two locations where both entail an entitlement to LTs at DND expense.

Effective date for all changes with the exception of unaccompanied baggage

A very Happy New Year to all square dancers from the Ocean Waves in Courtenay. Our Halloween Dance saw some very creative costumes and if it wasn't enough that we have a Penguin mascot, our couple of the year, Marg and George Andrew arrived as Penguins - what a pair! ...

Our first Annual Donkey Dance was held in November, Caller for the evening, Doug Anderson was the first to make an Ass of himself, when our President, George Rawson presented him with a black pair of donkey "Legs", complete with donkey tail, as well as donkey ears. Doug then sat astride a child-size donkey, likeness which he-hawed continuously while he was pulled through 12 squares of applauding dancers.

Thus began a full-filled evening of dancing, as well as a memorable initiation of 63 dancers, from the Twirling Tubbers, Ripple Rockets, Happy Squares, Teen Twirlers, Do-Si-Dos, Stardusters, Travelling Squares, Circle and Squares, Circle 8's and Campus Cavaliers - UBC, into the Donkey Dance Club. Remember - Donkey Dance members, the initiation is SECRET!

Some of us sat up till 2 a.m. after the dance, dreaming up even more creative initiation plans for the 2nd Annual Donkey Dance next year! Thanks to the Rawsons, and Wrights, the club's original Donkey Dancers, for the preparation time spent previous to the dance and to Jack Goosen for the donkey decorations, even if they were all female! ...

On Australian Night, club members dressed or brought items relating to Australia. Mildred Mitchell, even made a stuffed kangaroo with baby. We danced to Australian singing calls and made a tape of club chit-chat which will go there to our new sister club. We are sharing a snapshot of Percival, our club mascot, wishing a bon voyage to Penelope, who will be travelling in January to Australia with club members Ilse and Henry Toews. We wish all three a safe journey

## With the Ocean Waves

Beginner dancers were invited to our Christmas social at the beginning of December and tapped our toes with beginners from the Circle 8's, Tyee Twirlers and the Happy Gang to the lively calling of our friend Brent Besse, who noted that Alex Mitchell had the best wiggle of the evening! ...

As the year drew to a close, we decided to treat ourselves to dinner at the new Westerley Hotel in Courtenay and tried to shake off our indulgences while square dancing to Stan McMullin's calls, which contained Christmas themes. Those who wished, made donations that evening which was turned over by Jackie Rawson, president's law, to the friendly Visitors, in lieu of exchanging gifts amongst ourselves, and the night 1979 actually did wind down, just over two squares were able to make it for a New Year's Eve square dance party at the Andrew's at Bennett's Point.

Thanks Marg and George, for opening your doors to us and for letting three little campers bunk down in your living room, while we danced into 1980! ... Perhaps the Ocean Waves should make a resolve, to take up a collection in 1980 to buy George Rawson a book of GOOD jokes - what do you think? ...

Again our thanks to all callers who have shared their evenings with us. The Ocean Waves extend to each and everyone a fulfilling and healthy 1980.

**WHAT IS A SQUARE DANCER?** "Between the zeal of a religious fanatic and the relaxed attitude of an outright 'kook' we find a delightful creature called a Square Dancer."

Square dancers come in an awesome array of colors, sizes, shaped and forms but all enjoy the same creed; to enjoy every step of every dance and to protest with

wistful sighs when the dance is over.

Square dancers are found everywhere -- swinging partners, facing corners, passing thru, do-si-doing, turning back and boxing fleas. Callers love them, stuffed shirts hate them, neighbors tolerate them but NOBODY can ignore them. A square dancer if FUN with sweat on his face; PRIDE with a blister on his toe; JOY with rhythm in its step and BEAUTY with ric rac on its shirt.

When he is dancing, a square dancer can be perplexing, paradoxical problem child. When you want him to make a good impression, he turns into a stumbling, left-footed oaf who can't do an allemande left and seems bent on setting square dancing back a hundred years.

A square dancer is a composite with the stamina of a bull, the grace of a gazelle, the balance of a tightrope walker, the appetite of a razorback, the lungs of a mule-skinner, the temper of a tiger, the energy of a 10-year-old, and reacts to square dance music like a teenager

reacts to the Jackson Five. He likes western clothes, comfortable shoes, country music, good acoustics, other square dancers, air conditioning, patter calls, good callers and allemande left. He dislikes stuffy people, sticky dance floors, corns, busted squares, mumbling callers, sore feet and the end of a good dance.

Nobody is so quick to get up on a dance floor, so reluctant to leave. Nobody else gets so much fun out of wearing himself out and coming right back for more. Age can dim his vision but not his enthusiasm for square dancing. Don't try to change him; he may be a bank president but on the dance floor he is just another guy named Joe. And almost every one of his weighty everyday problems is shoved into the background as he responds to the cry of the caller, "One more couple over here."

(This was originally published in the Program Book of the '69 Alabama Jubilee and written by Wallace Harmon. This, courtesy of Cathedral Chimes, New Zealand.)

## Ladies auxiliary

The ladies of the 1st Lazo Ladies Auxiliary for Beavers, Cubs and Scouts held a workshop to get things underway for our Bazaar which will be held on March 15th in the Airport School gym. We had quite a few ladies present, but could still do with more help. Thank you to all the ladies who showed up and a special thanks to a few women who came and don't even have any boys in the Scouting movement. A special thanks to Lelia Dipsell who came out and showed us how to make flower arrangements. Some lovely arrangements were made.

We are having another Workshop at the home of Barb Lamereux on Feb. 13th at 7:30 p.m. We need all the help we can muster up so please come out and give us some of your ideas. We would like the Convenors of all the tables to be present so you can see what is being done for your table.

Our next regular meeting of the L.A. is Wed., Feb. 20th at 7:30 p.m. in the Prost. Church. Please come out and support your boys.

If anyone has any questions on the Bazaar please feel free to call Sue Dodge at 339-5282. Thank you for your co-operation.

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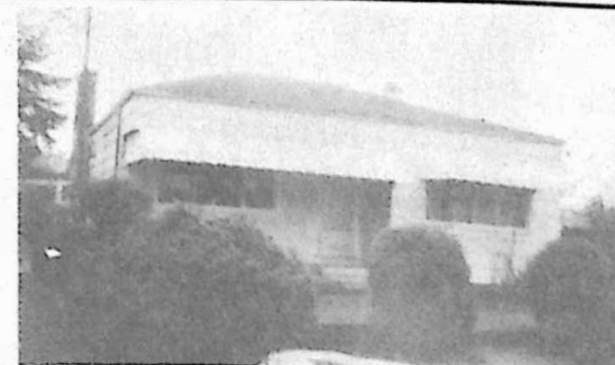
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## "Beavers" 1st Lazo Blue Colony

The Blue Colony Beavers toured the Comox Fire Hall on Jan. 24th. The boys certainly had an excellent tour. Our own Hawkeye (Hawk) is a member of the Comox Fire Hall and he did half of the tour with our Beavers. They saw the hall from top to bottom and the trucks from inside out. The second half of the tour gave the boys and leaders a real thrill as we all went for a ride on a fire truck. A target was set up and everyone had a turn holding and firing the hose, it's not as easy as it looks. Beavers all had a turn to dress up as a Fireman and most all but disappeared in large boots, pants, coats and helmets. Special thanks to Ev Dyer and Leslie Lewis for their contribution for our evening of fun. A big "Tail Slap" of thanks to the men of the fire hall who gave us such an excellent tour.

Our last meeting for Jan. was held on the 31st and prior to the day we all felt like spring was on its way. However snow arrived but the Spring feeling stayed and the Beavers had their tail change. The yellow tailed turned to green which is the "Building" level in Beavers. Congratulations to Justin Chapman, Cody Green, Joel Lewis, Darren Ward, and Michael Mitchell. Greg Martin was absent so he'll receive his tail at the next meeting. The Blue tails changed to red. Congratulations to the "exploring" group of Donald McKim, Caley Johnston, Jody McDonald, Todd Houston, and Warren Dodge. The Beavers wearing the white tails kept them and had a "Lightening bolt" added to them for these Beavers this is the final stage of "Beaverizing" and they now prepare for Cubs. Congratulations to Ryan Ainslie, Greg Bullard, Tim Culver-James, Cory Young, Jimmy Parker, and Craig Dyer. Mike Pruitt, Sean Horton and Alex Smith were absent so will get their "Bolt" next meeting.

With the changing of the "Tails" the boys are weighted and measured and a lot of pounds and inches have been added since our last change.

The Beavers had a lot of fun on an obstacle course that was set up for them and a snack was had to celebrate this special occasion. The evening ended on rather a dismal affair when the Beavers decided to do their "OWN THING". As a result we had several accidents all of which were unnecessary. This was not the first time the boys have caused problems so I am asking for full parental support. Any boy who decides to do their "OWN THING" will be taken home from the meeting and asked to stay home for one more meeting. Please have a talk to your son about behavior in the "Pond" at our Beaver meetings. For if this continues I'll have to punish all the boys and close the Colony.

On a lighter note I'd like to thank Robert Horton, John McKim and Gail Thomas for their help at this meeting.

Feb. 7th we will be visiting the M.P. section on the Base. Feb. 14th we're having a teddy bear valentine party. (I hear all the boys have invited their "girlfriends"). Feb. 17th is the Church Parade that starts Baden Powell week. All boys to wear uniforms. More info on this from your phoning mother. There will be no Beavers on April 3rd and date for Parent and Son banquet is April 20th. You'll hear more on this later.

Busy Beaverizing til next time.

Rainbow



Gustave Eiffel, who built the Eiffel Tower, also designed the right arm of the Statue of Liberty.

## Scouting '80



### JAMBOREE SITE

The Jamboree site is part of Kananaskis Country...a land of snowcapped mountains, alpine meadows, clear bubbling streams, glacial lakes, evergreen forests, rolling foothills and an abundance of wildlife.

Kananaskis Country is located approximately 90 km west of Calgary, Alta. Its 5,200 sq. km take in a variety of terrain which lends itself to many recreational activities.

**JAMBOREE FEE**  
Naturally, there have been increases in costs since CJ '77 and the total Jamboree budget is up significantly for CJ '81. Cost per individual is not yet available however, all troops should remember that time passes quickly and if they are raising a jamboree fund the target date should be kept in mind. Included in the jamboree fee will be a trip to the Calgary Stampede. An all day ticket including some midday rides, the afternoon rodeo and the evening chuck wagon races and performance will be provided for each participant.

**JAMBOREE TRAVEL PLAN**  
Present indications from provinces are for an attendance of 15,000 to 17,000. A limit of 20,000 including a volunteer staff of 1,000 will be placed to keep it to a manageable number.

Sufficient chartered air and bus space appears to be available - despite the numbers quoted above. Participants from British Columbia will be transported by chartered bus to the Jamboree site and return. Jamboree Units may make their own travel arrangements between home and Jamboree, and return, if they wish.

### JAMBOREE MEALS

Each Jamboree Unit will purchase its own meals or food to prepare its own meals.

Canadian Scouting has been invited to take part in the following events scheduled for 1980. Any Scout or Scouter wishing to attend should contact Scouter Keith MacKenzie at 339-3518 (evenings).

**SWITZERLAND - CANA 80**  
This co-ed jamboree is being held from July 19 to August 3, approx. 50 km southwest of Berne and open to members aged 12 to 17 years and Scouters. Camp fee is 60 Swiss francs and covers all camp activities but not food.

**DENMARK**  
Langskovlejren 1980 - The jamboree will be held from July 8 to 16 on the island of Funen. This event is open to all registered members aged 12 to 17. Camp fee will be 375 Danish Kroner which will

cover all meals and program activities.

**ENGLAND - Peak 80**  
International Scout and Guide Camp, Chatsworth Park, Derbyshire from July 26 to August 2. Hospitality in the homes of Scouts and Guides is being offered for one week after the camp at no extra charge. Camp fees £35 which includes food and the hire of tents and cooking equipment for overseas participants. Open to Scouts and Venturers aged 12 to 16 and Scouters.

**ENGLAND - Devon 1980**  
Devon Scout and Guide International Camp will be held from August 2-9. Overseas participants are invited to arrive on July 26 to enjoy seven days hospitality. Open to members aged 12 to 18 and Scouters. Camp fee of 120 covers food, activities and home hospitality.

**ENGLAND** - International Friendship Camp being held

at Kibblesworth in Staffordshire from July 26 to August 16. Home hospitality available. Camp fee is 50 pence per head per night not including food.

**7th CARIBBEAN JAMBOREE** - This jamboree will be held at Tricity, near the Airport in Trinidad, August 16-24, 1980. The jamboree fee is \$25 U.S. for Scouts and \$35 U.S. for adult leaders (for badge, scarf, handbook, excursions). Groceries may be purchased at a jamboree supermarket. Home hospitality for those interested. Open to members aged 12 to 17 and Scouters. **NOTE:** In addition to the jamboree fee indicated for each jamboree, participants will be required to pay their own travelling expenses, out-of-Canada medical insurance, and any other expenses which may arise while in transit.

## Our sailing club

a good deal

It's been rumoured that sailing, although very enjoyable, can be very expensive. The rumours are true! Windsurfers and mini dinghies cost around \$1,000, larger dinghies \$2,000 or more, and cruising sailboats with berths \$10,000 to \$100,000 and more. Add to these costs, trailers, berthing fees, insurance, depreciation and maintenance, and most servicemen think that sailing is for the rich only. Fortunately, this is not the case.

The Comox squadron of the Canadian Forces Sailing Association (CFSA), located at Quadra on Goose Spit, offers excellent instruction and sailing in Canada's finest cruising waters at nominal cost. Membership is open to Forces' members, retired members on pension, full time DND employees and to Sea Cadets.

We have a fleet of five Mirror class dinghies and five

420 class dinghies available at any time (for no charge) to qualified members. A qualified member is one who has passed our dinghy or cruising course. The Mirrors are small (about 10') wood dinghies suitable for beginners and youngsters. The 420's are 14' fibreglass competitive racing machines used by many universities, including Royal Roads, RMC, Yale and the U.S. Naval Academy.

The club also owns KlimK-WASH, A Columbia 22' keelboat complete with four bunks, sink, stove, and marine toilet. KlimKwash is suitable for cruises of up to a week in the beautiful and relatively calm waters of Georgia Strait and Desolation Sound. Keen sailors have come from as far away as France, Alberta and California just to sail these waters in 1979 alone.

If you're already a sailor or would like to be one, here are

the rates for CFSA Comox. Annual dues are \$35 (includes the whole family). Dinghy course is \$7.50 per person. Dinghy instruction books are \$2.50 each. Cruising course is \$40. For comparison, similar cruising courses in Vancouver or Toronto cost from \$180 to \$200.

For information, call Capt. Ken Kennedy at 308 or 339-3292. Those wishing the cruising course (necessary to sail KlimKwash) must act NOW. The first groundschool is scheduled for the evening of Monday, Feb. 11 with the sailing starting the following Saturday. The instructor is John Fox, president of Blue Meridian Yacht Charters. He has sailed singlehanded from England to Panama to Hawaii to Comox and in the summer gives Learn and Cruise courses in Desolation Sound. Dinghy sailing starts when the weather is warmer. Watch the Totem Times for the time of our Open House.

## Chapel Chimes



### RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) - Telephone 339-2211

Loc. 274; Residence - 339-2102.

**MASS 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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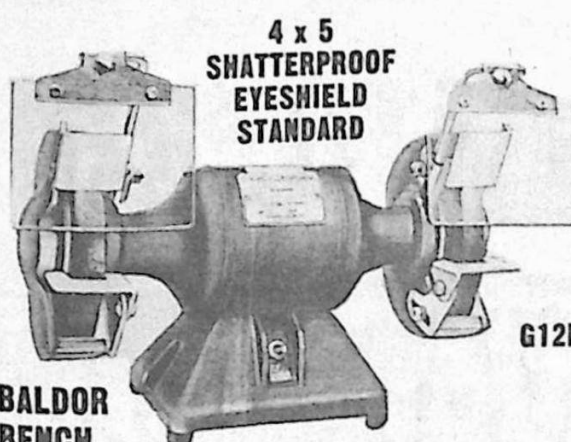
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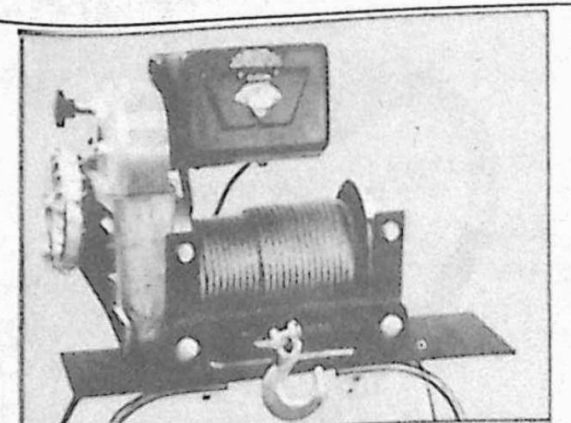
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¾ oz. Aerosol Lock De-Icer, No. 6522 Whiz	\$1.70	95¢
6 oz. Gas Line Anti-Freeze No. 6641 Whiz	64¢	39¢
8.3 oz. Starting Fluid Aerosol, No. 6871 Whiz	\$2.17	\$1.49
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10 oz.

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**\$4<sup>47</sup>****COLONIAL  
ASSORTED  
COOKIES**

450 g.

**99<sup>c</sup>****MEN'S SLACKS**

(One Rack)

**\$10 & \$15**

! SALE !

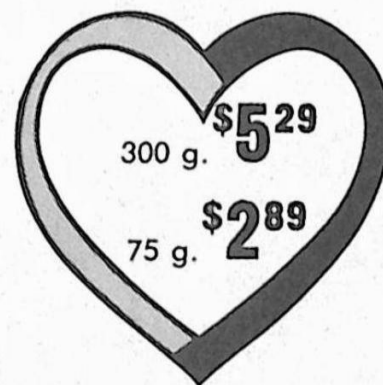
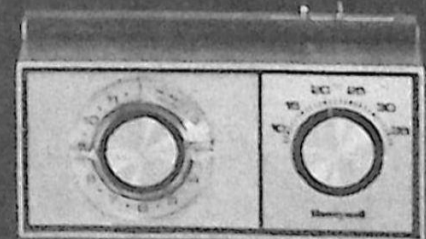
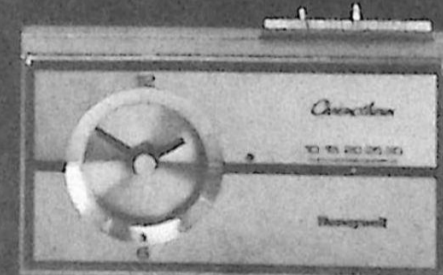
**MEN'S  
SWEATERS**

TERRY WILLIAMS

and

WHITE RAM

UP TO

**50% OFF**SUGGESTED RETAIL  
(RED TAGGED)  
SALE**VALENTINE'S**FANCY BOXED CHOCOLATES FOR THAT  
"SOMEONE SPECIAL"600 g. **\$13<sup>49</sup>**  
150 g. **\$3<sup>49</sup>**PURE  
MILK  
CHOC.  
HEART**89<sup>c</sup>**300 g. **\$5<sup>29</sup>**  
75 g. **\$2<sup>89</sup>****Honeywell**FUEL  
SAVER  
THERMOSTATS

- UP TO 23% FUEL SAVING
- DO-IT-YOURSELF INSTALLATION
- AUTOMATIC COMFORT

15 to 30 VOLT AC Control for most  
Gas and Oil Heating Systems  
(Not for heat pumps or electric heating)

NOW IN STOCK -

MODEL NO. CT 100 **\$54<sup>99</sup>**MODEL NO. CT 200 ... **\$79<sup>99</sup>**

## ★ FINAL CLEARANCE ★

SKATES ..... **\$5<sup>00</sup> \$10<sup>00</sup> \$20<sup>00</sup> & \$30<sup>00</sup>**  
 HOCKEY PANTS ..... **\$8<sup>00</sup>**  
 SHOULDER PADS ..... **\$5<sup>00</sup>**