



TOTEM TIMES



A minor operation is one performed on somebody else.

Vol. 22 NO. 4

CFB COMOX TOTEM TIMES

THURSDAY, FEB. 21, 1980

NO CHARGE



SGT. A.E. WILLIAMS was recently presented with a CDS commendation for his efforts during a rescue

mission off the B.C. coast. (See story right).
(Canadian Forces Photo)

Plans ready for roe herring

VANCOUVER -- The Department of National Defence, Transport Canada and Fisheries and Oceans will again provide air and marine search and rescue resources during the upcoming annual roe herring fishery.

Search and rescue crews will watch over the fishing fleet of about 2000 vessels on the fishing grounds and as it moves between the different fishing areas. Widely-spread harvest areas, openings that can last as little as 15 minutes, rugged coast line and frequent bad weather all contribute to hazards faced by fishermen.

The Canadian Armed Forces 442 Search and Rescue Squadron, based at Canadian Forces Base Comox, will deploy Labrador helicopters to coastal airfields to follow the fleet. Buffalo search aircraft equipped with air droppable pumps and life

rafts will fly daily surveillance patrols out of Comox while Comox-based Tracker and Argus aircraft, operating in their normal role of coastal surveillance, will provide additional fleet coverage. HMCS Porte Dauphine, manned by naval reservists, will patrol the west coast of Vancouver Island.

The Canadian Coast Guard has increased its primary search and rescue fleet to 14 vessels for the '80 season by chartering the Bastion City, and tasking the government vessels, the Richardson and the Parizeau as primary SAR craft.

Three Coast Guard 30M cutters, the Ready, Racer and Rider, will move with the fishing fleet along Vancouver Island and the North Coast. They will also patrol the hazardous transit areas

between the fishing grounds. Two rescue hovercraft and two 12M cutters will provide coverage for the lower end of Georgia Strait and the Gulf Islands from their Vancouver bases. Three 14M life boats will provide coverage in the Tofino, Bamfield and Bull Harbor areas. The CCG vessel Relite will be available as required off Campbell River. Bastion City will patrol the Gulf Islands and the Straits of Georgia.

The Department of Fisheries and Oceans, Ocean Sciences vessel Richardson will patrol the Straits of Georgia and Juan de Fuca. Another Ocean Sciences research ship, the Parizeau, will be used in the waters off Vancouver Island's west coast, the Queen Charlottes and Hecate Strait.

Fisheries and Oceans will task an additional 33 fisheries

patrol vessels for search and rescue support during the fishery.

Search and rescue operations will be co-ordinated at the Victoria Rescue Co-ordination Centre (RCC), (telephone Victoria 338-1543 or Vancouver 732-4141). Additional back-up resources are available from other government agencies.

The search and rescue program is complemented by a preventative program of safety hints and information provided to all fishermen on issuing of herring roe licences.

Steamship inspections are mandatory for vessels over fifteen tons; safety inspections for herring roe vessels under fifteen tons will be carried out by the Coast Guard on an individual request basis.

It's Op Eval time

Approximately 56 personnel from AIRCOM, ADGHQ, MAGHQ, MARCOMHQ, and ATGHQ fled their wintry retreats in the east and gathered at CFB Comox on Sunday past for a five day visit. The purpose of this paid vacation has been neatly disguised into something we call Op Eval.

The whole affair got off to a rousing start when White Knuckles fooled everyone and arrived on time. A warm

reception awaited the visitors at the mess due to a large welcoming committee disguised as a candle light dinner. Our initial strategy failed, however, as the wrong group came down with the hangovers and the proceedings started on time Monday morning.

The stated aim of the third annual Operational Evaluation is to test the readiness of CFB Comox

personnel in a myriad of situations ranging from hijacked aircraft to enemy attack. Before the week is over, virtually every operational and support section on the base will have been tested to insure that they are capable of producing efficient and effective results.

Little information was available at press time but by the sounds of banging afterburners, wailing sirens and

scurrying BDF types, a good time was had by all. By the time this publication rolls off the press, it will be all over except for the post game's shows, which will take place at the appropriate messes.

The team will depart on Friday morning and the base will be back to business as usual. Then all we will have to worry about is CI, Vigilant overview, Norad Exercises, etc., etc....

442's Sgt. A.E. Williams

CDS Commendation

The persistent efforts of Sergeant Alan Edward Williams during a rescue mission off the B.C. coast has earned him a Chief of Defence Staff Commendation.

Sgt. Williams, a search and rescue technician with 442 Transport and Rescue Squadron, Canadian Forces Base Comox, B.C., was tasked with rescuing a crewman, suffering an acute appendicitis attack, from a crab boat on the 1st of December 1978. Sgt. Williams was being lowered from the rescue

helicopter onto the crab boat when the boat pitched and rolled due to 15-20 foot waves and a heavy swell causing the hoist cable to wrap around the mast of the boat.

Sgt. Williams caught hold of the mast but before he could unhook himself from the hoist cable, the pitching boat snapped him off the mast at a very high velocity causing him to end up in a very dangerous swing. The swing caused the hoist cable to jam preventing the crew from

raising or lowering the hoist.

The helicopter crew quickly determined that the only way to dislodge the jammed cable and to stop the violent swing was to place Sgt. Williams into the frigid water. This was successful and Sgt. Williams was returned into the helicopter. Insisting that he was OK, Sgt. Williams persisted in a second attempt to get on the crab boat - this time successful. The patient was quickly onboard the helicopter and transported to a nearby hospital.

Brigadier-General W.G. Doupe, Chief of Staff Support for Air Command Headquarters, Winnipeg, Manitoba, presented the award to Sgt. Williams on behalf of the Chief of Defence Staff.

Sgt. Williams, formerly of London, Ontario, has been a search and rescue technician since 1972 and stationed at CFB Comox for 1½ years. His father, Mr. Edward Williams, resides at 35 Adelaide St. South in London.

Petawawa tops in fire prevention

OTTAWA (CFP) -- For the second year in a row, CFB Petawawa (Ont.) has won the "Grand Award" in the Department of National Defence Fire Prevention Contest.

The contest, sponsored by the Canadian Fire Prevention Association (FIPRECAN), is an annual competition to recognize excellence in the field of fire safety education and performance.

For 1979 there were 54 entrants from bases, stations and shps, grouped into six classes based on the function and square footage of building floor area of each establishment. Each entrant submitted an annual report of fire prevention activities, accompanied by support material such as photos and descriptive documents.

The winners by class are:

Class A - 1st, CFB Petawawa; 2nd, CFB Borden; 3rd, CFB Ottawa. Honorable Mention: BFC Valcartier, CFB Halifax and CFB Cold Lake.

Class B - 1st, CFB Esquimalt, Belmont Park; 2nd, CFB Europe, Baden-Soellingen Detachment; 3rd, CFB Chatham. Honorable Mention: CFB North Bay, CFB Shearwater and CFB Comox.

Class C - 1st, CFB Penhold.

Class D - 1st, CFS Yorkton; 2nd, CFS Mont Apica.

Class E - 1st, CFB London.

Class F - 1st, HMCS ALGONQUIN.

Quebec referendum - military personnel

Qualification governing the entitlement of members of the Canadian Forces and where applicable, their dependants, to vote at the Quebec Referendum are contained in the Quebec Referendum Act 1978 and are summarized in paragraph 2 below.

A member of the C.F. domiciled in the Province of Quebec, his spouse and other dependants are qualified to vote at this Referendum if he or she:

- Is entered on an electoral list in Force and used on
- Is of the full age of eighteen years on polling day
- Is a Canadian citizen at the time of voting
- Has been domiciled in Quebec for at least one year before the day of issue of the writs and is still so at the time of voting, or who, after establishing his domicile

outside the Province of Quebec for the dispatch of his duties on behalf of the Government of Quebec or the Government of Canada, is again domiciled in Quebec at the time of voting, and

3) Is not affected by any disqualifications provided for in the law (Quebec) at the time of voting.

The expression domicile generally means the place where a person has his principal residence.

Refs a, b and c apply prior to the during the Quebec Referendum campaign. The national committees or other groups in favor of or against the option are considered political organizations and their activities will necessarily be political in nature. However, members of the C.F. may attend political meetings held outside a

defence establishment but they must not use their rank or position in the C.F. in support of or against the option.

In cases where there is doubt in the interpretation of Refs a, b and c, the matter is to be submitted to JAG Ottawa.

20th ANNIVERSARY

Dear Advertiser;

The TOTEM TIMES will celebrate its 20th Anniversary on the 20th of March, 1980. For this reason the TOTEM TIMES newspaper will give **20% OFF TO ALL ADVERTISERS INTERESTED TO CONGRATULATE OR PASS THEIR BEST WISHES FOR THIS OCCASION.**

The Special Edition will include a brief history of the newspaper's 20 years and a plan for the future.

20% OFF on any size of ad made especially for this special occasion, that is something **NOT TO MISS.** (For example: A full page at \$280.00 will cost you \$224.00). This Edition will certainly be a great souvenir that all Base Personnel will retain in their library.

Advertisers, help us celebrate our 20th Anniversary by putting an ad in this Special Edition. This will be fully rewarding for you and for us.

Deadline, 17th March for your advert.

**NEXT DEADLINE
TOTEM TIMES
MONDAY, MARCH 3
12 Noon Sharp**

In appreciation

The following message was forwarded to me by General Allen, Chief of the Air Staff, United States Air Force:

Many American citizens, both in and out of the Government, have expressed to the Canadians their great appreciation for the tremendous exhibition of friendship and support - and personal and political courage - in the protection and escape from Iran of our six members of the diplomatic community.

I wanted you to hear from me that appreciation is deeply felt amongst your counterparts in the U.S. Air Force. It was a great show on the part of the Canadians - we are all proud of you for it - and offer you our sincere thanks.



BComd Commendation

LT. BABS HENRY from BHosp and Mr. Wilf Moores from MSE were recently presented with the Base Commander's Commendation for outstanding service. The citation read, "Presented to Lt. (W) service. The citation read, "Presented in recognition of Babs Henry and Mr. Wilf Moores in recognition of their humanitarian and timely intervention in a their road accident on January 25, 1980. Their professionalism, composure and quick thinking

unquestionably enhanced the medical care given the three civilian victims. Such responses also add immeasurably to the good public relations of the Canadian Forces. Lt. Henry and Mr. Moores are a credit to CFB Comox and to the Canadian Forces."

(Base Photo)

Section news

RCAFA

"COMOX WING SOARS"

Hardly a year since its formation, at the February meeting of 888 Wing of the Royal Canadian Air Force Association additional new members has seen the Wing's membership climb to a height so far to 155 regular and 2 associate. Latest named to 888 Wing's roster: Jack Lefcoe, Maurice Foote, E. Osler, Michael Nemec, Jim Simpson, Peter Connelly, Dick and Daphne Norman, Floyd Smith, Jerry McNutt, two members of the USAAF Bill Wright and Jack MacKinley, Dr. Culver James (Base Flight Surgeon), and transferring from another Wing, Barry Morris.

The members were told encouraging news by Wing President E.G. Ireland. In the foreseeable future a proposal would be made through CFB Comox authorities for possible consideration of a tract of DND property adjacent to the air base. This is with a view having property and ultimately building premises for 888 Wing. The members also heard a comprehensive financial report from their treasurer, Fred Norton, and a brief outline of fee proposals from Marj Robinson of the membership committee.

Also member Dave Oliphant, ex-navy airman, was thanked for his contribution relative to his report about artifacts and ideas from other RCAFA Wings and his suggestion that the Wing consider contact with RAF flyers who apparently will be visiting the local area with their aircraft in connection with the 40th Anniversary of the Battle of Britain this year. The meeting also saw the appointment of one of the Campbell River members, Charlie Kelly, as pro-tem

commander of the Campbell River squadron attached to 888 Wing.

Meantime, on Friday, February 8th, CFB Comox hosted members of the following RCAFA wings for a formal visit: men and women from 802 Wing, Vancouver; 806 Wing, Richmond; 879 Wing, Chilliwack; 800 Wing, Victoria; 808 Wing, Nanaimo; 888 Wing, Comox. The group was escorted by Captain's Doug McKean and Al Scott, both officers serving at CFB Comox. A unique feature of the visit was the evening "old uniform night" in which odds and ends of by-gone uniforms were worn in reminiscent style and, in most cases, laughable array. (some were stopped at the gate!)

Members are asked to keep in mind the next general meeting - Wednesday, March 5th - an important one for the nomination of a new slate of executives for the 1980-81 term.

The new chairman of the Resources Committee, Jim Simpson, told the group about plans for a giant garage sale in which all members would take part as a fund raising project, with a tentative mid-March target. Regarding Air Cadet Squadron training, Stan Paddison, reported that chosen candidates are busy with Flying Scholarship exams this month - with one scholarship in power flight, one in glider flying. Cadets of Courtenay 386 Squadron will compete in the D.O.C.

Rifle meet in Powell River during March. An invitation was extended to attend Cadet Family Night to be held in the Comox Lion's Den in the evening of February 21st.

Wing President Ireland said that the organization's by-laws and constitution were awaiting official legal approval.

Winter driving

Cars and trucks account for more than one-third of Canada's petroleum consumption. If all drivers reduced their gasoline consumption by 10 per cent, Canada could save more than 2.7 billion litres (600 million gallons) of gasoline over the coming year. The equivalent amount of petroleum, converted to heating oil, is enough to heat 600,000 Canadian homes each winter.

Driving your car when the weather is cold always uses more energy than warm weather driving. A cold engine, for example, uses up to 30 per cent more fuel than a warm engine. It can take as much as 28 kilometers of driving to fully warm a cold V-8 engine to peak efficiency.

To avoid driving with a cold motor, be sure in winter to use a block heater timed to turn on two hours before you start out. For the same reason, try to combine several short trips into one larger one.

If your car takes an excessive amount of time to warm up, or if it never gets to peak operating temperature (180 degrees F), partially cover the radiator with a rigid

material such as heavy cardboard, plywood or particle board. This will prevent the cold weather from over-cooling your engine.

For year-round driving, one of the best (and easiest) conservation tips is to slow down and drive smoothly. Reducing highway speed is the single most efficient way to reduce gasoline consumption. Driving at 90 km-h (55 mph) instead of 110 km-h (70 mph) can save up to 20 per cent of your fuel bill. Avoiding jackrabbit starts also improves fuel efficiency.

Don't idle. Turn off the ignition if you expect to wait more than 30 seconds. Restarting uses less gasoline than idling.

Take the bus, join a car pool or share a ride for your trip to work or for social outings. By driving with others, Canada saves energy and you can save money on fuel bills, parking and maintenance.

Keep your car properly tuned. A good tune-up alone can give you up to 10 per cent improvement in mileage, or save you between

\$30 and \$60 a year in gasoline costs.

Firing away

Is it more important to have a smoke detector installed or to know that the installed detector operates properly? The answer is not as easy as it might appear. Many installed detectors will operate properly for years without testing or maintenance. However, tragedy might occur if a resident is depending on a detector that will not sound.

The installation of detectors has been our main thrust for dwelling units for years. There are numerous reports of lives saved by smoke detectors, and this emphasis on the installation of smoke detectors in dwelling units should not diminish.

This Fire Department recommends that all smoke detectors be tested immediately after installation and again on regular intervals by the dwelling occupant. It is possible that some smoke detectors may have burnt out bulbs, as used in the photo electric detectors, and replacement bulbs may not be stocked by the manufacturers distributor and the inconvenience of ordering the bulbs often outweighs your concern for fire safety.

Another situation is that smoke detectors may be improperly installed or in the case of battery powered types, the battery could

become discharged or possible the battery may not be installed at all.

A smoke detector would not have prevented the recent tragic fire in a Mont Trambant ski chalet from starting, but it might well have saved the three lives the fire claimed. Fire can spread with terrifying speed, and when people are asleep, the difference between safety and death is often a matter of seconds. In the face of so dangerous a foe, people need every edge they can muster. Smoke detectors are one of the best edges going.

Simply installing the smoke detectors is not enough. They must be tested from time to time to ensure their batteries haven't run down or their parts corroded.

The false sense of security created by a detector that can never sound an alarm could prove just as fatal as having no detector at all. With the dangers of malfunctioning detectors in mind, the Federal Consumer and Corporate Affairs Department has made the devices subject to the standards of the Underwriters Laboratories of Canada.

It is your safety, and your family's safety that is of first concern. What we fear is the smoke detector that will not work in the event of fire. Will yours work?

Technology program

NANAIMO - British Columbia's first energy systems technology program will be offered at Malaspina College commencing this September, the college and Education Minister Brian Smith said today (Feb. 5) in a joint announcement.

The two-year diploma program will train energy systems technicians, who will be able to design and supervise installation of both conventional and solar heating units, as well as energy-saving devices and measures.

"Malaspina College is to be congratulated on the introduction of this innovative and timely program, and I'm pleased that the Ministry of Education was able to play a direct and positive role in its development," Smith said. Malaspina board chairman Beryl Bennett said the new program "answers both a need and a demand. We have already received scores of inquiries from prospective students on the basis of our feasibility study last year." The program is expected to enrol 24 students in its first year.

Announcement of the program came while Smith was making his first official visit to Malaspina's Nanaimo

campus since becoming education minister in November.

Smith noted that the education ministry has given approval for construction to begin by early summer on a \$750,000 structure to replace the college's inadequate and outdated welding facilities.

Bennett said: "Malaspina offers both basic welding training and a variety of welding upgrading programs and this new shop, with 12,000 square feet of space, should help us better meet the great demand."

OFFICER'S MESS ENTERTAINMENT

COMING EVENT:

MEDIEVAL NIGHT - March 22.

Costumes a must, so get them ready now.

TOTEM TIMES CLASSIFIED

\$2.00 per insertion, up to 50 words.

CALL SERGE WONG 339-2211 loc 249

Jr. Ranks Club

ENTERTAINMENT

23 Feb. - "Disco" by Peter May. Admission: Members \$1.00. Guests \$2.00.

1 March - "Monte Carlo and Dance - Monte Carlo in Sr. NCO's Lounge and Dancing in the Totem Lounge. Free Admission.

15 March - "St. Pat's Dance." The popular band "Vancouver" will be playing for an Irish night. Food will be served and hats given to everyone. Admission: Members \$5.00. Guests \$7.00.

MOVIES:

26 Feb. - "Boulevard Nights" - Richard Yniguez.

4 March - "Ode To Billy Joe" - Robby Benson, Glynnis O'Connor.

11 March - "MacIntosh Man" - Paul Newman, Dominique Sanda.

Bingo's Every Wednesday at 2000 hrs. in the Lounge.

T.G.I.F. - Every Friday: Food and Games every other Friday.

Pig and Whistle - To Be announced.

FOR UP TO DATE ENTERTAINMENT INFORMATION PHONE 339-5212.

WO's & SGT MESS

February 24 - Movie
MAIN EVENT
BARBARA STRISAND AND RYAN O'NEAL

February 29
T.G.I.F. 1630 - 1730 Hrs.
MIXED T.G.I.F. (Hrs. Disco Music
"Relaxed Dress" (No Blue Jeans)

March 1
OLDTIMERS MONTE CARLO
AND DANCE
All Ranks - Disco Music - "FREE"

March 2 - Movie
ODE TO BILLIE JOE

March 7 - T.G.I.F.
March 9 - Bingo and Movie
THE MACINTOSH MAN
Food - Pick Trays



CAPT. LARRY BOLAND is presented with an engraved silver tray by BAdmO, LCol Kilpatrick. The occasion was a Mess Dinner on 25, Jan. 80,

honoring Capt. Boland's retirement from the RCAF and CF.

Demon doins

It was a beautiful Tuesday afternoon. Drifting in the loneliness the sky makes one feel at times, I looked down to see Mt. Washington reaching up to touch us; snow laden trees, sun glinting off the new fallen snow, and half of 407 Sqn. waving in friendly recognition on their way down the slopes. I smiled to myself and didn't feel alone anymore.

Crew Three recently flew a NORPAT to the Hay River area. Apparently, they found it necessary to take along a Preacher and a Policeman. In the event of a forced landing, the Preacher was standing by to keep Jeff Morris on the straight and narrow by preventing him from leading the Eskimo ladies astray, a favorite pastime of his. The

Policeman was along to hold back Rory Kilburn from attempting to distill the tundra into a form that would keep his spirits at about 40,000 ft.

Crews Five and Six have returned from Readix in Moffett, California. A good time was had by all and Crew Five had some good luck on their missions where valuable knowledge was gained for the more inexperienced members of the crew. The flight engineers, observers, and groundcrew were constantly complaining about running out of logs for their fireplaces in their "Downtown" motel rooms, while the officers were bunking three to a room in barracks eating cold spaghetti's out of the goodie machines.

Speaking of Officers, our most senior first Officer Major Thoms ran into a little bad luck. He was playing bridge and was dealt such a good hand that he became a little anxious and fell backwards off his chair, landing right on his "tennis" elbow, thereby grounding himself for a week upon returning to Comox. His original injury came about when he was instructing a young lady on the finer points of "squash"!

Is it ever funny to see grown men act like kids. It began when a few entrepreneurs returned from the factory with a bag full of those digital watches that do everything but cook your breakfast. Just picture Tom Cobb walking ten miles downtown so he could

stand at a corner all afternoon timing trucks, cars, and bicycles from stoplight to stoplight. If that wasn't enough, he wrote it all down to send off to statistics Canada! One of the captains even wanted me to cut into my drinking time by hanging around for 58 minutes so I could hear his alarm go off!

Within the next week or two the Squadron fund reps will be selling tickets at a dollar a piece for a Rutherford painting. If you should win, you may request your choice of aircraft and background to be painted. The draw will be held at morning brief when a hundred tickets are sold. Please support this venture as the Squadron Fund is very depleted at present.

BASE THEATRE SCHEDULE CFB COMOX

Thurs., 21 Feb. 80
Fri., 22 Feb. 80

Sat., 23 Feb. 80
Sun., Feb. 24 80

ROCKY PART II

SYLVESTER STALLONE - BURGESS MEREDITH
DRAMA: Continuation of Rocky
Show Time: 2000 Hours

Thurs., 28 Feb. 80
Fri., 29 Feb., 80

Sat., 01 Mar. 80
Sun., 02 Mar., 80

MANHATTAN

Woody Allen
COMEDY: Woody Allen's Latest Picture
Show Time: 2000 Hours

SUPPORT YOUR BASE THEATRE
AUTHORIZED PATRONS ONLY

EW

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

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

Thurs., Fri., Sat., Feb. 21, 22, 23
Walt Disney's Spectacular
"THE BLACK HOLE"

Anthony Perkins
GENERAL

Mon., Tues., Wed., Feb. 25, 26, 27
Sylvester Stallone in "PARADISE ALLEY"
Plus - John Travolta "MOMENT BY MOMENT"
Some suggestive scenes. - B.C. Director

DOUBLE BILL
MATURE

Thurs., Fri., Sat., Feb. 28, 29, Mar. 1
MATINEE SATURDAY - 2:00 P.M.
Walt Disney's "SLEEPING BEAUTY"

GENERAL

Mon. to Sat., March 3, 4, 5, 6, 7, 8
National Lampoon's "ANIMAL HOUSE"
Occasional nudity, suggestive scenes,
coarse language throughout. - B.C. Dir.

MATURE

Van Isle
Campbell River

Feb. 21, 22, 23
"THE FISH THAT SAVED
PITTSBURGH"
Occasional coarse language. - B.C. Dir.

Flip Wilson
GENERAL

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

Feb. 25 to Mar. 1
"THE BLACK HOLE"
Suggestive scenes. - B.C. Dir.

Walt Disney's
GENERAL

Mar. 3, 4, 5
Plus - "MOMENT BY MOMENT"
Suggestive scenes. - B.C. Dir.

"PARADISE ALLEY"
MATURE

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.

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

1974 Buick Apollo Hatchback. Power steering, power brakes, bucket seats, 2 door. Excellent condition. Phone 338-8635 after 1800 hrs.

Announcements

Were you a former student of St. Thomas Aquinas High School in North Vancouver? Join us in celebration of our 20th Anniversary High School Reunion! Dinner and Dance. May 18th, 1980. Write to St. Thomas Aquinas Alumni Association, 541 West Keith Road, North Vancouver, B.C. V7M 1M5. 112-987-4431.

Wanted

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

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.

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

Business Opport.

DENIM WORLD (BLUE JEANS)

A challenging lucrative opportunity is available to operate your own discount outlet for "Brand Name" jeans and accessories.

ARTISAN WORLD (HOBBY CRAFT)

Operate your own business in artisan, macrame handicraft products, etc. Training and complete set-up provided. Operate from your own home or store. Small capital outlay. Franchises may be combined. For information phone or write. (Inc. phone no.): Artisan & Denim World Ltd., 3452 Ontario St. E., Montreal, Que. H1W 1R2. 1-514-525-0691.

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.

Real Estate

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 \$39,900. to P. Krayer, 255-2222, Cr. Ottawa, K1V 6Y8. 613-521-8726

Nighthawks nest

Saturday, 10:00 a.m. (The curtain rises on the Thunderbird Motel in Astoria, a small, sleepy town in Oregon. It is the morning after 409 sent a delegation down to visit the Coast Guard Unit responsible for the rescue of Andy Dobson and Dave Taylor after they ejected from their Voodoo last December. The group flew to McChord AFB, then drove the remainder of the way. An elderly couple is chatting in the lobby.)

"Well, they're gone Marge."

"And not a minute too soon, I say. I thought being Canadians and all they'd act a touch more civilized. I mean, they did save those hostages all right, but then they come down here whooping and singing and scaring the daylight out of us decent folk."

"Now Marge, they was just funnin'—besides, that's a long drive for fellas used to flyin' and I guess they was a mite wound up."

"Don't go sticking up for them Harvey, I followed them around all night, so I know what was going on. And speak about driving! That one with the funny accent came barreling in here so fast he could drive through a car wash without getting wet."

"Well, jammin' fourteen aircrew in one van, lettin' them drive 150 miles, then unleashin' them on a town like ours is sorta like puttin' dynamite in soup alright, but they wasn't all that bad."

"Now Harv, I watched them all night, I said. Land sakes, that navigator our boys saved was in such a state by dinner that he looked like a man trying to eat Jell-O with chopsticks."

"Didn't they have any supervisors or anybody with them?"

"To tell the truth, I think they were the instigators. That Flight Commander they had along...well I don't know about him. You'd think he'd learn with age, I mean my Lord they keep aircrew around long enough up in Canada. If him and those

other Majors are in that outfit much longer they'll have to start telling their ages by radioactive carbon dating."

"But Marge, honey, that one older fella makin' all the speeches seemed pretty sharp."

"Until he tried to play golf at 2:00 a.m. and did you see him the next morning? He was moving around like Pa Kettle on Vallium!"

"You got a point there, dear, yessir, you got a point."

"Mind, those boys out looking for something to pinch had the idea—said they wanted compensation for having to reclaim the two who jumped out of their airplane."

"Understandable, Marge."

(The scene closes with the old couple sadly shaking their heads and bemoaning their fate.)

Back home, OP Eval is the primary happening on the base, and should actually be complete by the time this paper hits the stands.

The plan for Monday (coincidentally, the day of the first election of 1980) involves the Squadron categorizing the aircraft weapons systems and evaluators, while Tuesday sees us holding a mass load. Wednesday will have us flying a number of missions against a variety of "enemy aircraft". Barring deteriorating weather conditions or any other unforeseen circumstances, Thursday is reserved for a base-wide party that will likely resemble Attila and his Huns crashing Studio 54. Friday is a day of rest.

As mentioned, OP Eval should be over by now, and there is a good chance the actual schedule was entirely different from the outline above. Notwithstanding that fact, at least the election and the party are two certainties to count on.

I'd like at this time to use this space for a suggestion direction directed to the training and tactics coordinators on the squadron, although past interceptor air crew will likely grasp the validity of the idea as well.

Recently the training officer developed a new twist to the crew concept of air intercepts by proposing and putting into practice three "cases" dealing with the amount of information a pilot should give the navigator during an attack, and these cases are employed during different missions we fly.

Case 1 has the pilot providing no target information, even though he may see the other aircraft; Case 2 lets the pilot give directional clues only when the fighter is in the stern; Case 3 enables the pilot to supply full target information. I would like to suggest that two additional cases be included.

Case 4—The pilot has the target visual, but gives the navigator totally incorrect information. Simple mixing of directions would suffice, but a good tactic used by the smart pilot here would be to pass underneath the target and continue to give bogey dope calls; another being too close to a line astern position near enough to the target that the Nav's Scope indicates to him that you are attacking an immense interplanetary vessel.

Case 5—The pilot may or may not have the target visual, but completely ignores directional calls from the back seat. A pilot inexperienced in Case 5 tactics may simply choose to fly straight and level while confirming he is in a turn, but as he grows accustomed to these operations he may add new twists—a gentle turn call may be answered with a roll-off-top, for example (NOTE: Case 5 is not recommended while attempting an AI approach).

The pilot may judge his performance as satisfactory if after a few missions his navigator develops facial tics, shows signs of memory loss, or other side effects of extreme frustration such as abuse of children and small dogs.

So from 409, good bye until March.



CAPT. DAVE OLIPHANT receives an engraved ice bucket from LCol. Diamond, CO 442 Sqn at a Mess Dinner on 25, Jan. '80. The Mess Dinner marked Dave's retirement from the RCN and the CF.

The Sky Seeker

From Icarus to the Concorde, man has been in a flap over flying and Winnipegger, Al Hunkin, says the time has finally come for the average person to enjoy the unprecedented recreational heights of Sky Riding.

A man with vision, Hunkin predicts the day when every sizable community will enjoy a "flight centre" for power gliders.

Mr. Hunkin has invested more than three years and \$40,000 on research and development, to combine safety and simplification into a catalyst to ignite the boom

in recreational aviation. "I started when this type of aircraft in North America was just an idea. Now there are more than 2,500 units flying," he said.

The result is a 10-15 horsepower, 32 foot wing span, power glider called a "Sky Seeker". It was developed from an established glider concept that, because of its design, has an excellent safety record. Then, after strengthening major parts, a motor and a landing gear system were added.

The "Sky Seeker" takes off from any flat field, normally

on wheels, but there are winter skis and floats available. "Sky Seekers" are designed to be folded to car-transportable condition in about 15 minutes and can be stored in a garage when not in use.

The Ministry of Transport has ruled that the "Sky Seeker" comes under a category that does not require a licence for the pilot or craft.

Adventure Flight Centres Inc., the company formed to market the "Sky Seeker", offers a Flight Training Program for students, as well as a Comprehensive

Dealership Package. Each dealer is certified to teach students by attending instructor seminars sponsored by the company.

A Flight Training manual prepared by Adventure Flight Centres instructors, makes it possible for a person with a minimum amount of experience to be able to learn on their own "Sky Seeker".

Adventure Flight Centres has prepared, for the public, an educational Information Package with specifications, the history of power gliding, charts and color photos of the "Sky Seeker".

Persons interested in this dynamic new sport should write:

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Editorials

Important decisions for our new MND

Our new Minister of National Defence will be faced with many important decisions when he inherits the Defence Portfolio.

The most pressing, dollar wise, will be that of the New Fighter Aircraft. It is generally agreed that the previous administration had settled on the F-18, although it had not formally announced its decision. The new Government may decide to accept the F-18 design, re-examine the short list, or start again from scratch. The decision must be made soon, more delays can only result in higher costs and, in the end, fewer aircraft.

The report from the Task Force on Unification will be particularly interesting to look for now that the Government has

changed hands. The new Government, as the original instigators of Unification, should have a special interest in the report. This does not imply that they will adopt the recommended measures; but, they will be hard pressed to ignore them.

The fate of the promised increase by 4,000 personnel will be another thing to watch. We were, at one time, looking at a 5,000 increase, then no increase, then 4,000 and now...

These are only three of the challenges facing the new MND and the CF. We all feel that the Forces are on the brink of a new era in this new decade. The next few months will be a good indicator of where that future lies.

B.P.

Op Eval cup?

With all the fuss created each spring by postings, perhaps it is time we devised a new system for the CF. How about something along the lines of professional sports.

Here is how it would work. Our career managers would become our agents. Our majors would be the coaches and the LCols, the managers. The BComd would be the team owner. The Head Shed would be the Board of Governors and the CDS, President of the league.

Each Base or Station would be a team and the Team Owner allotted a certain amount of money with which to operate. Each year the teams would compete for the Op Eval Cup. It would naturally be up to the coaches and team managers to build the best team possible.

The 'players' would be under contracts, there would be no

postings but rather trades. The GMs would try to make the best trades possible in their endeavors to win the Op Eval Cup. The agents would look after the players' interests.

Salaries would, of course, be negotiable. Agents would seek the best deal possible for their players. The better players would be paid the most and could even push for no-trade contracts.

Training Command would be the minor leagues. There would be an annual draft with those teams doing poorest in the Op Eval Cup having first pick.

All in all it would be a fair system. Top performers in the Op Eval Cup would be decorated for their performance. Losing teams could look to the Free Agent Market to rebuild for next year.

B.P.

LETTERS TO THE EDITOR

We welcome all reasonable comments.
Drop us a line today.

All correspondence to: THE EDITOR
TOTEM TIMES
C.F.B. COMOX
LAZO, B.C. V0R 2K0
Or Through C.R.

CNA TOTEM TIMES

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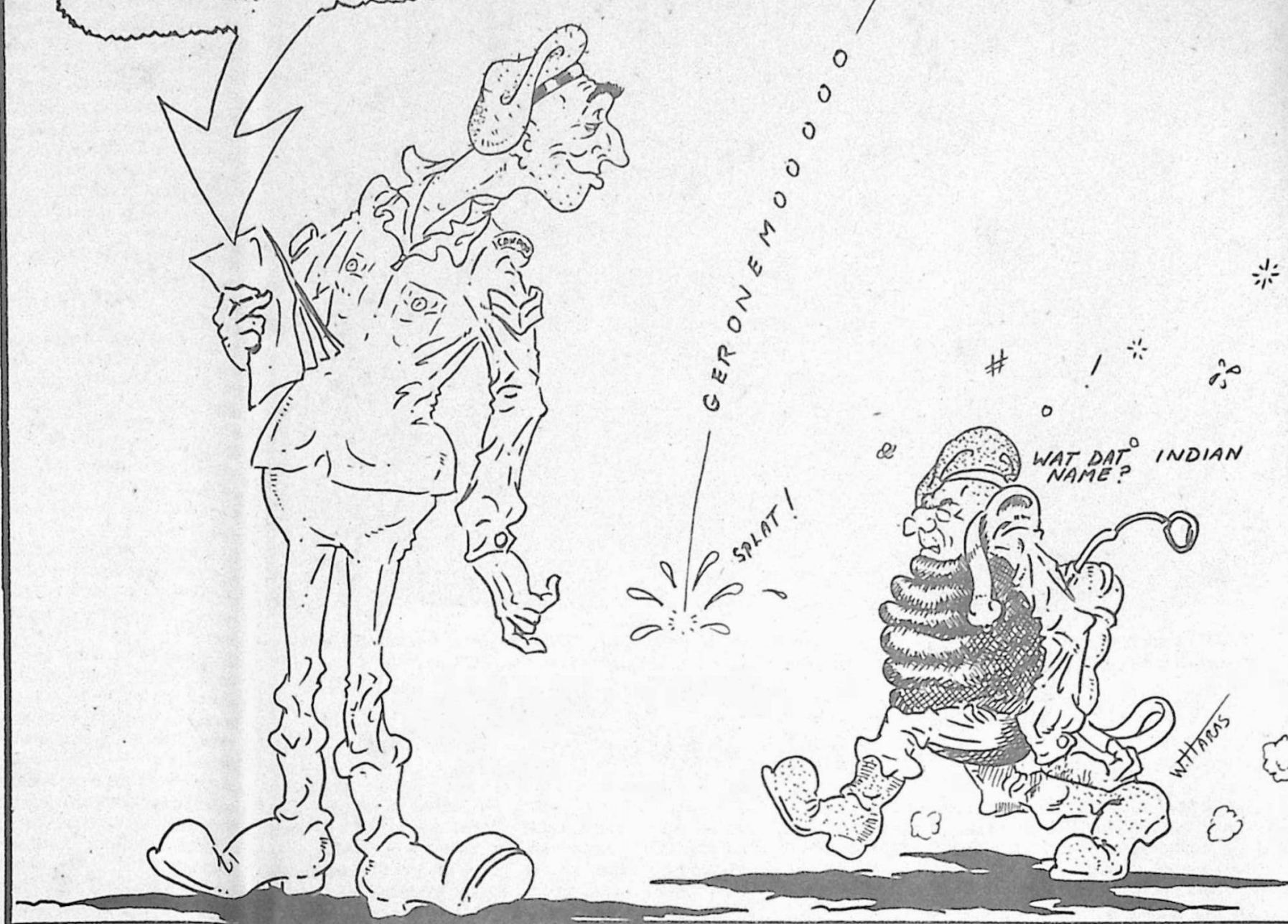
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W.R.O. NOTE!

Applications are now being accepted by the Canadian Airborne Centre from members of the Canadian Forces who wish to compete for a position on the 1980 Canadian Forces Parachute Team (Sky Hawks).



Tax Tips

Getting back investment losses

Sometimes you invest money and take a bath. Before you swear "Never again!", remember the government knows building Canada is risky. And if you take a risk and lose, you can often write those losses off against your other income.

If you invest money and make a profit, that is a capital gain. If you don't gain, it is a capital loss. Some of your capital gains are taxable. After you've sold whatever stocks or other capital properties you wish to dispose of in 1979, add up all your capital gains on the good investments. Subtract half your capital losses from half your capital gains. That amount is taxable.

If 1979 was a loser for you and your capital losses are bigger than your capital gains, half those losses can be deducted in any year following as long as your luck changes. You carry your capital losses to the next taxation year and deduct them against capital gains in that year. In addition, an individual may deduct the capital gains loss against \$2000 of any other income for 1979, or any subsequent year until your allowable loss is fully claimed.

In the past two years, the deductions of capital losses have been broadened to encourage investment in Canadian-controlled private corporations. From 1978 on, taxpayers may deduct business investment losses.

A business investment loss includes such things as a debt owed the taxpayer by his company from payment of a bank guarantee or a direct investment. If you can show the investment has become a bad debt, you can include it as a business investment loss this year. You should consult your tax adviser if you are unsure of the regulations or if you think your investment may be an exception.

Half your business investment losses are deductible against any other income for the next five years after the loss. This is different from capital losses which you can only deduct against capital gains or \$2000 of other income.

The government wants you to invest. If you have a good gains won't be taxed. If you make a bad investment, you'll get some of your money back eventually.

Remember alimony at tax time

Is the estranged wife siphoning off part of your paycheck? That money is her income, not yours. You've got a tax deduction.

If the marriage has been legally dissolved, and a formal agreement signed stating what alimony payments one party will receive, Revenue Canada Taxation allows you to deduct that money from your income if you are paying it. But any alimony payments must be made as a result of a written agreement; a verbal pact doesn't count.

If you are deducting the alimony payments you made, you may only use the money you actually paid your spouse in 1979. Similarly, if your spouse paid you alimony, you must report all the money you received in the calendar year 1979 on your tax form.

To qualify as a tax deduction, alimony must be paid on a regular basis, not a lump sum amount. The money must be paid to maintain your former spouse and any children of the marriage. Lastly, the couple must be living apart.

If you divorced or separated in 1979 and are planning to claim support payments, you may either deduct the support payments as described above or claim the available marital exemption. If you are not sure which is to your best advantage, consult a tax advisor.

If a court order or other type of written agreement compels you to pay a third party to support your wife and any children, you may deduct the payments from your income. However, the agreement or the court order must be dated after May 6th, 1974.

Keep records of those alimony and child support payments. It takes a few seconds to jot the details down in your chequebook or on a sheet of paper to be filed for tax time. Hang onto the cancelled cheques. Make sure you have a copy of the agreement.

Unless you take reasonable care in alimony and child maintenance payments, you may forget to deduct them or have your deduction ruled out because you cannot show proof of payment. Supporting your spouse is one thing; supporting Revenue Canada Taxation is another.

Moving - the Government might help

Canadians are moving from one place to another more often. On the average, a Canadian changes jobs every four years, and many of those jobs changes mean a new city.

You can deduct your moving costs from your income, as long as you move at least 25 miles (40 kilometres) closer to your place of employment, business or education. You must be moving to attend university or other post-secondary education, or because of a change in your place of employment.

Moving expenses are only deductible up to the income you make at your new location. If your employer has paid all or part of your moving expenses, you cannot deduct the part that has been paid. A student may subtract his or her moving expenses from his income and any scholarships, fellowships, bursaries, prizes or research grants he receives.

Moving expenses include reasonable amounts paid for moving you, members of your household and your household effects from your old residence to your new one.

You may deduct travelling costs of your family in moving from your former to your new residence, including meals and lodging while in transit.

Transportation and storage for your household effects are also deductible. You may include, packing, hauling, in-transit storage and insurance. If your new place is not ready, or you need time to find one when you arrive in your new city, you are allowed to deduct up to 15 days temporary board near your former or new residence for you and members of your family.

If there is a cost to cancel your lease on your old apartment or residence before you move, that expense is tax deductible.

You may deduct the costs of selling your house, including advertising, notarial and legal fees, real estate commissions and a mortgage penalty if your mortgage was paid off before maturity. You may also deduct the legal costs and transfer taxes in buying a new home.

However, you may not deduct any work you do to make the property more saleable, nor any loss you

may have taken on the sale of your former residence.

If you are planning to retire somewhere else, it may be worthwhile to consider moving to your retirement location and working there for a while so that your moving expenses would be deductible.

To make a moving expense claim, request a copy of form T1M and the pamphlet "Moving Expenses" from your local tax office. Above all, keep all your receipts and documentation for your moving expenses. If you are driving from your old place to the new one, keep track of the mileage and auto expenses. And, have a nice trip.

A new slim look for tax return

If you think there's no such thing as good news about taxes, here's a switch. For six out of 10 Canadians, filing their returns will probably be simpler than ever this year, thanks to a new tax return called the T1 Special.

The Special is a slimmed-down version of the general tax return, designed specially for taxpayers whose income and deductions are relatively simple. It's trimmer because most of the schedules and many of the lines on the general return have been eliminated. The result? A saving in time, money, paper - and patience, if you're one of those people who used to throw out more schedules than you used.

The Special is being mailed directly to eight million taxpayers, based upon the information they reported on their 1978 tax returns. If you're a wage-earner, a senior citizen, a student, part-time worker or a mother filing only to claim the Child Tax Credit, you may already have received the Special tax package.

You won't have received the Special, however, if in 1978 you had income from business, rentals or capital gains, if you were a commission salesperson, if you were self-employed, or if you claimed R.R.S.P. premiums, R.H.O.S.P. contributions or child care expenses, etc. You will still use the general tax return you've always used.

If your tax situation has changed or become more complex since last year, you may not be able to use the Special, even though it was mailed to you. Check the guide which comes with the Special return to make sure you can use it, before you take the time to complete this

return. If you can't, obtain the general return from any Post Office. And if you're filing a tax return for the first time, you must also use the general.

The only people who can use the Special tax return are those who receive it in the mail. It won't be available in the Post Office or in any other way. So if you don't receive the Special, just file your general return as usual.

Child tax credit

Do you have children under 18 for whom you received family allowance for December 1979? If you do, and your family income is under \$19,620, you will be able to claim a refundable child tax credit of \$218 for each eligible child. If your family income is greater than \$19,620, the credit will be reduced. Family income means the combined net income of both parents. This credit may only be claimed by the parent, usually the mother, who receives the family allowance cheque. If you are a single parent (mother or father) receiving family allowance in December, you will also be able to apply for the child tax credit.

Usually the number of children for whom you can claim the credit will be shown in box (F) of the 1979 Statement of Family Allowances that you received in January 1980 from Health and Welfare, Canada. A child who turned 18 in December 1979 will not be included in box (F) and is not eligible for the tax credit. You may, however, claim a child born in December 1979 or a child who moved to Canada in 1979. If so, you must obtain an award letter from Health and Welfare, Canada confirming the additional child.

You can apply for the child tax credit by filing an income tax return. Even if you have no income, you must file a return to obtain the credit. If you filed a return last year, you will automatically receive a personalized return in the mail. If you have never filed or have not been working for a year or so, you can pick up a tax return booklet at any post office.

Complete the Child Tax Credit - Schedule 10, included with your return, reporting your own and your spouse's net income and number of eligible children. In most cases, the schedule must be signed by both parents. Be sure to attach a copy of your 1979 Statement of Family Allowances.



(CANADIAN FORCES PHOTO by Sgt. J.C. Rodger)

The Lendra palace

The Lendra Palace, once grand lady and show place for foreign visitors to Cyprus, is showing her age these days after five years of being home for the bulk of the Canadian Contingent of the United Nations Forces in Cyprus.

Situated in the United Nations buffer zone on the west edge of the old walled inner city of Nicosia, the former 5-Star hotel was caught in the crossfire of Turkish and Greek Cypriot forces in 1974 and bears the scars of those days.

In the turmoil of August 1974, One Commando of the Canadian Airborne Regiment was left homeless after Beaver Lodge, their housing complex, was levelled. The Palace solved two problems; first, it gave them a roof over their heads and, second, it put

a strong United Nations presence in the middle of the opposing forces. The choice has proved ideal. Not only do the soldiers benefit from the facilities of the hotel but also it has become a focal point for intercommunal talks between Turkish and Greek Cypriots aimed at normalization.

In United Nations control it is a secure, neutral meeting place for talks and overlooks the most important access route between the north and south sections of the island.

It offers facilities for the soldier's messes and nightly television and movies. A place to relax after a shift on the observation posts. It is their home in Cyprus.

But United Nations soldiers weren't always so welcome at the Lendra. Five years ago you got the definite impression

that you had come to the wrong place. The hotel staff were more used to royalty than commoners.

Warrant Officer Jim Dort, Lord Strathcona's Horse (Royal Canadians), the hotel manager (he'll lose his job when the unit rotates in April), notes an increasing disinterest by the owners to do the maintenance and needed repair. He has a growing list of rooms which he can't use because the roof leaks or toilets no longer work.

Part of the reason may be the New Lendra Palace. Veterans of the United Nations forces may remember the American complex or American Hotel which housed part of the Canadian contingent in late 1974 and 1975. The Lendra owners are developing that

property and adding two floors. They plan to open it this summer.

That's good news for Pam Droussiotis, who joined the Lendra staff in 1949 and stayed on as chief concierge when the United Nations took over the hotel. "Most of the old staff have shares in the hotel. In 1974 they were six pound 500 mills (about \$22.00) and now they are only worth about a pound." They hope the new hotel will bring the share prices back up.

You can see the sadness in Pam's eyes. His hotel stands surrounded by barbed wire, pock marked from bullets and shrapnel, the entrances sandbagged. High above the main entrance like an omen of ill tidings the 25th year anniversary sign lingers - Lendra Palace 1949-1974.

Andrak express

OTTAWA - Approximately 1,000 Canadian Forces personnel will participate with troops from six nations in Exercise Anorak Express, a large-scale NATO winter training exercise scheduled for northern Norway from February 28 to March 27, 1980.

Anorak Express is a joint Allied Command Europe Mobile Force (AMF) field training exercise for AMF (land) and AMF (air) northern contingents. Designed to test rapid deployment of both allied and Norwegian forces to northern Norway, the exercise also tests the multi-national force under winter conditions in that country.

In all, close to 24,000 military personnel from the Federal Republic of Germany, Italy, the Netherlands, Norway, the United Kingdom and the United States will participate with Canada in the exercise. Of these, 18,200 troops from the AMF will participate in the field training phase of the exercise which will take place between 14 and 19 March, 1980.

The Canadian battalion group will be made up primarily of 1st Battalion, the Royal Canadian Regiment (1 RCR) from London, Ont., and elements from 2 Service Battalion; "D" Battery, 2nd Regiment Royal Canadian Horse Artillery; 427 Tactical Helicopter Squadron; and 2 Combat Engineer Regiment, all of Canadian Forces Base Petawawa, Ontario. Commanding the Canadian contingent is Lieutenant-Colonel Ray Gobeil, commanding officer of 1 RCR.

Eight CF-5 fighter aircraft from 433 Escadrille tactique de combat, Bagotville, Que. will also participate in Anorak Express, under squadron commanding officer Lieutenant-Colonel Rudy Parent.

Air support for the deployment will be supplied

by elements from Air Transport Group. A total of 79 Hercules and Boeing 707 flights will be required to transport the force. The

Hercules aircraft will be from 429, 435 and 436 Transport Squadrons based at Winnipeg, Edmonton and Trenton, with 437 Transport Squadron,

Trenton providing the 707s. In-flight refuelling for the CF-5s on their transoceanic trip will also be carried out by a 437 squadron 707 tanker.

"300 Downhomers"

VICTORIA - On Friday, February 1, the Langford, B.C. detachment of the RCMP received numerous reports from nervous local residents that the earth was strangely trembling. Subsequent investigation by the members of that detachment uncovered the cause. An earth tremor? Yes, caused by 300 "downhomers".

Gathered at the Langford branch of the Royal Canadian Legion for the Second Annual East Coast Reunion, the Maritimers, wearing gum boots, rolled-down waders and padded logans, caused the vibrations through their down-home jigs, lancers or just a plain old stomp. The gathering was held primarily to provide an evening of memorable entertainment for the Maritimers posted to British Columbia Region. All evening, the Bluesosers, Herringchokers, Spud Islanders and Newfies danced to the music of Harry Hibbs, Dick Nolan, Don Messer, Linda Stone and Anne Murray.

In true Atlantic tradition, there were prizes for the numerous contests; for three spot dance winners would receive bottles of Newfie Screech or Bluenose white rum, winners of the 12 ticket draws would receive a day's fishing aboard local sports fishing boats, and for the door prizes, lobster dinners and an AM-FM radio were offered.

The proceedings included an Atlantic meal of fish chowder and salmon (the closest the Reunion organizers could get to

Atlantic salmon was from the east coast of Vancouver Island.)

All four Atlantic provinces were well-represented with the majority coming from Nova Scotia. Everyone contributed enthusiastically to the various events with all proceeds going to the Langford Sea Cadet Corps which was celebrating its first birthday at the time. Able Wrenette Karen Nielson and

Able Cadet Emsley received the "Lobstered cheque" of \$1,349.13 from the reunion organizers.

Will there be a Third Annual East Coast Reunion? "Yes, b'y", said reunion co-ordinator Petty Officer A.E. "Sandy" MacDonald. "We'll have at 'er agin. Ya see, ya kin take the b'y from the Maritimes but he can't take the Maritimes from the b'y."

Safe pass '80

OTTAWA - Approximately 10,000 military personnel, 80 aircraft and 40 ships from six NATO nations including Canada, will participate in Exercise Safe Pass '80 from February 25 to March 7.

Safe Pass '80 is designed to exercise NATO's ability to keep open sea lines of communication, thus ensuring safe passage of shipping through the mid-Atlantic in times of hostilities.

Shipping will be protected by NATO navies including the Canadian Task Group under the command of Commodore Andrew C. McMillin, of Halifax, Nova Scotia. For part of the exercise, Commodore McMillin will assume command of all the NATO navies involved.

The Canadian task group

comprises of six helicopter-equipped Maritime Command destroyers, HMCS Ottawa, Algonquin and Athabaskan from Canada's First Destroyer Squadron and HMCS Iroquois, Annapolis and Nipigon from the Fifth Destroyer Squadron. Also taking part are HMCS Skeena sailing with the Standing Naval Force Atlantic and an operational support ship, HMCS Protecteur. Air support will be provided by Argus long-range patrol aircraft from 405 VP Squadron, Greenwood, N.S.

Other countries contributing forces to Safe Pass '80 are Belgium, the Federal Republic of Germany, the Netherlands, the United Kingdom and the United States.

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Totem sports

Sports line

The "B" league intersection league was at it's entertaining best this week. Puttock and Boswell the guided missiles from ATC team were re-arranging the arena boards. The big casualties in that game were the 407 Sqn. The 407 "A" league team skated their way to a 6-3 win over 409 Sqn. Roach the Iron curtain goalie kept the 409 Sqn. at bay with 407 controlling the play but not the score. The big news from Base Broomball was 407 team winning an exciting game over HQ with a goal with seven seconds left in the game. The flashy 407 team with Lyle and Vartanyan providing the edge in play controlled the play for the winners. Dr. Death's return in spite of two man checking came up with another assist. Looks like this team will sweep the playoffs with Disco Dave at the helm.

The intersection volleyball league has seen the two USAF teams in control. With the style of play of Smith and Gordon the USAF teams should finish on top of the league.

The gym floor is flooded with new faces playing badminton. Doc Bardsley has finally found a use for his running and is playing a steady game. Word from his partner "the Doc should stick to nursing."

The fitness testing team from Action B.C. tested Wed. through Friday at the gym. The unit was very pleased with the turnout and to those people who could not get in they promise to come back.

Coming up - National Broomball in St. Jean. Good luck gang - bring home the gold.



PAC region curling champs

The Pacific Region Curling Championships held at CFB Chilliwack from Jan. 14-18

were won for the second year in a row by CFB Comox.

Members of the team from left to right are: Dennis Viklund, Jack Pate, Daryl Wright and Bob Stephens. Teams from CFB Comox and

CFS Holberg went through the round robin play with identical records of 7 wins and 1 loss, causing a sudden death playoff with CFB Comox being victorious with a 7-6 extra end victory.

Steelhead must be released

Effective February 6, 1980, all wild steelhead caught in Vancouver Island streams must be returned immediately, unharmed, to the stream, Environment Stephen Rogers announced today.

The regulation, which will be in force to March 31, 1980, does not apply to hatchery steelhead, which are identified by their missing adipose fin and healed scar. Rogers said that hatchery steelhead are present in the Big Qualicum, Campbell, and Quinsam rivers, and to a lesser extent in the Little Qualicum, Stamp and Salmon rivers.

He said the catch and release regulation is required to conserve critically low numbers of early-returning steelhead in virtually all Vancouver Island streams. Counts of wild steelhead and catch surveys, recently completed by fish and wildlife branch biologists, reveal that the number of potential spawners currently occupying indicator streams (including Cowichan, Englishman, Little Qualicum, Oyster, Stamp,

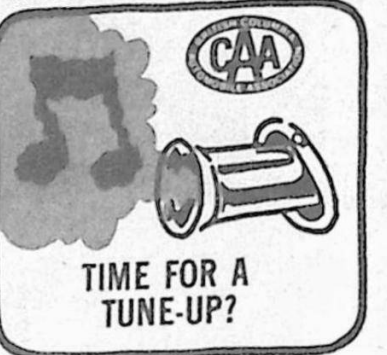
Campbell-Quinsam, Keogh and Gold) is far less than required to properly seed spawning and rearing areas.

For example, said Rogers, teams of fisheries technicians swimming the entire length of the Little Qualicum and Englishman rivers counted only 15 and eight steelhead respectively in the last week of January, when they expected over 100 steelhead in each stream. Creel counts confirm that wild steelhead are extremely scarce. The population of 1979-80 winter steelhead was reduced because of severe floods in the fall and winter of 1975-76, which led to poor fingerling and fry survival, and subsequent poor adult returns this winter. Washington State is also experiencing poor returns of wild steelhead to most of their rivers, and the same causes are suspected. Steelhead stocks in most streams are expected to increase somewhat through February and March, and most of those must be protected for spawning in late March and April, hence this

sudden but very necessary introduction of the catch and release program, said Rogers. However, a bright light in an otherwise dismal picture is that the return of hatchery steelhead in the Campbell-Quinsam has been quite good, Rogers added.

And another positive note comes from the branch's steelhead study on the Keogh river at Port Hardy, which indicates that, based on counts of seaward migrants in 1978, steelhead returns next winter should be better than average.

Rogers added that the Keogh river has proven a good indicator of what is happening in other Vancouver Island streams.



CHECK THESE NEW BENEFITS AND OPTIONS FOR AUTOPLAN '80



It's getting close to renewal time for Autoplan insurance. The deadline is February 29th for the majority of B.C. motorists.

Although rates are up by 10% because of increased costs, individual premiums may increase or decrease because of changes in ICBC's rating structure and the introduction of Phase I of the F.A.I.R. program.

Your Autoplan insurance for 1980 also features some new built-in benefits for everyone and some new options you should consider for your personal protection when you renew.

CHANGED COVERAGES

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

2. INCREASED NO-FAULT ACCIDENT BENEFITS

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

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

3. SAFE DRIVING VEHICLE DISCOUNT CHANGE

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

before they became eligible for a Safe Driving Vehicle Discount. Now, the discount can be applied without the waiting period and it is based on the owner's previous claim record. A one-year claim-free record earns a 15% discount; two years earns 25%; three qualifies for 32½%. This change principally benefits people buying an additional vehicle and new residents to the province.

NEW COVERAGE

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

NEW OPTIONS

For an additional premium you can now extend your protection to

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

2. SUPPLEMENTARY NO-FAULT ACCIDENT BENEFITS

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

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

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

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

- The first step will be taken towards removing geographical location as a rating factor. As a result, premiums will increase in some territories and decrease in others.

- The Safe Driving Incentive Grant will be discontinued because the young, single, male drivers who received this grant will benefit more from the new lower premiums.

- An additional premium is no longer required for an occasional operator under 25 years of age.

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

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

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300 players in Jamboree

Close to 300 young hockey players participated in the Dairyland Sportsmanship Hockey Jamboree held last weekend in Comox Courtenay. Parents, Coaches and Managers commented alike that the event was an "excellent experience for all concerned".

The Jamboree, co-hosted by the Comox Valley M.H.A. is rated as "the only event of its kind that exemplifies true sportsmanship and fellowship among the young participants". Mr. Dave Andrews, B.C.A.H.A. Development Co-ordinator, said "The concept of the program whereby all participants from the various Vancouver Island communities played on teams together rather than against each other, is certainly ideal."

The event was designed for 13-14 year olds playing Bantam House Hockey. Participants came from the following community Minor Hockey Associations: 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.

16 teams were formed in which boys from each community were inter-mixed, creating an opportunity for all to make many new friends by playing with others from the various places rather than against them. The 16 teams were divided into four equal color divisions and the one color group which compiled the best record was declared the overall winner.

The final standings for the Jamboree were:

Color	W	L	T	Pts.
Red	7	3	2	16
Yellow	5	4	3	13
Blue	5	6	1	11
Green	3	7	2	8

Penalty Pts.	Total
38.5	54.5
39.5	52.5
38.5	49.5
35.5	43.5

Each color division was

given an initial 50 pts. from which ½ a point was subtracted for every penalty assessed - this idea was incorporated to make all participants more fully aware of the detrimental aspect of taking penalties.

All youngsters playing on teams belonging to the winning Red division were presented with appropriate crests during the closing ceremonies.

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Think golf

Well all you swingers and hackers, the 1980 golfing season is almost upon us for another year of fun in the sun with the official opening on the 1st of March and the Club House and Bar opening on Monday the 4th of March.

This year's hours of operation for the Bar will be from 11:00 a.m. to 6:00 p.m. March and April and from 11:00 a.m. to 7:00 p.m. the remainder of the year, the bar can easily be kept open after normal hours by simply paying the Bar Tender's wages. If your section-organization requires the use of the Club House Bar facilities for a party a nominal fee of \$15.00 will be charged to cover clean up costs.

There is some bad news this year, you guessed, the membership fees are going up and will be Men \$125.00, Ladies \$110.00, Man and Wife \$210.00, Juniors \$40.00, in comparison to other courses available you are still getting a good deal and to make pay assignments can be arranged, so don't forget we would like to see you on the 1st of March. This year's Golf Club executives are:

MEN
President - Larry Berry.

Vice-President -- Bill Ainslie.
Club Captain -- John Parker.
Handicap -- Jim Freeman.
Secretary -- Carl Munn.
Junior Rep. -- Dave Ronaldson.
Entertainment -- Jim McNeil.
P.R.O. -- Rod Verchere.
Tournament Chairman -- Colin Beck.
Tournament -- Bernie Hughes.
Tournament -- Fred Mitchell.
Tournament -- George Whitehead.
Pro Shop Manager -- Ron Bailey.
Bar Manager -- Paulo Hickson.

LADIES
President -- Gwen Hall.
Club Captain -- Pat Verchere.
Vice-Club Captain -- Barb Carter.
Handicap Chairman -- Millie Legg.
Ringer Board -- Rose McLeish.
Secretary-Treasurer -- Claire Rathburn.
Don't forget! See you on the 1st of March!

Improving on nature

Boulders, two and three feet across, some of which weigh as much as a ton, have been airlifted to the remote Keogh River on the northeast coast of Vancouver Island in a research project aimed at testing techniques to improve coho and steelhead trout habitat.

These strategically-placed boulders, or as fisheries biologists call them "in-stream structures" can be installed for around \$20 each and will produce about one to two pounds of fish a year.

During autumn and winter storms that periodically result in floods the boulders provide sheltered backwaters for many fry which might otherwise be buried or swept downstream into the ocean before they are large enough to survive in salt water. These shelters also provide a haven for the fry in spring when melting snow produces torrents of icy water.

In addition, hollows in the stream bed are carved out just downstream of the structures by the action of water flowing over them during periods of high runoff. These pockets or "runs" are used by the young salmonids during periods of low summer

flow and drought. Experiments with in-stream structures began as early as the 1930's in California where small rock accumulations and planks were lashed together with cables or vegetation. These first attempts frequently failed because they could not withstand the peak autumn and spring freshets of Pacific coast streams - although similar constructions in Wisconsin and Michigan where water flows were gentler had a higher success rate.

A similar program was initiated in New Brunswick in the 1970's to enhance Atlantic salmon and brook trout. The results looked promising but there were still drawbacks limiting the program's effectiveness.

One of these was the short-term environmental damage incurred when heavy machinery - caterpillars, trucks and front-end loaders were used to transport the boulders to the proper site and to place them in groups in the

stream bed. Cost was another problem. Even in settled areas it was often impossible or too expensive to transport equipment into areas where stream enhancement was most desirable.

Such equipment is still less appropriate in British Columbia where even logging roads are sometimes few and far between and where much of the prime spawning and nursery areas are miles from existing roads.

However, fisheries biologists from the B.C. Fish and Wildlife Branch working under the Salmonid Enhancement Program, a federal-provincial program to increase the salmon and sea-run trout, found that by using helicopters they could avoid damage to the habitat and could complete the job for less money.

Using a cable sling, or a specially constructed hydraulic rock tong, a small crew of men can place up to thirty boulders per hour.

B.C.'s best announced

VANCOUVER -- Burnaby high jumper Debbie Brill has been named British Columbia's Athlete of the Decade for the 1970's.

Brill was named recipient of the award tonight at Sport B.C.'s annual Athlete of the Year Awards Banquet at the Vancouver Hyatt Regency Ballroom.

A sold out audience of more than 600 listened as Brill was honored for her outstanding contributions to track and field over the past ten years, the highlight coming with her winning the high jump event at last summer's World Cup track and field meet in Montreal.

Only two other women high jumpers have ever leaped as high as Miss Brill in women's high jump. She currently holds the Commonwealth record of 6'5 3/4".

She has competed in two Olympics, 1972 and '76. Miss Brill, however, was not as fortunate in this year's Senior Athlete of the Year Category.

She finished a runner-up to

Whistler downhill skier Dave Murray, who was also named the province's Overall Athlete for 1979.

A third finalist in the Senior Category was gymnast Philip Delesalle of Victoria, last year's Senior and Overall winner.

Murray finished second in two European World Cup races last year and finished third in the pre-Olympic race at Lake Placid.

His performances made him the third ranked downhill skier in the world in 1979. Delesalle finished 12th at the World Gymnastic Championships last year, the highest finish ever by a Canadian gymnast.

Other individual winners at the Sport B.C. awards banquet:

Junior Athlete -- boxer, Danny Thompson of Maple Ridge.

University Athlete -- rugby player, Preston Wiley of U.B.C.

High School Athlete -- wrestler, Wayne Chow of Britannia Secondary in

Vancouver. Master Athlete -- long distance runner Sverre Hietanen of Vancouver.

Physically Disabled Athlete -- Rick Hansen of Vancouver who competes in track and field, volleyball and basketball.

Team of the Year is the Victoria city Rowing Club Double Scull team of Pat Walter and Bruce Ford, who won a gold medal at the Pan American Games and finished eighth at the World Championships.

Sport B.C.'s Special Merit Award, given to an athlete who has made a comeback after an illness or setback, went to Victoria gymnast Anthony Barker.

Barker is back competing after a severe bout of Osteo Myelitis, that almost claimed his life two years ago.

Another Special Merit Award was given to retiring U.B.C. Athletic Director, Bus Phillips, for his outstanding contributions to athletics.

Mt. Washington opens

MT. WASHINGTON, B.C. -- Federal-provincial funding for development of the new Mt. Washington Ski Resort on Vancouver Island was acknowledged here today at an official opening ceremony.

Joining Mt. Washington principals for the ceremony were B.C. Minister of Tourism Pat Jordan, B.C. Minister of Industry and Small Business Development Don Phillips, senior officials of the federal department of regional economic expansion (DREE), B.C. Development Corporation chairman Newell Morrison, and Crown Zellerbach chairman and chief executive officer R.G. Rogers.

A low interest loan under the Canada-British Columbia Travel Industry Development Subsidiary Agreement (TIDSA) totalling \$1,066,800 was cost-shared equally by DREE and the B.C. ministry of industry and small business development.

The province also provided a \$2.9 million loan through the B.C. Development Corporation which was used towards on-mountain accommodation and facilities.

The TIDSA money was used for improvement of roads, installation of parking areas, hydro electric power, water supply and distribution, and sewage collection and treatment systems.

Road access is from Courtenay, over land lease and road easements from Crown Zellerbach Ltd.

Parking areas, capable of accommodating over 5,000 skiers at one time, have been constructed on hillside terraced lots.

Hydro electric supply has been installed to sustain lift operations and hill and base facility requirements.

Water supply from a 350,000 gallon surface collection reservoir and a full treatment sewage disposal system have been installed. The TIDSA funded systems have the capacity to service future expansion and planned accommodation facilities on the mountain.

Assistance to the Mt. Washington project was approved on the basis of its comprehensive Master Plan, its excellent potential as an all-season employer. The project will create 10 year-round and 40 seasonal jobs and will generate a variety of development opportunities for the surrounding communities.

TIDSA project approval decisions are made by a federal-provincial management committee, made up of the department of regional economic expansion (DREE) and the Canadian government office of tourism representing the federal government, and the ministries of industry and small business development and tourism representing the provincial government.

Studies of the mountain (28 km west of Courtenay) began in early 1975 by Henry Norie and Alex Linton. These studies confirmed the

mountain's potential and viability.

Negotiations proceeded with Crown Zellerbach, the land owner, to acquire the property by lease arrangement.

Mt. Washington Ski Resort Ltd. was incorporated on March 18, 1977. Principals and shareholders are: Alex Linton, President; Henry Norie, Secretary.

Approval of financial assistance of \$1,066,800 for four projects was given in May 1979. These were: water system, roads and parking, sewerage system, three phase power supply.

The assistance took the form of a low interest loan over 25 years at one-half prime, first year interest free.

A BCDC role in further developments at Mt. Washington is expected.

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Dairyland Sportsmanship Jamboree

A combined community event in cooperation with the Comox Valley M.H.A.



For the past four years, Dairyland and its employees have organized Sportsmanship Jamborees for many of the communities we serve in British Columbia. The Jamborees for Bantam House League Hockey players are fun-filled events that emphasize the values of SPORTSMANSHIP, FELLOWSHIP and PARTICIPATION. The competitive aspects of the sport are played down—SPORTSMANSHIP is the key.

Youngsters playing have been chosen by their coaches who used these guidelines: (1) those who showed the greatest desire to play the game fairly (2) who showed the most sportsman-like conduct both on and off the ice (3) and showed the greatest respect for fellow players, coaches and officials.

The JAMBOREE is FREE—come and see exciting, fast, clean hockey!

Dairyland and Comox Valley M.H.A.

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1st Lazo Beavers Blue Colony

The last two weeks have been busy ones for the beavers in the blue colony. On Feb. 7th the boys who missed their tail change the week before received their new ones, Greg Martin got his green tail and lightening bolts were presented to Bobby Williams, Sean Horton, Mike Pruitt and Alex Smith. Congratulations boys. The Colony then went to the Military Police Section, and were treated to an interesting and informative tour by MCpl. McKim and Cpl. Davies. A big tail slap of thanks to these gentlemen and others on duty during our visit.

Guns, cells, fingerprinting, special flashlights and the police cars were all viewed with a great interest by all the boys. The Radar running test surprised a lot of us. One boy was "Clocked" in at 12 miles per hr. I'd say that was pretty fast! Maybe we should challenge the dads one day on their speed...Special thanks to Jean Ansle and Alice Green for their help at this meeting.

Valentine's Day - Bring your "Sweetheart" or your mother - Everyone bring a Teddy Bear! was our theme for the party meeting on Feb. 14th. There were only a few mothers as most of the boys invited a girl or their "Sweetheart" Justin couldn't decide on which girl to bring so to be fair he brought both. A Teddy Bear parade was had and judged. Everyone was a winner.

Special awards went to Cory Young for the smallest teddy bear, GERALYN Burgess for the largest teddy bear, Kim, Ryan Ansles friend for the cutest teddy bear and Mike Pruitt for the best dressed teddy bear. Mrs. Culver-James won for the oldest teddy bear. There were lots of games and final tally at the end of the evening showed a tie for all the teams, good work everyone.

Lunch and a short campfire was the end of the evening. Special thanks to Sharon Houston, Edie MacDonald and Leslie Lewis for their help. Also thanks to the mothers who brought the food for the evening, Mrs. Williams, Mrs. Mitchell, Mrs. Johnston, Mrs. Dodge, Mrs. Bullard, Mrs. Smith, Mrs. Martin, Rainbow and thanks to Rusty who made a lovely large Valentine cake. Thanks to Hawkeye who made the koolaid. Thanks to everyone who made our party such a great success.

Feb. 17-24 is Baden Powell week and the Beavers attended the Church Parade to start off the week. The 21st Feb. will be a special B.P. meeting and 22nd is Baden Powell's birthday.

Until next time busy Beavering, Rainbow.

WO's and Sgt's wives club

The Warrant Officers and Sgt's Wives Club held their meeting February 11th. To honor Valentine's Day members wore something red. After a short business meeting, Bingo was played, there were many very nice prizes. Joanne Stegmen won a most attractive cheese board which was very kindly donated by the Wise Owl Gift Shop in the Comox Shopping Mall.

To finish off a pleasant evening, members enjoyed an excellent selection of Wine and Cheeses. Our next meeting will be March 10th, this time members and guests are requested to wear something green to celebrate St. Patrick's Day. The entertainment will be a Game's Night.



Coming soon "Variety '80"



LOBSTERED CHEQUE ... Receiving the "East Coasters' Lobstered Cheque" on behalf of the Langford Sea Cadet Corps are Able Wrenette Karen Nielson (left) and Able cadet Shawn Emsley. Behind the two cadets are (left to right) Chief Petty Officer Bill Greig, Vice-president of the Western

Community Navy League (WCNL), Mr. Don Jackson, WCNL President, Petty Officer "Sandy" MacDonald, reunion co-ordinator and Rear-Admiral M.A. Martin, Commander Maritime Forces Pacific.

(Canadian Forces Photo by MCpl. M.D. Johnson)

OWC looks at nutrition

BY SUE MCKINLEY

Nutrition was the topic of the February 13th meeting of the Officers' Wives Club. The evening began with punch and a chance to browse through the many brochures on nutrition, diet and recipes.

President Anne Gibbon conducted our regular business meeting and then turned the floor over to entertainment co-chairman Marilyn Books.

Marilyn presented a discussion of hydroponic gardening, showing slides of her very successful efforts. Wow! What a garden, Marilyn! Next Lorin Medley spoke with us about consumerism - how to shop wisely and how to effectively complain about unsatisfactory products. Finally dietitian Diane Williams discussed nutrition essentials and today's "fad" diets.

Afterwards Lorin Medley, assisted by Trudy Bader and Sharon Salt, gave us the opportunity to taste and compare canned foods of various prices and grades. Many thanks to Marilyn and all the ladies for a most informative evening.

Also, a special thanks to our food convenors Pat Black and Carol Wolfe. The fruit and cheese was the perfect touch, girls!

Our next meeting will be our culture night on March 19th and will feature food and costumes from a variety of cultures. See you then!

Spring tourism

A major spring advertising campaign will be launched in early February to encourage shoulder-season travel to and within the province, Tourism Minister Pat Jordan announced today.

It will also help to level out the valley periods often experienced by the tourism industry, she added.

"We are kicking off the exciting eighties with a full-fledged advertising campaign to promote spring travel to B.C. and this will be the first year that Tourism B.C. will be running such a big spring promotion," the minister said.

The extensive print campaign, in consumer and travel trade publications, Mrs. Jordan said, is designed to reach three primary groups of vacationers:

- Canadians residing east of the Rockies who are still experiencing snow and cold weather;
- U.S. Pacific coast residents who rarely ex-

perience the joys of spring and wish to take advantage of off-season rates and the favorable currency exchange;

- Outdoor-loving British Columbians, who will be encouraged to take the time to experience their province in leisure before the high tourist season begins.

The minister noted that in March and April the province has ideal weather for active vacationers to enjoy sailing, hiking, mountaineering, and spring skiing, while B.C. cities offer shopping, great dining and cultural attractions.

"Funfest '80 activities are also in high gear this spring to provide the vacationer in B.C. with a complete range of things to do," Mrs. Jordan said.

"Spring is the recognized time for people to renew their relationships with nature. What better place is there to do it than in our super, natural province," she said.

AUTOPLAN '80



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For \$12.00 you can now extend your protection to cover the situation when the person who is at fault does not have enough insurance to cover your claim for injury or death. If you are the victim of such an accident, and you carry this optional coverage, your own coverage can be applied to bring the total payment to the higher limit.
- 2 OPTIONAL SUPPLEMENTARY NO-FAULT BENEFITS.**
If for any reason you feel that the current no-fault benefits (medical, disability, death and funeral benefits) are insufficient to cover your needs, this option allows you to buy higher levels of benefits for a small additional premium.
- 3 OPTIONAL SUBSTITUTE VEHICLE COVERAGE.**
This additional insurance covers the cost of a replacement vehicle for your use in the event that your own vehicle is in an accident and cannot be driven.

The deadline is
February 29, 1980.
Review early.
Renew early.

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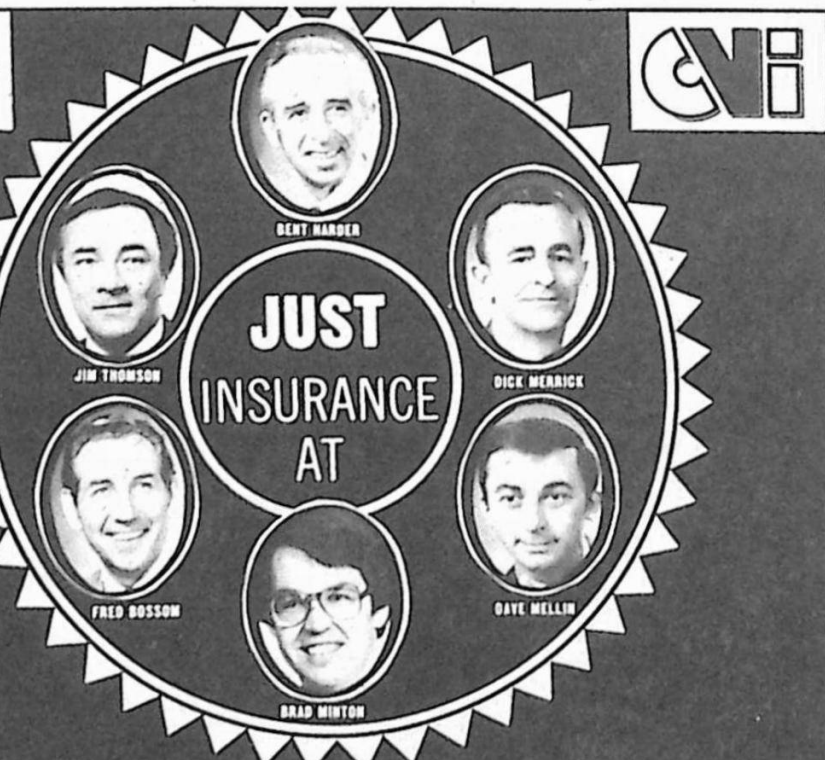


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Fitness for everyone.

Editor's Note: the following is the third in a series of fitness articles forwarded to us courtesy of good old "Doc" Bardsley, our BSurg.

In deciding to undertake an activity program, many people ask themselves: "Am I going to kill myself doing this?" The answer is "no", if you follow the simple advice given previously -- start slowly and progress gradually. If that answer does not allay your fears, then take the Physical Activity Readiness Questionnaire (PAR-Q) which was developed by the B.C. Government, and now forms part of the Fit Kit referred to previously. PAR-Q entails answering "yes" or "no" to the following seven questions:

1. Has your doctor ever said you have heart trouble?
2. Do you frequently suffer from pains in your heart or chest?
3. Do you often feel faint or have spells of dizziness?
4. Has a doctor ever said your blood pressure was too high?
5. Has your doctor ever said that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
6. Is there a good physical reason not mentioned above why you should not follow an activity program even if you wanted to?
7. Are you over age 69 and not accustomed to vigorous exercise?

If you answer "yes" to any of the seven questions, it is wise to see a doctor before starting an activity program. Otherwise you are safe to start, remembering, of course, that you should start slowly and work up gradually. I should mention that some authorities think that everyone over the age of thirty should have a complete health examination, including lung function studies, a battery of blood tests, an electrocardiogram (EKG), and even a stress electrocardiogram (an EKG done during exercise on a tread-

mill). I believe this is entirely unnecessary for the average person. However, it may be appropriate if you have answered "yes" to the questions on blood pressure or heart disease in the PAR-Q.

Some of the "reasons" implied by question "6" are: severe lung disease, infectious diseases, severe liver disease, diabetes, gross obesity, asthma and any disease requiring medication.

Once you have started a program, there are some medical points to keep in mind. Competition, even with oneself, oftentimes leads to overexertion. So beware! Overdoing it can lead to a variety of overuse problems, including sudden death. How do you know? Well, if it hurts a lot you are probably overdoing it. Some specific signs of overexertion are: severe shortness of breath, dizziness or fainting, chest pains, intense tiredness, leg cramps relieved by rest, nausea or vomiting, imbalance, pallor and palpitations (a feeling of your heart jumping around in your chest). An easy way to guard against this is to do half as much as you think you can. In other words, follow the maxim that has evolved in sports circles: Train don't strain. Also, check your post-exercise pulse. You should recuperate at least 10 beats per minute within the first minute after stopping -- if not, you're overdoing it.

As mentioned previously, adequate warm-up and cool down periods should be allowed for. No hot showers or saunas should be taken until your pulse has returned to normal. The cooling down process should be a gradual winding down of the activity, or done lying down to guard against pooling of blood in the lower extremities and subsequent fainting. Another precaution is to wait an hour after eating before exercising to avoid stomach cramps.

Don't forget safety -- always be alert for potential causes of accidents in whatever sport you choose. Finally, if you have to cease your program for longer than 2 to 3 days, work up gradually back to your previous level. You will not be able to do what you did before right away, and if you try, you will undoubtedly overdo it, and hurt yourself.

Physical Activity, Fitness and Food

If you are eating a balanced diet, there is no need for special foods when you commence regular physical activity. Specifically, there is no need for high protein foods or vitamin supplements. From the point of view of increased need for calories, your appetite will increase according to your needs. What is essential is adequate water replacement after exercise, especially if such exercise is vigorous and incurs a lot of sweating. The body's minerals, on the other hand, will be replaced adequately through your food, so there is no need for salt pills and the like, unless of course you are running a marathon. All in all, then, other than perhaps water, your body will tell you what you need, so there's really no need to worry.

Until now, we have looked at what you have to do for fitness; now, let's see what it can do for you.

Physiological Effects of Regular Physical Activity

To discover some of the effects of regular physical activity, let's have a look at the opposite, that is, the effects of complete lack of activity. After only three weeks of being bed-ridden, studies have shown that people suffer:

- a 25 per cent reduction in heart efficiency
- a 25 per cent reduction in endurance
- a seven per cent reduction in heart size

- a 25 per cent reduction in blood volume
- a 15 per cent reduction in muscle bulk and strength
- decreased calcium content and strength of bones
- increased feelings of apathy and tiredness

These effects are collectively known as hypokinetic disease. The physiological differences seen going to "bed rest" from "normal" activity which, for the average North American is sedentary - are similar, to the differences going from "normal" activity to "regular physical activity".

Just as the effects of "bed rest" start to occur very rapidly, so the training effect of regular activity starts to fall off after just 2 to 3 days. And just as it takes at least 60 days of regular activity to restore the previous state of fitness after bed rest, so it takes a long time to reach your optimum state of fitness with a regular fitness program. Such reasoning also underlines the importance of resuming an activity program gradually after time away, thereby allowing adequate time to build yourself back up to your previous level of condition.

The physiological and anatomical effects of physical activity and fitness are listed in Table I. In two words, these effects are "enhanced efficiency". And you will not be surprised given the previous emphasis on oxygen, that most of the effects are related to the efficiency of oxygen use. Since the muscles of the fit body use oxygen more efficiently it follows that they need less. And it follows from that, that the heart has to supply less, such a situation being reflected by a lower respiratory rate, blood pressure and heart rate. In other words, your cardiovascular system does not have to work as hard to maintain your body's needs,

at rest and at work. For example, consider heart rate. At 72 beats per minute -- an average heart rate -- your heart beats some 40 million times per year. A fit person quite commonly has a heart rate to 60 beats per minute or even lower. Such being the case, he has saved his heart over 6.5 million beats a year! Let's consider heart rate a bit more. The fit person takes much longer to reach his maximal heart rate with a given work load, than an unfit person does. Thus, a fit person can perform a given task much longer than an unfit person, and can also do heavier tasks without overtaxing his body. And, after the work, a fit person recovers his resting level much more quickly. The overall result -- a greater capability and productivity. But the effects do not stop with oxygen.

The heart, being a muscle, also uses oxygen more efficiently, and thereby needs less. Moreover, regular physical exercise increases the collateral circulation to the heart, and reportedly increases the calibre of the arteries supplying it. These effects, coupled with the fact that the heart has to work less hard for given workloads, form the basis of the use of regular exercise in the rehabilitation of heart attack victims. They also form part of the rationale for using exercise to prevent coronary artery disease.

The physiological effects of regular physical activity and or fitness on fat in the body are also interesting. Apparently fit people mobilize fat from fat stores, and use fat for calories, more efficiently than their not-so-fit peers. In addition their intestines absorb less fat from food eaten, and their livers synthesize less fat from precursors in the blood. The overall result of this is decreased body fat content. When you consider that regular physical activity also makes appetite more closely geared to actual calorie needs, you have a situation where physical activity is a vital part of weight-loss programs.

Regular physical activity

during childhood has been shown to be critical to normal growth. The effects on body fat just mentioned, not only prevent obesity during childhood, but also go a long way in preventing the condition in later years. Moreover, activity serves to build strength in bones, joints, muscles, ligaments and tendons, thereby contributing to good posture. It also enhances motor skills and coordination.

Physical fitness during childhood also increases the potential physical fitness in adult life. It does not, however, ensure it. People must maintain their state of fitness throughout life if they are going to stay fit. Furthermore, fitness as a child does not confer on the adult any of the health benefits that we will discuss in the next section. The health benefits by and large result from the physiological and anatomical effects listed in Table I. It follows, then, that just as fitness must be maintained into adulthood to realize the physiological effects, so it must be maintained to realize the health benefits.

Physical Activity and Health

The effects of regular physical activity and fitness on health have been believed for a long time. In 1704 Frances Fuller stated it thus: "That the use of exercise does conduce very much to the preservation of health, that it promotes the digestion, raises the spirits, refreshes the mind, and that it strengthens and relieves the whole man, is scarce disputed by any."

Chapel Chimes



RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) - Telephone 339-2211 Loc. 274; Residence - 339-2102.

MASSSES FOR SUNDAY:

Saturday - 7:00 p.m.
Sunday - 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSES: 9:00 a.m.

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

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

MARRIAGES: Please come in months before your marriage.

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

THE PROTESTANT CHAPEL

Telephone: 339-2211 Loc. 273.
L.R. Coleman, Maj. (Base Chap (P))
E. Clifton, Capt.

CHAPEL SERVICES

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

HOLY COMMUNION: Holy Communion (ACC) 1200 hours normally is first Sunday of the month.

BAPTISM: By appointment. Consultation with parents expected 2-3 weeks in advance of Baptism.

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

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

Junior Choir: 1830 Hrs. Thursday at the Chapel.

Senior Choir: 2000 Hrs. Thursday at the Chapel.

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

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

PACIFIC COASTAL AIRLINES IS NOW OPERATING AS AIRWEST AIRLINES

The following schedule is effective immediately

VANCOUVER AIRPORT - PHONE 273-5531 To Cassidy

Flt.	Depart	Arrive	Frequency	Start	End
301	0650	0710	Daily	Mar 5	Apr 26
303	0800	0820	Daily	Feb 8	Apr 26
305	0920	0940	Daily	Feb 8	Apr 26
307	1050	1110	Daily	Feb 8	Apr 26
309	1215	1235	Daily	Feb 8	Apr 26
311	1345	1405	Daily	Feb 8	Apr 26
313	1600	1620	Daily	Feb 8	Apr 26
315	1710	1730	Daily	Feb 8	Apr 26

CASSIDY - PHONE 753-1255 To Vancouver Airport

Flt.	Depart	Arrive	Frequency	Start	End
302	0720	0740	Daily	Feb 8	Apr 26
304	0835	0855	Daily	Feb 8	Apr 26
306	0950	1010	Daily	Feb 8	Apr 26
308	1130	1150	Daily	Feb 8	Apr 26
310	1245	1305	Daily	Feb 8	Apr 26
312	1430	1450	Daily	Feb 8	Apr 26
314	1630	1650	Daily	Feb 8	Apr 26
316	1740	1800	Daily	Mar 5	Apr 26

NORTHBOUND: VICTORIA - PHONE 388-5151 To Cassidy-Comox-Campbell-River-Port Hardy

Flt.	Victoria Depart	Cassidy Airport Arrive	Comox Depart	Campbell River Arrive	Port Hardy Depart	Frequency	Start	End
501	0745	0810	0845	0925	0935	Daily	Feb 8	Apr 26

SOUTHBOUND: PORT HARDY To Campbell River-Comox-Cassidy-Victoria Comox - PHONE 339-5813

Flt.	Port Hardy Depart	Campbell River Arrive	Comox Depart	Cassidy Airport Arrive	Victoria Arrive	Frequency	Start	End
502	1400	1445	1455	1520	1530	Daily	Feb 8	Apr 26

CASSIDY To Qualicum-Port Alberni

Flt.	Cassidy Depart	Qualicum Arrive	Port Alberni Depart	Frequency	Start	End
601	0900	0925	1000	Daily	Feb 8	Apr 26
603	1300	1425	1500	Daily	Feb 8	Apr 26

PORT ALBERNI To Qualicum-Cassidy

Flt.	Port Alberni Depart	Qualicum Arrive	Cassidy Arrive	Frequency	Start	End
602	1015	1040	1115	Daily	Feb 8	Apr 26
604	1510	1535	1610	Daily	Feb 8	Apr 26

NOTE: For Reservations and Information for the following locations, please call Vancouver 273-5531 collect Campbell River, Port Hardy, Qualicum and Port Alberni.

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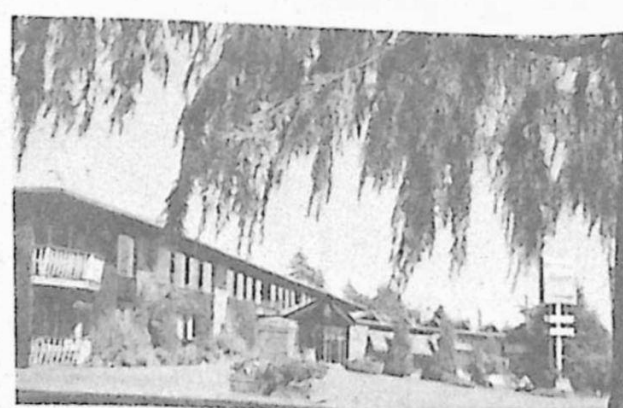
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Annual parade for local Scouts, Guides, Cubs, Brownies and Beavers

To mark Baden Powell week and to observe the wishes of the founders of the Scouting and Guiding movements who encouraged all leaders on numerous occasions to foster the spirit of religion in their young charges, our local Scouts, Guides, Cubs, Brownies and Beavers attended a Church Parade Sunday, 17 February at 2:00 p.m. at Our Lady's Chapel. The Service was conducted by Father Allan Stack and Padre Lloyd Clifton. The Lady Chapel's organist, Cheryl Cameron played the organ for the Service. A Scout Karl Dipsell and a Guide, Kathy Smith, read the Lessons.

The children, leaders and parents in attendance presented an offering of daffodils unto the Lord and a money offering for the Canadian Organization for Development and Peace in the Third World. Father Stack led the prayers and Padre Clifton spoke on the qualities of self-control. At the Service LCol. A. Kilpatrick presented Religion-in-Life emblems to over forty children and congratulated the leaders for their spirit of service to the community at large.



"AND WE SHALL WALK UP TO THE ALTAR OF GOD." (Photos: Felix Amirault).



"OF SUCH IS THE KINGDOM OF HEAVEN."

"THE GOD OF OUR YOUTH AND OUR JOY."

HAPPY BIRTHDAY BOUQUETS

The Girl Guides of Canada are celebrating their 70th anniversary of Guiding in Canada in 1980.

During Guide-Scout Week, February 17th to February 23rd, there will be many activities and displays throughout B.C., demonstrating the wide range of activities and services that have been enjoyed by girls since 1910.

When you see a Guide, Brownie or other member, smile and say Happy 70th Birthday.



MINISTRY OF ENVIRONMENT
FISH & WILDLIFE BRANCH
VICTORIA, BRITISH COLUMBIA

FISHERIES PUBLIC NOTICE

NOTICE TO ANGLERS

WILD STEELHEAD RELEASE FISHERY
FOR ALL VANCOUVER ISLAND STREAMS

NOTICE IS HEREBY GIVEN THAT PURSUANT TO THE AUTHORITY VESTED IN THE UNDERSIGNED BY THE British Columbia Fishery (General) Regulations, Section 59(1), (P.C. 1978 - 2096) as made under the Fisheries Act, R.S.C. 1970, C.F.-14, as amended, I hereby order that

"From February 6, 1980 to March 31, 1980, a person who fishes in any river or stream of Vancouver Island that is known to contain steelhead shall:

- Use no hook on a lure other than a single barbless hook.
- Use no foodstuff as bait nor use or possess natural bait of any kind, and
- Return immediately and unharmed to the water any steelhead that is not marked by removal of the adipose fin and having in place of that fin a healed scar."

D. J. ROBINSON
Director
Fish and Wildlife Branch

Feb. 6, 1980

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Societies & non-profit organizations

The Province of British Columbia invites applications for funding from Non-Profit Organizations, Tourist Information Centres, and Museums.

If your organization provides young people with an opportunity to learn worthwhile and marketable skills in a summer job, you can now apply for funding. We will provide your organization with the cost of wages and other project expenses. Jobs may start after May 1st, 1980. For complete details contact any Provincial Government Agent, Ministry of Labour Office, the nearest B.C. Youth Employment Office or dial Operator and ask for long distance Zenith 2210 toll free.

Deadline application: March 10th, 1980.



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MAKE YOUR OWN WINES AT HOME

That Refreshing Wine Called Rosé

Rosé has had to struggle uphill for every bit of official recognition it gets as a wine. The problem, you see, is that rosé is neither one thing nor the other; neither white nor red. Yet the major wine producing area of the world makes some rosé, and a few — Portugal and Chile, for example — have a very profitable output which finds a big market in Canada these days.

It can be argued that at the winery end of things, rosé is more related to red wine than it is to white. That's because the dark skins of the grape are left in with the juice at the start of primary fermentation to provide some red colouring... and, incidentally, some tannin. However, the skins are removed from the juice after only a few hours (never more than two days), whereas, for a true red wine the skins remain in the juice throughout the primary stage and for a while the skins are separated from the juice before fermentation starts.

Nevertheless, rosé wine is much closer to white in character. It is often enjoyed while quite young — three to six months of aging after fermentation — and is at its best when bursting with the zesty fresh flavour of the fruit. As with colour, just a touch of tannin and acid is all that's needed to give rosé its distinctive spirit.

For the home winemaker, fortunately, the business of how long the skins remain in fermentation in the juice is purely academic. There's a more convenient way of introducing a dash of red into the wine; to the usual quantity of white-wine concentrate (80 ounces for a five-gallon batch), 10 ounces of a suitable red concentrate are added. Small quantities of red concentrate are available at winemaker supply stores especially for blending into rosé, even though rosé wine is still only a small, yet growing, portion of home-made wine production.

Rosé shouldn't be regarded as junk wine by the home winemaker. On the contrary, rosé should be given every chance to emerge as an interesting wine experience, full of fresh fruit excitement and sprightly in its colour. And that means good ingredients to produce a basically sound wine. Australian concentrate is particularly suitable for the better whites and reds, and a blend in the recommended proportions will yield an excellent rosé.

Another delightful thing about rosé is that it can be produced with the full effervescence of champagne, the intermediate bubblyness of a sparkling wine, the subtle

"petillant" bubble of a Portuguese rosé, or perfectly "still". The method for adding sparkle is exactly the same as for champagne (as discussed earlier in this series, or in any good book on home winemaking), the degree of sparkle entirely dependent on the amount of sugar added at the time of bottling.

The same warning applies to rosé as with any other sparkling wine; use only the champagne-type of pressure reinforced bottle, or, if necessary, the smaller "pop" bottles, and follow instructions for adding extra sugar precisely. There's a good reason for this; the more sugar that is added, the greater the pressure will

build up inside the bottle, eventually creating a minor explosion. That's dangerous!

Whether sparkling or otherwise, rosé is a useful wine to tuck away in the wine cellar because it is right on so many occasions — with foods such as turkey or ham, as an appetizer wine, with dessert, and a mid-day sipping wine in the summer.

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

GRENACHE RED ROSÉ

While white wine is very popular at present, the wave of the future is Red Rosé; a wine with more body than white but fruity and fresh tasting — a reductive red wine that you'll love in 6-8 months — especially the medium dry.

INGREDIENTS:

1 tin Australian Grenache grape concentrate
5½ tins Water
1.8 kilos Granulated Sugar (or 5 lbs. Corn Sugar)
Acid (as indicated on the can recipe)
2 tsp. Pectic Enzyme
2 tsp. Grape Tannin
2 tsp. Super Nutrient
French Wine Yeast

YIELD: 26 bottles

METHOD:

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

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

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

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

Further bulk aging of 2 to 3 months is recommended

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

NEXT: WINE THAT'S READY FAST

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Metric — it's worth the change

Awards & Promotions



MR. BURNS (Bud) Brass of Courtenay was recently presented with a plaque which signifies 25 years service in the Public Service of Canada. The presentation was made by Colonel B.T. Burgess,

Base Commander, CFB Comox. Mr. Brass, formerly of Nipawin, Saskatchewan, has been employed with the Base Marine Section at HMCS Quadra since 1976. (Canadian Forces Photo)



MR. ARTHUR JAMES (Art) Hull, of Comox, was recently presented with a plaque which signifies 25 years of service in the Public Service of Canada. The presentation was made by Colonel B.T.

Burgess, Base Commander, CFB Comox. Mr. Hull, formerly from Toronto, Ontario, is the Barrack Warden at CFB Comox. (Canadian Forces Photo)



OPDP GRADUATES: Capt. N. Boehme, Capt. B.H. M.E. Costello, Capt. D.P. McMahon. Puffock, B.Comd (making the presentation), Capt. (Photo by B Photo)



B. COMD. COMMENDATION. Presented to Sgt. Maier, Mr. Clarke, Cpl. Fedoruk and Mr. Brooks in recognition of exceptional initiative and innovativeness in developing and installing a Base crash alarm system. The system, incorporating individual circuit testing, failure alarm and DC control, has proved extremely reliable in operational use, justifying the many hours and

outstanding efforts that went into its development. This project was completed through the leadership of Sgt. Maier, and the initiative and co-operation of all. Their efforts reflect credit on CFB Comox and their sections, and represent another example of the tremendous potential in technical skills which can be brought together in co-operative efforts between sections.

ASSOCIATION FRANCOPHONE DE LA VALLEE DE COMOX

Une assemblée générale se tiendra à l'école des "PMQs", Lundi, le 25 février 1980 à 1900 heures.

Invités Spéciaux sont:

MME YVETTE BRETT (Campbell River)
MME THÉRÈZE CROSSLAND (Powell River)
M. JEAN LALONDE (Responsable de L'Association des Franco-Colombiens de Vancouver)

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There are many young people willing and able to become productive members of our province's work force. When they do, it benefits everybody. All they need is the opportunity. You can give them that opportunity in a job that provides a good training experience, and we'll help you do it. We'll share the cost of wages with you when you hire an eligible young person for either a summer or permanent job that will allow them to learn as they go and develop marketable skills. The system is simple with a minimum of paper work.

You can hire the person of your choice or we can

assist you in finding young people whose interests and talents match your job requirements.

Here's how it works.

It's easy to participate. If your business or farm has been in operation for at least one year, the Ministry of Labour will help you pay the wages of up to five young people. We will pay between \$1.40 and \$2.50 per hour as our share of the cost. For those jobs that will lead to permanent employment with your firm, we will consider funding for up to twelve months duration. Jobs may start anytime after April 1st, 1980, but we suggest that applications be forwarded early — allowing six weeks for processing.

How to apply:

Applications for funding are available from any Provincial Government Agent, Ministry of Labour Office or one of the B.C. Youth Employment Offices listed below.

LOCATION	PHONE
INTERIOR REGION	
Cranbrook: 14 - 13th Avenue, South V1C 2V8	426-2283
Kamloops: 546 St. Paul Street V2C 2J9	374-0078
Kelowna: 1449 St. Paul Street V1Y 2E4	783-9241
Nelson: 601 Front Street V1L 4B6	352-5378
Penticton: 269 Brunswick Avenue V2A 5P6	492-7247
Vernon: 201 - 2901 - 32nd Street V1T 5M2	542-1397
LOWER MAINLAND REGION	
Abbotsford: 201 - 2630 Bourquin, West V2S 5N7	853-7497
All Other Lower Mainland Areas:	291-2901
4946 Canada Way, Burnaby V5G 4T6	
NORTH REGION	
Dawson Creek: 1201-103 Avenue V1G 4J2	782-5296
Prince George: 1011 - 4th Avenue V2L 3H9	564-6120
Smithers: Box 340, 3883 - 2nd Avenue V0J 2N0	847-4229
Terrace: 4548 Lakelse Avenue V5G 1P8	635-4997
Williams Lake: 307 - 35 South 2nd Avenue V2G 3W3	398-8258
VANCOUVER ISLAND REGION	
Courtenay: 941 England Ave. V9N 2N7	334-4403
Nanaimo: 238 Franklin Street V9R 2X4	753-6683
Victoria: 808 Douglas Street V8V 1X4	387-1131



Province of
British Columbia
Ministry of Labour
Employment Opportunity
Programs Branch



**OPEN**MONDAY, TUESDAY, WEDNESDAY
FRIDAY

9:30 A.M. - 5:00 P.M.

THURSDAY

9:30 A.M. - 9:00 P.M.

SATURDAY

9:30 A.M. - 4:00 P.M.

CLOSED SUNDAY

SERVING AUTHORIZED PATRONS
ONLY**YOUR CHOICE****2 FOR 77¢**

SUN-RYPE WHITE LABEL

APPLE JUICE

SUN-RYPE BLUE LABEL

APPLE JUICE

SUN-RYPE UNSWEETENED

GRAPEFRUIT JUICE

HEINZ

TOMATO JUICE

284 ml.

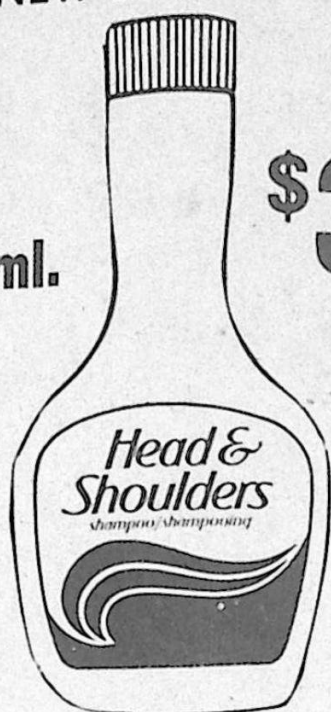
WEEKEND SPECIALS

FEBRUARY 21, 22, 23

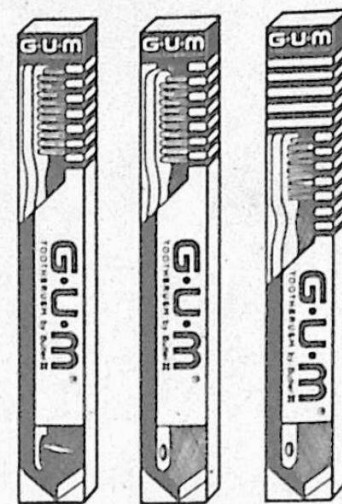
OR WHILE QUANTITIES LAST

NEW LARGER SIZE

450 ml.

**\$3.47**HOSTESS
**POTATO
CHIPS**

200 g.

69¢**G.U.M.**
TOOTHBRUSH by Butler®**77¢**KRAFT
MIRACLE WHIP

500 ml.

\$1.07KRAFT
DINNER

225 g.

2 for 77¢KRAFT
**SANDWICH
SPREAD**

500 g.

\$1.07**DON'T FORGET
TO CASH YOUR FAMILY
ALLOWANCE CHEQUE
HERE**ENTER OUR DRAW FOR
\$25.00 GIFT CERTIFICATE
NEXT DRAW — FEB. 29WATCH FOR OUR
MARCH SALE
MARCH 12, 13, 14, 15, 17, 18NEXT **\$1.37** DAY
MONDAY,
MARCH 17**PHOTO FINISHING AVAILABLE****COLOUR PRINTS**

12	\$3.99	24	\$6.99
20	\$5.99	36	\$9.99

CHEF BOY-AR-DEE
PIZZA MIXESSausage or Pepperoni
477 g.**\$1.47**KLEENEX
PAPER TOWELS

2's

99¢

(WHILE QUANTITIES LAST)

AVANTI
BOYS' T-SHIRTS
S.M.L.**2 \$2.97**for
EX Reg. Price **\$1.79** Ea.FRUIT OF THE LOOM
BOYS' BRIEFS
Two Per Package**2 \$3.47**Pkgs. For
EX Reg. Price **\$2.99** Per Pkg.**CORNINGWARE
DISHES**

Individually Priced

! 10% OFF !**POTS & PANS**

SLIGHTLY DAMAGED

! REDUCED !BROTHER
CHARGER II
PORTABLE TYPEWRITER**\$89.99**

EX Price

SAMSONITE
LUGGAGE WHEELS**\$7.99**

EX Price

BRAUN
CONVECTION OVEN**\$279.00**

EX Price

BRAUN
CASSETTE RAZOR
(BATTERY)**\$22.99**

EX Price

CHARLESCRAFT
MINI-MITE
CURLING IRON**\$13.99**

EX Price

NEW SHIPMENT
OF
**NORTH STAR
RUNNERS**CHECK EX
EVERYDAY
LOW PRICES**NEW SHIPMENT HAS ARRIVED**

Samsonite