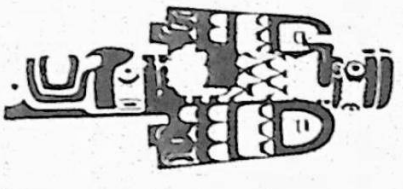




TOTEM TIMES



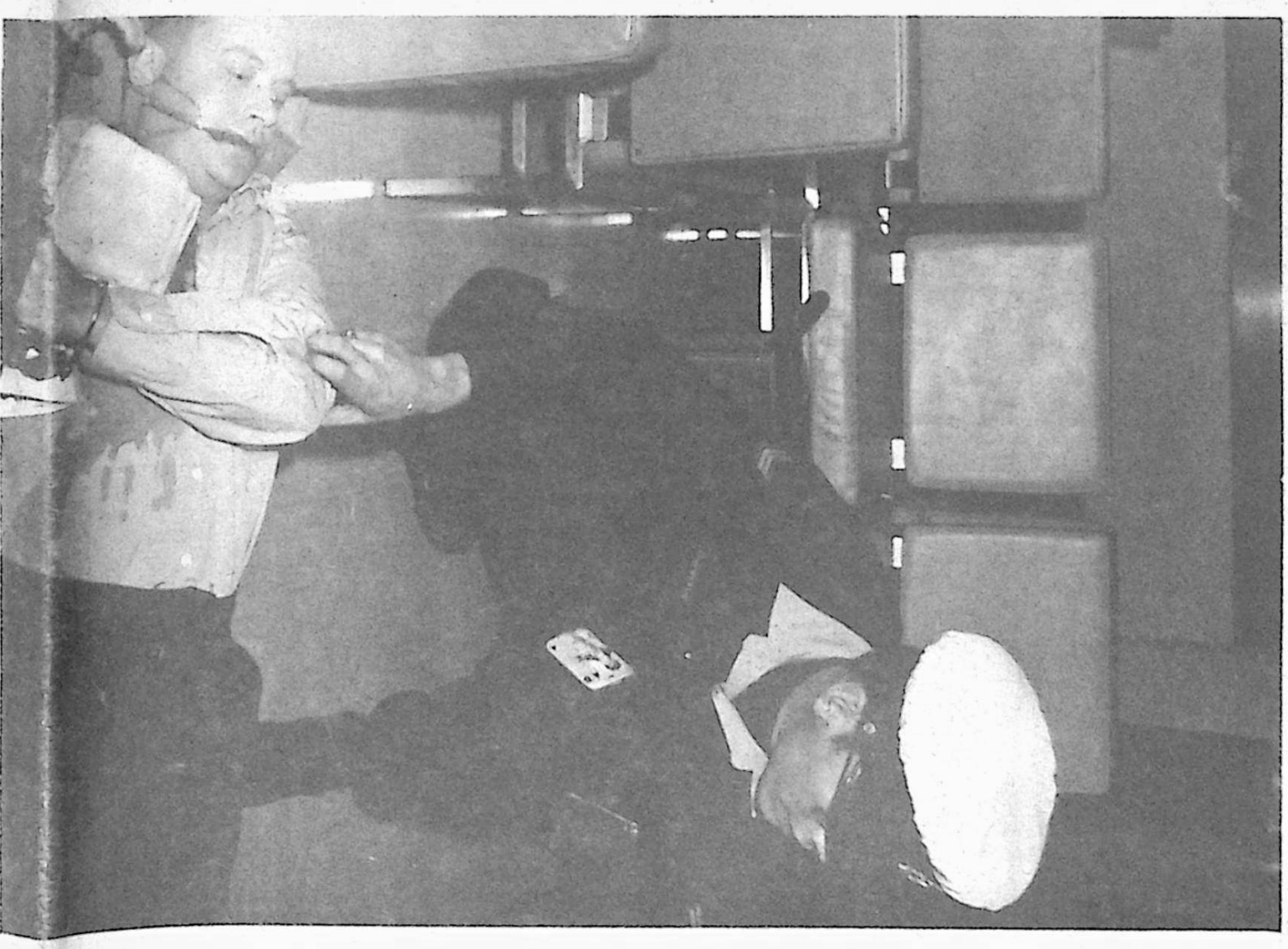
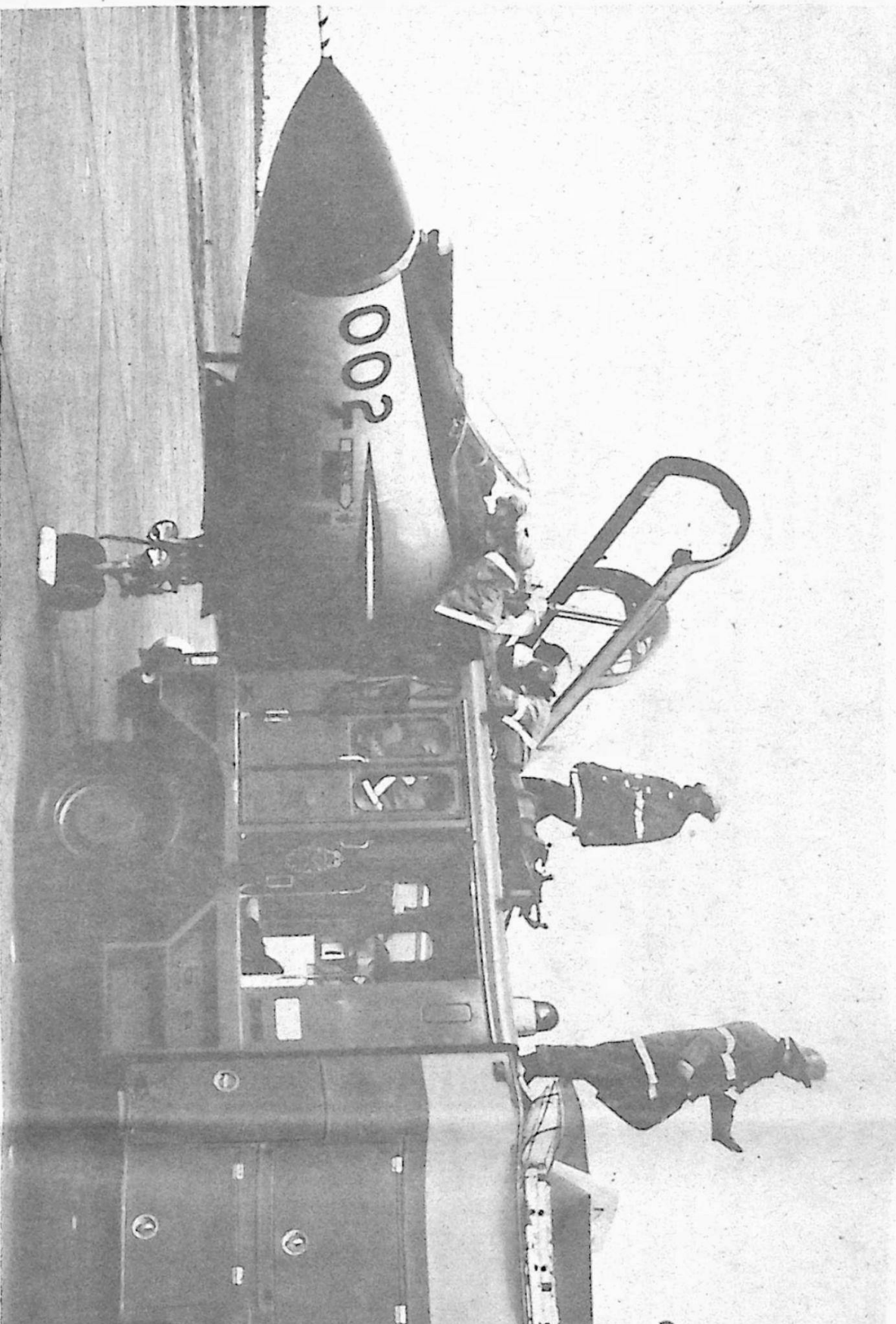
Confucius say: "Who say I say all those things they say I say!"

Vol. 22 NO. 5

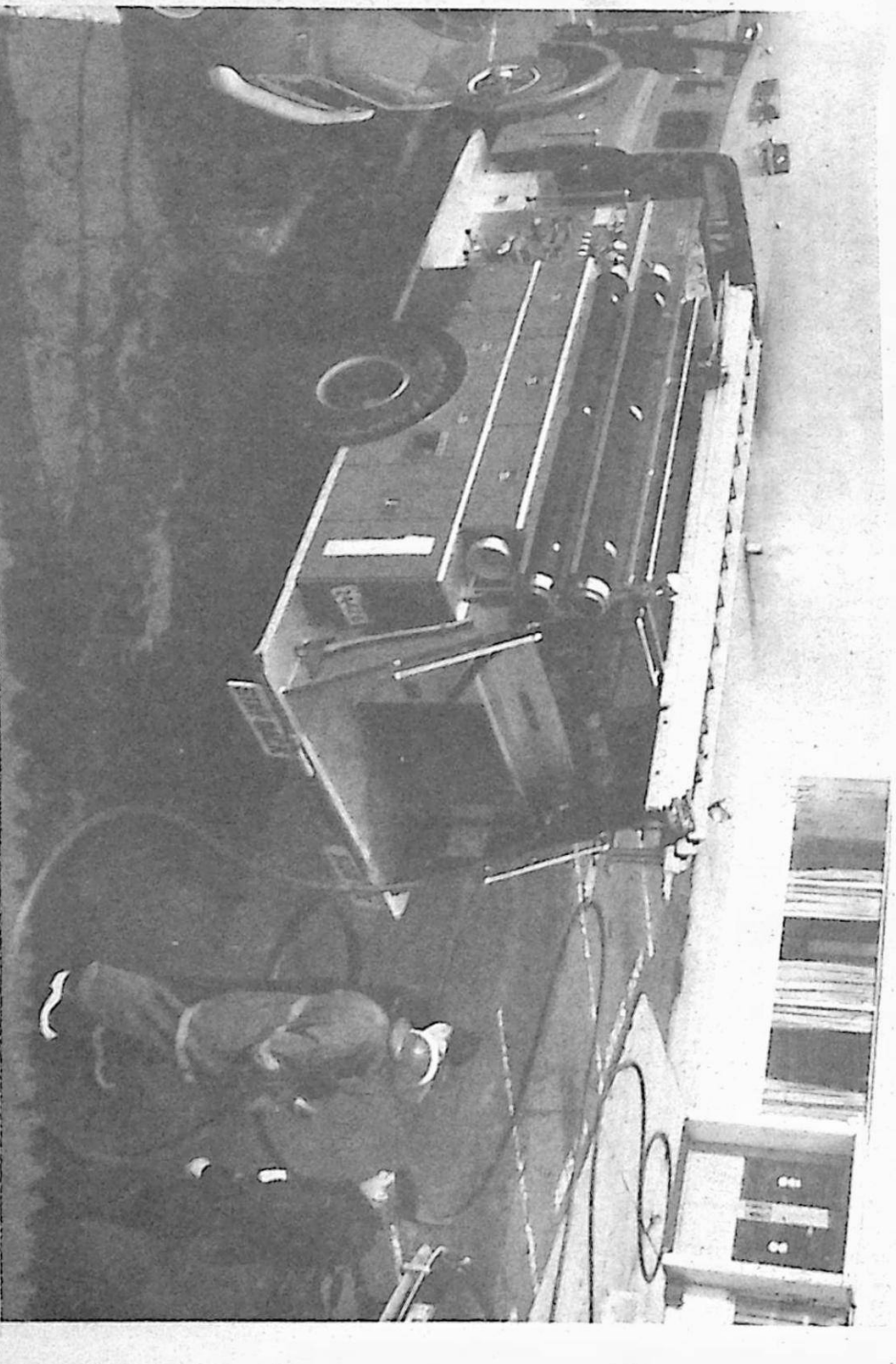
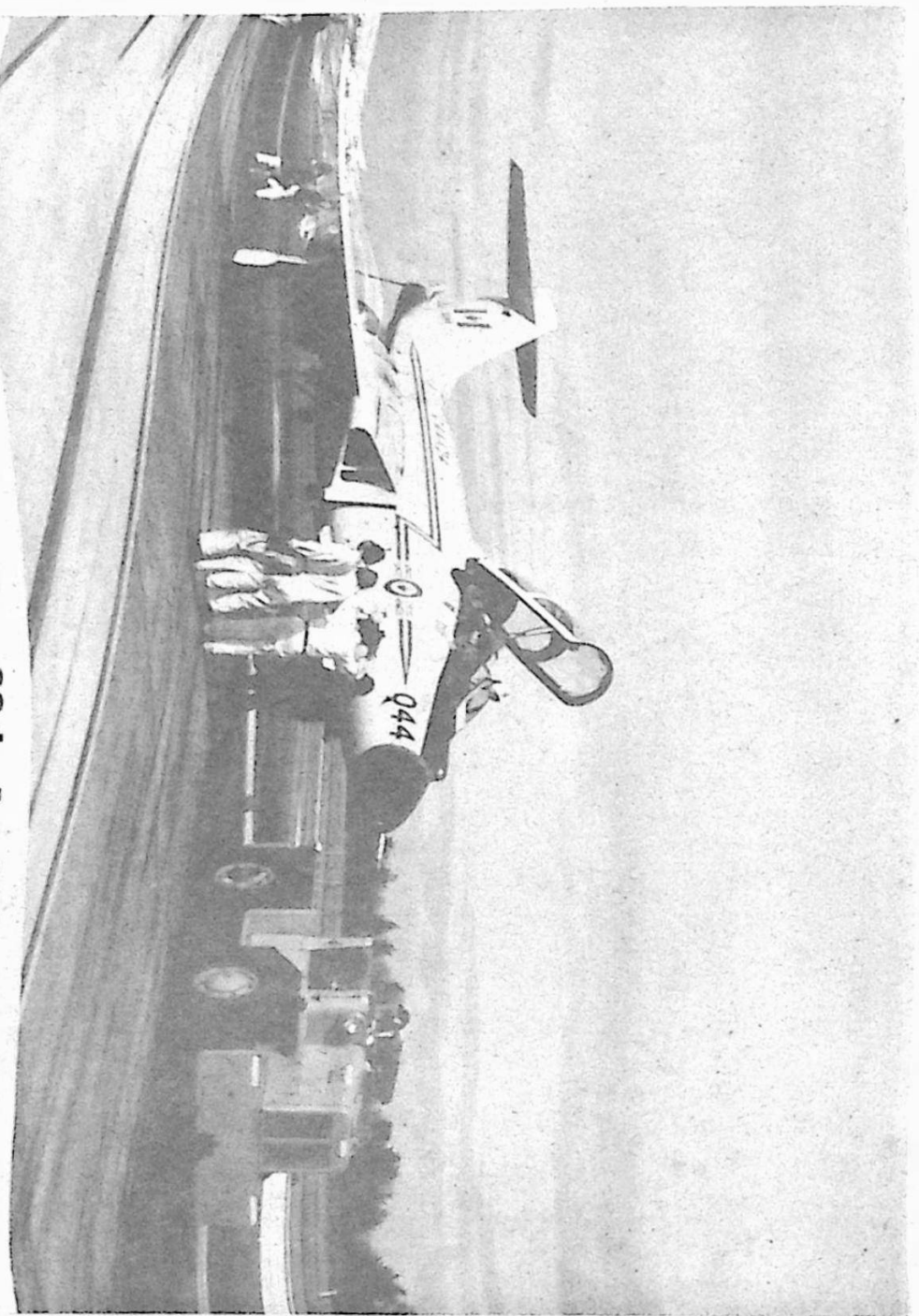
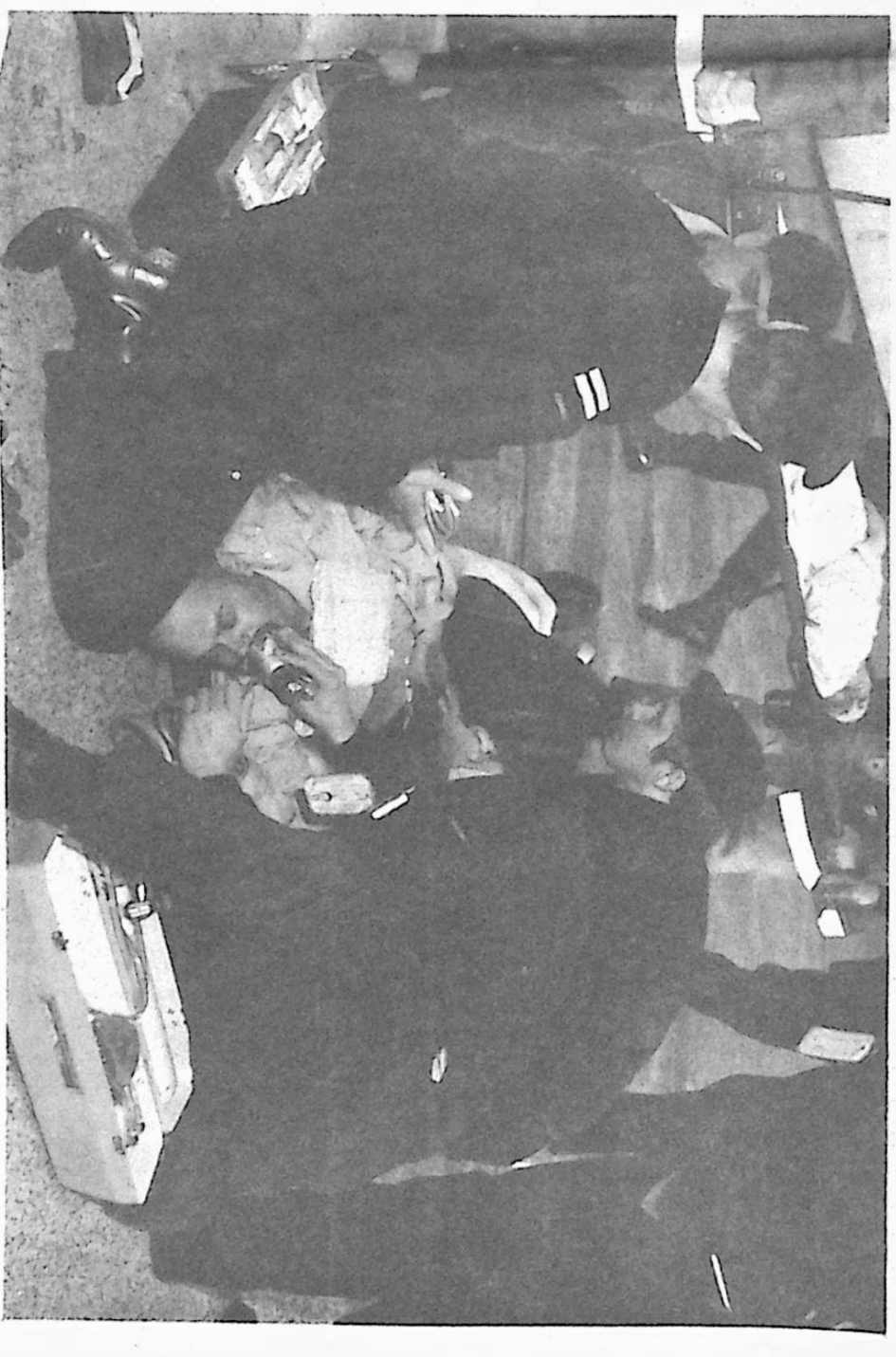
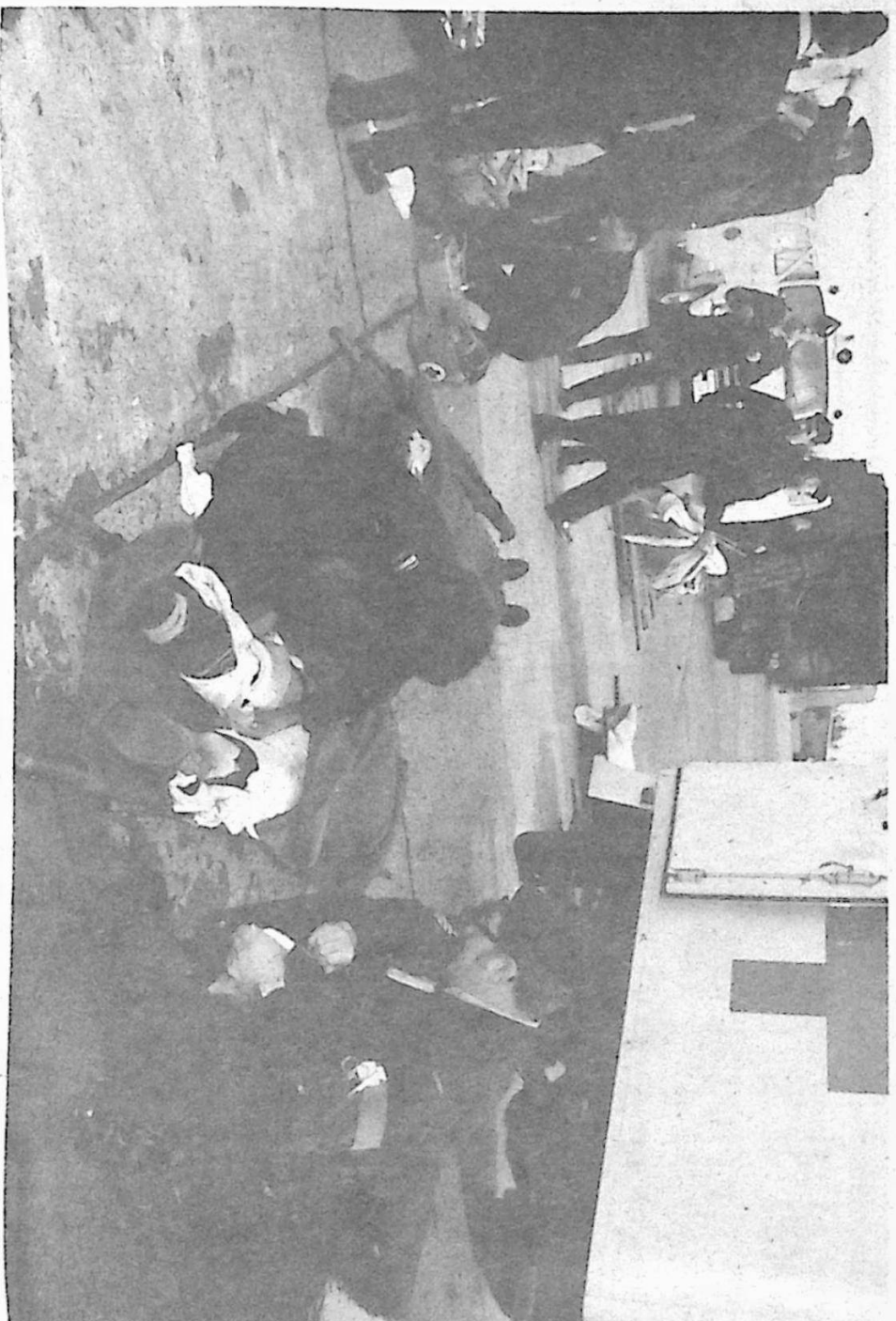
CFB COMOX TOTEM TIMES

THURSDAY, MARCH 6, 1980

NO CHARGE



Operation Evaluation 1980



Our 20th Anniversary edition Thurs., Mar. 20 Deadline Mon., Mar. 17

Section news - - -

Nighthawk's nest

This week's column is devoted in its entirety to explaining to the lay person the dangers inherent in that most odious of human tasks - holding alert in the QRA. With the oncoming of spring and the subsequent loss of personnel to detachments and holidays, the frequency of this 24-hour duty increases sharply. If you happen upon an unshaven, benumbed gentleman in a flying suit this spring, I beseech you to treat him with kindness and compassion.

48 STRAIGHT

The young Nav stopped and stared at the spectre out there,
An old man all grizzled and worn,
With grey hair flung about and a beard on his snout
And his clothes ripped, tattered and torn.

He approached with a leer; the Nav shrank back in fear,
Then the old gent dropped straight to the ground.
But with judicious sips of Bay Rum through the lips
The geezer was soon brought around.

As he rose, said the bum, "I'm sorry my son,
But I've had mighty little to eat,
Though to you it seems strange, I live on spare change
And I'm pretty near dead on my feet."

The Nav brought him inside and helped him to hide
While he scrounged up a plate full of scraps,
Then sat back with a grin as the old man dug in
And started to feel more relaxed.

"Well thank you my friend, that was almost the end
Of this gnarled old ex-Voodoo flyer,
Now I'll be on my way, for it's been a tough day -
Quite the roughest since I've been retired."

The Nav leaped to his feet and blocked his retreat
Then said, "In exchange for the meal
Please Sir, I must know how you've sunken so low
To this state where you beg, scrape and steal."

The old man spit and stretched, said, "Although it's far fetched
If you buy me a drink you'll know how
A pilot of fame was scorned, shunned and shamed
Into this broken wretch you see now."

So he propped up his feet, and sipping Scotch neat
He calmly began to regale
His story of woe, how he'd been dealt this blow -
In all, an abominable tale.

"A few winters back I was down in the shack
Called the 'Q' by all those in the know.
At the time we felt fine as we set up by nine,
Me and Barney and Tommy and Moe.

With the cook on our heels we signed for our meals,
Then flopped ourselves down in our chairs
To stare at the tube 'till the boss felt the mood
To send us aloft in the air.

Well the weather came down and this garnered some frowns,
For the C.A.C. said not to fly.
Even when it improved they still said not to move,
With no reason proffered as to why.

So we sat there all day in our chosen ways
In various states of repose,
Me and Tom on our backs, Barney sitting relaxed -
And Moe's finger jammed in his nose.

That night came and passed and had anyone asked
They could tell by the looks on each face,
That as morning dawned we were tense to be gone
And take our quick leave of the place.

Then the telephone jingled and Barney was singled
To chat with whoever had called.
As he broke the connection, by his pasty complexion
We could see he was clearly appalled.

With a gasp and a sigh he detailed to us why
They couldn't relieve us that morning;
The Singapore Flu had claimed all our crews -
We must wait out a General Health Warning.

(Continued on page 10)

Firing away

The Canadian Standards Association have advised this Fire Department that Devil Bliss Steam Vaporizers Models No. 1250, 1320 and 1450 bearing the C.S.A. LR 42661 have been declared a potential fire hazard. For replacement, these vaporizers are to be sent to: Devil Bliss (Canada) Ltd., P.O. Box 3000, Barrie, Ont., L4M 4V6.

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Jr. Ranks Club

ENTERTAINMENT

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.

29 MARCH - "Disco" by Peter May. Admission: Members \$1.00. Guests \$2.00.

MOVIES:

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

18 MARCH - "Summer of 42" - Jennifer O'Neill, Gary Grimes.

25 MARCH - "Five Fingers of Death".

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 - 9th and 16th March in the Annex.

FOR UP TO DATE ENTERTAINMENT INFORMATION
PHONE 339-5212.



409 SQN. congratulates MCpl. Greyeyes and Pte. Young were recently awarded gifts from Irvin Parachute Company. The two contentious Safety Systems technicians had packed the personal parachutes of Lt. Dobson and Capt. Taylor who had made safe 'silk letdowns' into the Pacific Ocean last December.

For safety's sake

Contact Lenses

Medical and industrial professionals in Canada and the United States are divided as to the wearing of contact lenses in an industrial environment. The American Society for the Prevention of Blindness has issued a statement saying: "Contact lenses have no place in the industrial environment". On the other hand, the Canada Safety Council has learned of no adequately documented proof that use of contact lenses on the job presents any hazard. Adequately documented?

The following is a synopsis of an accident which recently took place at CFB Edmonton involving an individual who wore soft contact lenses.

The individual was tasked to clean out a Varsol bath which had been contaminated by a substance strongly suspected as being Methyl Ethyl Ketone. After draining the bath into the waste dump, the individual proceeded to wash out his

bath using hot water under high pressure. Although wearing a face shield, the individual experienced irritation to the eyes, nose and throat areas. The contact lenses were removed and the eyes and lenses were flushed at an emergency eye wash station. Even after the flushing, minor irritation to the eyes continued, but the individual didn't report the incident to supervisory or medical personnel. A day or so later with eye irritation continuing, the individual again removed the contact lenses. One of the lenses had a hole in it. The individual sought medical attention and at the time of writing it is not known whether permanent eye damage will result.

This accident raises several questions but especially brings to the fore the hazard of wearing contact lenses, especially in an area where fumes or vapors are prevalent. Even with face protection, goggles or face shields, the hazard still exists as vapors and fumes can

reach the eye through the ventilation openings of the face protection.

The wearing of contact lenses present hazards which personnel should be aware of and must consider carefully. In dusty environments, small particles which normally would be washed away by tears may become trapped beneath contact lenses and damage the cornea. Electric arc flashes from a short circuit can cause contact lenses to adhere to the cornea.

Soft contact lenses, which are about 50 per cent water, readily absorb fumes vapours. With time, as the chemical is concentrated and a reaction occurs in the lens, the lens can dissolve and or irritation to the cornea can occur.

If you work in a setting where dust, small particles and vapors fumes exist don't wear contact lenses.

Your eyes are priceless, protect them!

Courtesy of CFB Edmonton
"Sea Land Air"

at Comox Demon doins

With what seems like half the squadron at RIMPAC, the rest of us are left to enjoy the B.C. sunshine, at least when not holding down a three day standby. There are some benefits to be enjoyed however: notably more coffee and parking spots for those of us who grumble in at 0818 for morning brief.

The squadron was treated to an unexpected burst of candor by the Flight Commander last week when he said, in reference to the programming implications of de-mobilizing Crew Three, "We're not too sure what is finally going to happen, just bear with us, OK!" The Squadron and indeed the command, could benefit from such honesty all year round.

Last week saw the visit of that Paragon of Commitment, the Nav Career Manager who set new standards for his profession with such promises as, "You'll either be posted to Greenwood or you won't", and "It will probably happen this year, or next year, or in 1982 or '83". The proper response? "I think I'll get out or not get out; unless I can cross train to pilot or not, next year or in 1984". A response like that will not only match their plans for you, but will ensure promotion, for you'll be noticed for your insight.

409 Squadron made an effort to combat "inflation" last week by parking the

Nighthawk van in our C.O.'s spot...

Some air and groundcrew at Comox would like to thank Air Command for a free weekend in Edmonton. Upon arrival for a two week Arctic survival course, it readily became apparent that the course had been cancelled twelve days before. It's good to note that the administrative people are at least constant; that way there are no surprises. Keep those messages coming!

The selections of positions and crews of the new aircraft are now known beyond a shadow of a doubt, allowing new Tac Naves and Nav Coms to pursue their secretarial training with confidence. It will be nice to have a skill that will stand them in good stead upon retirement.

Our congratulations are extended to Crew Four, recently selected for Competition Crew. Apparently John Parker, lead F.E. took the traditional good luck wish "break a leg" a little too seriously. At least he will have a happy family to stay at home with.

I'll close this column with a reminder to all Sqn. members who wish to have an input into the Demon Doins. The boxes in the Crew and Briefing rooms are checked regularly, so if you have any beefs (such as condition of the golf course) or bouquets (good spring skiing) or anything else pertaining to 407 affairs, don't hesitate to submit.

Medieval Night

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WHEN IS IT?
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Fri. 7 Mar. 80 Sun. 9 Mar. 80

SGT. PEPPER

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Thur. 13 Mar. 80 Sat. 15 Mar. 80
Fri. 14 Mar. 80 Sun. 16 Mar. 80

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"ALIEN" "Some frightening & gory scenes" B.C. Director

PLUS: Sean Connery "ZARDOZ"

Thurs. to Wed. March 13, 14, 15, 17, 18, 19

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Starts Thurs., March 20 "THE MUPPET MOVIE"

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Fri., Sat., Sun. March 7, 8, 9

Stuart Whitman, Gene Barry

"GUYANA, CULT OF THE DAMNED" "Some disturbing scenes of death & violence" B.C. Dir.

PLUS: Robert Wagner "THE CONCORDE-AIRPORT '79"

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All Admissions \$3.50, All-Mitar \$3.75

GATES: 7:30, SHOW 8:15 p.m.

Wo's & SGT MESS

MAR. 7 - T.G.I.F.
MAR. 9 - Bingo and Movie - "The MacIntosh Man." Food: Pick trays.
MAR. 14 - T.G.I.F.
MAR. 15 - St. Patrick's Day Dance. Band: T.B.A. Food: Chicken and Chips. Cost: \$6.00 per person. \$8.00 per guest.
MAR. 16 - Movie - Summer of 42
MAR. 21 - T.G.I.F.
MAR. 23 - Movie - Five Fingers of Death
MAR. 28 - Mixed T.G.I.F. AND Games.
MAR. 30 - Movie - Kluge.

Classifieds

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

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1979 Chevrolet Camaro Z-28. Excellent condition, bucket seats, 350 C.I., 4 speeds. Power steering, power brakes. 10,000 miles. Phone 339-5891 at anytime.

TOTEM TIMES CLASSIFIED

\$2.00 per insertion, up to 50 words.

CALL SERGE WONG
339-2211 loc 249

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.

For Rent

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

Business Opport.

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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 \$39,000. Write to P. Krayer, 255-2270 Cotters Cr., Ottawa, K1V 8Y6 or phone 613-521-9798.



"Dinteret Francophone"

Le 25 fevrier dernier, une assemblee generale d'information s'est tenue a l'ecole des "PMQ's". Mme Yvette Brett, representante de l'Association des Francophones de Campbell River qui se compose de 60 membres, a donne un bref expose sur la formation de son association. Des commentaires pertinents quant a l'education et au divertissement ont ete faits.

Par la suite, Monsieur Jean Lalonde, representant de la Federation des Franco-Colombiens, nous a donne un historique de l'Association et nous a explique les avantages de nous joindre a la FFC. L'Association des Franco-Colombiens est la plus haute organisation francophone de la Colombie-Britannique et devient par consequent le porte-parole officiel des francophones de Colombie aupres des gouvernements provinciaux et du gouvernement federal. La FFC fait aussi partie de l'Association des Francophones hors-Quebec. L'appui d'une telle organisation ne fait que renforcer la FFC face au gouvernement provincial. Le choix maintenant offert aux francophones de la vallee de Comox, reste a faire. Une assemblee generale se tiendra le 17 mars prochain (endroit a determiner) ou cette question sera certes debattue a l'ordre du jour.

Jacynthe Dugas, animatrice de la FFC de Nanaimo, etait aussi presente et nous a informe de sa disponibilite comme personne ressource.

Un gros merci a Monsieur Lalonde, a Jacynthe Dugas de la FFC, a Mme Brett ainsi qu'aux membres de Campbell River qui l'ont accompagne pour leur excellente presentation d'informations.

Cette reunion d'information va certainement nous aider a faire partir notre association d'un bon pied.

Maintenant, passons a nos nouvelles locales. Quoi de neuf de la part de nos membres?

Le comite de publicite est en train de preparer un depliant d'information touristique. Celui-ci devrait paraître ce printemps et sera disponible au centre d'information touristique de Courtenay, aux aerogares de l'aéroport et aux Traversiers de Powell River, Nanaimo et Victoria.

Ce depliant expliquera le but de notre association et les avantages de se joindre a elle. Le comite provisoire de la constitution est deja bien avance quant a la redaction de cette derniere. On prévoit en finir la redaction pour la fin d'avril.

Le comite de telecommunication prepare une campagne pour acclereler l'installation de l'antenne de Radio-Canada sur l'île de Texada. Plus de details nous seront communiquees avec le retour du directeur du comite.

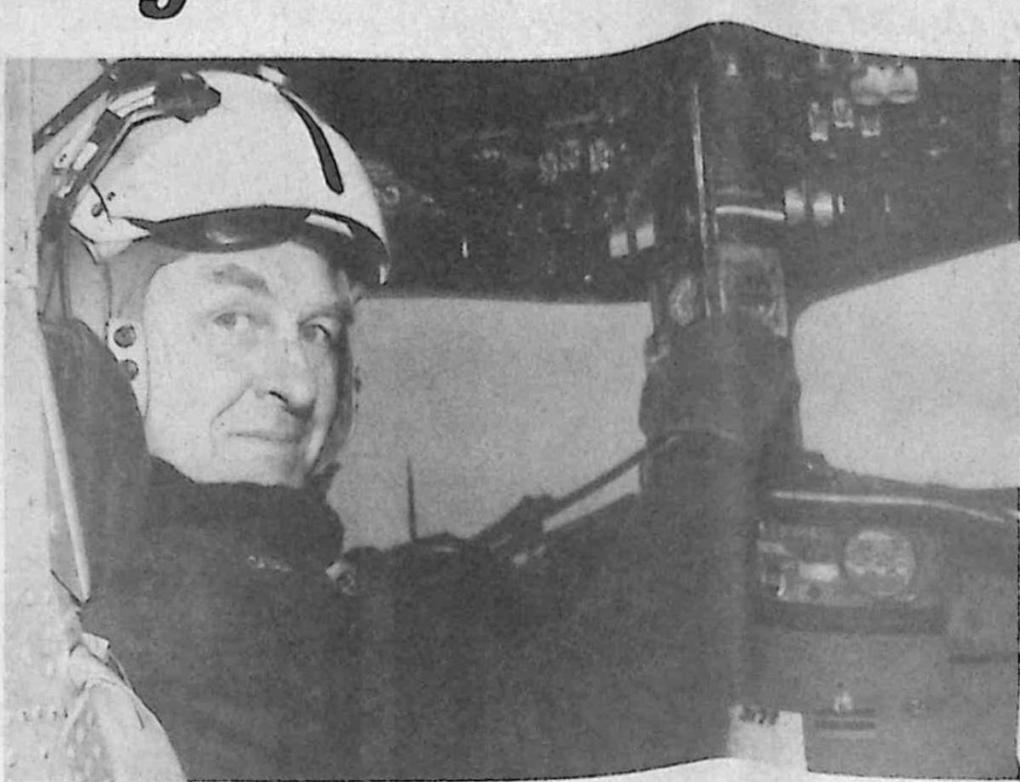
Le comite d'accueil, qui a deja beaucoup fait pour l'association avec ses gouters a chaque reunion, est en train de vous preparer un bottin d'informations communautaires. Aucune date n'a encore ete fixee quant a la parution de ce dernier. Cependant des listes de services offerts dans la region sont disponibles aupres du comite.

Finalement le comite des divertissements comme ils nous l'ont mentionne a la deniere assemblee generale, se prepare a organiser divers evenements pour l'ete qui vient.

En general l'association va bien et les nouveaux membres sont bienvenus en tout temps. On peut se joindre a l'Association francophone de la Vallee de Comox en telephonant M. Bernard Leblanc a 339-5947.

Depuis le 15 janvier, on commence a vivre en francais a Comox.

Serge Wong



Col. R.L. Hughes

EDMONTON - Colonel R.L. Hughes, 54, of Edmonton, will be promoted Brigadier-General and assume the position of senior air advisor, Canadian Forces reserves effective April 1.

Brigadier-General Hughes was the former Commander 4 Air Reserve Wing headquartered at Canadian Forces Base Edmonton, Alta.

BGen. Hughes started his active military career when he entered the RCAF in 1943 at the age of 17. He trained as a pilot graduating in Jan. 1945 and was then sent overseas where he volunteered for the British Fleet Air Arm in March 1945. During the next eight years he served with the British Fleet Air Arm as well as serving on HMCS Warrior

and Magnificent, Canada's first two aircraft carriers. An exchange posting with the United States Navy and staff duties in Ottawa followed this period.

In the summer of 1958, Lieutenant-Commander Hughes commenced his sea operational training on board HMCS Assiniboine where he attained his watchkeeping certificate as well as completing his command examinations. During the next few years he was commanding officer of two ships and held a series of staff positions in Halifax and Ottawa before becoming the

Chief of Staff for the Canadian Commander Afloat serving on HMCS Bonaventure.

In Dec. of 1967, Commander Hughes took over the command of 880 Squadron, flying from HMCS Bonaventure. This was followed by his being appointed Commanding Officer of HMCS Skeena as well as being the Commander of the 3rd Destroyer Escort Squadron. His last position before he retired from the Canadian Forces in April 1972, was as Senior Staff Officer for Current Operations at Maritime Command Headquarters, Halifax, N.S.



CD CLASP PRESENTATION. Left to right: MCpl M.A. Jennings, BComd (making the presentations), Sgt. Jim Olenick, and WO M.H. Smith. (BPhoto Photo)

Rimpac 80

VICTORIA - Approximately 1,000 Canadian Forces personnel will participate in a major multi-national naval exercise in the mid-Pacific commencing Tuesday, February 26.

Participating in Exercise RIMPAC 80, with Naval forces from Australia, New Zealand, Japan and the United States, will be ships companies from four Esquimalt-based ships and Argus long-range patrol aircraft from Canadian Forces Base Comox, B.C.

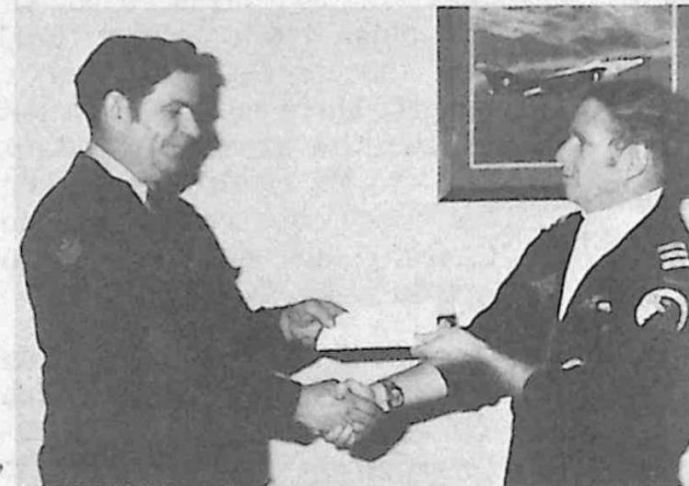
Canadian ships involved are the destroyers HMCS Kootenay, HMCS Restigouche, HMCS Gatineau and HMCS Provider, the Pacific Fleet Operational Support ship.

The senior Canadian officer at sea will be Captain(N) S.W. Riddell, Commander of the second Canadian destroyer squadron, Aircraft and crews from VP

407 Squadron, based at Comox, will fly long-range patrols and conduct close fleet support.

All aspects of war at sea will be covered and will include surface, sub-surface and air operations involving sea and land-based combatants and attack submarines. Prior to the commencement of the open ocean phase participants will undergo in-port training in Pearl Harbor and San Diego.

The exercise, which concludes March 18, has been scheduled by Vice-Admiral Edward C. Waller, Commander U.S. Third Fleet. The Principal at Sea Commanders will be Rear-Admiral Edward W. Carter, III, U.S.N., Commander Cruiser Destroyer Group Three, Rear-Admiral D.W. Leach, CBE, MVO, RAN, Commander Her Majesty's Australian Fleet, Rear-Admiral William E. Ramsey, U.S.N., Commander Carrier Group One.



409 CONGRATULATES Sgt. R.B. McKay who recently received the Military Medal of Merit. This is a highly honored award and is only presented to outstanding servicemen. Sgt. McKay earned the medal for his dedicated duty in solving the CF-101 afterburner fuel problem in 1978. He took numerous trips to CFB Bagotville and Bristol Aerospace in Winnipeg where his technical expertise was of tremendous value in the solution to this hazardous problem. On many occasions Sgt. McKay showed outstanding dedication and devotion in his trade working in hazardous areas such as close proximity to jet engines under test at high power settings. The application of Sgt. McKay's technical expertise and his large contribution to the devised modification which solved the afterburner fuel problem has earned him this award and we are all very proud of the high level of performance he has shown on 409 Squadron.



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Editorials

Now let's get on with it

Barely a month ago, before the Federal Election, the popular wisdom anticipated another minority government. How wrong it was! It was suggested that a minority government, formed by whatever party, would have special problems arising from that minority position and that these problems do not generally work to the benefit of the nation.

Now that a clear majority has been declared, what can be expected? First of all, a government which knows that, in the normal course of events, it will not be defeated. It may, therefore, introduce legislation secure in the knowledge that it will pass through the House, not without opposition; but it will pass. For this reason one would hope that the new government is sensitive to the Opposition Parties and will temper its legislation accordingly.

A majority government has another plus, it does not have to rely on lollipop programs to keep it in the public's favor. In this case it should be "damn the torpedos, go straight ahead!" and bring about some useful constructive legislation. The stability of this new Canadian government, assured by virtue of its majority, will be well received abroad. Canadian stature and credibility will be enhanced. Negotiations now undertaken will be entered with assurances of completion by the same government.

Is there a fly in the ointment? Oh yes. The West is woefully under-represented in the new government. The Eastern interests are all too well represented. With a growing shift of economic power to the western resource provinces, one can expect to see feelings run high when those resources are

discussed by and with the Federal authority.

This new majority government will have little trouble in enacting legislation and it is hoped it will make a concentrated effort to move — and soon. Among its priorities must be an energy policy hammered out in good faith — a policy that is fair to producers and will encourage not only greater research and development but also some measure of conservation.

It is almost two years, April 1978, since Canada had an effective budget. The budget of November 1978 was not fully enacted. Two years is too long for Canadians not to have a fiscal and monetary policy and a budget. There is legislation left hanging: revisions to the Bank Act, (sorely needed to regulate the actions of foreign banks in Canada) and the Competition Act, to name but two.

Canada needs legislation with teeth in it, legislation which will do more than hint at encouragement for industry to spend more on research and development, legislation that touches more on fact than philosophy.

And in Quebec? Despite the probable NO vote in the Referendum, Claude Ryan's proposals need careful review; constitutional overhaul is overdue.

Now that the shouting and turmoil are over, now that the campaign signs are coming down, the word in Ottawa should be "back to work". Let's wish Mr. Trudeau and his government well because on their programs and work depend the future of our great nation.

Courtesy Vancouver Board of Trade

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 Bse 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

CNA TOTEM TIMES

Published every second Thursday, with the kind permission of Colonel B.T. Burgess, Base Commander, CFB Comox. Second Class mail registration is 4098.

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Printed in Courtenay, B.C., by the Comox District Free Press

EITHER THE OP EVAL AFTERMATH OR COMMAND
INSPECTION JITTERS!



Tax tips

The catch all in your tax return

There's a line in your tax return to use as a catch-all for those miscellaneous items that are tax deductible. That line is called "Other deductions". Look for it. It is number 39 on your return.

Under "Other deductions", you subtract a host of items from your income. One of these is overpayment reimbursements to the government on unemployment insurance premiums, Canada pension plans, family allowance payments, scholarships or bursaries. If you were overpaid and reimbursed the government for the amount you were overpaid, remember to deduct the amount you sent back to Ottawa from your income.

If you have bought a home with your RHOSP savings, you'll have to complete the "T-1 RHOSP" form which is available from the tax department or any post office. The RHOSP money is included in the "Other deductions" line.

Interest and carrying charges on money you've borrowed to earn investment income are tax deductible in the "Other deductions" slot. If you borrow money to buy stocks, bonds or an RRSP for instance, the interest you pay on that money is tax deductible. Inform the Revenue Canada Taxation where the money was borrowed from, why it was borrowed and how much interest you paid. Include the information with your tax return.

If you have a safety deposit box at the bank, the rental you pay on it is tax deductible. Your accountant's fees are not tax deductible for preparing your income tax return, but they are deduc-

tible if you use his services for other purposes through the year.

The annual management or administration fees you pay for your investments or RRSPs through your bank or trust company are all tax deductible. The cost of registering a second mortgage is deductible. Bank collection and other collection expenses are eligible for deduction. Any legal fees you pay in collecting mortgage money you lend out are deductible, as are fees you pay for investment counselling. You can deduct all those amounts even if your investments produced no income during 1979.

Not everyone eligible for these items receives a slip showing the amount of their deductions. Because you don't get a slip, don't be afraid to deduct an expense. People often fail to deduct money they are entitled to because they don't have a government slip.

Keep your receipts, and when paying for a tax-deductible item, ask for a receipt from the seller. Keep records of your own to support your claims. It is not difficult, and the extra effort is worthwhile. Show an organized breakdown of your deductions on a schedule in your tax form. There is probably some way you can claim some money in the "Other deductions" line. Use it. It is your money, and Revenue Canada Taxation will let you keep it, if you claim it.

Lower the tax bite

Sometimes unusual circumstances result in a taxpayer's receiving a large sum of cash all at once. All of a sudden, you're in a much higher income tax bracket for one year. You can ease the tax

load by spreading the money over a number of years. This will result in the money being taxed at a lower rate and, consequently, you may save dollars. To do this, you must purchase an Income Averaging Annuity Contract. Many types of people will be interested in income averaging. Artists, athletes, musicians and entertainers who may collect large fees in one lump sum are logical candidates. You could be too. Consider a few examples.

You could collect unusually large benefits from an employee's stock option plan, make a very large capital gain on the stock market, receive someone's RRSP money after their death, or earn a cash prize from some type of award in your area of expertise. Your late relative could leave you a large sum of money, you could sell off some inventory or other personal property or goodwill. You could be paid a large sum of money in severance. In each of these cases, you will want to avoid having your money decimated in taxes.

To buy an Income Averaging Annuity Contract, you would visit a trust company, investment dealer or insurance company, and arrange to deposit the money with that institution. It would gather interest, and the company would pay you a portion of the money each year until it was used up. You would only be taxed on what you withdraw each year.

Once you've agreed to the contract, the funds are tied up at your agreed-upon interest rate. You may not spread payments out over a period longer than 15 years. You must be a Canadian citizen to purchase an IAAC and you must purchase the contract in the year you receive the money, or within 60 days of the new year after.

Ask about the charges before setting up an Income Averaging Annuity Contract. Some companies do not charge anything. Also, inquire about interest rates. They vary and it will be worth your while to shop around.

For the average taxpayer, it would take at least \$6,000 or better before an IAAC would really be worth your consideration. For smaller amounts, purchasing your RHOSP or RRSP with the money would be a more convenient way to shelter it from taxes.

If the sum is large enough, an Income Averaging Annuity Contract will guarantee you an income from your windfall for up to 15 years, and interest will grow on the money remaining in your contract each year. You may include the money from the contract

in your will and even use it for collateral if you need a loan. And any interest on money you borrow to purchase the contract is tax deductible.

Transfer deductions

You live and play as husband and wife, why not file your tax return together too?

Depending on your circumstances, the tax laws allow some of your income tax deductions to be transferred to your spouse if you cannot use them all yourself.

There are a number of deductions you can transfer to your spouse. Among them are age exemption for people 65 or over; interest dividends and capital gains deduction; pension income deduction; education deduction and deductions for people who are blind or confined to a bed or wheelchair.

To determine how much is

transferable, you must fill out Schedule 9 of the income tax return. Part "A" is simply a copy of your spouse's tax return down to the net income line. The T-1 Tax Guide tells you how to calculate eligible dividends and pension income, and your calculation must be included when you fill out Schedule 9.

Part "B" shows you how to calculate the various eligible deductions that may be transferred. Your spouse's net income from Part "A" of Schedule 9 is reduced by the personal exemption of \$2,430. If the various exemptions exceed what is left, you may then deduct these "leftovers" from your own income and reduce your taxes.

If you wish to claim a transfer for a deduction in the case of blind people or those confined to a bed or wheelchair for the first time, you must complete form T2201 and attach that to Schedule 9. Is it worth the extra trouble? Here is an example using 1978 figures:

PART "A" of SCHEDULE 9: Spouse's Income

Eligible dividends less interest on money borrowed to buy shares	\$1,100
Eligible pension income	-300 equals \$800
Old age security pension	1,200
Other income	1,500
	700

Total Income	\$4,200
Tuition fees (deduct them)	-900
Net Income	\$3,300

PART "B" of SCHEDULE 9: Spouse's Deductions

Age exemption of 65 or over	\$1,520
Interest deduction	800
Pension income deduction	1,000
Blind person's deduction	1,520
Spouse's education deduction (4 months)	200
Total Deductions	\$5,040

From deductions (above), take away Spouse's net income (From Part "A")

Minus Spouse's basic personal exemption	\$3,300
Amount deductible on your income tax return	-2,430 equals \$870
	\$4,170

If you are in a 50 per cent tax bracket, that extra trouble may have saved you half that \$4,170. That's \$2,085 for filling out a few forms. With some

careful planning, money eligible for transfer deduction may be generated in your spouse's hands.

TOTEM TIMES
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In enclose \$ for my subscription to the totem times Newspaper for year(s).

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Canadian Forces news

Spread the good word

Many of us in the forces think of the base information officer as one who merely reacts to crisis which arise occasionally at his unit. But Lieutenant (N) Cliff Redekop and a team of energetic volunteers are steadily destroying that myth at CFB Halifax.

As a full-time information officer, Cliff co-ordinates a number of multi-media activities which help to "spread the good word" to both Military and civilian audiences, thereby greatly raising the profile of the Canadian Forces in general and of Base Halifax in particular. He is assisted in his work by Cathy Levesque, a CR 4 who is also employed full time at Base Information.

One of their outlets is a weekly television program known as "Armed Forces Report". With Cliff as director, the volunteers produce a half hour of military-oriented programming which is broadcast over the Halifax cable station. Re-broadcast twice a week in each of the Nova Scotia communities of Sackville, New Glasgow and Truro, it features interviews, military news and sports, and reports of ship movements on the east coast.

Captain Ron Smart, the personnel administration officer at the Maritime Warfare School usually handles the interviews while Lieutenant (N) Bob Emslie, the assistant base PAO, and Master Corporal Chris Seymour, a base physical education instructor, do the sports. "Civilian Scene" is reported by Thelma Ince, a civilian administration officer, while ship movements are given by Leading Wren Linda Salmon, a Royal Navy

radar plotter on exchange posting to the operations division of the Fleet School. Cable company employees usually handle the tapings though on occasion there's someone in uniform behind a camera.

On the radio side of the house there's a one-hour program also called "Armed Forces Report". Broadcast through the courtesy of CFDR Dartmouth it provides much the same sort of information as the T.V. show but interspersed with music. To achieve the deceptively smooth sound of "AFR" (an hour behind the scenes at the station is anything but relaxing!) Ron Smart shares duties with Private Anne Arsenault and Master Corporal Sandy Bears, both from the Base Orderly Room. To be sure, there's never a dull moment with this lively group at the helm and listeners are often rightly warned that "anything can happen on Armed Forces Report."

A little more staid, but equally viable as a means of passing on information is Cliff's weekly column, "Forces File", which runs Saturdays in the Halifax daily newspaper with a circulation of 128,000 throughout Nova Scotia. In it you'll find topics ranging from discussions of mess traditions to reports on fleet school training programs.

As if that's not enough, Cathy Levesque is responsible for as many as nine or ten articles and photo captions which appear every two weeks in the CFB Halifax "Trident". Her items serve to fill the gap left by the other media, and help in their own way to demonstrate that the information function at CFB Halifax is indeed alive and well.



"READY ON THE SET..." -- Leading Wren Linda Salmon cues the team prior to another interview on "Armed Forces Report..." On stage (l. to r.) are Private Anne Arsenault, Thelma Ince and Captain

Cliff Redekop. Master Corporal Sandy Bears is on the left camera, and Captain Ron Smart is on the right.

Commodore Okros retiring

OTTAWA — A naval officer whose career took him from engine room to foreign liaison, Commodore Richard Okros, 52, of Victoria, B.C., will retire from the Canadian Forces in August following 33 years of military service.

Currently senior liaison officer, maritime, and Canadian Forces attaché, maritime, at Canadian Defence Liaison Staff, Washington, D.C., Commodore Okros first enrolled in the Royal Canadian Navy as an engine room artificer (machinist) in 1947.

He entered Canadian Services College, Royal Roads, Victoria, in 1948 and received his commission two years later. He then served in a variety of sea and shore

appointments including commanding officer of the minesweeper HMCS Cowichan and the destroyer HMCS Columbia.

From 1968 to 1971 Commodore Okros served at Training Command Headquarters, Winnipeg, as senior staff officer, maritime training and later as deputy chief of staff, leadership and support training.

Commodore Okros is a former commandant of Canadian Forces Fleet School, Halifax, and also commanded Training Group, Pacific at Esquimalt. Prior to assuming his present duties, he was chief of staff, readiness, at Maritime Forces, Pacific at Esquimalt, B.C.

100 years for Regiment de Maisonneuve

The "Regiment de Maisonneuve" founded in 1880 under the name of: 85th Infantry Regiment, will celebrate its one hundredth anniversary this year.

The Regiment fought brilliantly during both wars, and is still known today as one of the reserves' ranking units. Many celebrations have been planned to underline this grand occasion.

For the Commanding Officer Lt. G. Paquin

The "Regiment de Maisonneuve" was founded on June the fourth 1880. At that time it was called the 85th Infantry BN. It became the 85th Infantry Regiment at the turn of the century, (1900) and it finally took its present name in 1920.

Rural corp, composed of six then eight companies, the 85th Infantry BN was very active. Training took place in the summer in Laprairie,

Trois-Rivieres or Valcartier. The camps would last ten to twelve days and take place on and off from one year to another depending on budgets.

Sometimes the government had to choose between holding the summer camps and buying training material (rifles etc.).

LCol. Julien Brosseau was our first Commanding Officer. He held the charge from 1880 to 1892, in which time he recruited, trained and created the unit. When he left in 1892, he left behind a solid functioning unit. In the last years of the century, the 85th Infantry won several times the Donald Smith trophy, awarded to the best rural corp in the province of Quebec.

A word about our flags; they were donated by the ladies of Laprairie in 1885. On that occasion a parade was held in that city and gathered

five thousand persons. Those flags were replaced by newer ones. The older ones are still kept in the Officer's Mess. Our badge also has its history. During a unit parade, Reverend Mother Marie Victoire saw a column of our men march and said of them to a few words: "Qu'ils ont done bon coeur et bon bras" (they have mighty heart and mighty arms) and so "Bon coeur et bon bras" was emblazoned on the unit's badge.

The Reverend Mother proud to have given us our motto, also drew our badge; the number 85 over our motto, surrounded by a crown of maple leaves with the royal crown atop everything.

The 85th was not engaged in a conflict until 1914. At that time the unit was not sent over but it was put in charge of recruiting volunteers for the Canadian Expeditionary Corps.

Most of the 85th went over with the 41st BN. It is thus difficult to retrace the actions of our members during that conflict, we do retain although the names of five officers killed on the battle field, amongst which Major Charles Joseph Sylvestre who died October first 1916. The only lawyer of Montreal's Bar Association to leave his life on the battle field.

The war over, important change came about. Our archives indicate that training became more structured and on a more regular basis. On the first of April 1920 during the reorganization of the Canadian Militia, the 85th Infantry Regiment became officially the "Regiment de Maisonneuve" in memory of Paul de Chomedey Sieur de Maisonneuve, founder of Montreal and organizer of the town's first militia.

During the royal visits of Ottawa and Montreal, the Regiment was called upon to provide honor guards. It is also in between both wars that the unit softball team won the military championships more often than the rest of the teams put together. The regimental band directed by E.J. Chartier gave many concerts in the parks of Montreal at that time.

LCol. C.A. Brousseau V.D., croix de guerre, took command in 1930, succeeding his father, founder of the Regiment fifty years later.

When the second World War broke out, the unit then under LCol. R. Bourassa V.D. was the first unit to get its ranks up to full strength (at the time: preconscription days). It was a feat in itself and was so mentioned by Mr. MacKenzie King on a radio address in September 1939. Member of the 5th Infantry

Brigade in the second division, the regiment was posted on the south shores of England on coastal defence duties during the London Blitz. It then trained a company for the raid on Dieppe and took part in all the campaigns from the shores of Normandy to the fall of Berlin. Amongst those campaigns in which the regiment fought brilliantly, a few battles are still more outstanding: battles like the one for Etavaux, the chaussee of Walcheren, Calcar, Groningen and Oldenburg.

In 1942, French Canadians contributed largely to the French-underground working in occupied France. Major G.D.A. Bieler a French-Canadian born in France of Swiss parents, jumped in occupied France on

(Continued on page 10)

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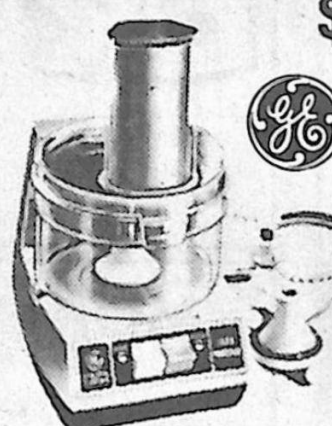
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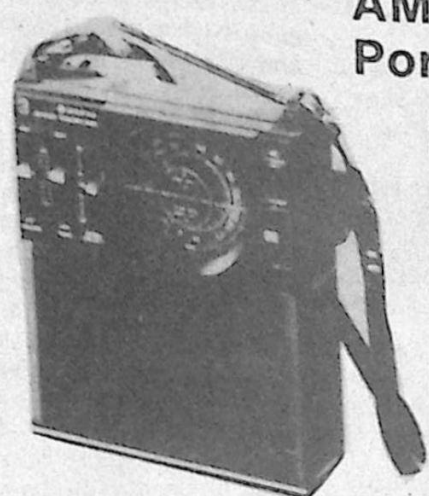


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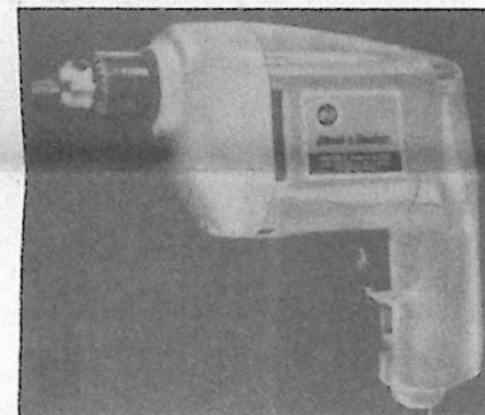
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Totem sports

Sports line

The "B" league intersection hockey saw MSE with its 4th win in a row. Coach Bruce Clarke has plugged in the winning combination as the season draws to a close. Brian Puttock, the ATC guided missile, scored the insurance marker with seconds left in the game to send 407 to the dressing room muttering about "A" league players playing in "B" league.

"A" league season ended with the military police upsetting 407 with super goal tending from Brad Gurman. Crosscheck Haswell played the big game for 407. Playoffs start March 3, with 409 vs. MP's in the Monday encounter and 407 hosting 442 on Wednesday. Both games at 1815 hours.

The badminton regionals will be played March 21-23 at Esquimalt. Cliff Andre will coach the Base team and keep a wary eye on the noon proceedings. The BITO the "just out champ" will be a strong contender as his court is smaller than the regulation courts. Morgan & Mob from the rec. centre loft say their 4 hour practices 5 days a week will pay off in the playdowns.

New lockers in the rec. centre so let's not use that excuse again. Dressing rooms have been modified with lots of room for everyone. The Base Volleyball teams are off to Esquimalt to compete in the Regional Playdowns. "Good Luck".

Golf news

Well the 1980 golf season is well under way and with just a few warm days the course should be in excellent shape.

We have assurance that the gas pipeline currently being put into place will not do any damage to the course, as it is in the contract that it must be left as found and the job will last only a month. Don't forget this year's dues are \$125.00 and \$110.00 for ladies, \$210.00 for man and wife, \$40.00 for juniors, green fees will be \$5.00 for week days, \$6.00 on weekends, and a \$3.00 fee for

non-members for tournaments. Why not take advantage of the no interest pay allotment method of paying your dues. (That way it might not hurt so much).

Up coming events: A meeting for all juniors at 10:00 a.m. on the 22 March in the club house and the spring General Meeting in the club house on Sunday 23, March at 1:00 p.m. Following is the 1980 tournament schedule, if your section requires the course for a tourney, check with the PRO shop.

BADMINTON CLINIC

7-8 MARCH

SPONSORED BY THE CFB COMOX BADMINTON CLUB AND CONDUCTED BY MR. ANGUS PETRIE OF VICTORIA.

LOCATION — Rec. Centre Bldg. 28

REGISTRATION — Friday 1830 hrs.

COST — \$2.00 each for Members of Badminton Club.
\$3.00 each for Non-Members.

GENERAL INFORMATION:

The introductory session will be conducted Fri., 7 Mar. 1900 - 2200 hrs. Strokes, footwork and tactics will be discussed and demonstrated. After a practice session, participants will divide into skill groups and attend a three-hour session on Sat. 8 Mar. Projected timings for the Saturday session are 0900 - 1200 hrs. and 1300 - 1600 hrs.

FOR FURTHER INFORMATION CONTACT:

DENNIS McMAHON - Loc 427 or 339-5982
CAROL WOLFE - 339-2658



What a racket!!

Bird calls

The badminton club is holding a clinic with Mr. Angus Petrie as the instructor on the 7th and 8th of March. You can get more information by looking for the advertisement elsewhere in the paper.

Our membership, is now approximately fifty paid members with an average of

twenty five people showing each night.

New members are always welcome every Sunday and Wednesday evening from 7 til 9:30 at the rec centre. The fee is two fifty per person or five dollars per family for the rest of the season.

See ya there.

Exelsior

GLACIER GREENS GOLF CLUB

1980 TOURNAMENT SCHEDULE

- APRIL 20** — Mixed two ball — 18 hole shotgun. 10:00 a.m.
APRIL 27 — Early Bird — 18 hole shotgun — Mens, Ladies, Juniors. 10:00 a.m.
MAY 18 — President's Cup — Qualifying round for net champ.
MAY 18 — President Cup — Qualifying round for net champ.
MAY 325 — Sunnydale and Campbell river to Glacier Greens. 10:00 a.m.
JUNE 1 — Glacier Greens to Campbell River
JUNE 1 — Shriners Mixed. 8:30 a.m.
JUNE 7-8 — Men's Amateur Open — 36 hole — Practice June 6. 10:00 a.m.
JUNE 22 — Ladies Invitational. 10:00 a.m.
AUG. 11 & 15 — Junior Club Championship. 10:00 a.m.
AUG. 16 — Junior Pick Your Partner.
AUG. 16 — Junior Pick Your Partner.
AUG. 17 — Glacier Greens to Sunnydale
SEPT. 6 — Club Championship — 1st Round. 18 holes.
SEPT. 7 — Club Championship — 2nd round. 18 holes.
SEPT. 14 — Ladies Club Championship — 18 holes.
SEPT. 21 — Glacier Greens to Sunnydale.
SEPT. 27 — Gen Lett Men's Trophy — Service, Retired Members and NPF Employees — 18 hole shotgun.
OCT. 5 & 12 — Mixed Two-Ball Windup — 9 holes.
DEC. 26 — Glacier Greens Inter-Mess Sno-Golf Tournament.

Food for fitness (jock nutrition)

NUTRITION FOR THE ATHLETE

Optimum nutrition is one of the basic conditions necessary for peak performance. Contrary to popular belief, the question of nutrition for the athlete involves no mystique. There is no magic food, pill, potion or diet for improving athletic performance.

Both athletes and non-athletes have similar basic nutritional requirements, although energy demands differ. The optimum diet for athletes, like non-athletes, must supply adequate amounts of water, calories, good quality protein, vitamins and minerals. In short, scientific consensus still rests on the side of the balanced diet. For those participating in the long endurance sports requiring prolonged energy expenditure, additional intake of carbohydrate and water (particularly during hot weather) may be necessary.

THE SEARCH FOR MIRACLE FOODS

Athletes and coaches have constantly searched for a diet or a specific food ingredient that would increase competitive performance. Many substances with questionable benefits have been used — protein supplements, lecithin, honey, dextrose tablets, megadoses of vitamins, wheat germ oil and phosphates. Much has been written about these and other substances but few, if any, benefits have been proven. Similarly, consumption of certain foods has been reduced or deleted from the diet. For example, milk has been cut back because of the fallacy that it curdles in the stomach.

Although belief in special properties of certain foods and food supplements may offer some kind of temporary psychological lift for the athlete, in the long run it holds no advantage and may prove harmful. Coaches and trainers should discourage athletes from seeking "super" or "wonder" foods or drugs as a substitute for hard work in training and sound balanced nutrition.

KEY DIETARY FACTORS AND ATHLETIC PERFORMANCE

Several key dietary com-

ponents are essential for optimum athletic performance. These dietary factors will be discussed based on the extent of current scientific information.

Calories — A calorie is a measure of energy. Calories can be provided either directly, through eating food, or indirectly through conversion of body stores. Fat, carbohydrate and alcohol all provide energy. Protein can also supply energy, but it is an inefficient, wasteful source of energy.

Because athletes in training need so much energy, they require more calories than sedentary persons. When athletes burn more calories, their appetites automatically increase and, thus, they eat more food. For the best performance, athletes should obtain their calories from a variety of foods. No one food is perfect or possesses performance power.

Carbohydrate — The prime function of carbohydrate in the body is to supply the energy for many different body processes. Glycogen is the form in which glucose is stored in the body muscles and liver. (Glucose is the main form to which other sugars and carbohydrates are broken down in our bodies so they can be used for energy). The liver glycogen is required to supply fuel to maintain muscular contraction.

Under resting conditions, only about 1/3 of the body's fuel is contributed by carbohydrate (glucose) and about 2/3 is contributed by fat from body stores. During periods of time (less than two minutes) such as the 100 yard dash, the major fuel is glucose. Normally in the above conditions the oxygen requiring (aerobic) pathway is the only pathway in operation.

As glucose stores are depleted during exercise, the predominant pathway

becomes anaerobic (without oxygen) and lactic acid accumulates in the muscles and blood, causing cramps and fatigue.

During prolonged exercise lasting five minutes or longer, the major fuels are again a blend of glucose and fat. Fat becomes the predominant fuel when oxygen consumption reaches a steady state and anaerobic metabolism shuts down.

A good example of this is during marathon running. The fatigue experienced by these runners is primarily due to the following factors:

1. Low blood sugar levels.
2. Lowering of muscle sugar stores (usually after about 1-1½ hours of running).
3. Loss of water (dehydration) and minerals.
4. High body temperature.
5. Boredom and physical beating of the body.

The higher the marathon runner's liver and muscle sugar (glycogen) stores, the longer he or she can stave off fatigue.

Endurance athletes may be able to replenish glycogen stores and maintain fluid balance by drinking liquids containing a small amount of glucose at frequent intervals during the contest. Fluids that are too highly concentrated in sugar or minerals (sodium and potassium chloride) should be avoided since they tend to draw fluid into the stomach from other parts of the body, increasing dehydration and possibly causing upset stomach or diarrhea.

A nutritional practice which has achieved recent popularity in marathon runners is that of "carbohydrate loading". This dietary manipulation increases the glycogen stores in the muscles tremendously and, thus, delays the eventual glycogen depletion, forestalling fatigue during the

race. Basically, this practice involves exercising the muscles to exhaustion one week in advance to deplete glycogen stores. For example, a marathon runner can do this by a long-distance run. The athlete then follows a high fat, high protein (low carbohydrate) diet for about three days to keep the glycogen content of the exercising muscles low. Researchers also recommend that the athlete refrain entirely from exercise during this period for the best effect. Beginning about three days before the competition, the athlete eats large quantities of carbohydrate and normal amounts of fat and protein.

The use of this dietary practice is not, however, without possible side effects and risks. Side effects during the low carbohydrate phase often include fatigue, irritability and nausea. During the high carbohydrate phase, water is stored along with glycogen in the muscle. This may lead to a feeling of heaviness and stiffness which may actually hinder athletic competition. Muscle damage also has been reported. In addition, the weight increase from water retention may reduce the athlete's maximum oxygen uptake. In older athletes, this practice has reportedly had an undesirable effect on heart function in susceptible individuals. Thus, athletes are cautioned against its use without expert supervision.

Fat — Fat is an essential component of a well-balanced diet as a concentrated energy source, to supply essential fatty acids and as a carrier of fat soluble vitamins. Stored fat insulates against the cold and is an important storage depot of energy. Excess fat, protein, or carbohydrate calories are stored as fat. Sufficient fat intake can easily be obtained by eating a variety of foods, including meat, milk products, vegetable oils and margarine.

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Promotions and awards

Thursday, March 6, 1980

CFB comox Totem Times 9

409 Sqn. retirements



LCOL McAffer congratulates Cpl Sinclair (left) and MCpl Heid (right) on their retirement from 409 Sqn. and the service.



MAJ. MacDonald congratulates MCpl Abrie (left) and Cpl Westergaard on their retirement and presents their Certificates of Service.



RCN 70th anniversary

OTTAWA (CFP) — The 70th anniversary of the establishment of the Royal Canadian Navy (RCN) on May 4, 1910, will be marked by a major conference on the history of that service. Entitled the RCN in Retrospect, it will be held at Royal Roads Military College in Victoria from 27 to 29 March, 1980. The conference is designed to encourage historical research on the RCN (as well as on the Royal Canadian Naval volunteer reserve, the Royal Canadian Naval Reserve and the Naval Reserve) by giving ex-naval personnel and naval historians the opportunity to share ideas and information. It also seeks to increase knowledge of the naval service through the publishing of papers presented there and by encouraging ex-RCN personnel to commit to paper the details of their own service. The 17 papers to be presented cover the history of the RCN from its Royal Navy origins through both world wars and the Korean conflict to unification.

Anyone interested in attending the conference is asked to contact Dr. J.A. Boutillier, History Department, Royal Roads Military College, FMO Victoria, British Columbia, V0S 1B0.

CFP: 03-80-Feb. 21-80. Attached for reprint with this release is the conference schedule including a full list of the papers being prepared.

The RCN in retrospect — program

Thursday, 27, March, 1980.
0830-0930-Registration. The Castle.

0930-0945-Welcom. Quart-
erdeck.

0945-1030-the Royal Navys
legacy to the Royal Canadian
Navy in the Pacific, 1880-1910
Dr. Barry M. Gough,
Wilfrid Laurier University,
1030-1100-coffee break.

1100-1145-Commander
Nixon and the Royal Naval
College of Canada, 1910-1922.
Rear Admiral P.W. Brock,
CB, DSO, RN (Retd).

1145-1230- The Royal Navy
and the Royal Canadian Navy
at the time of the Washington
Naval conference, 1921-1922.
Dr. Barry Hunt, Royal
Military College.
1230-1400 - luncheon.

1400-1445-The Royal
Canadian Navy in the inter-
war years, 1918-1939. Rear
Admiral H.F. Pullen RCN
(retd).

1445-1530-Big Ship Time:
The service of Royal
Canadian Navy officers on
Royal Navy Capital ships.
Rear Admiral R.H. Leir, DC,
RCN (Retd).

1530-1600-Coffee break.
1600-1645-The Malahat
Paradigm: The impact of
public policy on a reserve
division. CDR. (R) Micheal

Hadley, University of Vic-
toria.

Friday, 28 March, 1980.

0900-0945-The Royal
Canadian Navy in the North
Atlantic, January to
1945-1030-Royal Navy -
Royal Canadian Navy Co-
operation in submarine
tracking during the Battle of
the Atlantic. LCDR Patrick
Beesly, RC (Retd).
1030-1100-Coffee break.

1100-1230 - Special
presentation: Part I. In-
telligence, the RCN, and the
RCAF in The Battle of the
Atlantic: A detailed analysis,
from the Allied and German
points of view, of two convoy
battles, SC 42 and SC 107. Dr.
WAB Douglas, directorate of
history, NDHQ, and Dr. J.
Rohwer, bibliothek fur
zeitgeschichte, stuttgart.
1230-1400-Luncheon.

1400-1530 - Special
presentation: Part II. A
continuation of part I with an
analysis of convoy battle ons
5. Dr. WAB Douglas and Dr. J.
Rohwer.

Saturday, 29 March, 1980.
0900-0945-The lower dech
and the mainguy report of
1949. Mr. LC Audette, OC, QC.

0945-1030 - Shore bom-
bardment operations by
Royal Canadian Navy
destroyers during the Korean
war. Capt. John Bovey, DSC,
CD, RCN (Retd).
1030-1100- Coffee break.

1100-1145 - Royal Canadian
navy aviation. LCDR SE
Soward, RCN (Retd).

1145-1230-The Royal
Canadian Navy and Canada's
defence policy in the Arctic.
CMDRE OCS Robertson, GM,
RD, OC, RCN (Retd).
1230-1400- Luncheon.

1400-1445- Naval
engineering in Canada, Capt.
(N) JWH Knox,
Ship repair unit Pacific.

1445-1530- The Post-war
destroyer building programs
in the Royal Canadian Navy.
RADM. Robert Welland, RCN
(retd).

1530-1600 - Coffee Break.
1600-1645 - The Royal
Canadian Navy and the
unification crisis. Capt. Chris
Pratt, RCN (Retd) and Capt.
KC Cameron, RCN (Retd).

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presented to MCpl Lunde for his excellent per-
formance while on the Solid State Devices and
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Kingston from 27 Aug. '79 to 21 Nov. '79. The XG and
XH specialty course is an extremely demanding
program of study which has challenged a multitude
of avionics and electronics technicians of the
Canadian Forces. MCpl Lunde's mature approach
and excellent attitude toward the training resulted
in him attaining the highest results ever since the

XG-XH training was instituted. MCpl Lunde also
took it upon himself to assist in the training of other
students. Since the principles he learned and
assisted others in learning are fundamental to
trouble shooting the avionics system of the new
Aurora aircraft, his efforts will result in a smoother
transition through the early stages of the
phaseover. MCpl Lunde's performance reflects
credit on himself, CFB Comox and the Canadian
Forces.



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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: 4946 Canada Way, Burnaby V5G 4T6	291-2901
NORTH REGION	
Dawson Creek: 1201 - 103rd 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: 942 Cumberland Ave. V9N 2N7	334-4403
Nanaimo: 238 Franklin Street V9R 2X4	753-6683
Victoria: 808 Douglas Street V8V 1X4	387-1131



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Fitness for everyone

EDITOR'S NOTE: The following is the series of fitness articles forwarded to us courtesy of good old "Doc" Bardsley, our BSurg.

The Mind

Studies on healthy people have indicated that exercise has a tranquillizing effect and thereby helps to relieve tension, stress and mental fatigue. From his studies, one psychiatrist feels that a vigorous 15 minute walk is a better tranquillizer than a barbiturate. It also enhances sleep and relaxation and leads to an overall sense of well-being and improved self-image. Exercise not only seems to allow the individuals to assert and express themselves in a physical fashion, but also increases the sense of control over one's own life, thereby giving positive feedback and self-gratification so essential to emotional well-being. In other words, exercise seems to promote a sound mind through a sound body.

These effects have led numerous psychiatrists and psychologists to use exercise as part of the treatment for such disorders as anxiety, depression and stress, with noteworthy success. In one study Dr. John Griest found that three weeks of a regular program proved better than psychotherapy in relieving depression. Exercise has also become an integral part of programs for the rehabilitation of alcoholics and other drug abusers.

Pregnancy

Regular physical activity, on the average, is good for the pregnant woman. Women who are active during pregnancy seem to have fewer complications before, during and after birth. Moreover, regular exercise enhances the control of weight during pregnancy, and the recovery of the pre-pregnant weight after birth. A regular activity program, supervised by the attending physician, makes good sense for the expectant mother.

Obesity Because physical activity consumes calories, it is a logical part of any program for weight loss. But, regular physical activity has more far-reaching benefits in this area. As pointed out before, regular physical activity has many positive effects on the dynamics of body fat. Appetite in those who are regularly physically active is also closely geared to actual calorie requirements; therefore, what one eats is what one needs, and the tendency to obesity is lost.

Moreover, the psychological effects referred to previously, such as enhanced self-image and increased feelings of well-being, are most desirable in the long-term success of obesity programs since some experts feel that 90 per cent of the excessive eating in obese people has its roots in the mind.

Exercise can also become a healthful substitute for inappropriate eating behavior, a substitute from which can be derived all the other advantages of exercise, while at the same time burning off those calories, rather than taking them in. For example, running one mile consumes about 100 calories; and walking at three miles per hour (1 mile in 20 minutes) consumes 68 calories per mile. Since one pound of body fat contains 3500 calories, then walking only four miles per day (diet being held constant) a person could lose 25 pounds in a year, or running three miles per day he could lose over 30 pounds.

Unhealthy Habits

Regular exercisers seem to

be interested in the body and its functions. Studies have shown that people on regular exercise programs tend to modify other lifestyle habits in a healthful direction. For example, one study reported that their exercise groups, after a given period, decreased or ceased smoking, changed their diets and altered their leisure time activities, usually to include more physically active pursuits. On the average, those who exercise regularly have a much broader general health awareness and knowledge.

General Health

As well as all of the effects mentioned previously, regular physical activity and physical fitness have other healthful benefits. Among such effects are a decrease in minor ailments, such as colds, and enhanced bowel regularity. Physically fit people are reportedly more sexually capable and active. Moreover, although regular physical activity won't delay aging, it will delay the functional deterioration that accompanies aging.

How and When?

All in all then, regular physical activity has a definite beneficial effect on health. The extent of this effect will depend on the individual to a large extent. However, certain generalities can be made. Firstly, greater health benefit seems to be realized when one starts from a poorer state of health. For example, one study found little effect of exercise on blood pressure in those subjects starting with a normal blood pressure, but found a significant reduction in those who started with a high blood pressure. A similar effect was found with serum cholesterol levels (a type of blood fat).

Secondly, the intensity, duration and frequency of activity are important in determining the extent of effect on certain health-related factors. For example, studies have shown that regular exercise lowers serum triglycerides (another type of blood fat) the effect persisting for only two to three days, indicating that exercising at least three times per week is essential for a continuous effect.

The duration of each session is also important: one researcher found that 15 minutes per day increased fitness, 30 minutes per day affected body composition and 45 minutes per day lowered serum cholesterol levels. The implications of such studies seem straightforward. Within reason, the longer, harder and more frequently one exercises, the greater the benefit to health — up to a point, because there does seem to be a plateau effect.

In other words, the qualities of PDF that promote fitness also enhance health. Unfortunately, facts on how often, how long and how intense exercise need be for specific health effects are not yet available. What can be said

concerning increased activity is that the greatest number of healthful benefits are achieved in going from a sedentary life-style to one of moderate activity.

For example, sudden death is due to heart attack is decreased by 13 in going from a sedentary to a moderately active life-style. In other words you don't have to be in superb physical condition, or exercise fanatically, to achieve significant health benefits. It is safe to say, though, that exercises that meet the PDF requirements will give maximum benefits.

Thirdly, the time over which a program is carried on is important. As we have already seen, exercise must be a lifelong habit to have a continuous effect on health. Moreover, studies have indicated that some health effects accumulate with time in the program. For example, exercise over at least ten weeks was necessary in one study before blood cholesterol was lowered. Another study has shown that blood triglycerides were lowered in proportion to the amount exercised.

Generally speaking there is so little to lose (except fat) yet so much to gain, from regular exercise, that it seems unreasonable that more people aren't partaking, and that health care workers are not prescribing it more often as part of therapy.

As you have already seen there are few contraindications to exercising, and most people in our society could derive great benefit from it. Table II summarizes the healthful effects accredited to regular physical activity and fitness, and Table III lists the medical conditions for which regular appropriate exercise may have a role in therapy.

Exercise in the Workplace

Convinced that regular exercise both promotes health and leads to a better, more productive work force, many companies throughout the world have introduced physical fitness programs into their organizations. So enthusiastic has been this movement that the American Association of Fitness Directors in Business and Industry was founded in 1974, following the example set by the European Council for Company Sports and Fitness Programs, formed many years before.

Several organizations, including EXXON, NASA, Mobil Oil, The Canadian Post Office and Metro Life have undertaken studies to reveal the benefits of regular exercise and physical fitness in the work environment. Table IV lists the work benefits reported by such studies. Many of the healthful effects of exercise indicated in Table II have been corroborated by these studies.

Generally, these studies have convinced many companies that fitness programs result in employees who are more productive, have better morale, have fewer accidents,

lose much less time from work and will probably be lost much less frequently due to premature death. Moreover, it is generally agreed that such programs are cost effective; in other words, that they are indeed a true investment in manpower.

It is not surprising, then, that more and more companies are setting up programs, even at significant cost, and making facilities available to employees during company time. Such an on-the-job approach not only promotes better attendance, but also enables supervised programs which appear to achieve the greatest health benefits. It should be stressed, however, that leadership in such programs, rather than the facilities, appears to be the key to success.

In closing this section, it is interesting to note that several communist nations, including Russia and China, and "western" nations such as Japan, have introduced compulsory activity breaks in certain industries. Is the risk of backlash from violated "human rights" balanced by the benefit? Food for thought!

Exercise in Schools

Exercise is an important, but usually sadly neglected part of the school curriculum. It is all too common in North American schools to have but one "gym" period per week, and to have extra-curricular sports reserved for those who are of proven athletic ability only. The result of this situation is that if you are good you participate, if you're not, you watch. With such attitudes established at school (and, of course, in the homes as well), little wonder that, as adults North Americans are generally sedentary, or, at best armchair athletes.

It is reasonable to assume that the lack of emphasis on physical activity and fitness in our schools is based on two important attitudes: 1) that the school is not really the place for such pursuits, and 2) that time in school is better spent on the more important academic pursuits. The former is simply not true; the latter has no basis in fact. Let us consider, for a moment, an interesting study done in France.

The so-called Vanves Experiment introduced an eight-hour-per-week physical activity program into the curriculum at the school. After a given period of time, the researchers found that not only did those in the activity program have better academic grades, but they also showed a wide variety of other positive effects including: Enhanced discipline, sociability, work performance and attitude; increased enthusiasm, stamina and independence; accelerated rate of maturation, motor development and coordination; and decreased aggression.

Other studies in the academic setting including one at West Point Military Academy have also confirmed that regular physical activity

as an inherent part of a scholastic program results in increased academic grades. One wonders about the effects of an even more expensive

health education program.

Nonetheless, the lesson is clear — physical activity belongs in our schools, not only because it is important in

its own right, but also because it enhances the academic process as well. Indeed, the US President's Council on Physical Fitness and Sports is

recommending that Regular physical activity should become the "4th R" in schools, with at least one period per day devoted to it.

48 Straight

(Continued from page 2)

All feeling dejected, left out and rejected,
Heads down we trooped back to the room,
Flicked the T.V. set on, and looking pale, worn and wan,
We sat 'neath a pallor of gloom.

Have you sat for two days watching all the same plays
On a T.V. that just barely works?
Or watched old Bob Barker hawk, deal and barter
With a room of sane people turned jerks?

Have you watched all or most of the day talk show hosts
Spout the same things to guests like a parrot?
Or seen Monty Hall on his show have a ball
Giving money to folks dressed as carrots?

Have you stared at the soaps vainly trying to cope
With all the affairs — well don't bother,
For each baby that's new still leaves you no clue
As to who is the natural father.

Have you watched an old duster at night about Custer?
Just let me tell you, it gets trying
When the sound track has slipped, so from a girl's lips
Comes the sound of twelve Indians dying.

We did all that and more, 'twas a horrible bore
And card games weren't much of a change.
Then prophetically soon out burst a full moon
And our whole group grew suddenly strange.

The old man became still, like cats stalking to a kill,
He appeared hesitant to recall
The hideous plight they encountered that night;
The startled Nav spoke not at all.

"Old Tommy cracked first," he resumed, "and he burst
From the lounge and just raced all about,
Then gave in to the curse of the Q.R.A. thirst
And drank 'in 'till he finally passed out.

Now Barney seemed mild, but must have gone wild
And decided he had to be free.

For a Nav that is tough and it must have been rough
When he drove the plane into that tree.

Myself, I blacked out and wasn't about
'till morning, though moving quite slow
I searched all around those Q.R.A. grounds
To determine what happened to Moe.

As I walked 'round the front I gave a quick grunt
Of surprise — for there were four folk;
They were 409 lads looking sheepish, like cads
And admitting it all was a joke.

Then from the front door sprang a figure quite more
Like an animal than a free man.
And to pay for their fun, every lad one-by-one
Was done in by poor Moe with his hands.

So Barney was flailed and Tommy was jailed
And me, well 'cause I was the boss,
They put me on charge and my fine was quite large
Then the Colonel just game me the toss.

Now I just roam with no place to call home
With this tale I must tell folks like you.
Like the Mariner's albatross, this story's my cross
My life's like the Wandering Jew.

I travel around sleeping on the cold ground
So let this be a lesson, my son.
Don't let them put you for two days in the 'Q',
Surviving that cannot be done."

Then the old hobo rose, wiped his red, rheumy nose
And made as if ready to go.

"No, wait!" cried the Nav, "I still do not have
The dope on what happened to Moe."

"Well, his mind was unhinged but they wanted revenge,
So they gave him (between me and you),
The only thing worse than this terrible curse —
He's holding the Bagotville 'Q'!"

100 yrs. for Regiment de Maisonneuve

(Continued from page 5)

November 25, 1942 in the area of Montargis. Even wounded he will continue his mission doing splendid disruptive work on the Belgium border. He continued his underground work until 1944 when he was arrested by the Gestapo and brought to Paris. Tortured several times he never gave in to his tormentors. Transferred in April 1944 to Flossenberg in Germany, he was executed in the prison yard in July 1944. The members of the firing squad a

SS unit impressed by his endurance and his courage, provided an honor guard at his burial in Flossenberg.

After the war, the government reorganized its army into two forces, the regular army and the reserves or militia. The regiment was affected to the latter and immediately began recruiting its personnel and soon after could stand proudly amongst Canada's best militia units. The regiment continued to win in sport leagues and military

competitions and was known as a very reliable unit.

When to Korean war came, along the unit contributed largely to the formation of the Canadian Brigade that went over. Since its service in England it became affiliated to the Kings Shropshire Light Infantry in 1941, and still keeps in touch with the unit now called the "Light Infantry". The two units have had a common chapel built in honor of their dead of 1939-1945.

Recently (1974-1975 and

1977) the unit won the Dunn trophy awarded to the best unit in Quebec's district number 1.

The Regiment will celebrate its one hundredth anniversary in 1980, two major events and many smaller ones are planned but: "La fête du Maisonneuve on May 18 and the Centennial Balon June the sixth stand out".

The historian Jacques Gouin is presently writing the Regimental's history.

IT'S WORKING. DON'T STOP NOW.

With your help, we have reduced
the possibility of electricity shortages on
Vancouver Island this winter.
But the basic problem is still with us.
That means we have to
keep working together, every day.

Thanks to your help.

The cold weather has passed and with it, the immediate possibility of electricity shortages this winter. The combined efforts of Island residents — particularly during the daily 5 p.m. to 7 p.m. peak use times — contributed to Hydro's ability to supply electric service without major interruptions. Even though the demand for electricity had been increased by the addition of 5600 new customers during the past year, the needs of all residential users were met — a direct result of all of us working together.

Because the basic problem still exists, the need for conservation remains.

As explained in previous messages, Vancouver Island is out-growing its supply of electrical energy.

At the moment, Hydro is moving to solve this problem through the installation of two additional submarine cables from Cheke to Dunsuir, but the first of these lines cannot be put into service before 1983 at the earliest.

The need for continuing conservation efforts is still with us, and will become even more critical next winter. Developing wise conservation habits and making your home more energy efficient now, can help alleviate possible shortages in the winters to come.

Hydro can help. Just ask.

The emphasis this winter has been on reducing demand on the electric system during the daily 5 p.m. to 7 p.m. peak hours. But energy conservation should be practiced year round. It simply means using energy wisely. By eliminating waste, not only can you save precious energy, you can save money as well. Hydro can help you do both with the Homeowner's Checklist of Energy Savings. This free booklet tells you where to look for possible sources of energy waste all around the home, and it offers valuable suggestions to help you correct these problems. It's a good way to start making your home more energy efficient — a positive contribution towards reducing your own future energy requirements.

For the Homeowner's Checklist, or other ideas on energy conservation, call us at your nearest Hydro office. With your continuing co-operation, we'll solve the Island's electricity supply problem.

B.C. HYDRO

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

HELP FOR THE REFUGEES

St. Michael and All Angels Protestant Chapel is launching an appeal for household furnishings. Our aim is to assist St. John's Anglican Church, Courtenay, settle their refugee family of four, soon to arrive in the Valley.

If you have such items in working condition that you may wish to contribute, please contact Padre Coleman at Base local 273 or home 338-6864.

Monetary contributions towards the purchase of such items would also be appreciated. They may be given at the Chapel or sent to:

ST. MICHAEL AND ALL ANGELS CHAPEL
SHARING IS CARING — REFUGEE FUND
c/o BASE CHAPLAIN (P), CFB COMOX

Cheques should be designated "The Parish of Sandwick and Courtenay"

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PMQ preamble

ATTENTION PMQ RESIDENTS: A new program for our neighborhood is underway to help the ones which need it. Some of you may already be aware of the Block Parent Program. The BLOCK PARENT PROGRAM is designed primarily as a means of reducing the incidence of child molestation. The structure of the program inherently provides assistance to children in other emergencies. The program was initiated in Canada in London, Ontario in 1968 by the National Council of Jewish Women (London Section). It is presently co-ordinated in that municipality by the safety Committee of the Corporation of the City of London.

If anyone is interested in becoming a Block Parent contact MPQ Mayor Bob Horton at 339-2607 or Kathryn Dalmer at 334-2769 for more information.

This article is directed to the PMQ residents who have had or are having the siding put on their PMQ's. If you have had any type of destruction done to the inside (wall hangings falling off of the wall-breaking, etc.) or the outside (uprooted plants, damaged lawns, etc.) of your PMQ, you can be reimbursed for the damage done to your property, by writing all the damages down and contacting your ward councillor as quickly as possible.

Before any siding is put on your PMQ you are suppose to have a 48 hour notice so that

you will be prepared. take a stand PMQ residents and don't let these contractor trample over your rights. If you were a civilian having siding put on your home I'm quite sure that the company putting up the siding would be quite careful not to damage any of your property. Even though we are NOT civilians we still have to pay rent and taxes so our property should not be left looking like a dump.

ATTENTION to All individuals who are interested in learning the art of AIKI KARATE!!!! There is a karate class for both children and adults being given at the Pythian Hall in Comox on Wed. and Friday nights from 7:00 p.m. until 9:00 p.m. The classes are taught by a highly skilled, 3rd degree black belt, Sensei (teacher).

If anyone is interested come on out and join us, whether it's to become a member of the club or as a spectator. Your interest is of a great importance to us. The cost of the classes are \$15.00 monthly. The classes are well worth more than the fee which is being charged because you will learn a lot more than just self defence. For more information come on out and get a first hand opinion.

COUNCILLORS of PMQ the next meeting will be held on March 27, 0830 hours at the Parish Hall.

Joyce Freeman, Publicity Councillor, 339-6087.



CFB COMOX has almost completed the implementation phase of tool control. When 409 sqn. has stocked their new tool crib another milestone

will have been reached. We are extremely grateful to 407 sqn for donating this magnificent new structure.

Traffic signs

Laws are made to be obeyed and when you applied for a drivers licence you signed a contract to obey the laws.

STOP SIGNS mean STOP, not double clutch into second gear and amble through the intersection. The "California stop" which is an executed foot-off-the-gas-turn-of-the-wheel-around-the-corner is not acceptable either. Stop means stop.

A yellow light is a warning that a stop is imminent, not a signal to accelerate. Yellow is the international color of caution - and on a traffic signal it is a valid warning.

For every driver who takes advantage of a yellow light another takes advantage of an early green. Sometimes these impatient drivers practice their race-track reactions at the same intersection, one of the reasons why 40 per cent of urban traffic accidents occur at intersections.

SPEED LIMITS mean what they say. You may think that 80 km-h is far too slow for your driving expertise, but speed limits were not instituted for your driving pleasure - but for the safety and convenience of the majority of users of the road. The majority of drivers respect the speed limits.

If you ignore the speed posted on a yellow diamond warning sign and have an accident you won't get charged with speeding. Instead, you may get charged with: Driving without due care and attention - six points. Speed excessive relative to conditions - three points; or Dangerous driving - ten points.

Speedometer malfunction is no excuse and does not convince most police or RCMP officers. It is your responsibility to maintain your car in safe working order. If you are

speeding, you are speeding - no matter whether it is 2 or 20 km over the limit.

TURNING RESTRICTIONS are imposed for many reasons, the most important being traffic flow. Just one inconsiderate driver can cause considerable frustrations and problems from an illegal left hand turn. During rush hour traffic it is not only denying the cars lined up behind a chance to move on a green light but cars lined up at the traffic light behind, and behind.

CROSSWALK AND PEDESTRIAN SIGNS are not advance target warnings. Pedestrians are not trespassers on a drivers turf - just allies crossing a demilitarized zone to the safety of their domain, the sidewalk. The law prohibiting a vehicle to proceed through an occupied crosswalk is a very valid one. Pedestrians may change their mind and turn around in the middle of an intersection, erroneously assuming the driver of a stopped vehicle is aware of their intentions. A car stopped near an intersection could be shielding a pedestrian ready to step in front of your car as it passes through.

UNMISTAKEN

I need not even look
For I know
That loud roar
Of the Argus
Flying overhead

Donned in its
Shining suit
Never mistaken for a bird
Neither graceful
Nor elegant
But useful
In its war-like ways.

PTE. R.A. Gaultois

OWC culture night

The Officers' Wives Club will feature a "tasting tour" of a variety of cultures March 19th in the Officers' Mess. A group of adorable little Ukrainian dancers will perform for us at 8:00 p.m. followed by a chance to view costumes and sample mouth-watering delights from other cultures. Featured cultures will include Jamaica, Scandinavia, England, the Ukraine, and Mexico. Admission will be \$2.00 for members, \$3.00 for non-members. Come and join us for a fun and tasty "spring holiday".

Also, tickets will be on sale at this time for our annual spring fashion show to be held April 16th in the Officers' Mess at 7:30 p.m. This year fashions will be by Roxanne's, shoes by Two's Company. Admission will be \$4.00 and by ticket only - tickets available through April 1st or until sold out so hurry to get yours. Remember, ladies, all proceeds from our fashion show go to charity.

1st Lazo Beavers Blue Colony

Baden Powell week at Beavers was a very special night for all the Beavers. Working in tail levels each group talked about Baden Powell and why we celebrate during the week. The boys then did a poster and these will be judged before the L.A. Bazaar on March 15th and all posters will be on display during the bazaar. The boys who were absent for this meeting will make them next week.

Hawkeye and Keoo were busy with the white tails teaching them to tie knots and chatting about Cubs. Peanut scramble is always fun, so in keeping with our motto "sharing" we had a peanut scramble and all Beavers shared their peanuts with their lodge. Special song during our campfire was Happy Birthday to Baden Powell.

Special night for the Beavers on Feb. 28th, was a tour of our CFB Argus. Special thanks to John Parker for arranging the tour and sorry you weren't able to join the excitement for the evening. Excitement it was as each boy had a turn to be pilot, flight engineer, navigator and observer. The questions were numerous as our tour guides, Bill Ainsly, Mike Williams and Mr. Thuen will tell you. Special thanks gentlemen for your patience and time, very enjoyable. We really appreciate you coming out and giving us your time.

Get well wishes to Hawkeye, who was unable to attend our tour, hope your foot heals soon.

Congratulations to our Special green tail beaver, hope to see you at more of our Colony meetings!

Big tail slap of thanks to Sue Dodge, Wayne MacDonald and Mike Williams for driving and supervising this educational and fun evening. Thank-you!

March 6th is a special outdoor program for the boys and two very nice tours for the following weeks.

Also had word that Hawkeye 1 will be back with us after Easter weekend. Great news.

Till next time,

Busy Beavering,
Rainbow

no matter
where
you're moving ...

we'll help you find a new home
before you arrive!

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Increasing production requirements for our Challenger executive jet and the CL-215 Water Bomber have created several permanent positions for the following Preflight Specialists:

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Candidates should have an extensive technical background and experience in airline, military or aircraft manufacturing preflight operations.

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We offer attractive salaries plus an excellent package of fringe benefits which includes a generous productivity premium and a paid holiday period between Christmas and New Year. If required, relocation assistance to Montreal will be provided.

Should this offer be of interest to you, please mail your résumé or apply in person.

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Chapel Chimes



RC CHAPEL

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

MASSES 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 Chaplain (P))
L.M. Clifton, Capt.

CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

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

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

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

CHAPEL CHOIR: Our Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain. Senior Choir: 2000 Hrs. and Thursday at the Chapel.

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

OFFICE HOURS: 0800-1630 hours. Phone 339-2211, Loc. 273.
HOSPITAL VISITATION: The Chaplain would appreciate the co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211 Loc. 273) to report the names of any members of the congregation who may be in the hospital.

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
324	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

Flt.	Depart	Arrive	Frequency	Start	End
501	0745	0810	Daily	Feb 8	Apr 26

To Cassidy-Comox-Campbell River-Port Hardy

Cassidy

Flt.	Depart	Arrive	Frequency	Start	End
502	1400	1445	Daily	Feb 8	Apr 26

SOUTHBOUND: PORT HARDY

To Campbell River-Comox-Cassidy-Victoria

Flt.	Depart	Arrive	Frequency	Start	End
502	1400	1445	Daily	Feb 8	Apr 26

Comox

Flt.	Depart	Arrive	Frequency	Start	End
502	1400	1445	Daily	Feb 8	Apr 26

CASSIDY To Qualicum-Port Alberni

Flt.	Depart	Arrive	Frequency	Start	End
601	0900	0925	Daily	Feb 8	Apr 26
603	1400	1425	Daily	Feb 8	Apr 26

PORT ALBERNI To Qualicum-Cassidy

Flt.	Depart	Arrive	Frequency	Start	End
602	1015	1040	Daily	Feb 8	Apr 26
604	1510	1535	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

ATTENTION:

DANCE GROUPS
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AND SIMILAR ASSOCIATIONS

We are now able to help you outfit your group with

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SERENDIPITY BOUTIQUE
At 338-9311 as soon as possible

All arrangements must be made prior to the 31st of March, 1980

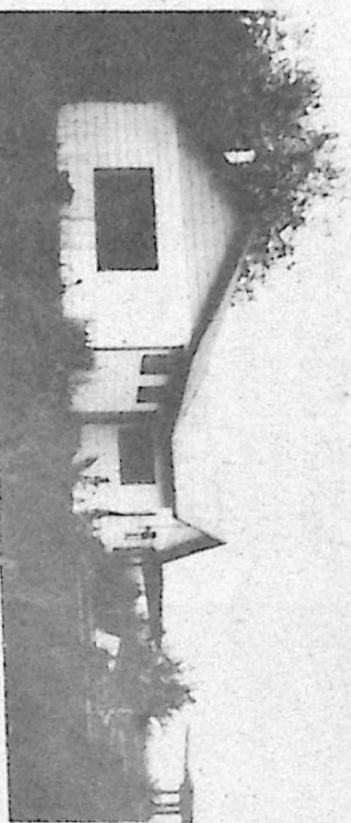
SERENDIPITY
BOUTIQUE
LINGERIE - UNDERFASHIONS

DRIFTWOOD MALL
COURTENAY
PH. 338-9311

IRONWOOD MALL
CAMPBELL RIVER
PH. 286-6922

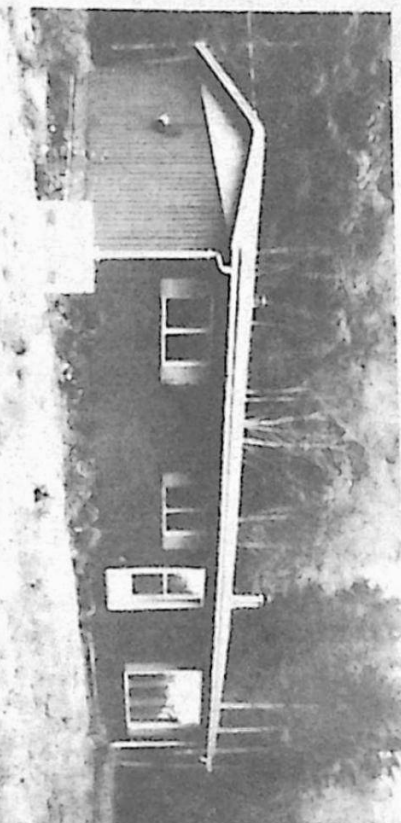
BLOCK BROS. REALTY

The bestsellers

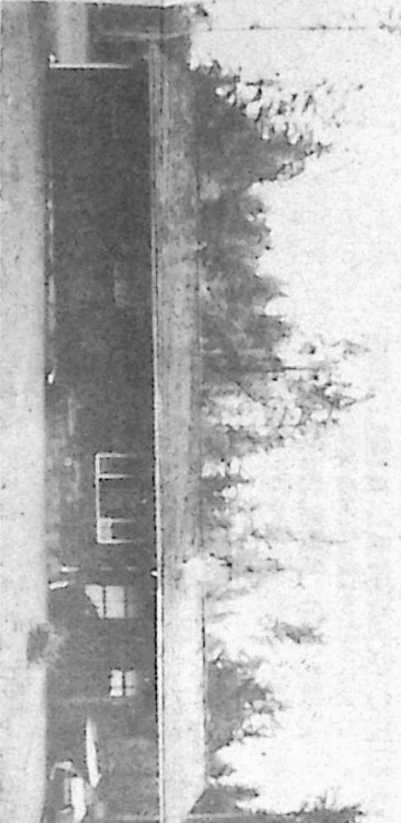


1 DO YOU DESIRE . . .
Peace and serenity? A babbling creek beside weeping willows, a little piece of the country which is not too large to lock you at home? Two bedrooms and rustic finish inside. Desirable price of \$35,700. Call for an appointment.
ROD MALTBY — 338-5029

2 CUMBERLAND GEM
Nestled beside a forest reserve and surrounded by a cedar hedge, this 3 bedroom, partially renovated home with a full cellar is a gem alright at a good price of \$29,900.
ROD MALTBY — 338-5029

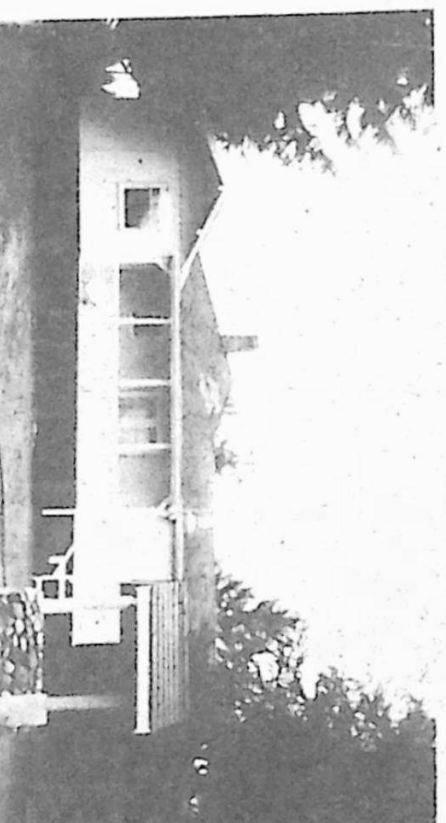


3 COZY COTTAGE ON A LARGE LOT
Newly renovated 3-bedroom cottage with ensuite, fireplace and located on the end of a quiet closed road. All this and still priced in the low \$40's.
MAX WEEGAR — 334-4568

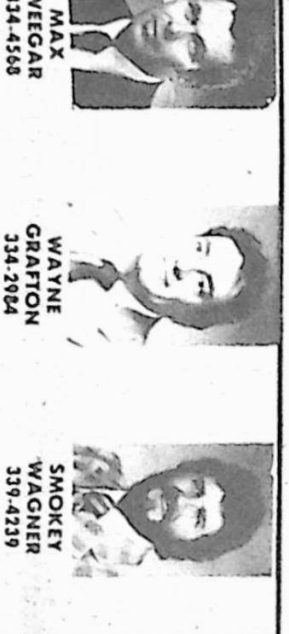


4 SPORTSMAN'S PARADISE
Eight acre ranchette located on the road to Forbidden Plateau ski area and right across the road from a fantastic swimming hole. Loads of room for horses and excellent soil for the back to the land types. A fine place with something for everyone.
MAX WEEGAR — 334-4568

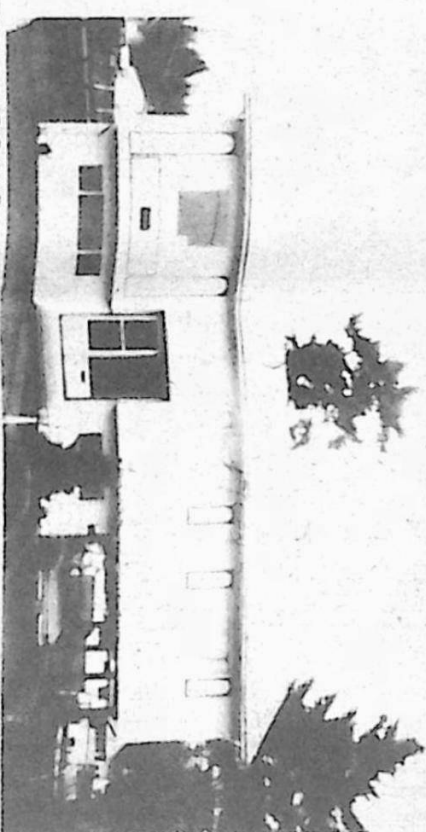
5 MONEY! MONEY! MONEY
Quality duplex with minimum upkeep, 2 bedrooms, fireplace, 4 p.c. bath, washer and dryer hook-up and either garage or carport. Live in and let the other unit pay.
MAX WEEGAR — 334-4568



6 2 ACRES HOBBY FARM
This is a beautiful older home in perfect shape. You'll like the large master bedroom, the bright living room with fireplace. Perfect area for market gardener with greenhouse and barn on property. Only \$59,700.
GAYE OR LLOYD WORK — 334-2220



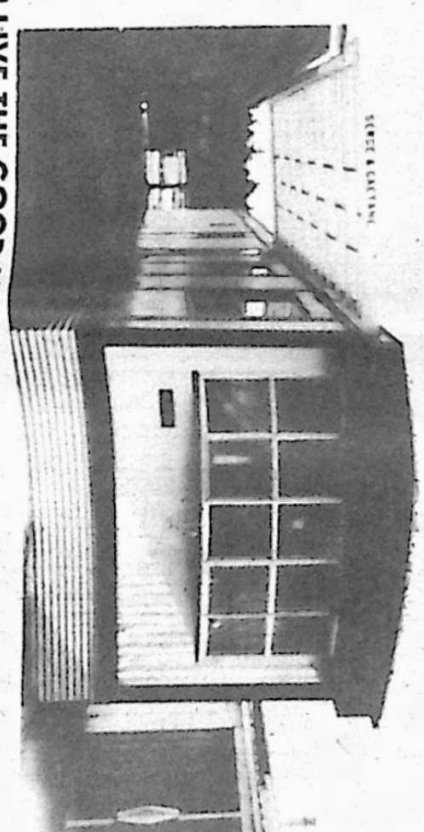
7 SPACIOUS COMOX HOME, 12% MORTGAGE
Top quality recent construction. This home is in prime Comox area with underground services and view of Bay and Glacier. 5 large bedrooms up, loads of space for family and entertaining down. Long list of custom features includes brick fireplace in master bedroom, dressing room ensuite, etc. Your best investment at \$87,500.
AL ROBB — 339-3307



8 GREAT COMOX LOCATION
1100 sq. ft. home with ensuite, spacious kitchen and partially finished 3/4 basement. The large landscaped lot has a fenced back yard with a garden shed and it is located in central Comox. Double paved drive and storm doors included at \$50,800 with 11 1/2% mortgage.



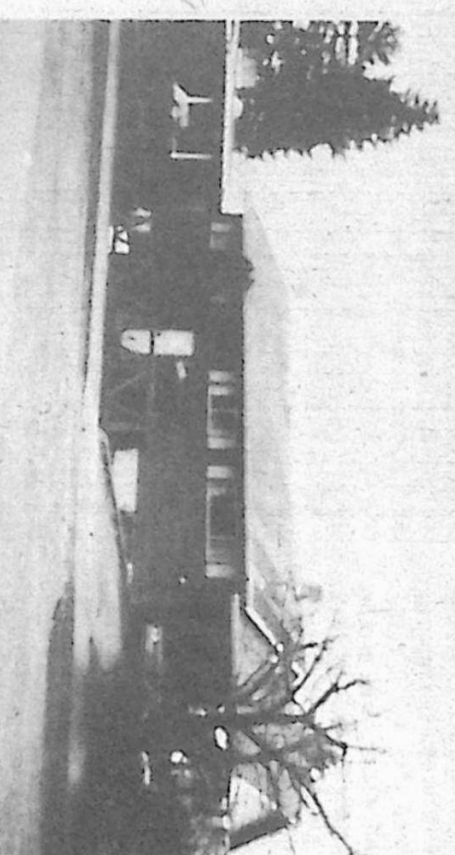
9 THE FAMILY HOME
Large 4-bedroom home on an extra large corner lot in one of the finer areas of Comox. This home features a beautiful fireplace in the living room, with a family room off the kitchen eating area, separate dining room, one full plus 2 half baths, fenced rear yard and stereo intercom system. This is your chance to buy a lovely home priced in the mid 70's.
STU LIVING — 339-3541



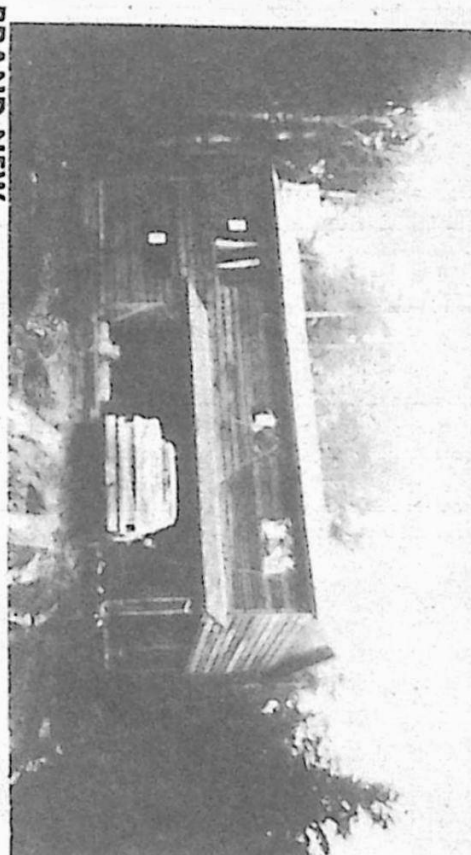
10 LIVE THE GOOD LIFE
Two bedroom Vista Villa mobile home, fully skirted. Situated within walking distance of the best salmon fishing in the world. Purchase price includes appliances and dropouts. Close to Base. Listed at \$12,500.
ED FOURNIER — 338-6093



11 A SURE THING!
Immaculate 3 or 4 bedroom home situated on half an acre of landscaped property in Courtenay. Corner brick fireplace, family room in full basement and much more. To view call:
ED FOURNIER — 338-6093



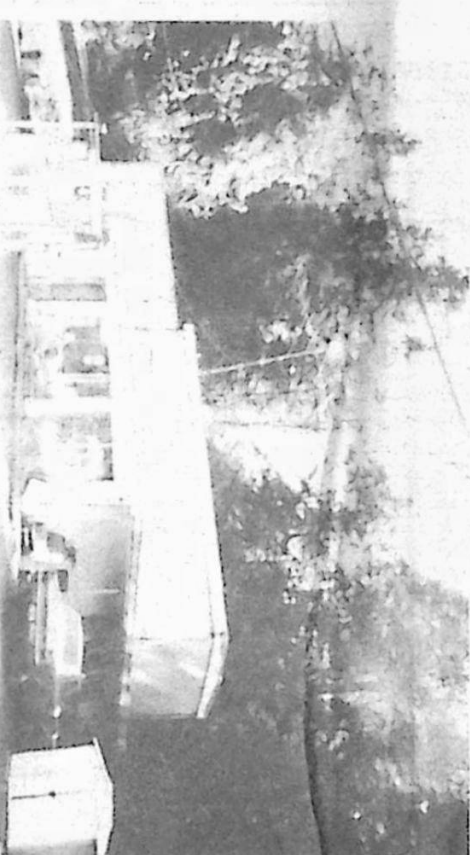
12 A FAMILY AFFAIR
Roomy 4-bedroom, 1 1/2 bathroom home situated in Comox close to schools and shopping. In finished basement a large finished rec room with built-in dry bar. Mature fruit trees, garden area and a partial view of the Comox Bay. Now's the time to view — Only \$55,000.
ANN CHEVRIER — 339-3048



13 BRAND NEW
Two miles to Base, 3 bedrooms up, 0.66 acre lot, 20 x 20 workshop, \$57,900.
SMOKEY WAGNER — 339-4239

14 BEAUTIFUL SHIP'S POINT
Several lots in varying size, approx. half acre with built-in financing and down payment as low as \$100. Priced to sell, \$9,900 to \$11,000.
RAY PAGE — 338-6267

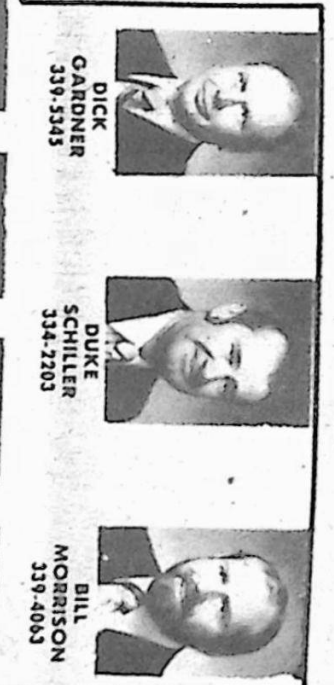
15 CUMBERLAND LOTS
Alpine mountain view. Fully serviced with sewer, water and blacktop road. An excellent bargain at \$5,900 and \$7,900. Only two left.
RAY PAGE — 338-6267



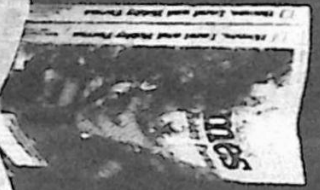
16 ESTABLISHED GROCERY STORE
In a developing community south of town. Family enterprise is not dead! 4-bedroom living accommodation, hydraulic hoist with compressor, gas pumps, 3/4 acre of commercial property. Reasonable price. More particulars with Rod Maltby. Please call for appointments.
ROD MALTBY — 338-5029

17 MOBILE HOME PARK
Situated centrally between Comox and the Air Force Base. 14 1/2 acres split zoning with 5 1/2 acres zoned for mobiles. Low, southern with 1 double wide. Hobby farm with revenue for \$140,000. For more particulars call:
ROD MALTBY — 338-5029

18 UNBEATABLE VALUE
This spring's best new home value is now under construction just a few minutes from CFB Comox, yet close to shopping, schools and gold. These homes will feature 3 bedrooms up, 3/4 or full basement, chimney flue, custom built cabinets and wall-to-wall throughout. Your choice of exteriors may include aluminum, stucco or cedar. A best sellers best value at \$48,900.
MICHAEL EMMERSON — 339-5809



BLOCK BROS.



BLOCK BROS. REALTY
449 5th Ave.
Courtenay, B.C.
334-4111

The Block Bros. "Home Trading Policy" eliminates the uncertainty of selling your home. We guarantee the price if it's not sold within 90 days. One more reason to list with the bestsellers.