



# TOTEM TIMES



*Behind every great man stands an amazed mother-in-law*

Vol. 22 NO. 7

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 3, 1980

NO CHARGE

## Demons at Rimpac 80

It was a gruelling six hour mission that tested everyone's mettle and set the tone for the exercise that followed. The briefing went well, the two crews co-ordinating their events smoothly and by the time the Americans arrived everything was underway. The pressures were enormous; reputations and national images were at stake. When it was over, most of the participants were dishevelled, unintelligible, and exhausted. Some had to be helped back to the Quarters. Yes, it was the opening ceremonies for RIMPAC 80. Crews from New Zealand, Australia, Japan, the United States, and Canada gathered at NAS Barbers Point, Hawaii, for three weeks of intensive operational training. And intensive it was! Crews one and two from 407 Sqn carried the Canadian flag and for the first two weeks it was almost non-stop flying. Thanks to the groundcrew, serviceability ran at almost 100 per cent and, in the air, various operational achievements were accumulated daily. Reconnaissance and strike missions were successfully flown in the face of 'enemy' interceptors and under the constant threat of detection by the 'enemy' fleet. Ships and aircraft were identified and evaded (sometimes!) and on two occasions, 'enemy' carriers were sighted and strikes co-ordinated. An unassisted 'kill' was achieved on one of the strike missions.

Two weeks into the exercise a sports day was organized. Our fearless Demons dove into the fray, competing in football, baseball, and volleyball. The finale of the day was a four by 200 metre relay race that pitted that famed track team of Maj. "Crawler" Crawford, Sgt. "Hope-to-land" Copeland, Maj. "Get-in-gear" Brygadyr and, of course, LCol. "Streak" Hamilton. Despite months of training for the event and the fabulous final kick of "Get-in-gear", the team was upset by a group of 'youngsters' that could have claimed the parentage of any of the Canadian stars. Oh well, maybe next year.

The last few days of flying passed quickly and then it was time for the farewell party and exchanging of gifts. Everyone declared RIMPAC 80 a complete success and we, in particular look forward to next year - with a new airplane and a reconditioned track team.

A  
PICTORIAL  
LEI  
OF  
HAWAII



### The Canadian Cancer Society Comox Valley Unit

Presents an Open Forum  
on  
"Cancer and the Environment  
What can we do about it?"

at  
The Base Theatre —  
Tuesday, April 15, 1980  
8:00 p.m.

The following doctors will be in attendance to speak on the above question and to answer any and all questions about Cancer.

Dr. Peter Coy - Director - Victoria Cancer Clinic  
Dr. Culver James - C.F.B. Comox, and  
an additional two doctors from the Comox Valley

## \$135,000 bursaries

OTTAWA (CFP) - The Canadian Army Welfare Fund plans to allocate \$135,000 to its bursaries program for the fiscal year 1980-1981.

This program, established in 1974, is specifically aimed at the children of former members of the Canadian Army who served between October 1, 1946 and January 31, 1968. It is intended to provide financial assistance to encourage these children to continue their education. The bursaries vary from \$300 to \$500 and will mainly defray part of the cost of tuition fees and text books.

To be eligible, applicants must have completed high school and be enrolled in a

university, college or technical school program leading to a degree, diploma or certificate. Selection will be based on criteria set by the board of directors of the Welfare Fund, and will take into account the parent's number of years of service, income and number of dependants; however, financial need will be the determining factor.

Applications must reach the Canadian Army Welfare Fund at the following address not later than July 1, 1980: Manager, Canadian Army Welfare Fund, Veterans Affairs Building, Lyon & Wellington Streets, Ottawa, Ontario, K1A 0P4.

## Next Deadline:

**TOTEM TIMES**  
**Mon., Apr. 14**

All correspondence to  
The Editor  
**TOTEM TIMES**  
C.F.B. Comox  
Lazo, B.C.  
or CR mail

## Block parents needed

Attention P.M.Q. residents, we are desperately in need of your support and help to get a new program under way. 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 M.P.Q. Mayor Bob Horton at 339-2607 or Kathryn Dalmer at 339-2769 for more information.

So please P.M.Q. residents let's give it a try and see if we couldn't help out a child who's in trouble! You never know, some day it could be your own!





BASE COMMANDER Col. B.T. Burgess is seen promoting Chief Warrant Officer "Tony" Hodges who before this event was a waver walker but now is unable to perform this event due to promotion. Therefore MSE is again on solid ground. Other individual watching is BtO Maj. D. Breer who keeps asking "What about me?" Congratulations "Tony" and all the other chiefs thank you for the wine. Note: It is CFB Comox's tradition that the new chief is to buy the wine for the older CWO's. Now that's culture!



WHEN MARITIME Command was presented with a new Queens color, at Halifax, N.S., on June 27, 1979, A.B. Mike Wright was a member of the guard which represented the west coast. That day, the color was presented by Queen Elizabeth, the Queen Mother. LCol W.G. Clements, BtSO, recently presented A.B. Wright with a certificate to mark participation in the memorable event. Mike is now serving in the Marine Reserve Group, CFB Comox.



no matter  
where  
you're moving ...

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

**Nanaimo  
Realty**

576 England Ave.,  
Courtenay, B.C.  
334-3124

## Firing away

More articles have been written on careless smoking and the potential fires it may start than for any other fire hazard. Fire Prevention Programs constantly impress this issue upon us, but the casualties and losses keep rising. Financial losses are sustained, injuries, suffered and even deaths occur, but still we can't seem to shake that carelessness. Could it be that most people figure Safety Precautions and Fire Prevention are only for the next guy?

It is high time to awaken to reality and face the fact that Fire Prevention and Safety are everyone's responsibility. Safe smoking can become a habit very easily. All that is required is thought and common sense. Enjoy your smoke, then make sure that your smoking material is safely and completely extinguished.

Some of the common incidents of careless smoking are:

- Falling asleep while smoking;
- Careless disposal of smoking material;
- Matches and lighters left within the grasp of children;
- Disregard for "NO SMOKING" signs and areas;
- Smoking when and where suitable ashtrays or butt cans are not provided and;
- Leaving smoking material where it can be blown onto combustible material.

The careless smoker is a menace to himself. Everyone near and dear to him may easily become a fire casualty. Anyone who smokes should endeavor to improve his smoking habits, thereby assuring his own safety and that of innocent people in his surrounding.

We sincerely hope that these notes will help to educate every smoker. Make him more fire conscious and improve his smoking habits so that he does not endanger his life and property and that of others.

Do you remember the feeling generated by watching the big scene in Alfred Hitchcock's "PSYCHO"? Didn't your heart go out to the poor guy climbing the stairs, at the top of which hid the crazed psychopath replete with old woman's garb and butcher knife? Hark back to those throat-constricting, bowel-loosening moments you felt, trap them in your mind's eye, then project them into the present, and you have a fairly accurate emotional representation of what aircrew endure on their annual trip to the flight surgeon.

With the authority to "ground" aircrew deemed medically unfit for flying duties, flight surgeons are armed with a weapon of formidable power. A normally placid, serene, well educated doctor may, upon receipt of this awesome cudgel, be transformed into a tyrant of majestic proportions.

It is not all one-sided however, as the flight surgeon has to deal with aircrew who sneak, connive and conceal injuries in attempts to retain their medical categories. This last is perhaps best illustrated by the headless horseman in The Legend of Sleepy Hollow. Few people realize that this apparition Ichabod Crane had occasion to flee from was in fact a fighter pilot who, upon losing his cranium in a training accident, successfully hid the fact from his flight surgeon—ensuring him it was a situation correctable with glasses. The doctor eventually found him out, and he was "grounded" and given this less strenuous job in a fairy tale.

This tender ground aircrew and flight surgeons trend is not a new development. While researching this article, I happened on a doctor's log giving a full account of a meeting sometime after the Second World War. It appears two aircrew (coincidentally a pilot and a navigator) concocted a scheme whereby they would avoid the browbeating tactics of the flight

## Section news Nighthawk Nest

surgeon (referred to in the original text as a Major B.) by demanding their annual B-2 medical be conducted jointly. I believe the story has applications to our situation at 409 and (coincidentally, again) we have two of our members with medicals due this month. Names have been inserted in place of the blanks in the original version, and any resemblance to actual persons is purely intentional. DOC (looking wary) - What do you guys want?

LYNN - Well, it's time for our annual medical doc, and we figured to save some time and come in together.

DON - Yeah, that's right (obviously a young lad, as the report mentioned his knees were shaking and he had trouble maintaining coherency).

DOC - I'm kind of busy right now - have you finished the rest of it? Blood sample?

LYNN - Yep. DOC - Urine sample? DON - Took Lynn six beers (gets a smack on the head) DOC - Eyes and ears? LYNN - Two of each (laughs uproariously at own weak joke - only one who does) DOC - I guess I can see you then.

DOC - Well, we have to be able to do something fun!

DOC - Son, you have to decide whether you want to have fun and be grounded or be miserable and fly - it's one of life's maxims.

LYNN - I heard somewhere that drinking is good for you. Cleans out the system - sort of like sitting on a piece of cheese and swallowing a mouse.

DON - That's right. Hey, you did say we passed didn't you?

DOC - (Mumbles a "yes"). DON - Well c'mon old buddy, I'll buy you a couple of dozen l-cal beers and we'll celebrate another year of flying!

Now that we've heard from that shop, we switch you to our free lance reporter John Forbes. John spent years as an agent-provocateur with the soviets before "going underground" as a skin diver for a Roto-Rooter company. He recently resurfaced and

submits this report.

The first ever 409 Sqn. Ski Day was held on the 20th of March at Mt. Washington and, despite the morning fog, it was an unqualified success. Hopefully it will be a semi-annual event with transportation provided to get maximum participation.

Ken Smith amazed a few people when he made it to the day lodge driving a Ford (with a Ford for navigator) using summer tires. To prove that it was no fluke he drove back down to Courtenay and then back up again before strapping on a pair of skis.

Perhaps the highlight of the day occurred (as far as Alex Toutant was concerned anyway) when Chris LaJolie's strap broke when she attacked a mogul and lost.

We even had a refugee from 407 Sqn. up there on the slopes doing some social climbing by

(Continued on page 3)

**MIRACLE DRIVE-IN**  
Black Creek, B.C. Phone 337-5997  
ADMISSION - 12 & over: \$2.25, All others: \$3.50 BOX Office: 7:30 Show: 8:15

**LAST 4 DAYS!!  
ENDS SATURDAY, APRIL 5**

**STAR TREK**  
THE MOTION PICTURE

—PLUS—  
Goldie Hawn  
and  
Chevy Chase  
Starring in ...

**ALL NITER!! EASTER SUNDAY, APRIL 6**

**5 BIG SHOWS**

1. RABBIT TEST (MATURE)
2. THE MANITOU (MATURE)
3. ESCORT GIRLS (MATURE)
4. THAT'S CARRY ON! (MATURE)
5. CROSS OF IRON (MATURE)

## OFFICER'S MESS ENTERTAINMENT

**FRIDAY, APRIL 11 - MIXED TGIF** - Subsidized drinks: 1630-1730 hrs. and 1900-1930 hrs. Bottle and Jackpot Draws: 1930 hrs. Food: 1930-2030 hrs. Corned Beef on Rye, Fries and Cole Slaw. Disco Dance: 2030-0030 hrs. No charge.

**SATURDAY, APRIL 12 - SPRING BINGO** - 2000 hrs. Cost: \$2.00 for entry and one card. 50¢ for each additional card. \$600.00 in prizes. Win a Gas Barbecue, Hibachis, Lawn Chairs and other outdoor summer items.

**SUNDAY, APRIL 13 - FAMILY BRUNCH & CHILDREN'S FILM** - Lunch Menu 1200-1300 hrs. Tickets at bar. Cost \$2.15 adult, \$1.50 children. Reservations to Mess Manager by 1300 hrs. Friday prior.

**FRIDAYS, APRIL 18 & 25 - REGULAR TGIF's** - 1630-1730 hrs. Food as indicated. Bottle and Jackpot Draws at 1730 hrs. Member must have signed in and be present at time of draw in order to be eligible to win Jackpot. Free taxi service - ask at bar.

**SUNDAY, APRIL 20 - CRAB & BEEF DINNER** - Cost: \$20.00 per couple, \$22 per guest couple. Time: 1930-2130 hrs. Dress: Informal, adults only please. Menu: King Crab Legs, Baron of Beef, Baked Potato, Salad, Beverages and Desserts. Reservations to Mess Manager by 1300 hrs. Thursday, April 16.

**SATURDAY, APRIL 26 - SPRING DANCE** - Cost: \$9.00 per couple. Dress: Informal. Music: 2100-0100 hrs. Food: 2000-2100 hrs. - Chicken in a basket and fries. Reservations to Mess Manager by 1300 Thursday, April 24.

**OFFICERS' WIVES' CLUB - WEDNESDAY, APRIL 9 & 23** - OWC Bridge Night. 2000 hrs. in Lounge. New members contact Mrs. Pritchard at 339-5844.

**WEDNESDAY, APRIL 16** - OWC Fashion Show. Time: 1930 hrs. Tickets: \$4.00, cut-off date for tickets April 1, 1980. Fashions by Roxannes, Shoes by Two's Company. Proceeds to charity.

### COMING EVENTS

**HAWAIIAN NIGHT** - May 24.  
**OWC CLOSING DINNER** - May 21. Tickets \$10.00. (Cut-off date for tickets May 7).

## BASE THEATRE SCHEDULE CFB COMOX

Thur 3 Apr 80 Sat 5 Apr 80  
Fri 4 Apr 80 Sun 6 Apr 80

Don Knotts - Tim Conway

## APPLE DUMPLING GANG RIDES AGAIN

WALT DISNEY COMEDY

SHOW TIME: 2000 - 2150 HOURS

**SUPPORT YOUR BASE THEATRE  
AUTHORIZED PATRONS ONLY**

## Jr. Ranks Club

### ENTERTAINMENT

**05 APR** - Dance to "Counter Punch". Admission Members \$2.00 Guests \$3.00

**19 APR** - Western Night. Dance to "Silver Dollar Band". Admission Members \$10.00 Per couple. Guests \$14.00 Per couple. Tickets on sale PMC office.

**13 APR** - Pig & Whistle in Annex.

**27 APR** - Pig & Whistle in Annex.

### MOVIES:

**08 APR** - Sacred Knives of Vengeance - Chin Han - Wang Ping

**15 APR** - Big Wednesday - Jan Michael Vincent - William Katt

**22 APR** - Robin & The Seven Hoods - Frank Sinatra - Dean Martin

**29 APR** - Black Belt Jones - Jim Kelly - Gloria Hendry

**BINGOS** every Wednesday at 2000 Hrs. in the Lounge.

**T.G.I.F.** - Every Friday. Food & games every other Friday.

**T.G.I.F.** - Will be held Thurs. 03 Apr. Food & games vice 04 Apr.

**05 APR** - Children's Easter Egg Hunt at the Totem Lounge at 1300 Hrs.

FOR UP TO DATE ENTERTAINMENT INFORMATION  
PHONE 339-5212

### WO's & SGT MESS

### APRIL ENTERTAINMENT

**APR. 3 & 11 - TGIF**

**APR. 12 - SPRING BALL**

Food: Hip of Beef. Band: Day Breaks. Cocktails 1900 hrs. Cost: \$20.00 per couple. Dress: Semi-formal. Pre Ticket Sale.

**APR. 19 - SPORTSMANS BINGO**

AND MOVIE - 1930 hrs. Cost: \$5.00 per person. Refreshments. Jackpot Prize: Charbroil Gas Bar-B-Q.

**APR. 20 - MOVIE** - "Robin & The 7 Hoods"

Frank Sinatra and Dean Martin.

**APR. 24 - MESS DINNER**. Cocktails 1830.

**APR. 25 - MIXED TGIF** - 1900 hrs.

**APR. 27 - MOVIE** - "Black Belt Jones".

Jim Kelly and Gloria Hendry.

## EW

Courtesy

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

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

**Thurs. to Wed. - April 3, 4, 5, 7, 8, 9**

4 Academy Award Nominations including **BEST PICTURE**  
Sally Field, Ron Leibman, Beau Bridges

**"NORMA RAE"** (MATURE)

**Thurs. to Wed. - April 10, 11, 12, 14, 15, 16**

George Burns, Art Carney, Lee Strasberg

**"GOING IN STYLE"** (MATURE)

"Occasional coarse language & swearing" - B. C. Director

**Starting Thurs., April 17 - John Belushi**

**"1941"**

**Stardust**  
Drive-In Theatre

Island Hwy. & Williams Beach Rd.  
Phone 337-5033

All Admissions \$3.50, All-Niter \$3.75  
GATES: 7:30, SHOW 8:15 p.m.

**Thurs., Fri., Sat. - April 3, 4, 5**

**"HOT STUFF"** (MATURE)

"Some coarse language & swearing"

-plus- **"SKATETOWN"**

Special All-Niter Sun. April 6, 8 Hits -

**"THE ENFORCER"**, **"A STAR IS BORN"**,  
**"BEYOND THE POSEIDON ADVENTURE"**,  
**"STRAIGHT TIME"**, **"RAFFERTY & GOLDUST TWINS"**

**APR. 11, 12, 13 - "10" -plus-**

**"THE FRISCO KID"**



## ARAF Promotions



CPL, Jeanette Spicer (promoted CPL)



CPL Karen Kowalski (promoted CPL)



CPL Larry Simpson (promoted CPL)

## Studs off by April 30

The B.C. Automobile Association reminds motorists that the deadline for removing studded tires is April 30. Studded tires do not impair handling or steering of a vehicle because they are mounted on the rear, however they do damage bare pavement surfaces so the Department of Highways is anxious for their removal once ice and snow cease to be a driving hazard.

When removing your radial and studded tires mark them left or right relative to the mounted location on the vehicle. Tire studs wear down on one side more than another; if a left-worn studded tire is re-mounted on the side of a vehicle opposite to the wear pattern, studs will contact on the sharp side and may work loose.

Store all tires on rims if possible - to reduce bead damage incurred with mounting - and lay flat in a cool, dry location. Deflate to 10 pounds for storage, re-inflating to the correct pressure before installation next fall.

## Nighthawks

(Continued from page 1) mingling with the Voodoo crew. Maybe some day you'll make the grade, Ralph!

At noon we re-grouped in the day lodge to catch our breath and whatever. Thanks, and a tip of the styrofoam cup to Mel Ferraby for preparing the Gluhwein.

Because of various technical reasons we still don't have the results of the races finalized before press time but I can assure you that Jean-Claude Moreau placed somewhere in the top fifteen

even though he should have been disqualified for waxing his skis and for jumping the gun.

Thank you John, and to wrap up for this week we have the latest winners of the 409 Club draw:

15 Mar - Mr. Chuck Perry (Courtenay); 22 Mar Capt Russ Morrell (408 Sqn).

In closing, we leave you with the definition of the month. No class - a pilot who uses the relief tube in the simulator!

Norman

## CF News

### Talent in art

OTTAWA (CFP) - Quote. The Canadian Armed Forces Civilian Artist Program (CAFCAAP), has openings for DND personnel, military and civilian including dependents, with some talent in art, who would like to participate in this year's program. Almost twelve years in existence, CAFCAAP exists to complement the Forces extensive photo library and provide a historic record of activities.

Procedures for participation in the program are outlined in a new CFAO 99-11 issued on February 15 of this year. Selection will be based on qualifications, freedom to travel and whether your preferences fit present requirements. For example if you live in Halifax and want to produce only Navy-related art but there is a requirement for

Armoured Corps paintings, you may miss out or be put on a waiting list. On the other hand, if your interests are more universal, transportation to another base, station or unit, plus rations and quarters during the week-long stay are provided in return for a donation of some of your paintings, drawings or sketches to the War Museum in Ottawa.

This year's selection of participants will be made in early April, so those interested in this year's program should act quickly. To obtain an interview, applicants should write to: Director of Information Services, CAFCAAP Coordinator, National Defence Headquarters, 101 Colonel By Drive, Ottawa, Ontario. K1A 0K2. Unquote.

## RCASA Reunion

The reunion will be held at the Talisman Motor Hotel, Ottawa and 150 rooms have been reserved (\$29.95 per night for a Double or Single) for those who may wish to stay at the Talisman.

Membership cost is \$3.00 and the cost of the Reunion dinner dance is \$35.00 a couple or \$17.50 a single. If because of previous commitments you cannot attend this year's

reunion please do consider becoming a member.

A fine dinner is planned with wine, a five piece band, flowers for the ladies, door prizes, reunion buttons, etc., and Colonel J.W. Holtzauer, the Director Transportation Operations at NDHQ, will be the guest speaker.

For further information please write: RCASC Association, P.O. Box 8344, Ottawa, Ontario, K1G 3H8.

## LOGISTICS OLYMPIC GAMES 1980

All personnel working for Supply, Transport, Finance and Foods are invited to participate (Military and Civilian). A tabloid of events will challenge your skill and your luck. Everybody is welcome to this only one Social Logistics Event of the year.

ON: 15 MAY 1980

AT: THE RECREATION CENTRE

TIME: 1300 TO 1600 HRS

Food, Drink and Presentation of Awards at Junior Ranks Totem Lounge starting at 1600 Hrs.

Prizes will be drawn throughout presentation and meal.

Registration Fee: \$1.00 per person

Team Size: 6 Personnel (1 Team Captain & 5 Members)



## GOOD'S GROCETERIA

Gary and Jim Bourque

Ryan Road, Comox, B.C.

PRICES EFFECTIVE: APRIL 2 - 5

### FRESH TURKEYS

Grade A. 6-16 lbs. 3.06 kg. .... lb.

\$1.39

### SAUSAGE MEAT

Maple Leaf. 1 lb. pkg. 2.62 kg. .... ea.

\$1.19

### SLICED BACON

Devon. 500 gram pkg. .... each

\$1.49

### PICNIC HAM

Perfection ..... lb.

79¢

### ORANGES

Valencia. 4 lb. bag ..... each

99¢

### YAMS

California ..... lb.

29¢

### TOMATOES

Can. No. 1 Grade ..... lb.

39¢

### POTATO CHIPS

Old Dutch. 200 gram box. All varieties ..... each

79¢

## Classifieds

TOTEM TIMES IS YOUR WAY TO MAKE YOU KNOWN.

### Services Offered

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

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

#### Western Canada School of Auctioneering Ltd.

Canada's first and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act R.S.A. 1970 C.36. For particulars of the next course write:

Box 687, Lacombe, Alberta or Phone 782-4215

#### Coming to Victoria?

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

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

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

#### For Sale

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

Sony TC-30 car cassette player auto reverse. \$200.00. Call 339-3880 or Local 299.

#### Announcements

WE ARE open again!  
9 holes \$2.50  
18 holes \$4.00.  
10 round punch card \$20.00.  
Season green fees \$120.00.  
See you soon, at Longland Park 3.

1145 Anderton Road, Comox.  
Lloydminster and District Homecoming 1980: All former residents of Lloydminster are cordially invited to our week's celebrations, July 14-20, 1980.

#### Cars - Trucks

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

#### TOTEM TIMES CLASSIFIED

\$2.00 per insertion, up to 50 words.

CALL SERGE WONG  
339-2211 loc 249

#### For Rent

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

#### Wanted

Wanted 15 H.P.

If you have been contemplating the selling of a late model 15 H.P. outboard motor, please call me at 334-2728.

Civilian requires for rebuilding project technical manuals, military or civilian, training, maintenance or overhaul for Piasecki-Vertol model H21-42-44 "Flying Banana" helicopters. Would like to hear from anyone, esp. mechanic types who had working experience with this type on mid-Canada line projects or search and rescue operation. Contact Garth Walker, Comox 339-3763.

#### Real Estate

Comox - on lge corner lot - close to schools - shopping - base.

4 bedroom home. Lge. living room - feature wall stone fireplace. Nice kitchen and dining area. Built in stove. Utility room. Built in patio with barbecue. 1 1/2 baths. \$48,000.00. 14,000.00 down. Take over existing morg. at 10 1/4 per cent. Phone 339-5258.

Choice view lot on Alpine Street, in Comox, \$18,000. Call 339-3075.

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. Krayner, 255-2270 Cotters Cr., Ottawa, K1V 8Y6 or phone 613-521-9798.

## CFB COMOX RESTAURANT GUIDE



EAT IN • TAKE OUT  
HAMBURGERS • SANDWICHES  
FISH & CHIPS • PRAWNS & OYSTERS  
SOFT DRINKS • COFFEE & TEA  
DESSERTS

HOURS:  
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11 a.m. - 8 p.m.  
Fri., Sat.  
11 a.m. - 10 p.m.

**BROWNIES**  
fried chicken  
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COME AND GET A REAL MEAL

Open Mon. - Thurs. 11 a.m. - 8 p.m.  
Fri., Sat. 11 a.m. - 9 p.m.  
Sun. Noon - 8 p.m.



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DINING LOUNGE

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## Editorials

## Stu's view

## Benevolent justice

Of all the quirks of our society, none is more perplexing than its benign tolerance of violent criminals.

We exalt the sanctity of life, but then endanger that sanctity through a blind obsession with criminals' rights. By pushing the limits of criminals' rights to the extreme, we have produced a society in which the violent criminal is protected and thrives -- at the expense of the innocent.

Each year more than 100,000 Canadians fall victim to violent criminals in crimes of murder, rape and assault, yet concern for the victims, who have lost life or health at the hands of wanton criminals, is conspicuously absent. Instead, the criminals' rights activists flock to the side of the criminal.

Then, so it seems, our society magnanimously shoulders the burden of guilt for the crime. Above all, the criminal must not be found at fault for his transgression. The more heinous the crime, the deeper the apologists dig into our society to find an excuse for the wrongdoing. The criminal is assured that regardless of his crime it is society and not he who is at fault.

Having shed the violent criminal of any reason to feel guilt, the criminals'

rights activists go on to expect, and demand, for convicts all the privileges and amenities enjoyed by those who have done no wrong. The criminal now enjoys a degree of freedom in prison unmatched in Canadian history.

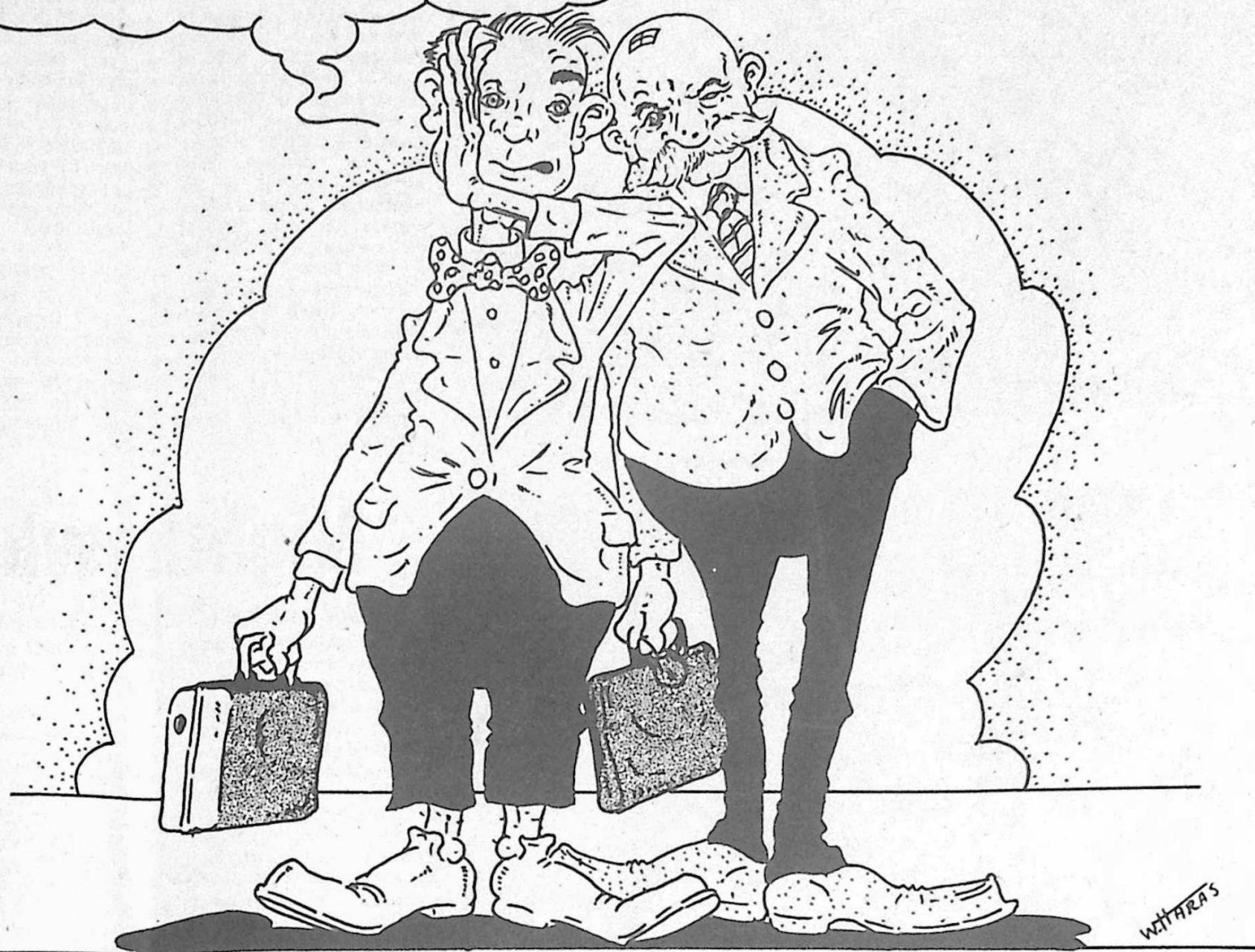
On occasion the criminals' rights activists go so far as to develop a perverse admiration for the villain who has destroyed human life. Last year, members of a prisoners' rights group in B.C. threw flowers to the feet of a convicted murderer who was involved in three hostage incidents, one of which resulted in the death of another innocent person.

The sad results of such an obsession with criminals' rights is predictable. The criminal is given no reason to feel guilt and resents any restraints placed on his freedom as unjust. The criminal re-enters society knowing that while his rights are well protected, there is little to stop him from trampling all over the rights of others. And if he does go back to prison -- so what? As one B.C. Penitentiary inmate confided, "People are attending shop and learning, reading, talking. It's almost nice in here."

Courtesy Trenton Contact.

INVESTORS BUY ANTIQUES AS A HEDGE AGAINST INFLATION

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## Canadian Forces news

### Busy year for Snowbirds

OTTAWA -- Once again in 1980 a large number of Canadians will be treated to the high precision flying display of the Canadian Forces "Snowbirds".

From late spring to early fall, the "Snowbirds" will demonstrate their aerobatic skill as they participate in 63 airshows at 49 locations.

Officially designated 431 Air Demonstration Squadron and based at Canadian Forces Base Moose Jaw, Sask., the nine pilot Snowbird team flies

the Canadian Forces standard jet training aircraft -- the CT-114 Tutor.

They are assisted by a 10 member team of specialists in engines, airframes, instruments, communications and safety systems.

The "Snowbirds" will participate in such major airshows as those in Toronto, Abbotsford and Edmonton, as well as contributing to Canada Day festivities in Ottawa. A few of the other locales are St. John's, Nfld., Summerside,

P.E.I., Moncton, N.B., Quebec City, London and Yorkton, Sask. The shows in Montreal on Sept. 27 and 28 are being held in conjunction with the Canadian Grand Prix auto race.

Leading the team once again is Major Tom Griffin, 39, of Toronto, a jet pilot with over 10 years at the controls. Acting as co-ordinators and commentators this year are Captain Denis Mercier, 29, of Valleyfield, Que. and Captain Jim Fowler, 35, of Calgary.

## MAY

- 3 McChord AFB, WA
- 4 Nanaimo, B.C.
- 6 Fort Simpson, NWT
- 8 Hay River, NWT
- 10 Peace River, Alta.
- 11 Yellowknife, NWT
- 17 Sarnia, Ont.
- 18 Sarnia, Ont.
- 21 Sudbury, Ont.
- 24 SFC Moisie (Que.)
- 26 New York City, NY
- 30 BFC Saint-Jean (Que.)
- 31 CFB Borden, Ont.

## JUNE

- 1 North Bay, Ont.
- 4 Amos (Que.)
- 7 London, Ont.
- 8 London, Ont.
- 14 Richards Gebaur AFB, MO
- 15 Richards Gebaur AFB, MO
- 17 CFS Beausejour, Man.
- 19 CFS Yorkton, Sask.
- 22 CFB Moose Jaw, Sask.
- 25 Matane (Que.)
- 26 Quebec (Que.)
- 28 CFB Chatham, NB
- 29 BFC Bagotville (Que.)

## JULY

- 1 Ottawa, Ont.
- 4 NAS Willow Grove, PA
- 6 Valleyfield (Que.)
- 9 CFS St. Johns, Nfld.
- 12 CFB Shearwater, NS
- 13 Paspebiac (Que.)
- 15 Summerside, PEI
- 19 Dayton, OH
- 20 Dayton, OH
- 27 Kelowna, B.C.
- 29 Malmstrom AFB, MT
- 31 Duluth, MN

## AUGUST

- 2 Barrie, Ont.
- 3 BFC Saint-Jean (Que.)
- 6 CFB Comox, B.C.
- 8 Abbotsford, B.C.
- 9 Abbotsford, B.C.
- 10 Abbotsford, B.C.
- 16 Warwick, RI
- 17 Warwick, RI
- 21 Peterborough, Ont.
- 23 Moncton, N.B.
- 24 St. John, NB
- 29 Toronto, Ont.
- 30 Toronto, Ont.
- 31 Toronto, Ont.

## SEPTEMBER

- 1 Toronto, Ont.
- 6 CFB Edmonton, Alta
- 7 Rossland, B.C.
- 12 Reno, NV
- 13 Reno, NV
- 14 Reno, NV
- 20 CFB Portage La Prairie, Man.
- 27 Montreal (Que.)
- 28 Montreal (Que.)

## OCTOBER

- 2 Markham, Ont.
- 4 Nellis AFB, NV

TOTAL: 63 Shows at 49 Locations.



TROOPER MIKE ROBICHAUD, of Lord Strathcona's Horse (Royal Canadians), shares the duties on OP Omorphita in the northern suburbs of Nicosia, Cyprus, with Private Torgny Carlson of

the Swedish Contingent of the United Nations Forces in Cyprus. (Canadian Forces Photo by Sgt. J.C. Rodger)

## Life on OPs has new twist

After more than fifteen years you'd begin to believe that there is nothing new in the United Nations peacekeeping forces in Cyprus. But thanks to the efforts of the Lord Strathcona's Horse (Royal Canadians) life on the outposts (OPs) has a new twist.

A visitor touring the OPs in Leda Squadron's area is as likely to see a Swedish present arms these days as the familiar Canadian Forces brand. Squadron commanding officer, Major John Boileau, recently offered a demonstration and Private

Torgny Carlson, of Norrköping, Sweden, gladly complied. Torgny is one of several Swedish soldiers who have taken advantage of a Canadian offer of weekly exchanges. The men eat, sleep, work and play as a member of the hosting contingent with the bonus of a cultural exchange.

The Swedes and Canadians take a regular shift in the other nations sector and, since the working language of the force is English, there is no difficulty communicating.

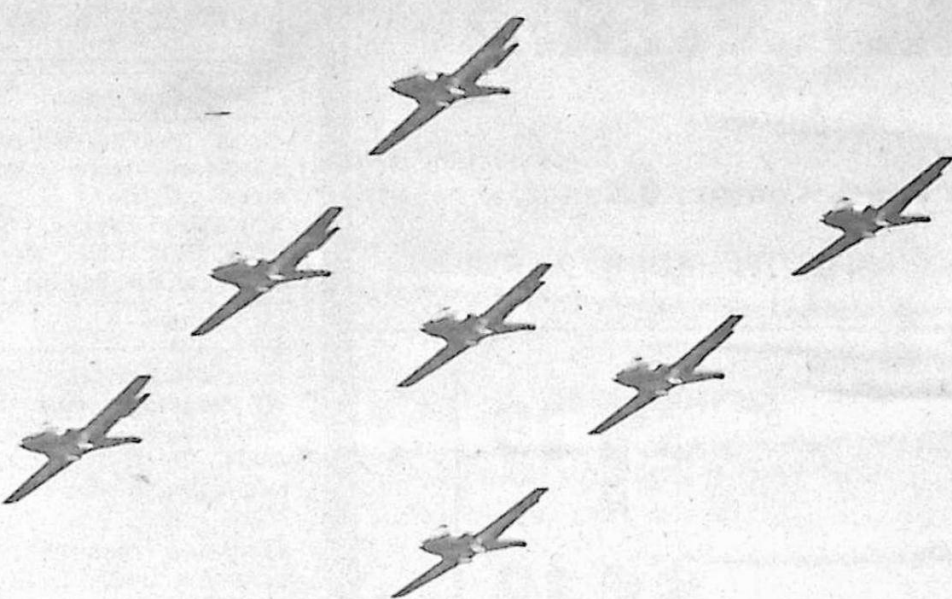
Baie St. Anne native, Trooper Mike Robichaud, is happy to have Torgny as a partner on the OP. It gives him something new to talk about during the long shifts and it means he will have a chance at a tour with the Swedish contingent.

So far the exchange hasn't included officers or senior non-commissioned officers because of different terms of employment for supervisors in the two contingents. For now, short visits to monitor the exchange program are all that is available.

Meanwhile line NCOs and operations center staff of Leda Squadron are getting used to seeing names like Jorgenson and Carlson replacing the Smiths, Browns and Lefebvres of the Lord Strathcona's Horse.

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## Spring has sprung. . . . .

THE SNOWBIRDS will depart their wintry retreat in Moose Jaw and migrate to the Comox Valley on the 8th of April. They will be practicing over the valley twice a day from the 9th to the 18th. (Hosford Photo).

# TOTEM TIMES

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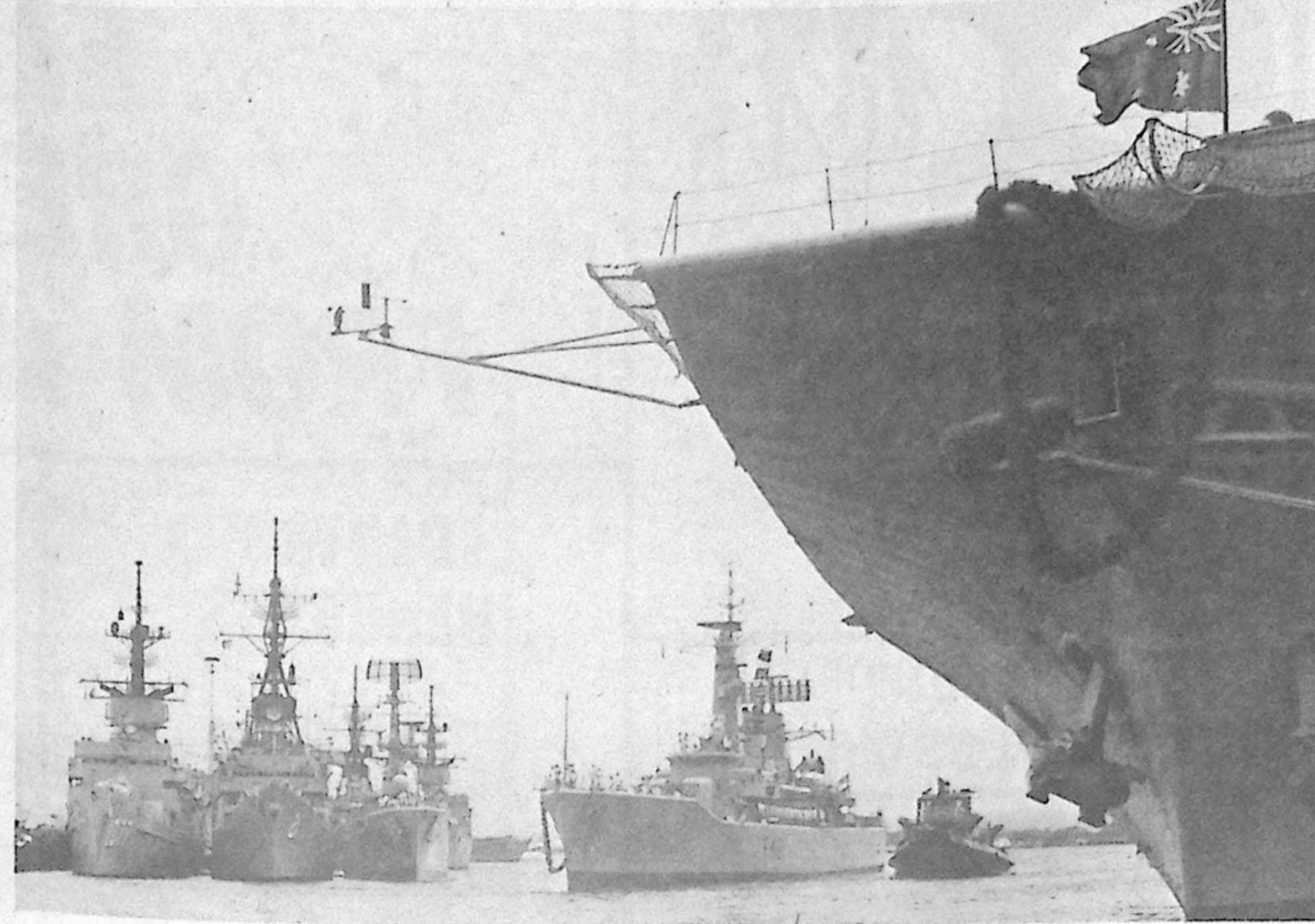
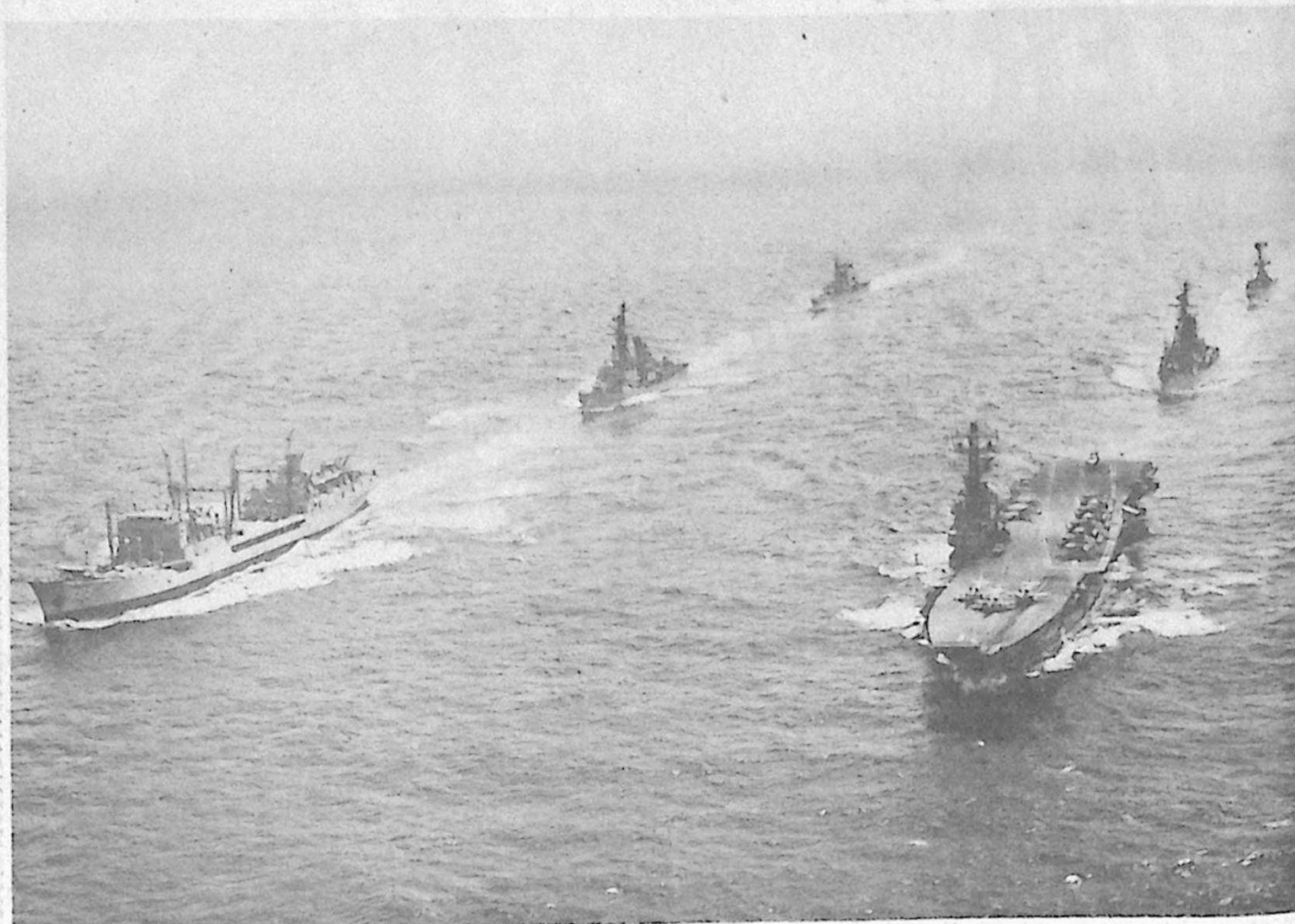
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# Canadian Forces news



## Anzac task group

STEAMING NORTH across the Pacific, bound for Hawaii and the third phase of Exercise Rimpac '80, following a working-up phase and a transit phase, ships of the Anzac Task Group joined close company for a short period for a photographic session. The six ships (a seventh, the New Zealand frigate HMNZS Otago joined the Task Group in Pearl Harbour) under the overall command of the Flag Officer Commanding HM Australian Fleet, Rear Admiral David Leach, have been engaged in a constant series of war exercises during the last 12 days as they have headed north across the equator. Exercises have continued day and night, with surface anti-submarine warfare drills and a comprehensive flying program. The five Royal

Australian Navy ships, the light fleet carrier HMAS Melbourne, the fleet oiler HMAS Supply, two guided missile destroyers HMAS Hobart and HMAS Brisbane, and the destroyer escort HMAS Yarra, together with the New Zealand frigate HMNZS Canterbury, will form Battle Group Two with HMNZS Otago and two United States Navy frigates USS Harold E. Holt and USS Davidson for phases three and four of the Exercise over the next three weeks. In the formation photographed the ships are: (right hand column) HMAS Melbourne, HMAS Hobart, HMAS Yarra. (left hand column) HMAS Supply, HMAS Brisbane, HMNZS Canterbury. More than 2600 personnel are serving aboard the six ships.

## Pearl Harbour arrival

THE SIX-SHIP Anzac Task Group from Australia and New Zealand which left Australian waters two weeks ago has arrived at Pearl Harbour, Hawaii, to take part in the five-nation maritime exercise Rimpac '80. Forty-one ships, 200 aircraft and more than 20,000 personnel from Australia, New Zealand, Canada, Japan and the United States, will start the most intensive phase of the exercise recently for a period of almost three weeks. As the ships entered

Pearl Harbour their bows were decorated with brightly colored leis. Soon after the Australian flagship HMAS Melbourne (foreground) berthed the New Zealand frigate HMNZS Canterbury (centre) approached her berth opposite the carrier. Earlier the Australian destroyer escort HMAS Yarra (background) and berth outboard of the frigate USS Ouellett and the guided missile destroyer USS Cochrane.

## PPCLI off to Cyprus

OTTAWA - The 3rd Battalion, Princess Patricia's Canadian Light Infantry (PPCLI) based at Victoria, B.C. will leave soon to begin six months of United Nations' peacekeeping duties in Cyprus.

An advance party of 120 members will depart from Canadian Forces Base Comox, B.C., on March 30,

with the remaining 305 troops flying out on April 7 and 9. They are commanded by Lieutenant-Colonel Brian Vernon of Windsor, Ont.

The PPCLI replaces the Lord Strathcona's Horse (Royal Canadians) (LdSH) of Canadian Forces Base Calgary and U Battery, 3rd Regiment, Royal Canadian Horse Artillery (RCHA)

based at Shilo, Man. The Strathcona's are commanded by Lt.-Col. Ian McNabb, of St. Thomas, Ont.

Air Command's 437 Transport Squadron, based at Canadian Forces Base Trenton, Ont., will fly the Patricia's to Cyprus and bring home the tour-expired soldiers, with the last flight

arriving Winnipeg and Calgary on April 10.

This Cyprus rotation is the 33rd to take place since Canadian troops began serving there in March, 1964. It is the third tour of duty on the troubled Mediterranean island for the 3rd Battalion. Previous tours were in 1970-71 and 1975-76.



CANADIANS IN LIMELIGHT IN NORWAY - Lieutenant-Colonel Ray Gobell, the Canadian contingent commander explains his battle plan to the Chief of Defence Staff, Admiral Robert Falls (pointing) and Major General Richard Rohmer, Chief of Reserves. Both VIPs visited the 1000 Canadian troops who were on a major winter exercise, Anorak Express, in Norway with five NATO allies from Feb. 28 to March 25.

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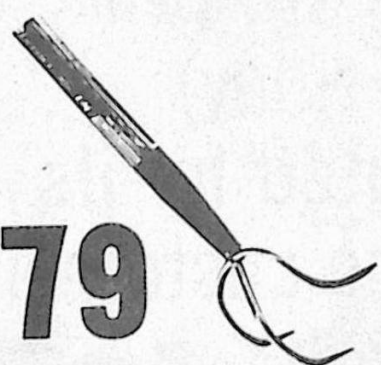
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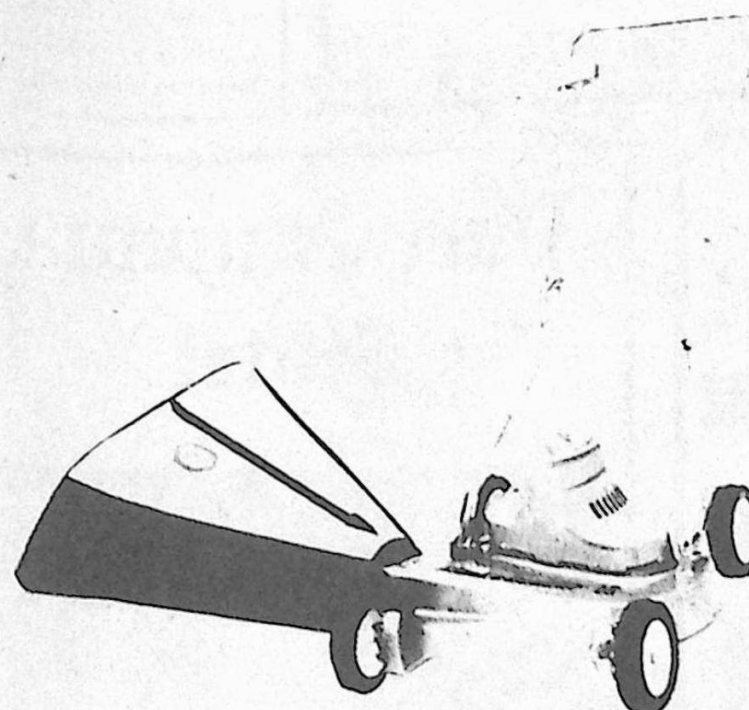
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# Totem Sports

## Old folks gather

CFB Comox "Old Totem's" hockey team will host CFB Comox "Old Totem's" hockey team will host the "second" annual North Island Old Timers' hockey tournament. This gala event is scheduled for Friday, Saturday and Sunday, the 4, 5 and 6 of April at Glacier Gardens.

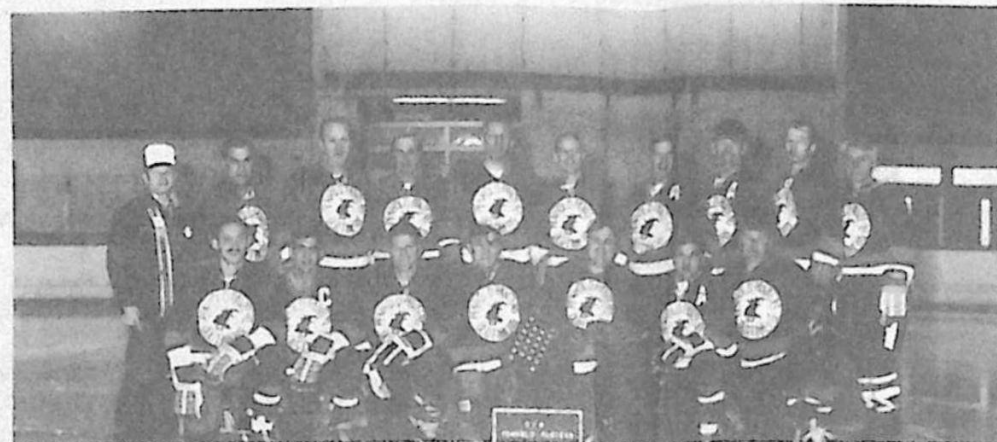
The competing teams returning include Campbell River Old Stylers, the defending champions, Courtenay, Port Alberni and CFB Comox. Add new entries Parksville, and Nanaimo from the island and spice up with two entries from Alberta - CFB Edmonton and CFB Penhold and we wind up with two well-balanced divisions

that will produce the type of hockey fans will enjoy. All games will be played according to COHA rules which include no body contact and no slap shots.

The Port Augusta Trophy is again up for grabs in the "A" event and the Arnett Realty "B" event trophy. The CFB Comox Old Totem's Old Timers hockey team have had a very successful year winning the Campbell River "B" event in the national in March. Team managers Reid and Chellew are confident they will do equally as well in their second annual Old Timers' tournament. So come out and support them, FREE ADMISSION to all games.



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Penhold Panthers



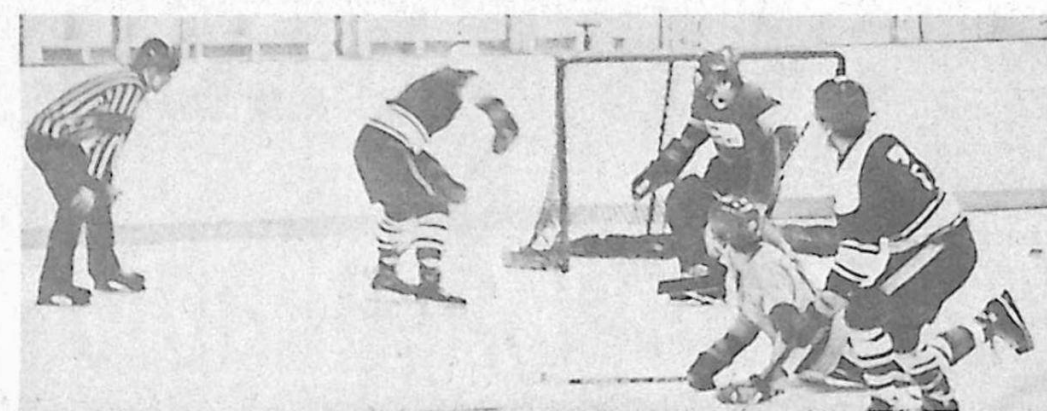
Nanaimo Tubbers



Edmonton Menopause Maulers



Port Alberni Old Pockers



407 wins "A" league

## Angling update

The emergency regulations to protect Vancouver Island's critically low steelhead stocks announced on February 6th, 1980, by Environment Minister Stephen Rogers will continue in effect for certain rivers until further notice.

Mr. Charles Lyons, Vancouver Island Regional Director for the Ministry of Environment today stated that since the catch and release regulations was imposed, biologists from the Branch have been closely monitoring a number of key Island streams. Angler response to the regulations have been excellent and few violations have been reported.

The number of anglers has declined, however. Although the steelhead stocks have increased in all indicator streams, some populations are still not strong enough to permit an angler harvest. This includes Englishman River, Little Qualicum River, Oyster River, and Salmon River. These streams will remain as steelhead catch and release fisheries until further notice. Subject to specific restrictions included in the B.C. Sport Fishing Regulations Synopsis, the catch and release will be relaxed on all other Island streams on April 1st, 1980.

Anglers are reminded that April 1st is the beginning of a new license year and that several new regulations will be in effect. Foremost among these is a reduction in the "annual" steelhead limit for Vancouver Island to five wild plus five hatchery steelhead. For wild steelhead the daily catch limit is one and the possession limit two. For hatchery steelhead the daily catch limit is two and the possession limit is four.

However, no person may take more than two steelhead during any calendar month. Hatchery steelhead are defined as any steelhead in excess of 20 centimeters not bearing an adipose fin (small, fleshy fin on back immediately in front of tail) and having in place of that fin a healed scar. Hatchery steelhead may be encountered in the Somass, Stamp, Little Qualicum, Big Qualicum, Campbell, Quinsam, and Salmon rivers. Anglers are expected to be familiar with all new regulations. A brief section on the proper method of releasing fish is included in the Regulations Synopsis.

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## OWC enjoys cultural evening

BY SUE MCKINLEY

The Officers' Wives Club had a cultural evening March 19th. To start the evening sangria was served, and members and guests viewed artifacts from the various cultures represented.

Next the Volena Ukrainian dance group performed several numbers for us. The boys and girls are quite talented, and the performance was very much appreciated by all.

Following the dancing, president Anne Gibbon conducted our regular business meeting. Then Carol Harvey-Clark conducted elections of next year's officers.

New officers for 1980-81 will be: president, Carol Harvey-Clark; vice-president, Pat Black; secretary, Diane Beech; treasurer, Sue McKinley; entertainment chairman, Mary Dunsden; food convenor, Evelyn Kennedy; publicity chairman, Sarah Williams; welcoming chairman, Joane Harris; phoning chairman, Barbara Myatt; and bridge chairman, Gail Thomas.

Moving on to our topic of the evening, we had five cultures represented - Scandinavia by Jan Dillon and Lynn Ellis, England by Liz Culver-James, the Ukraine by Marilyn Books, Jamaica by Carol Harvey-Clark, and Mexico by Marybeth Arnold. Each of these ladies presented a brief talk on her represented culture and served a selection of native foods - home cooking at its best. Many thanks to all the gals who worked so hard on this event and also to our entertainment co-chairmen Jill Toews and Marilyn Books.

Our next meeting will be our annual spring fashion show on April 16th at 7:30 p.m. This year will feature fashions by Roxanne's, shoes by Two's Company, jewelry by His N' Hers, and hats by Leslie's. Door prizes will include gift certificates from Roxanne's, Two's Company and His N' Hers. We will also have entertainment during intermission and refreshments following the show. Admission to the fashion show is \$4.00 and by ticket only, and all proceeds will go to charity.

At this time tickets will be on sale for our closing dinner to be held May 21st at 8:00 p.m. Admission to the dinner is \$10.00 for members, \$12.00 for non-members by ticket only. Deadline for purchasing these tickets is May 7th. See you at the fashion show!

## N.F.B. Oscar nominations

Four National Film Board productions have been nominated for Hollywood's coveted Academy Awards. The nominations are: *Golng the Distance*, in the category of documentary feature; *Every Child*, for best animated short film; *Nails*, for best documentary short subjects film; and *Bravery in the Field*, for best short film, live action.

Directed by Paul Cowan, *Golng the Distance* is the Board's official film on the Commonwealth Games held in Edmonton in the summer of 1978. This ninety-minute documentary was produced for the Minister of State, Fitness and Amateur Sport and the Commonwealth

Games Foundation.

*Every Child*, directed by Eugene Fedorenko, is Canada's contribution to an hour-long UNICEF production made in celebration of the International Year of the Child. This six-minute, animated film illustrates one of the ten Principles of the Declaration of the Rights of the Child, namely that every child is entitled to a name and a nationality.

Produced by the National Film Board's regional office in British Columbia, *Nails* traces the evolution of nail production from the days when it was an individual skill through to modern, automated manufacturing. The film was directed by Phillip Borsos through Mercury Pictures Inc.



THE BASE HOSPITAL was recently the proud recipient of three beautiful radios donated by the church groups of CFB Comox. Shown making the presentations to Capt. Costello are: Sgt. Paul Leger, president of the RC Parish Council; Mrs.

Gloria Sponselee, president of the Protestant Ladies Guild; and Mrs. Beverly Pierce, president of the Catholic Women's League. The radios are greatly appreciated and will provide many hours of good listening for hospital patients.

## Det 5 Easter egg hunt



THAT BIG SMILE from Brandon Ballard is because he was the first one to find three eggs during DET-5 1st annual Easter Egg Hunt.



TINA BALLARD and Chris Keller also won Easter egg baskets in their age group. Aaron Reid also won a basket.

Bravery in the Field revolves around Remembrance Day and a violent confrontation between a lonely W.W. II veteran and a young unemployed street "punk". The film was directed by Giles Walker and

is part of the Board's Adventures in History series, a collection of stories about Canada's past.

These nominations follow a string of recent National Film Board successes in Hollywood. In the last two

years the Board has won three Oscars: in 1978 for *Sand Castle* and *I'll Find a Way*, and in 1979 for *Special Delivery*. The Academy will announce the winners at the annual Oscar ceremonies in Hollywood April 14.

## Offre d'emploi

La Federation des Franco-Colombiens ouvre un concours public en vue d'engager un Coordonnateur-animateur regional pour la region de l'Ile Vancouver Nord. Le concours est ouvert aux hommes et aux femmes.

### Mandat

Sous la direction du Directeur general de la Federation des Franco-Colombiens, en collaboration avec le Conseiller regional et les membres de la F.F.C., le Coordonnateur-animateur regional doit:

- Assurer la promotion des differents programmes de la F.F.C. dans sa region.

- Agir comme personne-liaison entre les differents organismes de sa region et le Secretariat de la F.F.C.

- Sensibiliser les francophones de sa region a leur situation minoritaire et les aider a trouver des solutions.

- Regrouper les francophones de sa region tant localement que regionalement selon des buts et des objectifs communs.

- Travailler en collaboration avec la Federation Jeunesse Colombienne.

### Qualifications requises

- Capacite et experience du travail communautaire.

- Experience du milieu franco-colombien.

- Maitrise du francais parle et ecrit.

- Tres bonne connaissance de l'anglais.

### Lieu de travail

- Dans la region de l'Ile Vancouver Nord (a determiner).

### Salaires

A negocier. Echelle de salaire: \$957.00 a \$1,280.00 par mois. Revision au 1er avril de chaque annee.

Adressez votre candidature par ecrit avec votre curriculum vitae avant le 11 avril 1980 a:

Directeur general Vancouver, C.B.  
Federation des Franco-Colombiens V6B 3B4.  
No. 104-853 Richards Tel.: (604) 669-5264.

## D'interet Francophone

Une assemblee generale de l'Ile de Vancouver Nord se tiendra les 12 et 13 avril prochains a l'hotel Mexicana a Courtenay.

Le but de cette rencontre est de preparer les gens au congres de la Federation des Franco-Colombiens, de donner une formation aux benevoles de la region, d'elire un conseil de direction regional, et de se donner une orientation commune en tant que membres d'une meme grande region.

L'assemblee comptera des membres des associations de Nanaimo, Powell River, Campbell River, Port Alberni, et, souhaitons-le, de la region de Comox egalement.

Le programme comprendra des activites sociales telles que repas, vin et fromage; differents ateliers de formation portant sur l'education, la culture, l'utilisation de la chaine de television communautaire, les roles a remplir au sein d'organismes et l'animation.

On offrira egalement aux talents francophones de la region l'occasion de se faire connaitre, dans la soiree organisee du samedi.

L'inscription des de \$20.00 par personne pour les repas et les activites; \$30.00 par personne pour les repas, les activites et le logement; et \$5.00 par personne pour les ateliers seulement.

Les personnes interessees sont prees de communiquer, avant le 6 avril, avec: Jacinthe Dugas, Animatrice, coordonnatrice de l'Ile de Vancouver Nord, L'Association des Francophones de Nanaimo, 75, Front Street, Nanaimo, C.B. V9R 5H9. Tel.: 754-5732.

Des formulaires d'inscription sont disponibles au service de l'information de l'Association francophone de la Vallee de Comox. Veuillez communiquer avec Monsieur Serge Wong au poste 507 a la base, ou au 339-4379.

Nicolle Cantin

## PMQ Preamble

Well residents it's been that time of year again, we have elected our new P.M.Q. councillors to replace the ones that are leaving. At the last meeting on March 27, we said farewell to the councillors who were leaving, and are looking forward to meeting the new members on the 24th, of April at 0830 hrs. in the Parish Hall.

The mayor and councillors would especially like to thank Publicity Councillor Joyce Freeman for the time and effort put into the writing of the P.M.Q. Preamble. Hope you and your family enjoy your new posting.

If anyone is having problems with their cablevision please contact the B.A.T.O. secretary.

Attention: Citizen band radio owners. We've had a few occurrences of radios interfering with television sets. Please check to see if it's not yours. Thank you!

Alma Page:  
Publicity Councillor.

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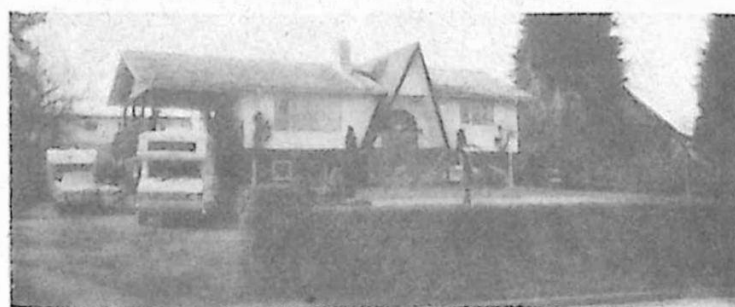
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piste et pelouse  
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longue distance  
billet de trafic  
bloc à appartements  
barraque  
faire face à la musique  
premier nom  
faire application

### dire plutôt

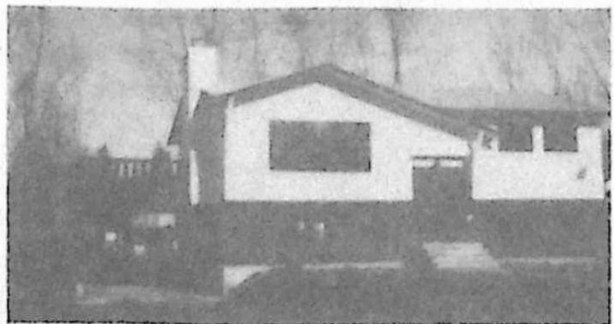
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lieu, emplacement, endroit  
appel interurbain  
centravention  
immeuble résidentiel  
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# Fitness and the military

Most military organizations have minimal levels of physical fitness which are required and tested for periodically, and have physical fitness programs which are designed to ensure such levels of fitness are maintained.

The idea behind such a requirement is simple: All military personnel must be fit and capable of functioning under adverse conditions and of responding to emergency situations at any time. In other words, military personnel must be constantly "combat-ready", the latter necessitating a high level of fitness.

There is a Canadian Forces Administrative Order (CFAO 50-1) which outlines our Service policy and regulations with respect to physical fitness, sports and fitness tests. The annual fitness test is the timed 1 1/2 mile run, 2 mile walk or 750 yard swim, the type depending on choice and/or age. These assessment techniques, as described previously, are taken from the work of Dr. Ken Cooper and are described in detail in any one of his three books.

To pass, service personnel must run the 1 1/2 miles, walk the 2 miles or swim the 750 yards in the time for the good category or above. These tests of fitness are well-conceived, relatively accurate and suitable for mass assessments. Why, then, are they so poorly received?

One of the principle reasons is the fact that most people in the Canadian Forces do not maintain a level of physical fitness which is adequate to meet the standards required by the tests. Therefore the tests are difficult and make them feel rotten when they are undertaken. For example, did you know that a cross-Canada assessment conducted by DCIEM using the bicycle ergometer on 2,624 servicemen (aged 18-49) from almost every trade, found that, except for young officer cadets and infants 18-24 years old, the Canadian Forces population was no more physically fit than the average Canadian? So what, one might ask? Well, that means that approximately 55 per cent of the Canadian Forces is unfit.

Furthermore, if one takes just the over 25's the percentage unfit climbs to 60 per cent. In the same report (DCIEM Technical Report No. 77x35, August 1977) 40 per cent of men over 25 years were also carrying too much body fat. Little wonder then that many members of the Canadian Forces do not want

to take any form of fitness test.

In my opinion the point of these data is that we in the Canadian Forces are not maintaining an adequate level of physical fitness, in spite of the ready availability of facilities at most units, and, indeed, an order requiring such fitness. Where do we fail? Why is the Canadian Forces policy not successful? Part of the answer lies in a statement in the DCIEM Report referred to above: "Today, many Canadian servicemen have sedentary duties with less job-related requirements for physical fitness". However, in my opinion, the biggest reason is incentive, especially in the area of education concerning

the benefits and mechanisms of attaining physical fitness, and the variety of fitness programs that can lead thereto.

The U.S. Army had a similar problem and approached it by introducing a compulsory on-going fitness program for all personnel. They felt that: "With the proper approach and enthusiastic support from the top, an exercise program can become a much-appreciated benefit." A large part of their program is educational. It seems to be working.

So also is the program introduced by the Fire Service in North America. In 1975 the International Association of Fire Fighters recognized that "a professional

fire fighter has no greater responsibility than his own health. Those he protects are dependent upon his cardiovascular endurance and strength". Yet, don't we all, for each one of us have others in our own family and social environments who depend upon us. And we in the military, especially in time of crisis, have our whole nation dependent upon us.

Closing Comments. So there it is. Many advantages, few real disadvantages. I'd like to stress though that the choice is yours. Knowing what you know, you have to make the decision. You must be convinced that exercise is the right thing for you based on those considerations that are

uniquely yours. You must be prepared to meet the costs of this investment in your health, because regular physical activity and physical fitness are indeed investments with real costs in terms of time and energy.

This investment, however, is a guaranteed one; you will end up fit for life itself. For when it comes to health, what we do to ourselves, and what we do not do, to a very large degree will determine not only how we will live, but also how we will die. As Paul Dudley White said: "Exercise will help you to add not only years to your life, but also life to your years". The same can be said about any of the components of our lifestyle.

TABLE I  
THE GENERAL  
PHYSIOLOGICAL-  
ANATOMICAL EFFECTS OF  
REGULAR PHYSICAL  
ACTIVITY AND/OR  
FITNESS

- DECREASE**
- a. Amount of blood needed during exercise by
    - heart muscle
    - other muscles
  - b. Heart Rate
    - at rest
    - during exercise
  - c. Recovery time
  - d. Blood pressure
    - at rest
    - during exercise
  - e. Respiratory rate
    - at rest
    - during exercise
  - f. Fat production by liver
  - g. Fat absorption from gut
  - h. Amount of body fat
  - i. Waist size
  - j. Clotting tendency of blood
  - k. Postural defects and obesity in children
- INCREASE**
- a. Heart efficiency
  - b. Heart size
  - c. Overall circulation to heart
  - d. Lung Capacity
  - e. Number of red blood cells
  - f. Overall circulation to body
  - g. Efficiency of oxygen uptake and use
  - h. Efficiency of mobilization and use of fat
  - i. Control of blood sugar
  - j. Muscle tone strength and endurance
  - k. Strength of bones, ligaments and tendons
  - l. Joint mobility
  - m. Co-ordination

TABLE III  
A LIST OF THE MEDICAL CONDITIONS FOR WHICH  
REGULAR EXERCISE MAY HAVE SOME BENEFICIAL  
EFFECT

- Physical**
1. High Blood Pressure (Hypertension)
  2. Obesity
  3. Hypercholesterolemia (High Blood Fat)
  4. Hypertriglyceridemia (High Blood Fat)
  5. Gout
  6. Diabetes Mellitus
  7. Atherosclerotic Heart Disease
  8. Arthritis
  9. Seizures (Epilepsy)
  10. Emphysema
  11. Blood Vessel Disease
  12. Constipation
  13. Low Back Pain
  14. Disorders of Nerves and Muscles
  15. Asthma
  16. Menstrual Difficulties
  17. Pregnancy
  18. Old Age
- Mental**
1. Anxiety
  2. Depression
  3. Psychoses (Insanity)
  4. Mental Retardation
  5. Sleep Disorders
  6. Psychosomatic Disorders
    - ulcers
    - inflammatory bowel disease
    - migraine headaches
    - tension headaches
  7. Addictions
  8. Menopause

TABLE II  
THE EFFECTS ON  
HEALTH ACCREDITED TO  
PHYSICAL ACTIVITY  
AND/OR FITNESS

- Risk Factors of Coronary Artery Disease**
- Decrease**
- a. Blood pressure
    - exercise
    - resting
  - b. Blood fats
  - c. Body fat
  - d. Blood uric acid (cause of gout)
  - e. Amount smoked
- Increase**
- a. Collateral circulation to heart
  - b. Size of coronary arteries
  - c. Ratio of the number of very small blood vessels to the number of heart muscle fibers.
  - d. Relaxation
  - e. Ability to handle stress
  - f. Control of blood sugar
- General Health Effects**
- Decrease**
- a. Death from heart attacks
  - b. Illness rate (e.g. colds)
  - c. Incidence of hernias
  - d. Incidence of joint sprains and broken bones
  - e. Inappropriate appetite
  - f. Coffee consumption
- Increase**
- a. Bowel regularity
  - b. Sexual capability and capacity
  - c. Recuperation from illness
  - d. Desirable appearance
  - e. General health awareness
  - f. Diet consciousness
- Psychological Effects**
- Decrease**
- a. Tension
  - b. Mental fatigue
  - c. Boredom
- Increase**
- a. Self-image improvement
  - b. Energy
  - c. Sense of well-being
  - d. Ability to cope with stress
  - e. Ability to concentrate
  - f. Better sleep
  - g. Better relaxation

TABLE IV  
THE EFFECTS OF  
REGULAR PHYSICAL  
ACTIVITY

- (DURING WORKING ..... HOURS) AND  
EMPLOYEE  
FITNESS IN  
WORK-RELATED AREAS**
- Decrease**
- 1. Days Lost From Work (Absenteeism)
  - b. Accident Rate (2-3 times less)
  - c. Amount of Sick Leave
  - d. Illness Rate (5-8 times less)
  - e. Medical Visits (4 times less)
  - f. Errors on the Job (31 per cent reduction)
  - g. Stress and Tension
  - h. Boredom
- Increase**
- a. Capacity for Sustained Effort
  - b. Morale
  - c. Work Capacity (mental and physical)
  - d. Productivity
  - e. Industrial Output
    - quality
    - quantity
  - f. Leadership Qualities
  - g. Academic Performance
  - h. Positive Attitude to Work
  - i. Job Enjoyment
  - k. Co-operation



MAKE YOUR OWN WINES AT HOME

## Wine That's Ready Fast

When it comes right down to it, plenty of people are often interested in drinking — and making — a wine that has no pretension to fullness of body and bouquet, strength of character or even brilliance of colour. Any humble little wine will do if it refreshes on a hot day, warms on a cold day, or simply soothes at any time. Nothing wrong with enjoying, and producing, something fairly ordinary. In fact, it's a commendable idea, especially if it can be dashed off in a hurry.

There are such wines. No great claims for them, and no apologies either. They do their job, which is straight forward refreshment, without fanfare, although a pardonable touch of impudence may distinguish their performance. And they sure are fast in developing. Like many guests, they arrive early and leave early.

In the case of these early wines, "fast" means about three months from start of primary fermentation to drinking. Primary fermentation is the normal period of six to ten days, depending on temperature and sugar/alcohol content. Then the procedure continues the same as for any "big" wine; racking into an enclosed secondary carboy, stoppered with a fermentation lock. And a second racking should follow within four weeks, accompanied by a pass through a wine filter. Bottling can be done at two months, and a month of "aging" completes the wine.

The secret to these wines is that they've been, in effect, stretched out; the same respectable concentrate that would otherwise produce a fuller-bodied white wine, is diluted with up to 40% more water so that alcohol, tannin, acid and body are all correspondingly lower. Lower concentrations of these elements naturally lead to an abbreviated aging period. And then a low level of sweetness is recommended to dominate the "edginess" of the acid and tannin that is present.

Alcohol level for a fast wine will be somewhere in the 8 — 10% range. Secondary fermentation is allowed to run its course, roughly four weeks. Then the wine is filtered to speed up the clarification process (filtering devices are available economically for rent or purchase at most winemaker stores). Sugar or wine-sweetening preparations are added at this point, and the wine is ready for bottling.

After a month in the bottle it's ready for the table, light as a bird yet a treat to the eye and a bit of frivolity to the palate. Several white wine concentrates lend themselves well to this accelerated process, including some of the outstanding Australian whites.

What makes these wines particularly useful in the home winemaker's cellar is that they can be trotted out on casual occasions thus

preserving your supply of older, more expensive wine. And, of course, the lower alcohol content commends them for stand-up party use. Here's a recipe for revving up the winemaking process, and delivering to you something drinkable in three months.

Television has been described as "chewing gum for the eyes"; these fast wines are "ping-pong for the palate". No hidden messages here; no exotic bouquet; no depth. What you see is what you get!!! But, really, that's just perfect for a good many occasions.

### NEXT: FORTIFIED WINES FOR THAT FINISHING TOUCH

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



DORADILLO (SUMMER UNLIMITED)

#### INGREDIENTS

- 1 tin Australian Doradillo grape concentrate
- 9 tins Water
- 4 Kilos Granulated Sugar (or 10 lbs. Corn Sugar)
- Acid (As indicated on the can recipe)
- 3 tsp. Grape Tannin
- 2 tsp. Pectic Enzyme
- 3 tsp. Super Nutrient
- 2 pkts. Andovin Wine Yeast
- Starting Specific Gravity: 1.085
- Starting Acid: 4.5 g/l
- Yield: 40 bottles

#### METHOD:

Mix all ingredients EXCEPT WINE YEAST(S) in a sterilized primary fermentor. It is advisable to use three containers of hot water to dissolve sugar, acids, nutrients, etc., then add balance of cold water to reduce the temperature of the must to 21-23 degrees C (70-75 degrees F) before adding the yeast(s). Fermentation should start in approximately 24 hours. If there is a pulp present, the must should be stirred twice daily while in the primary. In 5 days or when the S.G. of the must drops to 1.020 or below, rack into the secondary fermentor. When racking, place the siphon hose at the top of the secondary and allow the wine to splash to the bottom of the secondary. This is known as the aerating stage. Attach the fermentation lock. (Some foaming may occur but will quickly subside.)

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

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

Further bulk aging of 2 to 3 months is recommended. Before the filtration process and every time the wine is racked thereafter, add 1 teaspoon Anti-Oxidant powder (dissolved) for each 5 gallons to the wine before the filtering or racking is done.

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

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338-6267

## EXCELLENT 960 FT. MODULAR

Near Comox and the Base, this modern low maintenance home features double windows, all screened, storm doors, sundeck, concrete crawlspace and stove and fridge. Great investment at \$35,000.

AL ROBB

339-3307

\$1,275,000.00

## Riverfront Farmland



## FARMING DREAM COME TRUE

Possibly one of the richest, large farmlands ever to surface on Vancouver Island. Rich in the sense of Class 1 and Class 2 soils, mostly level with sunny southern exposure, over half a mile of riverfrontage and a not to be duplicated panoramic view of the Beaufort Mountain Range.

This farm was once utilized as a dairy farm and is presently used for the raising and breeding of cattle. A multitude of farming uses exist for this rich and fertile land. Some uses include berry farming and/or vegetable farming due to mild climate, precipitation levels, water availability and soil conditions. Irrigation is presently derived from the Tsolum River.

Transportation services include the E & N Railway, Island Highway for trucking, an airport terminus serviced by Pacific Western Airlines and Air West and finally, 20 miles to the North, a deep sea port for shipping facilities.

## HOME:

Approx. 2400 sq. ft. (on the main floor) farmhouse plus full basement and upstairs area. Massive white granite fireplace in the living rm. One year old combination wood/oil furnace for conservative fuel costs. Separate room on south side of home is used as an atrium. Fabulous view of the Beaufort Mountain Range may be enjoyed from many rooms. Vendor will consider carrying some financing.

## LAND:

Approx. 248 acres of southerly exposed farmland with nearly 120 ac. cleared and in pastureland. Remaining acreage is treed, mostly in valuable timber. Riverfrontage of over 3500 ft. Property is fenced. Note: Property consists of five separate legal descriptions.

## SOIL:

Canadian soil map indicates combination of Class 1 and Class 2 soil. Class 2 soil improvable to Class 1.

## WATER:

Seasonal creek across property. Water rights to river with 30 H.P. three phase electric pump. Dug well for house.

## LOCATION:

Approximately six miles north of Courtenay in the lush and fertile Comox Valley on beautiful Vancouver Island.

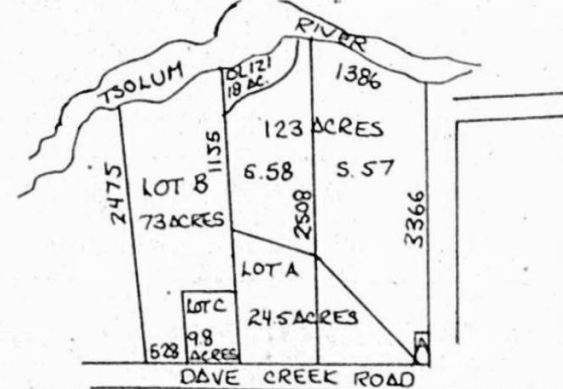
## LEGAL DESCRIPTION:

Sections 57 & 58 (Exc. coal in & under) & (Exc. Plans 2256 & 3245) Land District 15 & District Lot 121 Land District 15 & Parcel B (DD 34556-1) District Lot 122 Land District 15 & Lot A Sections 57 & 58 (Exc. Plan 124R) Plan 3245 Land District 15 & Parcel C (4106-N) District Lot 122 Land District 15.



## BUILDINGS:

Barn No. 1, just completed in March 1979, is approx. 92 x 120 with concrete floor and styro insulated metal roof. Barn No. 2, under construction, is approx. 80 x 112 with concrete floor & styro insulated metal roof. Machine storage shop is approx. 40 x 120 with four bays, concrete floor & metal insulated roof.



## SUDIVIDABLE .58 ACRE

Country setting close to all amenities on sewer and water mains in Cumberland. Good inflation fighter at \$13,500.

RAY PAGE

338-6267

## GROCERY STORE

Rural developing area with good future. \$96,900. includes 4 bedroom addition, all equipment plus 2 gas pumps and tanks. ¾ acre commercial property. Compressor and hydraulic lift still operable. For more info call,

ROD MALTBY

338-5029

## WHY PAY A BIG MORTGAGE?

Three bedroom, 12'x68' mobile home presently set up at the Falcon Trailer Park. Could be moved into now or moved to your lot. Full price \$13,500. Call,

MAX WEEGAR

334-4568

## COMMERCIAL:

Recreational Sales - Paved lot close to Driftwood Mall. 80x300 ft. lot.

Corner Grocery Store - with living quarters showing great potential.

Great Upholstery Business - willing to accept partner in the business.

Going Concern in Comox - Be your own boss in a growing business. Only \$16,000.

GAYE & LLOYD WORK

334-2220



MAX  
WEEGAR  
334-4568



WAYNE  
GRAFTON  
334-2984



SMOKEY  
WAGNER  
339-4239



JOHN  
FORIN  
334-2728



LLOYD  
WORK  
334-2220



ERNIE  
ANDERSON  
338-5018



JIM  
GORDON  
339-4615



ROD  
MALTBY  
338-5029



CLAY  
GRANT  
339-3945



AL  
ROBB  
339-3307



ANN  
CHEVRIER  
339-3048



HARRY  
SQUIRE  
334-3427



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LIVING  
339-3541



VIC  
RUSHTON  
339-3484



ED  
FOURNIER  
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