



TOTEM TIMES



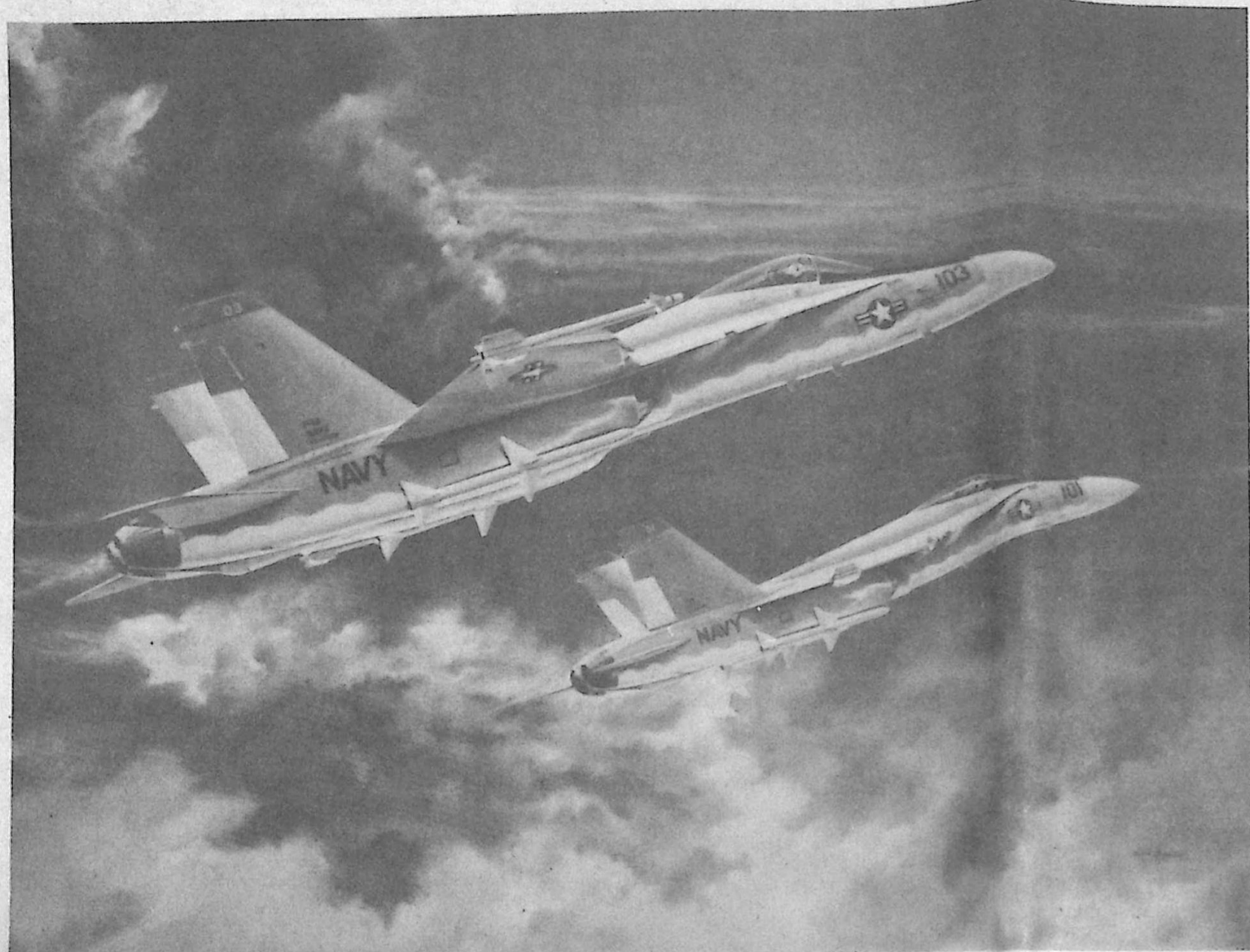
What is really appalling is that in 20 years, these will be the good old days!

Vol- 22 NO. 8

CFB COMOX TOTEM TIMES

THURSDAY, APRIL 17, 1980

NO CHARGE



409's new toy!

A NEW FIGHTER...FINALLY. The government's recent announcement that the F18 will be Canada's new fighter aircraft has pilots bubbling with excitement. What for so many years has

seemed but a dream has now become a reality and the Valley skies will, in not too long a time, be graced by the:

(Photo courtesy of SSGT Roger Emerson, USAF)

The voice at MACS

"From here we can pretty well cover the whole world," says Master Corporal Jean Michel St. Marseille from his seat in front of a bank of High Frequency (HF) radio transmitters and receivers.

St. Marseille didn't have much time to talk between radio transmissions from Canadian Forces Hercules and Boeing aircraft flying transatlantic to Norway where Canadian soldiers and airmen are deploying to participate in the Allied Command Europe Mobile Force field training exercise ANORAK EXPRESS, and from other Hercules and Boeings returning men and equipment from Rhodesia where Canadians provided air transport for scrutineers overseeing that nation's recent elections.

St. Marseille, his feet dancing under his chair more indicative of the pace than his cool articulate voice, transmitted landing forecasts, weather reports and other flight information needed by the aircrews, and relayed messages from the aircraft to

the operations staffs at Lahr and Air Transport Command's headquarters at Trenton, Ontario.

The Lahr Military Aeronautical Communications Station (MACS) handles ten frequencies and provides the assistance to anyone, civilian or military, from any nation, who raises them. HF communications sometimes provide almost comical situations where aircraft within a hundred miles of a station can't communicate except through a relay point thousands of miles away.

In his year and a half at Lahr, St. Marseille has talked to countless commercial flights; he remembers a Quebec Air crew who called during a quiet night to get hockey scores.

Often the Lahr station can monitor traffic to other stations in the MACS network: Edmonton, Trenton and St. John's, and provide relay assistance. From time to time anti-submarine crews flying Argus aircraft over Canadian coastal waters have made contact.

The man in charge of Lahr MACS, Sergeant Jim Chapman of St. Thomas, Ontario, sometimes sees his men as the forgotten few. "We read about the troops involved in operations like these and like the evacuation of the Canadians from Iran, but we don't see anything about ourselves."

Aircrews know better. The voice at MACS of a man they never meet can sound very good to airmen out-of-contact with their ground station and missing essential flight information or having urgent traffic to pass. Sgt. Chapman relates the plight of a Kuwait military flight bound for Tunis from Baghdad that couldn't get weather or frequency information for their alternate airfield, Malta. "He called to get frequency information but we got the weather for him as well as the frequency to call Malta."

During the airlifts to Rhodesia and ANORAK EXPRESS temporary HF installations were set up in Rhodesia and Norway to contact Canada through Lahr.

Chapman's operators are in contact with these units most of the time but, "There is an area in Central Africa where we had difficulty talking with aircraft." Drawing a line with his finger from Canada to south of the Ivory Coast on a wall map he explains, "Trenton filled in for us here, their's (line of sight) is mostly over water while ours is over land."

The map is a self help

project the station has to show the parts of the world where they work aircraft. Black or blue dots mark past destinations of Canadian Forces aircraft on global flights while pins mark large operations they have worked.

The radials emanating from Lahr to these dots gives credence to Jean St. Marseille's appreciation, from here we can work the world.

Forest fire season underway

VICTORIA, B.C. - British Columbia's forest fire season opens April 15 and officials of the ministry of forests' protection branch are bracing themselves for what might be a bad year.

In making the announcement today, Forests Minister Tom Waterland noted that snowpack conditions throughout the province are generally below normal and that drought conditions are anticipated.

"We don't want to sound like alarmists," Waterland said, "but we have to face the possibility of a serious forest fire situation."

Meanwhile, protection branch officials report all normal plans for the season are in place. Initial aerial attack teams based throughout the province will include 15 air tankers and eight bird-dog aircraft under contract during the peak period of the season. Some 500 personnel will serve with initial fire attack crews; industry has completed firefighting plans; a number of private organizations have pledged assistance; and Zenith 5555 will remain as the

emergency telephone number for the reporting of forest fires by the general public.

Equipment described as "a promising breakthrough" in locating lightning flashes likely to cause fires, will be tested this year in the Kaskoops forest region. Electronic units located at three widely separated points and connected to a computer in the regional office will plot lightning activity as it happens. This system, it was explained, will be tested against an existing network of lightning counters which record only the occurrence rather than the location of lightning.

A Salmon Arm team of young men are being trained in appealing procedures in which they are rushed to fires by helicopter and descend by rope to fight them.

Last year there were more than 3,800 forest fires in the province - the second largest number on record. While that total was 60 per cent above the average of the past 10 years, the 33,000 hectares of forest land burned was only one-third of the average for the same period.

Education update

The University of Manitoba (U of M) program for Canadian Forces personnel and their dependants is in its sixth year and from all reports the program has been a very successful one. During the period approximately 1200 service members and 300 wives of members registered for studies. Degree graduates numbered 81 during the first five years with an additional 15 expected to graduate in the sixth year, 1979-80.

Baccalaureate degrees have been earned from the following Faculties: Arts (51); Commerce (1); Education (7); Fine Arts (1); Home Economics (1); Law (3); Nursing (1); Physical Therapy (1); Music (2); and Science (2). Also earned were Masters degrees in Arts (1), Education (1) and Business Administration (1), Certificates in Education (7) and one Diploma in Dental Hygiene. The Bachelor of Arts degree is the only program that can be completed without attending Regular Session on-campus classes during the day. Correspondence study is restricted to Faculty of Arts courses with a limited number of Education and Science courses available.

Honorable mention is deserved by student Jacqueline Stalker, wife of Major Bob Stalker of Air Command Headquarters, Winnipeg. Mrs. Stalker commenced her studies with the University of Manitoba, Faculty of Education, in the fall of 1975, earning a Bachelor of Education by May 1977 and a Master of Education by May 1979. She has now commenced studies toward a Doctor of Philosophy (Ph.D.) degree. During her busy schedule she found time to be an active student member on the Education Faculty Council and the Senate of the University on which she is currently serving a third one-year term. In 1979 she was appointed to the Board of Governors of the University for a three-year term by the Government of Manitoba. Congratulations on a job well done Mrs. Stalker.

A member of the military community can well ask "What are the advantages of taking degree studies with the University of Manitoba instead of with another university?" The answer is that there definitely are advantages to taking your degree with the University of Manitoba as a result of the

agreement between the University and the Department of National Defence, which was introduced effective September 1, 1974, establishing a special program for members of the Canadian Forces and their dependants. Benefits to students because of this program include:

Granting of university credit in recognition of military training and service up to a maximum of five full course credits (30 hours of credit), equivalent to one year of university study, six hours for military service and up to 24 hours for military training;

The Program attempts to alleviate the difficulty of meeting the residency requirement for graduation with a provision that allows for a reduction of the residence requirement, on an individual basis through action of the University Senate, in cases where the exigencies of the service prevent a student from fulfilling the requirement. The normal residence requirement is the work of the final year if taken sequentially with the U of M or completion of eight of the fifteen courses in a three-year general degree if the final year is not taken sequentially. Graduation has been approved in the past for students who have taken as few as two

full courses by correspondence with the U of M, the initial credits having been earned at other institutions and through credit for military training and service; Services of a full-time program co-ordinator are available to students and prospective applicants. The co-ordinator should be your first point of contact with the university, whether by mail, telephone or in person. He will provide program and application material, assist new applicants with their admission and registration, provide information and guidance concerning degree programs, evaluate and process credit for military training and service, advise on the transferability of credit courses from other institutions and the availability of correspondence courses from other sources, and act as an advocate of the student in the event problems arise, for instance, with the Offices of Admissions, Student Records, Correspondence, Comptroller or Book Store;

Provides for the University

of Manitoba to remain the home university of a student. Instead of transferring from one university to another as service moves take a student from city to city, province to province, a student can request permission from the U of M to register for studies as a Visiting Student with another university for the purpose of transferring credit to their U of M student record. Studies with another institution as a Visiting Student may be taken on-campus, off-campus or by correspondence. With this provision, students may feel relatively confident that they may expect to receive sufficient counselling and consideration to enable them to achieve their academic goal;

Provision of Mature Student admission for applicants without Senior Matriculation was extended to Canadian Forces applicants throughout the world when the program was introduced. Previously Mature admission had been restricted to Manitoba residents;

Continuation in the program after retirement or on leaving the service is extended to participants, however, the provision of reduced residency would not normally be extended to students who are no longer members of the Canadian Forces - Regular; and

Off-campus courses are offered at Lahr and Baden-Soellingen during the Regular Session (October to April) and the Summer Session (April through June). Also, off-campus courses have been offered on or near bases at Winnipeg, Portage la Prairie, Gypsumville and Beausejour.

For further information on this successful program, contact the Program Co-ordinator, Michael J. Piercy (Major - retired) at the following address:

Co-ordinator, Canadian Forces Program, Continuing Education Division, Room 509, University Centre, The University of Manitoba, Winnipeg, Manitoba, R3T 2N2, Telephone: (204) 474-8497.

The 1980 SUMMER SESSION on-campus program commences on May 5th. Three sessions are available during the summer as follows:

INTERSESSION - May 5 to June 25 - * In-person registration May 1, 1980.

(Continued on page 11)

6 phantoms on trial basis

Germans headed for 'Goose' in July

OTTAWA - Revenue Minister Bill Rompkey on behalf of Defence Minister Gilles Lamontagne has announced that military aircraft and crews from the Federal Republic of Germany will conduct low-level, tactical flying training in Goose Bay, Labrador, on a trial basis from July to October of this year.

The trial will bring six F-4F Phantoms, 20 officers and up to 150 other ranks to Goose Bay during this trial period. There will be a periodic rotation of the air and ground crews.

The Germans will join other NATO allies who use the Goose Bay facilities. The Royal Air Force has used the base to support "V" Bomber

training since 1967, and the United States Air Force has a small detachment to assist in strategic airlift operations.

The Goose Bay airport is a civilian facility run by Transport Canada, while the Department of Public Works provides lodging and base maintenance services to its present three military tenants. The Canadian Armed Forces operate the terminal and precision approach radars. The Canadian Forces also provide periodic deployments to Goose Bay for activities such as Search and Rescue, Maritime Surveillance, Air Transport and Air Defence Operations. Total military and civilian strength is approximately 1,000.

The Department of National

Defence (DND) will work closely with all federal and provincial agencies in planning activities at Goose Bay and a representative of the Canadian Wildlife Service will advise DND on the wildlife and environmental impact of low-level training over Labrador.

NEXT
TOTEM TIMES
DEADLINE
MONDAY,
APRIL 28



MCPL JEAN MICHEL St. Marseille passes weather information to aircraft enroute to Norway. (CF photo by Sgt. J.C. Rodger)

Nighthawks nest

Monday 7th, Dear Diary - Odd day. We like to think we are rational beings but we must be trained to operate on reflex, for despite the fact it was a holiday, fourteen people showed up at work, drank coffee for three hours, changed the flying schedule five or six times, swapped a few "Q's", cancelled two nonexistent lifts due to aircraft unserviceability and another for weather, lounged about in poopy suits for an hour, then stormed over to the back bar and argued with their hands until midnight over a dozen jugs of draught. It is said a man named Pavlov is looking for some volunteers and will be around next week determining salivating tendencies during crash alarm tests.

Tuesday 8th, Dear Diary - They tell us the Snowbirds are coming. To the uninitiated, they are the CAF precision aerobatics team. Worthy successors to the Golden Hawks, Centennaires, et al, they put on a truly impressive demonstration of formation flying. As it costs a great deal of time and money to train the team to the rigorous standards of perfection they demand, it was thought wise to protect the investment by issuing them flying suits designed specifically to protect the wearer from being struck by a car after sundown. It is in this fluorescent garb that they are most readily identifiable, and in fact appears to be part of an elaborate post-show mating ritual.

Only one other thing happened on the squadron today. Someone mentioned they had seen the "B" Flight Commander back from a trip somewhere, but the squadron immediately recognized it as a ruse and, after finding the perpetrator of the joke guilty of sabotaging our good faith, his right ear was cut off and he was branded on the left hip. Harsh methods maybe, but I'm sure the Major would approve.

Wednesday 9th, Dear Diary - Three events worthy of note, today. First, the Snowbirds arrived. Unfortunately, they made the grievous error of posting a list for any pilots requesting a ride during their work-ups, obviously forgetting the fact that they are being hosted by a squadron flying a two-man interceptor. The little form of protest cooked up by the navigators may have passed unnoticed had not Major Neeve's white pointed hood slipped off as he was setting fire to the cross. One of the Snowbirds had the lack of foresight to point this fact out to his comrades, at which point he was dispatched, and team co-ordinator Denis Mercier will likely fill the hole created in their ranks.

Secondly, the "B" flight commander was positively identified leaving the squadron for a trip down south, indicating perhaps he was actually present for at least one day. The poor soul from Tuesday was exonerated, his record wiped clean, and his right ear returned to him (maybe baking soda will take off the brand).

The third event occurred near the end of the day, when the rumor of a decision on the NFA began circulating. The story was phoned in, so the originator must have learned well the lesson taught to yesterday's presumed rumor-monger.

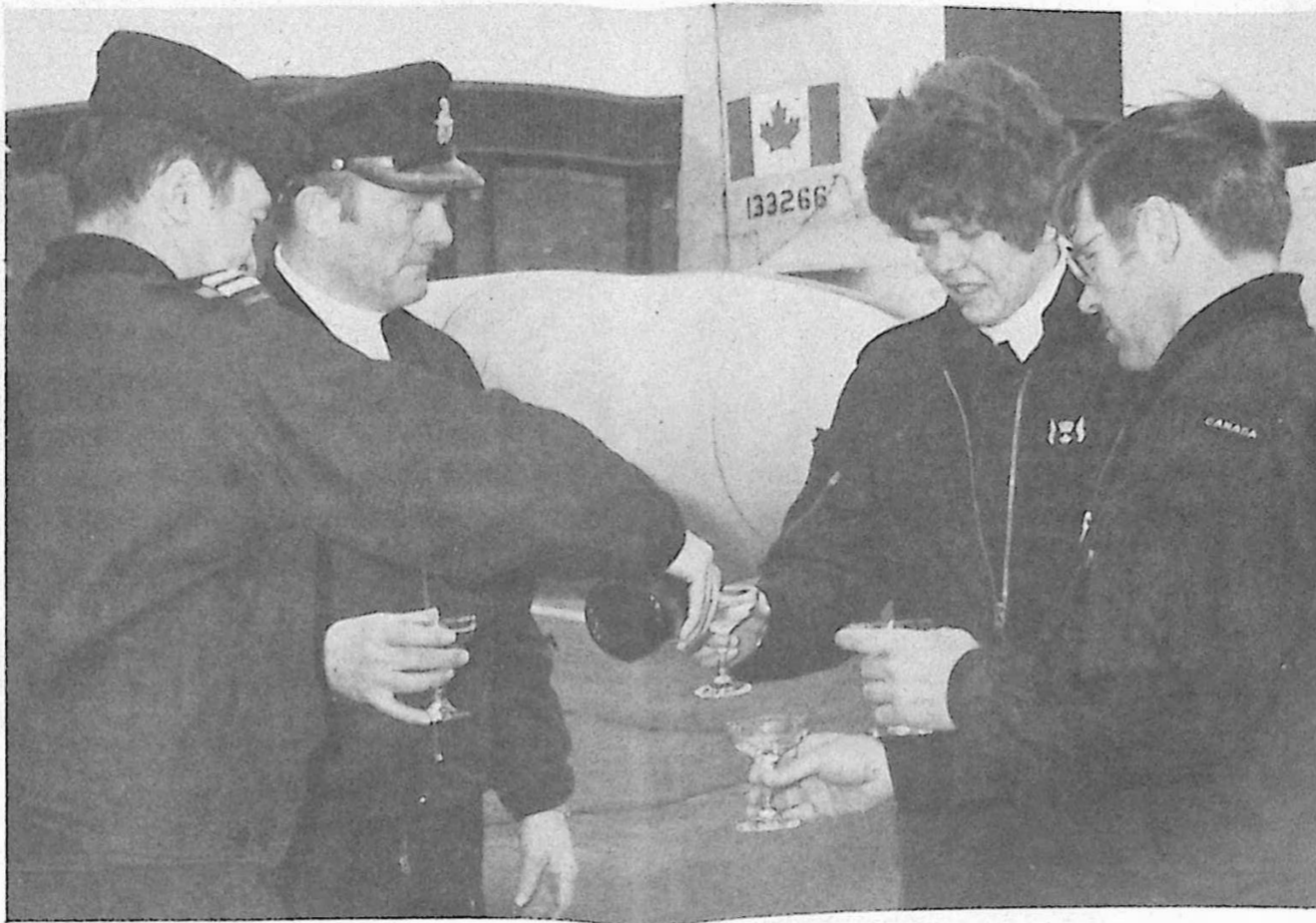
Thursday 10th, Dear Diary - Well, we have a new fighter - at least we will have. The government has announced that the F-18 gets the nod over its General Dynamics competitor, the F-16. The Quebec Liberals and the P.Q. were torn between anger at a program that does not buoy up their provincial economic situation as much as the F-16 group promised, and joy at being once again able to bemoan their fate to the rest of the country on national television. It's to be expected, I suppose, as attempting to get a decision past them that will benefit the entire country is like trying to sneak a lamb chop past a wolf.

The plan is for a minimum of 137 aircraft and delivery is expected to run from mid-1982 through to 1989.

Friday 11th, Dear Diary - End of another work week. Lovely, warm day out today. I guess we really are done with winter this time. The next big event for 409 Squadron is Maple Flag, where we will be sending air and ground crew from 28 April to 08 May to fly against various Canadian, American, and British aircraft. The scene for this confrontation will be Cold Lake, chosen as the sight due to the reason that it is the most isolated fighter base on the continent that serves cold beer.

So that pretty well wraps it up for this week. Welcome back to Terry Day, returning to us from the Middle Management course (presumably a course on weight control). To give you the lowdown on the latest winners of the 409 Club draw: 29 Mar. - Doc Montgomery (Comox); 5 Apr. - "Irish" Ireland (for the second time); 12 Apr. - Doug Beattie (Comox). S'long.

B.G.J.K.



CFB COMOX newest fully qualified delmar tow target operators toast their successful completion of the required T-33 training. From left to right, Capt Livingston (aircraft pilot for final flight, and champagne pourer) Maj. Gibbon (CO VU-33 Sqn) Cpl Gouliquer and Sgt. Robinson.



FIRST AID TREATMENT to the injured is of paramount importance for all personnel. Seen here are fire fighters being requalified for their Saint John Ambulance First Aid Standard Level. All personnel holding a Saint John Ambulance First Aid Standard Level ticket are re-qualified every four years.

Accent on epoxies

The word "Epoxy" is a chemist's short-hand for describing a certain way that molecules are linked together in an epoxy resin system.

The resulting materials are very adhesive, chemical resistant, heat resistant, dimensionally stable, and are unaffected by moisture, heat or cold (except ultra violet sun rays).

Small wonder that the use of epoxy finishes is increasing: by boatowners and builders, furniture makers, and do-it-yourself hobbyists. There is even a "Sunscreen" coating of mica dust that can be applied to diffuse the sun's ultra violet rays.

An epoxy resin system is composed of the resins and the curing agent or polymerizer - also referred to as the hardener, catalyst, accelerator, activator or setting agent. When fully cured there is little to worry about, but excessive exposure or direct contact with the hardener or an uncured resin is likely to result in skin irritation. In addition, there is a risk of becoming sensitized and experiencing dermatitis symptoms after only brief exposure.

In many cases, the resin systems are modified for special use with plasticizers, solvents, fillers, etc. Most of these substances are flammable and when applied to the surface being treated may create a flammable atmosphere in the work area. As a minimum, good general ventilation should be provided for all operations with epoxy resins until they are completely cured. The primary purpose of the ventilation is to control the toxicity hazard, but that same control will result in reducing the fire hazard.

Booths used for spraying epoxy paints and varnishes should have efficient local exhaust systems with face velocities of at least 150 feet per minute. Other operations,

on uncured epoxy resins such as grinding, cutting, sanding, etc. also need good ventilation.

Like so many other new products, epoxy resins need to be understood and their hazards recognized. Safe handling demands good housekeeping, during storage and use, and safe disposal of the wastes that accumulate, so that other, less knowledgeable persons are not placed at risk. Protective clothing and gloves should be worn and for spray applications, respiratory protection is a must. Eye protection should be worn, especially during mixing, against the possibility of splashes or spills.

The ideal epoxy operation is one that will eliminate direct contact with irritants; uses those hardeners and modifiers that have the least irritating effect; and uses the least possible amount of hardeners in the mix. Cleaning of equipment and protective gloves can be accomplished with isopropanol or denatured alcohol. Waterless hand cleaners should be used to remove resins or curing agents from the skin. A barrier cream may be used in addition to, but not in place of, protective gloves. The skin must be completely clean at the time the barrier cream is applied.

Finally, a word about first aid. In case of respiratory irritation, headaches or other symptoms of overexposure, move promptly to fresh air and if symptoms persist, consult a physician. Eye contamination should be flushed immediately with large quantities of gently running water. Irrigation should continue for at least 15 minutes. Medical attention should be obtained with minimum delay for all such cases of eye exposure.

OFFICER'S MESS ENTERTAINMENT

FRIDAYS, APRIL 18 & 25 - REGULAR TGIF's - 1630 - 1730 hrs. Food as indicated. Bottle and Jackpot Draws at 1730 hrs. Members 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, \$22.00 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 17.

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 hrs. Thursday, April 24.

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

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

EW Courtney
 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 17, 18, 19, 21, 22, 23 **MATURE**
A COMEDY SPECTACLE!
 John Belushi
 "Frequent coarse language & swearing occ. nudity" - B.C. Dir.

Thurs. to Wed. - April 24, 25, 26, 28, 29, 30
STEVE MARTIN **The JERK**
MATURE "Some coarse language" - B.C. Dir.

Starts Thurs., May 1 - Terrence Hill **"CRIMEBUSTERS"**

Stardust Drive-In Theatre
 Island Hwy. & Williams Beach Rd. Phone 337-5033
 All Admissions \$3.50, All-itter \$3.75
 GATES: 7:30, SHOW: 8:15 p.m.

Fri., Sat., Sun. - April 18, 19, 20
"THE LAST WALTZ"
 -Plus- Linda Blair
"ROLLER BOOGIE" **GENERAL**

Fri., Sat., Sun. - April 25, 26, 27
 Chuck Norris **"A FORCE OF ONE"**
 -Plus- Chuck Norris is back -
"GOOD GUYS WEAR BLACK!" **MATURE**
 "Some violence & occasional suggestive scenes" - B.C. Dir.

MIRACLE DRIVE-IN
 Black Creek B.C. Phone 337-5097
 ADMISSION: 12 & OVER: \$3.00 ALL OTHERS: \$2.75 BOX OFFICE 7:15 SHOW 8:00

FRIDAY TO SUNDAY - April 18, 19, 20

Get wrecked! Get chased! Get smashed! Get it on! The big red hot one is in town!

Stingray
 ...It burns up the screen!
 - PLUS -

CHRISTOPHER MITCHUM
 LES LANNOM
 WILLIAM WATSON
 SHERRY JACKSON
 SONDRRA THEODORE
 Starring in

Scapel
 Her face was his torture
 A thriller
 ...It burns up the screen!

A bizarre tale of double identities
 ROBERT LANSING
 JUDITH CHAPMAN

BASE THEATRE SCHEDULE
 CFB COMOX

Thurs., Fri., Sat., Sun. - April 17, 18, 19, 20, '80
"GAME OF DEATH"
 Bruce Lee
 KUNG FU: Violent throughout - Coarse Language.

Thur., Fri., Sat., Sun. - April 24, 25, 26, 27, '80
"HARD CORE"
 George C. Scott, Peter Boyle, Susan Huby
 DRAMA: Restricted. Some violence - Nudity and coarse language.

SHOW TIME: 2000 - 2150 HOURS

SUPPORT YOUR BASE THEATRE
 AUTHORIZED PATRONS ONLY

Jr. Ranks Club

ENTERTAINMENT

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.

27 APR. - Pig & Whistle in Annex.

MOVIES:

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.

FOR UP TO DATE ENTERTAINMENT INFORMATION
 PHONE 339-5212

WOs' - SGTs' MESS

APRIL 18 - BOSS'S NIGHT. 1630 hrs.

APRIL 19 - SPORTSMANS BINGO AND MOVIE.
 1930 hrs. Cost \$5.00 per person. Refreshments. Jackpot prize - Charbroil Gas Barbecue.

APRIL 24 - MESS DINNER - Cocktails 18:30 hrs.

APRIL 20 - "Robin Hood and the Seven Hoods."
 Frank Sinatra and Dean Martin

APRIL 25 - MIXED TGIF. 1900 hrs.

APRIL 27 - MOVIE. "Black Belt Jones."
 Jim Kelly and Gloria Hendry

CF & section news

Demon doins

A stiff northern wind drove a mixture of freezing rain and snow across the barren field. A group of men stood huddled against the wall trying to preserve what little warmth was left in their saturated bodies. A cigarette was produced and even the non smokers took a turn at drawing the warm smoke into their lungs. Someone spoke, "If we have to stick to this (expletive deleted) arming procedure, the least they could do is stick a bus shelter or something against this (expletive deleted) wall. The crew responded with a chorus of affirmations.

A sudden roar shook the men from their lethargy. Fearing for their crew mates (and spare smokes) they looked around the blast wall only to see a poor crow with its tail on fire further down the field, no doubt the victim of a cruel practical joke.

"Who knows how long we've been out here?" asked one drenched demon. An argument broke out between two Navs over hundredths of seconds.

A shape loomed from the gloom on the opposite side of the wall. By the wings he wore, he was a flight engineer, but his features were beyond recognition, for he was covered with a thick film of gooey black oil. "Guess what!" he said. The young pilot replied by saying, "The next person who says

"But wait 'till next year when the new plane comes" is going to get their patent leather shoes stepped on!"

In preparation for the new plane, crews are departing for beautiful C.F.B. Winterpeg for HAI training. The various messes normally prepare meals that emphasize baked beans, pickled eggs and celery to ensure that the finest in N.B.C.W. training will coincide with practical lessons in blowing your brains out at F1030.

There are many recreational options for people fortunate enough to live in the Comox Valley. There are some that come to mind immediately, such as fishing, golfing and studying for Opey Dopey.

However, little mention is given in tourist guides of the simple pleasures of maritime patrolling. No other sport combines the joy of early rising (such as found in fishing or golf), braving the elements (as in sailing) and the manipulation of state of the art electronic gadgetry (normally found only in pinball).

No other outlet allows a person the satisfaction of getting even with the Russians for screwing up our weather. Yes, Demons, dozens of athletes across the nation crave the opportunity to go patrolling and only a select few are chosen. Count yourselves lucky!!



AFTER A SHORT tour of NDMC in Ottawa, LCol Sid Burrows, BOPsO, was appropriately welcomed on his return. Ensuring that he received the best of medical attention and proper security, his medevac Buffalo aircraft was met by BHosp and BSecur Staff who quickly and most efficiently expedited his hurt body home. As one person was overheard saying during this operation, "we must look after our BOPsO!"

ASSOCIATION FRANCOPHONE

De la vallee de Comox
 Assemblee generale
 - le 21 avril 1980
 - 1930 heures
 - Ecole des "PMQs"



THE TOTEM TRIPPERS are back and around the corner. "Variety '80" will be the 6th and 7th, May at the base theater and the 10th at the Civic Center in Courtenay. Tickets are available through the "cast" or call 339-3782.

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)



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Fire



These warning labels are on all poisonous, flammable, explosive and corrosive household products.

The symbols are graded by the degree of severity and parallel some international traffic signs:-

DANGER - octagonal (Stop); WARNING - diamond (traffic warning); CAUTION - triangular (traffic yield); Know what they mean.

HAZARDOUS PRODUCT SYMBOLS

Plugs



Danger/Poison



Danger/Flammable



Danger/Explosive



Danger/Corrosive



Warning/Poison



Warning/Flammable



Warning/Explosive



Warning/Corrosive



Caution/Poison



Caution/Flammable



Caution/Explosive



Caution/Corrosive

Cadet fly-in at North Bay

The first all-Ontario Air Cadet fly-in will be sponsored by 406 Wing, RCAF Association, May 10, 1980 at the Jack Garland Airport in North Bay.

Plans are now under way under the general chairmanship of Capt. Frank Fox, who proposed the idea to a recent meeting of 406 Wing. It is estimated that 500 or more air cadets could attend from all parts of the province. The Wing has sponsored No. 547 (Canuck) Air Cadet Squadron for the past 25 years.

Aim of the fly-in is to provide a vehicle for all past, present and future air cadets of Ontario to demonstrate

their skills and perpetuate the comradeship of all air cadets and airmen.

A number of committees are now being set up, to handle correspondence, accommodation, food, transportation, etc.

There will be liaison between fly-in officials and the Ministry of Transport and CFB North Bay.

The event is believed to be the first of its kind to be conducted in Ontario.

Co-operation is being sought from Air Canada, Voyageur Airways, First Air, the Canadian Owners and Pilots' Association, the City of North Bay, the North Bay Flying

Club and all others interested in the air cadet movement.

It is hoped to have representation from the Air Cadet League of Canada at the weekend event.

Co-operation will also be sought from the 406 Wing Ladies Auxiliary in connection with the providing of food, etc.

Activities would include flying skills events, Ministry of Transport rules and regulations instruction, examples of air cadet activities, social events such as a dinner-dance for air cadets and airmen and a departure breakfast.



Sunlight penetrates the ocean to a depth of about 600 feet.



GOOD'S GROCETERIA

Gary and Jim Bourque

Ryan Road, Comox, B.C.

PRICES EFFECTIVE: APRIL 17-19

GRANNY SMITH APPLES lb. **59¢**

B.C. MUSHROOMS lb. **\$1.29**

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Editorials

Stu's view

TV or not TV!

Science may have given man freedom from labour, but it also provided the means to squander that freedom -- television.

Most Canadian homes -- ninety-seven per cent -- shelter televisions. Every day millions of people invest hours in its use. Children rush home for programs after school, housewives watch soap operas during the day and workers crack a beer, prop their feet and unwind with the TV after a hard shift.

But what return do these people get for hours of investment in the TV?

They get no exercise. Television demands no physical activity and an absolute minimum of mental participation. Without doubt, TV is the lazy man's form of entertainment -- which probably explains its almost universal popularity.

Even reading requires more effort. A reader not only exercises a skill, but must construct a mental picture around the written word. Television requires no skill, and leaves nothing for the imagination. It permits the watcher to slip both mentally or physically into neutral.

Nor could television be called educational -- at least not in its present

form. The great bulk of regular TV time is a mire of tasteless or warmed over situation comedy, game show or crime drama. Even when something of value is aired, for every two minutes of program the viewer must endure a minute's bombardment of loud consumer conditioning -- commercials which the victim already knows word for word, and often flogging products which ten years ago were not mentionable in polite company.

There are excellent documentary and public affairs programs, but they are oases. Any claim that TV is educational is ultimately undermined by the functional illiteracy of much of the TV generation.

But the vice of television goes beyond just wasting hours. Some argue that they watch TV only when they have nothing else to do -- but if they reflected they might find they do little else. They become so accustomed to being entertained with their mind and body in neutral that they lose the desire and the art to create entertainment of their own.

How unfortunate that a product of science with such great potential has become to a form of mindless entertainment and a mere taste of time. Courtesy Trenton Contact.

The truth about profits

They are something investors hope for, economists measure, pensioners live on and politicians run against. What? Corporate profits, that's what! From a less cynical point of view, the profit of a company is what is left over from the revenue or sales when the costs of material, labour, overhead and the cost of borrowing money and depreciation have been deducted.

Profits are essential to the efficient operation of any company or business. Most companies have to raise money, either by borrowing or by selling shares. In either case, the investor expects to get something back for the use of his money and at least as much as the bank would pay in interest. This expectation is shared by practically everyone, through our ownership of bank deposits, pension funds or life insurance monies, all of which are invested on behalf of contributors.

Companies which cannot earn enough to compensate their shareholders or pay debt interest, face an impossible task in raising more money for operation or expansion and could face a shut down. A major example of such difficulties is the crisis and subsequent U.S. government rescue of Chrysler.

It is with profit that industry also pays for replacement of equipment and the facilities needed for expansion, improvement of product line and the creation of new jobs.

Profit is the motive that makes people, in business, compete by striving to make a better product or perform a better service. It is through that competition that our standard of living has been improved.

If the role of profit is accepted, then one must ask why it has such a bad name and why it is so misunderstood. There are people who feel that the EXISTING wealth of Canada should be redistributed to help the poor. They see

little need for competition, and to them profit plays a minor role. Others, who believe that the wealth of Canada should be expanded through competition, and hence have more to go around, are entrepreneurs and support the profit motive.

The size of profit is another victim of misunderstanding. General opinion is that corporate profits are in the 20-30 per cent range instead of the barely 5 per cent which is correct. A tendency to confuse profit with retail mark-up may be partly responsible. In these days of inflation, profit has become a scapegoat of sorts as people think that excessive profits, not high costs of production, cause high prices.

The Canadian economy is based on the competitive market system. It is a mixed economy in that both the private and government sector operate, and sometimes they are in direct competition, eg. in airlines and railways. An understanding of the economy in which they live and work is missing from most school curricula and many young people enter the work force without any appreciation of what makes industry tick or how money is derived and spent.

Some of the blame for this lack of understanding arises from the business sector. Aware that schools are not usually equipped or prepared to teach elementary economics, the business community's efforts to repair the omission are sporadic. Business leaders talk to business people and when producing material for general consumption, like Annual Reports, write them in language not easily read.

Whatever one's beliefs, be they socialist or entrepreneurial, it is essential to a full appreciation of our way of living, that the role of profit be explained and understood. It might be the first step in solving some of our economic problems.

Courtesy Vancouver Board of Trade.



See-saws and swings

Economic forecasting is beset by so many devils that it is easy to understand why economists tend to preface their remarks with "on the one hand" and "on the other hand". This ability to stand in the middle of the road is not without its own dangers, principally that of being hit by cars from both sides!

It is therefore with some trepidation, but with some sound advice, that this venture is made to discuss interest rates and why they are likely to remain high in the United States, and therefore Canada, for the next few months.

Although talk of a recession has been circulating since mid-1978, it has not arrived. Spending by industry slowed in anticipation and plant capacity was not expanded

sufficiently. Now, however, strong consumer demand and the need to think beyond the short term horizon of recession, has forced industry to proceed with expansion plans. New facilities are crucial, especially if they are geared towards improving productivity, maintaining a competitive edge, cutting costs or conserving energy. To expand or build a new plant takes large amounts of capital and a heavy demand for capital can help to maintain upward pressure on interest rates.

The unsettled world conditions have boosted the defence budget in the United States, making yet another demand on the capital market. Despite President Carter's call for austerity, the word, apparently, has not reached

government departments whose spending has bumped up loan demands.

Yet another feature is the fact that current inflation, spurred by past excesses in government spending and deficits, cannot be stopped in mid-gallop. These factors, along with higher oil prices, help to push up prices at the wholesale level and these, after the normal time lag, result in higher prices for consumers. Despite the current high prices, and the even higher prices to come, consumer spending has not slowed. There is a tendency to "buy now, it will never be cheaper".

It is possible that President Carter's new monetary directives, which try to control credit and restrict credit card use and the granting of un-

secured bank loans, will eventually slow consumer spending. It could then be a mixed bag for the economy since this slowdown will be offset, to some degree, by increased spending by both government and industry.

As President Carter's directives take effect, housing starts and prices will decline and so will spending on household goods. These slow downs, together with a gradual softening in petroleum and food prices, will tend to ease U.S. inflation towards the end of the year and probably have their effect on reducing interest rates.

In the meanwhile? Inflation can be expected to stay high due to the impact that such things as high mortgage rates, high oil prices and food prices have on the Consumer Price Index.

In the next few months, one can expect to see interest rates for short term loans begin to ease in the United States. This will be reflecting the expected break in the trend of double-digit price increases.

If in the United States interest rates begin to ease, Canada should not be too far behind. In this country, however, with homeowners, farmers and many other interest groups pushing for relief from high interest rates, there could be large scale financing support from Ottawa. If so, it will put more pressure on interest rates thus stalling their decline. The solution to our current dilemma is far from simple.

.. Courtesy Vancouver Board of Trade.

Flight patterns

Bilateral air agreement talks between Canada and the United Kingdom do not sound like exciting stuff. They could be just another case of debate, where little is at stake or yet another round of talks between two friendly countries. But this is not so. The negotiations resuming next month promise a few tough words, some hard bargaining and, possibly, a few fireworks.

The Air Agreement between Canada and Britain dates from 1949 and is in urgent need of overhaul. One attempt at renegotiation was made two years ago but suffered a setback when the British move to transfer Air Canada from Heath Row to Gatwick was disputed.

The existing agreement spells out which routes are granted to each country.

British Airways is currently limited to serving Montreal and Toronto. The Canadian airlines, C.P. Air and Air Canada, serve London and some of the British provincial cities. For years, the economic advantage has been with the British. Entitled to half of the seat capacity between the two countries, British Airways crammed its entitlement on the heavily travelled London-Montreal and Toronto route. Meanwhile, the Canadian airlines had to service the more lightly travelled western and prairie routes.

Now that traffic to the west has built up and that traffic could be more lucrative, British Airways is asking for the London-Vancouver route. What does Britain offer in return? Something called

'fifth freedom rights' which would allow Air Canada continuation flights to pick up passengers in Britain for transport to third countries; countries which may, or may not, allow that right to be exercised.

The Vancouver-London route is far from being the only point at issue in the negotiations. Canada is anxious to increase its Pacific flights, including a number of direct services. To those in Western Canada, these are most relevant points.

There is a rather general opinion which says "the more competition the better". This is a view to which The Vancouver Board of Trade usually subscribes. In this instance, however, our position is somewhat different from those who

advocate a completely open skies policy. We are reluctant to see rights granted for foreign airlines to service Vancouver without some assurance of an economic quid pro quo for this area. Note that we say this area, that is, Western Canada and Vancouver.

Quid pro quo? The continuation or expansion of existing routes for Canadian airlines so that travellers from here may enjoy more convenience and reach their final destinations with the minimum change and stopovers.

The right to serve Vancouver is a privilege when given to foreign airlines. It is a privilege which should not be given away lightly in the name of fostering competition. It is a privilege which The

Vancouver Board of Trade wants our government to negotiate in the full awareness and understanding that Western Canada does not want additional air service at any cost.

Representations have been made to the Secretary of State for External Affairs and to the Minister of Transport. These representations support and endorse those of other groups in the tourist-service fields.

While The Board is basically supportive of the competitive market system, it does not believe air routes should be given away. Any successful negotiation must be fair and equitable to both sides. Air routes are no exception. Courtesy Vancouver Board of Trade

We get letters.....

Salmon seminar

Thanks very much for your help in making our Salmon Seminar in Courtenay a great success.

It is people like you who make it possible for us to bring our show to the outdoorsman in the Up-Island areas.

We are already getting enquiries from people who missed the show and would like us to return to Courtenay.

This might be possible if we could work through a local organization who would make all the arrangements in return for a percentage of the

proceeds. Can you suggest any such group to us?

Thanks again for all your help. Looking forward to seeing you when our Salmon films return.

Charles White, President.

Service station

During my tour here at CFB Comox I have had many occasions to use the Base Service Station for minor and major services. I have never ceased to be pleased at the speed with which I have got service and by the pleasant and courteous manner of the employees. Moreover, their prices are fair by anyone's standards, and a lot of things which one would pay for

"down-town" are not charged for "on base".

Dave Allen and his staff do a very fine job in providing an excellent service to the military community. They are to be congratulated for their dedication and high degree of professionalism.

J.E. Bardsley, Major Base Surgeon

TOTEM TIMES

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Promotions and awards

CE promotions



MAJ R.A. THOMAS, BCEO, is shown presenting badges of rank to recently promoted MCpl Casey Balk. MCpl Balk is employed as a WSP Tech in the CE Section.



CPL H.T. RISTOLA, ARTY, employed with Base Security Section is congratulated on his promotion to MCpl by Maj. R.H. McPhail, Acting BopsO.



BASE COMMANDER COL. B.T. BURGESS is seen promoting Chief Warrant Officer Clare Belliveau. Along with the promotion is a transfer to good old Air Com. Winnipeg, same winters? Other personnel for whom C.W.O. Belliveau works are BCEO Maj. Thomas and the Base Fire Chief Captain Wright. Congratulations Clare and good luck in your new adventures.



CPL TED MITCHELL, from the Base MET Section, is congratulated on his promotion to MCpl by Maj. R.H. McPhail, Acting BopsO.

Awards



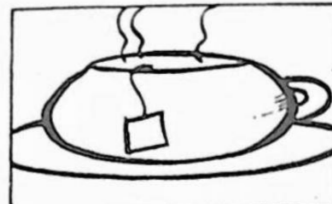
C.D. CLASP PRESENTATIONS: Recent recipients of the Clasp to the Canadian Forces Decoration (C.D.) devoting 22 years of full time service were: Front Row left to right: Sgt. D.I.J. Herbert, BComd (making presentations) and Sgt. J.H. Cillard. Back Row left to right: Sgt. W.L. Meod, MCpl. J.T. Jones, Cpt. C. Charko, and Cpl. R. E. Fitzpatrick.



THE CFB COMOX MILITARY SECTION received an award from the British Columbia year of the Child and Family Achievement organization in appreciation of the M.P. Section's efforts and contributions towards the Blind Children at Jericho Hill School. Col. Burgess, B.C. CFB Comox, made the presentation on behalf of the organization to M.Cpl. D. Taylor and Capt. Al McKenzie, B. Secur. O.



SHOWN ABOVE IS Pte. J.A. Baulne being presented with the "CFSAL Certificate of Achievement" by Capt. A. Desbiens, acting on behalf of the Officer Commanding Finance Training Company CFSAL, for graduating from the subject course with the highest academic results. Pte. Baulne's course record is especially commendable as she completed all examinations with a perfect score of 100 per cent.



Some people believe that beech tree leaf tea will cure rheumatism.

Safari West travel feature

BY TONY SLOAN

It was hot in Keremeos, British Columbia, Canada on that July day ... hellish hot.

It was mid afternoon now and the fruit pickers, who spoke mostly in French, had worked from the early dawn hours to avoid the heat.

They talked and drank cold beer in the village hotel and listened to the click of snooker balls. One thought of the burning air in the open street and hesitated to leave the lounge.

Brian McDonald of Black Tusk Tours put down his glass and wiped the suds from his beard. "It will be better in the mountains," he said. "It will be cooler there."

We continued to reminisce about Ernie Hemingway as we drove up alongside the wild and pretty little Ashnola River that leads up to British Columbia's Cathedral Park.

Since we were to rendezvous later with the rest of the hiking party, we selected a

campsite where they could see the van from the road.

We went for a walk up the road and when we encountered a stretch of flat water we stripped down and dove into the sparkling blue water of the Ashnola. If it was fiercely hot in town, that sparkling mountain river, flowing down from the high mountain lakes and snow slopes, was a bit of a shock.

After the initial chilly encounter it was sheer luxury.

The rest of the party arrived in camp from Vancouver around 10 p.m., so it was early to bed for an early start in the morning.

We pitched our tents as there were no apparent insects to cause trouble and the warm night air was perfect for sleeping under the stars.

It was a little dark, but I selected a site that afforded sound effects from the fast flowing river and a small mound of earth that could be utilized as a pillow. It was

ascertained, after a while, that the little mound of earth was actually a ruddy ant hill.

The morning dawned with traditional British Columbia summer sunshine and we drove to the bridge that marks the restricted access road to Cathedral Lakes Resort.

There are two access roads to the high valleys among the peaks in the park. You may drive a few kilometres beyond the resort bridge, park your vehicle and hike up 14 km (9 miles) to the lakeside tent sites, or ride up (as we did) on the limited access resort road via four-wheel drive vehicle, for around \$14 return.

The pick up has to be pre-arranged with the Resort, either by letter or phone. The trip up was through huge virgin forest trees and though beautiful in their own right, the trees restrict the view and there is little scenery until you reach the high alpine ridges. Many make the long hike up on the

other road just to shape up for the steeper stuff higher up.

Karl Gehringer of Cathedral Lakes Resort arrived on schedule (arranged by Black Tusk Tours) and with all hikers and packs aboard, we negotiated the winding, steep road which ended at the Resort on the shores of Quiniscoe Lake.

The lodge site was carefully chosen to command a panoramic view of the summit ridge of the Cathedral Range, all mirrored in the cobalt blue waters of the lake. It was a most judicious choice.

We pitched our tents and set up camp on a pretty little wooded point on Quiniscoe Lake, just across the bay from the lodge.

Just before we set out, Brian, a skilled fly fisherman, landed a scrappy cutthroat trout from the sylvan waters.

Our hiking workout for the day was a brisk climb to the high lakes and meadows and

then a leisurely stroll down a well travelled trail to the valley floor again.

We skirted the shore of Glacier Lake and followed the trail over glades and meadows, sparkling with brilliantly colored alpine flowers.

Ground squirrels popped in and out of their burrows, as a chain reaction of alarm whistles preceded our approach.

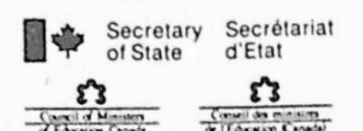
Our circuit trail continued on a gradual descent back down into the valley forest. The giant trees form a lofty canopy, allowing occasional shafts of sunlight to shine through, producing curious lighting effects in the leafy shade of the forest floor.

It creates a fascinating cathedral-like impression and is quite beautiful ... hence probably the name, Cathedral Park.

Back in camp Chef Brian served up barbecued salmon (Continued on page 11)

STUDENT ASSISTANCE TASK FORCE

- The Federal-Provincial Task Force on Student Assistance is reviewing current and proposed alternative programs for post-secondary Canadian student assistance related to a student's financial need;
- written views are invited from the public. These may deal with any or all aspects of student assistance including alternatives for the continuation, modification or replacement of existing policies and programs of both federal and provincial governments;
- further information can be obtained from: The Federal-Provincial Task Force on Student Assistance, P.O. Box 2211, Postal Station P, Toronto, Ontario, M5S 2T2;
- closing date for submissions to the Task Force is June 1, 1980.



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des heures supplementaires
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au feu rouge
detendre, relacher
parler avec un accent
tenir pour acquis
caisse de retraite
travailler son piano
repetier une piece
s'entraîner

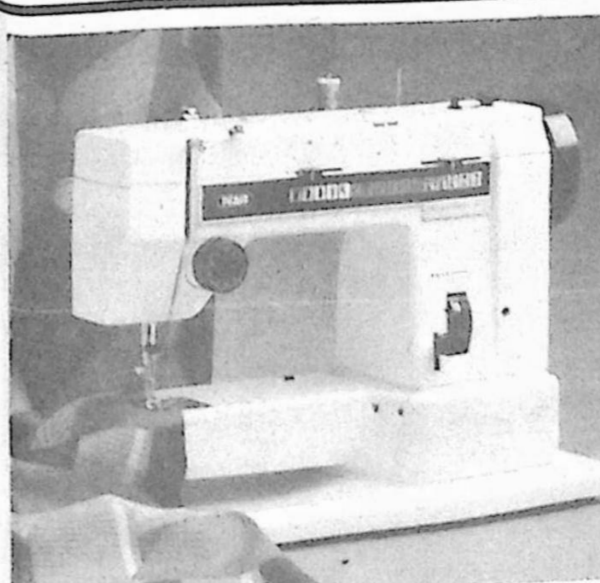
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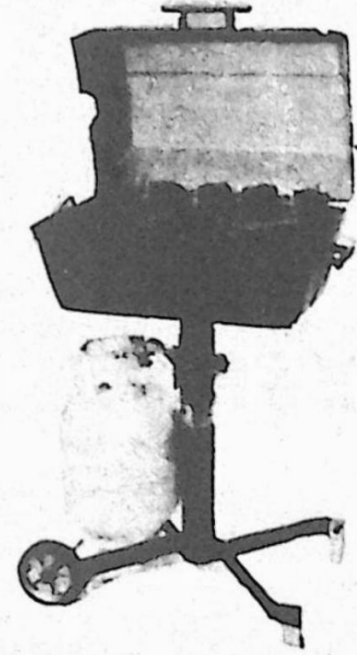
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"DON'T FORGET MOM! !"

MOTHERS DAY

SUNDAY, MAY 11, 1980

Totem sports

Bunchowski's bullpen

In 1928 Stanley Hawkins (playing for a Mountain View, California baseball team), went to bat 4 times, hit safely 4 times, scored 4 runs, stole 4 bases, and made 4 put-outs in the field on 4 fly balls. His batting average for the year was .444 while playing a 44 game season.

Above is an example of the type of sports trivia, anecdotes and asides that will be appearing in future issues of the Totem Times. The purpose of this new column is twofold. First, it is an opportunity to share the lighter side of sports.

As well, it is a chance to extend personal opinions on the sports world to the reader. Some of these views will garner support and agreement, while many will cause a Brazilian-type soccer crowd stampede among sportsfans to reach my throat. Well, these disagreements are expected (even encouraged), for sports can never be truly enjoyed without a liberal dose of fanaticism and rampant prejudice on the part of its loyal followers.

The main thrust of the matter for this first week is the miserable shambles that force themselves upon us at the end of each pro season. I am referring of course, to play-offs, or as the N.F.L. would have it - post season play.

The basic tenet of having play-offs, one assumes, is that it provides an opportunity for teams that have toiled through a less-than-spectacular season a chance to re-group their forces in a final assault on the league championship in order to show their long suffering fans that they play their best when the chips are down.

There is also the theory that says it is more practical (and profitable) to hold play-offs for the reason that these same long suffering fans will continue to support a team that is play-off bound on the premise that "... the boys ain't out of it yet, Bert", even if the club has lost its chance at first place as early as the second round of the amateur draft.

Unfortunately, over zealous application of these theories has led to the situation we find ourselves in at the moment -

watching the Stanley Cup play-offs being contested between sixteen teams from a league of twenty-one. No matter a person's opinion of play-offs, I defy them to keep a straight face while saying that seven teams playing under .500 hockey should be involved in any type of post season activity beyond speaking on the banquet circuit.

Let's take a look at the play-offs. First, there is the myth that they show who the "money teams" are. Granted teams like the Canadiens always come through in the play-offs, but people tend to forget that these type of teams generally come through during the whole season, and the play-offs are merely a continuation of their dominance. There are some teams that come to the fore after the regular season, but this is not necessarily desirable. It frequently leads to the situation we had last year when, while hungrily awaiting an anticipated Montreal - N.Y. Islanders final, we watched in horror as the Rangers upset their cross-town rivals in the semis. We then had to watch (more out of duty than interest), as the Rangers had their butts kicked back to the Big Apple in five games.

As well, it is easy to see the injustice of a system that allows a good, solid club to lose a short series to an inferior team due to injuries, bad luck or a brief slump, when they have proved their mettle under every circumstance a long, grinding regular season can present.

There is also the problem of the mysterious domination of one team by another. The New York Yankees (two years ago the best team in baseball), have a horrible time of it against the lowly Toronto Blue Jays, and it is both quite conceivable and frightening to think that the Yanks could be knocked off were play-offs a part of the majors.

All pro sports have a play-off system of some type, and I agree it is a tidy, decisive and even exciting way to finish a season, but the inequities it brings about are difficult to ignore. The NBA regularly has sub .500 ball teams in the play-offs; the NFL has added even more wild-card teams;

the NHL has been the worst offender in sport - both in the number of undeserving teams and in organization (remember those Montreal - St. Louis finals?); the eastern conference of the CFL plays sixteen games to eliminate one team, then dashes the fate of two more in a quick brace of games.

Baseball is the only sport that appears to have the right idea. Despite the fact that they have introduced a short play-off in both leagues, it is still just the division winners who compete - not countless lesser clubs. This leads to the World Series, which is hardly in line with other play-offs as it is contested by teams who have not been playing each other all year. And there's the rub! Play-offs should be limited to deciding a victor from amongst teams who have not just finished proving themselves all season. U.S. College football, with its myriad of schedules and combatants, would be a perfect home for such a play-off system.

Despite the knocks against play-offs however, I'm afraid I enjoy them as much as anyone - it's just a shame that greed is once again responsible for us having to endure an inferior brand of championship play and for robbing us of the opportunity to watch a top calibre culmination of the season without a month or so of preliminary play-off padding.

So that's it for this week. Comments and letters regarding material in this column, other sports info in the Totem Times and the forces at large, or observations on sports in general are welcome and encouraged and will be printed with due consideration to taste and personal prejudice.

Now I must leave you with something to ponder. In 1964, the leading hitter for the American League champs, the leading pitcher on the National League champs, the leading rusher in the N.F.L. and the leading rusher in the A.F.L. all wore the same number. What was the number, and who were the four players?



Grey eyes attacks!

CR wins 2nd tourney

Campbell River won its second straight North Island Old Timers Hockey Tournament at Glacier Gardens Easter weekend with a 3-0 win over host CFB Comox Old Totems. This year saw the tournament increased by two as CFB Edmonton and CFB Penhold were added to our six local teams of Campbell River, Courtenay, Parksville, Nanaimo, Port Alberni and Comox.

The teams were divided into two divisions in a round robin series that produced a play off after two days of competition. Sunday saw six of eight

teams compete. Semi-final in "B" Division saw Port Alberni defeat a weak CFB Penhold team 10-2. In the "A" Division semi-final Campbell River defeated Courtenay 3-1. In the "B" Final Nanaimo Old Tubbers pulled off the upset of the tournament defeating the favorite Port Alberni Old Timers 3-2. The "A" Division first saw a repeat of last year's finalist CFB Comox and Campbell River Old Styler.

Fighting right down to the wire, the score was 1-0 Campbell River leading going into the last ten minutes of the

third period. Comox was applying tremendous pressure and only for the great goal tending of Campbell River Ed Babiuk saw the defending champions score their 2nd goal at 11:27.

A third goal in the last two minutes sealed the fate of the Old Totems. The tournament was a tremendous success both on and off the ice. Until next year the players and management of the CFB Comox Old Totem Old Timers Hockey team would like to thank all CFB Comox for their support over the past season.

Fish tips

Freshwater fishing may be hazardous to your health!! Whether it be by walking one of the many coastal streams or paddling across a tranquil inland lake, the peace and solitude of the B.C. wilderness can create a relaxing environment. But if you intend to fish while out in the great outdoors, there are certain basic steps that must be taken. First things first, Get A LISENCE!!

And while you're buying your permit, pick up and READ a copy of the Freshwater Fishing rules and regulations. They're free and if you don't take the time, it may cost you your equipment, a few bucks out of your bank account and a lot of embarrassment.

Before each trip, until you are completely familiar with the area, decide where you are going and check the rules and reg. to see what restrictions pertain to the area. If you're still in doubt to what areas you can fish, or what types of hooks and-or bait to use, call either the B.C. fish and wildlife officer or the Federal department of fisheries office and get them to clarify the rules. It's better to be safe than sorry because as many people have found out, ignorance of the law is no excuse.

Even phoning may not be enough. For example one of the restrictions on fishing in the Puntledge is "No fishing from the Comox Logging Bridge downstream to below Stokum Falls." (Neither of these have signs identifying them as such).

I presumed the bridge they meant was the one several hundred yards upstream from the falls, just outside of the Comox Logging Co. camp. A proprietor of a local sporting goods store agreed. But then the owner of another store disagreed. He was sure it referred to the bridge on the logging road crossing the

Puntledge River at Comox Lake.

As I wasn't sure which bridge was the correct bridge, I decided not to fish that complete portion of the river. I called the Federal Department of Fisheries in Comox to get clarification. The official there was new in the area and didn't know himself which bridge was meant, so he referred me to the B.C. Conservation Officer in the area. Unfortunately he was out of town for the week and I still haven't been able to contact anyone who knows for sure.

Another good example of why you should read the regulations is that a friend recently decided to go fishing at Maple Lake. It was his first time this year, but he had been there before so he didn't bother to read the regulations. Unfortunately he was using his small outboard with his car-topper when the warden saw him. Usually ignorance of the law is no excuse, but this time he got off. I wouldn't bet I would be that easy for everyone to duck a fine.

So to make the trip an enjoyable one, take the time to read the rules to be sure in your mind that you'll be legal.

Golf news

Here we are well into the season with things going well, the gas pipeline is in and it won't be long until number 6 green is open. Some projects that are being worked on now are:

1. The practice putting green. We have the top soil and as soon as it is spread it is going to be sodded so it will be ready for play by the first of June
 2. One side of the barbeque pit is being converted to gas, so we hope to have steaks available at the bar.
 3. Some clearing of the roughs has been done with more to come in the near future.
- Upcoming events are the opening mixed two ball this weekend and don't forget the one dollar inter-directory offer. It will end on the 20th of this month.
- That's it for now - see you on the links.

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Youth bowling

YBC news is very limited this edition. The season has come to an end and final figures are not available at this time. However we want to remind everyone that the awards banquet will take place at the Comox Legion Hall on Thursday 24, April starting at 6:30 p.m. The cost is one dollar per person which will be collected at the door. Because of space and financial limits the meal is restricted to YBC members and supervisors. However parents who are meeting their children are invited to attend the trophy presentations which should commence about 8 p.m. Hope to see you all there.

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VI Nordics

If you haven't been up to the Meadows on Mt. Washington lately you are missing what has been called the "Finest Spring Skiing in Western Canada". Without doubt, a leisurely ski down the Meadows between the Cedars, Firs, and now visible bubbling creeks can be most enjoyable.

If you take a lunch break in the cabin, where you can warm your coffee or tea on the stove, your day will be complete. If you decide to lunch on the trail and bask in the sun, the ever present Whiskey Jacks will provide you with entertainment as they flutter - and, maybe, momentarily perch on your hand (or sandwich) all the while trying to get a wee morsel of food.

It's warm enough most days now that folks are only wearing one layer of clothing and carrying a jacket or spare sweater. Shortly, it's anticipated that T-shirts and shorts will be the 'norm' on the trails thereby allowing one to develop the Summer Tan (or burn) early.

The club had its Annual General Meeting on Friday, April 11. The meeting covered this past year's events and elected a new executive committee for 1980-81. Some 70 folks attended the meeting which was combined with a plentiful "Calorie-riffic" Pot Luck supper. Our thanks go out to all the gals who brought the various dishes.

Also, our appreciation to Mr. A. Linton of the Mt. Washington development for his relaxed, informal, and candid talk on future Mt. Washington plans. If all goes according to Mr. Linton's plans, Cross Country will be even better and, therefore, even more successful next year. But why wait until then to go up. The road is in excellent shape, the parking is plentiful... Now's the time to go. See you on the trails.



Whittier Photo

ATC duffers

AIR TRAFFIC CONTROLLERS from across Canada converged on the Glacier Greens Golf Course last week. What better way to discuss the latest developments in the world of ATC than on green grass and under sunny skies?? Purpose of the operation was to prove that controllers, unlike mushrooms can survive while exposed to the sun.

Jogging hints

Proper running form is important. A novice runner commonly makes two mistakes: landing on his toes and leaning forward. Toe running doesn't help you to run faster and doesn't increase your endurance.

Instead, by straining your shin and calf muscles and your Achilles tendon, it increases your chances for foot and leg injuries, slows you down and tires you more quickly.

Leaning forward shortens your stride and, by forcing you to resist the tendency to fall, will waste your energy. Bill Bowerman, the pioneer distance running coach in America, says: "Lean forward when you run only if you are trying to knock down a wall with your head."

Relax your elbows and let your arms swing freely. Your hands should be held at your belt line, and your fingers should be cupped loosely.

Your shoulders should be relaxed, with your head and your eyes forward.

Run with a short stride. Overstriding is a common mistake for high school runners and novices. When you do this, your body is not over your feet and you waste energy and tire more quickly.

Whether you are an 89-pound grandmother just starting a jogging program or an Olympic champion, the training rules are the same. Perhaps the most important rule of all: avoid using the same training regimen day after day. It is ridiculous to run the same distance at the same pace day after day.

● Don't run hard more than three times a week. To get a training effect, the heart must be increased to at least 60 per cent of its maximum. Most physiologists recommend more than that: 160 beats per minute for the trained athlete and more than 120 for the casual athlete. However, because their leg muscles break down when they run hard every day, athletes also plan easy days on which they keep their pulses below that level.

● Don't run hard on consecutive days. When you exercise your muscles intensely, muscle cells are damaged, releasing enzymes into the bloodstream. The degree of damage can be measured by the level of these enzymes in your blood. Healing usually takes 48 hours and muscles are stronger than before they were stressed.

● Potassium - given off from the muscles to prevent overheating - and glycogen - the main fuel of muscular exercise - are used up and must be replaced. Depending on how hard you have exercised, recovery can take from 10 hours to 10 days.

● Once a week, run until your muscles ache. For a beginner, it may take a mile; for some marathoners, up to 30 miles.

● Run fast at least twice a week. Fast running creates a shortage of oxygen, characterized by fast breathing and a rapid heart rate. This is called running anaerobically and is good.

● When you feel heavy-legged, don't run hard even if you've scheduled a hard day. If you attempt a workout your body cannot handle, an injury often results.

DEFEET FOOT FUNGI

It is recognized that fungi thrive best under optimal conditions consisting of moisture and heat and are most troublesome clinically when these environmental conditions exist. Individual susceptibility to fungus infections is a recognized fact. Although it would seem reasonable that exposure of the feet to fungi while walking in contaminated areas would be a source of infections, individual resistance prevents most infections. This is particularly true when the skin of the feet is maintained in a healthy condition. The fungi may cause disease when local skin resistance is below normal. The following positive prevention measures are recommended:

● Thorough drying of the feet, particularly between the toes, after showering, bathing or swimming.

● In hot weather, wear perforated or ventilated shoes. Wearing properly fitted shoes designed to conform to the shape of the foot also prevents excessive heat build-up.

● Change socks frequently, particularly in warm weather. Cotton and wool combinations are preferred materials in comparison to those composed of pure synthetics because the former absorb moisture from the feet to a greater degree.

● Frequent bathing and careful drying of the feet maintain the epidermis intact. Talcum sprinkled on the feet and between the toes helps to keep them dry and free of cracks and fissures which might act as a portal of entry of infection.

● Foot baths or other efforts to "sterilize" feet, shoes or socks are useless and may even be harmful. This is also

require immediate attention.

- Clean, dry socks should always be worn with shoes.
- Body weight is borne on three points of each foot and these are the most susceptible to infection.
- Appropriate shoes for growing feet support the arch with a strong counter and shank. This relieves the pressure on the three supporting structures of the feet.
- Improperly fitted shoes may cause joint malalignment.
- Foot exercises are most effective when done with bare feet.

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Volkssport

Distance, or duration of exercise, is more important than speed as far as total calorie expenditure is concerned. This is a fact that many find difficult to accept. Most assume that working at a fast pace uses up a greater number of calories than working at a slower pace but the fact remains, running one mile (or any other distance) will burn up approximately the same number of calories, regardless of whether you cover the distance quickly or slowly!

Work performed is a function of mass x distance. In other words, the amount of energy you expend depends primarily on your body weight (mass) and the distance it is moved. The speed with which it is moved over that distance has little bearing on the total energy required.

Confusion is created by the fact that working at a fast pace uses up more calories per unit of time but not per unit of distance! Fast running consumes more energy than slow running on a per-minute or per-hour basis, but not more per mile.

The following chart illustrates this fact more clearly: (for an individual weighing 154 lbs.)

Running Speed	Calories per Minute	Calories per Hour	Calories per Mile
6 Mph	12.0	720	120
10 Mph	19.6	1176	117.6
12 Mph	24.5	1470	122.5



How fast do birds run? An Australian emu chased by an automobile has been clocked at 31 miles an hour.



In Uruguay, dueling is legal as long as both parties in the dispute are registered blood donors!

The Borden Wandering Club is sponsoring its second volkssport on May 4, in the Dufferin Woods forest preserve, near CFB Borden. The first volkssport and nordic skilaufl, held on Feb. 17, was very successful, and we would once again ask you to advise any of your readers who will be in the Borden area on May 4 that we invite them to take part.

The Dufferin Woods volkssport is the second of 3 IVV events planned by the Borden club this year, and one more so far is being held in Ottawa (at CFRB Dow's Lake), organized by Canada's second volkssport club, the Ottawa RCA, on May 25.

Volkssports are participative sports, such as walking, jogging, bike riding and nordic skiing, and they are immensely popular in Europe, especially among Canadians. Borden is pioneering the movement in Canada. For further information about starting a volkssport club in your area, please write to me at the above address.

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Information wanted from any department of the armed forces; operations, maintenance, records, etc., who could provide details of aircraft history. Military career of Boeing Vertol Model 44A helicopter, Tail No. 9592 REQD. This A-C known to have been active in SAR operation in early 1970's. Contact Garth Walker, Comox 339-3763.

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DeMong family Memorial fund

Following the tragic deaths of Roger and Marion DeMong and their children David, Laura, and Catherine in an automobile accident two months ago in Victoria, the DeMong Family Memorial Fund has been established in their memory, to be used to assist youth in the community where they lived for the past seven years and also in the area where Roger DeMong worked as District Agriculturist.

The Fund's organizers now report that from a widespread response, a \$500 Bursary will be awarded annually in the Courtenay Agricultural District, which includes School Districts of Nanaimo, Qualicum, Alberni, Courtenay, Campbell River, Gold River, Port Hardy, and Powell River.

This bursary will be known as The DeMong Family Memorial Bursary - Courtenay Agricultural District.

In addition, a second bursary of \$500 will be awarded annually from the estate of Roger and Marion DeMong and their children, to commemorate their lives within the Comox Valley.

This bursary will alternate between Georges P. Vanier and Highland secondary schools in S.D. No. 71 - Courtenay, and will be known as The DeMong Family Estate Bursary - S.D. No. 71.

Each bursary will be awarded to a student who graduates from Grade 12 and proceeds to further education, who demonstrates a satisfactory educational standard, and who requires financial assistance for further education.

Any student who completes Grade 12 graduation and plans to attend a post-secondary institution or an institution approved by the Ministry of Labour is eligible for these awards, with preference in the S.D. No. 71 - Courtenay Bursary to a student whose direction of studies will be in areas relating to The Family, e.g. health services, medicine, child care, teacher training, social services, etc.

The bursaries will be administered by the Comox Valley Farmers' Institute. In each instance the first award of the bursary will be made in 1980.

Further details and application forms are now being distributed to the participating school districts and schools involved.

Anyone so wishing may send contributions to The DeMong Family Memorial Fund, c/o the Canadian Imperial Bank of Commerce, Box 3009, Courtenay, B.C. V9N 5N3.

The guiding light

HELP has come to the Girl Guides at CFB Comox. The mothers of the guides have formed a Ladies Auxiliary to help support the guides in their activities. If you have a guide, we can use your help.

Our first project was a raffle for a buzz bomb rod and reel. The raffle was won by MSgt. Charlie King. Congratulations Charlie! Also, a big thanks to all of you who bought tickets. It has helped the L.A. to get off to a really good start.

BAKE SALE: The mothers will be sponsoring a bake sale at the CX on Saturday, April 19th from 10 a.m. to 4 p.m. We again ask from all of you, your support.

COOKIE DAY: The Girl Guides will be knocking on the doors of the homes in the Little River Road area on April 30th. They will be selling those delicious Girl Guide Cookies so have your money and taste buds ready, the sale is only for one day.

PMQ preamble

Airport Elementary School presents "The Hobbit".

Forty-three choir students supported by a combined primary and intermediate choir have undertaken the very ambitious task of producing a two and one half hour musical for your pleasure. The Hobbit is based on the novel by J.R.R. Tolkien. It is an adventure story about Bilbo Baggins, a Hobbit, and thirteen dwarves who are seeking revenge on the dragon Smaug. Smaug has stolen the dwarves' treasure and banished them from their homeland. The dwarves have rallied and are returning to their homeland to do battle with the terrible dragon. To get there they must travel through the forest, and their adventures are many. They have to fend off the terrible trolls, whose desire is to eat them. They have to avoid the grasping ways of the sticky spiders, they fight the gorygoblins, suffer disappointment with their old friends the elves, and have a narrow escape from disaster at the hands of Gollum, the monster of the deep.

This two act play is exciting, fast moving and colorful. The music is hauntingly refreshing and will have you humming along with it. The play will take place on April 23rd and 24th at 7:00 o'clock. So circle these dates on your calendar. Hope to see all of you out for one of these nights!!

"AIR CADETS": On March 31st the 386 air-cadets squadron were out in full swing. They started up their gliding again. The cadets were some excited! For some of these cadets, it was their first flight. I would like to thank the instructors and ground crew for their support and help! It's nice to see somebody taking an interest in the air-cadet movement here. All year the air-cadets are busy with different things. On April 2nd and 3rd they were out giving a hand for Comox's clean-up. So let's give these young people a vote of appreciation! Your help does not go un-seen!!

Holy week at RC chapel

Adult parishioners of the Lady of the Airways Chapel consider themselves a 'teaching' parish and like to involve everyone, especially their youth and children in their liturgical services simply because youth and children are the future of the church.

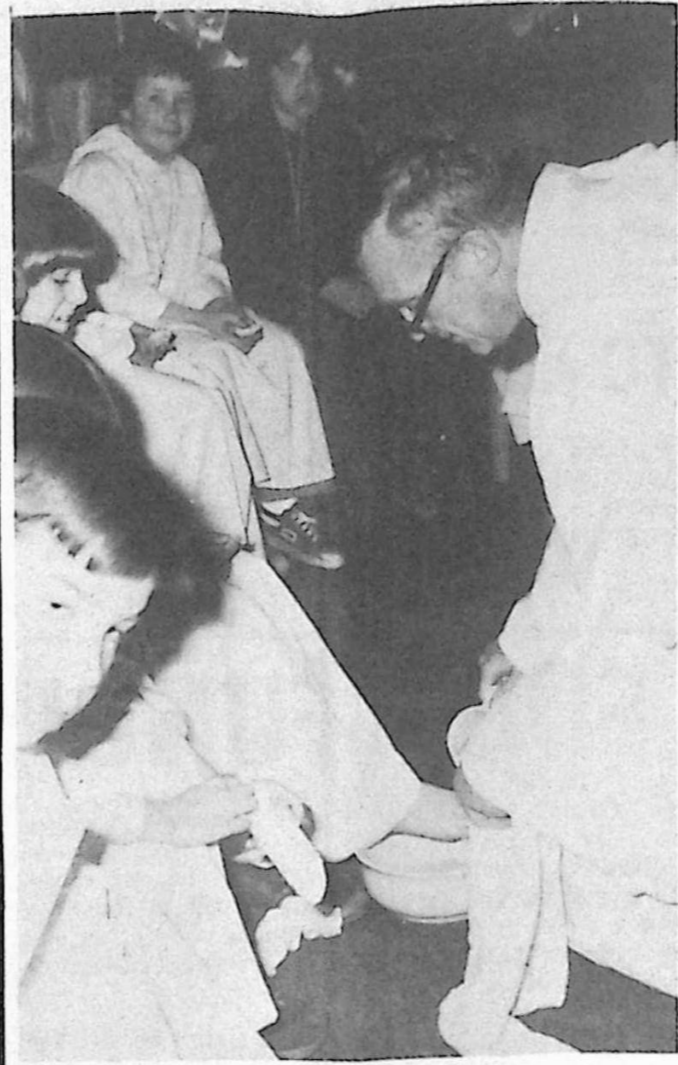
Hence the congregation gathered on the CE parking lot on Palm Sunday for the blessing of 'Comox Palms', cedar boughs this year, and then all, re-enacting Christ's entry into Jerusalem processed to the Chapel with their 'Comox Palms'.

On Holy Thursday evening, before Mass began the children re-enacted for the congregation the last Supper with Father Stack and the story of Jesus washing the feet of the disciples.

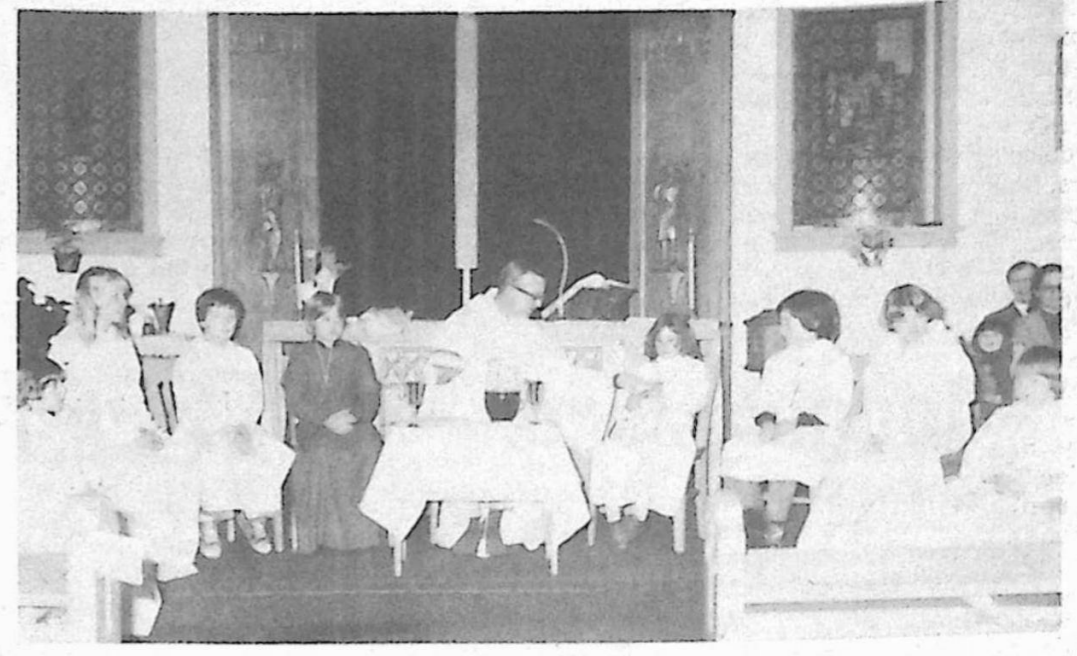
The parishioners consider the liturgy itself as the best teaching means the church has of expressing the life of Christ in the Church.



THE PALM Sunday Procession.



TAKING THE form of a servant.



DO THIS in memory of me.

National forest week

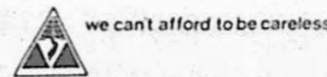


see what forest fires can do to Canada!

National Forest Week is May 4 - 10 this year, once again marking the beginning of warm weather and a fire danger period in our B.C. forests.

In our mobile society, we also enter a time when many

of you will be vacationing or taking weekend trips to the woods. We hope you will help us draw attention to the value of our forests and alert people to the importance of meticulous care with campfires, matches and cigarettes.



Reindeer do not belong to the deer species, they are part of the caribou family.



The leathery skin of a snail's foot is so tough—it can climb over a razor blade without injury.

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Travel feature

(Continued from page 5)
as a main course suitably preceded by a superb leek soup.

Conducted hikes by a tour operator such as Black Tusk offer a number of important advantages and benefits that go a long way towards ensuring an extended alpine hike is a happy holiday. Many seasoned trail hounds actually enjoy an exercise in expedition planning that would sometimes tax the ingenuity of a military commander.

The inherent uncertainties, however, prompt an increasing number of outdoor buffs to retain professional advice and services and avoid wasting hard-won vacation time realizing the unknown is also uninviting until it's too late.

Rarely does one find a particular area less enjoyable simply because one is aware that the tour leader has been there before.

In this particular outing, a scheduled hike by Black Tusk Tours, they provided tents, sleeping bags, superb food, selected a well chosen campsite and laid out hiking suggestions that covered all the highlights that we had time to see.

After consuming an enormous breakfast, we were ready and raring for the Skyline Trail the next day ... way up there on the spine of the range.

We photographed a co-operative hoary marmot in the lakeside rocks, climbed up through the woods, negotiated a snow slope and had rounded the end of Glacier Lake by mid-morning. We continued the second stage of the ascent on a good trail and after traversing a second snow slope near the summit ridge, we gained the skyline and stopped for lunch.

We lazed about on a broad, open alpine slope and observed a herd of about 15 goats, all nannies and kids, moving down from an adjacent mountain. The gentle breeze tempered the hot sun and the delicious cutthroat trout sandwiches we had had for lunch left us in a state of languid euphoria.

The first bluff on the Skyline Trail overlooked Glacier Lake and afforded a fantastic view of the surrounding mountain ranges and even a tiny corner of Quiniscoe Lake far below in the forested valley.

Next there was the curious sheer cliff of firewood-shaped rocks, aptly named "The Devil's Woodpile".

Three mountain goats, billies this time, were disturbed by our approach, rose from their resting site and disappeared beyond the next summit and down into the inaccessible canyons below.

The huge wind-eroded granite rocks, called "hamburger city", were marvelled at and left behind and then we were face to face with "Smokey the Bear".

It's been a long time since I experienced acrophobia (fear of heights) or vertigo as some people call it, but old Smokey certainly laid a trip on me.

Smokey's famous profile, in this instance, is a craggy promontory of rock, that overlooks an absolutely awesome cliff, that plunges straight as an arrow for 600 m (2000 feet) to the valley below.

Positioned on the near side of a great cleft in the mountain, I was using a wide angle lens and running my eye up to the tiny figure of Janet McDonald standing on the cliff top, and then down the sheer sides of the mountain to the valley floor. The first three shots were taken with my feet dangling over the edge - the rest, however, were taken two metres (6 feet) back from the lip.

We wondered later if Ernest Hemingway ever suffered from acrophobia.

The next geological highlight was "the giant cleft", a crevasse-like opening between two towering vertical rock walls, that almost appears as though it was cut by a giant knife.

Time, and not being absolutely sure how far away the cleft actually was, caused us to turn back short of our final goal. There still remained an uphill hike back to the summit and then a descent down over snow slopes and scree before gaining the trail at Lady Slipper Lake.

The long, steep slope glistened in the hot afternoon sun, like molten silver. Brian McDonald prepared to lead the glissade.

Those who had anticipated the glissade had brought along a small roll of plastic or other waterproof material to sit on. The rest of us just sat directly on the slushy snow, pulled our feet up and glissed off.

It's certainly an easy and enjoyable way to come down a mountain, but you can get a little wet in spots.

A second snow slope was negotiated via the glissade and then we were obliged to pick our way down a scree (loose rock) slope, before gaining the shores of Lady Slipper Lake.

It was warm work, so it was a real treat to strip off and plunge into the icy blue water of Lady Slipper.

It was still an hour's hike back to camp on a good trail. Two members of the party, Les from Vancouver and Phillippe, a visitor from Holland, went by the turn-off and continued to the end of the lake.

It was only a short distance out of their way, and when they arrived back in camp they described in detail a large animal they had seen.

What they had apparently observed was a fisher, a large but seldom seen member of the weasel family.

Brian McDonald, who had purposely gone on ahead to get dinner underway, had a fine feast almost ready when the tired hikers straggled in. It's a real treat to be able to sit back and relax, knowing that expertly prepared food is about to be served, after a big day on the trail.

The following morning we were given a conducted tour by Karl Gehringer of the exquisite Cathedral Lake Lodge. Aside from the lodge being in perfect rapport with its unique alpine setting, there is a corner fireplace that is a veritable shrine to story telling and quiet conversation.

Black Tusk Tours offer a variety of outdoor adventure tours, in addition to high country hiking.

Our Cathedral Lakes hike is only part of a 21-day tour called "Safari West" where

you travel by mini bus and take in British Columbia's Okanagan Valley, Radlum Hot Springs and parks such as Banff and Jasper in the Canadian Rockies and Wells Grey in the interior wilderness.

Sportfishing tours include salmon fishing in Campbell River and trout fishing in the interior, white water rafting trips on the famed Thompson and Fraser Rivers, sailing in a luxury vessel along the coast and among the Gulf Islands of British Columbia, or horseback riding in the beautiful Alberta foothills of the Canadian Rockies.

The Mount Edziza Photography 14-day expedition has to be rated as one of the most unique and exciting experiences available to wilderness scenery, wildlife and flora today.

Access to this very rugged and remote country proved so demanding that Black Tusk now use a helicopter to land their expedition members in the area and avoid the time consuming and energy-sapping hike of former years. Details such as schedules, rates, equipment requirements (most gear supplied) and booking arrangements can be obtained from Black Tusk Tours, 3064 St. Kildas, North Vancouver, B.C., Canada, V7N 2A9 or call (604) 985-9223.

For general information on outdoor recreational facilities in Canada, contact the Canadian Government Office of Tourism, Ottawa, Canada K1A 0H6.

Foil-pack freshness for garden seeds

What would you think if Aunt Alice gave you enough packets of aster and zinnia seeds next Christmas to keep your garden in full bloom for another ten years? A short while ago, you'd be right to think she was a little eccentric! Under normal environmental conditions in British Columbia and Alberta most of the seed could be completely useless after one year.

But modern technology is changing this picture and a leading Canadian seed company is making sure that this spring, for the very first time in Canada, the two western provinces will have the opportunity to sample the products of this technology. Garden seeds are now being introduced within the controlled environment of an all aluminum foil plastic laminated packet. According to Dr. John Neill, an eminent Professor of Plant Science at the University of British Columbia, the secret lies within the controlled environment of sealed foil packets. Seeds preserved in this way will retain their germination vigour for an almost indefinite period of time.

Until twenty years ago, our methods of storing seeds differed little from those used for the past 5,000 years in desert areas. Hence seed was already dry when harvested, and it could remain dry until it was planted. Damp warm seed is quickly attacked by fungus and insects, and loses its ability to germinate very quickly.

Research over the last twenty years has gone a long way towards duplicating these desert conditions, and even bettering them. James F. Harrington, Professor of Vegetable Crops at the University of California, describes the research findings in two rules of thumb:

1. For every 1 per cent decrease in seed moisture between 14 per cent and 5 per cent moisture content, the life of the seed is doubled.
2. For every 10 degrees F. decrease in seed temperature between 120 degrees F. and freezing point, the life of the seed is doubled.

What these two rules mean is that if your seed is stored in a warm damp place it can lose germination in less than a week. But if you store the same dry seed in a cool place and keep it dry, it can germinate after 20 years or more. There have even been stories of people discovering seeds preserved, or "mummified" under ideal conditions for thousands of years, and they still germinate!

One of the biggest Canadian names in the seed business is Buckerfield's. Based in Vancouver, this company has spent the last 3 years studying and testing the life span of flower and vegetable seeds packed in moisture-proof foil packets. Their results confirm all the predictions and virtually guarantee that if you buy seeds sealed in one of their foil packs they'll stay almost as fresh and ready to germinate as when they were packed. The range of tem-

peratures we face and the normal humidity in our atmosphere, simply can't get at them.

Buckerfield's will be putting close to one hundred varieties of their seeds in foil packs this

year for sale to Western Canadian gardeners in stores across B.C. and Alberta. Seeds in their traditional paper packets will be offered alongside the foil packs. The company expects gardeners to buy the foil packs in a big

way, not so much for the novelty of the foil pouch, as for the foil fresh seed control they get. If you buy more packs than you need for this year, you simply keep the pack unopened until next Year comes around.



COMMUNITY RELATIONS -- Members of 408 Sqn., CFB Edmonton arrive at a McDonald's restaurant outlet in Edmonton during McHappy Days campaign to raise money for crippled children. From left to right, MCpl H. Leighton, flight engineer; Capt. R.T. Wakelam, pilot; Capt P.M. Bachinsky, pilot; "Timmy" Jason Homyslin, 13; and Donald McDonald. Jason this year's "Timmy" is handicapped by cerebral palsy, He cannot speak but can move his head and fingers. Last year, through the efforts of the McHappy Days fund raising campaign, monies were raised to provide Jason with a Handi-Voice, an electronic synthesized voice system, whereby Jason can punch out words and sounds and the machine will "speak" for him. Members of CFB Edmonton including 408 Sqn members who flew Jason in a Twin Huey escorted by a Kiowa, helped out in this year's campaign which raised about \$12,000 for the Alberta Rehabilitation Council for the Disabled.

HOW TO TEACH AN OLD HOG NEW TRICKS.

If fuel costs are driving you crazy, help yourself.

And save up to \$500 a year. Whether you own a spanking new Rabbit, or a '57 Ford, your car's mileage can be improved dramatically through regular maintenance and proper driving habits. They can make a big difference in our energy consumption, and your pocketbook.

More than 17 million barrels of oil are consumed by private cars in British Columbia every year.

And it's getting worse. While Americans decreased their gas consumption by 11% in 1979, we increased ours by almost 7%.

In short, our neighbours to the south are heading in the right direction. And we aren't.

FUEL FOR THOUGHT.

Even after major technological advances, your brain is still the best energy saving device your car has.

To demonstrate how we can all be more fuel efficient, the British Columbia Ministry of Energy, Mines and Petroleum Resources organized Operation Tune-Up.

With the co-operation of Energy, Mines and Resources Canada, and the B.C.A.A., Operation Tune-Up asked twelve media personalities to demonstrate the savings made possible through a change in driving habits, and car maintenance.

The ordinary gas mileage of each car and driver was determined. Then, after a thorough mechanical tune-up, and two hours of instruction on how to drive for fuel efficiency, each participant put his new-found knowledge on the road. Gas mileage was then recorded for one week.

Nicole Parton of the Vancouver Sun improved her compact car's mileage by 20%.

Phil Roberts of CJOR increased the mileage of his late model North American car by 33.8%. Almost \$500 a year in fuel savings.

Even though most of the cars in Operation Tune-Up were smaller, more efficient models, the average improvement in gas mileage was a healthy 15.4%.

And how did they do it? With a little common sense and these simple driving habits that apply to all cars, and every driver in British Columbia.

THE ANTI-GUZZLE GLOSSARY.

Maintain your car. A tune-up twice a year will ensure that your car operates at peak efficiency.

In this age of self-serve gas stations, remember to check under the hood for oil, fluid and water levels every other fill-up.

Check fan belt tension and tire pressure once a month.

Under-inflated tires can be a real drag on your car's performance.

Follow the instructions in your owner's manual for regular servicing.

Avoid "Jack Rabbit" starts. Operate your accelerator smoothly.

Pretend there's an egg between your foot and the gas pedal, and a glass of water on the dash. If you continually break the egg, and spill the water, you're making a mess of your fuel economy.

Watch traffic well ahead. Slow down way before you reach a red light. Why hurry up and wait, when the light could turn green before you come to a complete stop?

Slow down. Especially on the highway. When you go fast, so does our gasoline supply. You can travel 25% farther at 80 km/h than you can at 110 km/h.

Don't rest your foot on the brake pedal. It's dangerous, damaging, and forces your engine to work harder for no reason.

Reduce warm-up times. Start driving after 30 seconds, or sooner. Your car will warm up more quickly, and you'll be using that gas to go places, instead of just sitting there. Also, turn off the engine if you're stopped for any reason longer than one minute.

Don't store heavy items in the trunk. Nowadays, there's no such thing as a free ride, even for your golf clubs.

Remove roof racks when not in use. They dramatically increase wind resistance.

Avoid traffic jams. Sometimes more easily said than done. But if you leave a bit earlier, or later, you'll be surprised how much less waiting you'll have to put up with. Pay attention to traffic reports and take alternate routes.

Drive less. Walk more. And use your bike, public transportation and car pools whenever possible. There's less wear and tear on your car, and your nerves.

Plan ahead. Short trips for little errands are made on cold, fuel hungry engines. The more trips you combine into one, the more you save.

Know exactly where you're going, and how to get there. Don't waste your energy driving around in circles.

LET'S GET IN THE HABIT OF SAVING GAS.

If every British Columbian followed the examples of Operation Tune-Up we'd improve our gas mileage by at least 15%. Sure, it could cost you a few extra minutes a day, but aren't they worth the hundreds of dollars a year you'll save?

WE DON'T MAKE OIL, WE FIND IT.

And it's getting harder to find every year. The cost of gasoline is going up, but if you follow these rules, so will your savings.

Keep these driving habits in mind and your car will be more reliable.

We'll have less automobile pollution. And more gasoline to go around, for all of us.

OPERATION TUNE-UP COULD SAVE US 91.6 MILLION GALLONS OF GASOLINE IN BRITISH COLUMBIA, IN ONE YEAR.

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CONSERVATION AND TECHNOLOGY DIVISION.
Hon. Bob McClelland, Minister.

Education

(Continued from page 1)
SUMMER EVENING -- May 5 to August 6 -- In-person registration May 1, 1980.
SUMMER DAY -- July 3 to August 19 -- *In-person registration July 2, 1980.
*An application for admission and advance registration can be completed prior to the scheduled in-person registration sessions. Application and registration material may be requested by telephoning -- 474-8497.
CORRESPONDENCE COURSE STUDY terms begin

in September 1980 and January 1981. Tentative plans for 1981 include the introduction of an additional starting date of early May, 1981. Deadline dates for receipt of an application for admission registration and payment of tuition by mail are August 1, November 14 and possibly early April. In-person registration for correspondence study will be entertained until In-person Registration Sessions on campus end in September, January and May.

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BILL MORRISON 339-4063

2 WHY PAY A BIG MORTGAGE?
Three-bedrm. 12x68 mobile home set up at the Falcon Trailer Park. Could be moved into now or moved to you lot. Full price just \$13,500.
MAX WEEGAR 334-4568



3 COZY COTTAGE ON A LARGE LOT
Newly renovated 3-bedrm. cottage with ensuite, fireplace and large 120x153 lot. Loads of room for garden and play area and located at the end of a quiet, closed road. All this and still priced in the low 40's.
MAX WEEGAR 334-4568

4 VERY REASONABLY PRICED
Comox, full bsmt., 3-bedrm. home. Two partially finished bsmt. rooms. Rec room has wood burning stove and real rock on the feature wall. Big 79x125 lot is fully landscaped with trees for seclusion and a rock BBQ pit. A very nice family home at a reasonable price.
CLAY GRANT 339-3945



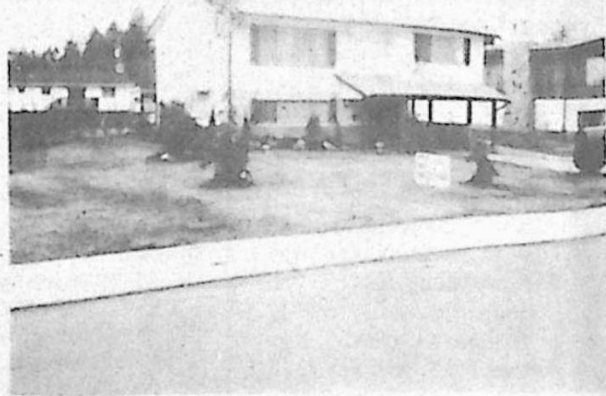
5 COMPLETE COMOX FAMILY HOME
On quiet cul-de-sac and yet close to golf, shopping, tennis and marina. Features of this solid home incl. full bsmt., new insulation, fireplace, wraparound sundeck, rec. room, 2 baths. Great 10% mortgage.
AL ROBB 339-3307

6 INFLATION BEATER
Only \$100 down, balance at 12% with payments of only \$100 per month. Beautiful 1/2 acre lot. Full price only \$9900.

7 EXCELLENT MODULAR HOME
On a 60x75 ft. landscaped lot between the base and Comox/Courtenay. Bright, modern, clean interior, all windows are double glass and screened. Two storm doors and large sundeck complete the features. \$35,000 for a quick sale.
AL ROBB 339-3307



8 "THE BIG HOUSE"
Near new 1500 sq. ft. home close to CFB Comox in a quiet rural cul-de-sac. Features include 3 bedrms., fireplace, family room off kitchen, utility up and a huge full bsmt. A best buy with an assumable 10 1/4% mortgage at just \$61,900.
BILL MORRISON 339-4063



9 EASY ACCESS TO CFB COMOX
Immaculate 3-bedrm. home in Courtenay with easy access to CFB via Ryan Road; no bridge to cross. This home is in better than new condition, with a completely finished bsmt. Cement patio in rear yard with brick BBQ for summer enjoyment. Large L.R. with brick fireplace. Profusion of shrubs and flowers, fruit trees and a manicured lawn make this home a joy to own.
STU LIVING 339-3541



10 GROW YOUR OWN!
Vegetables, chickens, ducks, etc. on this 10 ac. hobby farm. Large shed with numerous out-buildings. Good sized older farm house that needs a bit of paint. Vendor will carry with 25% down payment on \$72,500 at good interest rate.
ROD MALTBY 338-5029

11 RETIREMENT? RELAXATION?
Two-bedrm. mobile home with family room on the side with fireplace inside. Good sized 1/2 ac. Ship's Point lot with a view of the mountains. Garden is already set so don't wait. The price of \$28,500 is very reasonable.



12 COMPLETELY RENOVATED, \$38,000
This 3-bedrm. home is located in Cumberland and has been extensively renovated inside and out. Insulation, plumbing, lovely kitchen cabinets and top quality floor coverings. All new windows, shake roof. Fruit trees and garden.
VIC RUSHTON 339-3484

13 SHIP'S POINT
Beautiful retirement area south of Courtenay. 1/2 acre treed lots close to ocean at reasonable prices of \$9900 to \$12,500. Buy now, build later.
RAY PAGE 338-6267



14 SUPER SPLIT LEVEL
Large 3-level split in Heritage Park. This home has it all; quality finishing throughout, intercom system, Heatilator fireplace, fenced rear yard, 2-car CP, double cement driveway, built-in dishwasher and family room off kitchen. This home is a super buy with assumable mtge. of \$42,000 at 10 1/4% due April '82. Call today.
STU LIVING 339-3541

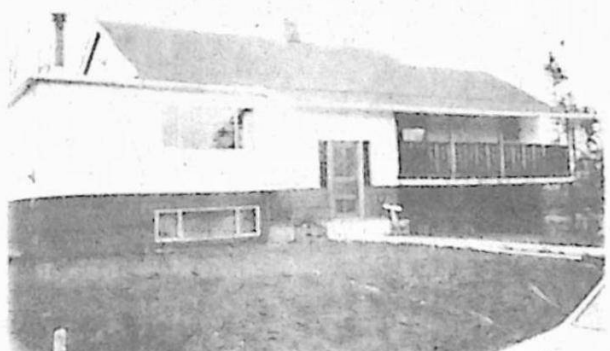
15 8 ACRES WATERFRONT
On Denman Island with sloping SW exposure and magnificent view. Good soil, well treed and 232 ft. on the waterfront. A sound investment at \$69,500.
AL ROBB 339-3307



16 CARTHEW SUBDIVISION, COMOX
This large 4-bedrm. home is located downtown Comox and has a sweeping view of the ocean and mtns. A real family home featuring ensuite, 2 fireplaces, finished rec. room, workshop, covered sundeck, CP, double driveway and super garden area. Landscaping, shrubs, etc.
VIC RUSHTON 339-3484



17 1100 SQ. FT. COMOX HOME
On large lot with double driveway in quiet central Comox location. At \$50,800 the price is within the B.C. \$2500 grant limit and the mortgage is 11 1/4%. Features include ensuite and storm doors.
AL ROBB 339-3307



18 1350 SQ. FT. COURTENAY HOME
Three bedrms. plus attic bedrms. Full bsmt. Big family kitchen with separate dining nook 12x9. Alcove off the living room for piano or organ. A completely renovated home in excellent condition. \$51,900 full price.
CLAY GRANT 339-3945

19 DENMAN ISLAND PROPERTIES
— A beautiful 10 ac. well treed, south easterly sloping property. Good soil and quiet location. All for \$33,900. Vendor will consider terms.
— A large 11 acre north west sloping property with a small cabin. View of the mtns. \$29,900.
— Waterfront lot with 17 ft. self-contained trailer and 15 ft. boat and motor. Everything for \$27,500.
ROD MALTBY 338-5029



20 THE DEVIL MADE ME DO IT!
Tempt you with this picturesque 4.38 acre hobby farm with an orchard, a year round stream and a farm by the sea location. Features spacious home with 4 bedrms. Fireplace, large garden, workshop and a small horse barn. With close proximity to CFB Comox, this one's a steal at just \$68,500.
BILL MORRISON 339-4063

21 VIEW MT. WASHINGTON
From this 2.3 acre property overlooking the Valley on Clark Road. For the ski enthusiast. Just \$24,900.
BILL MORRISON 339-4063



22 FARMETTE!
Four-bedrm. home needs some updating. 17x50 workshop, insulated and wired. Sturdy barn, excellent size for this 5 acre farmette. Beat the cost of food by growing your own. Realistically priced at \$54,900.
max weegar 334-4568



23 VENDOR WILL CARRY
This spotless 2 and possibly 3-bedrm. home is only 1 block to a store, school and a church. Try your down payment, the vendor will carry the balance at 12 1/2%.
DUKE SCHILLER 334-2203



24 THE WARMTH OF CEDAR
New, 3-bedrm. one-level home on 0.4 acre within minutes of CFB Comox. Features soft toned cedar feature walls, sky-lite in kitchen and real brick, corner, Heatilator fireplace. Exceptional buy at \$48,900.
DICK GARDINER 339-5345



MAX WEEGAR 334-4568



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