



TOTEM TIMES

If you want to get something for your money -- buy a wallet



Vol. 22 NO. 9

CFB COMOX, TOTEM TIMES

THURSDAY, MAY 1, 1980

NO CHARGE



Col B.T. Burgess... posted...

THE BCOMD, Col Burgess is off to the Head Shed in August -- his new position is in DAOT. The new BCOMD, CFB Comox, will be Col Chisholm, presently at DFS.

Maple Flag V at cool pool

COLD LAKE -- Canadian, United States and British aircraft will participate in a month-long exercise here from April 26 to May 24.

The exercise, called Maple Flag V, is designed to increase the combat capability of participating aircrews by providing combat-like experience in a realistic environment.

Patterned after the U.S. Air Force's Red Flag series, aircrew combat training at Nellis AFB, Nevada, Maple Flag V will cover the full spectrum of roles which aircrews might expect in combat. Scenarios covering close air support, tactical resupply, armed reconnaissance, defence suppression, interdiction and air superiority will be devised and flown.

About 70 aircraft will take part in this exercise including CF-104 and CF-5s based at Cold Lake, CF-101 Voodoos from CFB Comox, B.C., Bagotville, Que., and CFB Chatham, New Brunswick. In addition, tactical helicopter support will be provided by 408 Sqn., Edmonton while fanjet Falcons of CFB North Bay, Ont. will provide electronic warfare support.

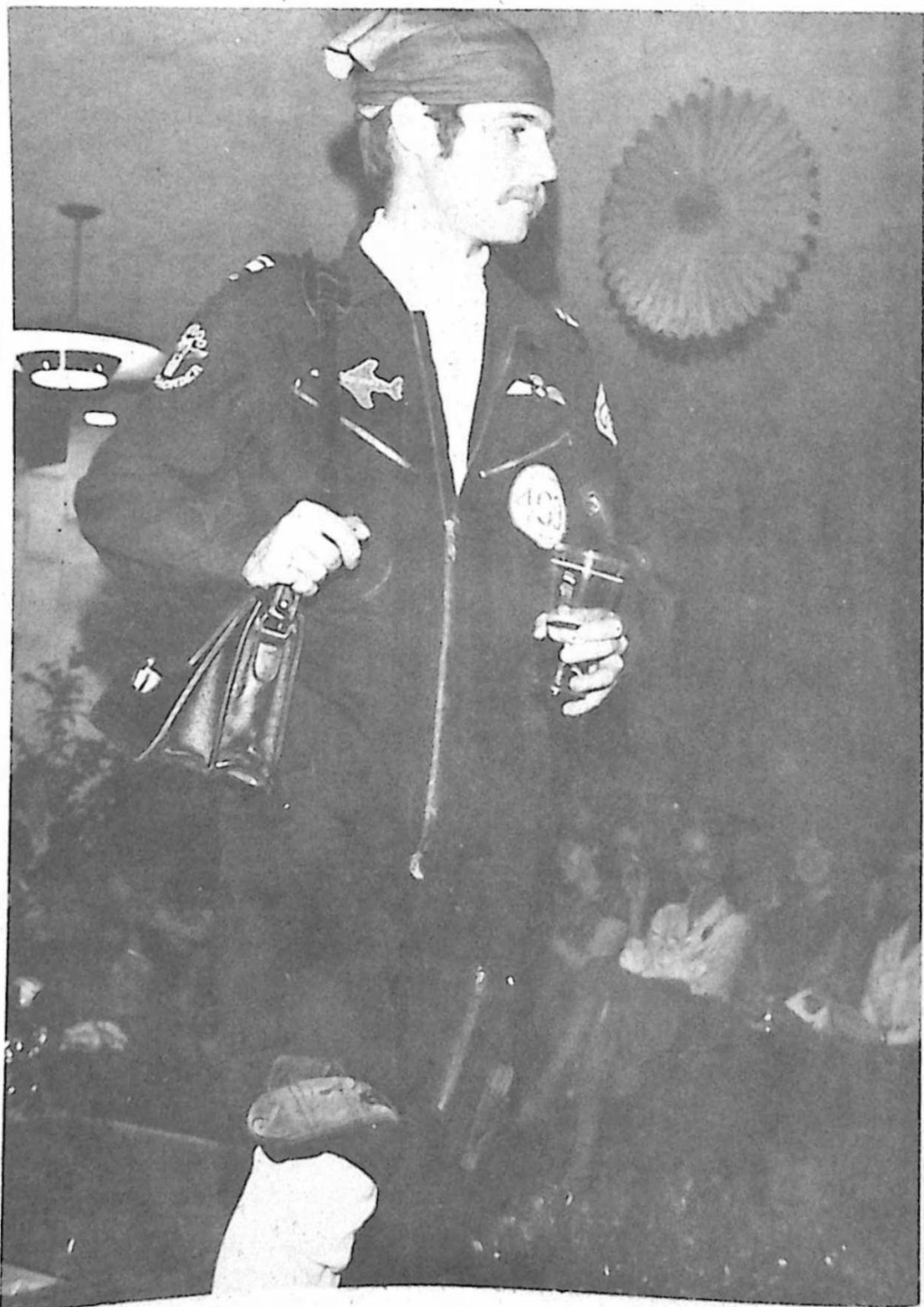
Six aircraft will include F-15 Eagles, F-4 Phantoms, A-10 Thunderbolts, F-5 Aggressors, F-106 Delta Darts, A-7 Corsairs, F-111s, C-141 Starlifters and C-130 Hercules. In addition, a combat support squadron of Arizona will deploy SAM (surface-to-air missiles) and anti-aircraft (AAA) simulators. Also the Sentry E-3A, airborne radar control aircraft will participate.

The Royal Air Force will send the vertical take-off Harrier from its bases in the U.K. and Germany.

Training will be conducted on the CFB Cold Lake Range (Primrose Lake) located north of the base. This 40 by 100 mile range complex is densely wooded and closely approximates the plains area of central Europe. Use of the range adds a dimension of realism not attainable to U.S. aircrews at the present range training areas in the Nevada desert.



The beauty...



...and the beast

SPRING FASHIONS... Sharda Hallet (top) models one of the many fashions on display at the OWC Spring Fashion Show. Below -- a keen young fighter pilot provided a humorous break in the show displaying his thoughts on 'fighter pilot fashions'. (More pic's and story on fashion show see page 11.)
Witter photos

LGen Ramsey Withers new CDS on May 31

OTTAWA (CFP) -- Prime Minister Pierre E. Trudeau has announced the appointment of Lieutenant-General Ramsey M. Withers, 49, of Toronto, as Chief of the Defence Staff and his promotion to the rank of general as of May 31.

Hereplaces Admiral Robert H. Falls who steps down from Canada's top military post on July 1st to become Chairman of NATO's military committee at NATO headquarters in Brussels, Belgium.

Lt-Gen. Withers attended Canadian Services College, Royal Roads, Victoria, and Royal Military College, Kingston from which he graduated with an electrical engineering diploma in 1952, and was commissioned in the Canadian Army.

As a member of the Royal Canadian Corps of Signals, he served in the Korean Theatre

with the 25th Canadian Infantry Brigade Group and later bataillon Royal 22e Regiment remaining until shortly after hostilities ended in 1953.

He then attended Queen's University, Kingston, obtaining a bachelor of science degree in electrical engineering. Following graduation, he served first with the Royal Canadian School of Signals, then with The Royal Canadian Dragoons as their signals officer at Camp Petawawa, near Ottawa, and later in West Germany.

After completing Staff College at Kingston in 1961, Lt-Gen. Withers returned to West Germany to serve as a staff officer at Headquarters, 4 Canadian Infantry Brigade Group, Soest.

Following the completion of Joint Services Staff College in

England in February, 1964, he assumed command of 6 Signal Squadron, Camp Valcartier, Que.

He joined the integrated staff of the newly-formed Mobile Command Headquarters, Longueuil, near Montreal in August, 1965 and was promoted lieutenant-colonel the following April. His next move was to Canadian Forces Headquarters in Ottawa, where, in December, 1968, he was promoted colonel and appointed director, policy co-ordination and control.

In May, 1970, Lt-Gen. Withers was promoted brigadier-general and became the first officer enrolled after the Second World War to attain that rank. He was also appointed the first commander of the new Northern Region, with headquarters in Yellowknife,

N.W.T.

After serving as director-general management information systems at National Defence headquarters in Ottawa, he was promoted major-general and named associate assistant deputy minister, policy, Command of Canadian Forces Europe, with headquarters in Lahr, West Germany followed in July, 1976.

He was promoted lieutenant-general June 15, 1977, returning to Ottawa on his appointment to vice-chief of the defence staff in early July.

Lt-Gen. Withers was appointed to the Order of Military Merit in the grade of Commander by the Governor-General, in December, 1977, in recognition of conspicuous merit and exceptional military service.

Meet our new MND

J. Gilles Lamontagne was born in Montreal April 17, 1919 and received his education at Jean-de-Brebeuf College and at the Ecole des hautes etudes commerciales in Montreal.

His military service began during the Second World War when he joined the Royal Canadian Air Force in May, 1941. He received pilot training at No. 4 Elementary Flying Training School, Windsor Mills, Que., and No. 9 Service Flying Training School, Summerside, P.E.I. and was awarded his pilot's badge on Feb. 27, 1942. Three weeks later, he left Canada for assignment in the United Kingdom.

After operational training in the U.K., Sgt. Lamontagne was assigned in October, 1942 to the recently-formed 425 "Les Alouettes" Bomber squadron based at Dishforth.

On March 13, 1943 while flying over Holland after a successful bombing mission over Essen, Germany, then Sergeant Lamontagne's aircraft came under attack. The Wellington was jumped from below and behind by a night fighter aircraft. Flight Sergeant J.A.V. Gauthier, bomb-aimer, managed to extinguish the fire in the cockpit. A second attack started a new fire and Sgt. Lamontagne was forced to beat out the fire with his hands after the extinguisher fluid ran out.

A third attack left the aircraft blazing furiously amidst ships and crippled the aircraft's elevator controls. Sgt. Lamontagne then ordered a bail-out. The escape hatch jammed and FS A.W. Brown, the navigator, had to hack it open with an axe. The crew then bailed out. Sgt. Lamontagne was apprehended a couple of days later by the Gestapo. Sgt. Lamontagne, FS's Brown and Gauthier remained fellow prisoners for more than two years in various concentration camps. The other

crew members, FS M.J.A.H. Aumont, gunner, and Sgt. J.R.A. Goulet, wireless operator, who had both been severely wounded, were



J.G. Lamontagne

repatriated before the war's end.

Sgt. Lamontagne was mentioned in dispatches in early 1945 and on May 6 of that year he was liberated. Mr. Lamontagne holds the 1939-1945 Star, Air Crew Europe Star, Defence Medal, CVSM (Clasp), 1939-1945 War Medal and Coronation Medal E.R. II. In 1971, he was awarded the Croix du Combattant de l'Europe by the Confederation europeenne des anciens combattants.

He was released from the RCAF on Aug. 18, 1945 and settled in Quebec City where he later met Mary Schaefer of Dayton, Ohio, a student at Laval University. They were married in 1949 and have four children: Michel, Andre, Pierre and Marie. Mrs. Lamontagne holds a science diploma from Laval University and is active in

financial and socio-cultural organizations.

In 1946 Mr. Lamontagne bought an import business and successfully operated it for 20 years. He joined the RCAF Primary Reserve in 1951 and remained a member of the reserve force until February, 1959.

In 1962 a number of citizens asked Mr. Lamontagne to enter civic politics and participate in the formation of the Progres Civique party which aimed to reform Quebec City's administration. Later that year he ran for office and was elected to City Council

with three other colleagues from the newly-formed party.

He was elected mayor in 1965 and was joined by nine of 12 members of the Progres Civique party. Four years later he was re-elected mayor and in 1973 he retained the office by acclamation.

From 1970 to 1977 he was president of the Union des municipalites du Quebec and he is a former vice-president of the Canadian Federation of Municipalities. He was also an executive member of the Quebec Council for planning

(Continued on page 13)

Battle of Atlantic Sunday, May 4 from the CDS...

The 35th anniversary of the allied victory in the Battle of the Atlantic will be commemorated on Sunday 4 May 1980.

Canada's history has always been linked with and greatly influenced by sea power. Since its establishment seventy years ago Canada's naval service has always risen to the occasion especially when facing its greatest challenges.

I hope young Canadians in particular will be reminded on this day of the gallantry, courage, and dedication of our naval leaders and their ships companies who fought and won the long struggle for control of the north Atlantic convoy routes so vital to

eventual victory in Europe.

The thanksgiving of a grateful nation will be expressed at the national ceremony at the sailors memorial in Halifax, N.S., and at special memorial parades and church services at naval units across Canada.

At these services special mention will be made of the contribution to our victory at sea by the late Vice-Admiral E.R. Mainguy OBE, CD, who died last April. One of the allies first senior convoy escort commanders, his indomitable spirit and courage has left a legacy which all naval personnel strive to uphold.

Signed R.H. Falls, Admiral.

from the MND...

The Battle of the Atlantic will be commemorated on Sunday 4 May 1980. The national ceremony will be conducted at the sailors memorial in Halifax, N.S., while special memorial parades and church services will be held at naval units across Canada.

The war years vividly demonstrated the ability of Canadians to work together in a common cause to achieve victory. The expansion of the

Royal Canadian Navy from 11 to over 400 ships and from a handful of officers and men to over 95 thousand personnel was an outstanding Canadian shipbuilding and naval achievement.

On this day we remember with pride those Canadians who battled so courageously in the war at sea from 1939-1945. Their dedication to freedom and democracy will not be forgotten.

Signed Hon. J. Gilles Lamontagne.

NFA BRIEFING

B. Gen. Manson and the NFA team will be presenting a briefing on the NFA at the Base Theatre on 5 May at 1430 hours. All interested personnel are welcome to attend.

Totem Times
deadline
Monday,
May 12

C.F. section news



CPL RAINVILLE was recently selected as 409 Sqn. Safety Technician of the Quarter. His safety suggestion involved installing two additional multi-directional wheels on the two wheeled Argon gas cart. When the cart was tipped back towards the individual moving it the two additional wheels come into play. They stop the cart from falling back on the individual if he/she should slip and also provided excellent stability when moving the cart from one position to another. Cpl Rainville received a Certificate of Military Achievement, dinner for two at the Old House Restaurant and 2 days short leave in recognition of his contribution to General Safety on 409 Sqn. He joined the Canadian Forces in 1974 and came to CFB Comox in Jan. '76. He hails from Montreal.

PMQ cleanup

Please take this opportunity to do a complete clean-up of your PMQ and area. Almost everyone collects rubbish and trash, partly due to the difficulty in deciding what to keep and what to discard. Our advice is "WHEN IN DOUBT, THROW IT OUT". To practice good Fire Prevention we should dispose of as much unused material as possible.

HELPFUL HINTS

- Check your home and surrounding area from top to bottom and don't forget the garage.
- Place all items you wish to dispose of at the entrance of your driveway.
- Rags, paper, etc., should be banded up or placed in disposable containers.
- Articles placed for this special collection should only include dry rubbish. Your wet garbage will be picked up in the usual manner.
- Remember - Everything placed at the entrance to your driveway will be disposed. Be careful where you park your car.

REFUSE
SPRING CLEAN UP WEEK

PMQ
May 4-10, 1980
Refuse pick up will be per-

formed on Monday, 5th and Friday 9th of May, 1980 between 1300 hrs. and 1500 hrs.

Word of wisdom

Welcome back Dave Blamire and best wishes for a speedy recovery. For those of you wondering what it takes to bring a Standards and Training Officer and the CCAC out of cobwebs and back into the hot seat, simply take two aspirin and go to bed. Not quite that simple, but suffice to say that the BATCO is considering hiring on a resident Medical Officer to coordinate sick leave planning for the section. Good luck to Marcel Bergeron, perhaps the last casualty for a while (no promises), who after working so hard to check out in the Tower's "V" stand position, will now be taking extended leave to have an old knee

injury repaired. Many thanks to all from Judy and I for the fruit basket which certainly helped to add a little cheer to my own recent stay in the hospital. Congratulations to Kurt Brown on his recent advancement from Ratcon to Tower. As Kurt has been unsuccessful to date in getting his Gliding Club project off the ground, rumor has it he's scaled down his plans somewhat and will soon be recruiting members for the Comox ATC model rocket club. The target force will be selected on a first come first served basis and all local Squadrons are welcome to participate.



Sharing the road with motorcyclists

The increasing popularity of motorcycle riding is evident by the variety of riders appearing on our streets and highways. A substantial percentage of motorcycle accidents involve inexperienced riders, according to the Motorcycle Safety Foundation.

Motorcyclists have the same rights and responsibilities on public roadways as do other highway users. While everyone must abide by the same traffic laws, there are special situations and conditions you need to be aware of to share the road safely with those who choose to use two wheels instead of four.

Why is it so important that you be aware of motorcyclists and their operation? Primarily because motorcycles are not easily identified in traffic. Motorcycles are only about two feet wide compared with the five-to-six-foot width of an automobile.

And even if you do see a motorcycle, it's difficult to judge how far away it is. Finally, some drivers find it difficult to tell how fast a motorcycle is going. Being alert to these special perceptual problems can help you avoid colliding with a motorcycle in traffic.

Following are a few of the specific situations that call for special attention. Left Turns in front of an oncoming motorcyclist account for a large percentage of car cycle injury-producing accidents. The problem of not seeing the motorcyclist is twofold: Car drivers may fail to pick the cyclist out of the traffic scene, or may fail to judge the speed of the oncoming motorcycle. The solution is to look and look again. Make sure you see the motorcycle and know its speed before you make a left turn.

Turn Signals are not automatically self-canceling

on most motorcycles. At times, the rider may forget to turn the signal off. Before you make a left turn in front of a motorcyclist also signaling a left turn, be sure the rider is turning and not continuing straight ahead into your path with a forgotten turn signal still blinking.

Following Distance behind the motorcyclist should be the same two-second following distance you would give any other vehicle. Following too closely may make the rider nervous, causing his attention to be distracted from the road and traffic ahead.

Lane Usage for the motorcyclist is critical. Motorcycles are entitled to the same full lane width as all other vehicles. A skilled motorcycle operator constantly changes positions within that lane to maximize his ability to see and be seen, and to compensate for objects in or near the road. Never move into the same lane

alongside a motorcycle even if the lane is wide and the cyclist is riding far to one side. It is not only illegal, it is extremely hazardous.

Inclement Weather and slippery surfaces can be real problems for motorcyclists. Allow even more following distance for motorcyclists when it's raining or the road surface is wet and slippery. Skilled motorcycle riders slow down under these conditions. Remember, motorcycles have only two wheels. Also, be alert to the problem of glare that rain and wet surfaces create, especially at night. It is easy to lose sight of a motorcycle and its rider even under the best circumstances. Rain, wind, dust, and smog affect the cyclist's vision more severely than yours in an enclosed vehicle. The cyclist's face shield, wind shield or goggles help, but they cannot completely overcome all vision problems.

Cross Winds can be

hazardous to motorcyclists. Windy conditions can actually move a motorcycle out of its lane of travel. Areas to look out for are wide-open, long stretches of highways and bridges. Large, fast-moving trucks have been known to create wind blasts that can startle a motorcyclist, and under certain conditions actually move the motorcyclist out of his path of travel. Be alert to these conditions so you can prepare yourself for the possible quick change in speed or direction of the motorcycle.

Road Surfaces and things in the road that do not normally affect other vehicles can create problems for the cyclist. Gravel, debris, pavement seams, small animals, and even manhole covers may cause the motorcyclist to change speed or direction.

Railroad Grade Crossings may be rough or they may cross the road at an angle. The motorcyclist may slow down or change direction to cross the tracks head on. The cyclist may rise up off the seat to help cushion the shock of a rough crossing.

Be aware of these situations and follow these suggestions to share the road safely with motorcyclists. Regardless of who is legally at fault in car cycle accidents, the motorcyclist usually is the loser. Your awareness of motorcyclists in traffic, combined with your special attention to the situations described here, can help to reduce motorcycle accidents, injuries, and fatalities.



Most baby birds have a hard little knob at the end of their beaks, called an egg tooth, according to *The World Book Encyclopedia*. They use the knob to crack the shell of the egg so they can wriggle out.



In a ritual of courtship, the male cardinal feeds its mate choice berries.

MIRACLE DRIVE-IN

Black Creek, B.C. 337-5097

ADMISSION: 12 & OVER: \$3.50 ALL NIGHTS: \$3.75 BOX OFFICE 9:15 SHOW DUSK

Thursday to Sunday, May 1 to May 4

JOSEPH WAMBAUGH'S

THE ONION FIELD

A True Story

Starring: JOHN SWAGE, JAMES WOODS, FRANKLYN SNAPE and BONNY COX

Produced by: WALTER COHENZ, Directed by: HAROLD BECKER

WARNINGS: Some violence, occasional suggestive scenes and coarse language. B.C. Director

PLUS: JOHN BELUSHI'S STILL SINGING THE BLUES TALIA SHIRE'S STILL CARRYING A TORCH - BUT THIS TIME HE'S THE ONE WHO IS GOING TO GET BURNED.

"OLD BOYFRIENDS"

AVCO EMBASSY PICTURES Inc. Presents

EW

Courtesy

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

Adults: \$3.00, O.A.P.: \$2.50, Child \$1.25

Thurs. to Wed., May 1, 2, 3, 5, 6, 7

TERENCE HILL
BUD SPENCER

"CRIME BUSTERS"

"Some coarse language." - B.C. Director

Thurs to Wed., May 8, 9, 10, 12, 13, 14

CHARLES DURNING, CAROL KANE

"WHEN A STRANGER CALLS"

"Warning - Some frightening scenes." - B.C. Director

Starts Thursday, May 15 - CLINT EASTWOOD

"EVERY WHICH WAY BUT LOOSE"

MATURE

Stardust

Drive-In Theatre

Island Hwy. & Williams Beach Rd.
Phone 337-3033

ALL ADMISSIONS \$3.50 ALL NIGHT \$3.75
GATES OPEN 8:00 SHOW AT DUSK

NOW OPEN THURSDAYS
Thurs. to Sun., May 1, 2, 3, 4

Winner of 2 Academy Awards
Best Cinematography and Sound

"APOCALYPSE NOW"

Violence throughout.
B.C. Director

PLUS - CARTOONS

May 8, 9, 10, 11
Barbra Streisand
"THE MAIN EVENT"
Peter Falk
"Occasional nudity and swearing." - B.C. Dir.

MATURE

OFFICERS' MESS ENTERTAINMENT

FRIDAYS, MAY 2, 9, 16, 23 - Regular TGIFs - 1630-1730 hrs. Food as indicated. Bottle and Jackpot Draws at 1730 hrs. Member must have signed in and be present at time of draw in order to be eligible to win Jackpot. Free taxi service - ask at bar. Note: May 9 - due to Dining-in Night members are asked to move TGIF to the Back Bar after 1800 hrs.

SATURDAY, MAY 3 - Kiwi Club Barbecue and Dance - Food: 1830 hrs. Dance: 2000-2400 hrs. Dress: Casual. Cost: \$2.00. Contact Capt. Boehme, Loc. 475 for more info.

SUNDAY, MAY 4 - VP 407 Ladies' Tea - 1300-1500 hrs.

FRIDAY, MAY 9 - General Mess Meeting, 1300 hrs. VP 407 Mixed Dining in Night 1930 hrs. for 2000 hrs.

SUNDAY, MAY 11 - Mother's Day - FAMILY BRUNCH & CHILDREN'S FILM - Lunch Menu 1200-1300 hrs. Tickets at bar. Cost \$2.15 adult, \$1.50 children. Reservations to Mess Manager by 1300 hrs. Thursday, 8 May.

CANDLELIGHT DINNER - Cost \$16.00 per couple. Time: 1930-2130 hrs. Dress: Informal (Adults only please). Menu: Tossed Salad, Beef Consomme, Cornish Game Hen, Whipped Potato, Broccoli and Cheese Sauce, Carrot Fingers and Dessert. Reservations to Mess Manager by 1300 hrs. Thursday, 8 May. 150 reservations maximum will be accepted. Inform Mess Manager if you will require seating for more than six people.

TUESDAY, MAY 13 - VP 407 Change of Command Parade - 1400 hrs. Reception in Officers' Mess following parade.

SATURDAY, MAY 24 - Hawaiian Night - Cocktails 2000 hrs. Floor Show and Dance Music 2100 hrs. with the South Sea Enchanters. Delicious Hawaiian type buffet 2230 hrs. Hawaiian Dress or Casual. Cost: \$18.00 per couple, \$22.00 per guest couple. Reservations to Mess Manager by 1300 hrs. Thursday, 22 May.

FRIDAY, MAY 30 - Mixed TGIF - Subsidized drinks: 1630-1730 hrs. and 1900-1930 hrs. Bottle and Jackpot Draws: 1930 hrs. Food: 1930-2030 hrs. Clam Chowder and Hot Dogs. Disco Dance: 2030-0030 hrs. No charge.

WEDNESDAY, MAY 14 and 28 - Officers' Wives' Club - OWC BRIDGE NIGHT - 2000 hrs. in Lounge. New members contact Mrs. Pritchard at 339-5844. Note: 28 May will be last Bridge Night until September.

WEDNESDAY, MAY 21 - OWC Closing Dinner - Cost: \$10.00 member, \$12.00 guest, members tonight. Cut-off date for tickets May 7th.

COMING EVENTS - WESTERN NIGHT - June 21.

BASE THEATRE SCHEDULE

CFB COMOX

Thurs. 01 May
Fri. 03 May

WHO HAS SEEN THE WIND

JOSE FERRER - GORDEN PINSENT
Takes place in Saskatchewan
Show Time: 2000 - 2150 hrs.

Thurs. 08 May
Fri. 09 May

HALLOWEEN

DONALD PLEASANT - JAMES DEE CURTIS

RESTRICTED
"Some frightening and violent scenes"
Show Time: 2000 - 2150 hrs.

SUPPORT YOUR BASE THEATRE
AUTHORIZED PATRONS ONLY

Jr. Ranks Club

ENTERTAINMENT

MAY 3, 17 and 31 - Disco by Peter May. Admission: members, \$1.00; Guests, \$2.00.

MAY 24 - Dance to Bill Caves and "The Cavern". Admission: members \$2.50; guests, \$3.50.

MAY 11 and 25 - "Pig and Whistle" in the Annex with Michael and Paul

MOVIES

MAY 6 - "The Wanderers" - Ken Wahl and Karen Allen.
MAY 13 - "Tom Jones" - Albert Finney and Susannah York
MAY 20 - "Everything You Wanted To Know About Sex" - Woody Allen and Burt Reynolds.
MAY 27 - "Women In Love" - Glenda Jackson and Oliver Reed.

BINGO

Every Wednesday in the Lounge at 2000 hrs.

TGIF's Every Friday. Food and games every second.

FOR UP TO DATE ENTERTAINMENT INFORMATION
PHONE 339-5212

ENTERTAINMENT WOs' - SGTs' MESS

MAY 4 - M/Cpl. Nite - OJT - 1630 hrs.
MAY 4 - Movie - "WANDERERS" - Ken Wall and Karen Allen
MAY 9 - TGIF
MAY 10 - "MOTHER'S DAY" Dinner and Dance. Cocktails 1900 hrs. Band: "Tangiers". Cost: \$20.00.
MAY 11 - Movie - "TOM JONES" - Albert Finney and Susan York.
MAY 16 - TGIF
MAY 17 - CASH BINGO AND MOVIE - 2000 hrs. Pick trays Cost \$2.50.
MAY 18 - Movie - "EVERYTHING YOU EVER WANTED TO KNOW ABOUT SEX" - Woody Allen and Burt Reynolds.
MAY 23 - TGIF.
MAY 25 - Movie - "WOMEN IN LOVE" - Glenda Jackson and Oliver Reed.
MAY 30 - Mixed TGIF.
MAY 31 - Salmon Derby

Your medical category & other medical matters

BY MAJ. J.E. BARDSLEY
BASE SURGEON

As soon as the term "Medical Category" is mentioned, fear is struck into the hearts of service personnel. If a medical category is altered, the person so affected becomes anxious, and sometimes, angry. Why is there such strong emotional response to a set of numbers? In my opinion, there are three main reasons: 1.) the person's health is involved, and health is an emotional topic; 2.) the person's job, and thus, career, is involved, and the prospect of losing a career is an emotional area; and 3.) a lack of understanding and knowledge of the category system. Even though I would like to, I can not do much to allay the emotions involved in the first two. However, I can attempt to shed some light on the function and design of the category system.

The medical category system was designed to give a simple reflection of a service member's medical state as it affects his employment capabilities in the CF. If the category is kept up-to-date, then, a career manager or supervisor could glance at a member's medical category, and know, for example, that the member was medically fit for a foreign tour, a certain course, or the like. Since the category is numerical, confidentiality is guarded at the same time.

A typical medical category is composed of eight numbers in sequence like so: 40/222/225.

Year of Birth (YOB)

The first two digits are the year of birth, in this case 1940, and are included because medical limitations are more likely to occur with advancing age.

Vision (V)

The next three digits are Vision, Color Vision and Hearing respectively. Vision is usually tested for using wall charts without glasses and is restricted to an assessment of distance vision. Therefore, even though you may have to wear reading glasses, you could still be V-1 if your distance vision is normal. The V category goes from 1 to 6 with 1 being normal, and the higher numbers indicating progressively more serious loss of vision. The degree of correction obtainable with glasses also figures into the assignment of a V category. Sometimes, an ophthalmologist's assessment is needed.

Color Vision (CV)

Color vision has three category numbers: 1 is normal; 2 is color vision defective, safe; and 3 is defective, unsafe. The difference between CV2 and CV3 is degree. A person with CV2 fails the Color Plate Test but passes the Color Perception Lantern Test. A person with CV3 fails both.

Hearing (H)

Hearing has five numerical categories with 1 signifying no significant loss (i.e., greater than 30 decibels) in either ear in the 500 to 6,000 cycle per second frequency range. Increasing numbers signify progressive hearing loss in the higher frequencies. The hearing category is assigned using the audiometer.

Geographical Factor (G)

Geographical and Occupational Factors are the next two digits in the profile. The Geographical Factor depicts any geographical restrictions a member may have based on climate, accommodation, living conditions and availability of medical care. The G Factor has six categories, with G1 being the enrolment minimum indicating a person has no limitations geographically. G2 is reserved for personnel with minor medical conditions not precluding employment in any geographical area, save exceptional circumstances that would aggravate this particular condition. G3 is for personnel with some moderate condition that does not require close medical supervision; accordingly they can serve in a support role in the field or at sea, and eat any type of rations.

G4 indicates a definite geographical limitation - a need for barrack or equivalent accommodation and physician services

readily available. Such personnel are unfit for sea, isolation or field duties. G5 is like G4, except that Specialist Physician Services are needed and such personnel are restricted to Canada. This medical condition is one which requires, or is likely to require, periodic medical care. Finally, G6 is medically unfit for military service.

Occupational Factor (O)

The O Factor also has 6 categories, with O2 being the enrolment minimum and signifying an ability to perform heavy physical work and an absence of all but minimal medical conditions. O1 is reserved for personnel of above average fitness, that is, trained to endure sustained, hard activity under severe stress. O3 is reserved for personnel with a moderate physical disability which prevents them from doing heavy physical work. Such personnel are not fit for front-line combat, but can operate in the field in a support role. O1 to O3 reflect mental stability.

O4 indicates light duties only, or inability to handle stressful demands under pressure. O5 is for personnel who can tolerate only sedentary duties due to their medical condition. Finally, O6 is unfit for military service. The O Factor, then, is a numerical way of reflecting a person's ability to do his job.

Air Factor (A)

The A Factor is the final digit and depicts either aircrew status or the ability to be transported by aircraft. A1 is for pilots. A2 is for navigators, flight engineers, observers and other operational aircrew whose duties involve the operation of the aircraft. A4 is for aircrew whose airborne duties do not involve the operation of the aircraft - such personnel are Flight Surgeons, Flight Nurses, Air Traffic Controllers and Assistants and Aeromedical Officers and Technicians. A3 is for aircrew who have a specific restriction - for example, "fit to fly with or as a co-pilot only". A7, on the other hand, is for aircrew who are medically unfit for any flying duties but can still fly as a passenger.

A5 is for all non-aircrew members who are medically fit to fly as passengers in CF aircraft. Finally, A6 is awarded to members unfit to fly in any capacity.

Temporary Categories

Any of the above factors can be changed on a temporary basis. If this is done a T with a numeral is placed in brackets after the factor so-changed. For example G4(T6) would mean a G4 category for 6 months, at which time the person will be reviewed and a permanent category assigned, or an additional temporary category given.

Changing Categories

Any change in category must be accompanied by two forms - a CF 2033 which is the Report of Medical Examination which is confidential and stays on the members medical file (CF 2034), and a CF 2088 which is the Category Change Form. The latter is sent through the chain of command ending up with the members career manager and then back down to the member and his boss. The 2088 contains only the medical profile and a list of restrictions that the member is subjected to; no diagnoses or other confidential information is to be on this form. This form is designed to let the member's supervisors, career manager and administrative personnel know what medical restrictions have been imposed on him.

Minimum Medical Standards CFP 154, Medical Standards for the Canadian Forces, explains all of these categories in greater detail. CFAO 34-30 lists the Minimum Medical Standards for Initial Assignment to Trades and Officer Classifications. Each trade's, or classification's, profile is based on the physical and mental demands of the jobs entailed in them. These minimum profiles were set by consultation between the medical and career manager branches. If a member falls below his minimum in any of the six categories, his medical report (2033) is reviewed by medical authorities at Base and Command or Region, and then

the file goes before the Career Medical Review Board (CMRB).

The CMRB, made up of members from the medical, career and administrative fields, then makes a decision on whether this member should be retained in the CF, and if so, with or without career restrictions, or released, and if so, under which release item (see later). CFAO 34-33 deals with changes in medical categories.

The procedure is basically the same for aircrew, the file being reviewed by Base and Air Command. However, at this stage aircrew files are reviewed by the Central Medical Board (CMB) at the Defence and Civil Institute of Environmental Medicine (DCIEM) in Toronto before going to CMRB in Ottawa. CMB being made up of experts in Aviation Medicine, allows specialist input in this critical area and gives CMRB better grounds on which to assess the case.

Each member who has had a CMRB review will be informed of the decision. I would like to stress that a CMRB decision is not unchangeable. If a member's medical condition changes so that his medical category can be changed for the better, then any career restrictions are subsequently lifted. The career manager will find out about the changes on the 2088 and the member will know his career manager and boss knows, when he himself signs off the 2088.

Medical Releases and Care After Release

If a service member is released for medical reasons, he can be released under QR and O article 15.01, item 3(a) or 3(b). A 3(a) release is one which indicates the member is unfit to perform any function in the CF; a 3(b) release indicates that the member is unemployable in his present trade or classification, and presently not employable otherwise in the CF due to existing service policy. If a member is released for medical reasons, and needs ongoing medical treatment for the condition leading to his release, he will be referred to the Department of Veterans' Affairs (DVA) for that care. He will then be formally released from the CF as soon as possible. On the last page of the release medical form there is a section that the member is asked to sign. What he is signing for is to acknowledge whether or not he is being referred to DVA for medical follow-up. Such information is indicated in one of the two boxes which will be checked off above his signature in this section. If a member is being referred to DVA, or feels that he should be he should discuss it with the MO. CFMO 29-07 refers.

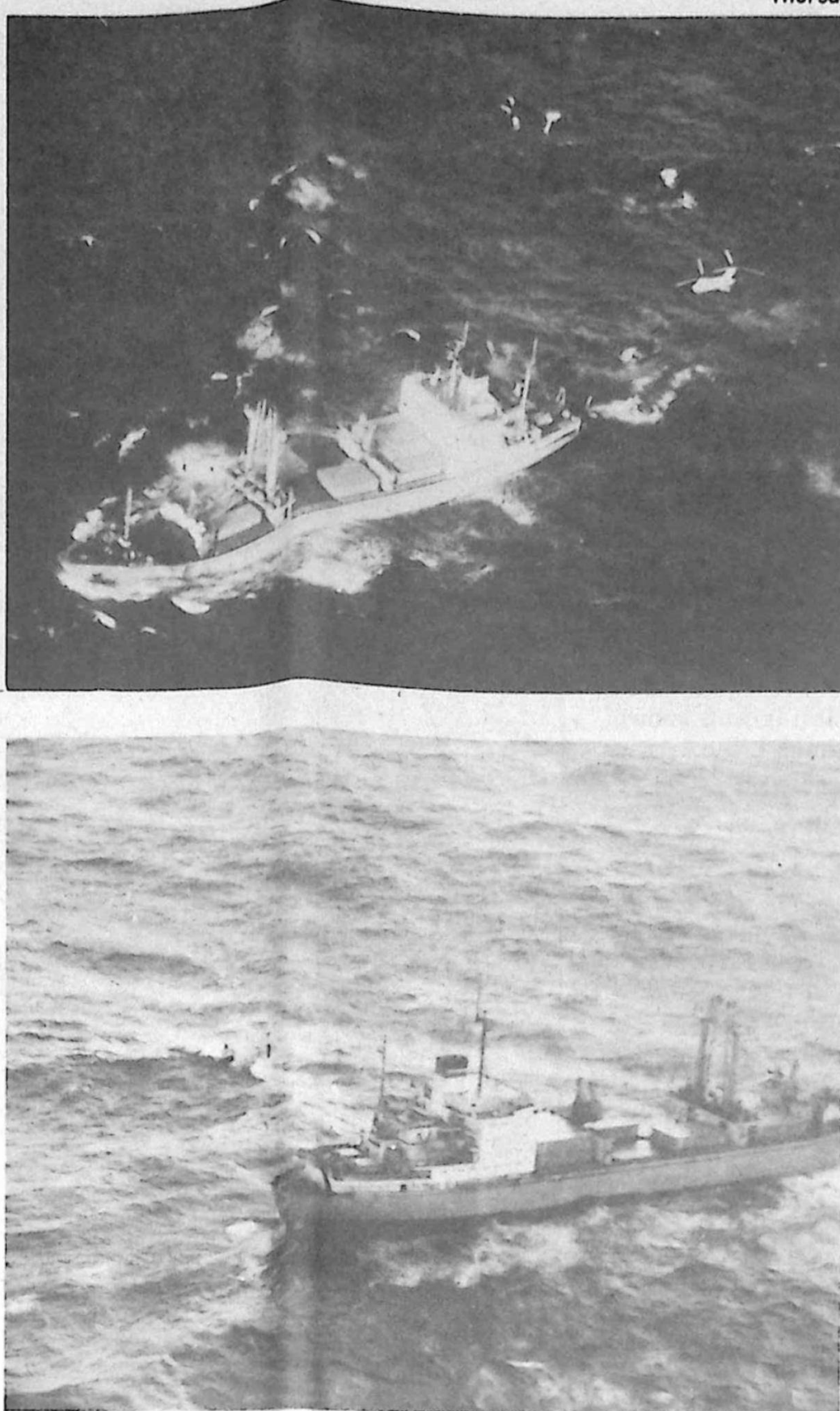
Under exceptional circumstances, as authorized by the CDS or Command Commander, a member may be retained in the CF for up to six months to have treatment for the medical condition leading to his release. After six months, the Minister may authorize a longer period.

Release Medical Examination and Medical Pensions If a member is released with a medical condition which is the result of the performance of his duty, then he may be entitled to a Medical Pension. This applies whether or not the medical condition was the cause of the release or not.

It is extremely important for the individual to document any such illnesses in his own words in Part III of the release medical form (CF 2017). A good amount of thought should go into this section as the DVA Pensions Board uses this information in deciding on entitlement to a Medical Pension. Moreover, the MO completing your release medical uses this information to substantiate your claims when he completes Part IV. If there is any doubt about any medical point, it should be put in. The MO will help you, if you need it.

Medical pensions must be applied for by the member. The finance section of the orderly room of your base on release, or a base near you, if

(Continued on page 13)



SAR SITREP

The month of April signalled the start of a busy spring and summer season for 442 Squadron. During the first week of the month the Squadron had several SAR tasks and the Easter weekend developed into an eventful holiday.

On April 6th, a 48 foot sailboat ran aground after capsizing in San Josef Bay, near Holberg. A 408 Squadron Twin Huey, flown by Capt. Lozie, was dispatched to the scene at 0400 hours. All three persons from the boat were flown to Port Hardy.

Later that same day, 442 Squadron received a tasking from RCC to medevac an injured Soviet sailor, Fedor Borzegov, to Vancouver for medical treatment. Mr. Borzegov had a 2 x 5 inch gash on his left side, extending from his hip to the middle of his back, and the ship did not have a doctor on board.

A Labrador helicopter was flown to the 450 foot freighter, 75 miles off Cape Scott, to pick up Borzegov, with a Buffalo flying "top cover". Direct communication with the ship was impossible. The helicopter was crewed by Maj. Coward, Capt. Cox, Sgt. McCullough, MCpl. Hamilton, Sgt. Clements, MCpl. Sheppard, Lt. Henry and WO Fraser. Because they had not been keeping up their Russian, they had to employ hand signals in order to get the ship to turn around into wind.

Five attempts were made to get Sgt. Clements aboard the vessel, called the "Prav Dinsk", not an easy task with sea state 8 and 35 knot winds. On one attempt to lower the cable, it hooked around a small mast on the ship. The Soviets made things a little easier by removing the mast, but with 30 to 40 foot swells, Sgt. Clements struck the ship four times.

On his fifth attempt to get on board, several Soviet crewmen grabbed him and he unhooked from the cable, sending everyone sprawling to the deck. Nobody on board the Prav Dinsk spoke English. Sgt. Clements developed an instant rapport with the crew by signalling to them that he was crazy (using the standard NATO-Warsaw pact signal of making circular motions with his forefinger aimed at his

The Soviets were extremely helpful while our intrepid SAR Tech performed his duties.

head, then pointing to himself.)

The helicopter then proceeded to Port Hardy where Borzegov and the medical staff were transferred to the Buffalo. An hour later, Borzegov was in an ambulance proceeding to Vancouver General Hospital. Another medical evacuation

from Powell River the next day ended the Easter weekend for the Squadron. With the Herring Roe season officially over, 408 Squadron has returned to Edmonton and things are back to normal at 442; if the "Prav Dinsk" incident is any indication, "normal" should be rather exciting.

Section news

Night Hawks nest

Do you remember the old joke about how many Newfies it takes to screw in a light-bulb? How about the number it takes to wash a car? Of course you do. Well don't get excited prematurely - but I think we've found the guys. It's thought they are posing as senior officers in the Forces, and the most damning bit of evidence we have to date is the fact that eight of them banded together in order to find one house for one navigator in Colorado Springs. We will keep you posted on any new developments, as this type of thing is the breeding ground for numerous poor jokes. (Apparently the mission was even a partial success. They found him a home, but all eight are unable to recall the exact location).

The squadron would like to extend a warm welcome to Capt. Terry Hunt and his family. Terry arrives from Moose Jaw, where he spent time with the Snowbirds. This necessitates, of course, the wearing of sunglasses in church so God won't recognize him and ask for his autograph. Terry's experience as a pilot is appreciated, but it limits the training value for Dave Armstrong as he starts his rigorous work-ups for his posting to the OTU.

Dave has cut down on his smoking, reduced the amount he eats, and increased his drinking in an attempt to be in fighting trim for his arrival in Bagotville - the only way to cope with the horrors inherent in flying with brand new Voodoo pilots.

409 is in the midst of the Maple Flag exercise in Cold Lake at present, and have been enjoying balmy, July-like weather. The aircrew are rotating crews this weekend, but the ground crew will be remaining for the full two weeks.

Congratulations are in order to Maj. Chris Harvey-Clark for winning the 19 April

409 Club Draw. It's nice to see the money stay in the family. 26 April saw Dave Oliphant of Comox win the loot, and Torn Kupez of Montreal snagged the cash this week.

Now to finish off, it must be on a stern note of warning. Along with the pollutants in our air, the toxins in our water, and the poisons in our soil, the hazards of air travel and a host of other problems potentially or actually dangerous to life and limb, there is one that has been ignored of late, and that is marriage. It goes to show that if you treat something without the respect it is due, it will blow up in your face, for once again holy wedlock has reared its ugly head and claimed one of our members.

Condolences to the surviving kin of Lt. Kaz Ozeziak, a fine officer, but one obviously who was not blessed with enough discretion to avoid an institution of such insidious qualities, and is this very minute on the precipice overlooking life as a husband. They just never learn.

BGJK



THE FIRST CAVALRY NOW HAS ITS HOME AT FORT HOOD, TX. THE HORSES HAVE BEEN REPLACED BY ARMORED VEHICLES AND TANKS, BUT THE CAVALRY'S FRONTIER TRADITION LIVES ON THROUGH A SPECIAL DEMONSTRATION UNIT CALLED THE FIRST CAVALRY HORSE PLATOON!



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Editorials

Not just kettles

To many of us the Salvation Army is represented by the kettles we see during the Christmas season. They remind us of those less fortunate than ourselves -- those whom the Salvation Army stands ready to help at any time.

Unfortunately, our spirit of concern and charity often dies with the Christmas tree needles and is packed away with the tinsel. Those who are in need, however, are not so easily dealt with. For many of them, need is not a season, it is a constant state of existence!

There are many requests made of those who live more comfortable lives. We are asked to help 'these people', to donate towards 'such and such' a fund, to spare 'pennies or dollars for the hungry'...and so on. Despite the concern and assistance of many levels of governments, and despite the millions of dollars poured into welfare agencies and grants, there are still those who need OUR help. We ARE our brothers' keepers and, communist or Christian, agnostic or atheist, we have a responsibility for the less fortunate and the underprivileged. In the words of John Donne, "No man is an island".

The less fortunate? The underprivileged? Who exactly am I talking about? If we look at the 41 different services operated by the Salvation Army in Greater Vancouver alone, we can see how broad a range of human problems there is -- and how

many the Salvation Army is trying to help.

For Senior citizens, the Army has Southview Lodge and for unmarried mothers, there is the Maywood Home. Dunsmuir House is a men's hostel in the city. Other services include Camp Sunrise which offers holidays to some who would not otherwise be able to leave the city and, to most of us, the name of Grace Hospital is well known.

At all times, the Army operates a drop-in centre, "Crosswalk" but in every Corps location in Greater Vancouver, people can also find a sympathetic ear and the opportunity for counselling. Support is given in both spiritual and practical ways and it is this universal love for mankind that endears the Salvation Army to all of us. The Army does not see 'need' in terms of color, sex, race, religion or any other artificial barrier. It sees 'need' in terms of humanity and stretches out its hand accordingly.

But all this help cannot be given voluntarily and without cost. Each year, the Salvation Army, through its Red Shield Appeal campaigns for funds. The objective this year is \$750,000. (Think about that in terms of all the services it operates!) Approximately half of the amount comes from business and professional people. The balance the Army hopes to raise through its residential blitz.

Courtesy Vancouver Board of Trade.

Enterprise -- free or competitive

Isn't it strange how, in any election, all the old hackneyed expressions are brought out from behind the woodwork, are dusted off and become part of someone's platform? One some of us find objectionable is "free enterprise". Enterprise in this country is not free -- and if it isn't here, where is it?

What one might say in describing enterprise is that it is private or that it is part of the Competitive Market System. The business leaders who clamour for government to 'let business alone' would die of fright if any government took them at their word. For it is not only factory acts, workmen's compensation, old age pensions, minimum wage laws and public utility commissions which would disappear; it is also tariff protection, loans, guarantees, subsidies, bounties and half a hundred other government services and aids to business. Incentives to small business, federal government banks and hosts of other programs would cease along with the Labor Code and Statutory Holidays.

For every ounce of help or protection given to the private sector, an equal or compensating demand is made by government. Government is not the only reason enterprise is not free but let's look more closely at it. Government takes its share of profits, or adds to losses, by taxing corporations through sales and income taxes. It demands duties and tariffs on imported materials, it requests licensing, regulates trade and makes enormous demands for statistical and other paperwork. These demands are the price for the protection given some domestic industries and the subsidies, services and

allowances available to business and industry.

Government is, therefore, one pressure on business. Labor is another. It is the nature of the labor movement to try to sell its services for the highest possible wage and the best fringe benefits. The demands may bear little relation to productivity and an increase in labor costs may not necessarily be followed by a commensurate rise in production. No one suggests it automatically should be -- everyone is too well aware that labor demands are, in part, a function of inflation.

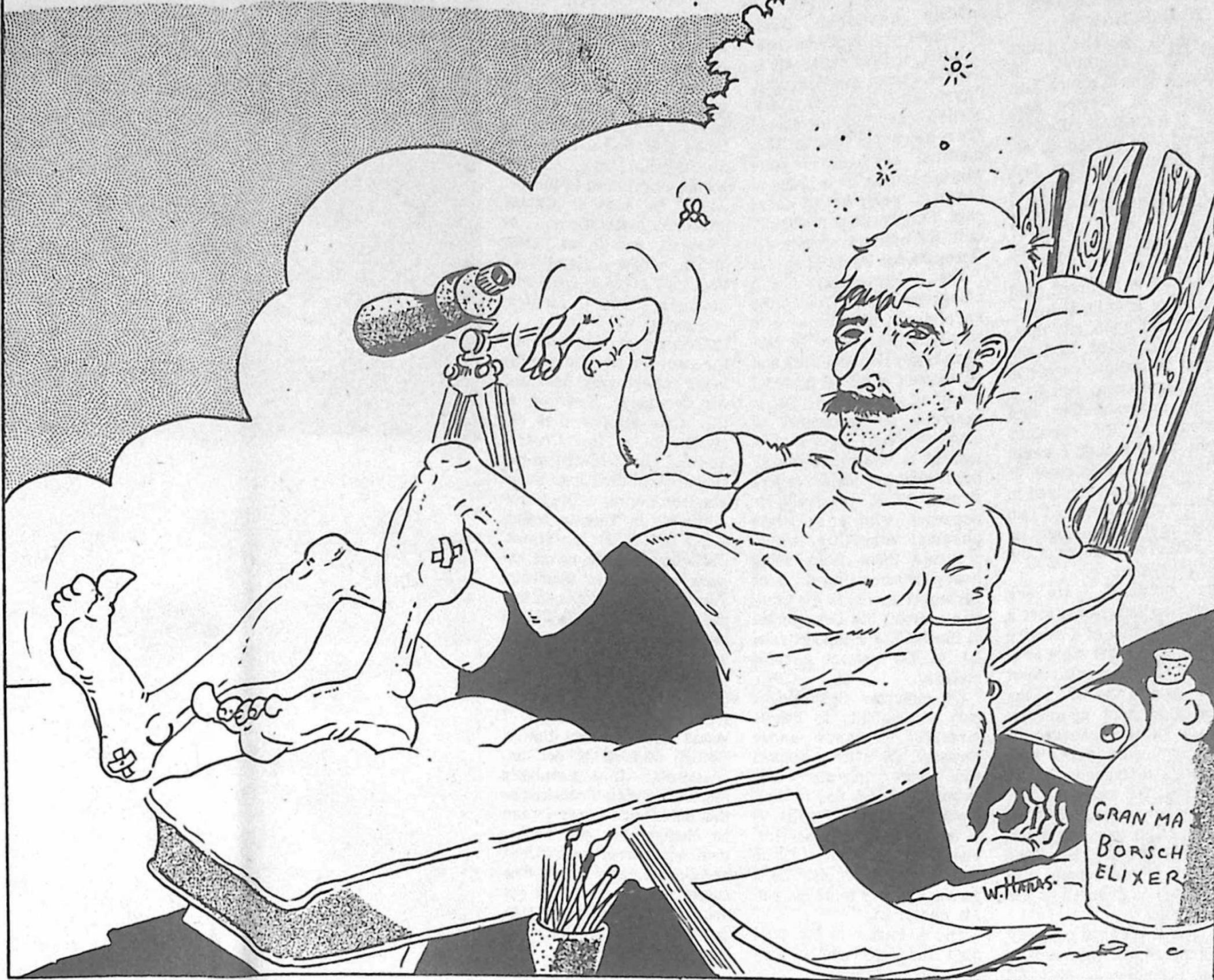
However, rising labor costs cannot always be recovered by raising prices charged by an industry for its products. There is a danger of pricing oneself out of the market. We already hear that Canada is not competitive abroad. Most of us know darn well that we sometimes buy imported goods from countries with lower costs of living and labor, because those goods are cheaper.

The third force preventing enterprise from being free is our social conscience. It's not enough for companies to produce goods and jobs. Most operate in a goldfish bowl and must be SEEN to be fair. If not? Labor becomes antagonistic and consumers grow resentful. Canadians have grown aware of their environment and the need for its protection but a balance has to be struck between green grass and new industry or housing.

Government, labor and our social conscience -- all three affect private or competitive enterprise. It is far from free. It seems about time to bury the expression, once and for all, and call it what it is.

Courtesy Vancouver Board of Trade.

DUE TO SPRING FEVER
THERE WILL BE NO CARTOON
IN THIS ISSUE -- SO THERE!



Guest Editorial

Hats off to all the Canadians

As guest editorialist this month I would like to dedicate this column to the Canadians and title it "Hats off to the Canadians".

Nowhere, but nowhere else in the world can one find such a harmonious working and living relationship as we enjoy between our two countries.

This spirit and co-operation becomes even stronger when one analyzes the joint effort between our military forces in NORAD, with the single purpose of defending our homeland. An example of this co-operation happened not long ago when our quiet, unassuming Northern neighbor rescued several Americans and brought them safely home, thus saving them from an unknown fate of being held hostage.

The Canadians sheltered our people and treated them as their own, completely disregarding their own welfare or fear of reprisal. To these gallant Canadians who brought our people home I say "Hats off".

Gallantry and professionalism have always been the hallmark of the Canadian Forces. I base this on my

association with the Canadian military over the past 25 years and my small amount of knowledge on their history.

I had my first working relationship with these folks at Tyndall AFB, Fla., where the Canadians attended the USAF Interceptor Control School. Their expertise and knowledge in controlling aircraft and the myriad of other details that go along with the Air Defence mission was amazing.

These "new students" took over and efficiently operated the entire command and control center during their first live intercept training session.

It goes without saying that all the instructors were speechless over this effort. Where had they gained this knowledge? The senior class member, observing the strict protocol that has been the bastion of their military service, related that he had received a slight injury when "mosquito" crashed and that he was then posted to air defence duties with a radar unit.

This was during the period we now call the "Battle of Britain". Experience, yes I would say he had some experience. What is even more important, this ex-

perience was passed down to the younger people to weld the entire group into an effective unit.

Prior to their "graduation", (as if they required further training) this group of Canadians helped to establish and organize the most modern Air Defence system in the world. The contributions of these Canadians, based on their real world live battles played no small part in developing the current NORAD air defence system. Again, I say, "Hats off to the Canadians".

So Blue-suiters, when you see the maple leaf flag flying high or stand at attention to the strains of "O' Canada" it's perfectly alright to let a sentimental tear come to the corner of your eye. These green-suiters and their country deserve our tribute for they have proven themselves in peace and in war and have steadfastly maintained the strong military tradition that makes them an effective fighting force.

We can be justifiably proud of our association.

"Hats off to all the Canadians."

By Col. Glenn E. Mays
Special assistant to 25th AD Commander
Courtesy 'Skywatch'.

Letters to the Editor...

Forgot Brenda

Dear Sir:
After receiving many copies of your Base paper, Totem Times, may I comment, on behalf of my family and I, we really enjoy them as we have relatives in the service. Plus a lot of friends. We would like to wish you belated Birthday wishes.

In that issue Vol. 22, March 20th paper, we would like to ask who is the young lady on page 14 in the right hand corner? She must have a name and we noticed all through your paper everyone else had their names printed. I feel that if this young lady

takes her days to go do volunteer work for you at least you owe her the courtesy of printing her name. Volunteers today are priceless. So please show her your appreciation, even if it takes time to take another picture, with her name. We wish your paper many years of success.

Sincerely,
Mrs. John MacLeod,
Dartmouth, NS

Thanks for straightening us out. You are absolutely right. The young lady is Mrs. Brenda Adams and her work is very much appreciated. Ed.



Brenda Adams

B. Block damage

A memorandum was recently distributed throughout the barracks of CFB Comox. The contents of the memo stated the \$1440.64 cost of "barrack damage" (vandalism would be a more appropriate term) and the subsequent procedures that would be carried out if the

damage was not curbed.

One procedure was to have ... "the cost assessed against all personnel who live on the floor where the damage occurred" ... This procedure is unjust as its originator is grouping all living in personnel as vandals, and is

buck-passing the cost of barrack vandalism on their shoulders.

There is a paid Military Police force on this base, and their inability to apprehend those vandals responsible is not reason enough to make scapegoats of others.

Pte. Oberski.

CNA TOTEM TIMES

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

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The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper item. Advertising is an offer to sell and may be withdrawn at any time. Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0.

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

CF news

Andrak express

OTTAWA — About 1000 Canadian soldiers and airmen have just returned to Canada following a major NATO winter exercise, Anorak Express, in northern Norway which began Feb. 28.

The Canadian contingent was made up primarily of the 1st Battalion, The Royal Canadian Regiment (RCR) from London, Ontario with supporting artillery, helicopter and logistic units from Petawawa.

This battalion group is Canada's commitment to NATO's Allied Command Europe Mobile Land Force (AMF(L)), an air mobile force designed for rapid deployment to NATO's northern flank.

During the first week of the exercise, a forward company of Canadians under the command of Major Jeff Hutton was sent to the northern city of Tromsø to travel throughout the region to show the Canadian flag — a tactic called deterrent patrolling.

"We were there to demonstrate that Norway's NATO allies are ready and prepared to fight alongside the Norwegian forces in the event of attack," said Hutton.

In evidence during these patrols and throughout the exercise has been Canada's newly purchased AVGP Grizzly, an armoured personnel carrier, eight of which were in Norway.

"It's ideally suited for this type of patrol work," commented Lt. Wayne Tuepah, a platoon commander with the deterrent patrol party.

Following the exercise scenario, the enemy forces were not warned off by deterrent patrolling, and on the morning of 14 March, the battle broke out.

The North (enemy) forces made up of a Norwegian battalion, U.S. Marines, U.K. Royal Marines and Netherlands Marines made separate beach landings on Aursfjord. Pushing south they

encountered the allies made up of troops from Canada, U.K. U.S., Norway, West Germany and Italy. The total number of fighting troops on both sides was 19,000. Including all support forces, 24,000 NATO troops were involved in Anorak Express.

The battle terminated on March 19 and the results will be assessed by a team of umpires from each nation.

The commander of AMF(L), U.S. Major General Weyand stressed, "The significance of this exercise has been to deploy a large multi-national force rapidly to our northern flank, at the request of the host nation, Norway."

Following the field training exercise, artillery and mortar units from Canadian land forces plus CF 5s of our deployed air forces participated in combined live firing exercises in the area. This was particularly valuable training for D Battery, 2 Royal Canadian Horse Artillery, Petawawa as it gave many of them their first experience in live firing in a mountainous terrain firing range.

The RCR also participated in the NATO Challenge Cup competition — a 10 kilometre forced march punctuated by live rifle firing. Point totals of the various NATO-nation teams were very close with a team from the British battalion emerging the winner.

Redeployment to Canada was carried out by CC-130 Hercules and Boeing 707 aircraft from Trenton's 436 and 437 Transport Squadrons, as well as Hercules from 435 Transport Squadron, Edmonton. Fewer flights than those required for the deployment phase were flown, for, though all of Canada's military equipment was airlifted to Norway, most of the heavy equipment will return on a Norwegian freighter.

4 GMBG M.P. Motorcycle course

"Most of them couldn't believe they would be doing it," said Corporal Paul Melanson, a Lucan, Ontario native, of the thirteen mud-spattered and drenched graduates of the 4 Canadian Mechanized Brigade Group Military Police Platoon's motorcycle course. Their final test was an obstacle course in the Brigades' training area, made a quagmire by spring rains.

"The course is designed to build confidence in themselves and the bike," explains Melanson. Beginning with maintenance "everything short of replacing the motor", driving skills, on and off road, moving through traffic and ending with a 24-hour cross-country navigation and riding test — six hours are allotted for sleeping — and an obstacle course simulating situations they could expect to find on a battlefield.

The bike, a Canadian-built CANAM 250, bought by the Forces in 1978, "has a lot of power for its size and weight and is sturdy," says Melanson.

Major Bill Bewick of Headquarters, Canadian Forces Europe, was involved in the early motorcycle training program set up in Calgary in 1979. He describes the bike as "basically the street version of the CANAM 250 but with some military modifications to equip it with a radio, larger battery, special wiring for the lights and a machine gun mount...and of course, it's painted olive green". He shares Cpl. Melanson's praise for the durability of the bike. "It has a good road capability and because of its high skid plate and low C of G (Center of Gravity) it is very good for cross-country and it is very strong."

Because of its off road capability and quiet running, the bike is used as a reconnaissance vehicle and for dispatch riders and military police. That explains why Melanson, a military policeman at Canadian Forces Base Lahr, West Germany, had students from the artillery and armoured regiments, the service battalion and engineers, as well as 4 M.P. Platoon.



WATER FILLED ruts left by tracked vehicles in 4 Brigades training area provide a test of skill and confidence for students on 4 M.P. Platoon's motorcycle course.

(Canadian Forces photo by Sgt. J.C. Rodger)

Senior appointments

OTTAWA — Defence Minister Gilles Lamontagne today announced new appointments for three Canadian Forces senior officers.

Lieutenant-General Gerard Theriault, 47, of Stanstead and Riviere-du-Loup, Que., deputy chief of the defence staff at National Defence Headquarters (NDHQ) in Ottawa will become vice-chief of the defence staff. He will replace Lt.-Gen. Ramsey Withers, 49, of Toronto, who has been appointed chief of the defence staff.

Vice-Admiral John Allan, 52, of Kirkland Lake, Ont., currently commander of Maritime Command, Halifax will return to Ottawa to become deputy chief of the defence staff.

Lieutenant-General Kenneth Lewis, 50, of Calgary, deputy commander-in-chief North American Air Defence Command at Colorado Springs, Colo., since 1978, will assume command of Air Command, with headquarters at Winnipeg. He replaces Lt.-Gen. George MacKenzie, 48, of Halifax and Ottawa, who retired in April.

Lt.-Gen. Theriault trained as a pilot with the Royal Canadian Air Force and flew jet fighters with Canadian commands in France and West Germany. He is a former commandant of College militaire royal de Saint-Jean, Que., and commander of 1 Canadian Air Group (1 CAG) in Lahr, West Germany. Prior to assuming the duties of deputy chief of the defence staff he was deputy commander of Air Command.

Vice-Admiral Allan joined the Royal Canadian Navy as an ordinary seaman in 1946. He attended Queen's University where he obtained a bachelor of science degree in electrical engineering. Previous appointments include commander of HMCS Qu'Appelle, manager of the DDH 280 program at NDHQ, commander of First Canadian Destroyer Squadron and director general of maritime engineering and maintenance.

Lt.-Gen. Lewis has a long career in jet-fighter operations, flying F-86 Sabre and CF-104 Starfighters in Canada and West Germany. He is a former commander of 1 CAG in Lahr and Air Transport Command at Trenton, Ont. With the establishment of Air Command in 1975 he became deputy commander and in 1976 was appointed deputy chief of the defence staff.

Service women

OTTAWA (CFP) — The first servicewomen selected for trial employment at sea will join Maritime Command's fleet diving support ship HMCS Cormorant later this month. The eight-member group will include one officer, one sergeant and six other ranks.

The project is part of the Canadian Forces three-to-five year trial to evaluate the performance of women in military roles traditionally

assigned to men.

The trial also involves assignment of women to "near-combat" units, support units, aircrew positions, geographically-isolated locations and as students at a military college.

The ship selected for the trial, HMCS Cormorant, was commissioned in November 1978, to provide underwater activity support for Maritime Command.

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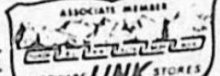
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*Alternators
*Voltage Regulators
*Starters
*Rewind Electric Motors
*Tune-Ups
*Fast Service
COMOX VALLEY AUTO ELECTRIC
(Foot of Ryan Road Hill)
338-5073

JRC darts

The Junior ranks Club dart league came to a conclusion Monday night after 29 heart-throbbing weeks of dart play. The league consisted of eight teams with six to eight players on each team. Every league night each team would play nine games of 1001 double out. The league leaders changed the lead eleven times in the latter part of the season. The final night of the season was the 21 April '80 with only 8 points separating the top five teams.

The season ended with team seven consisting of Drainsfield, Smith, Dick, Emerson, Leeuw, Kuchar, Taillon and Bullard taking the top honor and the second place team consisting of Sayer, Doyer, Finnie, Pimlott, Dixon, Besaw, Statler, and Gray. The point spread between first and last was only 25 points.

The season playoffs was played on the 28 April '80 in the format as the regular season except that each team would play one game against every other team in a sudden death format. A maximum of seven points could be achieved during the playoffs.

At the end of five games there was a four-way tie for first and at the end of six games there was a three-way tie and at the end of the seventh game there was a two-way tie between Cameron's Marauders and Munroe's Misfits.

In the last minutes of the game the Coca-Cola Kid froze at the line and left the try to his teammate Eric Munroe for the double-out and win the play-off championship. The playoff winners were Munroe, Chesnut, Wilk, Farrell, Sinclair, Grant, West and taking second place was Cameron, Landry, Ferguson, Futch, Jones, McNaughton and Llewellyn.

I would like to thank all the league officials and players for a season that in my mind has been the best in the three years I've been in the league. I would also like to thank the league for the support they have given me during the season. I am only sorry that just a few receive recognition at the end of a season and so many deserve it.

Other awards:
High shot of season, Ed West 174.
High score of season, Don Drainsfield 465 divided by 4 equals 116.25
Most double-outs season, Bob Sayer 68
High average of the season, Bob Sayer 61.04.
Perfect shots (180's) Landry, Drainsfield, Ronaldson, Chesnut, Williams, Anderson and Sayer.

CV fastball

COMOX VALLEY FASTBALL LEAGUE
TEAM CODE

1. Anchor Garage
2. Arbutus Hotel
3. CFB Totems
4. Leakey Logging
5. John Cliffe
6. King George
7. Kierstead Electric
8. C.R. Cougars
9. Westley Hotel
10. C.R. Blues

May and August games will start at 6:45 p.m.
June and July games will start at 7 p.m.
2 behind scheduled games denotes late games and will start 15 min. after early game or about 8:30 p.m.
First named team will be the HOME Team.

4-9 Tues., May 6	6-8 Tues., June 24
1-6 Tues., May 6-2	1-5 Tues., June 24-2
3-8 Tues., May 6	4-5 Tues., June 24
5-10 Tues., May 6	7-9 Thurs., June 26
7-2 Thurs., May 8	10-5 Thurs., June 26
10-4 Thurs., May 8	8-3 Thurs., July 3
7-1 Tues., May 13	4-2 Thurs., July 3
8-2 Tues., May 13	9-4 Thurs., July 3-2
9-3 Tues., May 13	5-6 Thurs., July 3
6-5 Thurs., May 15	2-7 Tues., July 8
May 17-18-19 League Tournament	1-7 Tues., July 8-2
2-9 Tues., May 20-2	3-9 Tues., July 8
3-10 Tues., May 20	5-8 Tues., July 8
4-6 Tues., May 20	10-2 Thurs., July 10
5-7 Tues., May 20	5-1 Thurs., July 10
3-7 Thurs., May 22	9-6 Thurs., July 10
8-1 Thurs., May 22	4-7 Thurs., July 10-2
6-4 Thurs., May 22	1-8 Tues., July 15
1-9 Tues., May 27	2-8 Tues., July 15
2-10 Tues., May 27-2	10-3 Tues., July 15
3-4 Tues., May 27	7-5 Tues., July 15
6-7 Tues., May 27	9-2 Thurs., July 17
8-5 Tues., May 27	4-3 Thurs., July 17-2
10-1 Thurs., May 29	7-6 Thurs., July 17
3-2 Thurs., May 29	July 19-20 C.R.
5-9 Thurs., May 29	Cougars Tournament
4-8 Tues., June 3-2	1-10 Tues., July 22
6-1 Tues., June 3	9-10 Tues., July 22-2
9-8 Tues., June 3	8-4 Tues., July 22
3-5 Tues., June 3	6-2 Tues., July 22
10-6 Thurs., June 5	5-3 Tues., July 22 CFB
7-4 Thurs., June 5	7-8 Thurs., July 24
8-10 Tues., June 10	2-3 Thurs., July 24
1-2 Tues., June 10	2-5 Thurs., July 24
6-9 Tues., June 10-2	July 26-27 Leakey
1-4 Tues., June 10-2	Tournament
5-2 Thurs., June 12	9-5 Tues., July 29-2
8-7 Thurs., June 12	9-1 Tues., July 29
3-6 Thurs., June 12	7-10 Tues., July 29
10-9 Tues., June 17	6-3 Tues., July 29 CFB
7-3 Tues., June 17	4-10 Thurs., July 31
2-6 Tues., June 17-2	4-1 Thurs., July 31-2
2-4 Tues., June 17	8-9 Thurs., July 31
3-1 Thurs., June 19	Aug. 2-3-4 Cumberland
7-9 Thurs., June 19	Tournament
8-6 Thurs., June 19	2-1 Tues., Aug. 5
June 21-22 Anchor Tournament	5-4 Tues., Aug. 5
10-7 Tues., June 24	10-8 Tues., Aug. 5
	1-3 Thurs., Aug. 7
	6-10 Thurs., Aug. 7

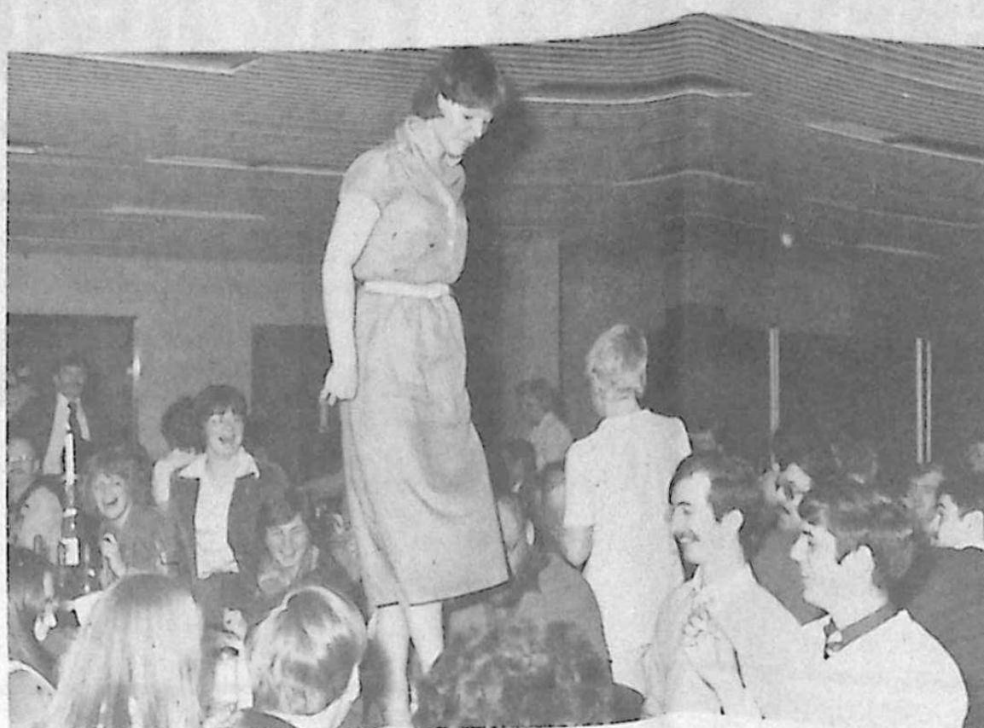
Fitness Facts

Disproving the popular belief that strict dieting is the only effective way to reduce excess weight, a one-year study on 11 obese women by Dr. Grant Gwinup of the University of California produced weight losses of 20 to 38 pounds, all achieved through exercise alone!

At rest, blood moves through the arteries at a speed of approximately 25 feet per second - a little more over 10 miles per hour!

psychologists at the University of Wisconsin Medical School, in a study involving 28 patients suffering from depression, found that for most of them, 30-45 minutes of jogging three times per week was just as good or better than conventional talk therapy!

A two-year cancer survey in Tokyo showed that those who smoke more than 60 cigarettes per day, compared with non-smokers, increase their chances of dying from lung cancer by 28 times!



Best dancer in town

SHE MAY BE A "3" in volleyball, but we'll give Gaetanne Mongeon an "8" for style. Gaetanne and her teammates were celebrating their 3rd place finish in the National Volleyball tourney.

Bunchowski's bullpen

There was only one major league game played in which both pitchers threw no-hitters for nine innings. The Reds were playing the Cubs on May 2, 1917, and the game was scoreless until the Cubs scored a run on a pair of hits in the 10th.

Everyone knows Babe Ruth was the premier home run hitter of his time, whose single season best was the 60 he hammered in 1927. It is interesting to note however, that the first time he led the American League in homers was when he tied Clarence Walker of Philadelphia with just 11 round-trippers.

I realize you must be dying to know, so I just thought I'd mention that Gordie Howe's first fight in the NHL was against Bill Eziniacki of Toronto.

Now back to more recent news. There is a large body of opinion extant that decries the length of professional seasons as if the longer the season, the worse the performance. I find it difficult to understand how loyal followers of certain sports can become upset simply from seeing more of the sport they enjoy.

Granted, longer seasons come into being mostly due to the attractiveness of garnering the extra gate receipts, as well as the additional games made necessary by expansion. This does not however, explain why people moan about the fact that the NHL season extends into May or that several of the pro seasons overlap. So what's the problem?

Does there really have to be snow on the ground in order to watch the Stanley Cup? Is it truly that taxing to decide whether to tune in to a baseball or a football game? What in fact is wrong with long seasons? To listen to the talk these days, most folks feel professional athletes are overpaid for the job they do, so surely you can't complain if they play a few more games to earn their keep.

If the seasons must be

shortened, attention should be directed toward the exhibition schedule. The grapefruit circuit is valuable in assessing the ability of a young player under actual game conditions, but scouting and recruiting these days have been developed so far past the point of the old "we got a kid down in Cactus Flats throws rocks at gophers - could be the next Dizzy Dean", that watching him in exhibition games is likely superfluous. The veterans, of course, generally hold the pre-season stretch in disdain, and would much prefer to get on with what they are paid for.

So there really seems to be no valid reason to shorten pro seasons. A small case can be made for the football seasons to be terminated before the foul weather days of November-December, but this problem could be alleviated by shifting the season back - not shortening it. If you can enjoy a pro season for 7/8 of the schedule, it is ridiculous to whine and scream because you don't have the privilege of freezing your duff off during the Stanley Cup finals, or because the World Series is postponed a day during inclement fall weather.

Now how about if old Freddie Bunchowski sticks his neck out on a few predictions?

In the NBA, I have to say Boston. The Celtics amazing comeback from a disastrous previous year cannot end in any other way than with the NBA championship.

The NHL is a tough pick, but I'll have to go with Philadelphia. Minnesota shot their wad against Montreal, Buffalo lacks the depth of the Flyers, and the Islanders took advantage of a Boston team that had been playing sub-par hockey for a month.

I lived by the maxim that if you must make a fool of

Steelhead Quiz

Steelhead fishermen throughout British Columbia are being asked to fill out and return a questionnaire which they will be receiving shortly from the ministry of environment.

Environment minister Stephen Rogers said the cards are sent out to a random selection of steelhead licence holders who are asked to supply information on where, when, and for how long they fished, and their success or lack of it in each area. Even those steelheaders who didn't catch a fish, or never went fishing last year, are asked to complete and return the questionnaires, said the minister.

Information gathered from the questionnaire will help ministry staff plan future management programs for this famous fighting and eating fish, including provisions for both protection and enhancement - where necessary.

Returns from last year's questionnaire showed that there were an estimated 15,000 steelheaders in B.C. who spend a total of approximately 159,000 days angling. About 6,700 were successful, catching an estimated 39,500 steelhead. Of this total, about 14,700 fish were kept, and the remaining 24,800 were released by the anglers.

Recipients of the self-addressed, postage paid cards are urged to fill them out and return them as soon as possible.

MINISTRY OF ENVIRONMENT
FISH & WILDLIFE BRANCH
Victoria, British Columbia

FISHERIES PUBLIC NOTICE NOTICE TO ANGLERS

WILD STEELHEAD RELEASE FISHERY FOR SALMON,
OYSTER, ENGLISHMAN AND LITTLE QUALICUM RIVERS

NOTICE IS HEREBY GIVEN THAT PURSUANT TO THE AUTHORITY VESTED IN THE UNDERSIGNED BY THE BRITISH COLUMBIA FISHERY (GENERAL) REGULATIONS, SECTION 59, (P.C. 1978 - 2096) AS MADE UNDER THE FISHERIES ACT, R.S.C. 1970, C.F. - 14, AS AMENDED, I HEREBY ORDER THAT:

"From April 1, 1980 until further notice a person who fishes in the Salmon, Oyster, Englishman or Little Qualicum Rivers of Vancouver Island in water that is known to contain steelhead shall:

- (a) use no hook on a lure other than a single barbless hook,
- (b) return immediately and unharmed to the water any steelhead that is NOT marked by removal of the adipose fin and having in place of that fin a healed scar."

This conservation measure is required to protect wild steelhead which are critically low in these Vancouver Island streams. Note that sub-section (b) does not apply to hatchery steelhead which are marked by removal of adipose fin (and must bear a healed scar where that fin was formerly inserted).

Signed: D. J. ROBINSON
Director
Fish and Wildlife Branch

March 18, 1980

AIRWEST



TIMETABLE

(Local Times)

EFFECTIVE APRIL 27th, 1980

"We Fly With Pride"

AIRPORT SERVICE
FROM: COMOX AIRPORT
Rsvns. 122-800-663-9545

To: Campbell River Airport	0840	0900	Daily	0	EQUIPMENT USED ON THIS SCHEDULE DC 3
To: Nanaimo (Cassidy Airport)	1740	1810	Daily	0	
To: Port Hardy Airport	0840	1010	Daily	1	
To: Vancouver Airport	1740	1840	Daily	1	
To: Victoria Airport	1740	1850	Daily	1	
To: Vancouver Airport	0645	0705	Daily	0	
	0835	0855	Daily	0	
	0945	1005	Daily	0	
	1100	1120	Daily	0	
	1250	1310	Daily	0	
	1420	1440	Daily	0	
	1620	1640	Daily	0	
	1750	1810	Daily	0	
	1820	1840	Daily	0	
	1905	1925	Daily	0	
To: Victoria	1830	1850	Daily	0	

Golf news

Good news. The practice putting green has been leveled and sodded (green side up) and will be apexed for putting in conjunction with the Friday night mixed two ball on the 30th of May. The gas barbecue is in place and steaks with all the trimmings are available at the bar for a minimal cost of three dollars per steak. The Friday night mixed two balls start this week Tee off at 6 p.m. and they will be bi-weekly for the remainder of the season.

Next Wednesday the 7th of May will see the first of the card nights in the clubhouse and then bi-weekly for the remainder of the season, cribbage will be the first tournament starting at 8 p.m. Results of the last two tournaments are:

The mixed two ball
1st low gross: Francine Ray and Glen Caslake.
1st low net: Mary Shaw and Rod Verchere.
Most Honest (Booby Prize):

Fran and Pierre Lahay.
The Early Bird ended with the following winners:

A Division: Low Gross: Darin McGibney.
Low Net: Gen Caslake.
Most Honest: Warren Campbell.
Division B: Low Gross: Bud Hickson.
Low Net: Brent Karila.
Most Honest: George Whitehead.

C Division: Low Gross: Gary Sutherland.
Low Net: Keith Geldert.
Most Honest: Margaret Nex.
Longest Drive: Men: Darin McGibney.
Ladies: Francine Ray.
Closest to the Pine: Dick Nex.

The big trophy winners were: Men's Low Net - Glen Caslake; Ladies Low Net - Kay Banks and Junior Low Net.
Now how's that for Sand Bagging. See you on the links.

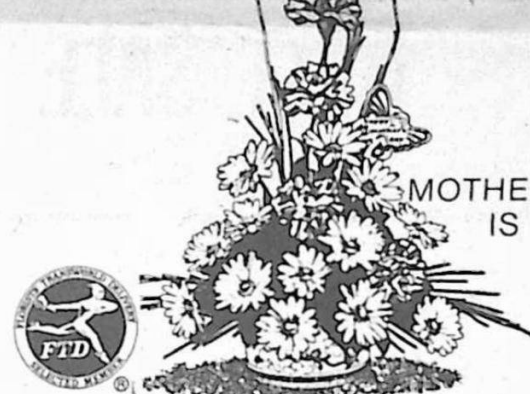
BALL PLAYERS URGENTLY NEEDED!!

ARE YOU
BASE TEAM CALIBRE?

If interested
Call:

PETE WITTER
Local 1

Send Mom our FTD Big Hug Bouquet early.



MOTHER'S DAY
IS MAY 11.

You'll be sending her fresh carnations for the times you lost your shoes. Daisies for the times you lost yourself. And an exclusive FTD hand-decorated Posy Pail™ for the times you forgot to remember. Call or visit us today. We can send the Big Hug™ just about anywhere...the FTD way.

COURTENAY 338-6736 DRIFTWOOD
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238 FIFTH STREET 334-3441 DRIFTWOOD MALL

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COMPLETE LINES of bras and foundations for all sizes.

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EXOTIC LINGERIE for the daring.

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MAY 1, 1980 - MAY 10, 1980

WHILE QUANTITIES LAST



OPEN
 MONDAY, TUESDAY, WEDNESDAY
 FRIDAY
 9:30 A.M. - 5:00 P.M.
 THURSDAY
 9:30 A.M. - 9:00 P.M.
 SATURDAY
 9:30 A.M. - 4:00 P.M.
 CLOSED SUNDAY

CHECK OUR TOY DEPARTMENT

NEW SHIPMENT JUST ARRIVED!

KITES **1¹⁹ to 2¹⁹**
 KITE STRING **39^c & 69^c**
 FRISBEE **3⁷⁹**

MIRACLE
BUBBLE LIQUID
 240 ml.
59^c

SERVING AUTHORIZED
 PATRONS ONLY

**BAGS OF
 MARBLES**
79^c

WATER SQUIRTERS
39^c & 69^c

BEACH TOYS
 BUCKETS
 SHOVELS
 ETC.

SPACE TROOPER
PIGGY BANKS

CLEARANCE **37^c**

EVERYTHING YOU
 NEED FOR BUILDING
 YOUR OWN MODEL
 PLANES, BOATS, ETC.

- INDIVIDUAL PAINTS
- BRUSHES
- PAINT KITS

**BIRTHDAY PARTY
 SUPPLIES**

CAKE DECORATIONS **69^c**
 CANDLE HOLDERS **35^c**
 CANDLES **39^c**
 PARTY HORNS .. **79^c & 99^c**
 BALLOONS **39^c**
 PARTY FAVOURS **79^c & 85^c**
 SKIPPING ROPES **89^c**

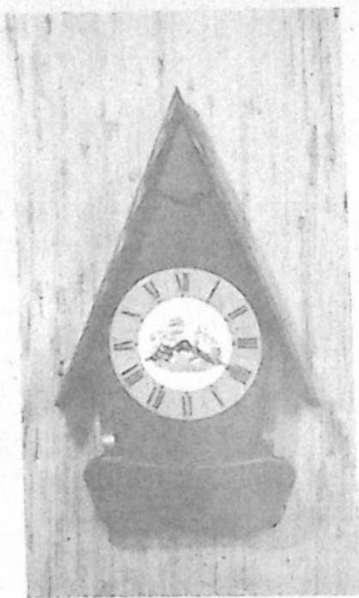
**BEACH
 BALLS**
69^c & 89^c

**! NEW !
 "BABY BESS"
 6⁹⁹**

SWIMMING AIDS
 FOR CHILDREN
ARM FLOATERS
99^c

DON'T FORGET TO ENTER OUR
**FAMILY ALLOWANCE
 DRAW**
25⁰⁰ GIFT CERTIFICATE
 EACH MONTH

NEXT SALE - **"SUNSATIONAL IDEAS"** - MAY 12 - 17

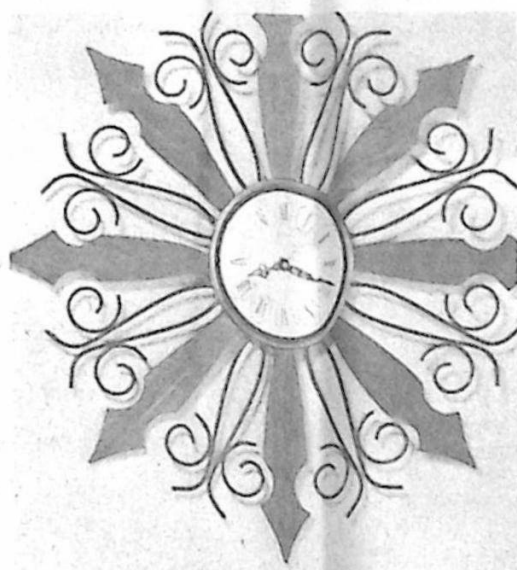


H702 - Chalet styling in rich dark stained wooden case. Planter box and scalloped roof line accent a rich baked enamel dial with farm scene. 23-1/2" x 13-3/4".

79⁹⁹

NEW
 SHIPMENT
**DECORATOR
 WALL
 CLOCKS**

As Pictured
 - Plus Others



PW7101 - Cordoba - black wrought iron frame accents fancy walnut spokes for the look of luxury. Antique hands, Roman numeral dial. Battery movement. 24" diameter, dial 7".

59⁹⁹

**NEW ARRIVALS
 IN LADIES' CLOTHING DEPT.**

Blouses, Skirts, Slacks, Dresses, Suits
 JUST IN TIME FOR MOTHER'S DAY

BENTON PURSES

8⁹⁷

Variety of Styles

FANCY SOAPS

Gift Packed
 3 BARS EACH

1⁹⁹

BOHEMIA
 24% **LEAD CRYSTAL
 BELLS**

11⁹⁹

MINI-MITE
CURLING IRON
 By Charlescraft

9⁹⁹

ELECTRIC
**ONE BURNER
 WARMING TRAY**

5⁴⁹



Make It A
 care-free
 MOTHER'S DAY

Happy Mother's Day



OPEN
MONDAY, TUESDAY, WEDNESDAY
FRIDAY

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

THURSDAY

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

SATURDAY

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

CLOSED SUNDAY

JOHNSON & JOHNSON
COTTON SWABS
400's

1⁹⁷
SPECIAL

MOTHER'S DAY
IS SUNDAY, MAY 11th

CHARGEX

VISA

master charge

HEALTH & BEAUTY AIDS SPECIALS

JOHNSON & JOHNSON
BABY SHAMPOO
850 ml.

3⁸⁷
SPECIAL

EFFERDENT
DENTURE TABLETS
48's

1²⁷
SPECIAL

MR. BUBBLE
800 g.

2³⁷
SPECIAL

AGREE
CREAM RINSE
Reg. and Ex. Oily
225 ml.

1²⁷
SPECIAL

AGREE
SHAMPOO
Ex. Gentle - Ex. Oily - Regular
225 ml.

1⁴⁷
SPECIAL

JOHNSON & JOHNSON
BABY POWDER
680's

2⁹⁷
SPECIAL

ENO
FRUIT SALTS
200 g.

1⁶⁷
SPECIAL

NOXZEMA
SKIN CREAM
110 g.

1⁴⁷
SPECIAL

MENNEN
SPEED STICK
DEODORANT

- HERBAL
- LIME
- WILD MOSS
- REG.

75 g.

1⁴⁷
SPECIAL

LADY PATRICIA
SHAMPOO
Regular and Egg
350 ml.

87^c
SPECIAL

WELLA BALSAM
SHAMPOO CONDITIONER
500 g.

2⁷⁷
SPECIAL

GILLETTE FOAMY

- Reg.
- Menthol
- Lemon Lime

200 ml.

1¹⁷
SPECIAL

CLAIROL
FINAL NET HAIRSPRAY

227 ml. **1⁷⁷**
341 ml. **1⁹⁷**

JOY
DISH DETERGENT
24 oz.

1²⁹

IRISH SPRING
STICK
DEODORANT
75 g.

Sugg. Retail
139

1¹⁹
SPECIAL

CLOSE UP
TOOTHPASTE
150 ml.

1³⁹

ROWNTREE
QUALITY STREET
CHOCOLATES & CARAMELS
2 lb. Tin
MOTHER'S DAY
SPECIAL

6⁴⁷

SUNLIGHT LIQUID
DISH DETERGENT
500 ml.

87^c

IVORY LIQUID
DISH DETERGENT
32 oz.

Sugg. Retail
1.95

1⁶⁹
EX PRICE

MAXWELL HOUSE
PERC COFFEE
1 lb.

3¹⁹

DUNCAN HINES
"SNACK"
CAKE MIXES

- BUTTER PECAN
- GOLDEN CHOC. CHIP
- SPICY APPLE RAISIN

99^c

Promotions and awards



LCol CLEMENTS is shown presenting badge of rank to recently promoted WO John Schroeder. WO Schroeder is employed as NCOI-c of the Management Information Section of Base Supply.



SGT. O'BRIEN is congratulated on his promotion by LCol Clements. Sgt O'Brien is employed as NCOI-c of 2 Supply Group for Base Supply.

Accelerated promotion



CPL MIKE WRIGHT MAR ENG 311 of the Marine Rescue group was recently promoted to the rank of Corporal. He received his hooks and congratulations from Maj Don Breer BTNO. Mike joined the Canadian Forces 17, June 1977.



CPL. WOLFGANG WOLF, Radar Controller is congratulated, by Lieutenant Colonel S.E. Burrows BOpsO, on his promotion to MCpl.



LIEUTENANT COLONEL S.E. BURROWS, BOpsO, congratulates WO Peter Morin, Senior Radar Controller, on his promotion to MWO.

Master Driver Award



CORPORAL DAVID H. MacLEAN of CFB Comox was recently awarded a Master Driver Award from National Defence Headquarters in Ottawa. The award, signed by Admiral R.H. Falls, Chief of Defence Staff, represents twenty years of accident free

vehicle driving in the Canadian Forces. Colonel T.T. Burgess, Base Commander CFB Comox made the presentation on behalf of Admiral Falls. Major D. Breer, (right), CFB Comox Base Transportation Officer was also in attendance during the presentation.



THE BASE HOSPITAL has a new Sgt. The BSurg, Maj. Bardsley, is shown here presenting the long awaited 3rd stripe to MCpl Rex Pitcher.

CFB COMOX RESTAURANT GUIDE



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HAMBURGERS • SANDWICHES
FISH & CHIPS • PRAWNS & OYSTERS
SOFT DRINKS • COFFEE & TEA
DESSERTS

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BROWNIES

fried chicken

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Sun. Noon - 8 p.m.



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7 DAYS A WEEK.



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Ice Cream • Burgers • Fries • Sundae • Party Ice

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before you arrive!

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PHONE 334-4416

OWC views new spring fashions

Thursday, May 1, 1980

CFB Comox Totem Times 11

BY SUE MCKINLEY
Spring filled the air at the Officers' Mess on Wednesday, April 16th, as the Officers' Wives Club presented its annual spring fashion show. Fashions by Roxanne's, shoes by Two's Company, hats by Leslie's and jewelry by His N' Hers were attractively co-ordinated and shown by our volunteer models. Commentary was provided by Shirley Robb as each model paraded a variety

of outfits including lounge wear, bathing suits, daytime and evening attire. Our lovely models for the show were Betty Small, Laurel Erhart, Marilyn Books, Sharda Hallet, Helen Clements, Sarah Williams, Mary Dunsdon, and Diane Beech. The models' hair was styled by Nonie Irvin and Gary Johnson of the Bushwackers. Make-up was done by Ruth Veldhuis, independent beauty

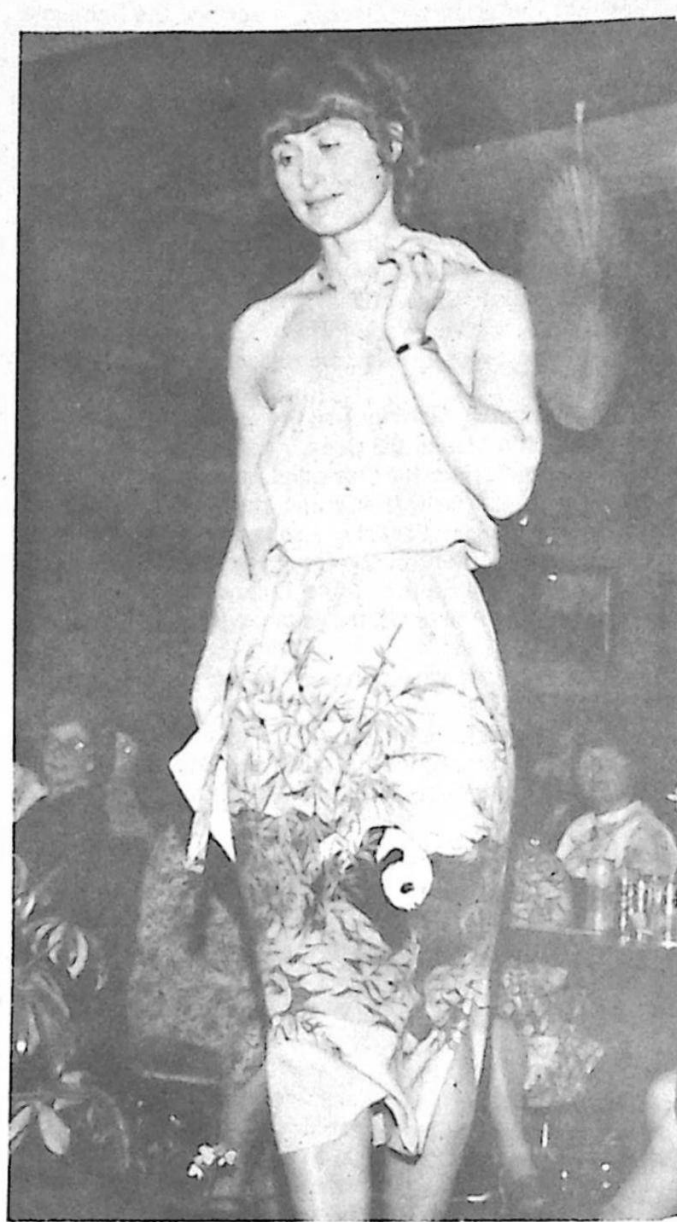
consultant in conjunction with Mary Kay Cosmetics. She was assisted by Irene Hughes and Georgia McLellan. Organist Betty Elliott selected and provided background music; and soloist Belinda Breen sang, accompanied by her guitar, for our entertainment during intermission. Also performing during intermission were those hayseed darlings Carol Harvey-Clark, Marybeth Arnold and Belinda Breen.

Good show, girls! Comox Interiors Ltd. provided carpets for the ramps. Plants and flowers were provided by Albert Bauman and Ted Soles, base gardeners, and the Flower Pot, creating a colorful and delightful spring decor. The fashion show is held annually to raise funds to support local charities. This year the proceeds will go to the Comox Valley Child

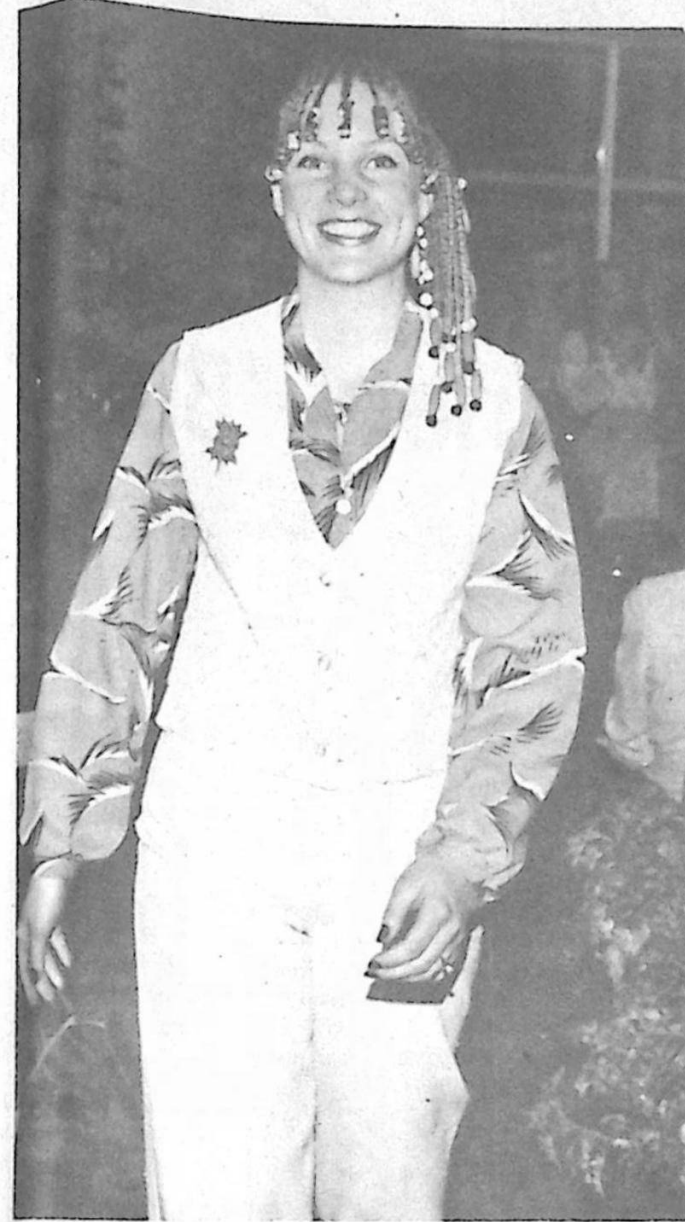
Development Centre Extension and to the Canadian Cancer Society. President Anne Gibbon was very pleased with the success of the event. Much gratitude goes to Jill Toews and Marilyn Books, convenors of the show, and to all our members who assisted with decorating, outfit changes, and other miscellaneous jobs. Also, a special thanks to Kevin Lee who did the lighting. What a spectacular show and one enjoyed by all! Our next meeting will be our closing dinner on May 21st, with punch being served at 6:30 and dinner at 7:30 p.m. Admission for the evening is \$10.00 for members, \$12.00 for non-members and by ticket only. Tickets are on sale through May 7th and may be purchased from any member of the executive. See you there!



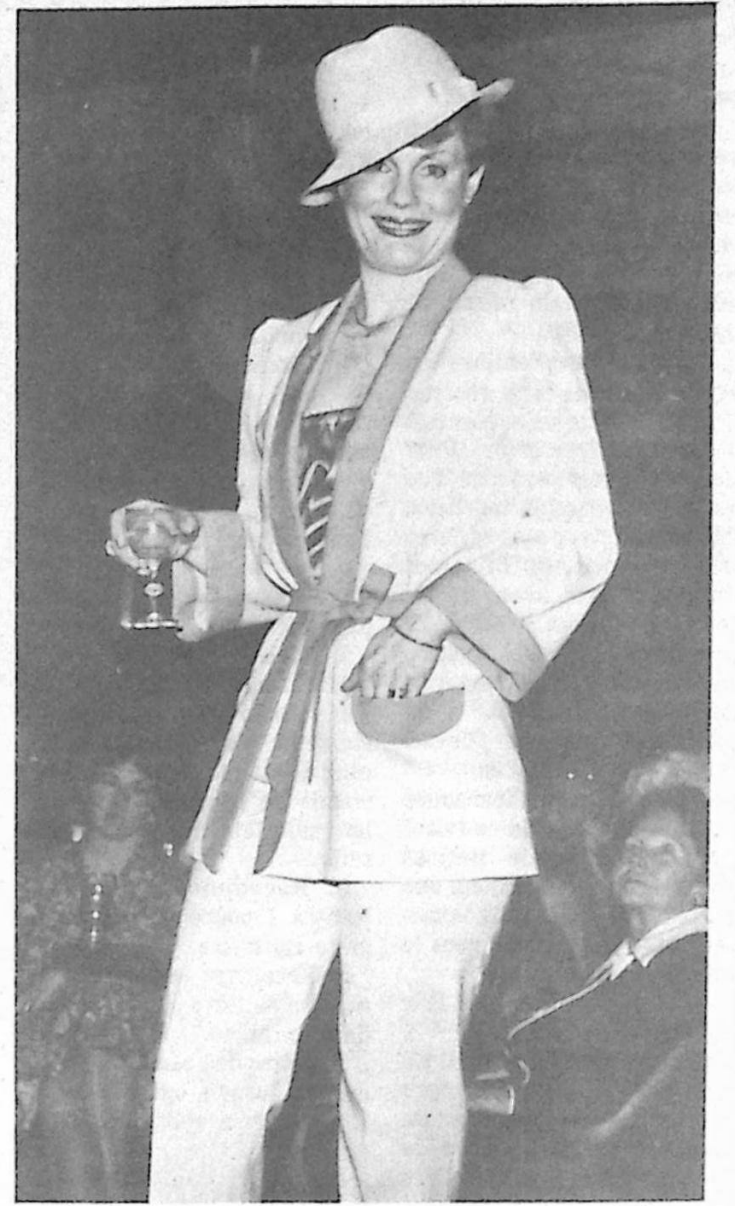
Diane Beech



Betty Small



Laurel Erhart



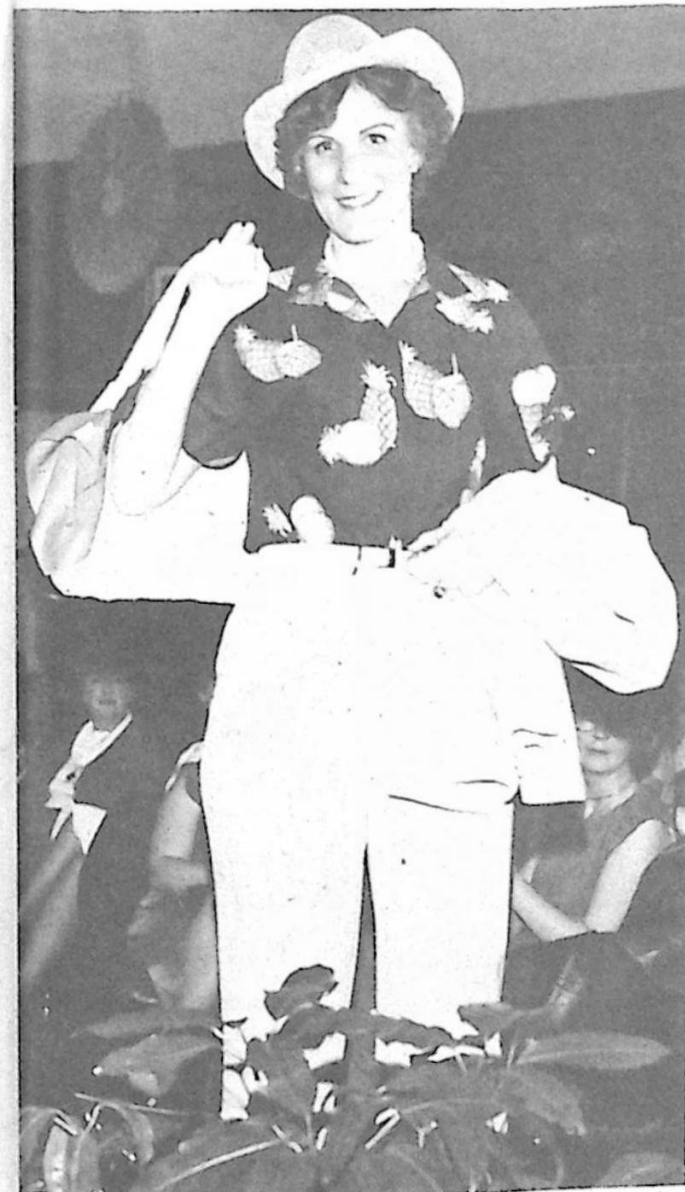
Mary Dunsdon



Helen Clements



Marilyn Books



Sarah Williams



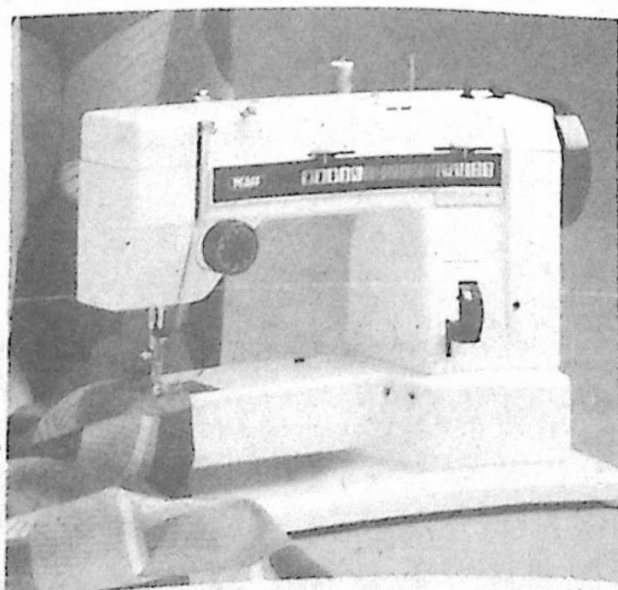
Mary Dunsdon

Photos by Pete Witter

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le lundi, 3 mars
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Cher Lecteur,

Cher lecteur,
Je suis native du lac St-Jean plus précisément de St-Felicien. Il y a une recette qui est typique a notre region dont vous avez surement entendu parler c'est "La tourtiere".

C'est le met que l'on retrouve toujours sur la table du reveillon de Noel, ou lors d'une grande reception. Jusque a maintenant, je n'ai rencontre personne qui n'aimait pas cela meme les becs les plus fin.

Il y a quelques femmes qui m'ont demande cette recette. J'ai pense que cela pourrait aussi vous interesser. Pour debuter je vais vous dire d'ou est venu le nom de tourtiere. Dans le temps de nos arrieres grands-parents, ils faisaient leur tourtiere avec de la tourte. C'etait un oiseau de la grosseur d'un canard, mais de couleur blanche. A cause de son extinction, ils l'ont remplace par le lievre, l'original ou le chevreuil.

Cette recette est transmise de mere en fille, de ce fait il peut y avoir de petites variances d'une famille a une autre. D'ou vient-elle exactement, je ne saurais vous le dire.

C'est tres facile a faire. Elle peut aller au congelateur et etre rechauffee 2 a 3 fois. Il y a des gens qui l'aiment mieux rechauffee et j'en suis du nombre. Je vois donne la recette pour une tourtiere dont la rotissoire a cette grandeur: 18 po x 10 po. x 6 po., si vous n'avez pas de casserole aussi grande prenez en plusieurs plus petites ou si c'est trop, vous n'avez qu'a diviser la recette en 2-3 ou 4. C'est meilleurs si elle est faite en grosse quantite. Si vous n'aimez pas la viande des bois, vous pouvez la faire seulement avec de boeuf et du porc.

Ingredients:
Pate a tarte pour recouvrir

entierement votre rotissoire ou vos casseroles.
1 1/2 livre de boeuf hache
1 1/2 livre de porc hache
1 livre de lard sale coupe en petit cubes
4 tasse d'oignon finement hache (ou selon le gout)
Pomme de terre coupee en cubes (selon le besoin)
Eau froide
Sel fin

Note: Si vous faite votre tourtiere avec de la viande de bois, mettre 1 a 2 lievres crus en morceaux, ou 2 livres d'original coupe en cubes, mais reduire la quantite de boeuf et de porc hache (environ 3/4 de livre de boeuf et 3/4 de livre de porc hache)
Preparation:

1. Etendre la pate a tarte dans votre rotissoire.

2. Meler ensemble votre boeuf et porc hache.

3. Dans la rotissoire, etendre un rang de patates, un rang de viande (boeuf, porc et viande de bois), un rang de lard sale, un rang d'oignon, et saler.

4. Recommencer No. 3 jusqu'a 1 pouce du bord de votre rotissoire.

5. Recouvrir le tout d'une abaisse de tarte avec un trou dans le milieu.

6. Mettre de l'eau froide par le trou, jusqu'a egalite.

7. Couvrir la rotissoire d'un couvercle.

8. Mettre au four 250 degres pendant environ 8 heures (jusqu'a ce que la pate soit bien doree)

Servir avec de la salade, des betteraves dans le vinaigre et des cornichons a l'anet (dill pickles)

Petit truc: vous pouvez preparer tout vos ingredients la veille au soir.

Servez de la tourtiere a vos prochains invites et je vous donne ma parole que votre souper sera un succes.

Sylvie Anctil 339-5391



Variety '80

The Totem Little Theatre is back with their annual spring production of Variety 80. This year under the guidance of Producer-Director, Peter Witter. The cast will be travelling north on the 2nd of May for their first production at the logging town of Ran-nair, then on to CFB Holberg on the 3rd of May before returning to CFB Comox on Tues. and Wed. the 6th and 7th at the base theatre. This year the cast will be performing at the Civic Centre in Courtenay on the 10th of May.

The main attraction of any variety group is the chorus line and the "Totem Trippers" are back again starting off the show with the ever popular Can-Can. These "Ten" gorgeous females will not only dance their way into your hearts, but will tickle your funny bone throughout the show with their numerous comedy skits. As in the past, the Totem Little Theatre is fortunate to have several highly talented singers in the show.

Roslyn Goth a young lady with a beautiful voice will be singing two songs, one of which is "Torn between Two Lovers" a hit record by Mary McGreggor in '79. Then soon to be followed by Chris Lajoie who sang in our 1977 production. Topping off the first half of the show will be the attractive Cher Evans singing about how the Sasquatch came to B.C. The lyrics to this song is clever as well as humorous, guaranteed to make you laugh.

After a brief intermission, Leslie Tenpierik will do her rendition of Star Wars. Leslie is also our choreographer and has done a fine job on this dance. Highlighting the dances will be the "Top Hat" also choreographed by Leslie.

In addition to the song and dance, comedy skits are also an added attraction. If you could remember those "good old days" in school, our first skit will bring back some memories. The Totem Trippers also get into the act and this time as the "Comox Pensioners". The "T" party skit with Linda Witter is a sight to see. For the kids, the totem trippers will be doing "short poems". For those of you who love the art of "Mime" Sherry Cooley, a young talented totem tripper will be showing us how a burglar makes his living.

Finally, if you enjoy game shows "You can almost win" is an unbelievable satire on several popular game shows.

A few special mentions however must go to several people. To Brent Hart who worked with all our singers but will not be able to be with us during show time. Jean Jorgerson will replace Brent while he is away on course. Also, Bob and Kathy Dalmer of Courtenay Little Theatre who provided guidance and helpful suggestions along the way. Also to Sid Williams.

This year's show is well produced and will provide entertainment for every member of the family, so get your tickets early, in Comox at: The Blue Heron Book Store, Western Drugs (Comox Mall) in Courtenay: Arts Alliance and Courtenay Drugs 5th St. Tickets are \$2.50, 12 and under free.



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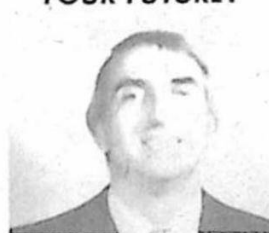
LOG SALVAGE

Submission deadline extended.

Submissions relating to the white paper: "Log Salvage in the Vancouver Log Salvage District" will be accepted until April 30, 1980.

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First Lazo Beavers, Cubs and Scouts parent and son banquet

On Sunday, April 20, 1980, the First Lazo Beavers, Cubs, and Scouts held their annual Parent and Son Banquet at the Airport School. Guests seated at the head table included: Base Commander Colonel Burgess, Base Comptroller Major Baudet, Father Stack, PMQ Mayor Bob Horton, District Chairman Gordon Smylie, Vice-President of Islands Region Ted Crumpton, Fisheries Officer Lyle Freeman, Mr. William Dipsell and Scout Carl Dipsell, Mr. Gordon Synnuck and Cub Michael Synnuck, Cub Lance Schonberg, and Beaver Sean Horton.

Lyle Schonberg, the Chairman of the Group Committee, welcomed the approximately 180 boys and adults, and spoke briefly about the purpose of Scouting and the background of the Scouting movement in the Lazo group. Following the introduction of the guests and leaders, the Beavers, Cubs and Scouts recited their Promises.

The guest speaker, Mr. Lyle Freeman of the Federal Department of Fisheries and Oceans, described the Salmonid Enhancement Program, and showed an excellent film entitled "The Life of a River".

Following dinner, the toast to Lord Baden-Powell was given by Scout Carl Dipsell. Cub Michael Synnuck offered a toast to the parents, to which his father, Mr. William Synnuck replied.

Colonel Burgess, assisted by the Akelas, presented awards to the Cubs which had been earned at a recent Kub Kar Rally. Winners of medallions were: Grey Pack Cubs: Paul Bardsley, Scott MacKenzie and Dan Holloway for Racers; Jeff Bardsley, Brad Erhardt, and Chris Landry for Show Kars; Red Pack: David Doll, Michael Wolfe-Milner and Troy Hamilton for Racers; Lance Schonberg, Donald Smith and Jeff Parker for Show Kars.

District Chairman Gordon Smylie presented framed In Appreciation certificates to the Grey Pack Akela, Paul Leger, who is the District Scouter for Cubs, and to Scouter John Bardsley, a leader in the Grey Pack and the Assistant District Scouter for Cubs. Scouter Bardsley also presented a certificate to Scouter Leger on behalf of the Grey Pack leaders. Both of these men, as well as Scouter Mike Lamoureux, of the Red Pack, will be greatly missed in the organization when they are transferred this summer.

The Cubs provided entertainment by performing several skits.

The Chairman, in his closing remarks, expressed thanks to the guests, participants, and to the ladies who served the dinner. The Group Committee would like to thank the Comox

Flower Pot and the Courtenay Florist for the beautiful flowers used on the tables. Appreciation is extended also to Past Chairman John Baron for his efforts on behalf of the Group Committee and the boys.

L'Association Francophone

Option-Constitution - Elections

1. A l'issue de l'assemblee generale du 21 avril 1980, on optait pour une constitution "FNP" comme fondement legal de l'association dans sa premiere phase d'existence.

2. Un deuxieme pas officiel a franchir consista en l'adoption de la constitution proprement dite, par le vote, lors d'une prochaine assemblee generale.

3. Un troisieme pas sera la tenue d'elections officielles des membres d'un conseil de direction, soient: un e president e, un e vice-president e, un e tresorier e, un e secretaire et les directeurs directrices de differents comites.

AVIS EST DONNE DE VOIR DES MAINTENANT A LA PROMOTION DE SES CANDIDATS ES dans le but d'ASSURER la plus grande qualite de DIRECTION et de REPRESENTATION possible a l'association.

L'Option "FNP"

L'option "FNP" (Fonds Non Publies) se veut la formule de depart de l'association. Cette formule pourra etre revue et changee eventuellement, au fur et a mesure que se preciseront les orientations de l'association, et qu'augmentera l'apport civil.

D'une part, l'option "FNP" sous-entend que la constitution comme telle s'inscrit dans un contexte para-militaire, sur le meme plan, par exemple, que le journal de la base ou les mess.

L'option comporte de nombreux avantages, notamment d'ordre materiel. Elle permet entre autres choses l'obtention d'un local et l'utilisation de maints services a la base meme.

D'autre part, il est entendu que l'option reste non seulement ouverte a la participation civile de l'exterieur de la base, mais la recherche effectivement comme composante indispensable.

Une invitation expresse est faite a tous les civils de la region, francophones et francophiles, de se joindre a l'association en tant que membres associes.

Safety jamboree

Linda Davies, 13, of Comox Elementary School has been selected to attend the National School Safety Patrol Jamboree in Ottawa May 23 and 24.

She will join a B.C. contingent of 15 patrollers and nearly 8,000 others from the rest of Canada.

The patrollers will be welcomed to Ottawa by Canada's Chief Patroller, Governor General Edward Shreyer, will tour Parliament, parade past the Peace Tower

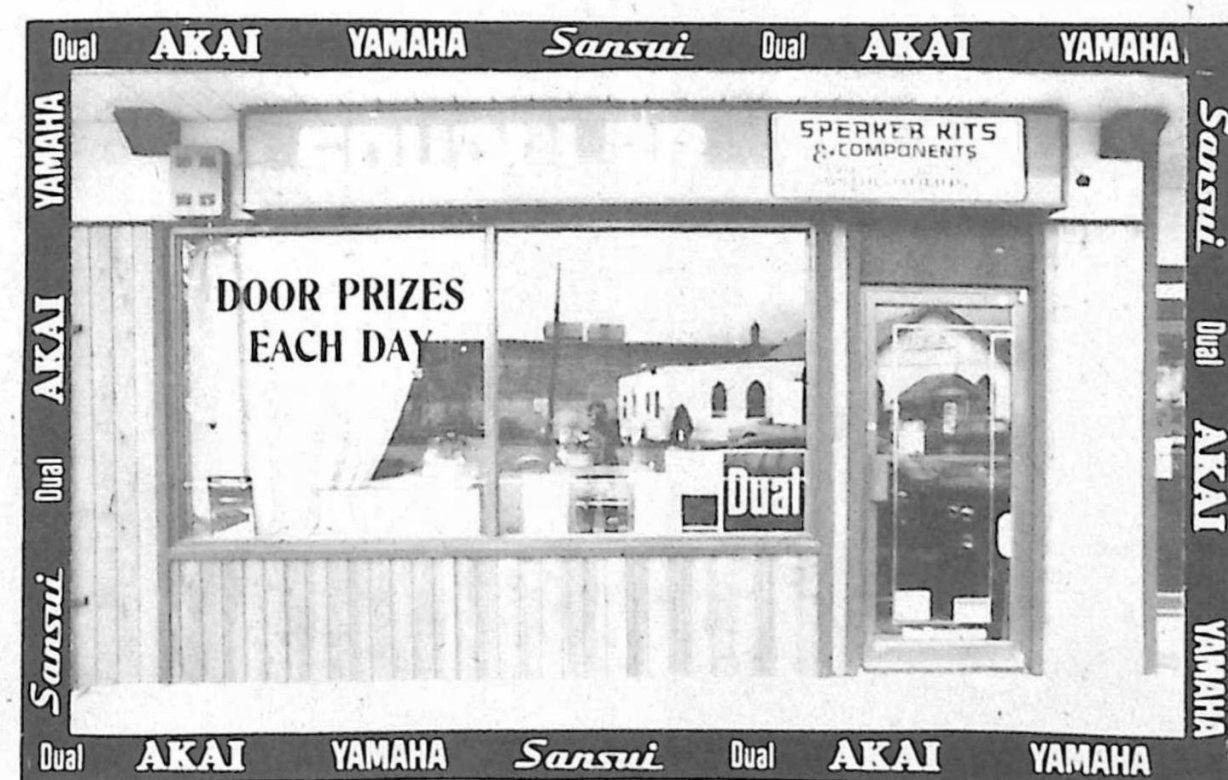
on Parliament Hill and see the sights of the national capital.

For 20 years the B.C. Automobile Association has sent school patrollers to the national jamboree in recognition of their outstanding contribution to safety.

A BCAA spokesman said that despite increasing traffic volume and vehicle speed not one child has been killed at school crossings under the control of patrollers during those past two decades.

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New MND

(Continued from page 1)

and development and is a former member of the Economic Council of Canada. Mr. Lamontagne has also served as chairman and executive member of the Council of Metropolitan Quebec City. In addition, he has been a director of the Quebec City Chamber of Commerce and is a former president of the Quebec City Rotary Club. He is also a member of the Royal Canadian Legion, Branch 260 in Quebec City.

Mr. Lamontagne was elected Liberal Member of

Parliament for Langelier in a federal by-election on May 24, 1977. On Oct. 4, 1977 he was appointed Parliamentary Secretary to the Minister of Energy, Mines and Resources. He became a minister without portfolio on Jan. 19, 1978 and two weeks later, on Feb. 2, he was named Postmaster-General.

He was re-elected Member of Parliament for Langelier in the May 1979 federal general election and became a member of the official opposition when the federal Liberal party was defeated. Mr. Lamontagne was ap-

pointed his party's post office critic and served as a member of the parliamentary Public Accounts committee. He also served in the Liberal caucus as co-chairman of the urban affairs committee and assumed responsibilities for the parliamentary rules committee.

In the federal general election of Feb. 18, 1980 Mr. Lamontagne was re-elected Member of Parliament for his riding. On March 3, 1980, when the Liberal party formed a new government, he was appointed Minister of National Defence.

Medical matters

(Continued from page 3)

you are presenting a claim after release, will assist you in this area. However, the member must make his claim to DVA. Thus you could go directly to the nearest DVA office, or write to them. Such a situation applies to both types of claims, that is, those where the medical condition was the cause of the release, and those where it was not related to the cause of release. I should also mention that a release under QR&O 15.01 pm 3(a) or 3(b) has nothing to do directly with a medical pension. However, release

under item 3(a) does cause your service pension, if you have over 10 years of service, to be indexed. If there are grounds for a medical pension on top of this, the medical pension must be applied for separately to DVA. In other words, service and medical pensions are completely separate entities, the former handled by the CF, the latter by DVA.

Concluding Remarks

I hope the above comments have cleared up a few things for you. I also hope they have shed some light on matters

medical in the CF, and therefore have dispensed with the mysticism which surrounds this area. And I would like to encourage you to ask your local medical personnel if you have any questions involving any of these areas. After all, we are here to serve you, not to do you out of a career or pension or the like. What we want is to get you back to a state of health or better still, keep you there in the first place. You have your rights, and we in the CFMS will strive to ensure they are not violated in matters medical.

1st Lazo Beaver Blue Colony

The Beavers have been really busy and so have Rainbow and Rusty. Sorry boys we've missed the last two columns in the "Totem Times".

Parent and Son Banquet was held on 20th April and was a successful event. Beavers enjoyed the film that Lyle Freeman presented, the skits the Cub packs provided for our entertainment were very good, so was the meal. Thank you to Group Committee and Ladies Auxiliary for this fine yearly event.

Sorry we had a cancellation of Beavers on 24th our special trip did not pan out, still trying to arrange it for a later date.

Next Beaver meeting is SUNDAY, 28th April and 1st Monday here after, till we are finished for the year. The 5th May and 12th May we'll be hosting Brown Colony Beavers in preparation for our swim up.

The Swim Up is a very special event for the Beavers going into Cubs. However all the boys take part in the ceremony, even though only the white tails swim up. The swim up is going to be held at Airforce Beach 6:30 p.m. on Tuesday, 13th May.

There 17 eager Beavers swimming up to Cubs. Both the Gray and Red pack Cubs are involved in the ceremonies this year. All parents are responsible for getting their boys to the beach and are invited to stay for this event. If you are unable to attend please call me at 339-2677 as soon as possible so I can arrange for transportation (Blue Colony

Beavers) also any questions pertaining to the swim up can be answered at this time. If you prefer you can and are welcome to visit our meetings on 5th or 12th of May.

The 14th May we are having a Bicycle Rodeo for Beavers and Cubs, information will be sent home with your son before this event takes place. Please wear your uniform and a big smile.

On 10th May at 1:30 p.m. we will be having a bottle drive. Meet at the Cub hall.

There will be no meeting on 19th May so we'll see you all again on the 26th May. Busy month of May.

Till next time Beavers, repeat your Beaver Law a few times a day.

Busy Beavering. Rainbow.

Ocean Waves

I was mindin' my business and doin' no wrong, When they said they was dancin' and took me along. I told them I wouldn't know what I should do:

But, they said, "Don't worry, 'cause we'll push you through Well, I never saw dancin' done just quite that way, And it sure felt like work, 'tho they said it was play. I was strainin' to hear what the next call would be, When a couple danced by and ran smack into me!"

With petticoats flappin' away in the breeze, I felt myself weaken a bit, in the knees. My hands were all sweaty, my heart ran a race, And, to make matters worse, I kept losin' my place!

What with wheelin' and dealin' and spin chainin' thru, I found a new partner when I should have had you. She said, "Do-Paso" as she twisted my arm, I muttered, "Lord, help me, and keep me from harm!" My muscles were tired, my feet were so sore, But still I squared up, 'tho I don't know what for! They pushed me and pulled me both this way and that; I felt like a yo-yo, when he called, "Box the gnat."

By the end of the evenin' I was havin' a ball, 'Tho I was the worst-lookin' dancer they saw. The caller quit callin' three times in a row; He said, "We have lessons, on Sundays, you know!"

Well, now I am polished and smooth as can be, And all of the ladies appreciate me! I never look twice for a partner no more; And, I can't remember what I did before.

So, if you're havin' problems in findin' your place, Just keep a big smile plastered over your face. It won't take you long 'till your lessons are done; And, you'll soon be sayin', that square dancin's fun!

Dancing starts Sept. 10, 8 p.m. - Glacier View School.

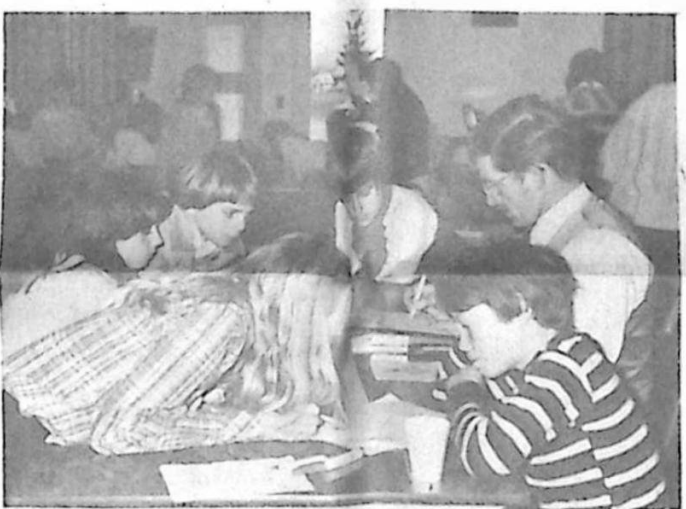
Confirmation service at "Our Lady of the Sacred Heart Chapel"

His Excellency the Most Reverend Francis J. Spence, Auxiliary to the Military Vicar arrived in Comox for Confirmation of 41 youth Wednesday, 16 April. Confirmation was prepared for a long time by regular Catechism teachers, parents

assisted by husbands, parents and CWL ladies. RCs are very close to their bishops but to none more close and the candidates themselves, then lately by a Mini-reflexion day organized by Mrs. Connie Lamouche and Mrs. Lucille Amirault



LORD WE offer you our youthful service ... We know you are with us!



WE WANT to be open to God's spirit ... Reaching out to life...

than Bishop Spence who has been Auxiliary to the Forces for thirteen years. Though thousands of miles separate him from the people from his home second diocese of Charlottetown, his feel for the people of the Military Vicariate or diocese spanning the miles across Canada and over the pond makes his personal jurisdiction over RC serving personnel and their dependents ever more human and touching as the years go on.

The Bishop was deeply appreciative of the hospitality of the WO and Sgts Mess at which a luncheon was held attended by the Base Commander, Base Administrative Office, the PMC, the Base Warrant Officer, the Chaplains and members of the Parish Council. He was touched by the welcome he received from the Base Commander and his staff and

from every Section involved with his visit.

He was even more touched by the spirit of parishioners at the Lady Chapel who showed in many ways how much they cared about the youth of the Parish and their spiritual growth.

He confided to the Base Chaplain and to the Chairman of the Parish Council how pleased he was that Base authorities are trying to improve the Chapel facilities for worship and that parishioners receive excellent support from this Base to improve their lot and they should be very grateful for the improvements they receive.

He commended parents for their interest in their children and noted that the Lord would reward all the unseen and unsung things they did in sacrifice ... these things are the values of Christ in this world, never seen by people

(including pain and hurt) ... but not overlooked by God.

Speaking of the gifts of the Holy Spirit he noted one of them was 'courage' ... 'We are not here just for ourselves, to acquire goods, money, the pleasures of life ... we are here to do courageous things for God and those who try ... God is with them always through His Spirit ... God is always with us in every good, honest, sincere thing we do ... Could he ever leave us just to ourselves?'

Paul Leger welcomed the Bishop to the Chapel not just as 'bishop' but as 'friend' to us all and invited the people to rise and clap. At the reception in the Rec. Centre, the Bishop commented that the cake made by Bonnie Rich was too beautiful to cut. Nevertheless by the time Father Stack reached the table fifteen minutes later, there were two corner pieces left.



IT'S TOO BEAUTIFUL AND RICH TO CUT ... Bishop Francis J. Spence flanked by the Chairman of the Parish Council, Paul Leger and his wife Aline.

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SET IN A PARK-LIKE ATMOSPHERE — Convenient to the base. 3 bedroom family home with assumable 10 1/2 % mortgage. Full price \$49,900.

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Nanaimo Realty (NORTH) LTD.

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BB BLOCK BROS. REALTY

The bestsellers



1 1150 SQ. FT. COMOX HOME

Only 3 years old., this spacious bright home provides many quality features in a quiet location with a view. Priced to sell at \$62,600. with an 11½ per cent mortgage.

AL ROBB

339-3307

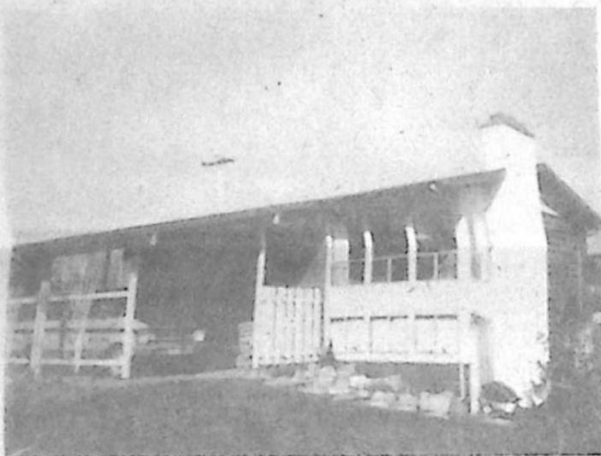


2 HOW SOON CAN YOU MOVE?

Freshly painted on the outside and just waiting for the right family to move in, this 3 bdrm. home on an acre offers a warm country welcome. Mature fruit trees, established garden area and a separate garage workshop. Close to Comox and CFB. \$47,500. To view call,

ANN CHEVRIER

339-3048



3 IMMACULATE COMOX FAMILY HOME

On quiet cul-de-sac yet very close to golf, shopping, tennis and marina. All ready for your move into this 4 bdrm. home with full bsmt., rec. room, f'place, great garden, etc. 10 per cent mortgage is the final attraction.

AL ROBB

339-3307

4 HANDYMAN'S SPECIAL

Drive by 2197 Fitzgerald and view the exterior of this 3 bdrm. home, then call me to look inside. Full price, only \$36,700.

RAY PAGE

338-6267

5 SALLIS CONTRACTING LTD.

Is beginning construction of 5 new homes on Pritchard Ave. in Comox just 2 miles from CFB Comox and within walking distance of all schools, shopping centre and golf course. These houses feature 3 bdrms. up and a ¼ basement for development of a rec. room, bath and 4th bdrm. Other features include thermopane windows, custom built cabinets and vanities and a chimney flue. These homes are listed at \$48,500. with occupancy on June 15th, 1980.

MICHAEL EMERSON

339-5809

6 GREAT COMOX LOCATION

1100 sq. ft. home with ensuite, spacious kitchen and partially finished ¾ basement. The large, landscaped lot has a fenced back yard with a garden shed and it is located in central Comox. Double paved drive and storm doors included at \$50,800. with 11½ per cent mortgage.

AL ROBB

339-3307



7 ACREAGE, ORCHARD AND STREAM

Surround this terrific 4 bdrm. home near the sea at Little River. Features include brick f'place, ensuite, large country kitchen, 2 sun decks, liberal use of cedar and a warm sunny exposure. Outbuildings include a small barn, hay shed, woodshed and workshop.

BILL MORRISON

339-4063

8 THE SCENT OF SALTY AIR

Tucked away behind King Coho at Little River is this immaculate landscaped 4 bedroom home with a view of the sea. Features include a f'place, full basement, rec. room, hardwood floors, enclosed garage and an established orchard and garden area. A rare find for the fishing buff at just \$63,900.

BILL MORRISON

339-4063



9 REVENUE PLUS

3 bdrms., 1,150 sq. ft., on main floor with ensuite, f'place, aluminum roll up awnings plus 900 sq. ft. down with utility room, workshop and legal revenue suite combine to make this a most attractive investment. 3 minute walk to downtown.

ED FOURNIER

338-6093

10 VIEW OF COMOX BAY

This home is centrally located: 3 bdrms. up and 1 down, 2 bathrooms and f'place. Large yard with ample fruit trees.

LLOYD WORK

334-2220



11 RENT TO OWN

Unique plan for people who do not have large down payment. 3 bdrm. home with all appliances included. Yard is fenced and landscaped. Call us for details on financing.

GAYE & LLOYD WORK

334-2220

12 WARMTH OF CEDAR

Built with a growing family in mind with approx. 1,500 sq. ft. plus full basement. Closed-in garage for the handyman. If you like cedar, it will be love at first sight. Centre f'place, legal suite, shakes and many, many more features.

ERNIE ANDERSON

338-5018

13 SPACIOUS MODERN MODULAR HOME

On 60x75 ft. landscaped lot convenient to Base and Comox Courtenay. Features include thermo windows, all screened, storm doors and 24x7 sundeck. Stove, fridge included at \$35,000.

AL ROBB

339-3307

14 LOOK AHEAD

Commercial location, corner lot in Cumberland. Presently occupied 2 bdrm. home. Next to Waverley Hotel. Land and building for the price of the lot only. New listing.

RAY PAGE

338-6267

15 PRIMROSE LAND

This is what you can get for \$29,900. 3 bdrms., full basement, renovated kitchen, newer wiring, quiet street with large hedge surrounding property. There is more. Please phone.

ROD MALTBY

338-5029

16 FARMETTE!

4 bdrm. home needs updating, 17x50 workshop, insulated and wired, sturdy barn, excellent size for this 5 acre farmette. Beat the high cost of food by growing your own. Realistically priced at \$54,900. Call,

MAX WEEGAR

334-4568



17 10 PER CENT MORTGAGE

3 bdrm., swirl cedar, split level, located in Comox, close to schools. This attractive home comes with dishwasher, garburator, thermo windows, electric heat. Assume this 10 per cent mortgage until June '83 on this two year old home. Call,

ED FOURNIER

338-6093



18 SPRING IS IN THE AIR

Yes, especially so on these grounds. One acre with a meandering creek, lots of fruit trees and a greenhouse ready for seedlings. This Cumberland home has been remodelled upstairs and has extra rooms down with low ceilings. Superb view of mountains. Super buy at \$38,500.

ANN CHEVRIER

339-3048

19 SWIMMING POOL ANYONE?

Situated on a half acre lot in the center of Comox, this 3 bdrm., full basement home has been recently renovated extensively. Cedar hedge and unique old log workshop. Phone for an appointment to view. \$69,500.

ROD MALTBY

338-5029



20 COZY COTTAGE ON A LARGE LOT

Newly renovated 3 bdrm. cottage with ensuite, f'place and large 120x153 lot. Loads of room for garden and play area and located on the end of a quiet closed road. All this and still priced in the low \$40's. Call,

MAX WEEGAR

334-4568



21 R4 ZONING

Perfect 4 level home which could be converted to an elegant restaurant with a wall to wall marble fireplace and 2½ bathrooms. Ample parking available.

GAYE WORK

334-2220

22 DRIFTWOOD PLACE DEVELOPMENT

Driftwood Place offers the security of a quality new home development, plus the convenience of nearby shopping and school facilities. These quality built homes by Sallis Contracting Ltd., feature custom built cabinets and vanities, top quality wall-to-wall carpeting, thermopane windows, heatilator fireplace and color co-ordinated baths. For the finished look, all homes will be partially landscaped including retaining walls and concrete driveway. Open House Daily - 1:00 p.m.-4:00 p.m. For further information call,

MICHAEL EMERSON

339-5809

23 NEAT HIDEAWAY

5 acres well treed on a dead end, paved road only short distance north of Courtenay and close to ski area. Asking \$25,000.

RAY PAGE

338-6267

24 BEAUTIFUL SHIP'S POINT

Two only half acre parcels south of Courtenay with large fir and cedar trees, very close to the ocean, an ideal retirement spot on Canada's west coast. Just \$10,900 each. Anxious vendor.

RAY PAGE

338-6267

25 ONE ACRE PARCELS

On Cumberland's outskirts with exceptionally fine soil. Selectively cleared and on municipal sewer system. Asking \$12,500.

RAY PAGE

338-6267

MAX WEEGAR
334-4568WAYNE GRAFTON
334-2984SMOKEY WAGNER
339-4239JOHN FORIN
334-2728LLOYD WORK
334-2220ERNIE ANDERSON
338-5018JIM GORDON
339-4615ROD MALTBY
338-5029CLAY GRANT
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334-3111

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