



TOTEM TIMES



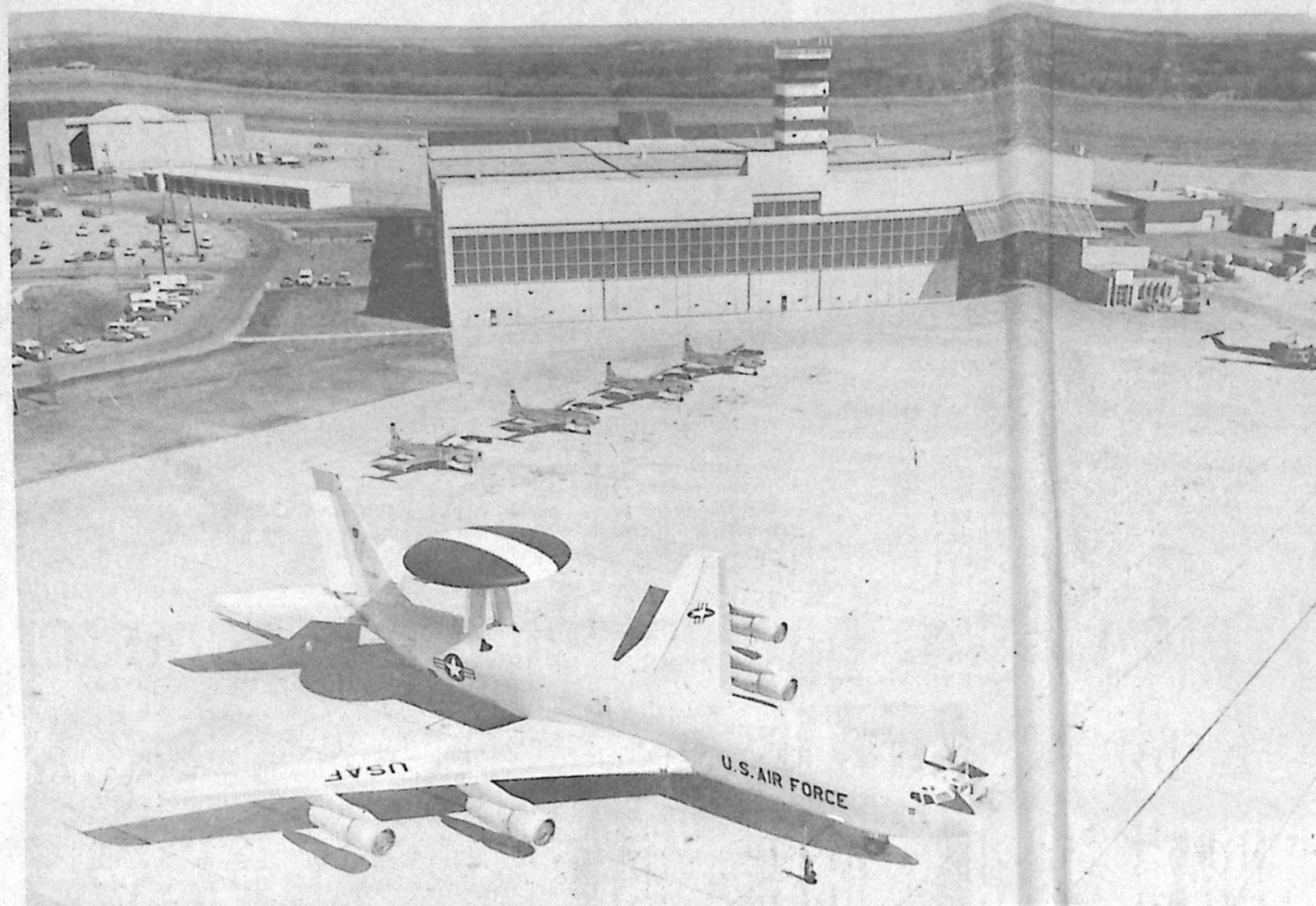
Mount St. Helens is making an ash of itself

Vol. 22, NO. 11

CFB COMOX TOTEM TIMES

THURSDAY, MAY 29, 1980

NO CHARGE



AWACS at Maple Flag

MILLION DOLLAR BABY: Sitting on the tarmac at CFB Cold Lake is a U.S. Air Force E-3A Sentry AWACS (airborne weapons and control) aircraft with T-33s of Base Flight in background. The E-3A took part in Exercise Maple Flag V (Apr. 23-May 23), along with CF-101 Voodoos, CF-104 Starfighters and CF-5s. USAF aircraft included A-10s, F-15s, F-4s and F-5s of Aggressor Squadron. The RAF brought Harriers. The E-3A practised control of fighter aircraft over the Primrose Lake weapons range. It is the most expensive aircraft ever purchased for the USAF. Total tab for the aircraft, radar,

consoles, computer etc. is \$130 million per copy. The USAF plans to obtain 27 E-3As by the time its procurement program is completed. It has a crew of 17 (four air-crew and the remainder weapons control and command operators). The Sentry is literally a flying command post and can take over control of a NORAD sector as required on a moment's notice. One brief indicated that E-3As, strategically located, could literally supply radar coverage of the entire globe. Exercise Maple Flag VI is scheduled for the fall.

(Canadian Forces Photograph by Sgt. Dennis Mah)

Sarex 80 goes to Canadians

March AFB, Calif. (MNS) - Canadian rescue forces retook the championship as the 413th Transport and Rescue Squadron of CFB Summerside, P.E.I., Canada, won the Saunders-Mackenzie award for best overall team in the 1980 International Search and Rescue Exercise here.

The exercise, called Sarex '80, included 12 rescue teams - six each from the United States and Canada.

American competitors were entered from the military airlift command, air force reserve and air national guard rescue units. Sarex '80 ended May 15.

The Sullivan Cup for the best score in the medical exercise was won by the 1550th aircrew training and test wing (ATTW) at Kirtland AFB, N.M.

For the best team parajump performance, the Allison Trophy went to the 303rd Aerospace Rescue and Recovery Squadron. The air force reserve unit here that hosted the exercise.

The Pararescue Memorial Trophy was won by Master

Corporal Robert P. Beattie of the Canadian forces' 413th transport and rescue squadron, for the most accurate jumps during Sarex '80.

The Sarex Trophy for best search and rescue exercise went to the 442nd transport and rescue squadron, CFB Comox, British Columbia.

The awards were presented Thursday at the awards banquet.

U.S. participants in Sarex '80 included: the 1550th ATTW; 33rd ARRSQ; KADENA AB, OKINAWA; and the 55th ARRSQ, from Eglin AFB, Fla., all regular air force units.

The 303rd ARRSQ and 301st ARRSQ, from Homestead AFB, Fla., are both air force reserve units which participated in Sarex.

The Air National Guard was represented by the 102nd ARRSQ, from the Suffolk County Airport, N.Y.

Canadian teams were the 103rd rescue unit, Gander, Newfoundland; the 413th transport and rescue squadron (TRS), Sum-

merside, P.E.I.; 424th TRS, Trenton, Ontario; 440th TRS, Edmonton, Alberta; Canadian forces survival training school, Edmonton; and the 442nd TRS, CFB Comox.

The Sarex competition between U.S. and Canadian search and rescue forces has continued annually since 1973. Next year's Sarex will be at Trenton.

A Sarex team is comprised of three pararescuemen and an air crew. The pararescuemen were judged on how close they landed to a 12 centimeter target in jumps from 1,500 feet.

The medical competition was judged on skill in delivering aid to injured persons at a simulated aircraft accident.

The search and rescue segment was based on speed and thoroughness in searching a designated area east of Los Angeles.

Both the U.S. and Canadian

search and rescue units are engaged in delivering emergency medical and survival assistance to civilians and military personnel at sea and on land.

The competition ended in unseasonable cold and overcast southern California weather.

Sunday marked the opening day of Sarex with visitors from the San Bernardino and Riverside areas watching Canadian and American pararescuemen as they tried to overcome shifting winds in the parajump competition during a special open house.

As units were competing in parajumps, other Sarex participants were tending to "survivors" in the medical exercise and conducting low altitude searches in HC-130 Hercules and CC-115 Buffalo aircraft. Competition continued for three more days until all units had competed in each of the three main events.

Evenings were set aside for

exchanging ideas about search and rescue techniques and equipment.

With the close of competition and the presentation of awards during the traditional closing banquet, Sarex '80 becomes history.

Awards and presenters were as follows: Sarex Trophy (search and rescue winner) - Brig. Gen. Lloyd Skaalen, CF; Sullivan Cup (medical exercise winner) - Maj. Gen. Edward Dillon, USAF; Allison Trophy (team parajump winner) - Brig. Gen. Bert Allison, CF (Ret.); Pararescue Memorial Trophy (best individual jumper) - SMSGT Andrew Bernal, USAFR; and Saunders-Mackenzie Award (overall Sarex winner) - Maj. Gen. Cornelius Nugier, USAF.

U.S. and Canadian units will now have another year to sharpen their skill before meeting again in Sarex '81, scheduled to be at CFB Trenton, Ontario, Canada.

Flight safety

LADIES AND GENTLEMEN - MAY I HAVE YOUR ATTENTION PLEASE. If you have had the occasion to fly on one of our Boeing 707s recently, you have undoubtedly heard those words just prior to taxiing and at the same time noticed a crew member pointing out to you the location of the emergency exits, how to use the oxygen masks and how to put on the life jackets if departing on a trans-Atlantic flight.

Observations by several experienced aircrew have noted that the initial announcement appears to be a signal for those people talking to their neighbour in the next seat to raise their voices so that they can be heard over the PA announcement, or, for those not talking to start doing so. Far be it for this columnist to say it's rude to talk at the

same time as someone else, but in this case there is no hesitation on my part to say it is downright dangerous. The instructions being given may just save your life someday, yet you would prefer to chat with your neighbour.

Let me review a few aircraft accidents and some events that relate to passenger briefings. The 727 crash at Salt Lake City on 11 November 1965; a man who was sitting by an emergency exit reported that he had no idea of how the exit window worked; the majority of survivors stated they had not read the emergency cards nor listened to the briefings. An airliner ditched just north of Puerto Rico - passengers were not informed until after touch down where the life jackets were located. An airliner that developed mechanical trouble shortly

after departing an international airfield on the Eastern seaboard turned back and as a precaution, the crew had the passengers don life jackets - despite the fact that a detailed briefing had been given only one hour and 20 minutes before, only 12 per cent of the passengers knew where the vests were located and only two of those knew the correct method of wearing them.

What is the reason for our lack of interest in survival? Complacency? Possibly, but just maybe it is also an image one is trying to project; "I have flown so many times I don't have to read those instructions or pay attention to the briefings." Undoubtedly, there would be some comments if the pilot was overheard saying to his crew;

(Continued on page 11)

Health promotion week June 9-12

FROM THE REC CENTRE: ACTION B.C.

Will provide at Rec Centre (Social Centre)

- Cardio respiratory analysis
- micro-computer - Lifestyle analysis
- Skin-fold assessment

During the following times:

Mon. - 1400 - 1600 Tues. - 0900 - 1130 - 1330 - 1600
Wed. - 0900 - 1130 - 1330 - 1600 Thur. - 0900 - 1130 - 1330 - 1600

Action B.C. will also provide -

- Running clinic - Monday - 1930 - 2100 - Social Centre
- Fun run - Canex parking lot Tuesday - 1145 - Free T-shirt for all participants
- Smoking cessation program - Tuesday - 1930 - 2100
- Wednesday - 1930 - 2100

Reservations may be made by calling local 315 for the Cardio Respiratory Analysis.

Also provided will be:

- Diet counselling - Base Food Services
- Dental Counselling - Base Dental Clinic
- Medical Counselling - Base Hospital
- Daily at 1000 - 1100 Tues, Wed, Thur 1400 - 1500
- 1400 - 1500 Mon.

Added attraction— Peri staff will have a super star competition - trophy will be awarded to top female and male.

Open to all servicemen and dependants.

Drop in to the Rec Centre and have a look around.

FROM THE BASE HOSPITAL

In conjunction with the visit of Action BC from 9 to 12 June, the Base Hospital will offer seven health education sessions in the Rec Centre. The topics will be presented from 1000 to 1100 in the mornings and 1400 to 1500 in the afternoons as indicated below. In addition, static displays and educational pamphlets will be available at our booth throughout the week. All service personnel and dependants are encouraged to avail themselves of the opportunity to learn and ask questions of the medical personnel present. The schedule is as follows:

Day	Time	Topic	Presenter
Mon. 9 Jun	1400	The Effects of Common Drugs	Capt Henderson, Pharmacist
Tue. 10 Jun	1000	Health Effects of Exercise	WO Fraser, HWO
	1400	Risk Factors of heart Disease	Maj Bardsley, BSurg
Wed. 11 Jun	1000	High Blood Pressure	Lt Henry, RN
	1400	Obesity	Capt Costello, SNO
Thurs. 12 Jun	1000	The Effects of Alcohol	Maj Bardsley, BSurg
	1400	Your Back - Flexibility and Stretching	Capt Brown, MD

STOP SMOKING CLINIC

As part of their program during the week of 9 June, Action BC will offer two "Do-It-Yourself" Smoking Cessation Clinics, the first at 1930 hrs. on Tuesday, 10 June, the second at 1930 hrs. on Wednesday, 11 June. Both sessions will be held in the Social Centre of the Rec. Centre and will last 1½ to 2 hours.

If you would like to kick the smoking habit, come out and learn how you can do it yourself with minimal assistance. If you are interested in coming out please contact the Hospital Orderly Room at 266 and tell us which night you prefer. The Clinic is open to all service personnel, their dependants and DND civilian employees. Come and take an evening out to butt out!

Grey Pack "pitches in"

Each year, Outdoors Unlittered, in conjunction with the BC Government's Department of Environment and Shell Canada, sponsor a Pitch In campaign. The campaigns are one week in duration, and service groups are encouraged to undertake some form of project to help "unlitter the land". Free garbage bags with appropriate logos are supplied to collect rubbish.

Pitch in '80 took place from 5 to 10 May. For their part the cubs of the 1st Lazo Grey Pack decided to clean up some of the water ways and drainage ditches near Gilwell Hall. The boys really did pitch in and got a great deal of satisfaction from their efforts, as evidenced by the smiles on their faces in the accompanying photographs. The boys also did a clean-up project at Air Force Beach three weeks ago, and celebrated their good deed with a camp fire.

Outdoors Unlittered is a non-profit organization and has many materials available to schools, scouts, guides and other interested groups. For further information on Pitch In materials please contact: "Outdoors Unlittered", 200 - 1326 Johnston Road, White Rock, B.C., V4B 3Z2. The environment we clean is certainly our own.



CUBS PAUL BARDSLEY and Jamie Gray dig into the muck to restore a pond.



CUBS SEAN CORNFIELD, Jamie Stephens, Jamie Gray and James Dunsden proudly show the "fruits" of their labours.

NEW "FISHWRAPPER" OFFICE

Commencing on Monday, June 9, the Totem Times will be located in the old 'teen town' next to the Base Theatre.

OFFICE HOURS will be -
(on deadline weeks only)

MONDAY 7:30 a.m. to 3:30 p.m.
TUESDAY 7:30 a.m. to 3:30 p.m.
WEDNESDAY 1:00 p.m. to 9:00 p.m.

ENQUIRIES CALL 339-2541 DURING OFFICE HOURS

NEXT DEADLINE - Monday, June 9th at 12:00 noon. Late material may not be printed.

Section news

Nighthawks Nest

Despite the length of the N.H.L. season - which just ended last Saturday, summer sports have been gradually supplanting their winter counterparts, particularly in participation. So the 409 Squadron fishing and golfing day on Friday 23rd was a timely affair.

Fishermen (as you salt-chuck widows realize) have a deep need to practice being miserable, and so were the first ones out in the wee hours of Friday morning. It was not the most fortuitous day for the angling world. The spring salmon were in short supply, but Fred Chiasson managed to cop first prize in this category. Bert MacDonald landed the largest coho, with Gary Howell four ounces behind in second spot.

By far the most numerous fish caught Friday was the world famous Canadian Brownback. A wily game fish that is difficult to catch, it becomes extremely co-operative once hooked. An amber brown in color, it is distinctive in that it is smooth-scaled, lacks a dorsal fin, and sports a small, flat head with the "wrap-around" serrated gills peculiar to the species.

Varieties of the fish can be determined by gently cradling it in the hand and examining the belly, which is smooth and variegated in color. A predominance of blue indicates it is likely the western version - the Labatt Brownback, whereas with red present it is probably the Molson Brownback - more populous back east. This is not a hard and fast rule however, as Quebec has a larger, more vicious sub-species called the GrosBleu, and its cousin the Gros Cinquante.

The Brownback runs close to the surface and enamours itself with fishermen by being available year-round. It is extremely easy to clean, with the head and skin coming free almost effortlessly. Frequently seen in schools of a dozen, it is a common fish and so can be purchased almost anywhere.

As with fishing for salmon, there is the problem of unwanted scavengers taking your lure or bait. This is a particular problem with the Brownback, as it is not uncommon to come up with the bland American bottom-dweller called the Mud Shark. Best served chilled, the Brownback is a fish to be careful of, for its flesh is inordinately rich and to the uninitiated, consumption in large amounts may lead to grogginess, nausea, and to some the irresistible desire to take their clothes off in a public place.

Maj. Ray Dunsdon was out fishing of course. He says he likes to feel the wind rush through his hair, and as this requires a good head of steam he must take to the seas - a golf cart just cannot reach the requisite speed.

As mentioned, golf was the other activity of the day. Bernie Hughes was in charge of the tournament, and he showed the field he has an excellent short game - off the tee! Drew Foulds reminds me

of what Bob Hope once said after playing golf with George Meany.

"He plays just like the labour leader he is," Hope said, "he negotiates the final score."

It didn't seem to help, as Lynn Housworth won the low net event, and Bernie captured low gross honours.

A wine luncheon was held the Friday previous to sports day in order to celebrate the promotion of five Lieutenants to the rank of Captain. As a result of the dinner, three of these promotions were immediately rescinded, one of the new Captains was jailed, and the fifth is undergoing a freeze while the investigating officers try to determine exactly what the hell Andy was talking about.

The luncheon had an unexpected highlight when Major Charlie "Angel" Gladders, resplendent in borrowed clothes, staged an impromptu fashion show. The good Major is, of course, being posted soon to Colorado Springs where he purportedly will be sharing an apartment with Liberace.

The Squadron wishes to bid farewell to Bruce Arnold, who will be leaving shortly to

return to his native America. Bruce held a multitude of positions on the Squadron, and was qualified in everything but diesel mechanics. He will be heading to Edwards AFB to join the USAF Test Pilot School, and his expertise and friendship will be sorely missed.

Bruce was trying to obtain one of our venerable old Voodoos as a momento of his exchange tour, but the Colonel didn't have change for a twenty, so he goes back empty-handed.

Not only has Dave Armstrong received word of a posting to Bagotville, but he has also recently won the Texas Mickey raffled off by the servicing crew. Some guys get all the luck. In the 409 Club draw, Capt. Boland scored a win on the May 10th draw, while Chuck Lefort picked up the cash on the 17th.

So time to sign off for another week. The Capability Inspection team is due to arrive and complete their dirty deed this week, so hopefully by press time we will be rated as capable to spread some sunshine into the world. Bye for now.

B.G.J.K.

Sex

Have I got your attention? Are you interested?

Well read on, for Supply is about to make their mark in the fishwrapper.

This column hopes to enrich you with fascinating unknown and yes even humorous antics of Supply Techs.

This week we would like to extend a warm welcome to our new BSUPO from St. Jean, Que., Major R.K. Morriss, who is already burning up files faster than we can create them. We also have a new SAO from Moose Jaw, MWO R.F. Roberts. Congratulations on your promotion, Sir, and may we suggest Portuguese Joe's until you get back into practice.

While on the subject of fish, hand books on the basics of salmon fishing will be distributed to all Supply Sections written by WO

Kaechler who was the only person to hook a salmon at last week's Fishing Derby (who still awaits his prize).

Rumor has it WO Kaechler was also seen dunking our visiting Career Manager for information on his upcoming posting. Did he find out where he's going? Stay tuned for the next 4 or 5 editions of the TOTEM TIMES for the continued saga of Another Posting.

A fond farewell to our departing BSUPO Capt. F.W. Gordon headed for Ottawa, Cpl. G. Mongenon following her hubby to Bagotville and Cpl. D. Lirette, Masset will never be the same.

Next edition I will attempt to shed some light on Computer Mania and other related Supply Monsters. And remember Supply Techs need Luv too.

I.H.J.



Transportation corner

YOU THINK YOU WERE BUSY THE LAST MONTH, well the MSE-SPV Section found the time and was at it again. This time PMQ garden plots were built on the DND property just off Knight Road. The land was cleared, topsoil spread, road and parking areas built and the earth prepared for planting. The picture shows what has been done to the area with our grader making the final levelling touches. Thanks must be extended to Sgt. Frank Campbell NCO i-c SPV and the personnel that helped this project along: MCpl Ernie Brown, MCpl Nick Hupman, Cpl Bill Besaw, Cpl. Domenik Violante, Cpl John Blackburn, Pte Rick Szikora, Mr. Tab Davis, Mr. Dick Machin and Mr. Bill Harmison.

Addendum -- your medical category

Some confusion may have been created in the a/m article concerning routing of the CF2088, Notification of Change of Medical Category or Medical Limitations. This form is completed by the examining M.O., sent to the appropriate Command Surgeon for approval and thence to the Surgeon General's Branch (Directorate of Medical Treatment Services) if necessary. From there it is sent back down to the original Base to be acknowledged by the member and his boss. The completed form is then sent back to NDHQ for the appropriate career manager, with a copy going to the appropriate Command Surgeon and one to the Directorate of Personnel Information Systems. The member's unit retains one copy on the Pers File. With such a system, all those with a need to know the member's medical category and or limitations will know, and the member, in turn, knows that they know.

TEAMWORK SAFETY



Last summer, a sixteen year old boy in Richmond, B.C. was involved in an incident with an electric lawn mower. Wearing only shorts and running shoes on a hot day, moving under an oak tree and near a ditch, the youth had to lean over to control the mower.

In an instant, a neckchain holding a medallion swung down, and came into contact with the plug, which had come just slightly apart from the extension cord. He either jumped or was thrown into the ditch by the jolt - to this day he is not sure, and the chain broke.

His mother rushed him to the nearest hospital, and he sustained severe

burns where the chain circled his neck.

This real-life case serves to remind many, that care must be exercised when using electrical tools in the yard.

Help for every home

The Canada Safety Council strongly recommends the purchase and use of ground fault interrupters on all electrical points serving outside areas (they are required by law in areas such as backyard swimming pools) and in basement workshops.

Explaining the use of this item in lay terms, P.J. Farmer, Executive Director of the Canada Safety Council and "The electrical current comes from the source, travels along a wire to the

piece of equipment, through the electric motor and back to ground at the source through another wire. When a person touches the wire, the current may go to ground through the person's body instead of back along the wire. The ground fault interrupter senses that the current is no longer balanced, and immediately cuts it off, preventing severe electric shock."

Even the third 'ground' plug on a three pin cord is not sufficient alone, since this only grounds the actual piece of equipment, and has no effect on a frayed or severed cord or a partly disconnected extension cord plug.

Courtesy, "Safety Canada".
Safety Sam

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. \$1.25, Child \$1.25	
Thurs. to Wed. - May 29, 30, 31, June 2, 3, 4	
WINNER OF 5 ACADEMY AWARDS including BEST PICTURE & BEST ACTOR	Dustin Hoffman Meryl Streep MATURE "Occasional nudity and swearing" - B.C. Dir.
Kramer vs. Kramer	
Thurs., Fri., Sat. - June 5, 6, 7 - John Ritter, Anne Archer	GENERAL
"HERO AT LARGE" - "Occasional swearing"	
Mon. to Sat. - June 9 to 14 - Sissy Spacek	MATURE
"COAL MINER'S DAUGHTER" - "Occasional suggestive scenes" - B.C. Director	
Stardust Drive-In Theatre	
Island Hwy. & Williams Beach Rd. Phone 337-5033	
ALL ADMISSIONS \$3.50 ALL-NITER \$3.75	
GATES OPEN 8:00 SHOW AT DUSK	

BASE THEATRE SCHEDULE CFB COMOX
Thurs., Fri., Sat., Sun., May 29, 30, 31, June 1
"THE FISH THAT SAVED PITTSBURGH" Jonathan Winters BASKETBALL'S Julius Irving Show time: 2000 hrs. - 2200 hrs.
Thurs., Fri., Sat., Sun., June 5, 6, 7, 8
"PASSAGE" RESTRICTED: War Picture Warning: Violence and Sex. Show time: 2000 hrs. - 2155 hrs.
SUPPORT YOUR BASE THEATRE AUTHORIZED PATRONS ONLY

OFFICERS' MESS ENTERTAINMENT
UNAVAILABLE AT PRESS TIME

MIRACLE DRIVE-IN Black Creek, B.C. 337-5097
ADMISSION: 13 & OVER: \$2.50 ALL NITERS: \$2.75 BOX OFFICE 8:15 SHOW DUSK
Thursday to Sunday - May 29 to June 1
A RACE IN SPACE - Against time - against nature - against the deadliest force man has ever challenged!
"METEOR"
Sean Connery, Natalie Wood, Karl Malden, Brian Keith, Martin Landau, Trevor Howard, Richard Dysart, Henry Fonda
- Plus -
Don't bother to lock your doors!!! Nothing can keep out...
"THE EVICTORS" Vic Morrow, Michael Parks, Jessica Harper, Sue Ann Langdon
WARNING: "Violent, frightening scenes, coarse language" - B.C. Director

Jr. Ranks Club ENTERTAINMENT
MOVIES:
3 Jun. - "DOC" Stacy Keach, Faye Dunaway.
10 Jun - "UNDERCOVER HEROES" Peter Sellers, Lila Kedrova.
17 Jun - "MOONRAKER" Roger Moore, Lois Chiles.
24 Jun - "DEVILS BRIGADE" William Holden, Cliff Robertson.
6 Jun 80 - Bosses Night In The Annex - 1530 Hrs.
13, 20 & 27 Jun - T.G.I.F. - 1600 Hrs.
20 Jun 80 - JRC GOLF TOURNAMENT
TEE OFF 1300 Hrs. - Register at Annex Or Show Up At Golf Course By 1245 Hrs.
NOTE: ENTERTAINMENT HAS BEEN CURTAILED FOR THE MONTHS OF JUN - JUL - AUG DUE TO LACK OF RESPONSE
FOR UP TO DATE ENTERTAINMENT INFORMATION PHONE 339-5212

ENTERTAINMENT WOs' - SGTs' MESS
MAY 30: MIXED T.G.I.F. 1900 HOURS.
MAY 31: - SALMON DERBY - REGISTRATION FEE \$1.00. PAY AT THE BAR. REGISTRATION ENDS 2359 HRS. 30 MAY 80. WEIGH IN AT FIRE HALL BY 1800 HRS. - FISH GUTTED WITH HEADS ON -
- JUNE -
JUNE 6: T.G.I.F.
JUNE 13: T.G.I.F. AND GOLF TOURNAMENT.
JUNE 15: "FATHERS DAY" - WINE AND CHEESE -
JUNE 20: T.G.I.F.
JUNE 27: MIXED T.G.I.F. AND MIXED BALL GAME.

from around the base

Freedom of the City

HALIFAX -- NAVAL CELEBRATIONS -- Naval events and activities will be much in evidence in Halifax in early July during celebrations marking the 70th anniversary of the founding of the Canadian Navy.

Residents and visitors alike will have the opportunity to view a number of events including the Nova Scotia Tattoo 1980, with its naval theme, July 1-4; the granting of the Freedom of the City to the Navy July 3, a naval sailpast and flypast on the same date, and Navy Day Armed Forces Day July 5.

Commander Paul L.S. McCulloch, naval celebrations co-ordinator, says planning is nearing completion for the naval assembly and sailpast in Halifax Harbour and the granting of the Freedom of the City at a waterfront ceremony.

A number of foreign navies have been invited to send ships for the naval assembly. To date the U.S. Navy has accepted the invitation and will be represented by the frigate McCandless, the French Navy by the frigate

Aconit, and the Brazilian Navy by a ship to be designated at a later date. The Royal Navy destroyer HMS Eskimo will arrive in Halifax July 8.

HMC Ships Iroquois, Huron and Skeena will be moored in mid-harbour. They will be dressed with flags during the day and illuminated at night. The visiting ships, berthed in HMC Dockyard, will be open to the public.

The July 3 sailpast involving the Canadian ships will commence at noon. A flypast over Halifax Harbour will coincide with the sailpast. The flypast will consist of 10 aircraft of Maritime Air Group from CFB Shearwater.

More than 500 naval personnel will participate in the ancient ceremony of the Granting of the Freedom of the City. Three bands will be part of the contingent which will assemble in the Historic Properties parking lot overlooking the harbour. Here, members will be reviewed by the Mayor of Halifax.

Upon completion of the sailpast and flypast, and the formal granting of the

Freedom of the City, the men under arms will move off to exercise their newly granted privilege "to march through the city streets with bayonets fixed, drums beating and colours flying."

Training for Regular and Reserve members involved in the parade and ceremony is under the overall direction of Captain (N) Rex Guy, Commandant of the Canadian Forces Fleet School, Halifax.

Navy Day Armed Forces Day activities in HMC Dockyard July 5 will include diving, search and rescue and other demonstrations, band performances, parade, flypast, guided tours of ships, crash whaler race, displays, and other attractions.

Nova Scotia Tattoo 1980, to be presented at four evening performances at the Halifax Metro Centre July 1-4, and the other naval celebrations are part of the Province of Nova Scotia's overall 'Super Summer 80' program of activities which also includes Acadian celebrations marking the 375th anniversary of the founding of Port Royal.



Last Argus flight

L.COL. P.A. HAMILTON recently flew his last Argus mission. Those present to greet his return included Major Brygadier, Capt. Clifton, Maj. Cooper, Col. Burgess, Col. Hamilton, Maj. Van der Pryt and Maj. Mazey.

Fire safety for boats

In this area where boating and fishing is almost a year-round activity, it is very important that all boat owners understand and obey the basic rules of Fire Prevention as they apply to proper boat

maintenance and operations.

The principal cause of motor boat fires is improper handling of engine and cooking fuel.

Listed below are six basic rules that if followed, could prevent a fire in your boat and maybe save your life.

1. Exercise utmost care during fuelling operations, absolutely "NO SMOKING" in the vicinity. Keep fuel away from sources of ignition and wipe engine sources of ignition and wipe engine clean of spilled fuel before starting.
2. Use gasoline as a fuel NEVER as a cleaner. Keep

bulge clean of oil or gasoline.

4. Do not let oily rags or other combustibles accumulate aboard your boat.
5. Fuel carried on board other than a fixed fuel system, should be in an approved safety containers or in a portable tank provided by manufacturer of outboard engines.
6. Promote the necessity for, and the value of, intelligent Fire Prevention by equipping your boat with approved fire extinguishers and inspect all fire and life safety equipment at regular intervals.

TEE PEE PARK OPERATION

15 May - 15 Sept. 80.

Tee Pee Park is now open with the following fee schedule in effect:

a. Daily \$2.50 b. Weekly \$15.00 c. Monthly \$50.00

A limited number of campsites are available on a seasonal basis at a fee of \$125.00. Personnel interested in taking advantage of these campsites are to register with campsite manager no later than 28 May 80.

All personnel are reminded that launching at the Base campsite will be on the following fee schedule:

Seasonal \$15.00 Casual \$1.00

Users of this facility can pick up their trailer decal from campsite manager daily after 1300 hrs. Parking below the hill is restricted to users of launching facilities and will be strictly monitored. Users of pavilion and beach are to use parking lot immediately above pavilion.

Rec Centre Loc 315

Demon Doins

It's probably about time that the writers of this column extended their congratulations to the recipients of promotions on the squadron. Congrats! The names are too numerous (and in some cases, too lengthy) to list here, but the lucky ones are well known around the coffee room.

What first appeared as a giant cloud on radar turned out to be Captain John Nelson and his gang returning from their routine airshow in Fairchild. If there was ever any doubt of the Argus's performance in an NBW environment, any member of that crew will tell you that it truly sucks. (Sucks dust, that is). Be sure to catch the next ish of Demon Doins for a full report of the airshow action, along with plenty of Polaroids.

Col. Cameron took command of the Demon Squadron with all of the pomp, circumstance, and associated hearing loss of a MAG parade and fly past. These events ensure that those air and ground crew that wear ear protection on the job can reap the full legacy of service on

the Argus. Eh? The only sour note of the affair was that base C.E. failed to execute the nostalgic power outage that had been planned for Col. Hamilton's benefit.

Well, time for a short story: Sgt. Wolinski let out a sigh as he put his feet up on the desk. It had been a slow day at E.O.D. and he hoped that it would stay that way. Suddenly, the telephone rang. It was the R.C.M.P. "Sarge, a little kid named Tod has just found one of those 527A sonobuoys and he wants to take it home for a souvenir." "For God's sake, don't let him touch it", yelled Wolinski. He slammed down the phone, grabbed a package of elastic bands, (known as "safes" on the 527 bomb squad) and vaulted for the truck.

The accompanying photograph depicts the last Argus flight by Col. Peter Hamilton, a pilot trainer which took place on the 7th. The only information missing at this writing was whether the photos were taken upon his arrival, or his departure! That's all for this week, Demons. Keep smilin'.

Air Force beach

The Base boat launching facility at Airforce Beach has had a face lift. On the 15th May the planning for an improved facility became reality with a Base Fund expenditure of \$3500 for concrete. A hearty crew of twenty led by MWO Chapman gave the area a new look. The length of ramp was increased to allow launching at extremely low tides and the doubling of the width allows for shorter waits for users. The installation of a fish cleaning station tops the initial improvements. By the time this gets to print, a siting light at the fish cleaning station should be a reality. The fee schedule to use the launching facility will be \$15.00 per season or \$1.00 per day, payable to the Tee Pee Park supervisor.

The area below the hill leading to the launch facility will be used exclusively by vehicles displaying launching decals. There will be no single vehicle parking on south side of road leading to launching facility. Users of pavilion and beach area are to use parking area immediately above the pavilion.

A convenience canteen will be open daily in the afternoon featuring some food items and limited fishing equipment. Rec Centre Loc 315



AERE ARMAMENT Specialty Course 8001 -- In April an AERE Armament Specialty Course came to Comox on a field trip. The officers visited and were briefed on the operation of all base and squadron shops with armament related functions. The course members are shown in front of a venerable Argus. Back row left to right, Lt. Ken

Rozell, Lt. Bob Mofford, Lt. Chris Duplain, Lt. Dan Brocuk, Lt. Jim Desprey, Capt. Tony Humphreys (CFSAOE Staff). Front row, Lt. Don Hagen, Lt. (W) Sue Hetu-Eng, Lt. (W) Dorine Castilloux-Doyle, Lt. Bernard Lefourneau, Lt. Ian Munro (407 SARMO). (Cdn. Forces Photo by Cpl. D. Bowman.)

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Editorials

What price protection

Charity begins at home. That we should help ourselves first seems a generally accepted idea when it comes to trade, industry and the arts. Many countries devise rules and regulations which are aimed at encouraging initiative at home and fostering the spirit of enterprise, as long as it is homegrown! Apart from demonstrating some form of patriotism or national pride, what would large doses of protectionism do for Canada?

In the first place, restricting the amount of goods imported from abroad stops millions of dollars from leaving the country daily. However, such a restrictive attitude can result in an offsetting reduction in the size and amount of our exports because of retaliatory measures taken abroad. The flow of funds in and out might remain in the same proportion but be drastically reduced, with equally dramatic effects on our standard of living.

The import of goods, or of the capital to produce them in Canada under foreign direction, can be reduced by various methods. There are deterrents in the form of tariffs, duties and taxes. These may be higher on goods which are competing with domestically produced items. They can raise the end price of such items to a non-competitive or completely unacceptable level.

Imports can also be reduced by direct regulation or the imposition of quotas. A recent example, with which we are all familiar, is the restriction on imported clothing and footwear. Legislation can also be introduced; for example, Bill C54, which penalized those using United States advertising media to reach Canadian consumers.

Canada, of course, is not alone in trying to regulate her trade accounts with other countries by imposing protective measures. In some instances, countries have united to form trading blocs where members enjoy freedom

from tariffs but impose protective measures on those selling into the trading bloc. The European Community is a prime example.

So far we have looked at the apparent reasons for protection and some of the methods used to implement it. It should not be thought from this discussion, that protection is without any negative factors or dangers. The attitude that, in any given business or cultural venture in Canada, first opportunity and all support must be given to local entrepreneurs or artists is one of those pious sentiments like 'charity begins at home'.

I suggest that true charity might take a different form. Example? There was a recent proposal from an American publisher to publish a book about a Canadian city. The writers, editors, photographers, artists, printers, binders, promoters, publicists and distributors would all be Canadian. In other words, the infusion of this particular American idea would create work for Canadian artists, tradespeople and businessmen. Good idea? Apparently not from the hue and cry that arose when the proposal was relayed to some local businessmen. Their thinking must be described, at best, as shortsighted. "It was a U.S. publisher" was all they could say with no thought for the spinoff benefits. It is the kind of thinking that would have prevented the national railway and many other 'quote Canadian unquote' institutions from being built.

The theme seems to be 'Canadians first'. It is debatable whether such an attitude is always best for Canada. If carried to its extreme, such an attitude would foster mediocrity by reducing any competition and removing any incentive to do better. Is that necessarily right for Canada?

Courtesy Vancouver Board of Trade.

A good investment

"Invest in someone's future". Hire a student during the summer. Empty words? We think not. Our employer experience with student employees confirms the slogan "It pays to hire a student". Students have been proven to be hard-working, conscientious and a decided asset to the work force.

Next week, May 25-31, will be "Hire a Student Week" and a concerted effort will be made to promote the hiring of students during the summer period. Please don't tune out the radio ads, don't ignore the billboards and posters, there may be something in them for you.

Students not only come in many shapes and sizes, they come in all age groups. There are those still at secondary school and there are those in college and university. They all have one thing in common, the need to earn money during the summer months so that they can continue their studies. If Canada is to have the skilled and educated work force that it will need in the decade ahead, everything must be done to encourage these students to complete their studies and acquire the requisite skills for that work force.

Students range from the high school students to the mature students who are studying at a later-than-usual period in their lives. These mature students often bring to temporary employment, the skills they are currently acquiring and work experience and skills from their pre-student days.

The range of skills offered by the student seeking employment runs from Accounting to Zoology. A random sampling of one set of student applications showed that in engineering, the education and practical experience covered civil, structural, mechanical and electrical fields. At the other end of the scale (both in terms of monetary

reward and experience) there are those students who are willing to take employment demanding less skill but dexterity and more energy; the dishwashers and manual labourers for instance.

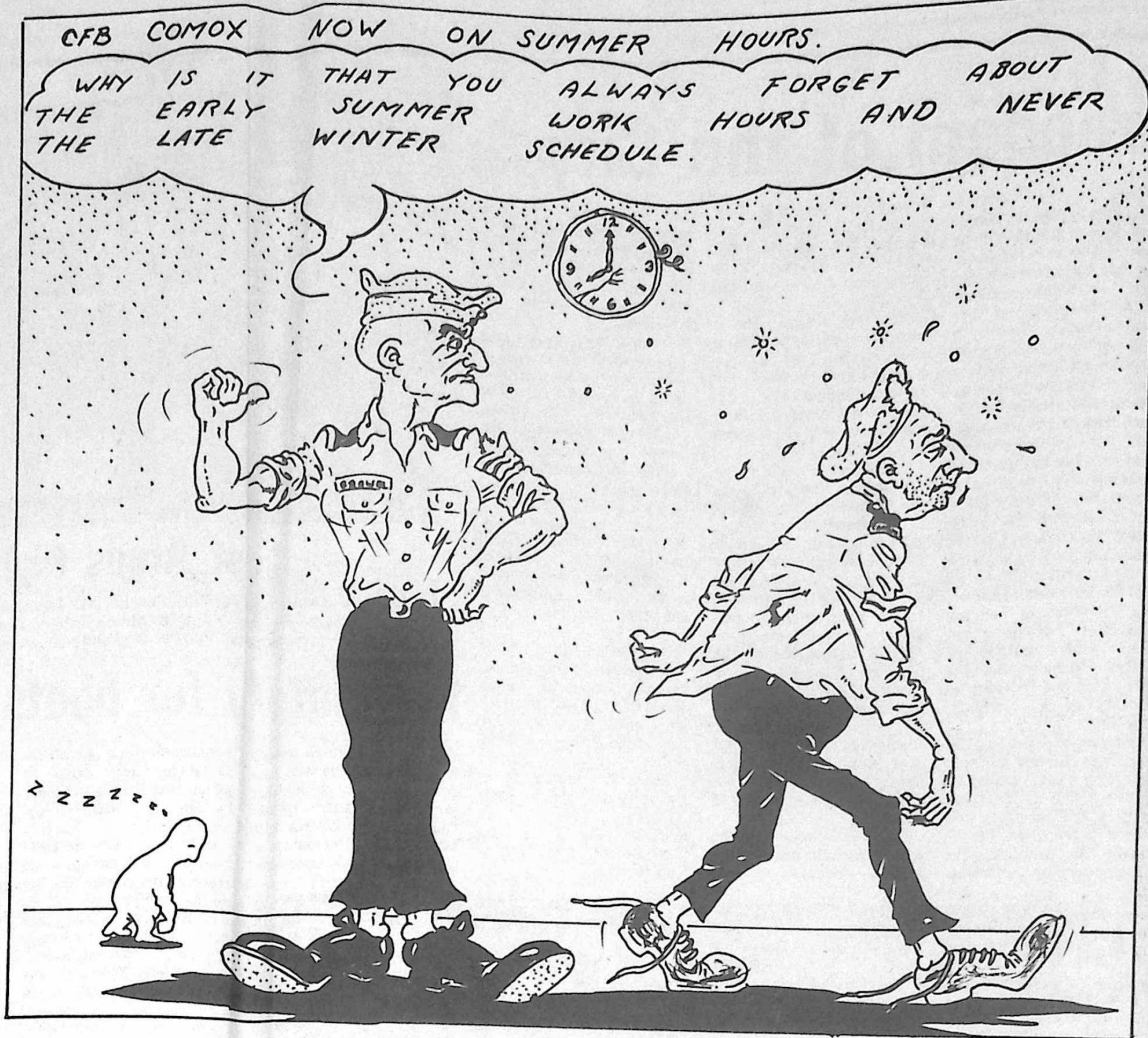
Even the length of time for which employment can be offered varies. There is the householder who wants one hour of lawn-cutting to the professional who can offer three or four months of near-professional employment. There are students who can fill the gaps created by vacationing staff. This can mean the difference between a rushed, less productive summer and a more relaxed 'business as usual' atmosphere. Remember too, that students who learn your business are a good source from which to fill future employee vacancies.

All over the province, there are Student Placement Centres, operated by Canada Employment and Immigration. Each has a list of registrants and will screen students so that potential employers are sent only those students who best meet the stated criteria. A network exists to fill from other Centres if the request cannot be met in the immediate area.

Why does The Vancouver Board of Trade care about this? We exist, among other reasons, to help promote trade and industry. If we can assist employers to find suitable summer employees or advise them of assistance available for job creation, then we are fulfilling one small part of our role.

Why not "invest in someone's future"? It will pay off.

Courtesy Vancouver Board of Trade.



From the North Atlantic Military Committee

Warsaw Pact Military developments

The aims and objectives of the Soviet Union have not changed over the past decade at least. The USSR remains committed to enhancing the security of the Soviet State, becoming the world's predominant political and military power and developing the economic base to support these aims. What has changed during the past decade is their ability to further those aims as a consequence of acquiring greatly enhanced military power.

Indeed they may now have reached a point on the path toward strategic superiority which will permit them to come down more boldly than ever in favour of force in assessing the ratio of risk to gain. Under such circumstances the threat is expanding as the sphere of potential Soviet domination becomes broader and more diverse.

Last year it was reported that "no single development, in the past year has been of such a nature as to stagger the imagination but taken together the catalogue of improvements, constitutes a constantly growing military threat to the alliance which is, to say the least, disturbing." That statement is still relevant with respect to the catalogue of improvements for 1979 but comes into even sharper focus when looked at over a ten year period.

In terms of manpower the Warsaw Pact forces have increased by just over 20 per cent. This increase in itself gives some cause for concern, but in combination with a constant flow of new equipment, all of which reflects extraordinary progress in advanced technology, the improved capacity to make war and to use military power to achieve the stated aims of the Soviet Union could be described as ominous.

Let us consider some examples. First missiles, the hallmark of a super-power in the second half of the twentieth century.

In 1970 the strategic rocket forces had five ICBM systems; SS 7, 8, 9, 11 and 13. None were MIRVed, and lack of accuracy was compensated for by high yields. Some 1300 launchers were deployed giving the same number of warheads.

In 1980 the SS 7s, 8s and 9s have gone and although some SS 11s and 13s remain in the inventory the larger part of the force comprises the new MIRVed SS 17s, 18s and 19s. The total number of ICBM

launchers remains about the same, but there are now over 5000 warheads, still with high yields and with vastly improved accuracy. And this number of warheads will continue to grow as more of the new generation missiles replace older models.

Soviet medium and intermediate range ballistic missiles and missile launchers have also moved forward in terms of capability since 1970. At that time about 650 SS 4s and SS 5s had been deployed.

They each carried a single warhead, could be fired only from a fixed site, lacked accuracy and the SS 4 had a range of less than 2000 KM. over 300 SS 4s and 50 SS 5s remain in service in 1980 and the new, road mobile, highly accurate SS 20 with a range of up to 5000 KMS is in the process of deployment. Approximately 150 of these launchers have been deployed so far and each warhead has 3 MIRVs. This is a formidable weapon. As a consequence of this and other nuclear weapon systems including aircraft the Soviet Theatre Nuclear Forces have become a force to be reckoned with.

On the naval side the number of nuclear powered ballistic missile firing submarines has tripled to almost 70 of which over 60 are Yankees and the New Delta class. None of the missiles in the class carried MIRVed warheads; in 1980 three of the missiles deployed on these vessels are MIRVed. In 1970 the Yankee mounted missiles were of such a range that the submarines had to be deployed in the Western Atlantic to reach targets in North America. Two missiles on the Delta Class submarine, the SS-N-8 and the SS-N-18 are now capable of striking targets in North America or elsewhere at a range of over 8000 KMS without leaving home waters.

New large nuclear powered submarines with new sub-marines launched ballistic missiles are expected to become operational in the early 1980s. But improvements to the nuclear powered submarine ballistic missile force have not been Admiral Gorshkov's sole preoccupation. He has at the same time vigorously addressed the overall ability of the Soviet navy to project power abroad in support of political goals. Once again there has been some increase in the number of major surface combatants, from a little over 200 in 1970 to approximately 275 in 1980, but the qualitative improvements have been more impressive and of greater significance. In 1970 there were no Kiev class ships at sea. Now there are two and two more are expected; complete with the first generation of a purpose oriented aircraft - the Forger. There were no missile frigates in 1970; now there are over 25 Krivaks and the number of missile cruisers has nearly tripled. Moreover a nuclear powered missile cruiser of at least 20,000 tons will enter the operational inventory this year. Ivan Rogov is now available to support amphibious operations, while the 35,000 ton Berezina provides a greatly enhanced logistics afloat capability which has for long been an area of weakness for the Soviet navy.

In 1970 about 25 per cent of the active submarine force was nuclear powered. Now it is nearly half. And several new nuclear powered attack submarines of the Alpha class have appeared after painstaking years of research and development, probably with a titanium hull and a deep diving capability which stretches technology to the limits of today's knowledge. Improved cruise missile submarines have also been deployed with progressive modification incorporating advanced targeting techniques.

The naval air forces have kept pace with these improvements and now include growing numbers of backfire bombers, the Forger VTOL aircraft which I have already mentioned and Haze anti-submarine helicopters none of which were present in 1970. The Soviets clearly understand that naval power and air power go hand in hand.

These improvements, coupled with the acquisition of bases in distant areas have allowed the Soviets to expand their operations into every sea area of the world in which they have an interest. The Warsaw Pact currently maintains about 225 active divisions, of which over 170 are Soviet; this is not significantly different from the 1970 figures although the number of Soviet divisions then was 159. In 1970 the Warsaw Pact had less than 50,000 tanks while the 1980 figure is over 55,000. What is significant is not the increase in numbers, but the comparative composition of the inventories. Whereas 10 years ago the main inventory

consisted of T-54 55s and T-62s, the present force contains an increasingly higher proportion of the new more heavily armed and better protected T-64s and T-72s. In addition a new tank, the T-80, is under test. With tanks as with other equipment the relentless pace of technological advance is being maintained.

The tactical missile inventory which consisted in 1970 of frogs, scuds and initial deliveries of scaleboards, will soon include successors to frog and scaleboard, the SS 21 and SS 22. Instead of using general purpose trucks as personnel carriers and the older BTR-40s and BTR-152s which were not amphibious and had limited cross country mobility, the current Warsaw Pact force of armoured infantry combat vehicles and armoured personnel carriers is composed now primarily of new generation BMPs, and other modern vehicles. Whereas no self-propelled artillery was available in 1970, four models are now in service. Three new generation anti-tank guided missiles possessing improved penetration, shorter minimum range and increased velocities are now in service. In 1970 air defence for ground tactical units was provided primarily by light anti-aircraft artillery and the SA-4 and ZSU-23-4 were only just being deployed.

In 1980 the high altitude defence SA-4s are being augmented by the medium altitude SA-6 and the medium and low altitude SA-8, which have replaced anti aircraft artillery in many Soviet and some non Soviet Warsaw Pact divisions. For low altitude defence the SA-9 complements the now standard ZSU-23-4 and the SA-7 is in the hands of the soldier. The trend, is to place more and more reliance on surface to air missiles for the tactical protection of deployed ground forces.

With respect to air forces the total number of Warsaw Pact aircraft and helicopters has increased by about 30 per cent. The Soviet air fleet, taken as a whole has increased by nearly 40 per cent. Moreover the avionics, range, electronic counter measures capabilities and improved tactical air to surface missiles have been integrated with both totally new and upgraded older airframes. High performance aircraft are now the rule rather than the exception and

all indications are that this trend will continue.

The long range bomber force has dropped numerically from approximately 800 in 1970 to a level of about 700 today, but this numerical drop is more than offset by several factors. About 60 backfire, only in the prototype stage in 1970, are available now in the long range bomber force alone and will probably reach a level of over 100 in 1983, additional backfire aircraft are assigned to naval aviation. Moreover the force is now supported by 100 electronic warfare fitted Badgers and 50 Badger and Bison tankers; neither electronic warfare nor tanker support was attributed to long range aviation 10 years ago. Soviet tactical aviation aircraft have increased sharply from approximately 4500 to 7500 a gain of over 65 per cent, but whereas the 1970 composition included numerous obsolescent aircraft.

The current force is composed of late model aircraft such as Floggers and Fencers. Possibly the most striking comparison during the 10 year period is in the field of helicopters. In 1970 there was no evidence that the Soviets had developed a helicopter intended specifically for armed missions - today their attack helicopter inventory consists of almost 900 heavily armed Hinds and Hips. Similarly the number of medium and heavy helicopters has grown from under 900 to over 3200, an almost four fold increase. This adds flexibility, mobility and depth to the support of ground operations. In the area of military transport aviation the improvement noted in virtually all other fields has not yet taken place. The Soviets possess about 670 medium and heavy transport aircraft today as compared with 760 aircraft a decade earlier, but the Soviets will increase their capabilities in the next few years when the new wide-body and short take-off and landing aircraft enter into service.

Meantime if there is any doubt about their ability to move large numbers of men and supplies by air it will be assuaged by observing that over the decade they have totally changed their twice yearly troop rotation of at least 130,000 men from rail to air, using Aeroflot aircraft and conducted highly effective and sophisticated air lift operations into Syria.

(Continued on page 10)

CNA TOTEM TIMES

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Bunchowski's bullpen

Historically, the middle linebacker has been one of the most feared and respected members of a football team's defensive squad. He must be large, strong, fast and smart, and throughout the 1960's, Ray Nitsche held down this position for the best team in the N.F.L. — Vince Lombardi's Green Bay Packers. The Pack's defensive line was indeed fearsome, and Gale Sayers remembers well his first encounter with them. Sayers was still a rookie when, on his first carry against Green Bay he found himself called upon to hit quickly on an off-tackle play.

He was pounded down at the line of scrimmage, and as the whistle went and players were pulled off he found himself upside down with one leg held by a defensive tackle and the other by Nitsche. As Gale hung suspended between them, the tackle gave a tug on one leg, looked over at Nitsche and grinned, "Okay Ray, make a wish baby!"

The most refreshing thing about the U.S. Olympic hockey team's victory in Lake Placid is that it laid to rest (temporarily, at least) the tongues of the myriad critics of North American hockey.

Whether or not "our" style of hockey is inferior or superior to "their" style does not explain why there have been so many fans, sportswriters and hockey "authorities" drooling over every chance they get to put down the N.H.L. and the players themselves.

Let's take a look at the last Russia-NHL series, which many believe to have proved Russian hockey superiority. To begin, the Russians did not sweep the series, but won a short three game match-up. Were the 1972 Team Canada series to have ended after three games it would have been a tie, and had it gone four games Russia would have won. As it was, Canada rallied in Moscow to take the series. Lesson learned: A three game series tells you nothing, it is a small indication only.

Second, the fact that Russia won the final game 6-0 is not as indicative of superiority as it appears. Down 3-0 in the final game of a series, a team must play offensive-minded and thus leaves itself open to breakaways and two-on-one situations that may put the game out of reach. Lesson learned: A 6-0 score in one game of a series tells you nothing. Hell, the N.Y. Yankees lost the 1960 World Series to Pittsburgh 4 games to 3, and yet the three games they won were by an average of 10 runs.

As well, people seemed to take the attitude that because the N.H.L. was defeated decisively in the last game, it was all over for us and we never would be on a par with the Europeans again. Lesson learned: Don't be drawn in by the "eternal superiority" syndrome. If you hold with that theory, you'd be betting on the Winnipeg Jets to down Montreal every time they played them after their win in Winnipeg back in October.

The basic problem lies in the fact that people seem to enjoy seeing the N.H.L. get beat. Perhaps it is raw envy over the salaries pro athletes receive, but if I hear one more time how the N.H.L. will always lose because they play only for the money, I will scream.

This past season the Russians sent their two best clubs over to play various teams from the N.H.L. Every decent team they played beat them with emphasis (even Vancouver clobbered Dynamo), and the only games the "best in the world" won were against inferior teams, with the exception of the Rangers who were then playing just one game over .500 hockey. I heard or read very little about how weak the Russian hockey was or how much they could learn from our "system", yet you can bet your paycheck had they creamed the N.H.L. the papers would have been full of vituperative slander against the Canadian and American players.

I am not trying to knock the Russians, nor is it my intent to convey the opinion that the N.H.L. can't improve. Rather, I am simply pointing out the fact that the Russian style of hockey is not the end-all and be-all of how the game should be played, and that they have yet to prove they are the superior players. I am disappointed in the manner in which the pros are blasted by the fans and media for not walking over the Europeans in "our" game.

Were the Stanley Cup finalists sent over to Russia to play a series of games against the whole spectrum of teams in that country's top league, I find it hard to imagine them coming back anything but winners.

Well done to the U.S. hockey team for bringing some treasonous hockey fans to their senses.

To end now with this week's stumper. Which of the following pitchers holds the record for the most complete games in World Series play: 1) Sandy Koufax, 2) Bob Gibson, 3) Whitey Ford, 4) Walter Johnson.

Freddie Bunchowski

Every year more than 900 Canadians drown, many of them children. Drowning is the third leading cause of accidental deaths in Canada. Water Safety Week — June 1 to 7 — is an appropriate time to think about those statistics and what you can do to safeguard your family against drowning.

The Canadian Red Cross Society recommends learning to swim as an important defence against drowning. The ability to swim can reduce a potentially

dangerous accident to a minor mishap or slip.

But knowing how to swim is only the beginning. Every year many individuals who believe they are good swimmers drown or injure themselves because they did not know or ignored simple safety procedures.

No matter where you and your family go to swim or relax, there are several simple rules that go a long way in the prevention of drowning or injury.

— Swim in supervised areas.

If that is impossible, swim in a place that you know is safe and has been thoroughly checked for dangerous rocks, currents, dropoffs, etc.

— Always watch your small children when you are near water, whether it's the ocean, a lake, pool, creek or puddle. Even after small children learn to swim, they must still be supervised at all times.

— Always swim with someone else, never alone. When tired or over-heated, stay out of the water.

— Swim in daylight when you

can see and be seen.

— Exercise caution before diving by making sure the water is deep enough and hazard-free.

— Don't allow non-swimmers to use inner tubes or inflatable supports. False confidence in these supports could cost their lives.

— If someone falls into the water, don't jump in. Use a reaching, throwing or floating assist such as a paddle, towel or a rescue line with a float attached.

— Know how to administer rescue breathing (artificial respiration). Make sure every member of your family knows this simple method of resuscitation that has saved thousands of lives.

Don't become a statistic — a deadly statistic — this summer. Make water safety a part of your family plans.

For further information on water safety, or the location of swimming and water safety classes, contact your local Red Cross.

Tips for family water safety 1980

Learning to swim can be your ticket to fun, fitness and water safety this summer. Last year more than 700,000 Canadians took part in Canadian Red Cross water safety and swimming courses. It's not too late for you and your family to get in the swim this year. Contact your local Red Cross for details today.

Knowing how to swim can make the difference between life and death in a tight situation. It's a skill that's important to every member of the family, regardless of age or disability. Call your Red Cross today for the location of swimming and water safety classes near you.

Every year more than 900 Canadians drown, many of them children. Knowing the safety rules — and practising them — will help keep you and your family out of danger. Don't become a statistic. Call your Red Cross today for water safety information.

On a hot summer day, many of us can hardly wait to dive into the cool waters of a nearby lake, river or ocean. The Red Cross urges you to look before you leap; make sure the water is deep enough and contains no jutting rocks or other hazards.

After a long day at work, nothing could be nicer than a refreshing dip in the backyard pool. The Red Cross would like to remind you to make

sure your pool is a haven — not a hazard. See that it is properly fenced to keep children away when you're not around. Safety equipment such as a rope, a pole and a buoy should be nearby and you should know how to use them. Supervise your children when they're near the pool whether they can swim or not.

The Red Cross recommends that you swim in a supervised area. If that's impossible, choose a place that you know is safe or have checked for drop-offs, currents, firm bottom, undertow, etc.

If you or your children can't swim, stay away from inner tubes or inflatable rafts and toys when you're in the water. If you fall off, and you can't swim, you're in trouble, warns the Canadian Red Cross.

A life jacket or personal flotation device is an essential piece of equipment for a boater. The Red Cross recommends that you wear your life jacket or personal flotation device whenever you're in a boat. After all, two out of three people who drown hadn't planned on being in the water in the first place.

Swimming is not only good exercise, it's an enjoyable activity that can be shared with family and friends. The Red Cross urges you to always swim with at least two people, not just for enjoyment, but for

safety's sake.

If your boat capsizes or overturns, don't try to swim to shore. The Red Cross recommends that you swim in the daylight, when you can see and be seen. It's not romantic to be run over by a boat!

Carry the required safety

equipment whenever you go boating: a life jacket or personal flotation device for each person on board; two paddles or oars; a bailer or manual pump; and a fire extinguisher (if your boat has an inboard motor). The Red Cross also suggests you bring

a first aid kit, towline, and radio (to check the weather).

If someone falls into the water, don't jump in. The Red Cross recommends that you use a reaching, throwing, or floating assist such as a paddle, towel or a rescue line with a float attached.

Fish production up

The successful removal of a major barrier to fish migration in the Salmon River, north of Campbell River, has opened up an additional 12 kilometers of upstream habitat and substantially increased production capability for steelhead, trout and salmon, environment minister Stephen Rogers announced today.

The barrier, consisting of a rock and log plug about six meters high, was located in a short canyon reach 28 kilometers upstream from the river's estuary, at Kelsey Bay, on the northeast coast of Vancouver Island.

In anticipation of the successful removal of the barrier, steelhead smolts were released upstream of the jam in 1977. Rogers said that snorkel surveys conducted earlier this year showed that adult fish returning to spawn in the Salmon River were

doing so upstream of the former diversion, in the area in which they were originally planted, thus showing the project to be a success.

The environment minister said that, having removed this one obstacle, ministry staff are now directing their energy towards a second barrier, in the form of a B.C. Hydro diversion dam 12 kilometers upstream from the original log and rock jam.

This dam, said Rogers, presently prevents sea run fish from using about 70 kilometers of mainstem and tributary waters upstream. However, negotiations to construct both a fishway and a juvenile collection facility at the dam will be getting underway shortly, he said.

Ministry officials estimate that annual steelhead and cutthroat production from the Salmon River could be increased from three to five times over, if two problems

can be overcome.

The first — getting the adult fish up over the diversion dam — can be accomplished by some type of fish ladder or fishway, said the minister.

The second, however, is more complex. A way must be found to ensure that the smolts, when they migrate to the ocean, will go back down to the ocean via the Salmon River, instead of being diverted by the existing dam into the Campbell River system. This system flows through a hydro generating station further downstream which prevents the passage of fish of any size.

Branch officials are now examining various ways of screening the entrance to the Campbell River diversion so that juvenile fish from spawning areas upstream of the diversion will not enter the Campbell River system on their way to the ocean.

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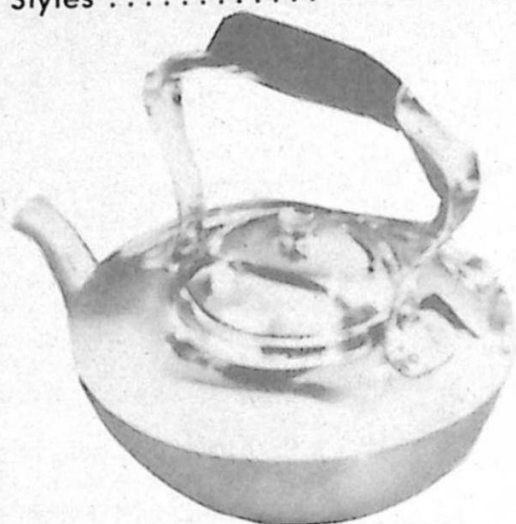
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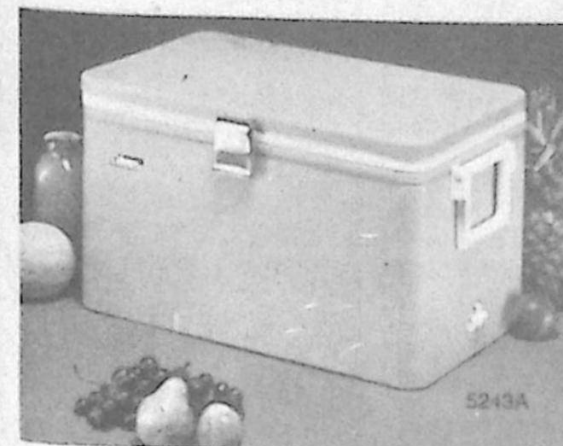
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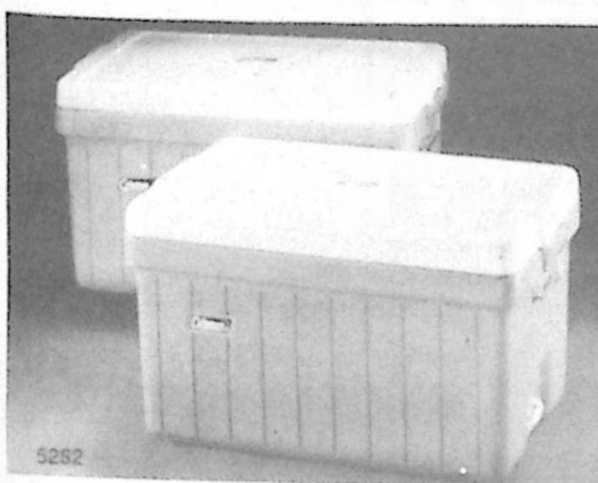
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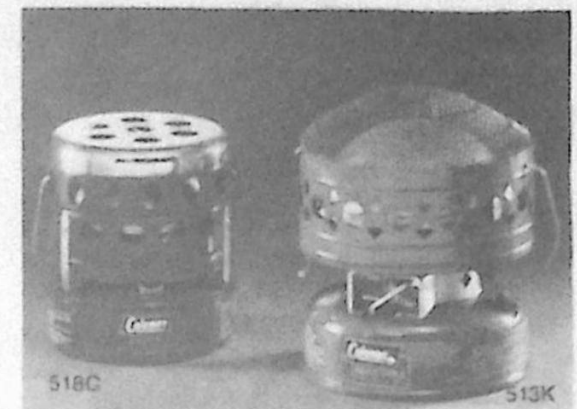
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Community news

1st Lazo Blue Colony

Beaver meetings on the 5th and 10th of May were practises for the Swimup on May 12th.

On May 12th at 6:30 p.m. all the Beavers and Cubs met at Airforce Beach. We had 17 Eager Beavers swimming up to Cubs: namely Blue Colony Ryan Ainslie, Greg Bullard, Tim Culver-James, Craig Dyer, Sean Horton, Jimmy Parker, Mike Pruitt, Cory Young, Alex Smith, and Bobby Williams. Brown Colony, Kyle Anderson, Adam Doll, David Grey, Danny Landry, Sean MacInnis, Carl McLellan, and Neil Taylor.

The Beavers and Cubs both did their openings then the 17 Eager Beavers were called forward. They all made a semi-circle and their parents were then called to stand behind each of their sons. The parents removed the Beaver uniform revealing their Cub jersey. Akela Paul Leger then went around to each boy taking his Beaver scarf, giving him a New white "Chum" scarf. Each boy was very proud to become a "Chum".

The rest of the program planned by Paul Legere and

Mike Lamoreux was a very fascinating experience for the boys and all the visitors. Akela Paul lit a "Magic" fire by performing "Voodoo" actions. "PUFF" the fire was in flame. Mike had made a torch for each of the 17 boys. They each stood behind a torch and Akela let each boy in turn light his torch. The boys will long remember this. I know I thoroughly enjoyed the whole evening and I hope everyone there did also.

Marg Horton presented two ladies, Jean Ainslie and Alisha Bullard, phoning mothers for Blue Colony with a lovely rose. Thank you girls you both did a great job.

"A BIG BIG" thank-you to Paul and Mike for arranging such a memorable program for the boys I know they will long remember it.

Other presentations made were "Scrolls" from the Beavers and Cubs to Mike and Paul who are leaving us this year they both will be sadly missed. Each boy signed their own name. You may not be able to read some of them but they are all there. Also an appreciation certificate was presented to John McKim for

all his help and "Goodies" he has given us beavers throughout the year. Thank you John and we all hope you'll like your new home. Maybe you'll get involved with Beavers their "2 or 4" footed ones whatever.

Thank you to the ladies of the L.A. for serving hot chocolate and cookies this was greatly appreciated. A "BIG" thank you to all the parents, without you the boys wouldn't be there. Without everyone's participation we'd have nothin'. Thank you in general to everyone.

The following night May 13th a Bike rodeo was held for all the Beavers and Cubs in the arena parking lot. The M.P.S put their "ALL" into this to make it an informative and fun night for all concerned. THANK YOU to all involved. Again thank you to the L.A. ladies who served juice, coffee and cookies, greatly appreciated.

I know I've probably missed thanking a lot of people and probably missed writing about a lot of things so thank you all again and if I've missed anything please let me know.



Eager Beavers

Mainstage 80 at Base Theatre

The CFB Comox base theatre, its interior a bit of a mystery to most Comox Valley residents, opens its doors to the best in British Columbia community theatre June 3-7.

Selected as the site of Mainstage '80's "Fringe Festival", the venerable theatre will be the site of three one act plays in the afternoons of June 4, 5, and 6.

The three plays, from theatre groups in Creston, Duncan, and Nanaimo, although not winners in their respective zones, impressed adjudicators sufficiently to warrant a second look.

The purpose of a "Fringe Festival" the improvement of community theatre throughout the province. Professional directors watch the plays together with the audience and then redirect the production with the aim of increasing the play's dramatic impact.

The "Fringe Festival"

complements the main attraction of Mainstage '80, the performances of the seven winning plays from around the province at Courtenay's Civic Theatre.

In all some 200 actors, directors, and Theatre B.C. officials will descend on the Comox Valley June 3-7, for what Courtenay Mayor, Bob McPhee has proclaimed Community Theatre Week. They will come from Nanaimo, the Lower Mainland, Prince George and include a group from Salmon Arm who will bring a cast and crew of 43 by chartered aircraft.

This marks the second time in five years that Courtenay Little Theatre has played host to the provincial final. In addition to the "Fringe Festival", performance and public adjudication of the zone winning plays, visitors to Mainstage '80 will also be treated to a dance and salmon barbecue.

PMQ preamble

ATTENTION DOG OWNERS: The playgrounds area beside the Gilwell Hall is becoming too Unsanitary and Dangerous for the Cubs and Brownies to continue their games in that area. Please curb your dogs and try and clean up after them.

Block Parent: Once again we are pleading with the people of this community to get involved with this program. Please call Mrs. Leslie Lewis at 339-6140 in our P.M.Q. area if you wish to become a member or contact Kathryn Dalmer at 334-2769.

Garden Plots: Anyone wishing to have a garden plot this summer will be able to at Point Holmes. There is a small charge of \$2.50 for the year. For further information call our Mayor Mr. Bob Horton at 339-2607.

FAMILY DAY PICNIC: Our Family Day Picnic will be held on June 22 at Airforce

Beach at 1100 hrs. to 1600 hrs. Lots of fun and games plus food and refreshment so bring the kids out, they're guaranteed to have a great time.

Comox's Day Care: The Comox's Day Care centre is in the midst of trying to raise funds to purchase a Preschool Centre in Comox. They will be having an Expression "80"; Variety show on May 31 at the Civic Centre plus a Family Walk-A-Thon June 1st at 1:00 p.m., also a Family Smorgasbord on Sun., June 15th at the Elks Hall at 5:00 p.m. to 7:00 p.m. There will be a dance also on June 27th at the Lower Native sons Hall. So please try and make at least one of these activities.

If they succeed in raising the amount they need, it could be a great access to the community.

Officers Wives Club

The Officers' Wives Club met for our closing dinner Wednesday, May 21st, in the Officers' Mess. The evening began with our punch hour. At this time members and guests were treated to a special showing of talent from our quilting class. Carol Harvey-Clark, quilting teacher, and class members displayed the quilt tops they made in the class. What creativity and talent, and what a lovely setting for our before-dinner visiting! We also had a display of our club scrapbooks, past and present, recalling memories of previous meetings.

Into dinner and on to the main events of the evening, President Anne Gibbon welcomed members and guests and presented cheques from the club to Glenda Lake

representing the Child Development Centre Extension and Marian McDonald accepting for the Canadian Cancer Society. These donations were the proceeds from our spring fashion show.

Next the club presented a gift of a burl clock to W.O. Bert Perron on his retirement with many thanks for his co-operation and support.

Diane Beech, welcoming chairman, presented spoons to our departing members. We'll miss you ladies but wish you each the best at your next posting.

Anne Gibbon expressed her thanks to members and to the outgoing executive for a most successful year. The outgoing executive then introduced next year's executive.

Incoming President Pat Black expressed her hopes for another terrific year starting in September. Next year's executive will include President, Pat Black; Secretary, Diane Beech; Treasurer, Sue McKinley; Entertainment Chairman, Mary Dunsden; Food Convenor, Evelyn Kennedy; Publicity Chairman, Sarah Williams; Welcoming Chairman, Joane Harris; Phoning Chairman, Barbara Myatt; and Bridge Chairman, Gail Thomas.

A special thanks to Pat Black and Carol Wolfe, our food convenors, for planning our delicious menu. We had a great evening and a great year. Until September! Enjoy your summer!

Electrolysis school

There is a new B.C. government trade school in Port Alberni. The Western Canadian School of Electrolysis has been opened to provide quality training in the most effective methods of permanent hair removal. This school concentrates on the Blend, a method used by the majority of Californian electrologists, but only now being introduced to B.C.

There are many misconceptions about electrolysis, among them:

Painful? This depends on the client: most people are surprised to find that the mild heating sensation of the Blend is easily tolerable. There has to be some discomfort to insure effective treatment.

Permanent? Yes, but the client must come for treatments on a regular basis.

Marking? Properly done, the Blend will leave no permanent marks on the skin.

Safe? Yes, if done by a trained electrologist. To remove an unwanted hair, the electrologist inserts a fine, sterile, stainless steel wire into the hair follicle and applies a gentle electric current. The combined heating and chemical action of the Blend eliminates the blood supply nourishing the hair and the germinative cells responsible for hair growth.

This procedure may sound simple, but the electrologist must master many skills:

1) Sterile and sanitary technique.

2) Insertion must be at the proper angle and depth to lie the tip of the wire beside the structure that nourishes the hair.

3) The timing and intensity of current must be controlled to eliminate all of the cells responsible for hair growth, while producing as little discomfort as possible and preventing damage to the skin surface.

4) Each new client must be evaluated to determine the most effective treatment procedure.

5) Operation of a business. Effective electrolysis demands skill, and to this end, the WCSE offers over 300 hours of theory and practical experience in an intensive 8 week course. For further information call or write:

Western Canadian School of Electrolysis, 4782 Burde St., Port Alberni, B.C., V9Y 3J8. Phone: 724-2804.

MAINSTAGE '80

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8 pm
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Telephone (604) 688-3836

Financially assisted by the Government of British Columbia through the British Columbia Cultural Fund and the British Columbia Lottery Fund.

IN SILENCE WE REMEMBER -- Before the altar, the former Naval Ensign, Major Frank Van der Pryt places a wreath in commemoration of those of the Royal Canadian Navy and allies who died in the Battle of the Atlantic during World War II.

THUS WE REMEMBER ... Chief Petty Officer J.M. Maybin of the Marine Section of this Base graciously consented to pipe the Bos'n's Pipe in honor of the Naval dead before reading the names of HMC Ships that went down during the Battle of the Atlantic. Standing alongside CWO Maybin is Cpl Dave Rich. (RC Chapel Battle of Atlantic Service)



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Promotions & awards

BComd. commendations



PRESENTED TO Sgt. McLean in recognition of the yeoman service so selflessly provided in support of the physical education and recreation programs at CFB Comox. Your untiring efforts, pursued through an innumerable number of off-duty hours as a competitor, coach, player, and organizer have played a very significant role in engendering a spirit of camaraderie and a sense of sportsmanship

amongst the numerous personnel with whom you have been involved. Your successes with various Base representative and inter-section teams are well known and widely acclaimed, and are testimony to your abilities and dedication. Your efforts are a distinct credit to yourself, CFB Comox and the Canadian Armed Forces.



CWO Stipkala

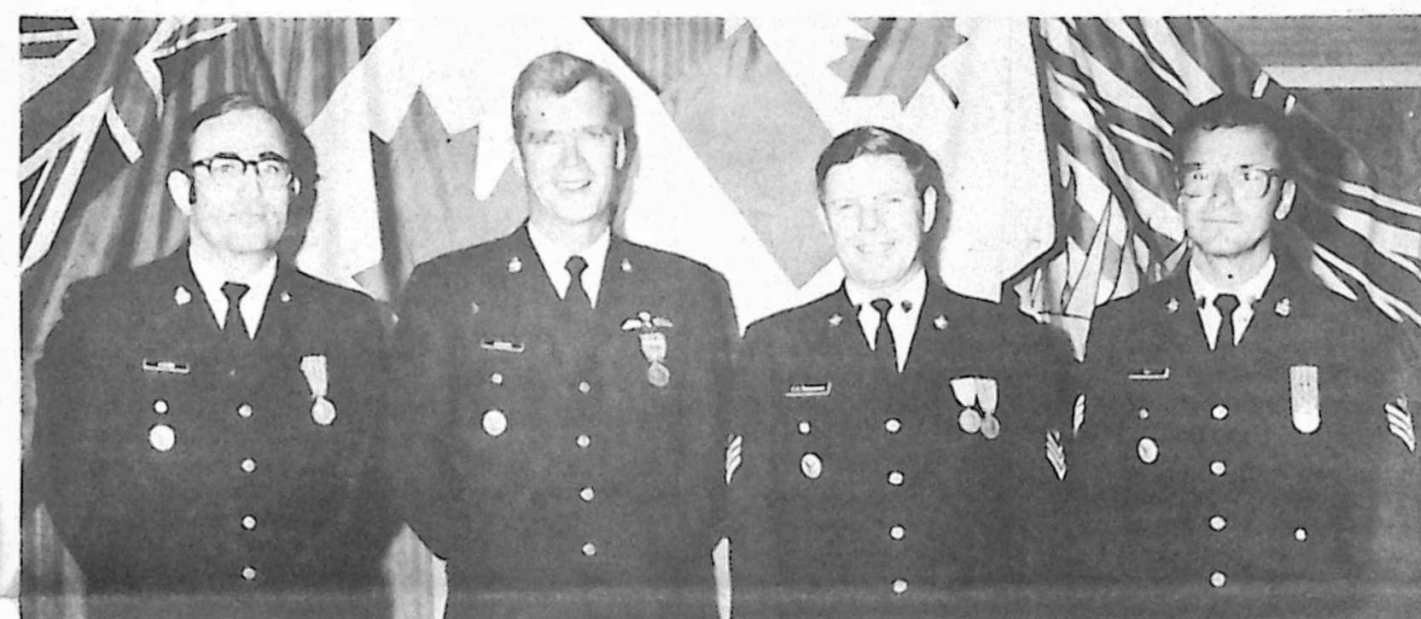
CANADIAN FORCES National Defence Headquarters, Ottawa, recently announced the promotion of a former resident of Victoria, B.C. Chief Warrant Officer Don A. Stipkala was promoted to that rank. He is presently stationed at

CFB Comox. Pictured left to right are: Lt. CM Bolvin, Base Food Services Officer, Col. B.T. Burgess, Base Commander, CWO D.A. Stipkala, CWO i-c Combined Mess, Maj. L.D. Carmichael, Base Administrative Officer.



PRESENTED TO Major the Reverend Lyman R. Coleman in recognition of his unceasing and tireless dedication and service to the welfare of the

military and civilian communities of the Comox Valley.



CD's presented

COL. BURGESS, the BComd, recently presented CD's to (L to R) Capt. D.K. Wagner, Sgt. G.H. Rutherford and Sgt. G.J. Ray.



442 promotions

RECENTLY ON THE carpet in the CO's office were: (L to R) MCpl. Verchere promoted to Sgt.; Cpl. Cathcart now MCpl. Cathcart, CD; MCpl Blake

promoted to Sgt.; LCol Diamond, CO 442; newly appointed MCpl Game, MCpl Pearce, MCpl Kostuk, MCpl Amadio and MCpl Mercer.

Totem Times Classifieds

Announcements

WE ARE open again!
9 holes \$2.50
18 holes \$4.00.
10 round punch card \$20.00.
Season green fees \$120.00.
See you soon, at Longland Par 3.
1145 Anderton Road, Comox.

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

June 8.
Stamp Bourse, 10 a.m. to 8 p.m.
Lower Native Sons Hall
360 Cliffe Avenue,
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For Sale

16' Aristocrat travel trailer. Sleeps 6, contains ice box, stove, sink, 20 gal. water tank, 20 lb. propane tank, electric hook-up, asking price \$2000.00. Phone 339-4269 after 1630 hrs.

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Very good condition - new tent trailer comes with camp stove, table and chairs plus misc. utensils. Asking \$450.00 or best offer. Contact Cpl. Phinney L-358 or 339-3979.

Cars - Trucks

1973 Toyota pickup. Valves done, new exhaust, all new paint, immaculate condition, only 60,000 mi. \$2000.00. 339-5370.

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1965 Pontiac, V-8, 283 cub. in., P-St., P-B, auto., 2 tone, blue. Good tires, like new condition, new paint, looks \$925.00. Phone 338-7165 or 339-3613.

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Wanted 15 H.P.

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

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Real Estate

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

Are you moving to Ottawa?
House for sale: 3 bedroom townhouse, eat-in kitchen, dining room, large living room, 1½ baths, finished rec. room. 5 min. drive from CFB Uplands, close to shopping centre. Asking \$39,000. Write to P. Krayner, 255-2270 Cotters Cr., Ottawa, K1V 8Y6 or phone 613-521-9798.

6.7 acres of nicely treed land off Waveland, near Huband Road. Power available. Good underground water. Price \$30,000. Discount for cash. Private sale. Phone: 338-8012, (evenings) or 334-3413 (days).

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Lge. living room - feature wall stone fireplace. Nice kitchen and dining area. Built in stove. Utility room. Built in patio with barbecue. 1½ baths. \$48,000.00. 14,000.00 down. Take over existing morg. at 10¼ per cent. Phone 339-5258.

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Promotions & awards



Maj Ray Harpell

LCOL McAFFER congratulates a smiling Maj. Harpell on his recent promotion. Well deserved Ray, does this mean we have to call you sir now?



Wings & Rings

LCOL DIAMOND (center) congratulates Lt. Davidson on his promotion to Capt. and presents MCPL MacMaster with his flight engineer's wings.



MWO Ron Bailly

LCOL McAFFER congratulates hockey pro Ron Bailly on his promotion to Master Warrant Officer.



22 years of service

MAJ. FORESTELL, A-CO 442 (in flying suit) certificate after 22 years service in the Canadian Forces. Capt. and presents WO Wood with his retirement

Warsaw Pact

(Continued from page 4)

Angola, Ethiopia and most recently Afghanistan.

The Warsaw Pact has also improved its air defences by the employment of more over lapping radars, surface to air missiles, increased fighter aircraft and new air to air missiles as well as the low altitude SA-X-10 which may become operational in the next year or so, and a new

interceptor with a look-down shoot-down capability later in the decade.

Last year it was stated that, in comparison with the previous year the principal instrument of Soviet policy - Soviet military power - was getting better and stronger and more formidable with every year that passes. The conclusions for the current year leave no reason to doubt that that statement holds true.

The Soviet army has one new generation of tanks already in operation, and another being tested, all incorporating technology which stretches the limits of today's technological knowledge. The air forces have a new bomber and two new tactical aviation fighters. Where there were no attack helicopters 10 years ago there are now almost a thousand. A third Kiev class ship will be operational soon.

A decade earlier there were none. And this same litany of improvements carries over to air defence, theatre nuclear and strategic nuclear forces.

Soviet confidence in the effective utility of her military power, coupled with a willingness to use it to achieve political ends as we have seen in Afghanistan, makes it clear that we are entering a period of high risk.



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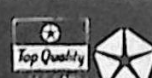
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COMOX - ROSS AVE. - Owners are transferred and offer possession 15 July or TBA. Features: 2 bedrms up and 1 down. Cut marble fireplace, 2 bathrooms, rec room for development, sundeck, carport and outside lot 75' x 136'.



ONLY \$40,900 - This 2-bedroom up, 1 down, full bsmt. home is in mint condition. Features a fireplace, leaded glass doors, wood burner to supplement the furnace. Possession 1 July.



PANORAMIC VIEW OF COMOX BAY - 2400 Sq. Ft. of living area with 5 bedrooms, 2 full bathrooms, very large master bedroom, sauna, Jennair Range in kitchen, fireplace, swimming pool on a large well landscaped lot. Some assumable financing at 10 1/2% interest. Located on Island Highway south of Courtenay, this is a dream home for the discriminating buyer.

2400 SQ. FT. RANCHER - With panoramic view of Comox Bay. Swimming pool, sauna and some financing at 10 1/2%. Lorwood Courtenay, mountain view. 12% financing assumable. Only \$11,500, sewer & water.

COMOX HARBOUR WATERFRONT - 4 bedroom older home with fabulous view. Sizeable down payment required and assume existing 10 1/2% int. financing. Master bdrm. features full bathroom ensuite, sundeck & view. Excellent in-IC & I.

COURTENAY 6 UNIT APARTMENT BLOCK - Fully rented, quiet street, \$134,000.

670' OF WATERFRONT - Sandy beach with luxury 3 bedrm bungalow. 4.5 acres land, 3 revenue bungalows. Zoned C-2. Ideal site for luxury hotel, or holding property. View of mountains & Gulf Islands.

31-ROOM SKIERS RETREAT - With potential plus at a low price on 5.52 acres with C-2 zoning. Assumable financing at 10% interest. Close to mountains and out of town.



PUTTLEDGE PARK RIVERFRONT - Custom built home on a large beautifully landscaped lot. Features include full bsmt., rec. room, double garage, circular driveway, lots of trees, shrubs and flowers, peace and tranquility by the soft flowing river.



COMOX - Price reduced to \$52,900. 4 bedroom, 2 bathrooms and a fireplace, large family room, sun deck and a built-in bar-bouquet on Salish Street backing onto creek, landscaped with a paved drive.



COURTENAY - 1051-17th Street vendor wishes quick sale. Price reduced to \$59,900. Features 4 bedrms, 2 fireplaces, 2 bathrooms, finished rumpus room with bar, wood burner stove in tandem with oil burning range and all drapes stay. June 1 possession. Open House Sun., 1 June, 1330-1630.

2400 SQ. FT. RANCHER - With panoramic view of Comox Bay. Swimming pool, sauna and some financing at 10 1/2%. Lorwood Courtenay, mountain view. 12% financing assumable. Only \$11,500, sewer & water.

COMOX HARBOUR WATERFRONT - 4 bedroom older home with fabulous view. Sizeable down payment required and assume existing 10 1/2% int. financing. Master bdrm. features full bathroom ensuite, sundeck & view. Excellent in-IC & I.

COURTENAY 6 UNIT APARTMENT BLOCK - Fully rented, quiet street, \$134,000.

670' OF WATERFRONT - Sandy beach with luxury 3 bedrm bungalow. 4.5 acres land, 3 revenue bungalows. Zoned C-2. Ideal site for luxury hotel, or holding property. View of mountains & Gulf Islands.

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CF news

The 80 mile harbour to harbour swim

Six members of the Canadian Forces Fleet Diving Unit (Pacific) are swimming 80 miles in a relay from Vancouver to Victoria to raise money for crippled children. The British Columbia Lions Society for Crippled Children is taking pledges on each mile the navy team completes of the 80-mile swim relay. The swimmers will take turns battling the tide and cold water, a minimum of 12 hours each, during the Harbour-to-Harbour swim which they estimate will take a total of 80 hours.

The swim team is leaving HMCS Discovery (Coal Harbour) on May 29 at 4:30 a.m. and will follow the old CPR ferry route; swimming through Boundary Pass, then Haro Strait and estimate they will arrive at Victoria's Inner Harbour around June 1st.

Depending upon the tide and the weather, the swimmers' departure and arrival times may vary.

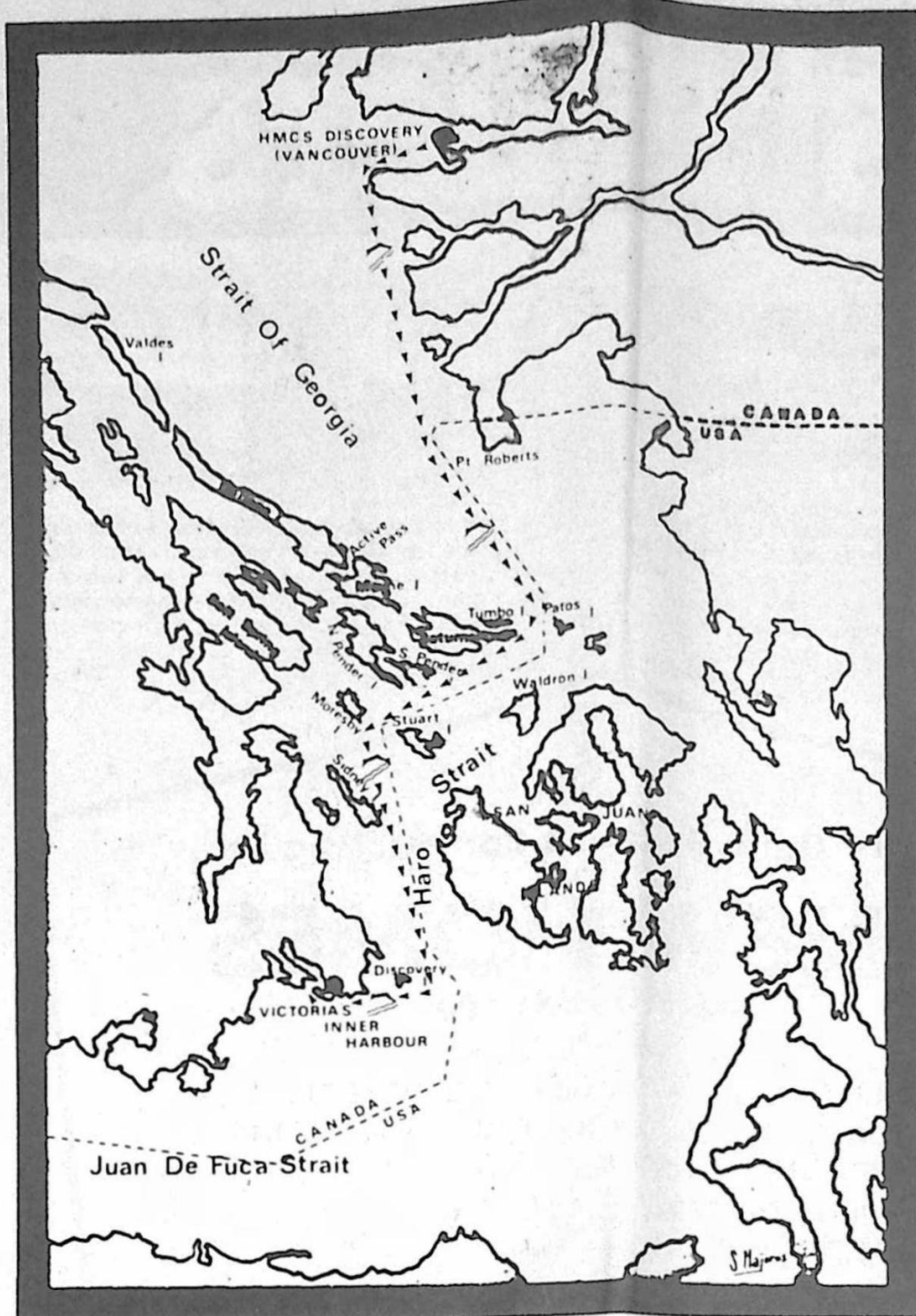
The six member team includes: Lt. (N) Paul Marson,

C.P.O. Albert Wood, P.O. Daryl Skaalrud, Lt. George Cox, M-S Dennis Shaw, and AB. Scott Schooner who raised almost \$3,000 for crippled children last April swimming from Port Angeles to Victoria.

The Fleet Diving Unit has taken all of the measures necessary to ensure the swimmers' safety such as the use of wetsuits and fins during the swim, the accompaniment of a 95-foot navy diving tender, some smaller navy crafts and a rigorous training program.

CKDA's Seatrader is also accompanying the swimmers so that live up-to-the-minute reports are filtered back to CKDA listeners to keep them informed of the swim team's progress during the 80-hour swim relay.

Those interested in pledging on behalf of crippled children can do so by calling the British Columbia Lions Society for Crippled Children, in Victoria, at 382-3171.



New head docs

OTTAWA -- Defence Minister Gilles Lamontagne has announced the appointment of the new surgeon-general and deputy surgeon-general for the Canadian Armed Forces.

Brigadier-General Victor McPherson will be promoted major-general in July and become surgeon-general at National Defence Headquarters (NDHQ), Ottawa, and Colonel Robert Fassold will be promoted brigadier-general and appointed deputy surgeon-general, also at NDHQ.

Brig.-Gen. McPherson, 51, of Calgary and Vancouver, deputy surgeon-general since April, 1976, replaces Major-General Wilson Leach who is retiring after 34 years of military service.

Brig.-Gen. McPherson holds a bachelor of arts degree and doctor of medicine from the University of British Columbia. He began his military career in March, 1952 when he joined the Canadian Officers' Training Corps, transferring to the Royal Canadian Army Medical Corps that September.

Following internship training in 1955 he served at various military hospitals in Canada and Egypt until 1959 when he commenced a four-year post-graduate program at hospitals in Edmonton and Toronto. He obtained certification and fellowship from the Royal College of Physicians and Surgeons of Canada in 1963. Brig.-Gen. McPherson subsequently served in a number of senior appointments including surgical consultant for 1 Air Division headquarters at Lahr, West Germany, deputy chief of surgery at the National Defence Medical Centre in Ottawa and chief of surgery at Canadian Forces Hospital, Kingston, Ont. During the years 1969-74, while based in Ottawa and Kingston, he held teaching appointments at the University of Ottawa and Queen's University.

A graduate of National Defence College, Kingston, Brig.-Gen. McPherson moved to Ottawa in 1975 as director, medical plans and requirements with the surgeon-general branch in Ottawa. He was promoted to his present rank in March, 1976 and on April 1, 1976 he was appointed Honorary Surgeon to Her Majesty Queen Elizabeth II.

Col. Fassold, 46, of London, Ont., has been commanding

officer of the Canadian Forces Environmental Medicine Establishment and deputy chief, Defence and Civil Institute of Environmental Medicine in Toronto since July, 1977.

He obtained a bachelor of science degree in biology from the University of Western Ontario in 1955 and joined the Royal Canadian Air Force (Auxiliary) in 1956. Trained as a pilot, he transferred to the regular force in 1957 and served with 2 Air Observer School at RCAF Station Winnipeg and 412 Transport Squadron, RCAF Stn Uplands, Ont.

From 1963 to 1968 he attended the University of Western Ontario under the Aircrew Medical Training Plan, and graduated with a doctor of medicine. He then served as base medical officer and flight surgeon at CFB Trenton, Ont., until 1971 when he took post-graduate training at the University of Toronto to obtain a diploma in public health. In 1972-73 he attended the United States Air Force School of Aerospace Medicine, Brooks AFB, Texas.

Col. Fassold served two years with the surgeon-general branch in Ottawa before he became senior staff officer, surgeon operations at Air Command headquarters, Winnipeg, in August, 1975.

Laser technology award

OTTAWA (CFP) -- Dr. Jacques Beaulieu, a scientist employed at the Defence Research Establishment (Valcartier), was recently elected a member of the Royal Society of Canada and became the first winner of the Joseph-Armand-Bombardier prize for his research publications and inventions particularly in the field of laser technology.

The Joseph-Armand-Bombardier prize, was

presented to Dr. Beaulieu by the Association canadienne-française pour l'avancement des sciences (ACFAS) at the 48th annual meeting of the Association held at Laval University, Quebec City, on 15 May, 1980.

Although ACFAS rarely awards more than one prize to any scientist, this is the second time that it has honored Dr. Beaulieu in this manner; the Association presented him with the Archambault Medal in 1971

for his contribution to laser technological innovation.

In 1972, he was awarded an honorary doctorate from the University of Moncton and in 1978 was recipient of the Thomas Eady Medal of the Royal Society of Canada.

Dr. Beaulieu is a member of the Canadian Association of Physicists and has a master's degree in science from McGill University and a doctorate in physics from the University of London.

MGen Leach

OTTAWA -- A member of Canada's Aviation Hall of Fame and a Queen's Honorary Physician, Major-General Wilson Leach, 56, of Chalk River, Ont., will retire from the Canadian Armed Forces in November following 34 years of military service.

Surgeon General of the Canadian Forces at National Defence headquarters in Ottawa since 1976, Maj.-Gen. Leach served as a pilot with the royal Canadian Air Force during the Second World War. From 1946 to 1952 he attended the University of Western Ontario, obtaining degrees in arts and medicine. He joined the RCAF University Reserve Training Plan while attending university and transferred to the Regular Force in 1952.

Maj.-Gen. Leach served 12

years with the Institute of Aviation Medicine, Toronto, where he held a number of appointments including head of the high-altitude physiology section and officer commanding operational medical establishment.

In recognition of his work in high-altitude physiology which contributed to the advancement of Canadian aviation, he was awarded the McKee Trans-Canada Trophy in 1960. His findings are incorporated in the design of oxygen systems in military and commercial high-altitude aircraft.

Maj.-Gen. Leach moved to Ottawa in 1966 where he became director of medical staffing and training with the surgeon-general staff. He attended National Defence College, Kingston, Ont., from August, 1969 until July, 1970 following which he was promoted brigadier-general, appointed a Queen's Honorary Physician, and named deputy surgeon general.

In July, 1974 he was inducted into Canada's Aviation Hall of Fame, Edmonton, for his contribution to aviation medicine.

Order of Military Merit

OTTAWA -- The order of Military Merit will be presented to 53 Canadian Regular and Reserve Forces members in a ceremony at Government House May 21, at 11:00 a.m.

His Excellency The Right Honourable Edward Schreyer, CC, CMM, CD, Governor General of Canada, Chancellor of the Order of Military Merit, and Commander-in-Chief of the Canadian Forces will invest Regular and Reserve officers and other ranks.

The Queen is the Sovereign of the Order which was created July 1, 1972 to recognize meritorious service and devotion to duty by members of the Canadian Forces. The Order has three grades of membership -- Commander (CMM), Officer (OMM) and member (MMM).

His Excellency will present insignia to three Commanders, 15 Officers and 35 members.

GRADE OF COMMANDER
Brigadier-General Bendt A. Oxholm, CMM, CD, 49, Seven Sisters Falls, Man.

Brigadier-General Alan Pickering, CMM, CD, 50, Niagara Falls and Sarnia, Ont.

Brigadier-General Mortimer L.A. Weisman, CMM, CD, 52, North Bay, Ont.

GRADE OF OFFICER
Lieutenant-Colonel Daniel Joseph Bonner, OMM, CD, 54, London, Ont.

Colonel Joseph Gerard Jean-Guy Boulet, OMM, CD, 40, Montmagny, Que.

Lieutenant-Colonel Roger Bourdon, OMM, CD, 45, Montreal.

Colonel Harold William Brogan, OMM, CD, 44, Saint John and Fredericton, N.B.

Lieutenant-Commander John Manning Chute, OMM, CD, 52, Wheatly, Ont.

Lieutenant-Commander Peter John Drage, OMM, CD, 45, Bedford, N.S.

Colonel John James Grant, OMM, CD, 44, New Glasgow, N.S.

Lieutenant-Colonel Colin Hodgson, OMM, CD, 44, Peterborough, Ont.

Colonel Alexander Kyte Kennedy, OMM, CD, 52, Beaconsfield, Que.

Colonel Donald James Langdon, OMM, CD, 46, Toronto.

Major Joseph Jean-Marie Sauvageau, OMM, CD, 47, Sherbrooke, Que.

Colonel George Dunbar Simpson, OMM, CD, 49, Ottawa.

Lieutenant-Commander

John Burton Simpson, OMM, CD, 40, Halifax.
Lieutenant-Colonel Hubert Carradice Taylor, OMM, CD, 54, North Sydney, N.S. and London, Ont.

Colonel John Lewis Twambley, OMM, CD, 50, Montreal and Trenton, Ont.

GRADE OF MEMBER
Captain Ronald Aquino, MMM, CD, 48, St. Catharines, Ont.

Chief Warrant Officer Richard Aubuchon, MMM, CD, 50, Boucherville, Que.

Master Warrant Officer James Reginald Baker, MMM, CD, 46, Englehart, Ont.

Master Warrant Officer Raymond Bissonette, MMM, CD, 45, Montreal, Que.

Chief Warrant Officer Ronald Clifford Broderick, MMM, CD, 51, Dartmouth, N.S.

Chief Warrant Officer Thomas Herbert Campbell, MMM, CD, 55, Kingston, Ont.

Warrant Officer Roland Joseph Courtemanche, MMM, CD, 39, Sherbrooke, Que.

Captain Joseph Adrien Desbiens, MMM, CD, 46, Began, Que.

Master Warrant Officer Lawrence Wilfred Duncan, MMM, CD, 48, Saanich, B.C.

Chief Petty Officer Class 2 Stanley Gordon Felker, MMM, CD, 43, Listowel, Ont.

Chief Warrant Officer Joseph Bernard Fullum, MMM, CD, 53, L'Epiphanie, Que.

Master Corporal Christopher Matheson Gay, MMM, CD, 32, Winnipeg.

Master Warrant Officer Kenneth Everett Greer, MMM, CD, 48, Moncton, N.B.

Chief Warrant Officer Leonard Willoby Grummett, MMM, CD, 47, Thornbury, Ont.

Chief Warrant Officer James Albert Heyman, MMM, CD, 49, Saint-John, N.B.

Master Corporal Joseph Jacques Maurice Huard, MMM, CD, 35, Shawinigan, Que.

Master Corporal Robert Anthony Hubert, MMM, CD, 46, Fort Francis, Ont.

Chief Warrant Officer Gordon Johnson, MMM, CD, 43, Victoria.

Warrant Officer Bert Keryluk, MMM, CD, 45, Winnipeg.

Captain Alonzo Earl Luker, MMM, CD, 47, Petrolia, Ont.

Sergeant Beverly Betty Ann Makinen, MMM, 34, Parry Sound, Ont.

Lieutenant-Commander John Maywood McBain,

MMM, CD, 42, Montreal, Que.
Sergeant Robert Bruce McKay, MMM, CD, 43, Regina, Sask. and Comox, B.C.

Warrant Officer Joseph Guay Munro, MMM, CD, 40, Quebec City.

Captain Margaret Ann Nelson, MMM, CD, 34, Salmon Arm, B.C.

Chief Warrant Officer Joseph James Arthur Pelletier, MMM, CD, 53, Toronto.

Chief Warrant Officer Ronald Wilfred Pomeroy, MMM, CD, 46, Indian Head, Sask.

Master Warrant Officer John Austin Michael Reid, MMM, CD, 45, Richmond, B.C.

Captain Karl Lorenz Rudhart, MMM, CD, 49, Victoria.

Warrant Officer Frank Edward Rymarchuk, MMM, CD, 43, Portage la Prairie, Man.

Master Warrant Officer Henry Charles Sampson, MMM, CD, 48, Halifax.

Lieutenant Leonard Brian Seward, MMM, CD, 52, North Vancouver, B.C.

Captain Robert George Taylor, MMM, CD, 46, Sault Ste. Marie, Ont.

Captain Kenneth Byron White, MMM, CD, 53, Winnipeg.

Chief Warrant Officer Donald Glenwood Zinck, MMM, CD, 44, Bridgewater, N.S.

Flight safety

(Continued from page 1)

"this is my tenth trip and you are all experienced, so we will dispense with checklists on this trip; and, since Edmonton knows we are coming, we will turn the radios off to keep the noise down in the cockpit." See the analogy? No matter how many times the pilot has flown the aircraft, the checklist is always used, and he always pays attention to the pre-flight briefing. You as a passenger have a checklist (that passenger information card on the back of the seat in front of you) use it; and pay attention to the briefing -- you may be sitting next to an exit and I may be next to you, so you better know how to open that window

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2 SUPER SPLIT LEVEL

Large 3 level split in Heritage Park. This home has it all, quality finishing throughout, intercom system, heatilator f'place, fenced rear yard, 2 car carport, double cement driveway, built in dishwasher, family room off the kitchen. This home is a super buy.

STU LIVING

339-3541

3 SUNNY AND COZY

This home is bright as a button and will solve most of your family's needs. Close in town, 3 bdrms., full basement and only \$46,500. with finished rec room and work shop plus den or study.

ERNE ANDERSON

338-5018



4 SUPER DEAL

\$51,900. A view of Comox Bay with a good quality home, two bdrms. up and two finished rooms down. Central f'place up. Large lot. To view call, LLOYD WORK

334-2220



5 SPACIOUS COMOX HOME

1273 sq. ft. full basement home in quiet area. 2 baths, 2 f'places, rec room, games room, workshop, cold room and wrap around sundeck. Large 75x150 ft. lot includes many fruit trees and great privacy. \$62,000. with 10 per cent mtg.

AL ROBB

339-3307



6 LOCATION FOR NEW HOME

In central Comox area, very close to schools, golf, hospital, etc. Quality construction throughout features excellent detail finish, thermo windows, 2 baths, heatilator f'place, brick facing and concrete driveway. Great home investment at \$58,900.

AL ROBB

339-3307



7 OPEN HOUSE

May 31st and June 1st, Sat. and Sun. 1-4 P.M. Lot H Willis Way. Park-like setting on 0.8 of an acre. Thermopane windows, 2 full baths, ensuite in the master bdrm. Your host is LLOYD WORK

334-2220



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WEGAR
334-4568

WAYNE
GRAFTON
334-2984

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339-4239



8 CEDAR DREAM

Quality no-stairs, 3 bdrm. cedar home. Shake roof, kitchen sky light. Alaska white pine feature walls, rich real brick floor to ceiling heatilator f'place, custom ash cabinets. Floor covering f'place, custom ash cabinets. Floor covering color choice and light fixture choice at builders price. \$5,100. down will handle. Located on Atlas and Seton in the Comox area. \$50,900. Call DICK GARDINER

339-5345



13 SPACIOUS QUALITY HOME

Located in a quiet area of Comox with a view. The home features excellent construction detail with 1150 sq. ft. on the main floor over a 3/4 basement and f'place. Large bright kitchen has access to the 44 ft. sundeck overlooking the landscaped yard. \$62,600. with 11 1/2 per cent mtg.

AL ROBB

339-3307



19 ONLY \$44,700.

Short walk to park and river. An ideal location. Two very large bedrooms and a living room and dining room where you never feel crowded. Call for an appointment to view this super priced home.

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20 BUNGALOW IN IDYLIC SETTING

Set on one acre, beautifully landscaped and framed in trees. Quality throughout the 1075 sq. ft. home, attached garage and carport, separate 36x20 garage and workshop and greenhouse. Some of the features include double windows and screens, Franklin and drilled well. \$65,800.

AL ROBB

339-3307



21 OLD MACDONALD HAD A FARM ... E.I.O.

...and so can you. 10 acres plus good size farm home with good size f'place and full basement. Outbuildings include a barn and car shed, etc. Pond in the back. Remember, quiet living could be yours for \$68,500. Vendor willing to take back mtg. with 25 per cent down payment.

ROD MALTBY

338-5029



22 LARGE 3 BDRM. EXECUTIVE HOME

On Beaufort Ave. 2 very large bdrms. for your king size bed, manicured lawns, multitude of shrubs, large unfinished workshop under a sundeck that affords an excellent view of Comox Harbour, built-in dishwasher, teak cabinets, W.W.

STU LIVING

339-3541

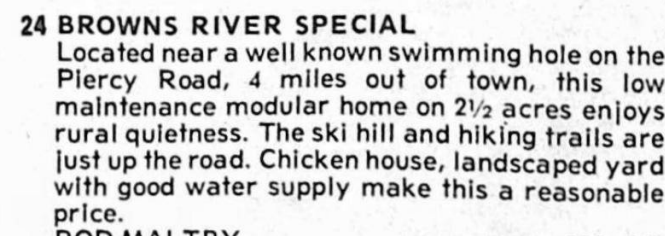


23 EXCELLENT COMOX LOCATION

1100 sq. ft. home with ensuite, spacious kitchen and 3/4 basement. The large landscaped lot has a fenced back yard and garden shed. A solid investment at \$50,800 with 11 3/4 per cent mtg.

AL ROBB

334-3307



ROD MALTBY

338-5029

24 BROWNS RIVER SPECIAL

Located near a well known swimming hole on the Piercy Road, 4 miles out of town, this low maintenance modular home on 2 1/2 acres enjoys rural quietness. The ski hill and hiking trails are just up the road. Chicken house, landscaped yard with good water supply make this a reasonable price.

ROD MALTBY

338-5029



DICK
GARDINER
339-5345

DUKE
SCHILLER
334-2203

BILL
MORRISON
339-4063

9 PRESTIGE COUNTRY LIVING

Located in the select Huband Rd. area, this excellent 3 bdrm. home offers gracious country living. The 1148 sq. ft. size offers a large master bedroom with shower ensuite, baked brick f'place plus an additional chimney in the basement for a wood burner. A huge covered sundeck has been created for relaxation. \$7000. down will handle. Priced to sell at \$69,568. Call DICK GARDINER

339-5345

10 WATCH THE EAGLES IN FLIGHT

Over Georgia Straits from this quality built 3 bdrm. house close to Bates Beach. Attached carport and separate large workshop and garage. Beautiful kitchen has built in wall oven and kitchen island has a built in range.

LLOYD WORK

334-2220



11 COMOX - 4 BEDROOMS

Solidly built home on a quiet street, walking distance to schools, hospital, etc. Features 2 baths f'place, fenced, garden, workshop and nicely landscaped. \$40,000. assumable mtg.

VIC RUSHTON

339-3484



12 IF KIDS RUN...

In your family get this large 5 bdrm., full basement home in Comox. Features include 1380 sq. ft., rec. room, storm windows, huge country kitchen, roomy bedrooms and loads of storage. A home for the family at just \$58,900.

BILL MORRISON

339-4063

14 LUXURY RANCH STYLE HOME

On a quiet view lot at the end of a cul-de-sac in an excellent area of Comox. The 1356 sq. ft. bungalow features ensuite with shower, thermo windows, skylights in kitchen and bathroom, f'place and many more luxury appointments.

AL ROBB

339-3307

15 ROLLING HILLS ESTATES

Prime mobile home lots on piped water, paved roads, cablevision available, close to Comox and priced from \$6,900. Call JIM GORDON

339-4615



16 WOULD YOU LIKE RURAL HAPPINESS?

...beside a creek, young fruit trees, dead end street, quiet neighbors? Sounds interesting? This 4 bdrm. bilevel home with features like sauna, f'place and large sundeck might be the answer for \$59,500. Please call me for appointment

ROD MALTBY

338-5029

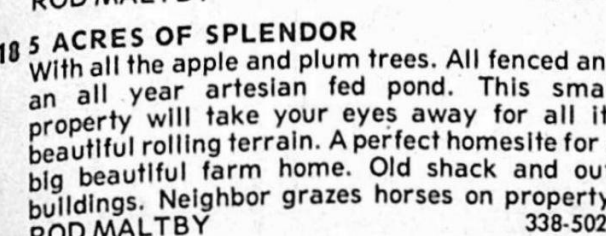


17 BEEN SWIMMING LATELY?

In your own pool that is? Good size Comox home with a full basement, big brick f'place on a half acre of landscaped property. Oh, by the way, a heated and filtered enclosed pool for your very own privacy. Looking good at \$69,500.

ROD MALTBY

338-5029



18 5 ACRES OF SPLENDOR

With all the apple and plum trees. All fenced and an all year artesian fed pond. This small property will take your eyes away for all its beautiful rolling terrain. A perfect homesite for a big beautiful farm home. Old shack and outbuildings. Neighbor grazes horses on property.

ROD MALTBY

338-5029



JOHN
FORIN
334-2728



LLOYD
WORK
334-2220



ERNE
ANDERSON
338-5018



JIM
GORDON
339-4615



ROD
MALTBY
338-5029



CLAY
GRANT
339-3945



AL
ROBB
339-3307



ANN
CHEVRIER
339-3048



HARRY
SQUIRE
334-3427



STU
LIVING
339-3541



VIC
RUSHTON
339-3484



ED
FOURNIER
338-6093



RAY
PAGE
338-6267



GAYE
WORK
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MICHAEL
EMERSON
339-5809



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MORRISON
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BROS.**


BLOCK BROS. REALTY
449-5th Ave.
Courtenay, B.C.
334-3111

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