



TOTEM TIMES



Vol-22 No. 14

CFB COMOX TOTEM TIMES THURSDAY, 24 JULY, 1980

NO CHARGE



Comox Bay Air Show

August 6

In order to give the Comox Valley residents an opportunity to see the CAF Snowbirds display their precision flying skills, and to watch the CFB Comox operational aircraft in action, an airshow will be held 6 August 1980, commencing at 1300 hours.

CFCP at Government Wharf

The showline will be by the Comox government wharf, and all spectators are welcome. Those who will be unable to be in close proximity will have the chance to watch from the comfort of their residence, as the entire show will be broadcast by Comox radio CFCP. Goose Spit, Comox Avenue and the Marine area are all excellent vantage points.

So come out and bring the kids - it's a family affair and a crowd pleaser, and be sure to join us August 6 at one o'clock.

Schedule of Events

- 1300 - opening remarks
- 1302 - Argus demonstration
- 1306 - Tracker demonstration
- 1310 - 442 SAR demonstration
- 1322 - 409 Hawk formation
- 1330 - break
- 1332 - Snowbirds
- 1357 - conclusion

Canada Combed for Missing Person



Pictured above is a photograph of a man reported missing from home for over twenty-five years. Friends and relatives recently approached this paper in an attempt to track down their missing comrade, but could provide few clues as to his whereabouts. Some thought he may have joined a quasi-military outfit, "maybe the police force, or something", and one even went so far as to report having heard a rumour to the effect that the missing man had risen to the rank of Brigadier-General in the Armed Forces of some Western democracy, an event that could prove difficult to substantiate.

Persons with any information are urged to contact this paper, but are advised that the picture shown may be misleading. It was taken quite some time ago, and the rakish tilt of the hat indicates the subject was likely in a great hurry while posing for the snapshot.

When questioned as to the reason why such a great period of time had elapsed between his disappearance and the time of the report, no one was quite sure.

"Well, I remember we were painting the house at the time so we were a little preoccupied, then of course with the Vietnam War and the problems in the Sixties, and inflation and the arms build-up in the Seventies, things were happening so fast I guess it just escaped our attention," one relative was quoted as saying.

HALIFAX -- Nova Scotia was the place to be in July -- whether you were wearing a resurrected navy blue uniform or service green or you were just a spectator. The province, and the Halifax-Dartmouth area in particular, threw a party to mark the Canadian Navy's 70 years of existence.

Events piled upon events, with wide public participation and appreciation an easily-achieved aim.

It all began with four sellout performances of the colorful Nova Scotia Tattoo 1980 July 1 - 4. The Tattoo was sponsored by the provincial government as part of its Super Summer 80 tourism promotion and produced and directed by Maritime Command under the direction of Colonel Ian S. Fraser. Then came the granting of the Freedom of the City to Maritime Command by the City of Halifax on July 3.

Following hard on the heels of the July 3 ceremony, it was Armed Forces Day at HMC Dockyard and the next Saturday, CFB Shearwater's annual air show came under the spotlight. Interspersed were visits by four warships of the Brazilian, French, U.S. and British navies.

A civilian version of the wartime Meet The Navy musical variety show then began its five-week tour of the province to keep up the momentum and the 26th annual reunion of the Royal Canadian Naval Association in Halifax in late July had a record attendance of about 2,500.

As with most anniversaries, nostalgia reigned when one began to remember times of war and peace over a 70-year span. The

navy's bell-bottomed uniforms, for instance, were much in evidence in the Tattoo and Navy Show. Some of the wide-brimmed sennet hats were spotted.

A 54-piece combined Naval Reserve band evoked waves of applause at the Tattoo, blasting out Heart of Oak. Its members were attired in the navy blue square rig.

There were other bands, wearing their distinctive uniforms and when all of them formed up for the opening and finale, the true depth of this extravaganza became obvious. The Canadian Forces Stadacona Band was the main pit orchestra. Lined up on the floor were the Royal Canadian Regiment Band, the U.S. Marine Corps Band from Quantico, Va., the Pipes and Drums of the 2nd Battalion, The Royal Canadian Regiment and the Dartmouth Boys Pipe and Drum Band.

There were dancers and singers galore, all members of civilian groups who turned in impressive performances with numbers that ranged through sailors' hornpipes and Acadian and country dances to lauded choruses of the North Atlantic Squadron. Groups of girl gymnasts and an Oak Island Treasure fantasy scene staged by the 235 Arrow Sea Cadet Corps, Arichat, N.S., all but stopped the show.

There were 14 acts, but the one that really excited the crowds of 8,000-plus each performance was the Naval Gun Run. In this trial of skill and strength regular force members raced against an equal number of naval reservists in assembling and disassembling a naval gun with the firing of it (using

blank load) back at the starting point as the key timing mark.

The regulars, who won only one of the four heats, captured the competition by an aggregate time margin of six-and-a-half seconds.

The entire Tattoo cast and crew totalled nearly 800. Of that number, about 320 were civilians from different parts of the province, about 235 were regular force personnel, 175 were naval reservists and the remainder were sea cadets and a handful of militia. Those were just numbers -- there was no way to measure their enthusiasm.

Mayor Ronald Hanson, in granting Maritime Command "the right to march through the city's streets with bayonets fixed, drums beating and colors flying", said that his Halifax council, by unanimous vote, approved the motion to grant the freedom of the city "in grateful appreciation of the services of members past and present in Maritime Command".

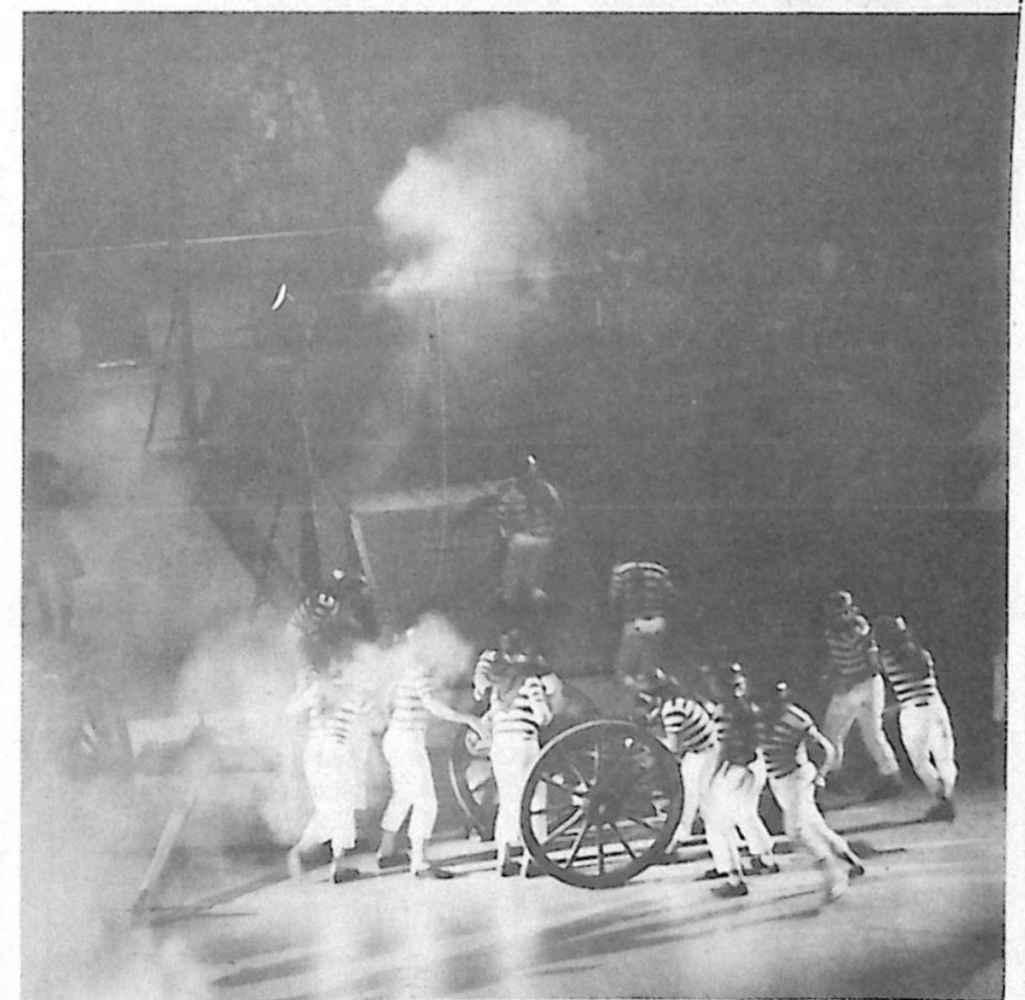
Vice-Admiral John Allan, Commander Maritime Command, said after accepting the right and exchanging symbolic gifts with the mayor:

"Not only did this ceremony represent the respect that the city of Halifax has had for the navy in past, but it also expresses Halifax's continuing respect and awareness of the need for a strong, well-equipped navy."

"The navy has always had a hard-core influence upon the citizens of Halifax and this event confirms their continued support."

HMC Ships Iroquois, Huron and Skeena, which had been anchored and lit up in Halifax harbor the previous three nights, then

Navy kicks up its heels



sailed past, close by the site of the ceremony, adjacent to Historic Properties. Three Sea King helicopters flew over in an aerial salute, then the 550 members of the Canadian Forces, with guard and two bands, marched through the downtown area, "with colors flying, drums beating and bayonets fixed", as was their newly-given right. Parade Commander was Captain(N) Rex Guy.

Forces ships were again to the forefront at Armed Forces Day, held in HMC Dockyard. More than 5,000 citizens called on HMC Ships Protecteur, Iroquois and Skeena, as well as the Brazilian frigate Niteroi and the French frigate Aconit.

By the time August rolls around, Nova Scotians will not need to be reminded that, truly, the navy's here.

HALIFAX -- The Naval Gun Run wowed sellout crowds at the Nova Scotia Tattoo 1980. Here one of the crews completes the first part of its gruelling test, only to have to disassemble the gun, trundle it in pieces back across the apparatus and fire it again.

"FISHWRAPPER" OFFICE

OFFICE HOURS
(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, August 11

12:00 noon

Section news

Demon doins

442 SQN UPDATE 442 SAR SITREP

As is usually the case, July has been a busy month for 442 Sqn. This is to be expected because of the increase in boating and flying activity during the summer. Poor weather this summer has been a contributing factor in the number of SAR incidents. Fortunately, our searches have all been concluded within a short period of time.

The key to the success of any SAR operation is the quality of the spotter on board the search aircraft. Besides our own highly trained SAR TECHs, we carry other military and civilian spotter. Before being qualified to act as a spotter is training course. We conduct the course from time to time at 442 Sqn., and base personnel are more than welcome to participate.

Carrying extra spotter on an aircraft ensures that you always have a fresh pair of eyes in each spotter's window. Generally speaking, the maximum time that a person can spot effectively is 30 minutes. Short naps inbetween spotting stints will help to restore some of the spotter's visual acuity. During a search, every effort is made to take advantage of as many daylight hours as possible. This means that spotter will often be required to fly for 4 or 5 hour periods. So, on top of remaining mentally alert, spotters must also cope with the occasional bout of airsickness.

Unfortunately, not every hour of daylight can be utilized for searching. The

first few hours after dawn and the last few hours before sunset are virtually useless because of shadows and glare from the sun. The situation is complicated during an overwater search, because even the noon sun can pose a problem. A thin layer of cloud that obscures the sun is often the best phenomenon for searching. As everyone knows, the amount of daylight received at a particular location varies with the season and with the latitude. During the summer months, for example, the Yukon receives far more sunlight than B.C. A search in the Yukon can often continue until 10 or 11 at night, and begin again very early in the morning. The only limiting factor during a search in the Yukon in the summer is crew fatigue.

As any experienced spotter will tell you, seeing a crashed aircraft in trees is often next to impossible. The final phase of a search is conducted at 500 feet above ground. This altitude enables the spotter to scan out from the aircraft for a distance of half a mile. With the height of some trees at 150 feet, the spotter's task becomes much more difficult. If a small aircraft goes straight down in the trees, not very much of the aircraft will be seen, even from an altitude of 500 feet. Spotters are trained, therefore, to look for anything that seems out of place on the ground. Even one broken tree is sufficient cause to go around for a closer look. Many

passes are required before some objects can be positively identified. During one of our recent searches, a ground search party located the downed aircraft. A Labrador helicopter was dispatched to the crash scene, and it was extremely difficult to identify the aircraft even while hovering just above the treetops. Another classic example of spotting difficulties occurred during SAR YATES last fall. Mr. Yates saw search aircraft fly overhead several times before he realized that his helicopter could not be seen in the trees. He finally dragged part of his helicopter into a clearing, and he was rescued because of that. Any good defensive flying course or survival course will stress the fact that signals or fires are a great help to search aircraft. Every fire or wisp of smoke, therefore, is checked out during a search. The bottom line, of course, is that search aircraft are looking for the missing plane or boat. It is automatically assumed that survivors will stay at the crash scene.

Spotters who do not fly as regular aircrew with 442 Sqn. will continue to form an integral part of the SAR team. The elation at finding a crashed aircraft or boat in distress cannot be described in words. It is especially gratifying for the crew to be able to rescue survivors. After all, that is what the SAR business is all about.

Volcano Postscript

In keeping with the spirit of the somewhat white-washed version of the Demon Doins' report of the trip to Fairchild AFB and airshow happenings, it is perhaps fitting that the trip be subjected to the reservist's point of view and permit the CIL to further cloud the issues by contributing their version of "life with the reg. force and how unbearable it can be". Let it be stated at the outset that the regs are a fine bunch of fellows and you could not ask for better people to be led astray with.

The reasons why we were stuck on the ground with good old 720 have probably been subjected to an official report and documented for the sake of the head hachos at home plate. Members of the crew, however, have in unguarded moments, indicated that the real reason had more to do with the luck (or lack of) indigenous to a certain Captain Black Cloud who personally caused Mt. Ste. Helens to erupt, as well as to the performance of certain ritualistic rites by the crew, held in the gunners quarters, which ensured that the ash clouds continued to swirl and forced the FAA to close the air space in Eastern Washington. These rites, being somewhat vague as to form and substance, required vast amounts of Coors, Schlitz and Oly and appeared to have effects

beyond imagination in spite of counter rites carried out by the skipper - incantations with memblings about Hawaiian night, long weekends, etc. - and a rain dance by the navigator and a certain reservist carried out on the well-trodden path between the NCO club and billeting quarters. It brought some rain but not enough as we are all painfully aware of.

It was considered an honour to be involved with that noble art the reg. force called zapping. A few USAF people will no doubt be surprised when they find 407 stickers in places they didn't know existed and the zapping of the SR 71, complete with an armed guard, was indeed the crowning achievement of zapping. The USAF did get back at us with a gaint zipper leading to speculations that the MPs might well block the runway, seeing the SAC crest emblazoned on the side of the Argus, to prevent 720 from getting airborne, thinking that the Canadians were going too far in trying to steal an aircraft. But then, aircraft recognition has never been a strong side of the MPs; come to think of it, what is their strong side?

A lasting and positive impression as to the degree of proficiency and exercise of initiative of reg. force crews in logistics movement has been duly noted by the reserves. The ability to



OFF TO TORONTO Following an impromptu "ROAST" by several of his section heads, Maj. Gary Cooper prepares to say good-bye to members of the 407 Sqn. Maintenance team. He and his family are off to Toronto where he will attend staff college and then instruct at CF Staff School. Good luck Maj. Cooper.

make vehicular transport appear as if by magic whenever the enlisted crew needed to go somewhere was simply fantastic - the officers, by contrast, had to maintain a dignified walking pace, pretending not to notice the swirling ash whilst the enlisted members roared by, protected from the cumuli granite conditions inside a van "borrowed" from USAF crew members. Also, the crew gave a new meaning to the term "food and staples" when the Base Exchange was opened for a few hours on Tuesday to permit the many strandeers to purchase these items. It was amazing to discover the

uniform packaging of "food and staples", all in small, cylindrical shaped, aluminum containers complete with pull tabs for easy access and quick ingestion.

It has been alleged that the early departure of the CIL contingent was due to the nausea induced by having to live with reg. force personnel. On the contrary, only pressure from civilian employers and school principals, who all insisted that playing volcano was counter-productive and could adversely affect pay cheques and year-end exam results, forced our group to submit itself to that undignified, if dependable, form of trans-

sport known as Greyhound. We would much rather have preferred to return in triumph with 720 and Crew 6 to CFB Comox and fend off the mop and broom brigade at the ramp as a true part of, if only temporarily, the gentleness of Crew 6.

I hope that this somewhat awkward tribute to Crew 6 is taken in the spirit in which it is meant. The cadets were impressed with Woody (he seems to cut a mean father figure). Our involuntary stay with VP407 and Crew 6 was an interesting and enlightening experience. Thanks very much!

"EPLUCHETTE DE BLE D'INDE"!

LE VENDREDI 15 AOUT
APRES LA PARADE DU COMMANDANT (APPROX. 5 HRES)
A "KIN BEACH"
ORGANISE PAR LE CLUB "GENS DU PAYS"

ON VOUS ATTENDS!

\$1⁰⁰/PERSONNE
\$2⁰⁰/FAMILLE
GRATUIT POUR LES MEMBRES



"I LOSE 10 POUNDS A TRIP", says Maj. Jerry McCluer, shown here drenched in sweat as he congratulates Maj. Doug Evans on another successful landing. Capt. Mel Fels and Bill Books also rush in to help in the post-flight

ritual. Books, the most experienced navigator of the group, still can't believe it. "You fly with these clowns for an hour, and it's a complete shock when you find they can actually land," he said with a shake of his head. CF Photo by Cpl. Bowman

OFFICERS' MESS ENTERTAINMENT

Fridays, August 1, 8, 22, 29

REGULAR TGIF'S - 1600-1700 hrs. Food as indicated. Bottle and Jackpot Draws at 1700 hrs. Members must have signed in and be present at time of draw in order to be eligible to win Jackpot. Free taxi service - ask at bar.

NOTE: No TGIF on 15 August due to Change-of-Command Parade and Reception.

Tuesday, August 5

Base Officer's Luncheon

Friday, August 8

General Mess Meeting - 1500 hrs.

Wednesday, August 13

FAREWELL AND MUGOUT FOR BASE COMMANDER
1545 hrs. Come out and say "Happy Cocktails" to BGen. Burgess.
Free "Cook your own" steaks 1630 - 1800 hrs. Subsidized drinks 1630 - 1730 hrs.

MIRACLE DRIVE-IN

Black Creek, B.C.

337-5097

ADMISSION: 12 & OVER: \$2.50 ALL OTHERS: \$2.75 BOX OFFICE 8-15 SHOW DUSK

July 23 - 26

- NOTHING PERSONAL (Rest.)
- AMYVILLE HORROR (Rest.)
"Some frightening scenes" - B.C.D.

July 27 - 29

- BUCKSTONE COUNTY PRISON (Rest.)
Earl Owensby, David Allen Coe,
Don "Red" Barry

PLUS

- THE STUD

"Frequent suggestive scenes and nudity" - B.C.D.

BASE THEATRE SCHEDULE CFB COMOX

July 24, 25, 26, 27

"LONG RIDER"
Stacey Keach, David Carradine Western

SHOW TIME: 2000 hrs. - 2150 hrs.

July 31, Aug 1, 2, 3

"HERO AT LARGE"
John Ritter, Amy Archer Comedy

SHOW TIME: 2000 hrs. - 2150 hrs.

SUPPORT YOUR BASE THEATRE
AUTHORIZED PATRONS ONLY



SELLING OR BUYING, CALL THE PROCTERS FOR PROPERTY

CHUCK CRONMILLER, GENERAL MANAGER OF NANAIMO REALTY (NORTH) LTD., is pleased to announce that AL JAZEY and JEAN SALTER have joined their sales staff.



AL JAZEY



JEAN SALTER

Al comes to Nanaimo Realty after successfully operating a Kits Camera franchise in Comox as owner-manager, previously he had enjoyed a career with the RCAF and CAF.

He has now entered into a new career and extends an invitation to those who have Real Estate enquiries to contact him at office 334-3124 or Res 339-6367 anytime.

Jean just obtained her Real Estate Sales person's licence and starts a new career. She brings wide experience accumulated running her apartment business in England and in secretarial practise and teaching. She recently enjoyed serving the community as the picture framer at the Lemon Tree Studio Gallery.

Although Jean's interests include oil painting, she is a sailor at heart, proven when she and her husband sailed their 32 ft. boat from England to Ontario.

Jean brings a quiet efficiency to providing that kind of professional assistance that makes selling your property or buying your new home more pleasurable. Phone Jean res. 339-5017 or office 334-3124 for friendly real estate service.

DAVE PROCTER RES: 334-2306 OFF: 334-3124

Nanaimo Realty (NORTH) LTD.

TOM PROCTER RES: 339-2003 OFF: 334-3124

Nighthawks Nest

Much as there was a mass influx of expatriate scientists into the United States during Hitler's purges in 1936 - 1939, so it is with Iranian experts during the present crisis in that country. We have managed to talk to one of the foremost refugees from Iran, a noted ornithologist, who prefers to remain anonymous for fear of reprisals.

Our expert has come to the startling conclusion that prolonged periods of time in flight lead to psychological associations with our winged brethren - the birds. He claims in fact, that this association becomes so marked in fighter aircrew as to be able to make direct comparisons with members of the bird family (class: Aves) including physiological similarities. By fortunate coincidence he has used for his model 409 squadron.

His comparative study follows, and the scientific references he quotes are from ZOOLOGY, Cockrum and McCauley (W.B. Saunders Co., 1965).

Evolution of flight - "One theory suggests that some group of bipedal reptiles developed the habit of flapping the fore-limbs up and down when running..." Obviously your C.O., gentlemen. This is illustrated both by his curious arm motions when running or when agitated, as well as his love of the sport. Nobody logs 50 - 70 miles per week in order to forever remain earth-bound.

Skeletal System - "The heavy, bony jaws have been partly replaced by lightweight, horny, toothless bills." The only hitch in my comparison here is that I am not quite positive that Bill Books is toothless - the rest fits.

Ocular system - "The eyes are so large that they almost meet in the middle of the head and they displace the brain backward in the skull." I immediately arrived at this conclusion after observing Mel Ferraby after your Friday night party for the 409 reunion.

Muscular system - "Among birds which have secondarily lost most of their powers of flight (eg: turkeys), the large breast muscles remain and as a result of their reduced exercise are tender delicacies." After seeing the open-shirted picture of Drew Foulds at your reunion, and having concluded some time ago that he is the biggest turkey on you squadron, my conclusions are obvious. The "tender delicacies" quote will have to go untested until the Ayatollah lifts his ban on breast-feeding adult males.

Mechanics of flight - "Behind the trailing edge of a bird's wing is an upward-swirling turbulence in the air. Some birds take advantage of this by flying in formation, as pelicans often do." Okay, okay, maybe the 409 Squadron

Pelicans Formation Team doesn't have the snappy name to open the Abbotsford Air Show, but then with Lynn leading....

Mating - "More remarkable still is the fact that the sooty tern remains at sea for months at a time, coming to shore only during the breeding season." I believe you have a Mel Fels on your squadron who used to fly in the Argus.

Feeding Habits - "Fish-eating birds sometimes swallow fish so large that one end is left hanging out of the mouth while the other end is undergoing digestion in the stomach." I suppose you all believed Brian Taylor when he told you that 30 pound salmon was ravaged by dog fish.

Sensory organs - "The sense of taste is probably also poorly developed. It is necessary for them, usually, to eat quickly, and they apparently depend upon their vision for food discrimination." This conclusion was based on a report received on eating with Glen Buchanan after you've let him get to the bar.

Nest building - "Sometimes nests, perhaps more than one, are built by the male and used as a part of the courtship display to attract a female into his territory." Just wait until Chuck finishes the landscaping!

Thank you very much for letting me air my theories regarding the air crew/bird similarities, gentlemen. In closing, allow me to proffer two further quotes from my excellent reference text. The first deals with the explanation of deployments, "Not much is required of the bird brain beyond these semi-automatic responses, however, and psychological testing indicates that bird behavior is largely composed of instinctive, stereotyped responses. Having adopted the aerial mode of life, the bird does not need to face its problems and solve them as does a mammal; it can always fly away."

The second is meant to brighten the hearts of the elderly members of your squadron, "Sexual maturity is reached at different ages in birds...fertility and reproductivity

may continue to increase for some years."

As our expert alluded to, there was a 409 Reunion a couple of weekends ago, and by the number of people who attended (in the vicinity of four hundred), it had to be judged a huge success.

Eyebrows were raised in alarm when the boss came down with a case of the smarts Saturday morning and chose a healthy pastime like sailing over a breakfast party, but with the help of modern science he was curing in record time and was able to get in some dry-land fishing before the disease became too advanced.

I heard a rumour abound that Tom Watt had held an all-niter the first evening of the reunion, in which he not only permitted rampant excesses in his home but encouraged, condoned and even fostered them. I would like to go on record as saying it is not a rumour.

Many thanks to Maj. Ron Neeve who did the bulk of the organizing for the affair.

The Hawk formation team is back from Everett, Washington where they wowed 'em at the Paine Field Air Fair. Next stop - Abbotsford on the 8, 9, 10 of August. You've heard about the theory that if you take 100 monkeys, sit them at 100 typewriters and let them bang away at random for 100 years, they'll write a book? Now you know why the Hawks have been practising so much of late.

To keep all those of you fortunate few happy and the remainder off our backs, here are the final results of the last few 409 Club draws: 7 Jun Col. Chisholm; 14 Jun Capt. Arnold; 21 Jun Capt. Buchanan; 28 Jun OCdt. Neeve; 5 Jul Capt. Fels; and the big winner of \$1500. - CWO Frenette on the 12th of July. S'long.

B.G.J.K.

The last flight in a Voodoo

only comes once...

see p.11 for photos

DET-5 Chili Cook off



A No. 1 - Don "The Gourmet" Pierce, "Finally after all these years, they realize a good thing when they taste it."



Lt.Col. Clements takes a taste. "Sure hope this one doesn't have chocolate in it!"



The Seagull Award for Mike, presented by last year's winner, Dorothy Wright.

Det-5 celebrated the 4th of July with their 3rd Annual Chili cook-off. This years event saw over 15 entries compete for the honor of being the best Chili "north of the border".

After several taste tests of each Chili, it was decided that Donald Pierce had the "gourmets delight". But that's not all. Each year there's always that chili that the seagulls wouldn't eat. This years award went to Micheal Pruitt. The judges also decided that running a close second to Mike was John Reid's chili. His chili was "unique"! Have you ever tasted a chili that had both tequila and chocolate?

Runners-up this year were Bob Iveson (2nd place), Sue Emerson (3rd place, who took 1st last year), Bill Ballard (4th place, who took 1st in 78 with the help of his wife) and finally Marion Futch.

Special thanks for everyone who helped out in the cook-off, especially the Judges:

Head Judge - Lt. Col. Hallowell (RCAF retired), Lt. Col. Clements, Bob Horton, Eva Nunally and Russ Alexander (USAF retired).



The momentary surge of power when turning on a light (whether fluorescent or incandescent) is equal to only for 2 seconds of lighting time.

Operating a dishwasher can be twice as expensive as washing dishes by hand.



GOOD'S GROCETERIA

Gary and Jim Bourque

Ryan Road, Comox, B.C.

PRICES EFFECTIVE: July 23 - 26

BACON 1 lb. pkg.

From International Packers. 99¢ ea.

CALIFORNIA CANTALOUPE

Canada No. 1. 59¢ ea.

WASHINGTON CORN ON THE COB

Canada No. 1. 6/99¢

B.C. LETTUCE

Canada No. 1. 39¢ ea.

Preflight Specialists

POSITIONS:

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

- Preflight Technicians
- Avionics Technicians
- Aircraft Systems Inspectors

QUALIFICATIONS:

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

REMUNERATION:

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

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

Canadair Limited
Employment Department
1800 Laurentien Blvd.
St. Laurent, Quebec
H4R 1K2

Canadair

FOR RESULTS
Call Collect or Write
For Information On



• Homes
• Lots
• Acreages
• A.E. LePage
NATION & WORLDWIDE
Find A Home
Service
FOR COURTESY, SERVICE
AND PROMPT RESULTS
CALL

TOM PROCTER
Nanaimo Realty (North) Ltd.
Off: 334-3124 Res: 339-2668

Editorials

Will it hurt?

Now that the big issue of whether or not a boycott of the 1980 Moscow Olympics has been settled in the affirmative, and the antagonists are in the throes of relatively minor hassles such as the decision to raise the American flag (as the next host country) at the closing ceremonies of the games, it will be interesting to see the results of such a move.

Prior to the games opening last Saturday, there was talk of between twenty and forty countries boycotting, but the final figure in this instance is unimportant.

One thing remains a fact. Without the American entry the games will be a farce, just as it would be were the track shoe on the other foot and it was the Soviets boycotting a U.S. sponsored Olympics. Since the U.S.S.R began sending athletes to the games in 1952, the focus of the sporting world's attention has been on the athletic rivalry between the two political super powers. East German swimmers, Finnish and Norwegian distance runners, and Cuban boxers aside, the most intensely stirring Olympic moments occur when American and Soviet sprinters, hurdlers, boxers, wrestlers, swimmers and basketball players compete head-to-head for the glory of, yes - their countries. The glory of the individual has very seldom, if ever, stood out as glaringly as the glory heaped on his or her country when the anthem is played or the medal counts are tallied.

Perhaps this is wrong, but it is a fact of life. In a climate such as this, it is impossible to realistically propose that sport and politics are separate entities. The two are much too closely entwined to ignore the fact and pretend the former is so pure that it should stand above the common fray. (Besides, one need only look at the current college scholarship scandal to realize that politics is as much a part of sport as sport is a part of politics.)

But this theory has been argued long and loud since President Carter first publicly mulled the idea, and by more qualified observers than myself. My point is that the boycott will be successful.

With the "Black Power" problems demonstrated by Tommie Smith and John Carlos in the 1968 Mexico Olympics, the terrible murders of the 1972 Munich games and the abominable delays, cost overruns and associated legal problems and political difficulties of our own Montreal Olympics, this most glorious of international amateur (used lightly) competitions is lying on its death bed.

The Soviets saw in this state of affairs the perfect political opportunity to show the world, while they had its undivided attention, that it could stage a program of this magnitude and significance without a hitch, without a flaw, with nary a speck of fly crap in the varnish, and have their athletes emerge victorious to boot.

Then on Jimmy Carter's initiative, the speck in the gleaming varnish of the Moscow games has transcended that of a mere fly and is fast approaching that left behind by a water buffalo.

I repeat, without the Americans the Olympics are nothing and at this time there are fifty other countries standing behind them in an effort to make the 1980 games a hollow victory for the Soviets. The move is a viable form of protest over the Soviet's aggression in Afghanistan.

And how are the Soviets reacting? At home, the propaganda machine is doing its best, and apparently the average man on the street is truly baffled by the turn of events. Without an outsider's view of the Afghanistan situation, it is easy to understand his confusion. The opening ceremonies proceeded without a flaw, and the events are being run with precision.

Internationally, the Soviets have been berating the U.S. for interfering in sport, something they claim should be aloof from politics. Coming from a country who boycotted the world archery championships in 1979, the world speed-skating championships in 1976, the women's world basketball championships in 1979, the 1978 world shooting championships, the 1967 World University Games in Tokyo, the 1974 soccer World Cup qualifying round, dual track meets with the U.S. in 1966-68, and numerous other European championships ALL FOR POLITICAL REASONS, it is hard to lend a sympathetic ear.

The Soviets have held on gamely. With the building completed on time, certain citizens banned from Moscow during the games and all school children at camps for the summer, things are ticking like clockwork - as the Soviets predicted. But in the end their athletes will be robbed of the chance to compete against the best in the world, and the country will undoubtedly suffer a heavy blow to its pride and prestige.

A major problem at this stage is how the Soviets will treat the 1984 games slated for Los Angeles.

If they do stage a form of protest or boycott, it would be nothing new to the games which have been facing trials and tribulations since Adolf Hitler first used the 1936 Berlin Olympics as a staging ground for his theories of Aryan racial supremacy. The Olympics survived that episode, the recent ones mentioned previously, as well as a rash of other political problems such as the ban on South African participation due to its apartheid policy.

The International Olympic Committee will be electing a new president this summer, and the next time the IOC Congress will meet will be 1981. The fate of the Olympics has been much discussed lately, with suggestions such as a permanent home for the games much in the fore, and it will be interesting to discover just what the committee comes up with.

Given the present state of affairs, with the Olympics turning into a platform for all types of political protest - both passive and violent, were the games to go under, the contributing death knell brought on by the Russian invasion of Afghanistan may come to be viewed as benevolent euthanasia.

B.G.J.K.



YOU AND THE LAW OF WAR

Office of The Judge Advocate General

1864 AND ALL THAT

In the last article we traced the early attempts to regulate violence in the conduct of warfare and to protect innocent victims of warfare. With the invention of gun powder came a realization that more detailed and binding rules were required.

Insofar as the humanitarian aspects of the conduct of warfare are concerned, one of the low points came with the introduction of gun powder. Because of a lack of medical skills and the extensive maiming of combatants, many of the wounded were given the "coup de grace" AFTER BATTLES OUT OF MOTIVES OF MERCY. There was also a need for better rules concerning the treatment of enemy soldiers who had been captured. During the American Revolution, for

example, the British regarded captured American soldiers as criminals and an estimated 12,000 died from the poor conditions in the prisons. The United States Civil War produced the first modern national comprehensive codification of the law of war when the Union Army published a General Order in 1863 called "Instructions for the Government of Armies of the United States in the Field". It contained rules pertaining to operations and for the treatment of the sick, wounded and prisoners, and other matters including rules for the treatment of civilians.

On the European scene "fathers" of international law, men like the Italian jurist Gentili and Hugo van Groot, better known as Grotius, in their writings on state conduct, at a time

when war was more usual than peace, were insisting that states were obliged to limit their military actions in the name of the law of God and of humanity in favour of the sick, wounded and non-combatants. Their views soon became accepted in state practice.

On the other hand, on 25 June 1859, the forces of Emperor Franz Josef of Austria and Napoleon III of France met in battle in the hills surrounding the town of Solferino in northern Italy. Upon conclusion of the daylong struggle the French had suffered 17,000 casualties, the Austrians, 22,000. Many on both sides were lost through neglect or abuse by the enemy. Although the Austrians lost the day, the number of casualties so depressed Napoleon that one week later he proposed an armistice, ending the two-month war over the unification of Italy.

Napoleon was not alone in his impressions of the battle of Solferino. Henri Dunant, a Swiss citizen,

was so shaken by the carnage he had witnessed that he dedicated his life to alleviating unnecessary suffering in war. With four other prominent citizens of Geneva he established the International Committee for Aid to Wounded Soldiers, which subsequently became the International Committee of the Red Cross.

In 1864, the international committee prevailed upon the Swiss government to convene an international conference to address the issue of regulating violence in combat. From the resulting Geneva Convention of 1864 for the Amelioration of the Condition of the Wounded in Armies in the Field has come a body of law referred to today as International Law applicable in Armed Conflicts. It is now composed principally of the Hague Convention IV of 1907, and the four Geneva Conventions for the Protection of War Victims of 1949 together with protocols to the Conventions which are not yet generally in force.

These laws are not intended to inhibit the commander in the accomplishment of his military mission but to:

- Protect combatants and non-combatants from unnecessary suffering;
- Protect property of historic, religious, or humanitarian value from unnecessary destruction; and
- Facilitate the restoration of peace upon the conclusion of hostilities.

Summarizing then, the law of war is a broad term which includes the law, as it has developed, governing not only the use of force in armed conflict but the protection of innocent victims of armed conflict, civilians, sick and wounded, and military prisoners as well. Many of the customs have been reduced to writing and these writings, and those in the form of Conventions are based upon the practices and customs of armed forces over the centuries. In the next article we will determine what makes up the modern law of armed conflict.



CNA TOTEM TIMES

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

EDITOR: Barry Kennedy (409) or (339-6052)

BUSINESS MGR: Pierre Goulet (308)

CIRCULATION MGR: Serge Wong (516) or (339-4379)

SECRETARY: Michelle Ramesbottom (339-5790)

EDITORIAL STAFF: Pete Witter, Doug Baker, Janie Baker, Jelle Blom, Marcia Blom.

PHOTOGRAPHERS: Maurice Robert, Pete Witter, Ron McMahon, and Base Photo

CARTOONIST: Willie Haras

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

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

Letters to the editor

Goodbye

The Editor,

Well, my house is sold and the move is finally official, so I suppose it's okay to speak my mind. I have been much maligned during my tour at 409 Sqn. for remaining unmarried for the duration. People seem to think that being single affects your intelligence and have thus constantly criticized me for always saying the wrong things. To those people, as I depart, I bid farewell and hello.

-T.W.

Farmland is not a renewable resource

The Editor,

The Peace River Valley residents have been fighting the loss of their valley a long time now. First the W.A.C. Bennett Dam - "One of the largest power projects in the world", - then Peace River Canyon (Site 1). Now B.C. Hydro is planning Site "C" and Site "E", - and there have been three proposals for Dunvegan, Alberta that would eliminate all of the Peace River Valley farmland.

The valley runs east-west and presents a southern ex-

posure to the many thousands of acres of Class 1 and 2 farmland under tillage. This creates a micro climate that allows diverse vegetable crops to be grown so far north. Such conditions are rare in the north and most produce is trucked in from California and Mexico. (When gas hits \$3.00 a gallon, how much will Mexican tomatoes cost?)

Only about 4% of B.C. is considered arable and most of that remaining is totally uninhabitable. Our river

valleys are the best agricultural land we've got.

B.C. Hydro says we need more power. Statistically, the people of B.C. are the biggest energy hogs in the world. We waste literally 50% of the energy we use. With proper conservation measures we could cut our energy requirements in half with no decrease in our standard of living. It has been done in other parts of the world; we know it.

This year, B.C. Hydro also plans to export about

40% of our hydro electricity to the U.S.

B.C. isn't going to get any bigger, nor can we manufacture farmland no matter how much energy we have. Once it's gone - that's it. Farmland is not a renewable resource, and we're going to need a lot more of it in the future.

Let's pull some plugs, in our houses and in the legislature. Farming is everyone's bread and butter.

Michael Conway-Brown



NEW DUPUTY CHIEF FOR NORAD -- Canadian Forces Maj. Gen. Kenneth J. Thorncroft, 52, (left) newly appointed deputy commander in chief of the North American Air Defense Command, is briefed by the man he replaces in the position at NORAD headquarters in Colorado Springs. Lt. Gen. Kenneth E. Lewis, 51, who served as the deputy chief of NORAD since August of 1978, was recently named commander of Canada's Air Command, with headquarters in Winnipeg, Manitoba. Thorncroft formerly was deputy commander of Air Command, which, as Canada's air force, provides air defense support to NORAD.

WELCOME ABOARD. Governor and LCol. Burrows as he transfers from General, Rt. Hon. Ed Schreyer is escorted the Boeing 707 to the 442 Sqn. Labrador by LCol. Clements, Rear Adm. Martin on his recent visit to Comox.



we can't afford to be careless



Tee Pee Park News



If you've been down at the beach area in the past month, whether to launch your boat, get a camping spot, use the concession stand, or just walk in the sand, you have more than likely seen Len and Norma Luoma, pictured above, in the area. Len has recently taken the position of "Beach & Campsite Supervisor" after retiring from the Forces which he served for 22½ years and now daily looks after the maintenance and management of the Tee Pee Park facilities.

The facilities at the park have had some major im-

provements done in the last two months, ie, enlargement of parking lot and boat ramp, improved fish cleaning station, beach pavilion and beach house painted, and better toilet facilities at the camp grounds. Other improvements are being planned for the future. So, if you wish to launch your boat, rent a campsite, get some tackle, weigh and register your catch, or just get a snack, drop in at the beach house and see Len & Norma, they'll be glad to help you.

- Beach house hours for the summer are as follows:

Mon - Thurs 1500 - 2130
Fri - Morn 0930 - 1130
Aft 1400 - 2130
Sat - Sun 1200 - 2130

- Campsite Rates

Daily \$2.50
Weekly 15.00
Monthly 50.00
Seasonal 125.00

- Boat Ramp Rates

Daily \$1.00
Annual 15.00

Beach House local - 483



Life Saving Week in British Columbia (July 20 - 26) was officially declared by the Honourable Henry P. Bell-Irving, Lieutenant-Governor of British Columbia, in the beautiful gardens of Government House Victoria, on Wednesday July 9, 1980. The Royal Life Saving Society Canada's new flag was presented

to his Honour by Mrs. Rose Brown, Executive Director of the Society's British Columbia and Yukon Branch, of which he is patron. Observing this important event were Mrs. Bell-Irving (2nd from left) and Mrs. Jean Lathwell, a Past President of the Branch (right).

1st Lazo Ladies Auxiliary

THANK YOU!

The Renaissance Fair is an annual event held each year in Courtenay during the July 1st weekend. This year the L.A. submitted an entry for a food booth and was accepted. On all counts, the booth was a success. Many thanks to all who worked during the long four-day weekend, and especially the Lamoureux's and Dunsdon's who co-ordinated the event. Thanks is also extended to the builders of the booth, painters and many others who put in long hours to make this venture a pleasing success. So to each and everyone who donated hours of time and energies, our sincere thanks, your efforts are greatly appreciated.

A reminder before we close this column that registration for Beavers, Cubs and Scouts will be held on September 4th, 1980 at 7:00 pm. This place is most likely the Airport School/Gym but that will be confirmed at a later date. Our L.A. is very active so if you are new in our community, come out to our meetings and get to know the mothers of your child's friend. Our L.A. executive will be present at registration to answer any of your questions. Look forward to seeing everyone in the fall, for another interesting year.

\$ SWIM \$

Despite the fact that all eyes were turned to Mt. St. Helens, the six (6) members of the CANADIAN FORCES FLEET DIVING UNIT completed an 80-mile swim from Vancouver to Victoria.

The swimmers arrived May 31 - 18 hours ahead of schedule after leaving Vancouver's Coal Harbour on May 29.

\$1,500 has been raised for the British Columbia Lions Society for Crippled Children, with hopes of going over \$2,000. Pledges may be sent to 3937 Quadra Street, Victoria, British Columbia, V8X 1J5 or Box 5550, Vancouver, British Columbia, V6B 4V6.

FIRING AWAY

Owners of Jerome Alexander hairdryers Model 4-1250DV should stop using them immediately because of poten-

tial hazard according to the Canadian Standards Association (CSA).

CSA has received three reports from consumers of these appliances failing by blowing pieces of hot elements out the front of the dryer. The hairdryers were sole across Canada and although the original units met CSA standards and were certified, CSA's investigators recently discovered poor internal spacings due to manufacturing defects.

So, if you have a hair-dryer marked:

Jerome Alexander

CSA LR 38071

Model 4-1250DV

Made in Hong Kong

and have purchased it since November, 1979, STOP USING IT IMMEDIATELY and send it for a free inspection and/or replacement to:

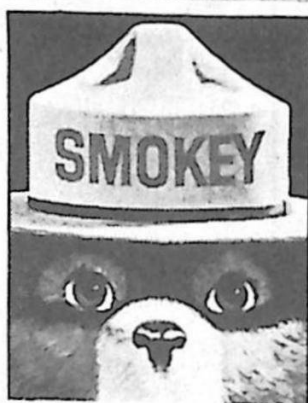
Jerome Alexander

Div. of Giovanni Management (Canada) Ltd.

5333 Casgrain, Suite 704

Montreal, Quebec H2T 1X3

There is no need to return dryers which bear a red dot. These units have already been inspected. This recall applies to the above specific model only.



Totem Times Classifieds

ATTENTION RETIRED PERSONNEL

DISTRIBUTION Company expanding nationwide requires Associate for Comox and area.

Products offered periodically to the public are unique and first-of-a-kind in the area. Renumeration limited only by efforts expended.

This is a legitimate offer, not a pyramid sales scheme or inventory loading promotion. All personnel associated with our company are retired military.

Those genuinely interested may obtain complete details of company proposal by forwarding a brief career summary and present status and address to:

LEEWHITE DISTRIBUTORS,
P.O. BOX 47,
LION'S HEAD,
ONTARIO
N0H 1W0

RETIRED Couple required to reside in, maintain and supervise the Filberg Lodge and grounds in Comox, supported by professional assistance as and when required. Qualifications will include congenial personality, physical ability and related experience in the operation of a facility for public use. Please apply in writing to the Filberg Lodge and Park Association, c/o 451 Quinn Ave., Courtenay, B.C. with relevant particulars and salary expectation.

FOR RENT

1100 Sq. Ft. Bungalow, 3 br - 1 full bath & ensuite, fridge and stove included, Heritage Park, Comox, avail 29 Aug 80, \$400/mo. 339-5398

Storage facilities for people who have everything except space to store it! 2641 Kilpatrick Avenue, Courtenay, B.C. Call: 338-1062. Driftwood Mini-Storage.

For Rent

Cars - Trucks

G.E. Forchuk and Associates Inc. REALTOR
Trenton office: 82 Division St., K8V 4W5, 394-4877, Betty Mills Sales Representative. Res.: 962-5558.

Western Canada School of Auctioneering Ltd.
Canada's first and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act R.S.A. 1970 C. 306. For particulars of the next course write: Box 687, Lacombe, Alberta or Phone 782-4215

Model Railroad equipment. N-scale craftsman kits and buildings. Some European and U.S. prototype rolling stock - All Kadee equipped. Detail arts, etc. Call 339-4963

CAR FOR SALE
1977 MERCURY COUGAR, 2-door, V-8, PB PS Cruise Control, Mingo Treated, 8 Track Stereo, 24000 miles. Top condition. Best offer. Ph. 339-2557

GOLD PANNING MERCURY
\$12/pound
Comox Valley Surplus
4B 241 Puntledge Road
Open Wed. and Sat.

PRIVATE SALE
2 ½ yr. old home, 3 bed up., 1 down, 3/4 basement, 1,115 ft. upstairs, 2 bathrooms and ensuite, fully finished downstairs, 10 1/4 % assumable. Must see all the extras! Please 334-4524 after 5 p.m.

FOR SALE

Corner Lot 75 x 250 Idiens Way. 1/2 mile from Comox towards CFB Comox. Sub-division 25% developed with executive homes. Municipal water. Excellent for building or resale. Owner must sell. Don Harrington 339-2211 Local 289 8 - 3 p.m.

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

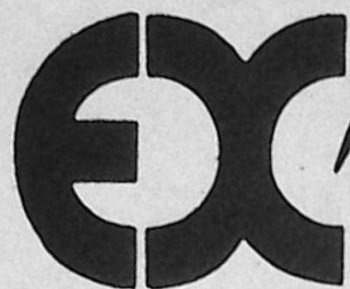
EW
Courtney
Adults \$3.25, O.A.P. \$1.50, Child \$1.50
Effective July 1 - New admission prices as above

Thu. to Sat. - July 24, 25, 26
MIDNIGHT MADNESS
MATURE

Mon. to Wed. - July 28, 29, 30
JUST TELL ME WHAT YOU WANT
"Frequent coarse language, occasional nudity" - B.C.D.
PLUS
SIMON
Alan Arkin, Madeline Kahn
"Some coarse language" - B.C.D.

Stardust
Drive-In Theatre
Island Hwy. & Williams Beach Rd.
Phone 337-5033
ALL ADMISSIONS \$3.50 ALL-NIETER \$1.75
Closes open 9-11 p.m.
Show at dusk
Open 7 days a week

no matter where you're moving ... we'll help you find a new home before you arrive!
Nanaimo Realty
576 England Ave., Courtenay, B.C.
334-3124

**OPEN**MONDAY, TUESDAY, WEDNESDAY
FRIDAY

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

THURSDAY

9:30 A.M. - 8:00 P.M.

SATURDAY

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

CLOSED SUNDAY

AUTHORIZED PERSONNEL ONLY

20%

OFF ALL
GARDEN TOOLS**SPRINKLERS**OSCILLATIVE - \$5⁷⁷ — \$13⁹⁷PULSATING - \$11⁹⁷ — \$15⁷⁹ROTATING - \$2⁹⁷ - \$5⁷⁷**SAVE!**

CAMP GRILLS

\$1⁹⁷

MINI GRILLS

\$1⁷⁷

HIBACHI

\$18⁴⁹

COOK SETS

\$9⁹⁷

MESS KITS

\$2⁴⁷

PATIO UMBRELLA

GROUND ANCHOR

\$2⁴⁷

SOCKET SETS - 21 pc

METRIC OR SAE

\$8⁹⁷

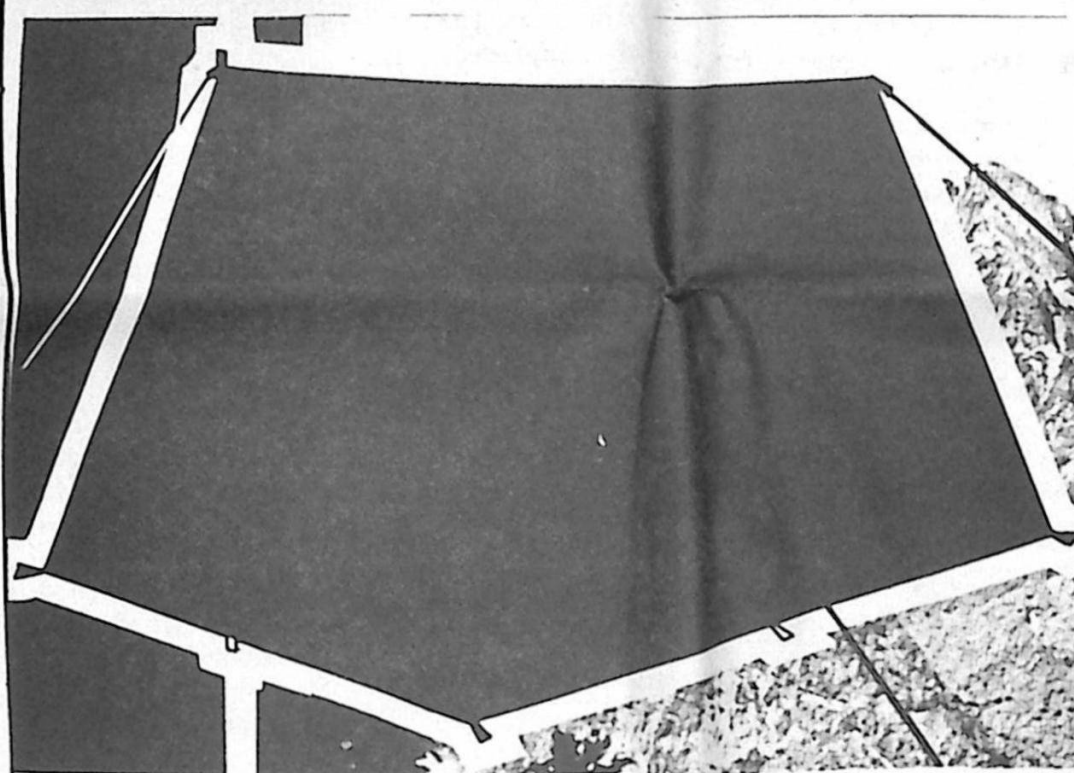
GOLF CLUBS 7 pc

\$59⁹⁷JULY 24 - JULY 30 OR WHILE QUANTITIES
LAST**PRE-INVENTORY SALE**FOLDING CAMPING
TABLE - \$16⁴⁷

DECK CHAIR

DECK CHAIRS
BUY ONE AT
REG PRICE
AND GET ONE**FREE**

\$ SAVE 15 TO 20% \$

ON ALL
\$ LAWN MOWERS \$

2 MAN NYLON BACK PACK TENT

- APPROX 5 FT X 7 FT

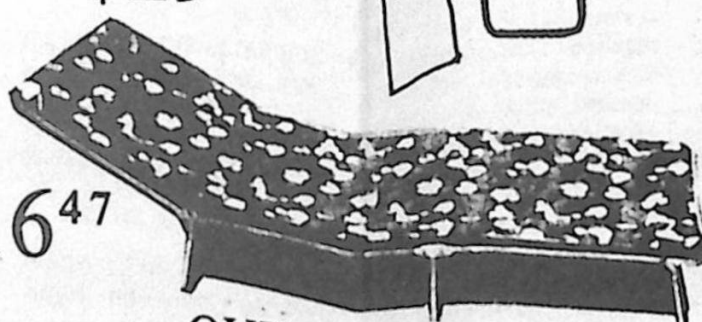
- CENTER HEIGHT - 3 FT 8"

- NYLON SCREEN DOOR CLOSES WITH
REVERSIBLE ZIPPERSNo. 482 - \$26⁹⁷**LAWN FURNITURE**

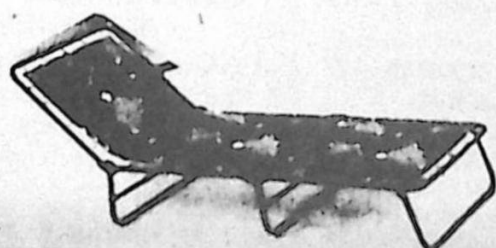
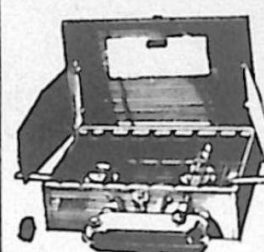
RELAX RECLINER

\$29⁹⁷

CHAIRS

\$4⁹⁷ - \$16⁴⁷

QUILTED

\$29⁹⁷\$23⁴⁷FOAM COOLERS
1/2 PRICESAVE 15 TO 20%
ON
CHARCOAL BBQ'sNo. 431
COLEMAN EASI-LITE
2 BURNER CAMPSTOVE - \$24⁹⁷

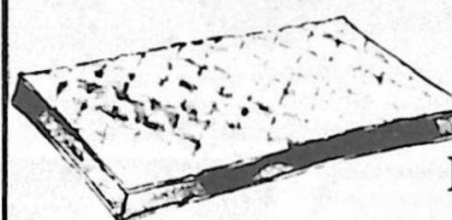
No. 433A COLEMAN 3 BURNER

CAMP STOVE - \$44⁹⁷No. 321B - EASI-LITE LANTERN
COMPACT AND LIGHT\$22⁹⁷

No. 222 - COLEMAN LANTERN

\$26⁹⁷

CATALYTIC HEATERS

No. 513K - \$59⁹⁷No. 518C - \$29⁹⁷

AIR

MATTRESSES

BLUE OR BROWN

- 79 x 30 - \$18⁹⁷- 75 x 30 - \$15⁹⁷- 75 x 26 - \$9⁹⁷SLEEPING BAGS
JUNIOR EXPLORER\$12⁴⁷

BEEHIVE AIR MATTRESS

PUMPS - \$2⁷⁷

BACK PACK AND FRAME

\$9⁹⁷

WE WILL NOT KNOWINGLY BE UNDERSOLD



OPEN

MONDAY, TUESDAY, WEDNESDAY
FRIDAY

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

THURSDAY

9:30 A.M. - 8:00 P.M.

SATURDAY

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

CLOSED SUNDAY

AUTHORIZED PERSONNEL ONLY

WINNER OF LAST MONTH
FAMILY ALLOWANCE

DRAW

MRS. B. MORIN

DON'T FORGET
TO CASH YOUR FAMILY
ALLOWANCE CHEQUE
HERE

\$25⁰⁰ GIFT CERTIFICATE
NEXT DRAW - 31 JULY

CHILD'S JEANS

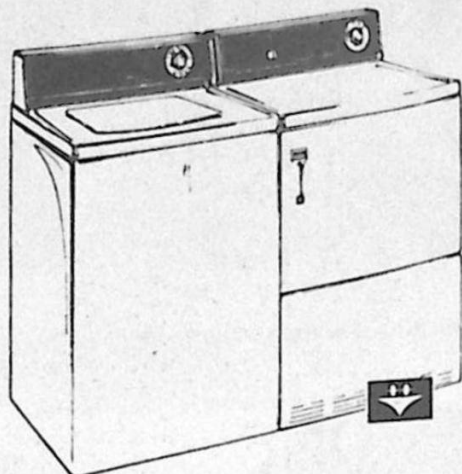
\$5⁹⁷ - \$7⁹⁷

JULY 24 - JULY 30 OR
WHILE QUANTITIES LAST
EVERYDAY LOW PRICES

THE BASE EXCHANGE WILL BE CLOSED
JULY 28 FOR STOCK CHECK

CHARGEX
VISA

master charge



LA422 Washer
• 3 programs: normal, permanent press and extra wash
• 2 pre-set water temperatures
• Pre-set maximum water level
• Self-cleaning filter
• Dimensions: Height 42", Width 27", Depth 25"
• Colors: Almond and Snow White

\$449⁰⁰

DE322 Dryer
• 3 programs: timed normal, timed permanent press and timed fluff
• Pre-set heat selections
• Safety start
• Removable up-front lint filter
• 4-way venting option
• Dimensions: Height 42", Width 27", Depth 25"
• Colors: Almond and Snow White

\$249⁰⁰



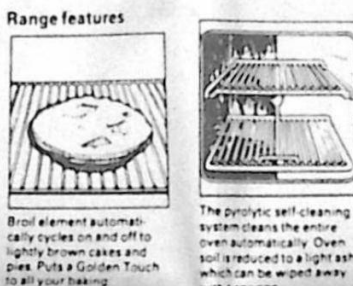
RT152 Refrigerator
• 15 cu. ft. capacity
• 2-10 position shelves
• One fixed shelf
• 2 vegetable crispers
• Butter and cheese compartment
• Egg bucket
• Ice cube trays
• Crispers, dairy compartments and egg bucket in Rich Brown color
• Dimensions: Height 64-1/2", Width 30", Depth 26-1/2"
• Colors: Almond and Snow White
• Right hand door opening only

\$569⁰⁰



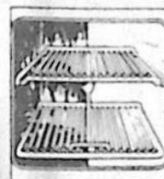
KS632 30" Self-Clean Range
• Self-cleaning oven
• Glass-covered control panel
• Timed appliance outlet
• 4 plug-out elements with infinite heat control
• Oven selector switch
• Variable broil and bake control
• Golden Touch baking
• Oven light and platform light
• Towel bar handle
• Dimensions: Height 47", Width 30", Depth 26"
• Colors: Almond and Snow White

\$619⁰⁰



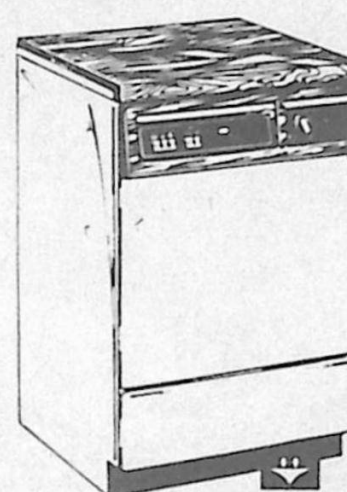
Range features

Broil element automatically cycles on and off to lightly brown cakes and pies. Puts a Golden Touch to all your baking.



The pyrolytic self-cleaning system cleans the entire oven automatically. Oven soil is reduced to a light ash which can be wiped away with a sponge.

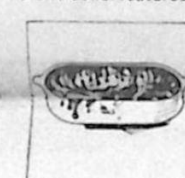
Hotpoint
the beautiful appliances



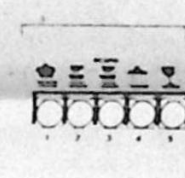
SC510 Dishwasher
• 5 pushbuttons
• 9 cycles — 2 with sani-option
• Normal
• Normal — no heat
• Dish and pot wash
• Dish and pot wash — sani-option
• Dish and pot wash — no heat
• Dish and pot wash — no heat — sani-option
• Rinse hold
• Short wash
• Short wash — no heat
• Multi-level washing action
• Soft food disposer
• Rinse agent dispenser
• Cutlery basket
• Convertible model has Cherry Wood cutting board
• Dimensions: SC512 — Height 36-1/4", Width 24-5/8", Depth 25"
• Colors: Almond and Snow White

\$469⁰⁰

Dishwasher features



The extra long Dish and Pot Washer cycle removes heavy baked on food soil from pots, pans, and casseroles.



Econo wash button conserves electricity used by your dishwasher by eliminating the heated dry period after the wash cycle.



Multi-level wash action directs surging jets of hot water over dishes from above and below both racks to give the most thorough wash possible.

SPECIALS

"ANNIVERSARY SALE"
10 BIG DAYS SEP 25 - OCT 4

CLEARANCE SALE
SAVE UP TO 50%

LADIES SUMMER DRESSES
LADIES SKIRTS
LADIES SLACKS
LADIES BLOUSES

SAVE!

ALL TRUNKS
25% OFF

VI CROWN STAINLESS
TABLE WEAR
WITH 4 PC HOSTESS SET
SERVICE FOR 8

50 PIECES - \$32⁹⁹

Travel Pack

Features include:
1. Zebco 600™ spin-cast reel filled with 100 yds. of 8 lb. Zebco test line.
2. 6' medium/light action 4-piece Zebco fiberglass spin-cast rod and
3. Carrying case, down to 21 1/2"!

22⁹⁷

**Striper/Worm
Fishin' Spin-Cast Rig**

Features Zebco® 404 reel pre-wound with 75 yds. of 15 lb. test line and 5'6" heavy-action rod

11⁹⁷

Zebco 77™ Reel'n Rod

"Just Like Dad's"!

Permanently mounted on a balanced 50" fiberglass rod. Oil-retaining, hardened metal gears, tough ABS body and covers and spring accentuated ratchet drag system. Comes ready-to-fish with 40 yds. of 6 lb. test line pre-wound on reel

74⁷

EX	EX	EX	EX	EX	EX
SAVE 10¢	SAVE 15¢	SAVE 15¢			
ON ZEST BATH SOAP - PK OF 4	ON	ON			
PRESENT THIS COUPON WITH YOUR PURCHASE	CREST TOOTHPASTE 100ML	GILLETTE FOAMY 400ML			
JULY 24 - JULY 30	PRESENT THIS COUPON WITH YOUR PURCHASE	PRESENT THIS COUPON WITH YOUR ORDER			
EX	EX	EX	EX	EX	EX
	JULY 24 - JULY 30	JULY 24 - JULY 30			

MIGHTY OAK KNIFE SET
FULL 10 YEAR WARRANTY
\$22⁹⁹

IMPERIAL 6 PIECE GOURMET STEAK SET
5 YR WARRANTY
\$43⁹⁹

WE WILL NOT KNOWINGLY BE UNDERSOLD

Promotions and awards



CF Photo by Pte. J.M. Stoeckl

MCPL. FOSTER is presented with his new rank by 409 C.O. LCol McAffer.



CF Photo by Pte. J.M. Stoeckl

MAJ. MACDONALD congratulates Cpl. Dunne on his accelerated promotion.



CF Photo by Pte. J.M. Stoeckl

LCOL. MCAFFER presents MCpl. Davis with his new hooks to mark his recent promotion.



CF Photo by Cpl. D. Bowman

CAPT. J.R. WRIGHT accepts a Certificate of Merit on behalf of the firehall from LCol. Clements.



CF Photo by Pte. J.M. Stoeckl

CPL. STEEVES receives Certificate of Service and congratulations from LCol. McAffer.



CF Photo by Cpl. D. Bowman

LCOL. CLEMENTS presents W.O. Cyr of the CFB Comox firehall with a thank you letter for a job well done.

New Program Managers

OTTAWA -- The defence department's two major equipment programs - the New Fighter Aircraft (NFA) and Canadian Patrol Frigate (CPF) - have just recently had new program managers appointed.

Taking over the NFA program is Brigadier-General Ron Slaunwhite, 45, of Halifax. He replaces Brig.-Gen. Paul Manson, 45, of Deep River, Ont., who initiated the project in March, 1977. BGen Manson moves to Iahr, West Germany in July to assume command of 1 Canadian Air Group.

Replacing Commodore Thomas Arnott, 54, of Merrickville, Ont., as the CPF program manager is Commodore Ed Healey, 45, of Owen Sound, Ont. Commodore Arnott, program manager since February, 1978, retires in July after 28 years of military service.

Brig.-Gen. Slaunwhite, who was promoted to that rank May 15, joined the Royal Canadian Air Force in 1953 while attending St. Mary's University, N.S. After graduating in 1958 with a bachelor of science degree in engineering he served in a variety of appointments in Canada and on liaison duties with the United States Air Force at Langley AFB, Virginia.

Other appointments have included command of 4 Canadian Forces Technical

Services Agency in Edmonton, deputy chief of staff for technical training with Training Command headquarters, Winnipeg, and deputy chief of staff for trades training at Canadian Forces Training System (CFTS) headquarters at Trenton, Ont.

Brig.-Gen. Slaunwhite attended National Defence College, Kingston, Ont., in 1977-78 and in July 1978 became director, aircraft engineering and maintenance at national Defence headquarters (NDHQ) in Ottawa.

Commodore Healey joined the Royal Canadian navy in 1953 and attended Canadian Services College, Royal Roads, Victoria, B.C., and Royal Naval Engineering College, England. He served in a number of sea and shore appointments including the destroyer HMCS Cayuga, destroyer-escort HMCS Gatineau and at HMCS Stadacona, Halifax. In 1968-70 he was Canadian machinery trials officer on the tribal class helicopter-carrying destroyer (DDH-280) project at the Naval Ship Engineering Centre, Philadelphia, Pa.

He has also served at NDHQ in Ottawa as section head, prime movers and boiler design and with Maritime Forces Pacific, Esquimalt, B.C., as deputy chief of staff for technical readiness. In 1974-75 he

was deputy chief of staff, leadership and support training at Training Command, Winnipeg, and then served in Trenton as deputy chief of staff for career planning at CFTS HQ.

A 1978 graduate of National Defence College, Commodore Healey then returned to Ottawa as director maritime equipment engineering. Director of maritime engineering and maintenance since July, 1979 he was promoted commodore June 16, 1980



Maj. Thomas welcomes MWO Keddle to the firehall staff.

AT THE TOP OF MISSION HILL
North Island Highway, Courtenay, B.C.

**CHRYSLERS - PLYMOUTH -
DODGE TRUCKS**

VANS - MOTOR HOME VANS -
PICK-UPS - 4-WHEEL DRIVES

OMNI
HORIZON

CARS

FRONT
WHEEL DRIVE

CORDOBA - MAGNUM - LeBARON

"SERVICE AFTER THE SALE"



COURTENAY CHRYSLER PLYMOUTH

Island Highway North, at the top of Mission Hill, Courtenay B.C.

338-5451

DEALER NO. 011816

"Shop at Central Builders
for all your needs for summer living"
Ornamental screen blocks, fence designs, cedar furniture, patio
walks (stone) masonry, paint and the right tool to get the job
done.



**CENTRAL
BUILDERS
SUPPLY
LTD.**

Central Builders
Supply Ltd.
Foot of Sixth Street
Courtenay, B.C.
Phone 334-4416

"We have
everything
for the builder"

**ENTERTAINMENT
WOs' - SGTs'
MESS**

T.G.I.F.
Every Friday July
through August

CFB COMOX
RESTAURANT GUIDE



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

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

BROWNIES
fried chicken

1743 COMOX AVE., COMOX 339-5322



COME AND GET
A REAL MEAL
Open Mon. - Thurs. 11 a.m. - 8 p.m.
Fri., Sat. 11 a.m. - 9 p.m.
Sun. Noon - 8 p.m.



FAMILY RESTAURANT

Full Service Menu • Open All Year Round
AT THE DRIFTWOOD MALL

8 A.M. - 8 P.M.
7 DAYS A WEEK.



EAT-IN • TAKE-OUT
Ice Cream • Burgers • Fries • Sundaes • Party Ice
OPEN 11 a.m. - 11 p.m. - 7 Days a Week
2002 Comox Avenue, Comox

Mexicana inn

DINING LOUNGE

Open Daily 6 p.m. till 10 p.m. - Except Sunday
CALL 338-5441 For Reservations



"EVERYBODY'S FAVOURITE"
1080 Cliffe Ave., Courtenay
338-5132

FULL
DINING
FACILITIES



Read in the Best Messes in the Canadian Forces
To receive it by mail
send your subscription to:
Business Manager, Totem Times,
CFB Comox, Lazo, B.C. V0R 2K0
SUBSCRIPTION RATE \$5.00 PER YEAR

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

NAME _____

ADDRESS _____

CITY _____

AREA CODE _____

PRESENT AND FUTURE



BASE COMMANDER BGen. Burgess presents commissioning scroll to Lt. Martin.



PADRE CLIFTON receives his commissioning scroll from LCol. Clements.



MAJ. R.H. MCPHAIL swears Ocdt. R. Harvey, son of MCpl. Harvey (442 Sqn.) into the Canadian Forces.



OCDT. R.D. MCPHAIL was sworn into the Canadian Forces recently by his father, Maj. R.H. McPhail, D/BopsO.

SERVICE DIRECTORY

HARTMAN AUTO SUPPLY 338-7261

367 - Sixth St., Courtenay, B.C.

BRANCHES IN
CAMPBELL RIVER
& PORT ALBERNI

SEASIDE MOTORS



SERVICE — SALES — PARTS
FOR
ALL VOLKSWAGENS

148 ISLAND HIGHWAY, COURTENAY, B.C.
V9N 3N8
PHONE 338-6791

TELEPHONE 338-8200



TIRE STORES

OUR TIRES GO AROUND WITH THE NICEST PEOPLE

971 CUMBERLAND ROAD
COURTENAY, B.C.

- JOE PARKINSON

GOODS GROCETERIA

P.O. BOX 190, LAZO, B.C.

339-2376

VOR 2K0

MEAT SHOP
339-3800

RED & WHITE
FOOD STORES



COMOX VALLEY READY-MIX LTD.

CUMBERLAND, B.C.

PH. 336-2218

Ready Mix Concrete
Sand and Gravel
Trucking
Cement Finishing
Drain Rock
Loaders

COURTENAY LUMBER

SPIKE SEZ.
QUALITY, SERVICE
& LOW PRICES

120 ISLAND HWY.
COURTENAY, B.C.
338-6788



**WE HAVE MOVED
TO SERVE YOU BETTER
PEDAL PUSHER**

685 Cliffe Ave.
NEXT DOOR TO B.C. TEL
334-4845

LAWSON ELECTRONICS

2703H Kilpatrick Ave. 338-6631
Courtenay, B.C. (Behind the Driftwood Mall)

service for all makes
TV, Stereo & Microwave Ovens
Warranty Depot For Most Major Brands
Sales & Service For Auto
Stereo, Marine VHF, C/B's, Depth
Sounders, Zenith T.V.

COMOX HARDWARE LTD.

A COMPLETE LINE OF
HARDWARE, PAINT,
APPLIANCES AND
FISHING TACKLE

IN THE
SHOPPING CENTRE



339-2911

CATHAY RESORT

KYE BAY

R. R. 1, COMOX

Phone 339-2921

New fully equipped large 2-bedroom family units
Daily, Weekly and Monthly Rates
Owners: BETTE & DOUG HANDEL

BAYVIEW COLOR CENTRE

3080 Comox Rd.
Courtenay B.C.

339-3711

(Next to Animal Hospital)
SERVING THE COMOX VALLEY WITH SHERWIN-WILLIAMS,
DAPCO PAINTS AND OLYMPIC STAINS.
Come in and see our large selection of
Wallpaper Books



JJ's Fashion Flair Ltd.

LADIES' WEAR
YOUR PERSONAL SERVICE STORE

"LINDA DRESSES"
Sizes 7 thru 24

OPEN MONDAY TO SATURDAY
ALTERATIONS DONE ON PREMISES

1832 Comox Ave., Comox

PANT SUITS By
"THIRD DIMENSION"
Sizes 7 thru 20

Phone 339-4445

SERVING UPPER VANCOUVER ISLAND

TAYCO PAVING CO. LTD.

867 FIFTH ST., COURTENAY, B.C.

PAVING CONTRACTORS

• INDUSTRIAL
• COMMERCIAL

• RESIDENTIAL
• MUNICIPAL

Phone 338-7251

C & N MOTORS LTD.

Small motors repair

Lawnmowers • Rototillers
• Chainsaws

Authorized DEALER of Lawn-Boy,
Canadiana and Partner's saw.

528 Anderton Road, Comox 339-4518

COVALLE UNITED CARPET

Remnants are our specialty.

2703 Kilpatrick Ave., Courtenay, B.C.

Telephone

338-5511, 338-7769, 338-7512

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

House of Dogs
BOARDING KENNEL
DOGS & CATS
PROFESSIONAL GROOMING - ALL BREEDS
Heated Kennels — Under-Floor Heated Bedding Area
Large, New 18-ft. Individual Runs
SANITARY CONCRETE BLOCK CONSTRUCTION
VISITORS' INSPECTION WELCOME
Don & Joyce Thomas RR1 Anderton Rd., Comox
Phone 339-2955

Totem sports

Nautical Days

Road Race

Each year the Town of Comox celebrates what are now known as "Nautical Days". On the athletic program is a "4 mile foot race", an event which has been successfully staged for the past eight years.

The objective of this run is mass participation although there are individual awards for winners in each of several categories:

1st Juvenile (under 17) male and female.
1st overall male and female
1st master female (over 35).
1st master male (over 40).
1st master male (over 50).

Each entrant who finishes will receive a ribbon or badge.

The race is on the roads

in the Town of Comox, starting and finishing at Marine Park. Starting time is 12 o'clock noon on Saturday, August 2, 1980.

If you are coming, I would suggest you plan on staying the day as there is a large and varied program of events which I'm sure you'll enjoy.

To pre-register for the race, please write to, Dick Merrick, 305 Glacier View Drive, Comox, B.C. V9N 4M5. Phone 339-2758. Pre-registration is not essential provided you sign-in between 10 and 1130 am on the day of the race at Marine Park just outside the Town Hall.

We hope you will be able to enter this "4 mile foot race" and look forward to seeing you on August 2nd.



DENNIS MCLAUGHLIN -- the young lad that impressed everyone with his super effort of 55:36.

AND THEY'RE OFF!!!

Scuba Diving

Skin and Scuba diving are among the most enjoyable summer activities. Whether they are practiced for marine life sightseeing, spear fishing, photography, or for scientific purposes like marine biology, they give an exciting feeling of discovery.

But diving has its hazards and they can be fatal. Skin and scuba diving claim 10 to 12 lives in Canada each year.

The Canada Safety Council says that most of these deaths can be avoided and urges divers to:

- become confident swimmers
- make sure they are in good health - a medical check up is recommended
- take lessons from competent instructors
- make sure the right equipment is used
- always work in pairs
- know the diving area

- use a boat, an anchored float, or both; and a diver's flag to warn boaters
- plan each dive and consider conditions such as temperature, waves, currents, visibility, etc.
- be ready for emergencies by learning first aid and simple life-saving carries for rescue work
- know and respect their limitations

Scuba is more dangerous than skin diving because of the depth and equipment involved. Scuba divers' fitness should be better than average - a special medical check-up for diving is recommended.

Most fatal accidents happen to inexperienced divers lacking formal training. They may have been diving alone or with a friend.

Divers should consider giving up smoking as they need optimum lung capacity.



RON ALLEN - the first to finish with 35:41

Dennis McLaughlin, Gord Kehoe and Ron Allen proved to be the best in their respective classes Saturday, at the second annual Totem Times Road Run. Ron Allen was the first to cross the finish line, in a time of thirty-five minutes and fifty-one seconds. John Crouch, a resident of Denman Island came in second with a time of 36:40 over the 10 Kilometre course. Gord Kehoe won the Masters event with a time of 41:28. The highlight of the race was a youngster named Dennis McLaughlin who won the under 15 division and finished eighth overall. Dennis never stopped to rest while out on the course and crossed the finish line 55 minutes and 36 seconds after he started. An excellent time considering it was the first time he has attempted that long of a distance.

Barry Whillans was third overall with a time of 36:52 and fourth place went to Ken Wheeler who finished in 39:15. Sixth was Jerry Roy, in at 46:38 and seventh spot went to Brian Maddox who finished off in

47:43.

Special mention should be made to two young ladies, Tammy and Nicky Davidson, who attempted the long trek but just couldn't make it all the way. Nice try girls, and keep practicing, one day you'll go the distance.

To those who ran in the event, thanks for the participation, I hope you enjoyed the run. A special thanks goes to the guys in the Rec Hall who did the work in organizing the prizes and refreshments, and gave up some of their weekend to help out. It was appreciated.

Other area runs coming up this summer includes a five and a quarter mile race on Denman Island on Labour Day weekend. The race takes place on Sunday, 31 August at 12 noon and starts at the Denman Island Community Hall. Prizes will be given out and include crafts made by local residents. A Farmers Market will be going on at the same time, so there's something for the whole family. For further info on this run, call 335-2426.



GORD KEHOE captures the Masters event.

Less is Better

Now that gasoline is sold by the litre, and kilometers appear on new car odometers the system of rating fuel efficiency by mileage, that is, miles per gallon of fuel, no longer applies.

"Fuel economy" now becomes "fuel consumption". Fuel consumption describes the volume of fuel used to drive a given distance and is measured in litres per hundred kilometres — L/(100 km).

WHAT DOES THIS MEAN?

It means "Less is Better" Whereas under the old system, the higher the mileage, the more economical the vehicle, now the reverse is true. The smaller the fuel consumption figure, the better. Thus a car that gets 8 L/(100 km) uses less gasoline than a car with a fuel consumption of 10 L/(100 km).

Royal Air Force NEWS

The Official Newspaper of the ROYAL AIR FORCE

In handy size and popular style. The Newspaper contains 24 PAGES of service news and views, sports fixtures, reports and commentaries. Feature articles on the Royal Air Force of today — and yesterday, with Pictures, Colour and Cartoons.

Be well informed and send for your copy NOW!

The "RAF NEWS" is published fortnightly. Price: 8p Annual subscription: £4.50 (including postage).

RAF NEWS

Please send, post paid, one copy of the "RAF NEWS" each fortnight for one year. I enclose Cheque/P.O./Money Order, value £4.50 Please send free copy.

To: (block letters)

Address: _____

Date: _____

Orders to be sent to Business Manager, "RAF NEWS", Turnstile House, 94/99 High Holborn, London WC1V 6LL. Cheques, Money Orders, Postal Orders to be made payable to the Accounting Officer, Ministry of Defence and crossed Bank of England A/c Postmaster-General.

TT

Port Augusta Motel



- 1 & 2 Bedroom Suites
- WATER BEDS BY SLEEP EZE, COMOX
- Kitchens
- Games Room
- Sauna
- Coloured T.V.
- Dining Room
- Heated Indoor Pool

CATERS TO SERVICE PERSONNEL
RESERVE NOW AT 339-2277
2082 COMOX AVE., COMOX, B.C.

R. A. ARNETT REALTY LTD.

208 PORT AUGUSTA, COMOX, B.C. V9N 5H5
835-CLIFFE AVENUE, COURTENAY, B.C. V9N 2J8



"FOR THE DISCRIMINATING BUYER" We offer this 3 bedroom chalet style home on a view lot in Comox. This fine home features, family room, beamed ceilings, fireplace, large lot and a magnificent view from your sundeck. Asking \$69,500. For more information call DANNY FREMONT RES. 339-2714 OFFICE 339-5501

CONVENIENTLY Located In The COMOX SHOPPING CENTRE

Our Office Is Open
Monday - Friday: 9 to 5 Saturdays: 9 to 1



Regular foot exercise can keep you "on your toes" if you are a weekend athlete. Otherwise you are putting great demands on feet and legs, say footcare experts. "Foot kinetics" can provide you with a springier, more buoyant step and ward off that draggy, worn-out feeling.

JENSEN LANDSCAPING

Now is the time to seed your lawn for a solid turf for summer pleasure

CALL: HARRY JENSEN

339-6739

FOR A FREE ESTIMATE

"Rev up" feet and legs

Anyone engaged in or starting an exercise program should first look to the sole of the problem -- your feet -- says Maurita Robarge, professor of kinesiology and consultant to Scholi Inc., the company that has been taking care of feet since 1904.

Ms. Robarge is an exponent of "Foot kinetics", the scientific study of forces producing motion as they relate to the feet. She says that anyone participating in sports -- tennis, squash, racquetball, golf, jogging or running -- should be aware of the need to "rev up" feet and legs to perform more efficiently with more stamina and safety.

In barefoot societies, sporting injuries, foot weakness, swollen ankles and varicose veins are rare maladies. All that exercise in the toes, arches and ankles tones the muscles and keeps a fresh supply of blood circulating to the feet and legs.

Our modern, more sedentary lifestyle calls for a regular foot exercise program to keep us comfortably "on our toes". The easiest and least boring routine is to wear exercise sandals.

"Those sandals with a raised 'toe-gripper bar' encourage the little-used feet and leg muscles to 'work out' while walking" says Ms. Robarge.

Tests have shown that wearing exercise sandals regularly can improve circulation in the legs of some people.

Any new activity places new demands on feet and legs, so she suggests you try these warming-up foot kinetics first.

Put your exercise sandals on and sit in a comfortable chair. Cross your right leg over your left at the knee. Then vigorously slap the sandal to the bottom of the foot, keeping toes curled around the wooden ridge. Continue this slapping action until leg muscles become fatigued. Then cross-over the other leg and repeat.

Or stand with feet comfortably apart. Grasp sandal tightly with toes and swing your whole leg forward and backward with knee straight. Never let the sandal come away from your foot. Repeat several times with each leg. You might want to hold onto a railing or chair for support.

Another exercise while sitting is to push down on the bottom of your sandals with

a toe-curling action until you feel your arches rise. Repeat as often as possible.

In a more vigorous program, try these: Assume a long sitting position on the floor. Keeping legs straight, grasp the toes of feet with both hands and pull feet toward you until you feel the stretch in the back of the lower legs. Release, repeat 10 to 15 times.

With shoes off, step on toes of one foot with the other foot; try to raise the bottom foot while pushing down with foot on top. Do as many times and as often as possible throughout the day.

The benefits of a fitness program are numerous, according to Ms. Robarge. Knowing how to use a body efficiently can result in better posture, fluidity and flexibility of movement, with a springier, more buoyant step.

"Go slowly at first, until feet find the pace."

Sustained sports activity builds endurance to help ward off that draggy, worn-out feeling that can make a person look less than their best in the late afternoons and evenings.

Finally, after strenuous exercise, relax your feet in a soothing foot bath for 10 minutes. Remove the accumulated sweat and dirt with a foot scrubber or pedibush to make them feel tingly and ready to step out again. Towel dry carefully and sprinkle liberally with refreshing foot powder.

Follow up with this quickie foot massage, either doing it yourself, or even better, having it done! Hold foot in one hand and twist ankle around a few times. Then take your thumb and press it firmly, inch by inch, over the entire sole of the foot. Start with the toes and work back to the heels. Finish by pulling each toe gently away from the one next to it. Your unwinding muscles will thank you.

An advantage we have over more primitive societies is that exercise doesn't need to roughen our feet. Rough skin removing creams and stones, hard skin reducers and files, and softening foot lotions are available to help keep skin in good shape.

A little "tender loving care" can make feet stronger, healthier and better looking too!

707's MOVE

This summer, the Canadian Armed Forces base at Uplands will become the temporary home of the Forces' fleet of Boeing 707 aircraft.

With the runways at CFB Trenton, Ont., undergoing major repairs, the five Trenton-based 707s of 437 Transport Squadron will be forced to operate from Ottawa between June 23 and the end of September. The squadron is responsible for providing the department of national defence with regularly scheduled passenger flights within Canada, to Europe and other parts of the world.

The move of the 707s will entail the temporary assignment of approximately 200 military personnel from Trenton to Ottawa. These include the pilots, navigators, supporting aircrew, maintenance crews and members of the Air movements Unit (AMU) Trenton who will assist the AMU at Ottawa. Trenton personnel will rotate every 10 to 14 days.

CFB Ottawa has made arrangements with Carleton University to provide temporary accommodation, including meals and nursery facilities for travelling families. Facilities at the university are available until Aug. 25 after which travellers will be accommodated in local hotels.

The \$2.5 million runway resurfacing project should be completed around Sept. 30 to permit the return of the 707s to Trenton.



GOOD-WILL BETWEEN FRIENDS --

One hundred and forty miles later, and after relay-running from Fort Crown Point, New York to Montreal in two days, four (4) United States military personnel enter the grounds of Montreal's Military and Maritime Museum. The purpose of the run was to celebrate the 4th of July, the American Independence Day, and to visually show the good-will which exists between the peoples of Canada and the United States. This good-will was further demonstrated by the runners hand-carrying a message of

greetings from Edward I. Koch, the Mayor of New York to Jean Drapeau, the Mayor of Montreal. Five Canadian Forces' military personnel from Canadian Forces Base Montreal paced their American counter-parts from the Canadian/US border to the museum. The American runners from left to right are: Commander Kellie S. Byerly, Lieutenant Micheal Nowakowski, Chief Petty Officer Peter Walden, all of the United States Navy, and Major Kevin P. Sullivan, United States Marine Corps Reserve.

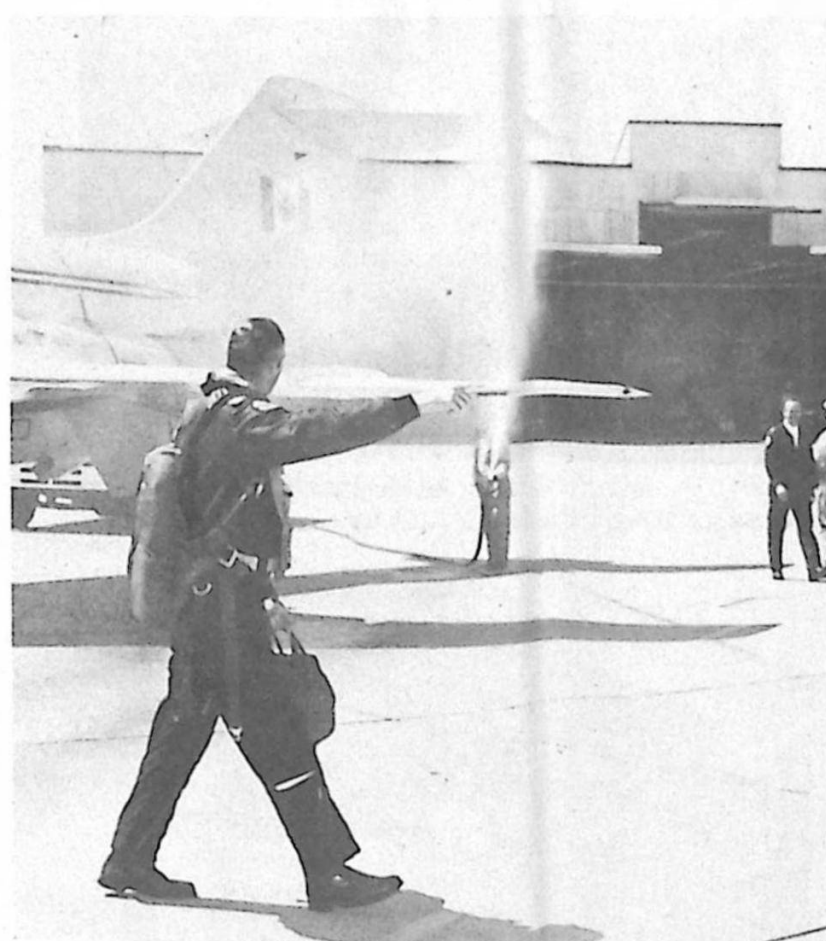
CF-101 Farewell

HOT TIME in the old town tonight! Maj. Ray Harpell is cooled off after his last flight in the CF-101.



CF Photo by Cpl. D. Bowman

AFTER 2000 HOURS in the CF-101, Maj. Charlie Gladders is congratulated on his last trip by LCol. McAffer.



THIS WAY TO THE BEACH! Maj. Jerry McCluer tries the wet look to mark his last CF-101 mission.



Comox Valley Ford RENTAL

Cars and Trucks
Mavericks, Comets, Pintos
1-Ton Furniture Van
¾-Ton Pick-up
Club Wagon

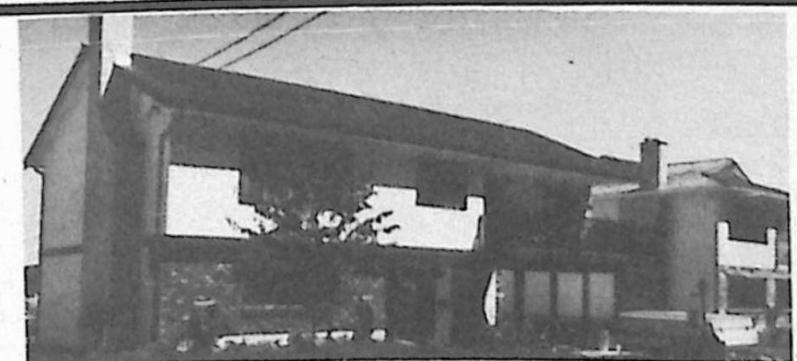
SALES SERVICE & RENTALS
OPEN 8 a.m. - 9 p.m. Mon. to Sat.

For Daily Rental
Call 334-3733

COMOX VALLEY FORD SALES LTD.

Your Local Ford and Mercury Dealer
360 N. Island Highway, Courtenay, B.C.
Phone 334-3161
MOTOR DEALER LICENCE NO. 5028

COMOX VALLEY INSURANCE SERVICE LTD.
INSURANCE BROKERS AND CONSULTANTS
SAFECO Opposite Court House Courtenay Phone 334-3195



WALL TO WALL VALUE - 4 bedrooms, cat-in kitchen, ensuite, family room, private concrete patio. Quick Possession - \$79,500.
DOUG BEATTY Res: 338-7374



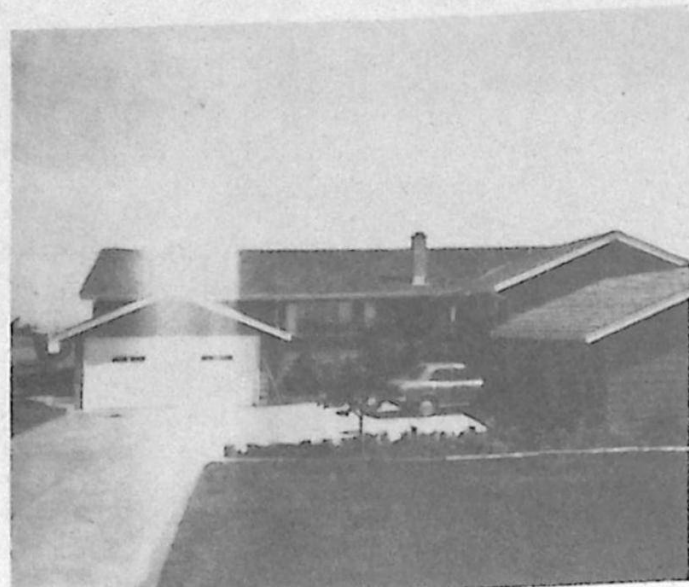
3 BEDROOM BUNGALOW - central heatilator fireplace keeps heating bill at a minimum. French doors to patio and heated workshop. A bargain at \$42,500.
CHARLOTTE WILLIS Res: 339-4136

Nanaimo Realty (NORTH) LTD.

576 ENGLAND AVENUE,
COURTENAY, B.C.
V9N 5M7
PHONE AREA CODE
(604) 334-3124

BB BLOCK BROS. REALTY

The bestsellers



1. PANORAMIC WATERFRONT VIEW HOME

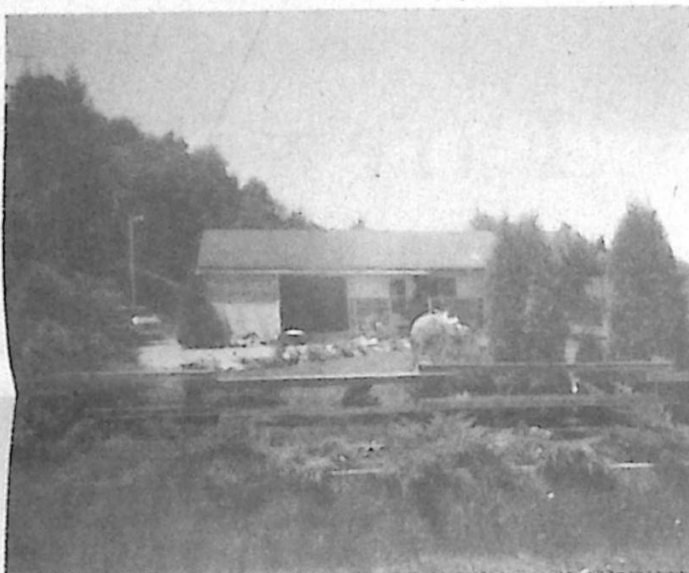
This beautiful 2088 sq. ft. one level home is matchless at this low price of \$125,000. Situated close to the base on approx. 2.82 acres with an eye sweeping view of the ocean, Islands & mtns. You must see this home to fully appreciate the excellence.

DICK GARDINER 339-5345

2. BUILDING SITE, SWIMMING POOL

Fully landscaped lot in an established area of Comox on McKenzie Ave. Has a 16 x 32 Swimming pool with heater, filter, diving board & slide. Fruit trees. Build a 2 storey house & you could have a view of the water. Listed at \$30,000.

VIC RUSHTON 339-3484



3. BUNGALOW IN IDYLIC SETTING

Set on one acre, beautifully landscaped & framed in trees. Quality throughout the 1075 sq. ft. home, attached garage & CP, separate 36 x 20 garage & workshop & greenhouse. Some of the features incl. dbl. windows & screens, Franklin & drilled well. \$65,800.

AL ROBB 339-3307



4. NICE HOME, CUMBERLAND

Completely renovated inside. New wiring, new plumbing & insulated. All handcrafted kitchen cupboards. Bathroom is completely new. Asking \$31,900.

VIC RUSHTON 339-3484



5. LIKE SURPRISES?

This one's spacious & spotless inside. Huge kitchen, 5 roomy bedrooms, rec room & a convenient Comox location. A vanishing breed at just \$58,900.

BILL MORRISON 339-4063



6. BIG RANCHER

Super location near Puntledge Park. 3 bedrooms, ensuite, fireplace & a dbl. lot. Excellent investment at \$54,900.

BILL MORRISON 339-4063

7. EXCELLENT RURAL BUILDING LOT

Large 100 x 150 ft. building lot across the road from waterfront on Seabank Road. This lot offers some water view & is priced to sell quickly at only \$11,500.

STU LIVING 339-3541



8. LARGE COMOX SPLIT

Excellent family oriented 3 or 4 bdrm. home off Buena Vista for quiet convenient living. Quality is the word throughout. F'place, 1 1/2 baths, dbl. CP, finished rec room, excellent landscaping & priced to sell at only \$65,500 so call today for a viewing.

STU LIVING 339-3541



9. COMMERCIAL POTENTIAL

For only \$17,000 you can own a 41 x 120 lot with an older building. Zoned commercial, this corner lot in downtown Cumberland has excellent holding potential.

RAY PAGE 338-6267

10. LARGE TREED LOT

Serviced with piped water & hydro, situated in a prime area at Ships Point. The lot is 150 x 240 & beautifully treed for privacy. An investment at \$14,900.

AL ROBB 339-3307



11. 2 ACRES, HOUSE, HOBBY FARM

Ideal hobby farm for your horses, chickens, etc. Two acres all nicely cleared & located near Comox. large 10 room home with 6 bdrms., fireplace & 2 large kitchen areas with stoves & fridges.

VIC RUSHTON 339-3484



12. MODERN CEDAR DREAM, OCEAN VIEW

Completely functional 3 bdrm. split level home with rustic family room with wood burner. Many terrific features: corner brick f'place in LR & soft toned cedar feature walls to vaulted ceilings. large DR. Ensuite off master bdrm. with huge walk-in closet. Extra large landscaped lot. Finished workshop. This is a recommended buy at \$83,900.

DICK GARDINER 339-5345



13. TERRIFIC TRADITIONAL VIEW HOME

Outstanding new 1476 sq. ft. 3 bdrm. full bsmt. home. This home is new & has 2 full baths on main level & 1/2 bath in bsmt. Floor to ceiling brick f'place & additional flu in bsmt. Rich maple cabinets. Huge wrap around sundeck. This is a home you will be proud to own.

DICK GARDINER 339-5345

14. BUILDING LOT, MOUNTAIN VIEW

Nicely sloping lot with an unobstructed view of Mt. Washington & Forbidden Plateau ski areas. Piped water. listed at \$11,200. The adjoining lot is listed at \$11,300 & both lots may be purchased for \$21,000.

VIC RUSHTON 339-3484

15. BEST PRICE - KITTY COLEMAN AREA

Only \$10,000 for this extra large lot on Eagles Drive. Good homes in the immediate area & there should be a view from the home site.

AL ROBB 339-3307



MAX WEEGAR
334-4568



WAYNE GRAFTON
334-2984



SMOKEY WAGNER
339-4239



JOHN FORIN
334-2728



LLOYD WORK
334-2220



ERNIE ANDERSON
338-5018



JIM GORDON
339-4615



ROD MALTBY
338-5029



CLAY GRANT
339-3945



AL ROBB
339-3307



ANN CHEVRIER
339-3048



HARRY SQUIRE
334-3427



STU LIVING
339-3541



VIC RUSHTON
339-3484



ED FOURNIER
338-6093



RAY PAGE
338-6267



GAYE WORK
334-2220



MICHAEL EMERSON
339-5809



DICK GARDINER
339-5345



DUKE SCHILLER
334-2203



BILL MORRISON
339-4063

BB BLOCK 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.