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# TOTEM TIMES



Vol-22 No. 16

CFB COMOX TOTEM TIMES THURSDAY, 4 SEPTEMBER 1980

COST: PRICELESS

## CFB Comox bids farewell to the boss



409 SQUADRON marks the change of command of CFB Comox. All base squadrons held flypasts during the parade to welcome Col. Chisholm and bid farewell to BGen. Burgess.

Defence Minister Gilles Lamontagne has announced that Colonel Bruce Burgess, 47, of Amherst, N.S., was promoted brigadier-general July 1 and will become commander of the Canadian Defence Liaison Staff at London, England.

Brig.-Gen. Burgess joined the Royal Canadian Air Force in 1951 and trained as a pilot. He flew Sabre-jet aircraft in Canada and Europe until 1957 and then served eight years as a flying instructor at RCAF flying schools at Portage la Prairie, Man., and Saskatoon.

He was then assigned to the directorate of flight safety at Air Force Headquarters in Ottawa and in 1967-69 attended the Canadian Land Forces Command and Staff College at Kingston, Ont. He later commanded 441 Reconnaissance Squadron and 439 Reconnaissance and Strike Squadron in West Germany and is a 1972 graduate of Royal Air Force College of Air Warfare, Manby, England.

Brig.-Gen. Burgess returned to Ottawa in 1972 and served as section head, combat forces section until August, 1977 when he was promoted colonel and assumed command of CFB Comox, B.C.

In June, 1980 he was appointed to the Order of Military Merit in the Grade of Officer, in recognition of conspicuous merit and exceptional military service.

### The last marker

It may be the very last headstone of the World War II era to be placed on a grave. On September 3, 1943, the unidentified body of a World War II Canadian airman was found on the shore of Prin-

ce Island near Bella Bella, B.C. He was buried on what is called "new grave island" about four miles across the harbour from the village. In fact this burial ground was sacred to our native people long before the arrival of the white man. The cemetery is located beneath red cedars close to the seaside and has been used in recent years by both the Indian and white community. Nearby can be found ancient petroglyphs carved in the rock face, many of which are still covered by moss and lichen.

The headstone was recently discovered in a warehouse in Bella Bella. It was shipped off the coast by steamer sometime after the actual burial had taken place. But the stone lay forgotten for many years in a back corner and was not discovered until the past year and CFB Comox was advised of its existence. The RCMP Detachment of Bella Bella with several local citizens found the burial site and advised the Base of its location. 442 Squadron was tasked, at its convenience, to assist with the move of the stone from the village to the cemetery. This was accomplished on 19 Mar 80 when Maj. N.A. Hartley and Capt. D.G. McQueen accompanied by their crew and Maj. L.R. Coleman, Base Chaplain (P), flew into Bella Bella. The helicopter was met by Cjpl. E. Hill, RCMP Detachment Commander and the Rev. R. Faris of the United Church Mission. Following the delivery of the marker to the grave site a short service of remembrance was held. cont'd p. 13

## Drastic Measures for Comox pilots

Base hospital at CFB Comox has developed a possible cure for the dwindling group of pilots in the Armed Forces. With a large number of pilots defecting to the airlines, the hospital has decided to attack the problem from a different angle than the past method of providing incentives to stay in.

Rather, realizing that a great number of applicants are rejected medically, they have been getting results from a program designed to alleviate this problem.

During initial selection, the applicant's height is taken seated in a chair in order to determine his torso and leg length relative to over-all height. Many applicants are rejected due to leg lengths too short or too long to fit into the cockpit, and our intrepid flight surgeons have found a means to solve the latter.

Using highly paid volunteers, possible pilot trainees are squeezed forcefully and shoved into an acceptable body shape. The procedure takes up to six weeks, during which time the applicants may become surly and rude, necessitating the wearing of brightly decorated costumes by the volunteers to avoid

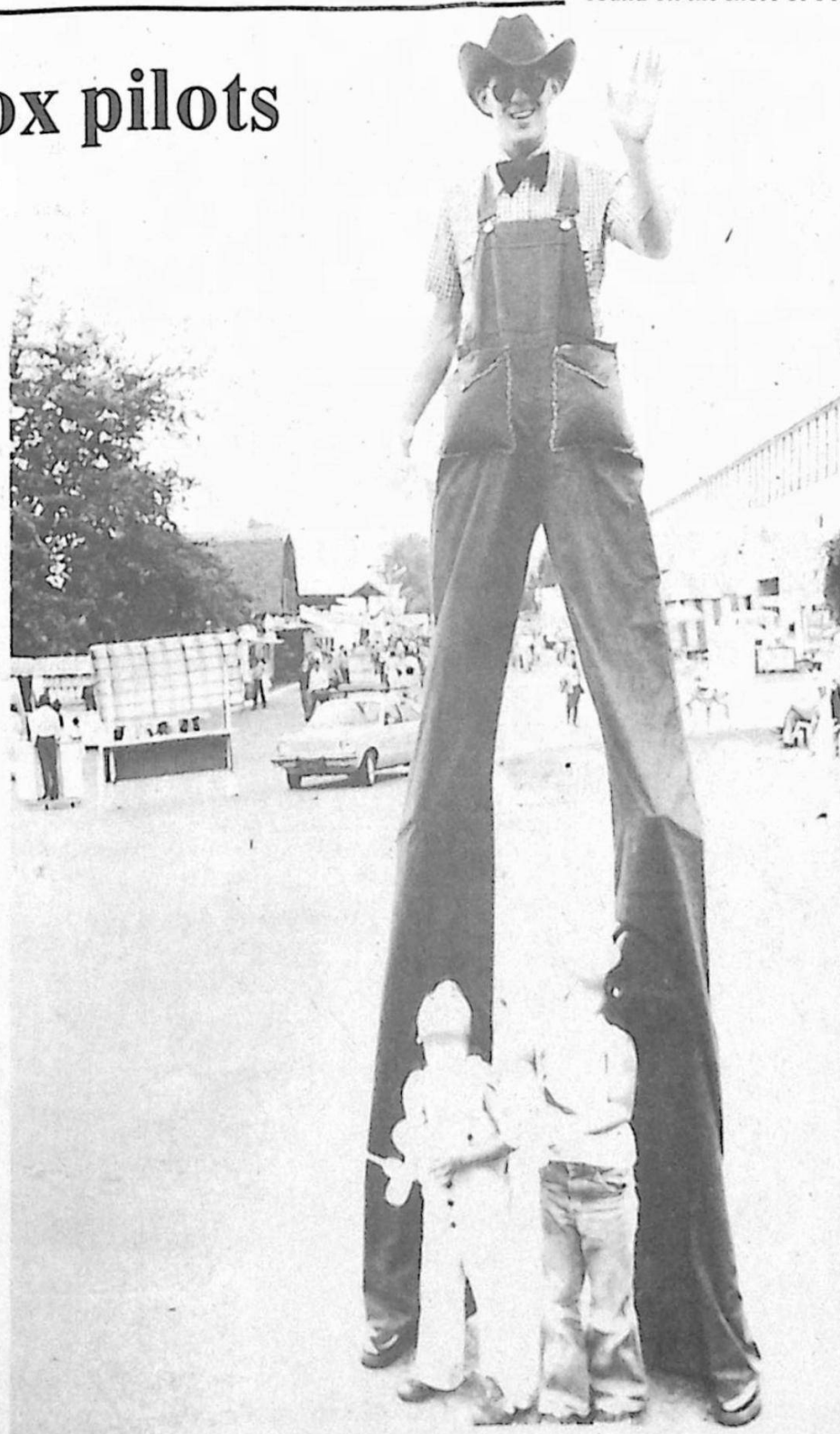


leaving emotional scars on the victims...er...pilots.

Pictured above is the result obtained from about five weeks of the process and to the right is the finished product - two acceptably-sized trainees, shown here with their younger brother.

The process...

...the result!



# Section news

## 442 SAR SITREP

Normally, 442 Sqn. operates in B.C. and the Yukon, but a rare chance to fly in Alaska presented itself during the month of August. During the early morning hours of 23 Aug., a Buffalo crew was tasked to assist the American Coast Guard in a search near Petersburg, Alaska. Petersburg is on the Alaskan panhandle, about 75 miles from the border. The Coast Guard had been searching for a missing Cessna 310 for a day, but a boat search forced them to ask for assistance. The search was being directed by Juneau RCC, and the Buffalo operated out of Ketchikan. The first crew, led by Capt. Scholberg, stayed there for three days. A lot of glacier country was searched on day two. Weather prevented an effective search on day three, however. The Coast Guard provided extra spotters for the Buffalo, as well as some much appreciated food. Only one of the "Coasties" got airsick, which isn't bad. Maybe those naval types can hack it after all. Being

in Alaska during B.C.'s beer strike was a welcome stroke of luck. Needless to say, the off duty hours in Ketchikan were put to good use. Not to be outdone, a second Buffalo crew arrived on 26 Aug. to replace the original crew. The opportunity to down a few ale at the local pub in Ketchikan was too strong to resist. Crew No. 1 left Alaska, however, with some additional cargo in the back of the aircraft. The next day, one of our new Flight Engineers, Dallas Martin, was viciously attacked by the Buffalo aircraft during his pre-flight inspection. He managed to get a day off from the search as a result of his misfortune. Fortunately, the Buffalo was not damaged as Dallas struck it with his head. At the end of that day, the second crew was also sent back to Comox. Well, the week has finally arrived when 442 Sqn. aircrew go back to a normal work-week again. (There are some who would argue that the phrases "work" and "aircrew" should not

be used in the same sentence, but that is beside the point.) No longer will the oppressed aircrew have to miss TGIF's because Friday is once again Friday for us. Unfortunately, the excitement of holding standby in the hangar on Saturday and Sunday evenings will no longer be "ops normal". Several new people have arrived on Squadron during the summer months. During August alone, twelve people have joined our ranks. Maj. Levia and Capt. Gathercole will be "flying-wing" drivers. WO Neudorf and MCjpl. Belanger join the FE section, while Sgt. Howard and Cpl. Girden infiltrate the ranks of the SAR TECHS. Two new AE Techs, Pte. Geoffrey and Pte. Laperat, now call 442 their home. A welcome is also extended to the following individuals: MCpl Carter (IE TECH), Pte. Castonguay (SS TECH), MWO Martin (AVS TECH), and Sgt. McGunigle (CS TECH). That's all for now.

The British Columbia beer strike has finally shown its impartiality by hitting hard at the vitals of 409 Squadron. It was a long, hot day Friday past when the boys collected for a day of fishing and golf. Despite the dearth of salmon for the fishermen, and birdies for the golfers, a fine day was the result. The only serious problem occurred at the end of the competitions. An emergency supply of Coors (...that ain't no downstream beer!) was on hand to partially alleviate the thirsty horde, but alas it wasn't to last. The savage manner in which Smitty, Chico, the House and the remainder of the motley array of characters present attacked the imported brew reduced the group to drinking the corrupt punch Gary Howell was attempting to foist on those remaining. This was subsequently dispatched, and the crew moved on to the wine. The attached picture graphically illustrates the end result of a beer strike in August. The disheveled member of 409 in the photo has been reduced to draining bottles of unknown content. Brewery workers beware! Many have been the lessons in history past of the masses rising in revolt against a tyrannical overseer. It is a fact of life that dry gullets lead to discontent, and 409 is on the verge of armed rebellion. We would not, of course, be crude enough to print the name of the unfortunate soul captured by our camera. The original picture has been destroyed, no photo-stat copies have been made, and the negatives have been turned over to the fellow's wife to do with as she pleases. It is likely that Mrs. Ferraby will destroy these as well. In other news, "A" Flight has returned from a week-long Colorado Springs deployment, where they were shown to their satisfaction that, no Martha, Charlie Gladders doesn't change. The milk high climate was quite the difference from down here at sea level, and it appears they are far enough away from water down there not to worry about ever seeing it in the form of rain. Another Cudgel Caper is history, the William Tell boys have left, and the next major event is the survival week commencing Monday. This paper, continuing its reputation for investigative

## Nighthawks Nest

Beer strike hits Nighthawk sports day

reporting has commissioned a promising young writer to give us his impressions on the affair. The writer is S.T. Bear, a large chap who is fond of roots and berries, has a strong aversion to forest fires and apparently spent a good deal of time as a cub reporter. Familiar with the bush, "Smookey" (as his friends call him), should be able to provide us with a good, first-hand account of the squadron's attempt to laugh at mother nature.

Also upcoming is a "B" Flight trip down to Colorado Springs, and likely a rash of autumn parties and goings-on in order to properly establish what the hell happened to summer.

The Hawk formation team will close out the 1980 season with a show in Portage la Prairie the third weekend in September to mark the Air Force Reunion being held on base.

Everyone knows that if you tell the world about a posting you want badly, publicize it enough, and act as if the transfer is already a fact, that you'll end up actually realizing your dream. I'd like to take this opportunity to congratulate Capt. Drew Foulds on his upcoming posting to Alert. I'd like to end this week with a quote from the movie American Gigolo, "So long!"

B.G.J.K.

The last flight in a Voodoo

only comes once... see p. 3 for photos



409 SQUADRON DERELICT shows symptoms of the present beer strike, as he is forced to opt for less appealing beverages.

## Demon Doins

Readix 4-80

Crew Five was the last to leave and the first to return from this two week detachment in the sunny south. Crew Six had to await the restoration of the Queen of The West Coast Argus Fleet, as Capt. Butch Breen cleverly transited home in their bird under the ruse of an operational trip. The exercise itself began with a briefing by our host squadron on our roles, and a quick run down on ATC procedures at the base, which was enjoyed immensely by the pilots, but left the other trades feeling somewhat nervous.

During the first week, the whole detachment worked at a pace that kept servicing crews up all night and the aircrew somewhat off balance. There was some confusion, ("Alright Sir, I give up, where are the aircraft keys?")

Things started to slow down a little on Saturday and most of us had time to spend sight seeing. There was something in town for almost anyone, including a good selection of country bars and pinball machines. Zoos and museums provided most of the entertainment for the men of Crew Five, although some more adventurous members went to the bowling alley. On Sunday, Col. Cameron led a group to the Canadian Exchange Officers place for a visit. To the beer starved visitors, the free suds were like manna from heaven and an evening by the pool passed quickly.

The detachment ended officially with a party at the Enlisted Mess thrown by our hosts. Free beer was again available and Col. Cameron began the speeches and presentations with a large and enthusiastic audience. The formal thank-yous and gifts (one present was a photo of an Argus in flight to impress the Americans) sparked good feelings of comradeship with our southern allies. The host squadron's mascot was also

there, so that we could all sing "There's a screwbird on the horizon."

The next issue of the Doins will contain more reports and photos of this, one of the last Argus deployments.

The 1980 VP407 Family Day will be held Saturday, 20 Sept. under the expert guidance of Crew 4 and WO Walton of 407 Servicing.

Activities will include Argus flights for dependents the age of 12 or over, static displays and Sqn. briefings from 1000 to 1500 hrs. A guide to events will be posted in the MBR on the 16th.

Sqn. members are being canvassed for the names of those dependents who wish to take this last chance to fly in our venerable bird. Cut off date is 10 Sept., and flight manifests with approximate take off times will be posted on the servicing bulletin board and MBR by 16 Sept.

Children too young to fly can be deposited in the

MBR, where they will be attended by 407 KCO (Kiddie Control Officer) Lt. Eldren Thuen, a father of good standing and character.

All flights except the first two will leave from the AMU where coffee and Sqn. souvenirs will be available for purchase.

Personnel are asked to start their tour of ground displays at the MBR (Base HQ Building) where information will be available. The 7 Hanger Snack Bar will be open from 1000 to 1530 hrs. for breaks.

If the sun doesn't shine on Sat., the whole days events will take place on Sun. when at least the ground displays will be held if the weather is still the pits.



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Movies: 2 Sept.

Movies:  
2 Sept. What Do You Say To a Naked Lady?  
9 Sept. Fuzz  
16 Sept. Bananas  
23 Sept. Carrie  
30 Sept. Sunday Bloody Sunday

TGIF - every Friday, sports on the 5th and 19th

Disc Jockey  
Sat. 13th  
Sat. 27th



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Wasa Rye King

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Wheat 200 gr. . . . . \$1<sup>05</sup>

Sesame 200 gr. . . . . \$1<sup>05</sup>

# DEFUNCT CLUNK CLUB



-- Lt. Gen. Kenneth E. Lewis, right, Commander of Air Command, receives the No. 1 membership in the CF-100 (Canuck) Retirement Association in Winnipeg. Making the presentation is the CO of the CFB North Bay-based 414 Electronic Warfare Squadron, Lt. Col. Otis C. Newport of Harrow, Ont. Other squadron members, left to right, are Captain Peter A. Growen, North Bay, Ont; Capt. R.G. (Nick) Chester, Ottawa; and Major R.A. (Punch) Walker, North Bay. The CF-100, first military fighter-interceptor wholly designed and built in Canada, will be retired from service Dec. 31, 1981. A reunion of military members and civilians currently or formerly associated with the Canuck is planned for CFB North Bay Sept. 11, 1981. The aircraft was

delivered to the RCAF in 1951-52. A total of 692 of the long-range, twin-engine, two-seater aircraft were built by A.V. Roe Canada Ltd., for service with NORAD and RCAF squadrons in Canada and Europe. Its role was taken over in 1962 by the CF-101 Voodoo, and since that time it has been employed in electronic warfare training. Its electronic warfare role will be taken over by the Fan-Jet Falcon. In 1970, the Canuck set a Canadian unofficial, non-stop jet fighter record, flying from Comox, B.C., to Ottawa in four hours, 16 minutes, 15 seconds. Its average speed on the flight was 538 m.p.h. Details of the CF-100 reunion are available from the CF-100 Retirement Association, c/o 414 Squadron, CFB North Bay, Hornell Heights, Ont., POH IPO.

# Farewell CF-101



CAPT. TERRY DAY being congratulated on return of his last flight in a CF101 Voodoo with 409 Squadron. Capt. Day is proceeding to CFB Winnipeg to attend the Aerospace Systems Course. CF Photo by Pte. J.M. Stoeckl

# LIFE SAVERS



LIFE SAVERS — Captain James Rose, of MAMS (mobile air movements) 1 AMU, CFB Edmonton assists John Kirstein with machine containing live kidneys destined for Winnipeg children via CF Boeing 707 which had just landed at CFB Edmonton.

The kidneys, from a 37-year old Edmonton woman who had died of natural causes, were removed by University of Alberta Hospital doctors in accordance with an organ donation card found on the woman's driving license.

The happy recipients of the kidneys were Winnipeg children Louis Perron, 9, and Simeon Spencer, 8. Both children possessed blood compounds closely matching the donor's.

Hospital officials requested CF help to transport the kidneys when it was found commercial airline schedules were not suitable. The operations began 33 hours after the woman's organs were removed.



# OCEAN WAVES

"The Ocean Waves Square Dance Club has been very active this summer with dances on the lawns of Tom & Verna Macklin, Ken & Pat Smith, Alex & Mildred Mitchell and Vesta Utz. Demonstration dances at Courtenay's Market Days and at the Comox Mall were followed by get-togethers at Dave & Sharron Reeds and George & Lynn Allens.

At George & Jackie Rawsons, we were also privileged to meet the caller and his wife, Graham & Margaret Brandon, from our sister club in Australia who brought Penelope, our travelling Penguin, back to Canada and in turn presented us with Paul Platypus and a small Koala Bear, as

well as a taped message from their club members. Graham Brandon appropriately called a tip entitled "It's a Small World".

Mike & Evelyn Pomfrey, our newly elected Vice-President Couple have unfortunately been transferred to Gaagetown, N.B. and we wish them a safe journey.

Several members of the Ocean Waves travelled to the Cameron Lake Square Dance Camporee where many Island Clubs gathered to renew acquaintances, enjoy the outdoors and of course, to square dance.

Club workshops begin Sept. 10th and Beginner classes begin Sept. 12th. For more information call Dave & Sharron Reed 338-6268."

# Well, lookit who's promoted...

new rank	effective		
		Cpl. AL MacFarlane	16 Jul 80
		Sgt. McConnell	23 Jul 80
		Cpl. AL Martin	21 May 80
		WO Osborn	10 Jul 80
		Cpl. Palma	12 Aug 80
		Sgt. Sawyer	04 Jul 80
		Cpl. Reitzel	07 May 80
		Cpl. Paradis	18 Jul 80
		Cpl. Purvis	17 Jul 80
		MCpl. Payne	30 Jun 80
		MCpl. Saunders	02 Jul 80
		Sgt. Stenson	14 Jul 80
		Sgt. Strocel	02 Jul 80
		Cpl. Taylor	10 Jul 80
		Cpl. Trudel	08 Aug 80
		MCpl. Unland	03 Jul 80
		Cpl. Vachon	08 Aug 80
MCpl. AL Alex	09 Aug 80		
Cpl. Carlson	24 Aug 80		
MCpl. Davies	21 Jul 80		
Capt. Chiasson	15 Jun 80		
MWO Dickie	13 May 80		
MCpl. Davies	08 Jul 80		
MCpl. Hawkins	17 Jul 80		
Maj. Gearing	01 Aug 80		
Cpl. Julien	04 Apr 80		
Cpl. Hill	23 Jul 80		
Capt. Henry	04 Jul 80		
MCpl. Holliday	28 Jul 80		
WO. AL Horley	08 Jul 80		
MCpl. LaPointe	21 Jul 80		

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- Courtenay Tourist Information
- Arnett Realty
- Pacific Coach Lines
- Courtenay RCMP HQ
- Nanaimo Realty
- Block Bros.
- Courtenay Post Office
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- Jolly Giant
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- Good's
- Lazo Post Office
- Base Exchange

- CFB Comox Credit Union
- MP Guardhouse
- Jr Ranks Annex
- Jr Ranks Mess
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- Rec Centre
- AMU
- Headquarters Bldg.
- Bldg 82
- 442 Sqn
- MSE
- Hangar 7
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- Firehall
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- "Gens du Pays" office
- Totem Times Office

# "Where can we find the Totem Times?"

The Totem Times is also sent by mail to approximately 500 subscribers across Canada and USA and by Service Flight to the AMU's in Edmonton, Winnipeg, Trenton, Ottawa, Shearwater and Gander.

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# Editorials

## Where do they go?

Yes, just where exactly do the myriad of news stories go when either the public is tired of listening to them or reading about them, or the papers and news shows decide they are no longer current?

It may seem a trivial exercise in thought to consider this question, but it has a bearing on public opinion, which itself controls the actions of politicians and decision makers.

The relative importance attached to a world problem by the public is in direct proportion to the amount of publicity it receives in the press and the rest of the reporting media. That is not news, everyone realizes that point. But it is interesting how quickly a story is forgotten once the media decides to relegate it to secondary status or bury it in the back pages.

This is true for all stories - big and small. The situation in Afghanistan is a glaring case in point. With Russian troops solidly entrenched in the country, and the Kremlin showing no intention of lessening their recently achieved grasp on the place (indeed, the war is spreading, as Soviet planes "seed" areas of neighbouring Pakistan with anti-personnel mines to help quell Afghan rebels operating out of that country), it is truly amazing how quickly the furor has died down in Canada and the United States.

It was just weeks ago that we were shown farmers in Kansas plowing their grain under in protest over its eventual destination to the U.S.S.R., bar owners country-wide emptying bottles of Russian Vodka into the streets, and a general clamour that rivaled the indignation expressed toward the Iranian hostage taking incident.

Now, although the situation is still covered by the media, few people are aware of exactly what is happening and, more importantly, don't seem to care. Interest wanes quickly and it is quite obvious the Soviets are aware of and take advantage of this phenomena. Very little information came out of Russia in regard to their

latest foray, in contrast to their usual bombastic style of propaganda, for they have apparently come to the realization (if they hadn't already), that there is a better method of dealing with Western public opinion, than saturating it with "who, me?" type of denials. They simply ignore the protests and sabre-rattling, for in very short order people will ignore the latest events abroad and return to their discussions of Mt. St. Helens, a new bridge for the home town, whether or not Ronald Reagan dyes his hair, and the latest public figure who has announced his support for the gay movement.

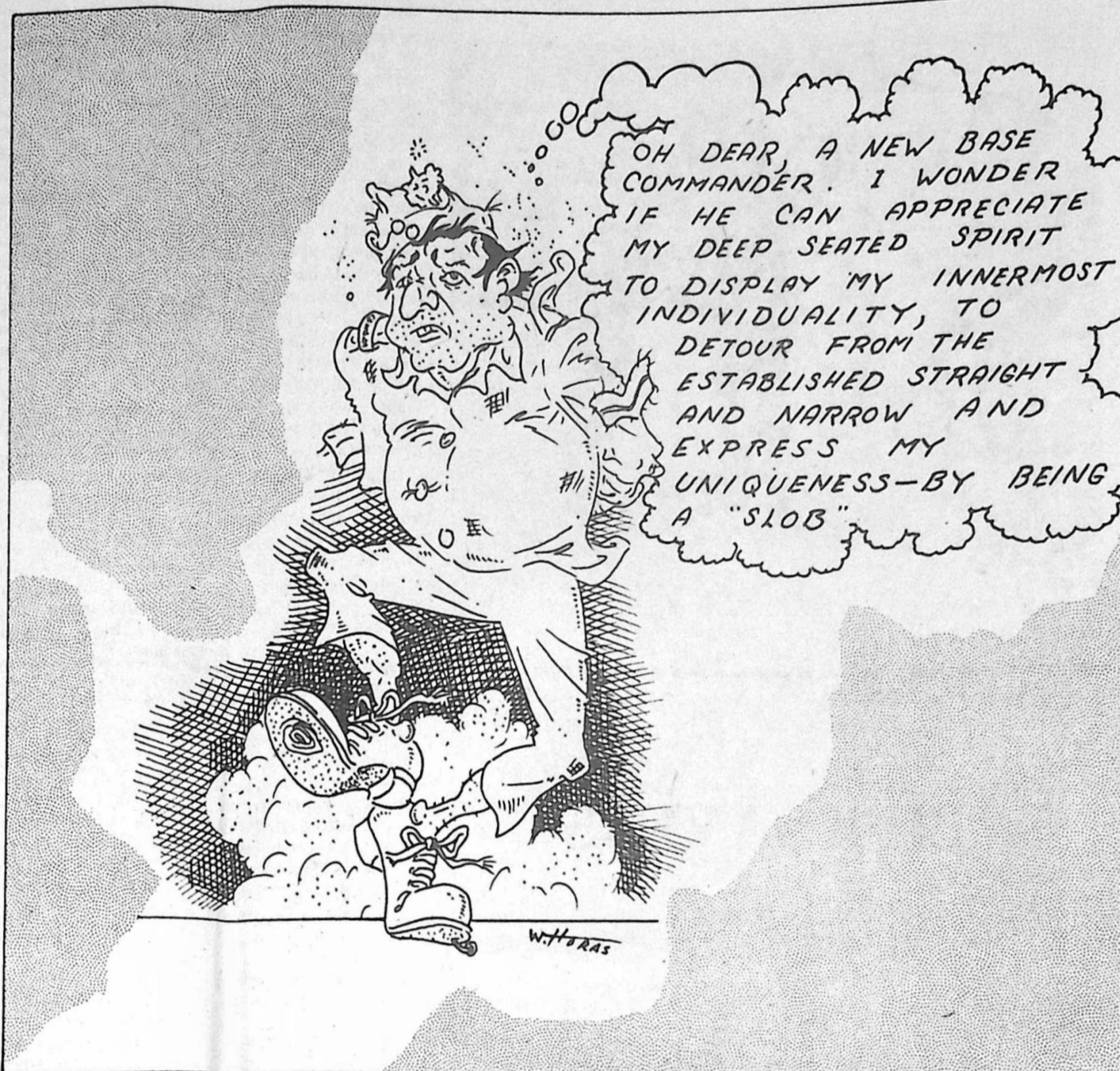
How many of you know the number of days it is now that the hostages have been held in Iran? Where is the outrage and demands for action? Most people seem content to let the situation fall by the wayside these days now that it is only occasionally a front-page item.

Important, often world-changing issues are all too often passed by once they lose their glamour. When was the last time you heard or read about the problems in Northern Ireland? Even areas noteworthy for humanitarian reasons, such as the continued persual of apartheid in South Africa, is only made obvious every four years when it comes time to once again ban them from the Olympics.

It is ridiculous, of course, to expect the media to offer continuous coverage of every world problem as long as it is extant, so it behooves the general public to provide themselves with whatever information is available. Issues such as Afghanistan should not be allowed to smolder and die as have similar incidents in Czechoslovakia and Hungary.

The Russian aim of spreading their style of stated government around the globe will be easily fulfilled if every act of aggression or every takeover of another country is forgotten quickly once the initial chest-beating and proper indignant moral outrage has been registered. This is happening today.

B.G.J.K.



## Letters to the editor

The Editor,

What can I do? He lays around the house with his boots on the furniture, drinks like a fiend, throws his clothes around, screams Indian yells, drives a motorcycle, is frequently seen without his front teeth, won't wash his flying suit, lets his moustache grow to

hideous lengths, and it's gotten to the point where I can't even let him play his records on my stereo for fear of sending the neighbourhood out on a "torch-and-pick" crusade on our front lawn. Help me or I'll have to join the airlines. -Felix

The Editor,

In recent months the question of censorship of the media has become salient. With CRTC Chairman, John Meisel's, comments on news control, the pages of newspapers were filled with the spectre of '1984'. Still, when faced with a blatant example of government censorship, media reaction has been, at best, mild.

The CRTC has determined that religiously oriented broadcasting and, in particular, religious music (both contemporary and traditional), should not be allowed access to the airwaves. This was the import of the Decision published July 9, 1980 reversing the Approval in Principle granted 17 months previously, giving CANADIAN FAMILY RADIO Ltd. a licence to operate an FM Radio Station in VANCOUVER, BC.

Though the applicant had complied with all clearly defined regulations and had revised the proposed programming in complian-

ce with the conditions imposed by the CRTC, the Commission revoked the Approval without the applicant having even gone on the air. In so doing, the Commission blatantly violated several of its own published regulations and guidelines.

The CRTC has chosen to label this station 'religious' even though significantly less than half of the proposed programming could be in any way interpreted as religious in nature.

The meager publicity given to the Decision CRTC 80-423 has concentrated on the 'religious' aspect of the proposed station and has completely ignored the broader implications and the manner in which the CRTC has handled the matter.

The CRCT has, in effect, decided that non-classical, religious music does not warrant the same exposure as other forms of music. The 37½ hours a week of religious music proposed by CANADIAN FAMILY RADIO would represent a

minute fraction of the total air time of VANCOUVER stations. Yet even this was considered unacceptable.

There was a time when we CANADIANS prided ourselves in our freedom of choice. Are we now to expect the CRTC to be arbiters of what we may or may not listen to?

Naturally, as a business venture, this company has much more to lose if this unjust decision is not overturned, but as CANADIANS much more. Today, a seemingly innocuous form of music is banned from the air waves; and tomorrow...?

The federal cabinet has the authority to issue an order-in-council that will reverse this decision. Members of the cabinet will respond to the outcry of fair-minded people across the country. Your civil liberties as guaranteed in the CANADIAN BILL OF RIGHTS are at stake.

Ralph Jacobson  
CANADIAN FAMILY  
RADIO Ltd  
NORTH VANCOUVER

## YOU AND THE LAW OF WAR

Office of The Judge Advocate General



### THE MODERN LAW OF WAR

The modern law of armed conflict consists of a body of law which has its sources in international conventions (agreements or treaties between states), international custom, general principles recognized by civilized nations and decisions of national and international courts. Essentially it is concerned with four basic questions:

- When may states resort to the use of force?
- How may hostilities be conducted?
- How are non-combatants to be protected?
- What are the rights and obligations of neutrals?

"The legality" of the use of force by one state against another is usually determined from an analysis of the United Nations Charter which not only recognizes in each nation the inherent right of self defence, but also prohibits the threat of or the use of force by one state against another for purposes other than self defence.

The law regulating the methods and means of combat is frequently referred to as the law of the Hague because, until recently, the great bulk of the international treaty law on this subject resulted from the Hague Conferences of 1899 and 1907. Needless to say, much of this law is now obsolete. A number of the basic principles resulting from the Hague Conventions do, however, have continuing relevance.

The law regulating the protection of non-combatants or victims is normally referred to as the law of Geneva or as the humanitarian law of armed conflict. This law is contained in the various Geneva Conventions which were last completely revised in 1949. At that time four Conventions were drafted:

- a. a convention for the protection of the wounded;
- b. a convention for the protection of the wounded and shipwrecked at sea;
- c. a convention for the protection of prisoners of war; and
- d. a convention for the protection of civilians.

These Geneva Conven-

tions comprise well over half of that part of the laws of armed conflict contained in international agreements.

For the last several years, the nations of the world have been meeting in Geneva in an effort to modernize the law regulating the methods and means of combat and the humanitarian law of war. These meetings have resulted in the drafting of two Additional Protocols to the Geneva Conventions of 1949; Protocol I is concerned with international armed conflict, and Protocol II is concerned with international armed conflict. Canada signed these two Protocols on 12 December 1977 but has not yet ratified them. In many respects these Protocols merely reduce to writing what international lawyers have understood to be the law for some time. In other respects, the Protocols do make new law. While they have not yet come into general force we will have to become familiar with their contents.

The next article will consider why a study of the law of war is important.

### Comment

When we heard early last week that Transport Minister Jean-Luc Pepin was going to have a "big" announcement about search and rescue facilities on the west coast when he officially opened the new New Coast Guard station at Victoria, we might be forgiven for thinking that at last the years of complaining were going to produce results.

No such luck. The minister's announcement was in fact the same piece of news that has been pushed through the public relations grinder at least three times by various ministers in the past two years. The civil servants who put this information into ministerial speeches and then dress it up in a press release to pop into the hungry mouths of assembled journalists must be getting pretty experienced at the job.

Improvement to search and rescue resources on the coast is getting to be like the Prince Rupert grain port, the construction of which Liberal and/or Conservative politicians have dutifully announced with great pomp on the eve of every election for the last decade.

In this case what Pepin had to say was simply that the government is proceeding with its lumbering old plans and indeed eventually there will be cutters stationed at Prince

Rupert and Campbell River. But he didn't say when. He didn't even announce that tenders were being called.

Waving around a \$3 million price tag for a new off-shore cutter was a neat new trick but the amount is in fact paucity when you consider the cost of replacing the tired old vessels which now serve the coast.

As for the promise to improve the hovercraft base at Vancouver, it is my understanding that the next job to be completed there is the construction of a new office. Building a new office for some civil servants in Vancouver is not going to save a single life in a marine disaster on the west coast and Mr. Pepin had better figure that out before long.

The biggest problem in search and rescue capability on the west coast is the number and deployment of helicopters. Mr. Pepin's announcement didn't touch on the subject. For far less than \$3 million the minister could bring immediate and significant improvement to search and rescue resources by attending to this matter, by putting the right number of helicopters in the right places. That is what we need, not more press releases.

RAY SKELLY  
M.P. Comox - Powell River

## TOTEM TIMES

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# UN PEU D'HISTORIRE DEUXIEME PARTIE

Dans un volume publié à l'occasion du Centenaire de la Colombie-Britannique, en 1958, le Dr W. A. Penderleith écrivait dans ce sens: "Si l'Union Jack flotte maintenant sur la cote du Pacifique du 49ième parallèle de latitude nord, jusqu'à l'Alaska, le crédit en revient plus à Alexander Mackenzie et à ses "voyageurs" de la Compagnie du Nord Ouest ainsi qu'aux robustes gentilshommes de la Compagnie de la Baie d'Hudson, qu'à tout droit de la Couronne Britannique acquis par des découvertes antérieures."

Mais, la tradition britannique, profondément influencée par la mer, par les grandes expéditions maritimes et attachant une valeur sentimentale aux grands noms des voyages aux long cours, a eu tendance à placer au premier rang d'importance, les Vancouver, les Cook, etc. C'est peut-être la raison principale de ces déclarations que l'on retrouve, comme des exclamations de surprise, de la part d'historiens, quand ils retrouvent le vrai pivot de l'épopée canadienne.

Le Voyageur et l'explorateur Ecossais sont deux personnages qui, lorsqu'on les découvre, forcent à faire amende honorable. C'est ce qui semble arriver à W.N. Sage, dans The Story of Canada. Après avoir raconté l'histoire de James Cook, de George Vancouver et des traiteurs par mer, il doit

ajouter que toutes les incursions par mer avaient perdu leur signification dès le début du 19ième siècle, à cause de la destruction laissée derrière elles. Ce sont les poussées par le continent qui assurent à l'Angleterre sa part du partage des Territoires de l'Oregon. C'est ainsi que s'appelaient toutes les terres du littoral ouest, de la Californie à l'Alaska. Le traité de 1818, entre l'Angleterre et les Etats-Unis, donnait un droit égal de traite aux deux pays.

C'est le 20 juillet de l'an 1793 que la première expédition par terre atteignit l'eau salée du Pacifique. Il faut dire l'eau salée puisqu'il s'agissait de l'extrémité est d'un fjord, maintenant appelé Burke Channel, pénétrant à l'intérieur des terres pour une soixantaine de milles et à la tête duquel est sis le village de Bella-Coola. C'est à cet endroit que l'explorateur Alexander MacKenzie inscrivit sur la pierre la preuve d'authenticité du succès de sa mission.

Parmi les explorations qui furent, pour ainsi dire, des prises de possession du sol de la Colombie au nom de l'Angleterre, il faut mentionner celle, dirigée par Simon Fraser, qui atteignit le Pacifique par le fleuve appelé Fraser du nom de son découvreur, en 1808; et, celle de David Thompson, sur le fleuve Columbia, dont le cours inférieur coule maintenant sur le territoire des Etats-Unis; en 1811. Il est bon, aussi, de mention-

ner l'expédition John Jacob Astor, qui, au nom de la Pacific Fur Company, compagnie américaine, atteignit l'embouchure du Columbia en 1812 après s'être frayé un passage à travers le Rocheuses du côté déjà atteint, 75 ans plus tôt, par La Verendrye: c'est-à-dire par le sud.

Ce qu'il y a de commun entre ces quatre expéditions c'est qu'aucune d'elles n'eut été possible sans cette combinaison merveilleuse de pionniers que furent les "bourgeois" Ecossais et les "voyageurs" Canadiens français. Les premiers, qui avaient mission d'étendre l'empire de la Compagnie du Nord-Ouest, possédant le courage nécessaire et l'esprit d'aventure qui rejette d'avance tous les risques. Les deuxièmes, cette armée de jeunes Canadiens français, venus, pour la plupart, des rives du St-Laurent; seuls blancs au nord du Rio Grande à s'être reconciliés avec les caprices d'une nature encore maîtresse des hommes; qu'une tradition déjà vieille de 200 ans avait rompus au dur métier d'hommes des bois, à la science de la vie en forêts et aux grands portages; les voyageurs, qui ont immortalisé les sentiers qu'ils ont jalonnés sur tout un continent en y laissant des noms que l'histoire ne pourra pas effacer.

On retrouve la même mise en scène chacune des grandes expéditions: le bourgeois Ecossais accompagne d'un lieutenant, généralement de sa race; 6,

12 ou 20 voyageurs Canadiens français, dépendant du nombre de canots; un ou deux indiens comme guides ou interprètes. L'expédition Astor a eu ceci de différent qu'Astor fut le bailleur de fonds et mit, apparemment, toute sa confiance en son équipe totalement composée de Canadiens-français.

Les noms d'endroits sont typiques du verbe savoureux des voyageurs. On peut, pratiquement, retracer leurs itinéraires par la toponymie qui a été servie sur les cartes routières. Pour des raisons assez paradoxales, moins de ces noms semblent avoir été modifiés au sud du 49ième parallèle qu'au nord. Tout de même, on passe encore près du lac Vaseaux, probablement appelé Vaseux originalement, dans la vallée de l'Oknanagan; la Cache de la Tête Jaune, près de la passe du même nom; lac des Roches, lac La Hache, Pouce-Coupe, etc.

Auteur: Romeo Paquette

## BONNES NOUVELLES

Notre propre local est sur le point d'être ouvert à tous (d'ici deux semaines)

L'association s'apprete à acheter les collections Tintin et Asterix pour les enfants de même que plusieurs type de revues pour les adultes...

Le nombre de membres enregistrés ne cesse d'augmenter. Notre objectif est de 100 personnes pour janvier 1980; nous sommes déjà à près de 80.

Plusieurs nouveaux venus à Comox n'ont pas eu la chance de se joindre à nous; vous êtes toujours les bienvenus aux réunions du Club ainsi qu'aux diverses activités.

Nous sommes maintenant abonnées au seul journal français de la Colombie Britannique: Le Soleil, de Vancouver.

## L'EPLUCHETTE DE BLE D'INDE

C'est le 15 août dernier que s'est tenu dans le cadre des activités de l'association de francophones, une epluchette de ble d'inde.

La température était de notre côté, la bonne humeur également. Sur la plage de Kin Beach une quarantaine de participants n'ont pas eu trop de difficultés à devorer les 25 douzaines de succulents ble d'inde.

Les femmes mariées ont eu une belle revanche à la souc à la corde. Face aux célébrataires du groupe. Les pauvres en sont à peine revenus, mais cette fois-ci, la corde a bien tenu le coup.

Plusieurs nouveaux membres en ont profité pour rejoindre les rangs de l'association.

La soirée s'est terminée autour d'un feu de camp et on ne s'est pas fait prier pour chanter et se conter des blagues.

Un gros merci à Robert Racine, notre directeur des divertissements.



## CAN BE FUN IF YOU KNOW THE RULES

The casual fisherman is the greatest risk

The avid fisherman who gets up at 5 a.m. every weekend morning and heads out on his favorite lake generally knows what he is doing. The sport, at this level, attracts very few women. But even experts can sometimes have difficulty in controlling tackle, and the expert must always be on the watch if sharing the lake or river bank with a novice.

For the most part, it is the casual, few-times-each-summer fisherman who is likely to experience problems.

Statistically, we can look at 200 drownings each year in this country that result from overturned boats and falls overboard, and a very substantial portion of these involve people who are, or have been, fishing. Add the number of injuries that fall short of fatal, and the extent of the problem becomes apparent.

Dealing with hook injuries While the leaflet deals mostly with accident avoidance, it also gives information on dealing with hook injuries - a common fishing accident:

(a) equipment carried in any fishing trip should include a strong pair of pliers for wire cutting, and a first aid kit that includes a bottle of antiseptic.

(b) if hook and barb get into the angler's flesh, medical attention is needed as blood poisoning, tetanus or other infections are possible. Temporary first aid equipment will be helpful in cases where medical help is not immediately available.

(c) in cases where the barb is not exposed, the hook should never be brought back out of a wound, as this action only causes the barb to rip the flesh. Instead, push the hook through the skin in its natural arc until point and barb protrude. Placing a piece of wood over the exit area will facilitate breaking the skin. Then, with cutting pliers, cut the barbed end off the hook. Remove the hook's shank and curve at the original point of entry.

Allow the wound to bleed for a few minutes, pour on antiseptic and bandage with a sterile compress.

(d) see a doctor as soon as possible - don't be fooled by apparent healing

## Reunion Generale

à l'école des PMQ's

Mercredi le 10 Sept.

à 19:15

On vous y attend

N.B. Plusieurs sujets sont à l'ordre du jour

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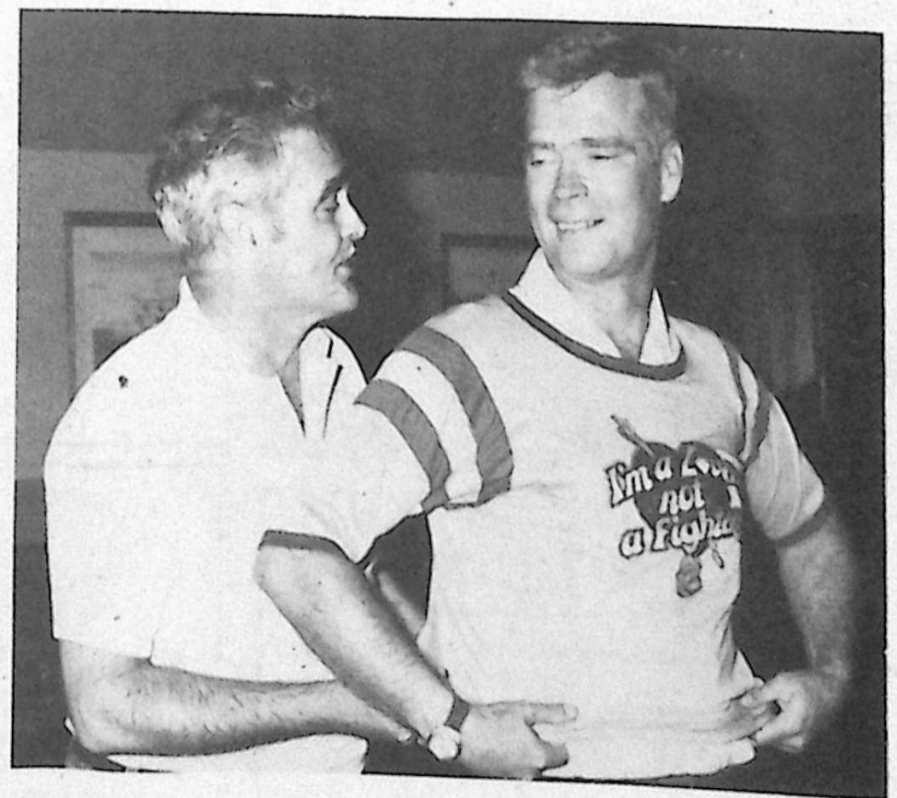
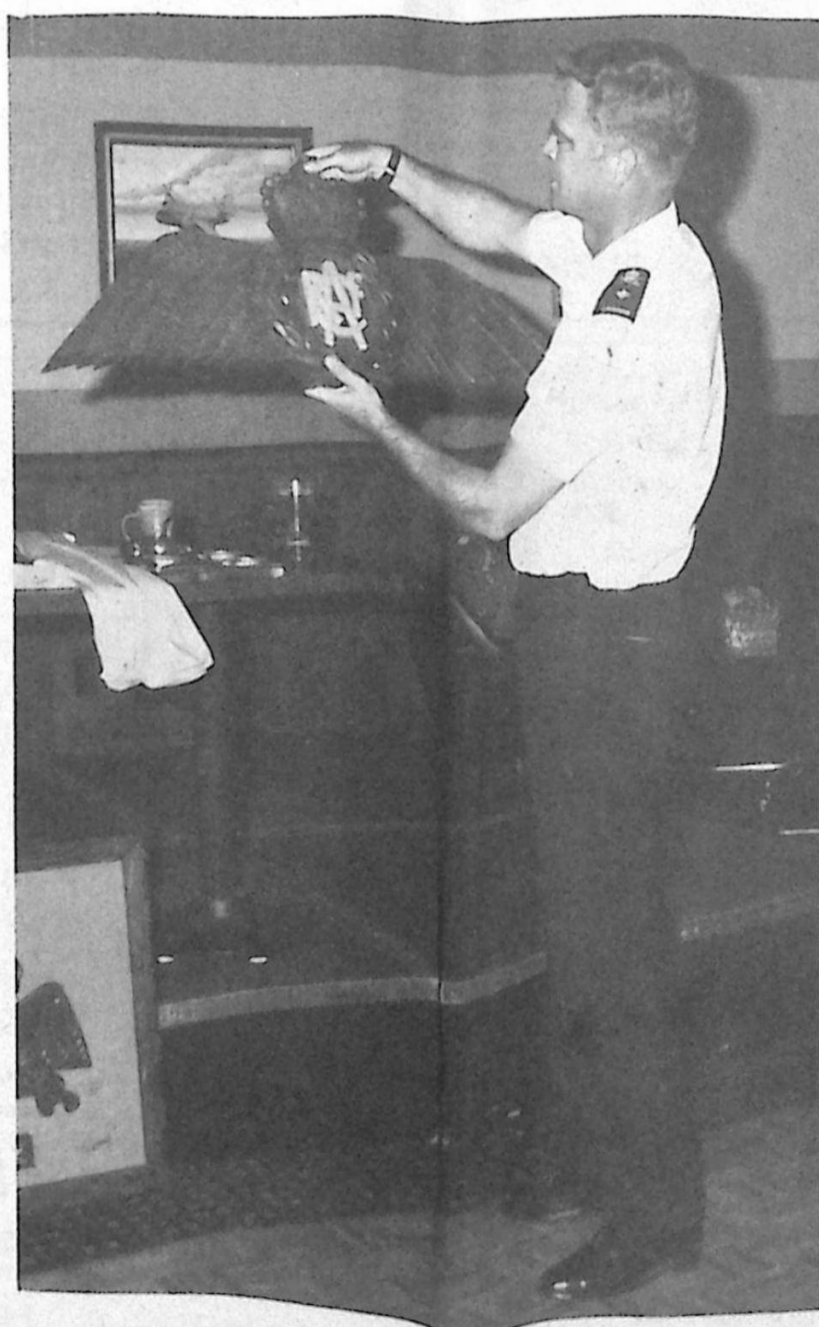
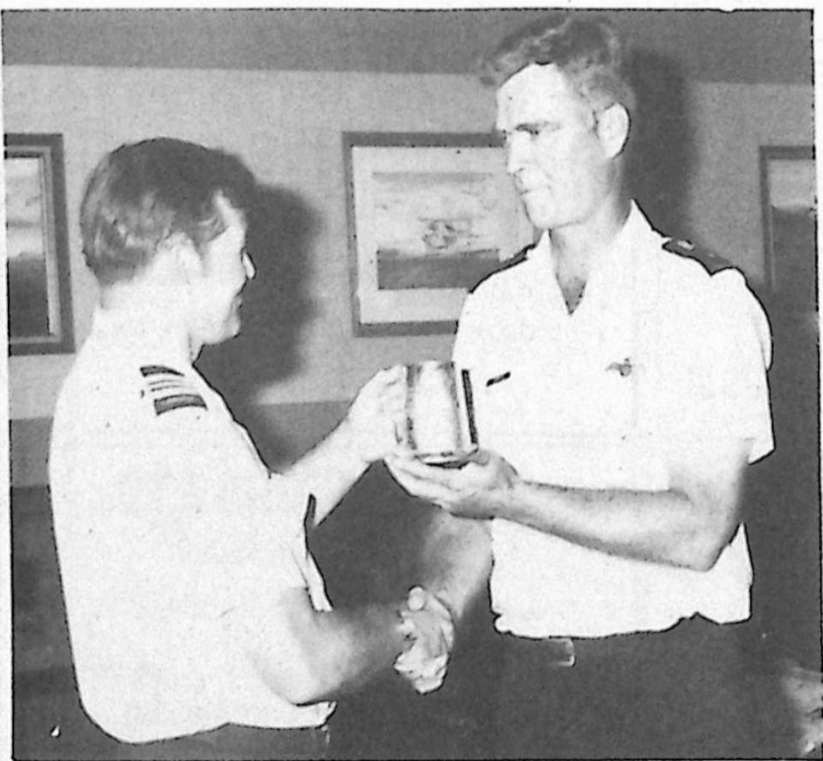


# ...IN WITH THE NEW



BGen. Burgess relinquishes the Base Commander's job to the incoming Col. Chisholm (a familiar face from the inside of Flight Comment).

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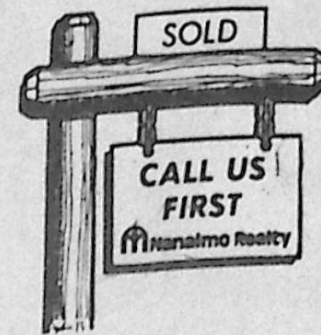
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<p><b>E THE ANSWER TO THOSE WHO APPRECIATE QUALITY &amp; DESIGN</b> New 3 bedroom house on cul de sac in Courtenay, 1450 sq. ft. each level. Retaining wall on 0.4 acre treed lot. MAUREEN ARTHUR RES: 339-3674</p>	<p><b>F COURTENAY - FAIRFIELD</b> Panoramic view from this quality constructed 1400 sq. ft. full basement. Many, many exciting features that must be seen to be appreciated. \$89,900. HARRY HOLLAND RES: 334-4875</p>	<p><b>G TRANQUIL SURROUNDINGS</b> beside a river this 3 bedroom executive rancher awaits your approval. \$88,000. DOUG BEATTY RES: 338-7374</p>	<p><b>H SEEING IS BELIEVING</b> This fabulous house was built by the owner and is a real lesson on perfection. 2 heatilator fireplaces, 5 bedrooms, separate worksh. all on 3/4 acre. \$86,500. MONTY MONTGOMERY RES: 339-3669</p>
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<p><b>M GREAT LOCATION</b> Super assumable mortgage. Three bedroom up, basement ready for development. Priced at \$53,500. BOB KOESTER RES: 339-3238</p>	<p><b>N LARGE GARDEN AREA</b> With this 3 bedroom home close to the sea in Royston. Good value at \$42,500. MARIE HEMINGWAY RES: 338-1994</p>	<p><b>O OUTSTANDING VALUE IN COMOX!</b> Four bedrooms, coved ceilings, hardwood floors, Ocean and Mountain View. Just \$65,500. MARIE HEMINGWAY RES: 338-1994</p>	<p><b>P BEECHER SUBDIVISION COURTENAY</b> Is the location of this charming new home under construction by K.D. Clair construction, watch for our ad in the Sept. paper for our open house. DAVE PROCTER RES: 334-2395</p>

## The Island's Top Sellers

### Lots and Acreage

**DENMAN ISLAND**  
View lot 7/8 of an acre on Graham Lake water system. \$17,500.  
LOREENE HUNTER RES: 334-3219

**VIEW ACREAGE NEAR FANNY BAY**  
Some finishing required on this distinctively designed home on 12.6 acres.

**SUPER RECREATION LOT ON DENMAN ISLAND**  
Close to Fillonglay Park. Priced to sell at \$11,500.  
BOB KOESTER RES: 339-3238

**1 1/2 ACRE RURAL LOT**  
This piece of property is close to recreation, on paved roads, and is high and dry. Nicely treed, \$19,000.

**1 ACRE LOTS**  
Located in Cumberland these treed lots can be serviced and will give you the elbow room you want. \$15,900 each.  
MONTY MONTGOMERY RES: 339-3669

**1/2 ACRE CLOSE TO TOWN**  
Quiet country atmosphere. \$13,000.  
DOUG BEATTY RES: 338-7374

**LIVE BY THE SEA!!**  
That's what you can do on this lovely treed lot close to 1/2 acre in size, on piped water. \$11,900.

**MEADOWBROOK SUBDIVISION!**  
4 choice view lots, all over sized on piped water. \$12,900 each.  
DAVE PROCTER RES: 334-2395

### Business Investments

**INVESTMENT OPPORTUNITY**  
Ideal for professional offices, or continue renting two suites at \$560 per month, with room for another suite in basement. \$66,900.

**YOU BE THE BOSS**  
Very neat, well maintained retail outlet in Courtenay, specializing in coffee, candy and gifts. Steady customers. \$15,000.  
MONTY MONTGOMERY RES: 339-3669

**SUPER MOTEL & GROCERY STORE COMPLEX IN COMOX**  
All units have kitchenettes, store popular with skiers, shows excellent returns.  
CHARLOTTE WILLIS RES: 339-4136

## Working For You

### 30 Real Estate Licences



# Totem sports



## Touch Football

This season our intersection football league will be playing touch football for the first time. In previous years flag football was played. We feel that touch football offers several advantages over flag, not the least of which is an excellent rule book prepared by the Canadian Amateur Football Association. Fewer injuries should result as no tackling or blocking is permitted.

One difference that promises greater excitement is that everyone on the attacking team is an eligible receiver. This should make for more completed passes and more scoring. Everyone who knows football will agree that scoring is where the excitement's at.

As well this year's Pacific Region football championship will be played under Touch Football Rules. This

tournament will be held here at Comox the weekend of 1-3 Oct 80.

Another plus for touch football is that it is expected to be a part of the 1981 B.C. Summer Games to be held right here in the beautiful Comox Valley.

Back to intersection, league play will start on Wednesday 3 Sep at 1700 hrs. At this date the number of teams participating is unknown, but we expect a good turnout. The MP's should be back to defend their title. Steve Rodrigues snuck in to borrow a rule book and a football, so the rest of you better hustle if you want to thwart the MP's this season.

We need referees too, so if you want to earn a few dollars and get some exercise to boot, drop in to the Rec Centre and give us your name.

## The PERI Line-up

KNOW US? We're your PERI Staff and we are here to help you.

Our BPERO, Capt. Gary Pronk, who was just commissioned this year is now running the shop and making a lot of good things happen. Gary will be coaching the women's volleyball team this season and his wife, Bonnie, whom some of us already know through the Masters Swim Club, will be coaching the men's team. Both Gary and Bonnie have played National calibre volleyball among other National calibre sports.

Supervising our vast staff will be Warrant Officer Bob Buckley. Bob was posted in from Borden with a library of knowledge which sure is going to make a big difference here in Comox. Bob will also be running the Badminton Club this year and hopes to introduce some new aspects to the sport. At present Bob is pricing Glacier lots, and says he likes the Valley.

Down the line we have our newly promoted Sgt. Ernie Stroccl, who is on his second posting here - lucky guy. But, we are even luckier - Ernie has been filling gaps from the day he got here coaching the hockey team, catching for the ball team. He should be in Kamloops at this time, swinging his bat and also

looking after the Regional Golf Team. This winter Ernie will be running the arena where he has a lot of changes in mind, and a lot of work; intersection hockey, noon hour broomball, Base team hockey, NHL and lots more.

Ernie won't be alone up there. He'll have MCpl. Earl Hurd just in from Gagetown to help carry the load. Earl definitely has the shoulders for the job. Earl had a little bit of misfortune on arrival with accommodations but finally has a place, we hope.

MCpl. Ev Swann, who has been here for a while and has seen the staff completely change, is slowly starting to get ready to leave himself. Ev's one of the better organizers in our trade and has been doing wonders with the Base soccer team. He is also the man to see if you are going on any sports oriented trips or are wondering about upcoming events. Ev will be manning the "front desk", yes sir, if we have got it, that's where to find it.

A lot of you active folks do come to the Temple of Health now and again and may have noticed our Sports Storeman, WO Fred Eggleton. He works with us on loan from ARAF. Fred was in the PERI trade for 28 years and wasted no time in putting his knowledge to

work. You might say he sort of polished silver into gold.

Also on loan from ARAF is Cpl. Ed Lafleur, who will be leaving at the end of this month, but lucky for us he'll still be working with us in some respects. Ed is a highly qualified and competent official. He has officiated in quite a few Regionals. I'm sure you'll hear him during football season, because he's out there again this season.

Yes, we do have a female on our staff whose main line is the pool. Cpl. Karen Kowalski, who at present time is on an instructional technique course. She will return to work on the 7th Sept. with more to offer. Karen will be pushing the Masters Swim Club to go all year round. So far we have 7 club members and room for at least another 5, so come on down and see Karen.

And then there's me, Cpl. Armen Vartanyan. I'll be up front helping Ev serve you. I'll also be starting a muscle factory for those who feel the need of production.

So, here we are folks, over 70 years experience in one shop and we hope to be coming your way; if we're not, why don't you come ours?

## SOFTBALL

The intersection softball season came to a close 12 Aug 80 with the final play-off game resulting in a 12-5 victory for Telecom, (coached by Bob Morgan) over the determined MP's who were coached by Frank Ostropolski.

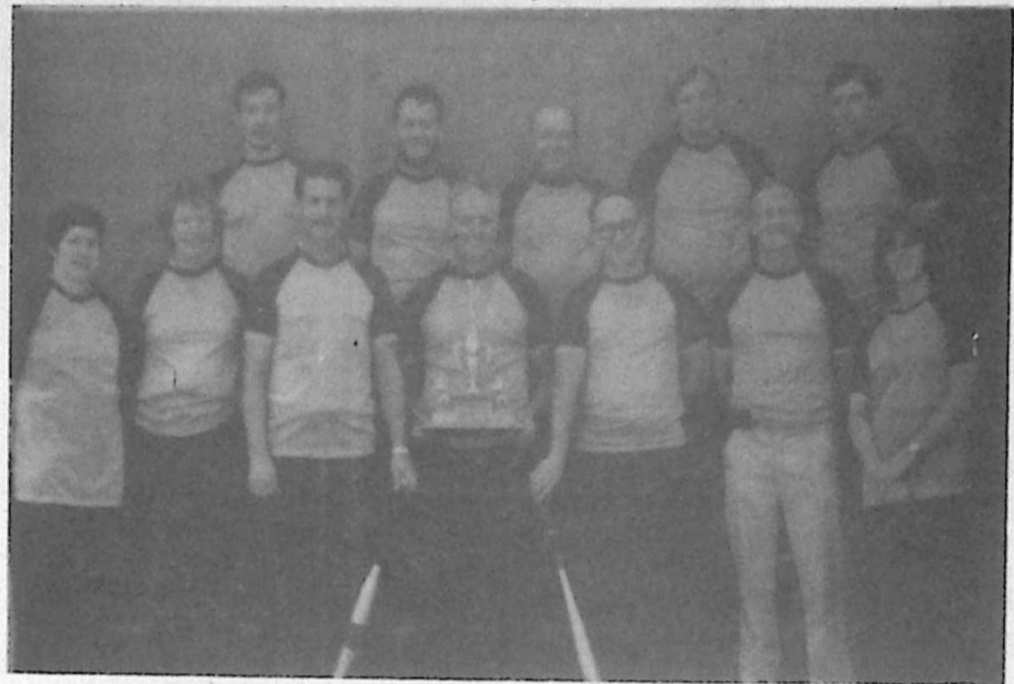
The Telecom team mem-

bers were presented the individual awards for winning the play-off series. The League trophy goes to the Sgt's Mess team, who were led faithfully by Pete Chellew, for finishing in first place overall.

To the winning coaches and teams, congratulations.

To the other coaches, teams and officials, well done, and better luck next year; for without your efforts and participation the league could not operate and be a success.

League Winners - Sgt's Mess



Pictured above are the following: Coach - Pete Chellew, Manager - Bob Horton, Ted Burgess, Bob Fall, Erin Chellew, Lil Davis, Tommy Thompson, Guy Cote, Russ Parker, Rex Pitcher, Dick Smith, Francine Roy.



2ND CHANCE FOR GIRLS BALL Our girls ball team is off to the Nationals 13-19 Sept. CFB Esquimalt, who won the Regionals is unable to field a team, so that means that 2nd place winners are headed to Shearwater. That's us - Good Luck.

## INTERESTED?

**CFB COMOX BOWLING LEAGUE** A general meeting will be held on 3 Sep 80 in the Base Social Centre commencing at 1930 hrs. Registration and election of executives will take place at this time. For more information please contact Cpl. (W) Alex at local 366.

**WEIGHT LIFTING-BODY BUILDING-BODY SHAPING** If you are male or female, 18 years old and have some time to devote to yourself, call the Rec Centre, local 315, and we'll help you slim and build your body. Were hoping to have a body building club and are looking for interested people. If we get a big enough response, we can form a club, which means more funds and more equipment, local 315 - leave your name and local.

**JUDO CLUB NEEDS HELP** CFB Comox was pretty fortunate in having MWO Greer. Not only did he do his job but he also volunteered his time to many youngsters by running the Judo Club. At present we would like to continue what MWO Greer started, but since he was posted we find it difficult to do so without your assistance. We need judo enthusiasts. Call us local 315, Rec Centre.

**HOCKEY PLAYERS GET READY**

All persons interested in participating with the Base hockey team call the Rec Centre, local 315 and leave name and number. We are going to have a meeting Wed. 17 Sept. in the Social Centre at 1130 hrs.

This year we hope to play in the commercial league and get an early start in preparation for the upcoming regionals. The new coach, Rollie Cramer, who has been coaching for a number of years will most definitely be an asset to our team. Our manager, Dave Shepperd, who is very eager and conscientious, is always on the go, but didn't quite make it to Shearwater. However, this year will be?

**BROOMBALL MEETING FOR REPS**

Oct 2, 1980 1000 hrs., Social Centre.

**INTERSECTION HOCKEY MEETING**

Oct 3, 1980 1000 hrs.,

Social Centre.

**BASE TEAM SOCCER**

The Base Team Soccer practices and games are underway for the season. Practices are held Tuesday and Thursdays at the Base Sports Field from 1800 - 1930. All interested personnel can report to the field, or contact MCpl. Swann at local 315

**LADIES KEEP FIT**

The ladies keep fit classes will resume from 10:00 to 11:00 am on Monday 8th Sept. These classes will be held at the Base Recreation Centre on Monday, Wednesday & Friday mornings and all ladies are invited to join us. No registration or fee is required.

If anybody is interested in providing a babysitting service for these classes, please contact Jill Smith at 339-5061. For further information please contact the above number or the Rec Centre, local 315.



## YOU CAN'T TAKE IT WITH YOU?

If you have been posted overseas and must consider Long Term Storage of your household goods and personal possessions then consider Tye Moving And Storage 1491 McPhee

Your goods are carefully packed in individually palletized containers. Your possessions are professionally stored in our modern warehouse where their safety in your absence is our prime concern. To arrange for storage or tour our facility, call us at 338-5437.

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## OFFICERS' MESS ENTERTAINMENT

Friday, September 5th - "WELCOME THE NEW BASE COMMANDER" TGIF - 1600 - 1700 hrs.

Fridays, September 12th, 19th - REGULAR TGIFs - 1600 - 1700 hrs. Food as indicated.

Saturday, September 13th - 407 SQN. WIVES CLUB MEET & GREET - 1300 hrs.

Sunday, September 14th - CANDLELIGHT DINNER - Time: 1930 - 2130 hrs. Cost: \$22.00 per couple. Dress: Informal. Adults only please.

Friday, September 26th - MEET AND GREET DANCE

Wednesday, September 17th (Officers' Wives Club) OWC GETTING TO KNOW YOU WINE & CHEESE - A warm welcome to CFB Comox for all the wives. 2000 hrs.

Wednesday, September 10th, 24th - OFFICERS' WIVES BRIDGE CLUB

FOR MORE INFO - SEE MESS CALENDAR

## MIRACLE DRIVE-IN

Black Creek, B.C. 337-5097

ADMISSION: 13 & OVER: \$3.50 ALL OTHERS: \$2.75 BOX OFFICE 8:15 SHOW DUSK

September 4 - 7  
**How to Beat The High Cost of Living PLUS DEFIANCE Mature**

September 11 - 14  
**Shame of the Jungle PLUS SEX FEVER Restricted**

## BASE THEATRE SCHEDULE CFB COMOX

Sept. 4 - Sept. 7  
**FRIDAY THE 13TH**  
Betsy Palmer, Adrian King  
Restricted  
Show Time: 2000 - 2150

Sept. 11 - Sept. 14  
**THE SERIAL**  
Restricted  
Show Time: 2000 - 2145

**SUPPORT YOUR BASE THEATRE AUTHORIZED PATRONS ONLY**

**EW**  
Courtesy

Adults \$3.25, O.A.P. \$1.50, Child \$1.50

Thurs. to Wed. - Sept. 4, 5, 6, 8, 9, 10  
CLINT EASTWOOD, SONDRALOCKE  
"BRONCO BILLY"  
"Warning - occasional swearing & suggestive scenes" - B.C. Director

Thurs. to Wed. - Sept. 11, 12, 13, 15, 16, 17  
The Star Wars saga continues  
"THE EMPIRE STRIKES BACK"  
Mark Hamill, Harrison Ford, Carrie Fisher, Billy Dee Williams

**Stardust**  
Drive-In Theatre

Island Hwy. & Williams Beach Rd.  
Phone 337-5033  
ALL ADMISSIONS \$3.50 ALL-OTHER \$2.75  
EFFECTIVE Sept 11 Open  
Thurs - Sun  
GATES OPEN 8:15 p.m.

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

Thurs. to Wed. - Sept. 4 - 10  
Jack Nicholson  
"THE SHINING"  
"Some gory & frightening scenes, nudity & coarse language" - B.C. Dir.

Thurs. to Wed. - Sept. 11 - 14  
"USED CARS"  
"Frequent coarse language, some nudity" - B.C. Dir.

Thurs. to Wed. - Sept. 4 - 10  
"THE EXORCIST"  
"Very frightening picture, some extremely coarse language" - B.C. Director

Thurs. to Wed. - Sept. 11 - 14  
"THE 5TH MUSKETEER"  
"Warning - occasional swearing & suggestive scenes" - B.C. Director

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Nanaimo Realty (North) Ltd.  
Off: 334-3124 Nos: 339-2669

# Prolong Your Life

Isn't it time you took care of yourself, or do you enjoy being too old (whatever that is) to do anything? If you do care about your well-being isn't it about time you did something? A Masters Swimming programme could be the answer. It is a program designed to develop fitness and secondary, to offer swimming competition for men and women over 20 years and over. The programme is designed to encourage people to swim regularly and to be aware of and concerned about their own physical fitness level.

The programme, started on a national basis 10 years ago in the U.S.A. and much more recently in Canada, contains something for everyone. Swim meets, broken down into 5 year age groups for men and women, give swimmers of wide abilities some goal for which to exercise. Everyone is a winner in these meets as you will be in better condition for your efforts. You can thus compete against yourself striving to improve your fitness, or against others of your age. Winning is fine, but good health and exercise are even better.

Several swimmers who have remained in Comox this summer have already started swimming on a regular basis at noon. These people are still plying up and down the pool getting gradually fitter and in some cases even a little lighter. All servicemen and women and their dependents and all DND employees and their dependents are still welcome to come and be a part of the Comox Masters Swim Club. If you are 20 years or older and can swim a couple of

lengths front crawl, this program could be for you.

Servicemen and women and DND employees are reminded that they may workout during the fitness swim time from 1130 - 1300 hrs.; while dependents who wish to be Masters swimmers may now swim from 1300 - 1400 hrs., Monday through Friday.

When you come to swim, just give your name and phone number to the guard on duty and ask for the Masters Handbook. Even if you wish to work on your own, you might want to join in for some meets and/or some special stroke work sessions. There will be a workout posted on a blackboard usually at the shallow end of the swimming pool if you are interested. You can use it as a guideline paring it down or increasing it according to your needs.

Rather than swimming length after length at about the same speed, you should vary your program. To increase your fitness level you need to put varied stresses on the heart and its systems. Some fast and slow swimming of different lengths is best. To add variety, you can kick or swim arms only.

You might even wish to learn a flip turn or even a new quite taxing stroke such as butterfly.

Why not try it? All you have to lose is a few inches here and there and some desire to be lazy. So why not become part of the FUN, FITNESS AND FRIENDSHIP OF MASTERS SWIMMING. P.S. Even though the weather be rotten at times, the pool is always warm and welcoming at a constant 80 degrees.

## Pacific Region

### Football

For the first time since 1974 CFB Comox will not represent the Pacific Region at the Canadian Forces National Softball Championships, which are being held at CFB Greenwood 13 - 21 Sept.

In round robin play Comox finished in second place behind the Small Base Champions from Baldy Hughes. Comox defeated CFB Esquimalt in the first game by the score of 4 - 1 behind the 4 hit pitching of Buster Baltzer. In the second game Comox defeated CFB Chilliwack 9 - 4 with plenty of action offensively. The third game CFB Baldy Hughes defeated Comox 7 - 2 which made for the final game. In the final game CFB Baldy Hughes defeated Comox 7 - 4 in a well played game. The team from Comox played well but the pitching from Baldy was very good.

The Base can be proud to have had such players giving their most at all times and not once did they give up. Players like Pete Chellew who played in his last round-up and Ted Burgess and Ernie Strocel who will not be involved at Base level ball again. A man who gave his most like Pete Witter, the coach and Doug Rice, the second base man, Maynard Smith at third base and Pete Brabant on first. Serge Wong who filled in capably when needed. The fielders covered the outfield well with Rob Haswell, Mark Thibodeau and Bill Ballard making fine catches and good throws when the pitchers Buster Baltzer, Pete Chellew and Bob Paquin grooved a pitch.

The season has ended but not in frustration and again we say - wait until next year.



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## CFB COMOX SAILORS HAVE RETURNED

"What's the drill now, Dick?" came across the water in a calm, unhurried voice. The speaker, Pte. Gregg Threader, was not visible. He, like me, was swimming in the warm waters of Lake Ontario, close to the shores, near RMC. My view of him was obstructed by our sailboat, class 420 dinghy, that had capsized after I had fallen into the water.

What were we doing in Lake Ontario, where we have all the water around CFB Comox to sail on? Gregg, my crew, and I, the skipper, travelled to CFB Kingston as members of the Comox Squadron, Canadian Forces Sailing Association (CFSA), to compete in the annual CFSA National Regatta. We arrived one day early; and in need of practice we took a boat out.

I could come up with a number of excuses for falling off the gunnel and into the lake, such as strong winds, 25 knots, gusts to 30 knots; high waves, loose hiking straps, broken pulley on the boom, etc.; however, since others were facing the same winds and waves, and some of the boats were in similar poor conditions as mine, and they remained upright and sailed circles around us, the reason for swallowing the not too clear water of the lake was our inexperience.

I had sailed only once in winds that strength, as crew. Gregg, who became interested in the Spring of this year, had never been on the water, other than in a light breeze. Although we have crack sailors in our Comox Squadron, none of them could go for a number of reasons. Not reading WRO's when the Regatta was first announced, was one of the reasons. Others did not have an understanding OC, etc. In any case Gregg and I had the luck to face the challenge. Our thanks to Capt Pronk who enthusiastically supported us and provided the necessary funds, a difficult

task at the best of times. In case you have not noticed, take a walk over to the Gym. Capt. Pronk will find something suitable for you to do, to get you into shape and fun while you are doing it.

But, back to my yarn. On Friday morning we faced competitors from Gagetown, Ottawa, Kingston, Trenton, and Chilliwack. Until Sunday noon we would attempt to win five races. Since some of the boats were old and for many reasons, slow, other boats almost new, we alternated between good and not so good boats. Each course was in accordance with the Olympic racing rules, triangular in shape and a mile between marks. It would take too long to explain all the rules here, sufficient to say that the Protest Committee had plenty of protests to hear and rule upon.

In case you are wondering, we were last. Kingston Squadron came first with zero points. Disappointed? I am sorry we let our Squadron down. I am not sorry for having gone. We learned, oh, how we learned. We enjoyed every minute of it. We even enjoyed the moment the mast of our boat broke two minutes before race number three was to begin, and we found ourselves once more in the water. If you have ever experienced a warm wind filling your sails to the point where extreme hiking does not prevent your sails from almost touching the water, and in order to prevent a capsize you have to spill the winds; if you have ever experienced your boat plowing across the water on the crest of a wave at a speed of up to 12 knots, your hand aching from holding the mainsail sheet, your eyes trying to stay open in spite of the spray that also begins to fill your boat; and if you ever heard the crack and crash of the mast breaking, and sails, shrouds & lines coming

down around your head, you know what I mean. Those who have not, I advise to try it. It is exhilarating and challenging; it is living and it is fun. It is also losing the race.

CFB Kingston personnel treated us like kings. We were quartered in the Officers quarters of the old signal school, the food was served to us in the OR mess hall. The latter was excellent. The Squadron members were tremendous hosts with the end result that the Regatta was absolutely successful.

Yes, we lost the race and our boat was last, but I won and so did Gregg. We came back with the awareness of our limits, but also with the pride of having faced up to the challenge the waters and winds of Lake Ontario literally threw into our faces.

Our thanks to this Base and CFB Kingston, especially Capt. Pronk and his staff for giving us this opportunity. To those who have read this far and are not sailors yet, we invite you to come on out to the Club at Quadra, or keep us in mind. Every Spring we run a course on the rudiments of sailing. Once you pass and are a member of the Comox Squadron, our boats become yours as well.

## Pacific Region Golf

Eight members from CFB Comox participated in the Pacific Region Golf Championships held in Victoria 11 - 14 Aug.

The championships consisted of three rounds of golf. The first round was played at the Gorge Vale course. Most everyone except for the local golfers found it a real experience. Some people felt that they had spent the day at the beach rather than the golf course - the sand traps were

everywhere my ball landed. The second round was played at Glen Meadows - a nice long flat golf course (after you get beyond number three). Again nobody played that well. Out of 56 golfers only one person broke 80. The last and final round was back at the Gorge and again instead of golfing a lot of people thought they were at the beach - sand everywhere. The members representing CFB Comox were Dorin McGibney, Kim Matheson, Max Jennings, Gerry McLaughlin, Wayne Farrell, Bill Fisher, Gerry Miers, and Ern Strocel. The team finished in 4th place. The low gross winner was John Gee from the Fleet and the winning team was CFB Esquimalt.

## Summer Games

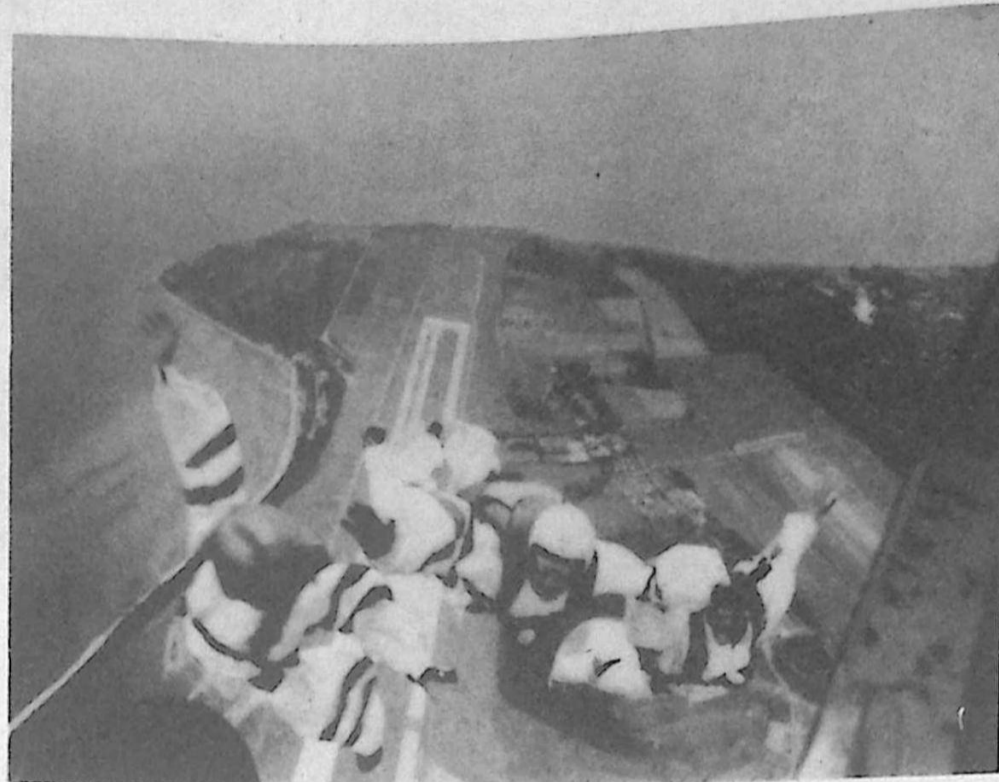
Two members of the CFB Comox SPORT Parachute Club represented CFB Comox and Vancouver Island at the BC Summer Games.

Sgt. M:Connell and Pte. Lemire were in competition with 120 parachutists across the province. The competition was to consist of five jumps per person, but only four rounds were completed, due to inclement weather on the third day of competition. Sgt. McConnell placed 6th in the Masters Class and

Pte. Lemire placed 5th in Senior Class. Both jumpers say they will do even better next summer when the games will be hosted by Comox.

Anyone interested in participating in this exciting sport may contact Lt. PAONE at loc 299, Capt PEGAN at loc 294 or Sgt McCONNEL at Loc 449/436. Cost for training and first jump is \$60.00 for military personnel and their dependents and \$90.00 for civilian personnel.

## PARACHUTE CLUB



KEN KOLBA, MURRAY MCCONNELL, AL LEMIRE — Exit over CFB Comox from 5,500 feet above ground. Photo by Capt. Zoltan PEGAN, Club President.



SGT MURRAY MCCONNELL, a Military Policeman, has been jumping for nine years and has made over 600 jumps. He was a member of the Canadian Forces "SkyHawks" Parachute Demonstration Team in 1977 and the BC Provincial Accuracy Champion in 1979.

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**CFB COMOX RESTAURANT GUIDE**

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SOFT DRINKS • COFFEE & TEA  
DESSERTS

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1743 COMOX AVE., COMOX 339-5322 fried chicken

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Open Mon. - Thurs. 11 a.m. - 8 p.m.  
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FULL DINING FACILITIES

# Promotions and awards



CF Photo by Pte. J.M. Stoekli



CF Photo by Pte. J.M. Stoekli



CF Photo by Pte. J.M. Stoekli

**MCPL. LABROSSE** is congratulated by Maj. Thomas on his recent promotion.

**WO POMFREY** receives his crown from Maj. Thomas.

**CAPT. LARRY PRONK** is presented with his commissioning scroll by BGen. Burgess.



CF Photo by Pte. J.M. Stoekli



CF Photo by Pte. J.M. Stoekli



CF Photo by Pte. J.M. Stoekli

**SGT. RICE** receives his promotion from LCol. Burrows.

**MCCONNELLS TO SGT.** Looks like the name to have, as Sgt. McConnell of the Met Section and Sgt. McConnell from the MP trade are congratulated by LCol. Burrows.



CF Photo by Pte. J.M. Stoekli



CF Photo by MCpl. L.W. Belzac



CF Photo by Cpl. D. Bowman

**CWO STIPKALA** receives his CWO Certificate from BGen. Burgess.

**CPL DERRIEN** receives his Certificate of Service from LCol. McAffer.

**CAPT. A.A. JACOBSON, BXO** receives 10 year pin from LCol. Morrice BAoD for 10 years of service to Canex.



CF Photo by Pte. J.M. Stoekli



CF Photo by Pte. J.M. Stoekli



CF Photo by Cpl. D. Bowman

**MAJ-GEN MCNICHOL** presents transient service award to Lt. Bovin. Looking on is B.Gen. Burgess.

**COL. CHISHOLM** presents transient service award to ladies from the Mess in recognition of their fine service.

**MR. BOB FINLAY**, Retail Store Supervisor receives 10 year pin from LCol. Morrice, BAoD for 10 years of service to Canex.

## ENTERTAINMENT WOS' - SGTs' MESS

Friday 5 Sept. - TGIF Promotion Party - Food, Beer??, etc.  
 Sat. 6 Sept. - MYOP - Use the Mess facilities  
 Sun. 7 Sept. - Movie 8 p.m. - Food Tray  
 Fri. 12 Sept. - TGIF - Food available at NO CHARGE  
 Sat. 13 Sept. - Caribbean South Seas Nite  
 Cocktails - 1930 hr. - Tropical Punch in a Coconut Shell  
 Food - Hip of Beef, Seafood, Wine (1 bottle/couple)

**BAND & FLOOR SHOW**

Tickets at Mess Mgr. Office - Seating Plan - Acd. Roll Members - \$30.00/couple, non-members - \$40.00/couple.  
 Tickets at Mess Mgr. Office - Seating Plan - Acd. Roll Members - \$30.00/couple, non-members - \$40.00/couple.

Fri. 19 Sept. - Mess Dinner - Details from Mess Mgr. Office  
 Fri. 26 Sept. - TGIF - Food Available  
 Sat. 27 Sept. - Salmon Derby

## Comox Valley Ford RENTAL

**Cars and Trucks**  
 Mavericks, Comets, Pintos  
 1-Ton Furniture Van  
 3/4-Ton Pick-up  
 Club Wagon

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 Opposite Court House Courtenay Phone 334-3195

# Promotions & awards



CPL. MCLAUGHLIN is presented with his Certificate of Service by LCol. McAffter.



LCol. MCAFFER also presents Cpl. Lowe with his CD.



GOOD BYE, BERT. WO Bert Perron shown receiving Certificate of Service from BGen. Burgess, and holding the gift presented by the Officers Mess in appreciation of his excellent job as Mess Manager.



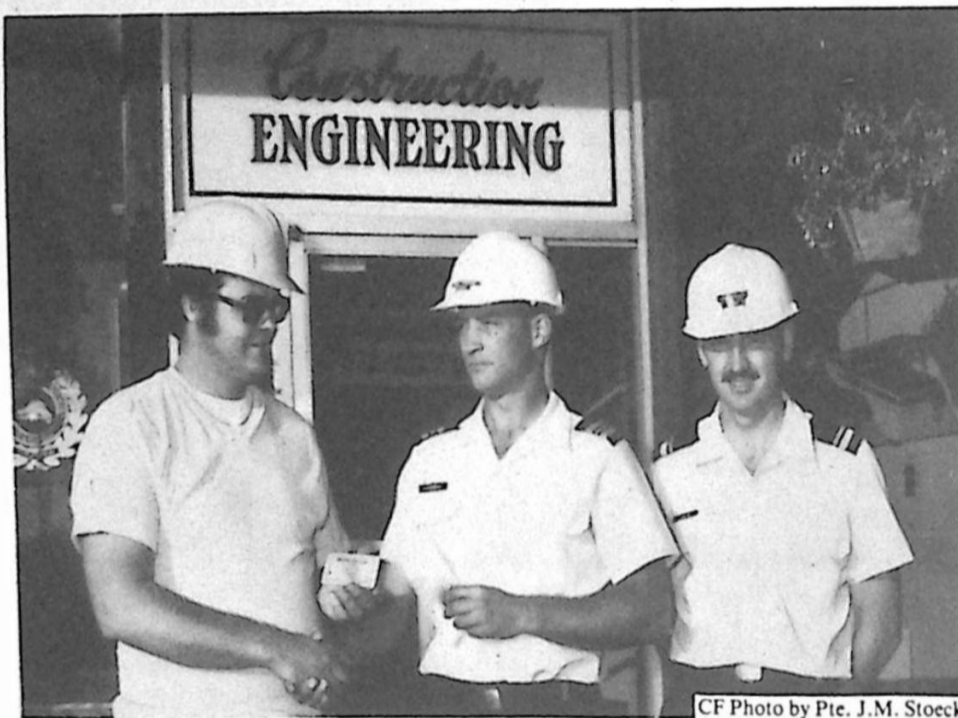
Due to retire 15 Aug 80 after 29 years service with the RCAF and CF, WO Stu Crites was recently presented with a letter of commendation from MGen. McNichol Commander Air Defence Group. The personal letter thanked WO Crites for his long and faithful service and drew particular attention to his last key job of WO IC WSA at Comox and his significant contribution to the success of the Base and 409 Squadron. Maj. Beech and Capt. McPhail were present when BGen. Burgess made the presentation to WO Crites.



THIRTY GRAND, A recent presentation took place at CFB Comox in which BGen. J.C. Henry, Deputy Commander 25th NORAD Region, presented Master Warrant Officer P.P. Morin with a Certificate of Achievement marking his completion of 30,000 radar controlled approaches. MWO Morin is a native of Courtenay, B.C., and enlisted in the RCAF in 1952. He currently holds the appointment of Senior Radar Controller at CFB Comox, continuing in an active controlling capacity.



Base Commander presents Mrs. Susan MacKenzie, BSUpO Secretary with an award of \$620 for her suggestion to have "Requisition for a Contract" forms precarboned and reduced in size.



### B.C. SAFETY COUNCIL AWARD

Mr. Dave Souter of the CFB Comox Construction Engineering Section receives a certificate of membership in the "Golden Ten Club". This club is sponsored by the B.C. Safety Council and recognizes those who have avoided serious injury by wearing protective footwear. In a recent incident, Mr. Souter's foot was caught beneath a heavy industrial wheel with sufficient force to deform the safety toe. His toes could have been crushed but were only bruised, thanks to his protective footwear. Major Thomas, CFB Comox BCEO, congratulates Mr. Souter, while Lt. Dave Waller the CE General Safety Officer smiles his approval.

### TEAM WORK 80

Canadian ships and aircraft will participate in a large-scale NATO maritime exercise nick-named TEAM WORK 80 to take place in the North Atlantic, English Channel, North Sea and Norwegian Sea between September 10 and 24.

More than 60,000 personnel, 170 ships and 400 aircrafts from nine countries will take part in the exercise which tests the capability of the Alliance to protect amphibious and reinforcement forces, and resupply shipping in time of war.

The helicopter-carrying destroyers HMC Ships ASSINIBOINE, OTTAWA and ATHABASKAN, together with the operational support ship HMCS PROTECTOR, will represent Canadian Forces Maritime Command along with Argus aircraft from 415 Maritime Patrol Squadron, CFB Summerside, PEI.

Also taking part is the Standing Naval Force Atlantic, comprising seven destroyers and frigates - including the Canadian helicopter - carrying destroyer HMCS FRASER - and the Standing Naval Force Channel with 12 mine countermeasures vessels.

The eight other countries taking part in the exercise are Belgium, Denmark, the United States, Norway, the Netherlands, Portugal, the Federal Republic of Germany and the United Kingdom.

It is proposed to conduct a instructional oriental belly dancing course at CFB Comox. Success of the course will depend on registration.

WHEN  
WHERE  
COST - \$20.00 for 10 lessons

INSTRUCTOR (Pictured above) - Mrs. Suzanne Greentree

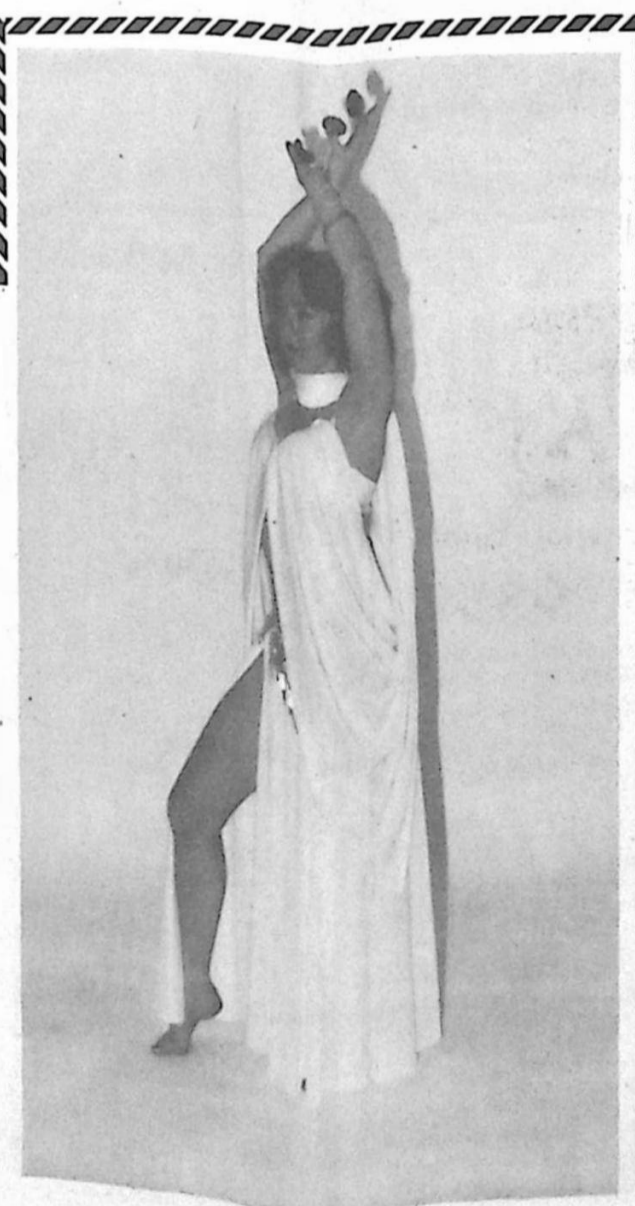
What can belly dancing do for you?

- Fitness - Tones the whole body
- Improves posture
- It's fun
- Meet other people
- Entertaining
- Confidence building

For further information & registration contact Rec Centre Local 315.  
DON'T DELAY DO IT NOW.



LCol. MCAFFER presents MCpl. Laycock with his CD.



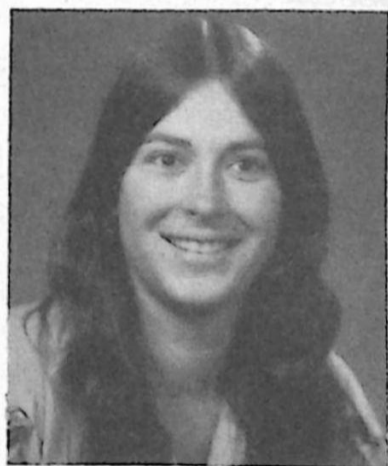
**WOOD HOBBY SHOP**

Opening in September under new management the Wood Hobby Shop will operate on the following days:


Tues	1800 - 2200 hr
Wed	1800 - 2200 hr
Thurs	1800 - 2200 hr
Sat	1000 - 1600 hr

Membership is \$5.00 per season Sept - June.  
Shop rental to non members is \$1.00 per hour.  
For further information contact the manager Sgt. Cavers at local 495 or MCpl Swann at local 315.

CHUCK CRONMILLER, President of Nanaimo Realty (North) Ltd. and Insurance is pleased to announce Marie Hemingway has successfully completed the University of British Columbia Real Estate Course and is joining their firm. Marie is charming and youthfully talented and is offering residential real estate service. Give Marie a call at 334-3124 office, 338-1994 residence. You will enjoy knowing each other.



CHUCK CRONMILLER, General Manager of Nanaimo Realty (North) Ltd., is pleased to announce the appointment of Glenn Procter as a Sales Representative. Having successfully completed the Real Estate Salesman's course given by the Commerce Department of the University of British Columbia, Glenn is keen to build a career in the Real Estate field. Glenn Procter comes to the Nanaimo Realty after working for the past few years in the retail food sales industry and also in the construction industry. Glenn would like to hear from you regarding any Real Estate transaction you may be contemplating. He invites you to call him at 334-3124 during office hours, or at 339-2668 evenings or weekends.



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# SAFETY FIRST

## UNSAFE CONDITIONS

A recurring problem is faced by line officers, supervisors and other Base personnel every day: "WHAT TO DO ABOUT UNSAFE CONDITIONS OR UNSAFE ACTS THAT THEY SEE?"

For instance, personnel working beneath an elevated load; personnel using air-impact tools without ear, foot and eye protection; personnel using an obviously faulty and unsafe ladder; or a hazardous condition left unguarded.

In each of these cases you could walk by, note the unsafe condition or act and ignore it. Most of the time, the jobs would probably go on and the work would get done without accident.

How often have you walked by someone who was doing a job in a way that violated safety rules? How often have you ignored an unsafe condition or act and said or done nothing?

One fact that lulls us into complacency about an unsafe practice is that it may be repeated hundreds, even thousands of times without an accident happening. The sobering fact is that accidents are possible and sooner or later they will happen. The accompanying photographs tell the story. In this case, personnel admitted stepping across the hazard but not taking corrective action!

Each DND member is responsible for using protective devices or equipment, correcting or reporting unsafe conditions, and for warning others of hazards.

SAFETY SAM

## Do Your Children Ride the Bus?

Motorists can help reduce last year's death toll in school bus traffic accidents in B.C. by observing the law, the president of the B.C. Safety Council said today.

"Motorists must remember that when a school bus is stopped with its lights flashing, all traffic in both directions must also stop. It must remain stopped until the school bus lights have been turned off," Len Kingman, the B.C. Safety Council president said.

He urged drivers to use extra caution as the new school term approaches.

"Last year, four people

were killed and 36 injured in school bus-related traffic mishaps. Police recorded 237 incidents of people passing school buses illegally. This endangers both the children's lives and the driver's safety record," Kingman said.

Kingman said school safety is a co-operative effort among students, school boards, bus companies, principals, teachers, parents and motorists.

The B.C. Safety Council is getting a helping hand in its school bus advertising this week courtesy of the Institute of Chartered Accountants of British

## "Autumn Forge"

The Supreme Allied Commander Europe (SACEUR) General Bernard Rogers, US Army, has announced the opening of the 1980 "Autumn Forge" exercise series.

"Autumn Forge" is the name given to a series of national, multi-national, and NATO exercises conducted annually from early September through mid-November throughout Allied Command Europe, whose defensive responsibility encompasses an area stretching from the Northern Coast of Norway to Turkey and eastern borders.

The NATO nations have traditionally held various individual and cooperative command post and field training exercises during the fall of the year. In 1975, the then SACEUR, General Alexander Haig, proposed that a number of these exercises be conducted under a common concept aimed at upgrading the defensive capabilities of the alliance. The NATO member nations agreed, and "Autumn Forge" was born.

The 1980 series will include some 25 exercises. They range from Norway's multi-national exercise "Bar Frost" in the northern region, to exercise "Cold Fire", the annual major NATO air exercise in the central region, to the southern region joint land,

sea, and air exercise "Display Determination".

Highlights of the 1980 "Autumn Forge" series will include a reinforcement exercise "Jog Trot" aimed at reinforcing the central region with troops from the United Kingdom. As well, the annual return of forces to Germany, "Reforger", is a United States strategic mobility deployment exercise which involves army, navy, and air force personnel in a joint effort to transport army combat and combat support units from the United States to Europe.

Canadian airmen in Europe will participate in a multi-nation NATO exercise nick-named COLD FIRE 80 from September 15 to 26. The exercise will be conducted in Central Europe.

Comprising both land and air operations the exercise will test the efficiency of operations, particularly in the areas of command, controls and communications.

Canadian Forces Europe will be represented by 1 Canadian Air Group.

Exercise COLD FIRE is included in the annual AUTUMN FORGE manoeuvres initiated by the Supreme Allied Commander Europe to demonstrate and improve NATO solidarity and preparedness for mutual defence.

## 1980 Car Check Campaign

The Department of Motor Vehicles Mobile Inspection Unit will visit CFB Comox from 9 - 12 Sept 80. Personnel interested in having a mechanical fitness test done on the POMV

may bring their vehicles to MSE Bldg No. 101 on the above dates between 0800 - 1530 hrs. Remember the best maintenance is preventive maintenance.



The Last Marker (cont'd from page 1)

In the interim correspondence was conducted with BGen. S. Parkhouse, Chaplain General (P) and Mr. P.V.B. Grieve of Commonwealth Graves Commission and it was determined that the stone should be encased in a proper cement base.

Once again, as opportunity presented, 442 Squadron was requested to fly the mission which took place on 25 Aug 80. LCol. C.G. Diamond and Capt.

G.L. Flath piloted the Labrador helicopter back to the scene. Aply assisted again by RCMP Cpl. E. Hill, the crew and Sgt. D. Franks of Base CE, the cementing material was carried from the shore to the grave site where a base was constructed and the headstone mounted.

Prayers of dedication and remembrance were given by Padre Coleman before the departure.

## MOTHER'S DROP IN

The Mother's Drop-In resumes Tuesday (September 9th) at 9:30 in the basement of the Courtenay Health Unit (420 Cumberland, Courtenay). All mothers and mothers-to-be are invited to help organize this year's activities. The group will continue to meet every Tuesday from 9:30 until 11:30 am. Free babysitting will be provided and transportation can be arranged by calling 338-1103 or the Health Unit.

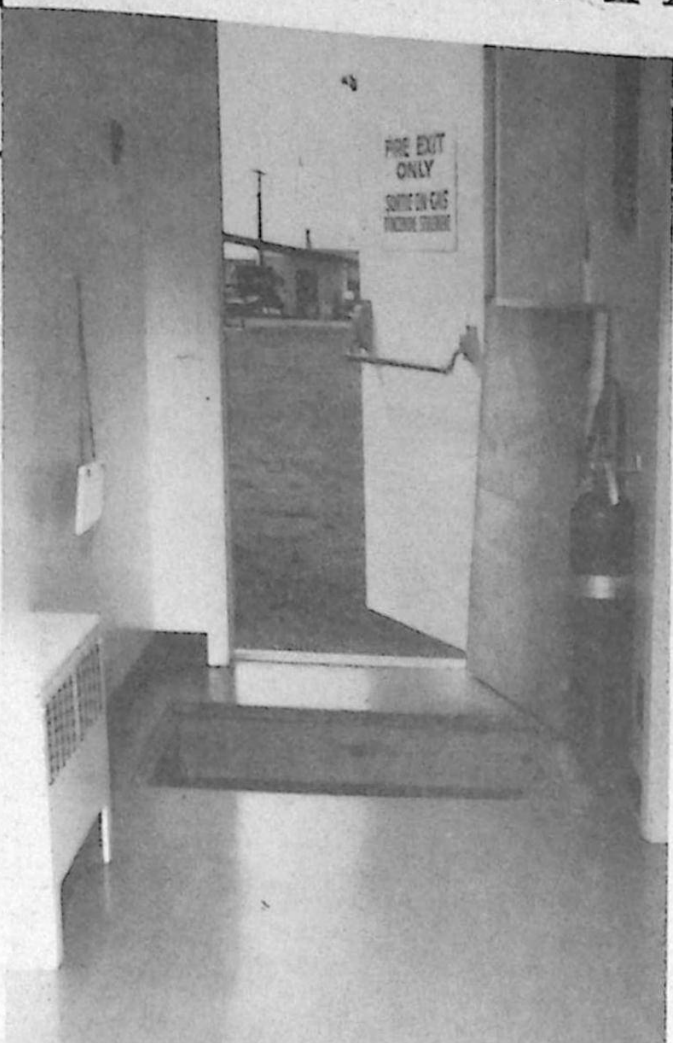
"Find a Friend" is the theme this year, with special emphasis on the individual. The purpose is to provide a place to "coffee" with friends, exchange neighborly advice, in an extended family atmosphere. Coffee, cake and conversation are FREE!

While actual program topics will be determined by participants, some suggestions thus far include weight monitoring facilities with diet information, exercises, nutritional information (with economy in mind), breadmaking, Christmas crafts and decorations, dollmaking, dried flower arranging, over-the-counter and prescription drug discussion, child rearing ideas, just to name a few. It is hoped that each new member will be willing to

share her special talents with the group as well.

The need for such groups has become more mobile and families more isolated. Young mothers with small children experience special stresses and unique problems, often with no one to help or talk to. The Mother's Drop In allows her to relax, as well as giving the children a chance to socialize with new playmates.

For further information contact Kate (338-1103) or Kathy (334-4203) or just "Drop In" Tuesday morning at the Health Unit.



Floor trap open, and unattended, without guarding the worksite with the DANGER sign provided and by closing the fire exit.



How it looked to the accident victim, just before falling bodily through the trap, onto the access ladder, a fall that could have been fatal.



The way it should look!

**Woodrow Bros. Farms**  
Knight Rd., Comox  
Quality fresh fruits and vegetables at farm prices  
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**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

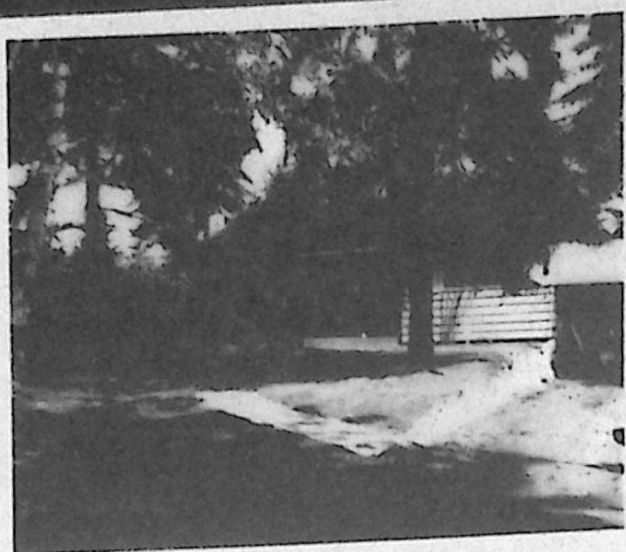
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• 1 & 2 Bedroom Suites  
WATER BEDS BY SLEEP EZE, COMOX  
• Kitchens • Coloured T.V.  
• Games Room • Dining Room  
• Sauna • Heated Indoor Pool  
CATERS TO SERVICE PERSONNEL  
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835 CLIFFE AVENUE, COURTENAY, B.C. V9N 2I8  
  
**BIG AND BEAUTIFUL**  
Sprawling rancher nestled in the trees on 1/2 acre lot just outside of Comox. This quality home features 3 bedrooms, full ensuite, family room, double fireplace, double garage, 2 covered decks, plus much more!  
For an appointment to view call  
DANNY FREMONT RES: 339-2714  
COMOX OFFICE 339-5501  
**CONVENIENTLY Located In The COMOX SHOPPING CENTRE**  
Our Office Is Open  
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**BB** BLOCK BROS. REALTY

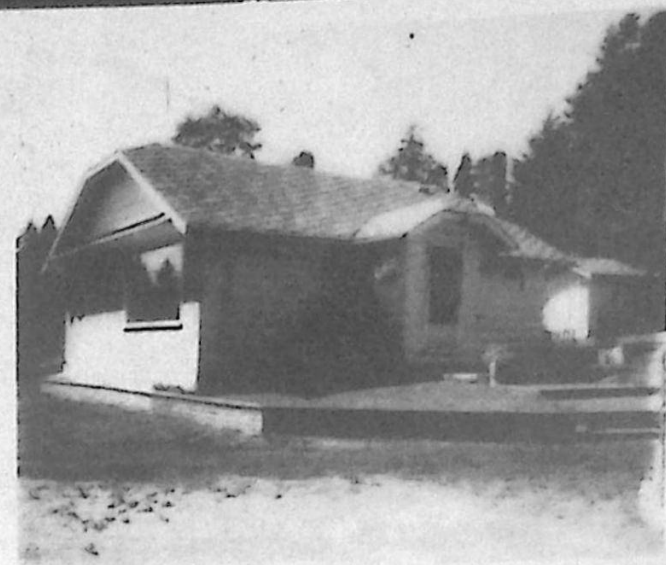
# The bestsellers



**EXCELLENT DEAL - COMOX**  
Full basement 1100 sq. ft. home on large 90 x 182 ft. lot. Full services. Franklin f'place, private yard with tall trees. Full price only \$53,500. with 1st mtge of \$37,500. at 10%. Call before this is gone.  
MAX WEEGAR - 334-4568



**BEST BUY IN COURTENAY (NEW)**  
Super large 1474 sq. ft., full basement home on a glacier view lot. Two and a half baths, brick f'place, tiled large foyer, wrap around balcony. Call  
DICK GARDINER - 339-5345



**INVESTMENT OPPORTUNITY**  
2 1/2 acres of view property on the city limits of Courtenay with 2 homes, 2 garages, excellent landscaping & on piped water. The vendor will carry financing. Call  
DUKE SCHILLER - 334-2203



**PRICE REDUCTION**  
On this extra spacious quality home on a large Comox lot. Some of the features are - 2 brick f'places, 3 bathrooms, 5 bedrooms, insulated walls & ceilings, dbl. concrete drive & much more. Priced to sell at \$79,900.  
AL ROBB - 339-3307



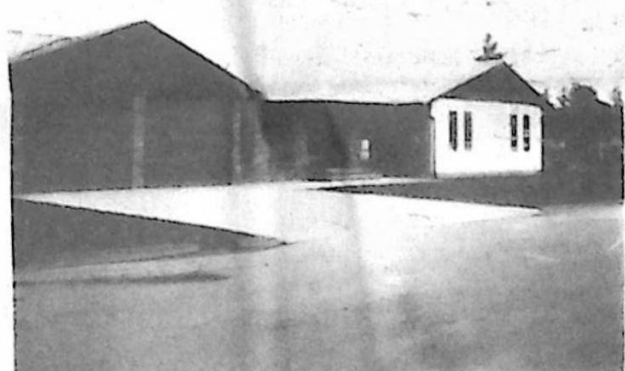
**\$12,000 DOWN**  
And take over the great 1st mtge. of \$36,000. at 11% with payments of only \$334. Four bdrms. with room to expand and a good sized 70 x 115 ft. yard. Call  
MAX WEEGAR - 334-4568



**COURTENAY - CENTRAL**  
Well kept 4 bdrm. split level home. Nicely groomed property, room for your rec vehicle. F'place, large kitchen, loads of cupboards.  
VIC RUSHTON - 339-3484



**OCEAN VIEW**  
South of Courtenay, this immaculate home has a bay window looking out over Baynes Sound & is ideal as a retirement home. Two bdrms. plus den, cemented C/S. Large lot. Close to Vancouver Island's best fishing spots.  
RAY PAGE - 338-6267



**SUPERB RANCHER - COMOX**  
New, brick front, 4 bdrm. rancher on a large mountain view, landscaped lot. Features super large living room & kitchen & nook, floor to ceiling rich brick f'place with flu for wood burner and 3 bath facilities. Dbl. garage with dbl. concrete driveway. Hurry - won't last. For appointment call  
DICK GARDINER - 339-5345



**BUNGALOW**  
3 bdrms., large living room, in area of new homes. You can walk to shopping. This home is newly redecorated & fully landscaped.  
GAYE OR LLOYD WORK - 339-2220

**MODULAR HOME**  
Over 1600 sq. ft., 6 bdrm. home with over 1 1/2 acres of good garden soil, close to the base. Only \$39,000. Live in one part of home & rent out the other to help pay your mtge.  
GAYE OR LLOYD WORK - 334-2220

**WHY RENT?**  
We have a perfect 3 bdrm. home with fridge, range, washer, dryer & dishwasher. Priced at only \$35,900.  
GAYE OR LLOYD WORK - 334-2220

**BATES BEACH ACREAGE**  
7.58 acres close to the church. Potential for subdivision into 3 parcels. Excellent for construction now or as an investment. \$42,300  
AL ROBB - 339-3307

**SPECULATE**  
Almost 6/10 subdividable property on sewer and water mains for only \$12,500. Recommended buy.  
RAY PAGE - 338-6267



**OWN HALF A DUPLEX**  
Immaculate 3 bdrm., full basement, strata title duplex. Wall to wall carpeting, 2 bathrooms, rec room & lots of storage. Full price just \$43,900. Call  
DUKE SCHILLER - 334-2203

**MIRACLE BEACH AREA**  
Just a 5 minute stroll from the beach, this 0.6 acre lot is on piped water and hydro. Great location between Campbell River & Comox Valley. \$15,600.  
AL ROBB - 339-3307

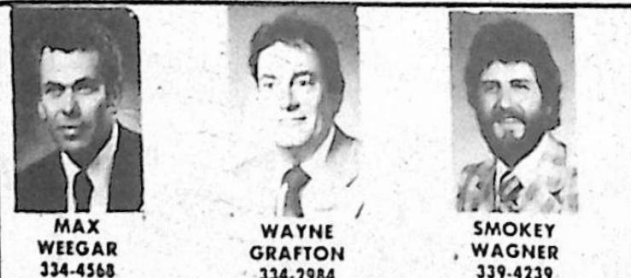
**HALF ACRE LOTS**  
Close to the base. \$11,000.  
GAYE OR LLOYD WORK - 334-2220

**7.58 ACRES BATES BEACH**  
Convenient to the fishing areas, skiing, Courtenay, Comox and the Base, this treed acreage is potentially subdividable into three 2 1/2 acre parcels. Total privacy is for your home.  
AL ROBB - 339-3307

**JUST TWO LEFT**  
New homes being constructed on the corner of Pritchard & Dogwood in Comox. For full information on these or any others you wish to know about call  
MAX WEEGAR - 334-4568

**SEMI WATERFRONT LOT**  
With a limited water view. Nicely treed with consistant gentle slope up from the road. Average dimensions are 130 x 208 ft. \$19,900.  
AL ROBB - 339-3307

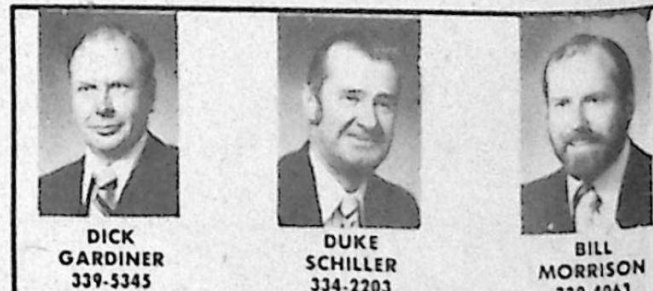
**RARE WATERFRONT LOT**  
At Buckley Bay with view of straights and Denman Island. 100 x 180 ft. in size, serviced with piped water and hydro. Vendor will carry. Price \$50,000.  
AL ROBB - 339-3307



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WAYNE GRAFTON 334-2984

SMOKEY WAGNER 339-4239



DICK GARDINER 339-5345

DUKE SCHILLER 334-2203

BILL MORRISON 339-4063



JOHN FORIN 334-2728

LLOYD WORK 334-2220

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