



TOTEM TIMES



Vol-22 No. 18

CFB COMOX TOTEM TIMES

THURSDAY, OCTOBER 2, 1980

COST: PRICELESS



Home 'drome from the air. One of the many capabilities of the Argus aircraft is to photograph ground facilities. Pictured in a recent aerial photo is CFB Comox. In the foreground are seven U.S. F-4 Phantoms visiting from Boise, Idaho and Reno, Nevada to take part in a recent exercise with 409 Squadron.

Unification Task Force report

Since the integration of the R.C.A.F., the R.C.N., and the Canadian Army in 1968, that decision (and, indeed, the C.A.F. itself) has been subjected to criticism from both the military and civilian sectors in ever increasing doses.

Numerous studies, both formal and informal, have been carried out since that time, but on September 6, 1979 the largest investigation into the matter to date was formed in order to determine the effectiveness of the program, and to propose changes beneficial to the Forces.

The Unification Task Force (yeah I know, a trifle flamboyant), chaired by Mr. Fyffe, submitted its report to the Minister of National Defence on the 15th of March this year. A review group was formed to make an appreciation and report, which was completed on August 31st.

Following are the remarks from a press report given by Hon. Gilles Lamontagne to outline the National Defence response to the Report of the Task Force for the Review of Unification of the Canadian Forces.

"I think it is a most positive response. Of the thirty recommendations made by the Task Force, action has been taken or will be taken to implement twenty, while three more are being given our qualified support. That is, out of the thirty recommendations, 23 are seen as being helpful in strengthening the unified Canadian Forces.

"The seven recommendations which failed to gain our acceptance were rejected either because they were not compatible with our concept, the principle of unification, or because their acceptance would have cancelled out the very desirable progress we have already made under unification, and would have made it im-

possible for us to exploit the advantages and potential of unification in the future.

"I think that the number of recommendations which have been or will be implemented shows that I have taken the report of the Task Force seriously, and that the report has not been 'swept under the rug', which was the fate predicted by some of the critics. Moreover, these results also show that even without the Task Force, steps were being taken to address matters of concern to the unified Canadian Forces.

"In addition to emphasizing the action which had already been taken on matters addressed by the Task Force and on the recommendations of the report, I believe it most important to outline to you some primary points and policy matters.

"This government does not intend to de-unify the Canadian Forces. There are too many benefits -- real benefits -- that have resulted from unification for us to tamper with this basic concept. These real benefits can all be summed up in the simple statement that with unification we have been getting and will continue to get more defence effectiveness from each dollar expended than we would have obtained with three separate services.

Unnecessary extra costs arising from triplication of services essentially common to all three services have been avoided, such as supply depots (e.g. from 16 down to 4), training systems, personnel systems, etc. During a period of limited defence resources, the integrated force has permitted us to allocate resources and make reasonable equipment procurement program decisions which would not have been possible with a tri-service structure. On these two points, the emphasis and benefits are in

monetary terms. With respect to effectiveness, the centralized command and control that we enjoy today gives the Forces the capability to mount and support combined operations of land, sea and air force far more quickly and more efficiently than they could in the pre-unification days. From reports received from our allies we are also assured that our Canadian Forces serving in the NATO Standing Naval Force Atlantic, in our Brigade Group and Air Group in Europe are regarded as first class professionals.

"This is not to say that activities, arrangements and concepts within unification are cast in concrete. They are not; they are constantly evolving and changing to meet new circumstances, changing needs, and in response to new and innovative ideas. Despite the broad implications of unification, the Canadian Forces have never stopped acting like a navy, and army and air force in the field, and that's where it counts.

"For those of you who have not been following these events as closely as others, it might be useful if I gave you a little background to the decisions I am announcing today.

"As some of you will remember, I received in April of this year a report, compiled by a special Task Force which had been formed to examine the merits and disadvantages of the unification of the Canadian Forces, and at the same time, to provide its comments on the unified command system of the Forces. The Task Force then presented 30 recommendations.

"While I did not commission that report, I thought that the subject was of such importance that I tabled the report in the House of Commons, and I then took positive steps to

ensure that we responded to it with an open mind. I gave instructions to the Chief of the Defence Staff to make a thorough and detailed appreciation of the report and its thirty recommendations. Then it was decided to appoint a Review Group of experienced and high ranking officers, representing the navy, the army and the air force, to examine the report and make suggestions as to how to dispose of these recommendations.

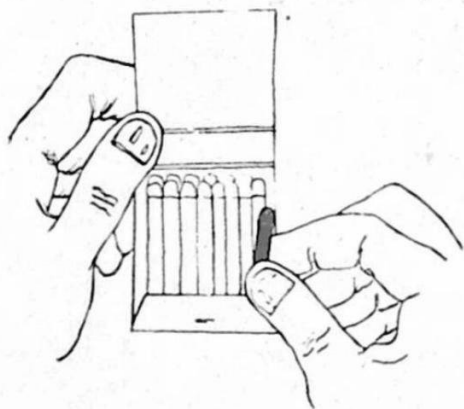
"I should emphasize, perhaps, that this Review Group of serving officers was not examining the process of unification itself, but was asked to respond in detail to the factors which gave rise to the various points raised in the Task Force report, and to appraise the thirty recommendations made by the Task Force.

"As scheduled, the appreciation of this Review Group was presented on the 31st of August, and it has been a most useful basis for additional discussion among myself, the Chief of Defence Staff, the Deputy Minister, and our various staffs in deciding which of the recommendations of the Task Force have merit and should be accepted, and which of them would not work appropriately in the interest of the Canadian Forces. My basic criterion in these discussions -- like that of the Task Force itself and the Review Group -- has been the operational effectiveness of the Canadian Forces.

"The document produced by the Review Group is essentially an internal working paper, but I have given instructions that it is to be made public so that you and all interested Canadians can read and understand the rationale for our decisions. It is only fitting that after having consulted those organizations

see "Unification" p.11...

Fire prevention week



Oct 4 - 11

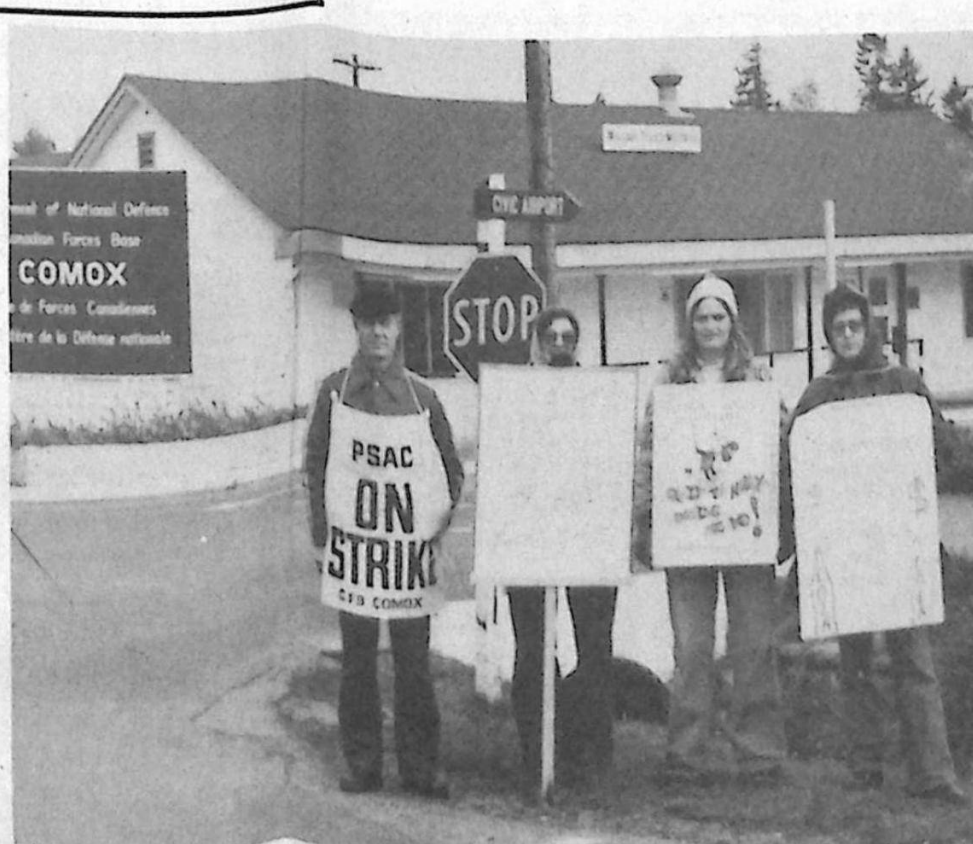
See back page for contest and information

Fire Prevention Week is fast approaching! It is a busy week for our fire department as we try to inform all individuals of the need for fire safety. Not that we don't do this in the other 51 weeks of the year, but because this is the week that Fire Prevention was born. It commemorates the Great Chicago Fire that occurred on the 8th and 9th of October in 1871. This fire destroyed 17,450 buildings, caused property damages estimated at 168 million dollars and approximately 300 persons perished.

To kick off Fire Prevention Week, a schedule of events to take place is advertised for you. Don't forget the parade that will take place on Sunday, the 5th of October, at 1230 hrs. Have your children decorate their bikes and meet us at the Base Exchange parking lot at 1230 hrs. Prizes will be awarded for the best decorated bikes. Then the parade will travel through the PMQs and terminate at the Base Exchange parking lot. After the parade, come over to the Fire Hall where an Open

House is scheduled from 1400 to 1600 hrs (approx.). Fire Department personnel will be there to greet you and will be more than happy to show and explain our display of fire fighting equipment. We also have films for the kids and to top off all that, we have some surprises for everyone!

There is a Fire Safety Puzzle Contest located elsewhere in the newspaper and the first correctly completed puzzle drawn will be the winner of a prize. So, fill out the puzzle and deliver it to the Fire Department.



PSAC Clerks on strike take time out for a quick photo. From left to right are Glen Caslake, Bea Footitt, Cheryl Byron and Sharon VanVolsen. They have been without a contract for 10 months and are hoping for a fair increase in wages and a cost of living allowance clause (COLA)

**Avoid flood, famine and death by
stoning - meet the next deadline!**

Monday, October 13th

"Fishwrapper" Exposed

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Section news

Nighthawks Nest

When morning flights are cancelled due to fog, as was the case Tuesday past, we must face the odious truth that winter is fast approaching. Summer was not kind to us this year, and the dismal fishing season, although not initiating a surge of posting requests to the prairies or Quebec, combined with the weather to make the summer seem brief as well as somber.

But there is relief. If the weather continues its trend, we could be blessed with a profusion of snow. Combine this with the improved facilities at Mt. Washington, and you have an excellent opportunity for all the frustrated squadron sun worshippers and fishermen to take to the hills and sample the fine skiing, tobogganing, climbing, and all the other wonderful winter sports designed to break bones, freeze skin and generally provide the maximum opportunity to bring harm to yourself and your loved ones.

This year the squadron plans to alleviate the suffering somewhat by appointing duty outdoorsmen. These brave souls will face the elements while the remainder of 409 spends the entire winter season at the Ferraby's house drinking his famous gluhwein. Dale Erhart and Don Thornton are in charge of skiing, which entails not only hitting the slopes frequently, but keeping the remainder supplied with toques, turtle-neck sweaters and removable casts.

Various other members have been allotted tasks, but perhaps most important of all is that held by the new Squadron EXO, Major Pete Pellow. The good Major has consented to serve as Yellow Snow Officer - a post he has held on several bases. Armed with naught but a keen eye, the YSO is responsible for marking all offending areas with a bright red flag in order to warn off potential thirst quenchers. Were this job confined to the slopes, you could be excused for thinking the task menial in nature, but in fact it covers the whole of the Comox Valley - for cross-country skiers need the same protection downhillers receive.

When it does snow in the valley, Maj. Pellow holds the safety of all outdoorsmen in his hand. Of particular concern are the areas surrounding the House of Dog Kennels, and the parking lot of the Officers' Mess.

Another Cudgel Caper was held recently, and 409 hosted aircraft from

various Air National Guard units in the U.S., as well as the U.S. Navy.

The wins-up party was spiced with steaks supplied by the Guard and beer supplied by, it seemed, everyone in the free world. It has been ratified that the party was a success, as the beer was completely consumed, and Zif didn't punch anyone. Maybe next time.

This past summer has seen a rash of new personnel on the squadron, and very few of them have made it into the hallowed columns of "Nighthawks Nest."

It would be easy to dismiss this oversight as merely squadron pressure to deny them their rightful place on 409, but I shall personally shoulder the blame in a display of magnanimity not seen since Idi Amin gracefully bowed out of power in accession to the people's wishes.

With the great numbers involved, I have categorized most of the newcomers, and this issue we will deal with "Gringo Flight".

This flight is comprised of just two members - Capt. Bob Slack and Capt. Greg Frazer. Greg is a navigator who was mentioned briefly in an earlier edition of the Nest, but is being reintroduced in an effort to help rid him of his deep-rooted feeling of social persecution and inadequacy. Born, raised and educated in the United States, Greg never-the-less manages to retain his American accent. The lovely home he is building in the area is a picture feature in this article.

Note if you will, the hot-tub on the second floor.

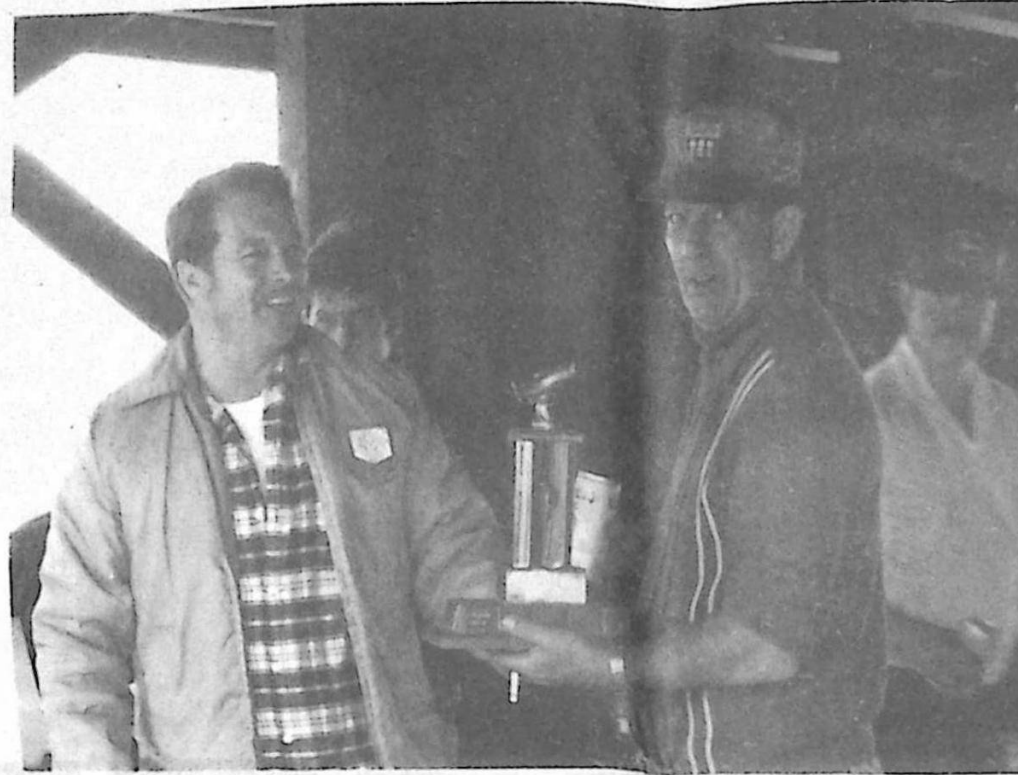
Bob recently arrived and is in the market for a new home himself, as he finds the house he has now to be a little large, with too many bedrooms and a crowded kitchen. Late of Iceland, Bob is unattached but is rumoured to have left two Siberian Huskies burning candles for him in Reykjavik. Still a neophyte squadron member, Bob is eager to earn full acceptance by his 409 mates, and to this end plans to fall down heavily at the bar next Happy Hour and then Saturday morning completely forgetting where he had egg-in-the-hole the night before.

In a reverse riddle, one gives the answer first and the question must be guessed. The answer to this week's reverse riddle is, "Who cares?" The question will appear next issue.

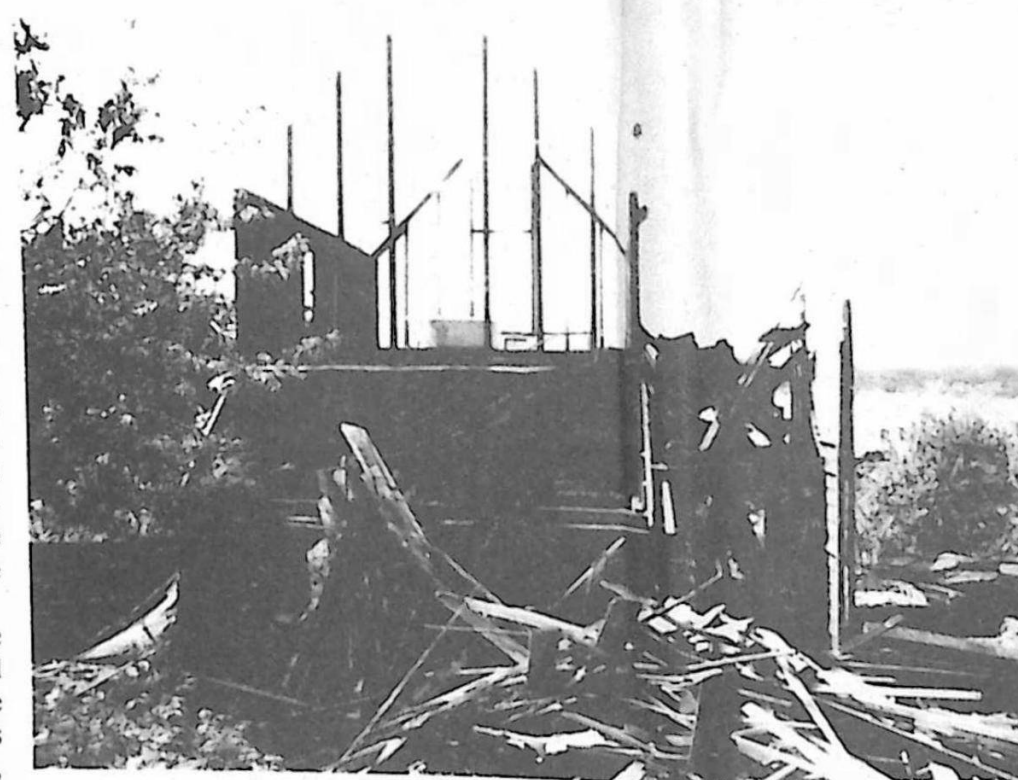
B.G.J.K.



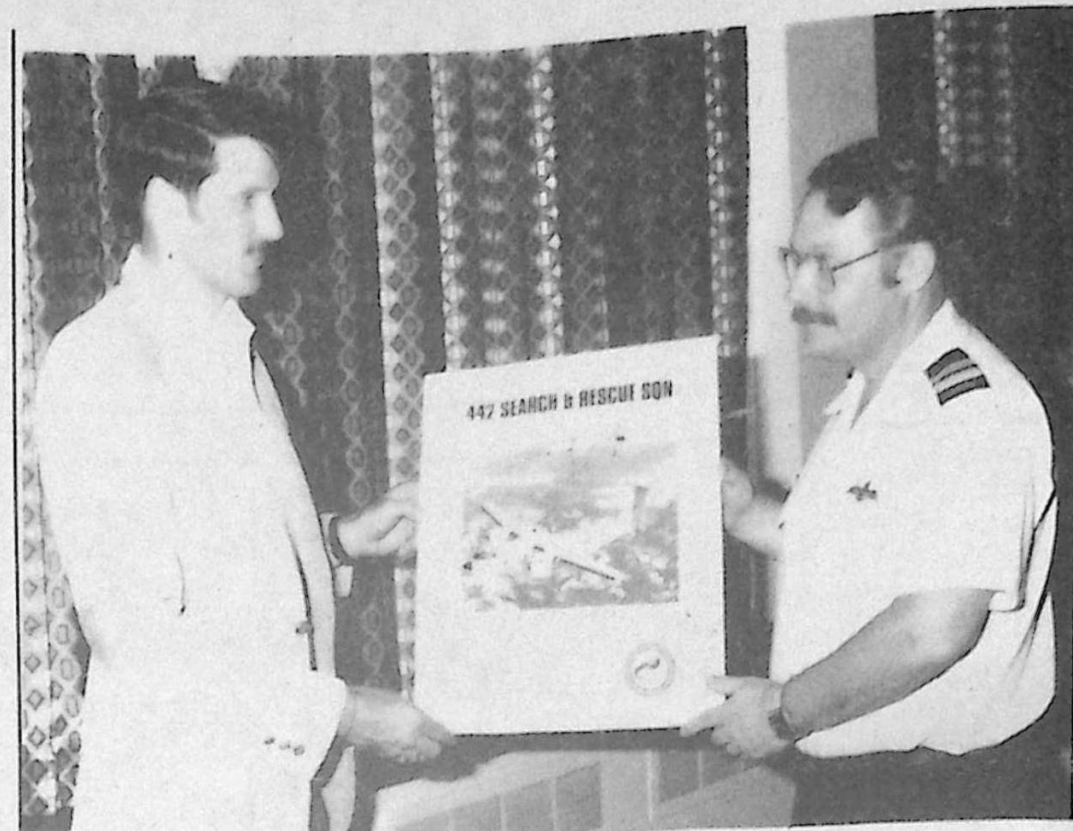
Lowest gross trophy goes to MCpl Max Jennings, presented by Lt. Bill Ricketts, following the golf portion of the 409 Sports Day. Other winners besides the lowest gross award were Lt. Dan Trynchuk for most gross, and Maj. Ron Egli for consistently gross.



Sgt. Gary Howell reluctantly hands over the trophy for the biggest fish to Sgt. G.A. Terris during the past 409 sports day.



Capt. Greg Frazer, new USAF exchange officer, submits this photo of his new home in the final stages of construction. "I'd stop right here," says Greg, "but the housing standards are pretty tough in your country. They say it won't pass inspection until a bannister is installed on the main stairway, but personally I think all it needs is a good coat of paint."



LCOL. DIAMOND, CO 442, presents Capt. Dusty Rhodes with a 442 SAR scroll on his retirement from the CF.



MAJ. GIBBON, V/PMC of the Officer's Mess, presents Capt. Doug McQueen with his retirement gift from the Officers at CFB Comox.

442 SAR SITREP

Most people around the Comox Valley are probably unaware of the fact that a major air disaster occurred near Campbell River on Sept. 9th. A 737 jet on final approach to the Campbell River airport entered restricted air space over Tye Spit and collided with a Husky aircraft. There were about 55 casualties in all. Didn't know that, did you? Well, it should be mentioned that this air disaster was only simulated, and Pacific Western was right on schedule that day. The exercise was dubbed "Panic 80", and it was a part of the program of the B.C. Fire Training Officer's Association. Representatives from 65 fire departments took part, but there were numerous other participants as well. These included 442 Sqn., base hospital personnel, Provincial Emergency Program (PEP) personnel, the Coast Guard, the RCMP, the DOT, the Coroner's office,

BC Hydro, the Emergency Health service, Okanagan helicopters, and the Royal Canadian Legion. The exercise site was prepared by members of PEP, and then the fire training officers arrived. Several problems had to be solved, such as the extrication of passengers from the Husky aircraft. First aid was administered to the simulated accident victims and then medical evacuation was accomplished. One of our own Labradorers was employed for this purpose. Most of the "victims" were taken to Campbell River and District General Hospital and six "died" enroute. At the crash site 19 were declared "dead". Twelve of the most serious cases were transferred to a Buffalo aircraft at the Campbell River airport. They would have been flown to Vancouver if the emergency was real. Because of the size of the disaster there were problems, especially in the area of communications. It was a good learning experience in any case.

On a more serious note, 442 Sqn. was involved in a real life SAR mission on Sept. 13. Reference is being made to the crash of a US Navy helicopter near Mt. Baker. As a matter of interest, the helicopter was

very similar to those that we operate. The crash resulted in 5 deaths, but two survivors were rescued by a 442 Sqn. Labrador. The Labrador was crewed by Capt. Gary Flath, Capt. Randy Price, MCpl. Jim Trumbley, Cpl Tom Elliot, and Sgt Miller. Despite severe weather conditions, the crew successfully rescued the two survivors and flew them to a hospital in Bellingham. The Americans at NAS Whidbey Island (where the crashed aircraft was based) were very appreciative of our assistance. We are always glad to work with our neighbours to the south. In most cases, however, the circumstances are much more pleasant. A funeral service was held at Whidbey Island for the victims of the crash. The service was attended by LCol. Diamond and the crew of the Labrador involved in the rescue operation.

This past week, Capt. Jamie Davidson had the opportunity to be a movie star again. A film crew from Ottawa was visiting 442 in order to make a recruiting film. Jamie, being the most photogenic pilot around, was selected to fly the helicopter that was used in the filming. He couldn't help wondering

(cont'd pg. 3)

OFFICERS' MESS ENTERTAINMENT

Fridays, October 3, 17, 24, 31 -

REGULAR TGIFs - Subsidized drinks: 1600-1700 hrs. Food: 1700-1800 hrs. Bottle and Jackpot draws at 1700 hrs. Members must have signed in and be present at time of draw in order to be eligible to win Jackpot. Free taxi service - ask at bar.

Friday, October 10 -

MIXED TGIF - Food and subsidized drinks: 1900-2000 hrs. Music: 2000-2400 hrs. Bottle and Jackpot draws at 2000 (same as regular TGIFs). Free taxi service - ask at bar.

Wednesday, October 15 -

WIVES CLUB HALLOWEEN PARTY & PLANT AUCTION - Come join the fun, costumes welcome or casual.



ENTERTAINMENT WOS' - SGTs' MESS

Friday, Oct 3 - Promotions Night

Oct. 10, 17, 24, 31 - TGIF with food Movies

Oct. 5 - Mandingo

Oct. 12 - Godfather Part I

Oct. 19 - Godfather Part II

Oct. 26 - Emmanuelle

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(from pg. 2)

why his services weren't requested during the filming of another epoch film, called Apocalypse Now. After his excellent display of airmanship, Jamie gave an interview to the film crew. He disappointed some SAR TECHS (especially Craig Seager) when he rudely refused to sign autographs. So, the question of the week is: Will success spoil "Rock" Davidson?

Speaking of success, the 442 Sqn. football team is enjoying a banner year at the expense of our opposition. Led by Sgt. Rolly (Mr. Football) Cramer, our only setback so far was a 28-28 tie against the USAF squad. Other offensive standouts are MCpl. Doug (the roadrunner) Wheeler and Cpl. Jake (the vacuum cleaner) Duret. The solid defense is fortified by the presence of Cpl. "Rocky" Larocque and Pte. Rob (spider legs) Moser. Compared to us, the Edmonton Eskimos are a bunch of "pansies". No pro contracts have been signed yet, but word should come through anytime from the many talent scouts who have witnessed our devastating victories. Enough said; hopefully our opponents are sufficiently outraged by this slander to

give us a serious challenge for the remainder of the season.

PERSONAL NOTES:
The Buffalo Pilot section welcomed Capt. Bob Morris to the fold last week. He couldn't take the fast pace, so he decided that he needed some leave before his OTU starts. Capt. Al Paul will join Bob in Trenton for the OTU in mid-October. Al has been spending his time in Moose Jaw for several years, and he is not extremely disappointed about his posting to Comox. The two new arrivals should be SAR qualified just in time to hold standby over the Christmas/New Year leave period. (The first officer's union is pushing for it, anyway). Capt. Pete Smith impressed everyone with his firefighting ability due a recent visit to the fire hall. He not only extinguished the fire in the pit, but he also managed to prevent the flames from spreading past the top of his boots. Capt. Lief Schonberg proved during the same session that carbon dioxide really is cold. He almost got frostbite while trying to fight the fire. Finally, a word of advice to Lt. Bob Hills: you catch a football with your hands, Bob.

Demon Doins

DEPENDENTS DAY

Dependents Day was held on 20 Sept for 407 Sqn. this year. It turned out to be a success for everyone who partook in the festivities. Both Squadron members and their families found the displays and briefings to be very informative.

There were aircraft static displays of the Argus, a Tracker, and even a t-33 was on hand. The Engine and Weapons sections had displays. Briefings on the Squadron's history and its operational roles were given by Rick Thompson. Ken Tanner gave a briefing on the new Aurora, and the changes the Squadron was going through in preparation for the new aircraft. There were tours through the photo lab and families were able to see the actual process of how a picture is developed, and the many other dimensions of photography that our photo people are responsible for.

Garnet Lucas, Elore Thuen and Ian Wells were the KCO's (Kiddie Corner Officers) for the day. They looked after the young ones, showing them cartoons and feeding them popcorn and drinks.

The weatherman provided good weather for us, and servicing came through with two serviceable aircraft. Since this was the last time dependents could get a ride in an Argus before the Aurora comes along, there were twelve 1-hour scheduled flights for anyone who wished to experience that "Argus Sensation". We almost had a perfect record for the day - only one person got sick (feeling better Jean?) between Terry and Ed's "Tac-Intercom Ratings" and Frank's greasy landings (his wife was on board) everyone had a good trip. For many it was their first opportunity to see the surrounding area from the air. Major Butch Breen, always looking for more pole time, managed to cram in three touch n' gos with one of his full stops.

To Gary Ousey, Crew Four and everyone else who helped out in making Dependents Day a success, thank you very much.

Recently, 407 Sqn. had the opportunity to fly four missions in support of Marpac's "TACEX". As part of the friendly blue forces, the missions were surveillance of the nasty white and slimy orange aggressors. All the missions were considered to be successful in light of the tasking, and Col. Cameron had a chance to exchange views with our surface force Commanders at the post exercise debriefing. We all hope that our naval



What ever you do, don't stick your finger in here!



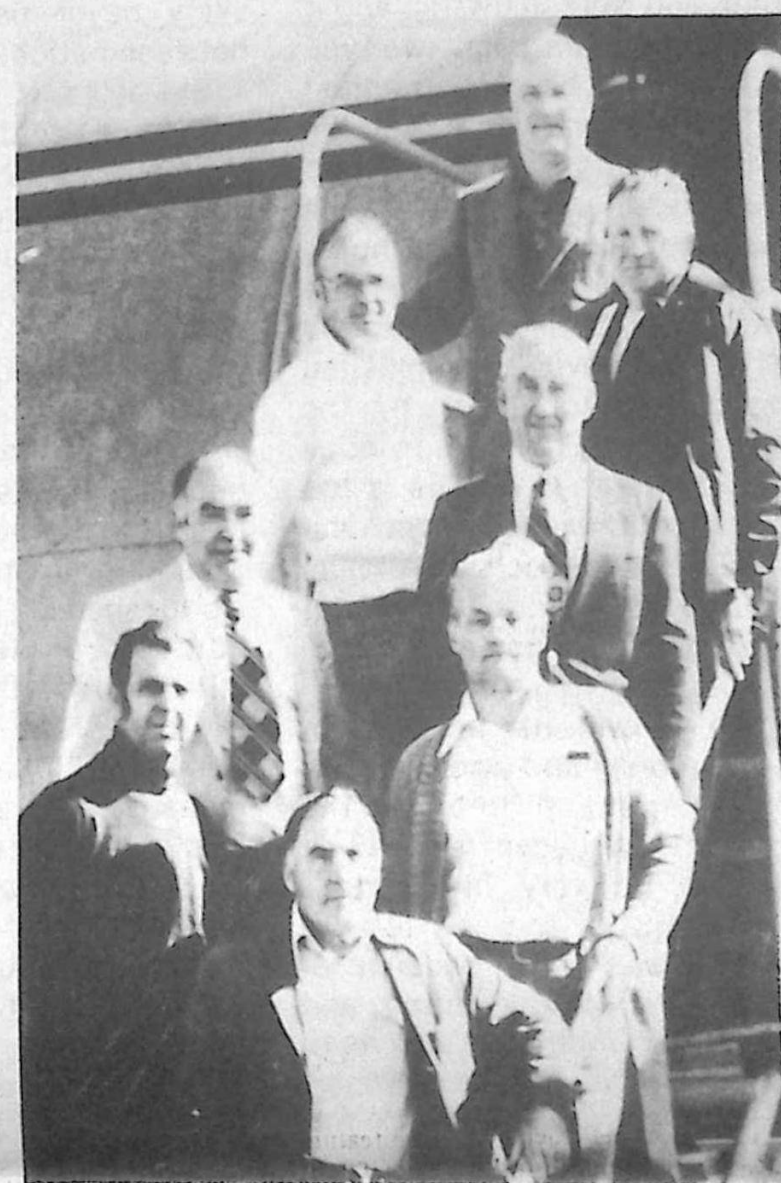
Yes, sir, only in stereo can you tell a 40D from a 38C.



Yes, if you bring the power back to just above stall and use a white bucktail, you can nab a salmon.



They never told me they were held together like this!



Argus Flight Engineer Alumni - 65,000 hrs. total time. What was that you said?

AIR RESERVE & YOU

ARTICLE TWO — CLASSES OF SERVICE

Last issue I described a little about the Air Reserve and some general information on enrolment standards. Now let's get into as little more complicated subject, the classes of Reserve Service.

There are three classes, unimaginatively named A, B and C. Class A service is used for unit parades and part-time work. It is the normal form of Reserve Service. A Reservist on Class A signs a daily attendance roster for the number of hours on duty and is paid once monthly for the number of days and half-days worked in the previous month. A half-day's pay is awarded for 2 to 6 hours duty, while 6 to 24 hours duty in a calendar day merits a full day's pay. Since ARAF members work normal Service working hours a standard day is about 7½ hours.

Class B service is a bit different. This is basically a short to medium-term period of continuous service, 15 days to about six months. This type of service is used to send Reservists on courses, for direct support to the Regular Force, when part-time won't do, and for special events. To explain, the Air Reserve sends a number of technicians and clerks to Europe each summer to work and learn on the bases at Lahr and Baden-Soellingen. These Reservists are all on Class B. Similarly Air Reserve units supplied volunteers to the Canada Summer Games in

Edmonton in 1978 also on Class B. Closer to home, a section on the base may need full-time help for a month or two so a Class A Reservist will be asked if he or she wants the full-time duty. A Class B Reservist receives the same daily rate of pay as on Class A, but is paid for every day of the Class B period of service. Thus a Class A Reservist working 15 days in October would be paid for 15 days service but a class B callout for the month of October would work about 22 days (Mon-Fri usually) and be paid for 31 days.

Then there is Class C. This is a medium to long-term class of service, three months to a year or more. In effect this type of service is a contract between the individual and DND, where the individual agrees to serve for a given period of time at an agreed-on rank. Because there are a number of oddities about Class C service, particularly with regard to pensions, I think a separate article next issue is warranted.

Again a reminder, anyone interested in any of the three classes of service described should contact the ARAF office 339-2211 local 357.

Jr. Ranks Club

October

- | | |
|---------|---|
| Fri. 3 | - Mixed TGIF and dance |
| Sat. 4 | - Hypnotist and dance to "Counterpunch" |
| Tue. 7 | - Movie "Mandingo" |
| Wed. 8 | - Bingo |
| Fri. 10 | - Mixed TGIF and dance |
| Sat. 10 | - Disc jockey |
| Tue. 14 | - Movie "Godfather" |
| Wed. 15 | - Bingo |



GOOD'S GROCETERIA

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150 Wt. 89¢ ea

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Kraft Dinner
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Editorials

Long live the mile

So here we are. Almost all road signs are posted in kilometres per hour, it is rare indeed that one hears a weatherman give temperatures in degrees Fahrenheit. All the kids in school are being educated to think and work in metric, and it finally appears that we will successfully be able to adjust to having our lives controlled by the number "10" and multiples thereof. Tremendous - we can all be proud of the effort we have made. Now if we can only determine exactly what we have accomplished we can pat ourselves on the back, secure in the knowledge that 30 degrees celsius is too hot to drink rum toddys, and -10 degrees celsius means you stand a good chance of having your tongue stick to the fence.

An enormous amount of time, money and attention has been spent promoting the metric changeover and all, it seems, to very little end. Ostensibly, the switch to metric was made because of the ease of calculating and working in metric, as well as to standardize our system of measures and weights with the better part of the civilized world.

Certainly it is easier to work in meters than yards, cubic centimeters than cubic inches, and kilometers than miles, but is it truly beneficial to convert an entire system when, although slightly more cumbersome, it works perfectly well and has shown no sign of tearing the fabric of society apart in great arguments against the system?

"No Marge, I won't hear of it. We can't expect Johnny to remember there are 5280 feet in a mile - we'll keep him out of school and educate him at home!"

And what of our temperature scale? There cannot be more than a handful of persons on this earth who really care if we use a system based on the melting point of water. You don't put on a coat in Moose Jaw in January because the water is frozen - you know it's cold! So why change the scale? The only people intimately involved with calculating temperatures are scientists and the like, who deal in metric in any case.

Standardization is my nemesis. We have a world full of people of different colors, beliefs, mores, religions, customs, food, taboos, languages, monetary systems, forms of communication, and even ways of wearing their hair, and the boys decide that we have to standardize our form of measurement so that Canada and the Europeans can have the same size wrenches. Great. (I swear, if they start to make football fields 100 meters long, I'm off the top of the CN Tower.)

I think it's interesting that the two most important quantities we are involved with fail

to meet these two reasons for going metric. Time and money. Time is pretty much standard everywhere, but is almost impossible to render into a simplistic form, and the monetary system is easy (numerically, at least) to keep simple, but will likely never be standardized between nations.

But it is a rule of thumb (although seldom followed), that you withhold criticism unless you are prepared to propose a solution. As you may have guessed, I have one.

Canada has been suffering from an identity crises in the last number of years. Blessed with natural resources and a huge land mass, the country has been unable to truly make a lasting impression on the world scene. This, I believe, can be at least partially alleviated by the introduction of the Dominion Decimal System, a universal form of measurement utilizing (in the best Canadian historical tradition), a blend of measurements and weights from the countries with which we are most closely associated.

Time - will be measured in fortnights. Blended with this will be the basic metric system as in, "We better make this quick honey, my parents are due home in a millifortnight."

Distance - to be calculated using furlongs. A boon for race-track buffs, it also leads into a handy unit for the next category.

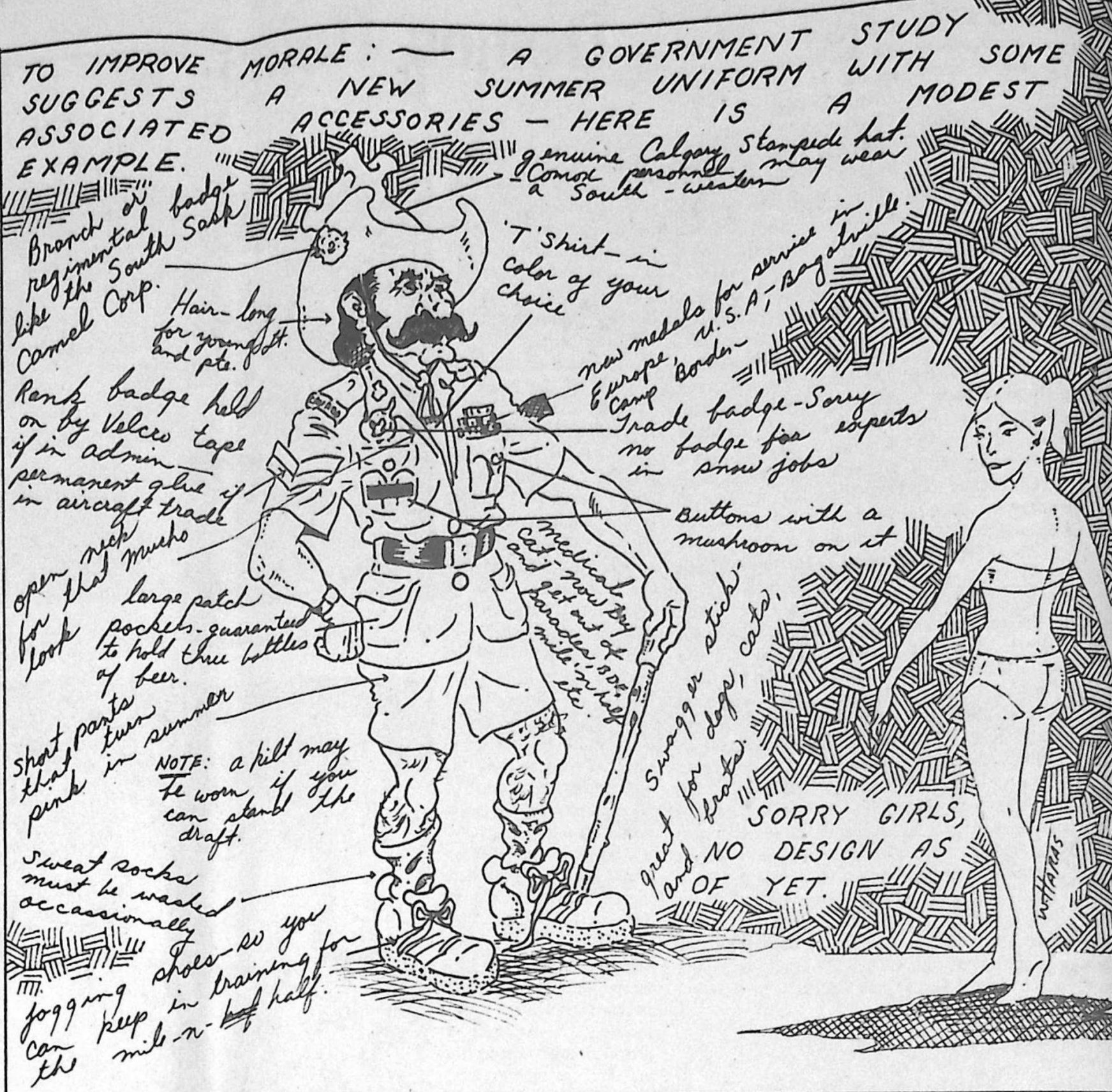
Speed - naturally following on from above, we have furlongs per fortnight - a simple matter of a transparent sticker being placed over your existing speedometer.

Volume and Area - cubic furlongs and square furlongs are possibly too unwieldy, so we will bow to simplicity in this case and use hogsheds and hectares. These measurements obviously complement each other, as they roll off the tongue in a phrase such as, "Well by jiminy Beatrice, we got twenty hogsheds per hectare off'n them fields already and I ain't put more than a coupla' cow flaps on there!"

Finally, yielding to the common sense that dictates a temperature scale be based on a melting point, I have chosen mercury as my element. You don't need to know the exact conversion - just remember O'D (the Dominion scale) equals -39°C, an average day in Cold Lake.

In closing let me say that personally, the Metric Commission of Canada will never win me over. I carry my \$10⁰⁰ calculator from Safeway food stamps, converting as I go, and let the world of round numbers pass me by. Long live the mile, the pound Sterling, degrees Fahrenheit, the Parliamentary system of France, and anything else non-standard, slightly awkward, but eternally charming.

B.G.J.K.



YOU AND THE LAW OF WAR

Office of The Judge Advocate General

WHY STUDY THE LAW OF WAR

Since in wartime important decisions are usually made by senior headquarters, it might seem sufficient for an officer or even the senior commander to be versed in the law of war, so that he may take it into consideration when making decisions. While it is true that the more senior a soldier becomes the more he must be informed on this

subject, even the most junior soldier could well find himself in a position where he must make decisions which involve a knowledge of the law of war.

Perhaps the importance of knowledge in this field can best be demonstrated by an example. Imagine that a small reconnaissance patrol comes under fire in a village after having crossed the border into an enemy country and used force to neutralize the resistance. This results in the surrender

of a number of civilians who had fired upon the patrol. The patrol gathers briefly to talk over the situation. Someone mentions the word "partisans", following which the remark is made that "under the law of war, partisans can be shot". The patrol leader has a serious decision to make. What is he to do with the enemy civilians? Is he free to do whatever he pleases with these captives? Certainly not, but the question is, "why not?"

Well, in our imaginary case, the patrol crossed a border into enemy country. This could well have been part of an invasion. Under the Geneva Conventions the civilian populace of a nonoccupied territory may take up arms against an invading enemy if they have not had time to form themselves into a regular armed force, and if they carry their weapons openly and observe the laws and customs of war. If the attack was part of an invasion, then the civilians' participation in combat activities was justified, and

they are not to be treated as partisans, but rather as prisoners of war. In any event, the Convention for the protection of prisoners of war provides that should any doubt arise as to the status of any captured persons, they are to be treated as prisoners of war until such time as their status has been determined by a competent tribunal.

Even war does not give complete license to kill. Instead there exist rules which simultaneously restrict and protect not only the warring states involved, but every soldier as well. These rules form part of what is known as the law of war, or the laws of armed conflict. Just exactly what is involved, then, in this "law of war"? We all know that the red cross on a white background is the symbol of protection for the wounded; that an enemy who lays down his arms becomes a prisoner of war and is to be treated humanely; that civilians may not be attacked; and that certain means of warfare, particularly cruel and atrocious

ones, are outlawed. These restrictions are all spelled out by the law of war to give credence to the notion of humanity even in warfare.

In light of this the following points arise:

- that decisions involving a knowledge of the law of war may have to be made even in small-scale military actions; and
- that even the individual soldier may find himself in a position where he is required to make decisions involving the law of war.

Apart from those reasons for studying the law of war, disobedience of the law of war brings dishonour on the soldier, his armed force and his country, not to mention the fact that it also makes him liable to be charged, tried, convicted and sentenced for the crime he has committed. What this all adds up to is that every officer or man must have a knowledge of the fundamental rules of the law of war. In the next article we will examine one of the most basic concepts of the law of war.

Is it the bankers?

The Editor,

It is time for the Premiers to get together on the cause of inflation. If they put their finger on the truth they would have a common cause with the Prime Minister. He put his finger on the truth when he blamed banking, this was in Vancouver, in the early days of January, 1976.

It is not surprising that this present government caters to the Banking System, or that they do the bidding of those who make its policy. The Conservative government just lasted long enough to appoint a man who was already appointed to the policy making decisions of the Bank of Canada. In doing so the Conservatives took a stand that was opposite to its election promises, "to lower interest rates". They found out a closely guarded secret, "that all money is privately controlled". This fact is backed by the pamphlets put out by "Monetary Science Publishing Co., P.O. Box 86, Wickliffe Ohio, 44092.

The formula that is used as explained in these pamphlets is followed by the politicians of all parties because they are not backed by an informed public and electorate. This formula as followed by the politicians is that the interest can be paid by increasing the debt, this really only delays for a time a horrendous inflation.

In the meantime business' go down one at a time due to ever increasing debt and skyrocketing inflation. They go down quietly, puzzled by what has happened to them, meanwhile the so called free enterprisers from their false positions of security either don't know or don't care what is happening to the country. This in the end will kill most of them financially.

Our government will even become the servant of the lender. The solution to it all would be parliament money which is the right of the people above all else.

A.C. Krueger
Prince George, B.C.

CNA TOTEM TIMES

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L'HISTOIRE DE LA COLOMBIE CINQUIEME PARTIE

Nous avons vu, au chapitre precedent, que l'epopee des "voyageurs" rentra dans l'ombre a-peu-pres au moment de l'ARRIVEE DES MISSIONNAIRES SUR LA COTE DU Pacifique. Les dimensions de cette petite revue sont insuffisantes pour nous permettre de raconter en detail la passionnante histoire des missions et de la naissance de l'Eglise catholique en Colombie Britannique. Nous ne toucherons donc que les faits determinants. Sans prejudice contre le travail par ailleurs aussi meriteux des autres missions de toutes sortes, fondees par d'autres eglises, nous ne nous y arreterons pas non plus. Mais, une parenthese ne serait pas de trop pour signaler un fait particulier a la Colombie: c'est son pluralisme religieux. Cette terre, comprenant la vaste territoire s'etendant de l'Alaska a la Californie, etait une sorte de zone neutre, aussi bien du point de vue religieux que politique. Ce fait marqua toute l'evolution constitutionnelle et assura des debuts la neutralite de l'Etat en matiere religieuse et le caractere prive des eglises. Nulle part, dans l'histoire de cette province, est-il possible de relever une periode ou une confession fut assez influente pour s'imposer a l'Etat. En matiere d'education, l'occasion fut manquee au depart d'inclure la religion comme sujet d'enseignement dans les ecoles publiques, non pas parce qu'il y avait opposition au principe, mais parce qu'il fut impossible de mettre sur pied une pastorale qui puisse garantir suffisamment le principe

de la liberte religieuse contre le jeu de la concurrence entre les nombreuses sectes en presence.

L'Eglise catholique, en Colombie, a ete francaise jusqu'en 1910. Son vrai fondateur fut Mgr Modeste Demers, qui devint le premier eveque de Victoria, en 1844. Il etait arrive de Quebec, en 1838, en compagnie de l'abbé Norbert Blanchet, que, plus tard, devint le premier archeveque de l'Oregon. Ils furent rejoints par le R.P. De Smet, S.J., en 1840 et, en 1842, par les abbés Antoine Langlois et J.-B., Zacharie Bolduc. Les oblats arriverent en Colombie en 1847. A cause des guerres sanglantes que les blancs livrerent aux Indiens, du cote americain, un bon nombre d'oblats quitterent les missions americaines, rendues impossibles par ces conflits raciaux, pour preter main-forte aux autres missionnaires etablis en territoire britannique. Ils etaient tous de langue francaise, la plupart venant de France ou de Belgique. Sur un total de plus de 200 oblats qui recurent obedience pour la Colombie jusqu'a ce jour, plus de la moitie ont ete de langue francaise. C'est ainsi que tous les eveques de Victoria furent de langue francaise jusqu'en 1898; que le premier archeveque de New Westminster fut Mgr J.L. D'Herbomez, o.m.i. suivi de Mgr Durieu et de Mgr Dondenwill, de la meme congregation. Ce dernier fut le premier archeveque de Vancouver, alors que le siege de New Westminster cessa d'exister a partir de 1908. Mgr Dondenwill fut eleve au rang de superieur general des oblats, a Rome, en 1910.

Depuis ce temps, les archevêques de Vancouver sont de langue anglaise. (Le lecteur interesse pourrait retrouver des moments palpitants de l'histoire de l'Eglise en Colombie en lisant la "Vie de Monseigneur Seghers" par Maurice de Baets; "The Bell and the River" (Pacific Books Pub., Palo Alto, Calif. U.S.A.); Aug Berceau de la Colombie Britannique, d'Olivier Moreault; ainsi que les livres du R.P.A.G. Morice, O.M.I.)

Nous commettrions une faute grave si nous ne mentionnions pas les Soeurs de Sainte-Anne, emmenees par Mgr Demers, de Lachine, en 1858. Nombreuses sont les institutions d'enseignement fondees par elles. C'est sur le devouement sans borne, le courage a toute epreuve et le desinterressement total de ces petites quebecoises, et sur leurs cendres, que repose aujourd'hui l'edifice majeur de l'enseignement primaire et secondaire catholique en Colombie. D'autres communautés d'enseignantes sont venues plus tard. Parmi celles qui tiennent encore allume le flambeau de l'espoir pour l'enseignement catholique en langue francaise, mentionnons les Ursulines de Rimouski et les Soeurs de Bon Pasteur, de Quebec.

LE RALLYE: CA S'EN VIENT!

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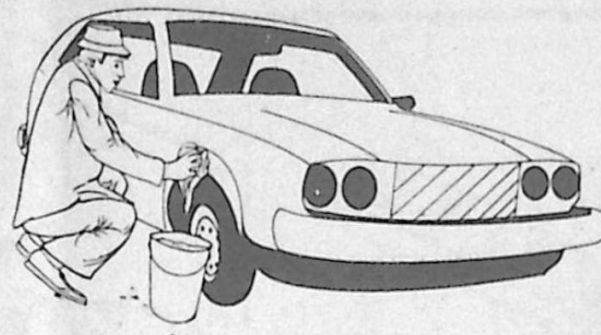
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Il est en foin!

(He is in hay)
He's got some money.

Il a le feu au passage

(He has fire in his passage)
Is he ever angry.

Un faiseux

A person who's all talk, no action.

Il est gras dur!

(He is hard fat)
That guy is well off, he struck lucky.

Hawaille!

Let's go, move, get with it.

Un peteux de brou

(A foam farter)
A person trying to impress everybody with lies, a loud mouth.

Parler Anglais comme une vache espagnol

(To speak English like a Spanish cow)
When someone's English is so bad that it is compared to a Spanish cow speaking English.

Plein Aux As

(Full with aces)
Someone loaded with money. Il est plein aux as!

Pleuvroir a sciau

(To rain by the bucket)
Raining so heavy as if it was falling by the bucket.

Les deux yeux dans la graisse de bine

(Both eyes in bean's fat)
Foggy eyes, the look the morning after.

Prendre une débarque

(To take an unload)
To trip over, to fall on his face or to go down in hierarchy.

Les deux pieds dans la meme bottine

(Both feet in the same boot)
To have both feet in the same boot, to be real clumsy.

Il a de l'eau dans sa cave

(He has water in his cellar)
To wear pants above the ankle or high water pants!

Ecris ca sur la glace

(Write that on ice)
You can forget it.

se faire embarquer

(To get loaded)
To be conned into something.

Un faiseux

A person who's all talk, no action.

Il est gras dur

(He is hard fat)

Habille comme un guenillou

(Dressed like a ragged)
To be dressed like a hobo.

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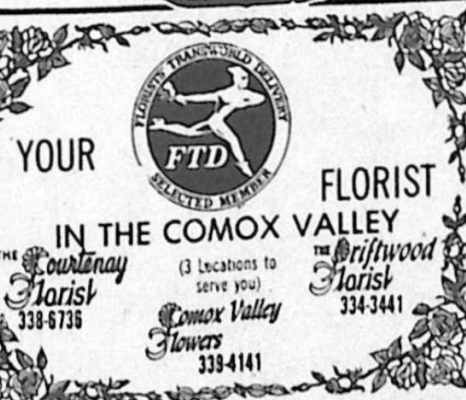
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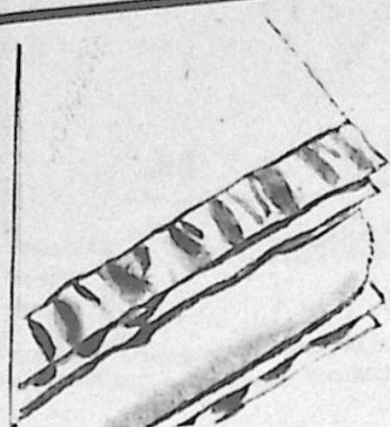
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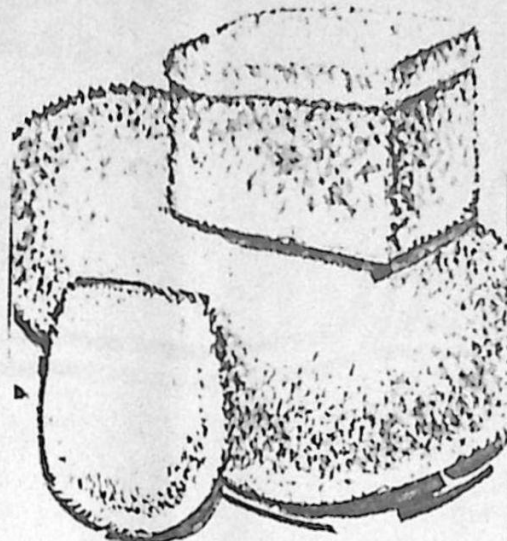
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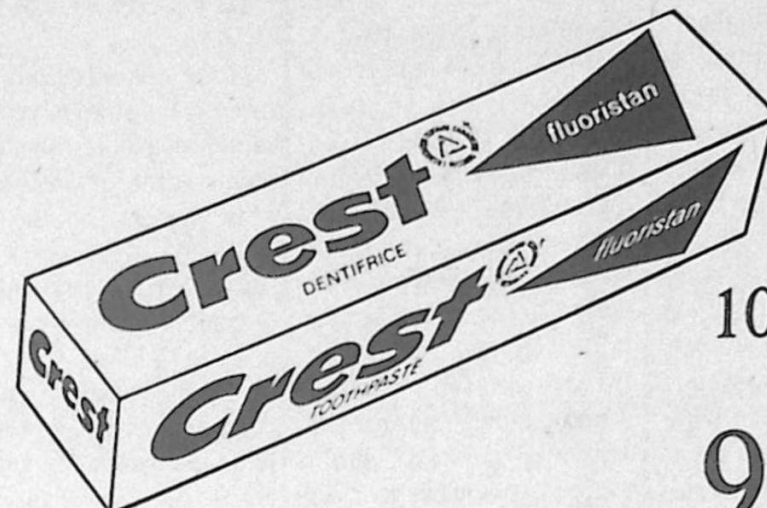
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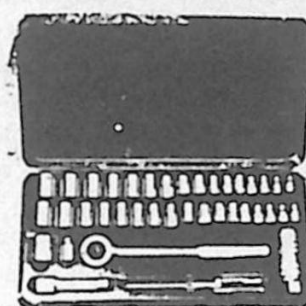
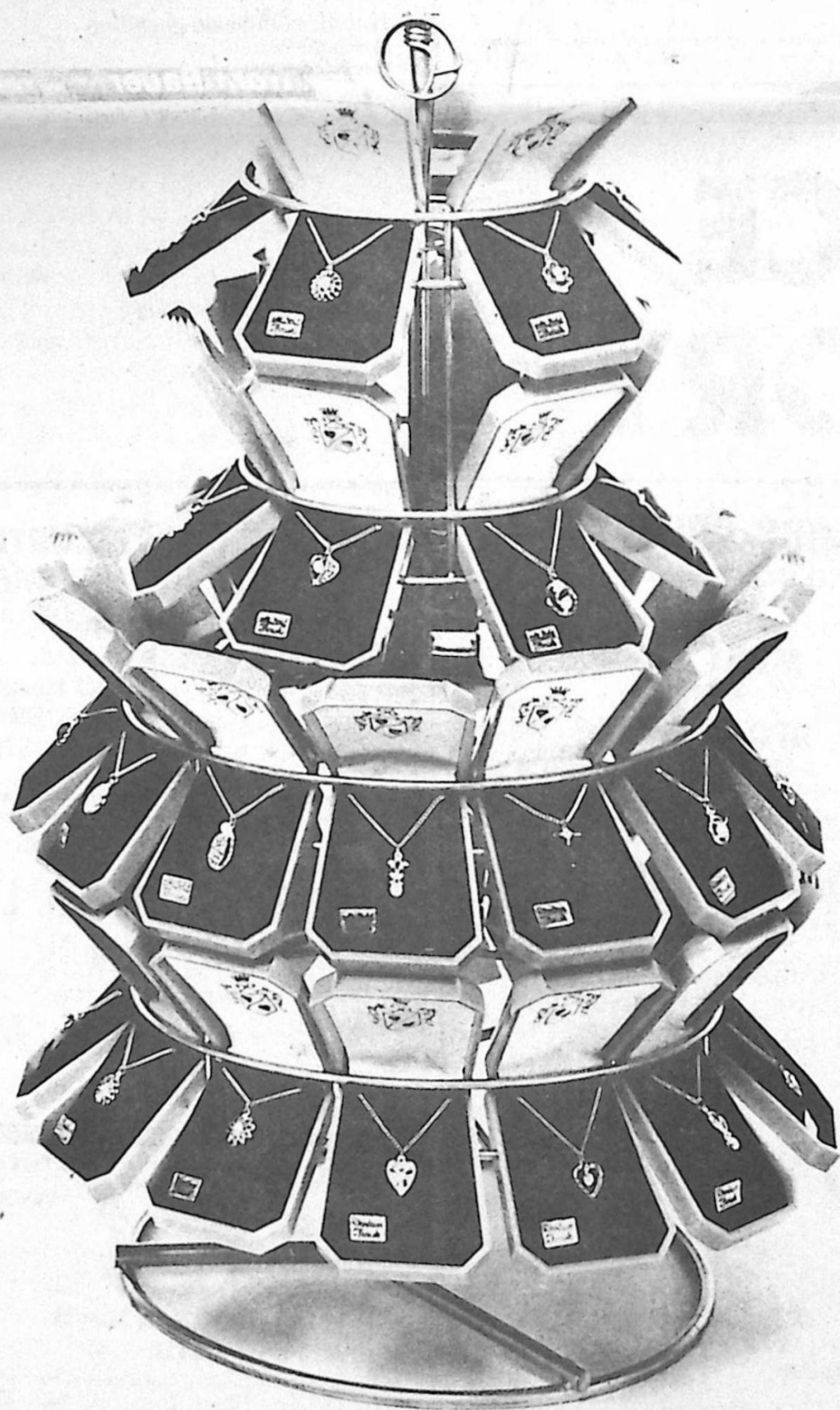
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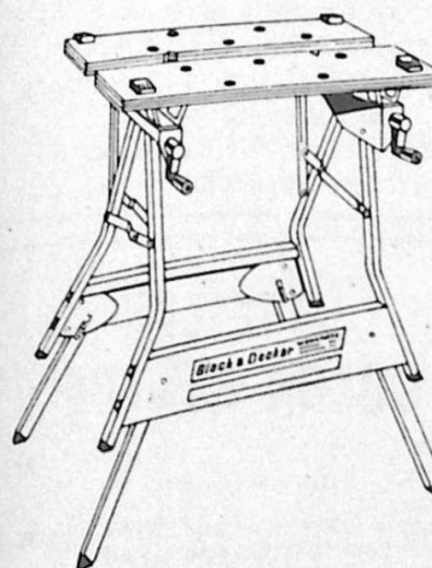
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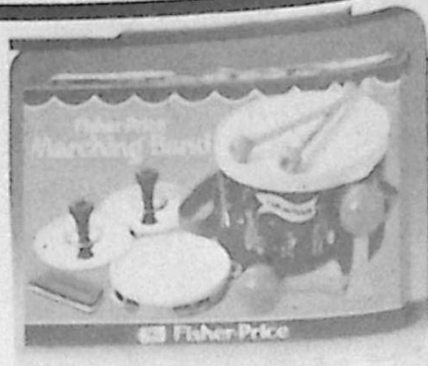
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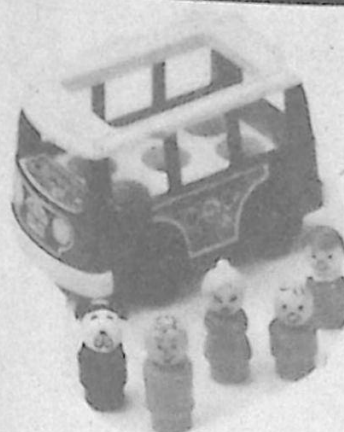
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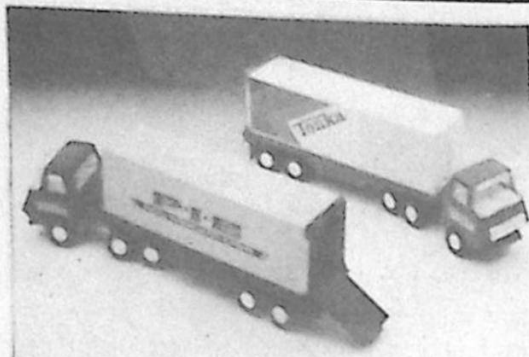
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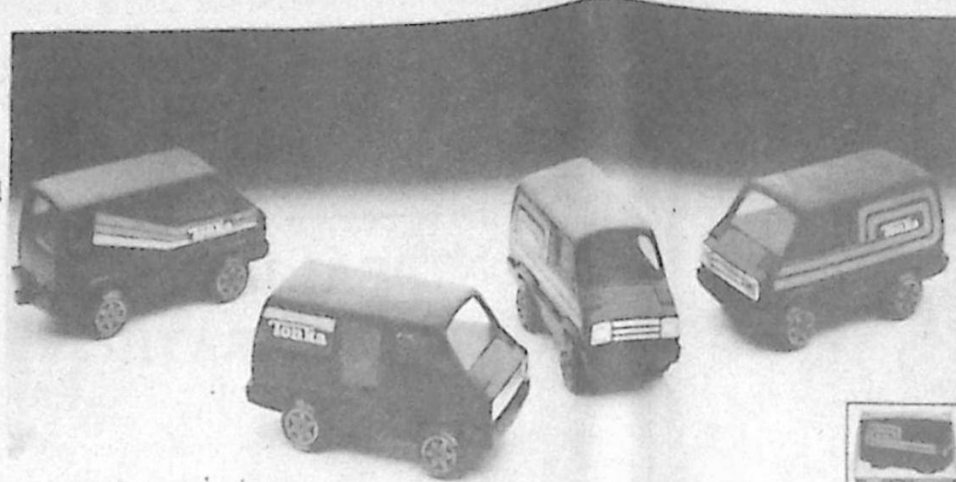
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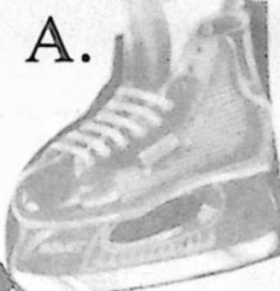
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Interested in Oldtimer Hockey. CFB Comox Oldtimers will hold their first practice Sunday 5th Oct 1400 hrs. at Glacier Gardens. CFB Comox plays in a league with Campbell River - Powell River - Courtenay - Parksville and Port Alberni. Comox home games are played Sunday afternoons at Glacier Gardens. If you are interested in meeting fellow Oldtimers, and playing interesting hockey, are 35 years of age by 31 August 1980 and are presently stationed at CFB Comox you are eligible. For further information call Duke Reid Loc. 305 or 338-5768 after 5 pm. If anyone interested in coaching please contact same.

JRC DART LEAGUE

The JRC dart league will start the 80 - 81 season on the 6 Oct 80. The starting time for the first night will be 1830 hrs. Those players who cannot make it to the first night are asked to sign-up in one of two places, one being in the JRC annex and the second being in the canteen of the 7 hanger. Again this year a "draw from the hat will determine the teams". All members of the JRC and SGT's mess are invited to play in the league. The league plays every Monday night at 1930 hrs. For further information contact Bill Chesnut at Ext. 235 or 339-6186.

TOUCH FOOTBALL

As we reported last week the Pacific Region football could not be hosted by CFB Comox because of accommodation shortage. Well, it seems that the rest of the Bases are having the same difficulty and the Pacific Region Touch Football will have to be cancelled this year. In the local scene 442 is on top of the Intersection League with three wins, one tie and no loss record. BAMSO is second with one win, 3 losses and USAF is the last place team with no wins and one tie. The next game will be played on the 29th Sept at 1700 hrs. Come out and support your team.

LADIES FITNESS

Mrs. Jill Smith has another successful fitness class underway this year. There are approximately 30 women involved in the morning classes. Now you may leave your children with a babysitter at the Parish Hall. There are a few inquiries about a class in the evening. The classes would be held either Tuesday or Thursday from seven to eight. If you are interested please contact the Rec Centre, local 315.

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.



CFB Comox Sailing Club brings home the hardware after defeating CFB Chilliwack, the host club, at Cultus Lake, B.C. At left, Chilliwack's Maj. Crypt, Club Commodore, presents MCpl. Mike Channon with the trophy emblematic of their victory. More details and photos next issue.

MONTREAL INTER-NATIONAL MARATHON

The International Montreal Marathon this year was broken into two categories or two marathons. One being the Elite, the other was "The Popular" marathon.

The "Elite" was made up of 70 men and 5 women from all areas of the world who were capable of running the entire 26 miles 385 yards at an average of less than 6 minute miles.

The male winner of this event, was David Cannon of Great Britain who finished with a time of 2 hours 11 minutes 21 seconds.

The female division went to Patty Lyons of the United States who beat her closest rival, Jacqueline Greau of Montreal by 44 seconds. Jacqueline won the women's division in the Boston Marathon earlier this year.

The Popular marathon, which was run the next day, had 70 military among the 10,000 that was registered, 3 of which came from CFB Comox.

The names and times of the CFB Comox personnel are as follows: Sgt Roy, 409 Sqn - 3 hrs, 22 mins, 58 sec. MCpl McMaster, 442 Sqn. - 3 hrs, 45 mins, 21 sec. Cpl. Burnell, 442 Sqn. - 3 hrs, 23 mins, 18 sec.

The times shown above by our boys amplifies the hours, days, weeks and months of dedicated training it takes to consider doing a marathon, let alone, enter and finish one.

All three men are to be commended for their effort, and the experience of competing in a marathon will be invaluable for their future events.

Proper Running

Almost 90 per cent of all people who run will encounter some knee, hip, ankle or foot problems at some time during their running life. Knowing this can make the difference between finishing and giving up.

When you take a closer look at the foot - an intricate combination of 26 bones, numerous joints, ligaments, muscles, tendons, and major and minor nerves and blood vessels - and consider that it hits the ground about 800 times per mile, you can see why problems might occur.

Here are some of the reasons we get hurt, and what to do about it.

Poor Flexibility

Tight or shortened muscles are more easily injured than stretched muscles. They also can cause a variety of biomechanical problems. Therefore, stretching both before and after your run is essential. Sit-ups will help cure back pain, squats will help cure knee pains and exercises to strengthen the muscles in front of the shins will prevent shin splints and help to stabilize the knee.

Tight or shortened muscles are more easily injured than stretched muscles. They also can cause a variety of biomechanical problems. Therefore, stretching both before and after your run is essential. Sit-ups will help cure back pain, squats will help cure knee pains and exercises to strengthen the muscles in front of the shins will prevent shin splints and help to stabilize the knee.

Weak abdominals and quadriceps

Running develops the back and rear leg muscles. Therefore, strengthening exercises for the opposite muscles groups are essential. Sit-ups will help cure back pain, squats will help cure knee pains and exercises to strengthen the muscles in front of the shins will prevent shin splints and help to stabilize the knee.

Overuse syndrome

This is not always caused by increasing your mileage. You might also be trying to do too much in other areas and these can make you susceptible to musculoskeletal injuries as well as illness. If you tire easily, get the chills, frequent colds or insomnia, then listen to your body. Cut out the added extras first, but if the symptoms persist, cut back on your running, and maybe even see a doctor who runs.

Cut your toenails properly

If possible, cut them straight across. The purpose of the toenails is to protect the toe from injury. Calluses should be kept under control with a foot stone. But also take a look at your equipment, since calluses are caused by friction. You might want to try rubbing Vaseline on the area before you put on the sock. Always dry your feet properly after a shower and use powder to be sure.

Sore Heels

Running tightens the calf muscles even more than normal, and most runners cannot bend their foot upward to the ideal 10 degrees beyond the right angle. All this results in added strain on the Achilles tendon. Many runners neglect warm-ups and stretching exercises. Some still run on their toes, and still others like to finish with a burst of speed. All these can cause heel problems and should be avoided.

Knee problems

Twenty per cent of all runners are sidelined with knee problems, many of these can be treated before they become chronic. Regularly climb stairs two at a time, running up hills, and starting a routine whereby you sit down and place a weight on your foot and then straighten your leg, will help immensely.

Listen to your body

IF YOU GO HUNTING ...

If you go hunting this fall, you should go well armed. Not just with your rifle or shot gun, but with a keen awareness that yours is a hazardous sport.

The Canada Safety Council reports that in an average year, 115 Canadians die as a result of firearm accidents. Most occur to the age group under 25; almost 90% are males; and a surprising 50% happen in and around the home.

These statistics are impressive, but they only cover firearm mishaps. The real risk factors associated with hunting also include Motor Vehicle Accidents;

Boating and Drowning; Hypothermia; becoming lost; Forest Fires; Overexertion; Accidental Injury; and Firearm mishaps.

If you go hunting, go well armed.

Take along your first aid training. It increases your awareness of hazards and their consequences and improves your ability to cope with minor injuries and emergencies.

Take along your knowledge of hypothermia and the precautions that are necessary to ensure that your Body Core Temperature is not critically (or fatally) lowered.

Take along your safe boating habits and a personal floatation device for each person in the boat.

Take along your portable heater. But also an awareness of "The Silent Killer" carbon monoxide.

Resist the temptation to cook inside your trailer or tent, or to leave a cooking or heating device on while you sleep.

Take along your ability to recognize fuses, blasting caps, dynamite and other explosives which may have been abandoned by mining or logging companies.

Take along your defensive driving techniques along with your properly maintained vehicle, trailer and boat.

Take along hunting partners that are mature, experienced and safety minded.

Take along your CORE

training in hunting safety; particularly firearm safety; game laws; and a healthy respect for private property.

Take along a healthy respect for fire. That risk will be your constant companion while smoking, cooking, making campfires, sleeping or travelling through forested areas.

Take along good maps and a compass and the knowledge that you took time to tell your family or friends about your travel plans and a return date.

Take along your faithful dog and the booklet "Wilderness Survival". The book is available through CORE Training, The Recreation Centre, or the BGSO.

Oh yes, take along your gun or rifle.

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Black Hole

Anthony Perkins, Robert Forester
Walt Disney - Outer space science fiction
Showtime: 2000 - 2155 hrs.

Oct. 9 - Oct. 12

Rough Cut

Burt Reynolds, David Niven
Crime Drama - Mature
Occasional coarse language and suggestive scenes
Showtime: 2000 - 2155 hrs.

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October 10 - 11

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Kirk Douglas, Martin Sheen, Katharine Ross

"THE FINAL COUNTDOWN"
"Warning - some violence, occasional coarse language & swearing" - B.C. Dir.

Thurs. to Wed. - October 9, 10, 11, 13, 14, 15

Brooke Shields, Christopher Atkins

"THE BLUE LAGOON"
"Frequent nudity, some suggestive scenes, occasional violence" - B.C. Director

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Thurs., Fri., Sat., Sun. - Oct. 2, 3, 4, 5

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Oct. 9, 10, 11, "GONG SHOW MOVIE"

"Coarse language, some nudity"

& PRISONER OF ZENDA"

All-Niter Sun., Oct. 12 - 5 hits!

ROADIE, FOXES, HERO AT LARGE, BEAR ISLAND ROLLER BOOGIE

Promotions and awards



MAJ. E. WRAY congratulates Cpl. Kaye Clouthier on her recent promotion.



CPL. MCDERMOTT is presented his hooks and congratulated on his accelerated promotion by Major Davis.



CPL. CHRISTINE LEVAC receives her hooks from Maj. Wray.



MCPL. BELL is presented with Suggestion Award by Major Thomas.



CO 409 Squadron presents Corporal R.A. Martin of 409 Snags with an award of \$555 for his suggestion to reposition the T-33 boarding ladder marks to reduce aircraft structural damage.



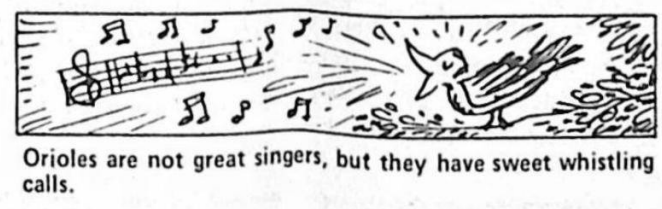
CPL. D.M. FARRELL of 407 Squadron Armament Section being presented with a certificate and an award of \$150 for proposing and designing storage retainers to permit transport of type 527 sonobuoys in the Argus aircraft. The presentation was made by Maj. A.S. Armstrong, the new 407 Squadron SAMO and chairman of the Base Suggestion Award Committee. Capt. L.D. Christie, the new 407 Armament Officer, looks on.



CPL. JOYCE ANDREWS is congratulated by Maj. Wray on her promotion.



THAT'S A LOTTA YEARS. Pictured with Col. Chisholm, the following recently received clasps to the CD. Back row - Sgt. Graham, MCpl. Hooley, Cpl. Halden, MCpl. Ness, Cpl. Rogers, Sgt. Howell, MCpl. MacDonald. Seated - WO Bugley, Col. Chisholm, and CWO Blythe, who received his second clasp to the CD for 32 years of service.



Orioles are not great singers, but they have sweet whistling calls.

Well, lookit who's promoted...

new rank	effective
MAJ. BREEN	01 SEP 80
WO COOK	01 SEP 80
WO DENNIS	03 OCT 79
CPL JACKSON	22 AUG 80
MCPL JAMIESON	18 AUG 80
MCPL LABROSSE	15 AUG 80
CPL MCCAFFREY	20 AUG 80
SGT NORTH	01 SEP 80
MCPL ORR	22 AUG 80
SGT RICE	13 NOV 79
MCPL ROSS	01 SEP 80
MCPL SILVAWHITE	08 AUG 80
SGT BELZAC	25 AUG 80
MCPL CHARKO	05 SEP 80
CPL DEAN	03 SEP 80
MCPL HURD	09 JUL 80
SGT LEWIS	02 SEP 80
CPL MARSH	27 AUG 80
MWO SLEIGH	02 SEP 80

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AROUND THE BASE

OFFICERS' WIVES' BRIDGE CLUB

The first Bridge Club meeting of the fall was held on September 10 in the lounge of the Officers' Mess. The Club Convenor, Gail Thomas, welcomed the members and introduced Mrs. Chisholm, as well as the Phone Committee, consisting of: Eileen Orpen, Grace McPhail, Catherine Peele and Irene Hughes. Six tables of Bridge were in play, and prizes were won by Dianne Ferguson for High Score, Janet Sparks for Low Score, and Gussy Prichard for the Hidden Score. The "Two Prize" travelled from table to table, but was eventually secured by Bev MacKean. Refreshments concluded an enjoyable evening.

In the absence of the Convenor, Gussy Prichard conducted the Bridge Club meeting on September 24,

when five tables were in play. Prizes were won by Mary Breer for High Score, Dorothy MacIlroy for Low Score, Marg Goldie for the Hidden Score, and Barb Myatt for the Two Prize. Again, light refreshments were enjoyed at the conclusion of a pleasant meeting.

The Bridge Club meets each second and fourth Wednesday evening from September to May, with the next meeting set for October 8, 1980. All wives of serving and retired Officers are invited to join, and may call Gail Thomas at 339-6855. Instruction for beginners is provided by Gussy Prichard at 339-5844. This is an informal Club meeting for a social evening of Party Bridge, so please join us as a regular or spare player.

SR NCO'S WIVES CLUB

The monthly meeting of the Warrant Officers and Sgt's Wives Club was held September 8th, with the new President Amy Anderson presiding. After a short business meeting, a highly interesting and profitable Auction was held.

September the 29th, at 10 am, a welcome tea will be held at the home of Maureen Graig, our

Honourary President. All wives of Warrant Officers and Sgts. new to the district are cordially invited. Please contact Amy Anderson at 339-6126 for further details.

Our next meeting will be held October 20th due to the Thanksgiving Weekend. Please plan on attending, an ever popular evening of Bingo.

200 TH ANNIVERSARY CELEBRATED

The 200th Anniversary of the founding of the Protestant Sunday School movement by Robert Raikes in England was celebrated at St. Michael and All Angels Chapel at 1100 hours on Sun 21 Sep. Approximately 100 attended the service which saw several people of all ages sharing in the service. The Call to Worship was shared by Kathy Smith and Walter Yeomans. The dialogue type scripture lessons were taken by Jimmy Fiddy, Lance Schonberg, David Oliver and Vincent Oliver. Gloria Sponselee and Joy Schonberg read a brief history of the Sunday School movement and

Padre Coleman preached the sermon. The highlight of the service was the lighting of the three candles on the Birthday Cake by the pre-school children. The candles represented Sunday Schools past, present and future. Following the service young and old alike enjoyed a piece of the cake at a coffee hour, organized by the Ladies' Guild, in the Chapel Annex.

Appropriately the service also marked the commencement of the fall session for the Chapel Sunday School. This year registration is up over last year but there is still room for more children. The Sunday School got off to a

good start with the first regular classes 28 Sep. With the new curriculum and a training program for teachers now firmly established, everyone is looking forward to an exciting Sunday School year. All children are welcome on Sunday mornings.

In a continuing attempt to serve the community, St. Michael and All Angels will be sponsoring a meeting in the Chapel at 7:30 on the evening of Tues 7 Oct for all young people 12 and over, to determine if there is any interest in organizing a youth group. All young people are invited to come out and discuss their plans with the leaders.



CELEBRATION. Protestant Sunday School celebrates 200th anniversary of the founding of the Sunday School movement.

OWC ENJOYS WINE, CHEESE & BUBBLEGUM ?

"Getting to Know You" was the theme for the first meeting of the CFB Officers Wives Club.

As the wives came into the Mess they grouped under their provincial flags and enjoyed chatting with old friends and making new ones from their home provinces. Each group chose a representative to enter a bubble gum blowing contest. The winner, after a

hilarious "blow-off", was Liz Lavigne of Nova Scotia.

The meeting commenced with the introduction of the new officers for the 1980-1981 year. Mrs. Gwen Chisholm, wife of our new Base Commander, was introduced and presented with a corsage. Each new member was then introduced to the group followed by a short business meeting.

After the meeting the group retired to enjoy a fun sampling of various wines, cheese, fondue and getting to know our new members.

The next monthly meeting will be a Halloween Party and plant auction; so all you wives wear a costume, bring a plant and come join the haunting Wednesday, Oct. 15 at 7:30 PM at the Officer's Mess.

1ST LAZO BLUE

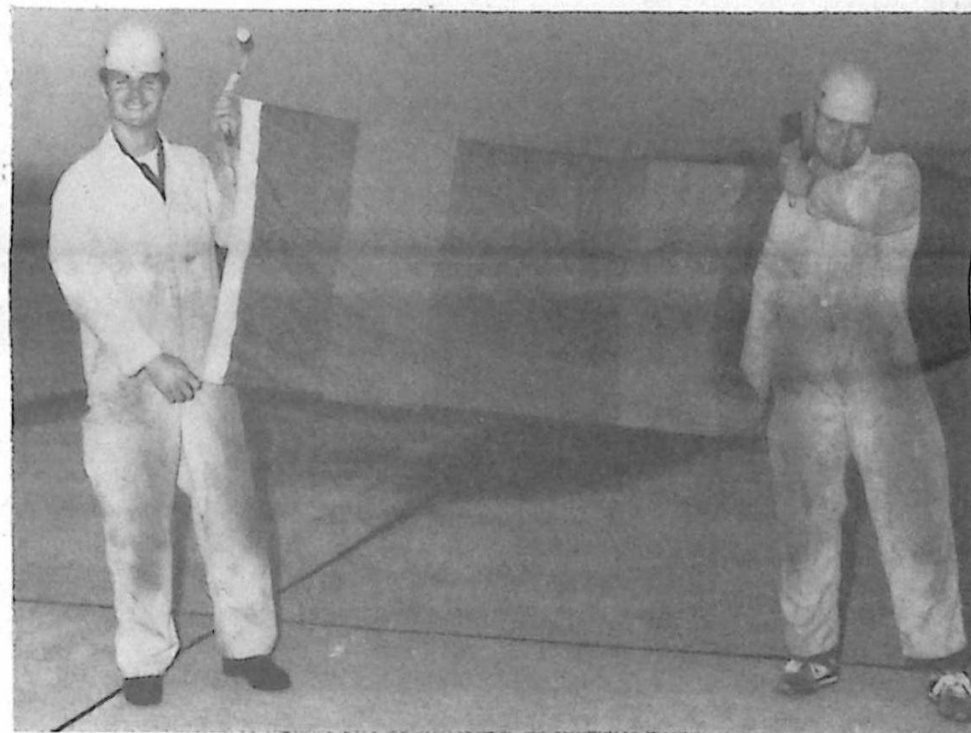
COLONY BEAVERS

Our colony started again on Sept. 18. We met at 6 pm in the pond. There were 26 "Eager Beavers" out ready to get into action. Our first meeting we all got acquainted, and named all the leaders.

Sept. 25th meeting all the parents were invited to see

all the Beavers and Kits receive their "Tails". We drew our picture, got weighed and measured, played a few games, and the L.A. served us juice and cookies. Thank you L.A. ladies, you're off to a good start again this year.

Oct 2nd. Boys don't forget to bring your bikes, a fun night of riding and learning all the rules. Oct. 4th. Sat. there will be a bottle drive. All Beavers, Cubs and Scouts please meet at the Cub hall at 10 a.m. till then Busy Beaver Rusty



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Canadian Forces news

Refugee Aid



WINNIPEG -- A veteran airman of 33 years has taken up new duties at Air Command Headquarters here as chief of staff for operations. He is Brigadier-General William G. Paisley, 51, a native of Nipawin, Sask., who has led Canada's NATO air element in Germany for the past three years.

He takes over his new post from Major-General Roy Sturgess, 51, of Toronto, who was promoted to that rank to become deputy commander of Air Command.

Gen. Paisley was educated in Prince Albert, Sask., and joined the Royal Canadian Air Force as a flight cadet in 1947 at the age of 18. On completion of pilot training he went on to serve with various fighter squadrons until mid-1954.

Various operational and staff appointments followed in Canada and Europe until 1965, when he attended the U.S. Air War College in Montgomery, Alabama. Further appointments in Canada and Europe followed until 1973 when he attended the National Defence College, Kingston, Ont.

In July, 1974, he became director of air requirements at National Defence Headquarters, Ottawa, leaving that post in July, 1977, to take command of 1 Canadian Air Group on NATO service in West Germany.

Operation Magnet II which consists of providing medical care and rations and quarters to South East Asia refugees arriving in Canada, is drawing to a close. The Griesbach reception centre at CFB Edmonton received its final contingent of Indochinese refugees on Aug. 22, and the Longue Pointe centre at CFB Montreal will receive its last group on Dec. 3. Nearly 45,000 refugees have passed through these facilities and a further 9,000 are still expected.

For the past 13 months, the Canadian Forces has been helping the Department of Employment and Immigration to make the Indochinese refugees' first few days in Canada easier. While immigration officials look after the administrative procedures that will make the refugees landed immigrants, personnel of the Canadian Forces provide rations and accommodation.

A number of barrack blocks have been fitted out so that entire families may be housed together. Meals are prepared by cooks from Longue Pointe and Griesbach, taking into account the dietary habits of their guests. By the end of the operation, they will have prepared some 350,000 meals.

Military personnel are also responsible for transport. They first drive the refugees from the aircraft to the reception centre, where they spend at least 48 hours, and from there to the bus, train or aircraft that will take them to their respective sponsors. If the sponsors live in adjacent towns or villages, the refugees are driven there directly.

Canadian Forces personnel also provide medical care, distribute clothing and see to the general well-being of the refugees. A number of service personnel have been assisted in this by members of their families. Since most of the flights now arrive on Friday and as procedures cannot be instituted before Monday, recreation must also be provided. Soccer and softball games, among other things, are therefore organized.

The Griesbach reception centre received its first group of refugees on Aug. 14, 1979. Since then, approximately 21,500 Indochinese have passed through it. Indeed, it was at this centre that the 10,000th refugee - a three-year-old boy - was welcomed. He was presented with a Base crest to mark the event.

The last group arrived on Aug. 22, after which the centre closed and the Base resumed its normal routine.

For Longue Pointe, Operation Magnet II began on Aug. 8, 1979, when it received its first 196 refugees. Over the past year, 80 flights and 23,283 Indochinese have landed, and a further 21 flights and 9,250 refugees are still expected. The Dec. 3 flight will mark the end of the operation, and the Longue Pointe reception centre will close shortly afterward.



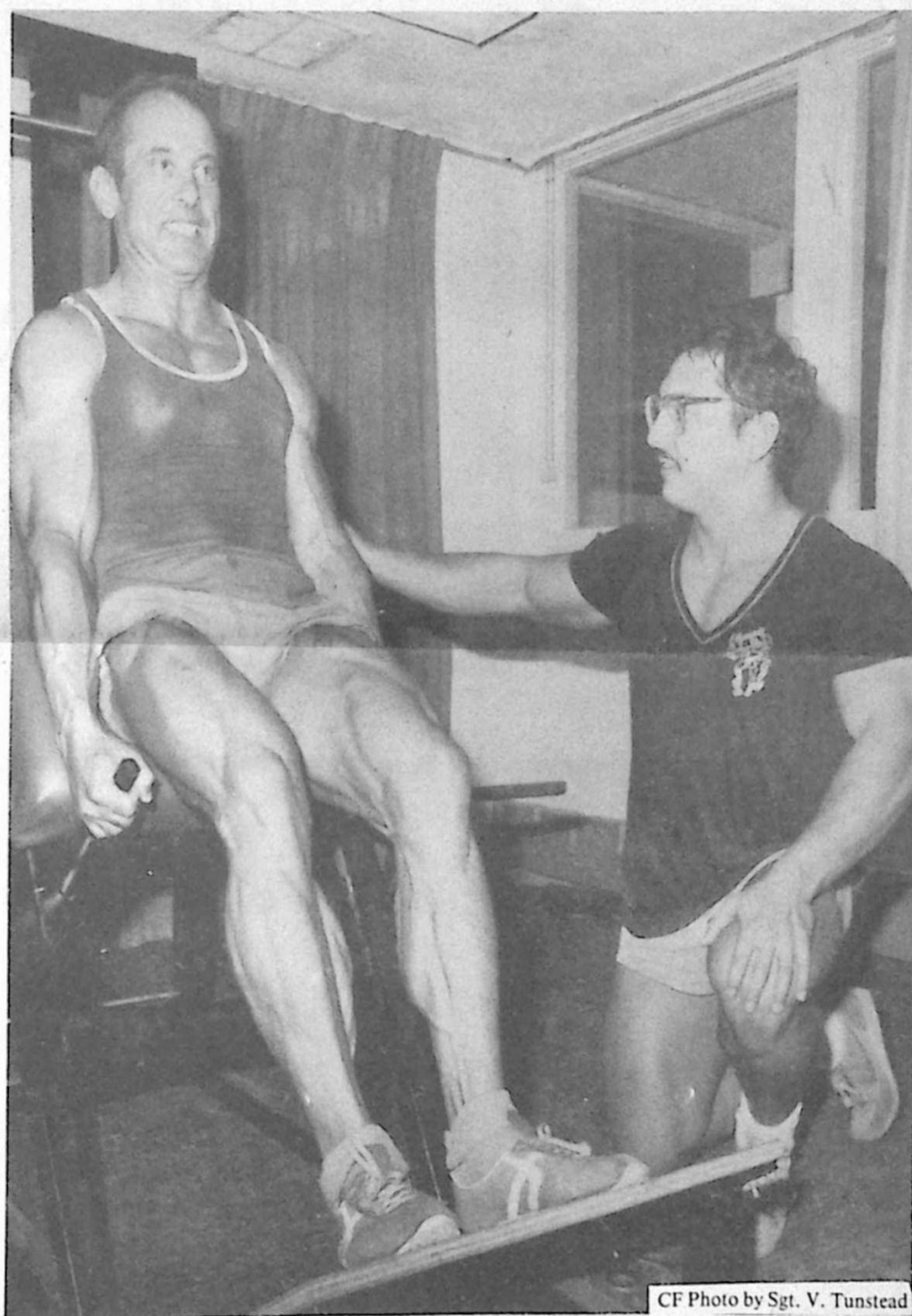
407 SQN PREPARES to launch for West Coast TACEX 80.

Patricia's come home

After six months of United Nations peacekeeping duty in Cyprus, the 3rd Battalion, Princess Patricia's Canadian Light Infantry, commanded by Lieutenant-Colonel Brian Vernon of Windsor, Ont., and based at CFB Esquimalt, B.C., will return to Canada between Oct. 1-3.

Replacing them are 398 officers and men of the 5e Regiment d'Artillerie legere du Canada (5RALC) based at Valcartier, Que., augmented by 32 members of 5e Regiment de Genie de Combat, also from Valcartier. This Cyprus rotation is the 34th to take place since Canadian troops began serving there in March, 1964.

Lt.-Col. Tim Sparling of Oakville, Ont., commanding officer of 5RALC, will command the force. Air Command's 437 Transport Squadron based at CFB Trenton, Ont., will fly the Valcartier-based troops to Cyprus and bring home the Patricias.



CF Photo by Sgt. V. Tunstead

Unification

...cont'd from p.1

and different people that they be informed of our decisions.

"Because of the complexity and administrative involvement in some of these recommendations, I do not intend to go into each of the thirty recommendations in detail.

"Some of these recommendations are more important than others, and I might outline for some of the broad policies which become apparent from our response to the thirty questions.

"The most important recommendation of the Task Force, in my opinion,

deals with command and control. Even before the Fyffe report was presented to me in April of this year, I took the initiative to expand the membership of the Defence Council to include the commanders of commands. We are in a trial period on this, and consideration to further adjustments, if needed, is not excluded.

"One other question that will most certainly arise in your minds is that of uniforms, and more specifically, a return to three uniforms. I assure you that I look back on the Air Force blue uniform with as much nostalgia and

affection as anyone. But that is not reason enough. Basically, the uniform of a military force is based on the structure of the force, and there is only one organization in Canada -- the Canadian Forces. If you read the military assessment in detail, you will see the problems that arise if you try to go back to three uniforms.

Specifically, the Review Group said: "As the Task Force Report implied the conclusion that unification should be retained and as the Review Group endorses this conclusion, a return to three uniforms at this time would do nothing to change

the substance of unification and would merely create an illusion of separateness. Thus it would unnecessarily emphasize and distort the physical differences between people of different environments. It would also exacerbate the problems of support services personnel who would still have to be posted across environmental lines regardless of the colour of the uniform they would have chosen to wear."

The concept of a return to three distinctive uniforms was, therefore, rejected.

"I would like to publicly thank all the organizations and individuals who con-

tributed their knowledge, their experience and their views on defence for the preparation of the report of the Task Force.

"These public spirited organizations and individuals have the best interests of the nation at heart, and their concern for our country can work to the benefit of all Canadians. What is more, their extensive and varied background in defence matters gives them a decided authority when they speak, so that I accepted the report as a serious statement of public interest."

Next issue, a synopsis of the decisions about the major suggestions will be published.

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THE CAREFUL MOVERS... SINCE 1921

FATHER AND SON CHAMPIONS -- Warrant Officer Morris (Mo) Berthelette, 44, a military policeman serving with Air Command's regional operations division, practices for an upcoming bodybuilding contest under the guidance of his son and coach, Les Berthelette, 24. WO Berthelette holds the title of Mr. Canada, 35 years of age and over, and placed second in this year's Mr. National contest which was open to Canadian bodybuilders of all ages. His son, Les, is also a champion in the sport, holding the titles of Mr. Western Canada Overall and Mr. Western Canada Lightweight. So far as has been established, they are believed to be the only father and son team in the history of body building.

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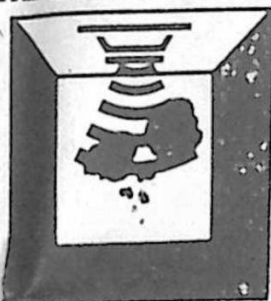
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SMOKE DETECTORS
SAVE LIVES



FIRE
PREVENTION
WEEK
OCT 5 TO 11

WHERE THERE'S SMOKE...
THERE SHOULD BE
A SMOKE ALARM.



IT'S ONE SURE WAY TO GET OUT OF THE HOUSE IN TIME.

FIRING AWAY

What to burn

If you are looking for a robust effective fire this winter, make sure you are using the proper fuel.

Wood should not be green (this increases the moisture content, i.e. increases the amount of steam in the chimney which can mix with gases to form creosote).

If the wood is bought green, let it dry as long as possible before burning. Firewood should not contain much resin (even though this is a good fuel in itself) as it is likely to vaporize and go up the chimney where it will probably condense. In other words, tend to avoid softwood except for kindling.

Remember that green wood does not dry in the winter time. Traditionally, wood sheds were used to protect the drying wood from the rain and snow. The wood was piled up in such a way as to allow good air circulation to every piece. A helter-skelter pile does not allow wood to dry.

In starting a fire in a space heater or furnace, you should never use kerosene, gasoline, crank case drainings or commercial fire starters. These products are too dangerous when burned in an enclosed space and should not be used in a space heater or furnace.

Scrap wood, packing materials, cardboard boxes

and newspapers can be burned but only in small quantities and with great caution. Most manufacturers of space heaters warn against this practice because the flames roaring up the chimney can easily overheat the space heater, pipes and the chimney.

Most plastics burn but in a very unpredictable way. Some melt and ooze and foul up a fire. Some send greasy, sticky, black flakes up the chimney which will make it even harder to clean. Plastic bottles may contain flammable vapors which may explode in a fire box. The best policy is not to burn plastics. (from CMHC's "Heating with Wood Safety")

FIREWORKS SUPERVISOR COURSES

The Department of Energy, Mines and Resources, with the co-operation of the Fire Commissioner's Office will conduct Fireworks Supervisor courses to qualify persons to set off displays of class 7.2.2 fireworks. Under the Canada Explosives Act, exhibition-type fireworks displays must be fired under the direction of a qualified "Fireworks Supervisor".

The courses will be held as follows:
Thurs October 16, Port Moody, Contact Fire Department 461-7795; Fri October 17, Campbell River, contact Fire Department 286-6266; and Sat October 18, Vernon, Contact Fire Department 542-5361.

The course is a half day course (9:00 a.m. - 1:00

p.m.). There is no charge for the course, but travel arrangements if necessary, and any other personal expense will be the responsibility of the candidates. Anyone interested should contact the fire chief in the above listed places. Actual registration will take place at the time of the course. "Extracted from IN FIRE MATION".



PREVENT FOREST FIRES



Find A Word for Firesafety

FIRE SAFETY PUZZLE CONTEST

1. This contest is open to all military and civilians employed at CFB Comox and their dependants, excluding members of the Fire Dept. or their dependants.
2. All entries must be brought to the Fire Hall prior to 1500 hrs. 12 Oct 80.
3. The first correct puzzle turned in will be the winner of a fire extinguisher. If no puzzle is totally correct, the one with the least number of mistakes will be the winner.

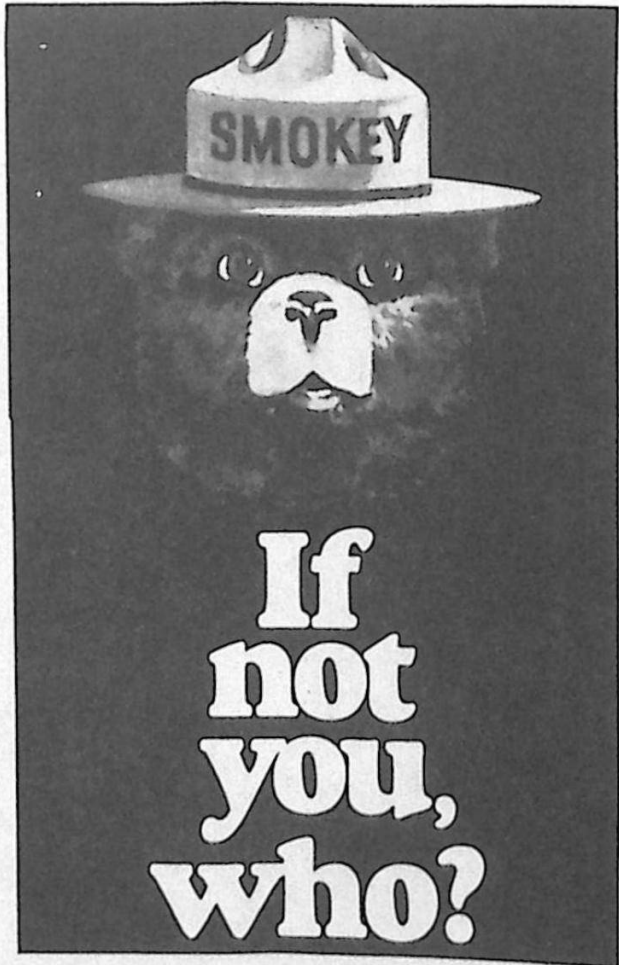


Smoke
Detectors

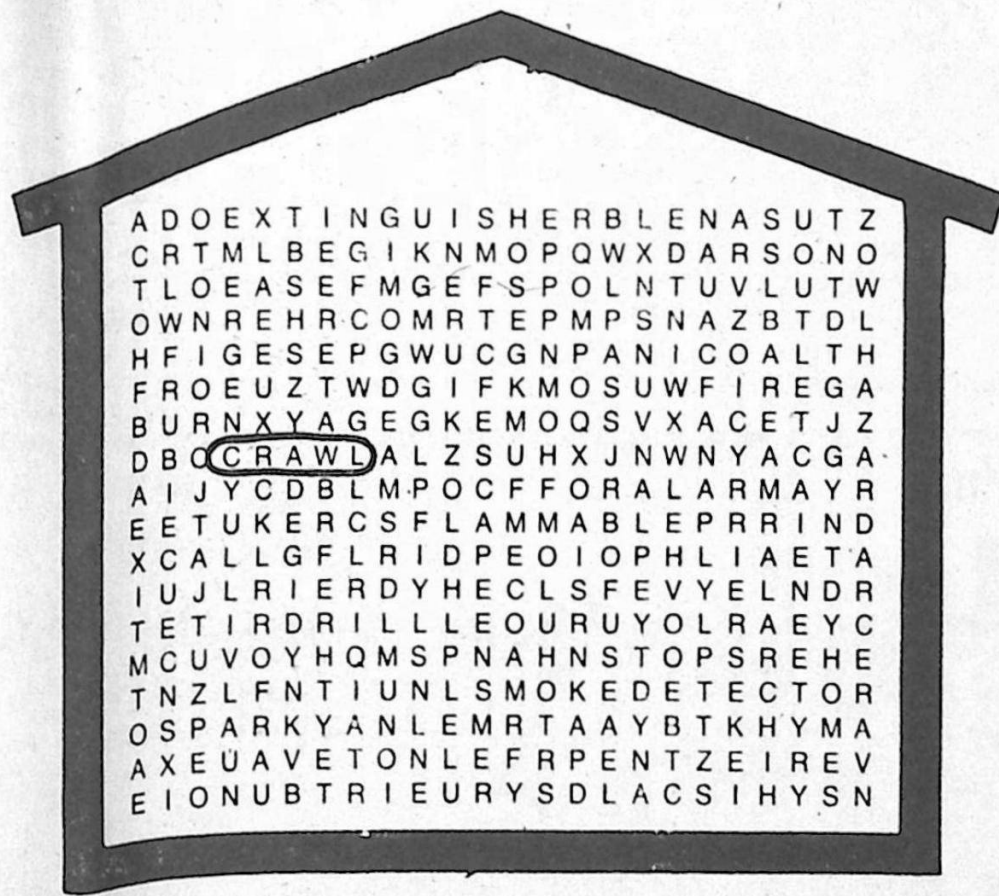
CSA is still receiving many inquiries about smoke detectors. Underwriters' Laboratories Canada (ULC) is the testing agency, so it is the ULC mark that consumers should look for before purchasing a smoke detector. CSA no longer tests or certifies smoke detectors.

So, once you purchase it, where should it go? Generally, smoke detectors should be mounted on the ceiling between sleeping areas and the rest of the dwelling. Additional detectors can be placed in other areas to provide even earlier warning. To add time for escape, keep bedroom doors closed at night.

Always consult the manufacturer's instructions and if in doubt as to proper installation, consult the fire department.



Complete each sentence below choosing a word from the list. Then find each word and circle it in the puzzle. Crawl is completed as an example.



- Panic
- Fuse
- Drill
- Explode
- Plan
- Roll
- Arson
- Outlet
- Homes
- Smoke Detector
- Scald
- Water
- Axe
- Sparky
- Exit
- Emergency
- Hazard
- Burn
- Escape
- Flammable
- Hose
- Alarm
- Hot
- Extinguisher
- Call

1. If trapped in smoke, Crawl under the smoke to safety.
2. Gasoline can _____ near a flame or heat.
3. Electrical _____ covers protect little children from shock.
4. _____ is used to put water on a fire.
5. Treat a minor burn with cool _____.
6. Use the enclosed stairs marked "_____" not the elevator, to escape from a burning building.
7. Have a home fire _____ now. It could save your life later.
8. Learn Not to _____.
9. _____ is NFPA's firesafety dog.
10. If there is a fire, get out fast. Then _____ the fire department.
11. _____ is a crime. It is a fire set on purpose that does harm.
12. Unless trained to use a fire _____, a person should get out and call the fire department.
13. Most fires in which people die happen in their own _____.
14. _____ is an unsafe condition that exists in your home.
15. A _____ can warn you of a fire before you might smell, hear or see it.
16. If you smell smoke, don't open the door. Feel it to see if it's warm or _____.
17. Fire fighters and paramedics respond to _____ calls.
18. _____ causes more panic; set a calm example.
19. Make a home escape _____ Practice it twice a year.
20. In case of fire, you must have two _____ routes from your home.
21. _____ may prevent fire fighters from getting to a real fire.
22. A false _____ liquids catch fire easily. They must be stored in special safe containers.
23. Sometimes fire fighters need to use an _____ to break through locked doors.
24. A _____ disconnects overloaded electrical circuits.
25. _____ disconnects overloaded electrical circuits.
26. If your clothes catch on fire, stop, drop and _____.
27. A hot liquid burn is a _____.

NAME:

ADDRESS:

PHONE NO: