



TOTEM TIMES



Vol 23 No. 5

CFB COMOX TOTEM TIMES

THURSDAY, MARCH 5, 1981

COST: PRICELESS

Success for the United Way at CFB Comox



The Base Commander, Col. J.R. Chisholm and Capt. G.E. Buchanan, Base United Way Coordinator, present a cheque to Mr. S. Wallace on behalf of CFB Comox. Lt. C. Boivin, at right, the assistant Base Coordinator 1980, will assume the responsibilities of Base Coordinator 1981. Lt. Boivin played a major role in the success of the 1980 campaign and will oversee the 1981 endeavour. CF Photo by Cpl. Hofmann

Once again CFB Comox has responded to the Comox Valley United Way Campaign in a manner which brings credit to all personnel of this base. The CFB Comox contribution totalled eight thousand three hundred and ninety-

four dollars and forty cents. The efforts of canvassers, at the unit level, greatly contributed to the overall success of the base campaign.

Cpl. Burnell, of 442 Squadron, in a singular effort, raised four hundred and fifty-five dollars in a

twenty-six mile marathon run.

The Base Kiwi Club, through their annual wheelbarrow race, contributed a further two thousand three hundred dollars in cash and debentures to the CFB Comox total.

Monies raised through the efforts of all personnel will be used to enhance the lives of many less fortunate people in the Comox Valley.

Thank you CFB Comox for your generosity and continued support of a worthy community project.



The Base Commander, Col. J.R. Chisholm and Mrs. Eby, representing the Base Kiwi Club, present a cheque to Mr. S. Wallace of the Comox Valley United Way Committee.

DIAC installed for VP407

On Wednesday, the 21st of January the computer system in the Comox DIAC was officially accepted.

The DIAC computer system and software represent a state-of-the-art computer system designed to support the CP-140 Aurora. It will assist with

the preparation and presentation of mission briefings as well as debriefings, mission replay, and post-flight analysis.

PACER System Inc. is currently conducting DIAC System Operations Training for Canadian Forces (CF)

Personnel at CFB Comox. The DIAC (Data Interpretation and Analysis Centre) is a land-based, computerized ASW operations complex designed to support airborne maritime patrol missions. Dedicated primarily to interface with the CF's new CF-140

Aurora Aircraft, the DIAC also has the capability to interoperate with other Allied Forces ASW aircraft such as the Argus, P-3, Nimrod, and Atlantique. The alien feature of the DIAC is its Automatic Data Processing Subsystem. This subsystem combined with the Control

and Display, Communications Acoustic, and Non Acoustic Data Analysis Subsystems, assists ASW Operational personnel in Mission Planning, Crew Briefing, Mission Monitoring, Debriefing, and analysis of mission information from returning flights. The advantage of the DIAC is that it performs these tasks with computer speed and accuracy, and integrates a variety of information from numerous sources. It does this by categorizing and recording alphanumeric and graphic information of ASW Operational relevance into Data Bases. This Data Base information may be subsequently displayed on Operator Controlled Viewing screens and modified, reformatted, transferred between data bases, transmitted, taped for aircraft use, printed, or purged from the system completely.

PACER INVOLVED IN DIAC DEVELOPMENT

PACER's DIAC involvement has been continuous since the mid 70's. PACER had primary responsibility for designing the DIAC system and facility as part of LOCKHEED's CP-140 Maritime Patrol Aircraft proposal effort. After

LOCKHEED won the CP-140 contract in 1977, LITTON System Canada was made the DIAC system integrator; PACER has been supporting LITTON Systems ever since. This support has included; studies to assist LITTON Systems in determining required levels of effort for development; devising and issuing various test plans and procedures including the Integrated Test Plan; System Integration laboratory Test Plan and Procedures; System Technical Evaluation Plan and Procedures; Site Activation Test Procedures; and providing general system engineering support in Toronto and at PACER's System Sciences Engineering Division in Fort Washington, Pennsylvania. General support included; development and modification of program specifications for both the operating system and the applications software; assisting with the design of all software which LITTON Systems had to develop without baseline software; design and management of the development of software for generation of CP-140 data extraction test tapes; preparation of test procedures used to test the baseline system provided by UNIVAC; and assistance with both the design

preparation, and conduct of a major portion of tests used to demonstrate the individual DIAC software functions to LOCKHEED and the Canadian Forces.

PACER DEVELOPS DIAC SYSTEM OPERATIONS TRAINING PROGRAM FOR CF

PACER, having been involved in the DIAC System Development and Test, produced the DIAC System

Operations Training Program which includes a thirteen day course curriculum, DIAC Operations Manual, and a Total System Utilization Scenario. Albert L. (Marc) DiMarcantonio, Project Leader for DIAC System Operations Training has been working in concert with Dave Redpath, Dave

Pictures p. 10
"DIAC" p. 14



Members of PMO Aurora, CF Detachment Burbank, CFB Greenwood and CFB Comox along with officials from Lockheed California Company of Burbank, CA, and Litton Systems Limited of Toronto, Ont.

CF Photo by Pte. J.M. Stoeckl

"Fishwrapper" Exposed

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Section news

Nighthawks Nest

QQ CONTROL

In a frenzy of patriotism, a herd of 409 members are planning to descend upon the quiet, temperate town of Reno, Nevada at the end of the month, hoist the flag in the lobby of the MGM building and depart a week later with the better part of the state's gold reserve in the airplane luggage carriers.

It seems this gambling disease most closely approximates malaria. It gives you chills and fever, but you never develop an immunity. Ray Dunsdon has issued a dope sheet (no, that isn't a navigator's shroud) that he claims made him the richest gambler in the kingdom, neglecting to mention the kingdom was Easter Island.

Mel Felts is back with us looking hale and hearty, and submits this report on his air evac to Vancouver.

"AIREVAC" - A PATIENT'S POINT OF VIEW

It all started out with a pain in the gut sometime on the 14th of Jan. That pain turned out to be appendicitis which eventually led to a ruptured appendix. Two operations were performed at Comox's St. Josephs Hospital with my condition steadily worsening. Sometime on the 19th a decision was made to "Air Evac" another patient and myself to the better equipped facilities of Vancouver. I was in considerable pain and sedated but this is what I recall.

Maj. Neil Coward was the aircraft commander and Capt. "Mini" Costello the Duty Nurse. I was wheeled through the corridors of St. Joe's to the chopper exit

and onto the machine. Up to that point, I hadn't realized how little spare space there was in a 'Lab' with 'SAR' gear. My stretcher was bracketed to the port stanchions. All the various hoses and tubes coming out of my body were connected and seconds later we were airborne into the night sky.

After a few minutes into the flight, the Medical Assistant, Sgt. Rex Pitcher, monitoring my vital functions, scrounged up a head set and gave it to me so I could listen to the crew. The pilots were discussing the various lights that we were using to find our way to Vancouver. At a lull in the conversation I pushed the 'Mic' Button and introduced myself also asking our altitude.

"400 to 800 feet", was the reply, "but if you're in pain, let us know - we can go lower."

"Thanks, but no, I'm comfortable," I replied.

A (Yellow/Orange) light caught the pilots' attention, and they didn't know what it was. I suggested maybe it was a tow of some sort. Vancouver was fast approaching so I lay back and listened as the pilots pointed out the various lights and landmarks to their helipad. An uneventful, smooth, on the money, landing was carried out. Within minutes, all my body tubes and hoses were disconnected and I was off-loaded to an ambulance with my fellow evacuee for the transport to the hospital proper.

I remember hearing, every now and again a Newfoundlandese mumble from Mini. She was standing beside me in the ambulance with still some con-

siderable headroom. Every once in a while, during this 5 to 10 minute trip, Mini would bounce up and hit her head on the roof.

That was basically the ride from one hospital to the other.

Considerably later, after a third operation, I talked to my surgeon in Vancouver, who indicated that my arrival was timely.

I'm sure I thanked the crew at the time. I would like to do so again now.

Aircraft Commander - Maj. Neil Coward
1st Officer - Capt. John McLellan
Flight Engineers - Sgt. Larry Ward and MCpl. Frank Amadio
SAR Techs - Sgt. Don Lane and Cpl. Craig Seager
Duty Nurse - Capt. "Mini" Costello
Duty MedA - Sgt. Rex Pitcher
and O/Cdt Ken Rae

Sincerely, for a second chance, Thanks

Mel Felts

Captain

409 AWISqn, Navigator

Vancouver Gen. Hospital

They could have used this squadron at Jericho. Four folks from 409 along with two local ladies raised the main wall of Joel Clarkston's house a couple of days ago. They may be at it again after the house is finished, for it will likely be levelled at the house warming.

On the topic of housing, I am hereby using this forum to proclaim the Frazer's home officially open by virtue of two christenings in a three day span -- the first an impromptu affair and the second thrust upon them by the Dunsdons.

Now for Slack and Howie... BGJK



At last! Capt. and Mrs. G. Frazer (USAF) are pleased to announce the completion of their new home north of Courtenay. After many arduous hours of work, the house was thrown open to 409 Squadron two weeks ago. The guests are shown clustered outside due to the design defect which neglected to include a washroom. "It's no defect," said Greg when questioned under hypnosis, "wedon't go to the bathroom in the U.S." Blaming the long delays in construction on the golden calf they had been worshipping, the Frazers recently switched to the bride's mother who is seen pictured over the main entrance.

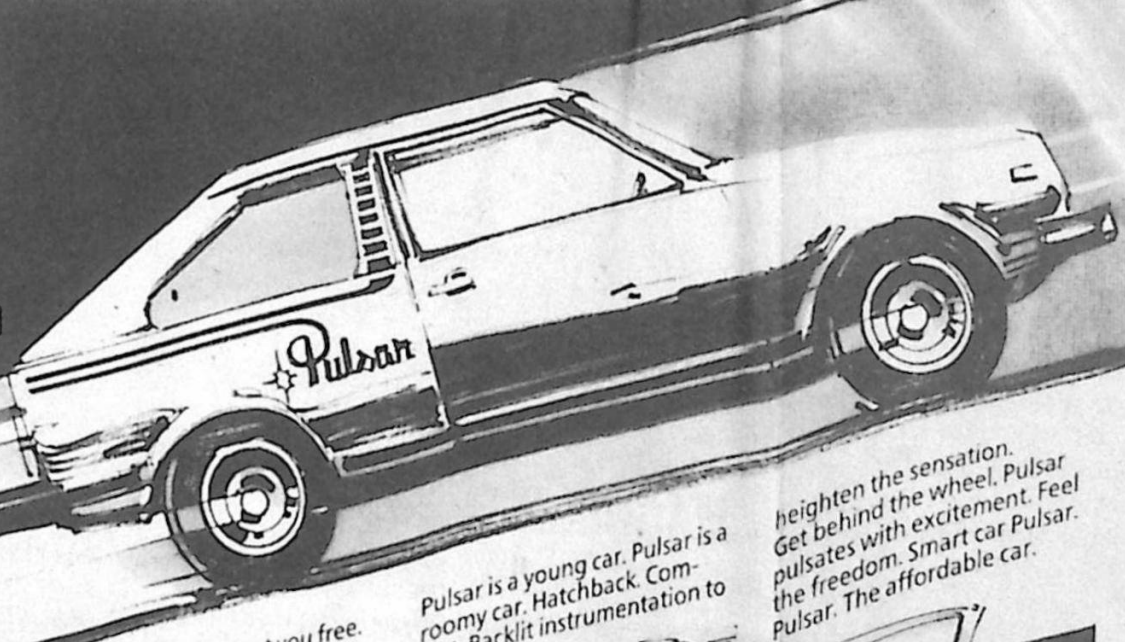
The career mangler has been here, spoken his words of wisdom and disappeared down island. In his wake, is a flurry of quotes and misquotes such as, "East of Manitoba can't be that bad", "Hey, I wasn't supposed to go til next year" and "What a great guy, Comox til '83". And of course there was ther perennial "But I don't want to go to Labrador". What a job the poor man has, its a wonder he didn't give himself three weeks TD in sunny Victoria.

The ATC&A (Air Traffic Control & Associates) hockey club is continuing its climb towards the number one position in the CFB Comox Hockey League. Last week ATC&A eliminated a strong 407 squad in the Semi Finals. After being outplayed in the first game 407 had the controllers on the run for the first two periods of the second game. However their excellent passing game was unable to penetrate ATC's defences enough times for the win. It was an evenly contested series and if not for the Howie Meeker Hockey School calibre of goaltending by "The Wall" the outcome could have been reversed.

ATC&A take on a tough 442 team this Monday in the 1st game of the best of five finals. It'll be close but there's little doubt that the powerful ATC&A team will take it in 3 games straight.

Bob Walton and his entourage are busy "teeing" up for the ATC Golf Tourney that's coming up in April. Anyone interested in helping out should give him a call. (Capt. Walton has already personally filled the position of Oi/c Drinking).

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With the kind of weather we had last weekend, is there any wonder why so many people come out to Comox on TD? Capt. Wayne Fisher (still a part-time 442 Nav) provided an excellent excuse for TD in Comox when he set up the Air Force Indoctrination School. What better place to receive an indoctrination into the ways of the Air Force? We have everything in the Comox Valley that an Air Force type appreciates: fishing, skiing, golfing, hiking, and even recreational sailing. When we're not busy doing any of the important activities listed above, we also do some flying. What a life! Every year at this time, 442 sends an invitation to 408 Sqn. to visit God's country for a month. At this very moment, there are some 408 and VU32 crews having a fun-filled holiday (thinly disguised as TD) in Comox. This allows some of our Labrador crews to chase fishing boats as they in turn, chase the schools of herring up the B.C. coast. (We won't mention who is chasing the Lab crews at night during the "Roe" detachment). Based on past experience, SAR activity usually picks up during the

Herring Roe season. There is no reason to expect that this year's season will be any different. At the present time, the fishing fleet is working in the Tofino area, and a 442 Lab is on scene to make daily patrols. From time to time, a Buffalo will also patrol the fleet. This is the one time in the year when we get to find out what VU33 really does for a living. We'll have to keep our eyes open for those low flying Trackers. Rumour has it that there is a beach on the west coast of the island where people go to sunbathe in their birthday suits. Our SAR Techs will keep track of these hardy souls, and they are more than willing to provide medical assistance in case someone develops hypothermia. By the time this article appears in the paper, the base inter-section hockey finals will be underway. 442 qualified for the finals by defeating 409 in two straight games. We played so well that even Neil Patterson scored two goals in the second game! (Sorry about that, Neil). The season was an "up and down" one for 442. After a strong start, we began to

fade near the end. Fortunately, we regained our form against the Nighthawks. Hopefully, the finals will go much the same way. A photo was recently uncovered in Sqn. files, showing the CO and his father doing some manual labour. (We were able to get hold of the photo just before it was to be delivered to "Ripley's Believe it or Not"). The incident occurred during the Flight Engineer's "Snowball" prior to Christmas. As you can see from the photo, MCpl. Larry Atkinson is amazed by the talents of such high-priced labour. Did someone overhear the CO muttering "If you want to get it done right, you've got to do it yourself"? In reality, the CO's father (a retired Air Commodore), was commenting on the fact that his son would never make it to the top if he didn't clean up his own mess! (I'll be writing the next article from Siberia, so please send me some warm clothing). My tour in Comox has been fun; short, but fun. Until we meet again, keep your heads up for low flying Labs and Buffs.



ADTAC'S FINEST ... Msgr Marion Futch displays a certificate recognizing him as the "Munitions Supervisor of 1980" for ADTAC. Congratulations Marion!

407 Demon Doins

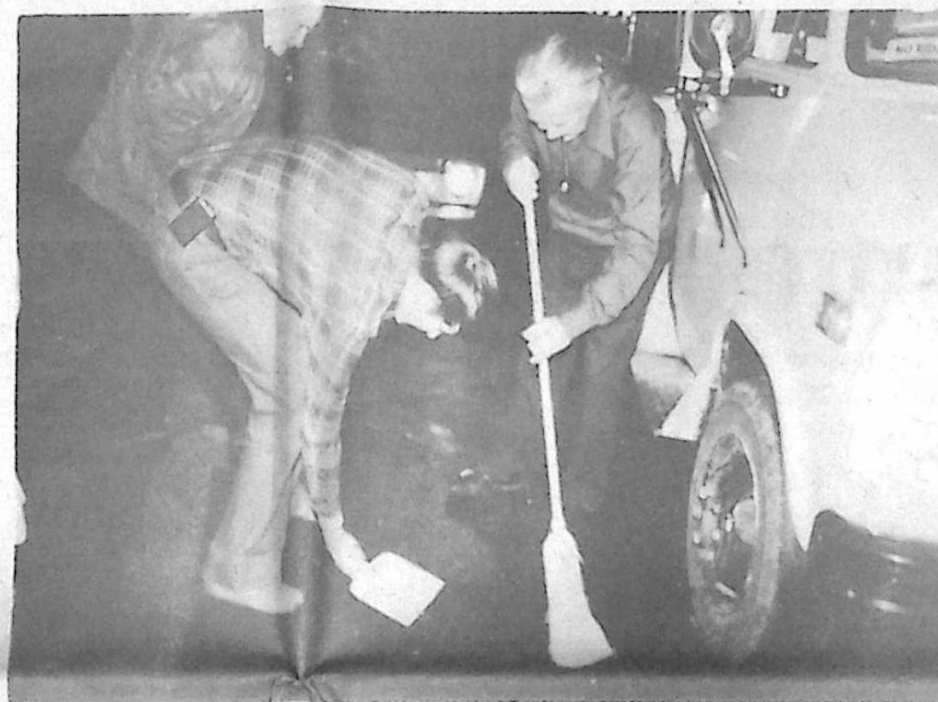
I'm writing this article before. Yet I heard it was a bit shaky, and left the walls and roof misplaced. Sources told me that it was caused by a Capt. Stevenovich, a Navigator from 244 Search & Rescue Sqn. As he went storming through the building looking for a PIO who reprinted an article of his without consent.

With the opening of the DIAC, courses have already started for training the Ops people on how to manage the new computers that have been installed in the building. In fact Capt. MacFarlane and McDougall who are attending the courses from Greenwood, have decided to defect from the apple blossom valley in order that they spend the rest of their days in Comox.

The CO announced Monday that the Squadron was entered in the National ASW competition to be held in Summerside in April. We'll be sending down an Argus to compete against one from Summerside and an Aurora from Greenwood. The crew is already formed from personnel not attending CON 6, and I have to admit, it is an exceptionally keen crew. All I can say to VP405 in Greenwood is that you'd better be good with the Aurora or else! The winner of the competition gets to travel to Finncastle to be held in Australia in early fall.

Well, as I look around me, surprisingly everyone is still awake, manning their stations, looking somewhat keen. Who knows, maybe today's flight will just be another quiet one, but what is that snort I see going by the port lookout....

The 407 DIAC was officially opened Feb. 25 by the CDS, General Withers when he visited Comox. The DIAC had an unofficial opening about 12 days



Now That's Incredible! See 442 SAR SITREP for details.

OFFICERS' MESS ENTERTAINMENT

Fridays, March 6, 13, 20, 27 -

REGULAR TGIFs- 1630-1730 hrs. Food as indicated. Bottle and Jackpot draws at 1730 hrs. Free taxi service - ask at bar.

Saturday, March 14 -

CRAB AND BEEF DINNER- Time: 1930-2130 hrs. Dress: Informal. Adults only please. Menu: King Crab Legs, Prime Rib, Vegetables, Salad, Desserts. Cost: \$20.00 per couple, \$22 per guest couple. Music by DJ: 2100-0100 hrs. Reservations to Mess Manager by 1300 hrs. by Thursday, March 12.

Wednesday, March 18 -

OWC FASHION SHOW- with fashions by Leslie. Tickets may be purchased from Barb Myatt, Gail Thomas or Diane Beech. Cut of date March 9. See you there.

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| March | 1 | PIG & WHISTLE-Fraser Mcrae & Co. |
| | 3 | Movie - Heaven Can Wait |
| | 6 | TGIF |
| | 7 | D.J. |
| | 8 | PIG & WHISTLE-Blue Grass Band
Dixie Sunrise |
| | 10 | Movie-Starting Over |
| | 13 | TGIF |
| | 14 | D.J. |
| | 15 | PIG & WHISTLE-Bernie & Red |
| | 17 | Movie-Hannie Caulder |

Presentable jeans allowed with D.J.
D.J. start 2000 hrs.

ENTERTAINMENT WOs' - SGTs' MESS

St. Pat's
Dinner & Dance
21 March

Admission: \$20.00 Reg
\$30.00 Guest

Cocktails 1900 hrs

Tickets and seating reservations from Mess Manager.
Cut off date for tickets 19th at 1600 hrs.

8th
15th

Movies
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Flannice Caudler



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LOOK AT YOUR HOUSE - AGAIN

If you've lived in your house any length of time, chances are you take it pretty much for granted -- the good and the bad. You may no longer really notice its features or its faults.

If there's a handy extra full bath downstairs, just right for overnight guests, you may be so accustomed to it that you don't consider it as a special selling point. Or perhaps your children have grown, and you've forgotten how great it was to have a play area you could supervise from the kitchen window.

On the other hand, you may not notice things that have become run down. If the garage door has been stiff and hard-to-open for years, you adjust to it and just pull a little harder. If the kitchen is poorly laid out -- well, you've gotten used to it.

When it's time to sell the house, though, you need to take a good look at the features that make it more attractive to a potential buyer. These should be emphasized in advertising and stressed in showings. And the faults? Where possible, they should be corrected, or at least played down.

When it's time to sell, let an expert show you what today's buyers will like about your home.
LIST WITH
Bruce Trainor 339-6119



Editorials

In reserve

The Armed Forces appears determined to upgrade the quality of the Reserves and Militia - an essential move in view of the military situation in Canada today. Even larger powers such as America, Britain, France and the U.S.S.R. maintain fairly large, well-trained and active reserve systems, and it becomes doubly important to do so in a country such as Canada which does not enjoy an over abundance of military manpower or equipment.

It is glaringly apparent that next time around will not see a situation in which the principal antagonists have the time to "gear up" for war as the battle

progresses, nor enjoy the luxury of converting civilian industry to military production. In short, the war will be fought with what is at hand.

If we insist on having on hand a regular force which could very well be inadequate for the immediate goals of such a war, it behooves the planners to at least have at their fingertips a readily available source of manpower trained to support the regular force in the initial thrust or parry.

The updating of the militia and the converting of the air reserve to C-130's and Kiowas is an encouraging step. Will it, however, be enough? BGJK

Summer Games

Nothing wrong with using editorial space for a little advertising. As the cartoon this week points out, the B.C. Summer Games require a great number of volunteers in order to bring off the games in a smooth, successful manner.

The games themselves deserve the support of the community. They bring together athletes from all over the province, and due to the emphasis on providing competition for other than strictly

the athletic elite, it serves the purpose of exposing youngsters to province wide competition who would have otherwise been unable to reach the upper few percent in their sport and thus been relegated to forever competing in sports at the club and school level.

So do something for both the athletes and the Comox Valley and volunteer your services - you won't regret it. BGJK

"Bedroom Farce"

Courtenay Little Theatre is again in the midst of producing another popular comedy. The group has reached the half-way point in their rehearsals for Alan Ayckbourn's "Bedroom Farce", to appear at the Courtenay Civic Theatre, March 5, 6, 7 and 12, 13, 14.

"Bedroom Farce" depicts an endless Saturday night of amusing scenes of ruffled beds, tempers, marriages and domestic order. The play is unusual in that we see all this occurring onstage in three bedrooms at once. As the story unfolds, Trevor and Susan

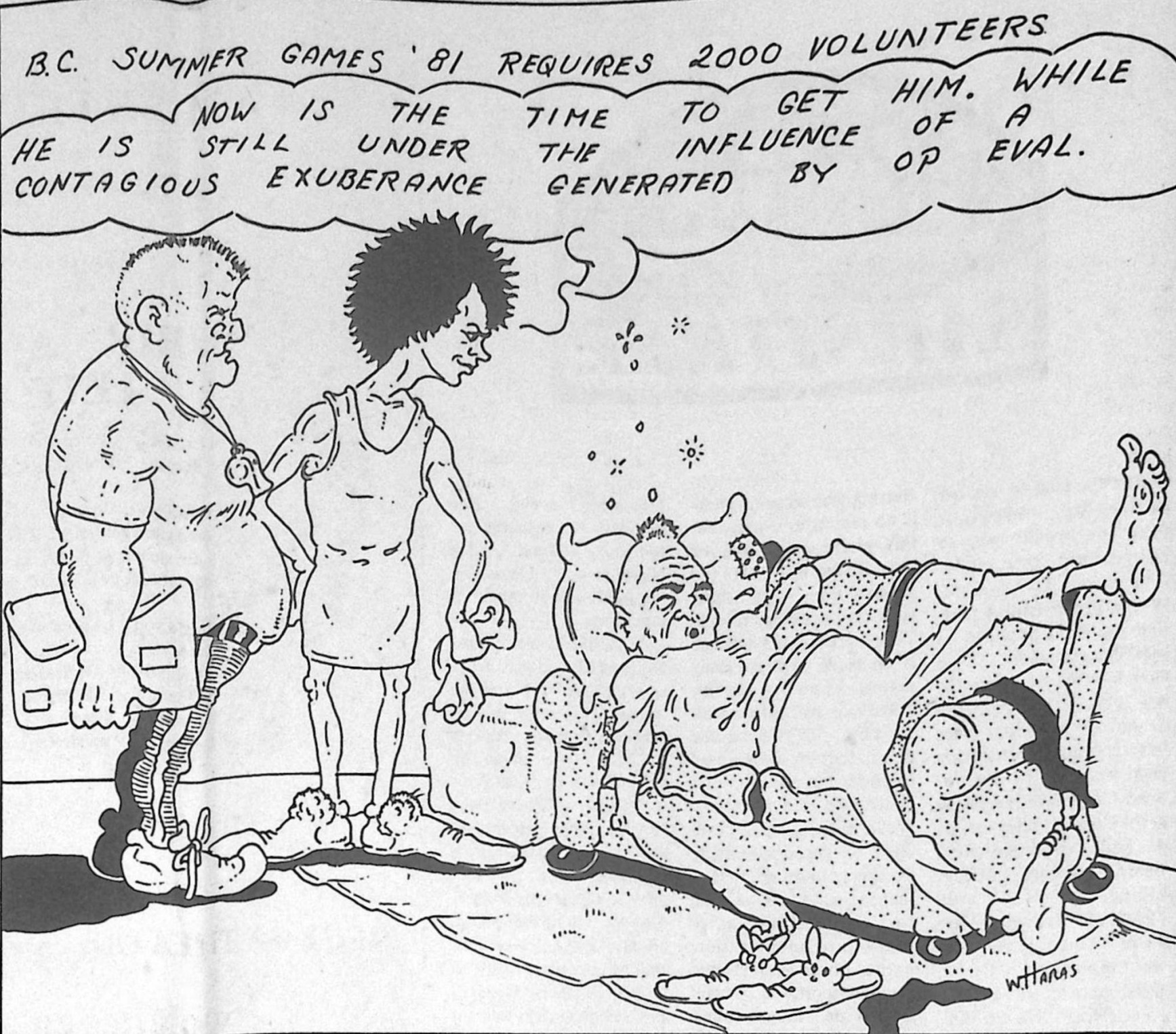
nah, the pivotal characters beleaguer each bedroom and loved ones in turn with their outrageousness.

A strong group of club members has been cast in the play, with several being well known from past productions. These include Gail Limber, Wayne Perret, Neill Dixon, Audrey Rogers, Jay Norton, Catherine Tancon, Linda Evans and George Ledig.

The show is being directed by Ted Price. Local theatre-goers will remember his successful production of "The Good Doctor". Price says he is enjoying directing

another comedy but comments that "Bedroom Farce" presents an interesting challenge in that, under the layers of comedy and fun, Ayckbourn has something serious to say about human relationships. He portrays love and caring with all its accompanying foibles but what can best be described as the 'tyranny of the weak'.

For the first time, Courtenay Little Theatre will be having a split run extending over two weekends. Ticket prices will be \$4.00 and \$3.00, available at local outlets and at the door.



Beef from Ottawa

The Editor,

Maj. Mills,

As an occasional, (and usually discovered) practitioner of the shady act of plagiarism myself, it is gratifying to occasionally catch someone else in the act - and you are my victim at this time.

In the 22 Jan 81 edition of the Totem Times you ran a photo with the caption of title "Git a long little doggie." The photo purported to be about a cattle round-up near a ranch south of Courtenay. Sir, how could you?

There I was, back in '76 trying to do an honest story on range control fun and frolic at CFB Suffield, Alta, and I got stuck helping to round up this very herd - for over 8 hours in a hot July sun. Why, I even got to know those critters by name. That's Gertrude up there on the right, the white one with the brown eyes and that 's Griselda bringing up the rear so to speak.

In fact, I even took the photo, while standing in a pile of cow afterthought. All in the line of duty for a public affairs officer, of course.

Now that I've "accuratized the facts" so we may all keep a proper historical perspective on this vital matter, I would like to let you and all your readers know that we here at Sentinel/le magazine read your newspaper avidly. It continues to be a source of interesting items that we try to use as often as possible.

Maybe it's because you islanders are just so damned interesting. Keep up the good work and happy trails.

Sincerely,
Craig G. Mills
Major
Managing Editor
Sentinel/le

It was with a mixture of remorse and surprise that I digested your letter. Remorse at having dealt you a blow grievous enough to leave you so obviously crestfallen, and surprise at the fact that it marked only the first occasion I have received a letter pointing out the lack of veracity of the Totem Times' photo captions. To your charge I plead guilty - but I do not repent.

After the Watergate affair broke, a hoard of our best investigative reporters made a dash for the east coast where they are presently firmly entrenched on the staffs of the Washington Post, the New York Times and, in the case of a pair of navigators, the National Enquirer. Being blessed with an excellent file system (contributed in a moment of blessed generosity by the West Coast Corrugated Box Co.), we managed to salvage several photos - minus the captions which were spirited away by the defecting reporters.

Thus, while all promotion shots, news photos and the like are truthful to the letter, the odd "filler" picture is perhaps suffering from a dearth of veracity. In order to "accuratize the facts", let me say that if all the true captions of our filler pictures were accumulated and placed in their own filing cabinet, it would be like putting a BB in a boxcar.

We appreciate your letter and hope things are going well with the "big brother" of base newspapers. If you have any further trouble, sir, please do not hesitate to bring it to our attention. BGJK

P.S. All in all, I am extremely sorry for having attached a frivolous caption to your serious picture, and promise to do so again in the near future.

Forty years of Air Cadets

Established as a voluntary public-service organization in 1941, the Air Cadet League is currently observing its 40th Anniversary Year.

The League is proud of the fact that over 600,000 young Canadians have been assisted along the path to good citizenship while wearing the uniform of the Royal Canadian Air Cadets. Their motto:

To Learn

To Serve

To Advance



1941-81

CNA TOTEM TIMES

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

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

GENS DU PAYS

TRES BON ACCUEIL

A POWELL RIVER

C'est dimanche dernier, le 1er mars, que les "Gens du Pays" rendaient visite au club des Canadiens-français "Bon Accueil" de Powell River. Ces derniers ont organisé une journée dont tous se souviendront longtemps. Tout était absolument parfait. Ils avaient même commandé du soleil qui nous a suivi toute la journée.

Le tout a débuté vers sept heures du matin au terminus du traversier à Comox. Au total, vingt-neuf gens du Pays ont pris le départ. Pour plusieurs, c'était peut-être une des rares fois où ils ont pu admirer un très beau lever de soleil, surtout un dimanche matin... La traversée s'est très bien effectuée et tous étaient finalement éveillés à l'arrivée. Les gens de Powell River nous attendaient avec un autobus qu'ils avaient nolisé pour la journée.

Le programme débutait par une visite de la scierie et usine de papier. Nos guides étaient employés par la compagnie même et tous les commentaires et réponses aux questions étaient en français. La visite dura environ deux heures et on a pu voir tout le processus de fabrication du papier et des "deux par quatre" à partir des troncs d'arbres. Un point intéressant à noter est que cette usine est l'une des plus grosses en Amérique. On y emploie 2,800 person-

nes environ et on y utilise autant d'eau en une journée que la ville de New York!

Après un très bon petit lunch, on s'est rendu au club de curling en visitant un peu de la ville. Les équipes mixtes étaient formées d'au moins un skip avec plus ou moins d'expérience et les trois autres joueurs avec moins d'expérience (pour ne pas dire pas du tout...). Fallait voir ça! Les pointages étaient plutôt bas, et il n'y avait souvent que très peu de pierres qui restaient en jeu...

Certaines manquaient de souffle, et les autres en avaient plus qu'il en fallait! Il n'y a pas eu de blessures, bien que certains et certaines avaient un style plutôt spécial... Neanmoins, tous ont eu beaucoup de plaisir et il s'agissait d'une occasion idéale pour essayer un nouveau sport. Il y avait même de magnifiques trophées fabriqués par un des membres du club Bon Accueil. On en a rapporté un, chaudement convoité et remporté de brillante façon par Bernard Gagnon (Ha! ce qu'on peut avoir avec un baiser...)

Après une promenade en autobus à travers de très beaux quartiers de la ville, le groupe s'est rendu au local du club. Plusieurs autres français de la région nous y attendaient avec un souper maison qui aurait

fait l'envie des meilleurs restaurants! Les gens avaient préparé tout un buffet complet avec salades, hors d'œuvres, pain français, de superbes fèves au lard, un chili excellent, pain de viande, desserts, gâteau au fromage, plusieurs vins et j'en passe. Il faut dire que nos ébats au club de curling avaient ouvert l'appétit et tous se sont rassasiés de brillante façon. La soirée s'est continuée en mangeant et en chantant toutes les chansons à répondre aux quelles on pouvait penser (certaines étaient même un peu sautes!...)

Malheureusement, comme toute bonne chose a une fin, c'est vers huit heures quinze qu'on s'est dit "ce n'est qu'un au revoir, mes frères". Au nom des gens du Pays, Luc a remercié nos amis pour cette excellente journée et les a invités à nous rendre visite à leur tour pour la St-Jean en juin. Le président du club Bon Accueil, Normand, nous a remercié d'être venu! (C'est vraiment à nous de vous remercier tous!) Les gens de Powell River nous ont fait passer une excellente journée à tous points de vue. Il faut dire que le club "Bon Accueil" porte admirablement bien son nom! Merci au gens de Powell River!

L'ed.

FILM EN FRANCAIS

a l'affiche le 5 mars au

LOCAL "Gens du Pays":

MOURIR A TUE-TETE

realisateur: Anne-Claire Poirier
producteur: Jacques-Andre, Anne-Claire Poirier

Ce film québécois s'adresse à tous ceux et celles qui veulent en savoir davantage sur le viol, c'est-à-dire la psychologie du violeur et de la victime, ainsi que les procédures et l'attitude de la justice dans un tel cas d'acte criminel.

C'est un film à voir! La prochaine victime sera peut-être vous-même, votre femme ou vos filles.

N.B. Pour des raisons d'ordre technique soit l'absence totale du générique, je ne peux vous donner le nom des acteurs québécois. Cependant, si je peux me permettre d'émettre mon opinion, ce sont d'excellents comédiens, très populaires au Québec.

Carole Landry (dir.-Cultuel)

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S'ADRESSER AU LOCAL DU CLUB.

FIN DE SEMAINE D'ANIMATION

L'Association Francophone de l'Île de Vancouver (A.F.I.V.) tiendra une fin de semaine d'animation à Powell River le 28 et 29 mars.

Des ateliers d'artisanat, de publi cite, d'animation de groupes et d'orientation seront en marche tout au long de la fin de semaine.

Les participants à ce mini-congrès auront l'occasion de rencontrer les membres des autres associations telles que: Victoria, Nanaimo, Port Alberni, Powell River, Campbell River et Comox. Les frais de séjour des 6 participants de Comox seront défrayés par l'A.F.I.V. Ceux et celles qui sont intéressés à y participer, veuillez me donner votre nom. Cela pourrait être une fin de semaine inoubliable!

Carole Landry
dir du comite culturel
339-2211 poste 507

A VENIR:

MI - AVRIL -

PIECE DE THEATRE:
"LE PETIT PRINCE"

26 AVRIL -

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	EDITEUR TOTEM TIMES: MICHEL BOURDUAS 339-5042 ou loc 308

Pour plus de renseignements, contactez une de ces personnes.
CLUB "GENS DU PAYS", BOX 213, LAZO, B.C. V0R 2K0.
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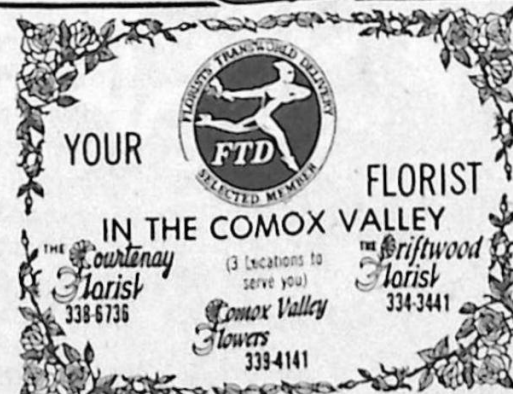
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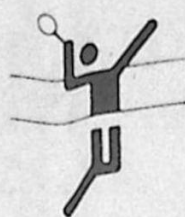
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LOOKING IN



RECREATION CENTRE NEWS

PMQ BASEBALL REGISTRATION 1981

The first baseball registration for the 1981 PMQ ball program will be held on 7 March 81 at the Airport School from 10:00 to 1:00. This includes Squirts 5 to 8 years of age, Midget Girls 9 to 12 years of age, Little League 9 to 12, and Bantam Girls 13 to 15. Persons registering need to bring proof of age either birth certificate or medical card, preferably birth certificate. Looking for personnel who are interested in giving a little of their spare time to helping

young kids learn about ball. We are going to try and have T-ball for the little ones this year. We realize it didn't get a good start last year but we are going to try and get all the problems straightened out before the season starts this year. Any ideas are welcome and when you are registering your kids bring them along with you so we can get some ideas of how to operate it this year. These kids are willing to give their best so let's try and give them our best. The fields will need a

little work done on them this year so will be looking for anyone wishing to help out in this area also. The next registration will be held on the 21 March 81, at the same place. Anyone not being able to make these dates can still get their child registered by contacting Dave Tucker at Loc 446 or home 339-5937, or by coming by PMQ 7A. The cost of registration will be as follows:
PMQ Residents: \$6.00 per child or \$12.00 per family
Non-PMQ Residents:

\$8.00 per child or \$16.00 per family

Mens' Fastball

A meeting will be held on 10 March at the base Recreation Center at 1900 hrs for anyone interested in playing or coaching the Totems Mens Fastball Team. If you cannot make the meeting or have questions, contact Sgt. Strocel at 315 or SSgt. Ragan at 393.

Baton Lessons to Start at CFB Comox

On Friday, April 3 81, a majorette corps will get off to a start on our base. Lessons will be made available to all interested dependants ages 3 and up. Classes will be held every Friday afternoon in the Recreation Centre at the following times:

Ages 3-7 years 3:30-4:30 pm
Ages 8-12 years 4:00-5:00 pm
Ages 13 yrs & up 5:00-6:00 pm
Fee: \$2.00/week
Maureen Layne will be instructing in twirling, drill, dance, solo and duets. She has been with baton for the past 18 years and has taught for 4 years at I.C.A.G. Baden, Germany.

She has twirled in competitions, and on stage with baton corps in dance, solo, strutt, flag, battery and fire batons. Her main interest is in getting the youth of CFB Comox involved in something that is fun, enjoyable, helps with coordination and gives the

children a sense of achievement on both the individual and group levels. Registration dates will be announced in the next Totem Times. Those interested in finding out more information please call 339-3824 and ask for Maureen.

MASTER SWIM

"Super Swim" was the topic of conversation this past week. Seven hearty souls competed in a challenge to swim 2 miles in one hour. There was various challenge levels as well as age levels (19 yrs - 80 plus) all designed to be fair to everyone. The swimmers didn't compete with each other but against the clock. This was all done in the effort to win a T-Shirt. Each level had its own colour: First level - blue; Second level - red; and Third level - yellow; and everyone that

entered will receive a white T-shirt if they weren't able to fit into the top three levels. Fun was had by all - despite the weather, and all were pleased as to what they were able to accomplish. Some had never tested their ability to that degree. We are all looking for more challenges of this nature in the future. If you wish to join in on the fun contact Cpl. Karen Kowalski at the Rec Centre - there is room for more!

Evening Facilities Available in Gym

The gymnasium is available for open recreation on the following dates and times:
Monday 2000 - 2130
Tuesday 1900 - 2130
Thurs. 2000 - 2130, and Saturday and Sunday from 1300 - 1600. You can come in to use the sauna or weight room, or you can sign-out the Badminton rackets, Volleyballs or Basketballs.

Dependents may come but if they are 13 and under they must be accompanied by an adult, their parent. Only people 16 years and up may use the weight room. Proper gym shoes must be worn while on the floor. There is a duty private on every night so that you may use the facilities.

Broomball Nationals



CFB Comox has for the sixth straight time earned the right to compete in the Nationals. The Pacific Regional Championship will be held in Edmonton from the 9th to the 12th of March.

Representing the team this year will be:
Guy Cote
Cliff Fuller
Rex Pitcher
Vick Beaudry
Dale Harty
Greg Christensen
Don Kerr
Ed Lapointe

Jim Wright
Tony Ruthven
Steven Rodrigues
Glen Rowe
Hal Barker
Gabby Pivin
Earl Hurd
Larry Manns
Andy Bannister

CF Photo by Pte. Stoeckl

Hockey News



CF Photo by Cpl. Hofmann

Intersection Playoffs

The intersection hockey semi finals got underway on Monday, Feb. 23. In the first game 442 whipped 409 by a 7 to 1 score. In the second game it was a little closer with ATC coming out on top with a 5 to 2 decision. Wednesday 25 Feb., in the first game saw some excellent hockey with ATC again being vic-

torious with a 4 to 2 score and wrapped up the series with two straight wins. In the second game 442 won their series against 409 Sqn. with a 10 to 3 score. The finals will begin at 1815 on the 2 March. It should be find entertainment so come out and support the teams.

PAC REGION Volleyball Championships

We want to wish both the girls and the mens base Volleyball teams good luck this week-end when they go to Esquimalt to compete in the Pacific Region Championships.

They will play against CFB Chilliwack, CFB Esquimalt, CFS Kamloops, CFS Holberg, and CFS Massett.

The winner will go to the Canadian Armed Forces National Volleyball Championships at St. Jean, Quebec. Comox, last years winners (both the men and the women), will attempt to copy that feat this year. The teams have been practicing for this event since last September.

Captain Pronk and his wife Bonnie both coach the mens and the womens team. Garry with the women on Mondays and Wednesdays. Bonnie with the mens team on Tuesday and Thursdays, so they both have their hands quite full.

The following are the men and women representing Comox in the Pac Region.

Men's Team

Garry Pronk
Rory Kilburn
Kaz Oreziak
Claude Juliell
Jim Clouthier
Mike Perry
Mike Lowe
Ken MacDonald
George Kierk

George Dierk
Lyle Torrie
Coached by Bonnie Pronk

Women's Team

Sue Haddad
Silvi Juliell
Pam Braid
Susan Fradette
Paulette Neiman
Debbie Heagy
Marie Parks
Debbie Bristol
Joanne Stoeckl
Lou Campbell
Kay Clouthier
Carrol Anderson
Coached by Garry Pronk

LADIES FITNESS

Ladies fitness classes are still running on Monday, Wednesday and Fridays, from 1000 - 1100 hrs., till May. All women are welcome.

SPECIAL EVENT

Jill Smiths fitness class on the 5 March are having a Ladies Fitness tabloid meet from 1000 - 1100.

Base Team

On the 9 Feb 81 our base hockey team played CFB Esquimalt, and won by a score of 11-2. The next game was on 10 Feb with Fleet playing against Comox, Fleet won with a score of 2-5.

The overall high scorers were Capt. Russel, Goal tenders MCpl. Bob Roche and MCpl. Doug Guy.

The National Hockey Championship will be held 8 - 12 Apr 81. So lets wish Comox Good Luck.

The following are members of the base team:
Rolly Creamer
Dave Sheppard

Gill Gaudreault
Randy Boutillier
Lauri Racicot
Bob Lang
Rick King
Glen Boychuk
Larry O'Brian
Bob Roche
Doug Guy
Larry Russel
Danny Trynchuk
Ross Davidson
Miles Barham
Steve Vandereyken
Bob Haswell
Doug Wheeler
Armen Vartanyan
Mark Sabad
Bill Shaw
Mike Boilean

YOUTH BOWLING

Most of the recent YBC activity has centered around the earning of berths in the 4 Steps to Stardom event leading to the national finals in Edmonton. The North Island Zone Playoffs were held in mid February and we had very good representatives in both the singles and team events. While not winning many everyone put forth an excellent effort and conducted themselves in a sportsmanlike manner.

Danny Veldhuis was the victor in the Senior Boys Singles with a 287 single and 708 triple. Danny now gets to play in the Provincials in Vernon on March 14.

The Junior Boys team made a big third game

comeback to beat out Courtenay in their event. Peter Bourgeois (259 single, 663 triple), Jerry Veldhuis, Keith Erikson, Dennis Friesen and Pat McMahon (286 single) have Cranbrook as their destination in the Provincials.

In the Bantam Girls Singles Nicole Young had games of 135, 255 and 189 to win the event by a wide margin. Look for Nicole to be a strong candidate for Provincial Honors in Kamloops.

Congratulations and Best Wishes to all the winners, and special thanks to the parents who generously provided transportation to Courtenay, Port Alberni and Nanaimo.

upcoming bowling

The 7th Annual Port Augusta Bowling speil will be held at the base bowling alley on the 24, 25, 26 of April 81.

All entry forms are available at the Bowling alley. For more information contact, Sgt. Pat Hudson at 339-3965 or Local 238.

Fitness Week

Exercise and weight control

by:
Capt. J.A. Kimick
Directorate of Physical
Education,
Recreation and Amenities

There are studies which have demonstrated that obese children actually had a caloric intake which was less than non-obese ones, matched for age and sex. The averages were 1,965 calories and 2,706 calories - respectively. However, the caloric output from vigorous sports and activity of the obese was a lot less (four hours per week versus eleven hours per week). This has led some authorities to suggest that being overweight may not necessarily be due to excessive caloric intake, but

rather sedentary lifestyles.

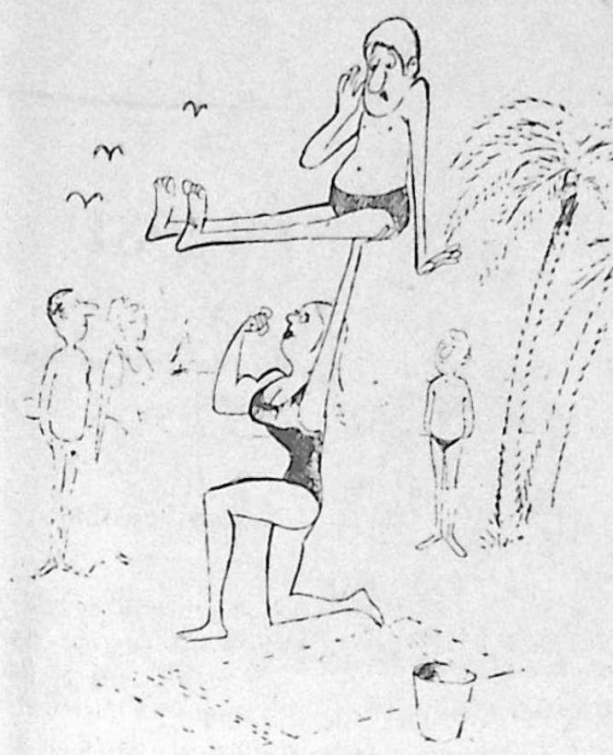
The following are some basic principles to be aware of when considering the exercise portion of a weight control program, ie the caloric output side of the energy equation, "energy in - energy out".

1. If you are just starting after a long lay-off, it is always wise to see your doctor to help you ascertain any inherent risks which you may have.
2. Examine your lifestyle - both your eating and activity patterns. Do you have habits which are counter-productive? For example, do you drive a car a few blocks for a pack of cigarettes and a bag of potato chips?
3. If you are carrying lots of extra weight, you may wish to reduce a bit through dieting before commencing your exercise program. However, realize that with

dieting there will be a reduction in energy which may lead to tiredness and a decrease in your present activity level. This may result in an increase in weight and cause you to want to diet more. It could be a vicious cycle.

4. When you decide to do an activity, choose something you enjoy and find a friend or two to do it with you.
5. Before each activity bout, warm up with five to ten minutes of stretching. This helps reduce injuries. Take three or four stretch breaks of five minutes during the day. This may help reduce soreness in muscles which you are just beginning to use again. Remember, bounce or "ballistic" stretches are NOT recommended. Do slow stretching and hold the position for ten to fifteen seconds.

6. Be aware of injurious activities. Initially at least, the activity should be non-weight bearing. Swimming, cycling and skating may be preferable to jogging. Snow shoeing may be better than cross country skiing (since beginner skiers tend to fall a bit).
7. Start with limited objectives. The Canadian Olympic team probably doesn't need you (this year at least).
8. Exercise should be a low intensity, aerobic type (eg brisk walking) versus high intensity, anaerobic (eg short sprints). The energy source for the former activity will include fat whereas the latter will not.
9. Gradually, over a few months, you should develop a routine whereby you go three times per week for about fifteen minutes with your heart rate at such



Hilda! I hope you realize this isn't socially acceptable!

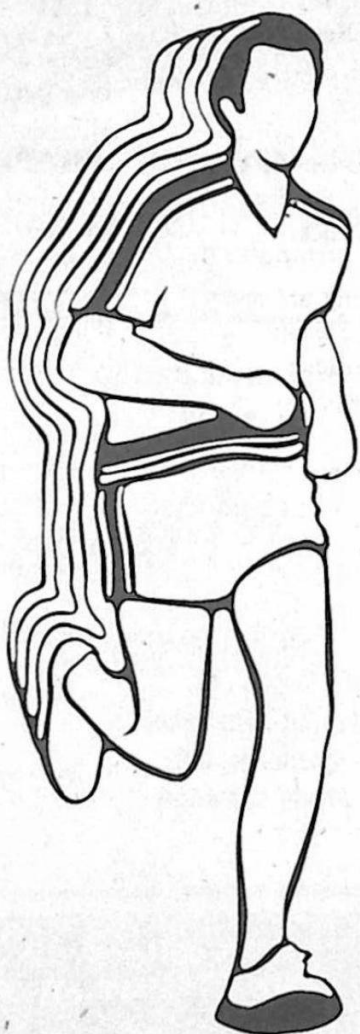
a level that it will be in its "training zone". There are several simple methods available for determining this. Two methods are as follows. Take 170 and subtract your age. This will give you a heart rate in beats per minute at which you should be exercising. Another method is to take 220 minus your age and multiply that result by .75. If you are in very poor condition, the multiplying factor could be reduced to .70. When taking your heart rate, either at your wrist or with gentle pressure at your neck, do so within five seconds after you stop exercising. Count your pulse for 10 seconds and multiply that by six.

10. Realize that the "long-haul" concept applies not only to increasing your activity levels, but also to losing weight. A one to one and a half pound loss per week is LOTS. Your body needs time to adjust to the changes. Notice that one pound of fat is equal to approximately 3,500 calories of energy. A 150 pound (68 kilogram) person who walks one mile in about 20 minutes will burn about 100 calories. If done daily, with no other changes in lifestyles, the cumulative effect is a loss of ten pounds in a year. Not bad! (It is calculated as follows: (100 calories x 365 days = 36,500 calories per year) : 3,500 calories per pound = about 10 pounds per year).

That's enough for you to think about prior to beginning. If you want to discuss the above ideas see your Physical Education and Recreation Officer or Senior PERI or your Medical Officer or Senior Medical Assistant. They are all interested in your state of health.

The difference between you and a person who's fit is that anything you can do he can do better.

PARTICIPATION
The Canadian movement for personal fitness.



How does your diet rate?

Next to the weather, dieting must be the most popular topic of conversation! The latest fad diet always seems to be promoted as the best and the last you'll ever need. With so many diets to choose from, how do you know which diet is right for you? A good weight reducing diet should:

1. include a wide variety of foods from each group in Canada's Food Guide
2. cut calories, but include all nutrients
3. teach good eating habits
4. encourage exercise and increased energy expenditure
5. maintain weight loss

Avoid diets which offer a very limited choice of foods and those which eliminate certain food groups. In addition to probably being nutritionally inadequate, these diets are often so restrictive that monotony sets in and a person goes off the diet after only a short time.

A reputable diet need not be expensive. If the diet recommends exotic foods, health foods, large proportions of protein foods, or candy-like bulking agents, look the other way.

Is it necessary to prepare separate meals for the dieter and the rest of the family? A good regime should be adaptable to family meals and eating away from home.

If the diet promises quick weight loss, or some magical approach, be cautious. There is no substitute for will power! Weight loss should be at a safe, moderate pace - no more than 1 kilogram (2.2 pounds) per week. Slow but continual loss is better than the yo-yo syndrome - an off again and on again approach.

Before starting any diet plan, first consult with your physician and if possible obtain the services of a dietitian/nutritionist for sound weight control advice.

Let's run around together.

PARTICIPATION
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Breakfast - your way to a better day

What Does A Good Breakfast Mean?

A good breakfast should include something from each of the food groups: Meat or other protein food such as an egg, cheese, peanut butter; fruit and vegetables; milk or milk products; and cereals and bread. An example of a traditional, but good, breakfast might be: Scrambled egg, orange juice, glass of milk, and a slice of buttered toast.

I'm Trying to Lose Weight; Shouldn't I Skip Breakfast?

No! By missing breakfast you may nibble on something before noon and that something is usually loaded with calories, but low in nutrients. Or you may double up on lunch! By choosing low energy (calorie) foods, you can still get the benefits of a good breakfast without a lot of calories. A 250 calorie menu fits the bill: 4-oz tomato juice, one poached egg, one slice whole wheat toast, one teaspoon margarine, 4 oz skim milk and tea or coffee.

What's So Great About Breakfast?

After a night's sleep your body has slowed down and it needs energy and nourishment to get it going again. To be alert and alive right through the morning break-your-fast early - don't wait until noon!

I'm Tired of the Same Old Breakfast

By using your imagination, breakfasts can be changed from ho-hum to exciting! Top cereal with favourite fruits, chopped nuts or raisins. Combine any of the following with scrambled eggs: grated cheese, chopped onion, cooked or canned mushrooms, chopped ham or left over meat, tomatoes. Add nuts, ham cubes or fruit to pancake batter. Make french toast sandwiches with tomato slices, ham, cheese or bananas between the slices. Blend fruit juices and fresh fruits; serve cantaloupe with cottage cheese or yogurt; broil tomato halves, pineapple or peaches with breakfast meats.

But I Don't Have Time For Breakfast

Many breakfast foods are ready-to-eat or require very little preparation time. Cold meat, cheese, canned fish do not require cooking; eat leftovers - casseroles, meat, milk puddings. Make an extra sandwich for breakfast when preparing lunch at night or pack an entire breakfast as mentioned above. Ready-to-eat wholegrain cereals are time-savers and crackers, melba toast, muffins and rolls take less time to get ready than toast.

Another time-saver is to do anything possible the night before. Why not set the table, mix the juice, leave out any preparation utensils and arrange the food you will need conveniently either in the fridge or on the counter. It will no longer seem like a chore in the morning - all that is left is a minimum preparation and eating.

Drinking your breakfast doesn't take long and you can vary the contents with what you have in the refrigerator. Include fruit and egg or cottage cheese with milk and cinnamon or nutmeg if desired. For a fully balanced breakfast, add a muffin or piece of toast.

Orange Milkshake
1/2 c. orange juice
1/4 c. cottage cheese
3/4 c. milk

Take time out for breakfast - a better way to start your day!

I'm Not Hungry First Thing in the Morning

Do you tend to eat a very large supper - or maybe a substantial evening snack? Maybe your stomach is still full from the day before. However by eating a large amount of food at the end of the day and not exercising it off, you may find yourself facing the battle of the bulge. So why not try eating less in the evening.

If you don't eat breakfast because eating in the morning bothers you, start lightly with juice or a piece of fruit. Add bread or crackers next. Then add a food such as milk, cheese, egg, peanut butter or milk. It won't be long before you are eating a complete breakfast.

Or, how about packing a breakfast to eat with your morning coffee at work. A muffin, cheese or yogurt and a small can of juice can easily be prepared and enjoyed.

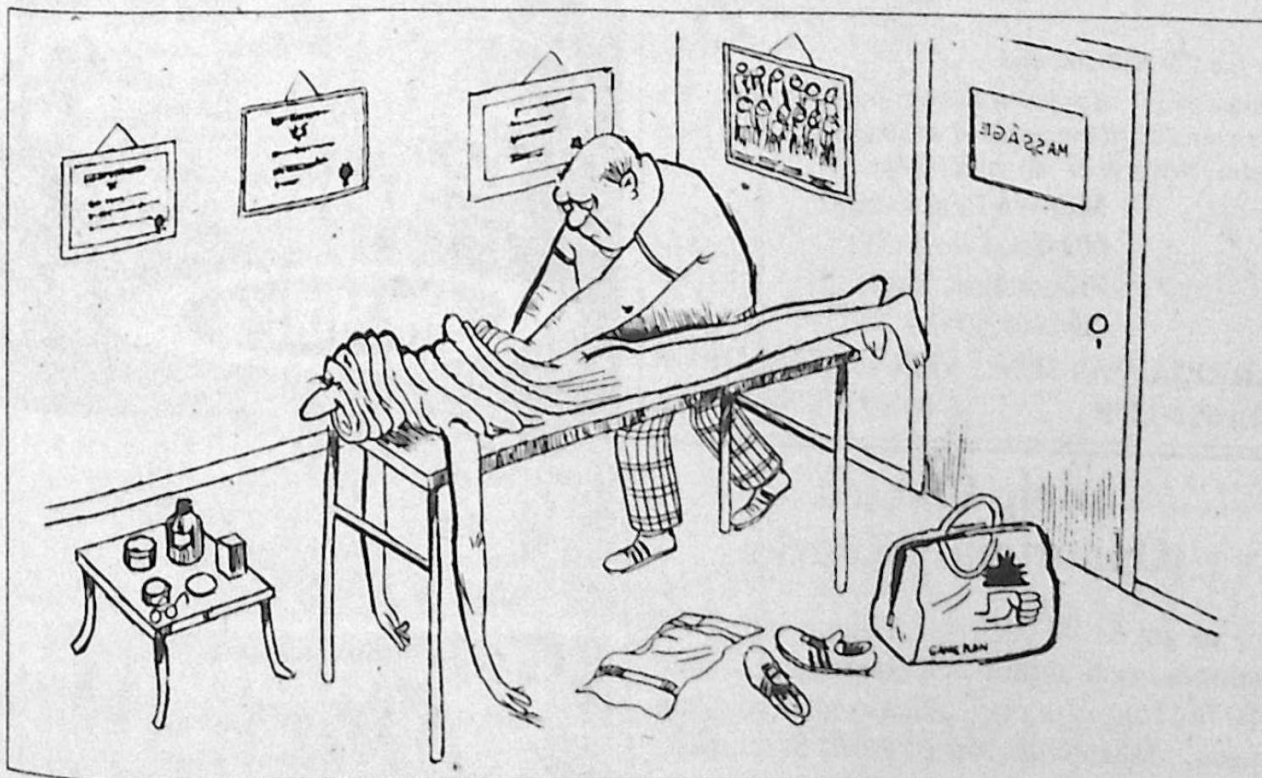
Ten steps to easier weight control

1. Cut down on high fat foods such as butter, margarine, highly marbled or fatty meats, salad dressings, sauces and gravies. Choose lean cuts of meat and trim visible fat. Use lemon juice and vinegar with herbs on salads and vegetables.
2. Watch your intake of sugary foods such as candies, soft drinks and other sweetened beverages, jelly, jam, honey, syrups, pies,

3. Cakes and pastry and fruit canned in heavy syrup.
3. Cut down or eliminate alcoholic drinks. Use tomato juice, water or soda alone or as a mix.
4. Select smaller portion sizes. The key is to cut down, not out, your food intake from various food groups.
5. Choose foods from each food group which are lowest in calories. Examples are using low-fat milk

- and milk-products instead of whole milk products; fresh fruit instead of canned fruit in syrup.
6. Prepare foods with methods which will help cut calories. Cook foods with little or no fat, trim off visible fat before cooking, broil or roast meats. Use spices and garnishes to create interest in your meals.
7. If you are having a snack, make it a low-

- calorie, nutritious choice such as fresh fruit or raw vegetables. Avoid the empty extras such as potato chips and candy.
8. Plan for use of leftovers. Avoid second helpings.
9. Eat slowly and chew thoroughly your food. Make your meal last.
10. Develop a regular exercise program. Eating less and exercising more are the keys for sustained weight loss.

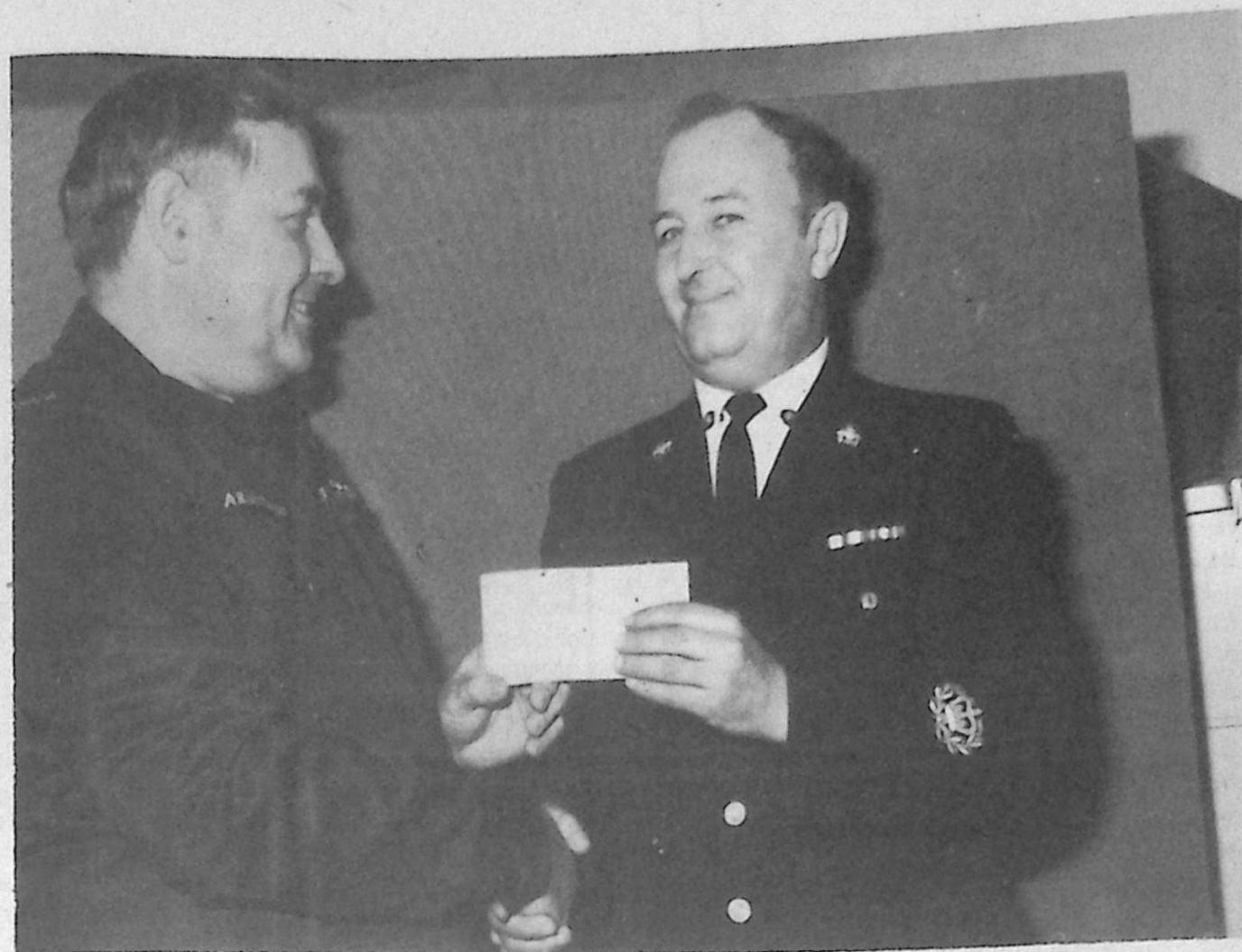


Cartoons courtesy "Champion"

Promotions and awards



LCol. Lott presents Cpl. Lowe, 407 Sqn. with a "FOR PROFESSIONALISM AWARD". While still a part of 409 Sqn. Cpl. Lowe detected a faulty fuel line which proved to be common to many CF-101's throughout the fleet in the ensuing SI. Our loss is 407's gain, congratulations.



Maj. Armstrong, chairman of our Base Suggestion Award Committee, presents MWO Burns, BAMSO TWO, with an award of \$235. for the second year savings from his suggestion to locally repair the Argus constant speed drive unit. You will remember that he also received an award of \$1,910. last year for the first year's savings.



Congratulations to Sgt. Sandberg, 407 Sqn. from LCol. Lott and all of us in the CF-101 world. While still working as a member of 409 Sqn., Sgt. Sandberg was awarded a "FOR PROFESSIONALISM AWARD" in late 1980 for his part in identifying a problem in the engine mounting area of CF-101's. His action led to 90% of the Canadian fleet being found unserviceable in the following SI.

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Around the base

PMQ preamble

Hi Dave, hi Ruby!
The last council meeting was held on Mar. 2 at 9 a.m. in the Base Conference Room. We had three Girl Guides visit us as part of earning their Citizenship Badge.

It was decided that the Councilors establish a sort of "Welcome Wagon" to greet new people moving into the area, ensure the lawn is mowed if the PMQ has been vacant for a few weeks, water the lawn, etc., or (CHUCKLE) shovel the sidewalks.

There will be free tennis lessons for the ladies in April. Exact dates to be announced at a later date. A competitive swim club for ages 6 - 17 will begin in April and continue 'til Sept. There will be a monthly fee for the swim. Fliers will be sent out when all dates are finalized.

Baseball registration is March 7 at the Airport School from 10am to 1pm. Ages: SQUIRTS 5-8, MIDGET GIRLS 9-12, LITTLE LEAGUE 9-12 and BANTAM GIRLS 13-15. You must have proof of age, preferably a birth certificate. If you can't make the first registration, a second will be held on March 21, same time and place. The cost to PMQ residents is \$6.00 per child or \$16.00 per family. Non PMQ

residents is \$8.00 per child

If you can't make the first registration, a second will be held on March 21, same time and place. The cost to PMQ residents is \$6.00 per child, or \$12.00 per family. Non PMQ residents is \$8.00 per child or \$16.00 per family. Coaches are urgently needed, and so are "helping hands" to get the fields ready. Dave Tucker has done a fantastic job organizing baseball for the last four years and really deserves the help he's requesting, so pick up your phone and give Dave a call at Loc. 446, or at home, 339-5937. Dave does so much for your children, so why not do a bit for him!

The Council is missing one of its members, Mr. Smendziuk. He's moved to Courtenay and his presence will be missed.

Councillors MacLeod and Ted Pierik are organizing an Easter egg hunt for Sat. April 18 at 10 am. (If it is raining on Apr. 19 same time). The children will be divided into two age groups, 8-12 and 7 and younger. More details will be published in this column, and fliers will be circulated.

Family Day is in the planning stages as well. A tentative date of Saturday, May 30, or if bad weather,



THE WINNER IS! Mrs. Agnes Wilson of 1462 Hillside Ave., Comox was the lucky winner of CFB Comox Oldtimers Trip for Two Hockey Weekend in Vancouver raf-fel. MWO "Chappy" Chapman is pictured above handing the lucky ticket to team manager Sgt. "Duke" Reid.

June 6th. A pancake breakfast will be served, and if some of the Councilors can cook pancakes like they do chili, look out!

Your council is going to sponsor a Flea Market on March 28th 9am at the Airport School gym. So you can start cleaning out your basement and let that beautiful junk earn you some money. Groups as well as individuals are welcome to set up a table that will be provided by your council. If this one is successful, others could be

arranged.

Once again garbage in plastic bags is THE big complaint. If you people continue to put your garbage out and the birds and animals get in it you will be receiving a letter from the PMQ mayor. It is absolutely unsightly, not only for the residents, but strangers coming into the PMQ area must get a bad impression.

Last issue, I mentioned Jill Smith and her Keep Fit group. This week, I'd like to tell you about Suzanne

Greentree and Mickey Perencz and their belly dancing lessons. They meet on Wed. evening in the Social Center above the Rec. Center. The cost is \$20.00 for 10 weeks. Presently there are three men, seven advanced ladies and nine beginners. There are four courses: first for beginners from 7-8 pm, second for advanced from 8-9 pm. The third is veils and symbols and the fourth floor work. At this time, none of the students are advanced far enough for the third and

fourth courses. The ladies will come to your meeting and give demonstrations. They came to a ladies club I belong to and now I know why they are so slim. Suzanne and Mickey also give lessons on Thurs. 8-9 pm in Comox at the Village Park School. Anyone interested in the next session which begins first week of April can call 339-4694.

Did you hear about the worker in the orange juice plant that was fired because he couldn't concentrate! 'Till next deadline!

Firing Away

SEVEN DEADLY SINS

1. PUTTING HEATERS TOO CLOSE TO ROOM FURNISHINGS, SUCH AS DRAPES AND UPHOLSTERED FURNITURE.

An electric or fuel-burning heater can start fires if improperly placed. Watch where you put your heater in your house, or you may not have a house to put it in.

2. INSTALLING WOOD OR COAL BURNING STOVES TOO CLOSE TO A WALL

You can't just put a wood or coal stove anywhere that looks attractive, or your house could end up looking pretty bad. If your stove is installed in the wrong place or in the wrong way, it could burn down your house. So follow the instructions carefully when installing stoves and stovepipes, allowing for required clearances.

3. NOT INSPECTING FUEL-BURNING FURNACE FLUES REGULARLY

Your furnace gives off heat and something else too. Carbon monoxide. If your flue is clogged or loose, carbon monoxide could be going into your lungs instead of up the chimney. So have your flue professionally inspected regularly. Before it's too late for an inspection to make a difference.

4. NOT CLEANING CREOSOTE FROM CHIMNEYS OR FIREPLACES AND HEATING STOVES

If you've been burning a

lot of wood, your stovepipe and chimney may have a heavy buildup of creosote.

If the creosote were to catch fire, your roof could catch fire, too. So clean out creosote before it wipes you out. Fireplace chimneys should be inspected and cleaned at least once a year; stovepipe chimneys once a month.

5. FAILURE TO PROVIDE ADEQUATE VENTILATION FOR FUEL-BURNING HEATERS

Gas heaters give off a lot of heat. They may also give off carbon monoxide. So keep a window open an inch or more in the room in which you use an unvented heater. Keep warm, but don't risk your life doing it.

6. IMPROPER FURNACE MAINTENANCE

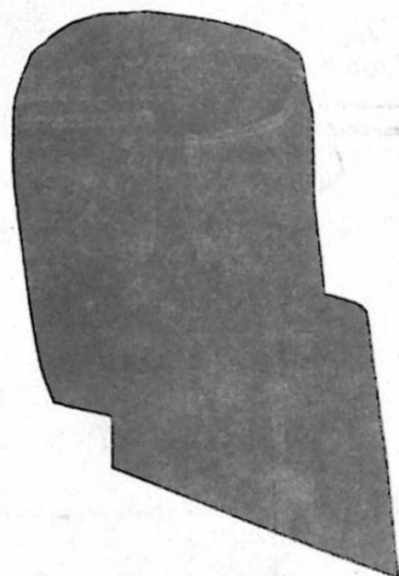
If your furnace is not properly maintained, you could be in very big trouble. Carbon monoxide could be spreading throughout your house as a result of a malfunction. So before the beginning of each heating season, have your furnace inspected by a professional.

7. INSTALLING INSULATION IMPROPERLY

Adding insulation to your house can save you energy, but it could also lead to a fire. Have your home electrical system checked and have deficiencies corrected by a qualified professional, especially before installing insulation. And make sure insulation is kept away from ceiling light fixtures and other heat sources.



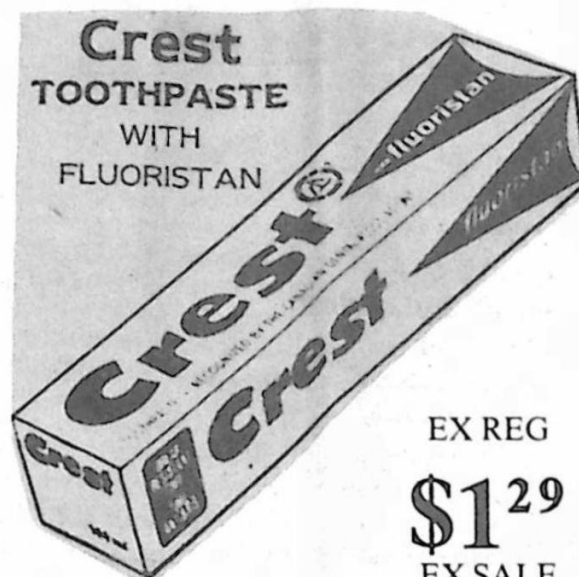
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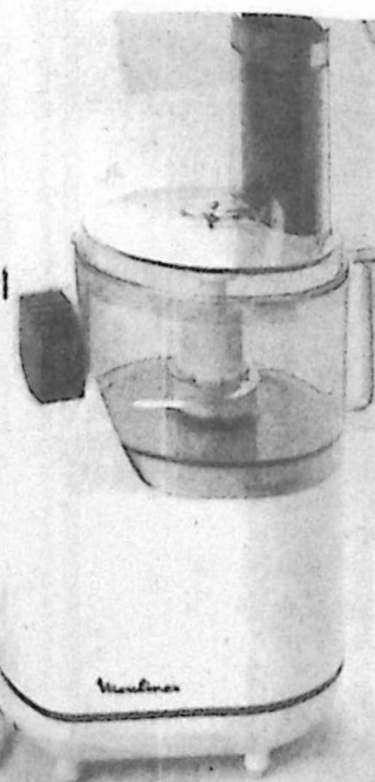
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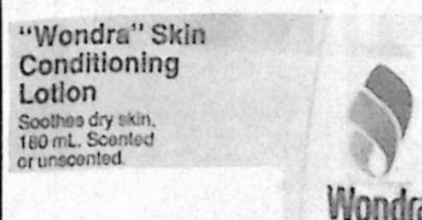
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DIAC HANDOVER

CF Photos by Pte. J. Stoeckl



The system complete with software is handed over by Mr. "Buck" Bailey of Litton to the prime contractor represented by Mr. Bill Loo of Lockheed.



Mr. Loo in turn hands over the system to the CF represented by LCol "Ziggy" Zieglansberger of CF Detachment Burbank.

WOODSHOP ACTIVITIES

You say that you have nothing to do with your spare time? Do you need a new bookcase, a set of end tables or a new bed? Don't let George do it. Let George show you how, and make it yourself. Join the fascinating hobby of woodcraft at the Base Hobby shop located just inside the main gate in front of the new supply building being constructed now.

Membership is open to both ladies and gentlemen

and membership is five dollars a year, plus fifty cents an hour. Non members one dollar an hour. Shop hours are Tuesday, Wednesday and Thursday from 6 p.m. till 9 p.m. and Saturday from 12 noon till 4 p.m. So come on ladies and gents, get into the fascinating hobby, and try your skill on that piece of furniture you always wanted. All you need to bring is the wood of your choice, glue and sand paper, and the

idea of what you want to build.

Have you any back copies of Popular Science, Popular Mechanics, etc.? We would like to build up a library of these books, for projects that members could make. Just drop them into the wood shop or Rec Centre, as these would be appreciated. Hope to see you there as we need more sawdust and shavings for our waste can.



The system complete with software is entrusted to the care of VP 407's SMCSO, Maj. Mel Melissen, by Maj. Norm Donovan of the Aurora Software Development Unit in Greenwood.

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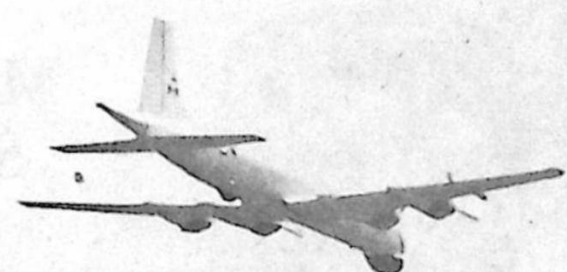
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Did you send a parcel to Trenton about October, 1980 via Forces 707? The parcel was never claimed. If you have any information as to the origin of the package, call Trenton, Loc. 3552, ask for Capt. Ford.

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"Some suggestive scenes, violence, coarse language & swearing" - B.C. Director **MATURE**

Thurs., Fri., Sat. - March 12, 13, 14 - MATINEE/Sat-2pm
Walt Disney's "THE ARISTOCATS" **GENERAL**

Mon., Tues., Wed. - March 16, 17, 18 - George C. Scott
Marlon Brando "THE FORMULA"
"Some coarse language & swearing, occasional gory violence" - B.C. Director **MATURE**

Starts Thurs., March 19 - Bruce Dern, Ann Margret
"MIDDLE AGE CRAZY"

Stardust
Drive-In Theatre

Fri., Sat., Sun. - Mar. 6, 7, 8
Mel Brooks' "BLAZING SADDLES" **MATURE**
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George C. Scott, Marlon Brando
MATURE - Action
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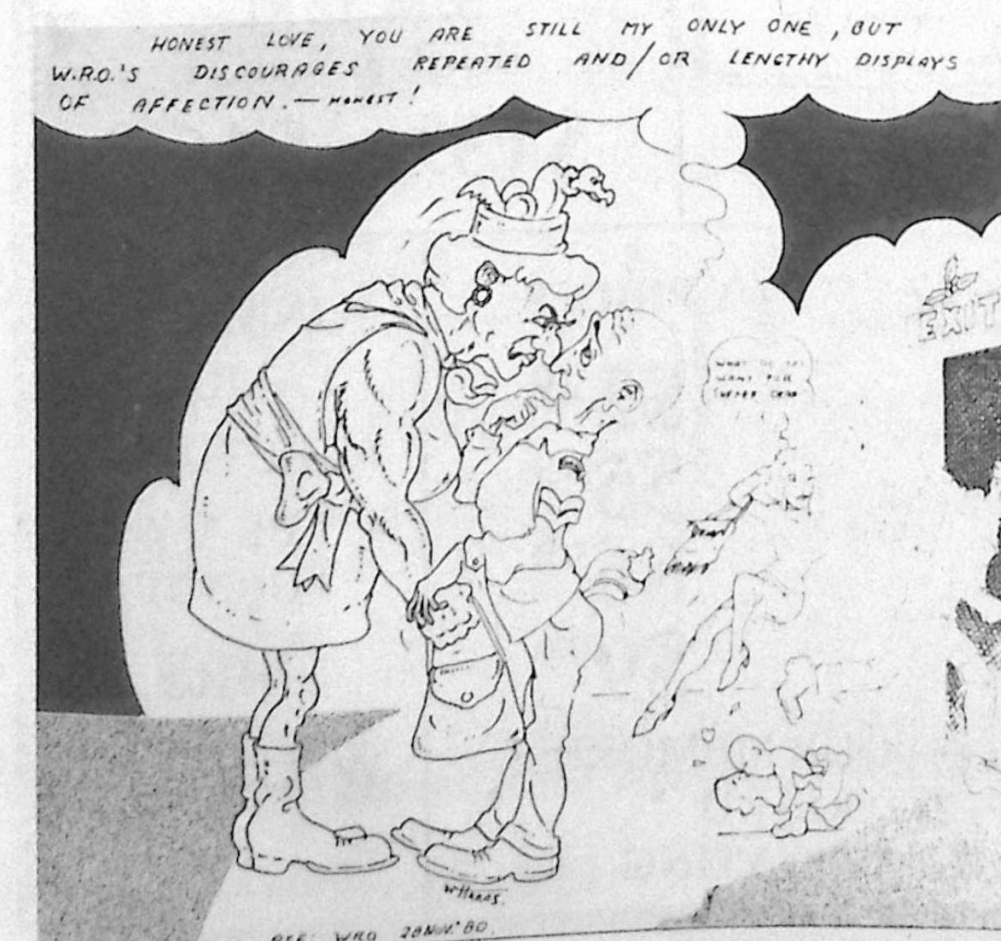
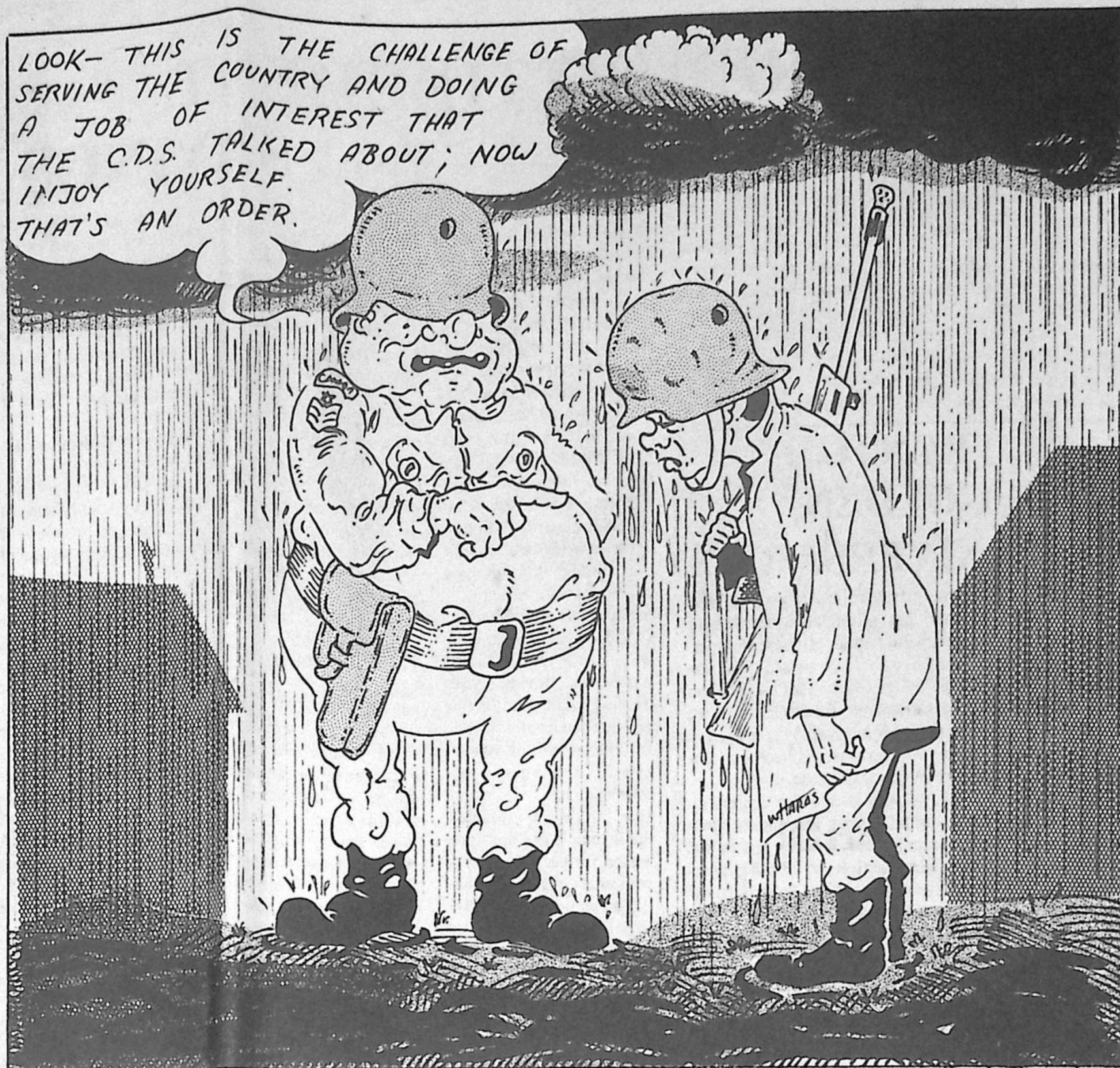
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Willie Haras

Willie has been the regular contributing Cartoonist to the Totem Times for some time and can always be relied on to put his graphic interpretation of base events into illustrations for the enjoyment of all personnel.

There is no doubt in the minds of the staff or in those of the myriad people familiar with his bi-monthly expressions of Forces' activities, that Willie is at the top of the heap of CF editorial cartoonists. Many thanks, Willie.



Canadian Forces news

PART II

REGISTERED RETIREMENT SAVINGS PLAN

Last month you learned all about RRSPs. This month the subject is - what happens when you want to start receiving the money from your RRSP?

One option is to simply take the money in cash, and use it as you need it. If you are receiving any income at

this time, the total lump sum you withdraw will be added to that year's income and taxed at the highest marginal tax rate. Since your RRSP can be in the vicinity of \$50,000 or more, that can give you a real tax headache.

If, however, you can wait

until after your 60th birthday, but before December 31 of the year you turn 71, you can convert your plan to an annuity, which will spread out the taxes, by paying you only part of your money per year. An annuity is simply a contract you buy with a life insurance company or a trust company, which, when you pay them a lump sum, will guarantee you a certain income for a specified time.

Listed below are some of the annuity options you have:

Straight Life Annuities

The straight life annuities will provide income payments during your lifetime with no further payments at or after death. In other words, if you die after receiving one payment, just one month after the contract is issued, the income stops and there are no further payments to your estate or beneficiaries.

You may protect yourself by selecting a Life Annuity with a guarantee period, which may be five, 10, 20, 25 or 30 years (depending upon the issuing company). The payments would then continue to be made after your death to your spouse only until the end of the guarantee period. If your spouse is not the beneficiary, the payments remaining to be made will be commuted into a single

payment that is subject to income tax as a lump sum in the year of your death.

Joint Life and Survivor Annuities

Joint Life Last Survivor Annuities pay income throughout the lifetime of two people, usually a husband and wife. Equal payments continue to be made after the death of the first spouse and only when the second spouse dies will payments stop. Nothing further is paid to the estate or the beneficiary of the last annuitant to die, unless an annuity with a guarantee period is selected.

Term Certain to age 90

The Term Certain Annuity to Age 90 is a continuation of an existing RRSP under a new payout provision which can be added as an amendment or option to most plans. When the option is exercised, the issuing company will pay out funds in equal instalments based upon the number of years remaining until you reach age 90. The contract arrangement is similar to receiving income from a mortgage. The company assumes a rate of interest for the term of the contract.

If you die before reaching 90, the payments can continue to be made to your surviving spouse until what would have been the planholder's 90th year. If

your spouse is not the beneficiary, the balance of the payments remaining to be made will be commuted automatically into a lump sum and paid to the estate of the planholder, which means the full amount is taxed as income in the year of your death.

Registered Retirement Income Fund

The RRIF is a comparatively new system of paying out the proceeds of maturing RRSP. Instead of "equal" payments each year, the payout is based upon a "fraction" of the market value which is determined by the number of years remaining until the planholder reaches 90. For example, at age 65, there are 25 years remaining until age 90, therefore, the fraction is 1/25; at age 66, there are 24 years remaining and the fraction would be 1/24th and so on. This has the effect of increasing the payout each year. It also slows down the payout which has the effect of further deferring the tax liability and offsets inflation by increasing the payments each year. Unlike annuities, where you may purchase any number of plans, you may have only one RRIF open for each taxpayer.

For further information on how to invest proceeds from an RRSP contact your trust or insurance company, or your nearest District Taxation office. With careful planning and wise investment you can ensure yourself of a comfortable, worry free retirement.

It is worth noting that if a surviving spouse has not passed the 71st year, all an-

nuity payments may be rolled over into an RRSP in the surviving spouse's name. However, upon the death of a RRIF planholder whose spouse is designated beneficiary, the income from the RRIF must be taken into taxable income by the surviving spouse.

Like anything else, buying the right annuity means shopping around for the best rate of return and contractual terms. Interest rates on annuities vary among companies, but that should not be the only concern. Terms of the various contracts must also be examined closely. Ask such questions as: Are payments guaranteed in case of the company's bankruptcy? Will the company allow a beneficiary to be named? Will you or your beneficiary be allowed to withdraw some or all of the funds if needed?

FRENCH TRIALS

OTTAWA -- Unusual mild weather at CFB Cold Lake, Alta., has held up cold weather trials of French anti-tank missiles employing a French Gazelle helicopter as a firing platform. The project which also involves military and civilian technicians from France was expected to be underway now at the Cold Lake exercise and weapons testing site. However, the unexpected balmy weather will result in a delay of a few days.

Defence Minister Gilles Lamontagne in speaking of the French trials said, "France is the latest of our NATO allies to take advantage of Canadian training

and weapons testing facilities and joins Britain and West Germany in their use."

Earlier, in December in a visit to France, Mr. Lamontagne had indicated to French officials a desire to improve military co-operation between France and Canada.

The trials also reflect the recommendation made by the Franco-Canadian Military Committee that France be given greater access to Canada military test and exercise facilities. This Committee, which meets annually to discuss military matters of mutual interest, comprises defence officials from France and Canada.

NEW TRAINING GROUP

OTTAWA -- The formation of a new training group within the Canadian Forces Air Command has been announced by Defence Minister Gilles Lamontagne.

Designated 14 Training Group, it will have its headquarters in Winnipeg and will comprise those Air Command units which have air training, except operational training, as their primary function.

There will be no increase in personnel required for the formation of the group which will commence operations on August 1.

Air Command is divided into functional air groups, all reporting to headquarters in Winnipeg. These air groups include Air Defence Group, 10 Tactical Air Group, Maritime Air Group, Air Transport Group, Air Reserve Group and now, the new 14 Training Group.



ALL WOOD PLAQUES
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FAMOUS CANADIAN CRAFTED
IT HAS BEEN FIRED AT HIGH
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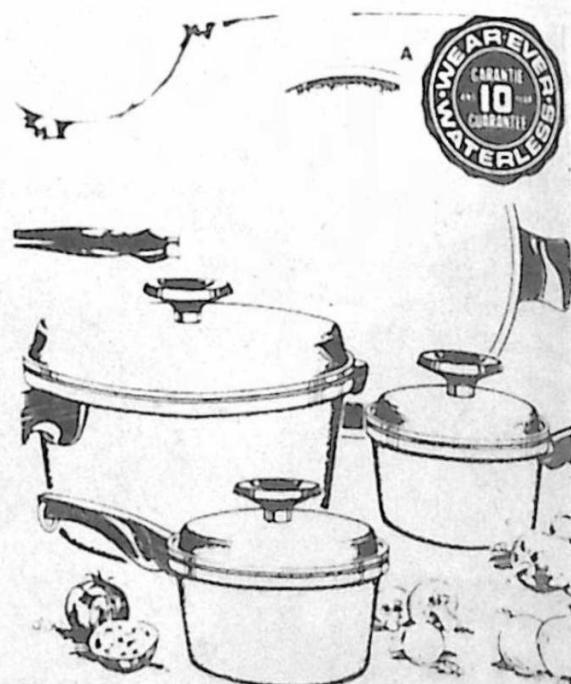
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Saturation Dive

TORONTO - On 3 March, a team of four Canadian Forces clearance divers from Atlantic and Pacific diving units, HMCS Cormorant and a team of military and scientific experts at Toronto's Defence and Civil Institute of Environmental Medicine (DCIEM) will conduct a two-week long saturation dive.

Code name SAT Dive 81, it is the first such experiment to be conducted by DND and marks the beginning of a series of experimental dives which will examine the physiological effects of the deep ocean environment on the diver.

The Canadian designed and built deep research facility is of great international interest as it has the deepest diving capability of any such facility in the world.

Built in Montreal by Canadian Vickers Ltd. at an initial cost of \$1.8

millions, the facility comprises three chambers, one for living, one for working (water filled) and a transfer pod in between.

The chambers are surrounded by the intricate complexity of systems and control panels required to recreate the environment at ocean depths of up to 5600 feet.

The upcoming experiment has attracted divers, engineers and diving medical officers from a number of allied nations, Germany, France, Britain, the United States and Norway, who will attend as observers.

Under the overall co-ordination of Lieutenant Commander Dick Lauckner, an extensive variety of physiological and equipment experiments will be conducted.

"The aim of this dive is to enhance man's ability to survive in the hyperbaric (greater than normal at-

mospheric pressure) environment", stated LCdr Lauckner.

Throughout the dive, each diver will be under constant physiological surveillance by the examining scientists. Continuously through the sleep period and frequently at work each man will be hooked up to various physiological monitors.

Asked about being locked up in the chambers for two weeks, team leader Petty Officer 1st Class Dirk van Ek, of HMCS Cormorant commented, "there is so much activity programmed during each day, there is no time for boredom."

"The challenge during the first few days is to become accustomed to the routine and for each of us to live as a team", he said.

Having been involved in a 10-day experiment to test the facility in 1979, PO1 van Ek admitted the last

two days were the longest.

Among the equipment being tested are ultra-sonic doplar monitoring devices used to detect the dangerous gas bubbles which cause decompression sickness known as the "bends". The devices are designed to detect the bubbles before they harm the diver.

In addition, a Canadian developed self-contained breathing apparatus, designed by the Nova Scotia Research Foundation, a prominent contributor to the needs of the diving world, will be tested.

"While there have been deeper dives," said LCdr Lauckner, "the results from this and future experiments will yield original and invaluable data on man's ability to live and work in the ocean. The results are available for use both by military divers and the civilian diving community".

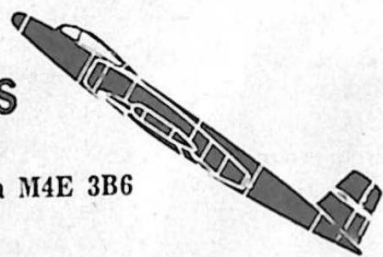


Familiarity with equipment is essential for a two-week saturation dive. Suiting up for a pre-dive drill is PO 1 Dirk van Ek. Assisting him are fellow divers L/S Bill Burton (L) and L/S Mike Atkinson



Canav Books

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Toronto, Ontario, Canada M4E 3B6



CANAV Books announces its upcoming publication, *The Avro CF-100* by Larry Milberry. The book is large format and hard covered. There are 224 pages with over 300 photos and diagrams. It includes the largest and by far the finest collection of CF-100 photos ever assembled in one book.

Larry Milberry is an aviation history researcher and journalist, and is author of the best selling book *Aviation in Canada* published in 1979 by McGraw-Hill Ryerson. The years he has spent preparing *The Avro CF-100* have taken him to every base in Canada where CF-100 squadrons operated. He has completed hundreds of interviews with those who were involved with the CF-100 in all facets of its development and use. Besides this work, he has researched CF-100 history through such sources as the Department of National Defence and hundreds of original Avro documents.

The Avro CF-100 begins with the original specifications for the aircraft as laid out by the

RCAF in 1945. It covers design and tooling up to first flight in 1950. From there it follows CF-100 development through the various production marks with their numerous sub-versions, and deals with proposals that included an STOL CF-100, versions armed with various guided missiles, and one powered by four engines. The CF-100's association with missiles like the Velvet Glove and Sparrow 2 are described as are many other little known projects. The story of the CF-100 in RCAF service is widely covered from the formation of the first CF-100 unit in 1952, to the NORAD and NATO squadrons, including use of the Mark 5 by the Belgians. Many unusual programs are also covered, including such projects as Operation Lookout. The ongoing story of the CF-100 in its electronic warfare role is covered in detail.

Throughout the book hundreds of personalities appear who were part of the CF-100 era, from company presidents, to politicians, to wing commanders to LACs.

Many human interest anecdotes bring the glorious decade of the RCAF in the 1950s back to life.

The book includes numerous engineering drawings that detail construction of the CF-100 airframe and engine. Cockpit diagrams are included. Charts note all squadrons and other units that operated the CF-100 and include such things as relevant dates, commanders, squadron code letters and radio call signs. All known RCAF/CAF/BAF Category A accidents are listed, along with locations and particulars.

All in all, *The Avro CF-100* presents the story of the first and only mass produced fighter aircraft of Canadian design. It's truly a Canadian story, the story of a great airplane and the people who designed, built, flew and maintained it.

The Avro CF-100 will be published in June 1981 and will sell for \$24.95. For further information contact CANAV Books, 51 Balsam Avenue, Toronto, Canada M4E 3B6.

There is a club just for you if you are military (including dependants) or a civilian DND employee. It is the CANADIAN FORCES PHILATELIC SOCIETY (CFPS).

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Sovereign Viking

OTTAWA -- The Canadian Forces, in the second of a five-year Arctic Training Plan, are continuing to provide a year-round army presence and to develop and maintain an all-season mobile operational capability in the Canadian Arctic.

A component of the training plan is Exercise Sovereign Viking, a series of two-month deployments involving vehicle mounted long range patrols. Two serials will be conducted each year until 1985, one in the summer and one in the winter.

Exercise Sovereign Viking takes place exclusively in the Arctic - north of the treeline - with emphasis on lands and seas on the Northwest Passage.

The first Sovereign Viking serial is being con-

ducted at Rea Point in the south-east of Melville Island between 16 February and 16 April by members of the 12e Regiment blindé du Canada from CFB Valcartier, Que. They are developing expertise in and procedures for mechanized mobility in the North by deploying 18 armoured personnel carriers to cover 120 kilometers in four or five day manoeuvres from Rea Point.

The Canadian Forces are also providing support to scientific research. For example, scientists from Trent University, Peterborough, Ont., are performing ice and fresh water studies and the Defence Research Establishment in Ottawa is evaluating lithium (flashlight) batteries, face protection masks, and goggles.

Appointment

OTTAWA -- Defence Minister Gilles Lamontagne announced today that Lieutenant-General Jean-Jacques Paradis, commander, Mobile Command, at St. Hubert, Que. will be appointed special advisor to the chief of defence staff to undertake specific senior level study projects in Forces development at National Defence Headquarters in Ottawa this summer. Major-General Charles Belzile will be promoted to the rank of lieutenant-general and replace Lieutenant-General Paradis as commander, Mobile Command.

A veteran of the Korean War, Lt.-Gen. Paradis, 52, of Montreal was commissioned in the Canadian Army in 1950 following

graduation from the University of Montreal. His first posting was in the 2nd Battalion, Royal 22e Regiment in which he served in Canada and Korea. Later, he held a number of operational and staff positions including commanding officers of the 3rd Battalion, Royal 22e Regiment, commander, 5e Groupe-brigade du Canada, and chief of personnel development. He became commander, Mobile Command in 1977.

Maj.-Gen. Belzile, 47, of Trois-Pistoles, Que. was commissioned in the Canadian Army in 1951 while attending the University of Montreal. Upon graduation in 1953, he was assigned to the Queen's Own Rifles in which he ser-

ved in a number of operational and staff positions in Canada and Federal Republic of Germany (FRG). A graduate of the Canadian Army staff college in Kingston, Ont., he later became commanding officer of 2nd Battalion, Royal 22e Regiment, serving in Valcartier, Que., and Cyprus. He has held several senior positions including command of 4 Canadian Mechanized Brigade Group, FRG, assistant chief of staff of operations at Central Army Group Headquarters, Seckenheim, FRG and commander of Canadian Forces Europe at Lahr. Maj.-Gen. Belzile is presently chief, land doctrine and operations at NDHQ in Ottawa.

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This year the Province of British Columbia is again offering to help employers open up new jobs for young people. If you can create a job that provides a young person with good training, we'll share the cost of wages with you. You can hire a youth of your choice or we can help you.

Jobs may start anytime after April 1, 1981, but this year those offering training that could lead to permanent employment will be given priority. Funds are limited, so send your application in early. Please allow 4-6 weeks for processing your application. Do not hire until you have received approval.

Applications for funding and further information are available from any Ministry of Labour office, Provincial Government Agent, or the Employment Opportunity Programs Branch offices listed below.



Province of
British Columbia
Ministry of Labour
Employment Opportunity
Programs Branch



VICTORIA
808 Douglas Street
V8W 2P6
387-1131

COURTENAY
941B England Avenue
V9N 2N7
334-4403

NANAIMO
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753-6683

Or dial Operator and ask for Zenith 2210, toll free.



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DIAC system in operation

... cont'd from p.1

Speidel, and Dave Murphy to develop the Course Plans and Documentation being used to train CF personnel and operate the DIAC System.

The preliminary and validated version of the DIAC Operations Manual has been issued. The CF have completed a review of the document and have expressed great satisfaction with both the design and content. Advanced copies are being used during the operator training currently underway. Additional documentation includes Course Training Standards and Plans designed to CF specifications.

An operating scenario for on-the-job training using the complete DIAC facility, visual training aids and trainee course notes for classroom instruction, and a Training Data Base and Plan for use during periods

where trainees are operating the DIAC Information Display Consoles are all included in the training package.

PACER CONDUCTS DIAC SYSTEM OPERATIONS TRAINING

Engineers and Analysis from PACER's System Sciences Engineering Division are currently conducting DIAC System Operations Training at CFB Comox. The DIAC is operationally employed by VP-407 LCol. B.N. Cameron Commanding Officer. Four course packages each consisting of an Orientation, Operations, and Data Base Standards Course are being given at VP-407 over a five week period. The Orientation course provides an overview of the DIAC, its mission, the layout, the equipment con-

figuration, and expected tasking. The Operations course provides the Operators with a foundation from which they can make effective use of the many capabilities the DIAC System provides. Much time is being spent actually using the system, so that all trainees receive "hands-on" experience. The Data Base Standards course provides trainees with a detailed insight into managing access to, and control of the DIAC data bases.

Operational personnel comprising the initial staff of the Comox DIAC are participating in the courses.

The first class successfully completed its performance objectives and are mission ready. The group included Maj. M. Melissen, Senior Mission Control Support Officer (SMCSO); Capt. G.R. Bate, Squadron Plans Officer; Capt. D.R. MacKean, MCSO; Capt. C.R. Myatt, MCSO; Capt. A.W. Scott, MCSO; and

Capt. K.M. Kennedy, MCSO.

The class demonstrated remarkable technical and operational expertise in employing the DIAC Weapon Support System.

PACER'S DIAC TRAINING TEAM

The members of PACER's DIAC System Operations Training Team have interesting and appropo backgrounds. Marc DiMarcantonio, Project Leader, is from New York City and a graduate of the Academy of Aeronautics and Columbia University. He is a U.S. Naval Aviator and served aboard the aircraft carriers Saratoga and Roosevelt as a Plane Commander attached to VAW-121 Squadron. Mr. DiMarcantonio is active in the Navy Reserve. He was a Patrol Plane Commander with VP-64 and flew the LOCKHEED P-3, Orion. A graduate of the Naval War College at Newport,

RI, he is currently assigned to the Naval Air Atlantic Staff Det as War Plans/Operations Officer. As a System Engineer with PACER, Marc has been involved in developing a V/STOL Avionics Functional Description, Proteus Test and Evaluation, ASW/AAW Operational and System Scenario Design, S-3A Software Life Cycle Support, and the P-3C Modernization Program.

Dave Redpath is from Pennsylvania. He is a U.S. Naval Flight Officer and was a P-3C ASW Tactical Coordinator (TACCO) with VP-16. He has completed numerous operational deployments to Lajes and Rota. An active Navy Reservist, Dave is a TACCO and Tactics Officer with VP-66. He is a Systems Analyst with PACER and has been involved in CV-TSC Operational Software Test and Evaluation, and ASW Aircraft - CV-ASW In-

terface Requirement Definition. Dave's experience includes CP-140 Navigation Station Task Analysis and Aircrew Training Syllabus Development. He is currently Task Leader in Charge of DIAC Scenario Design.

Dave Speidel is from Pennsylvania and is a graduate of the University of Pennsylvania. He is an Operations Analyst with PACER and Task Leader in Charge of Course Training Plan Development. He is a U.S. Naval Aviator and was assigned to Helicopter ASW Squadron 3, Helicopter Light Attack Squadron 3, and Helicopter Mine Sweeping Squadron 12. He deployed aboard the U.S.S. Randolph and U.S.S. Yorktown. Dave was Rotary Wing Coordinator at the NavAir DevCen and Min Warfare Plans and Program Officer with Commander Helicopter Sea Control Wing One Staff.

Dave Murphy is from Canada. He is a graduate

of University of Waterloo. He is a Systems Engineer with PACER and Task Leader in Charge of DIAC Operations Manual Development. Dave served in the Canadian Forces as an Argus TACCO. He was assigned to VP-415 Squadron at Summerside and has logged 3500 Operational flying hours. Dave was a Navigation and Standards Instructor at maritime Operational Aircrew Training Unit, VP-404, Greenwood. His experience includes DIAC Product Support and System Engineering and Test.

PACER INTEGRATED INTO CF MODE OF OPERATION

The PACER Training Team is working closely with Maj. Mel Melissen, DIAC Operations Officer and his staff. Marc, Dave, Dave, and Dave are well integrated into the CF mode of operation. The course day

runs continuously from 0800 to 1700. Curriculum time is equally divided between class and practical training on the DIAC System. There is an average of eight trainees per course and the atmosphere in class and in the lab is one of enthusiasm on the part of trainees and instructors.

The intensity of the training poses heavy demands upon the DIAC System. As a rule two operator trainees are at each DVC (Direct View Console) and the MPE (Manual Plot Entry), and a instructor at the DND (Data Terminal Display). Mr. Trevor Luxton and Mr. Bill Rampaul of LITTON have done outstanding work in keeping the DIAC System operational for the training program.

DIAC training is on schedule at Comox and the system and staff are busily working to meet the scheduled initial operational employment date.

There are about five reasons for not becoming a block parent. None of them makes any sense.

Number one. I work all day.

Even if you do, a few hours a week is a help.

Number two. I'm not a parent.

You don't have to be to care about the safety of children. Retired citizens and single people can be block parents.

Number three. I'll always help, sign or not.

Most children are taught to be wary of strangers. Our sign lets them

know you're a stranger they can trust because you've been checked out by the police.

Number four. I don't want to open my home to strangers.

You don't have to. All you're doing is giving sanctuary to a frightened child and contacting the proper authorities.

Number five. There are enough block parents already.

There aren't. Every block parent isn't available all the time. So the more, the better.

So why not contact your local elementary school or police department or call the B.C. Safety Council at 438-8281 about being a block parent.

Even when they're not busy, they're working. We can never have enough of them.



THE BLOCK PARENT