



TOTEM TIMES



Vol. 24 No. 14

CFB COMOX TOTEM TIMES

THURSDAY, JULY 22, 1982

DEADLINE - MONDAY, August 9, 1982

COST: PRICELESS

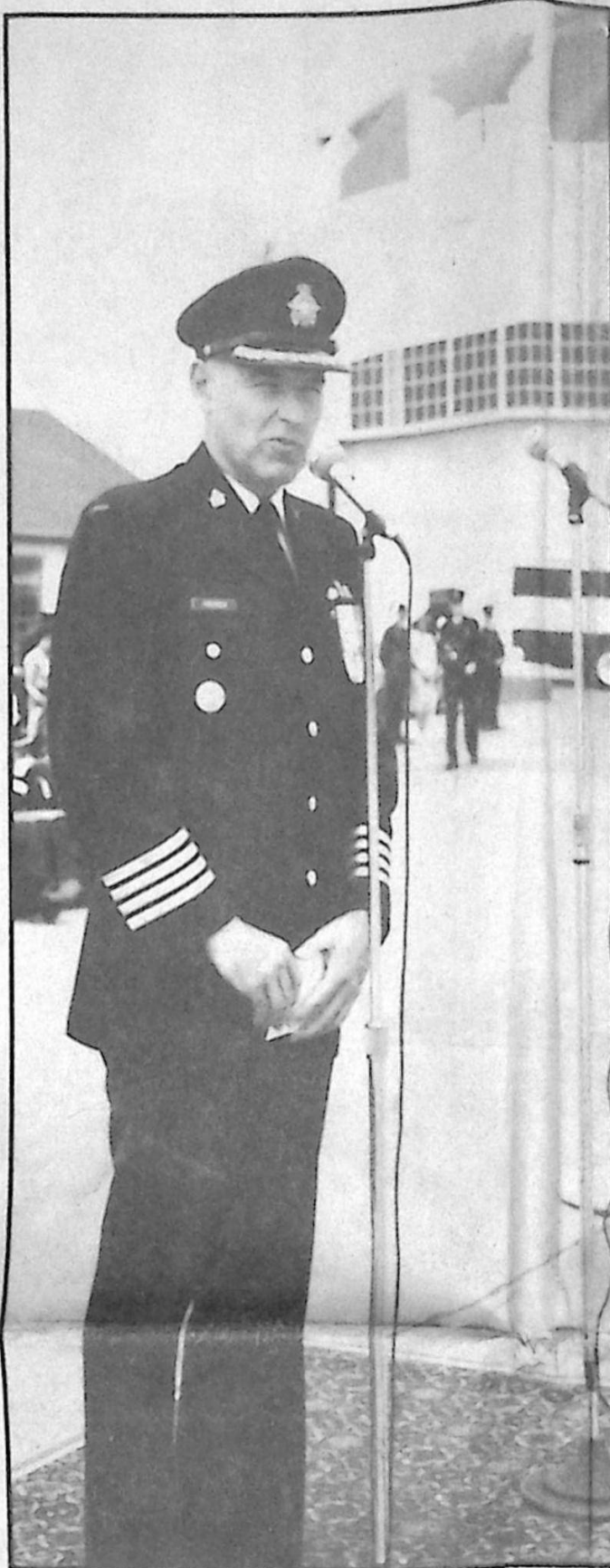
Comox Change of Command

BASE COMMANDERS MESSAGE

Congratulations and sincere thanks to all of you who worked very hard to ensure that the 9 July parade, flypasts, reception and ceremonies were an unqualified success. Your professionalism was in fact the highest tribute you could have paid to Col. Chisholm and Gwen. I know the afternoon's proceedings will rate very high among their vast inventory of fond memories from their two years in command at CFB Comox. I assure you that Betty and I will make every effort to earn the same degree of respect during our tenure.

Each and every time there is a change of player at the supervisory level a certain degree of trepidation develops as subordinates wonder about the desires and expectations of the new boss. If the uncertainty is widespread or unnecessarily prolonged, there is every chance that personnel will hold back just a little until they learn the new preferred way of doing business. Because we are facing many changes at senior supervisory levels here at Comox this summer, we can not afford a "wait and see" attitude. So many sections would be affected that there would most certainly be a drop in our efficiency or at the very least an unstable situation would develop.

I wish to use this opportunity to reassure you, and I speak for all new supervisors at every rank level, that there will not be earth-shattering changes or radical departures from your present method of operating. As I mentioned during the parade, you are all highly skilled professionals who are doing the right things and doing them the right way. I hope you won't misinterpret my meaning, I don't intend that we all sit back and relax, our operational requirements are such that we can never rest on our laurels. We must pay constant attention to our modus operandi if we are to avoid stagnation and entropy. We can not confuse aims with means and we must never view bureaucratic paper shuffling as achievement.



I used the acronym P-R-I-D-E when I addressed you on parade, the last letter of which stood for enthusiasm. Don't lose your enthusiasm, at work or at play, because it is this quality that allows you to enjoy what you are doing and what you are doing should always be enjoyable. Particularly when you are working on the best Base in the Armed Forces.

In the words of that famous Greek philosopher, "Life is like a sewer: what you get out of it depends on what you put into it!"



CDS Safety Awards

Chief of Defence Staff Mobile Support Equipment (MSE) Safety Plaques have been announced for each command and for Canadian Forces Europe. The winners are: CFS St. John's in Maritime Command; CFB Cal-

gary (Wainwright Detachment) in Mobile Command; CFB Summerside, best base, and CFS Gypsumville, best station, in Air Command; CFB Kingston, Canadian Forces Training System and 128 Airfield Air Defence

Battery in Canadian Forces Europe.

The plaque is awarded annually to the base or station in each of Maritime Command, Mobile Command and the Canadian Forces Training System and to the

base and station in Air Command attaining the lowest accident rate in the special purpose vehicle category. In CFE it is awarded to the component achieving the lowest accident rate in the operation of MSE in the



DEADLINE

Attention, contributors and advertisers: our next deadline is Monday August 9th. Anything received after that date may not get in our August 12 edition.

MQ MONTHLY FUEL BILLING

Residents of married quarters across Canada will soon know how well, or poorly, they conserve energy. Starting this September, 16,000 MQ householders will be billed monthly for the heating fuel they use.

The decision to introduce individual billing was made in keeping with the federal government's policy that says occupants of Crown-owned housing shall be responsible, where possible, for energy consumption. Under the current system of flat rates for heating fuel charges, there is little incentive for occupants to conserve fuel.

In a similar move taken in 1978, electric meters were installed in many MQs. As a result, most occupants are now paying for electricity directly to the supplier.

Direct fuel billing will not apply to radar stations, isolated sites and Canadian Forces Europe, due to the imprac-

tibility of metering, peculiarities in fuel transportation and other factors. Charges in those locations will continue to be based on the Consumer Price Index flat rate. Row houses sharing a single furnace will also remain on the current flat rate because of the difficulty in determining individual consumption.

Since some MQs are less well insulated than others, a formula has been devised to calculate the savings in fuel costs that an occupant could expect if the house had been insulated to meet established standards. The cost reduction will then be determined annually and deducted monthly from the shelter charge established for each unit.

Monthly fuel billing is the subject of a detailed article in issue five of the *Personnel Newsletter*. MQ residents will also receive more information at the base level to ensure that they understand the new system before it goes into effect.

Sanford Motion Passes

Section 41 of the current B.C. Election Act contains a provision whereby a B.C. resident in the Armed Forces who is posted out of the province can vote in provincial elections upon his return without waiting six months to re-establish residency.

This privilege wasn't extended to their spouses or

dependant children of voting age.

Karen Sanford (MLA Comox) has introduced an amendment to the Act to permit spouses and dependants of age the same right.

The amendment has passed through Legislature, and awaits only Royal Assent (virtually guaranteed) to become law.

"Fishwrapper" Exposed

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Section news

Demon Doins

THE LAND OF VARIED CHARM — A DEMON SPECTACULAR

On the morning of 11 Jun 82, 19 souls eagerly boarded Aurora 117. This wasn't just any ordinary day - it was a first for the Aurora. As she did countless times before, she lifted off gracefully into the sunfilled skies - westward bound. This time, however, she would continue westward to a slender string of islands lying off the northeastern coast of the Asian continent. Her destination - Japan.

Even with the Aurora's long legs, a "Pitstop" was required. Hawaii, the obvious choice, lost out in favor of Adak, Alaska. I guess we can't win them all.

At 1500 local that afternoon we started our descent to the Aleutian Island chain - the true home of the winds. Combine the mountainous terrain with a strange airfield and strong crosswinds and you know the flight station will be earning their keep. Stick a 100 ft. crane on the approach to the runway and you're asking for trouble. If you have never been to Adak, you won't realize what you're missing. Ten minutes after you get there you wish you had never found out.

On Saturday the Aurora reached another milestone. She came out of her maiden voyage over the Bering Sea smelling like a rose. Early Sunday afternoon (figure that one out) we taxied into Atsugi air station.

Thirty-eight eyes focused through every conceivable lookout to catch the first glimpse of the vacationland of the Pacific. What lay before us was the most impressive VP-3, our host squadron of the Japanese Maritime Self Defense Force (JMSDF), were smartly formed up dressed in navy whites.

With the "WELCOME DEMONS" banner flying high, the CO of VP-3, CFR Yasuhiko Nakayama extended his welcome to the RCAF VP 407 Demons. Bouquets of flowers were presented to the CO and aircraft captain. Following an impromptu address by LCol. Cameron, formalities ceased and friendships began. A blanket introduction of hosts was followed by a few minutes for personal greetings. Little did we realize how much time we would actually spend with them in the days to come.

Enroute to Atsugi later that day a unanimous decision was made to avoid car rentals. The American influence hasn't yet changed the street signs to a decipherable form. The rooms of the western-style Odakyu Atsugi hotel proved to be very comfortable. They came complete

with a yukata (dressing gown), slippers, and a book of do's and don'ts (mostly don'ts). There is very little similarity between the western-style hotels and the Japanese style called "Ryokan". The very minute you step into a ryokan you are in a different world. A thorough knowledge of Japanese customs is mandatory to avoid embarrassment. Take for example the description of the Japanese style lavatory. "...It is not made for sitting down, but don't despair. The receptacle is usually on a raised floor. The opening is rectangular with a sort of hood over one end. Climb up on the raised floor and stand flatfooted astride the opening with your face towards the hood. Then bend down into a crouching or squatting position, making sure that your rear is over the opening and not protruding beyond it. The position may not be comfortable but it is sanitary because no part of your body comes in direct contact with the fixings...." Simple, eh!

The first evening in Japan we were content to have a quiet dinner and allow our bodies time to adjust to the time change. Although the menus are written in Japanese and English to someone from Comox, B.C., Yakitori, Makunouchi, Tempura, and Sushi has little meaning. Fortunately most restaurants had wax models of their dishes so you simply pick your dish, walk in, and order.

Monday morning we were promptly met by a JMSDF Bus for transport to VP-3. And prompt they are. Everything must go according to schedule. So when Herby held up the bus for seven minutes that morning, he upset the whole schedule of events. Most of us listened intently to an exposition about the JMSDF organization, strength and aircraft followed by a similar session on the Canadian Forces and VP 407. Meanwhile Lt. Martin rushed back to the hotel to pick up the plaques the CO was the present while making courtesy calls to comflairforce, comflairwing four, comfairwestpac (usn), CO NAS Atsugi (USN) and CTF 72 (USN). The remainder of the morning was set aside for static displays of the P-2J, US-1 (Flying Boat), HSS-2B and the CP-140.

The weather man had predicted the nearly month long "tsuyu" or rainy season to start on or about Jun 11 and right he was. Ten pin bowling and volleyball were substituted for the scheduled softball match. The Japanese bring true sportsmen mixed up the teams to save us humiliation. The highlight of the afternoon had to be the Japanese bath. A visitor can become the cause of considerable consternation if he should use the Japanese style bathtub in the western way. At least we had our hosts to follow to prevent the ritual from turning out to be an uncomfortable experience. After undressing, you are provided with a basin and a dwarfish stool and are expected to wash the most obviously dirty parts of your body. The tubwater is not changed for each bather, therefore it is a matter of courtesy to keep the water clean. You must remember that the Japanese bath is not for washing but for warming your body and relaxing your tired muscles and nerves. After a good long hot soak with fellow members you feel like a new person.

That evening we had a formal invitation to a welcome party hosted by VP-3. A superb job was done to transform the hangar spaces into Japanese decor. A multitude of little booths surrounded the perimeter where Japanese dishes were prepared. While one host brought us dish after dish of Japanese delicacies, the other one kept busy replenishing our glasses with beer or the famous saki. I'm sure they are still amazed at the hordes of food and drink we were able to consume. The evening ended with a game of "JEN KENG" in which fate had proclaimed that the guests were to lose. However, losing meant another glass of wine so who were the losers after all. As we exited the gate that evening we were flagged down. Someone had been left behind. Minutes later a staff car pulled in beside us. Guess who it was? You got it - Herbyson.

The next morning (Tuesday), we were met by a plush tour bus complete with a beautiful Japanese tour guide. Our first stop was Meigetsu-in which usually enjoys a quiet and peaceful atmosphere. In June however, the acres and acres of hydrangeas become a mass of pink, blue, and white flowers attracting thousands to the temple grounds. The morning was spent marvelling at the Japanese technical and artistic genius in traditional construction of the shrines and temples, dating back to the 13th century. Our next stop, the Hachiman shrine dominated the historical city of Kamakura. Countless legends are attached to it, but a 11th century historian would be required to interpret them.

That afternoon we had the opportunity to visit the Great Buddha of Kamakura, whose bronze casting was completed in 1252. According to the

Amida doctrine, one must place his complete love and trust in Buddha, whose infinite mercy and merits will ensure the salvation of even the wicked. We were able to participate in chano-yu, the traditional tea ceremony. The highly formalized ceremony is practiced by men of the older generation as a philosophical exercise and cultural pastime.

After following the coast back to Atsugi, we headed back to the airstation for our hosting party. With the limited funds provided, a spread matching that of the night previous was impossible, but we did our best with the resources available.

Wednesday, our last day in Japan was spent as one desired with their own host.

A small bus took the majority to Tokyo for a bit of shopping and sight-seeing, while others visited Yobohama, Mt. Fuji, or started aircraft preparations for the following day.

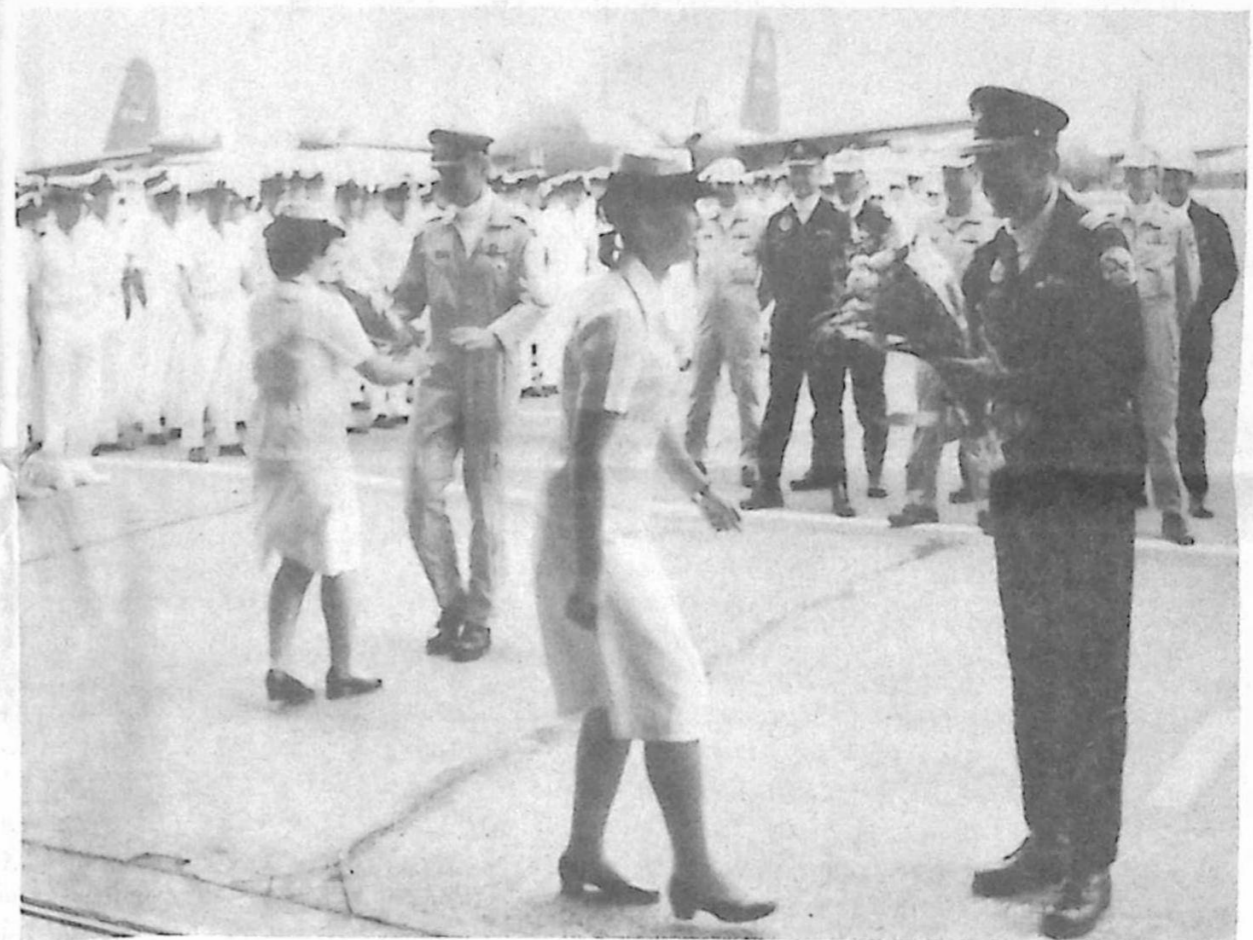
All good things must come to an end and so it was Thursday morning. We reluctantly packed our bags and travelled to Atsugi one last time for the sayonara (farewell) ceremony and subsequent departure. Many long and sad faces saluted the Japanese group as we marched past enroute to the Aurora. On our departure they lined the flight line, removed headress and waved their farewells leaving the speechless crew with lumps in their throats.

Words cannot express the friendships and ties that developed in so short a time. The hosting by VP-3 surpassed all expectations. Every time we would turn we were met by another show of incomparable hospitality. At our own hosting party we received the ultimate - they considered us to be real gentlemen.

The only disappointment is that we will never have the chance to return the hospitality. Under its peace-oriented Constitution, Japan is committed to an exclusively defensive policy. Any dispatch of the Self Defense Forces overseas, which generally would exceed the minimum necessary for self defense is not allowed.



The VP407 Japan detachment joined by their hosts visit the Great Buddha of Kamakura.



The Demons arrive at Atsugi Air Station.

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Maj. Jim Cratchley, Comdt AFIS presented with the CFB Toronto plaque. Col. Penfold, BComd, CFB Toronto, was a recent guest lecturer at the School. (Base Photo)



Vic Howlett demonstrates the fine art of "sleep-running", one of the tactics allowing him to get the Aerobic Excellence Award (1200 miles). (Base Photo)

SCROUNGE TECH TALK

(BASE SUPPLY)

By Sister Mary

The past few weeks have been a time of a great turnover of personnel within Supply as well as the rest of the base. Practically everyone knows of or has heard rumours about all of the new people and that thought is followed by "What are they like?" which translates into "How is that going to change things?"

What follows is a short range forecast and a few suggestions to help us get through the next little while. The next month or two we'll be getting the feel of the new order, checking out how the "old" staff operates, analyzing the good and bad points of Comox's supply system and the level of rapport between supply and the rest of the base. It's fairly logical to assume the next couple of months will be much the same as always. Remember, also, we are at a time when we are shorter staffed than ever with people on leave, others who have been posted out and have left, and still more posted in who haven't yet arrived. To our advantage is the fact that

we seem to have little action on the course side of the house. But by fall things will begin rolling.

We will start receiving directives from on high. We will get umpteen dozen coursing messages. OJT formal training will take a deep breath and plunge into Air Command exam preparations. We'll have to do our mile and a half or the metric equivalent. We'll switch to winter dress and reasonable working hours. We'll have full hour noon hours. And we'll have to start turning on a light for our morning shower. Don't forget Hallowe'en parties, quarterly PER's, hunting trips and Christmas shopping in Nanaimo. And rain.

Back to the directives from on high. That's where the big changes can come from and they will dictate what goals we will be working towards for the couple of years. Perhaps having a new building constructed and erecting the largest tent this side of Vancouver make following another's footsteps a little

difficult but then who wants to follow someone else's footsteps? We all have to make our own tracks or else no one will ever know we've been here. Not that there's anything wrong in following tried and true guidelines, but if, for whatever reason, a different, better, or improved method has more advantages than disadvantages, and please let it save time, then we'll do it. Talk it over, try it out, put it on paper, and spread it around. Changes in the form of directives are not just someone's dream from last night. Changes are always discussed and hashed over to work out the bugs. You or I may not understand the reasoning behind the change, or maybe we'll totally disagree, but we can't just grumble and growl. Check it out, look at it from a couple of angles, ask some questions, try it. Maybe the training and education and experience behind the change paid off. And most of all, learn. Learn how to think, how to apply

thinking constructively to your own job, learn how the particular job you're doing fits so that we all pull together. If you remember nothing else from our previous BSUpO, remember this gem he left us: "Work smarter, not harder" which means the difference between a good supply tech and an average one is caring. It sounds corny but it's true. If you care that your job is done, the customer is reasonably happy, and everything runs smoothly, then you'll automatically do a very good job, and make changes when they're needed. If you don't care, then you kill time from morning to night and doodle at your desk and complain of how bored you are. If you are a caring person, keep up the good work and try thinking of how you can save time. If you don't care, try it for just one day. You may be surprised at the satisfaction you'll feel. You can bet your paper clips our bosses care. And look where caring got them.

VU 33

Last weekend was the occasion of the official Nolan Sundeck party. It was a standard squadron party: the CO brought his Johnny Cash tape, Ann Howlett brought her Rick James tapes, and Vic brought his Sony Walk-man. Many delightful games and events were planned for the party, the most delightful being the charades contest. The winner this year (and last year) was Chuck Brassard with his patented chicken imitations. The evening's gay frolics (?) concluded with a 'Twister' showdown. Bob Landry won that hands down. The evening ended early enough to enable people to go home and watch the evening news before turning in. Now I know all you non-squadron people are wondering: what's happened to those wild VU33 parties? The answer of course is that Craig Flewelling, Bob Hills, Nick Murgatroyd and Rob Butler (the heart of the squadron) were away in Edmonton. Craig, Nick and Bob headed for the track to see the nags run; Rob headed for Commonwealth Stadium to see the Eskimo-Argonot (sic) debacle. Two groups of losers. Bob was the big winner:

his patented system of betting on his phone number on even races and his SIN number on odd races proved infallible. Nick chose instead to bet the colours (\$2 on the horse with the green blanket, please!), a system successful betters have long since abandoned. Craig's method was more masochistic: He bet on horses with no noses or necks. Time and time again, Nick and Craig would groan in unison "Oh no! The horse with the green blanket lost by a nose!"

What can you expect?

On the way into town they stopped several times at fields full of horses to get the inside poop (!) on the races. Three horses 'moo'-ed, two barked, one quacked and the rest couldn't speak English.

(The Edmonton trip almost didn't get off the ground. The Bob Hills jinx appeared to be in full force as the plane nearly went U/S for an auto pilot snag. At about the same time that Craig and Nick were tying a noose into the rope, Bob Wrightson arrived on scene. He chanted a few words, waved a dead chicken back and forth, and rectified the

snag. (Yes, the chicken is on Tool Control).

When Nick and Craig discovered that they couldn't get a cash advance on a Government of Canada Credit card, they were forced to sign the Trader's pink slip over to the Racktrack manager (sorry Craig, I wasn't supposed to mention this part, was I?)

Bob complained that staying up so late on Saturday night forced him to miss the first 20 minutes of Sunday morning's Mass for Shut-ins. Sigh.

'Nuff said.

Jr. Ranks Club

FRIDAY & SATURDAY

July 30 - 31

DANCE ROCK & ROLL
to
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ADMISSION:
\$2.00 Per Member
\$3.00 Non Member

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FREE ESTIMATES

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WOs' - SGTs' MESS

30 JULY - Mixed TGIF & Dance
Music by AREA CODE 604
Food - Free Admission

7 AUG - FAMILY PICNIC

Air Force Beach Pavilion
Games & Prizes for Children
Hamburgers * Hot Dogs * Pop
Refreshments Available for Adults
1200 - 1700 hrs
Admission - FREE

MOVIES

EVERY SUNDAY EVENING

UPCOMING EVENTS

Golf Tournament - 27 Aug.
Fishing Derby - 10 - 17 Sept
Hawaiian Night - 18 Sept
Octoberfest - 15 - 17 Oct

OFFICERS' MESS



Friday, July 30 -

REGULAR TGIF's: 1600-1700 hrs. Food as indicated, 1700-1800. Bottle and Jackpot draws at 1700 hrs. Members must have signed in and be present at time of draw to be eligible to win Jackpot draw. Free taxi service - ask at bar.

Friday, July 23 -

MIXED TGIF DANCE: TGIF, Sub Drinks, 1700-1900 hrs. Dinner - BBQ Steaks, 1730-1900 hrs. Dance - Music by DJ Don Bolivar, 2000-2400 hrs. Dress - Casual.

Saturday, July 24 -

LOUNGE RESERVED: Private Wedding.

"COOK YOUR OWN" BBQ: Individuals wishing a "Cook Your Own" BBQ can now obtain frozen steaks, hamburgers, hot dogs from the bar. Cost - 8 oz sirloin steaks \$2.00, hamburgers/hot dogs 75¢. Condiments provided.

Editorials

Y'ver been to Sea, Zoomie?

On 9 July CFB Comox had a change of Command. You don't need to be reminded; you were probably there. But another major change occurred less than a week later, a change most of us aren't even aware of.

(HINT: You may hear "Heart of Oak" played more than the "Air Force March Past" from now on.) Whether or not it really affects the Base will be determined. A change in name only, or a change in actual policy?

(HINT: You may have to trade-in your "Chicken in a Basket" for a "Crown and Anchor")

Right. We're officially a Maritime Air Group base now, no longer Air Defence (Fighter Group). Will the emphasis be on "AIR", or on "MARITIME"? Will there be a surface change, or will we be affected down deep?

Will our salutes start to lean until our right hands are flopped over at right angles to our wrists?

Will Captain Highliner

posters appear in our kid's rooms to replace Luke Skywalker?

Will we all be allowed to grow facial fur?

Will our drill start to sound like the Navie's old soft shoe?

Will the top floor in 7 Hangar be known as the top deck?

Will the Command Post become the Bridge?

Will MIR become Sick Bay?

Will our toast of the day change from "Whole wheat, lightly buttered, with marmalade" to "a bloody war and a sickly season"?

Will a Colonel become a Captain? A Captain a Lieutenant? A Lieutenant a Subby?

Will TGIF's become Weepers?

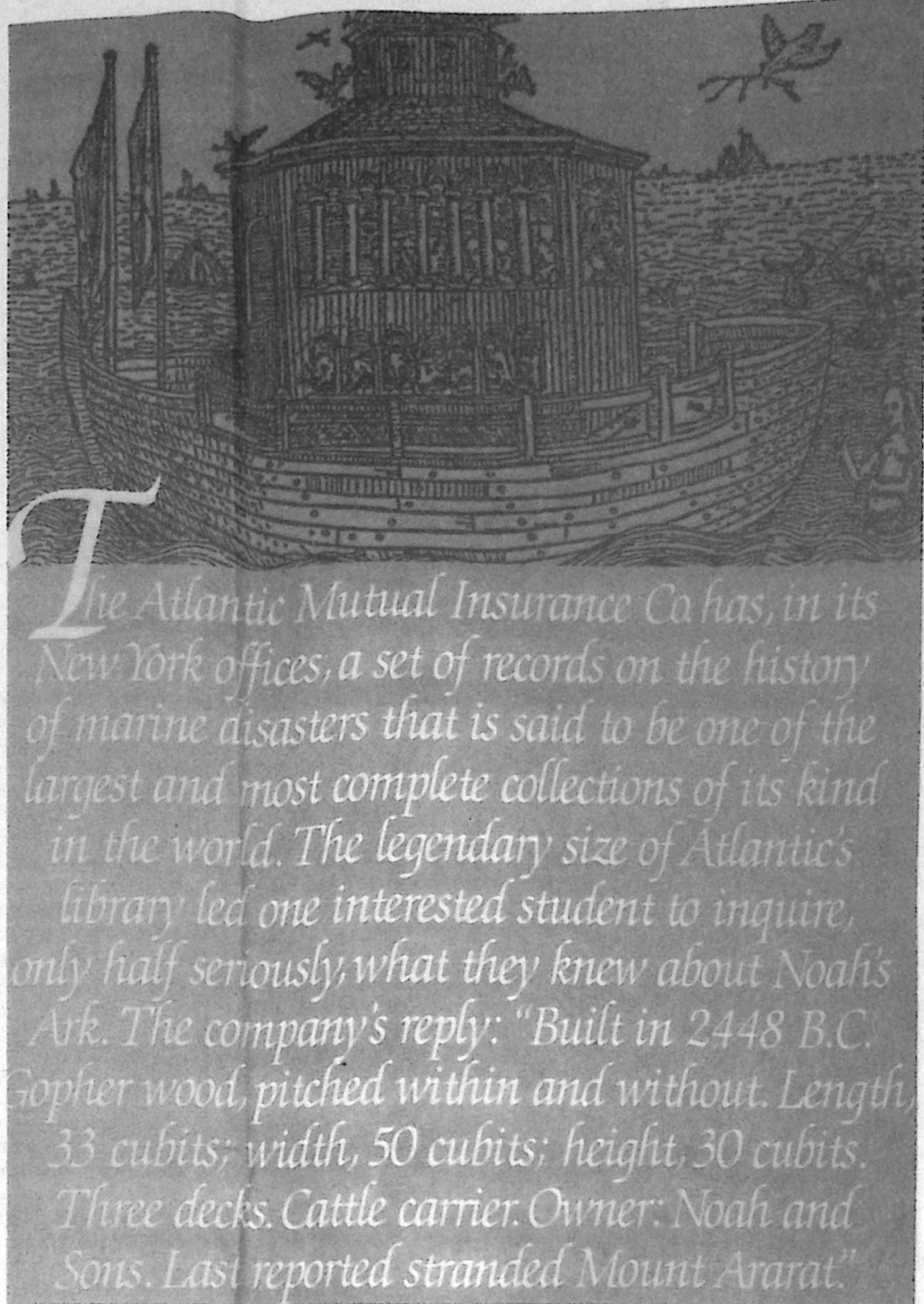
Will we be P.O.'d when we're promoted to Sgt.?

Will hatch no longer refer to what an egg does, but rather to what a door is?

Will Dark Rum replace Rye in the Mess (I mean Wardroom)?

Guess which question is the important one.

BB



The Atlantic Mutual Insurance Co has, in its New York offices, a set of records on the history of marine disasters that is said to be one of the largest and most complete collections of its kind in the world. The legendary size of Atlantic's library led one interested student to inquire, only half seriously, what they knew about Noah's Ark. The company's reply: "Built in 2448 B.C. Gopher wood, pitched within and without. Length, 33 cubits; width, 50 cubits; height, 30 cubits. Three decks. Cattle carrier. Owner: Noah and Sons. Last reported stranded Mount Ararat."

Terry Fox Run

The second annual Terry Fox Run will be held Sunday, September 19, 1982. All schools and communities throughout British Columbia and the Yukon Territory are invited to organize their own Terry Fox Run.

Entry into this year's run will be by donation only. There is a suggested entry fee of \$5.00 but no one will be turned away. All participants will receive a certificate and an iron-on decal (limited edition) at the end of the race. All donations will be directed toward new and innovative research via the Terry Fox Marathon of Hope Run.

Individuals or groups interested in organizing a Terry Fox Run in their community must submit an application by Sunday, August 15th. Applications are available from:

Marisa Tuzi
Co-Ordinator
1982 Terry Fox Run
Terry Fox Run Provincial Office
P.O. Box 34130 Station D
Vancouver, B.C. V6J 4M1
Tel: (604)734-1814

YOU AND THE LAW OF WAR

Office of the Judge Advocate General

This is the last in the series of articles which have been published during the past twenty-four months on the law of war. We have attempted to describe the origins, development, nature and effect of that law and to foster an interest in it. The law of war exists now, as it has always done, to moderate the violence involved in, and to limit the suffering caused by war. But it is of no use whatsoever unless the members of an armed force involved in an armed conflict are aware of, and observe the rules formulated by that law. We have tried to make you aware of those rules; it is your duty to observe them.

Historically, few people in or out of the armed forces were very deeply interested in the law of war. Even though, as it was pointed out in one of our previous articles, Canada is

required by international law to instruct the members of its armed forces in the law of war, perhaps we so-called experts have been remiss in our efforts in that regard. In this connection, Col. P.J. Cameron of the Australian Army Legal Corps quotes as follows from the book, "War Rights on Land", written by Dr. J.M. Spaight and published in 1911:

"War law has never been presented to officers in an attractive form, as it might have been if the writers had insisted on the historical, human and practical side rather than on the legal and theoretical one. But the difficulty of the subject, and the necessity of a careful study of it, have not been brought home to officers: they underestimate its importance and its complexity."

That all indeed may be true, but where does it leave

us? Well, going back to basics, as it were, there is absolutely no doubt that every individual serviceman and servicewoman must know what the law requires of them during armed conflict, what benefits it confers on them and that they must scrupulously obey its dictates. And for those of you who think there is no law of war, that it is fanciful and perhaps redundant to speak of a "law of war", let us go back to Dr. Spaight as quoted by Col. Cameron:

"Any nation can at any time throw war laws to the winds. But no nation does. The logical supplement to the golden rule which warms us that as we do, so shall we be done by, is the chief motive for compliance... War laws are often broken - are not municipal laws broken too? - but no modern nation is bold enough or strong enough to

disregard them wholly. To do so would be to extend to every latitude in war time the doctrine of the old buccaneers that there was neither God nor treaty within thirty degrees of the Line..."

So that, then, is the so-called "bottom line". Canada is bound by certain international obligations, such as those found in the

Geneva Conventions of 1949 which spell out the rules governing the conduct of the members of its armed forces during war. There is no doubt that Canada will continue to be bound by those obligations. Your membership in the military profession requires that you have, apart from the range of skills necessary to

the sailor, soldier, or airman, an awareness of and respect for the law. This is an essential ingredient of your professional knowledge. For example, you belong to a trained force which ultimately operates, on the basis of discipline. Therefore, you need to be aware of the contents of the Code of Service

Discipline. That is a part of our law which directly concerns you. Going one step further, members of the military profession must be ready to fight wars. Indeed, the ability to fight wars, to protect or promote our nation's interests and to defend its citizens, is the essence of the military profession. Therefore, you

need to know the law of war. It was for this reason that these articles were written and published. It is also our hope in the Office of the Judge Advocate General that more formalized training in this important field of law will be made available to members of the CF in the not too distant future.

Final Thoughts

Seven-letter Frying Pans

(The following was dug out of an old back edition of the Ottawa Citizen. It may ring a few bells with anyone who's tried to go camping this summer.)

Mr. William Davis
Premier's Office
Ontario

May 22, 1972

Dear Bill:

Just thought you'd like to know I didn't have a bad long weekend. On the other hand, it left me thinking there are quite a few other places I'd just as soon have been, but unfortunately I can't even afford that old prop-driven plane I hear is going to be on the second-hand market soon.

Anyway, we went camping up to a nice little lake not too far from Ottawa, the same one we've been going to for the past 10 years or so.

Grand-finale dive

The weather was perfect. By the time we got the tent up and the various odds and ends in the right places, the sun was poised for its grand-finale dive into the trees behind us.

Across the lake a sheer cliff of rock was doing its best to impersonate a 200-foot slab of 24-carat gold, and with the eyes squinted up a bit you could almost forget the giant day-glow Maple Leaf flag somebody painted across the rock-face in a burst of patriotic fervor back in 1967 (before your time, Bill).

It was all very pleasant. The few mosquitoes that weren't driven off to sulk in the underbrush by my armor of aerosol insect repellent were rendered groggily un-

hungry by the occasional aromatic wisp of campfire wood smoke drifting across a cunningly-placed deckchair.

The lake sparkled as if it was scattered with sequins, and a soft symphony of gurgling wavelets, bird-chirps and rustling leaves beguiled the city-battered eardrum. Ottawa's pneumatic drills and wrecking hammers were a million miles away.

To tell the truth, Bill, I wasn't giving you a thought at that moment. You came to mind a few minutes later, when we suddenly discovered that the family on the next campsite had thoughtfully brought along two motorbikes to wile away the slow hours of the weekend with.

About the same time, down on the lake - which is maybe a mile long, if you count the marshy stretch of about two feet deep - the first of a largish armada of high-power speedboats went into full throttle.

Dialogue between friends

On the campsite to our left, a young man with a 40-horsepower voice asked his friend if he had seen the frying pan. He didn't put it quite that way. I don't know if you know this, Bill, but that famous four-letter word which family newspapers don't print, becomes a seven-letter word when applied as an adverb.

The young man wanted to know if his friend had seen the seven-letter frying pan. Actually, his friend had not seen the seven-letter frying pan, but if the enquirer would get off his three-letter piece of anatomy, he'd probably find the seven-letter frying pan on the seven-letter table.

This charming exchange was, we discovered, the opening conversational gun in a longish dialogue. In fact, up until about 4 a.m. we were to be privy to an almost un-

broken exchange of similarly inspiring linguistic asterisks between our two neighbors and their friends camped directly across the lake.

Sometimes, as a stimulating counterpoint to the sound of the speedboats, the motorbikes and the long-distance Anglo-Saxonisms, came the merry crackle of fireworks being let off to celebrate Victoria Day.

Over at the rangers' office a stream of surly campers who had quaintly old-fashioned notions about wanting a little freedom from noise and shouted asterisks were told it was too bad, but there wasn't enough staff to keep a firm eye on things.

Sometime around midnight, the sole survivor of what used to be a resident flock of loons set up a feeble croak. It tried hard, you've got to give it credit, but it couldn't manage the full loon serenade. As a matter of fact, I suspect it must have had a broken wing, or it would have gone with its pals. I know I would have, given half a chance.

Those were the days
Anyway, Bill, thanks for the use of your provincial park, but somehow the call of the canvas isn't quite what it used to be. I preferred it when the rangers were on hand to make sure that frying pans were just frying pans, when fireworks were officially frowned on in wood areas, and midnight motorbike riders weren't encouraged to hold track meets on camping trails. It was also nice when very small lakes were set aside for non-motorized boaters. Those were the days, Bill.

A couple of years ago, before you raised the price to \$3.50 per night. Remember?

Yrs trly
F.P.

TOTEM TIMES



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GENS DU PAYS

BONNES VACANCES!

Nous rappelons aux membres que le local est ferme pour le mois de juillet et rouvrira ses portes au mois d'août. La clef est toujours disponible au poste de police militaire. Juillet est le mois de relache pour notre club.

La prochaine reunion du comite aura lieu le 3 aout a 20 heures, au local. Nous essayons d'organiser une partie de peche pour le 21 ou 28 aout. Si vous etes interesses, contactez Michel a 339-7636 pour lui laisser savoir vos intentions et donner une idee du nombre

de personnes interessees. Si vous allez du cote de Powell River, on vous rappelle que leur "Sea Fair" aura lieu les 30, 31 juillet et 1er aout. Il y a aussi la fin de semaine de camping sur l'île Texada les 13, 14 et 15 aout. Appelez le club Bon Accueil a 485-2031 pour obtenir plus d'informations ou vous inscrire.

C'est a peu pres toutes les nouvelles pour le moment. On souhaite a tous de bonnes vacances et soyez prudents sur les routes!

M.B.



GENS DU PAYS

Le temps que l'on prend pour dire: JE T'AIME C'est le seul qui reste au bout de nos jours. Les vœux que l'on fait, les fleurs que l'on sème; Chacun les recolle en soi-même Aux beaux jardins du Temps qui court.

GENS DU PAYS C'EST VOTRE TOUR DE VOUS LAISSER PARLER D'AMOUR (bis)

Le temps de s'aimer, le jour de le dire Fond comme la neige aux doigts du printemps. Fetons de nos joies! Fetons de nos rires! Ces yeux ou nos regards se mirent... C'est demain que j'avais vingt ans.

GENS DU PAYS C'EST VOTRE TOUR DE VOUS LAISSER PARLER D'AMOUR (bis)

Le ruisseau des fours aujourd'hui s'arrete Et forme un etang ou chacun peut voir Comme en un miroir, l'amour qu'il reflete Pour ces coeurs a qui je souhaite Le temps de vivre leurs espoirs!

GENS DU PAYS C'EST VOTRE TOUR DE VOUS LAISSER PARLER D'AMOUR (bis)

Paroles: Gilles Vigneault
Musique: Gilles Vigneault, Gaston Rochon

COMMUNICATION COMMUNAUTAIRE FRANCOPHONE --- COLOMBIE BRITANNIQUE

A TOUS LES FRANCOPHONES DE LA COLOMBIE BRITANNIQUE

SAVEZ-VOUS QUE LA S.A.V. EXISTE? en operation depuis maintenant six mois, la SOCIETE AUDIO-VISUELLE (franco-colombienne) (S.A.V.) est composee de trois (3) media communautaires: LA FRANCOPHONIE AND YOU, emission de television, diffusee tous les mercredis, de 19 hres a 20 hres, au cable 10, a Vancouver; L'APERO, emission de radio, diffusee tous les mercredis de 16 hres 30 a 18 hres 30, a COOP RADIO, C F R O, Vancouver; L'A.C.C.B., L'Association des Cineastes de la Colombie britannique.

SAVEZ-VOUS QUE LA S.A.V. VISE DES OBJECTIFS PRECIS?

Les connaissez-vous?

La S.A.V. veut vous renseigner sur elle-meme, sur ses possibilites presentes et futures. Pour les francophones hor-Vancouver, si vous desirez plus d'informations sur la S.A.V. et sur les services qu'elle peut vous offrir, vous pouvez nous rejoindre a: 875-6984/738-0338 ou en ecrivant a: La S.A.V., 3220 W. 13th ave., Vanc., V6K 2V5.

PENSEE: J'aime les paysans. Ils ne sont pas assez savants pour raisonner de travers. -Montesquieu

PENSEE: Mettez tous vos oeufs dans le meme panier...et surveillez bien le panier. -Mark Twain

CLUB:	
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Pour plus de renseignements, contactez l'une des personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C., V0R 2K0 TEL 339-5113. LE LOCAL EST OUVERT MARDI, MERCREDI, JEUDI ET VENDREDI DE 1300 HRES A 1600 HRES, ET MARDI DE 1900 HRES A 2100 HRES.

LES CLAMS DE LA COLOMBIE-BRITANNIQUE

Le clam jaune, la plus abondante des principales especes commerciales de clams de la Colombie-Britannique, est destine presque exclusivement a etre mis en boite. Il est largement repandu a travers la province, mais, bien qu'il puisse vivre dans maints types de sols, il se rencontre le plus souvent sur des plages ou le sable est melange au gravier, enfoui a une profondeur n'excédant pas un pied. Si l'on considere sa repartition sur le plan vertical, on le trouve environ au tiers cote mer de la zone intertidale. On sait qu'il habite parfois en eau plus profonde, passe la laisse des basses eaux, mais pas en nombre suffisamment eleve pour en permettre l'exploitation commerciale.

L'amande de mer du pays est generalement ecoulee a l'etat frais et se mange cuite a la vapeur. Comme le clam jaune, elle est largement repandue dans la province et se rencontre sur la plupart des differentes types de plages. Toutefois, son habitat typique consiste en un melange de galets et de sable fin, genre de terrain frequemment retrouve dans la moitie cote mer de la zone intertidale.

Le venerupis du Japon, importe fortuitement en Colombie-Britannique, a ete signale pour la premiere fois dans la province en 1936. A present, il abonde dans le detroit de Georgie jusqu'a la passe Seymour, mais se rencontre aussi sur la cote ouest de l'île Vancouver jusqu'a l'inlet Esperanza, au nord. On le trouve sur les plages faites de vase et de gravier, passe le niveau de la mi-marée. A l'egal de l'amande de mer indigene, il est generalement vendu a l'etat frais et se mange cuit a la vapeur.

Le grand couteau, par ailleurs, se trouve dans des lieux tout a fait differents de ceux que frequentent les trois premieres especes. Un sable tres fin, sans gravier ni argile, semble lui convenir le mieux. Apparemment, cette espece ne supporte pas une aussi grande variete de conditions materielles, car elle evite les eaux cotees ou la salinite est faible et la temperature de l'eau, en surface, est

elevee a certains moments de l'annee. On rencontre le couteau sur les plages face a l'océan et battues par les vagues. La seule plage en Colombie-Britannique, ou le couteau est peche pour etre vendu dans le commerce, se trouve dans l'île Graham, la plus grande du groupe des îles Reine-Charlotte.

Description

La coquille du clam jaune presente un aspect externe tout a fait lisse, coupe de nombreuses stries concentriques qui s'intercalent entre un certain nombre de sillons representant les points d'arret de la croissance en hiver. Les empreintes des muscles, a l'interieur de la coquille, sont tres larges et profondement gravees. La charniere compte plusieurs dents et son ligament externe est gros et saillant. Tout le chair de cette espece est comestible, mais on enleve generalement les extremités noires des siphons. Le clam jaune peut atteindre cinq pouces en longueur, toutefois, la taille moyenne des clams vendus dans le commerce est de trois pouces environ.

La coquille de l'amande de mer est d'un blanc pur ou couleur creme, comportant parfois des carreaux bruns; elle se caracterise par de nombreuses cotes rayonnantes entrecoupant un grand nombre de stries concentriques. Les empreintes des muscles se dessinent nettement; les dents de la charniere sont tres saillantes. La taille moyenne de cette espece est de deux pouces environ, mais elle peut atteindre une longueur de pres de trois pouces.

La coquille du venerupis du Japon, oblongue, c'est-a-dire plus longue que large, presente des stries rayonnantes et concentriques. Elle est d'un gris-brun sombre, parfois munie de dessins geometriques noirs et blancs, surtout chez les jeunes individus sur les plages sablonneuses. L'extremite du siphon est fendu. Les sujets vendus dans le commerce ont une longueur de deux pouces environ, mais ils peuvent atteindre deux pouces et demi.

La coquille longue, mince et étroite du grand couteau est convertie d'un periostracum qui se

distingue par sa couleur brune et brillante. L'animal peut atteindre six pouces en longueur et deux pouces et demi en hauteur. Il importe de ne pas le confondre avec une autre petite espece, le couteau pliant, a laquelle il ressemble et que l'on trouve sur les plages sablonneuses abritees.

Nourriture et alimentation

La plupart des clams se nourrissent de plantes et d'animaux minuscules qui nagent ou flottent dans l'eau et que l'on designe sous le nom collectif de plancton. Ces micro-organismes sont entraines par les courants parmi les mollusques qui les captent avec les branchies et les attirent jusqu'aux petits papilles labiaux situes de chaque cote de la bouche. Les aliments, une fois avalés, passent dans l'appareil digestif. Les clams peuvent operer un certain choix dans leur nourriture mais on ignore presque tout des micro-organismes qu'ils preferent et de ceux qui favorisent le plus leur croissance.

Le couteau se procure sa nourriture de la meme facon que les trois autres especes. Il fait preuve de beaucoup plus d'activite, mais cela modifie peu son aptitude a se procurer de la nourriture.

Reproduction

Clams jaunes, amandes de mer, venerupis du Japon et grands couteaux se repartissent en deux sexes bien distincts, mais leur aspect ne permet pas de distinguer les males des femelles. La taille et le nombre sont sensiblement les memes chez les deux sexes. Les oeufs et le sperme sont emis dans l'eau et, peu apres la fecondation, de minuscules larves capables de nager se developpent. Dans le bas du detroit de Georgie, la reproduction chez le clam jaune a lieu en ete, mais on ignore au juste a quel moment. L'amande de mer et le venerupis du Japon se reproduisent egalement en ete, la seconde espece generalement un peu plus tard que la premiere.

En regle generale, l'epoque de reproduction du grand couteau se situe en juillet, mais il est probable qu'elle a lieu plus tot, certains etes lorsque la temperature de l'eau descend au degre minimum voulu.

Croissance

Il se developpe, chez les larves veligeres, une coquille bivalve; au bout d'un certain temps, les petits mollusques s'etablissent dans le sable ou le gravier et entreprennent leur vie sedentaire ainsi que leur croissance progressive. Chez le clam jaune, certains sujets atteignent la maturite sexuelle a l'age de trois ans, mais la plupart deviennent en etat de reproduction a quatre ans.

La taille minimale des premiers clams jaunes reproducteurs est d'environ un pouce et demi. Dans les conditions normales, le cycle de la reproduction se repete chaque annee chez ces sujets. La plupart des clams vendus dans le commerce ont moins de 12 ans, mais on a pu trouver des individus qui avaient atteint l'age de 20 ans.

Les larves des amandes de mer se fixent quand elles ont atteint la longueur d'environ un centieme de pouce. Pres de la moitie d'entre elles se reproduisent au cours de leur deuxieme annee, alors que la coquille est d'environ un pouce; le reste y sont aptes au cours de leur troisieme annee. Rares sont les amandes de mer qui depassent huit ans, mais on en trouve quelquefois qui sont agees de 14 ans. Le venerupis du Japon a un rythme de croissance legerement plus lent que celui de l'amande de mer.

Les larves des grands couteaux se fixent quand leur coquille atteint la longueur d'un dixieme de pouce environ. Des lors, apparemment, elles ne croissent que peu jusqu'a la fin de leur premiere saison. La reproduction n'a jamais lieu avant la fin de la troisieme annee, epoque a laquelle presque tous les couteaux se reproduisent pour la premiere fois. La coquille a alors atteint la longueur de 3.6 pouces. Rarement voit-on des couteaux qui depassent neuf ans et ont atteint une longueur de six pouces. Cependant, on a trouve une coquille d'un individu beaucoup plus grand (7.25 pouces), qui pouvait donc avoir une quinzaine d'annees.

Article de la station de biologie de l'Office des recherches sur les pecheries du Canada, a Nanaimo.

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SPORTS



CANADA

DAY

ROAD

RACE

Five runners from Base Comox had excellent results in the annual Courtenay event. The 4.3 mile event had three of the top five (in a field of 27) from the base. Finishing nine seconds behind first place runner John Crouch, was Barry Williams, 407 Sqn SNAGS, another fine finish to Barry's long list. Ten seconds behind Barry came Capt. Vic Howlett, VU33 OPSO, completing his best finish to date. Fourth overall, 409 Sqn's Doug Swanson ran an aggressive race after a long competitive layoff.

Capt. Nelson Hui, recently arrived Dental Officer, suffering with injuries acquired in the Vancouver

24 hour run, completed the 4.3 mile course in seventh. Darryl Newman, 407 Sqn STOSO, was 19th overall and second in the mens over 40 category.

The first half of the race was run at a fast pace, lead by Pat Laver, Joel Greene, and Doug Swanson. The steady pace of John Crouch, however, moved the eventual top three finishers into a 35 second lead over these three.

The race was organized by the Comox Valley Road Runners and a fine job was done by Race Organizer Steve Sharrock (Dental Hygienist at the Base Dental Clinic), and his aides Capt. John LeRoss (407 Sqn.), and Cpl. Gord Kehoe (442

Sqn).

For Base personnel wishing to test their grit against some of those above mentioned runners, start training now for the Totem Times 10Km race rumoured to be taking place the first weekend in October.

Top Finishers

1. John Crouch	24.10
2. Barry Williams	24.19
3. Vic Howlett	24.29
4. Doug Swanson	24.55
5. Joel Greene	25.05
Pat Laver	25.07
Nelson Hui	26.36

Vic Howlett

HORSESHOE BAY (B.C.) --

Rolf Paterson, President of Daiwa Canada Ltd., announced today that Daiwa will sponsor the 1982 Daiwa World Salmon Fishing Championships to be held May 29 to September 20, 1982.

The event, in it's 16th year, attracts participants from around the world as well as thousands of local fishermen and has received major coverage in the world press as a highlight tourist attraction.

"The Championship is of great interest to us as a

promotional opportunity for our products and we have agreed to the sponsorship because the format is not a derby with undue impact on specific salmon stocks.

The event has evolved to a point where it recognizes the accomplishments of fishermen who are actively fishing regardless of any prize possibility and the emphasis on draw awards means that anyone stands a chance of winning regardless of the size of salmon they enter," said Paterson.

The panel of honorary judges for the 1982 competition include the Honourable Pat Jordan, B.C. Minister of Tourism,

Lee Straight, Advisor for Federal Fisheries and Oceans and Charlie White, famous B.C. film producer of underwater salmon habitat.

Management of the Championships will continue to be handled by B.C. Sport Salmon Fishing News with Don Ellis of Daiwa acting as the event's Co-ordinator. Daiwa Canada Ltd. is Canada's leading supplier of fishing tackle to the sports fishing market and has been a regular supporter of conservation and enhancement programs.

Entry to the event is free to all anglers holding a valid salt water fishing licence. Entry forms will be available

at over 40 weight-in stations within the boundaries. The boundaries include the inside waters between Vancouver Island and the mainland, from the U.S. Border, north to Stuart Island.

Major prizes will include a trip for two to Sydney, Australia via CP Air for the largest Chinook entry and a CP Air trip for two to Tokyo for the largest Coho winner. Leading the list of 20 draw prizes is the Burrard Outboard and Boat Sale's fishing package including a 14-foot Mirro Craft Deep Fisherman II, 35 H.P. Evinrude engine, Road Runner trailer, two Ancient Mariner Boater

Jackets and two Daiwa rods and reels with DuPont STREN line.

Second prize is a two-day Seawatch Charters fishing package for six including boat, guide, accommodation and meals. Third prize is a 9.9 H.P. Johnson engine, a 7.5 H.P. Evinrude is fourth prize and fifth is 4.5 H.P. Johnson outboard motor.

Sixth through ninth prizes are two types of Ancient Mariner Foul-Weather suits. Pennant Marina is giving a Fish-On bait tank to the 10th place winner and 11th through 20th prizes are various Daiwa rods and reels with DuPont STREN line.

INTERSECTION FAST BALL

STANDINGS AFTER REGULAR SEASON PLAY

1st	Sgts Mess	30 pts
2nd	407 Sqn	28 pts
3rd	BSecur	21 pts
4th	DET 5	20 pts
5th	HQ	15 pts
6th	Supply	12 pts
7th	AVSO	8 pts
8th	442 Sqn	8 pts
9th	MSE	4 pts

Single elimination playoffs start Tuesday 20th July with 2/3 semi-finals to start Thurs. 22 July on Diamonds 2 & 3 at 1700 hrs.

Support your team - Come out to a ball game.

POOL

NEWS

LESSONS:

SESSION III - August 9th - 20th - Last Session.

At this inflation fighting cost of \$10.00 you can't lose and we can't be beat!

REGISTER NOW BEFORE IT'S TOO LATE!!!

MASTERS:

Don't forget swimming hours: 1:00 p.m. - 2:00 p.m. 7:30 - 8:30 a.m. LET'S SEE YOU!!!

SWIM CLUB:

We are now ready for those keen swimmers who want to support their Base Swim Team. Children must be able to swim 2 laps of the pool minimum. Practice times are: Mon to Thurs. 4 - 5 p.m. and Sat. 4 - 5 p.m.

RLSS Advance

Lifesaving Courses: Please leave your name and phone number with Rec Centre office.

POOL HOURS:

MON - THURS
2 - 4 p.m. OPEN
6 - 7 p.m. OPEN
7 - 8 p.m. ADULTS ONLY
★ FRIDAYS - Pool is closed due to Super-chlorinations

SAT & SUN

1 - 3 p.m. OPEN
3 - 4 p.m. ADULTS ONLY
6 - 7 p.m. OPEN
7 - 8 p.m. ADULTS ONLY

TOTEMS FASTBALL

Our Base Men's team will travel to CFS Kamloops on 23rd July to compete in the Pacific Region Championships. The winner of the series will advance to the CF Nationals hosted this year by CFB Greenwood in late August. Good luck Totems - bring home the silverware.

BASE TEAM GOLF

The third and final round to select our Base Team will be held on Wednesday 28 July. Competitors are asked to report to the Club House NLT 0930. Tee Offs start at 1000.

PROPER EQUIPMENT

Some boaters are equipment bugs who overload their rigs with seldom used accessories, but every boater should realize that certain basic gear, neatly stowed and easily accessible, is vitally important.

Allied Boating-Canada suggests that it's a good idea to make routine equipment checks. You should know the location and proper usage of required and useful gear aboard your boat.

Ministry of Transport approved life preservers are imperative. You must have one preserver for every person aboard the boat at all times. For boats not over 5.5 meters in length (approximately 16 - 1/2 feet) approved buoyant cushions are suitable for adults, but approved life jackets or PFD's (personal flotation devices) are recommended for youngsters and non-swimmers.

Many boaters underestimate the need for an anchor and plenty of line. It can prevent mishap during any emergency. A minimum of 15.25 meters of anchor line is recommended for boats not over 5.5 meters in length. Good, unfayed bow and stern lines are needed to properly moor your boat. Line is inexpensive, and one of the most common and irritating mistakes is to have too little aboard.

Every rig should have a government-approved Class BI fire extinguisher if the vessel is equipped with an inboard motor, permanently fixed or built-in fuel tanks or a cooking or heating appliance which burns liquid or gaseous

fuel. It should be secured in a bracket located near the steering wheel for immediate access. It should also be checked periodically to see that it operates properly.

Smaller gear should be secured in a locker or storage compartment. A tool kit, consisting of pliers, screwdriver, extra spark plugs, spark plug wrench, cotter pins and a spare prop, should always be aboard. A first aid kit could come in handy for temporary treatment of minor injuries. Also recommended are a flashlight, boat fenders, a reserve fuel supply and a container of fresh water.

Other mandatory equipment that you must have on board if your boat is not over 5.5 meters in length includes two oars and rowlocks or two paddles, one bailer or one manual pump and, of course, the necessary navigational lights.

If properly stowed, the recommended and compulsory equipment will not interfere with the proper operation of the boat. But, in case of emergency, it will be ready for immediate use.

Allied Boating-Canada also recommends that no boater leave the dock without reading and understanding Transport Canada's booklet, "Boating Safety Guide". It's available from any Canadian Coast Guard Office, many Chambers of Commerce, Provincial and RCMP offices, or contact Transport Canada, Place De Ville, Ottawa, Ontario K1A 0N5.

COMMON SENSE BOATING

Safe and enjoyable boating is largely a matter of common sense. The Allied Boating Association of Canada, representing most major Canadian manufacturers and distributors of boats, engines and boating products, suggests you follow the four cardinal rules of common-sense boating. Know yourself. Know your boat. Know the area. Know the rules of the road.

KNOW YOURSELF and the limits of your boating expertise. A confident and competent skipper makes all aboard feel happy and at ease. The captain who relies on common sense will be familiar with the rules of safe and courteous boating, and will constantly be extending his know-how.

Know your crew as well. Is there someone on board who can take over or assist in an emergency? Does everyone know the location

of safety and life-saving gear, and understand how to use it? Do they know the rudiments of boating safety? You will want to take special precautions when children or non-swimmers are aboard.

KNOW YOUR BOAT. Before each trip, check your boat before leaving the mooring. Is there sufficient fuel? Exercise extreme caution when filling tanks, wipe up spills, and ventilate the engine compartment on inboard and inboard/outboard boats before starting the engine.

Look out for the small signs - a frayed line, a loose fitting - that could cause trouble later on. Check your gear. Is there a first aid kit, safety and fire-fighting equipment as required by law, and a life-jacket for each person?

KNOW THE AREA. You should have a chart of your locale, even if you're familiar with all its

features. Before starting on a journey, observe weather and water conditions, and listen to a forecast. When cruising to strange waters, check the charts ahead of time, plotting your courses and planning for emergency harbours along the way.

KNOW THE RULES OF THE ROAD. There's really no excuse for unsafe boating, even for the beginner. Four of the most common unsafe boating practices are: 1. Disregarding speed limits and no-wake signs in congested areas. 2. Passing other boats where they shouldn't and when they shouldn't. 3. Anchoring to fish or loaf in busy channels. 4. Water skiing too close to shore or buzzing other boats at high speed.

Common sense in these four basic areas is the key to worry-free fun on the water for skipper and crew.



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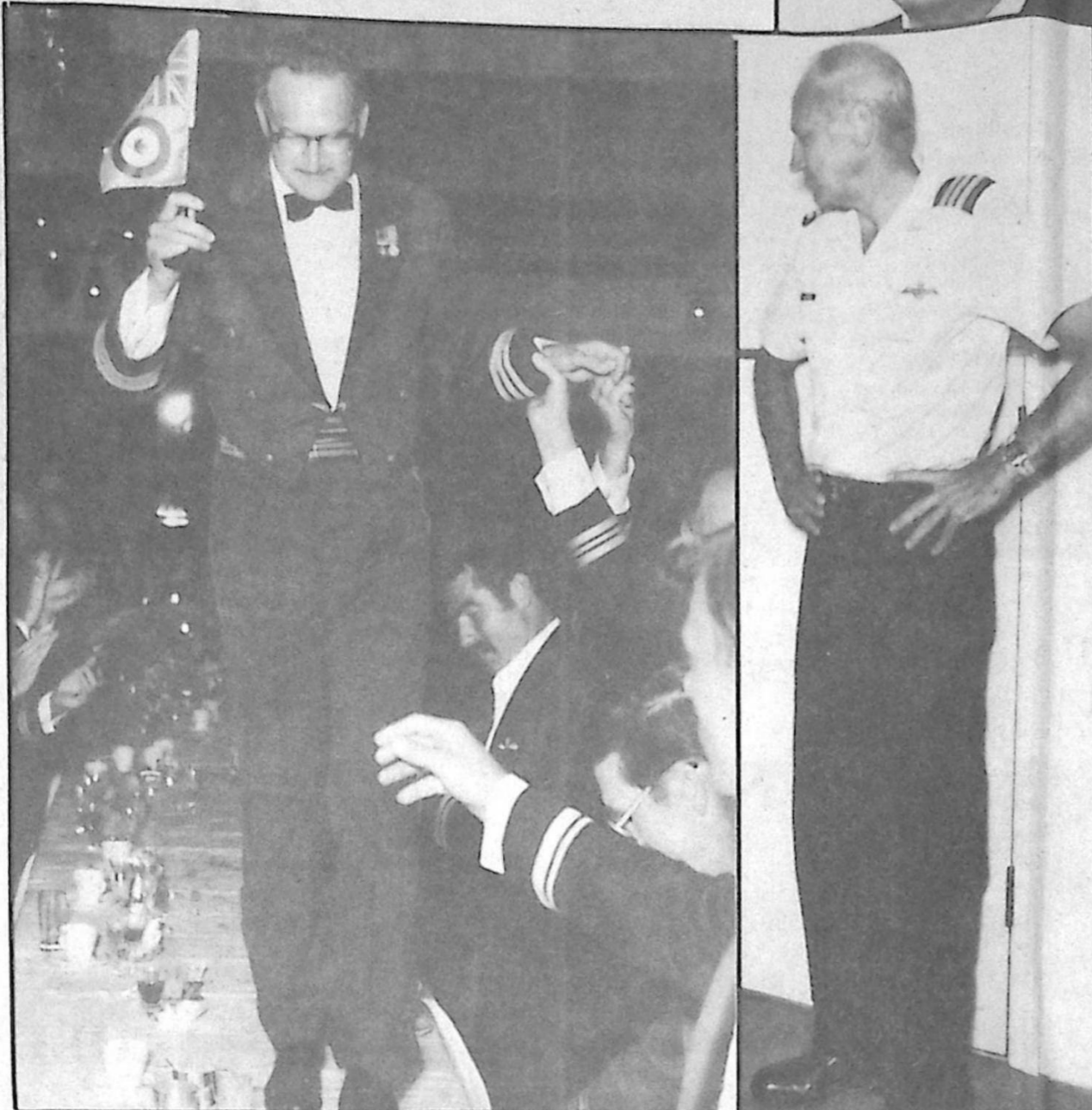
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Take Off

(eh?)



"This Command Post ain't big enough for the two of us," drawled Col. Bob "the Kid" Chisholm, "so one of us better leave." Col. Chisholm arrives at 10 TAG St. Hubert later this month. (Base Photo)



We at the Totem Times would like to join the rest of the Base in extending our farewell and best wishes to Col. Chisholm, LCol. Clements, LCol. Diamond, LCol. Cameron, and LCol. Burrows.



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Promotions and awards



Congratulations to the fighting 442nd members recently honoured by the CO, LCol. Diamond. From left: Capt. Davidson (1000 flying hours on the Lab), Capt. Vos (promotion), Sgt. Herman (promotion), LCol. Diamond (because he's the CO), WO Rutherford (promotion), MCpl. Burnell (CD and Aerobic Excellence), MWO Martin (promotion). (Base Photo)



Master Seaman J.J. Cowan of the Marine Section congratulated on his promotion by Major D. Breer, BTnO, as CPO R.W. Kisby gives direction to the photographer ("full astern") and keeps the crowds back ("avast there, matey") Base Photo



Base Commander's Commendation to John Gregory who extinguished a fire in a Comox PMQ 5 June. The commendation reads in part "...his quick-thinking and coolness in a stressful situation prevented the fire from spreading and the possible loss of the whole house...". (Base Photo)



"You'll have to give these up unless you find your uniform and the barber shop" stated outgoing BOpsO LCol. Burrows to newly promoted Sgt. Gary Murray. Gary is NCO i/c MP Investigation Section.

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On 16 Jun 82 a cheque in the amount of \$500 was presented to Glacier View Home in Comox from St. Michael and All Angels Protestant Chapel. Shown from left to right, John Frankland, President of the Board, WO Colin Ainsworth, Chairman of Protestant Chapel Committee, K.C. Whitleg, Administrator and Maj. R.E. Risch, Base Chaplain (P). (Base Photo)

Cubs Go Camping

The annual First Lazo summer cub camp has come and gone, but for the 28 boys the memories will linger for a long time. Many thanks to the leaders - Dick Kuntz, Don Harrington, Dave Vecqueray, Doug Mills, Dennis Lyons, Bob Prescott and Frank Breeze who gave of their time and energy to make the camp an unforgettable one. Also, a special thank you to our gourmet cook, Mike Sparks who kept the tummies full and promises to never reveal the secrets of his magic spaghetti recipe. As is our custom the unexpurgated version of the boy's camp log is reprinted for the edification of all.

CAMP LOG

Fri pm/Sat am

So far it has been fun. We have been setting up for our sleep

Fri pm/Sat am Leopard Six

So far it has been fun. We have been setting up for our sleep for a long time. We were lifting logs and other things. We had a game later on, Turn off the Light.

We had a lot of fun at night. At breakfast we ate and ate. I was a very good breakfast and we all enjoyed it.

Sat pm Tiger Six

After lunch we went to are cabbins and got ready for grand opening and inspection. I think we did O.K. right know we are in the lead I hope we win.

Everyone likes it hear but the rain we can do with out. are cabbins are very neat they don't take om water.

We had a lecture om one of are badges. The leaders keep on telling us to keep dry. We are getting to safety questions we are having a

game of soccer know I hope we win because we get house points. Akela said that would make a handy craft. We had the game of soccer we lost five to zero. We just had lunch it was good. After lunch we made an opstickal corse we couldn't make up wat we were doing. later we did the corse at the end we got all muddy and had to wash it was cold. know we had a mug up. and giving the log to the cougar.

Sun pm Cougar Six

Today we when got up a had a pillow scrap. Then we have to get ready for breakfast and brush are teeth. Then we had free time and had a pillow fight. Later we had the opening and insecton. then we had a pillow fight. Then we gut called in for a review of the Afilic Badge.

After the athete bagde we had a pillow fight. Then we got cald for lunch we had grill cheese sandwiches and soup and lemon peanutbutter sandwiches. Then we had free time and we had a pillow fight.

Sun pm Panther Six

Today we had a mini olympics. We had a rope climb, a 50 metre sprint, a ball throw, push-ups, sit ups, and nutrition. I (Ashley) did 60 sit-ups, 30 push-ups, and climbed to the top of the rope. We just cooked our supper. Our six's fire took about 40 minutes to get going! This afternoon some people went swimming. Everyone in our six

except John Mills stayed behind. Yesterday the water was freezing! Our sex is loosing in points. It is really fun except for the fact that it has been raining for the last 2 days. I can't wait until tonight to scare everyone by making scary noises like thump, thump, boo and making evil laughs.

Leopard Six

Afte mug up we did first aid. I had a lot of fun. After that we had spare time. Then we had supper then jungle aram. We had a camp fire then we went to bed. We all had a good sleep. I had a good breakfast.

Mon am Tiger Six

After breakfast we were working on are handy craft when Akela told use we we have another lecture on first aid. then we played soccer it was 2.0 it should have been 0.0 because the ball went over the goals the family the sun came out man it's hot were finishing up om are handy crafts know. I hope to night the six dose not spit om us through the hole we just went swimming and rapiding it was fun when we left. I picked up five rocks for are handy craft.

Mon pm Cougar Six

First of all we had left-overs for lunch and a great cook was the thought-full one. Then we had free time and started to build a Tee Pee. Later on we went thought a compass course. Then we went swimming. After swimming we had some first aid. Then we had a mini carnival. At the carnival

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GRADE ONE

Kara Bohl
 Kristoff Cook-Coats
 Shelly Messenger
 Amy Johnson
 Chris McGrath
 Bobby McLean
 Suzy Kerr
 Nicole Burgess
 Wendy Gathercole

GRADE FOUR

Tracy Steel
 Kerek Wiseman
 Nancy Wong
 Paul Leedell
 Angela McCulloch
 Andrea Olsen
 Bobby Williams
 Sara Burgess
 Kristi Gathercole
 Shannon Opperman

GRADE TWO

JoElle Knapton
 Kristy Lutz
 Marty Borden
 Ian Black
 Michael Finneron
 Kim Footitt
 Kirsten Stewart
 Jeremy Morrow
 JoAnne Ramesbottom
 Kim Young
 Robin Irmen
 Darren Leedell
 Jennifer Tressel

GRADE FIVE

Nyla Patrick
 Jesse Smith
 Michael Wilford
 Darren Mills
 Ann Jackson
 Kevin Harrison
 Ben Hopp
 Matthew Rees
 Bill Dale
 Joanne Holliday
 Wendy Lunde
 Sylvia McAvany
 Dana Miller
 Kathy Young
 Justin Olsen
 John Cowie
 Morie Gracey

GRADE THREE

Ian Campbell
 Ann Moxin
 Kari Jonker
 Lyle Kerr
 Rose-Anne Jesse
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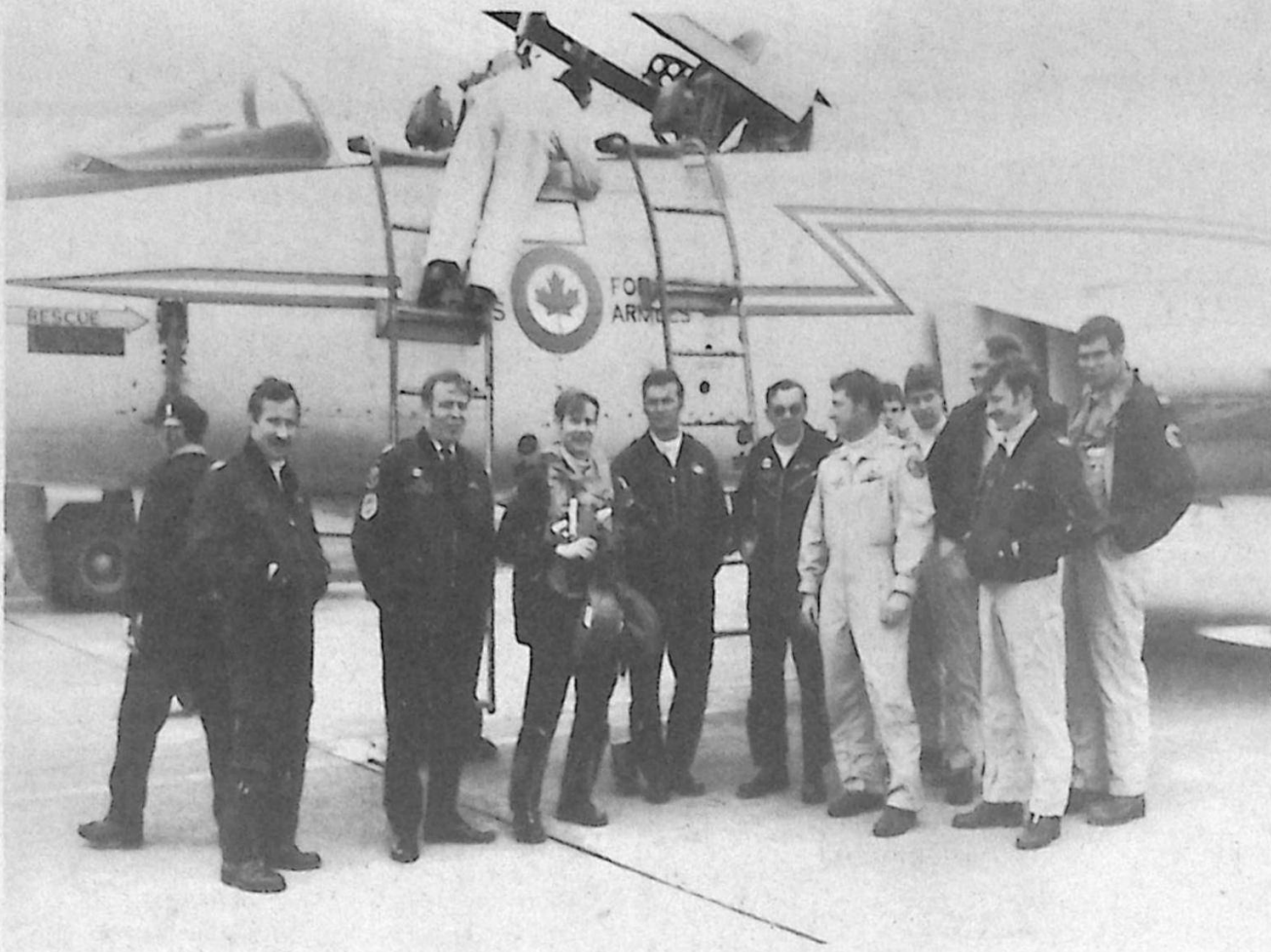
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Capt. Chuck Fast receives a warm thank you from LCol. Lott and other members of 409 Squadron as he steps out of the 101 cockpit for the last time. Chuck is posted to Cold Lake (with a brief stop in Trail, B.C. to get married). (Base Photo)

SANFORD - Casualties in the Workplace

VICTORIA -- NDP Labour critic Karen Sanford (MLA Comox) during debate on the estimates of the Ministry of Labour, pointed out that in Canada there are 10,000 deaths yearly in the workplace through accident or disease and 20,000 workers are permanently disabled.

Sanford called these figures "shocking" and called on the Minister of Labour to take immediate action to ensure that safety in the workplace has a priority, that safety inspections be increased and that penalties for ignoring safety regulations be imposed.

"The statistics are appalling. 134 miners per 100,000 die in accidents each year; 41 per 100,000 will die in construction; only 1 per 100,000 who works as a finance officer will die and 7 per 100,000 die in their jobs as police officers. We think of a police officer's job as a hazardous one. A police officer is nearly 5 times safer than a miner", said Sanford.

Statistics show that while the homicide rate in Canada is 3 deaths per 100,000 population, the occupational death rate is 33 per 100,000. Assaults were 446 per 100,000 while job accidents were an amazing 10,570 per 100,000.

Sanford said, "These workplace casualties are a form of violence that the minister and his government must direct their attention towards".

COMOX VALLEY RALLY 75

The Comox Valley District Scout Association is pleased to announce the planning of a mass rally for beavers, cubs, scouts and venturers from the Comox Valley together with invited scouts from other districts in the Islands Region.

RALLY 75 which celebrates the seventy-fifth anniversary of scouting in Canada, will take place in Lewis Park, Courtenay, on Saturday, the second of October. The day long affair will involve approximately one thousand boys, leaders, parents, invited guests, and a special group of ex-scouts, who will participate in competition events along with present scouts.

The planning committee has met three times under the dynamic leadership of Scouter Cliff Fletcher. Numerous com-

mittees are presently undertaking the detailed and delicate planning arrangements to ensure that CV RALLY 75 will be a special event, long remembered by everyone.

Further news announcements will be forthcoming as plans and programs are finalized.

In the meantime, hundreds of volunteers will be needed. If you would like to share in this moment of Canadian scouting history, contact your local scouting leaders or give Cliff (334-3638) or George (338-8002) a call and say "Yes, I want to help the boys of the Comox Valley celebrate."

To all ex-scouts of the Comox Valley, "BE PREPARED", form a patrol or come and join a pick-up patrol on October 2, 1982.



Even Trees are Pro - Air Force: Cpl. (Ret) Danny Boone found what looks to be an LAC prop while cutting wood in the local area, proving that not all former RCAF ranks badges are in museums.

CD clasp presentation to (from left): MCpl. Welsh, Capt. McLellan, Capt. Al-Molky, Sgt. Hill, WO Bullerwell. (Base Photo)

YOURS-JUST ASK

Got a question for the Canadian Cultural Property Review Board? Need the services of the Central Divorce Registry? Interested in the latest sea ice forecast? If so, join the thousands who've learned to let their fingers do the walking through the phone directory's blue pages.

The blue pages list services and programs at all three levels of government. They're part of a country-wide effort to dispel government's "impersonal and distant" image, undertaken by the Task Force on Service to the Public.

Since 1979, the task force has worked with federal government departments and agencies to create a variety of referral services. Besides the blue pages, Canadians living outside

major urban centres can dial toll-free to receive information on government programs. In some areas, callers can find out whether the service they need is provided at the municipal, provincial or federal level and what office handles it — all in one call.

For those who prefer to deal face to face, the task force has created the Canada Service Bureau. Branches are located in shopping centres and government buildings in 14 large cities. In addition, itinerant bureaus, operating like mobile libraries, regularly visit nearly 90 communities across the country.

Each bureau is staffed to answer general questions. Visitors with more complicated queries are put in direct contact with the dif-

ferent departments they need.

The bureaus are also stocked with publications, government applications (including passport applications) and Telidon terminals that offer access to CanTel, the Government of Canada Information Bank. Telidon is the videotex system developed by the Canadian government. Said to be the largest government videotex database in the world, CanTel contains close to 50,000 pages of information in both official languages.

Using a modified television set, users can operate the keypad themselves to obtain information. New information is continually added to the databank in response to public demand.

The 1982 Index to Programs and Services is availa-

ble on CanTel and in printed form as well. The index identifies the department responsible for a particular service or program and the address of its closest office. Divided into two parts, the index provides a subject listing that allows users to find bankruptcy under "B" without having to know that the Department of Consumer and Corporate Affairs is responsible for bankruptcy legislation. The index also refers users to programs and services by government department.

Through telephone, Telidon, face to face service and a published directory, the Task Force on Service to the Public is trying to make government more accessible to Canadians. The services are yours for the asking.



WADE MATTOON

Chuck Cronmiller, Vice President of Nanaimo Realty (North) Ltd., is pleased to announce that Wade Mattoon has joined our firm. Wade comes to us from Calgary where he has been in Real Estate for the past 10 yrs. His expertise has been in the field of commercial & residential construction and development. Wade has also been instrumental in the development, construction & sales of numerous large condominium developments in the Calgary area. If your Real Estate and business needs require experience in this field - contact Wade. Office: 334-3124. Res: 339-5365.

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DALE JARVIS

Chuck Cronmiller, Vice President of Nanaimo Realty (North) Ltd., is pleased to announce that Dale Jarvis has joined our firm. Dale has been a realtor in the Valley for the past 12 years, and brings to the firm expertise in both commercial and residential development. He was directly involved in such projects as The Westerly Hotel, Mariner & Seaview Apartment Complexes, Coleman Wood Park, and many other developments which have made the valley a better place to live. If your Real Estate and business needs require knowledge and experience, contact Dale. He can help you. Telephone: 334-3124 or in the evening 334-4107.

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Canadian Forces news

Spy Ship Shadowed



A Soviet 'information gathering' ship, the *Gavril Sarychev* (one of two Nikola-Zubov class AGI's), has been the focus of Canadian Forces surveillance efforts since last Wednesday.

Although in international waters outside of Canada's 12-mile limit, the 2600 ton vessel entered Canada's surveillance zone Wednesday morning and was picked up by a 407 Sqn. Aurora. *HMCS Saskat-*

chewan and *HMCS Mackenzie* later joined the shadowing effort, along with a Tracker from VU33.

MarPac Commander Rear Admiral Edwards speculated that the Soviet spy ship is likely here to monitor ship movements and communications in the area. Their main interest is likely to be the *USS Ohio*, the first of the US Navy's new Trident submarines. The *Ohio* is supposed to pass through the Strait of

Juan de Fuca later this summer, enroute to the Trident submarine base in Bangor, Washington. At

200 m long, the \$1.2 billion *Ohio* is the largest nuclear submarine in the world.

The *Sarychev* is equipped with electronic listening devices that can pick up virtually all commercial and military radio traffic. She is likely to remain in the Juan de Fuca area for the next 4 to 6 weeks.

Improved Sky Hawks

Apprentice

Soldier

Reunion

Bristol Milestone Met

OTTAWA -- The Sky Hawks, the Canadian Forces parachute team, have started their 12th country-wide year of free-fall parachuting demonstrations.

Between the end of April and early October, the impressive Sky Hawks program is being featured at 60 exhibitions, festivals and airshows in Canada and the United States. Because of time restrictions, the Sky Hawks are unable to fill all of the 110 requests for appearances this demonstration season. Their hectic schedule takes them from Whitehorse in the Yukon to Gander, Nfld. and from Canada Day celebrations in Ottawa July 1 to Summer Games festivities in Vernon, B.C. August 26.

This year for the first time, the military parachutists are performing four descents or passes, instead of three, during each demonstration. They also have the largest team ever - 19 in all - thrilling audiences with jumps from an altitude of 10,000 feet and up to 45

seconds of free-fall, while hurtling through the air at speeds of up to 225 km per hour.

Smoke billowing from canisters attached to their legs, these expert acrobats of the air, through body contortions and various formations, create designs in the sky clearly visible to audiences below. Two jumpers in a hand-to-hand and head-to-head formation can send themselves into a barberpole-effect spin by merely lifting opposite feet.

A diamond is the result when two jumpers, in a variety of positions, accelerate and then "put on the brakes", passing within a couple of feet of one another. A bomb burst of stars is another of the formation passes.

In a spectacular performance, one of the Sky Hawks demonstrates the emergency "cut-away procedure" used during tense moments when a jumper's canopy malfunctions.

The Sky Hawks team consists of a core of eight permanent staff members

and a number of volunteer parachutists chosen each year from different ranks, trades and classifications in the Regular and Reserve Forces.

The volunteers must have their basic free-fall qualification in parachuting and/or a civilian class 'A' licence issued by the Canadian Sport Parachuting Association, before they can attend the six-week training camp and team tryouts.

Team members, all experts, may have from 150 to 2,400 parachute descents to their credit, but parachuting is not their only job. All have different primary occupations, ranging from parachute instructors and riggers to artillerymen and signallers.

This year's commanding officer, Captain Gerry Vida, and the team's new administrative officer, Captain Romas Blekaitis, are both instructors at the Canadian Airborne Centre, located at Edmonton, Alta. When the demonstration season is over, as members of the permanent staff of the Sky Hawks, they will

conduct trials and evaluations on the free-fall parachute equipment of the military, prepare for their next training camp, and continue instructing military free-fall.

The technique of military free-fall is used in wartime to insert small groups of troops into hostile territory. Such operations are normally carried out at night with the aircraft flying too high to be seen or heard. The falling human bodies are almost impossible to detect on radar.

instructors and military staff are invited to contact MWO Wayne T. Marshall or Sgt. Barry K. Birmingham, 3 Squadron, 1st Canadian Signal Regiment, Canadian Forces Base Kingston, Kingston, Ontario K7L 2Z2, phone (613) 545-1747.

WINNIPEG -- As milestones in the CF-18 program are met, similar milestones in the long career of the Cf-101, Voodoo, are also being met.

At the Bristol Aerospace plant in Winnipeg, June 10, a small group of DND representatives joined company executives and about 200 Bristol employees to witness the roll-out of the last Voodoo from depot level inspection and repair (DLIR).

For more than 20 years Voodoos have been coming and going through the Winnipeg plant. Bristol figures show that from a fleet of between 56 and 66 aircraft, they have received and dispatched more than 520 airframes in projects ranging from DLIR to modifications and trials involving only part of the fleet.

The highlight, according to Bristol, was the "Peace Wings" program in which 56 Canadian Voodoos were exchanged for 66 more

modern U.S. aircraft. Through 1970 - 71, Bristol swapped ejection seats and engines and modified airframes to U.S. and Canadian specifications.

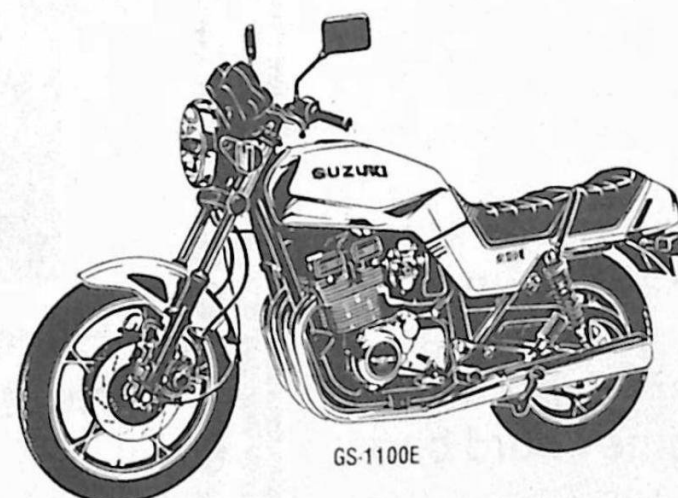
Bristol's contribution to the air defence effort does not end with this DLIR contract. Over the next three years about 35 Voodoos will pass through the plant for periodic inspections. By transferring periodics to the civilian contractor the Forces free technicians for training in preparation for the CF-18 Hornet.



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SALE ENDS AUGUST 1/82



Forty years ago, in June 1942, the Japanese attacked Dutch Harbor in the Aleutian Islands. This attack started a long conflict throughout the chain of islands in which thousands of American, Canadian, and Japanese servicemen lost their lives. The three-year conflict is sometimes referred to as the forgotten war.

In early June of this year the foes of the past gathered at Dutch Harbor, some 1200 km south of Anchorage, Alaska to commemorate the tragic conflict. The Canadian representative, LCol. Gordon Diamond, Commanding Officer of 442 Transport & Rescue Squadron, Comox, B.C., was preceded in the Aleutians

by his father, Wing Commander Gordon Diamond who flew with 111 Sqn. Assisting LCol. Diamond with a wreath-laying was retired Japanese Admiral Hiroichi Samejima of Tokyo, another original participant. Other representatives included retired American Generals and members of the Aleut community. LCol. Diamond said, "having been connected historically through both my father's part and that of 14 Fighter Squadron (now 442), the emotion and sentiments of the participants at the ceremony was most moving. I was honoured to represent Canada". A fitting tribute to all who were there both past and present. (CF Photo by Sgt. Dennis Mah)

Cars & Heat can be Lethal

You wouldn't intentionally suffocate your child, but that is exactly what you might do unwittingly this summer. In hot weather it takes only 15 minutes for your closed, parked car to become dangerously hot, warns the B.C. Automobile Association.

According to research conducted by BCAA's affiliated club in Australia, children left in closed automobiles can die of heat stress after two to four hours, with dehydration and burns occurring in even less time.

In one fatal instance, an automobile left parked in the shade was after a couple of hours bathed in direct sunlight. The young occupant died before the danger was even realized.

How often does a quick 15-minute trip into the supermarket turn into 45

minutes or an hour? Hot asphalt radiates heat which only compounds the problem in many parking lots.

"The Australian tests found that temperatures in a closed car rise dramatically within five minutes of closing the doors and stabilize at the highest degree within 15 minutes," says Peter Lange, BCAA Nanaimo Manager. "The danger is a severe one, but few parents or pet-owners realize just how serious it really can be."

The rapid rise in temperature is due to a combination of direct sun and inadequate ventilation, but the size and colour of a car, degree of ventilation and relative humidity all contribute to an environment potentially dangerous to human life. And, unknown to many owners, normally pampered pets

suffer the same ill effects as children.

As the temperature inside the car rises, the relative humidity decreases, causing rapid fluid loss. Crying and general restlessness further increase the loss.

Studies showed that, "After four hours, sweat gland exhaustion is likely, and elevation of body temperature and the cerebral manifestations of heat stroke would ensue."

Cracking windows is a common practice in order to provide ventilation while deterring thieves and restraining a child or pet. But BCAA learned that opening a window only slightly is of little or no value in creating sufficient air circulation. However, leaving a window half open significantly lowered the interior temperature of a car.

A variety of colours and sizes of vehicles were used

in tests on closed interiors in hot weather. Results indicate that the highest temperatures were reached in large dark-coloured sedans.

White vehicles were approximately 6.5 degrees C cooler than their dark-coloured counterparts, but were still too hot for safety.

According to test results, the interior trim colour has no effect on the inside temperature. But the temperatures of vinyl seats, seat-belt buckles and steering wheels were found to be even higher than the stabilized interior temperature, creating a danger of serious burns.

Thus, all closed vehicles produce an environment which could be lethal to children and pets within a relatively short time during hot weather. BCAA recommends that extreme care be taken this summer if children or pets must be left unattended in parked cars.

Tax Receipts

April 30 may herald the end of tax season for 15 million Canadians, but it is too early to throw away receipts and records. After the refund cheques and assessment notices have been mailed, Revenue Canada, Taxation begins to re-examine the tax returns of thousands of Canadians to verify claims for personal exemptions, deductions from income and expenses reported on their 1979 tax returns.

For taxpayers whose income is from wages or salary, the Department conducts post assessing and matching programs. The returns of taxpayers whose income is from self-employment, investment, rental property, or commissions are checked through office examination or audit programs.

In either case, receipts and records may be needed to support one's claims.

Through the post-assessing program a number of claims are selected each year for examination. Returns with such deductions as away-from-home expenses, child care or moving expenses would then come under the scrutiny of the Department.

Last year reassessments from the post-assessing program totalled \$14 million in additional income tax.

The matching program involves the computer or manual matching of information reported on various information slips or receipts with information submitted by taxpayers. Information slips such as T4s, TFAIs (& Family Allowance) or T4Us (Unemployment In-

urance) are matched against the amounts declared by taxpayers, to ensure that all such income has been accurately reported. Receipts for payments are also matched. This ensures that the taxpayers who received the payments have reported them.

Not only does this matching program verify information reported by taxpayers, it also provides clues to people who have failed to file a return as well as to cases of fraud. In the 1978-79 matching program, a total of \$35 million in additional tax was recovered.

For taxpayers whose income is from sources other than wages or salary the tax department may conduct either an office examination of their tax return or a field audit. Both involve the in-depth examination of a tax-

payer's return conducted either at the tax department or at the taxpayer's residence or place of business. Taxpayers may be asked to provide receipts or records to justify certain claims or verify expenses.

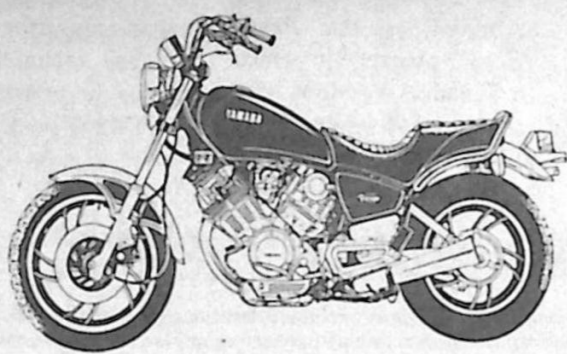
Last year the office examination program resulted in the assessment of an additional \$49 million in tax. The audit program yielded an additional \$376 million in tax.

As well as recovering tax owed, these verification programs encourage people to comply with the law. Anyone who is contacted by Revenue Canada, Taxation should be able to provide supporting documentation to back up their claims. Failure to have the proper receipts and records could result in a claim being disallowed.



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