



# TOTEM TIMES



Vol. 24 No. 16

CFB COMOX TOTEM TIMES

THURSDAY, SEPTEMBER 2, 1982

DEADLINE - MONDAY, SEPTEMBER 13

COST: PRICELESS

## CF 18 on Schedule

The first CF-18 tactical fighter aircraft is well on its way through the McDonnell Douglas Corporation assembly line in St. Louis, Mo. with first aircraft delivery to the Canadian Forces slated for October of this year.

Canada selected the multi-mission, twin-engined aircraft in March 1980 to fulfil the roles that are now being carried out by the three existing fleets of operational fighters: the CF-101 *Voodoo*, our NORAD interceptor; the CF-104 *Starfighter*, used in NATO; and the CF-5 *Freedom Fighter*, earmarked for ground support operations on NATO's north flank. The *Voodoo* and the *Starfighter*, both of which entered Canadian service in the early 1960's, will have reached the end of their useful life in the mid-1980's. The *Freedom Fighter* will be assigned exclusively to the tactical training role after 1985.

The CF-18 is the world's most advanced fighter aircraft. Its multi-mission performance and advanced state-of-the-art weapon system give it a capability and growth potential to effectively counter any adversary into the next century.

As a fighter/interceptor, the CF-18 has the performance, agility, and weapon system to defeat all of the airborne adversaries it is expected to encounter. The aircraft's high thrust-to-weight ratio, efficient aerodynamic design, and leading edge and trailing edge flaps provide the agility to out-perform adversaries during close-in combat. The F404 engines provide the aircraft thrust-to-weight ratio greater than

1:1, a maximum speed faster than mach 1.8 and a combat ceiling above 50,000 feet (15,240 metres). The CF-18, with its long range multi-mode radar and Sparrow radar — guided missile system, can detect and attack threats well beyond visual range, regardless of weather.

In the attack role, the CF-18 is a fully capable air-to-ground attack aircraft that can carry various combinations of ordnance, missiles and external fuel tanks. In addition to conventional ordnance, it can deliver laser/electro-optical and anti-radiation weapons.

The CF-18 has been designed to be a complete multi-purpose aircraft. Its digital computers are programmed with all air-to-air and air-to-surface modes available at the flick of a switch as the mission or tactical situation demands. The cockpit of the CF-18 is unlike any fighter now flying. It has been designed to integrate all elements of the aircraft to a weapon system that can be effectively and efficiently managed by a single pilot.

The CF-18 is substantially more reliable than the aircraft it will replace, due to program emphasis on design simplicity; its radar has 8,000 fewer parts than the F-4J *Phantom* radar and the F404 engine has 7,700 fewer parts than the *Phantom* J79-10 engine.

The Canadian Forces will receive 138 CF-18s at a rate of one per month for the first six months, then two per month until September 1988 at an estimated total program cost of \$5.2 billion (1982 budget year estimates

accounting for both inflation and exchange rate). They will be flown from three main operating bases: Cold Lake, Alta.; Bagotville, Que.; and Baden-Soellingen, West Germany. Aircraft will also be deployed from Cold Lake and Bagotville to operate at forward bases at Comox, B.C. and Goose Bay, Labrador.

The first CF-18 squadron to be established will be 410 Operational Training Squadron at Cold Lake, Alta. with 23 aircraft. Four additional Canadian-based squadrons will have 12 aircraft each. Two of them will be established at Cold Lake and two at Bagotville. At each base one squadron will be designated for NATO's north flank and one squadron for air defence duties with NORAD. The first squadron of aircraft destined for 1 Canadian Air Group in West Germany is slated to arrive in 1986 when the CF-104 *Starfighters* will be retired. The last CF-18 squadron will become operational in 1988.

The CF-18 advances Canadian military aviation more than two generations in a single bound, replacing three operational fighters with one. The Canadian Forces will carry out multi-mission tasking in both air-to-air and air-to-ground operations in a single fleet of aircraft, with all the economies that this flexibility offers.

The CF-18 program is on schedule and within budget. Since its first flight in November 1978, the CF-18 has made significant strides toward entering service with the Canadian Forces.



A 409 *Voodoo* flying off the wing of an *Aurora* over Vancouver Island. (Sharp-eyed readers may recognize the head of LCol.

Burrows in the backseat) Inset: An F-18 *Hornet*, scheduled to replace the *Voodoo*.

## Shellfish Harvesting

The Department of Fisheries and Oceans announces a re-opening of harvesting of oysters and little neck clams in the Powell River area (Area 15). The previous closure on bivalve shellfish harvesting, due to paralytic shellfish poisoning (red tide), still applies to butter clams and mussels.

The area which has been re-opened extends from

Scotch Fir Point to Toba Inlet, including Westview, Lund, Desolation Sound and the Redonda Islands. While recreational harvesting is re-opened at Savary Island and Okeover Inlet, commercial harvesting of oysters and clams in these two locations is prohibited for reasons of conservation.

The public is advised to contact the Powell River

Fisheries office for closures due to sewage contamination prior to digging for shellfish.

Until further notice, shellfish harvesting is still prohibited in the Sechelt and Pender Harbour areas (Area 16), from Gower Point to Scotch Fir Point, including Thormanby, Texada and Nelson Islands, and Jervis and Sechelt Inlets.

## FUNERAL SERVICES HELD

Funeral services were held Monday at St. George's United Church for Courtenay Mayor Bill Moore. The Mayor died Wednesday, August 25 while in Seattle.

His death, apparently of a heart attack, came as a shock to friends and acquaintances, both civilian and military.

We at the base extend our condolences to his wife Eileen, and to their family.

### Deadline

Deadline for our Sept. 16 edition will be noon Sept. 13.



The official ribbon cutting opening the "D. MACHIN RD". Cutting the ribbon is Mr. Dick Machin who has had a long association with CFB Comox, going back to when the then RCAF Station Comox was first cleared in 1942. You may note that the ribbon used is an "in-lieu" item for which BSUpO is thanked. For the first person able to name all ten individuals in this picture, a prize will be provided. (Base Photo)

## Will the REAL Beaver please stand up?

The beaver is our national symbol (and you though it was the one finger salute), and the symbol of the famous C.E. Section. You can see one sitting on their flag pole and I'm informed it is not protesting. But when the real beavers did what comes naturally to them and built a dam blocking the creek which runs down Ryan and Little River Road it could have been disastrous for the Base. It could have resulted in the CRATCHLEY Lake of AFIS Ifame becoming a permanent resort and the Commandant of that little school thinking the Dam should also be named in his honour (like the Diefenbaker Dam?). It could have also resulted in the MP

Guard House flooding and the MPs becoming soggy, God forbid. Do you know who saved the situation? Yes, as always in time of trouble and concern the MSE Section swings into action.

Although the problem in clearing the beaver dam from the creek appeared unsurmountable, the MSE Special Purpose Vehicle Section moved like the well-oiled machine they are. To clear the Beaver Home a road was required to be built over the swamp. This was done by using alder trees and rumple as a base with gravel for topping. Thus the Base was saved and all now know who the true beavers are.

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## Beartraps and SHINPADS

When Canadian sailors talk about Bear Traps and SHINPADS, they're not talking about hunting and hockey.

They're talking shop and additional acronyms such as SHINCOMS and ADLIPS may also creep into these same conversations.

The sailors are actually talking about trademarks of the Canadian Forces — concepts and systems conceived and designed by Canadians that are equal to, or better than can be found anywhere else in the world. They are innovations that have contributed, or will contribute to the modernization of Canada's Navy.

The Bear Trap is the term for the military's hauldown equipment for shipboard helicopters. Since its development and use in Canada, it has more than proved its worth time and time again, especially when its value is measured in terms of lives saved.

A Bear Trap provides the means of securing a helicopter to the deck of a ship during takeoff and landing. With it, a helicopter can be successfully anchored to a deck within four seconds of touchdown, even if the deck is heaving up to six metres per second in 50 knot winds.

And with it, Canadian crews have been able to perform countless rescues in storm conditions that would otherwise have made a rescue impossible. It was a Bear Trap-equipped HMCS Athabaskan that enabled two Sea King helicopters to successfully airlift crew members from the endangered oil drilling rig Rowan Juneau, besieged by heavy seas off Sable Island last fall.

SHINPADS, SHINCOMS and ADLIPS on the

other hand are computerized systems which are being installed in a number of Canadian ships.

SHINPADS is a Shipboard Integrated Processing and Display System. Through the use of a "data bus", it allows a smaller quantity of wiring to carry a larger number of messages. What is more, it can carry messages simultaneously to different parts of a ship and for a variety of purposes.

SHINCOMS is considered one of the most advanced naval intercommunications systems in the world. It will fulfil the Canadian Navy's need for rapid and reliable communications between captain and crew in coping with the increasingly quick and complex flow of tactical information.

The Shipboard Integrated Interior Communication System will replace separate communications systems, including operational, public address, administrative and remote radio access communications, which exist now in many warships. Besides shipboard intercom, the system provides interface with radio, sonar and underwater telephone, can accommodate up to 16 simultaneous conference calls and can even provide voice recording.

One of the most obvious benefits of both SHINPADS and SHINCOMS will be the reduction of hundreds of kilometres of expensive cabling. In one of the DDH-280 Tribal class destroyers for instance, the use of SHINCOMS will mean a savings of some 24,000 metres of cable, representing a cut in cable costs of approximately \$1.6 million in one ship alone. There will also be savings in weight and

in parts currently needed to operate and maintain the numerous systems.

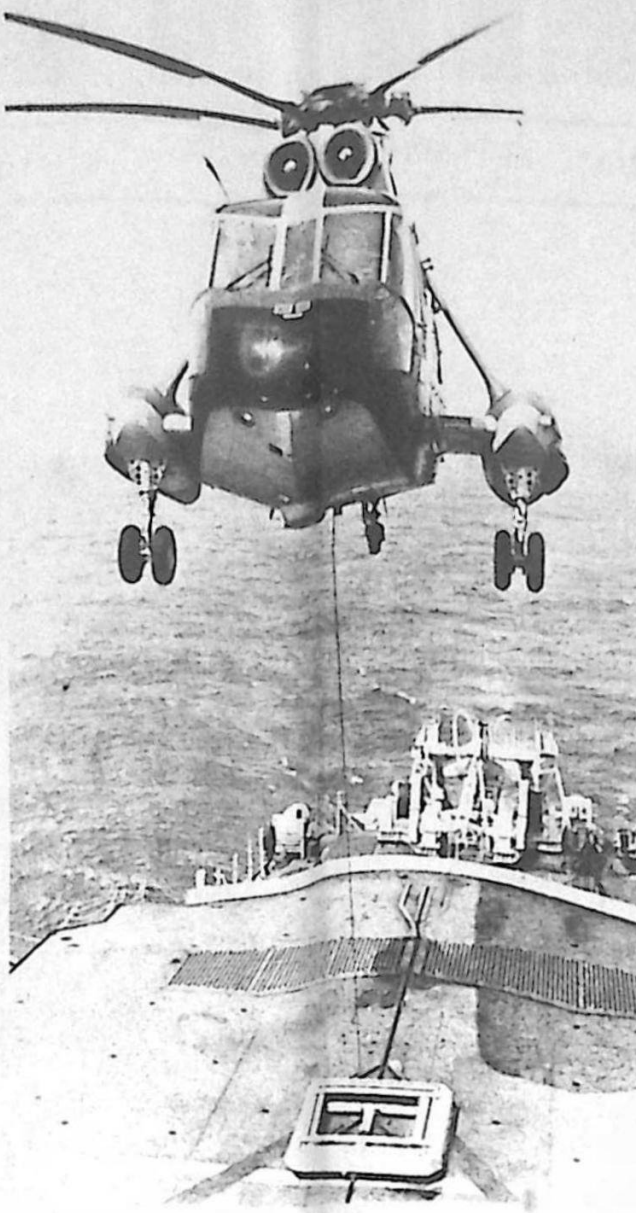
The Canadian Forces expect a significant return in reliability and easier maintenance, as well as more flexible use of internal systems through its acquisitions of SHINCOMS and SHINPADS.

The Department of National Defence has also developed ADLIPS for its Navy. Designed, built and tested with DND, the Automatic Data Link Plotting System is actually a mini-computer. The mini command and control system allows an automatic and rapid means of exchanging tactical data with other Canadian and Allied ships and aircraft that possess modern tactical display systems.

Canada's four DDH-280 destroyers already have the capability and ADLIPS will be installed in another 13 ships, with three systems set aside for training. Units are being installed at the present time in HMCS Skeena and in the Fleet School in Halifax.

While ADLIPS is considered a good, low cost means of updating the capabilities of Canada's older warships, SHINCOMS is a move to apply new generation electronics in Canada's newest destroyers and future naval ships.

SHINPADS AND SHINCOMS are now in various phases of pre-production evaluation. Both of these systems will be made available as an option for use by the contractors for Canada's new frigates. They will also be suitable for retrofit use in later modernization of the Forces' 280 Tribal class destroyers.



The Canadian Patrol Frigate program to acquire six new patrol frigates for the Navy at an estimated cost of \$2.6 billion (in 1981 dollars) is currently in the contract definition stage. Delivery of the lead ship is expected in the fall of 1987.

The new ships will be outfitted with state-of-the-art weapons, sensors and command-and-control systems, making them comparable in capability to similar NATO frigates.

In the meantime, the

Canadian ingenuity and know-how led to the development of the Beartrap helicopter hauldown system used aboard Canadian destroyers. (PCN 67-415)

Canadian Forces' Destroyer Life Extension Project (DELEX) continues. Special "one-time" repairs and installation of some new equipment is being carried out to extend the design-life expectancy of the existing steam destroyer fleet until it can be replaced.

## Section news

# Demon Doins



In the last issue of Totem Times, the author of Demon Doins, whom I will leave nameless, was doing his best hiding from the "standards guards" by holing up in "dingy back rooms where only spiderwebs and cockroaches abound". Well, I am pleased to announce to one and all, standards guards especially, that that nameless author of Demon Doins is now the ex-author of Demon Doins and he is at the beck and call of any and all standards guards to play that notorious navigator game "Triangle Count". Go get him standards! You know where to find him.

I, as you may have surmised, am the new lucky "volunteer" to write about the wild and crazy antics of VP407 and bring them to you, the reader of the Totem Times, in a clear and

concise manner which will do nothing to enlighten you about what we actually do at VP 407.

Today is not like most days around the squadron, everybody is here! The place is literally teeming with activity. Recently there have been numerous crew changes and new personnel joining the squadron. We are very happy to welcome all the new people coming in (lucky stiffs). We know you'll enjoy your tour on the largest and happiest squadron in the C.A.F.

Capt. Al Pasanen, just in from CFB Greenwood, N.S. will be able to move out of his motel room when somebody finds his furniture. Anyone having an idea as to the whereabouts of Capt. Pasanen's effects, please contact the squadron.

We all know VP 407 gets

to go on some jammy away trips and this past few weeks has been no exception. Crew 7, notably, have been on not one but two extravagant away trips. On a recent 2 nighter to Naval Air Field, North Island (San Diego, California) we found out North Island isn't the place to be on a Wednesday night, N.A.F. Mirmar is! It's about a 30 mile weave from North Island. Everyone was most friendly to we Canadians, but Colin Campbell didn't get picked up. I don't know, I just can't figure that one out. There may be no hope for any of us at this rate.

I will say that Crew 7's second trip was a Norpat out of Yellowknife and I'm sure Colin did better there. He couldn't have done any worse.

C.K.

## Retirement - reflection in reverse

The following article, written by a young CFB Greenwood firefighter thinking of his own future retirement, appeared in the editorial section of The Aurora.

I have often sat in times of idleness and tried to compose the events and situations of my last official day of duty in the fire department. As the years unfold I find myself increasingly dwelling on this final day: the circumstances, the events, the thoughts that will occupy my mind, the condition of my body, the oneness of my soul.

Will the last day be one of celebration or reflection, a day of contentment or worry? So much has happened, so many memories, things learned, things forgotten.

Will this be the first day in 25 years that I've leaped from my bed, eager to meet

the day, knowing that retirement is hours away and so very soon I can begin whittling toys for my grandchildren?

The face I see in the morning mirror — will it show the years, will the hair be any greyer, the eyes any duller, the thoughts any older?

My uniform that last day, the final time I'll upright buttons, pick lint, and look into the toes of my shoes — will the mirror reflect medals and rank with satisfaction and barbers no longer required?

My breakfast that day, will it be special? Or will I carry on a 25-year tradition of cigarettes and coffee?

As I drive into the department that day with "this is it" going through my head,

will it be a quiet day or will He give me one more chance to ride those trucks that I have taken for granted and even cursed the last two and a half decades? Just once more, allow me to pull on boots and snap braces to the tune of idling diesels and

bells demanding attention. As I circle the room my eyes fall on young men and old men, very few older than I.

The new class of firemen, the youth, agree I should retire, some agree today. Do I envy their youth, do I prefer to start or finish? I have no choice. For me the race is run. They've only just begun, not realizing that they too will cross the finish line someday.

As the hours wind down, the thoughts and reflections grow intense. The day I enlisted, the day I retire, where has it gone? Have I spent the years wisely? Can memories be weighed in order to determine a career worth? What will I have to show, when I have passed on and am not around to tell the significance of each piece of paper in my scrap album — will they become just that, scrap?

The final hour, a career coming to a close. I see hand shakes. I hear the presentation, the goodbyes and good

lucks and "can I have your locker?"

It's five o'clock, the shift is finished, I'm finished, it's over. I'll take one more walk around the trucks and brush my hand across each one on my way out the door.

Listening for the door to close behind me the cold air hits my face. For the first time I realize I have not passed this way alone. For at home is someone equally deserving of a retirement, a girl, once young. We have both worked hard, put up with a lot and both made the journey together.

"The bells will continue!"

Night Hitch

A lot of people call life "The Survival of the Fittest". You know, a lot of people are right.

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# NIGHT HAWKS NEST

## VU 33



Gary Wiffen and "neice" discuss Tracker serviceability. (Do REAL men drink beer out of a wine glass?)

Another three weeks has passed and Nick Murgatroyd still hasn't been kissed. (this is a family paper) We at Ops had hopes for Nick but then Suzie transferred and Michelle left on course. If you haven't seen Nick lately it's because he's home on leave. Nick and I recently conducted a static display at Abbotsford Airshow. The attendance that weekend was close to a quarter million, and one hundred and fifteen thousand were Nick's relatives. I've never seen so many Murgatroyd name tags before!

The Department of Fisheries and Oceans tour was a success due no part to Ken (return that French dictionary) Farrar's organizational ability. Ken and I won the fishing derby. While the rest of the tour (the CO, Doug Black and Terry Patterson) went on board the fishing boats to purchase fish, we decided to be true sportsmen and meet the challenge of catching a Pacific salmon. After a little persuasion, the fishermen "drew" in the purse nets to a 6ft. radius, and Ken and I buzz-bombed. We had great luck that day.

On behalf of the squadron, I'd like to welcome Terry Patterson

on board. Terry took four years to complete Moose Jaw and is expected to be checked out on Trackers around the time he collects his C.D. We'd also like to welcome his wife Bonnie (but Terry's always around).

There has already been 2 330 Club ticket draws and no winning tickets yet. Those tickets are just waiting to be bought so hurry out and get yours now! (You too Sandra).

Other events that happened last week: Bob Hills made a pot of coffee in Ops that you can eat with a fork, and the CO & Ops turned down a x-country request by Nick and myself (there was a punk rock concert in Seattle and if the OpsO can't go, nobody goes).

Sigh.

A belated farewell to Hal Neville. The section will be the poorer for the loss of Hal's humour and imitations to help us along when the going gets rough.

C.D.F.

I know; I know. It's been so long since I submitted an article for the squadron that we've switched Commanding Officers twice, changed over aircraft from Mosquitoes, acquired colour television for the QRA shortly after its invention, have watched history march past with episodes like the dissolution of the Ottoman Empire (leaving millions with no place to rest their feet), have seen Matt Dillon come and go, and have witnessed Gord MacPherson change his flying suit for an unprecedented second time. But that's all in the past, so forget about legal action.

Meanwhile, what's been happening? The Hawks (our winged purveyors of P.R.) have been doing their usual fine job at airshows throughout the west, and are wrapping up their season shortly, having proven that a Gringo in the slot is only a minor annoyance.

The William Tell team begins work-ups in September for the upcoming competition in Florida. This competition means as much to 409 Squadron as the Fincastle competition did to 407; the only difference being that on the way there we can only go to the bathroom when we stop for gas.

Not much longer now that the Nighthawks will be a whole unit. By this time next summer the squadron will be cut in half, and will be further reduced to a token QRA presence the summer following. Farewell gifts and money can be sent to the Combat Alert Center, where they will be forwarded to the individuals so involved. And now a quick, indecipherable message from Eric Matheson....

Just a quick word of thanks to all those who contributed to the success of the 409 Family Day. I suppose the first bouquet should go to the number fighter fly-guy in the sky for providing us with all the rays and centigrades to make the environment

RM

suitable. The second thank you goes to the ex-fighter fly-guy turned submariner who controls the seas making tides ideal for the event. Thirdly, thanks goes to all the Medicine men, Witch Doctors, Wizards and Wonders who brought out the families and made the day a success through participation. That is the all-important factor.

Sgt. Joe Wynan and the All Ranks Fund organized and financed the entire operation. Of particular note were: Paul Parsons, the man who did the purchasing and helped to set up and clean up; Diane Pietraszyko, who arranged for booze and did the footwork in coordinating the many planning meetings; as well as a whole lot of everything else; Jack Porter, who slaved the whole afternoon over an uncooperative Zam - a very frustrating job indeed; Kurt Saladana, organized the manning of statics, simulator, tours and helped organize the games; Shane Shea, helped with the games; and of course, where would we be without De Buchner who drove the train, cooked the burgers, MC'd the beach events as well as many more non-visible actions. Once again, thanks to Joe Wynan and the 409 All Ranks Fund Committee.

The squadron itself through CWO Frenette provided static display aircraft, flight simulator tours, QRA tours and a squadron briefing. To the section heads and all those who spent the morning manning displays, thank you.

All in all, given the weather, the organization of the day, and the 409's and their families, it could hardly help but be a success.

The winners of the games and sandcastle building contest will be promulgated in the next article as soon as I can decipher Uncle Kurt's notebook.

Thank you, Eric, and don't ever think that your efforts at organizing the

# SCROUNGE TECH TALK (BASE SUPPLY)

On Aug. 19 Supply golfers and hopefuls hacked and sliced their way around the course, each with hopes of becoming the new Jack or Jacqueline Nicklaus. Many dreams of fame were crushed but the prime aim of infusing a little ambition was obtained and everyone's back at work digging in.

Wally Berger's team won, of course, with Ken Chadderton, Cal Francis and Donna Collins taking the bow with him. Coming in with the same score but not doing so great a few holes back were Mel Wilson, Larry O'Brien and Deana Steptoe. Imagine what that threesome could have accomplished if they had a fourth or even knew how to golf! While it was no coincidence that WO John Schroeder's team consisted of Maj. John Finn, Lt. Wayne Martin and WO Elizabeth Mitchell, perhaps a little too much policy and shop talk and not enough wacking the little ball happened, because they came in last. Rub it in folks, it's one of the very few chances you'll ever get!

As has fast become a habit, good food and sarcasm were provided by Gord Hodgkinson and yours truly respectively. We have to warn you though, your

gourmet chefs are searching for a new and tempting dish - hamburgers are not forever. Have you ever heard of 3 alarm chili? Guarantees bar sales, if nothing else.

Speaking of cooking...WO Elizabeth Mitchell, newly arrived in Supply from Lahr and also newly wed has made some interesting attempts in her kitchen. Her husband, also WO Mitchell can be found most noon hours desperately giving his body nourishment at the Mess Hall. Elizabeth's talents might better be directed towards interior decorating of kitchen walls, floors and windows since her kitchen is now a perfect example of the period: Newly Wed Disaster Area. Like her pickles though, that's bound to improve with age, but if anyone has suggestions on how to remove beet juice from the ceiling or tart filling from a blender motor, please let her know. Welcome to Comox, Elizabeth!

WO Schroeder is awfully lonely these days what with only three WO's in Supply and he the only male. One would suspect though that he's probably in his glory surrounded by all those women.

Our third WO, Francine

Roy is finally recuperating after her spring tune-up. Fred has been quoted as mumbling, "It's hard to keep a good woman down", among a few other things. When Francine gets back to work, it'll be every man/woman for him/herself because you know perfectly well that she will make up in a few days for what she's missed in a few months!

Odds and sods of local news are few and far between but Judy Young is no longer young, she's now an old married lady. Quite happily, judging by the smug look on her face, and Bernd didn't believe me when I gave him my Dad's advice: Make sure you want what you ask for - you just might get it. He's being screened for Lahr and can be heard brushing up on his German. Gail Harvey's back to work looking about a hundred pounds lighter and younger. That baby, T.J., must be a mini monster, Gail.

For the record, contrary to rumour, I was not paid to write about Moe. I understand his appetite is not what it used to be...perhaps all that hot air is blocking the tummy!

OK, Scroungers, that's it for this time, so look up, way up....

day are unappreciated simply because we don't like you personally..

Finally, I'll end with a public service announcement.

Anyone knowing the whereabouts of the briefcase lost by Pope John Paul on his tour of England please report to the Vatican security force. Not only did it contain valuable papers, but the Pope is tired of being referred to as the world's highest ranking minister without portfolio.

BGJK

p.s. Sorry for that last one - it won't happen again.



BATCO Maj. K.D. MacDonald congratulates Sgt. Garlough.



Although the first trains were not built till the 1800s, tracks were laid in the 1500s. They helped horses draw heavier loads than they could on ordinary roads.

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**OFFICERS' MESS**

**Fridays, September 3, 10, 17, 24 -**  
REGULAR TGIF's: 1600 - 1700 hrs. Food as indicated, 1700 - 1800 hrs. 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.

**Wednesday, September 15 -**  
OFFICERS WIVES CLUB MEETING

**Saturday, September 18 -**  
AUTUMN MEET & GREET: Wine & Cheese/Dance. Let's start the Fall right and get to meet the old and new Members of our Mess. Wine & Cheese at 1900 hrs. Dress is casual. Cost per couple: Members - \$10, Guests - \$15. Reservations to Mess Manager by 1200 hrs, Wednesday, September 15.

**WOs' - SGTs' MESS**

**Friday, 3 Sept. - Promotion Night**  
FOOD - GAMES  
**Friday, 10 Sept. - TGIF - FOOD - GAMES**

**SALMON DERBY**  
Start Time: 1200 hrs Fri. 10 Sept.  
Stop Time: 1600 hrs. Fri. 17 Sept.  
Weigh in tickets must be picked up from Mess Manager prior to start time. Prizes will be awarded at TGIF on the 17th.

**HAWAIIAN NIGHT**  
SAT. 18 SEPT. - Cocktails 1800 - 1900 hrs.  
Dinner will be served in the Dining Room in two sittings at 1900 and 2000 hrs.  
Entertainment by the "SOUTH SEA ENCHANTERS".  
Two floor shows - Great dance music.  
\$40/couple Regular & Associat Members  
\$50/couple Guests  
Tickets available from Mess Manager  
Members 1-10 Sept - Guests 13-17 Sept.

# Editorials

## Housing Review

(Tom Procter, involved in Real Estate in the Valley for the past seven years, offers this synopsis of the local real estate market.)

The Courtenay/Comox area (Zone 2) is bounded on the north side by the Oyster River and on the south by Rosewall Creek; on the west by the mountains and on the east by the Strait of Georgia. This zone also includes Denman and Hornby Islands.

The major centres of the zone are the City of Courtenay, population of 8250, the Town of Comox, population of 6165, and the Village of Cumberland, 2085.

The Comox Valley is a truly unique area, not being affected by the pollution of heavy industry and the mills like so many of the larger communities on the Island and lower mainland.

It is now clear that a boom market existed throughout 1980 and the first half of 1981. During this period, house prices in Zone 2 on the average prices home varied as follows:

May/June	% Change
'79 \$46,888	
'80 \$55,160	17.64%
'81 \$81,458	47.68%
'82 \$58,872	(27.72)%

With a nationwide downturn in the economy during 1981, combined with high interest rates, housing was not affordable to many buyers. This produced lower prices and the market adjusted accordingly. Houses that sell are ones that are realistically priced. The market is presently a buyers market with sales taking place at the first time buyers affordability level which is in the range of \$40,000 to \$70,000 for basic

housing. Let's take a look at the term affordability level by taking an example of a \$60,000 basic home and assuming a \$10,000 down-payment and the buyers qualifying for the B.C. Grant of \$2,500 and the Federal Grant of \$3,000. The purchasers have to take out a first mortgage loan on the property for \$44,500 at today's rates, 17%. The payments on this loan are \$619.68 a month plus the taxes. This \$619.68 a month must not exceed 25% of the Gross Debt Service Ratio which means the buyer or buyers in the case of a couple, must have monthly earnings of \$2,478.72 monthly and no monthly payments on cars, appliances or other monthly payments. Few buyers meet these requirements, so the problem of high interest rates are still very much with us, resulting in fewer buyers and of course, remember our example was only a \$60,000 house, basic housing.

To summarize then, we have prices at 20% to 30% below the high prices of 1980 - 81 but still up about 30% above 1978 - 79 prices. No doubt exists that real estate prices rose to an unrealistic level and the unfortunate purchasers who bought during the boom market will experience a loss if they sell now. Such fluctuations in price are recognized and accepted in all markets and the time has come to accept it in the real estate market.

It doesn't really matter what you paid for it, what you put into it or what the neighbours say it should bring. It will only sell at what a willing buyer will pay for it or you are faced with holding the property for the long term. After all, real estate is a long term investment. Little change is expected in the next year. The present stable market, in all

likelihood, will continue. Further price declines, particularly on properties in excess of \$100,000 and on lots in the \$15,000 to \$40,000 range, may be necessary if they are to sell. This applies more to the properties where vendor expectations have remained in the price range of the 1980/81 period. Buyers must be aware however, that vendors are not going to give their properties away. A good supply of properties are listed and on the market, apart from the extreme lower priced, say below \$50,000 where a shortage exists.

The long term outlook for the area is very strong and very positive. The attractiveness of our communities to the Canadian retiree, and now the American retiree with U.S. dollars, buying him in at 25 to 30% premium gain. We have the best airport on the Island, albeit with very poor civilian terminal. (Mayors, Alderman and Base Commander take note - a worthy immediate project would be enlargement and improvement of that facility.) Tremendous potential exists with sports fishing, skiing, golfing and the best climate in Canada year round. The next 12 months will mark the best time to buy in the Comox Valley and indeed in B.C. Starting in 1983, increases in prices will place most of the properties out of reach for all but the very wealthy by about 1987 to 1990. Property values in the Comox Valley will eventually be amongst the highest in B.C. and Canada and certainly higher than our neighbouring communities despite their present industrial lead. Remember, real estate is a long term investment and now is the time to buy. And to be in a position to buy, you must price your properties at a price at which they will sell.

## APPRECIATION

Dear Sir,

This is a letter of commendation for a civilian employee of CFB Comox, Mr. Howard Estlin.

Mr. Estlin found and returned to me my wallet, which I lost on Service Flight No. 712. The wallet contained all my personal papers as well as a large portion of

the pay I earned as a Staff Cadet at the National Air Cadet Senior Leaders course at CFB Cold Lake.

Mr. Estlin is one of the honest people of this world, someone of whom CFB Comox can be truly proud.

Yours truly,

Eric Thorkelsson

767 Royal Canadian Air Cadets

## TOTEM TIMES

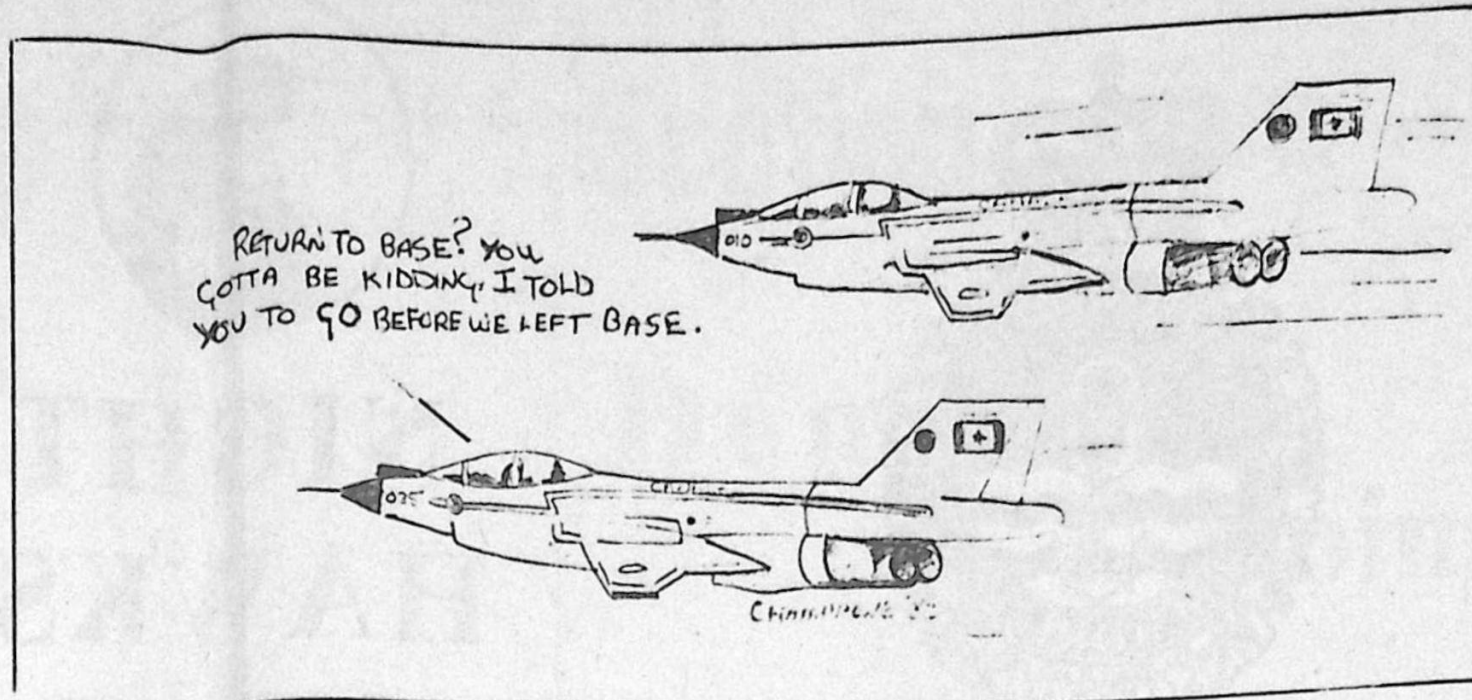


Published every second Thursday, with the kind permission of Colonel Dobson, Base Commander, CFB Comox. Second Class mail registration is 4098.

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



## Law Talk

By Gordon Hardy of the People's Law School

## Anglo-Saxon Justice

King Alfred dealt with dishonest or incompetent judges by hanging them - by one doubtful account, Alfred, the founder of the English legal system and, by descent, ours, hanged 44 judges in a single year. Justice was hard in the Saxon times of Alfred and some very grisly methods were used to establish innocence or guilt. Ordeal means judgement: the Saxons believed that God would protect the innocent during a trial by ordeal. Ordeals were presided

over by priests. A popular form of ordeal was the Ordeal of Iron, usually administered to women in a church. After fasting and praying, the accused was required to grasp a red-hot bar of iron weighing one pound and carry it nine paces. If she managed to do this, and if the scorched hand healed without festering, she was considered innocent. For really serious crimes, the accused might be forced to carry a three pound bar. Another variation was

where the accused was required to walk barefoot across red-hot plowshares. When King Edward the Confessor accused his mother of committing adultery with the Bishop of Winchester, she successfully trod the glowing plow-shares. Another common ordeal was the Ordeal of Hot Water, usually reserved for men. The accused was required to plunge a hand into a cauldron of boiling water in order to retrieve a stone. For more serious

charges, the accused might have to thrust an entire arm into the boiling contents of the cauldron.

The Ordeal of Hot Water survived in England until well after the Saxons had been subdued by their chain-mailed cousins, the Normans. A judge in a murder trial at York in 1207 prescribed it for an accused accomplice with the simple words, "Let him have the water."

The order of Cold Water was usually applied to common people. After drinking holy water, the accused was bound and lowered into a pond or well as near a church as possible.

Because the Saxons believed the water would reject an evil person, the accused was guilty if he floated and innocent if he sank. We must suppose that once an innocent person sank, the Saxons hastened to pluck him from the water. The guilty person who floated would also undergo some unpleasant form of death. Indeed, it may be difficult for a modern reader to remember that the ordeals were not considered punishment, painful though they might be. Punishment came after a person's guilt was established by the ordeal.

The Ordeal of Cold Water officially ended in 1215 when the church ordered priests to participate no longer. But a modified form of the Ordeal was used as late as Shakespeare's time when women suspected of witchcraft were forced to undergo a ceremony called "swimming a witch" which was supposed to reveal signs of witchcraft. Another form of ordeal -

the Ordeal of Battle - was not abolished until 1819 two years after a man recently acquitted of the murder of a girl challenged her brother to battle over his repeated accusations. (The battle was not fought because the brother's relatives restrained him.)

Like other ordeals, Trial by Battle was a deeply religious rite. After considerable pious ceremony, the accused and his main accuser fought it out until one lay dead. If the accuser gave up the fight by crying "craven", he was forced to wear the calf-skin garments of a coward for the rest of his life. He might also lose his right hand for giving false testimony. If the accused surrendered, he was judged guilty and subject to death.

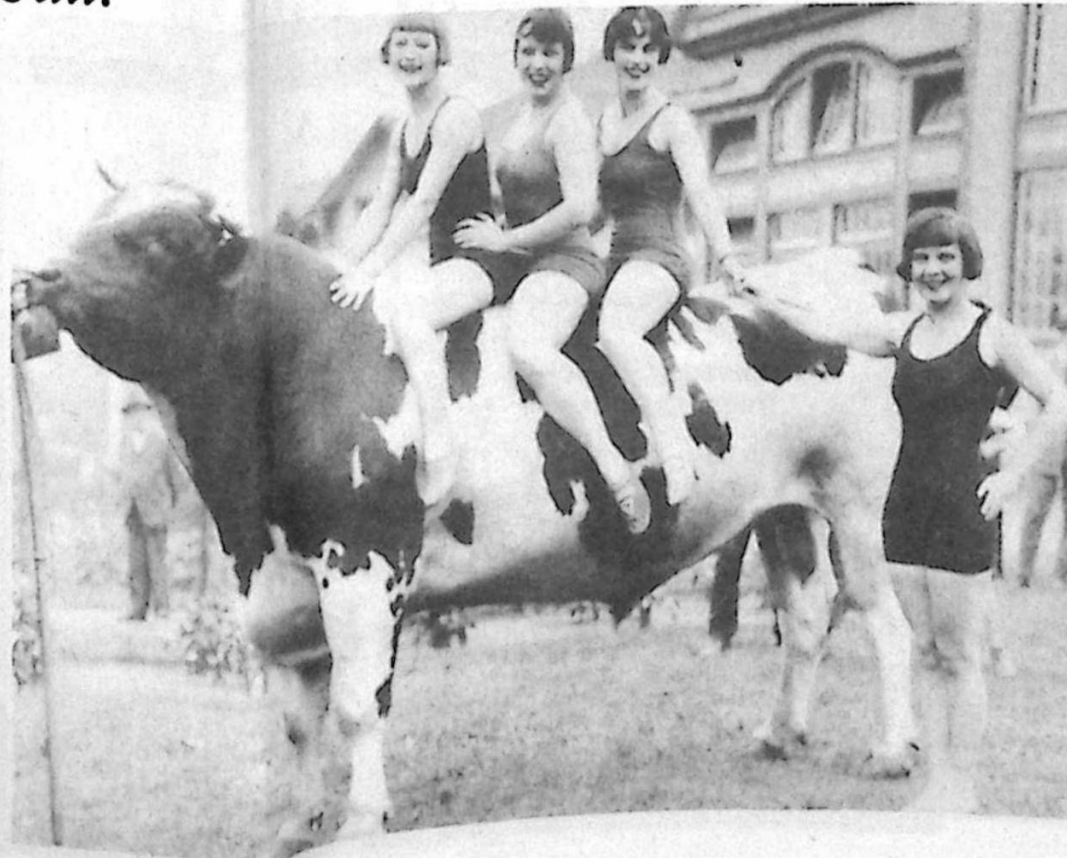
The judges went to great lengths to ensure an equal fight between the two contestants, counting even the teeth which they could use as weapons. A one-eyed man in Northumberland was able to insist that his opponent lose an eye so that he would not be at a disadvantage to a full-sighted man.

In the main, these Trials by Battle were brutal, unglamorous affairs, the unarmed combatants bashing at each other with rude clubs until one lay bloody in the mud.

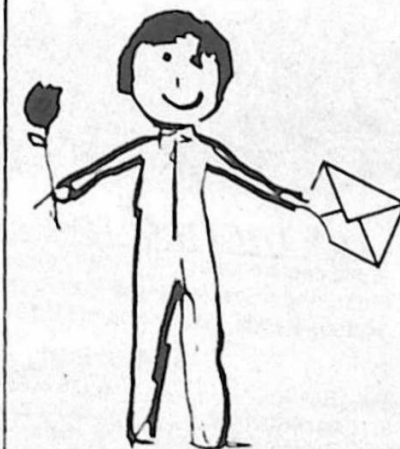
Many people, particularly monks, hired champions to fight their battles for them. This was permitted in disputes over land but not in criminal cases. The champions must have been a brave lot because they not only faced possible death in battle but might also share their master's penalties afterwards.

## THE PARABLE OF THE ISMS

**Socialism:** If you have two cows, you give one to your neighbor.  
**Communism:** If you have two cows, you give them to the government, then the government gives you some milk.  
**Fascism:** If you have two cows, you keep the cows and give the milk to the government; then the government sells you some milk.  
**New Dealism:** If you have two cows, you shoot one and milk the other; then you pour the milk down the drain.  
**Nazism:** If you have two cows, the government shoots you and keeps the cows.  
**Capitalism:** If you have two cows, you sell one and buy a bull.



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# GENS DU PAYS

## EPLUCHETTE

### DE BLE D'INDE

SAMEDI le 28 aout prenaient place l'epluchette de ble d'inde, 84 personnes incluant enfants, adultes membres et non-membres participeront.

Durant l'apres-midi faite de divertissement, les parents de nos enfants ont du retourner a la maison chercher des ballons. Ce petit detail regle les enfants ont pu s'amuser jusqu'a l'heure d'eplucher les ble d'inde. Vers 17:00 heures les enfants en grande epluchent les ble d'inde. Oh! la! la! Pierre L. qu'elle quel age as-tu toi? Des medailles furent remises aux gagnants.

Dans un éclair, un Roi et une Reine furent reconnus. Felicitacion a Gilles McDermouth et Nicole Bureau.

Les Hot-Dogs furent mangés rapidement. Merci aux excellents cuisiniers, Guy Crepeau et Michel Labrie. Bon travail les gars, seriez-vous volontaires pour l'an prochain AH! AH!

A la brune le roi et la reine ouvraient la danse au son d'une valse. C'est a ce moment la, que le groupe de jeunes celibataires se sont joints a nous.

La musique, les danses, les rires et meme quelques pleurs ont fait de cette journee un succes.

Merci a Lucien S. pour l'excellente musique. Le pavillon fut nettoyer par une equipe de gens superbes, donc les noms nous echappent, Merci encore. Le Fete passee, Adieu le Saint.

## Changement D'horaire de Votre Local

A compter du 31 aout 1982 le nouvel horaire sera:

- LUNDI.....FERME
- MARDI.....1:00 p.m. a 4:00 p.m.
- MERCREDI.....1:00 p.m. a 4:00 p.m.
- JEUDI.....6:30 p.m. a 9:00 p.m.
- VENDREDI.....1:00 p.m. a 4:00 p.m.

BIENVENUE A TOUS

<b>CLUB:</b>	<b>"GENS DU PAYS"</b>
<b>PRESIDENT:</b>	MICHEL PERREAULT 339-7536 ou Loc 2421
<b>V.P. ADMIN:</b>	JEAN-PAUL PERRIER 339-3192 ou Loc 2536
<b>V.P. EXEC:</b>	CATHERINE LAROCQUE 339-5875 ou Loc 2254
<b>SECRETARIE:</b>	HELENE TRUDEL 339-6317
<b>TRESORIERE:</b>	NICOLE FORTIN 339-6318
<b>DIRECTEURS:</b>	PUBLICITE: ALAIN COURVILLE Loc 2494 JERRY STECKLER 338-9584 ou Loc 2546
<b>INFORMATION:</b>	MICHEL BOURDUAS 339-5042 ou Loc 2308 SUZANNE RACINE MICHEL LABRIE Loc 2448 LUC MAURICE 339-6506 ou Loc 2294
<b>CULTUREL:</b>	
<b>SPORTS:</b>	PIERRE LARIVEE
<b>DIVERTISSEMENTS:</b>	PIERRE BOISLARD 339-7559 ou Loc 2461
<b>EDUCATION:</b>	ROGER THEBERGE 338-1910 ou Loc 2262
<b>ACCUEIL:</b>	FRANCINE GAUTHIER 339-7347 FRANCINE PAQUETTE 338-7126 ou Loc 2396 STEPHANE FORTIN Loc 2296 DIANE SENNEVILLE
<b>SECRETARIE:</b>	

Pour plus de renseignements, contacter une de ces personnes. CLUB GENS DU PAYS, BOX 213, LAZO, B.C. V0R 2K0 TEL - 339-5313. LE LOCAL EST OUVERT MARDI, MERCREDI ET VENDREDI DE 1300 HRES A 1600 HRES, ET JEUDI DE 18h30 A 2100 HRES.

## ASSEMBLEE GENERALE

18 SEPTEMBRE 2000 HEURES

AU LION'S DEN - COMOX

ATELIERS DE DISCUSSION

BUFFET ET BREUVAGES

PRIX DE PRESENCE

VENEZ NOMBREUX

PROCHAINE REUNION DU COMITE

MARDI LE 14 SEPTEMBRE

8:00 pm

## ARTISANAT EN OCTOBRE

Tel que demande par les membres de votre association francophone, un budget special est maintenant disponible pour des cours du soir d'artisanat qui debuteront de facon reguliere des le debut d'octobre. Tous les gens desireux de participer ou encore de donner un ou plusieurs cours dans un domaine d'artisanat quelconque, sont invites a venir au local "Gens du Pays" mercredi le 8 septembre a 20:00 hres. Ensemble, nous discuterons des nombreuses possibilites de cours ou de soiree a offrir, horaire, budget ect.

Si toutefois vous ne pouvez etre presents, telephoner au local pour donner votre nom et quels cours vous interesseraient. Gens du Pays 339-5313.

L'automne arrive a grand pas. Combattons la monotonie de l'hivers en participant a plein. ON VOUS ATTENDS!

Votre comite Culturel

## ACTIVITE AU LOCAL

Jeudi le 9 septembre prochain aura lieu au local du club une nouvelle activite differente. On veut en effet faire un menage general: laver planchers, fenetres, murs, etc. Si vous n'avez rien d'autre a faire, venez rencontrer de vos amis et faire une bonne action en meme temps! Ca commence vers 19 heures!

## NOUVEAU MEMBRES

Il nous fait plaisir d'accueillir au sein de l'association: Chantal Bellavance; Jean Martin; Jean, Ginette, Jacinthe et Helene Gauvin; Paul, Colette, Jean-Francois et Nathalie Bourguignon; Daniel Nadeau; Julie Boucher; Nicole Bureau.

## L'education en francais

Un guide d'implantation pour garderies et pre-maternelles francophones en Colombie-Britannique fera son apparition d'ici l'automne '82.

Devant la demande croissante de la communauté interessee a l'implantation de ces services, un comite de travail compose de la FFC et de l'Association des Parents du Programme Cadre de Français, en collaboration avec le Secretariat d'Etat, le Ministère des Ressources Humaines et le Ministère de la Sante, fera une synthese des ressources humaines et physiques necessaires a la realisation de tels projets.

Le guide d'implantation servira a vous informer de l'ensemble des procedures a suivre pour creer une garderie ou une pre-maternelle francophone dans votre localite.

### Au niveau primaire...

Suite aux activites promotionnelles de la "Semaine du Programme Cadre" qui avaient lieu au printemps dernier, nous anticipons une hausse notable des inscriptions pour 82-83. Il y a presentement 650 etudiants inscrits au P.C.D.F. et ce dans 18 conseils scolaires repartis dans les quatre coins de la province.

Pour ce qui est des derniers developpements, mentionnons l'implantation du P.C.D.F. a Mission ou le comite de parents a recrute 87 etudiants. Il est confir-

me que les parents de Burnaby obtiendront le transport de leurs enfants a Vancouver afin qu'ils puissent beneficier du P.C.D.F. a l'ecole Jamieson. Le groupe de parents de Nord Vancouver a obtenu reponse a leurs demandes - les etudiants du P.C.D.F. seront loges avec les etudiants du Programme Immersion a l'ecole Larsen.

Cette decision represente de nombreux avantages pedagogiques et administratifs.

### Au niveau secondaire...

Devant le retard inacceptable du Ministère de l'Education face a l'approbation des politiques d'implantation du P.C.D.F. au niveau secondaire, le Canadian Parents for French, l'APPCF et la FFC ont joint leurs efforts pour rappeler au premier ministre Bennett, au ministre Smith et au sous-ministre Carter que l'approbation de ce document est une priorite pour notre communaute. Plus de 1582 etudiants sont presentement inscrits dans les niveaux 5-6-7 du Programme Cadre et d'Immersion. Aux dernieres nouvelles, il semble que d'importantes modifications ont ete approuvees au document tel que concu par le comite consultatif cree par les organismes ci-haut mentionnes. Ce comite avait pour mandat de proposer une politique d'implan-

tation pour les deux programmes au niveau secondaire. Rappelons que ce comite avait termine son travail en fevrier dernier et attendait une approbation officielle en avril '82.

### Au niveau universitaire...

Parce que le Programme Cadre et d'Immersion enregistrent des progres enormes dans nos ecoles publiques, il devient primordial de preparer nos colleges et universites a cette nouvelle population d'etudiants bilingues.

Lors d'une table ronde sur l'enseignement post-secondaire de langue francaise organisee par l'ACELF (Association Canadienne d'Education de Langue Francaise), une trentaine de delegues des provinces de l'ouest se sont concertes pour etudier la situation actuelle dans le secteur de l'education. De la Colombie-Britannique, l'Universite Simon Fraser, l'Universite de Victoria et la Federation des Franco-Colombiens. Plusieurs projets sont en route - notamment a l'Universite Simon Fraser ou l'on veut donner un caractere bilingue a la faculte education et recruter des professeurs qui seraient en mesure de diffuser leur enseignement en francais. (Prepduit du "Trait d'Union", FFC ETE 1982.)

## Programme Cadre

Il y aura une reunion pour les parents des enfants inscrits au Programme Cadre Jeudi 2 Sept. a 19:00 hrs. au "Senior Citizens Lounge" situe en dessous du Courtenay Civic Theatre. Tous sont bienvenus a y assister.

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# SPORTS

## SERVICEWOMENS FASTBALL CHAMPIONSHIPS



1982 Pacific Region Servicewomen's Softball Champions. Top row (l to r) Don Kerr, Judy Donegan, Jan Rauker, Debbie Heagy, Lise Lauzier, Julie Boucher, Ron Elligson. Middle Row (l to r) Diana Koning, Jane Remmerswaal, Joanne Paul, Jan Moyer. Front Row (l to r) Cecile Chevrier, Betty Duncan, Jackie Chubey. Missing from photo is Josie Migneault, Judy Ireland, Suzie Rodrigue.

The 1982 Pacific Region Championships began under cloudy skies on 16 Aug. at CFS Kamloops. However, the weather did not put a damper on our team, as we defeated CFB Chilliwack in what proved to be the stiffest in opponents with a score of 14 - 3.

With this resounding win and improved spirits on the team, as well as the weather (the sun was shining) the team was inspired to defeat a combined team from CFS Holberg/Masset with a score of 22-1. In this game the team batters were hot and backed up by excellent catching by Judy Donegan and pitching by Jan Moyer.

The next confrontation was against the combined team of CFS Kamloops/Baldy Hughes who came on hard and full of fire. But again, our batters rained on them for a 30 - 8 victory. In this game Bebite Chevrier became injured in a close play at second base and because of

all the substitutes already having played, Bebite had to continue or the team forfeit the game. Even with this injury she managed to steal second and account for 3 runs batted in.

Scores of other games were Kamloops 12 - Holberg 9; Chilliwack 24 - Kamloops 13; Chilliwack over Holberg 27 - 6. On completion of the Round Robin, a match-up between Comox and Chilliwack was set for 1430 hrs., in which we had to lose twice or defeat them once, (because we went through the round without a loss).

The keen battling and high team spirits were still with us and after 5 innings the game was called, since the outcome was obvious with a score of 22 - 0 in Comox's favour.

Other notes of interest from the Tournament are: 88 runs for; 12 runs against; 1 Home run (by Debbie Heagy); 33 strike outs (pitcher - Jan Moyer); and 62 stolen bases - team Comox.

We would like to take this opportunity to thank the many people who helped and supported the team and in particular, the Base authorities for allowing us to have a team. The sections who co-operated to enable the members to have the time off to compete. To CFS Kamloops and Sgt. Robertson of the PERI staff there who ran an excellent tournament and super playing field.

Our most heartfelt thanks go to Coach Don Kerr, who enabled us to achieve success through his time and energy and despite a group who put him through some rather rough moments. THANKS - Jackie Chubey and Jan Moyer.

### ATTENTION LADIES

Now that summer is almost over, we can turn our thoughts to new things to do.

The bowling season will soon be getting under way, so come out and join the fun.

If you have a few spare hours one afternoon a week and you think you would enjoy bowling, please call Kit Spilbury at 339-2308. You can even enter as a team if you can get five of your friends together.

Last year the girls bowled on Wednesday afternoon at one o'clock, but this year we would like to have enough ladies interested for at least one other league. PLEASE CALL 339-2308.

### FLAG FOOTBALL

All personnel interested in this sport are invited to come to a meeting which will be held at the Base Gym on 8 Sep at 1530 hrs. The objective this year is to organize a flag football league with a minimum of five teams.

Football season will only be a month long this year, so if you are interested or know of someone who is, come over to the meeting.

For further information phone Local 2315; ask for Cpl. LaCasse.

### BROOMBALL

#### Base Team

Anyone interested in playing Base team Broomball is more than welcome to attend a meeting at the Rec Centre at 1545 hrs. on Tues. 7 Sept. Any other information will be available from the PERI staff at Loc. 2315.

### BOWLING

A meeting will be held on 8 September at 1900 hrs. at the Base Rec Centre.

Anyone interested or needing further information should contact Mrs. Pat Andrews at 339-5729.

### TEE PEE PARK CAMPSITE

As of the 10th of September the Campsite will be closed and no bookings will be taken after this date. For more information contact the Rec Centre at Local 2315 or 2542.

## TOTEM TIMES 10 k ROAD RACE

DATE: Saturday, October 3, 1982

TIME: 12 Noon - Registration 11:00 - 11:45 a.m. at Recreation Centre

AWARDS: Awards for 1st, 2nd, & 3rd in each Category

#### CATEGORIES:

- JUNIOR 18 and under
- OPEN MEN 19 and over
- OPEN WOMEN 19 and over
- MASTERS
- TOP MILITARY UNIT

COURSE: Start and Finish on CFB Comox. Route on Paved Road. Aid Station 5 km.

SPLITS: 1 Mile and 5 Km

MILITARY TEAMS: Units from CFB Comox can compete for points based on entry/results. High point unit receives special award.

MILITARY ENTRANTS: Please contact Capt. Vic Howlett at 2240.

### BASE SOCCER TEAM

Everyone is welcome to try out for the Base Soccer Team.

The practices are held every Tue. & Thurs. evenings at 1800 hrs. at Soccer pitch in PMQ area.

This year the zones are being held at CFB Esquimalt 28 - 31 October 82.

For more information, feel free to call Loc. 2315 - Pte. Pivin.

### HOCKEY

Base Team & Intersection

Hockey season is coming soon. Anyone interested in playing, either Base Hockey or Intersection, is welcome to come to a meeting on Wednesday, 8 Sept 82 at 1030 hrs at the Rec Centre.

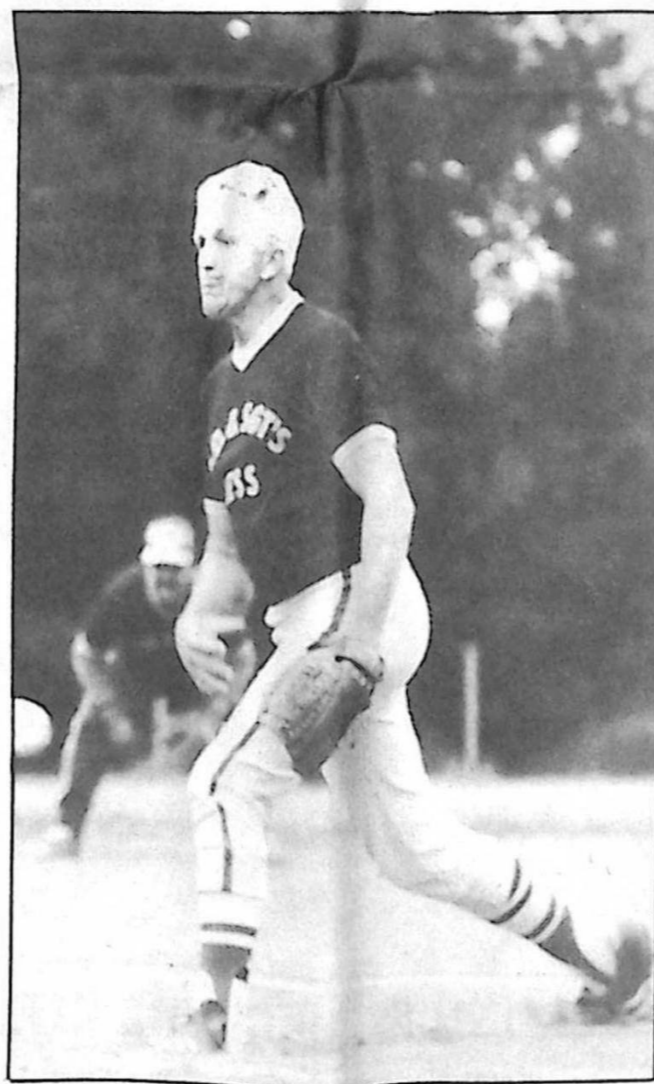
More information please call Cpl. Lacasse at Local 2315.

### NEEDED

One lady in good physical condition to teach ladies exercise classes. Classes are three mornings a week, Monday, Wednesday and Friday from 9:30 to 10:30 starting in September through to April.

Anyone interested in babysitting for the ladies exercise classes is to call Mrs. Andrews at 339-5729 or the Rec Centre at Local 2315.

## WO & SGTS' MESS WINS INTERSECTION FASTBALL FOR THIRD YEAR



Sgt. Pete Chellew throwing the last strike



Intersection Fastball Champs for the third year in a row - WO & Sgts. Mess.

## The 4th Annual Denman Island Run 5 1/4 Miles September 5th, 12 noon

A GREAT COURSE ALONG COUNTRY & FOREST LANES

REGISTRATION: 11 a.m. until race time at Hall - \$2.00

ALL CATEGORIES

CERAMIC MEDALLIONS FOR 1st, 2nd & 3rd IN EACH CATEGORY

COUNTRY-STYLE DRAW PRIZES

FOR INFORMATION CALL:

Vic Howlett

Local 2240

Home: 339-6624

A COMOX VALLEY ROAD RUNNERS EVENT

### LADIES FITNESS CLASSES

These will start again very soon. They will be Monday, Wednesday and Friday morning 0930 - 1100 hrs.

Further information please contact the PERI Staff at 2315.



Port Augusta Motel

COMOX YOUR "ALL SEASONS" MOTEL

When you are travelling alone or with your family, stay in COMFORT 60 UNITS

#### FEATURES:

indoor pool - color TV - sauna - waterbeds - 1 and 2 bedroom suites - 34 kitchen units - direct dial phone

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Fine Continental cuisine Featuring local seafoods.

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# INSURANCE

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- ☆ HOME OWNERS & TENANT INSURANCE

authorized AUTOPLAN agent

COMOX VALLEY INSURANCE SERVICE LTD.



INSURANCE BROKERS AND CONSULTANTS Opposite Court House Courtenay Phone 334-3195

# POOL NEWS

The weekend marks the end of the Summer Pool Season (Sept. 4, 5 and 6). The Pool Hours will be Sat., Sun. and Mon. from 1300 - 1600 and 1800 - 2000 hrs. I hope you've enjoyed your pool this summer and will be looking forward to seeing you in 1983.

PERI Staff

## POOL TALK END OF SUMMER

Hey!! This summer was great and action packed. If you don't believe it, take a gander at these photos!

Our parent and tots inspired all swimmers to excel and to have fun doing so. The childrens Swim Club members had a great summer. They finished with Club T-Shirts each and a party at the pool, Wednesday, Aug. 24. Laurie and Renee have a message for all who participated - "Stay keen and Keep Fit!". They enjoyed all of you tremendously and hope to see everyone next summer along with your friends.

Masters T-Shirts can be ordered if you wish from the Comox Clothes Closet.

Comox Mall. Enquiries can be directed to Coach Bonnie Pronk.

The adult swim program was enjoyed by all participants. Remember - 'practice makes perfect'. Keep swimming and enjoy being fit. Best of luck.

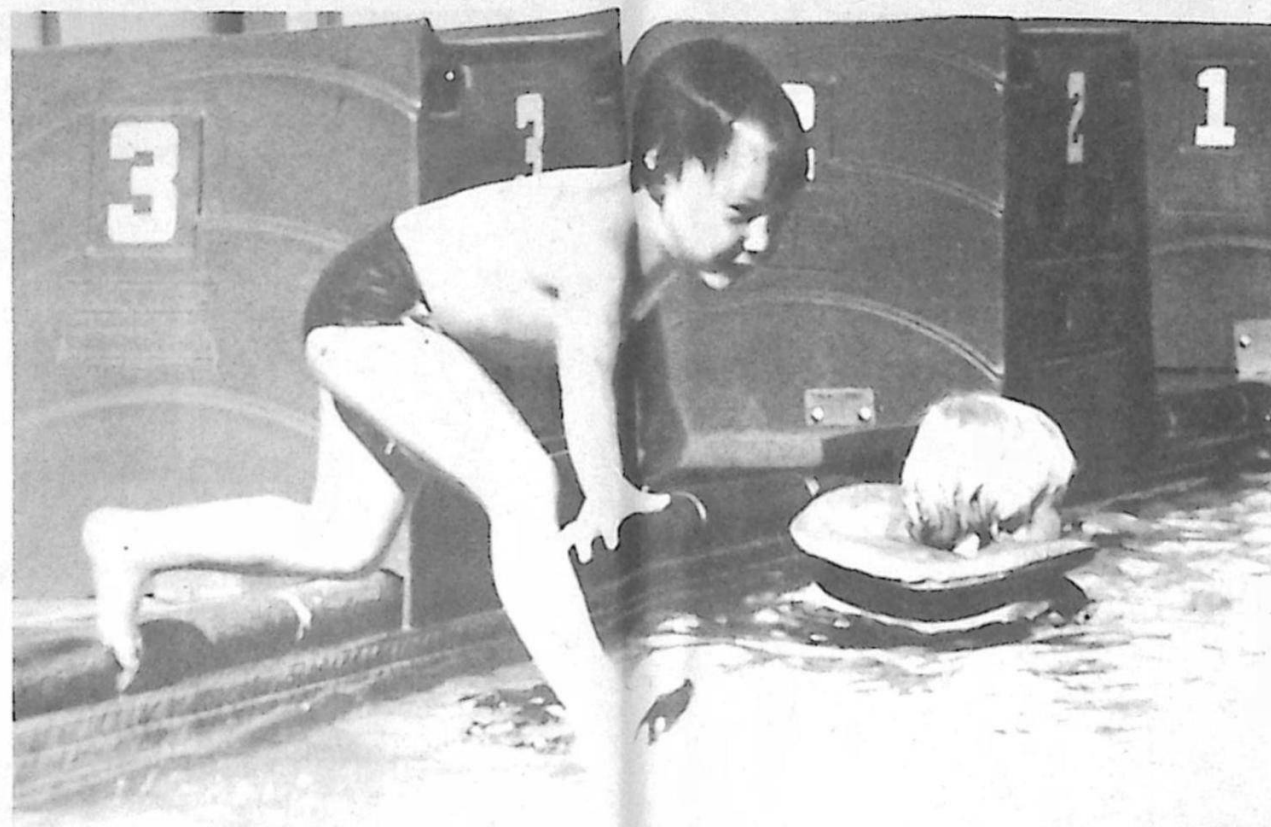
Maureen, Carol & Glenn

On behalf of all Staff, I would like to wish everyone all the best in the upcoming year. Keep fit and thanks again for a great season.

Renee, Laurie, Michelle, Darryl & Maureen  
CFB Comox Pool  
Staff Summer '82



Included are some of the parent & tot students with their Instructor, Maureen Gallinger (right back) and the Island Red Cross Representative, Christine Cutts (left back).



Michael Lowe, age 3 doing a stridentry. Eat your heart out Mark Spitz.

## TERRY FOX RUN HEADS FALL RUNNING SCHEDULE

The biggest run approaching is the Terry Fox Run, 19 Sep 82, commemorating the heroic effort of Terry Fox and to raise funds for cancer research. The course will be 10 km (6.2 miles) in length with the emphasis on participation not competition. This is an excellent event to test running skills and warm up for the fall running series. Details of the local Terry Fox run will be published in the next issue of the Totem Times, but preliminary information indicates that it will be run on the same course as last year, starting at the Comox Valley Sports Centre. Pledge sheets will not be used. For those not available 19 Sept., the Terry Fox run in Victoria will take place 12 Sept. because of a conflict of dates with the Victoria Marathon.

Many other events fill the fall schedule, starting with the Denman Island 5 1/4 Mile race this weekend. This event is run in conjunction with the Denman Island Community Days and has attracted a large entry from Mount Vernon Washington.

The following week, 7 - 10 Sept. four runners from the base, Gord Kehoe, Barry Whillans, Vic Howlett and Nelson Hui will compete in the Pacific Region 15 km road race and 8 km cross country races. Ten runners from the Pacific Region will be invited to compete in the Armed Forces National run in Lahr, West Germany.

Other events coming up are:  
VICTORIA MARATHON  
18 Sept 8:00 a.m.  
COMOX FALL SERIES 5k  
26 Sept. 1:00 p.m.  
TOTEM TIMES 10k  
3 Oct. 12:00 noon  
COMOX FALL SERIES 5k  
10 Oct. 1:00 p.m.  
RICHMOND MARATHON  
31 Oct. 9:00 a.m.

Vic.



**Defence:** Walk, jog, run, skate, ski, swim, paddle, pedal... don't let life catch you with your head down.

Fitness is fun. Try some.

**DEFENCE** PARTICIPATION

## POOL & GYM HOURS

As of the 8 Sept 82, Pool hours will be:



Casual Swim	Mon-Wed-Thu	1600-1900 hrs
Masters Swim	Daily	1300-1400 hrs
Gymnasium	Mon - Fri	1800-2000 hrs
Casual use	Sat & Sun	1300-1630 hrs
Indoor Soccer	Mon. nights	2000-2200 hrs
Basketball	Tue. nights	2000-2200 hrs
Badminton Club	Wed Night	1900-2200 hrs
Base Volleyball	Thurs.	2000-2200 hrs



# EXTRA'S

SEPTEMBER 2 - 4 WE WILL NOT BE UNDERSOLD

ASK ABOUT OUR 90 DAY INTEREST FREE CREDIT PLAN.

<b>TETLEY TEA</b> 72 Tea Bags Reg. 2 <sup>99</sup> ..... <b>SALE 1<sup>97</sup></b>	<b>CHEESE WHIZ</b> 1 Kg REG. 6 <sup>99</sup> ..... <b>SALE 5<sup>97</sup></b>	<b>MINUTE RICE</b> 700 g REG. 2 <sup>99</sup> ..... <b>SALE 2<sup>27</sup></b>
<b>SQUIRREL CRUNCHY PEANUT BUTTER</b> 1 Kg REG. 4 <sup>99</sup> ..... <b>SALE 3<sup>97</sup></b>	<b>KRAFT HANDI-SNACKS</b> Honey & Crackers, Cheese & Crackers, Pizza Cheeze & Crackers <b>.57¢</b>	<b>ABC LAUNDRY DETERGENT</b> 6L <b>3<sup>47</sup></b> <b>WISK</b> 1L <b>2<sup>67</sup></b>
<b>IVORY LIQUID LAUNDRY DETERGENT</b> <b>3<sup>47</sup></b>	<b>COLGATE TOOTHPASTE</b> 150 ml <b>1<sup>47</sup></b>	<b>G.W.G. SCRIBBIE</b> Boot & Straight Leg SIZES 29 - 42 <b>17<sup>77</sup></b>
<b>KRAFT SALAD DRESSING</b> Various Flavors REG. 1 <sup>79</sup> ..... <b>SALE 1<sup>57</sup></b> REG. 1 <sup>69</sup> ..... <b>SALE 1<sup>47</sup></b>	<b>CHILDRENS SESEME STREET</b> Rubber Boot <b>9<sup>99</sup></b>	<b>LADIES SWEAT SHIRT</b> S - M - L Fashion Colours <b>11<sup>97</sup></b>
 <b>Butler DENTAL FLOSS</b> <b>1<sup>21</sup></b> • UNWAXED Shred-Resistant • UNWAXED Fine • BIT O' WAX® Lightly Waxed Preferred By Dentists	<b>GAINES TOP CHOICE</b> 2 Kg REG. 3 <sup>99</sup> ..... <b>SALE 3<sup>47</sup></b>	 <b>BONUS! Butler FLOSS!</b> 15 Yd. Starter Pak <b>.87¢</b> With Purchase Of Butler G•U•M Toothbrush...

COMING SOON Sept. 30 - Oct. 9 14th BIRTHDAY SALE Watch For Our National Sales Flier.

# Promotions and awards



BTSO LCol. Mack congratulating WO Gerry Murphy on his recent promotion. (Base Photo)



The 409 SAMCRO, Capt. Grant, congratulates Sgt. Gary Ward on his recent promotion. Gary immediately found out additional responsibilities came with the goodies. He is now running the Repair side of the House.



CDI Awards - BComd. congratulates MCpl. Caverly, WO Horley, MCpl. Leblanc, Sgt. Knudson, CWO Beaudin. (Base Photo)



Col. Dobson presents his BComd Commendation to Sgt. Murphy, MCpl. Nichols and Cpl. Herlic of Brake and Wheel. (Don't look shocked, fella!) (Base Photo)

## Unclassified

### RATES

First Insertion - NO CHARGE  
Subsequent Insertions - \$1.50 per inch

#### ON SALE 15 SEPT at THE ICE BOX

Schneiders All Beef Sausage 500 gm \$1.45  
Eggo Waffles 8's Reg. \$1.25 SPECIAL \$1.10  
Cornish Pasties 3 1/2 oz Reg. 6 for \$4.00 SPECIAL \$3.50  
Onion Rings Reg. \$1.85 SPECIAL \$1.65 338-7623

#### OPEN UNTIL 8:00 PM THUR & FRI VISA Accepted

#### PRIVATE SALE

4 yr. old, 3 bdrm basement Courtenay house, excellent condition, beautifully treed for privacy, double storm windows and quality carpeting. Clear title. Priced Low SIXTIES. Half down, owner will finance rest at 12 1/2%.

Willing to exchange for home in Colwood Sooke area (near CFB Esquimalt) Phone 334-2987

2 pce. Chesterfield & Chair \$250.00  
2 End Tables & 1 Coffee Table \$75.00  
1 Desk - \$45.00  
1 Older Overstuffed Chair \$45.00  
1 Portable T.V. - \$40.00

#### OTTERS STORES Beside Courtenay Hotel

#### RIVERSIDE PARK RENT REDUCTIONS

Does Your Rent Include?

fridge, stove, dishwasher, washer and dryer in all 2 bedroom units  
fireplaces and large balconies  
1 1/2 baths with Jacuzzi tubs  
saunas and exercise room  
party room with wet bar and ping-pong  
swimming pool  
free cablevision  
excellent view suites available  
extra large suites  
rents from \$380.00

if not PHONE 338-3962

"Best value for your rental dollar" CUSTOM PROPERTY MANAGEMENT LTD.

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1956 Chev Pick-up Excellent Condition, no rust, Stock 6 cyl engine Price \$5,000.00 obo 339-5098 or Local 2295 Ask for Dave

Reconditioned Televisions Color and Black & White

Reconditioned Appliances Otters Stores beside Courtenay Hotel 440 N. Island Hwy. 334-3332

1980 HONDA CB 650 14,000 km. \$1400\*\* (or best offer) Call Grant or Eunice at 287-7995

#### POSTED TO VICTORIA?

2 Bdrm Townhouse, new WW Carpeting with 3/4" underlay, 1 bathroom - 4 pce, oversized MBdrm, 4 Appliances, quiet cul-de-sac, 4 miles from CFB, private patio off DR (fenced & treed), large fully landscaped common area, large storage area, 1 block from bus route to CFB, 2 blocks from shopping ctr, low monthly assessment, private parking, partial assumable mortgage at low interest.

A STEAL AT ONLY \$62,500

Contact: PO Mac Johnson, Centrex 255-1934 (Victoria)

#### 2 or 3 bdrm MOBILE HOMES FOR SALE.

Have excellent investment potential, from only \$10,000. Here's your chance for off-base privacy, for about \$1,200 down & less than \$300.00 mo. including pad rental.

Call Logan or Dave at 338-6716 for more details.

#### LET'S MAKE A DEAL

Used furniture at affordable prices  
Chesterfields, daybeds, hide-a-beds, easy chairs, wall units, tables, dressers, TV's, stereos, lamps, appliances, pocketbooks & more

Come to P & A TRADING (across from Stardust Drive in at Merville) OPEN MON THRU SAT 10 a.m. to 5:30 p.m. 337-8433



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BLACKS CYCLE  
BRC NORCO  
SALES & REPAIRS  
SKATE SHARPENING  
STRATHCONA PLAZA ANDERTON RD., COMOX  
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U - STORE IT - LOCK IT - KEEP THE KEY  
CLOSE TO THE BASE and PMQs  
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SOFT DRINKS • COFFEE & TEA  
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1080 Cliffe Ave., Courtenay 338-5132  
FULL DINING FACILITIES

# Around the Base

**ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL**



**CHAPLAIN (P):** Padre Bob Risch (UCC)  
**CHAPEL:** St. Michael and All Angels, Wallace Gardens, Bldg 88  
**OFFICE:** Headquarters Building, Room 35, Loc 2273

**DIVINE WORSHIP:** Sundays - 1100 hours (commencing 5 Sep 82)

**LORD'S SUPPER:** First Sunday/month  
**SUNDAY SCHOOL:** 0930 and 1100 hrs commencing 12 Sep 82

**CHOIR:** (Junior/Senior) 1830 and 1930 hrs commencing in Sept.

**LADIES GUILD:** Second Wed. of each month commencing at 2000 hours in Chapel Annex.

**CHAPEL COMMITTEE:** Second Tuesday of every month at 1900 hours in Chapel Annex.

## SUNDAY SCHOOL Protestant Chapel

Sunday School at the Protestant Chapel will soon be starting for all ages from three years and up. Registration Sunday will be in the Chapel Annex on Sunday, 12 September at 0930 hours, and the first regular lessons will start 19 September.

We are still in need of Sunday School teachers. Please consider serving your Chapel and community by phoning Mrs. Carol Fettingger at 339-5269, Mrs. Susan Stobbart at 339-6807, Mrs. Gay Gray at 339-6705 or Mrs. Alice Campbell at 339-6843.

In order to train new teachers we will be having a special workshop at our Chapel sometime in September or October with an expert here from Vancouver to assist us.

**OUR LADY OF THE SACRED HEART CHAPEL  
CFB COMOX, B.C.**

**BASE CHAPLAIN (RC)** - Maj. J. Rheault Telephone: 339-2211 Local 2274

**NEW MASS SCHEDULE HOURS**  
 Saturday 1900 hrs  
 Sunday 1000 hrs  
 Week Days 0900 hrs  
 (No Mass on Thursday)

**BAPTISMS & MARRIAGES:** By appointment - notice well in advance.

**CONFESSIONS:** Confessions are heard 30 minutes before all Masses and any time on request.



MCF

## CFB COMOX MILITARY CHRISTIAN FELLOWSHIP

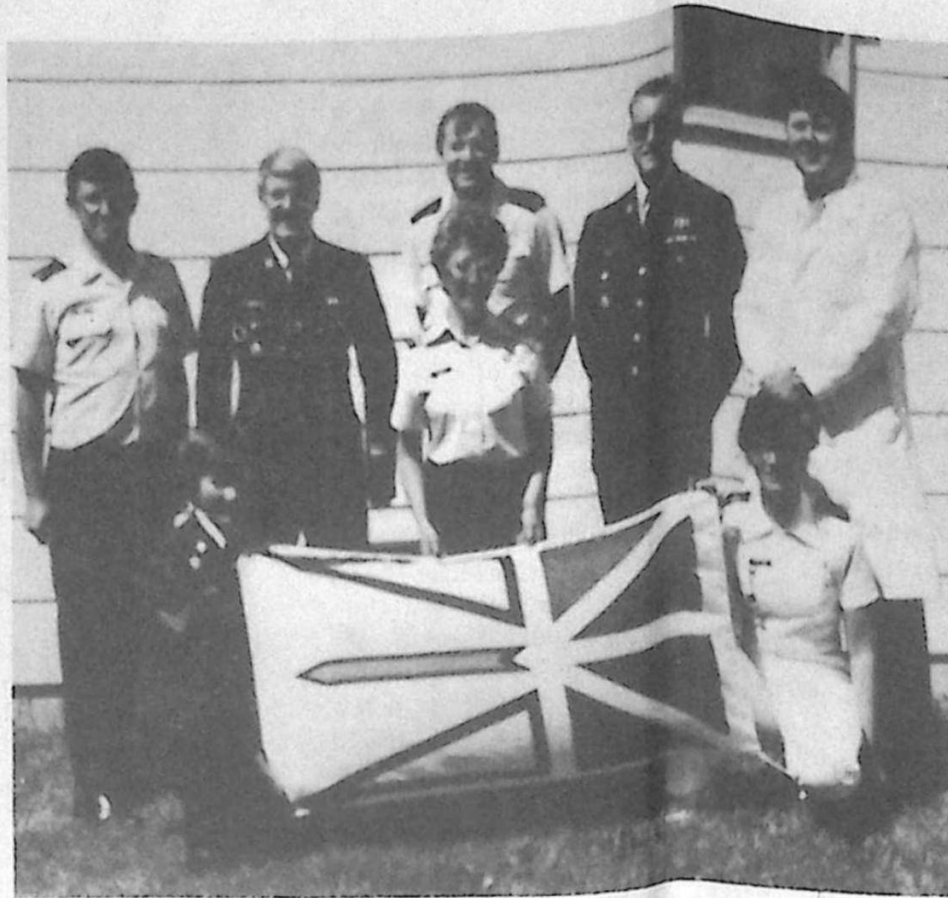
For anyone interested in fellowship with other Christians, the MCF meets every week day but Friday from 1130 to 1230 hours in the Parish Hall next to the tennis courts. During the summer months they also hold a bible study every Tuesday at 1530 hours.

**FROM 6.95 PER DAY**  
 (Plus a small mileage charge)  
 334-2060  
 p.s...we don't rent wrecks!

**BEST BUYS**

- ★ Two antique oak dressers
- ★ Mahogany parlor table
- ★ Dinette suites
- ★ Chairs, chesterfields, fridges, washers & dryers
- ★ 1 Rockwell Beaver 10" Tablesaw
- ★ 1 Set of Bunk Beds

**Stu's Bargain Basement**  
 Island Highway, top of Mission Hill  
 Closed Monday  
 12-5 Sun  
 10-6 Tues-Sat



**The Newfie Connection** In June of this year the Base Hospital's Newfie Connection gathered for their annual Mug Shots. Back Row (L to R) Sgt. Ches Dawe, Lt. Al Roberts, Sgt. Rex Pitcher, WO Bud Fraser, Sgt. Art Badcock. Front Row (L to R) Cpl. Edna Strickland, Capt. Mini Costello, Pte. Debbie Rodgers. It is noted that since this gathering Lt. Roberts, Sgt's Pitcher & Dawe have been posted, and the Newfie Connection are presently on the look-out for prospective Newfie reinforcements.

## BWO's CORNER

### A TIME TO REFLECT

Many of us "old timers" who enlisted way back when "Hector was a pup", were bright eyed and bushy tailed, ready to go off fighting wars, showing the flag and being an all around good "Keeper of the Peace".

For all of us, and for the younger generation following behind us, it would be well if we paused and reflected on our original Oath of Allegiance:

*I DO SINCERELY PROMISE AND SWEAR THAT I WILL BE FAITHFUL AND BEAR TRUE ALLEGIANCE TO HER MAJESTY*

We must realize that we have contracted to do a job, and that job we must do to the best of our ability.

The next time we are faced with a distasteful task, let us take a look at our loyalties and think of where they belong.

The following was recently passed to

me by a service member and it was most appropriate for the circumstances under which we labour.

### LOYALTY

If you work for a man, in Heaven's name work for him; speak well of him and stand by the institution he represents.

Remember, an ounce of loyalty is worth a pound of cleverness.

If you must growl, condemn, and eternally find fault, then resign your position; and when you are on the outside, damn to your heart's content.

But as long as you are part of the institution, do not condemn it;

if you do, the first high wind that comes along will blow you away; and probably you will never know why.

## And They Say Beer Is Bad For You!

When accepted medical principles are ignored and illness results, the profession is distressed. A death from tetanus, whooping cough, diphtheria, or other disease preventable by vaccination or immunization is a double tragedy - the second being the failure of the profession to convince the population of the need for the inoculations.

Freedom of choice is commendable in many areas but I cannot comprehend why some people persist in playing Russian roulette with their health to support a principle.

Consumption of raw or unpasteurized milk is a case in point. A recent report from the B.C. Ministry of Health states that diseases caused by the ingestion of raw milk continue to occur. The most recent episode

was in the Okanagan in 1981 during which several of those affected required hospital care.

B.C. and Alberta still allow the sale of raw milk. Only Quebec, New Brunswick, and the N.W.T. do not. Raw milk is, of course, frequently consumed by families having their own cow or goat. Simple methods for home pasteurization are available so even these people need not subject themselves to unnecessary risk.

The British Columbia Medical Association strongly advocates the use of pasteurized milk and supports attempts at legislating a ban on the sale of the raw product.

Some proponents of raw milk claim that pasteurization (heating to 72 degrees C for 16 seconds) adversely affects the

nutritional value of the milk. While modifications do occur they are minimal and of no consequence.

The classic milk-borne diseases (TB, diphtheria, scarlet fever, brucellosis and typhoid) have been replaced, in large extent, by intestinal illnesses causing vomiting, diarrhea, headache and fever.

There are no known advantages to raw milk. Adults who drink it are, or should be, aware that they are taking an unnecessary risk. Infants and children, who consume the most milk, are not aware of the danger yet they are the ones most likely to be seriously affected by milk-borne disease. Concern for this group is the main reason legislation is needed.

(Info/Health is brought to you by the British Columbia Medical Association.)

## Mushrooming development

(IDRC) - Considered a delicacy in this country, mushrooms are being promoted in development projects in India, the Philippines, Malaysia, and Indonesia as a way of bringing much-needed protein and income to poor people.

Mushrooms contain about three percent protein and are rich in minerals and vitamins. With the cost of labour being lower in developing countries, mushrooms (a labour-intensive crop) can be a practical alternative crop for home consumption and a cash crop for export.

Mushrooms require very little land; villagers can grow them in their own homes, enabling even landless peasants to reap the benefits.

## WE CAN'T WIN WITHOUT YOU!

More than 20,000 Canadians affected by muscular dystrophy or one of 40 other nerve and muscle disorders are asking for your help.

You can help by providing



funds for research and for trained specialists using new and better equipment and treatment.

Fight muscular dystrophy with us... we can't win without you!

The Muscular Dystrophy Association of Canada

Be sure to watch the Jerry Lewis Muscular Dystrophy Telethon September 5 & 6 See your TV listings.

## COMOX VALLEY CAMERA CLUB

As the Club enters its fourth year, the format for our meetings will be somewhat different than in local sports years past. Possibly one of the most important decisions made by the club in the 1981/82 season was to become members of the National Association for Photographic Art (N.A.P.A.). With this exciting new affiliation we qualify to receive an array of slide shows ranging from nature to everyday photography welcome so if you own a camera and we will be able to see what Camera Clubs across Canada are doing and more about it, plus become a member of an exciting organization come check us out. We only ask for dues after the third meeting you attend. Camera Club news on what is happening in the photographic world second Tuesday starting on September 14. Meetings will be held in Lake Trail Jr. Secondary School band room right adjacent to our main parking lot, for approximately two hours, beginning at 7:30. For further information contact Ann Howlett at 339-6624.

We shall therefore, start our meetings with a slide show and then discuss the show and how we could apply techniques shown or different techniques to our own photos. Along with all this, we have local photographers coming in periodically for discussions

## ATTENTION

The Warrant Officers and Sgt.'s Wives Club will hold their first meeting of the season Monday, September 13th at 8:00 p.m. Please plan to attend.

New Members are cordially invited. For further information, please contact our Vice-President Vicky LeFort 339-3480.

## UNICEF CANADA

I'm proud to be representing UNICEF because I have seen how effective UNICEF's health, education and nutrition programs are," said Liv Ullmann in her most recent set of public service TV spots for the United Nations Children's Fund,

released this month. "Sending UNICEF cards and stationery is an easy way to help millions of children in over 100 countries," she continued.

Ullmann is shown in the 30-second spots in her role as a Goodwill Ambassador for UNICEF on location in UNICEF-assisted relief camps in Somalia. She points out that UNICEF relies on voluntary contributions and the sale of greeting cards, stationery and gifts to fund its work for children in developing countries.

The spots launch UNICEF's annual greeting card fundraising campaign and have been distributed to all TV stations in Canada. Volunteer-operated greeting card outlets will open officially in November but at this time of year, UNICEF is encouraging Canadians to obtain their greeting card brochures by calling a toll free number (1-800-268-

6362; in B.C., 112-800-268-6362), or writing to UNICEF Canada for their own copy of the catalogue of gifts, stationery and cards.

This year's gift collection includes four new packs of gift stationery ranging in price from \$8.00 - \$12.00 as well as coordinated gift wrap and ribbon sets, gift enclosure cards and a festive "Holiday Letter" note ensemble (10 notes and envelopes for \$4.00). The des calendar ("Water, the Fountain of Life", \$8.00) and the children's art wall calendar (\$3.00) are both popular trilingual gifts.

The greeting card selection includes outstanding designs donated to UNICEF by international artists - notably, three Canadians: Ken Danby, Rosalie Lane and David Milne.

For further details, contact: Ruth Hotchkiss, Information Officer, UNICEF Canada.

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For prices & reservations  
 Call Joan LeBlanc  
 334-3161

Your Local Ford and Mercury Dealer  
 300 N. Island Highway, Courtenay, B.C.  
 MOTOR DEALER LICENCE NO. 5028

**The Oldie Cobbler's**  
 PHONE 338-7941

**AT LAST!**

a much needed shoe and leather repair service for CFB Comox personnel.

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- And you'll keep that
- Spit 'n polish too!

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- ★ Large bright units
- ★ Large appliances
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- ★ 1 & 2 bedrooms
- ★ Good Management
- ★ MUST BE SEEN

Starting from \$315<sup>00</sup>  
 (AFTER DISCOUNT)

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 Call Anytime

# THE SPIRIT LIVES ON

B.P.'s spirit lives on in the Comox Valley. Any Scouts or Scouters who attended CJ'81 in Kananaskis County, Alberta, during July 1981 would have witnessed that spirit many times over and I would like to share some of that spirit with you.

The pleasure of making friends with the Inuit Scouts is something I'll always remember. Their Scouter Bill Westwood, from Coppermine NWT, told me how difficult it is to practice the traditional scouting skills on the tundra.

The trees growing on the jamboree site were the largest that any of his Scouts had ever seen and Scouter Bill wished there were a way to take some of the wood when they returned home. We talked about living in the isolated areas of the vast northern region and I left him with the idea that I'd see what I could do about the wood.

I knew there would be someone, somewhere, with the spirit and this was no exception. The 1st Lazo Scout Troop and their Scouter Keith MacKenzie, cut approximately 52 staves, that would be used by the Inuit Scouts for camp crafts and pioneering projects. 442 Sqn., CFB Comox, were scheduled for an operational mission in early May to Inuvik, NWT and agreed to take on the extra cargo. Once in Inuvik the staves were transferred to a private carrier and flown to Coppermine - just in time for the spring thaw. My thanks to Capt. A.M. Paul and his crew for their efforts.

DND played a major supporting role during CJ'81. The Inuit Scouts were flown part way to the jamboree by Herc, members of various field units (supported by volunteer Scouters) fed 1,500 hungry adult staff three hearty meals a day, and a 40 bed



Baden-Powell  
1857-1941

hospital, subcamp first aid stations and a dental clinic were in full operation 24 hrs a day for the duration of the jamboree. Some of the military personnel were away from their families for 4 - 6 weeks, of course nothing new, but a personal sacrifice nonetheless.

If you found this article interesting and would like to read more or you would like to share your scouting experience with the rest of us, please call Sue MacKenzie at local 2211 (no, I'm not the Base operator as so many callers seem to think) or 339-3518.

The XV World Jamboree will be held from 4 - 16 July, 1983, so watch future columns for more jamboree news.

The Spirit

## STAMP TO HONOR SCOUTS

There's a great prize awaiting for a Boy Scout with some artistic talent -- an expenses-paid trip to Alberta's beautiful Kananaskis Valley for the 1983 World Scout Jamboree.

The trip is top prize in a contest jointly sponsored by Canada Post Corporation, The Boy Scouts of Canada, and les Scouts du Canada. In the contest, Scouts have to produce a poster based on "What Scouting means to me."

The poster will be used as the basis for a postage stamp to commemorate the 75th anniversary of Scouting. The winning Scout will be invited to ceremonies marking the official launch of the stamp, where he will receive a special presentation album containing the new stamp, said Andre Ouellet,

Minister responsible for Canada Post.

Scouts are invited to contribute their own drawings or paintings expressing the theme. Entries will be judged on a regional basis and regional winners will be submitted for selection of a national winner by Canada Post's Stamp Advisory Committee. Certificates of Merit will be awarded to regional winners in each of the following categories: Beavers, Cubs, Scouts, and Venturers.

Boys under 18 years of age can enter the contest, which closes October 31, 1982. Entries can be sent from British Columbia, Alberta, Saskatchewan, Manitoba, the Yukon and Northwest Territories to: Scouting Design Contest, 664 West Broadway, Vancouver, B.C. V5Z 1G1.

## BASE JUMPERS COMPETE IN B.C. GAMES

Beautiful warm sunshine and a cloudless sky set a perfect stage for the 6th annual B.C. Summer Games held in Vernon from 26 - 29 August. Out of the fifty different events, the parachuting event was given tough competition as 8 members of the CFB Comox parachute club vied for top place. After a colorful opening ceremony and an impressive exhibition jump performed by the Canadian Forces parachute demonstration team "Sky Hawks", the city of Vernon was taken storm as fellow parachutists were greeted and jump stories exchanged.

Good preparation and planning by the organizers and officials saw day one off to a good start with the individual accuracy event.

Each competitor is given six attempts to get as close as possible to the tiny 10 cm disc located in the centre of a 10 m circle. A not-so-simple task as some of the novice jumpers decided to discover other parts of the Okanagan carried by fast upper winds. Our own Cpl. Mark Howarth left the airport to drop in on a local resident's afternoon B.B.Q., landing unhurt in backyard trees, much to the surprise of the family gathering.



Good scores were apparent in the intermediate category where Pte. Roger Skidmore captured 2nd place in individual accuracy. Pte. Skidmore, along with recently posted Capt. Zoltan Pegan went on to place 2nd in the team accuracy event with fellow team members Ted Horbulyk and Ron Dionne.

Ron is the Club chief instructor and upon completing his 2000th parachute descent received a banana cream pie in the face for his efforts. Medals seems to be the order of the day as Club members Shelley Gottfried and Carol Lanyon both placed 3rd in the junior and senior individual accuracy

events. A good time was had by all at the awards ceremony; the Base Club being easily recognized by the abundance of medals at their necks.

A fitting end to a competitive weekend, and good luck to rival teams as the CFB Comox Parachute Club defends their standings next year!

**BRIGITTE'S HAIR CARE**

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**THE COURTENAY LEGION PIPE BAND**

OFFERS INSTRUCTION FOR BEGINNERS IN BAGPIPES

Classes are held each Thursday evening at 6:30 p.m. at the Bevan Opportunity Centre on the corner of Cliffe Avenue and Third St. in Courtenay. There are no charges for these lessons, however, students are expected to purchase their own practice equipment.

Registrations for fall classes will be held on the evening of 9 Sep 82. Further information will be available at that time, or you may contact Major R.H. McPhail, at 339-2211 local 2371.

## BOAT OPERATION AND SAFETY

Even experienced boaters sometimes commit the cardinal sins of overloading and/or overpowering their boats. Both are unsafe boating practices, as well as being illegal, and contribute largely to many of the unnecessary boating accidents that occur each year in Canada.

Ministry of Transport regulations require every pleasure boat 4.9 meters in length or more (over 15 feet) or under power with an outboard motor of 10 H.P. or more, to carry a plate stating the maximum load and engine power for that boat. Canadian boat manufacturers and importers participate regularly in evaluation tests conducted by the Ministry of Transport to assess the performance of the latest boat designs to compare them against the recommended capacities.

It should be pointed out

that the figures shown on these Ministry plates are "recommended maximums for normal operation" and should not be considered "desirable capacities". For instance, a boat with a recommended maximum rating of 50 h.p. will operate just about as efficiently, and possibly a lot more safely, with a 40 h.p. outboard motor on the transom. Likewise, a boat with a plate recommending a maximum load capacity of 600 pounds will surely be more energy efficient and perform better with a 400 pound load.

It should also be noted that on newer boats the recommended maximum power is shown in kilowatts and not horsepower. Although engine manufacturers are still identifying their motors by horsepower rating, the Ministry of

Transport, in its wisdom, has switched to metric. For instance, if the recommended maximum power for a given boat is 50 h.p., the plate will read 35.4 kilowatts.

According to Allied Boating-Canada, there's a general rule that says each 100 pounds added to the load in a typical small powerboat will take about one mile per hour off its top speed. With this in mind, it's handy to have some practical knowledge of the weights of common liquids, then you can make quick calculations and determine whether or not adding the weight will hurt performance objectionably.

Fresh water weighs 62 pounds per cubic foot; sea water weighs around 64 pounds. One gallon of fresh water weighs about ten pounds. Thus, five

gallons of water put into a bait tank will add a somewhat surprising fifty pounds to the load. Ten gallons of bilge water weighs about 100 pounds and this amount of water sloshing back and forth can affect the balance and handling qualities of a boat enough to make an electric bilge pump a real aid.

Gasoline weighs over seven pounds per gallon. The contents of a 12-gallon tank will add close to eighty-five pounds to the boat's load.

All of this isn't intended to say you can't put things aboard a boat. Obviously, you have to add equipment to fit a boat for various uses. But remember the above figures and use them to calculate how much weight is going aboard. Sooner or later you'll have to say, "This is enough!"

## Registration

Registration for the 1st Lazo Scouts, Cubs and Beavers will take place in the gym at Airport School, Sept. 9th at 7:00 p.m. Parents must accompany their boys at registration. (Note: Parents are needed!! We cannot succeed without your help. One or two hours a week is all that is required.

Without this aid, there will be no Scout organization for 1982 - 1983.) Slots to be filled (no experience necessary):

- Cub leaders
- Beaver leaders
- Scout leaders
- Ladies Auxiliary Group Committee

## POETRY CONTEST

A \$1,000 grand prize will be awarded in the upcoming poetry competition sponsored by World of Poetry, a quarterly newsletter for poets. Poems of all styles and on any subject are eligible to compete for the grand prize or for 99 other cash or merchandise awards, totaling over \$10,000. Says Contest Chairman, Joseph Mellon, "We are encouraging poetic talent of every kind, and expect our contest to produce exciting discoveries." Rules and official entry forms are available from the World of Poetry, 2431 Stockton Blvd., Dept. D, Sacramento, California, 95817.

**EW** Courtenay

Mon. to Thurs. - 8:15 p.m.  
Two Shows Fri. & Sat. - 7 and 9 a.m.  
OPEN SUNDAY 8:15 P.M.

Adults \$3.75, OAP \$1.75, Child \$1.75

Now Showing to Thurs., Sept. 2  
Malcolm McDowell "CLOCKWORK ORANGE" "Warning-extreme brutality & rape"-B.C. Director

Sept. 3, 4, 5 Clint Eastwood "FIREFOX" Some violence, occasional swearing - B.C. Dir.

OPEN SUNDAY 8:15 P.M.

Mon. - Thurs., Sept. 6, 7, 8 & 9  
Winner of 4 Academy Awards including Best Picture  
"CHARIOTS OF FIRE"

Fri. to Thurs. - Sept. 10, 11, 12, 13, 14, 15 & 16 (B.C. Classification unavailable)  
Tanya Roberts "BEASTMASTER"

Starts Sept. 17 - Henry Winkler "NIGHT SHIFT"

Now Showing to Thurs., Sept. 2  
Steve Martin "DEAD MEN DON'T WEAR PLAID" - PLUS "THE PURSUIT OF D.B. COOPER" "Swearing, some nudity; suggestive scenes" - B.C. Dir.

7 DAYS-Sept. 3 to 9 "BEAST-MASTER" & "A STRANGER IS WATCHING" "Brutal violence" - B.C. Dir.

ALL-NITER SUN. SEPT. 3 \* BEAST-MASTER \* STRANGER IS WATCHING \* TRUE CONFESSIONS \* FAME \* MOONRUNNER

ALL ADMISSIONS \$4.00  
ALL-NITER \$4.50  
Box Office Opens 8:45 p.m.  
Show Starts at Dusk

**BASE THEATRE SCHEDULE**  
CFB COMOX

Sept. 2 - Sept. 5  
**THE PROWLER**  
Vicky Dawson, Farley Granger  
RESTRICTED

Sept. 9 - Sept. 12  
**GAME OF DEATH**  
Bruce Lee  
MATURE

SHOWTIME: 7 pm

**SUPPORT YOUR BASE THEATRE**  
AUTHORIZED PATRONS ONLY

**COURTENAY SPLIT LEVEL.** Immediate possession! 3 bedrooms, 1 1/2 bathrooms, fireplace in livingroom. Airtight stove in finished Rec. room. Reverse floor plan. Private, sunny, fenced rear yard. List Price \$69,900.00  
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# Canadian Forces news



**Change of Command.** St-Hubert - Brigadier-General Glen Younghusband took over from Major-General Donald McNaughton as Commanding officer 10th Tactical Air Group (10 TAG), 10 August 1982. Major-General McNaughton was recently appointed Deputy Commander, Air Command, in Winnipeg. The change of command ceremony took place in St-Hubert, where 10 TAG is headquartered, with Lieutenant-General Ken Lewis, Commander Air Command, as guest of honour. The 10th Tactical Air Group is comprised of several helicopter squadrons across Canada. From left, Brigadier-General Younghusband, Lieutenant-General Lewis and Major-General McNaughton, during the ceremony.



**The moon is that 'a' way..** NASA Astronaut Judith Resnik gives a few "shuttle" pointers to Lieutenant-General K.E. Lewis, (left) Commander Air Command and Rear-Admiral Gordon Edwards, Commander Maritime Forces Pacific during the Abbotsford, B.C. air show.

The space shuttle program was this year's theme for the International show held Aug. 13 - 15. Miss Resnik officially opened the show during ceremonies attended by military and civilian dignitaries. (CF Photo by PO M.D. Johnson)



Defence Minister Gilles Lamontagne on release from the RCAF in 1945 (CF Photo)

## VU 33 colours 330 CLUB

With only three weeks gone and over one third (that's 110 for you non-mathematicians) of the tickets sold, VU33's 330 Club is hot. Ticket buyers are obviously in the above average section of the population and recognizing a great deal when they see one.

Thus far 3 draws have been held. The winning tickets have yet to be sold. So if you haven't bought a ticket yet now's the time. Not only will your ticket be eligible for each and every one of the next 31 draws (\$3300.00 in all) but your ticket has a good chance of being the instant winner of one of the first three draws.

Buy a ticket now. All members of VU33 carry tickets and they will be more than happy to make you a winner. Support a good cause.....VU 33 Colours.

## ALBERTA LEADS WORLD SALMON FISHING CHAMPS

**HORSESHOE BAY, B.C.** - A 56 pound, 4-ounce spring caught by Mr. T.M. Wolcott of Bragg Creek, Alta., continues to lead the Largest Chinook division in the 16th annual Daiwa World Salmon Fishing Championships.

Wolcott landed the monster July 29th in the turbulent Seymour Narrows, famous for the man-made, 1958 blast that blew up Ripple Rock. The fish was weighed at River Sportsman in Campbell River. Should he stay in the lead, the Albertan will win a CP Air trip for two to Sydney, Australia.

Continuing to lead the Largest Coho category is Marie Hobbs of Vancouver with a 21-pound 10-ounce fish entered at Smitty's Marina in Gibsons. Largest coho wins a trip for two to Tokyo, Japan.

The August 19th weekly draw winner of a Daiwa rod and reel is Bill Heads of Burnaby, B.C. who qualified with a 15-pound, 8-ounce spring weighed in at Sewell's Marina at Horseshoe Bay.

The competition began May 29th and ends September 20th.

**Fight Muscular Dystrophy with us.**

**WE CAN'T WIN WITHOUT YOU!**



Watch **The Muscular Dystrophy Telethon** Starring Jerry Lewis

Labour Day Weekend, Sept. 5 & 6



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**TOYOTA**

**"ALL NEW 1982 SUPRA"**



A new look and more power for 1982, Toyota's Supra has been completely redesigned from the engine up to top Toyota's line-up as the ultimate, performance luxury automobile. The 2.8 litre, 6-cylinder engine is now a double overhead cam with electronic fuel injection. Horsepower has increased 30% from 116 to 145 at 5600 rpm. Transmission is a 5-speed overdrive manual or optional 4-speed overdrive automatic, plus 4-wheel independent suspension. Automatic air conditioning, power windows, power door locks, cruise control, digital AM/FAM MPX, 5-speaker stereo with electronic search, stereo cassette deck and graphic equalizer are standard.



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Irène will be most happy to assist you with the purchase of a new Toyota or a fine used vehicle.

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ALWAYS A FINE SELECTION OF QUALITY PRE-OWNED CARS

# September 19, 1982 - The Terry Fox Run for the Marathon of Hope Day in Canada

TORONTO, Ontario - On September 19 people all across Canada will be running, jogging and walking for Terry Fox and his dream to find a cure for cancer.

The second annual Terry Fox Run for the Marathon of Hope will coincide with a series of special 10 km. runs being organized by communities throughout Canada under the guidance of the Canadian Cancer Society, the Canadian Track and Field Association, Fitness and Amateur Sport, Canada, and Four Seasons Hotels.

Last year thousands of Canadians took part in the run and raised over \$3 million for cancer research. Over 700 separate runs were organized.

### TERRY'S RUN

Terry Fox was the 22 year old amputee who lost his right leg to cancer in 1977. Vowing to take himself to the limit for the cancer cause, Terry embarked on a cross-Canada run in April 1980, to raise funds for research. Half way through his run the cancer spread to his lungs and he was forced to discontinue his Marathon of Hope. But the momentum he established grew and the entire country was inspired to carry on his quest.

"The Terry Fox Run has become an annual fund raising event for the 'Terry Fox Cancer Research Fund' and we will not stop until cancer has been beaten. This year's run is as important as the first one. We must keep the momentum going," said Isadore Sharp, Chairman and President of the Four Seasons Hotels.

"The tremendous effort made by Canadians during last year's Run has helped to make the Marathon of Hope research programs a



About 10,000 runners, walkers and roller skaters headed off along the western parkway in Ottawa last September on the first Terry Fox run. Over 700 runs were organized across Canada last year. On Sunday, September 19, Canadians are invited to run for Terry once again and perpetuate his dream.

"Consequently, we are extremely pleased to work with three organizations that are committed to making this year's event an even greater success."

### 10 KM RUNS

The special Terry Fox Runs will be held on accurately measured 10 km. courses that will be established by concerned Canadians in hundreds of communities across the country. Already, 200 run sites have been established. The four sponsoring organizations have the support of the Fox family to develop this event in which all Canadians will be encouraged to participate to perpetuate Terry's Marathon of Hope.

"Terry's single-handed efforts stand as a tribute to the strength and resilience of which the human body is capable and toward which we should all aspire," said The Honourable Gerald Regan, Minister responsible for Fitness and Amateur Sport.

Communities, schools, etc. can set up their own

courses, (with the assistance of the Canadian Track and Field Association), which will be located in a safe environment such as a park. Courses will be open all day, allowing participants to run, jog or walk the route at their own pace. Pledge forms will be used to collect funds for the run and donations may be made by individuals, business groups or families.

Pledge sheets, applications to establish courses and further information are available at the provincial Terry Fox Run offices, as well as branches of the Canadian Cancer Society, the Canadian Track and Field Association and the Four Seasons Hotels.

### TOLL-FREE INFORMATION NUMBER

This year a toll-free telephone information number has been set up. By calling 1-800-268-7790, anyone interested in taking part in a run will be able to obtain the phone number of the Terry Fox Run office closest to him.

Let's get involved and make Terry's run real count!

In this editorial Bruce Pepper, President of The Vancouver Board of Trade, suggests that we are not likely to recover from this economic recession until we find ourselves in a sufficiently positive frame of mind to evaluate our economic structure and start planning for a future.

Over the past few years, most businesses in B.C. have operated on a euphoric high, as if convinced that the expanding economy would never end. Resource industries remained buoyant; revenues flowed in and substantial capital expenditures took place. It was hard to believe that we would ever come to a place called stop.

But now, business is faced with a mixed bag of problems, and confusion reigns. Unfortunately it is aggravated by a general

feeling of despair. We fear that the latest economic forecast is going to tell us that the light we're beginning to see is only at the end of the gangplank!

But while the recession is very real, all the negative feelings have blown it up out of all proportion - making it much worse than it need be. Businesses are actually budgeting and providing for backsliding. Capital expansion is being held up and - while all this is happening - Canadians, like the good savers they are, are putting their dollars into safe, non-employment-creating investments.

Economists have confirmed that much of a recession can be attributed to "talking ourselves into it". We are reminded of Roosevelt's words about fearing only fear itself. The media tell us the bad news

and business stands back and waits for government action. Meanwhile, the federal government says that we have no control over our economy and that we are just pawns in the larger world sphere.

So, do we continue to sit back and wait? One business leader commented recently that 'while a community cannot talk itself out of recession, it can certainly talk itself into one'. Why talk ourselves into a worse scenario than the current one?

Without being a Pollyanna, what harm could there be in thinking positively? We know that we will eventually come out of this recession. We know that we have a strong resource base still there waiting development and exploitation. We know that the world economic

shift is to the Pacific Rim and that British Columbia is a vital access to that market.

There are even some bright spots in the British Columbia economy - here and today! Electronic business machine sales are booming; coal is moving; computer and interconnect phone companies are prospering and the Port of Vancouver is setting tonnage records - despite the slowdown in lumber shipments.

Within the next decade or so, the world must at least quadruple its consumption of coal to meet energy demands. If our cars and trucks were converted to run on our own natural gas, we could wipe out half of the national debt in less than one year - and create jobs for thousands in the conversion process. It is in

this province that gallium arsenide and indium phosphide are being produced - and they are the leading edges in silicon chip replacement. The world is getting hungrier and Canada's food production will have to be expanded - and much of it will pass through B.C. ports on its way to the Pacific Rim countries.

Given all these prospects, we should stop looking on the black side. British Columbians have always proven themselves inventive and entrepreneurial. We must not look to the past for solutions to our current problems but plan our future looking at our resources, our people and our particular strengths. It would give us a head start on the next wave of prosperity - isn't that what we really should be doing?

## Resources Key To End of Recession

## Autobody Repair Course

effectively. Worse still, late model vehicles may be written off through lack of knowledge of simple cost-effective repair procedures.

These skills are now available to B.C. body shop staff and insurance estimators through a nine-part workshop series in unibody repair. The course is offered by the inter-Industry Conference on Auto Collision Repair (I-ICAR), a recently formed association including car makers, body shop groups, equipment manufacturers and the Insurance Corporation of B.C.

"This series will give bodyshop staff a unique opportunity to upgrade their skills in line with new

technology", said Ray Coutts, B.C. Chairman of I-ICAR. "The course materials have been developed by American car manufacturers in co-operation with all sectors of the automotive repair industry."

Workshop topics include: locating and assessing damage; welding plastic and high stress steel; corrosion protection; accurately measuring and straightening crumpled vehicles.

These procedures, already familiar to shops specializing in imported vehicles, are becoming essential to the entire autobody repair industry as North American produc-

tion of unibody cars increases.

"We hope this program will help control rising repair costs which inevitably affect Autoplan premium rates," said Doug Eakins, manager of technical services for the Insurance Corporation.

Write-offs are a major expense factor which the Corporation would like to see reduced. By the end of July, 16,000 vehicles had been consigned to ICBC salvage yards, a 30% increase over the same period last year.

"We know that some of these write-offs could be repaired effectively and economically", said Community Education Services, 592-1281.

satisfactory to the owner and a significant saving to the Autoplan Fund."

The first of the nine modules has already been given in the Lower Mainland, Vancouver Island and the Okanagan.

It is scheduled for Prince George in October and again in the Lower Mainland later in the year. Modules II and III begin at PVI, Maple Ridge Campus, September 23. All three modules will be available through Camosun College, Victoria from September 18. Course schedule information is available from PVI at 434-5711, Local 67 and Camosun College Community Education Services, 592-1281.



The one that got away? Rear-Admiral Gordon Edwards (left), Commander Maritime Forces Pacific, discusses West Coast marine incidents with Lieutenant-General K.E. Lewis, Commander Air Command, during a briefing and tour of the Victoria Rescue Co-ordination Centre.

## So, Who Needs a Seat belt?

There are still some people who like to argue that they are safer thrown outside a colliding vehicle than when kept within it.

A study completed some time ago for Transport Canada indicates what was hit in the second collision - that is, instants after the vehicle crashes, the collision between the occupant(s) and some fixed object(s).

These refer to unbelted occupants, and add up to more than one hundred percent because in some cases, the person hit more than one object. 5% were fatally injured by the hood. 8% came into fatal contact with the windshield. 11% with the instrument panel. 12% died after hitting the

roof. 20% or one in five, were fatally injured by the windshield frame. 22% collided with, or were hit by, the surface of the side interior. 30% came into fatal contact with the steering assembly. 30% also died after contact with the exterior of the vehicle, or other objects outside the vehicle.

The Canada Safety Council believes that safety belt systems guard against most of these hazards. Thirty percent would never have left the confines of the vehicle, and many of the other points of contact with use of proper restraint systems.

Belts, anyone? (Reprinted from "Safety Canada" Jul/Aug 1982)

# EX SAVE on Home Heating Oil!

# 16¢ A gallon LESS!

Effective 1 Sept 82 and for the duration of the 1982/83 Home Heating season, you will receive...

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Per gallon off regular oil price! 0.88 cpl A gallon Canex dividend at the end of the season 2.64 cpl

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Obtain further details from your Base Exchange Office.

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