



TOTEM TIMES

Loose lips sink ships - so does shallow water

Vol. 10

CFB COMOX, THURSDAY, JANUARY 9, 1969

No. 1



Fallout hits CFB Comox

Fallout was experienced by CFB Comox beginning on Sunday the 29th of December and continued until the night of the 31st. Coming in the form of snow, the fallout frightened many natives who are unfamiliar with the substance and drove them into their shelters. The base immediately took cover and the Base Motor Transport Section took prompt counter-fallout actions.

The MT Section was completely equipped to meet the problem with a force of 15 highly trained personnel and several pieces of specialized equipment. The fallout removal operation began at 08:00 hours on the 30th of December and continued around the clock through to January the 3rd.

Recovering from the initial shock, many persons took to their cars and began bombing around in the snow getting themselves stuck, thus hampering the snow removal operations. BMT personnel unanimously nominated the person who left his car in the middle of the road in front of the Recreation Center and went to a snow ball fight

for the Totem Times "Boob of the Month" Award.

The Met Section reported the snowfall as follows, .2 inches on the 29th, 2 inches on the 30th, 16 inches on the 31st and 2.8 inches on the first. While this was nowhere near the record of 23 inches on December 30th, 1964, a new yearly record of yearly precipitation of both rain and snow was set at 59.83 inches.

Several record temperatures were set during December. On the 27th the recorded minimum temperature was seven degrees above zero, the previous record was 24 above in 1966. On the 28th the mercury plunged to 5 above, with a previous record of 17 above in 1951. The 29th saw a low of 7 above, the previous record was 21 above in 1949 and on the 30th it went to 13 above with a previous low of 18 above in 1951. The 5, 7 and 9 degree temperatures were all below the average December low of 10 above and set the new low at 5 above. While these temperatures are not exactly "arctic" it's still not weather to be sticking your tongue on the pump handle.

Brickwork zapped



AN ACCIDENT AT the famous Maple Crescent International Speedway marred Christmas for one hapless driver, when the racer he was driving left the track between the famous "Simpson" curve and the "Orpen" turn. Jumping the curve the car tore across the infield, and collided with the special brick buffer. While no one was home at the time, the lady next door, Mr. WB Logan happened to be looking out the window and was frightened out of her wits.

— Totem Times photo

Dual based forces

WASHINGTON (CFP) — The American expression is "dual-based" in NATO matters.

That's what the U.S. Defense department calls the roughly 12,000 U.S. troops and 3,500 of its airmen redeployed to state-side last summer.

They're hitting Europe for exercises in January and February.

The various wings and air squadrons and army units involved in the deployment to Europe are based in 15 different states.

The exercises - Reforger 1 for army elements, Crested Cap 1 for air force -- originally were planned for later in 1969. The idea is for annual deployment exercises like these.

Amendment 1 '69

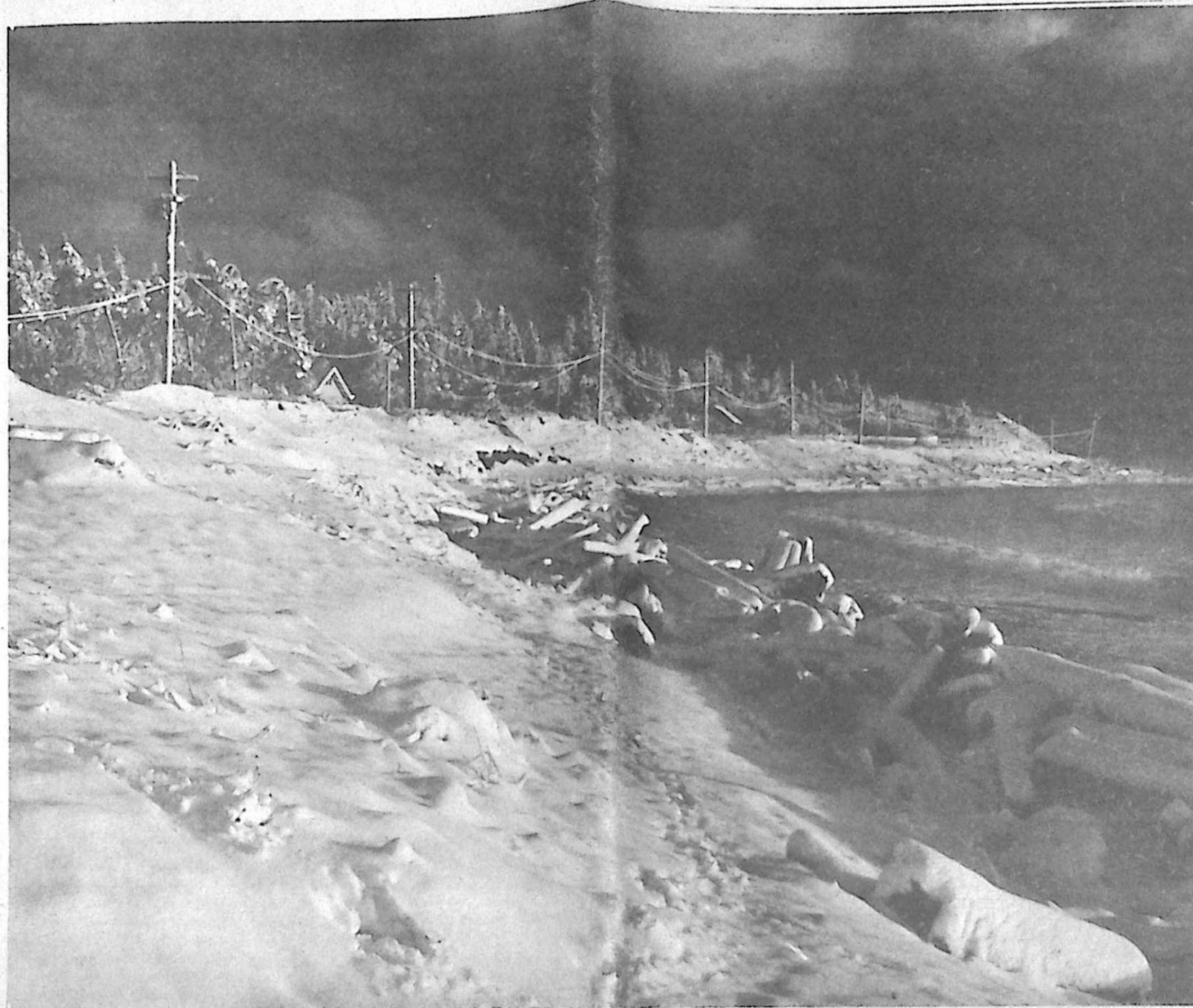
Totem Times

Volume 9 Number 26

Page 1 Columns 3 and 4

Ink Amend Page 5 Columns 5 and 6

Delete 422 Sqn., Insert 442 sqn.



— J. Tremblay photo

1968 C.F. REVIEW

The year 1968 has been one of the most significant in the history of Canada's Armed Forces.

As Canada entered the second century of the confederation of her provinces, her armed forces realized the final major step in the unification of her Navy, Army and Air Force into a single service.

Along with the final phase of the integration process which began in 1964 came the introduction of the Canadian Forces Ensign, the Naval Jack, a trial uniform for women, and rank title changes for some members of the land and air components of the forces.

Organization changes were highlighted by the realignment of Mobile Command land units into combat groups, the formation of an airborne regiment and the addition of a tactical air group to Mobile Command's formations to complete the integration of a unique Canadian land/air team.

New equipment, including helicopters, tactical ground support aircraft and an "O" class submarine were added to the armed forces' inventory while two aircraft types were phased out. The year also marked the completion of the re-equipment program for the 4th Mechanized Brigade Group in Germany as forecast in 1964.

As the integration program phased into unification, Canadian servicemen carried on with their primary jobs. Participation in NATO and NORAD exercises continued as in past years, and operational training manoeuvres on land, sea and in the air proceeded without interruption. Canadian servicemen continued to serve the United Nations in Cyprus and other parts of the world and took part in the difficult and trying Biafran relief situation.

Again in 1968, the Canadian Armed Forces were active in search and rescue, reserve and cadet training both at home and overseas.

Highlights of the Defence Research Board's 1968 program included the completion of final preparation of the ISIS "A" ionosphere-probing satellite for launching in 1969, and the launching of an ultra-modern research ship, the Quest, which will be used by the Defence Research Board for anti-submarine warfare research.

With the implementation of the Armed Forces Reorganization Act on Feb. 1, the Royal Canadian Navy, the Canadian Army and the Royal Canadian Air Force ceased to exist as such and personnel became members of the Canadian Armed Forces in a major step in the unification program which began in 1964 and will continue into the 1970s.

A new retirement policy combining the best features of the

three previous service plans is now in effect. Introduction of new flags included the Canadian Forces Ensign, which incorporates the national flag with the armed forces emblem, and the Naval Jack, white, with Canada's flag in the upper corner next to the staff and the naval crown, fouled anchor and eagle combined in dark blue on the fly.

The new green walking-out uniforms for men and women won approval for trial users, and distribution is scheduled to begin in May 1969.

The year also marked the beginning of a new exchange service to manage Department of National Defence retail outlets, which combines the best features of the former army Maple Leaf Services, the air force central warehouse and navy ship's canteens.

The most significant changes from an operational and training standpoint were made in the organization of the Armed Forces. Mobile Command's three Infantry Brigades were re-formed into four combat groups, each with an armoured and artillery regiment, two infantry battalions and supporting units.

Air elements of Mobile Command became Number 10 Tactical Air Group to form a fully integrated land/air team. When fully operational in early 1970, two composite air wings will operate CF-5 tactical ground support aircraft, Buffalo transports, medium tactical helicopters and light helicopters. In addition, all six reserve air squadrons of Otter aircraft were assigned to Mobile Command under the control of 10 Tactical Air Group.

Other Mobile Command changes included the establishment of an operational training squadron of Iroquois helicopters at Petawawa to train members of the land/air team in troop movement, casualty evacuation, reconnaissance, and aerial re-supply and the formation in Edmonton of a 900-man Canadian Airborne Regiment consisting of infantry parachute battalions, (Commandos), a light artillery battery, an engineer squadron and a communications company.

Other organizational changes in 1968 included the consolidation of ten basic recruit training centres into two - one at St. Jean, Que. for French-speaking recruits and one at Cornwallis for English speaking recruits.

In addition, bilingual units were formed, including a predominantly French speaking ships' company in the destroyer HMCS Ottawa, based at Halifax, a CF-5 aircraft squadron at Bagotville, a combat group at Valcartier, a French-language trades training centre at St. Jean, Que., and the manning of the new airborne regiment with approximately 30 per

cent of its strength French speaking.

On-campus university training for reserve army and air force cadets was replaced with off-campus training at reserve units, and 17 regular force military bands were amalgamated in 1968 to form nine bands, including a 90-man National Band of the Armed Forces located in Ottawa.

The first of ten Iroquois light tactical helicopters was delivered in March, and assigned to the Helicopter Operational Training Squadron at Petawawa. Other new equipment included the "O" class submarine Okanagan, which arrived in Halifax in September after trials in England, and the purchase of a United States submarine, renamed the Rainbow, for training duties on the west coast.

CF-5 Tactical ground support aircraft produced by Canadair began leaving the assembly line in October and are being assigned to 434 Operational Training Squadron, Cold Lake, Alta., to train pilots and technicians for the air group's two operational squadrons at Bagotville and Edmonton.

At the same time, construction was progressing on four helicopter destroyers and two operational support ships for service with Maritime Command.

Overseas, the 4th Canadian Mechanized Brigade Group completed its four year re-equipment program with the receipt of tracked amphibious cargo carriers, Lynx armoured amphibious reconnaissance vehicles, jeeps and self-propelled 155 mm Howitzers.

While new equipment was being added to the inventory, other items were being phased out. The duties of the anti-submarine Neptune patrol aircraft were taken over by the Argus aircraft on the east and west coasts and the F-86 Sabre fighter and transitional trainer for the CF-104 aircraft was retired with the closing of the Sabre Transition unit at Chatham, N.B., in December. Pilot training for the CF-104 strike/reconnaissance role will be carried out on the new CF-5 aircraft beginning next spring.

From January to March ships of Maritime Command exercised in the Caribbean during Exercise Maple Spring, an annual operation which provides tactical and weapons training for ships and carrierborne and land-based anti-submarine aircraft.

Later in the year six ships, Tracker and Argus anti-submarine aircraft and Sea King anti-submarine helicopters of Maritime Command participated in a large-scale exercise called Silver Tower. Ships of nine NATO nations took part in the combined operation, which ranged over a large area of the North Atlantic.

vehicles were airlifted to Norway by Yukon and Hercules aircraft in June to participate in NATO exercise Polar Express. The 1st Battalion, Queen's Own Rifles of Canada, assigned to the Allied Command Europe Mobile Force, took part in the exercise along with Norwegian, British, Italian, U.S., Belgium and Netherlands land and air forces.

In February, the 1st Battalion, The Canadian Guards, and elements of the 3rd Battalion, Royal 22e Regiment, conducted a peace-keeping exercise in the Caribbean.

In Germany, Canada's NATO Brigade took part in exercise Keystone which ranged over a large part of north central Germany during the month of October. Canadian servicemen formed about one third of the 14,000 troops taking part in the manoeuvres. Exercising along with the regular forces were about 200 reserve soldiers from Militia units across Canada who spent three months training with the Brigade.

At home, military units and formations across Canada including the reserves, conducted operational exercises throughout the year. These included land-sea assaults, winter training exercises, sea borne manoeuvres, airborne assaults by the new airborne regiment, and air defence exercises by North American Air Defence Command units in Canada and the United States.

During 1968 the Northern NORAD region, North Bay, met all its defence commitments during numerous exercises designed to test tracking, identification, and intercept capabilities. The Region's underground semi-automatic ground environment (SAGE) centre completed its fifth year of operation and the Canadian Back-up Intercept Control (BUIC) III, NORAD control centres, achieved operational status. As the year ended, the satellite tracking unit at Cold Lake was awarded the NORAD plaque for out-standing achievement.

Air Transport Command, besides carrying out its primary role of transporting service personnel and freight around the world also took part in two unique civilian missions. A Yukon aircraft, while on duties in the Caribbean, transported 143 school desks and chairs, a Christmas tree and gifts from Torontoto's Lakeview school children to the children of Lakeview School on Grand Turk Island, a British protectorate in the Bahamas. Also, Air Transport Command responded to a call from Antigua in the Caribbean for assistance when the island's generating station broke down. Two Hercules

Continued on Page 4

Mass blood letting planned for Friday

The Red Cross will be holding a Blood Donor Clinic in the Recreation Centre on Friday, the 10th of January. This is the annual visit to the Base and a good response is hoped for as there is a shortage of blood in the district at the present time. This will be an "All Ranks" function with the exception of Aircrew members, who are not invited.

Dependants over the age of 18 years are also invited to attend.

In an open letter, Dr. J. H. Sturdy, M.D., Chairman of the Blood Donor Committee said:

Dear Friend:
When you give blood your concern for others is expressed in a most active way. Thousands of patients in British Columbia are forever thankful for your gift. Without your free and voluntary commitment to the Red Cross Transfusion Service, blood, which is supplied without charge

to those who need it, the cost would be staggering.

Last year in our province hospitalized citizens were saved over four million dollars in transfusion fees. It is a well known fact that in countries where there is a charge the average cost is \$40.00 per unit. Think what that added cost would mean to a medical bill!

In the coming year approximately 25,500 people in British Columbia will need two or more blood transfusions. Among them could be a member of your family, yourself, or a neighbour.

This is your FREE service. Only YOU can give blood. Be a blood donor and keep the Blood Bank ready to meet all emergencies at all times.

Yours sincerely,
Dr. J. H. Sturdy, M.D.,
Chairman,
Blood Donor Committee.

RECEIVES WINGS



LIEUTENANT M. E. ORPEN, of Comox, British Columbia, received his pilot's wings and the Queen's Commission recently in a ceremony held at Number 3 Flying Training School, Canadian Forces Base Portage la Prairie, Manitoba. Lt. Orpen earned his wings following a year and a half of flying training on three aircraft types, the last being the C-45 Expeditor. It was a proud moment for the Orpen family when Lt. Orpen's father, Lieutenant-Colonel R. Orpen of Comox stepped forward to pin pilot's wings on his son's sleeve. Following helicopter training at Canadian Forces Base Rivers, Manitoba, Lt. Orpen will join helicopter squadron HS 50 in Halifax.

CF photo

Festive cheer for Ocean Stn. Papa

As tradition goes - Christmas is a time for giving and for 407 VP Squadron the Christmas of '68 was no exception. With the help of the Medical staff Capt. Norm MacKeracher and his crew 5 team managed to pack up several bottles of a certain auburn colored refreshment and along with a Crown Zellerbach pine made the annual Christmas drop to Ocean Station Papa ready. Also included in the drop - containers of assorted magazines, newspapers and three past issues of the Berkley Barb kindly donated by some upstanding member of B flight.

The goodies now having passed the packing and acceptance phase were passed on to the Fighting First and under the guidance of Capt. Don Chapman the drop was

a success, instead of the usual break and spill party of past years.

By the way - thanks to the Medical people for their miracle containers which proved to be the turning point between success and failure.

The drop was made from a 407 Argus aircraft on Christmas Eve and from all reports the crew of Papa were exuberant over their new found treasures.

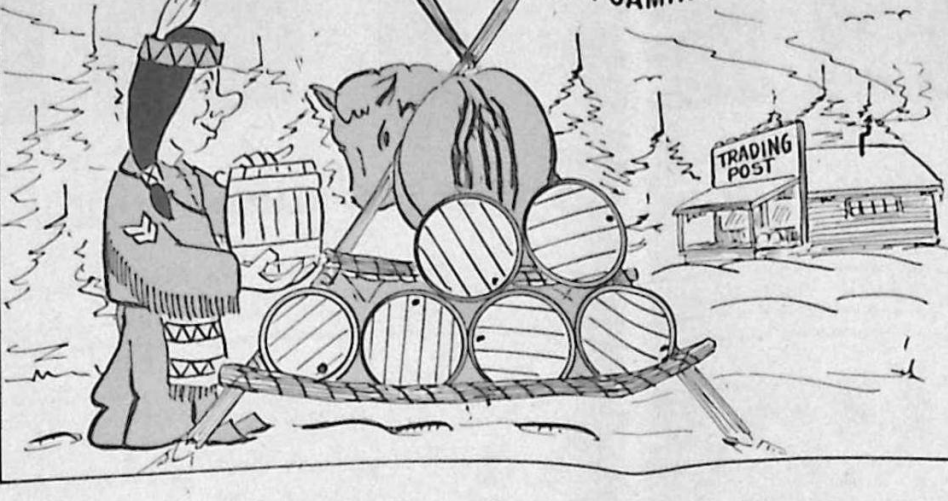
For our readers who may not be familiar with Ocean Station Papa, she is a very sophisticated weather guard ship some 800 miles off the coast of British Columbia. She provides a very necessary weather guard role in providing on the spot reports of incoming weather systems.

Cheer up . . . payday is on January 15th!

UNISKINS by mac



ALL WINTER LONG GUZZLING GOPHER HAS SAVED HIS FOAMING WATER BARRELS. NOW HIM TAKE THEM TO TRADING POST. MAN BUY EMPTY BARRELS THEN SELL HIM FULL BARREL OF FOAMING WATER.



GUZZLING GOPHER VERY WISE BRAVE, ALSO HIM HAVE MANY FRIENDS.



GOOD MORNING . . .

DEMON



DOINS

The festive season has terminated for another year. In the aftermath that follows we tighten belts and watch the outcome of the race between the bill collector and the mid month-pay. Gone now is the guilt associated with the breaking of not so old New Year resolutions; back again to the normal drinking, smoking and dietary habits of 1968. The New Year is well on its way for the Demon squadron as it is for the rest of CFB Comox.

To get back into the operational scope the Demons have sent a sortie to Nas Barbers Point, Hawaii. "B" flight crew 6 departed Comox in the early morning hours of Jan. 6 with Lt. Col. Middleton and a group from the Marpac Staff. The Demon CO and the Marpac representatives have gone to Hawaii for a first hand look at the operations carried out and to discuss future Demon participation in Operational Exercises.

One of the more notable sorties carried out by the Demons in the past few weeks was that of playing Santa Claus to Ocean Station "Papa". The ship that is currently on station is the Quadra which is based in Victoria. The Christmas drop to the ship is an annual event that the Demons take part in. On Dec. 23 the first attempt to make the drop was scrubbed due in part to poor weather in the area. Early on the next day, "A" flight crew 1, with a special Allstar crew, made the perilous journey to the weather ship. The highly successful drop, co-ordinated by Capt. Denny Tredick, proved to be the best on record for the Demons. A Christmas tree and seven containers containing various magazines and goodies were dropped with only minor damage to one of the containers, unfortunately it was one of the more important gifts that was damaged. The ship's company, particularly the captain, were most joyous over the success of the drop. For those of the Demons who would like to hear the conversation carried on between the ship and the aircraft, the tape is available in the ASW Trainer.

The last few weeks have seen quite a few changes in the Demon Squadron. To the many new mem-

bers we extend a warm welcome. Although a few of the contact trainees will remain here for a short time only we hope that their stay will be a profitable one. Congratulations to Capt's Doug McArthur and John Goodman on their recent promotions. Capt. John Arkesteijn will soon be departing for staff school so that he too can add his end of course paper to the ever increasing pile. The wavering voice soon to be heard from the tower will be that of ex-Demon Capt. Gary Thain. This week Gary will start his apprenticeship and remain in the tower until an opening becomes available on the ATC course. Last Friday the squadron got together to bid fond farewell to a Demon in good standing. Prior to departing for frozen Winnipeg, Capt. Jim Slater received a well-deserved mug from the officers of 407. Jim is the first of the radio officers on squadron to receive cross training to navigator. We wish him all the best in his new venture and expect to see him back in the future as a top notch Loran Juggler.

In the next few weeks the flight line can look forward to reorganization so now the official lobbying period is under way. All squadron officers take note that there is good possibility that the party slated for 25 Jan. will have to be cancelled. This will be due to the great numbers of personnel who will be away on TD. Look for further announcements at morning briefing.

In closing the Demons would like to extend congratulations and best wishes for the future to Lt. Jim Millar and his new bride.

**Sgt. Jack Kingston,
Take your
Xmas tree
Down**

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Box 430 Comox



THE TIME IN ten seconds will be 8:30 hours . . . 08:30 hours . . . fifteen, sixty-three, forty-seven, twenty-one, thirty-nine. — Base photo

POTENTIAL POSTINGS?

The Canadian forces' 39 commissioned ships consist of an aircraft carrier, 20 destroyers, several submarines and a variety of support and smaller warships. There are 10 warships in reserve, activated for specific periods of duty. Half a dozen small vessels are on loan to other government departments. There are about 100 auxiliaries, from research vessels to small passenger ferries.

The 20,000-ton aircraft carrier Bonaventure heads the anti-submarine warfare (ASW) team. She has an angled deck, mirror landing system and steam catapult and carries twin-engined CS2F-2 Tracker aircraft and CH53-2 Sea King helicopters. The Bonaventure completed a major half-life refit and modernization in 1967, to make her fully effective well into the 1970s. There are 20 helicopter-des-

troys (DDHs) and destroyer escorts (DEs) active in the fleet. Two of the DDHs had a hangar and flight deck included in their initial construction; seven others are 'DDEs' converted to DDHs, so they can accommodate the heavy sea King helicopter. All of the helicopter-destroyers have Canadian variable depth smars.

HMCS Ojibwa, first of three Oberon class submarines built in England for Canada, was commissioned in 1965. The second was commissioned HMCS Thetis in 1967 and HMCS Okanagan joined the fleet in 1968. HMCS Rainbow (ex-USS Argonaut) is a Tench class submarine commissioned in December 1968.

In January 1966, headquarters of the integrated maritime command was established at Halifax with a Pacific sub-command at Esoumalt, B.C. Approximately

two-thirds of the maritime force is on the east coast.

All seaborne and maritime air elements are under control of the maritime commander. The ASW air arm of maritime command includes four squadrons equipped with long-range Argus aircraft which are land-based; one squadron of Tracker aircraft and one squadron of Sea King helicopters, all of which operate from carriers or ashore. Several squadrons of fixed and rotary wing aircraft operate in the support role.

**Cudgel Stew
is good
for you**

Brits boost Harrier Fleet

LONDON (CFP) — The Royal Air Force will order 20 more Harrier vertical take-off and landing (VTOL) aircraft to help stiffen NATO front line strength.

This will bring the RAF Harrier strength to 80 plus 10 two seater trainers. This means, says the RAF News, that several Harrier squadrons will be based in Germany in two or three years. Meanwhile Brit Buccaneers and Phantoms will operate there in the strike and reconnaissance roles.

Germany is also to receive the Anglo-French Jaguar in the early '70s.

The first Harrier squadron forms in Britain next summer.

TIME TO TRADE?



Finance at low cost with a

SCOTIA PLAN LOAN

THE BANK OF NOVA SCOTIA

66 in '69?

Happy Birthday!

Now you may qualify for your retirement pension under the Canada Pension Plan.

If you are now 66 . . . if you've been contributing to the Canada Pension Plan . . . and if you've retired from regular employment, contact your Canada Pension Plan Office now. If you will become 66 in 1969, get in touch with your Canada Pension Plan Office three months before your birthday. The people there will help you fill out the application form that starts your pension cheques coming. They'll explain how your pension is worked out . . . and when you become eligible. You'll get all the answers to questions about your retirement pension. Payment is not automatic. You must apply to receive your pension benefits. Application should be made in the Canada Pension Plan Office serving your community.

NOTE: If you are age 70 or over and have contributed to the Canada Pension Plan, you don't have to retire to qualify for benefits. The district offices in this area are listed below

VICTORIA
Room 413
Government St.
Tel. 386-8411



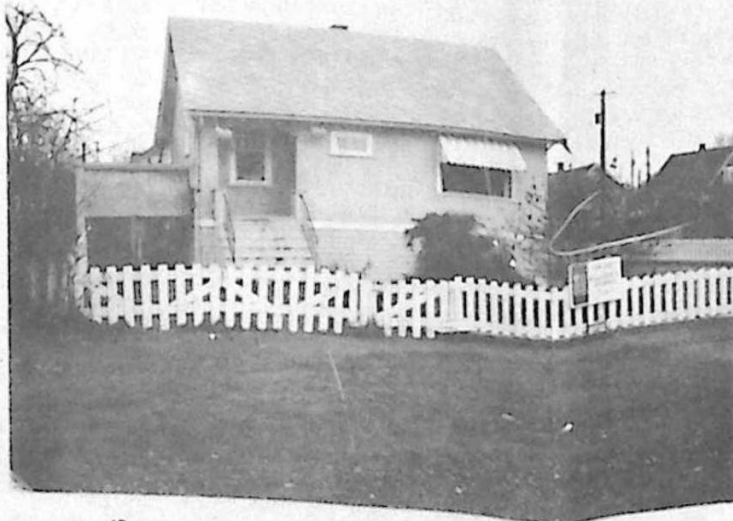
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Malcolm Pearce . . . 335-2269
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Roy Erickson . . . 339-2944
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Charlotte Willis . . . 338-8962

INQUIRE ABOUT

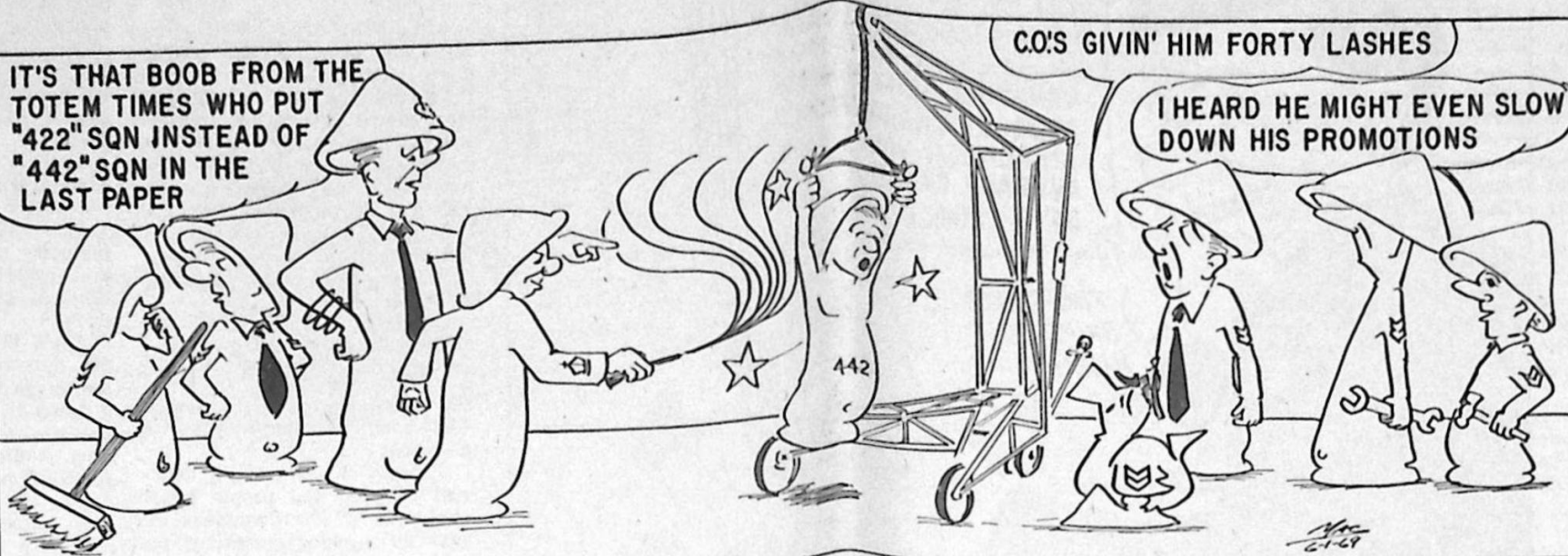
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Thimk, 442 Squadron - Not 422 Squadron

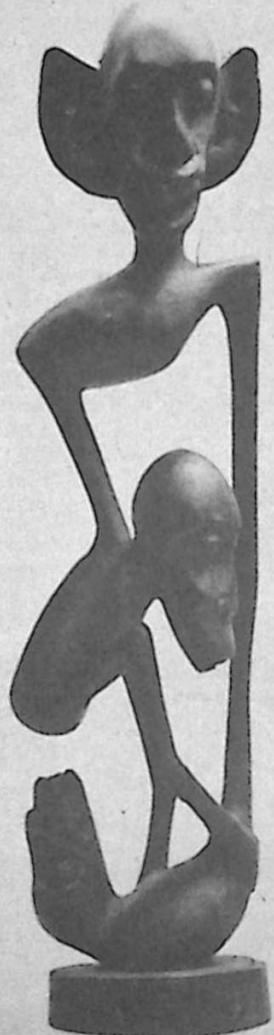
FUNGUS FEATURES

by mac

IT'S THAT BOOB FROM THE TOTEM TIMES WHO PUT "422" SQN INSTEAD OF "442" SQN IN THE LAST PAPER



WHATISIT?



ANOTHER GREAT Totem Times subscription contest. Tell us what the 'thing' in the picture is and win a free one-year's subscription to the Totem Times. Wow, isn't that exciting? One prize only! Best answer must reach The Times office by Monday, 13th of January, 1969.

SNAKE PIT

Another of the world's trouble spots flared up today as radicals in Forfortoland renewed their campaign to force the government to require that all aircraft be equipped with a crash position indicator. Government forces moved quickly to stop the violence, and have so far been successful; but there is growing apprehension that bloodshed is inevitable.

The present crisis, which has been in the making for several years, began when a white-and-forest-green aircraft went missing after flying VFR into bad

weather. Air Fungus conducted an airborne search for the missing aircraft, but efforts were hampered by poor weather and the fact that the pilot had not filed a flight plan. The search was abandoned after a month of strenuous flying. Members of the outlawed Mushroom Power organization rioted when a member of the missing pilot's family accused Air Fungus of incompetence. The riot was quelled with no loss of life, and the Night-hawks were placed on alert in

Continued on Page 5

FROM UP IN MY PERCH



With the Festive season finally over, I began to look around for my ol' kit bag to see what goodies it held for this week. After a frantic search I found it in a corner looking almost as limp as I do. The old vet had seen some pretty hairy festive seasons in some even hairier spots. I think the grand daddy of them all was the one we had in Chat-ham so many years ago. That's where I first met my good ol' buddy "Lil Moe" Morrison. Lil Moe volunteered to do a tour in Tanzania this year and is presently sweating it out over there. Thinking of Little Moe last Friday reminded me that I had not received my usual "seasons greetings" from him as yet, so I took a trip to the post office. Nothing there. Knowing that the ol' rascal wouldn't forget me, I wandered over to the Central Registry and sure enough, there was a great big parcel marked "Seemore" CFB Comox, Canada.

With my heart skipping with gladness I hurried home to see what goodies he had sent. Preparing for the unwrapping job I noticed that someone had cut the stamps off of the parcel. What an uncouth thing to do. Not only is it uncouth it is a Federal offence. If the culprit would like to send the said stamps to me through the mail by next Tuesday I'll call off the Queen's Cows-boys.

Turning back to the parcel, I carefully removed the wrapper saving it for evidence, and found the carton inside to be marked "1 doz. 25 oz." The brand name was "Crown Royal". Wow! Ol' Moe sure knows what to get a guy for Christmas. Tearing the box open I was surprised to find not 12 bottles of my favorite elixir, but two wood carvings. One was a beautiful

full-sized head of an African Tribesman which now holds the place of honor on my desk, the other was the carving you see pictured on this page. Turning "Whattit" over and over my spouse and I speculated on what it might be. Perhaps it is the African version of the famous "see no evil, speak no evil and hear no evil", or perhaps it is a modern art depiction of Cold-fish Lake Technical discussion. How about a committee meeting in the Sgts Mess? The promotion board? Just to be on the safe side we are keeping it in the basement, knowing Moe's sense of humour it just might be some sort of a fertility god. Down in the bottom of the box was a letter in which Moe explains that he is on the afternoon shift, and advisers are not allowed to touch a wrench. Drinks in the club cost 14 cents each and Filet Mignon is 45 cents per pound. He has a private air conditioned room with a houseboy, but has to suffer along with a Volkswagen instead of his Olds. He says "they sure eat funny food out here, ever try banana soup?". It makes you proud to know that one of your buddies is out there toughing it out for us doesn't it?

One of the greatest things to happen in the Comox Valley in years has to be the "Waky Waky" has begun a free delivery service for Chinese Garbage!

RUMOUR OF THE WEEK: The Voodoos will be fitted with a third engine, this is to enable them to keep up with the Russians new 120 passenger civy Supersonic airliner.

Boeing bouquets

Canadian Forces airmen, flying Boeing-built CH-113 "Labrador", and H-21B "Workhorse" helicopters, rescued 124 persons last year.

In addition, 170 mercy flights were carried out as the tandem rotor helicopters logged 906 hours and flew 2,259 sorties. The mercy flights ranged from transporting seriously ill patients to delivering a fuel pump to a drifting and endangered pleasure boat. To date, in 1968, nearly 125 persons have been rescued by Canadian airmen flying Boeing helicopters in Canada.

A majority of the helicopter flight time is logged searching for lost civilian aircraft. The combined fleet of Canadian Forces helicopters and fixed wing aircraft accumulated 6,400 flight hours in 1967 while patrolling more than four million square miles of territory. The versatile helicopters are usually used for the short range patrols and the actual rescue once the lost party is spotted from the air.

The Canadian Department of National Defence has responsibility for coordinating and performing search and rescue missions. It divides Canada into four search and rescue areas, each

RUNNER UP FOR RUMOUR OF THE WEEK, 407 Sqn. will take on six Trackers, these will be used as spare aircraft when the others are down south getting a suntan.

MUSHROOMER. 442 Sqn. is to receive a Boeing 737. This will enable the aircraft to train for civie positions in case there are more cut backs.

THIMK 442

Winter Carnival of Values

JANUARY SALE

13th - 18th, Mon. - Sat.



Half Price Special - Compare at 29c each
LIGHT BULBS 40, 60, 100 watts.

Two for 29c

NAIL POLISH REMOVER

Sensational saving, compare at 59c

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EXQUISITE NYLONS

400 needle - 15 denier - Seamless Mesh - Compare at 59c

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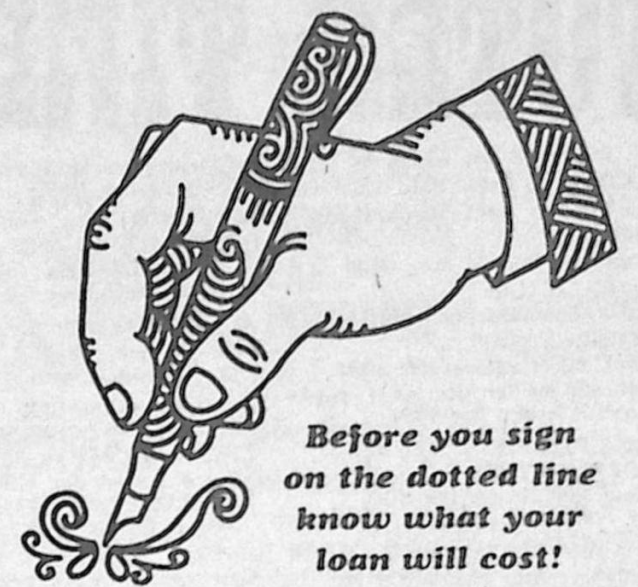
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Fri., Sat., Sun. - Jan. 10, 11, 12
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Children - 50c

Thurs., Fri., Sat. - Jan. 16, 17, 18
3 hours

Grand Prix

James Garner, Eva Marie Saint
Admission - Adults - 1.25, Teens - 1.00
Children - 50c

Sun., Jan. 19

Flim Flam Man

George C. Scott, Sue Lyon
Comedy

Thurs., Fri., Sat. - Jan. 23, 24, 25

Bonnie and Clyde

Warren Beatty, Faye Dunaway
Admission - Adults - 1.25, Teens - 1.00
Children - 50c

Sun., Jan. 26

Two For The Road

Audrey Hepburn, Albert Finney
An Adult's Lifetime Story

Thurs., Jan. 30

Fortune Cookie

Fri., Jan. 31

Mini Skirt Mob

Jeremy Slade, Patty McCormack
Girl Motorcycle Gang

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ALL TRANSISTOR

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TOTEM TIMES

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An argument for redemption

The recent Apollo 8 trip was spectacular for a number of reasons. Not only did it prove that the whole concept of space travel is feasible but the experiment has opened the door for man to leave this earth. Although the television report and still pictures are enough to qualify the trip as an outstanding success we are now receiving negative reactions from a number of important people.

The general tone of these arguments is that although the trip was exciting and successful it cost too much money. Many feel that the untold billions should have been plowed back into the good old earth to try to solve some of our pressing problems.

As is usual in these arguments there is a great deal of simplification. The amount of money that has been stated for Apollo 8 cannot be realized as a single lump sum for a single blast off. You could equally well say that the first refrigerator cost say fifty thousand to build and it was a lot of money to waste when an ice-box could do the job just as well. The point is that the layman does not and cannot realize at the present what his advantages will be. We do not know what miracle product or technological breakthroughs were needed to make the whole event possible. But there will be some and all will benefit.

However, there are other aspects that are more important. The question is now being raised as to the necessity of these trips. It has been stated that an un-manned vehicle could have done the job just as well and furthermore, what is the point of trying to get into space?

To resolve this issue there are very few guidelines available. To reach a reasonable conclusion on the value of space or space travel must, by necessity, involve different parameters than are normally used on earth. But — we know so little about space all our information is little more than intelligent guesses. So we have to turn back to earth if we are to reach any meaningful conclusion. It must be recognized that we are literally going to new lands and therefore our past history should be of some help.

From the cradle of civilization in the Near East the different peaks of civilization have slowly moved westward. From Egypt, to Greece, to Italy, and so on until we reach the Americas. In all cases the civilization or its culture has reached higher levels of achievement than the old. Our North American standard of living is matched by few European countries. From history one could reasonably assume that our civilization would do better to go on to something different.

It might be argued that there would be no purpose in expanding into space if we still cannot solve the problems of our cities, or poverty, or population. Perhaps there is value in this line of reasoning but what about the other side of the coin? Let's admit that we have done a pretty lousy job of organizing things here on earth but we now have a chance to start all over at day one. To try to repair the damage done on earth would at least be equal to the cost of putting us into space. Our present technology easily enables us to build new cities properly. From the lessons on earth we would know exactly what pitfalls to avoid in community or city planning. Brazilia is a perfect example of what can be done today. From life we know that it is much better to start fresh on something than to rebuild something from the rubble of the first.

So — let us agree that earth is a mess but we have learned from it. Now, let us go out and start anew. Build properly and wisely, and by the very fact that it is so new it can be an international venture. All countries would share in the government of these new lands because even now they are recognizing that the moon would come under international control.

Space and new worlds are our only hope and the sooner we leave earth the better. Man's mind cannot afford to rest on his soiled laurels. We must either expand or smother in our refuse.

Long service medal presented to Demon



THE CO 407 (VP) SQUADRON is seen presenting the Long Service and Good Conduct medal to Cpl. R. L. Snelgrove. With previous experience in the RAF Cpl. Snelgrove joined the CF in June 1954. He came to Maritime Command in Jan. 1961 serving at various east coast units prior to becoming a 407 Demon in June 1964.



1968 C.F. Review

FROM PAGE 1

aircraft flew 12 emergency generating units and armed forces electrical experts from Montreal to the Caribbean island on a few hours notice.

In Germany, reconnaissance squadrons based at 1 Wing, Lahr, upheld the Air Division's reputation for excellence by taking first and second place among teams of 4th Allied Tactical Air Force competing for the Gruen-ther Trophy.

Canadian forces continued to participate in the United Nations peacekeeping force in Cyprus during 1968. Size of the force was reduced at the request of the United Nations Secretariat from 872 to 587 during the October rotation period. At that time the 1st Battalion, Princess Patricia's Canadian Light Infantry and the Reconnaissance Squadron of the Fort Gary Horse were replaced by the 3rd Battalion, Royal 22E Regiment.

Servicemen continued to serve with the United Nations Military Observer Group India/Pakistan, the United Nations Truce Supervisory Organization Palestine and the International Commissions for Supervision and Control in Indo-China during 1968.

Search and rescue units rescued approximately 230 persons throughout the year and armed forces search and rescue aircraft logged over 7,000 hours in responding to more than 2,500 search and rescue calls.

Cadet training was carried out at various camps across the country for army navy and air cadets. Top cadets visited several foreign countries during their summer training. Fifty sea cadets toured the United States and others took sea training in HMCS Ships. Army cadets visited the United Kingdom and participated in exchange training in the Caribbean. Air cadets visited the United States, the United Kingdom and other European countries.

Maritime Command ships visited Australia, Japan and the Far East and participated in "Canada Week" in New Orleans.

Armed Forces aircraft played a major role in two international air shows, the Canadian International Air Show, Toronto, and the Abbotsford International Air Show on the west coast. The Red Knight aerobatic jet flyer performed at many exhibitions across the country.

Lt. Col. R. A. White won Canada's top aviation award, the Trans-Canada (McKee) Trophy for his outstanding achievement in setting the Canadian absolute altitude record of 100,110 feet in a specially modified CF-104 aircraft last year. Official trans-

TOTEM TIMES

GOOD SHOW OF THE MONTH

To the military police who worked New Year's Eve.

HOROSCOPE

by Cpl Omar Shazaam

Capricorn (Dec. 22 to Jan. 19) - The next favour you ask will be granted. Don't let this prophecy lull you into asking for something preposterous such as a worthwhile raise in pay or else a promotion in your job. Stick to something small and your chances of making this prediction come true will be enhanced markedly.

Aquarius (Jan. 20 to Feb. 18) - An increase in your popularity is entirely possible. This will probably come as a complete surprise to you. Don't let the fact that you have a limited number of friends deter you as you travel through life. There are all kinds of people around you and your position would probably share their troubles with you.

Pisces (Feb. 19 to Mar. 20) - We see health in your future in this day and age this is a pretty safe prediction. To increase your chances of good health it is advisable for you to not walk down too many dark alleys at night or linger around the lower class taverns too long. Stick to the straight and narrow and you may live a normal life.

Aries (Mar. 21 to Apr. 19) - If you gamble, you must play number six is good today. This short line made popular by Giovanni Utopia the great Italian military strategist still applies to people born under the sign of Aries. Life is one big gamble anyways and in case number six seems far fetched today, just remember Giovanni's other saying, "you win some, lose some."

Taurus (Apr. 20 to May 20) - Emphasize freedom of your movements and thoughts. If people insist on curtailing your imagination and freedom, don't be upset. Continue on as you wish and remember, that you have every right to act as wild and different as you want to.

Gemini (May 21 to June 20) - All that glitters is not gold. This Omar original saying is designed to remind you of the many unprofitable deals that exist in life. Very careful caution is urged in all your future dealings. Select your next book wisely, don't buy a used car from a friend, don't cheat at cards if you can help it and above all have faith in your judgement.

Cancer (June 21 to July 22) - Today is your day to lash out at false friends. Regardless of who they may be, wife, employer, landlord, mortgage holder, let these foul weather phones hear what you really think of them. Don't worry about the consequences. If you only feel good for a short time it will have been worth it!

Leo (July 23 to Aug. 22) - A generous nature is your greatest personal trait. You are one of these rare persons blessed with a kind heart. Although many people may laugh at you and call you names such as fish, sucker, etc., don't be dismayed. You will always find friends amongst various charity organizations, beggars, churches, and used car dealers.

Virgo (Aug. 23 to Sept. 22) - Don't look a gift horse in the mouth. Yet, another Omar original quotation. This one suggests that you look at things coming your way with less suspicion. Accept everything given to you with an open mind and remember that you can always peddle any junk thrown your way at the local auction.

Libra (Sept. 23 to Oct. 22) - Sell yourself to those with which you most often deal. Unless you make a sincere effort to put yourself across people will fail to appreciate your characteristics. If you appreciate your characteristics and it still rings up no sale, then you can always go out and shoot yourself.

Scorpio (Oct. 23 to Nov. 21) - Too many rats ruin the cheese. More Omar originality. Although you are probably a very capable person you have a tendency to stick your nose in where it is not wanted. Advice to others is wonderful when asked for, but not so when it is thrust on others.

Sagittarius (Nov. 22 to Dec. 21) - Communicate thoughts and ideas. Don't let people convince you to sit by and let life pass you without making yourself known to those around you. If you feel that your thoughts and ideas aren't really worth communicating say something anyways. You may just luck into something worthwhile.

Opposition commended

SOEST, Germany (CFP) - The Beaver, newspaper of the Canadian soldier in Europe, was praised in a German nation-wide color TV program recently during peak viewing time.

The occasion was the drawing of the German TV lottery "A place in the sun for young and old", the proceeds of which go to aid crippled children and aged people. Estimated viewers were better than 20 million -- more than the population of Canada.

In mentioning The Beaver, Herr Joachim Rieker, organizer of the lottery, said "... We should like to thank the Canadian soldier's newspaper, The Beaver, for the support it gave our project, particularly the friendly way in which they translated the German postal payment order into English. Through this support, many Canadian soldiers contributed five marks. Many thanks to the Beaver."

There were no Canadian names among the major winners this year, but everyone who contributed had been informed that the money was going to a worthwhile cause.

And the local German press gave the soldier paper a pat for its public-minded effort, too.

BARTLETT IS ALIVE AND HIDING IN HAWAII

FIRST PREDICTIONS

By CPL LANCE STIRLING

After being around a squadron for a year, one is entitled to form a few opinions, and on the basis of those opinions, guess out loud what can be expected. If the guesser happens to be a writer, he guesses on paper. If the year he has been around happens to coincide with the beginning of the calendar year, his guesses are called predictions.

So, for 1969, Lance Stirling predicts:

January 1 - The strange odor outside, identified as fresh air, and the lack of smog is traced to the overwhelming mass of adult Canadians who have given up smoking.

January 2 - The smog banks roll back in and people breathe easier as the Canadians who gave up smoking yesterday, puff furiously away to catch up.

January 10 - The first increment of broken Christmas toys is hauled off, letting mothers everywhere rediscover what their living room floor looks like.

January 23 - The base Aero Club is accidentally scrambled during an air defense exercise. After exciting display of aerobatic virtuosity, the base exchange store notes a run on leather helmets and silk scarfs.

January 31 - It has been one month since New Year's resolutions were made. No one can remember what they were -- or why.

February 5 - Base Aero Club offers to take over weekend alert duty as soon as they figure out how to fire missiles through the propeller.

February 14 - Males everywhere get into trouble as they forget Valentine's Day.

February 21 - Announcement is made that the Dakota will be equipped with swing wings and will replace the Voodoo.

March 1 - Seemore finds out that computer governing promotions will not promote anyone with only one name.

March 2 - Totem Times starts a "find another name for Seemore" contest.

March 3 - Totem Times drops the "find another name for Seemore" contest to Post Office seizing obscene mail.

March 10 - National Poly-unsaturated Day. Males everywhere are back in the doghouse they were just emerging from, after Valentine's Day, for bring home a box of low-calorie candy.

March 17 - St. Patrick's Day. Everybody is Irish and wearing green.

March 18 - Green has been localized to face. Heavy swells and seasickness reported in stomach area. Irish deserters rampant.

April 1 - Base Rod and Gun Club offers to fly second seat for Aero Club during weekend alerts.

April 15 - After full season, including pre-playoffs, playoffs, post-playoffs and super-playoffs, American football season ends.

April 16 - Training camps for fall season professional football teams open.

April 17 - New edition of football records book out on stands. Just published edition available for \$4.95 per volume.

May 1 - Last LAC in captivity seized by Comox Valley Antiquity Society. Placed in display case with last Neptune.

May 5 - Base Aero Club, in daring commando raid, flies last LAC and last Neptune to safety in Holberg.

May 6 - Last plastic collar, shade airforce, blue, placed in display case in lieu of former displays.

May 20 - Base Aero Club and Base Rod and Gun Club combine for mock amphibious assault during Open House program. Hailed as hit of the day. Green Berets wire for details.

June 4 - Last rerun of American playoffs on TV sport shows.

June 25 - Seemore caught sending the promotion computer a matched set of IB cards, claims it was not a bribe, just a spontaneous gesture of good will.

June 28 - First day of school summer vacation. Wails of "there is nothing to do", echo up and down the Comox Valley.

July 2 - First day of Christmas shopping season. All stores break out in decorations. Santa arrives wearing Bermuda shorts.

July 3 - Fiscal fun fanciers recover from celebrating new year.

July 15 - First snowfall reported in Buffalo Narrows, Sask.

July 31 - Submarine scare in Victoria Strait turns out to be SBX and jogging dropout trying to learn to water ski.

August 7 - Howard Hughes offers to buy base Aero Club.

August 16 - Last bet is paid off on 1968 hockey season. First bet made on 1969 hockey season during ensuing argument over relative merits of teams.

August 31 - First day of summer uniform season in Cold Lake.

September 1 - Last day of summer uniform season in Cold Lake.

September 18 - Corporal's Club offers to buy Howard Hughes.

September 23 - Base Aero Club grounded for buzzing Flying Nun and Peter Pan during formation flight.

October 1 - Rest of year cancelled due to lack of interest.

Thank God for TGI Fers

Many ideas are thrashed about at the traditional TGI parties in military establishments, but few if any have borne such fruit or lasted as long as an idea hatched at Metz, France in 1954.

At 5:00 p.m. one Friday afternoon the few "regulars" were gathered in the officers mess when someone suggested that they ought to contribute to local charity.

It was then decided to form a club for that purpose and since it was 5 p.m. or 1700 in military terminology, the 1700 Club was borne.

Since its founding 14 years ago the 1700 Club has continued to support local orphanages, old people's homes and homes for retarded children. From their own pockets the officers, have provided food, clothing and toys for needy children and adults.

In 1961 the club "adopted" a six-year-old Italian boy through the Foster Parents Plan and in 1963 they adopted a second child, a seven year old Greek girl. Now operating out of Lahr, Germany, the 1700 Club continues to support the two children by providing sufficient funds to pay for their education and clothing.

Each year near Christmas time, several representatives of the club fly to Naples and Athens to visit their foster children. To Angelo Melissari of Italy and Maria Vounasi of Greece, the friendly Canadians of 1700 Club have provided an opportunity for a better life which they otherwise would never have had.

Letters from the children are always interesting for the TGI members to read, but sometimes confusing. The little Greek girl would write mentioning her birthday, but the age she would give would be one year older than the club records indicated. This is because when a child has a birthday, say his tenth, he considers that he has completed 10 years and is now 11.

The letters were written by the children themselves since their parents were illiterate and in the case of Maria, very flowery language is used. Sometimes a letter contains different handwriting showing that the welfare worker had added a paragraph or two to help the child express the thoughts he was unable to put into words. Angelo celebrated the feast day of the saint for whom he was named, rather than his own birthday.

During the 14 years that the 1700 Club has existed, thousands of dollars have been collected from the officers and handed over to numerous charities.

BUY YOUR OWN FOOD, FREEZER

OTTAWA (CFP) - Freezing foods for consumption at a later date can provide both economical and succulent eating.

Who doesn't like sweet juicy corn or fresh strawberries in January?

You can have it too -- with a brand name freezer bought separately from a reputable appliance dealer for anywhere from \$200 to \$300.

But you're better off without food-freezer plans so prevalent in our society today.

Whichever way you look at it the freezer you buy through a provisioner could be three times the going price on the open market.

Sure you'll be furnished with a food order four times a year which is very convenient. You merely submit a list and have it delivered to your door. Great, except that you still must buy bread, milk and additional staples, and you won't always be guaranteed the brand you have requested.

Freezer advertisers point out their product can be operated for pennies a day. Authoritative sources, for example, the Canadian Consumer magazine, warn that freezer depreciation, maintenance and repairs and spoilage and deterioration of foods can amount to \$125 or more annually. This can add more than 12 cents per pound on a 12-cubic-foot freezer.

Couple this with the fact that 15 per cent of a side of beef is wastage -- fat, bones -- plus you will end up with far more brisket and hamburger than sirloin.

The solution, therefore, is to buy inexpensive cuts of meat fresh vegetables in season to freeze in a machine you have bought separately.

BUY STOCK YOUR OWN

Believe it or not, there are

Shady Planters

OTTAWA (CFP) - Unlike airlines which advertise "go now and pay later", door-to-door burial plot salesmen want you to "pay now and go later."

Charming chaps are these who prey mainly on the good conscience of people, their sense of responsibility to their loved ones.

With only pennies a month, the salesman hawks, a burial plot can be yours and your survivors won't be stuck with large burial charges.

But the fact is you spend -- far more -- as much as \$1,200 for the interment plate, perpetual care, vaultoriums, memorials, individual markers and interment fees.

They keep harping on the fact that the deceased won't be a burden on the living through this "pay now" plan.

The sensible way for those interested in preparing in advance for the inevitable is to buy a plot from an ordinary cemetery. They can be had for less than \$100.

plans in several regions of Canada, which involves a membership fee when a person already owns his own freezer. It is best to buy your own and stock your own without getting involved with any finance charges offered by so-called food counsellors.

Smoking hazards

Smoking materials, their use and safe disposal are in itself an important element in fire prevention. In the last 10 years fire has claimed 5,800 lives; injured and disfigured 21,000 persons and has destroyed an estimated property value of one billion, four hundred million dollars. Forty-seven per cent of all home fires are attributed to the careless smoker. "Bed smokers" need guardian angels for protection, however it is unfortunate that not only this type of person is the victim but others who are innocent. A perfect and true example appeared in a city newspaper last November -- read and remember --

"A woman smoking in bed on the ground floor caused a fire which was confined to her apartment. However, the spread of heat and smoke through unprotected stairways took the lives of seven occupants on the second floor."

Please -- develop safe smoking habits.

Training

We trained hard but it seemed that everytime we were beginning to form up into teams we would be reorganized. I was to learn later in life that we tend to meet any new situation by reorganizing; and a wonderful method it can be for creating the illusion of progress while creating confusion, inefficiency and demoralization.

Petronius Arbiter, 210 B.C.

Timely Tips

OTTAWA (CFP) - A Better Business Bureau bulletin from mainland B.C. says it all:

More and more complaints are reaching this Bureau based on the inability of the ex-tenant to obtain any or all of his deposit upon vacating. There are some precautions which can and should be taken.

Upon occupying a suite, if the landlord does not ask you to do so, make a list of any visible damage existing to the appliances, fixtures, wall and floors. Keep a copy and give a copy to the manager.

When moving out, get the manager to inspect the suite with you and make a list of what you will be required to do to obtain your deposit. Make it clear what you are liable for and what the owner considers to be "normal maintenance". Make sure you leave the suite as clean as you can.

Find out who is responsible for cleaning the rugs and drapes or, in fact, if this is even necessary. Who is responsible for re-decorating?

Taking these precautions will not guarantee a return of your deposit but they will help to increase your chances.

Incidentally, more than one tenant has expressed concern over the fact that his money is working for the landlord while the suite is occupied. In a large complex this would amount to a considerable sum.

Night Hawk's Nest



The festive season has staggered to a sort of a halt, and apart from one case of 24-hour sprained ankle, and several cases of 24, 48, or 72 hour flu, the Nighthawks survived the threat to their well-being admirably.

At times it seemed as if the person who first said, "Send me your sick, your halt, and your lame," was really in charge of staffing the QRA but gradually the number of people doing super-sonic dashes down the hall to the sweet bippy diminished, and it was possible to procure a cup of coffee without being bowled over.

Although the Nighthawks may have survived, some of their houses didn't fare as well. John Harrison and Bill Mason gave parties for their respective flights which broke up only when it became apparent that no more damage could be done to their homes without sending out for chainsaws. While everyone agreed that this would be a good idea, no one could be found who was in any condition to even say chainsaw, let alone operate one.

The recent cold spell, which the Actionland Chambre de Commerce is no doubt busily expunging from the record books, also produced its share of home damage. Typical was the experience of one stalwart member of A flight who awoke one morning to find his house completely equipped with the latest in hot-and-cold non-running ice.

Quickly deducing that perhaps the water pipes had succumbed to the freezing temperatures, he called in the Williams-Tompkins Wrench-Wreckers and Plumbers, Inc., who immediately responded to the challenge. The wall was neatly cut away to disclose the fact that the pipe was not only frozen, but split. This posed somewhat of a problem, as the local pipe vendors were locked up tighter than, well, tighter than a frozen pipe.

Faced with the problem of either continuing to freeze, or thawing out the whole mess and opening a swimming pool, the contractors decided on a new approach. Finding an open service station, they procured a suitable length of radiator hose, which they brought back to the house and attempted to install on the now-severed, but still frozen pipe. It was a tight fit, so lubrication was produced and applied, insouciantly enough, to the workers rather than the pipe, and everything slipped into place. After this, the pipe was thawed,

the wall put back into place with invisible mending tape, and things returned to normal. Or at least everything except the plumbers. They intend to apply for a patent on the idea of using radiator hose in house plumbing as soon as they can cure the house of its tendency to backfire.

The Callshot competition, which annually provides a focal point for the rivalry between ADC squadrons, will not be held this year, it having been decided that in this year of reduced defence spending, Callshot is a frill we could do well without. While this has inevitably created some disappointment among those who stood to be on the team, it does provide a little more flying time for those who would have had to stand around and watch the team practice.

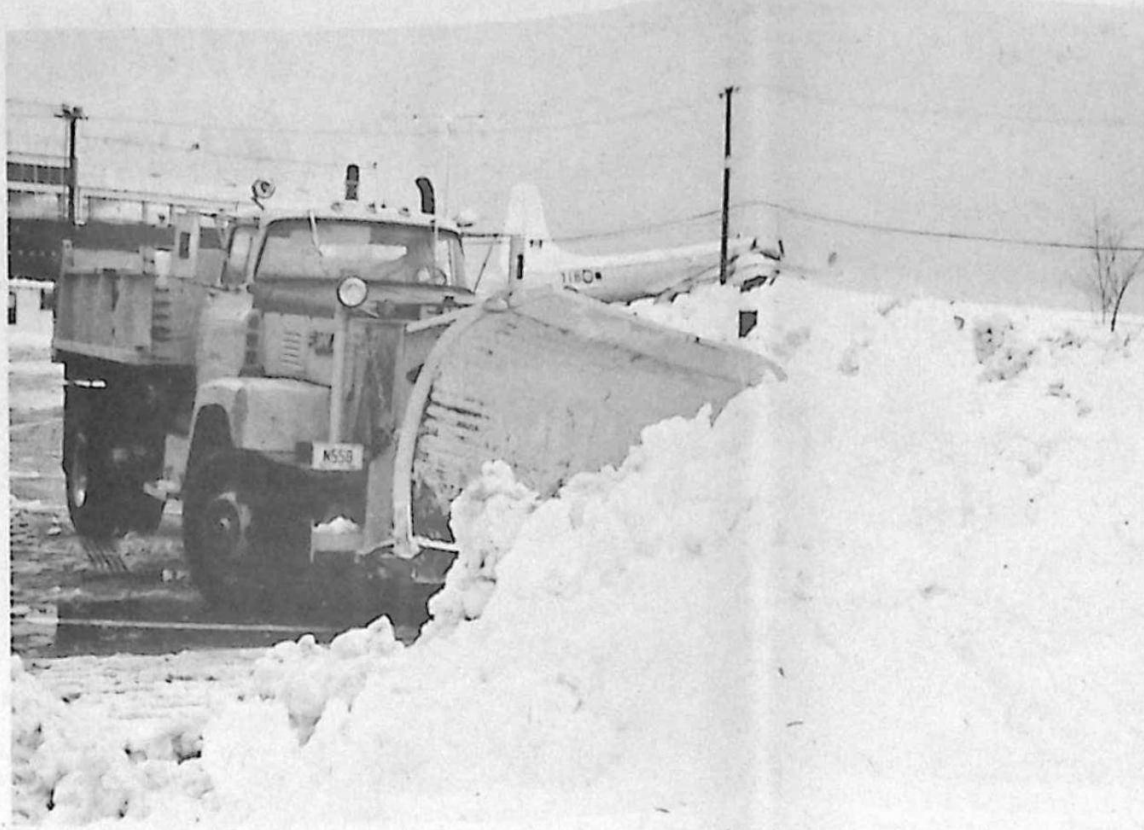
Several more crews have escaped from the deep-freeze at Beyondville to become inhabitants of the Nest. Ernie Poole, a navigator who traded in his brain for a set of pilot's wings, and Lynn Wagar, who escaped from ADHQ, are currently undergoing the tender ministrations of the Olsen and Williams simulator comedy act along with Erwin Sippert and Huey Fisher. Fisher, being a transplanted nautic, does not carry a drag-chute on his Voodoo, preferring to rely instead on an anchor.

The squadron fund superintendant, Bill Bland, who has often been accused of financing his household with fund revenue, became the fair-haired boy of the squadron recently when he scrounged a host of Voodoo models from the McDonnell corporation. It is encouraging to see the McDonnell still feels that it is worthwhile to do PR work in Canada. Maybe there's still hope for the F-4.

Carolyn Marie Liddiard arrived early Monday morning, and at 8 lbs. 4 oz. she is almost as big as Gary. Congratulations.

Corporal Smith, the orderly room wizard, has gone on leave, and the squadron has had to shut down until he returns, which, according to the PAO, can't be soon enough. Next year, we are told, Smith will be allowed to take his leave only in one day increments, once a month.

Rumour of the Week: Due to severe lack of interest, 1969 has been cancelled.



FIRST THINGS FIRST, and the first thing to do around the Base Motor Transport Section after a snow fall is to clear a space for the Base Motor Transport Officer to park his car.

SNAKE PIT

the event of further violence. This action enraged the Mushrooms, who charged that the Nighthawks were an irresponsible power-happy bunch of ruffians. It is felt in many quarters that the Nighthawks may have over-reacted to Mushroom taunts that they were useless; thus igniting today's violence. The Nighthawks leader has denied that his men were in any way responsible arguing that no man could take the abuse heaped upon them by the Mushrooms. Mushroom leaders have adopted an "I told you so" attitude.

Previous to today's developments, the government had ordered an investigation into the cause of the original disturbances. The Mushrooms had agreed to refrain from violence until all the evidence had been considered. A Demon offered to mediate the discussions, but this suggestion was understandably rejected by both sides. Both sides wanted the negotiations to proceed swiftly, lest the Nighthawks get out of hand.

The controversy rapidly moved to the Council of Government. Opposition members demanded an emergency debate; charging that the government was endangering national unity by its bungling of the affair, and that every day of talk would delay the shipment of food to starving refugees and members of the extremist faction. The government insisted

that events had not yet warranted an emergency session and promised that relief supplies would be sent. The mercy mission bogged down when it was found that no one was starving.

Many citizens' groups now began to take an active interest in the affair. The anti-fluoridationists were particularly vocal, charging mass medication and that human rights would be infringed upon if CPI's became mandatory. They insisted that the extra weight of the CPI would render most aircraft unsafe to fly. These statements were endorsed by tobacco manufacturers, who added that there was "no direct proof" that the lack of CPI's in any way contributed to the difficulty of finding missing aircraft.

It was at this point that the crisis first attracted world attention. One world leader went so far as to cry "Vive Coldfish Lake Libre." The government of Forfortooland returned a sharp protest, which was ignored. The

FROM PAGE 3
international press is still baffled about why Coldfish Lake attracted so much attention.

Rightland sent agents to investigate the situation, and warned Forfortooland to clear up her disorders or be invaded. This evoked an angry response from Leftland, who vowed never to stand idly by while a helpless nation was invaded. Forfortooland retorted that she was not helpless, that her Nighthawks were more than capable of meeting the threat. It is now feared that radicals in Rightland will burn cities in protest over their governments policies.

This brings us to today's violence. It is still not clear who started the rioting, but it is suspected that the long enmity between the Mushrooms and the Nighthawks made the violence inevitable. Both sides have disclaimed responsibility. There is now an uneasy truce in Forfortooland, where it is realized that the only hope for a lasting peace is the timely arrival of the Lone Mushroom, who was last seen in Watson Lake.

Cyprus con man

NICOSIA, Cyprus (CFP) — An old service chestnut has been given a new shine in the Blue Beret, weekly paper serving the UN force in Cyprus.

Remember "A Sergeant-Major's Answer to a Request for a Day Off", or the SWO's answer, or the coxswain's answer?

The Cyprus version is "How to Shorten Your Six-month Tour". Six months means 182.5 days during which many soldiers have 26 Sundays off, 14 days' UN leave four national holidays. That leaves 138.5 days.

As normal working hours are eight in every 24, the total days will be a third of 138.5. That's 46 days to the nearest figure.

SO ask the sergeant-major if you can work 24 hours on, 24 off for 92 days and then go home, having earned the UN Cyprus medal and cut the tour in half.

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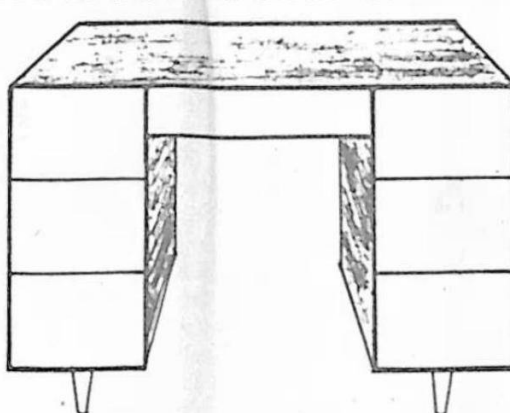
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SPORTS



On the Brier trail

WITH NEWT
Two local teams win North Island Playdowns

The 1969 Pacific coast Curling Association Brier playdowns are underway and the two rinks representing the Comox Valley Curling Club are well involved. The rinks of Art Meyers and Chuck Perry travelled down to Nanaimo this past weekend to compete with representatives of other North Island Clubs and both teams came out winners. Clubs represented at the playdown included Nanaimo, Qualicum, Port Alberni, Campbell River, Port McNeill, and Comox Valley.

The first draw saw the two Comox Valley teams face one another and only after twelve ends tough competitive curling did the Meyers rink emerge victors. The Meyers rink then went

on to win on the side of the double knockout draw. The Perry rink then collected three straight victories to come out as B winners.

The Perry rink includes four members from CFB Comox — Cpl. Chuck Perry skip, Cpl. Bob Carscadden third, Cpl. Cyril Rascoe second, and Cpl. Terry Bloom lead. Members of the Meyers rink include Art Meyers skip, Carl Olsen third, Capt. Gord Kruger second, and Keith Acorn lead.

These two teams along with a team from Port Alberni and another from Campbell River now go on to the Island finals against the South Island winners. The Island finals will be played in Duncan on the 25 and 26 of January, with two teams emerging to go on to the P.C.C.A. finals in Vancouver, the first weekend in February.



AND THEN THE SNOW CAME — But Major Ford assures us that additions and renovations to Glacier Gardens will continue and should be finished by the end of January. The improvements will include four heated dressing rooms, referees dressing rooms, a new snack bar with complete facilities and a new foyer — waiting room. The old snack bar will become a vending machine area. Cost of renovations — \$65,000 and upon completion the investment in the arena will be \$215,000.

Zone 1 Hockey Playdowns

The base hockey team are presently in Victoria representing CFB Comox, at the Canadian Forces Zone 1 playoffs. This playoff between the Army, Navy, and Air Force will determine who is to represent this area at the Canadian Forces Championships to be held at CFB Petawawa on the 21st and 22nd of March. The score

is in on the first game and the air force defeated the Navy 4-2. Unfortunately our first win was not without cost to the team as Patty Keefe, is now out with a broken arm. No further results were available at the time of writing so a full report will have to wait until the next edition.

Stop the Press — Totems beat Chilliwack 4-3 in overtime.

FOREST FIRES

People and human carelessness cause over 4,000 forest fires in Canada each year. These burn over 2,000,000 acres of forested land every year. This loss affects everyone.

Please Note: Babies and small children are cared for in the Chapel Nursery each Sunday during morning worship.

Flyers take on Air Division

OTTAWA (CFP) — Base Rockcliffe's hockey flyers take to the air Jan. 16, for a three-game exhibition tour of Canada's air division in Germany.

The Flyers, leagueless here, will take advantage of the series to shape up for the upcoming zone 4 hockey finals in base Petawawa, Ont., Feb. 19-21.

They will take on the 4 wing squad Jan. 15, go back to Hahr for a one-game stand Jan. 19 and journey to the division's 3 wing for a one-nighter, Jan. 21. "We've made no plans to play local German teams," said Manager, G. L. (Les) Coulter, "but if the opportunity arises we'll oblige." The club returns to Canada Jan. 24, coaching the Flyers in Cpl. Larry Coulter.

The Rockcliffe club made it to the forces finals in 1968, but lost out to the sappers from Chilliwack, B.C.

In the 1969 zone playoff they will face the strong Petawawa,

Kingston, and North Bay aggregations plus others. The winner will represent zone 4 at the forces championships at Petawawa, March 26-30.

The European exhibition tour will serve two purposes according to Manager Coulter. "We need the conditioning," he said, "and the air division squads will get an idea what to expect when and if they make it to the forces finals."

An European forces team will come to Canada in 1969 to represent zone 9 (Europe). They didn't enter a team in last year's forces championships.

The Rockcliffe pucksters' hockey here has been limited to exhibition tilts against local Ottawa clubs and a couple of inter-zone matches with their nearby Kingston, Ont. rivals.

But coach Coulter exuded confidence in his charges. He said this year's flyers' squad is stronger than the 1968 edition and added: "We've plenty of depth."

Nature's Scrapbook

BIRD IGLOO

The Ruffed Grouse has the best solution to the winter housing problem. As evening comes on, the partridge takes to trees as usually they did in the summer and fall, but during the colder nights of winter the idea of flying up to a tree branch has another purpose. The bird stays motionless on the branch for a moment looking warily around to make sure it is unobserved, then it plunges straight down at the deep snow, boring into a drift and using the momentum of the crash-dive to carry it far beneath the surface. The bird tunnels ahead for two to three feet, and at the end of the tunnel turns around a few times to create a little room space. There it spends the night, securely sheltered from the wind and cold, as warm as any Eskimo in an igloo of its own making.

THE NAVIGATOR SHREW

The Navigator Shrew that frequents small streams and lake margins, particularly where streams leave or enter, is a mysterious little fellow since he feeds very actively under water upon insects, invertebrates, and small fish. Nothing is known of its reproductive biology or life-history.

LITTLE MOUSE, BIG JUMP

Never attempt to determine the height or breadth of a jump by the size of the jumper. The little Canadian jumping mouse can do a broad jump of over five feet.

However, the mouse-sized African jerboa can almost double that figure. And don't trust a spider to be ground bound. Some can jump as far as eight inches. Snakes, however, contrary to popular belief, cannot jump, though many can strike virtually the length of their bodies.

CREATURES OF THE WILD ARE

WILD

Man unconsciously humanizes animals. He attributes to them cruelty, vindictiveness, hate, meanness, fear, bravery and cowardice, not realizing these are but vague terms conveying different meanings to different persons and applicable to man only. For this reason he is inclined to lose sight of the fact that "killing" is an unsocial act only in human communities and that among the animal population it is vital to existence. The killing of the weak for the benefit of the strong, the survival of those best fitted to survive, the balance in numbers brought about by various complex forms of relationship is still the law of the animal world in which man is an intruder at all times. Thus predation is an integral part of the machinery by which all animal populations are made to function.

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SUNDAY SCHOOL: Ages 3 to 6 years meet in the PMQ School every Sunday at 11 a.m. to 12 a.m. Superintendent is Mrs. E. Matthews. Children in Grades 2 to 9 meet in the Chapel every Sunday from 9:30 a.m. to 10:30 a.m. Superintendent is Mr. W. Andrews.

LADIES GUILD: The January meeting will be held in the Chapel Lounge on Tuesday evening January 21.

JUNIOR CHOIR: Practice for children 9 years of age and older is held in the Chapel every Thursday from 6 to 7 p.m. New members are welcome.

SENIOR CHOIR: Practices every Thursday in the Chapel from 8 to 9:30 p.m. New members are welcome.

MISSION BAND: This group for pre-school age children meets in the Chapel Lounge every Wednesday from 1-2 p.m. under the leadership of Mrs. V. Keller. New members are welcome.

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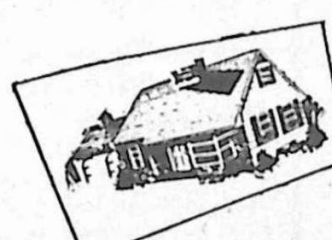
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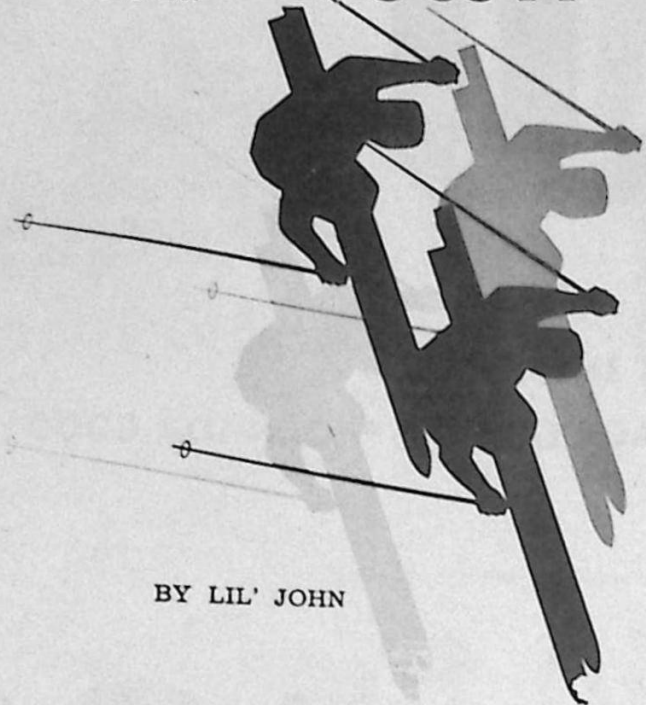
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SKI with SCOTT



BY LIL' JOHN

Are you using the new safety bindings on your skis? If not, why not! Between \$5.00 and \$35.00 you can purchase some of the best safety harnesses that are afforded to the skiing public. This price range covers just about every conceivable type of binding on the market today, so why not have a little insurance for as sure as Stein is a pro, sometime you're going to fall and you'll like the protection of your legs and skis.

When you go to purchase your first set of bindings from your ski shop, remember that there are a few varieties designed specifically for particular modes of skiing. As a pleasure skier you don't have to worry about the specifically designed cross-country or jumping binding. What you want to know is which one of the safety fittings is best for me, or even which one do I like best. The following paragraphs will cover the cable, step-in, and swivel heel type fittings so that you may have a rough idea of what is available to you.

For about the last twenty years the cable binding has been available to the public. This binding has enjoyed the most popular usage for quite some time and has done so mostly because of its versatility. When the square metal toe plates were used, this cable binding allowed the skier to enjoy either downhill, slalom or cross-country skiing for about ten years ago there were very few lifts or rope tows available so you had to find your skiing enjoyment climbing up hills or skiing down trails. However, the new modern world has developed the ski tow and the downhill skier, but, the cable binding still remains with us, only the toe piece has changed to protect the innocent.

I feel that the cable binding's success can be attributed to the fact that it can be easily adjusted within minutes and holds the boot securely on the ski. Now, the cable fitting has had the safety toe added to give the skier a safety feature at a reasonably low cost. The first toe piece that came out is adjustable enabling it to be set up and down for the thickness of the boot and also to the degree of tension in the release function. It was initially designed so that it would release laterally, however now they re-

lease up and down as well as laterally so that you can feel safe for just about any impact you have. Periodically check your cables for stretching and if they need replacing, do so as soon as possible, because it can affect your skiing.

It is usually the more advanced skier who buys the two piece fitting, although, more people are buying them when they first start skiing. The only true advantage to having this type of binding is that it is a personal fit. When the ski shop sets your boot to your fitting, it sits like a pair of gloves, and should be used as such. Try to avoid letting other people use your skis because it is possible that they can damage them. The two piece binding, just as it implies, has two pieces, the toe and heel plate. The toe plate is the same as the type you can purchase for the cable binding and this is one of the nice points about these fittings, for they can be purchased separately. Often you will see a skier with a Marker heel plate and Nevada toe release. The advantage to that is the Marker has a better swivel heel than Nevada and Nevada has a superior toe release action.

As skiers get lazier and dislike getting their hands in the cold air, the manufacturers develop newer type fittings. One of the most popular today is the step-in type. This affords the skier a safety fitting with ease of getting in and out of his skis and all at a reasonable price. There is one point I would like to stress emphatically. USE YOUR SAFETY STRAPS! These straps are designed to hold your ski to your leg so that if you fall and your foot is released from the binding it will at least stay with you. If you have ever encountered a runaway ski that is travelling down the hill at some sixty miles per hour you can certainly appreciate the lethal impact it may have should someone be standing in its way. Most ski shops give you these safety straps, (or if you want to be really up on things, call them Arlberg straps) when you purchase your bindings. If you don't buy them, I can assure you that you won't even be able to use the ski lifts at any resort or ski area unless you have them attached to your skis and are using them.

Lastly, there is one thing I



WORLD RENOWN KANGAROO... makes good on ice lanes — pictured above is C.F.B. Comox's one remaining Flight Lieutenant, Assie exchange officer Lyn Winn as he delivers with grim determination. In the two years they have been in Comox, Lyn and his wife Bev have become ardent curlers — a game they never even knew existed before arriving here. Rumor has it that Lyn will now attempt to master the slopes of the plateau. Ever see a kangaroo with a body cast?

Canadians now German sports

Six Canadian military policemen of Canada's land forces Europe have been awarded Ger-

man sports badges (sportabzeichen) from Iserlohn county.

would like to try and put across to those of you who are starting the sport for the first time and also those who have been skiing for a while. Utilize the facilities that are available to you. The ski instructors that are at any hill are all members of the Canadian Ski Instructors Alliance and have all had an accredited course enabling to teach you anything from the snow plow to wedeln. Also, don't abuse the Ski Patrol. They are people who have your safety at heart and give up a lot of their free time for you and your protection. Until next time, good skiing and see you on the slopes, (when I get my skis repaired).

Editor's Note: The first week this column appeared in the Times, I offered to try and answer any questions that you have on equipment, places or anything related to skiing. If you feel inclined, send your questions to the Sports Editor, Totem Times, CFB Comox or just drop them off at the Times office.

The first Canadians so honoured, they are: Sergeant Anthony Cannons, Lindsay, Ont.; Corporals Paul Sheppard, Grand Falls, Nfld., and Jack Bush, Watford, Ont., attached to the 2nd Battalion, Princess Patricia's Canadian Light Infantry, and Corporals Samuel Moses, Yarmouth, N.S.; Ross Carruthers, Parry Sound, Ont., and Richard Dlotte, New Glasgow, N.S., attached to the Hemev provost detachment.

They underwent a series of physical tests within a set period. They also had to pass at least one of the tests amidst a schedule of high physical activity including track and field, swimming and bicycling. Each chosen event had to be completed within a fixed time.

The presentations were made recently at Becke near Hemev by Oberkreisdirektor Dr. Albert with the brigade provost marshal, Maj. W. P. Stoker, an apparently proud witness.

Fox of a different color

Oddly enough the Red Fox is often not red at all. He may be black, silver or cross which is a combination of black and red that forms a cross down the ridge of the back and across the shoulders. All four color phases may be present in one litter. The Black Fox appears to be the rarest. These small members of the dog family seldom weigh much more than 10 pounds. One subspecies or another of the Red Fox may be found almost anywhere in British Columbia. The fox inhabits the forest edge in proximity to fields or natural clearings. The range of the individual fox is only a few square miles.

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GUARANTEED WATCH, CLOCK and JEWELLERY REPAIRS

COMOX JEWELLERS

BOB EMBLETON
OPEN ON WEDNESDAYS
1828 Comox Avenue Phone 339-3113

Comox Paint & Floor Covering

We Stock Rolls of Carpet and 12' Linoleum
Carpet and Chesterfield Cleaning is Part of Our Business

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Formerly Silence Studios
PORTRAIT STUDIOS
PHOTOGRAPHIC SUPPLIES
FRAMING
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CERAMICS CLASSES

For Beginners and Advanced Pupils
Afternoon and evening classes
Orders taken for Hand-Made Ceramics Greenware Sold
PMQ 11, Mrs. Eggleston
Phone 339-3452

MISSION HILL MEATS

BACON lb. 79c
MINUTE STEAKS lb. 79c
LEAN HAMBURGER lb. 59c
BEEF LIVER lb. 45c
20 lb. FAMILY VARIETY PACK \$11.88

McCONOCHIE'S

FURNITURE AND APPLIANCES LTD.
430 Fifth Street Courtenay, B.C.

Your Westinghouse, Speed Queen, Motorola, Admiral Dealer

WHERE SERVICE FOLLOWS THE SALE

the totem inn lounge ENTERTAINMENT

Saturday 11 Jan.

HARD Times Dance

featuring the Admission 50¢

TL Combo

food: Chicken Pot Pies!

Saturday, 18th January



MOVIES ON TUES BINGOS ON WEDS.

Officers' Mess Entertainment

January 1969

Jan. 10 TGIF
Jan. 11 Western Nite Dance
Jan. 17 Monster TGIF
Jan. 18 Steak Nite & Dance
Jan. 19 Candlelight Dinner
Jan. 24 TGIF
Jan. 25 Open Nite
Jan. 31 TGIF
Feb. 1 Bingo

BEEF IS BETTER HERE

And lower priced, too!

GOVERNMENT GRADED ALBERTA STEER BEEF

Retail Meat Sales
Home, Freezer or Locker Meats
By Side, Half Side or Quarter

LOCKERS AVAILABLE NOW

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Butterworth's

"Moving With Care, Everywhere"

Agents for United Van Lines

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Kye Bay Road, Comox

★ Local and Long Distance Moving

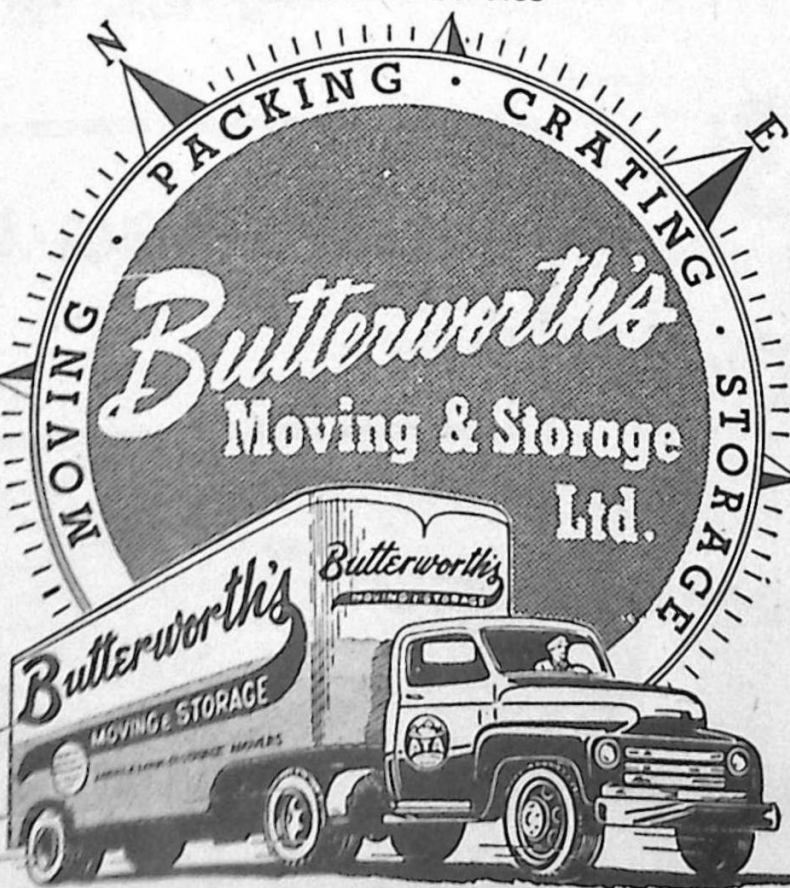
★ Short and Long Term Storage

"Sanitized Service"

- COMPARE OUR MODERN PALLETIZED STORAGE FACILITIES

- VAULT SYSTEM

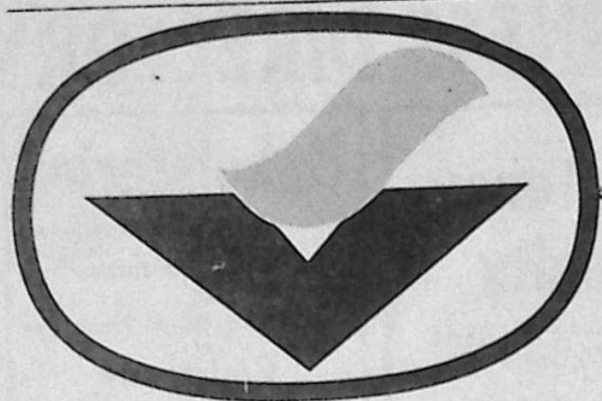
- POLY-TITE PACK



Move without crating in large modern padded vans to and from any point in Canada or U.S.A.

ACROSS THE CITY—
ACROSS THE COUNTRY





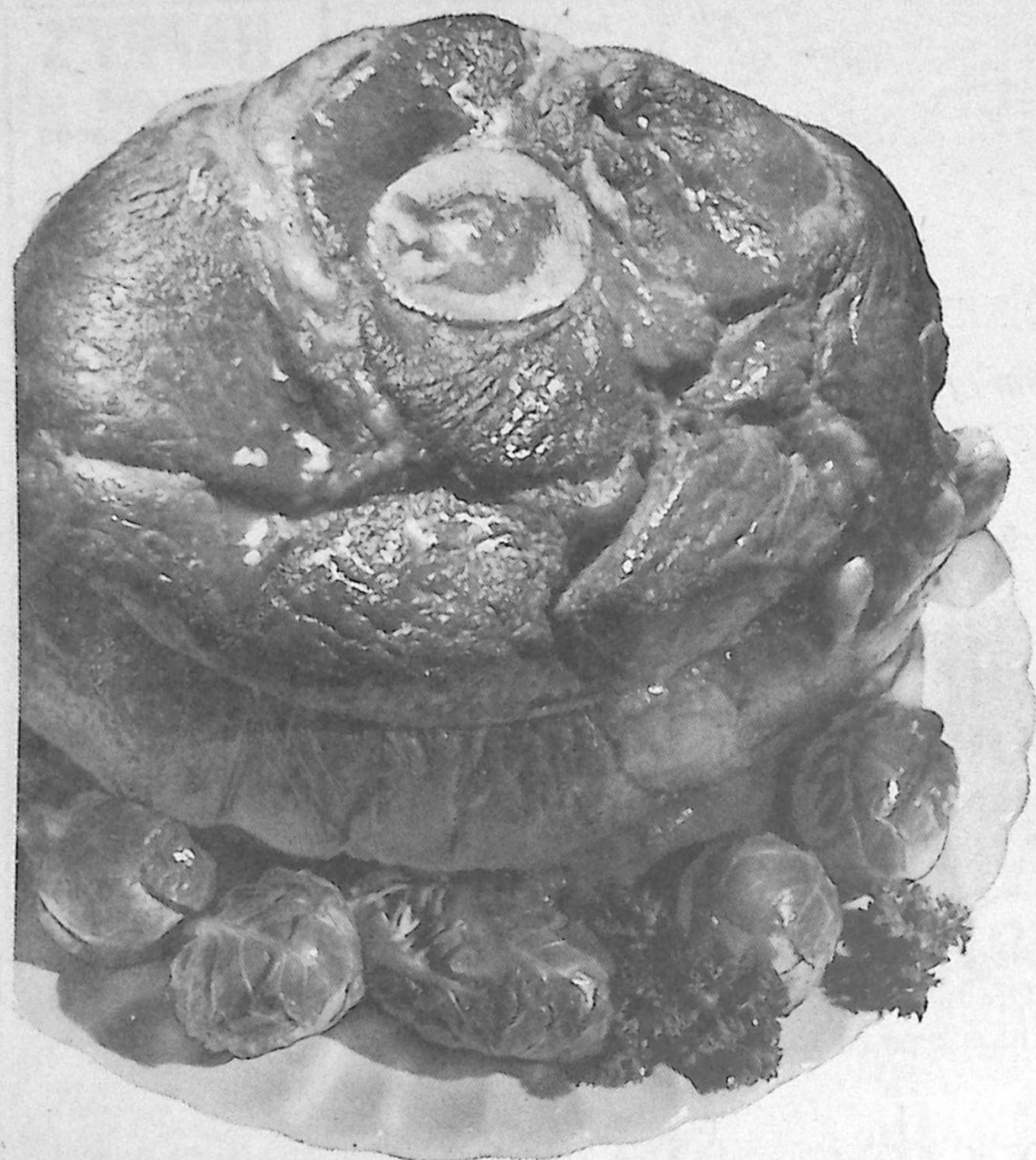
SUPER-VALU

POT CHUCK or
ROUND BONE

• GOV'T INSPECTED
• CANADA CHOICE • CANADA GOOD

ROAST

TRIMMED WASTE FREE lb. **49^c**



CROSS RIB ROAST Tender and Flavorful lb. **79^c**

BONELESS POT ROAST Plate and Brisket lb. **59^c**

SLICED SIDE BACON Gov't Inspected Breakfast Delight lb. **79^c**

CAMPBELL'S

SOUPS Cream of Mushroom or Mushroom

5 10-oz. tins **1.00**

PURITAN

TOMATO OR VEGETABLE **SOUP**

10 10 oz. tins **1.00**

LONEY'S

SOUP MIXES • Chicken Noodle • Chicken Rice • Beef Noodle • Tomato Veg.

12 pkgs. **1.00**

SUPER-VALU

MARGARINE Spreads Smooth

5 1 lb. prints **79^c**

SCOTT

TOILET TISSUE White or Coloured

8 rolls **89^c**

SUPER-VALU

PEACHES Sliced or Halves

4 14 oz. TINS **89^c**

Reg. 43c

JELLY ROLL RASPBERRY

EACH **33^c**

ALPHA

CANNED MILK

TALL 6 TINS **89^c**

CALIFORNIA NAVEL

ORANGES
8 lbs. **1.00**

LOCAL MEDIUM

ONIONS or LOCAL **TURNIPS**
6 lbs. **49^c**

IMPORTED NO. 1

CARROTS
4 lbs. **49^c**

Kadana Coffee

Regular Grind 1 lb. pkg. **65c**

SUPER-VALU

BUY BETTER — SAVE MORE!

