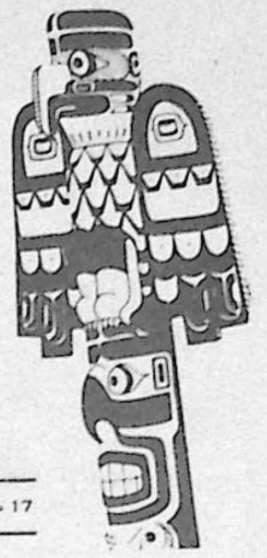


TOTEM TIMES



Does the Hanoi Hilton accept Chargex?

VOL. 14 — NO. 25

CFB COMOX TOTEM TIMES THURSDAY, DEC. 14, 1972

Final edition

Government to pay half hospital insurance

Fifty years of service

OTTAWA — How does someone get the government Long Service Medal? Fifty years of service!

True, but for D.W. (Bill) Lowden, 64, of Ottawa the answer includes two resignations, two retirements, and 50 years of service all within a 52-year period.

Born in Buckingham, Que., Bill began his career at age 13 as a \$25 a month messenger boy with the department of soldiers' civil rehabilitation (now department of veterans' affairs). The year was 1920.

In 1923, he resigned from the public service to continue his education, and two years later joined the Canadian Army as an artillery gunner.

After a three-year hitch with the artillery Bill resigned, Dec. 3, 1928, and joined the Royal Canadian Air Force the next day as an aircraftman 2nd class in the supply trade.

He spent the next 26 years in the RCAF at various stations throughout Canada. In December, 1954, he retired as a flight lieutenant and chief supply officer at No. 1 Publication Depot in Ottawa.

While still on rehabilitation leave from the RCAF, he again joined the public service, with the RCAF's Air Materiel Command Headquarters in Ottawa.

On Dec. 7, Bill Lowden celebrates his 65th birthday and leaves the government for the last time with 29 years of military service and 21 with the public service.

He and his wife, the former Mary Elizabeth Gauvreau of Ottawa, live at 346 Bruyere St. They have no particular retirement plans.

HMCS Huron

Third new DDH ready

OTTAWA — The Canadian Armed Forces' HMCS Huron, DDH 281, will be christened and commissioned Saturday, December 16, at Marine Industries Limited, Sorel, Que. Mrs. M. Elizabeth Collins, wife of Vice-Admiral A. Collins, Deputy Chief of Defence Staff (Support), will be the ship's sponsor.

The Huron, third of her class to be commissioned, was wholly designed and built in Canada. She has recently completed three weeks of exacting sea trials on the lower St. Lawrence River.

During the trials, conducted by the builders, Marine Industries Limited, the ship's performance was reported to have exceeded design specifications. She was put through rigid tests of her speed and fuel consumption, manoeuvring capabilities, main engine performance, and command and control.

The four ships of this class, designated helicopter-destroyers, will serve in the Canadian Armed Forces' Maritime Command, and will be based at Halifax, N.S.

The Iroquois, DDH 280 and the Huron, DDH 281 were built at Marine Industries, Sorel, Quebec.

The Athabaskan, DDH 282 which was commissioned in September 1972, and the Algonquin, DDH 283, still under construction, are products of Davie Shipbuilding Limited, Lauzon, Que.

Dimensions
Length Overall - 423 ft.
Length waterline - 398 ft.
Beam - 50 ft.
Deep Draught - 14 ft. 6 in.
Displacement - 4,200 tons
Speed - over 27 knots
Complement - 280 Officers and men with additional accommodation for 30 personnel under training.



SUNDAY SCHOOL CHILDREN of many ages took part in this year's Protestant Pageant Pandemonium, held last Sunday in the chapel. Once

again we are reminded that the true meaning of Christmas is not a Hot Wheels set. Dave McNair Photo

Listen next week for . . .

The sound of freedom

McChord AFB, Wash. — Residents of southwestern Canada and northwestern United States may hear an occasional sonic boom during the scheduled 25th North American Air Defence Command Region exercise. The exercise is scheduled for one day sometime during the period Dec. 19-22.

Fighter interceptors will overfly cities and towns in British Columbia, Alberta, Washington, Oregon, Idaho, California and Nevada. Increased noise may be noted around interceptor bases in the Region as exercise aircraft land and take off.

Exercise flights will be during early morning hours to minimize possible interference with normal civil air traffic. Exercise requirements have been coordinated with air traffic control officials in Canada and the United States.

Sonic booms are often an annoying factor in these exercises. They result from pressure waves which build up around an aircraft flying faster than the speed of sound. These pressure waves form two cones, extending back from the nose and tail of the plane, much like those formed by a boat speeding through water.

The pressure cones travel toward the ground at the speed of sound and are heard only when they reach the earth's surface. Although

each cone produces a booming sound they are usually so close together that only one sound is heard.

Contrary to popular belief, sonic booms do not occur only when an aircraft breaks the sound barrier. In level flight at supersonic speed, an aircraft actually drags these pressure cones behind it for the duration of supersonic flight.

As the lower edge of the cone is dragged along the ground, the pressure pulse is heard as a boom. The width of the path and intensity with which the boom may be heard varies, depending on altitude, size, weight and speed of the airplane and temperature, wind, terrain and the amount of moisture in the air.

Roy receives reward

Sgt. Richard R. Roy recently received a cash award from Capt. Eugene S. Chaney Det 5, 425MMSQ Commander in recognition for a suggestion he submitted to modify a plate nut training aid. The modification will not only save U.S.A.F. ADC units a considerable amount of money, but it provides the technicians with an opportunity to practice certain phases of the plate nut change operation which was not available on the unmodified training model.

Medics' work praised

OTTAWA (CFP) — A Canadian Forces' x-ray and laboratory technician team has drawn considerable praise for its efforts in medically processing Ugandan Asians in Kampala. Headed by Master Warrant Officer John Stronach of Canadian Forces Hospital Esquimalt, B.C., the team consisted of Warrant Officer Bob McPhee, CFB Europe; Sergeant William Kowaluk, CFB Edmonton; Master Corporal John Deschamps, National Defence Medical Centre, Ottawa; Master Corporal Joseph Hachey, Moncton, N.B.; Master Corporal Eugene McLaughlin, CFB Kingston; Master Corporal Robert Maloney, CFB Halifax; Master Corporal Bernie Moser, CFB Petawawa; Master Corporal A.L. Scott, NDMC; Corporal John Martinbault, CFB Petawawa; Corporal Marcel Viau, NDMC; and Corporal Robert Vincent, Guelph, Ont.

Within four days of their arrival in September, the initial eight members of the team were operating the only foreign medical processing unit in Kampala. By the end of the week, they were averaging 175 x-rays and 300 laboratory tests daily.

In October, four more team members were required to handle the increasing workload in order to meet the 90-day deadline given Ugandan

Asians and stateless persons to leave the country.

Working long hours, seven days a week, and sometimes in temperatures of 130 degrees, the team processed 6,000 Ugandan expellees, most of whom emigrated to Canada.

Wearing civilian clothes and white smocks, the team

was never officially identified as members of the Canadian Armed Forces.

One Ugandan Asian summed up the team's efforts when he incredulously asked, "Those people were soldiers? My people wouldn't have believed it. They were well trained and considerate, Canadians should be proud of them."



ALL IS READY at Glacier Greens for Christmas Golfing. It seems to be getting harder every year to maintain the charade about tropical B.C. winters. Dave McNair Photo

For 500 children

Navy hosts party

Victoria — Today, Thursday, December 14, CFB Esquimalt personnel hosted a series of three Christmas parties for approximately 500 city children in the Dockyard gymnasium.

The annual party normally involves about 90 servicemen and civilians who do everything from pick up children in need of transport to the party to acting as clowns, running games, passing out refreshments, and generally ensuring that the children enjoy themselves.

The children who attend the party are designated by The G. R. Pearkes Clinic for the Handicapped, the B.C. Society for Crippled Children, The Dogwood School, Victor School, Glendale Lodge Hospital, the city welfare agency and the Songhees and Esquimalt Indian Bands.

Donations from local businesses are used to ensure that each child has a small present and in addition prizes are awarded for the various games organized for the children.

Refreshments, cartoons, clowns and a visit with Santa Claus, who arrives at the party with the assistance of the Base Fire Department, round out the party for the children.

As in past years this year's party is being organized by the staff of the Fleet School who rely on the generosity of base personnel to assist them.

OTTAWA (CFP) — The federal government will pay half of the monthly cost of provincial hospital insurance for Canadian Armed Forces personnel beginning Feb. 1, 1973.

Masset seeks artifacts

MASSET, B.C. (CFP) — Canadian Forces Station Masset has launched a project to contribute to the Queen Charlotte Islands' Museum, established last year, and is seeking help from anyone who can contribute.

The station intends to record the Armed Forces presence in the Queen Charlottes, both for station history and display in the museum.

They are appealing to anyone with firsthand knowledge, pictures or documents to forward the material on loan to: Commanding Officer, CFS Masset, Masset, B.C. All material will be copied or documented and the originals returned.

So far, it is known that a temporary RCAF expanded-metal ground strip operated in Masset, as well as an RCAF seaplane base at Sandspit. Also, a small naval radio station began operating in Prince Rupert in 1942, as a satellite to the "Montreal Circle." The station was put in mothballs in 1945, was reactivated in June, 1949, and has been going ever since.

Currently, CFS Masset's role is to act as part of the U.S.-Canadian Eastern Pacific High Frequency direction-finding search and rescue net. The station also collects data for research into basic problems of ship-shore communications.

The sharing formula will be similar to that in effect since April 1, 1971, for medical care insurance and will cost the government an estimated \$12.5 million a year. Besides the armed forces, most federal employees, the Royal Canadian Mounted Police and pensioners from all three groups will be included in this new move.

The government will contribute 50 percent of health insurance premiums paid by members living in those provinces levying monthly premiums or 25 percent of the provincial per capita costs under the federal medical care and hospital insurance legislation, whichever is greater. For members living in provinces that do not levy monthly premiums, 25 percent of the provincial per capita costs will form the basis of the government's contribution.

Payments will vary depending on the province in which a member lives and with family status — member only, member with one dependent and member with more than one dependent.

Details of the procedures to be followed are not yet available. All units will receive more detailed information as soon as possible.

Halifax gets "Info Please"

OTTAWA (CFP) — Do you have a question about the base?

Is there something at work that bothers you?

We can't guarantee you'll like the answer, but we can guarantee we'll answer your question.

That's the motto of "Information Please", CFB Halifax's twice monthly question-answer publication.

"Information Please" began last year as a means of replacing speculation with fact. The response was so good that two issues per month were necessary to handle the volume of questions.

In most offices, whether civilian or military, rumours and speculation abound because no one has all the answers.

People want to know — and when the truth isn't apparent, they tend to speculate.

At CFB Halifax they're trying to do something about it.

Here's how "Information Please" works.

If you have a question about anything, send it to the base information office.

The staff takes your question and seeks out the person, or persons, best qualified to answer.

In just a few weeks your question and the answer is published in "Information Please".

Throughout this whole process the identity of the questioner is safeguarded.

Halifax's "Information Please" is working and maybe such a publication could be useful on your base.

(Ed. Note: The Totem Times had a similar service with a "How Come" column nearly a year ago, but the response was hardly overwhelming. Consequently it fizzled after a couple of months.)

Last Totem Times

This issue of the Totem Times is the last for 1972. Next year, our first paper is scheduled for Jan. 11, with the deadline on Monday, Jan. 8.



"Six Family Buckets and chips to go! Please hurry, I'm double-parked."

Searching for food

Demon Doin's

Search and rescue has been the word around 407 for the last two weeks. No doubt you have heard of the Hartwell search out of Yellowknife and the concern raised by some people over the termination of active search. In news reports, some criticism was raised over using Hercules aircraft as search vehicles and not employing the Argus. As a consequence, 407 flew two crews to Namao last week and put over 50 hours into the search.

Crew 2, though not successful in locating the downed Beechcraft, was instrumental in positioning a lost Dakota out of Norman Wells. At the time, Crew 2 was IFR in very poor visual search weather when they picked up a weak signal from a crash position indicator. The signal was, in fact, so weak that an instrument homing was impossible, so an aural homing to on top was carried out. The resulting position was two miles from the downed Dakota when rescue crews were able to get in the following day. Our congratulations go to Capt. Bob Gaede and his crew for some fine work in pretty adverse conditions.

COLONEL SANDERS
While on the search, Crew 2

ran a little short of rations so they put into Yellowknife to resupply. Bob Turnbull, showing all the skill and cunning of a resourceful 407 rations officer, arrived at the Kentucky Fried Chicken shack and ordered, "six family buckets of your best, chips and salad ... hurry up, my Argus is double parked!"

After searching for six days, Crews 2 and 5 returned to Comox. An aircraft from 415 Squadron, Summerside, had arrived with two crews to continue the Argus participation.

Your reporter had a short talk with the duty controller in Namao who stated that the Argus was an excellent search aircraft up north but they were having a devil of a time trying to keep it serviceable in the cold weather. He stated that the Hercules, even with its visual search limitations, was a very effective vehicle simply because it is more reliable.

WAY CHECKS PHONES

During this period, Crew 6 was having its own trials with Hercules. Last Friday, they were scheduled to take the 707 down to the OFTT in Greenwood. They arrived at the AMU to be confronted with

a Herc loaded to the hilt with passengers and an ETA for Trenton. The Herc is designed with the same heating system as the Argus, i.e. hot air naturally flows in from the top to the bottom of the cargo hold - just like water flows up hill. CWO Gord Way, who must have multi shares in Bell Telephone, tested all the pay phones in the AMUs right across Canada - both "ways". Good authority also says he cheats at cards.

Finally, Crew 1 from servicing and six desk drivers from the flight line went up to Sandspit recently for a survival exercise. According to reports the weather was quite miserable. All it did was rain, all they could find to eat was venison. Seems Ray Chapman's hunting ... I mean "survival jacket" caught fire while drying out and in the process of saving his jacket, his "survival hat" fell in the flames. I also heard that one chap took a shot at a deer and the animal, attempting to even the odds, turned and attacked. The stalwart hunter held the attacking deer between his legs while taking a shot at another and as a result brought home two. What do you mean, hunters never lie???

407 Tech Ramblings

In excess of 600 Sqn. members, wives and guests launched the holiday season in a most auspicious manner when they partook of the festivities at the Rec Centre on Friday evening. The occasion was the annual all-ranks Christmas party and, without question, this function was the best ever. Our hats are off to the all-ranks fund committee members for a superb job of decorating as well as organizing the food and entertainment.

The inclusion in the program of Charlie Boyer's brand of fast moving live entertainment was, for those who could hear him, the feature of the evening. It was, however, unfortunate that those seated in the distant confines of the hall were denied the opportunity of sharing in the hilarity thanks to a few thoughtless tongue wagers. To the latter, our award of the highly derogatory order of the irremovable finger.

Sgt. Denny Omatsu was the winner of the \$30 door prize while the \$20 and \$10 prizes were collected by Cpl. Steve Laliberte and Mrs. McMullen respectively. Pte. Guy Lamontagne was the big winner of the evening, however, when he took home the \$100 bill that was raffled off by VP International.

To you and yours, all best wishes for a happy and safe holiday season.

AVIONICS

Our annual Corn vs Radar smockey game was its usual unqualified success and was enjoyed immensely by all who participated - on or off the ice. Copious quantities of hidden talent showed up for the affair with the first star being awarded to "Flash Chevie" for his fine performance. Our medic, Don Rapp, did an outstanding job attending to the needs of the sick, lame and lazy; however, it seems that he over-did it in the case of our fearless leader, Capt. Wortley. As a consequence of injuries inflicted by the medical staff, the good Captain was presented with the "Hero Award" complete with purple heart.

The score keepers were obviously unbiased since the official result was an 8 - 8 draw. The two referees, Barrie Davies and Doug Tucker, kept the game well in hand and came up with several calls that have yet to be written into the rule book. Anyway, no one complained about these decisions and in fact appeared to enjoy the refreshment provided during their sojourn in the penalty box. All in all, the affair provided so much entertainment that a re-match in January is in order, this time involving all Avionics trades.

Congratulations are in order for WO Bert Hayward whose promotion to that exalted rank was effective October 1st. With all that back pay, should be doubles, eh, Bert?

Welcome newcomers
A belated welcome aboard

to Ken Kerstens and family who came to us from Brunsum, Holland. Ken is the latest addition to the Tel Tech shop.

Integral Systems repair are holding short parades these days preparatory to welcoming a new Private to their midst later this month. It seems that this will be quite an occasion since there has not been a Private in the trade here since 1966. We hope that the new trooper likes war stories.

Also on the subject of new arrivals, the welcome mat is out for Pte. Bill Nicholls who hails from Sarnia and came to us by way of Cornwallis and Borden. We trust that you will enjoy your stay with us, Bill, and that white stuff you see on the ground was ordered especially to make you feel at home.

Frauley wins \$48.02

Joe Frauley, who works on the Base side of our labs, finally bet on the right team. It seems that he won \$48 and 2 cents on the outcome of the Grey Cup Game. The two cents was contributed by one Moe Morrison while the donor of the forty-eight bucks is not identifying himself.

The Avionics hockey team is really flying and Rolly Pryor managed to remain upright for long enough to

score two goals against 442 Sqn. Perhaps he could give lessons: pay attention, Bill! Still on the hockey kick, a graduate of the recent coaches' clinic was observed reporting for work sporting a fancy array of stitches in his noggin. New teaching methods, Shep?

Cpl. Covey of repair is currently undergoing training with the security people so we'll have to be nice to him when he returns. Trained killer, you know.

Mod Squad is back to full strength now that the deer season has ended and, although Cpl. Reesor's hunting success was down a bit this year, his effort certainly wasn't.

We would all like to extend our deepest sympathies to John Moller and family on the recent loss of his father.

TORP TOPICS

Having watched a couple of previous moon launchings, your scribe finds that these spectaculars no longer turn him on as they once did. What also made the most recent launching even more boring was the prolonged postponement of the firing: each time the commentator said that they were picking up the clock, I felt like doing just that - and hurling it at the boob

(Continued on page 3)

CHRISTMAS LAYAWAYS BICYCLES

- Sidewalk Bikes... \$39.95
- Boys and Girls Mustangs... \$49.95
- 3 Speed Bicycles... \$69.95
- 5 and 10 Speeds from... \$79.95

ALL ASSEMBLED. ALL CARRY OUR 1 YEAR FRAME AND SIX MONTH PARTS AND LABOUR WARRANTY.
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Leather Coats Just right for the Coast Winter and Summer

Short and Long Length
Size 8-18
Priced From \$59.95 to \$129.95

L A V E R S
COURTENAY

Nighthawk's Nest

The Base Commander gave Major Poole a red hot scoop that he has been spared the disappointment of a posting to the Dew Line. Maj. Poole has joined the "elite" clique of pseudo-grunt Viet Nam volunteers. So much for preference postings.

Col. Price is presently experiencing first hand the Canadian Armed Forces' newest survival techniques. Willing to try anything at least once, our undaunted Squadron Commander is on the WATER survival Course. Can you imagine water survival at this time of the year - and a volunteer yet!

Phil Schreiner has always been leary of flying with the Whim Whams but the thought of flying on a low level beam mission at night with a non-combat ready one-eyed wizzo has got to be worse than the Whim Whams. Have confidence Phil.

Frank Campbell is sporting a new addition to his winter ensemble and it seems everyone is indeed envious of his 7 foot long, non-allergenic, synthetic, multi-colored, officially approved scarf. It appears there is somewhat of a contest between Guy's bald cap and Frank's scarf as to which is most dashing.

"A" flite was presented with another goodie from the Audio Visual shop last week. With all the interviews and letters changing hands from A flite members to certain civilian enterprises it was

considered almost a necessity.

A little extra time off and a change to the simulator crew with the ensuing proximity to Tom Murray has had a definite effect on the growth of the Hay family. Congratulations future parents.

This week's Region-wide exercise was cancelled due to a sudden onslaught of Bagotville type weather.

Remember, sound convincing and never confirm or deny the existence of snow or ice in B.C. except on the mountains and ski hills. Remember this is the only place where you can ski in the morning and golf in the afternoon.

Rumour of the Week: All CF-101 Operational Training Unit graduates will be issued with a "50 missions over Quebec" badge upon graduation.



Christmas is happiness!

The glow of anticipation. The joy of giving. The warmth of anticipation. And Christmas is even better when you rely on your Credit Union to meet the extra expenses of the season. Space out the cost with a loan or line-of-credit arrangement. Your Credit Union can help you make this Christmas a memorable one.

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Box 400, Lazo, B.C.

CREDIT UNIONS ■ SERVING PEOPLE WORLDWIDE



Calling home for Christmas? Here are some suggestions to make it easier.

There is great joy in exchanging Christmas greetings by telephone. So much so, in fact, that thousands and thousands of Canadians do so each year.

It isn't possible to reserve specific times for long distance calls but you can minimize delay by following these tips:

FIRST - Make a list now of the phone-numbers (including area codes) of the people you plan to call. Get these, without charge, through your operator or by following instructions in your telephone directory for dialing direct. Do this now and avoid battling heavy holiday traffic just to get your numbers.

SECOND - Don't wait until Christmas Day itself, when circuits across Canada will be overloaded, to place all your calls. Spread them over the Christmas season.

Your family and friends will enjoy your calls just as much and you'll be more certain of getting through without delay.

REMEMBER - Most long distance calls cost less when you dial them yourself. Even less after 6 p.m. and all day Sunday.

So, give them a call for Christmas. No bothersome shopping, wrapping or mailing.

B.C. TEL

GARBAGE PICKUP PMQ,s

No pickup Dec. 25th-26th
Regular pickup 28th-29th
No pickup 1st-2nd Jan.
Normal pickup commences Jan. 4, '73



CAPT. HAHN PRESENTS Capt. Wortley with a Hero Award with Purple Heart for injuries sustained at the Base Hospital after the annual Avionics hockey game. (Canadian Forces Photo)

Voodoo Nuts, Bolts and Volts

Winter arrived in Comox right in the middle of "Safe Driving Week" - with six inches of fresh snow and below-freezing temperatures it was a real challenge to a lot of drivers that are not used to seasonally adverse driving conditions. Fortunately most people came through unscathed. I didn't hear of any accidents but there were several near misses. It could be that the "Defensive Driving Course" that everybody has taken or should have taken had a lot to do with a successful Safe Driving Week.

MWO Frank Elvins has taken a well earned rest at CFB Esquimalt Hospital, last week. He should be back in harness fully re-vitalized by the time this comes out in print.

The Base Engine Field Maintenance Shop formerly known as JEFM, has gone from prosperity to austerity. From an abundance of serviceable spare engines to a shortage. This necessitated some overtime, but their dedication and perseverance has put them on top again, which is no small feat, they deserve a lot of credit.

The night shift were overjoyed last week when they were invited to sample and share in the "Cudgel Stew" that our friendly Messing Staff prepared in abundance. After all we were

Ladies' fitness club

The first session of ladies' fitness classes came to a close on December 12 for the Christmas holidays with a total of 32 participants.

Classes will continue on the 9th of January in the New Year if interest prevails. So if you would like to join this active and fun-loving group, just show up on the 9th of January.

Time: 7:00 p.m. - 9:00 p.m.
Place: Base Rec Centre Gymnasium
Cost: \$5.00 per person.

glad to share all the good things in the Christmas Spirit. A new arrival to the organization is Cpl. Bob Auld, AFT from CFB Edmonton, who will be working with No. 2 Snag Crew.

Sgt. Bill Duncan, our speedy Supply Liaison and IOR man is on final countdown, with 49 days to go before retirement. Bill hasn't any immediate plans for the future, but says he will start thinking about it in the new year.

The Annual BAMEO Christmas Party was undoubtedly a resounding success considering the amount of liquid refreshments that were consumed. The credit must go to the well organized Entertainment Committee headed by Capt. Joe Kenkel, our friendly AMAdO. It was interesting to note that a lot of guests were ex-BAMEO organization types who still have a lot of close ties with base personnel, an excellent way to renew old friendships. The numerous prizes, excellent band and the general decor and true Christmas spirit all went to make it a memorable occasion.

407 Tech

(Continued from page 2) tube. Thank Heavens for channel eight which was the only one not carrying the moon launch. Of course that does not leave one with much choice of viewing material.

A similar sort of mass programming occurs on Saturday mornings when the airwaves are flooded with kiddie cartoons. While the intent is not to compare the Apollo launches with cartoons, both subscribe to considerable animation. In any case, the launches are spectacular events worthy of wide coverage but one would think that two networks could handle the assignment very nicely.

Lady Hockey fans
The coach of the 407 B league entry wishes to acknowledge the presence of a number of lady supporters during the past few hockey games. This kind of support is a great morale builder for the team and, in addition to thanking them for their turnouts to date, he would like to solicit their attendance at future contests.

Yes, we are losing Tom Moar who will be proceeding to the Nation's Capital early in the new year. Our current wintry weather will give you a chance to break in your great coat eh, Tom?

GIFT IDEAS

FOR HIM

Shirts, Ties, Slacks, Sport Jackets, Suits and Outerwear

Dec. 18 to 21
For Your Shopping Convenience
We will be open
9 a.m. to 9 p.m. daily

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Soft, supple uppers, soft leather soles, cushioned insoles. Rich brown uppers.
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Handsome case included.
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COURTENAY - CAMPBELL RIVER - CUMBERLAND

BASE THEATRE

Matinee performance starts at 14:00
Evening Performance starts at 19:00

Fri., Sat., Sun. - Dec. 15, 16, 17

Alfred the Great

HISTORICAL
Show Ends 21:10 Hrs. 9:10 p.m.
STARRING: Michael York, David Mimmings, Prunella Ransome.
Rate: General Adventure

Wed., 20 Dec. - Thurs. 21 Dec.

T.R. Baskin

Show End 20:50 Hrs. 8:50 p.m.
STARRING: Candis Bergman and Peter Boyle

Fri. Dec. 22 - Sat. Dec. 23

Down Hill Racer

SKIING Show End 20:50 Hrs. 8:50 P.M.
STARRING: Robert Redford and Jean Hackman
Rated: General

SUN, 24 Dec. - Mon., 25 Dec.

No Show

MERRY CHRISTMAS FROM THE STAFF OF YOUR BASE THEATRE

Tues. 26 Dec. - Wed. 27 Dec. - Thurs. 28 Dec.

Concert For Bangladesh

Rock Concert
Show End 21:00 Hrs. Rate: General
STARRING: Ringo Starr and George Harrison

Fri. 29 Dec. - Sat. 30 Dec.

"DOC"

Show End 20:50 Hrs. Rate: General
WESTERN STARRING: Stacy Keach and Fay Dunaway

Tues. 2 Jan. - Wed. 3 Jan. - Thurs. 4 Jan.

"Walkabout"

Rate: General
STARRING: Jenny Agilar and Luko Roog

Fri. 5 Jan. - Sat. 6 Jan. - Sun. 7 Jan.

Escape From The Planet of the Apes

Science Fiction Rate: General
STARRING: Roddy McDowell

Wed., 10 Jan. - Thurs. 11 Jan.

The Man

Drama
STARRING: James Earl Jones
The First Black President of the U.S.A.

Sat., 16 Dec.

MATINEES

NOTE: All Matinees start at 14:00 Hrs. (2 p.m.)

Wings Of Eagles

Show End 16:00 Price 50¢
STARRING: John Wayne and Maureen O'Hara

Fri. 22 Dec. - Sat. 23 Dec.

"Maya"

Special time on this presentation: 1300 Hrs. (1 p.m.)
ADMISSION FREE

"Doctor Syn Alias Scarecrow"

STARRING: Johnny Termain
NOTE: This double feature is presented by the Officers Mess WO & Sgt Mess & Junior Ranks Club
ADMISSION FREE

Tues. 26 Dec.

ADMISSION FREE

All Cartoons

Micky Mouse, Pluto, Goofy
A Christmas present from the Base to our young customers.

Sat. 30 Dec.

"Flying Fountains" Two Shorts 3 Stooges

Price 35¢
Circus Pictures

Tues. 2 Jan. 73

Jason & The Argonauts

Price 50¢
Fantasy

Sat. 6 Jan. 73

Please note - from now on all Matinees will be 40¢. This includes specials that the film company demands we charge more for. We hope this will help the parents out as the confusions there has been in the past, regarding prices.

"The Outlaws Is Coming"

A Full Feature of the 3 Stooges Comedy

Sat. 13 Jan.

"Lassie Come Home"

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Weight ... 32 oz.

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Height ... 4 1/2"
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In some smaller communities, your conviction will make front page news. They will list the details of your arrest, trial, conviction, breathalyzer reading, fine and suspension. They will print all this, along with your name and address, for all your friends and business associates to read. It is the coup de grace you can expect about one week after the trial.

These are the hard cold facts of how a jovial evening can turn into a nightmare. The police have seen too many dead children to have much patience. The courts have heard too many tragedies to give you much mercy. And that's the way it is.

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Editorials

Mostest for the leastest

BY CAPTAIN WAYNE RALPH
An Editorial in The Plainsmen

A recent newspaper article concerned itself with a talk by Lieutenant General Burns, a retired army officer with many years of service to Canada. He was quoted as saying that military traditions, built up over generations, and enhanced in time of war, were of significant importance in peace time. It was especially important during peacetime that services' traditions be sustained. General Burns expressed grave doubts about the Government's policy of Armed Forces unification because of its tendency to de-emphasize distinctive traditions in a desire for uniformity. This article will not discuss the pros and cons of a decision long past, but address itself to some of the more pressing problems, which come to mind as the result of General Burns' comments.

Retired senior officers who strike out against Government Defence Policy on the grounds that integration or unification spelled the doom of the army, the navy, or air force do their own case no good, and do the Canadian Armed Forces an injustice. This is for two reasons. First, be he a retired General, Admiral or Air Marshal, he is put in the unsavory position as a reactionary "Colonel Blimp". In short a 19th century romantic heel dragger, longing for the days of cavalry horse and spurs. The parallel case for navy or air force is easily envisaged. All his statements appear biased, and Governments turn a deaf ear. The second, more important reason that damage is done, is that the real problems of the Canadian Armed Forces get overlooked. Eight years have passed since integration. It is beating a dead horse to blame it for our problems. The real problems are — two. One is money, or the lack of it. The second is unrealistic foreign policy.

The Minister of Defence in France recently voiced loud objections to his country's level of defence spending. He said, in no uncertain terms, that any attempt to further reduce the budget would prove dangerous to France's security. France spends in the area of 3.7 percent of gross national product of defence. Canada spends less than 2 percent of its G.N.P. — or expressed another way, 13 cents of every tax dollar. Defence gets more of the tax dollar than the Postal Department, but less than Health and Welfare.

The days when planning for 25 percent of the Defence Budget to buy new equipment are long gone. To mask how little we do spend in this area, we trot off to the military supermarket and buy the "mostest for the leastest". Like a large purchase of "air portable tanks" which most armies regard as an armoured car, and rather lightly armoured at that. "Tank" certainly sounds better though — gives the impression of value for money.

When we read about the multiple roles that the maritime patrol aircraft replacing the Argus is to perform, it certainly sounds like an all talking, all singing, all dancing band. The American Government after several years of McNamara-style defence planning, has learned that aircraft designed as "multi-role aircraft" prove not to be very good at any of them. In our country, the emphasis is switching from defence, to surveillance of, our coastline. In other words, what you find, is what you get. What you do with it once you find it, is another question. In any case, it looks better financially if such an enormously expensive item as a submarine hunter benefits many diverse functions. Don't ask how efficiently each function is performed. On paper it must be cost effective, and sure enough that's what it is.

Because inflation is gobbling up our fixed defence budget, it is a wonder we can buy anything. But anything we do buy will be done on a "Rob Peter, Pay Paul" system. Without the money to finance a balanced re-equipment program across the board, we equip each branch in turn. Somebody goes without, in order that we can provide for another. One day it's new trucks for land, then it's destroyers for sea, and aircraft for air. Generally no branch gets exactly what it wants but times are rough all over, and beggars can't be choosers. Part of a loaf is better than none, as they say.

In the area of foreign policy, on some occasions it seems like the right hand doesn't know what the left hand is doing. A newspaper column dated 20 November, stated "U.S. Budget Cut Supported by Canada" it refers to U.S. decision to reduce its United Nations contribution from 31.5 percent to 25 percent of the total United Nations budget. What are we doing supporting such a course of action, when on the other hand we have volunteered our services in a peace-keeping role in Viet Nam? Where are we getting the money for it, on our meagre budget, and why is the United States asking for assistance in Viet Nam from the U.N. at the same time that congress has voted to reduce U.N. contributions by 12 million dollars?

It remains to be seen whether we will see a boost in defence spending in this country. The Conservative Party had as part of its election proposals a re-establishment of traditional service lines, and perhaps a distinctive service dress. Let's not waste our time on such things which can only soak up more money. We should spend our money to get the job done. Up-dating the equipment is necessary and the money is the only way to do it. We are rapidly moving towards an economic corner, with no way out. All our money will be spent on just running the Armed Forces. Further reductions in total size is always more appealing to Government, than giving out more money. Let's put a stop to that vicious circle, before it's too late.

appears there is somewhat of a contest between Guy's bald cap and Frank's scarf as to which is most dashing. "A" flite was presented with another goodie from the Audio Visual shop last week. With all the interviews and letters changing hands from A flite members to certain civilian enterprises it was

Christmas

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Regular pickup 28th - 29th
No pickup 1st - 2nd Jan.
Normal pickup commences Jan. 4, '73



"Balmy winter be darned, we'd better hot-sand this base!"

Playboy Philosophy Lucifer's Jest

BY PROMETHEUS

Much has been made of the so-called "Playboy Philosophy" during the past ten years. Although indicative of the times, preoccupation with such destructive emotional dynamite is highly regrettable from a sociological point of view. The so-called "Playboy philosophy" with attendant emphasis on modern trends of social behaviour (if their growing universality is to be accepted) is false in the extreme, completely phoney in application, and because of this, destructive to the mental and emotional welfare of young and middle-aged adults — the young lions and lionesses, if you like.

One reads with increasing regularity about the permissive society with attendant manifestations. We talk today

about complete sexual freedom, of the "swinging" society in which the lending or swapping of mates is presented as an emancipation from the disciplines of the past and as a norm of the future. Talk about the "Fall of the Roman Empire"! God help us all if impressionable minds become so satiated with self-indulgence and hedonism that they accept this nonsense.

We continue to have a strong social responsibility to create a social climate in which normal, responsible, and mentally healthy attitudes exist towards sexual and social behaviour. Any other kind of attitude can only be destructive to society through the denigration of self-respect and respect for others.

A TEASED SOCIETY

Recent French philosophical thought informs us that we live in a "teased" society. We are teased out of our wits, teased until we can't tell reality from unreality, and therefore teased into unhappiness. Mass communication is largely responsible for this situation promoted as well by the evil irresponsible advertising. Mass communication too often projects us into an unreal world where everyone lives in a \$40,000 home with two or three garages and a car in each one. We are bombarded with visions of the good life, a life-style which is unobtainable to most people.

When people are subjected to visions of an apparent 20 hour work week, affluence by way of high salaries, lavish vacations, expensive cars, beautiful but antisepic children in a setting out of Better Homes and Gardens — and still pilloried at every turn with a growing emphasis on greater and greater sexual fulfillment through a bizarre life-style, it is no wonder that this constant teasing brings great frustration and emotional distress along with a growing suicide rate, crime rate, and rate of mental breakdown.

PORNOGRAPHY DEFINED

I submit that there are aspects of the Playboy philosophy which are detrimental to the emotional lives and mental maturity of men and women who give credence to same. Much of this philosophy is pornographic and therefore false, misleading, nauseous and injurious to impressionable minds. Margaret Mead defines pornography as "Where the intention is to exploit an audience by playing on a covert desire for specific sexual stimulation and by doing so to make a profit."

Miss Mead goes on to say that, "In all societies some aspects of sex are treated as salacious. But the commercialization of salacious or disapproved representations of sex is necessarily limited to highly developed societies in which large numbers of people may become alienated from the sexual expectations of the society."

This is precisely my point. The present preoccupation and seeming acceptance of aberrant sexual behaviour coupled with the commercialization of pornography can only work to the detriment of society as a whole and to the increasing mental and emotional unhappiness of individuals who do not think out the consequences of their possible actions or who are so emotionally immature that they fall into the tragic trap. Then they wonder how happiness has eluded them and why there are no deep and meaningful relationships in their lives.

SEXUAL FREEDOM

In closing I should like to quote Midge Decter, managing editor of World and former managing editor of Harper's. In a recent article on Women's Liberation she summarizes on sexual freedom. "In any case, sexual freedom has become a burden to Women's Liberation. It is burdensome not so much because of women's difficulty with the performance of its specifics as because of the larger entanglements it represents: a life in hostage to the rhythms of time and mortality, to the needs and thus the ephemerality of flesh, and to the risks of making oneself available to the demands of others." Sexual freedom is so much pish tosh regardless of the Playboy philosophy, so be careful of your emotional entanglements.

Cancer facts

Immunology

Scientists from virtually every branch of modern science are utilizing an impressive array of weapons in the fight against cancer. One of the most important is the human body itself.

The body's natural defence mechanism — its immune system — is able to dispose of a variety of foreign substances, including foreign cells.

Research people want to know why this system breaks down so that the body tolerates cancer cells which, in effect, are foreigners.

There is some indication that cancer cells accomplish their invasion by disguising themselves as normal cells.

One area of intense interest is "auto-immunity," in which cells of a patient's own cancer, when injected into the blood stream, reduce or halt the spread of cancer, sometimes after the cells have been modified.

Another deals with the phenomenon in which mouse tumor cells grown in tissue culture for long periods, have been found to lose their ability to produce tumors when transplanted back into mice and to protect them against subsequent exposure to cancer.

Education

By BEETO

The purpose of this short article is to acquaint you with two courses, offered by correspondence, which offer professional training in accounting and transportation.

These courses are both five-year programs. They are not easy and they are not cheap, but both are recognized by industry and both offer (upon successful completion) professional standing which is equal to or superior to some university degrees. These courses may be especially helpful to those servicemen within five years of retirement.

Registered Industrial Accountant.

The RIA program combines evening study with on-the-job experience (this may be acquired by part-time work or after retirement) to produce professional accountants for the accounting, financial planning and control functions in management — the role of the management accountant. Graduates of the program who are members in good standing of the Society of Industrial Accountants are entitled to use the designation RIA after their name, thus enjoying professional status in business, industry and government.

This course is particularly applicable to servicemen in the Accounting and Finance Clerk trade.

Transportation

The Canadian Institute of Traffic and Transportation offers two programs for persons interested in transportation and distribution management as a career.

The Certificate Course is a two year program covering a wide range of subjects basic to an understanding of the traffic and transportation industry.

The Graduate Course is a three year program of studies by correspondence at the university level. At the present time, there are five mandatory subjects and one optional subject required to complete this part of the program.

For further information on these two professional programs, contact the BITO at local 469.

COURS PAR CORRESPONDANCE

Le gouvernement du Québec offre des cours par correspondance de niveau secondaire 1 à 5 qui donnent droit à l'obtention d'un diplôme, ainsi que des cours de formation professionnelle.

Ces cours ont l'avantage d'être de prix modiques et de pouvoir être complétés où et quand on le désire.

Pour de plus amples renseignements, écrivez au:

Service des cours par correspondance
Ministère de l'Éducation
1110 est, rue Jean-Talon, Montréal 328.
ou communiquez avec le BITO, poste 469.

Letters to the Editor

Nav comments on recent pay raise

Dear Sir:

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Capt. Con Fused



Oops

The sense and nonsense of nutrition

OTTAWA (CFP) — Have you been confused by the disciples of dull dinners?

You know those nutrition nuts who eat sunflower seeds and drink organic prune juice three times a day. Recent studies indicate that many beliefs of nutrition enthusiasts are more fiction than fact.

The following claims often made by nutrition nuts have been labelled as "the dubious dozen."

Claim — You are what you eat.
Fact — In one sense, yes. Each person is also what heredity and environment have contributed.

Claim — Our soil has lost its vitamins and minerals; our food crops have little nutritional value.
Fact — Food crop fertilizers are applied in order to produce satisfactory yields. The nutrients which promote good plant growth are added to the soil in these fertilizers, and the food crops produced contain the expected nutritional value.

Claim — Natural, organic fertilizers are not only safer than chemical fertilizers, but produce healthier crops.
Fact — Organic fertilizers cannot be absorbed, as such, by plants. They must be

broken down by bacteria in the soil until they finally become the same chemical elements — potassium, phosphorus, and nitrogen — that are supplied directly and more quickly by modern chemical fertilizers.

Claim — Chemical fertilizers are poisoning our soil.
Fact — Chemical fertilizers are not poisoning our soil.

Claim — Pesticides are poisoning our land.
Fact — When pesticides on food crops leave a residue, the amount allowed is set at the lowest level that will accomplish the desired purpose, even though a larger amount might still be safe.

Claim — Aluminum cooking utensils are dangerous to health.
Fact — Aluminum is the second most abundant mineral element in the soil, and it, therefore, occurs naturally in many foods. Cooking in aluminum utensils is harmless.

Claim — Modern processing removes most of the vitamins and minerals in food.
Fact — This is not true. While any type

of processing, including simple cooking, tends to reduce to some extent the nutrient content or quality of foods, modern processing methods are designed to keep such losses as low as possible. In many instances, nutrients are restored by enrichment after processing.

Claim — Cooking with Teflon-coated utensils is dangerous.
Fact — Careful testing of Teflon-coated utensils has proved that there is no danger from normal kitchen use, or the overheating which might occur in the kitchen.

Claim — If you have an ache or pain, or just feel tired, you are probably suffering from a subclinical deficiency.
Fact — Feeling poorly, lacking pep, or experiencing an ache or pain occurs in most persons at some time or another. These are symptoms which may be caused by overwork, emotional stress, disease, lack of sleep as well as poor nutrition. If such symptoms persist, a person should see a physician.

Claim — You have to eat special foods if you want to correct overweight.
Fact — Personal experimenting and fad diets can be dangerous to your health.

Successful weight control depends primarily on self-control of one's total food intake while maintaining a reasonable level of physical activity.

Claim — Synthetic vitamins are dead and ineffective; vitamins from natural sources are much better.
Fact — Vitamins are specific chemical compounds, and the human body can use them equally well whether they are synthesized by a chemist or by nature.

Claim — Everyone should take vitamins, just to be sure.
Fact — Most healthy individuals whose diet regularly includes even modest amounts of meat and eggs, milk products, fruit and vegetables, bread and other cereal products need not resort to dietary supplements. Some persons under a doctor's care or in institutions need dietary supplements because of special conditions which greatly restrict their ability to eat a well-balanced diet.

Before you buy special health foods or change your eating habits, remember the "dubious dozen." Eat a varied diet, exercise regularly and leave the worrying to those culinary experts in the mess hall.



HAVE YOU EVER heard an Indian mini-warrior and a small Hawaiian dancer sing Jingle Bells? Sandy Lawrence, Sheila Ann Ainslie and others in their class performed last Sunday during the Christmas pageant before a chapel full of proud parents.
Dave McNair Photo

Old fridges are killers

The perennial child-killer has struck again. This time in Victoria, where a nine year old boy suffocated in an abandoned refrigerator.

According to the B.C. Safety Council, refrigerator and icebox deaths, although less frequent in recent years, still occur with enough regularity to cause concern.

Safety suggestions provided by manufacturers are confined to more recent appliances but, usually, it is the older model which is thrown away.

What can be done to prevent refrigerator deaths?

The B.C. Safety Council suggests five points which, if adhered to, could eliminate this needless tragedy.

1. **Vigilance** - Be on the look out for abandoned refrigerators, freezers or hinged-door cabinets. If you see one do not hesitate to inform the owners, if it is on private property. If the freezer is on a public dump notify the supervisor on duty or report the fact to the City authorities. Before abandoning refrigerators, freezers or hinged-door cabinets make sure the doors are removed and the hinges broken or rendered unusable.

2. **Instruction** - Both parents and teachers should take time to thoroughly explain the hazards and possible consequences of playing in anything with doors or lids.

3. **Legislation** - Urge legislators to make and enforce laws governing the disposal of "hazardous" objects so that it becomes a punishable offence.

4. **Warnings** by manufacturers, stores and second-hand dealers should be mandatory.

5. **Signs** - stressing that a discarded refrigerator can kill should be prominently posted at every public and private garbage dump.

With concentrated effort, says the B.C. Safety Council, no curious child need ever again become a grim statistic.

Cooking bags can cause oven fires

It has been noted across Canada and the United States that there have been numerous fire incidents involving cooking bags. These bags have burst, spilling hot flammable juices onto the oven heating unit. Attempts have been made to find out why! Is it the first-time user who doesn't pay close enough attention to the instructions, or the old timer, who is over confident and careless?

A letter to one newspaper told of a woman's pork roast going up in smoke and flame. Shortly after the letter was published, it drew immediate response from area housewives. They too had similar experiences with cooking bags "exploding" thus causing fires or burns, or both.

Despite the thousands who praise the new roasting techniques, caution must be exercised when using these bags. Read the instructions very carefully. If you should have an incident, don't panic, shut off the stove, close the oven door, and phone the Fire Department immediately.

Chapel Chimes

RC CHAPEL
Father Joseph A. Borg - Base Chaplain (RC)
Telephone No. 339-2211 Local 274

22 Dec 72
Advent Penance Celebration for School Children 3-4 p.m.
Advent Penance Celebration for Adults 7-8 p.m.
23 Dec 72
Sacrament of Penance 2-3 p.m. and 7-9 p.m.
Christmas Midnight Mass - in the Protestant Chapel. Carol Singing starts at 11:30 p.m.
25 Dec 72
Mass at 11:00 a.m. only in the Protestant Chapel.
30 Dec 72
Sacrament of Penance at 6:30 p.m.
Sunday Vigil Mass at 7 p.m.
31 Dec 72
Masses at 9:30 and 11 a.m.
1 Jan 73
Masses at 11 a.m. and 5 p.m.
NOTE:
Christmas Midnight Mass and 11 a.m. Mass on the 25th of December will be celebrated in the PROTESTANT CHAPEL.

PROTESTANT CHAPEL

Rev. R.J. Ritchie - Base Chaplain (P)

Sunday - 17 Dec 72:
11:00 a.m. - Divine Worship
7:00 p.m. - Christmas Candlelight and Choral Service
Sunday - 24 Dec 72:
11:00 a.m. - Family Worship Service
7:30 p.m. - Christmas Eve Communion Service
NOTE: There is no midnight Service this year.
Sunday - 31 Dec 72:
11:00 a.m. - Family Worship Service
11:45 a.m. - Holy Communion in accordance with the custom of the Anglican Church.
Sunday School
Sunday School will be closed on the 24th and 31st of December 1972.

Father Borg and Padre Ritchie invite you to share as many Services as you can during the season commemorating the Birth of Jesus Christ. The Protestant Chapel Committee and RC Parish Council extend to each and every family and each reader a sincere wish that your Christmas may be a truly joyous occasion.

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KONIPAK 300
Film: 126 Cartridge Film.
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Focusing: Two-point focusing - normal distance and close-ups to 3'
Exposure Meter: CdS EE (F/5.6-1/100 - F/16-1/100)
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Brownie news

6th Comox Pack

Leaders Marty Cunningham and Bev Farnham of the 6th Comox Pack accompanied brownies Alene Lawrence, Judy Living, Cathy Cunningham, Anne Driscoll, Cheryl Miller and Natalie Brooks on a two-mile hike to Kin Beach for their Explorer Badge. Mr. Perry Cunningham explained the compass and tested the girls on this badge.

The Pack held a Fly-Up ceremony on Thursday Nov. 9th. The Cub and Scout Hall was decorated to depict a marine scene. Brown Owl, Marty Cunningham, and brownies said goodbye to Anne Driscoll and Cheryl Miller as Guide Captain Darlene Raskob welcomed them to the 2nd Girl Guide company. Games and songs were enjoyed by all including leaders and parents present.

Twenties Diane Goodall, Heidi Seymour, Leslie Conn, Christine McDonald and Cynthia Living were enrolled as brownies on Thursday Dec. 7th. The brownies made flowers which were used with trees and birds to represent a wooded fairy land. A display table was set up to show parents the various tests and badges the girls would be

working for. Games and songs chosen by the brownies concluded the meeting.

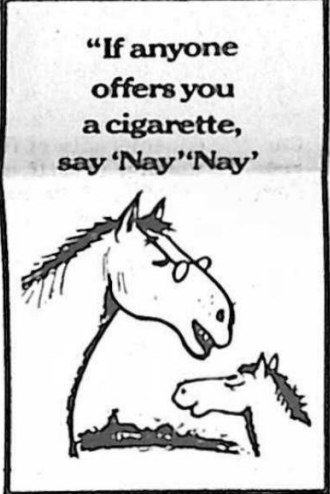
On Thursday Dec. 14th the Pack will have their Christmas Party which will be their last meeting until the New Year.

2nd Comox Pack

On Wednesday, Nov. 22nd, Mrs. Ruth Hazlett, District Commissioner, was on hand to enroll brownies Kim Kay, Karen Kay, Terry Middleton and Michelle Dickson. Before this ceremony, Mrs. Pat Middleton was enrolled as a Guide.

Brown Owl, Mrs. Brenda Jones, made the following presentations: Golden Hand award to Andrea Turmaine, 3-year Star to Debbie Thibault, 1-year Stars to Janet Jones and Karen Gillard and Swimmer Badges to Tracy Bell and Janice Malugani. Refreshments were enjoyed by the brownies, their leaders and their guests and after games and songs, Mrs. Hazlett delighted the pack by joining them for Brownie Taps.

The Pack will have their Christmas Party on Wednesday Dec. 20th and their next meeting will be on Jan. 10th.



After the party, you could sleep at our place.



And that's just the beginning.

Let's be optimistic and assume you don't have an accident. Or hit any parked cars. Or speed. Let's assume you stay at the party longer than you planned and had three or four drinks—enough to drink to make you legally impaired. All in good fellowship. All without malice. And for some reason, you are stopped.

Here's what to expect:

1 Breatherizer Police officers are extremely adept at spotting impaired drivers. There are dozens of telltale clues. If you are suspected, you will be asked to submit to a breathalyzer test. This is mandatory and refusal can result in serious charges. If you have consumed enough to give you a .08 reading, you can be charged with impaired driving.

2 Jail Very likely, you will be jailed overnight. For the average citizen, this is a terrifying experience. Impaired driving comes under the Criminal Code, and that

is just how you will be treated. You will be fingerprinted, asked for alias, relieved of your belt, tie, shoelaces, and personal possessions, allowed one phone call, and be placed in a cell. In the morning, your breakfast will be slid under the bars of the cell door. You will find the night harrowing and have plenty of time to reflect. In the meantime, your wife and children will be worried, distressed and slightly mortified.

3 Fines The arresting officer's report, corroborated by your breathalyzer reading, will normally result in a conviction. The number of convictions is increasing every year. Over 12,000 are expected in British Columbia alone this year. If the Judge lets you off with a \$250 fine for the first offence, you can consider yourself lucky. For having accumulated ten penalty points, the Superintendent of Motor Vehicles will assess you a charge of \$25.00 which will be used to pay for public information

messages like the one you are now reading. Add to this the \$50 to several hundred dollars you'll spend on a lawyer and you've dropped quite a bundle.

4 Suspension Even if you have never had so much as a parking ticket in thirty years of driving, you can expect to have your right to drive reviewed by the Superintendent of Motor Vehicles. On his judgement and your driving record, your suspension may be one month, three months, six months, or even indefinitely.

5 Insurance The costs don't stop at fines and lawyers. When your insurance company hears all about it, your insurance premium will be surcharged. That means your insurance rates will soar until you can prove yourself a good risk again. That could take years if you have no more problems. And here's another point to ponder. Had you injured or killed

someone while impaired, your liability coverage was void anyhow. Your insurance company will pay the claim, but they may demand repayment from you.

6 Publicity Criminal courts swarm with court reporters. In some smaller communities, your conviction will make front page news. They will list the details of your arrest, trial, conviction, breathalyzer reading, fine and suspension. They will print all this, along with your name and address, for all your friends and business associates to read. It is the coup de grace you can expect about one week after the trial.

These are the hard cold facts of how a jovial evening can turn into a nightmare. The police have seen too many dead children to have much patience. The courts have heard too many tragedies to give you much mercy. And that's the way it is.



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Paul's New Motor Inn offers your Xmas gift early!

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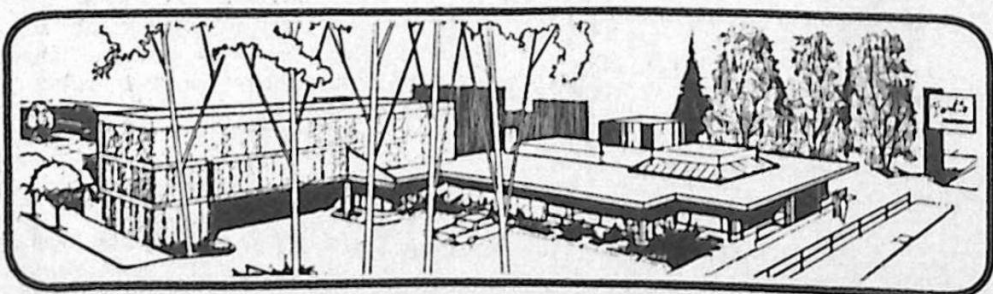
This includes two double extra long beds, colour T.V., sauna, games room as well as full club breakfast at our 24 hr. restaurant. And as a plus a free pass to Sealand.

Do your shopping in Victoria this year.

We are located 1 block from Hudson's Bay store. Our city abounds in Boutiques and Specialty shops.

See you soon!

Paul



If you drink, don't drive

Government of British Columbia Motor-Vehicle Branch
British Columbia Automobile Insurance Board



Authorized Patrons Only

CHRISTMAS SALE

14 DEC to 21 DEC



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SIZZLER FAST TRACK
adv. \$7.99 \$5.99set

HAND PUPPETS
adv. \$2.49 \$1.99set

SMARTY PANTS TALKING DOLL
adv. \$13.99 \$9.99ea

MANY OTHER TOYS ON SALE

— SEE RED TAGS —



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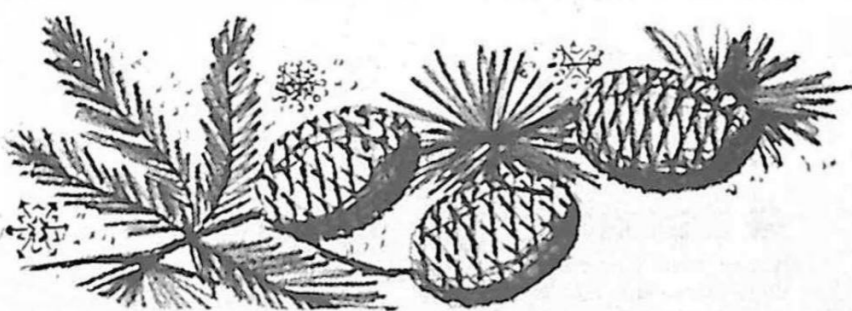
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RCA TVs, Stereos
and Components

Kroehler Chairs

Stage 7
Ladies/Misses
Wear

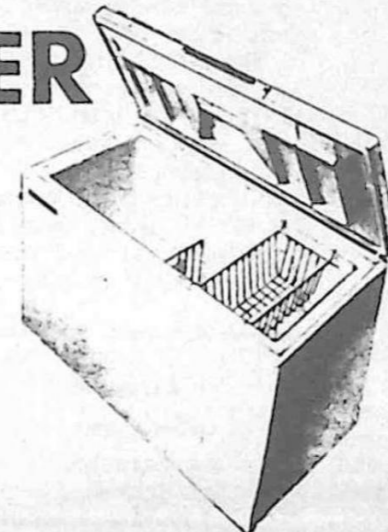


Your BASE EXCHANGE is open every day
until 23 Dec, including Wed and Thur
nights and Sundays as well.
Mon to Thur night 18 to 21 Dec

-SERVICE IS OUR MOTTO-

GENERAL FREEZER

15cu ft Reg. \$199.00
REDUCED \$5.00 each day that the
store is open, or until SOLD or
Sale ends 30 Dec 72.
- ONE ONLY -
eg. 14 Dec \$194.00 etc

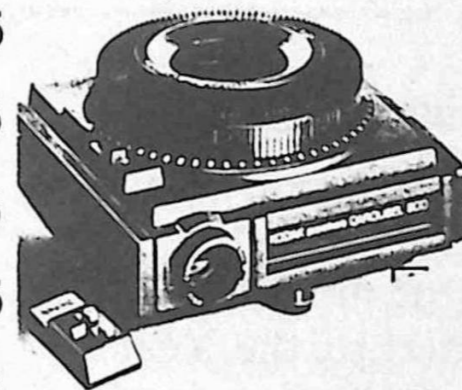


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100	166.00	119.95
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TAPES**
3/60 min
Tapes and
Holders
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\$2.49

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The Base Exchange Officer and
Staff wish all our patrons a
**Merry Christmas and a
Happy New Year**



Watch for Special Flyer 21 Dec 72

FREE: BASE THEATRE
90 MINUTES OF
CARTOONS: 1400hrs
Merry Christmas
Starting in January all Saturday Matinees 1400hrs 40¢





LT. COL. THACKER of Namao, makes the inaugural presentation of the Bathtub Challenge Trophy to Col. McNichol. This formal side bet, from the Nanaimo-Vancouver bathtub race, in July, was won by Comox under the helm of Cpl. Avery. Although Namao didn't win the race, they did set a record for the most bathtub flying hours between Namao and Comox. Bob Denyer photo



WINNERS OF THE flag football trophy, 407 Airplayers pose for a triumphant photo with the hardware that comes along with the league championship. (Canadian Forces Photo)

Consumers' Association of Canada

Fabric Care is important

"What kind of fabric is that anyway?" This is the bewildered query heard from the lips of many a consumer today when confronted with the new "miracle fabrics." The Textile Labelling Act requires the use of labels on textile product giving the generic names of each natural or man-made fabric present in the article in an amount of 5 per cent or more. But we still may not know from the information on the manufacturer's label whether the garment requires dry cleaning or a gentle hand or standard machine wash.

Consumers' Association of Canada reminds you that fabric care is important, it's not just a selling line of the dry cleaners. Soil can harm fibres both physically and chemically. Tiny specks of grit can cut and abrade fibres. The action of stains, moisture and even sunlight can affect certain dyes. The dry cleaner gives your garments the care and treatment they need to be fresh, clean and longwearing. Spot and stain removal, as well as finishing, are the most important contributions that a dry

cleaner can make to the care of your clothing. To remove spots and stains carefully and successfully takes a special kind of wizard. The cleaner must make an educated guess as to what solvent will do the job for a particular stain, often unidentified by the customer. There are two types of dry cleaning solvent - petroleum and synthetic. Petroleum solvents are from the gasoline family, hence flammable. Among the synthetic solvents, the best known in North America is perchlorethylene referred to as "perc" or "per". This is a chlorinated solvent, of the same family as carbon tetrachloride and therefore non-flammable. A new member of the synthetic group is a fluorinated solvent called Valclene, which is the trade name given by Dupont to this non-flammable cleaning fluid. Although it evaporates at a lower temperature than either of the other widely used solvents, hence leading to possible loss of valuable dry cleaning fluid, it can be more gentle with delicate fabrics such as fine knits.

Fabric finishing is the second unique service which the dry cleaner gives. Careful steaming and pressing are part of garment care. Dry cleaners' presses are many and specialised - for example, special puff padded presses or form finishers that bring the garment to shape with steam. Remember that your clothes deserve the kind of care that will give them long life.



3 Room Groups complete

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Lots of colours and styles. Your choice or ours.



Deadline for next issue is **Mon., Jan. 8**

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COMOX COMMERCIAL LOT
1.86 acre corner lot, ideally situated for a service station. Excellent cross roads location. Full price \$12,000.

ACREAGE
3 acres of beautifully treed property just north of Courtenay with potential for a beautiful view. We have five still available. Full price \$6,500.

SMALL ACREAGE
1.65 acres of land close to Comox with a view of the mountains. Some trees provide a good building site. Full price \$5,250 with 10 per cent down.

COURTENAY EXCLUSIVE
For the gentleman farmer, this should be ideal. Comfortable 3 bedroom home with full basement, large living room, dining room and family kitchen. Outbuildings consist of a good barn 30 x 60 with 7 box stalls for horses or cattle, water system and wired, browsing shed, machine shed, chicken house, toolshed and 14 acres of pastureland. Full price \$40,000 with terms to suit purchaser.

DONNA STRACHAN: 334-3389
MERT FLETCHER: 339-2484
HARRY AVIGDOR: 338-8342

Is it safe? Your child's car seat

From Consumer Contact
Guess you've noticed we've been pushing safer car seats for children this year. This department has set standards for importers and Canadian manufacturers. We've taken those seats deemed unsafe off the market.
But since our inspectors can't be everywhere at once and since there's likely to be an unsafe seat pop up on somebody's store shelves sometime somewhere, here are a few of the important safety features a seat should include, and that you should look for.
It should be designed so that it can be fastened in place with the vehicle seat belts. The seat must give

protection from front and rear-end collisions, cushioning the child and preventing him from being thrown free.
It must provide adequate protection against whiplash - that means providing a head restraint.
The upper portion of the child's body should be restrained by belts or an impact pad.
Special padding - not just sponge rubber - should line all areas the child's head might contact.
The seat must be without sharp or pointed hardware.
Any seat that hooks over the seatback of the vehicle is unsafe - so if you're still using that kind, beware.
Any seat constructed of easily bent, flimsy, bare metal strapping is unsafe.
Approved seats now on the market can withstand frontal forces up to 1,000 pounds for 10 seconds.
The upper body restraints provided by some child seat models are much better than others. Some will have lateral upper body belts - much like adult shoulder belts - while others will have double, over-the-chest restraints. Many will be constructed to distribute the restraint pressure over the entire upper body area.
In choosing a seat belt, bear in mind that vehicle lap belts alone exert too much pressure on a child's small pelvic region and, in a crash, could produce injuries. The greater the distribution of crash forces over a wide area of a child's body, the greater the total protection becomes.

The Three Unwise Men

They'll act like strangers - to British Columbia traffic laws.
Instead of following the star, they may be following another vehicle - too closely.
Instead of giving presents away, they may try to steal the right of way. They are wanderers, sometimes weaving from lane to lane, as if impatient, over-tired, or affected by too much partying enroute.
Their beasts (vehicles) may have a neglected look.
Their actions in traffic reflect "Bad will toward other drivers." Hopefully, they will not be seen in British Columbia this year, but don't count on it!

FALL TIME IS TUNE UP TIME

PREPARE NOW FOR WORRY FREE WINTER DRIVING. REPAIRS TO ALL MAKES OF CARS AND TRUCKS. MODERN EQUIPMENT, FULLY QUALIFIED MECHANICS.
All Work Guaranteed

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CHRYCO SUPER 100 - 4 PLY NYLON 83 SERIES 3 RIB TREAD					
BLACK TLD			WHITE TLW		
Tire Size	Retail	Our Price Installed	Tire Size	Retail	Our Price Installed
600 x 12			600 x 12	17.75	14.93
600 x 13			600 x 13	17.75	14.93
650 x 13	16.25	13.49	650 x 13	18.25	15.29
735 x 14	17.20	14.45	735 x 14	19.35	16.25
775 x 14	18.15	15.24	775 x 14	20.30	17.04
825 x 14	20.30	17.04	825 x 14	22.45	18.84
855 x 14	21.10	17.69	855 x 14	23.85	20.04
560 x 15			560 x 15	18.85	15.84
775 x 15	18.15	15.24	775 x 15	20.30	17.04
825 x 15	20.30	17.04	825 x 15	22.45	18.84
855 x 15			855 x 15	23.85	20.04

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GWL news

Midnight Mass will be held in the Protestant Chapel in PMQs this year, thanks to the kindness of Padre Ritchie and his congregation.
However, Christmas Day Mass will be held in our own chapel on the base. As many ladies as possible are asked to give a hand in cleaning our chapel for the Christmas season at 1:15 on December 20. The more volunteers we have, the quicker and easier the work will be completed.
Also, in preparation for our great feast of Christmas, Father Borg is having a communal celebration of the Sacrament of Penance on Friday, December 22 at 7 p.m. in our chapel, with two extra priests hearing confessions. (Continued on page 8)

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Fri. - Sat. - FIREWEED

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MOTHER NATURE SAVED many aircrew from a frozen dunking off Terror Tower in the last two weeks. Because of the unseasonably cold weather, the swimming part of the Sea Survival course has been delayed. Oh well! Better never than late. Dave McNair Photo

Christmas lore

The way it all began

By ANTHONY F. SCRUDATO
USAF ADC PRESS SERVICE
Christmas has gathered quite a bit of lore in its 1972-year career. A good portion of the legend is surprisingly, not to mention delightfully, obscure.

Did you know, for instance, that the Christians were not the first to hold an important religious holiday Dec. 25? That's right. During the days of the Roman Empire, one of the chief gods was a fellow named Saturn, the god of fertility. In order to assure a bountiful harvest, good Romans staged a holiday bash during December in honor of Saturn. The holiday, called Saturnalia, consisted of wild reveling normally associated with Roman parties. In 345 A.D., Bishop Liberius of Rome decided to put an end to all the noise, so he decreed Dec. 25 Christmas and that was that.

Well, not quite. It wasn't Christmas yet. The holiday was still referred to by all and sundry as the Day of Nativity. Since "Merry Day of Nativity" is a little cumbersome, someone eventually would have to do something about that. Hopefully, and helplessly, the world cast a pleading eye toward England. With typical English thrift, they coined the phrase "Christ's Mass" which, after all, it was, and further anglicized it to "Christmas." That does it for Christmas and Dec. 25, but what about the kids? After all, Christmas just isn't Xmas without Santa, a tree, etc.

Speaking of Xmas, many people take great offense at this allegedly irreverent butchering of the word. But, it's as legitimate as apple pie and its etymology is just as tasty. Seems the "X" was a widespread symbol of the cross and, by association, of Christ during the middle ages. "X" is also the Greek Chi, which looked enough like Christ to suffice. Add "mas" to either "X" and you've got it.

Back to Santa. Many theories abound concerning where the Jolly Old Elf came from. My favorite is the one that says he is descended from the three wise men. Originally, fathers dressed up as the wise men and rode into

the living room on camels, to distribute their children's presents. You can easily imagine the many problems involved with having camels in the living room. The practice, although still carried on, quickly fell into disfavor.

In the early days of our country, one Christmas Eve a hardy pioneer went out to the barn dressed only in a red union suit to get three wise men costumes. Looking down, he saw the snow which had gathered on his cuffs and the first crude prototype of the Santa we all know and love today was born.

Santa Claus and fireplaces were soon the vogue, but modern technology replaced the fireplace with the Christmas tree, or tannenbaum, as it is called in Maryland.

That just about brings us up to the present. As they say in Lithuania: "Linksmu, Kaledu svenciu ir Lamingu Naujuju

Library boasts 100 new books

There are approximately 100 new acquisitions to the Library, including recent best sellers, a few of which are listed below:

FICTION
August 1914 - by A. Olzhenitsyn (1); Winds of War - by Herman Wouk (4); On the Night of the Seventh Moon - by Victoria Holt (6); To Serve Them All My Days - by R.F. Delderfield (7); The Breast - by Philip Roth (8); The Man Who Loved Cat Dancing - by Marilyn Durham (10).

NON FICTION
Supermoney - by Adam Smith (2); The Peter Prescription - by Dr. Laurence J. Peter (4); Open Marriage - by Nena & George O'Neill (6); A Nation of Strangers - by Vance Packard (7); O Jerusalem - by L. Collins and D. Lapiere (5).

LIBRARY HOURS
Daily: Tuesday to Friday, 1230 to 1400 hours; Evenings: Tuesday to Thursday, 1900 to 2030 hours; Closed: Saturday, Sunday and Monday.

Library hours - festive season

Dec 23 - 27 Closed
Dec 28 1230 to 1400 hours
1900 - 2030 hours
Dec 29 - 1230 to 1400 hours
Dec 30 - Jan. 1 - Closed

A first for Base Supply

A Surprise Baby Shower was held last week for Cpl. "Moe" Mowbray of Inventory Control to commemorate his becoming a grandfather for the first time. The shower was held by the ladies of 7 Hangar and took place in the ladies' washroom on the second floor. Moe was lured into the ladies' washroom by Terry Saulnier on the pretext of looking at Sue MacKenzie's Barby Doll dress. The other ladies in attendance were Ev Palmer, Terry Neville, Wendy Laliberte and Marina Christensen. Unable to attend the shower was Mary Rose.

Speechless, (the first time ever recorded) Moe was led to the decorated chair of honour, where he was presented a corsage, a nice assortment of gifts for his new grandchild and a red stuffed dog which Moe claims is his and without which he doesn't sleep very well.

Have you ever heard of a private eye from P.E.I. who bore the moniker Sam Spud?

CWL news

(Continued from page 7)
This will be a marvellous opportunity to complete our spiritual preparation for the birth of Christ.

Another fact to note is that weekday Masses are now celebrated only twice a week; Tuesday evenings at 7 p.m. in married quarters and Friday mornings at 10 a.m. in the chapel. Mass will be celebrated upon request in a home on any other weekday.

All of the members of our CWL are asked to bake for the Glacier View Christmas party on the 18th of this month. Anyone who would like to join us and bring some cheer to these senior citizens is more than welcome.

Immediately after our last meeting we had an opportunity to meet the members of the newly formed Women's Guild of the Protestant Chapel. They are a lovely group of women and we wish them every success and good fortune in the year to come.

Parents of school children please note - there will be no catechism class held on Wednesday, December 20.



"What in heaven's name did you put in that last drink you gave him?"

OFFICERS' MESS ENTERTAINMENT DECEMBER

Friday, Dec. 15 - TGIF
Saturday, Dec. 16 - Christmas Party and Dance - 409 Dinner
Sunday, 17 Dec. - Christmas Dance - 2100-0100 hrs. - VP 407 Sq. Dinner
Wednesday, 20 Dec. - At Home at W.O. and Sgts. Mess - Time: TBA
Thursday, 21 Dec. - Mess decorating party - Hot Wine - 1930 till?
Friday, 22 Dec. - Mixed - TGIF Christmas Cocktails
Sunday, 31 Dec. - New Years Eve Formal

JR. RANKS CLUB DECEMBER

15th - TGIF - Euchre
17th - Turkey Bingo - Cash - Turkeys - Juice
19th - The Sergeant
22nd - TGIF - Darts
23rd - Children's Christmas Party - Double feature at theatre (Goodies)
24th - Children's Christmas Party
29th - TGIF - Cris
31st - New Years Ball - Members \$2.50 - Non-Members \$7.50
Tickets go on sale for New Years from the 4th Dec. until the 23rd Dec. Requisition may be signed at PMC's office. Non-Members tickets will go on sale the 23rd Dec. Tickets are limited, so it is suggested you get them early.

WO's and SGTS. MESS DECEMBER ENTERTAINMENT

TURKEY BINGO AND DRAW - Dec. 16 - 2200 - 2300 hrs. Dance: 2300 to 0300 hrs. Music: Jane Lane Band. Food: Hot roast beef and chips. Dress: Casual. Admission \$1.00 per person. Guests \$2.00 per person.
INTERMESS VISIT - Dec. 20 - 1400 - 1600 hrs. Assembly 1345 hrs. Sr. NCOs host the Officers.

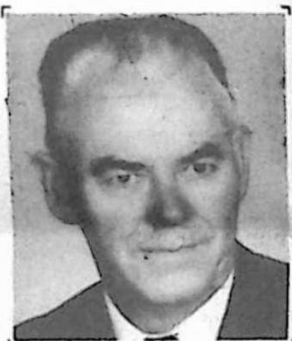
NEW YEARS EVE BALL - Dec. 31 - Cocktails 2100 - 2200 hrs. Dance: 2200 - 0300 hrs. Music by The Tidesmen. Food Smorgasbord. Tickets (Free) for breakfast available at bar during the evening. Breakfast served 0400 - 0700. Dress: b. Admission \$10.00 Regular and Associate Members. Ticket sales to 19 Dec. \$20.00 Honorary and Guests. Ticket sales 19 to 27. Free bottle of spirits per couple and corsages for the ladies.

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To allow the staff to enjoy Christmas we will be closed from 10 p.m. 24 Dec. to 12 Noon 26 Dec.

Merry Christmas - and Thank You For Your Tremendous Support - The Fudge Pot Staff

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Christmas Spirit

We hear words Christmas spirit bandied about quite frequently. It seems to be taken by many to be a cross between Santa Claus jollity and a feeling that one should be kinder and more generous to others.

What is the true spirit of Christmas? The New Testament gives us some ideas to pray about:

It is love: God loves us; He wants us to love him; we show this love by loving our neighbor (Jn. 13:34-35)

It is giving - it is forgiving - it is quiet joy: The joy of Advent is continued into the Christmas season. We rejoice because of the Good News of our salvation: our savior has come! Yet our joy is muted, for we are not homefree yet. We still carry God's grace in fragile vessels. We are weak and tempted, yet God is with us! Emmanuel is here!

NOTICE

The objective of all dedicated soldiers should be to thoroughly analyze all situations, anticipate all problems prior to their occurrence, have answers for these problems and to more swiftly solve these problems when called upon ...

However when you are up to your ass in alligators, it is difficult to remind yourself that your initial objective was to drain the swamp.

Christmas was austere in Cromwell's England

Ent AFB - Christmas is a time of rejoicing and Americans customarily think of it in terms of a "Merry Olde" England sort of festivity - carol singing, plum pudding, roasts on the fire, and glittering trees and heaps of presents.

Yet one of the oddest sidelights in the history of the holiday is that at one time the British were forbidden by law to celebrate Christmas with good cheer.

Oliver Cromwell's parliament in 1644 passed an act that made all traditional Yuletide fixin's illegal. Roast a turkey or a fat goose for the holiday and you were a dead duck. You ended up before a glowering Puritan judge the next morning.

Not only was rich food forbidden, but Cromwell's regime made Christmas Day a day of compulsory fasting. It was held to be strictly a religious event, at which any show of light-heartedness or high spirits was nothing short of blasphemy.

So Christmas celebrations became events to be held

behind locked doors and shuttered windows. Although Cromwell could prevent public observance of the day as more than an occasion for churchgoing and pious meditation, he could not stifle the sturdy Briton's love of a good time.

There is evidence that the Puritan ban on nonreligious Christmas celebrations was a powerful factor in turning the people against Cromwell.

When the throne was restored to Charles II in 1660, the Yuletide lights blazed again; the carols rang out, and all the genial traditions of the holiday season were back in fashion. (ADCPs)

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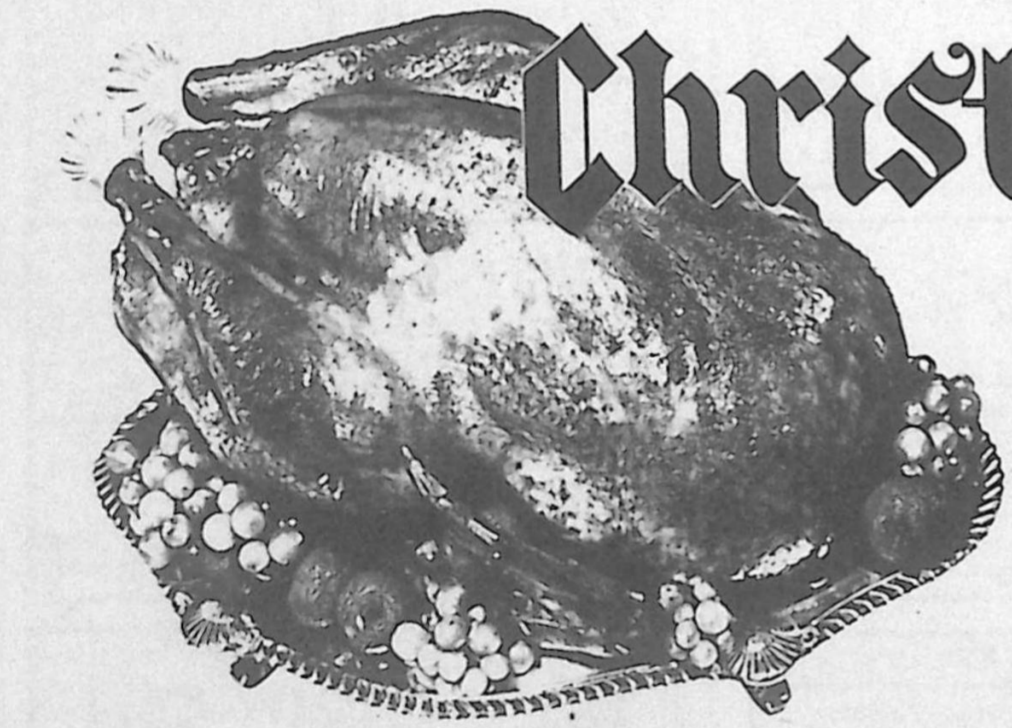
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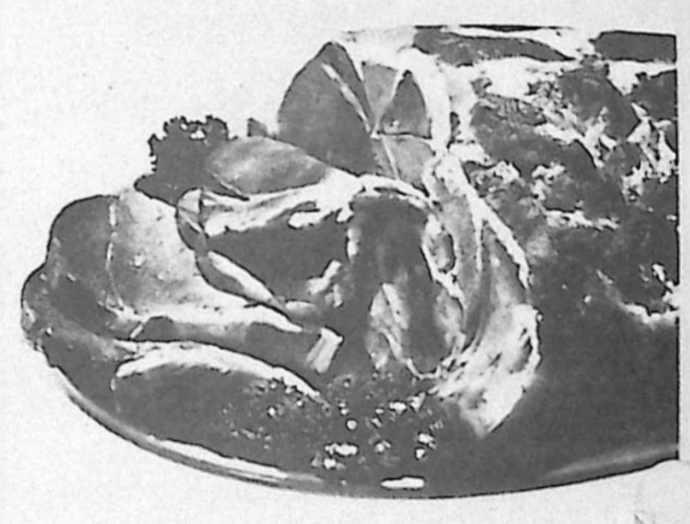


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