



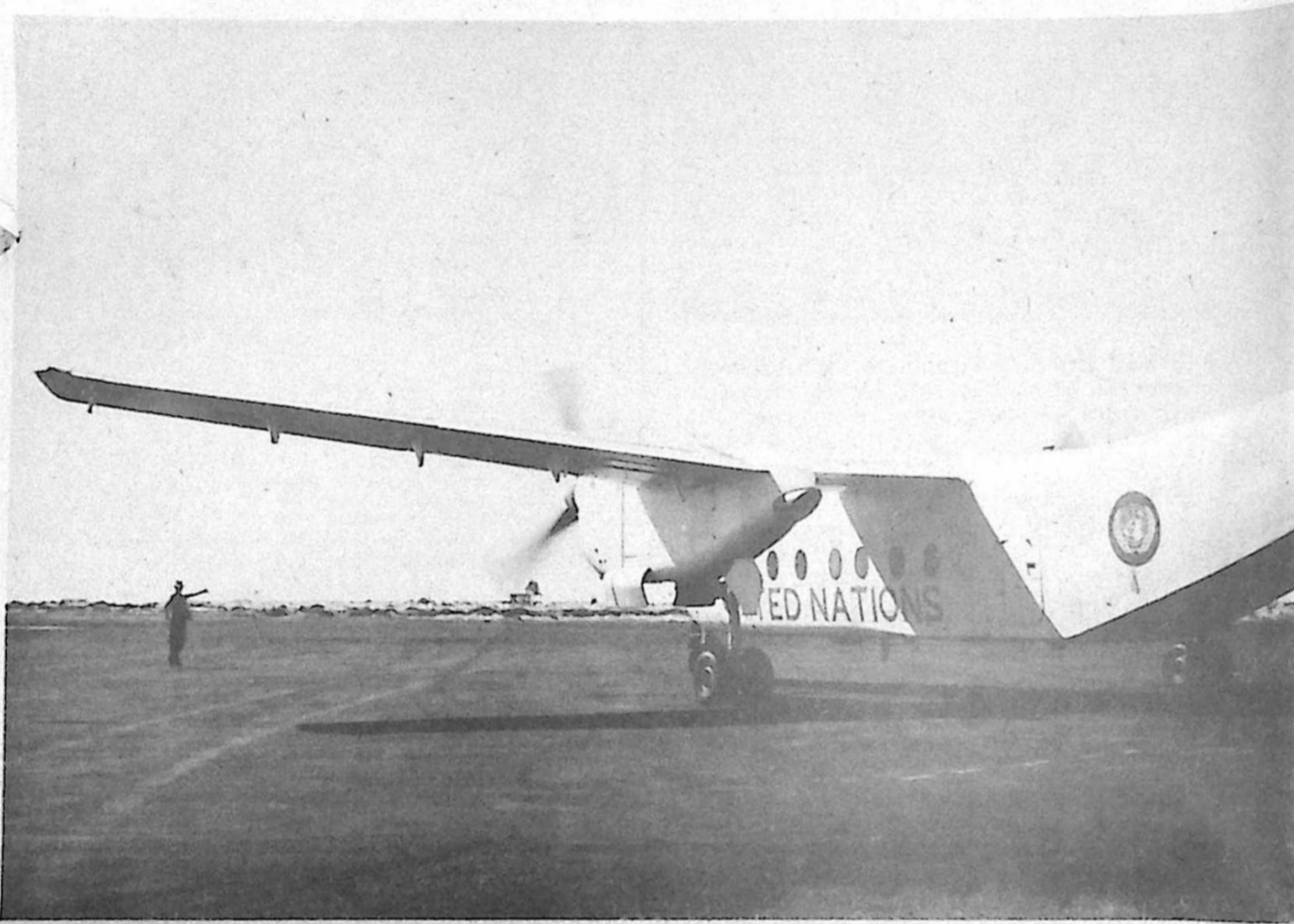
TOTEM TIMES



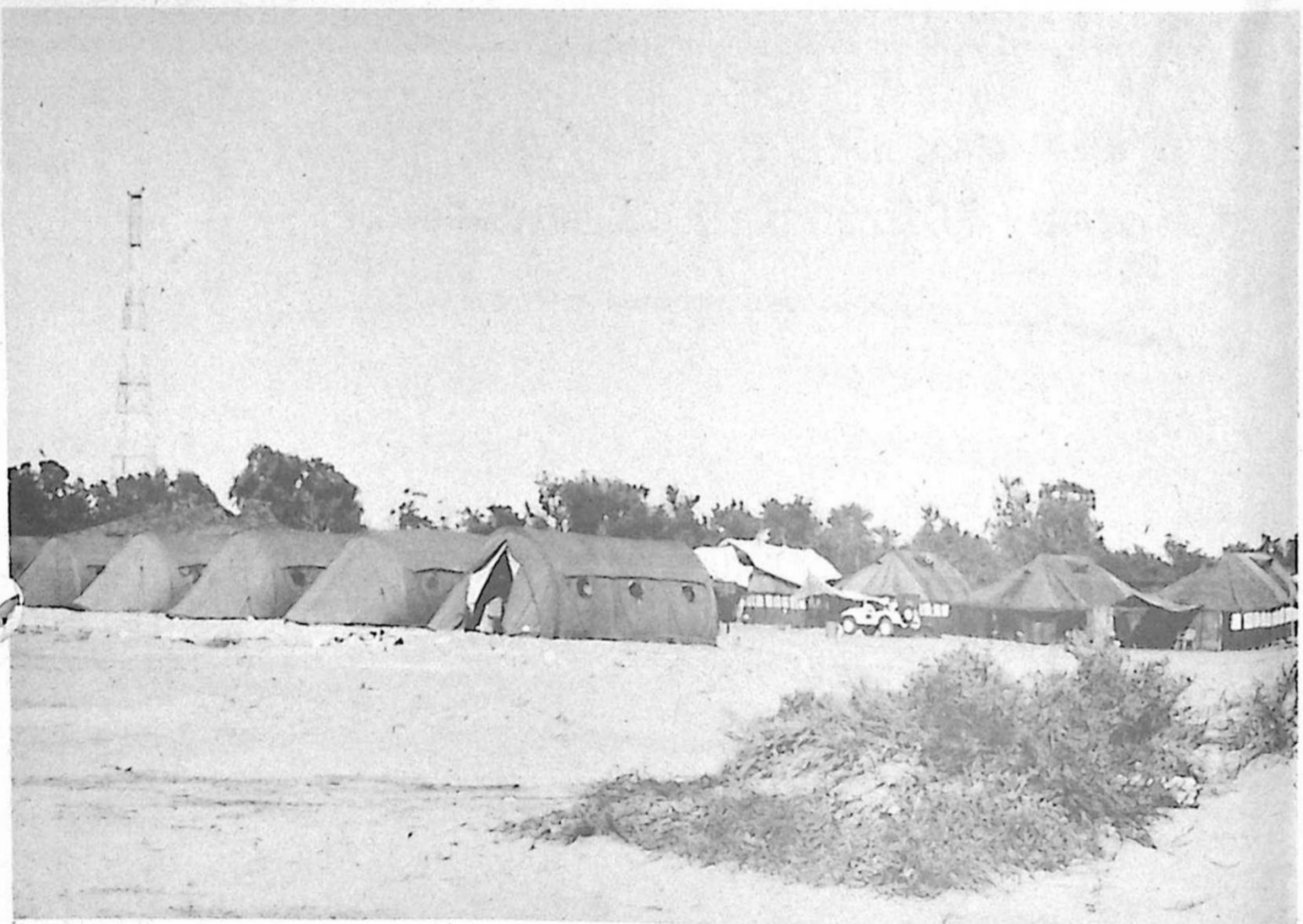
VOL. 16 - NO. 22

CFB COMOX TOTEM TIMES THURSDAY, DEC. 5, 1974

No Major Change In C.F. Roles



A BUFFALO AIRCRAFT of 116 ATU returns to its home airfield, Ismailia, after another UN flight over the sands of Sinai. Forces Photo



116 ATU'S CANVAS compound at Ismailia Airfield is a far cry from the concrete accommodation usually associated with air operations. Forces photo

Canadian - Italian Ceremonies Set

OTTAWA (CFP) - The Honourable Daniel J. MacDonald, Minister of Veterans Affairs, has announced in the House of Commons that Canada will send an official delegation to Italy next April and May to participate in commemorative ceremonies at Canadian and Italian war cemeteries.

February, 1945. It is an illustrious and distinguished story which involved more than 92,000 men of the 1st Canadian Corps. More than a quarter of these became casualties. Over 5,000 of them killed, or died of wounds, and now lie in Canadian War Cemeteries in Italy.

living members of that Corps being in attendance. In addition, wreaths will be laid in a number of Italian war cemeteries.

These survivors will make up the delegation going to Italy and will be selected by the commanding officers of perpetuating units of the 1st Canadian Corps through

Regimental or Corps Associations.

Mr. MacDonald felt sure that the visit of such a delegation to Italy would recall, for all Canadians, the glory and sacrifice connected with such names as Ortona, the Moro River, Rimini, the Liri Valley and the Gothic Line.

Mr. MacDonald stated he had visited all the major cemeteries in Italy last year which contained the graves of the members of the 1st Canadian Corps who had died in the hard and bloody battles which led to the liberation of Italy.

He said it was most appropriate that memorial services be held at most of these cemeteries with sur-

To All U.N. Wives

Do you have a husband or boyfriend in Egypt or Cyprus and you find the time long? Well, ladies, we have the answer. A handful of U.N. Wives have been busily involved trying to get a U.N. Wives Club

If there are any ladies interested in joining in with us you are more than welcome.

For more information, contact Prime at

Richardson Tells T.V. Audience

OTTAWA (CFP) - Defence Minister James Richardson has indicated there will be no major changes in the four main roles of the armed forces as a result of a current review by the cabinet.

Mr. Richardson made the comment during the CTV program 'Question Period' Sunday Dec. 1. The half-hour program was taped earlier in the week.

Responding to a comment by the Chief of Southam News Services, Charles Lynch, that the armed forces are stretching now to meet their commitments, and that something has to go, Mr. Richardson said, "I don't think that any of the essential priorities have to go, as such."

He was referring to the Defence of Canada and North America, Nato and peacekeeping.

The Minister elaborated, saying "I don't think that we have to cut back on any of those, or eliminate any of those. But we do have to make adjustments within, we may not be able to perform some of them to the same level," and he named the North American Defence system as one area where adjustments would be made.

Mr. Richardson added that "even the United States themselves, are adjusting the number of interceptor aircraft they have."

During the interview the minister also said the 11 per cent increase in Canada's defence budget will allow the department to face its responsibilities in the coming year.

"Inflation has come on very rapidly, and we've had to cut back on operations," he said, "But it's only short-term and we're making the adjustments now."

The minister said that "We will spend 276 million more than last year... more than a quarter of a billion dollars." He indicated a similar increase is anticipated for next year, about 11-12 per cent.

Besides Lynch, panelists on the show were Toronto Sun Ottawa correspondent Douglas Fisher, and CTV's Ottawa Bureau Chief.

Panelist Lynch also asked the minister if he thought he could do with any fewer than the 80,000 troops he now has and still fulfill future obligations. Mr. Richardson replied that he had "never used the figure of 50 or 60 (thousand) or any other that's been bandied about."

The minister said that the Warsaw Pact countries still are the main threat, and that Canada's main objective was "to stay strong while we negotiate arms reduction, and that is what we are trying to do."

Asked if it might be better to remove troops from Europe and use them for surveillance in Canada, he said "Number one, I think the first line of defence is in Central Europe."

Mr. Richardson went on to say that "I think our 5,000 men, because of their training, because they are career soldiers - they're not conscripts, they're not men that are in and out in 18 months - they're there, they've had many years training, they're dedicated, experienced personnel, and they will account for themselves far beyond their numbers, and I don't think that you can measure their performance by 5,000. You've got to measure it by their ability."

Asked about the future of the tank in the Canadian Forces, he said "This is being brought forward in our land forces study."

116 A.T.U. Airmen Soldier With The Best

ISMAILIA (CFP) - Many believe that the air element of the Canadian Armed Forces has always maintained an air of elegance which seemed to preclude such uncivilized trappings as sleeping bags, slit trenches or living under canvas.

116 Air Transport Unit, serving with the United Nations in the Middle East, has demonstrated to disdainful or envious land and sea element personnel, who share the same patch of sand here, that they can "soldier" with the best.

In fact, according to LCol Jack Tupper, who commands 116 ATU, this is the most unified example of an integrated force he has ever experienced.

"In Ismailia we are all working to the same end - logistic support, and no one goes home after the day is done." Everyone here shares the same frustrations of no hot water, living under canvas in the middle of the desert and we all swat the same hordes of flies.

After a while the lines begin to blur and what comes through are the people. Most people with the United Nations Emergency Force agree with LCol Tupper's conclusion. "It is the people you work with that make an experience I will always remember with pleasure," he says.

Sometimes the memories are not always pleasant, particularly for the veterans of 116 ATU. There used to be three Buffalo aircraft flying people, mail and supplies across the Middle East. One of them now lies scattered over a rocky plateau in Syria. Five members of 116 ATU and four other

members of the Canadian contingent lost their lives in the crash, a reality never forgotten by the men who still fly these skies.

But the task remains. Tel Aviv, Jerusalem, Cairo, Beirut, Akrotiri and Damascus are cities where needed supplies are stockpiled.

To pick up men, mail and material, the "Bufs" must negotiate complicated air corridors between hostile countries, knowing they are traced by missile control centres on both sides. Timings must be precise, along with exact low altitudes in areas like the Suez Canal, where they fly at 2,000 feet.

They have provided the United Nations Emergency Force in the Middle East with a needed flexibility in transport and the ability to react to priority needs with speed.

The results are impressive. In the last three months, the 54 men of 116 ATU flew 23 missions, hauling 421,982 pounds of supplies, 694 passengers and 15,284 pounds of that most precious commodity - mail. The pace has not slackened with the loss of one of three Buffalo's. 116 ATU just work longer hours.

In spite of difficulties, or perhaps because of them, 116 has won a host of fans. "This is the first time most of my men have had an opportunity to see up close how the air element work their side of the street," said LCol Harry Tudor Commanding Officer of 73 Service Battalion.

"We have both learned a lot from each other, but what is more important, he says, we now understand each others problems."



DEATH Knows No Holiday

DRINKING *plus* DRIVING equal DISASTER *Be Careful*

Canal Capers

The sight and sounds of Camp Charbonneau are changing as our first big influx of new Pinkies have arrived on the scene. Their new figures can be seen wondering around in a daze trying to figure out the abrupt change in their lives.

Included in our new arrivals is our new CO, LCol Lyle Coulter of Edmonton. On the 20th of Oct. we held a change of Command parade when LCol Jack Tupper handed over the unit of Command to LCol Coulter. The parade was followed by a Social affair and Cocktail party where Social graces were exchanged. The next morning our new CO could be seen walking around muttering "Why Me?" We said good bye a few days later to LCol Jack as with a tear in his eye he left for Canada. All of us here wish Jack Tupper the Best of Luck and our thanks for his job here.

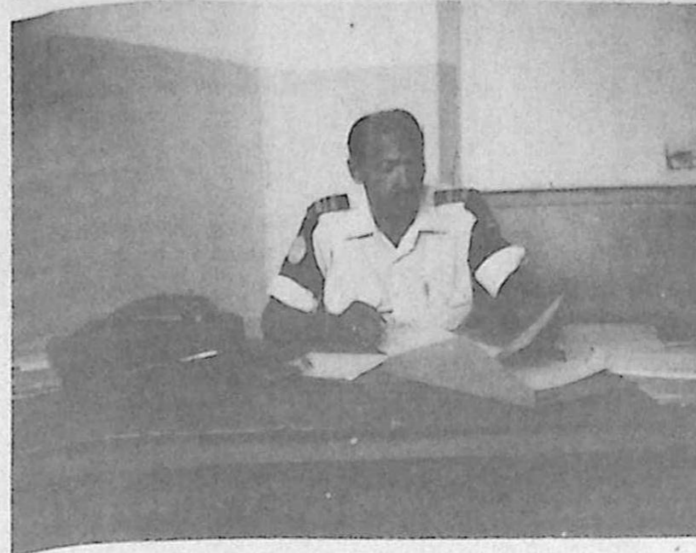
Thanks go to Mrs. Gloria Spencer, for her thoughtfulness in sending over the recent "Care" package.

With a number of people drawing near the ends of their tour, they have been taking advantage of the UN leave policy. Recently returned from Lahr and other areas are Pete Francis and "Swampy" Marsh. Both looking refreshed they found out that much of their hard earned sun tans seem to disappear down the shower drain.

A recent special ceremony was held here when one of our few Land element personnel was given a Certificate that deemed him an honorary "Pigeon" for the rest of the tour.

At another function held in October was the 20th anniversary of Capt. "PJ" Graves entry into the Armed Forces, which was celebrated with birthday cake and a few pints of beer. Congratulations PJ, but tell us how someone with so many years could look so young!

116 received an invitation from our counterparts, the U.S. Navy, who are here on the Suez Canal clearing operation, to join them in celebrating the anniversary of the U.S. Navy. Many of our members went down to be treated to a Bar-B-Q of good old fashion Hamburgs and Hot Dogs brought in from State Side. Most came back with



CLIFF EAKIN hard at work.



STAN PRIME DISPLAYS some of his prize winning badminton form while John Oliver looks on. The final score of the game: Technicians 3, Raquets minus 3.

stomachs swollen and happy smiles on their faces.

New uniforms can be seen around the unit now as an Egyptian Tailor down town has been turning out Jungle suits for some of our fellows. Most prominent in displaying the new suits have been Pat Colburn and Al Kelley.

With each month that passed, new pets and pests take their place within our unit. At Shams we had ants, at Ismailia we have had Dragon Flies and bugs resembling A.P.C.'s and now with an Invasion of Crickets each tent has a few pets of their own. Each night the 116ers can be seen staking the pesky little varmint with brooms, hammers and fly spray in an attempt to get a quiet night's sleep.

That appears to wrap up the news summaries for this time. Stay tuned for the next edition of exciting events direct from our Egyptian home.

Ma Salam

IT TAKES A MAN TO HELP A BOY

BE A BIG BROTHER

Call Major Stroud at Local 205

Mann's Mid-East Mumblings

Hello to civilization from 116 ATU Ismailia:

The weather here is not near as nice as it is in Comox, but you can't have everything. After all we have the biggest beach in the world, but man it's sure a long walk to the water.

It won't be too many more days and this contingent will be mostly personnel from CFB Comox as R.B. Smith, Trenholm, Arsenault and many other 442 people will be joining us on the TENT LINE.

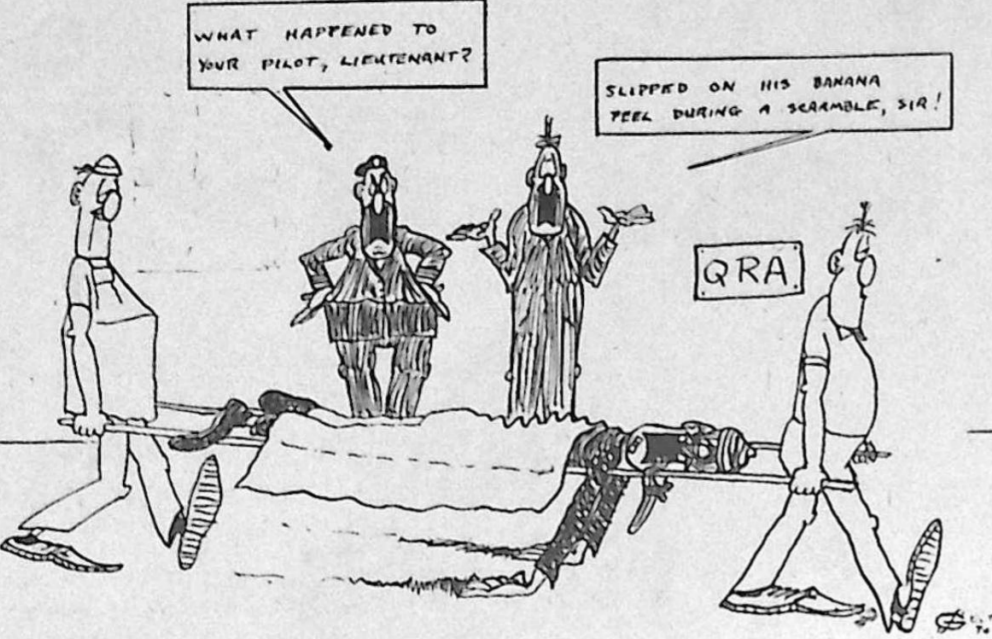
We are sorry to see the camp pacer leave our camp (Stan Prime). But the station R.S.M. is happy to see Stan go, after our Nov. 11 Remembrance Day parade. Seems Stan is taking up acting. He was the only flight sgt. on parade that had to have "Q" cards!

Maj. Eakin is leaving 116 with his head hanging low. It seems he's awful disappointed he didn't get his extension to remain in Ismailia. It's a good thing too because the camp is running low on gin.

The camp minstrel is leaving. Fred Quarrie - now his tent neighbors will be able to sleep, no more artistic inspiration in the wee small hours of the morning.

After six months at the bridge table Dick Brooks finally won a bridge game. However it must be noted, his championship was short lived. Yet the rookie does show promise. Keep at it Dickie, Prime won't always have that horse shoe you know where.

It seems David Davidson had some trouble adjusting to Egyptian time, can't see (Continued on page 6)



Nighthawk's Nest

With all the recalls and exercises going on since the rainy season started, it was a pleasure to dust off the cobwebs last week to find 409 in the middle of the latest edition of Barker's Follies 74. Nobody knows where Vern gets all those exotic looking birds that take part in his versions of the Battle of British Columbia, but rumor has it that next month there will be entries from a group that promises to give us some very realistic training.

Seems there was a hangup on a SAGE line and Vern ended up arranging exercise targets from a chap with a strange accent from CFB Urukuk. Congratulations on a fine exercise Vern, but maybe the rules better be changed again to give A Flight an even break. Perhaps if B Flight flew all change seat missions it might be a bit more even.

The formal Mess Dinner that followed shortly after the exercise was an unforgettable experience. The cold fish in white sauce would not give much competition to George's Take Out, but a great deal of planning went into the rest of the menu, especially the lack of dinner rolls. In addition to the illustrious head table, there were two honored guests

from down south of the border. LCol John Coffin and Maj. Tom Hampton from the Marine Air Reserve Training Division at Navy Alameda, San Francisco.

LCol Coffin, commander of the MARTD, has provided some of Cudgel Caper's finest and most difficult targets with his A4 Skyhawks. Unfortunately, the two marines' dress uniforms were predominantly red with lots of glittering gold. This color combination confused a great many former Pongos who thought they were being visited by two land element generals.

The dinner itself was very formal, with very few casualties. However, the Commander and Squadron Couth officer wish to remind you that if you must rest your eyes during the speeches, do so in a military manner without snoring or resting your head on a full cheese tray. The North Bay shuttle service commander closed the formal portion of the dinner with a few well placed air to ground demonstrations of the ballistic qualities of properly folded cloth missiles.

The informal aftermath of the Mess Dinner involved toasting and athletic contests.

Peter Z and Gus Hay put on a demonstration of pilot skills including balance and unusual attitude recovery procedures. Yes, Virginia, gin and tonic will pour uphill, but don't get your heels caught in the bar.

There is no truth to the rumor that Black Mac is trying to formalize dress regulations in the QRA. He was merely trying to add a little class to the place by showing up in his Mess Kit for egg in the hole.

Les Cox and Joe Parkinson worked out a cross training program with the two marines the next morning. Les and Tom Hampton departed in a T-33 for Alameda after a short discussion on seating arrangements. Unfortunately, the TA-4 was under the weather and Joe and LCol John Coffin were not able to depart until the next day.

There's a big weekend coming up. Don't forget to show up for the Mess Decorating Party on the 6 December (tonight), followed by the 409 Christmas Party on Saturday, followed by the Recovery Party on Sunday. The Mystery Major will give motorcycle rides by popular request.



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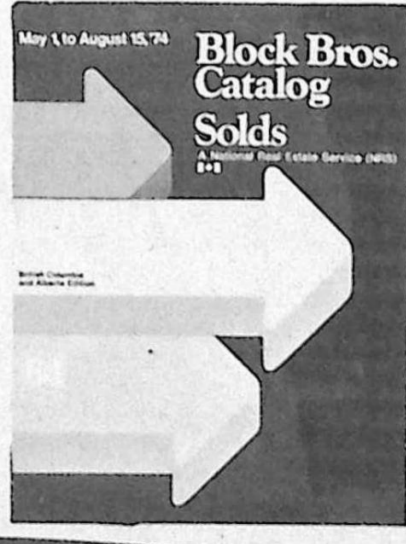
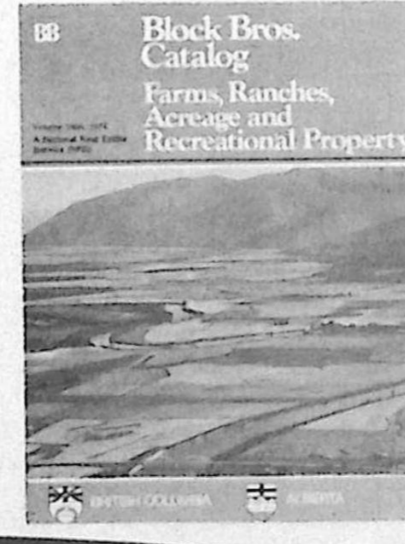
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Voodoo Nuts Bolts and Volts

Since last this column appeared on these hallowed pages we have welcomed five privates from Camp Borden and one Cpl. who escaped from 407 Sqn. We have given G.S.E. for the time being. From Borden we welcome Pte. Jessie Boudreau to Log Control, Pte. D.E. Ceperley and Pte. M.E. Weir to Voodoo Servicing, Pte. G. Nagy to Nav Comm Labs and Pte. S.L.G. Haines to the Refinishing Shop. We hope your stay within the BAMEO's organization's an enjoyable one. We've said goodbye to Pte. W.E. McDonald who is heading towards Civi Street and to Pte. Pete Bowen who has moved from Log Control to that Big Orderly Room down the road. Best of luck fellows. With all that snow that hit us the other week it looks like winter is upon us once again. At this time of year we can expect the halls of No. 7 hangar to reverberate to the tunes of "EXERCISE! EXERCISE! EXERCISE! EXERCISE! EXERCISE! EXERCISE!" With this in mind we can again look forward to

early morning breakfasts, of eggs and sausages cooked much earlier, and hearty lunches of "Cudgel Stew", served in the friendly atmosphere of the No. 7 hangar canteen. Oh joy, here comes another long, active winter. The workload in Repair has been very heavy the last while due to the increase of T-33 aircraft and the shortage of spares, but after a couple of overtime shifts things are back to normal.

A new face has arrived on the scene, MCpl Gillard from the JEFM shop has replaced the now Sgt. Christensen who moves on to GSE, supposedly to straighten the place out. Good luck Ken on your new assignment, we know Irv Gillard will fit into the Repair Organization well. Sam Cook is back driving the big blue and white auto again - no more tangles with the ladies in those small Japanese models Sam. And that's about all for now from Repair.

Servicing line troops have been observing with keen interest the installation of a "one eyed monster" on the hangar roof. Phrases such as "Instant Replay" and "Show and Tell" come to mind. Watch it fellows, 1984 may be closer than you think, your signals on start ups could be mistaken for obscene gestures.

407 Tech Ramblings

REPAIR

Once again the AMIT has come and gone and, as usual, we are left with a certain degree of apprehension. It seems that they are always able to find something that was overlooked by our own super snoopers. The hangar floor sparkled as though it had been treated with "Mop and Glow" and the equipment glistened like new. Now it seems a shame to go back to work and spoil it all.

Well, we have done it again: our last periodic inspection, aircraft 716, returned from its air test with nary so much as a minor against it for either the airframe or engine boys. While this kind of performance will probably never win any awards or make the headlines, it serves to indicate that we do care and are really trying to do a good job that will be a credit to both Repair and 407 Squadron. So, to supervisors and men alike, our congratulations and thanks for a job well done and keep up the good work because, who knows, some of our expertise might even rub off on the boys down the hall.

The first snowfall of the new winter season caught many of us flat-footed - without our snow tires. Of course some of us feel that we just have to get the maximum mileage out of our summer tires and there is also the guy who isn't going to change tires until he is forced to - when it's too late! A

certain well-known WO, no names no pack drill, was observed changing his tires on the road in about six inches of sloppy snow all the while muttering to himself about the miserable weather and some other subjects which censorship categorizes as unprintable.

Things are just about back to normal again what with the clocks reading Zulu time and the volley ball court getting hard usage. MWO Eric Hall, our Acting ARO, can now relax and enjoy his noon hour swims safe in the knowledge that we have weathered yet another inspection.

SERVICING SNICKERS
There isn't much to report from number one crew as the troops are still having a tough time recovering from the October golf tourney. Speaking of the aforementioned competition, would the person who has the two polaroid pictures please return them to Cpl. Neville, one photo was of Capt. Ron Irving putting and the other - ?

As of the time of writing, we are about to embark on yet another test of our athletic prowess; this time the event is a crew curling bonspiel. Since the results of same will not be known in time for this issue of the fish wrapper, you'll have to wait a couple of weeks for them along with a brimming over supply of other useless bits of info.

Our resident "galley rat", old Barrie "the buzz" Arniel, is currently taking things easy at the local infirmary. It seems that his back troubles were aggravated when he tried to pick up his lunch bucket without the use of a fork lift. We're going to send him a jar of peanut butter, a head of lettuce, twelve wipers and an oil spill just to make sure that he doesn't have to be retrained when he returns to the crew.

Time to insert a plug for the intersection broomball and hockey leagues which find the squadron well represented with two teams indulging in each sport, and all four of them are right up there in the standings. Sock it to 'em guys, but keep your heads up and stay out of the corners.

How does the multitude like our new Command Badge? That eagle towing the anchor only confirms what everyone had known for years; namely that the Air Force of old had carried the Navy, so why change now? We'll look forward to hearing the reaction to that one.



WHEN CPL. LOUIS (FRENCHY PLAMONDON left on posting to Camp Borden earlier in the fall, he took with him what could mildly be described as "all his worldly possessions." These included: a motor home; motor bike; motor boat; mini-car; trailer; etc., etc.



DON'T LET "HURTS" PUT YOU IN THIS DRIVER'S SEAT!

The Five & Dime Corner

Here it is only a few more days till Christmas and at the BCompt section we are working as hard as ever.

Sgt. Gordie Stallard was hospitalized for two weeks and is now back on the road to recovery. Gord should be back by the 1st of Dec. just in time to get in shape for all the Christmas parties coming up.

Kim our typist on Pay side has started a flower family. Right now she has Hortense No. 1 and Hortense No. 2 sprouting on her desk. This project has spread to other desks in the office. If you have gardening problems check with Kim.

According to WRO 47 it's never too late to start a fitness program. Taimi our BCompt's secretary has. Taimi up to the time of writing this column has completed 40 lengths (that's swimming east and west direction when in the pool). Well done Taimi.

The section has become sports and physical fitness minded lately. The boss has been busy with volleyball and has now been nicknamed Super Scooper. Speaking of the Boss, Major Stroud will be retiring as President of the Glacier Greens Golf Club come end of December. Congratulations on a job well done, Sir.

Our bowling team will be sending out an SOS to CFB Edmonton to bring back Sgt. Hugh Smith if we continue our tailspin in the Men's League. Phil Connington, Glyn Snow and Del Newman (probably known as the Streaker Line) are contributing their talents to the Intersection Hockey league this season.

Mac must be out of shape as he's been complaining of a sore back ever since Wednesday sports afternoons have begun. On the subject of streakers,

Sgt. Bob Fletcher has been working so hard and fast lately that he informs us the reason we don't see him most of the time is because of the speed he's going when doing his work.
Sgt. Lee Boyle is busy with his committee completing the final arrangements on the Section Christmas party. Don't forget to mark the calendar for Saturday 21st December, gang. Dinner will be served around 7:45 and dancing and merry making 9 to 1 (at least).

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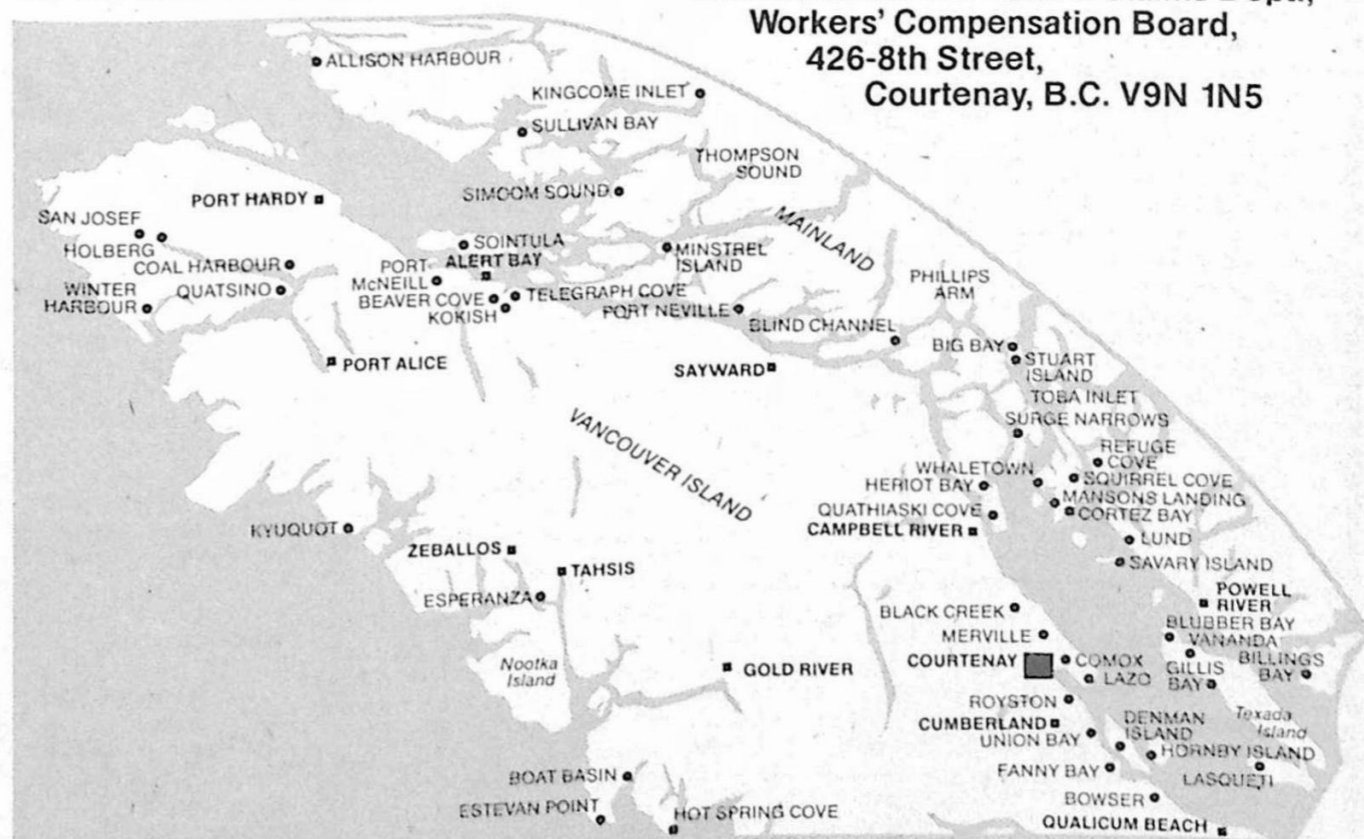
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Local service introduced for Workers' Compensation claims

As of Monday, November 25th, compensation claims from residents on the northern Vancouver Island area will be decided at the Courtenay office of the Workers' Compensation Board,

rather than at the head office in Vancouver. Any information about W.C.B. claims from workers living in the area shown should be sent to:

**Rehabilitation Services & Claims Dept.,
Workers' Compensation Board,
426-8th Street,
Courtenay, B.C. V9N 1N5**



By localizing the claims process, the Board will improve and extend its services to workers and employers. The new service will provide for more personal and responsive communi-

cations between our staff members and the men and women they serve.

The new office will continue to contain the Board's Accident Prevention and Rehabilitation Services staff members.



EDITORIALS

Cold Wheels

Today's young drivers are a product of our society. Is it any wonder then, that their attitudes to cars and driving show society's preoccupation with power, status and swingers?

From infancy they are confronted with examples by their parents, their teachers, their friends and by television of the role of cars in our society. The picture that emerges and is gradually formed in their young minds is that a car is the key to maturity, recognition, acceptability, personality and individual expression.

This image is helped along by the affluence of our society and the emphasis placed on appearance, competition, power and performance. Even the children's toys are replicas of the fastest, noisiest, winningest cars. Car manufacturers and salesmen take over from there, providing a barrage of advertising that continues in this theme and adds "images" with which our young drivers can identify: "muscle" cars, stock car race winners, the "hero" image. Always, the owner of the new car, the winner of the race, the risk-taker is the centre of attention, reinforcing in young minds that cars identify with recognition, acceptability, personality, individual expression, success!

So, that's the starting point for driver education. Sixteen years of image-making, observation and bad examples have caused our young driver to endow his set of wheels with a host of meaning beyond reality. Now he's arrived! His car gives him mobility

recognition -- escape -- maturity -- power -- performance -- personality -- status!

When our young driver is finally on-board his own hot wheels, he can hardly wait for Friday night to show he's the biggest, fastest, noisiest, highest-rear-ended cat in the Valley!

How dare we explode these time-honored Canadianisms? We dare because these attitudes are fundamentally wrong. Cars do not mean instant maturity and they don't alter your status or your personality. Before some of our best young people grasp these truths, they are bankrupt, injured or killed. Their fellow-members of this human race are outraged: "Why did they do it?" "What makes kids drive like maniacs?" "What are they trying to prove?" Their parents, relatives and friends ask "Where did we go wrong?"

Where we went wrong was sixteen years ago, when we had the opportunity of creating an image of reality. By our training, by our example, by our media advertising we should have created and reinforced the image that a car is for transportation, recreation and enjoyment. It neither augments nor detracts from your personality, individual expression or acceptability. Tire squeals, unsafe cornering, speeding and noisy exhausts are the exhibitionist trademarks of immaturity and weakness. The real hallmarks of maturity, stability, intelligence and strength that you seek are responsibility, good maintenance, quiet and smooth operation and consideration for others.

From the Fur Lined Foxhole

I was sitting in the old hole the other night wondering if I was going to be one of the 25,000 guys we are going to lose when I heard a crackle from the corner. My pocket radio was coming to life. It quit last July when the air dried out and I guess the monsoon has revived it.

It was a CBC report from the Golan Heights. The MND was visiting our brave lads encamped between the Syrians and Israelites. It appears he had his eyes opened. Our troops were settling in for a very cold winter with no parkas, still living in marquee tents with no floors not having any sewage or garbage disposal, no tires for their vehicles, no tools to keep them up and a UN request to plow the roads with no snow ploughs to do the job.

The commanding officer was asked what was going on and he replied that all the required supplies had been requested from the UN and nothing has arrived. Down the road, Austrian troops were being properly housed in mobile trailers with all the comforts due to a peace keeping force. Where had they received their supplies? From their own government!

Then came the comedy. The senior NCO was interviewed and he said the

Canadians had been trying for weeks to requisition enough wood from the UN to build shelving to get their food off the ground. No luck. He then requested wood to build a privy for the MND's visit and presto, the wood arrived. The MND did not get a privy but our boys got their shelves! Bravo!

This little story leaves some unanswered questions in my mind. Why were our troops not adequately clothed, housed, and supplied? Was someone waiting for the UN to come across at the expense of our boys in the field? How come the UN considers wood for a privy for a visiting diplomat more important than wood for shelves, tent floors, and privies for the men? How come our boys were subjected to such lousy conditions to uphold Canadian foreign policy and helping to maintain world peace?

I'm glad the MND is looking into the situation and sad that our boys had to wait until his visit before their living conditions became known.

As I pull my fur lining in around my ears I realize how lucky we are to be here rather than in some snow-infested plateau in the Middle East -- or are we really that lucky?



What The M.P.s Ask

NATIONAL DEFENCE

Statement of Minister Following Visit to Peacekeeping Units.

Mr. J.M. Forrestall (Dartmouth-Halifax East): Mr. Speaker, I want to express the usual thanks to the minister for having made available at an early point a copy of his statement so that it might be reviewed by us before we make our comments in reply thereto. I appreciate these courtesies which make our work a little easier. Members of the House have just heard, and I trust with some alarm, the amazing statement of the Minister of National Defence (Mr. Richardson). One could not help but believe that all is well and rosy within the Canadian armed forces. We welcome the minister's statement to the effect that our forces are doing well and are well received in the Middle East in respect of the two particular assignments with the United Nations. Indeed, there is not a member of this House who does not appreciate the ability of the Canadian forces under such conditions, and their ability to come through very strong and do their jobs very well.

The minimum statement that was expected by this House, and I think by the Canadian people, had nothing to do with whether or not we are able to fulfill the mandate given us and the responsibility we have over there, or whether or not we will withdraw troops from Cyprus. Why did the minister not bother to tell us more about the progress of negotiations on that torn island so that we might better understand the commitment we are asking the Canadian people and the Canadian forces to make in that area. This is what we expected as a minimum. The minister mentioned -- and there was reference to this in the Canadian Press and the minister referred to it today --

that he was there to see whether or not we should pull back troops. We expected him to say today either that he is satisfied with the work being done there and will leave them there or that he will bring some of those forces home.

Why could we not have had a response to questions such as these? These questions concern not only us but also our allies and partners within this joint venture in peacekeeping. It is very meaningful and very serious work. The House is no better informed now than it was the day before the minister went to the Middle East. I am sure we all welcome the fact that he did make this visit. I had hoped that he would have had the courtesy to invite some members from other sectors of this House to make this visit, then we might have had a balanced view and a little bit of hard news about the facts.

There are just one or two other brief comments I should like to make, Mr. Speaker. Our concern, of course, arises out of financing restrictions, lowering force levels, and the fact that it takes five or six men to keep one man in an operational situation. Our concern also is that we do not have the money to logistically support these people and to adequately support rotation. In other words, we cannot perform the multiple tasks assigned in the 1970 White Paper, so it is unrealistic for the minister to stand in this House and make out that all is well. In fact, Mr. Speaker, the armed forces are getting damned sick of the situation. There are very real problems in peacekeeping and we thought that the minister might have dealt with some of them today. We wanted to know what the hopes are for a settlement in these areas but we did not hear anything about that.

I hope that the Prime Minister (Mr. Trudeau) might

take an early opportunity to meet with the minister and insist on the production of a White Paper which would clearly set out our requirements for national sovereignty, our international responsibilities and the priorities of our peacekeeping role, as well as the multiple taskings that cause difficulties in meeting commitments at home.

With respect to national sovereignty, I hope that the Prime Minister would urge the Minister of National Defence (Mr. Richardson) to prepare a statement at the earliest possible moment with respect to the armed forces which would reflect the very desperate situation in which the Canadian armed forces find themselves today.

Mr. Stuart Leggatt (New Westminster): Mr. Speaker, on behalf of this party I should like to welcome the Minister of National Defence (Mr. Richardson) back to this House. I should like to congratulate him on his initiative in travelling to the Middle East to encourage our troops and foster what looks like pretty good morale.

I can understand the minister's reluctance to invite an all-party contingent to accompany him. The hon. member for Dartmouth-Halifax East (Mr. Forrestall) indicated some disappointment about this, but members may recall that the last time the minister offered to make it an all-party trip the visit was to Viet Nam. The hon. member for Dartmouth-Halifax East did not see fit to take advantage of that invitation, so I can understand the minister being a little reluctant to make the offer this time.

Some Hon. Members: Hear, hear!

Mr. Forrestall: Mr. Speaker, a question of privilege.

Mr. Speaker: Order, please. The hon. member for Dart-

Your Twenty Years

Many applied, and you were one of the many recruited by hand.

Into the Armed Forces of our home and native land. We welcomed you first at the swearing in as one of the fold. From that moment on, you tiny career we began to mold. Many a chilly morn you tumbled from bed, for an early breakfast to be the first.

It was the forces who guided your footsteps, warmed your heart and slaked your thirst. Your barracks life was good, your N.C.O.'s a source of daily inspiration.

For sources of learning and understanding there was no limit, no ration.

You worked, you hoped, for a promotion your way to fall. When in 1966, along with all the others, Mr. Helyer did give you the call.

You answered, and found the strength to live in this united forces, but not of it.

The tears you now shed are sadly bitter and all a part of it. "Resident Rookie"

Letters To The Editor

Canex Credit Cards

Dear CANEX Patron: The purpose of this letter is to inform you that CANEX and your Base Exchange at CFB Comox are introducing a new credit sales program. You may not have been aware that our current credit system has been the subject of some dissatisfaction, particularly with regard to the lack of portability of the card. For this and other reasons, including the rapid increase in interest rates, the Non-Public Fund Board of Directors have decided that the CANEX central credit system will be replaced by the Master Charge and the ChargeX programs.

The decision to phase out our own credit system was a difficult one to make; however, we recognize that in this age of increasing

specialization CANEX cannot offer the degree of customer service and convenience similar to the bank credit systems.

Although the last date that your CANEX credit card will be valid is 31 December, 1974, our terms will not change until your credit balance is paid off. This means that your credit service charge will remain at 12 per cent per annum and you may take the agreed amount of time to finalize your account. Please feel free to use your present CANEX credit card until 31 December, 1974.

CANEX has negotiated a very good contract with both the Master Charge and the ChargeX companies. The actual cost to the Base Exchange on total sales will be less than one per cent, thus necessitating no increase in prices -- repeat, no increase in prices -- to implement and operate this program. It is considered the new plans are far superior to the present CANEX credit system.

I wish to thank you for your patronage of CANEX, especially the Base Exchange

at CFB Comox, and I hope that you will find that our new credit service will be even more convenient than the old CANEX credit program.

Yours sincerely,
D.J. Davis
Captain
Base Exchange Officer

An Open Challenge

Dear Sir: This is an open challenge to any and all residents of PMQ's who have teenage sons and daughters and their friends!

When your children are out late on week nights do you know where they are, or what they are doing? I know where one or two of them are: vandalizing my car and other property in Wallace Gardens.

In the last several months I have had eggs smashed in the exterior of the car on two occasions, an egg smashed on the driver's seat once, a sticky sucker of some type smeared on the driver's seat, the gear shift knob stolen once, the gas cap stolen three, that's right, three times, and cold cream or something smeared on the windows not to mention a golf ball in the gas tank.

The seat cover with the egg and sucker I threw away; the gas tank had to be removed and steamed out etc. Have you any idea what a thousand rubber bands look like? Well that's the same golf ball with the cover melted off of it! One hell of a mess! And now for the gas cap; as it's a very old car, the caps are hard to come by and the last time I replaced said item, it lasted a whole two days before being stolen again. To prevent rain, dirt, etc. from getting in the tank, my wife put a plastic bag, held by an elastic band over the tank opening until I can find a replacement cap, hopefully the locking type. Well last night on returning home from work even the bag was gone; it lasted for two days!

That was Thursday the 28th Nov. at approximately 15 or 30 minutes past midnight, and a trio or more of mental giants were in the process of breaking the bleachers and tearing down the goal posts on the sports field.

Surely someone might have an idea who or whom these persons were? Where were your kids at that time on that night and with whom? Ask yourselves a question or two and see if you can answer them.

These are not kids out having fun but the working of a sick mind. The same twisted and deprived persons who get their kicks plugging toilets and breaking windows and assorted "fun" things at Glacier Gardens.

Ask yourself where your kids are and what they're doing and about their friends because believe me, if I catch one, just one doing anything to any property around here, he will answer my questions one way or another and everyone will know the results. There is my challenge to any and all who have the brains and-or the guts to accept it.

B.J. Lavigne.

Next Totem Times Deadline Dec. 16

CALL TOTEM TIMES AT LOCAL 461 OR 469 DURING NORMAL WORKING HOURS.

TOTEM TIMES

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Sports and Recreation: John Power (315)
Girl Friday: Karen Rusnak
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Chapel Chimes



RC Chapel

Father Francis Swoboda - Base Chaplain (RC) Telephone No. 339-2211 Loc 274.
MASSES: Saturday 7:00 p.m. Sunday Vigil Mass. Sunday 9:30 and 11:00 a.m.
WEEKDAYS: The Chaplain will celebrate Mass in the Chapel or in private homes on request.

SACRAMENT OF PENANCE: Before Mass on Saturday from 6:30 to 7:00 p.m. and before other Masses.
BAPTISM: By appointment.
CATECHISM CLASSES: Every Wednesday in the PMQ School from 6:30 to 7:30 p.m.

SPECIAL CHRISTMAS SCHEDULE:
 23 December - Sacrament of Penance: 2-4 p.m. and 8-9 p.m.
 24 December - Christmas Midnight Mass in Protestant Chapel - carol singing begins at 11:30 p.m.

25 December - Mass at 09:30 and 11:00 a.m.
 28 December - Sunday Vigil Mass at 7:00 p.m.
 29 December - Sunday Masses at 09:30 and 11:00 a.m.
 31 December - New Year's Vigil Mass at 7:00 p.m.
 1 January - Masses at 09:30 and 11:00 a.m.

Christmas is a season of thanksgiving, love and joy. We thank God for sending His Son Jesus to us on that first Christmas Day. By sending His Son Jesus to us God shows His great love for us and wants us to love Him and our neighbors in return. When we realize the unfathomable depth of God's love our hearts are filled with an overflowing joy and happiness. Let us sing out in joyous song like the angels on that first Christmas morn - Glory to God in the highest and on earth peace to men of goodwill.

Protestant Chapel

SUNDAYS: Sunday School: 9:30-10:30 a.m. in the Chapel. Divine Worship: 11:00 a.m.
TUESDAY: 7:30 p.m. - Teen Group every Tuesday evening in Chapel Annex.
THURSDAY: 6:00 p.m. - Junior Choir; 8:00 p.m. - Senior Choir.
 Telephone: 339-2211 Loc 273 D. L. Martin, Maj. (Base Chap-P)

SPECIAL SERVICE BEING CONDUCTED FOR THE CHRISTMAS SEASON:

On December 15th there will be no Sunday School held in the Protestant Chapel at 9:30 but at 11:00 a special Christmas Service will be conducted for all members of the family. The Sunday School will present a special Christmas Concert when the kindergarten will open the session followed by a special exercise by the nursery and kindergarten. Special Christmas hymns will be sung and a program by pupils in grades 1 and 2 will be given. The older children in grades 3, 4 and 5 will make their own special contribution of

Christmas dialogue. One of the highlights of this Christmas program will be a special Christmas Pageant performed by pupils in grades 4, 5 and 6 entitled "The Christmas Story."
 One of the most important things about this Christmas program is that at the conclusion there will be a special White Gift Ceremony. This will be an opportunity for all members of the Sunday School and adults in the congregation to present a special gift on the altar as a gift to the needy. The parents of the children and friends of the congregation are asked to place their special gift wrapped in white paper. These gifts will be presented during the White Gift Ceremony and after the service they will be taken to a centre to be used to fill hampers for the needy. Everyone is invited to attend this special Christmas Service and to participate in the fellowship of giving. This is our first family service of the Christmas Season.

International Toastmistress Clubs

BY CLAIRE RATHBUN
 Whenever you see the word Toastmistress you may ask the following questions.
What is Toastmistress?
 Toastmistress is the world's largest international non-profit women's organization.
Where is Toastmistress?
 There are clubs in all 50 of the United States of America, all Provinces of Canada and many countries throughout the world. Your local Toastmistress Club is Cocoro Toastmistress Club which holds meetings every second and fourth Wednesday of each month in Comox Jr. Secondary School on Robb Road in Comox.
What does Toastmistress do?
 Toastmistress is primarily concerned with training members to assist in community activities through

speech and leadership - BUT What can Toastmistress do for me?
 Toastmistress is a tested program of personal self development to gain inner poise and confidence to be ALL THAT YOU CAN BE.
Who can join Toastmistress?
 Any adult without regard to race, religion, creed or sex! (However, most gentlemen prefer to join Toastmasters Clubs!)

Please be our guest at a meeting or two. There is no obligation to join. For further information please phone Claire Rathbun at 339-4946 or Margaret Oakes at 334-3889.

CHRISTMAS SEALS
 FIGHT LUNG DISEASE



MISS C.F.B. COMOX 1974, Patti Clark, sponsored by 407 Squadron. Standing L-R: Debbie Alcock (W.O.'s and Sgts. Mess); Cindy Creamer (Officers Mess); and Cindy Anderson (Jr. Ranks Mess).

Miss CFB Comox 1975

Once again this year, the Wallace Gardens Community Council is getting plans underway to hold the annual Miss CFB Comox Pageant. On the evenings of the 9-10 January 1975 Miss CFB Comox will be selected from a group of about six hopeful candidates. She will represent the base in the annual Comox Valley Snow Queen Carnival to be held in the early part of February.

Various units on the base have been asked to sponsor a candidate for our base pageant and it is hoped to generate a lot of interest and publicity in this worthwhile, and exciting community activity. It is expected that each girl will receive a suitable keepsake from their sponsor and Miss CFB Comox will be crowned on 10 January 1975 with the Tiara now held by Miss Patti Clark. This

lucky lass will then have a busy few weeks before the Snow Queen Carnival and should reap a wealth of experience, poise and self confidence during this period.
 It is now time to shake the woodwork and get some candidates to fall out. Many sponsoring agencies are looking for suitable girls, so don't be bashful, let's get our talent out in the open.
 Requirements are that the girl be either a service dependent, or a serving airwoman, and there should be a good source this year, with the increase in the female population on the base. The age requirement is between the ages of 16-19 inclusive. Let's start giving it some thought and see if we can have a successful pageant and put in a real winner for the Comox Valley Snow Queen Carnival.

PMQ Preamble

First of all thanks to those of you who braved the rain to attend the community council bingo, the 23 of November. The winner of the \$100 jackpot was Mrs. Jan Robert of PMQ 21. We were not what you would call a tremendous success, as the profit for the evening was only about \$37. It is hoped that in the future bingo evenings can be made more attractive to increase attendance and revenue. Any suggestions?

Here are a few items of interest from our last council meeting. The PMQ council will be sponsoring the Miss CFB Comox pageant this year to select a candidate for the Comox Valley Snow Queen title in February. There is more about this elsewhere in the Totem Times. A contribution of \$350 was again approved to support the Comox Valley Minor Hockey League Association, in which about 130 PMQ dependants participate. Also \$35 was

allotted to help purchase crests for the Indoor Soccer League.
 There are presently four, seven to eight man teams of 10-12 year old girls and boys. In their last outing on Monday night, 2 December; Barbara Kuhn scored the lone goal to give the Wolves a 1-0 victory over the Falcons. And Teddy Eddy led the Bears to a 1-0 win over the Lions. Cpl. Harrington, by himself, has managed to get the kids out, acquire a trophy, obtain money for crests from the PMQ council, and to referee the games. Good work Ray.

Santa Claus will be arriving (method of transport not yet known) at the airport school on Friday the 20 December, at 1100 hours. This will be a special visit for all the kindergarten and grades I to III students. If Mr. McInnes, the principal, is good, he too will receive a small treat that Santa will bring each of the children.

West Coast Diary

BY NOLA MILLER
EDITOR'S NOTE: Mrs. Nola Miller is a former Air Force wife, now living with her family in "isolated splendor" on the west coast of Vancouver Island.
Chapter One:
 Hello from the Muchalet Inlet!

In case you don't know the west side of Vancouver Island...the Muchalet Inlet, is the body of water that starts at Bligh Island, and ends around Gold River wharf, where the Tahsis Pulp mill churns away, day and night. Its history dates back, as far as British Columbia can trace, to the Spaniards first trip to this coast in the 1700's. In fact they cruised by my home here, in their ships, seeing pretty well what I can still see now...virgin timber, and age-old glacier scars along the rocky coastline. My home is a 10 x 50 foot trailer, which is situated on a

blasted-off mountain slope on the easterly side of the Muchalet, about 7 water miles down from Gold River wharf. Our home is located in what is known as a logging camp, but what I simply refer to as a float of trailers, tied to a walkway, that is moored to the beach. Along the beach are other buildings, and a huge constructed log dump, which accommodates, about ten times a day, a loaded-down logging truck, bursting its sides with huge freshly-cut logs, from the mountain slopes rising high above us here on the beach.

And that is it!
 From C.F. Bases all over Canada, to this...well, there's a story or two definitely in-between, but the main fact is I moved into this logging camp nine months ago for a number of important reasons, and I'm still here.

Let me describe life here.

Believe me it needs description!
 I am the only wife here. My son must take his schooling through correspondence from Victoria. My husband works his shifts in the mountains, like every husband does. He leaves our home at 7 a.m. and is back again for supper, muddy cork boots, soaked rain gear, and all, by 6 p.m. I do all the things every wife does, (just a bit differently) during a normal day. I have supper on the table by 6 p.m. I bake. I clean, etc. etc. But life has a few changes here. Just a few!

First of all, there is no town to "pop" into if I'm out of milk, or bread or need a pair of hose.

One must order groceries here by mail, and then wait a week for it to be delivered by ship.

Next, there are no other families but ours, and it can get just a bit lonesome, especially in the winter, when the surrounding mountain slopes are packed with snow, and the wind is blowing up the Inlet, from the open Ocean end, making those lonely whistling-wind noises, that can chill the backbone. I miss then, passing cars, passing people, and even the slightest reminders of civilization, like T.V. radio, coffee with a neighbour, a beer with friends in a pub, and concrete.

CFB Comox Totem Times 5
 I lived in Courtenay for ten years. I was very involved in town life. So why here, with no T.V., no radio, no road, no school, no stores, no theatre, no church, no pub, etc. etc? Why indeed!

Number one reason: I guess would be INFLATION. In case no one's noticed, it isn't easy living in cities and towns the past few years, and it doesn't look like it is getting any better.

We found it pretty darn difficult, paying high rent, high utility charges, high property up-keep, high this and high that. Totalling all together for us, back in Jan. of 1974, \$425.00 a month. And this didn't even account for food, which was another 'rip-off' story.

My husband worked in this camp. A trailer was available, for one family to move into, in exchange for camp-keeping, when shutdowns occur (and believe me they occur) so I packed up all my material possessions that I could possibly fit into a 10 x 50 foot trailer, and moved in. Actually it wasn't as simple as that, but compared to living here the past nine months, the move looks very simple to me now.

Now I am looking at another year coming up, and we're still here. From time to time, I'd like to describe life here on the Muchalet Inlet to you.



WALLY HANNAM (LEFT) and Dave Gardiner (right) slowly calling off Bingo numbers.



WALLY HANNAM WAKES up long enough to give winner Jan Roberts the \$100 jackpot prize.

Mexicana CABARET

"SADDLE ROCK"

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SMORGASBORD

SUNDAY, 5 - 8:30

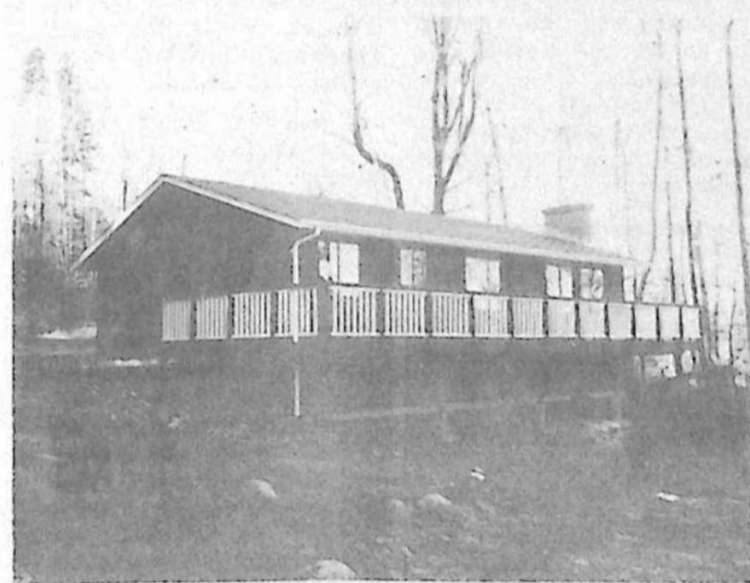
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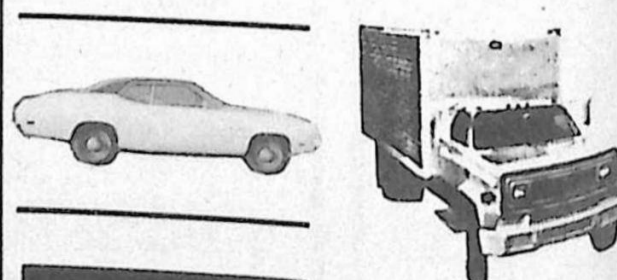
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Curling Capers

By BEV MUSKETT
LADIES AND SENIOR
LADIES PLAYDOWNS:

I am very pleased to report that we will have two rinks entered in the North Island Ladies Playdowns scheduled for January 10, 11 and 12 at the Campbell River Curling Club. The members of these rinks are: Muriel Fielding, skip; Pat Smith, third; Collette Creamer, second; Nancy Gerber, lead. Barb Parker, skip; Kay Dick, third; Maureen Ring, second; and Heather Hayward lead.

We also have one rink entered in the Senior Ladies Playdowns taking place at Qualicum January 20th - Kay Dick, Skip; Ev Staples, third; Betty Rivest, second and Dot Thompson, lead.

If you have nothing arranged for these weekends plan on going to Campbell River or Qualicum to cheer for the girls. I am sure you will see some very good

curling and they would certainly appreciate seeing you there.

Some of our local curlers attended the Qualicum Mixed Bonspiel the weekend November 22nd - 24th.

Second in the "D" event was won by the Don Matheson rink, Barb Parker, third; Roy Parker, second and Mary Matheson, lead.

Third in the "D" event went to the Don Fraser rink, Marion Fraser, third; Roy Watkinson, second and Lorraine Watkinson, lead.

Frank Coates informs me that he didn't make it to the prizes, but won the drinking event and states that "booze is the answer."

Frank has also informed me that the Elks' Island Playdowns will be held at the Victoria Curling Club December 14 and 15. Deadline for entries is December 12. (Continued on page 7)

Hospital

The day was dark and dreary
With no one looking cheery
And telephones resounding thru the ward.

At 8 in the morning
Without giving any warning
Knocked the Sgt. on his haunches on the floor

The cook then was singing and
Thru the doors came swinging
To be met with a clatter and a roar

To the Cpl's consternation
His quiet meditation had been
Interrupted sadly as before

The Army Sgt.'s thunder
Had been only met with wonder
And silence became an activated roar

All scurry to their places
With dark clouds on their faces
And Les Andrews saying
Isn't it Friday yet.

NOOGATUCK



442 SQUADRON PRESENTATIONS: Front Row - left to right: MCPL Miller - ATC Certificate of Military Achievement - completed Operational Parachute Descent on SAR TJECK. Capt. Wright, UNEF (Middle East) Medal; Capt. Aumonier, 1st Clasp to CD; LCOL. Lang, CO 442 T & R Sqn.; MCPL. Fullbrook, ATC Certificate of Military Achievement for completion of over 250 Parachute descents; Capt. Olendy, Achievement Certificate, completed over 1000 hours flying Buffalo aircraft; Back Row - left to right: Sgt. Cote, UNEF (Middle East) Medal and Achievement for completing over 1000 hours flying in Buffalo aircraft as FE; Capt. Stark, CD Medal; Capt. Lee, CD Medal; Sgt. Robinson, 1st Clasp to CD; MCPL. Beaucage, 1st Clasp to CD; Cpl. Eliason, 1st Clasp to CD; Maj. Veale, Achievement Certificate, completed over 1000 hours flying Buffalo aircraft.

Base photo

Little Theatre

Theatre is alive and well and thriving in the Comox Valley. Totem Little Theatre's production of "Beyond the Fringe" was well received and I'm looking forward to their next effort.

Congratulations to the cast on a job well done.

Courtenay Little Theatre is presenting James Goldman's "The Lion in Winter" on the 4th, 5th, 6th, and 7th of December at the Courtenay Civic Theatre.

"Lion" is a play set in the 11th century about English Royalty. Sounds Dry? Don't believe it! Plots and counter plots abound as three sons try to outdo each other in a bid for their father's crown while "Mother", the Queen, quietly stirs the mess. A bit risque at times.

Tickets are available from Winsby Drugs Comox, Kelly's Stereo Mart, Courtenay, from members and at the door. Show time is 8:30 so drag yourself away from the television set and enjoy some live theatre.

Recreation News

Keeping active physically is the key to a healthy and happy life. In the past people were accustomed to movement; for survival it was a necessity, for transportation there were no alternatives. Today with the many conveniences available to us for entertainment and transportation one can literally go months without partaking in any physical activity. It is now so much easier to say no and watch television instead. Especially here in the Comox Valley when the rainy season sets in, individuals become much more sedentary. So the staff at the Recreation Centre offer you and your family these alternatives to an immobile, weight gaining winter season.

Do a little something everyday, walk to work or walk to the store, take the dog for a run, get the family together for a bicycle ride, try Forbidden Plateau, the skiing is great. Utilize the facilities right here at the Base. Here are a few that are currently in operation:

Noon hour swimming-daily Monday to Friday, don't let the weather fool you, the pool is kept constantly at 80 degrees F. For the ladies there is a fitness class Monday and Thursday at 10:00 hours. Servicemens fitness classes are commencing Monday Dec. 9 and are scheduled daily at 0800 hours and 1630 hours. These classes are designed for remedial PT but everyone is welcome. Volleyball is in full swing with mixed volleyball on Tuesday night, a huge success, a great opportunity to bring the Mrs. to the gym and show her those skills that you've refined over the years. Wednesdays at noon is designated for volleyball, so bring your boss, play for awhile and then go for a quick dip in the pool. Thursday afternoons from

1330-1600 is when the stars are in action. Intersection volleyball at its best.

After two weeks of play 442 and 407 Sqn. are tied with 11 points each with Firehall and Admin-Supply and Torpedo Shop right behind with 9 points and the B Comptroller Branch is holding down third place with 6 points. Also, for the potential Badminton and Archery enthusiasts the respective clubs are meeting regularly but are still looking for new members. Great activities for the whole family.

Just a few notices - the Base Basketball and Volleyball teams are hosting Campbell River and Courtenay teams respectively this Thursday Dec. 5 at 8:00 p.m. Pacific Region Skiing, Curling and Basketball have been cancelled due to problems in accommodation, TD restrictions and lack of participation. The bowling will be a wire competition.

Hockey, Broomball, volleyball and badminton are still scheduled to go as previously slated. The gymnasium floor will be off limits effective Dec. 17 until Jan. 4. The training rooms, bowling lanes and pool will still be in operation daily except for Christmas Day, Boxing Day, and New Years. There will be no evening recreation during this period.

Final Note: Your heart is the most important muscle in your body, but it will soon become the weakest if it is not utilized. Believe it or not the more you exercise this vital organ the fewer times it will beat. Meaning your heart now pumps oxygenated blood at the same rate as before, but not working nearly as hard. So walk, run, swim, cycle - its worth it.

Ask your B.C. Heart Foundation for free heart-health literature.

CFB Comox Bowling Scoreboard

INTERSECTION LEAGUE

Standings
442 Repair 34; 407 Photo 32; Voodoos 31; 407 Repair 29; Workshops 28; 407 Rebels 25; H.Q. Admin. 25; Yankees 20; 442 Boozers 18; Accounts 16; ATC 15; Red Devils 15.

High Averages
A Elieff 247; R. Engelmeyer 244; A. Zielke 237; D. Tucker 237; A. Clarke 234; C. Perry 232; R. Carter 229; R. McRae 228; J. Ball 226; W. Karbutiak 226

Team High Three
Season Workshops 3772; Weekly 407 Repair 3727; Team High Single
Season - 407 Photo 1403; Weekly 407 Repair 3727.

Men's High Three
Season A. Elieff 885; Weekly W. Korbutiak 827

Men's High Single
Season L. McCormack 355; Weekly MacKenzie 353

WED. MIXED LEAGUE
Standings
B.C.'s 25; 4 Plus 4's 23; Nanaimo Realty 22; Mixers 16; Harris's Hero's 12; Slow Pokes 11; Gerital 11; Odd Couples 8; Team High Three
Season B.C.'s 3719; Weekly B.C.'s 3593

Team High Single
Season 4 Plus 4's 1381; Weekly Gerital 1265

Men's High Three
Season R. Carter 953; Weekly R. Carter 953

Men's High Single
Season R. Carter 383; Weekly R. Carter 383

Ladies High Three

Season B. Carter 715; Weekly E. Prime 647

Ladies High Single
Season E. Hannam 293; Weekly C. Denance 258

SUNDAY MIXED LEAGUE
Standings
Bolts & Nuts 24; Korner Pins 21½; Beer Frames 19; Kibitzers 19; Misfits 17; Cabbage Rolls 16; Halliday Wrecks 15; Dry Gulchers 14½; Alley Cats 13; Boozin Bowlers 12; Camels 12; Thunder & Lightning 9

Team High Three
Season Alley Cats 3676; Weekly Cabbage Rolls 3637

Team High Single
Season A. Elieff 877; Weekly A. Elieff 877

Men's High Single
Season D. Tucker 369; Weekly C. Bruirink 349

Ladies High Three
Season L. Tucker 754; Weekly D. Dickens 698

Ladies High Single
Season L. Tucker 316; Weekly J. Justus 301

LADIES LEAGUE
Standings
Misfits 31; Happy Hookers 30; Half & Half 27½; B.O.P.S. 27; Ookpiks 26½; Ding-a-lings

DID YOU KNOW DEPT.
DID YOU KNOW...that PMQ residents qualify for the \$30.00 Provincial Government's Rental Grant? See your friendly Base Housing Office for application forms.

26; Ronnettes 24½; Mixettes

22½; Meladies 19½; Thunderbirds 19; Larks 18; Cheerio's 16½

Team High Three
Season Meladies + 406; Weekly Happy Hookers +169

Team High Single
Season Mixette +252; Weekly Mixette +127

Ladies High Three
Season F. Brooks 737; Weekly D. Meider 661

Ladies High Single
Season J. West 323; Weekly J. Burnell 279

Team High Three
Season L. Tucker 754; Weekly D. Dickens 698

Ladies High Single
Season L. Tucker 316; Weekly J. Justus 301

LADIES LEAGUE
Standings
Misfits 31; Happy Hookers 30; Half & Half 27½; B.O.P.S. 27; Ookpiks 26½; Ding-a-lings

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CHRISTMAS SAFETY

In the hope that Canadians can enjoy the Christmas holiday season without accident or mishap, the Canada Safety Council draws attention to the twelve safety tips for Christmas trees.

1. Buy a fresh tree, with springy branches and tight green needles.

2. Keep it outdoors in water or snow until ready to set up.

3. Saw off at least two inches of the trunk diagonally.

4. Use a water-reservoir tree holder, and keep it filled.

5. Keep the tree away from drying and heat sources such as radiators, registers, and fireplaces.

6. Use only UL or Canadian Standards Assn. approved lights in good repair.

7. Use only fire-proof decorations if possible.

8. Do not place electrical toys under tree, except wrapped or in boxes.

9. Secure top of tree with wire or fine string if there are very young children or pets in the home, to avoid tipping.

10. Consider using an artificial flame proof tree.

11. Remove the tree to the outdoors as soon as possible.

12. Never burn a Christmas tree in the fireplace.

The idea of making the Christmas tree flame retardant appeals to all of us, and each year various organizations publicize do-it-yourself treatments. Usually, the solution suggested is the borax or boric acid compound. According to the National Fire Protection Association, this treatment is satisfactory when used for the temporary fire retarding of cellulose fabrics such as cotton and rayon but it is of little value when used on Christmas trees. The needles of a tree do not soak up the chemical as a fabric does, nor can they be readily coated on all sides.

The only sure method of flame retarding natural trees is to completely immerse them in an Underwriters Laboratories listed tree fire-retardant, and no private individual would be expected to go to such trouble and expense.

The Council therefore suggests the above safety tips should be clipped out and used when needed.

Mid-East Mumbblings

(Continued from page 2)
what's so hard about turning your watch back 2,000 years. Just a note of encouragement to those incoming pinkies. Life is so exciting here that the evening shower is the highlight of the day.

SERVICEMEN AND FAMILIES WELCOME AT

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74 VOLVO 144GL - met. blue... \$6135
74 VOLVO 145 - wagon... \$5675

HONDA ST90 THE SPORT ROADSTER



Honda ST90

This excellent commuters bike has everything for street legality - instrumentation, muffler, turn signals and full lighting. The reliable four-stroke overhead cam 89 cc engine and wide ratio three speed gearbox has what it takes to get you to and from work for a lot of years.

The only thing this bike doesn't have is a big price tag. Only \$612.00. Terms as low as \$33.20 per month with no down payment (O.A.C.)

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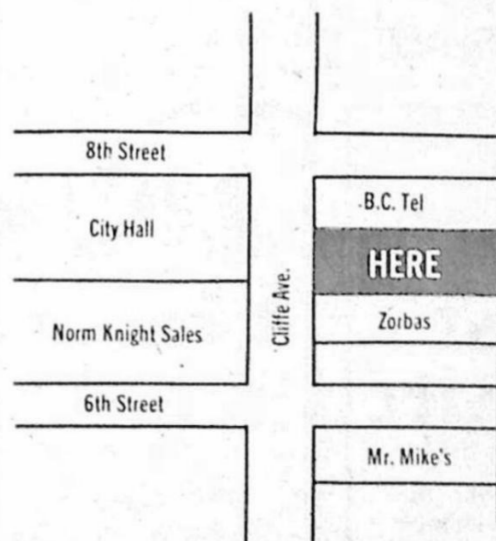
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Next to Animal Hospital

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"THE FURNITURE PEOPLE"

\$70,000 STOCK REDUCTION SALE



IS NOW IN FULL SWING

In one location only - Our New Temporary Warehouse.

SALE CONTINUES UNTIL \$70,000 STOCK HAS BEEN CLEARED.

DOOR PRIZE: DINNER AND TRIMMINGS FOR 2 AT THE OLD HOUSE RESTAURANT

We have to have a Sale. Our space problem has been caused by early delivery of merchandise which should be arriving in January, February, March and April 1975. We have run out of storage space and must move \$70,000 in stock - The bargains are "Genuine Bargains". So shop early and save.

\$100 DOOR PRIZE GIFT CERTIFICATE TO BE DRAWN AT END OF SALE

Indoor Soccer



With just about half the season gone the teams are getting stronger each time they come out for indoor soccer. Every Monday night from 7:00 to 8:15 p.m. there is lots of action.

There are four teams competing for the trophy donated by Comox (Canadian Forces Credit Union). They are the Lions, Bears, Wolves and the Falcons. As of 25 Nov.

the standings are as follows:

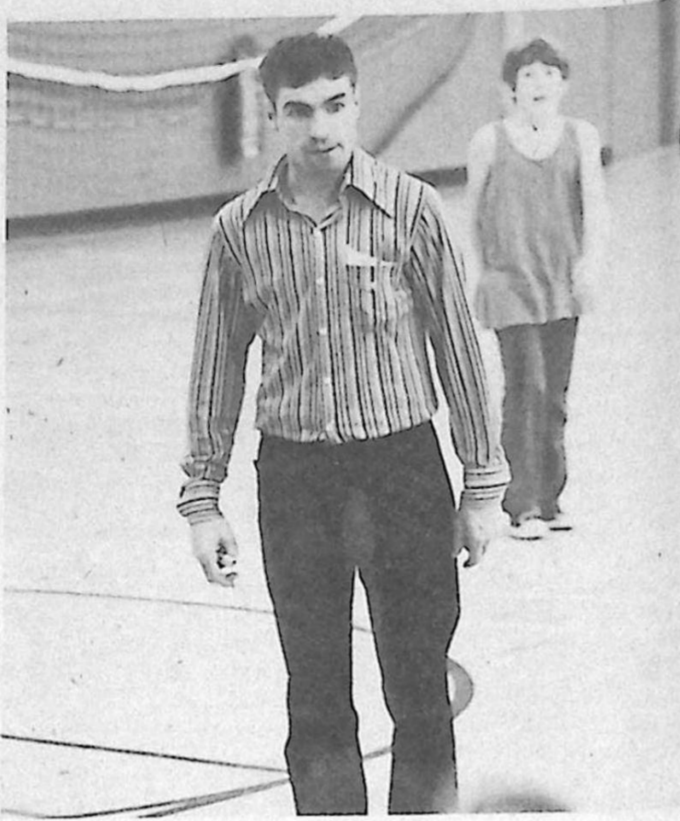
	P.W.L.T Pts
Wolves	5 3 0 2 8
Falcons	5 1 1 3 5
Bears	5 1 2 2 4
Lions	5 1 3 1 3

Last night's action saw the Bears and the Falcons tie at 1-1. The Wolves beat the Lions by a score of 4 to 0. There are two games remaining in the first half of the schedule.



Photos by Manson

WHO SEZ PELE is the greatest. . .



COACH AND LEAGUE organizer Ray Harrington.

The Quietest Room In Town

They are ready for you! They expect you! You'll never know, so I'll give you the few details - before the drunk starts. The beginning (for you) will be when you stagger happily to your car.

The beginning (for them) will be when the Police radio announces where you piled up your car.

You won't hear the sirens coming. The ambulance and Police car will arrive together. They will check you over and pronounce you dead. A few curious people will stop and gaze at your torn, dirty remains. Some of them will get sick.

The ambulance driver will roll a leather-covered stretcher to your side. The attendant will stuff your hands under your belt, and they will place you on the stretcher and cover you with a sheet.

They will drive you to the Coroner's office, and there a Deputy Coroner will wheel you to a big scale. He will remove the sheet. You will be weighed and measured. He will make note of any scars or other marks. Then, he will cover you again and take you to a small room, with walls of white tile.

They have hoses in the room - to give you a bath - traffic victims are always bloody. They will clean you up and emblazon you. You couldn't get better care at a mortuary.

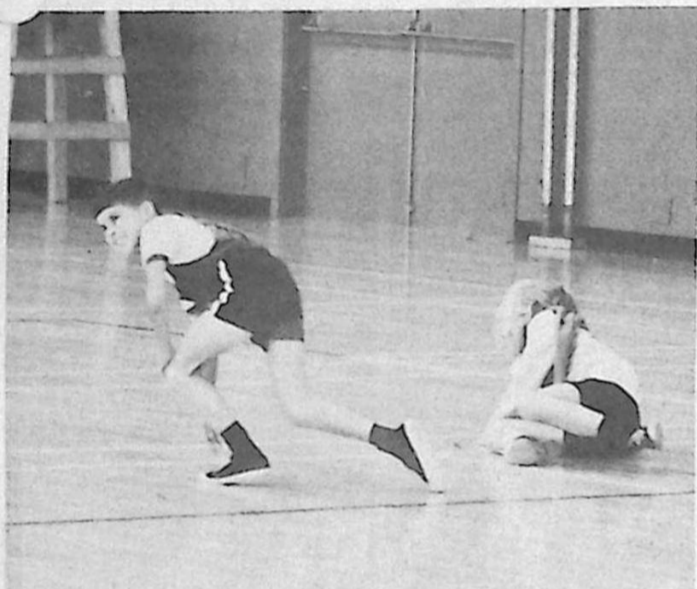
Next, you will be moved to a long hall with many stretchers lined against its pale green walls. There are 41 crypts. If things are dull, you will have a stretcher - and a crypt - all to yourself. BUT, if it's like the Christmas holiday, you may have company. They will leave you here, in the quietest room in town.

In an hour or so, they will come back and move you again. This time, they will take away the white sheet and cover you with a blanket. You will be placed behind a large glass window, as some one has to identify you. . .

Yes, . . . they are waiting for you. The Police, the ambulance, the coroners, at the morgue the morticians.

They are expecting you. Remember that - tonight, when you toss down that last drink, and climb behind the steering wheel.

DON'T LET THIS HAPPEN TO YOU AS SOMEONE ELSE IS WAITING TOO "YOUR FAMILY"



IF YOU CAN'T take a joke, you shouldn't have joined, lady!



HEY, YOUSE GUYS, give us gals the ball too, once in a while! After all, this is a co-ed league, isn't it?

Headshed Happenings

perchance you happen to to the rec center on a Wednesday afternoon, you may be surprised to see some of the "energetic" Headquarters staff, huffing and puffing their way through a rigorous "physical fitness" program. Rumour has it that an ambulance and Med A are on stand-by at these times.

Pte (W) 'Forever' Cadieux decided things were going too slow at her sister's wedding and promptly proceeded to lead the wedding party down the aisle before the music started. We're all wondering if she'll be that enthusiastic if Mr. Right asks her to meet him at the altar!!!

We can see that Mary Kaman has been terrorizing the hallowed halls of HQ again - chasing all the young servicemen. No, seriously Mary we hope the "out-of-joint" joint rejoiners before too long.

People began wondering what the story was when Sgt. Dave Scherr came in to work one morning with chicken feathers adorning his hat. Ah hah - - - Chicken Man has struck again. Sgt. Scherr won't be selling eggs any more but has diverted his business to a new industry: Chicken-feather pillows!!

"Today is the first day of the rest of the trouble" were the words of wisdom presented to Mrs. Goodsell after celebrating her 19th year in CR. We don't know how you survived for so long, Mrs. 'G', but congrats.

If you noticed a sillier grin (than usual) on Cal Brown's face it's because he will soon be changing diapers and warming baby bottles. Best of luck and congratulations from

all the HQ staff. Plans are now in the offing for the upcoming Christmas (Admin) Party. Monday the 16 Dec. is the date, 1500 hrs. the time so y'all come out and get into the Christmas "spirit". A good time is assured for all.

NEW LISTINGS FOR FAMILIES

Could be five bedrooms with recreation room or three bedroom suite and two bedroom suite - Acorn fireplace on brick circle stand - 1 1/2 bathrooms. Existing mortgage interest is 10 per cent. For appointment contact "The Lady With The Hat" Veronica Parker at 338-5366 or 334-3704.

POTENTIAL GALORE. 16 acres and lovely 5 bedroom home - mountain view - artesian well - pastureland and barn - can be subdivided. Call Charlotte Willis at 338-5366 or 338-8962.

SPECIAL THIS WEEK - New family home with two fireplaces - wall to wall full daylight basement is roughed in for two more bedrooms and large rec-room - double plumbing - wrap around sundeck - sea view - shake roof - listed at \$39,900 - try your offer. 11 per cent mortgage can be assumed (\$25,000) Call Charlotte Willis at 338-5366 or 338-8962 or Marj Thompson 338-5366 or 339-2771.

TWO V.L.A. SIZED LOTS

(1) at "RADFORDS ON THE SEA" with lovely building site - beautifully treed and in area of good wells - yours for only \$9,500 terms.

(2) 2 miles North of Courtenay on Sandwick Water - nicely treed - septic field already in \$8,500.

ON these two lots call Marj Thompson 338-5366 or 339-2771.

BY THE SEA - 3 bedroom older home with fantastic view and easy access half acre treed lot - wrap around sundeck - nicely secluded - \$37,500 Call Charlotte Willis 338-5366 or 338-8962.

ARE YOU LOOKING FOR LOTS TO BUILD THE HOUSE OF YOUR CHOICE.

Call me I have one acre and half acre lots - Dave Paterson 338-5366 or 334-4581.



"The Company That Cares" Phone 338-5366

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 Member Multiple Listing Service

Curling Capers

by Bev Muskett

(Continued from page 6)

There is no limit as to the number of rinks each lodge can enter, but there will be only one winner for the Island. Get your entries into the Elks' Home before the deadline. Some well known Elks entering are Sandberg, Perry and Macdonald.

The Comox Valley Curling Club Seniors League hosted the Qualicum Curling Club Seniors League to a social get together and curling at the rink November 28. A great time was had by all and a return visit to Qualicum is planned for the future.

Rose-Ellen Hoffman, President of the Ladies Club tells me that everything is arranged for the Qualicum Ladies Curling Club challenge against the Comox Valley Ladies. There will be six teams competing for each club on a total points system. If you belong to the local Ladies Club, but are not curling make an effort to come out and watch and meet the Qualicum ladies. I am sure you will enjoy it.

COMING BONSPIELS: MEN'S

- December:
 5 - 8 Playland
 5 - 8 Golden Ears
 5 - 8 Powell River
 8 - 14 Arbutus
- January:
 9 - 12 Duncan
 3 - 12 Royal City
 10 - 12 Howe Sound
 16 - 19 Qualicum
 14 - 19 Cheam
 20 - 26 Esquimalt
- February:
 2 - 9 Tunnel Town
 6 - 9 Cowichan
 7 - 9 Campbell River
 4 - 9 Abbotsford
 14 - 16 Capilano
 13 - 16 Alberni
 13 - 16 Racquet Club
 12 - 16 Chilliwack
 14 - 17 Thistle
 27 - 2 Nanaimo
 21 - 2 Valley (Cloverdale)
- March:
 6 - 9 Fort Rupert
 7 - 9 Peace Arch
 13 - 16 Victoria
 13 - 16 Comox
 19 - 26 Coquitlam
 27 - 31 North Shore

MIXED:

- December:
 26 - 29 Esquimalt
 6 - 8 Langley
 6 - 8 Mission
 31 - 2 Comox Valley

- February:
 6 - 9 Powell River
 26 - 2 Burnaby
 7 - 9 Peace Arch
 11 - 16 Cheam

March:

- 7 - 9 Golden Ears
 21 - 23 Alberni
 27 - 30 Nanaimo
 27 - 30 Racquet Club
 28 - 30 Campbell River
 30 - 7 Richmond
 13 - 18 McPherson
 14 - 16 Howe Sound
 28 - 5 Marpole
 6 - 9 Cowichan.

While mentioning Bonspiels I would like to pass on an article to you which I read recently in the Province Magazine Section, which you may find interesting. Quote: "ABOUT THE NAME OF A CURLING MATCH - The word, of course, refers to a big curling match or tournament. The first part - bon - would

seem to derive from the Dutch word verbond, meaning a league or an alliance. The last syllable, spiel, probably comes from the German word that means a play or a performance. Run the two together and it makes sense in terms of curling.

Because many of the terms used in curling are Teutonic in origin, some historians believe the sport was first played on the Continent, not in Scotland, which is generally credited with its invention. Others suggest the terms - words like bonspiel, colly, kuting, witter and rink can be traced to when German and Low Dutch were the prevailing languages in Scotland. Although the word bonspiel seems strictly a curling term today, it was not always so. In 1530, for instance, at St. Andrews, Scotland, during a sports display welcome of an English deputation from the Court of King Henry VIII, bonspiel was used to describe an archery event." End of quote. See you Curling.

Foreign Exchange

OTTAWA - Nineteen junior officers and officer cadets from African and Caribbean countries are undergoing special familiarization field training with their Canadian counterparts until Jan. 6, 1975.

The group, made up of five Ghanians, three Jamaicans, five Tanzanians, four Cameroonians, and two officer cadets each from Trinidad and Tobago, now are taking the Canadian Forces Officer Candidate Training Plan at Chilliwack, B.C.

Once they complete the first phase of their training at Chilliwack, the men move to Canadian Forces bases at Petawawa, Ont., Winnipeg, Calgary and Victoria, B.C., to take part in familiarization training with equipment in use by Canada. They will also observe the organizational structure and functions of the Canadian Forces under actual working conditions.

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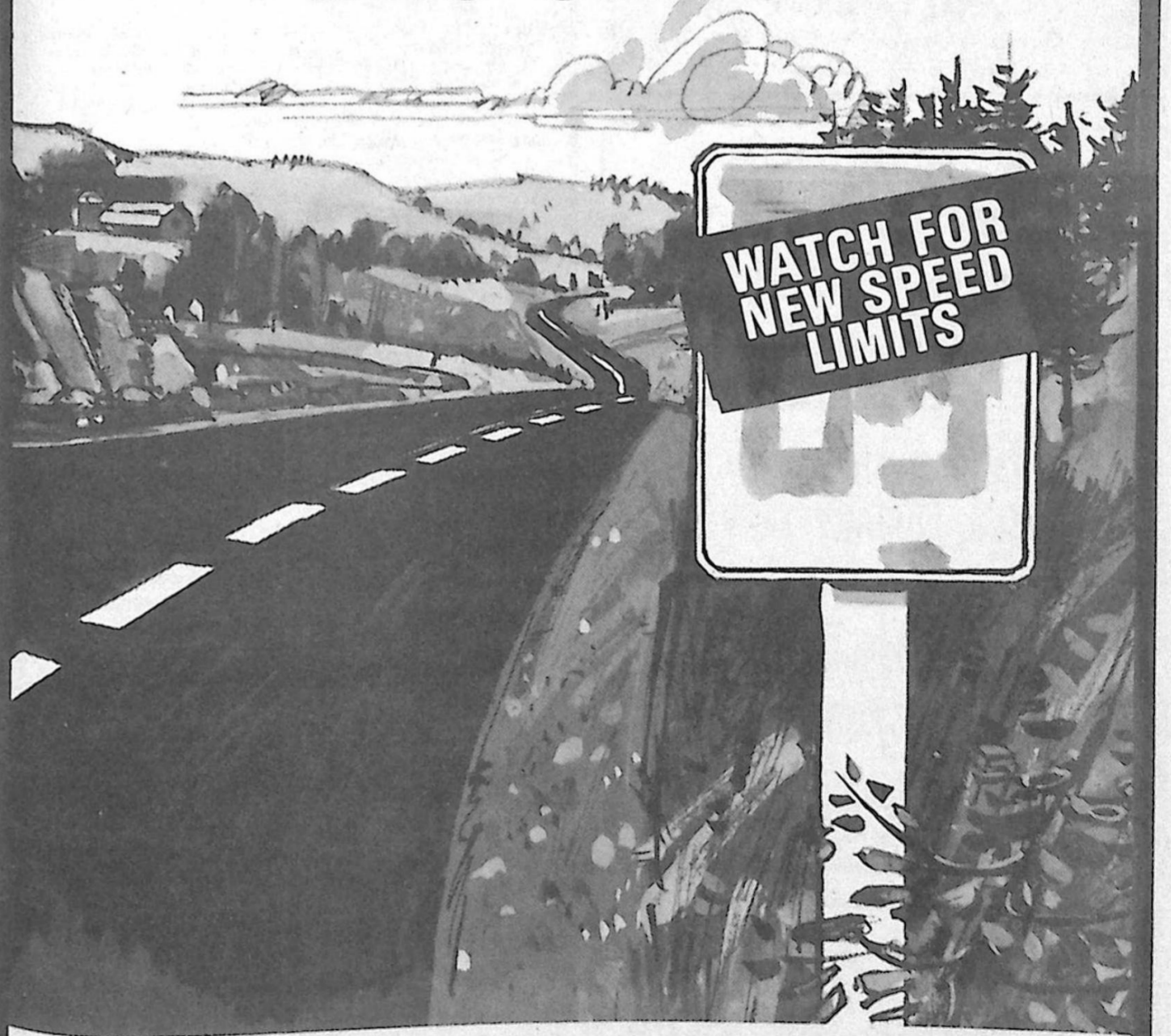
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Now in stock

- 18 NEW PIANOS IN STOCK.
- 1 USED PIANO IN STOCK.
- 15 NEW ORGANS IN STOCK (FROM \$599.00)
- 1 PLAYER PIANO WITH ROLLS (\$1295.00)
- 4 USED ORGANS (FROM \$175.00)

safer speed limits now coming into effect



The new reduced speed limits are now coming into effect and motorists are requested to watch for the changes as the new signs appear on our highways. Speed reductions will vary throughout the Province according to traffic volume, terrain, population density and road standards. The Government has established these new limits in the interest of public safety.

GOVERNMENT OF BRITISH COLUMBIA



DEPARTMENT OF HIGHWAYS
 Honourable Graham R. Lea, Minister



Grooming The Hill

Types Of Skiing

Now that we have your ear I would like to explain the different forms of what I think is the best sport in the world. Recreational skiing is divided into roughly four categories first of which is:

ALPINE SKIING

This is the form of skiing that those starchy eyed, snow blown minded nuts babble about. Alpine or downhill skiing is anything other than cross-country skiing or jumping. Irreverently referred to as yo-yo skiing by the cross-country touring buffs, Alpine implies skiing with the use of lifts, it is the most popular form of skiing and the one used on our local mountain. But in Eastern Canada and the U.S. the long lift lines are driving many of them to cross-country skiing. On the island we rarely have the problem that they have out east.

There are some 50 alpine ski areas in B.C. from simple rope tow areas to sophisticated resorts with helicopter skiing that our P.M. is fond of, with rental equipment and ski instruction, many have on-hill or nearby accommodation.

HOTDOG SKIING

Now we come to the lunatic fringe and the real oddballs, a

newcomer to the ski scene is hot-dog skiing. It is neither alpine or ski-jumping but in a class of its own. Nor is hot-dogging for the average recreational skier. You have to be both a competent and a strong skier - with good athletic prowess and a flair for gymnastics (you also have to be slightly crazy). Basically, recreational hot-dogging is a form of trick or stunt skiing, divided into three categories.

Freestyle is skiing down a flat hill (without moguls) in a slow ballet-like manner, utilizing various trick turns and manoeuvres without breaking rhythm. Surface Tricks may be done on a flat or mogul-laden hill and include all manner of turns, twists, rolls and flips. Some of the imaginative names given these feats are the Back-breaker, Worm Turn, Outrigger, Low Down Boogie, Polish Wedlin, Mogul Masher, Royal Christie and Bum Drop 360 (as in degree). As the name implies Aerial Tricks involve airborne stunts and necessitate some kind of jump for implementation. These tricks include: The Glendespung, Spread Eagle, Tip Drop, Side Throw, Daffy, Space-Walk, Front Flip, Back

Flip and Helicopter.

CROSS COUNTRY SKIING

This type of skiing is for the outdoor red blooded family, the advantages are numerous: No lift lines, no lift tickets, relatively inexpensive equipment, very few (reported) accidents, excellent exercise, family togetherness, virgin snow, beautiful scenery and peace and quiet. There are many terms in connection with the sport. Cross-country, Nordic and Langlauf skiing all meaning the same thing, cross-country suggests the type of skiing or racing, as opposed to alpine or downhill, it further implies just meandering, skiing around a park or mountain with no particular destination in mind. And remember never go touring alone.

SKI JUMPING

Skiing competition that has been around for over 5000 years in Scandinavia. Ski-jumping combines precision, grace, power and skill in a flight trajectory set by the speed and slope of the take-spring and the aerodynamics of flight. Also the landing must be done in complete control and executed harmoniously.

Drinking and Driving

Safety Week for the Base is Dec 1 to Dec 7. By now we are well into the winter season, as indicated by the snowfall of a few weeks ago. The Christmas season is also upon us, and with that the usual number of parties. Now would be a good time, if you haven't already, to start thinking about drinking and driving.

The drinking and driving problem is one of the major factors contributing to motor vehicle accidents in Canada. As many as half of the driver involved in fatal accidents had been drinking. A special holiday study by the National Safety Council showed that 55 per cent of a Christmas season's fatal traffic accidents involved a drinking driver.

A common mistake is to refer to the drinking driver as a "drunken driver". This is a mistake because a driver does not have to be drunk to be under the influence of alcohol. He may not appear to be drunk, i.e., staggering walk, slurred speech, etc. but his driving ability has been affected. Even a small amount of alcohol will affect a person's ability to drive safely. Drinkers themselves are never the best ones to judge their own ability to drive after a few drinks.

Some people are still under the impression that drinking gives a person a lift and makes them a better driver. Alcohol is not a stimulant, it is a depressant. It removes a person's inhibitions and social restraints. Contrary to popular belief coffee does not sober a person up. Only time

and the body itself can do this. A full stomach will slow the rate of absorption of the alcohol into the blood stream. It does not stop it from reaching the brain, only slows it down. The alcohol is absorbed through the stomach walls and the small intestine, then carried to all parts of the body containing water. The first area to be affected is a person's judgement. Next, its simple motor functions, reaction time and vision. Balance, co-ordination and sensory perception are the next to be affected. Continued drinking will lead to stupor, coma and even death if continued steadily.

The time it takes for the alcohol to go through the system depends on various factors: amount of food in the stomach, type of food, type of alcoholic beverage, body weight and drinking habits. These factors may slow down or speed up the absorption time. The time it takes for the body to change the alcohol into food or to pass it out of the body is very slow. It is in the liver where the alcohol is broken down into usable food. It is then eliminated through the lungs and kidneys. It takes the body approximately one hour to get rid of each bottle or each ounce of whiskey.

Some people seem to be able to hold their liquor better than others. This excuse is often used by those who don't want to believe that a few drinks will affect their ability to drive. This lack of signs may be due to a person's body weight, fatigue, emotional

condition, etc. This does not mean that he is less impaired as far as driving a motor vehicle is concerned. Both may be equally impaired.

It's fine to quote all kinds of facts, but are they really true. Various experiments have shown these facts to be correct. One of these experiments dealt only with small amounts of alcohol. Even though they had only a few drinks, the subjects showed slower decision making time, a decrease in steering efficiency and increased errors. Other investigations have shown that a normal driver's chances of having an accident are increased with each additional drink taken within a given time period. An example of this was a study done in Toronto. It showed that when a person has a blood alcohol concentration of .15 per cent (approx 5 - 8 drinks) his hazard of accident is 10 times greater than if he had little or no alcohol in his bloodstream under the same driving conditions.

A good driver is able to judge speeds and distances, follow traffic patterns, make adjustments as traffic flow changes and quickly react to hazards and emergencies. After taking a few drinks a good driver is no longer able to do these things with the same efficiency. He is now a bad driver, a hazard to himself and to others on the road.

Trees planted 6 feet apart total 1,210 per acre.

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- Deluxe Units • Cable Television
- Heated Swimming Pool
- 1 & 2 Bedroom Housekeeping Units
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A MOTEL BUILT BY AIR FORCE ENCOURAGEMENT AND EFFORTS TO CATER TO THE SPECIAL NEEDS OF OUR SERVICEMEN.

Centrally Located in Comox overlooking beautiful Comox Bay.

RESERVE NOW AT THE PORT AUGUSTA

PHONE 339-2277



Christmas Lights Given the Green Light

Federal Energy Minister Donald Macdonald has given the go-ahead for traditional Christmas Lighting this season.

In response to a brief from the Christmas Decoration Division of the Canadian Toy Manufacturers Association, Mr. Macdonald confirmed that: "there is no reason to single out Christmas lights as a special target for energy conservation efforts during the coming heating season."

Mr. Macdonald said that the program of Christmas lighting on Parliament Hill will be undertaken this year. The industry brief pointed out that Christmas lighting received unfair public attention last fall as a largely symbolic vehicle for introducing energy conservation awareness and that

no other industry was singled out in such a way.

In recognition of the need for responsible use of all energy resources, the industry supports Mr. Macdonald's suggestion that Christmas lights be turned on after 6 p.m. and turned off upon retiring.

During the 1973 coverage of Christmas lights, there was little reference to certain facts, which help out matters in the proper perspective.

- 15 outdoor Christmas lights consume less energy than two 75-watt household bulbs.

- 15 outdoor Christmas lights illuminated six hours a day for 15 days use one-twentieth of the energy needed to cook a 20-pound Christmas turkey for six

(Continued on page 9)

WHEN IT'S TIME FOR LEAVE WILL YOU HAVE ENOUGH MONEY TO GET OFF BASE?

You know where you want to go. The problem is, you don't know where the money's coming from to get you there.

HFC has a suggestion. Try our Traveloan. You may borrow up to \$10,000. Money enough to get you on your way. Money to spend on anything while you're away.

When you return, all you do is pay us back in simple monthly installments.

What happens next? Before you go on leave, take a trip down to HFC and see about the Traveloan. Household Finance.

The Traveloan

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Friday 6 December

Game Time: 1145 - 1300 Hrs.
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442 SQUADRON Christmas Dinner Dance

Monday, 16 December

(Totem Lounge)

Tickets at the 442 Canteen

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OFFICERS' MESS

DECEMBER 1974

SUNDAY BRUNCHES - December 1st and 15th. Lunch Menu 11:45 to 1300. Children 75¢ - Adults \$1.25. Casual Dress - No Reservations.

FRIDAY, DECEMBER 6 - Mixed Happy Hour 1700. Xmas Bingo and Decorating Party. Subsidized Booze 1700 - Chicken and Chips 1730-1900. Xmas Bingo 1900-2000 hours - Decorating 2000 hours. Free Draft starting 2000 hours. Dance to Juke Box - Casual Dress. No Reservations - \$2.00 a couple - \$6.00 guest couple.

SATURDAY, DECEMBER 7th - 409 Xmas Party. Cocktails 18:45. Dinner 1930. Dance to "Harvest" 2100 - 0100.

FRIDAY, DECEMBER 13th - 407 Xmas Party. Cocktails 1900. Dinner 2000. Dance to "Middle Earth" 2100 - 0100.

SATURDAY, DECEMBER 14th - Base Officers' Cocktail Party. Cocktails 1930. Dance to "Good Friday" 2100-0100.

FRIDAY, DECEMBER 20th - 442 Xmas Party. Cocktails 1930. Dinner 2000. Dance to "Music Factory" 2100-0100.

SUNDAY, DECEMBER 22nd - Kids Xmas Party. 1400 - 1600. No Reservations. No Cost.

NEW YEARS' EVE BALL - Receiving line - 2000. Cocktails 2000-2100. Sumptuous Buffet Dinner to be served in two seatings. First at 2100, Second at 2230 hrs. When making reservations please specify which seating you prefer. A Champagne Breakfast will be served from 0100 - 0130. The "Music Factory" will play until party is finished. Reservations must be in by 1600 Dec. 20th. There is limited seating so get your reservations early. Max. of one guest couple until after deadline on Dec. 20. Formal Dress. Cost - \$15.00 Regular members, \$25.00 Guest Couple.

NEW YEARS' LEVEE - 1100 hrs. - Bloody Marys and Moose-milk.

EW

Mon. to Thurs. - 8:15 p.m.
Fri. & Sat. - 7 & 9 p.m.
No Matinee this Saturday

THURS., FRI., SAT., MON., TUES., WED. - DECEMBER 5, 6, 7, 9, 10, 11

GEORGE SEGAL THE TERMINAL MAN

Mature Entertainment
"Warning: Occasional coarse language & violence"
-B.C. Director

THURS., FRI., SAT. - DEC. 12, 13, 14
FRI. & SAT. - 1 SHOW 7:30 P.M.
MATINEE SAT. - 2 P.M.

WALT DISNEY PRODUCTIONS THE CASTAWAY COWBOY AND Walt Disney's Absent-minded Professor

MON., TUES., WED. - DEC. 16, 17, 18
Richard Burton, Marcello Mastroianni
"MASSACRE IN ROME" - Mature
- plus - "A MAN CALLED NOON"

BASE THEATRE SCHEDULE

Thurs., Fri., 5, 6 Dec.

THE OTHER

NINE MAGNIFICENT MASTERS OF MARTIAL ARTS TEAR THE SCREEN APART!

The Karate Killer! The Siamese Devils!
The Tibetan Tiger Men! The Fantastic One-Armed Boxer!
The Bloody Kwon-Do Master! The Invincible Yuga Kahn!
The Kung Fu Beast! The Judo King!



"THE CHINESE PROFESSIONALS"

National General Pictures Presents "THE CHINESE PROFESSIONALS" Starring and Directed by Wang Yu - Produced by Raymond Chow A Golden Harvest Production - In Color A National General Pictures Release

Sat., Sun., 7, 8 Dec. - CHINESE PROFESSIONALS

Harry Caul will go anywhere to bug a private conversation. His talents are unequalled. They've already been responsible for three murders.



Gene Hackman "The Conversation"

Color by TECHNICOLOR - A Paramount Pictures Release
Wed., Thurs., 11, 12 Dec. - THE CONVERSATION

Theatre Information - Call 339-2433 anytime
RESTRICTED SHOWS: 18 years and above - Under 18 years of age must be accompanied by a person over 18.

ADULT SHOWS: 16 years of age and above - Under 16 years must be accompanied by a person over 16.

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Fri., Sat., Sun., 13, 14, 15 Dec. - THE NEPTUNE FACTOR

When someone knocks on your door and says permesso? ...be careful before you say Avanti!



JACK LEMMON · JULIET MILLS A BILLY WILDER FILM

Avanti!

Wed., Thurs., 18, 19 Dec. - AVANTI

SAT. MATINEES

Sat. Mat., 7 Dec. SMILEY GETS A GUN
Showtime: 1400 hrs to 1550 hrs

14 Dec. BOYS OF PAUL STREET

Akela says

"On my honor as a mother of a Scout, I promise to help my boy keep the scout law and assist him to live up to his promise."
 "The Scout Mother's Promise."

This issue is devoted to those people who if it wasn't for them, there would be NO scouts. I have mentioned the L.A. many times in previous issues, now look at what the L.A. is all about.

It is the "Ladies Auxiliary" of the Boy Scout movement in Canada. The National Council established the L.A. in January 1960.

The auxiliary provides a means for Scouters to make the acquaintance of the Mothers of the Boys in the Pack, Troop, Company, or Crew. Assistance may take the form of providing refreshments, catering at banquets, making neckerchiefs, bean bags, signalling and patrol flags, lair curtains, bandages, and other items of equipment, all of which effect useful savings in the operation of the Group.

The relationship of the L.A. to the Group Committee is early described in the dictionary definition of AUXILIARY, "that which is a source of supply or means of help." The L.A. in no way interferes with the management of the Group or the operation of any scout section. The L.A. governs its own activities in accordance with the Group policy.

The 1st Lazo L.A. meets once a month, on the last Monday of each month. These are Mothers of enrolled Cubs and Scouts. (If you qualify and have not met with the LADIES try it next meeting or call 339-2159, for more information.)

The accomplishment of the

L.A. so far this year is serving coffee, cookies, kool-aid, at all Scout functions such as bottle drives, apple day, etc. On Campfire Nite their HOT CHOCOLATE was what hit the spot.

The Ladies also make all the scarves for new Cubs and Scouts, as well as buying all the badges earned by the boys during the scout year. On Saturday, 7 Dec. 74 the women have a big Christmas Party planned for all the 1st Lazo Cubs and Scouts.

One of the two big fund raising projects of the L.A. was held last Saturday, at the PMQ School, which was their Christmas Bazaar. It was a great success and THOUSANDS of THANK-YOU's go to all the LADIES who made it a success. Like Mrs. P. Fredette who donated a fabulous Santa Cake for the door prize, which was won by Sammie Treat. To Mrs. Sam Treat, whose Handicraft Table was among the favorites of the shoppers. To all those who donated baked goods—very delicious, ladies. And to all those who supported the white elephant table; candles (by Gray Pack); fishing well (Gray Pack); and the Christmas Ornaments. We are all looking forward to the annual "Easter Bake Sale".

The President of the 1st Lazo Cubs and Scouts, Mrs. Sandra Fullbrook wishes to express her personal thanks to everyone who contributed and those who came out to support the L.A. at all their projects.

LADIES!! From the Group Committee and all the Boys - Thanks for everything. The COFFEE is still a bit slow, Ida, but good! "May the Great Master of all Good Scouts be with us until we meet again." AMEN

SCOUT MIZPAH

Season's Greetings

Enjoy the festivities but please don't destroy your holiday or your life.

The law says: Section 222: Criminal Code of Canada - Impaired driving is an offence even if the driver's blood alcohol is less than .080 per cent.

Section 223: Criminal Code of Canada - It is an offence to refuse to take a breathalyzer test for blood alcohol when such a test is demanded by a peace officer.

Section 224: Criminal Code of Canada - It is an offence to drive if driver's blood alcohol exceeds .080 per cent.

Are you reaching your limit? Maybe you could have one

DRINKS	1	2	3	4	5	6	7	8	9	10
100 lbs	.043	.087	.130	.174	.217	.261	.304	.348	.391	.435
125 lbs	.034	.069	.103	.137	.173	.209	.242	.278	.312	.346
150 lbs	.029	.058	.087	.116	.145	.174	.203	.232	.261	.290
175 lbs	.025	.050	.075	.100	.125	.150	.175	.200	.225	.250
200 lbs	.022	.043	.065	.087	.108	.130	.152	.174	.195	.217
225 lbs	.019	.039	.058	.078	.097	.117	.136	.156	.175	.195
250 lbs	.017	.035	.052	.070	.087	.105	.122	.139	.156	.173

more! Check the Canada Safety Council chart below, for your own capacity, you may be surprised.

1 drink - 1 1/2 oz. spirits - 3 oz. wine - 12 oz. beer.

The percent of alcohol in your blood may be calculated by selecting the number of drinks consumed opposite your body weight and subtract .015 for each hour time elapsed since your first drink.

Example - 175 lb. man, 5 drinks in 3 hours - .125 minus .045 = .080 per cent.

175 lb. man, 7 drinks in 4 hours - .175 minus .060 = .115 per cent.

Have a safe and happy holiday season. By 407 Sqn. Drug Education Officer



CHAIRWOMAN SANDRA FULLBROOK (centre) conducts the monthly meeting of the First Lazo Cubs and Scouts Ladies Auxiliary.



THESE BEAUTIFUL hand-made centre pieces and other items were Sarita Treat's donation to the bazaar. These can be ordered to your liking by dialing 339-2493.

Split Second Death Count

Out of automotive crash research at Cornell University Medical College has come the terrifying picture of what happens to steel and glass, flesh and blood, in the split-second a human being is hurled to eternity. This is the slow-motion reconstruction of what happens when a car, travelling 55 miles an hour, hits a tree.

1/10 SECOND Front bumper and chrome frosting of the grill collapses. Silvers of steel penetrate the tree one and a half inches or more.

2/10 SECOND Hood crumples as it rises, smashing into windshield. Spinning rear wheels leave the ground.

Grill disintegrates. Fenders come in contact with the tree forcing rear parts to splay out over the front doors.

Heavy structural members of the car begin to act as a brake on the terrific forward momentum of the 2 1/2 ton body.

But the driver's body continues to move forward at the vehicle's original speed, a force of 20 times gravity, his body weighing 3,200 pounds.

His legs, ramrod straight, snap at knee joints.

3/10 SECOND Driver's body is now off the seat, torso upright, broken knees pressing against the dashboard.

Plastic and steel frame of the steering wheel begins to bend under his terrible death grip.

His head is now near the survivor, his chest above the steering column.

4/10 SECOND Car's front 24 inches have been completely demolished but the rear end is still travelling at an estimated 35 miles an hour.

Driver's body is still travelling at 55 miles an hour. The half ton motor block crunches into the tree.

Rear of the car, like a bucking horse, rises high enough to scrape bark off low branches.

5/10 SECOND Driver's fear-frozen hands bend the steering column into an almost vertical position. Force of gravity impales

him on the steering wheel shaft.

Jagged steel punctures lung and intercostal arteries. Blood spurts into his lungs

6/10 SECOND So great is the force of the impact that the driver's feet are ripped from his tightly-laced shoes.

The brake pedal shears off at the floor boards. Chassis bends in the middle, shearing body bolts.

Driver's head smashes into the windshield.

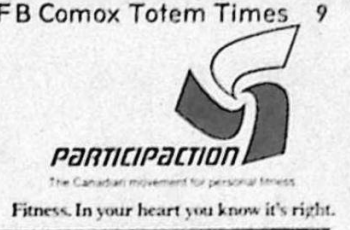
Rear of the car begins its downward fall.

7/10 SECOND The entire writhing body of the car is forced out of shape. Doors spring open.

In one last convulsion the seat rams forward, pinning the driver against the cruel steel of the steering shaft.

Blood leaps from his mouth, shock has frozen his heart HE IS NOW DEAD!

Don't think of it as fitness, think of it as funness.



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 Starting 10:00 p.m.

LIVE MUSIC FRIDAY AND SATURDAY
 Starting 10:00 p.m.



PAT FREDETTE displays her hand-made sugar molded Christmas ornaments at the First Lazo Cubs and Scouts Bazaar. Any of her beautiful items may be ordered to your taste by calling 339-2427.

Christmas Lights

(Continued from page 8)
 hours in a self-cleaning oven at 350 degrees.
 - 15 outdoor Christmas lights, illuminated for six hours a day use less than one of the energy consumed

by a colour television during the same period.
 - A 15-bulb string of Christmas lights illuminated six hours a day for 15 days, consume one-quarter of the energy used by a 14-pound clothes dryer in one hour.

STAG BARBER SHOP
 CHUCK ROSE - Proprietor
COMOX PLAZA
 9 - 5, TUESDAY TO SATURDAY
 CLOSED MONDAYS

YOUR REGIONAL STORE-FRONT OFFICE IS NOW OPEN.

The Department of Consumer Services regional office, located in Victoria, is now open to serve Vancouver Island and the Queen Charlotte Islands.

It's staffed by people specially trained to receive and act on consumer complaints. They can also give you advice that will help you settle disputes on your own first.

There's an office library containing valuable reading material, much of it in the form of handy pamphlets and brochures, which can be mailed to you on request.

If you aren't familiar with British Columbia's new consumer legislation, drop us a line. We'll see that you get enough information to help yourself to a fair deal. And if you should find yourself confronted with a problem that you can't handle just let us know. After all, that's what we're here for.



British Columbia Department of **CONSUMER SERVICES**
 The Honourable Phyllis Young, Minister

838 Fort Street, Victoria
 Telephone 387-6831

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 Your eyes on our choice imported **BOXED CHOCOLATES** From around the world.

15 varieties of Bulk Fresh Roasted Nuts. Imported Tinned Toffees and Cookies.

POINSETTA PLANTS

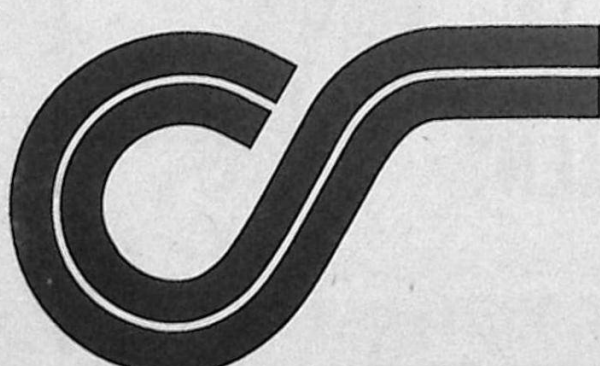
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 Selections of Novelty Chocolates Hard Candies Bulk Chocolates

THE PAPER SHACK
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Merry Christmas to Everyone!



Recruits Still Needed

OTTAWA - The Canadian Armed Forces still need recruits, says the director of recruiting and selection at National Defence Headquarters, Colonel H.P. Lagace.

Because of recent publicity, Col. Lagace says, people have the erroneous impression that "recruiting has been severely curtailed, or even stopped. This is not the case," he says. Although planned quotas may be changed for the next fiscal year, beginning in April, 1975, the colonel says a substantial number of recruits still will be needed in any case.

He said that about 800 recruits a month still are required, including about 100 officers, mainly for the combat arms. The quota calls for about 35 per cent of non-commissioned ranks and about 50 per cent of the officers to be French speaking.

To get the quota of 800 recruits a month, Col. Lagace says, means that about 3,000 applicants have to be attracted to recruiting centers and detachments across the country.

Col. Lagace said that until recent publicity of impending cuts in the forces, "we were having a fair measure of success lately."

With the recent pay raise a recruit starts basic training at \$400 a month. For the first two years of service, tradesmen receive pay raises every six months. A tradesman with five years experience in the forces make between \$10,224 and \$12,936 a year. A

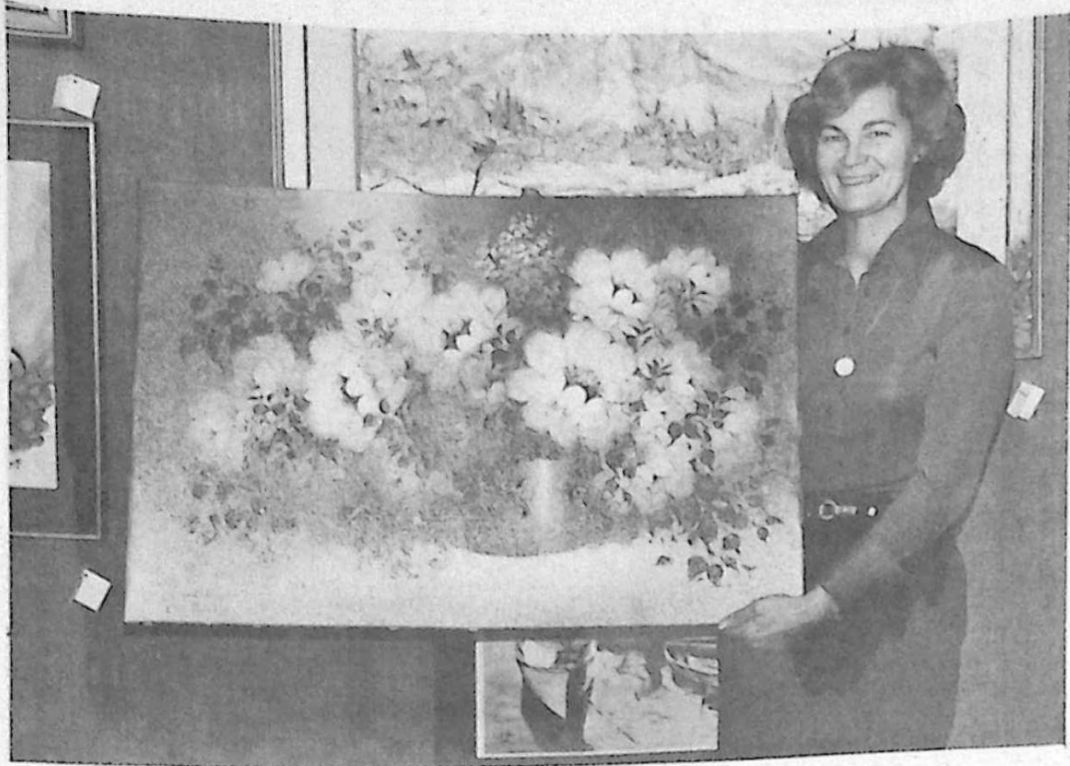
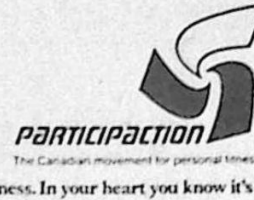
university graduate joining the Forces today as a lieutenant earns between \$8,400 and \$9,900 a year.

Just recently, he explained the armed forces streamlined their recruiting procedures and opened 10 new recruiting

detachments from coast to coast.

There are now 35 recruiting centres in all 10 provinces and in the Northwest Territories, and shortly mobile vans will be introduced to cover wider areas of the country.

In Europe they call us "Canada Fats".



MRS. LUCETTE LITTLE OF Lucettes' Studio, holds one of the fine paintings by Victor Santos, part of this weekend's art exhibit at the Mexicana Motor Inn.

Art Exhibit This Week

Lovers of art have a pre-Christmas treat in store for them this weekend.

Lucette's Studio is presenting an exhibit of paintings by Lucette Little

and her fifty students, and featuring the works of Victor Santos, a well-known Vancouver artist, originally from the Philippines. Mr. Santos, appearing through the offices

of the Knox Picture Agency will also demonstrate his painting technique.

The Exhibit will take place at the Mexicana Motor Inn this weekend, the 7th and 8th of December from 10 a.m. to 5 p.m. Admission is free.

Tickets will be on sale at the exhibit, or at the Frame House on Comox Avenue for the draw on one of Victor Santos' fine paintings. Proceeds from the draw will be donated to the Central Island Arts Alliance.



GENERAL ANDREW GOODPASTER, retiring Supreme Allied Commander Europe, takes the salute during arrival ceremonies marking his farewell visit to Ottawa. Canada's Chief of the Defence Staff, General J. A. Dextraze, (right,) accompanied the NATO commander during his brief stay in the Capital.

(Canadian Forces Photo)



"PROUD PONGO" - A three-day civil defence exercise code-named "Proud Pongo" tests reaction time of civilian police and the military to a make-believe emergency at Canadian Forces Base Winnipeg. Members of the Winnipeg City Police and the 2nd Battalion, Princess Patricia's Canadian Light Infantry face a "dissident mob" who were also fellow soldiers from the 2nd Battalion. A spotlight from a hovering Forces' helicopter floodlit the demonstrating "rioters".

(Canadian Forces Photo)

Christmas Should Be A Happy Time

Christmas should be a happy time for children. Yet, for many, Christmas is a time of sadness. Perhaps it's because their dreams haven't come true. They feel that maybe Christmas is only for others, not for them. But their dream can come true - for The Salvation Army, with your help, can bring a measure of happiness to less fortunate children. Remember, the joy we give to others is the joy that comes back to us.



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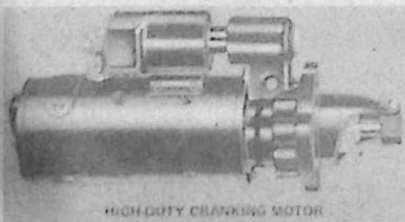
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To all customers and friends:
I would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year

The Readers Write

Dear Box 99:

Do you have any tips that will help me organize my Christmas mailing and ensure timely delivery?

Late Last Year

Every Christmas the Canada Post Office is deluged with cards and parcels, so this year, give the mailman a hand in getting mail delivered quickly to friends and relatives.

Use the postal code. The whole of Canada has been coded within the past few years, and a person's code is an essential part of his address. The postal code helps speed the delivery of mail. It should be placed below the name of the city and province, on the bottom line of the address.

Keep a list of the codes on letters you receive. Remember that the postal code will enable the Post Office to pinpoint an address to a particular part of a letter carrier's walk. Letter-sorting equipment is already operating in several major centres, and the postal code is the key to that equipment. It will ensure speedy delivery. Remember to include your own in your return address.

Mail early and avoid the Christmas rush. Check with your local post office about holiday mailing deadlines for overseas mail and parcels. December 13 is the last day for out-of-town letter mail and December 17 for in-town letter mail.

The Post Office provides, on a local distribution basis, "speed" stickers for out-of-town and local mail. These labels will not be distributed in Quebec this year. When you bundle your letters for local or distant distribution, stick these labels on the appropriate bundles.

Prepare your parcel for the mailstream by putting it in a strong carton and cushioning the object with tissue paper. Wrap the carton with heavy paper, folding the corners and tucking the ends. Secure the

wrapping with a strong cord, and put the address and return address on two sides. Include an extra address label inside the parcel in case the ones outside get marred.

Make sure you put the correct postage on the parcel. Your local post office will weigh the parcel for you and tell you the mailing costs.

By taking these simple steps, your friends and relatives will receive your greetings and gifts intact and in time. You will also have added a little happiness to your postman's Christmas, by making it a little less hectic.



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• NEW PALLETIZED STORAGE
• HEATED WAREHOUSE



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Choose from 2 racks of dresses for that party, at Xmas. Sizes 7-15, 10-20, 18½-32½.

Priced from 18.95 to 59.95

1/3 off Now 12.53 to 39.95

MENS SUITS

10% to 50% OFF

Sizes 36 to 50 in Reg. and some tall, in plains and patterns.

MENS SPORTS JACKETS

★ In bold and conservative patterns.
★ Sizes 36 to 52 in Reg. and some tall.

Save Up To **50%**

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FIFTH STREET, COURTENAY



YOUR BASE EXCHANGE MERRY XMAS SALE

BUY
EX
AUTHORIZED PATRONS ONLY

GIFTS BY THE SLEIGHLOAD!

Make your Christmas Shopping exciting, come to the Base Exchange.

Bunta Mens Wallets and Key Case \$9.96	Good Selection of Imported Liqueur Choc.
BLACK MAGIC 1 lb. \$1.79	50% Off Cuff Links and Tie Pin Sets; Rodina Watches; Selected Toys
SANYO 20" Colored TV (3 Only) \$499⁰⁰	MOIRS - 5 lb. Asst. Choc..... \$5.49

FIRE CAN BREAK YOUR HEART



SANTA will not accept broken, used or abused toys after Christmas. Suggest where possible you inspect your TOY purchases prior to Santa's arrival.

CANADIAN FORCES EXCHANGE SYSTEM

Gift Certificates available

Redeemable for Merchandise only at Base Exchange, CFB Comox, Lazo, B.C. CANADIAN FORCES BASE COMOX

Specimen Only

Available in \$5.00 and \$10.00 Certificates at the Base Exchange Retail Store Special Order Office "AN EXCELLENT GIFT"

Canex and Base Exchange Credit Cards accepted until 31 Dec 74 with normal payments until account is paid in full. MASTERCHARGE AND CHARGE X AVAILABLE NOW!

WOOD HOBBY SHOP

JUST ARRIVED - NEW SHIPMENT OF: PLYWOOD - ARBORITE - STAINS

"DAYS FOR RENT - RESERVE NOW"

OPEN: MON TO FRI 1800 - 1900 Hrs
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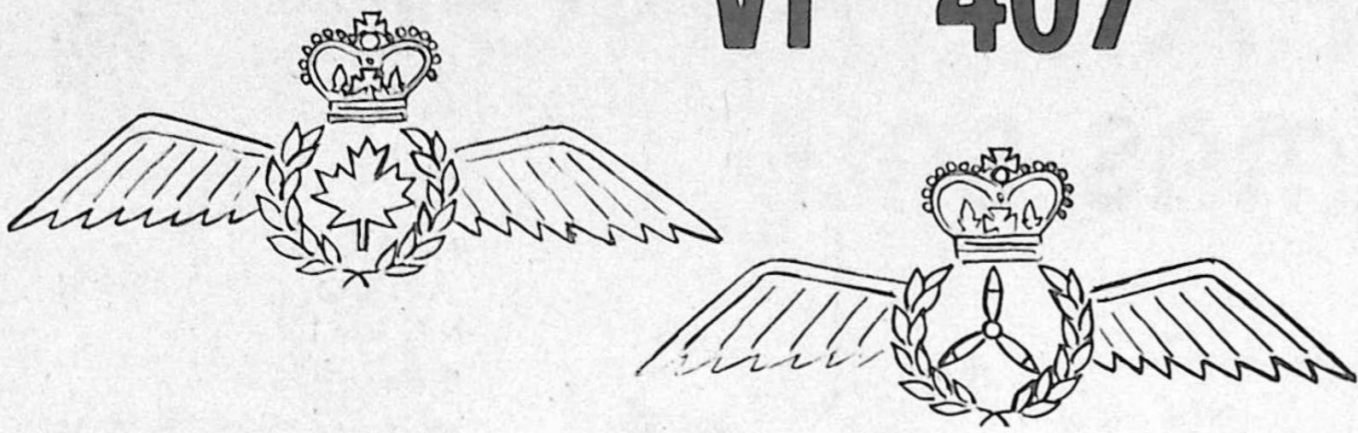
SERVICE STATION

EFF. 1 DEC 74 - PARTIAL MECHANICAL SERVICES WILL AGAIN BE AVAILABLE.

Now is the time for:

WINTER TIRES - WINTER TUNE-UPS - NEW BATTERIES - CHECK YOUR ANTI FREEZE.

VP 407



MEETING

1500 HRS THUR 12 DEC 74

DOWNSTAIRS COMOX LEGION HALL

★ REFRESHMENTS ★ FOOD ★ SERIOUS BUSINESS

ELECTION OF NEW EXECUTIVE



Proulx Victorious Again

Capt. Rick Proulx has won his second badminton competition in a row this past weekend. Rick has now captured titles in Powell River and Port Alberni and has now earned the right to be sponsored in the B.C. Winter Games early in January. Before he heads off to the Mainland he will be entering a Victoria tournament where the competition is expected to be much tougher.

Proulx and fellow CFB Comox badminton club members - Cliff Andre, Tom Krayden and Mike Dandurand showed extremely well in the Port Alberni tournament this past weekend. All four were a real credit to the Club and CFB Comox.

Ron MacDonald photo

INTER-SECTION HOCKEY ACTION is well under way at Glacier Greens. Someone must have received a penalty in this game, played last week between 442 Sqn. and the Military Police.

Giving is part of the Christmas spirit. That's why The Salvation Army gladly gives its time to make this holy season more meaningful to those in need. The homeless one - the unwanted one - the shut-ins - the prisoner - and

yes, even the families of those incarcerated. Many others, too, are greatly helped because Salvationists everywhere sense the needs of the less fortunate in many communities, and do something about it.

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Of Consuming Interest

The number of shopping days before Christmas is limited so if you haven't begun to plan your Christmas gifts you had better start now. Don't worry! Christmas shopping can sound a lot more complicated than it really is. When you plan your shopping spree carefully, it can be a lot of fun.

Before you even visit a store, make a list of the people for whom you are to buy gifts, and decide on the amount of money you want to spend on each one.

This planned approach to Christmas shopping will, if you follow it closely, simplify your job. But don't forget: ONCE YOU'VE COMPILED YOUR LIST, STICK TO IT. If you've decided to spend \$10 on a gift for your father, do not increase the amount to \$15...thus unbalancing your budget and causing the necessity to compensate on other's gifts.

Many people have a tendency to spend a lot more money than they can afford at Christmas time, or they go out in a mad rush at the last minute to buy Christmas gifts. This results in bad planning and bad planning can result in bad budgeting and in bills which keep coming until well into the spring.

To simplify Christmas shopping, we have prepared a list of suggestions for Christmas gifts. But this list is only a guide.

PRESENTS FOR CHILDREN

According to the Canadian Toy Testing Council, it is very important to consider the following factors in the selection of a toy: age and capability of the child, toy safety, durability, imagination stimulation factor, an aesthetic sense, good working order, and play value of the toy.

The tiny tot: mobile, teething, rattle, rubber squeeze toy. The seven-to fifteen-month-old child: large ball, rolling toy, plush animal, rubber squeeze toy, toy in several parts that fit together.

The one-to two-year-old: simple vinyl or soft rubber doll or animal, a game of blocks in its simplest form.

The preschooler: scooter and other riding toys, climbing apparatus, swings, seesaw, car, truck, and other vehicles, simple construction game, simple puzzle, art materials such as pencils, chalk, modelling clay, musical instrument, illustrated book, slate and chalk.

The kindergartener: Skipping ropes, ball set, scooter, tricycle, skates, sled, toboggan, doll, car, art materials.

The elementary school pupil: hand puppet, educational game, junior construction set, handicraft kit, colouring book, educational card game, doctor's or nurses' kit, mechanical design device, Meccano.

The pre-teen: musical in-

strument, senior construction game, scientific instruments for beginners, model kit, (planes, boats, cars), sewing, embroidery and knitting articles, articles for pyrogravure, woodworking kit, designing and painting kit, sports equipment for baseball, hockey lacrosse, etc.

The teenager: record, poster, sportswear, chain and medallion, charm bracelet, sports equipment (tennis racket, skates, roller skates, skis, ski boots), games such as Scrabble, Monopoly, Rummoli or Clue, puzzles, transistor radio.

PRESENTS FOR ADULTS

Choosing gifts for adults always seems harder because you are continually wondering what their particular interests are. For example, what should you give grandmother? And Dad who has everything he needs?

For Mom: scarves, gloves, store gift vouchers, perfumes, beauty products, jewellery, combination pyjamas and housecoat, kitchen appliances, indoor clothing, painting, cigarette holder, decorations, fondue set, nutcrackers, ornamental candles, candlesticks, kitchen clock, indoor plants (poinsettias), miniature garden tools, table napkin holder, salad bowls, perma press tablecloth, shower curtain, fancy dish towels, bedside lamp, spice rack, set of saucepans, cheese board, popcorn popper, electric knife, electric blanket, bathroom space-saver, pink shears, sewing articles, sports equipment, bedside clock, travelling-case.

Even if we suggest household articles for mother's gifts, she'd probably prefer receiving personal articles. This is one time of the year you can spoil her. Don't miss the opportunity.

For Dad: valet, store gift voucher, gloves, scarf, hat or beret, dressing gown, slippers, hobby tools, toilet articles, electric razor, umbrella, shoe cleaning kit, set of suitcases, barometer, keyholder, wallet, toilet kit, lighter, pipestand, tobacco jar, ashtray, portable bar, ice bucket, bottle-holder, decanter and drinking glasses, exercise bicycle, camping accessories, sports equipment, binoculars, portable radio, camera or photographic supplies, car accessories.

Big Sister: perfume, gloves, scarves, charm bracelet, sports equipment, records,

books, sportswear, posters, jewellery, night-wear, slippers, purse, transistor radio, Big Brother: records, books, transistor radio, posters, slippers, nightwear, sportswear, sports goods, toilet kit, wallet, shoe-cleaning kit.

Grandma: puzzles, crossword puzzle books, wool & knitting needles, gift voucher, subscription to a golden age magazine, handbag, adjustable loom for quilting, framed photos of the grandchildren, books and magazines, shawl, scarf, chocolates, nightstand, movie or theatre tickets, indoor plants, seeds.

Grandpa: tobacco pouch, pipe, gift voucher, socks, books, gardening tools, fishing rod, fishing gear, hobby tools, tickets to go to his favorite sports event, scarf, sweater, slippers.

This is only a series of suggestions for those of you who are hard put to choose a gift.

We hope that this will make your Christmas shopping easier.

TOYS

That jolly old man, who comes ho-ho-ing down the chimney every December 25, isn't smiling this year.

Santa Claus is worried about the toys in his sack. He knows that already parents are beginning to save their hard-earned dollars for those special playthings which will add to the kiddies Christmas.

But all too often, the toys that Santa brings are potentially harmful to children, rather than joyful. The situation can be rectified and Santa's worries diminished, however, if adults will take special care this year.

Although the federal government has regulations prohibiting the sale of toys which are in themselves dangerous, all toys can be hazardous if they are used improperly. Regulations can only ensure that toys meet certain design criteria to reduce the risk of accidental injury. The rest is up to the parents.

When purchasing a toy, remember that it will serve far more of a purpose to a child than simply to amuse. The child achieves and grows by play, and toys are his tools. The toy should suit the capabilities of the child for whom it is bought. A toy too advanced for a child will frustrate him, and one too simple will bore him.

A toy that is safe in the

hands of a 12-year old may not be safe in those of a three-year-old. Toys for older children should be kept away from younger children. Imagine what could happen if a five-year-old got into his 14-year-old brother's chemistry set! To over-estimate the ability of your child could be extremely hazardous, not only emotionally, but also physically.

Quality, rather than quantity, should be more important when choosing toys for a child. They should be able to stand up to abusive treatment for a reasonable length of time. Each one could be dropped, chewed, stepped on, or rolled in the mud. If it will shatter into pieces small enough for a child to swallow, if it can cut or poison or kill, don't buy it. Evaluate a toy for its durability and for its potential hazards, bearing in mind the abilities of the child for whom it is bought.

The variety of toys available in retail outlets can often be confusing. Comparison shopping is always a good idea. The price of a particular toy can vary from store to store, and there can be differences in quality between similar items at given prices.

Parental supervision of a child at play is the most essential ingredient to a safe and happy environment for a child. Any toy can be hazardous if it is used improperly, and it is the parent's responsibility to see that a child knows how to handle a toy.

The Canadian Toy Testing Council, an independent voluntary organization, was established in 1952 to acquaint the consumer with better quality toys on sale in Canada and to improve the production of those toys which proved to have unsatisfactory characteristics.

The Council has available two informative pamphlets: "Tips on Toy Buying" and "Little Gifts for Big Occasions". It has also compiled cumulative lists of all recommended toys still on the Canadian market, categorized according to range and type.

Copies of the pamphlets or the lists are available by sending a self-addressed stamped envelope to the Canadian Toy Testing Council, Box 6014, Station "J", Ottawa, Ontario, K2A 1T1.

With careful evaluation and selection of toys before purchasing, parents will soon put the smile back on Santa's face.

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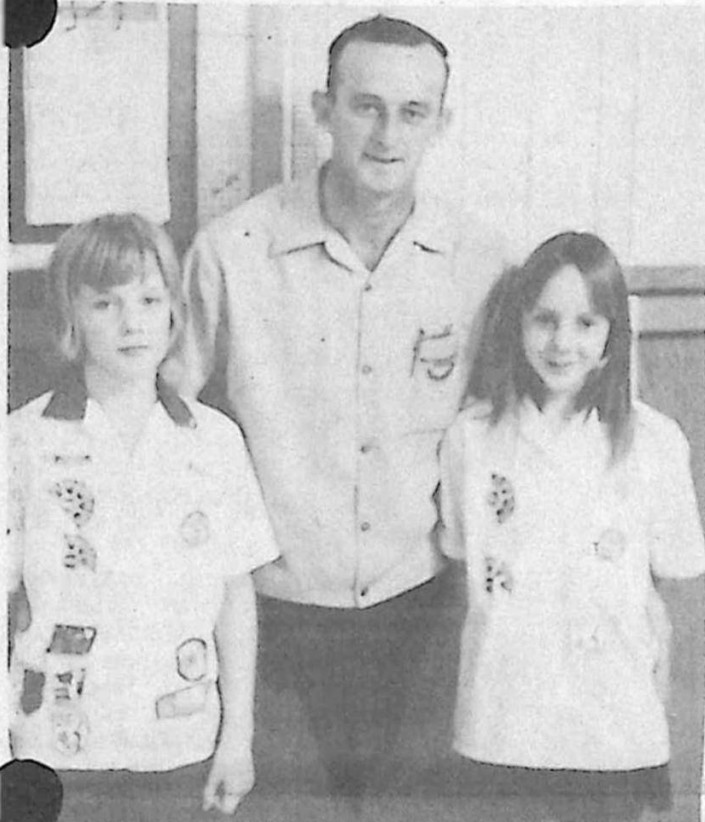
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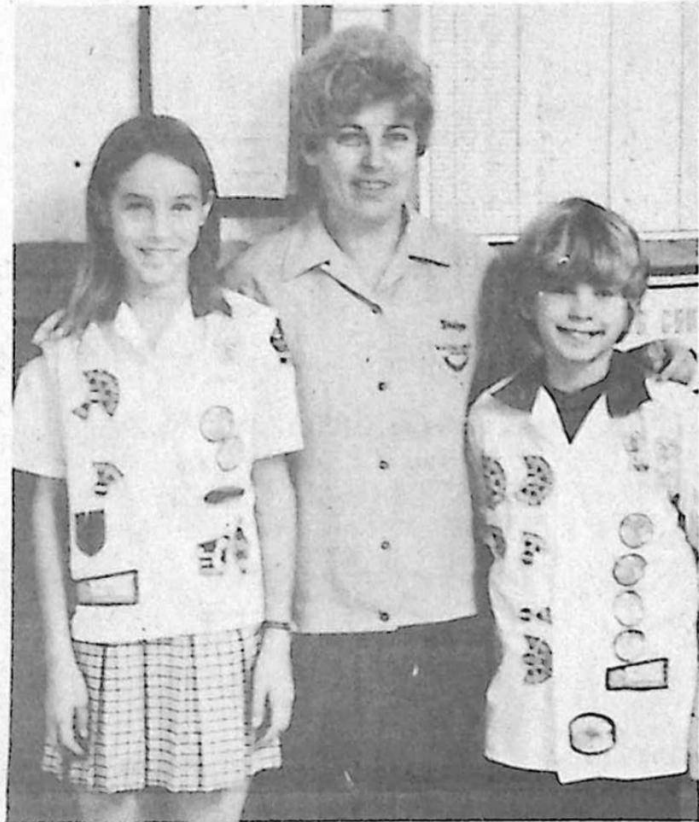


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THE WARRIOR'S FINAL layout is checked before being sent to the printer by (from left to right) editor Colin Boxall, base commander Col. Bendt

Oxholm, sports writer MWO John MacLeod and editorial member Capt. Gordon Gray. (Canadian Forces photo)

New Paper Goes To Press

CFB SHEARWATER, N.S. — The newest forces newspaper rolled off the presses November 21 and promises to be "relevant but irreverent," according to Colonel Bendt Oxholm, base commander of CFB Shearwater.

Shearwater's The Warrior, with a ready-made circulation of 3,000 serves the base as well as service married quarters in Dartmouth.

Col. Oxholm, who plans to be a regular columnist, has laid down two criteria for The Warrior; first that it be entertaining and secondly informative.

The base has not had its own paper since the early sixties when "Navel Air" was absorbed into Maritime Command's "Trident." "Resurrecting the paper now," in Col. Oxholm's opinion, "will provide a much needed communications link

up and down the line within the framework of our base community."

Editor Colin Boxall, a civilian on the administration staff of CFB Shearwater, says that The Warrior will also take a "tongue in cheek" look at things, promoting "esprit de corps and squadron rivalry in a good spirited fashion."

Mr. Boxall is assisted by over 30 volunteers from the base who have helped him prepare the first 12 page issue. Among them is sports writer MWO John MacLeod, a familiar veteran of two other service newspapers.

The November Warrior featured a lead story on the changes in HS-50 helicopter squadron, a poem on the same subject entitled "Ode to Nifty Fifty".

The Warrior is presently a monthly publication but editor Boxall eventually hopes to produce an issue bi-monthly.

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You and the law

SHOPLIFTING

BY LCOL A.K. SWAINSON

Assistant Judge Advocate General

Now that Christmas is approaching, and all the big stores are displaying their goodies, shoplifting will increase.

I am of two minds about this whole business. On the one hand, shoplifting is just a nice word for stealing, and a conviction gives everyone except a juvenile, a criminal record. We are all responsible for our own acts, and there is no excuse for shoplifting.

On the other hand, while large stores do not cause shoplifting, their methods of protecting their own goods are very weak. In the first place, a large portion of losses in the store can be attributed to theft by employees, but this is

seldom discussed. Secondly, the large stores seem to use the judicial system, which is paid for by the taxpayers, as a low-cost method of controlling theft. Thirdly, the number of employees in some of these large stores is so small and they are so hard to find, it appears obvious the store has little interest in protecting any of its property, except actual cash.

Unfortunately, few people know their rights if they are accosted by the stores' security people. If you are guilty when stopped by a security officer, about all you can do is hire a lawyer and defend yourself in court. Alternatively, many innocent people and, in particular, young people, are improperly stopped and searched by security officers.

These security guards do not have any more arresting authority than the average

citizen. If they are off-duty policemen, their authority is a little uncertain.

If you are innocent and are stopped by a security guard who wants you to go with him, advise him that he has neither informed you that you are under arrest, nor has he the authority to arrest you. You should then ask him what reasonable and probable cause he has for suspecting you. You should tell him that you intend to proceed about your business and that if he tries to stop you without making a legal arrest you intend to charge him with assault and, additionally, that you will sue both him and the store for civil damages.

You are within your rights to then proceed on your way. The security guard may then call the police, or if he is very brave, he will try to detain you. You should, of course, answer reasonable questions,

and even explain an action that may have appeared suspicious.

During the Christmas season, I suggest that you and your children take extra care to ensure that you do not either accidentally walk off with an article, or attract suspicion to yourselves. If you are innocent and are stopped by a guard, the end result is problems and embarrassment for all concerned. If you are guilty, you'll end up with a criminal record.

Many shoplifters blame society, the store, their parents, their spouses, their relatives, the police, or almost anyone but themselves. No one forces a shoplifter to steal, and NEVER shoplift as an initiation to a club, or on a dare.

Just pay for the article, or do without it - it's so much easier - Merry Christmas!

Winter is Headed Our Way

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