



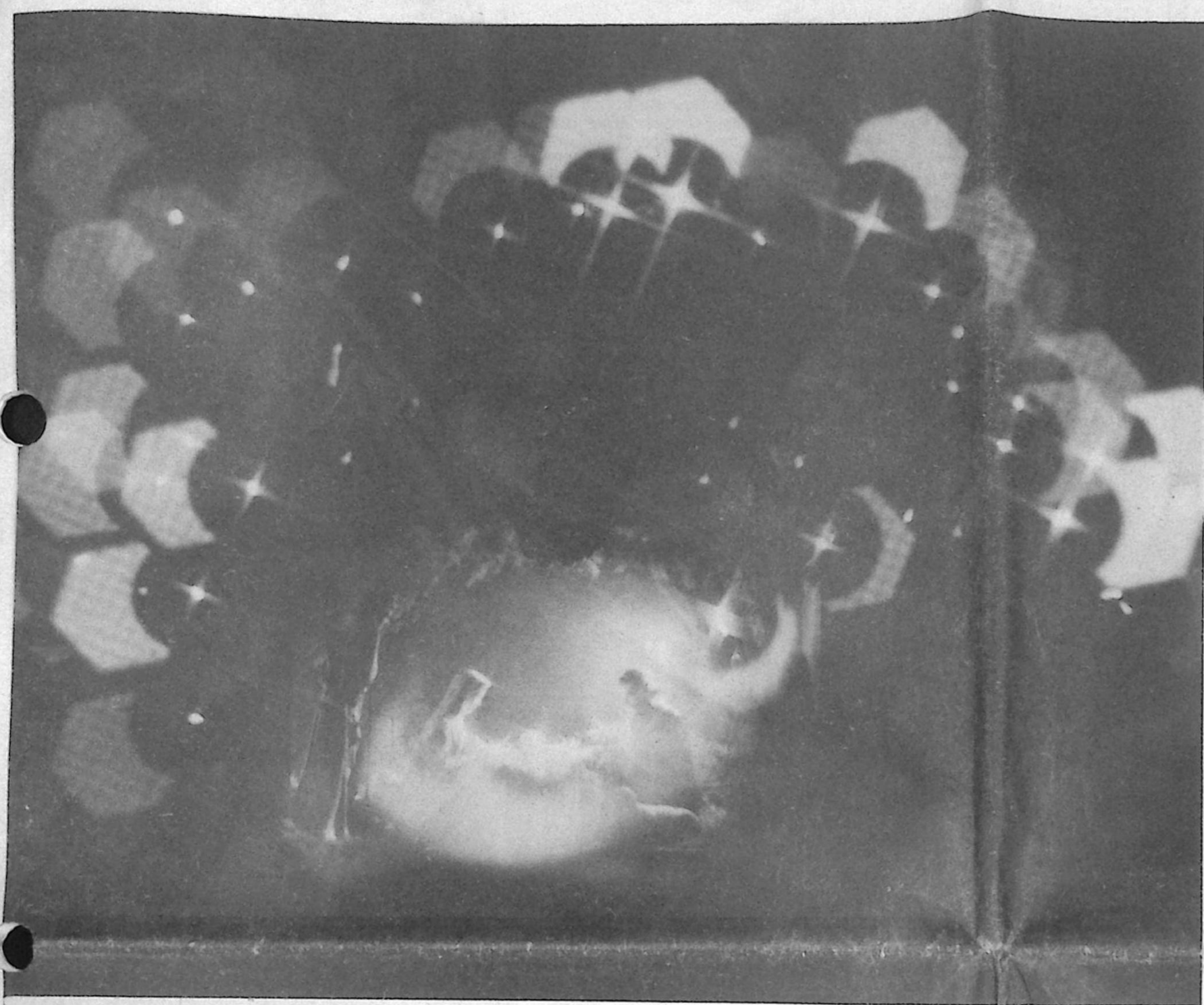
TOTEM TIMES



A 50 per cent raise? Bah! Humbug!

VOL. 16 — NO. 22

CFB COMOX TOTEM TIMES THURSDAY, DECEMBER 19, 1974



THE NATIVITY SCENE IN FRONT of the Roman Catholic Chapel takes on a special effect in this time exposure by staff photographer Ed Ellis, using centre focus and cross-star filters.

Governor General's Christmas Message

We owe you a great debt of gratitude for your loyal and devoted service to the cause of freedom and peace. I am well aware that your role is more than often anonymous and I am, therefore, particularly pleased to avail myself of this special occasion to offer you, on behalf of

all Canadians, our most sincere thanks.

My wife joins me in wishing you a most enjoyable Christmas and a Happy New Year. Our special thoughts go to those whose responsibilities will keep them away from their relatives.

From The Chief Of Defence Staff

As you all know, 1974 has been a year of extraordinary challenge for this department. Inflation has had a serious effect upon most nations, and, of course, their armed forces are not immune to the difficulties this creates. Indeed, I am sure that you have all been affected, not only in the conduct of your duties but also in the management of your personal affairs.

government and their country. So, as the year ends, we can enjoy the seasonal celebrations in the knowledge that 1974 has been both challenging and productive.

Yet, for us, 1974 has also been another year of considerable achievement. We have 8,000 personnel overseas serving the cause of peace, and they have proved once again that Canadian servicemen can handle the most difficult situations with the cool competence of true professionals, serving loyally the aims of their

I hope that you have a pleasant Christmas season in the company of your family and friends, and I wish you a full measure of happiness and good fortune in 1975.

Finally, as always, I want to extend special greetings to those of you who are away from home. Christmas is a unique family occasion, and so a truly festive celebration will not be possible until you return. I know I express the thoughts of all of us here in Canada when I wish you a safe return and a Happy and Successful year in 1975.

Norad Commander's Holiday Greetings

Air Defence Commander's Christmas Message

1974 has been an interesting and productive year, one in which this command has again achieved its objectives and has met all of its air defence and Norad goals.

We in air defence command are in the midst of difficult times during which we can expect readjustment of the resources that are being applied to our airspace sovereignty mission. I know that such changes are bound to be unsettling to all of us, however, we have to be prepared to do the best we can with what we have. This is our tradition and I ask that it continue.

I wish to thank you and each member of your staff for your hard work, your dedication, and your loyalty, and wish each of you and your families a Merry Christmas and all the best for '75.

I will continue my visits to bases, stations, and units in 1975, and look forward to talking to and meeting as many air defence command people as possible.

Col R.L. Mortimer

From The Base Commander

Christmastide is a time, I believe, when many of us once again try and realize where our own lives fit into the greater perspective of the world around us. For after the hectic activity associated with the pre-Christmas rounds of section parties, there is time to sit back and think about the goals and goals in life that we hold; and in so doing I am sure most of us conclude that despite the various things that dissatisfy and frustrate us from time to time, we are indeed very fortunate.

One of the reasons we are in this favoured position is that there continues to be a strong sense of duty and dedication held by the vast majority of Servicemen and Ser-

vicewomen, and the civilian employees of DND. It is the practical results of these attitudes that enable this Base and the units here to meet our assigned goals, despite the ever increasing squeeze on personnel and equipment. For the efforts, and in many cases the extraordinary efforts, put forth by individuals to effect these achievements during 1974, I want to convey a sincere thank you.

This Christmas we are conscious that twenty-one personnel from the Base, 442 Squadron, 407 Squadron, and 1 Air Movements Unit Detachment, are serving with the United Nations Forces in the Middle East - a task that is vital in the continuing efforts to preserve world peace. It is

my sincere wish that the families of these officers and men will enjoy a happy Christmas, despite the separation they have to endure, secure in the belief that their separation is a small contribution to the hopes for peace of many thousands.

In looking ahead to 1975, we can probably expect more changes and readjustments to be required of us, but I am confident that we will continue to successfully meet whatever challenges are placed before us. I would like to wish all personnel of CFB Comox and their families a very Merry Christmas and a Happy New Year.

and satisfied it in the usual fashion.

Any day now Servicing will be losing the services of Cpl. Gord Biss. Somehow things just won't be the same with him gone as they will have no one to terrorize the other sections and who will make the doughnut run now? The best of luck to you and your family, Gord, in your future endeavours on Civvy Street.

A warm welcome is extended to Dave Ceperley and Marc Weir who have joined Servicing from Borden for a few months of OJT.

News from the Repair Section Last Friday, being the 13th Dec., the happy group from the Repair Section taunted fate and laughed at superstition by holding their annual Christmas party. This very successful event was held at the Gold Course Club House, with a very tasty meal of Kentucky Fried Chicken and trimmings, good booze and taped music for dancing, supplied by Cpl. Al Goodall. A special thank you goes to MCpl Ron Tribe our party fund collector, for doing such

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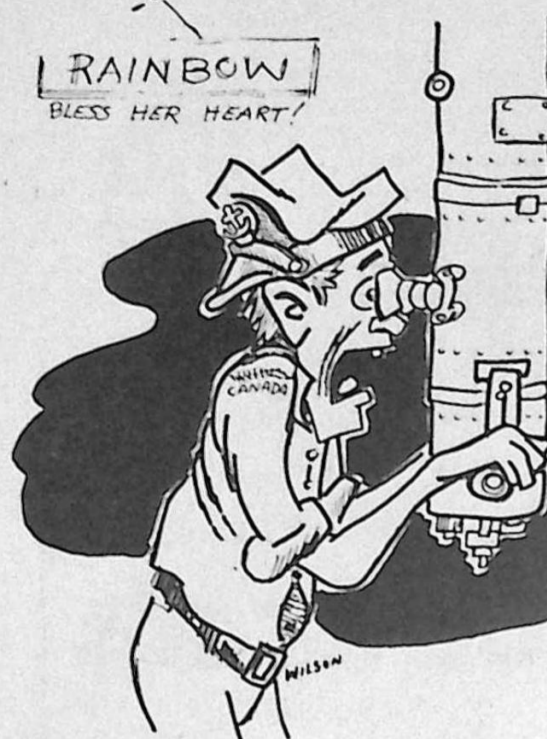
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ARMCHAIR PRACTICE IN 3D -- Thanks to a recent gift from the Technical Wing, squadron operations personnel no longer have to spend many airborne hours honing their ASW skills. According to a reliable source, a time and money saving idea submission has been initiated.

407 Tech Ramblings

The recently concluded minor hockey - Xmas cheer raffle was its usual rousing success with the \$125 sponsorship fee secured within the first couple of days of the campaign and 38 bottles of assorted snake bite remedies were dispensed to the lucky winners on 06 December. A list of the winners is posted in all sections.

Just in case you have tucked your all-ranks Christmas party tickets away and have forgotten all about them, a small reminder that the Demon's social highlight of the year kicks off in the Rec Centre at 2030 hours, Friday, Dec. 20th. Bus schedules for this gala affair have been distributed to all sections so, in the event you intend to indulge in a bit of liquid sunshine, please use this service - it is provided for your protection. Once again Vancouver Island's largest motorized punch bowl will be in operation with its taps dispensing Col. Middleton's favorite hydraulic fluid punch. A hot turkey dinner will be served throughout the evening and dancing will be to the strains of our former favorite band, Gord Antle and his Tidesmen, which has undergone a recent revival. Oh yes, there'll also be prizes and a draw for a case of 12 Royal Guards.

REPAIR

Once again our bailiwick is a beehive of activity as our techs scurry to and fro giving Argus 721 their undivided attention and loving care which, hopefully, will see her back on the line before Christmas and all set for another 400 hours of boring holes in the Pacific winter clag.

Our ARO, Lt. Legault, is finally back at the helm after absorbing the superintendents course at Greenwood and, since he has been so quiet since his return, we can't help but wonder if there is more to this course than we are aware of.

Sgt. Larry Bourgeois has assumed the duties of repair co-ordinator during the absence of MCpl Carl Erickson who, it seems, managed to scrounge a couple of tickets to a Canucks home game and thus is off to the smog capital of the lower mainland for a few days. This assignment has added a few more

Ptes Fred Put and Dave Salmons are currently doing their thing in the engine bay with Dave also having a crack at the crash French language course. As a reminder of his having come out second best from an encounter with a goal post during a broomball game, Pte Dave Sleeman reportedly spent a comfortable night in the base Krankenhaus. Meanwhile, 442 waxed our tails at volleyball and thus proved to all and sundry that the mighty four hundred and forty second have lost none of their sting. However, be warned the season is still young and we are just beginning to jell as a team.

Well, the HO! HO! HO! season is upon us again so, this being the last Times before Christmas, on behalf of all Repair personnel we wish one and all a very Merry Christmas and a Happy New Year.

P.S. Dear Santa: All I want for Christmas is a magic pen and a new eraser.

SERVICING SNICKERS

Since the two crew annual Christmas party is currently the talk of the Tribe, that's what the Resident Rookie will use as subject matter to start off his ramblings. Everyone enjoyed themselves immensely and it was a real joy to see the distaff side of the crew having such a good time. A large vote of thanks must go to the organizers, particularly Mike Hooley who deserves a promotion for his promotion of the affair. The food was both delicious and plentiful, the drinks free-flowing, the conversation cordial and the dancing as energetic as the music. A study of the personalities attending proved very interesting, e.g. Chief Tex and his ever-present fishing stories, Admiral Bird

with his maritime booster and John resplendent in his casual after-eight hairdo which prompted his request for a poem on asphyxiation. Guy managed to dance up a storm and then had to limp off the floor when this therapy proved too much for his knee. Speaking of dancing, it was noted that Herb dances as well as he swims - shades of the White Hawaiian Whale. With Capt Irving it was the age-old question of age that the ladies wanted the answer to. Uncle Harry managed to behave himself and, speaking of biological urges, we wonder how Mr. B. made out.

During the course of the evening a number of awards were made in honor of individual achievements in various fields of endeavour: Guy - the 28 per cent representative got the happy fisherman award.

Rick - checked out on he knows what, Hot dog!

Dave - electrical, ding dong and family jewels lockup.

Herb - the one kind of guy to get something like this, a loving cup.

Rose - who does an awful lot and is right out front, for two reasons.

Ron - from wives, a swimming trophy in winter?

The awards ceremony was handled by Soup Campbell and his lovely assistant with the former as master of ceremonies coming off as a master of the casual nervous who did a beautiful job of breaking everyone up. The grand finale to the evening's entertainment was a grapefruit race during which jackets were removed, ties loosened and some even stripped to the waist. What a riot and fitting climax to a wonderful party. Again, congratulations to all who

(Continued on page 5)

My mother wears army boots

Barrack life is getting a touch of excitement lately as Christmas music and the rustling of paper is heard from behind closed doors. Christmas cards and decorations are appearing all over the block. We have even acquired a Charlie Brown-type Christmas tree (roots and all) in our lounge.

We're pleased to tell you that the renovations on the lower floor started on the 4th of Dec. (right on schedule) and are supposed to be finished by 1 Feb. 75. The plans include two Sr. NCO's suites, six bedroom sitting rooms and two large bedrooms. The hallways are being carpeted and the bathroom facilities are being remodeled. Chief Howard has informed us that there will be a storage room for bicycles "so he doesn't trip over them." He also hopes for an improvement in the amount and quality of the furniture. Another little bonus is individual thermostat controls on each heat register. All this is well and good but as we all know, more and more women are coming into the Forces and probably in another year we will have a shortage of space again.

Upside down umbrella's in

our lounge! What's this???...Oh! A wedding shower for Chris. This was well attended on the 4th of December and some very handy gifts were received (though she never got a rolling pin to hit the new hubby with yet) so they're off to a good start. The wedding between Chris Mounmay and Tom Kinderwater occurred this Sunday (Dec. the 15th) in a beautiful ceremony at the Martyrs Catholic Church in Courtenay. Lucy Goddu was the bridesmaid and Brian Watts was the best man. The Christmas wedding ended with the singing of the carol Ava Marie by the organist. We all wish Chris and Tom their new life together residing in Courtenay.

Marian Ehrey has become independant and moved off base in a very nice little house on Mission Hill after a combination birthday and farewell to barrack life party with all the girls at the Old House restaurant December 3.

We would like to welcome Gail Walker from Ottawa; the new M.P. on base. Beware fellas! She's armed and dangerous.

Mo Barnes is back from

Borden as a fully fledged Admin type. She will be working in the hospital Orderly Room for awhile.

Have you ever seen a whole building of women with no telephone? Well, it seems that someone didn't like us having a local phone until they could locate a pay phone from B.C. Tel. so if you have anything to say to any of us it had best be done at work.

We wish you all a very Merry Christmas and the best in the New Year from the snowy-belles!

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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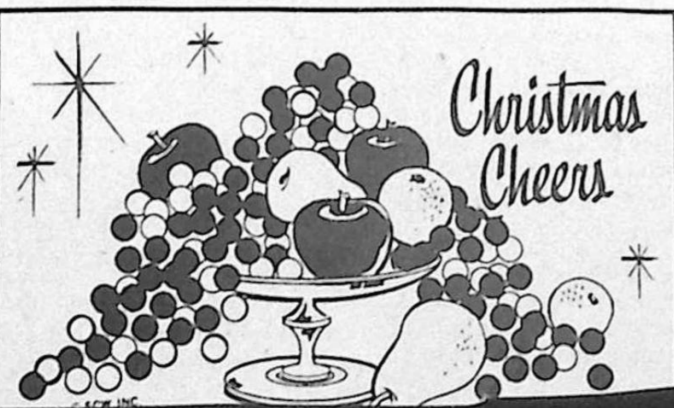
There are a few things you should know about the new rent increase limit

THE RULES:

- Effective January 1, 1975, residential rent increases are limited to 10.6% of the rent presently being charged. This rule applies to any dwelling containing two or more rented units, and will be administered by the Rent Review Commission. The rule also applies to single family dwellings.
- Tenants can legally refuse to pay any rent increase over the 10.6% limit, subject to the

SOME EXCEPTIONS:

- Half a duplex, when the owner lives in the other half (or basement suite, when the owner lives in the remainder of the house) is exempt from the 10.6% limit.
- Certain major renovations may entitle an owner to increase rents over the 10.6% limit. These improvements must have been started since May 3, 1974, and do not include normal maintenance and repairs. Landlords may consult





RECENT PROMOTIONS IN the Sgt.'s and WO's mess -- REAR (left to right) Sgt. Walsh, Sgt. Mork, Sgt. Christenson, MWO Senger, Sgt. Dutchen, Sgt. Morrow, CENTRE - Sgt. Thibodeau, Sgt. Todd, Sgt. McVay, Sgt. Croitor; FRONT - Sgt. Green V PMC MWO Muma, Sgt. Norma Boles, PMC MWO Bush, WO Yamamura.



INDIVIDUAL MILESTONES were achieved recently by WO Ron Harrington and Sgt. Alex McLennan when they completed their 20,000th and 25,000th GCA approach respectively. The approaches were flown by Lt. R. L. Mortimer, Base Commander CFB Comox with Capt. P. K. Off, 409 AW Squadron in a CF101 Voodoo.

Nighthawk's Nest

The holiday season has gotten off to a bang up start. Hazen Codner did some very fancy footwork to produce the best Christmas party the Mess has seen in many years. It was a shame the mess ran out of rubber chicken and we had to make do with the roast beef and king crab. One more party like that and Hazen will have a permanent extra duty as Entertainment Officer. Well done.

To speed the recovery of our intrepid aviators, the more senior officers treated us poor underpaid lieutenants and captains to a recovery party that lifted everyone's health to a new high. The mess MFWAIC is getting just a wee bit nervous. Last year it was a motorcycle, this year a Volkswagen that mysteriously appeared in the Nighthawks' midst. You really cannot blame him for refusing to let us have another recovery party unless all the Voodoos and T-33s are tied down and locked in the hangar.

LCol Ev and Carol McKay started off the holiday cocktail parties last weekend. It's going to be a pretty hard

act to follow, not only were the food and punches excellent, but how many people have the constitution to throw a two day cocktail party? It has been almost 2,000 years since that very first

Christmas in Bethlehem when Christ was born and the angel gave his greeting of "Peace on Earth, Goodwill to Men." It was and is a wonderful

(Continued on page 8)

Voodoo Nuts Bolts and Volts

The other week a few promotions were announced within the BAMEO's organization. Dick Tapp of Base Servicing, and Ron Meyer of Refinishing picked up their third stripe. We hear that Dick had to come all the way from Edmonton and Ron from 442 Sqn. in order to get promoted. Anyway, congratulations, fellows. Congratulations are also in order for John Novak of Research, Joe Surette of Snags and Rick McCollum of Servicing who all were promoted to MCpl. It appears that once again the Avionics Sections have missed out. Well, as they keep telling us - maybe next time.

We hear that the last of the big time spenders (WO Art Harvey, WO Chuck Shimla, Sgt. Kelly McPhail and Sgt. Bill Wilson) who were forced to reside in "Chick-it-too-me" while attending the Voodoo General Maintenance Course in Bagtown, have returned. They say they all passed, however, course marks will be disclosed as they are identical. Thomas Kin-water of Snags and Chris Mounetay of Supply are exchanging marriage vows on Sunday, 15 Dec. Best of Luck to you both.

It appears that the only successful moose hunter in Snags is Dave Marzinzik, it was rumoured, however, that there were rope marks on the neck.

Sgt. Sonny Erickson is losing two men to Europe in the New Year, Jim Nabeta and Dan Webber. Jim received his notice while on course in Bag Town with Jim Judge.

Frank Price is leaving the Service for would you believe, to make chocolate Santa Clauses in Ottawa. Honest, that's what he tells us. As far as can be established Jerry White is leaving the Service and is going to Alberta to help increase their unemployment rate. We also hear that MWO Rathbun is still searching the hangar for "Fairley Dingles" and "Ansons".

For what it's worth, the difference between the price of a taxi and the court awarded fine when drinking and driving is a hell-of-a-good festive season.

Servicing reports that the spy in the sky is still operating and tracking their every move. We were told that it was tracking Sgt. Red Baird the other day so he stopped and saluted it in the usual fashion.

Any day now Servicing will be losing the services of Cpl. Gord Biss. Somehow things just won't be the same with him gone as they will have no one to terrorize the other sections and who will make the doughnut run now? The best of luck to you and your family, Gord, in your future endeavours on Civvy Street.

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a good job in organizing this party.

On Friday the 6th Dec., was the last day for Pte. Dan Hardy in our section, we would like to wish him good luck in his new section, and thank you for a job well done while employed with the IST's in the Repair Section.

On behalf of our ARO, MWO Elvins, Sgt. Jim Westerman and myself, Sgt. Andy Melancon, I take this opportunity to wish the people of Repair and BAMEO Sections, a "Very Merry Christmas and a Prosperous and Happy New Year".

The latest news from OFTT is that one of their techs had to go to Chatham in order to make good. Frank Wiley was transferred there this summer and was recently promoted to Sgt. Congratulations Frank.

There are two new faces in the AVSO's empire. Recently arrived from Borden are Pte. Ron Southall of IE IS Labs and Pte George Nagy of Nav Com Labs. Welcome to actionland.

As the holiday period will soon be upon us, we in this corner wish you and yours a Safe and Happy Festive Season.

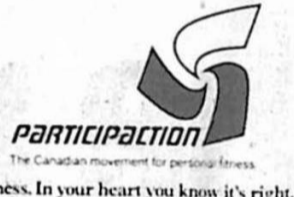
Gravel pit news

"Merry Christmas from the Land of Oz."

As time draws near for Christmas cheer, We wish you all the best this year. From all the folks in the Land of "Oz", A happier time as ever there was.

From Bill and Phil, and Jack and Larry, From John and Ron, and Dave and Harry, From Jake and Blake, and Peter and Paul, A Festive Season we wish you all.

Whether you're coming here or going there, Please drive with lots and lots of care. Don't be late, for that important date, But remember - we'll need you here, again next year. "Gravel Gertie"



Darts

On the weekend of Dec. 7-8 a dart team from the Junior Ranks Club C.F.B. Comox travelled to Victoria D.R.A. (Dockyard Recreation Association) to participate in a dart tournament.

After two days of well organized elimination play Arnie Kalard finished 1st in the B Division.

The team consisting of Willie Perreault, Yard Lyons, Arnie Kalard and Dave Jones finished 3rd also in the B division.

While many of us enjoy the warmth and love of family and friends at Christmas time, the lonely and unwanted do not have this privilege. But they are not forgotten, for the men and women of The Salvation Army love and care for the less fortunate in our community.

Lucette's Studio

Wish to offer sincere thanks to "The Frame House", The Courtenay Florist, Knox Picture Agencies, Vancouver (Sponsors for Victor Santos)

and
The local community for their warm support for a very successful Christmas Art Exhibit.

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A Merry Christmas and Happiness in 1975

We wish to thank you at this time for the confidence you have shown in us during 1974 and years gone by. A special greeting to former members stationed in Comox now located at other bases in Canada and Europe.

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CHRISTMAS GREETINGS

Rejoice! It's Christmas. During this holiday of heart warming thoughts we wish you peace and happiness. Thanks for your support.



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EDITORIALS:

From the editor

Tradition dictates that we pause at this time of the year to reflect upon our past performances with an eye toward improvement and a rededication to those goals we have set.
As Editor, I wish to thank all those persons who have given of their time and

talent to make the Totem Times a quality Military newspaper, and particularly our advertisers, who really have made it all possible.

May the New Year bring you the blessings you so richly deserve.

From the furlined fox hole

The Christmas season has arrived again. You can dig into the bottom of the pack and haul out that bit of tinsel and crepe paper to decorate the ol' Foxhole. The Christmas season is traditionally a time of joy, celebration and reflection even in foxholes. It's a good chance to haul in your horns and be thankful that as a military man you have not been called upon to do the ultimate duty.
Simply stated we have managed through the year to keep some semblance of peace on earth for a majority of its inhabitants. For this I'm thankful. Along the same lines, I have a very deep feeling of respect and pride in Canada's contributions this last year to damping down hostilities. This pride also extends to the dependents here at home of our boys overseas or at isolated posts. These wives and kids deserve our thanks for the support they give men and I wish them all a most Merry Christmas. It will be difficult celebrating without Dad and maybe knowing how much we appreciate their sacrifice will make this Christmas a little more meaningful.
Sitting in the foxhole all year can warp your sense of values if you are not careful. It is very easy to criticize and make fun and a lot harder to offer constructive suggestions. This column has been an outlet to let off steam and it

is only fitting that at this time of year a more positive outlook should be taken.
We can be thankful for a pay raise, though not enough in some people's mind at least it was a raise. We can appreciate the fact that the recent defence cut could have been worse. We may have been fortunate to avoid compulsory releases to save money and chose instead a temporary cutback in some operations.
Most important, the Canadian Armed Forces people I meet still have spirit. They may be annoyed at some policies, disagree wholeheartedly with others but they are still professional military men with pride in what they can do. I'm proud to be one of them. Someone once said "when the going gets tough, the tough get going", well we still have that spirit in the foxholes and I'm thankful for it. I also pray we never lose it.
With those disjointed thoughts I'm going back to hang up some tinsel, prime the stove, warm a Christmas pudding the girlfriend sent and maybe, if Sarge doesn't show have a wee snort to celebrate. Merry Christmas to all and have a Happy New Year. P.S. If you are going to drink don't drive. The one thing I don't want in the New Year is a memorial service for any of my buddies.

The Yuletide visit

'Twas the night before Christmas, when all through the house,
Not a creature was stirring, not even a mouse,
When down through the chimney, all covered with soot,
Came the "fire menace", an ugly Galoot.
His eyes glowed like embers, his features were stern,
As he looked all around for something to burn,
What he saw made him grumble, his anger grew higher,
For there wasn't a thing that would start a good fire.
No doors had been blocked by the big Christmas tree,
It stood in the corner leaving passageways free.
The lights that glowed brightly for Betty and Tim,
Had been hung with precaution so none touched a limb.
All wiring was new, not a break could be seen,
The tree set in water which kept it so green.

The tree had been trimmed by a mother insistent,
That the ornaments used must be fire resistant.
And mother had known the things to avoid,
Like cotton and paper and plain celluloid.
Rock wool, metal icicles and trinkets of glass,
Gave life to the tree, it really had class.
And would you believe it, right next to the tree,
Was a suitable can for holding debris.
A place to throw wrappings of paper and string,
From all of the gifts that Santa might bring.
The ugly Galoot was so mad he could bust,
So he climbed up the chimney in utter disgust,
For the folks in this house had paid close attention,
To all of the rules of good "fire prevention"

Guest Editorial

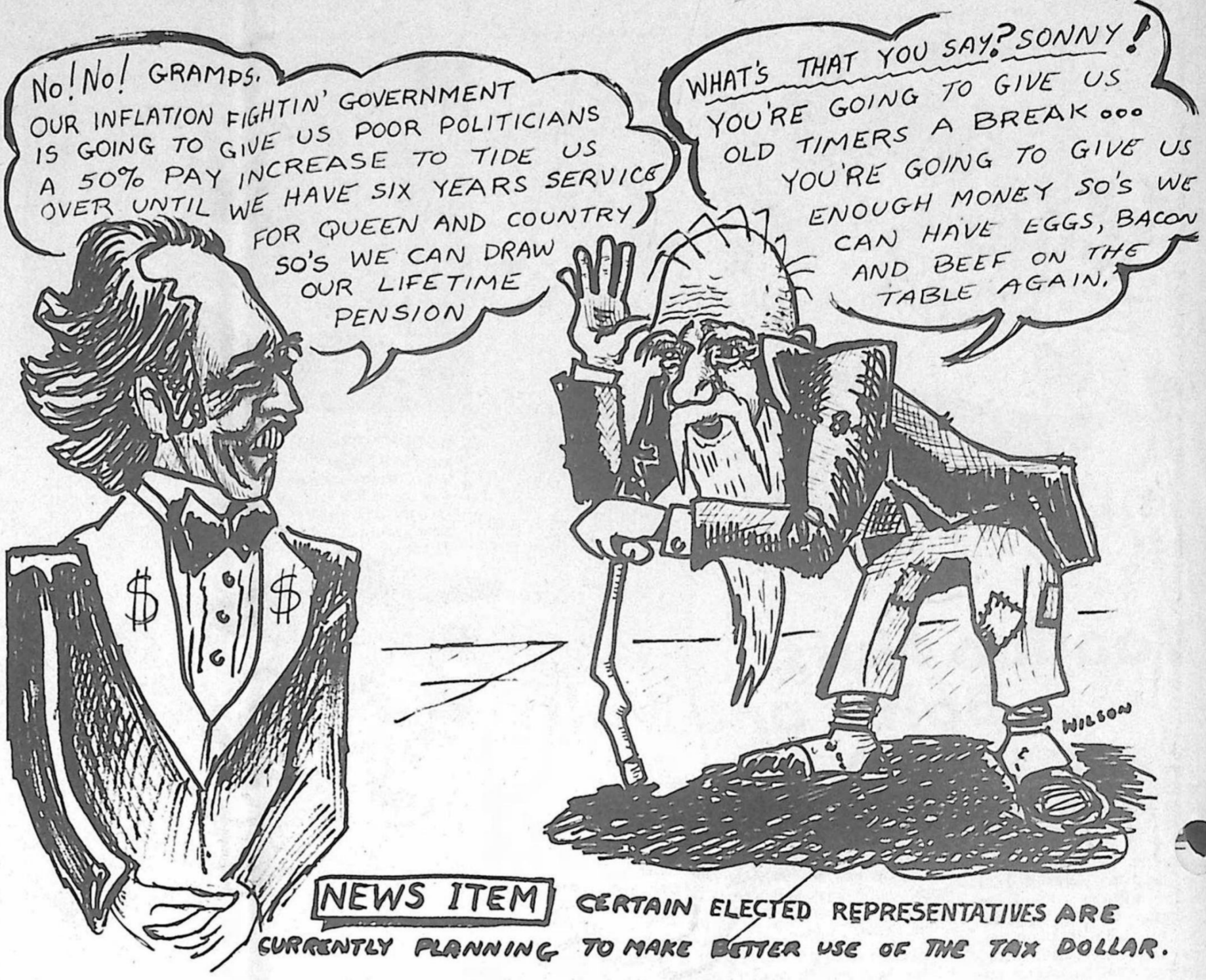
Why does Canada maintain armed forces?

By COL W.N. RUSSELL
(NOTE: Beginning with this issue and continuing for three instalments we are reproducing an article written by Col W. Neil Russell, CO of 436 (Tusker) Squadron, which we feel will be of interest to all readers. It is pointed out that the article represents the author's personal viewpoint and does not necessarily reflect official DND policy (Editor).
OTTAWA (CFP) - It has always been difficult for the professional serviceman to keep himself completely motivated during periods of prolonged peace. Certainly he enjoys his day-to-day work, the satisfaction of a job well done and the comradeship of service life. But he is hurt when his civilian friends ask, "Yes, but what do you do?" He can't help doubting his value when the size and effectiveness of his organization keeps decreasing. He becomes discouraged when the news media stresses the importance of cutting government spending and questions the policies he works so hard to support. In short, he is bothered by the question: "Am I really doing something worthwhile?"
During 21 years of service I found myself asking the question so many times that eventually, for my own peace of mind, I began reading and analysing. If you also doubt your worth, or if you wish some arguments to use on doubters, perhaps the results of my analysis will help you. NOT "NATIONAL DEFENCE"
If it were wartime, the topic question would be superfluous. As in the past, if Canada were threatened by a foreign power every citizen would quickly join the effort. Today, however, no nation seems about to attack ... and if

one did, there is little doubt that our powerful neighbours to the south would quickly help us repel it, for the United States could never allow a hostile power to occupy Canada. Strange as it may seem therefore, "National Defence" in the normal sense of the term, is not a prime aim of the Canadian Department of National Defence. This therefore, makes the title question all the more intriguing ... "Why does Canada maintain Armed Forces?"
SELF RESPECT
The first reason in my view is "self respect". Since the second world war we have been living in a period of tension. It is a sobering thought that as you read this article the USSR on one side and the United States on the other, have, on instant readiness, powerful nuclear weapons which, if unleashed, would obliterate everything which you have worked so hard to build up. There have been many wars since 1945 but thankfully those nuclear weapons have not been unleashed. The main reason has been the balance of power.
Canada contributes to the balance of power through participation in North American Air Defence (NORAD) and the North Atlantic Treaty Organization (NATO). Our participation is not mandatory. It is doubtful if the scales would suddenly tip if we were to remove our weight. But we have benefitted greatly by the period of peace. Because of our geographical position between the two major nuclear powers, at all costs we must avoid a direct confrontation between them. Canada has the available manpower and other

resources; therefore, we should contribute to maintaining the balance of power ... for our own self respect.
NATIONAL SOVEREIGNTY
This subject is closely connected to self respect. No nation can truly call itself independent unless it has the capability to control its own territory. Now, as previously stated, the objective is not to "defend" Canada in the normal sense of the word. No nation seems about to attack and by ourselves it is doubtful that we could do much about it anyway. At the same time we should have the capability to patrol over our vast territory and, if required, to land a military force on the remotest Arctic islands. We must be able to deter foreign aircraft from freely overflying and we must be able to say to foreign vessels "You shall not freely fish, nor pollute, our territorial waters."
Consider too Canada's geographical and economic relations with the United States. Many citizens are just now beginning to realize what our planners and statesmen have known for years, that Canada must keep reasonably strong air and maritime defence forces or else the United States would move in to supply them for us. Where would our self respect and sovereignty be then?

(To be continued in next issue of Totem Times January 9, 1975)



Letters To The Editor

The Chief Gets The Word

Sir:
I note CWO J. W. Brown's distrust of the postal system, since he's now taken to writing me via the estimable pages of the Totem Times. It would be appreciated if you could find space to print my letter in your pages in order that I can reply to some of the items regarding our Canadian Forces Superannuation Act (CFSA). First of all, the Public Service (PS) has nothing to do with our CFSA. Nor has the disposition of our CFSA contributions become subject to the Public Service Alliance.
It is however, Government policy that the CFSA progress toward a comparability with the Public Service Superannuation Act (not the Public Service Alliance) in ever-increasing degree as the government consolidates its pension policy as an employer. However, "comparability" does not mean "identical" and the CFSA, PSSA and RCMPSPA are not identical plans. This comparability is due to similarity and not a result of our being unionized in some clandestine operation.
The CFSA is one of the liabilities of the Government of Canada as reflected in the Public Accounts. Benefit payments are authorized by DND under authority of the Act. Treasury Board ensures that we administer our Fund in accordance with Government policy and Legislation.
The suggestion that our contributions, our account and their disposition are governed by the negotiations of some civilian organization is a disclosure that appears only in CWO Brown's letter and is not correct. Pensions are not a bargainable item in the Public Service contracts. However, the Public Service makes submissions to the government for changes in their Superannuation Act and the Canadian Forces make submissions to the government for changes in our CFSA.
The Canadian Forces Superannuation Act and the Public Service Superannuation Act are different because the military is different. Nevertheless, the government pension policy which applies to the majority of government employees is contained in the PSSA. Therefore, any differences in the CFSA must be supported

by a convincing argument of the specific military requirement which justifies the variance from government pension policy generally. One indication of this is the earlier retirement under CFSA without a reduction of annuity, which is related to the requirement for a relatively young Force and which is reflected in the Government's Contribution as shown in the statements with the Article "Pension Pile" (Newsletter 9-74). The government matches the current contributions for the public service and pays a 1.8 times factor for ours.
The CFSA is not under the thumb of the Public Service Alliance for any beneficial amendments that we may obtain in our Superannuation Act. Suitable amendments will continue to be recommended but we are controlled by the overall pension policy of the Government, our employer.
It is not my intention to continue a dialogue on pensions or any other matter in your pages; I have a forum of my own. But because my answer to the question which appeared in Newsletter 9-74, probably created confusion in the minds of many readers, CWO Brown included, it is incumbent upon me to help clear up the matter.
As to Chief Brown's comments that the questions he raised require "prompt, explicit and honest" answers, I can only add that this reply is as prompt as my duties will permit; that I write as explicitly as I am able (always excepting that I aim to keep articles simple for the officers and accurate for the privates); and I only tell lies on Friday evenings.
Yours truly,
L. A. Dodd, Major Editor,
Canadian Forces Personnel Newsletter

special things that this season symbolizes.
Did you know that you can be Santa Claus. You can spread the joy, peace and happiness that Santa does. You can help people to believe in you and in themselves. You can make them reach out and touch all the good things in life.
So I believe that anyone can be Santa Claus, all year round.
Merry Christmas Pte. (w) M. Jacobi

Daddy back. My research shows that Daddy was in a fatal traffic accident, and it is very hard for a little one to understand how it is Daddy can go off to work, fishing, shopping etc. right as rain, but never come back.
Through the pages of your paper, may I ask for the help of all the drivers in your coverage area? We have just come through Safe Driving Week in Canada, and everybody has seen a barrage of safety messages. Please

remember them, not only through the hustle and bustle of this holiday season, but all through 1975.
Then, I will be better able to concentrate on finding the kind of gifts that make up the more routine requests from our children. Let's have no more sad, desperate faces at Christmas time.
Wishing you and yours a very merry and safe Christmas!
Ho Ho Ho Santa Claus

Santa Sez
Dear Sir:
Every year, my job in Canada becomes a little bit harder, in spite of - or perhaps because of - our vast technological achievements.
You see, each year, I receive a larger number of heartbreaking letters from young folk who say they could manage without Christmas presents if only I could send

TOTEM TIMES

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407 Tech Ramblings

(Continued from page 2)

contributed to its success and let's do it again, soon. Some more good people will soon be leaving the crew with Brian Uddenberg's priceless and timely jokes to be missed when he moves over to Repair and Frank Edwards departs both the crew and the Service for civy street. Good luck, Frank, and thanks for looking after the coffee fund. A rigger is also going to maintenance. Don Fell and his boisterous behaviour is a thing of the past; aloha, Don. Conversely, we welcome Bob Backlund, a one-year veteran, who has just joined us as a rigger. Boy, is he tall! I am trying to talk him into remustering to a fitter to do the high parts of the engine wipe downs for me.

Well, Tribe, that completes the 2 crew resident rookie ramblings for a while since I'll be off to Greenwood for about a month early in the new year and in the meantime have a happy and safe holiday season. Remember Christmas Cheer and Christmas Spirit do not come out of a bottle; they are a matter of heart.

To one and all, Seasons Greetings from the boys of one crew. The results of our recent curling capers were as follows:

- 1st - Scotty's "Rink Rats"
 - 2nd - Webber's "Weepers"
 - 3rd - Gould's "Gourmets"
 - 4th - Turk's "Terrors"
 - 5th - Grant's "Groaners"
 - 6th - Lafleur's "Canadiens"
- All in all, a very fine show for those who participated and for those who didn't, we will try to have another later on in the spring.

Our spies report that "Mel" showed up at a recent party attired in a tuxedo and was promptly mistaken for a pregnant penguin.

Kim is the resident chess champion with old Neville fast becoming the toast of the games circuit in everything but snakes and ladders.

One of our flying types, Major Marr, was heard to ask, "if you're airborne during an eclipse of the sun, can you log your time as night flying?"

By now everyone has their tickets to the Sqn Christmas bash and may already be reading this through swollen eyes and ice packs. That's it, that's all: have a ball, you all! T.T.F.N.

challenge to jot down a few of the goings on.

In case you haven't noticed, Sgt Ike is no longer hammering on fenders but is pounding nails instead as he converts his carport into an extra room. Best of luck with your project, Ike.

Our fitter strength has been sadly depleted of late what with Bill Harlow attending charm school down Island, Bernie Short and Jim Orr learning the inner secrets of the 3350 across the country in Blue Nose land and Gerry Wardell and Dave Fleming absorbing the French language course preparatory to making application for membership in the 28 per center club.

Sgt Ike, Ivan Cumming and Roger Taillon were recent departees on a loop patrol which would presumably reward them with a brief respite in a sunny clime; however, things didn't quite

work out that way since, upon awaking for landing, they were approaching the liquid sunshine of Comox. Oh well, you can't win them all so better luck next time.

Oh yes, our congrats to Gary Wood on his recent appointment to MCpl; he's one of our crew who hides out in the white shack at the back of the apron.

Three crew would like to take this opportunity to wish one and all a Merry Christmas and hopes that everyone becomes a millionaire in 1975. Please watch your "DOUBLE D's" during the festive season.

AVIONICS REPAIR
Some comings and goings in the repair section have been Pte Pete Forget to servicing to finish OJT, Cpl Dwayne Schlamp has arrived from servicing, and Cpl Bill Hand is at that other base on the Argus course.

Sgt Norm Smith has returned from the same place full of gen. Welcome aboard to Pte Andre Fontaine who joins us from Borden.

Cpl Jim Freeman and WO Len Teskey were recently rewarded for their support of Minor Hockey, Jim lucking in for two jugs and Len a close second with one, in the 407 Sqn cheer raffle.

We have a reminder of the Boxing Day Interness Golf Tournament - Refreshments will be provided - Support your mess. NOTE -Plans are in the mill to form an Inter-Squadron golf league. Watch this space for more information.

ASW LAB
This week finds us in preparation for the festive season, with some people on leave, and the rest of us who have remained here to shoulder the extra burden. Pte Brent Hart has returned from course in Greenwood, ready to tackle any ECM snags. We take this opportunity to welcome Pte Jim

Gillespie from servicing; hope you enjoy your stay with us, Jim.

Our resident masochist, Pte English, has had his wildest dreams realized - he leaves us shortly for the Middle East. There will be no lack of

volunteers to aid you in cleaning out your rum locker before you leave, Howard. Howard's next ambition is to go down to the sea in ships, so career managers take note. The section fared well in the recent 407 Sqn raffle, with

Mrs. Shirley Dicks, Cpl Steve Yaroschak, and MWO Russ Bush winning either sacks of cash or liquid turkeys. Russ kindly donated his crock to the section Xmas wetdown to be held shortly. We will hoist one

for you, Russ, while you are relaxing in sunny Los Angeles.

In closing, we wish you a Merry Christmas and the best in the New Year to all of our faithful fans and followers.

NOTICE TO LANDLORDS

- From now on, notices of rent increase must be given using the prescribed 'Notice of Rent Increase' form. These are available from the Rent Review Commission or the Government Agent's office in your area.
- Landlords must also post a 'Notice to Landlords and Tenants' available from the Office of the Rentalsman or the Rent Review Commission.
- The Landlord and Tenant Amendment Act was proclaimed law, effective November 30, 1974. This Act and the Landlord and Tenant Act may be purchased for 35¢ from the Queen's Printer, Legislative Buildings, Victoria.

Rent Review Commission
P.O. Box 9600, Vancouver, B.C. V6B 4G4
Telephone: 689-9361
Out of town, call collect.



Merry Christmas

Make it a fun-filled holiday! Fill it with an abundance of love, laughter and warm hearts everywhere. Best wishes for a cheery, blessed season to all. Our special thanks.

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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.
MARRIAGES: Minimum of three months advance notice must now be given for all marriages.
CATECHISM CLASSES: The regular catechism classes, held on Wednesday evening at the PMQ School from 6:30 to 7:30 p.m. will be cancelled for the Christmas

Holiday season. Classes will resume on Wednesday, January 8, 1975.
SPECIAL CHRISTMAS SCHEDULE:
 Tuesday, 24 December: Sacrament of Penance from 2 to 4 p.m. Christmas Midnight Mass in the Protestant Chapel in PMQs. Carol singing begins at 11:30 p.m.
 Wednesday, 25 December: Mass at 09:30 and 11:00 a.m.
 Saturday, 28 December: Vigil Mass for Sunday at 7:00 p.m.
 Sunday, 29 December: Sunday Masses at 09:30 and 11:00 a.m.
 Tuesday, 31 December: New Year's Vigil Mass at 7:00 p.m.
 Wednesday, 1 January: New Year's Day Mass at 09:30 and 11:00 a.m.

Protestant Chapel

SUNDAYS:
 Sunday School: No Sunday School Session during the Christmas Season. Sunday School session 5th January.
SPECIAL CHRISTMAS SERVICES:
 22 December - Christmas Sunday: 11:00 a.m. - The Family Christmas Service; 12:00 a.m. - The Christmas Communion
 24 December - Christmas Eve: 7:30 p.m. - The Family Carol Service.

redemption in Jerusalem,' all contributed to the joy of the occasion."
 One of the most beautiful Christian writings is recorded in Luke 1: 46-55, when Mary sings her song of Praise. This song appears to have three emphasis: She magnified God that she has been selected as the mother of Jesus, and, for that, generations would call her "blessed"; that He had favored the poor with the gospel, and had remembered His mercy to Israel. It is right that there should be joy at Christmas, but joy is not mere emotional exuberance or effervescent enthusiasm. This joy is an inner joy that transforms the whole being of man and becomes self-evident in his daily life.

CHRISTMAS JOY
 Pagan man was much disturbed when the days became longer, and he was afraid that the sun might go out altogether. Then came the winter solstice, and he realized that his fear was unfounded, and he celebrated this event on December the 25th.

The greatest example of joy is found in the fullness of Jesus Christ. He derived His joy from three sources; His filial trust in the Father; His un-failing obedience to His Father's will, and His confident hope that God's will would triumph in the world. Joy in the absolute all-embracing goodness, wisdom and sovereign power of the Father - joy in imparting this joy to others - this was the joy of Jesus, which he imparted to His followers. Real joy becomes an inward experience based upon faith in and communion with God that shows itself in labor for others.

The exact day, month and year on which Jesus was born are unknown. The Eastern Church for all ages observed January the 6th as the anniversary while the Western Church decided on December the 25th. This date coincided with the pagan solstice festival, and in time absorbed much of its features and customs. Christmas became a time of great joy and celebration. However, we always face the danger of permitting the real inspiration of Christmas to be lost in its commercialism. To prevent the loss of the true Christmas spirit we should recall the simple narratives of the events connected with the advent of the Christ.

We may not recapture the enthusiasm of the child or young convert as he hears the Christmas story for the first time, but we can rejoice in the "good news" and the deep satisfaction of soul that it has brought the wearied, sin stricken, suffering hearts of men. And out of this satisfaction we can share with those who have been less favored than we, the fruits of our joy. It was the announcement of the "good news" that brought joy to the listeners nearly two thousand years ago. We shall find our joy in bringing that "good news" to others, and in giving ourselves to the high purposes of the Kingdom rather than to any mere personal and private gain.

It is generally accepted that at the time of our Lord's birth the world was at peace. At the gate of every large city stood guard the Roman soldier who compelled its citizens to observe the peace, (Pax Romana). Because of Rome's sovereignty travel throughout the Empire became easy and safe. These were favorable circumstances for the coming of the Prince of Peace. Prophets and seers had visioned that Advent, and the desires of a whole people were turned longingly toward it. It is well to recall this background if we are to appreciate fully the rejoicings of those more immediately concerned.

The Gospels of Matthew and Luke report the information about the events of Jesus' birth. The latter assures us that he has "perfect understanding of all things from the very first," and, that, we "may know the certainty of those things," wherein we have been instructed. The record depicts the joy of Zechariah and Elizabeth at the prospect of a son, John, who would "make ready a people prepared for the Lord." The announcement to Joseph was that this child would be named "Emmanuel," meaning "God with us," our "Eternal Contemporary." The coming of Jesus was a great joy and a cause of rejoicing to many. To the shepherds the angel announced: "Behold I bring you good tidings of great joy which shall be to all people." And the heavenly host joined in praising God, "and saying, 'Glory to God in the highest, and on earth peace among men with whom he is pleased.' "The visit of the wise men with their resplendent gifts; the prophetic song of Simeon, and the thanks of Anna the prophetess who 'spoke of him to all them that looked for



West Coast diary

BY NOLA MILLER

Chapter Two
 Hello again from the Muchalat Inlet! It's getting close to Christmas time, and shut down time for us. This camp usually shuts down for about a month, at Christmas time, but this year, anything might happen, and it might be longer.

The number one problem is always SNOW. And we're getting lots of it now. It takes a great deal of snow, to shut a camp down, however we just can't rely on that white stuff. It seems to have a strong mind of its own.

1974, was debt-paying time for us. When we came in here we owed, \$4,000.00. Not much one might say, in days of high mortgages etc., but it was quite enough for us. We wouldn't like to get it any higher, not with our rapid rise of inflation.

In nine months time, we had paid off completely the whole \$4,000. So, 1975, is a debt-free year for our family and that is the best Christmas present my husband could ever receive. Because in this difficult economic period in this country, owing even 4 cents can pressure one.

We did this debt paying, by living here, and having to live like we do. It was a great opportunity, and we grabbed it. Thank goodness we did!

Now the thing is to not acquire any more debts. To accomplish this, I had to completely re-do my credit-buying habits. I haven't thrown out my bank card, because it can come in handy some day, in case of an

emergency somewhere, but I pay cash for everything now, and I mean EVERYTHING.

Here also, I buy only the groceries we need, and we've eliminated much of my WASTE problem, because we don't dare throw anything out, when there's no store for miles (and I mean MILES) and no neighbour to borrow this or that from, in a pinch.

We make a good salary here, and without the costs of living taking most of it, we get to keep most of it, after taxes. Which is something literally unheard of in town. So we put that fact to our advantage, the past nine months, and paid off our debts, completely. So taking in account the condition of the lumber market as 1975 is about to begin, and the SNOW, which might shut us down for a while this coming winter, we might get to keep most of our 1975 salary as well. And if we do, that will be a bumper year, for us, hopefully ending up in the bank, under a savings account.

Our eventual goal, is a cod-fishing boat. Why? Well for a few concrete reasons. First of all, it gives my man a lot more independence than salmon fishing ever can here on the B.C. coast (sewed right up by the corporations) and independence is important to him, especially when he's older.

Also it can substitute as a home, if rents continue to soar as high as they have been doing, and it gives us transportation to tour the beautiful B.C. coastline, that believe me has to be seen, to really be cherished.

How to bake a Xmas cake

Light oven. Get out the utensils and ingredients. Remove blocks and toy cars from the table. Grease pan, crack nuts. Measure 2 cups flour, remove Johnny's hand from flour - wash Johnny. Remeasure flour. Put baking powder, flour and salt in sifter. Get dustpan and brush up pieces of bowl Johnny knocked on the floor. Get another bowl - answer doorbell. Return to kitchen, remove Johnny's hand from bowl. Wash Johnny, answer the phone. Return to kitchen, remove salt from greased pan. Answer phone. Return to kitchen and find Johnny. Take up greased pan and find a layer of nuts, shells, etc. in it. Head for Johnny who flies, knocking bowl off table. Wash kitchen floor, table, wall and dishes. Call the baker. Lie down.

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Merry Christmas

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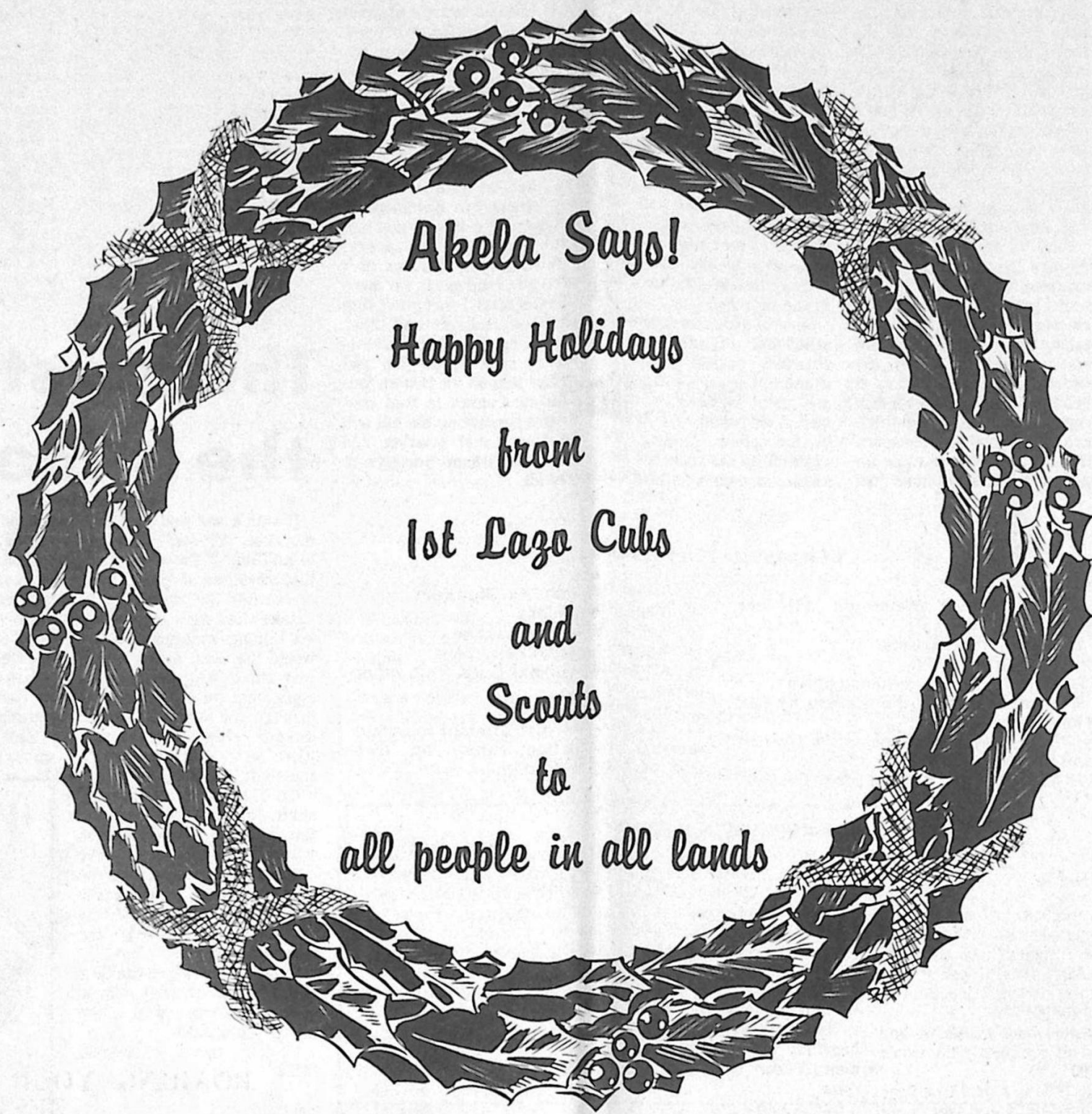
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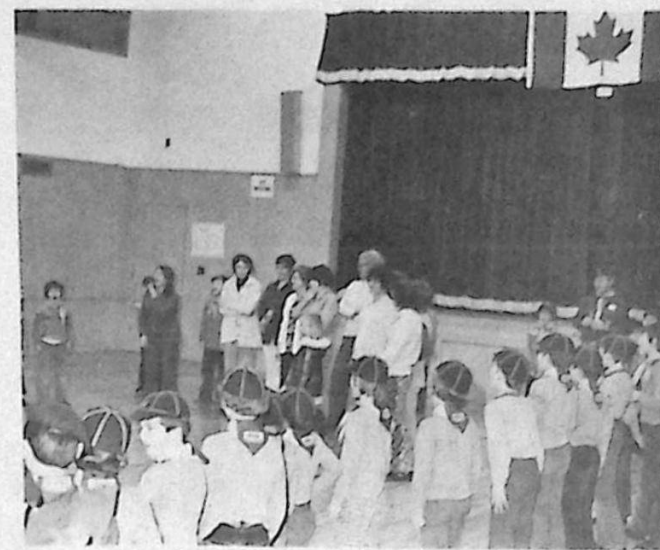
"ARE YOU sure you've been a good boy?"



SANTA COMES to call, welcomed by the Grand Howl.



Akela Says!
Happy Holidays
from
1st Lago Cubs
and
Scouts
to
all people in all lands



THE CUBS GIVE THE Ladies Auxiliary the three-two-one yell of thanks.



"I WOULDN'T put you on, Santa."



AKELA SONNY ERICKSON (Bing Crosby) leads the Cubs and Scouts in a round of Christmas Carols.

What is a Big Sister?

A big sister is the family member to which the younger children can go for help and understanding; they know more about life than the little ones, but are not expecting as much as the parents do. Big sisters have a life of their own, but you can count on them when you need them.

Big sisters receive a lot of satisfaction out of being able to help younger sisters. Their needs bring out qualities of love and maturity in the older girl that might not have surfaced if the demand were not there, a warm feeling of love exists between the older girl and the younger one within the family bond.

Not all women are lucky enough to have a little sister; all little girls who would like to have an older sister do have one. This need led to the formation of an organization called Big Sisters.

The Big Sister Organization of the Comox Valley is only one of a large number of such organizations. When our group started, about three years ago, we were in touch with the Vancouver group and others to find out a little more about how to start a Big Sisters Organization. Since then we have found that there is a need for flexibility, but basically, here is the background.

Volunteer adult women form the Big Sisters group. They are interested in young girls, enjoy their company and want to be of help to youngsters who need someone to talk to, to be with, to share interests, to get some help, some advice. Do some of you

with a good memory remember how it was when you were growing up? Your parents never really understood you, the indefinable private devils that pursued you, your great aspirations, your ups and downs. If you were lucky there was a friend whose mother really listened (their daughter may have found your parents very understanding, intelligent people!)

That is the sort of relationship Big Sisters hope to form: a naturally unfolding relationship between a very young and a little older woman, who will offer time and experience to help the youngster find and pursue her interests and lead to her wholesome growth.

In the Comox Valley the Organization is small, there are girls who need Big Sisters - where are the Big Sisters?

Our Big Sisters spend some time, usually each week, with the Little Sister. We stipulated at first that this should be at least three hours. We found since that this varies a great deal, some are together on a regular basis once a week, same time, same place. Others see each other every few weeks, for a longer period of time, some meet at the Big Sister's home, others go out. The interests of the Big and Little Sisters run the gamut of possibilities. No hard and fast rules can be set and perhaps should not be set.

Our Big Sisters at present range from 20 to 50 years in age, again, no hard and fast rules. Big Sisters can be married or single, some have

a growing family at home, others have raised their children.

To enter the Organization the Big Sister fills out an application form that asks them to supply two references. She will be asked to do an informal gathering of active Big Sisters to find out more about the organization and to provide an opportunity for the active Big Sisters to get acquainted with them. An informal interview follows and then, if the prospective Big Sister is accepted, a match is made as soon as possible. It may take some time to make a good match, but better to do it right than to have a relationship falter because the Big and Little Sister have nothing in common.

Little Sisters are in the age group 10 to 14, but could be younger or older. We have had requests for a Big Sister for little boys where there is no mother in the home. There is sometimes a great need for a woman-friend in such a case, but we have not formed a Big Sister-Little Brother friendship so far.

The Little Sister in most cases is a girl whose mother is not in the home, which may be for a variety of reasons. The approach to Big Sisters is often made through a social agency, school nurse, teacher - whoever sees the need for a Big Sister. The relationship cannot begin, of course, unless there is complete agreement and cooperation from the parent(s) or guardians. Needless to say that the little girl must also be eager

for the new friendship. Let us emphasize that it is not necessary that the girl be without a mother, in one case the girl's mother herself asked for a Big Sister. Certainly there can be many circumstances that make it desirable that a girl have a woman who is not her mother to provide friendship and love.

Strictest confidence is maintained in all these relationships. The Big Sisters meet casually and discuss with each other whatever may trouble them in the relationship. We were fortunate in the past to have capable and understanding advisors with a background in social work and child guidance. At the time this article is written we are without a professional advisor.

Please keep this article. If you do not wish to follow it up right now, perhaps you will wish to contact us after the Christmas rush is over. More information will gladly be supplied by Rick, phone 336-2911 or Jean, phone 338-8047. Merry Christmas and a Happy New Year to all.

Indoor Soccer

On Monday night the Wolves beat the Lions 5-0 on a three goal performance by George Bulawka. A single went to Barbara Kuhn and Shawn Fortune. The Wolves were all over the Lions in the first half, the Lions fought back but just couldn't get anything going for them.

The second game saw the Bears and the Falcons battle to a 0-0 tie. Some fine goal keeping by little Ray Appleton. The first half of the schedule is over and here are the standings:

	P	W	L	T	Pts
Wolves	7	5	0	2	12
Bears	7	2	2	3	7
Falcons	7	1	2	4	6
Lions	7	1	5	1	3

TEAM LINE UP:
LIONS: Mike Herrington, Cheryl Bulawka, Eric Goodburn, Sherry Rossiter, Stephanie King, Nick Stotarchuk, Donna Rossiter.
BEARS: Teddy Eddy, Garry Stagg, Mike Poth, Brooke Jepsen, Ray Appleton, Brad Semon, David Pearson, Wesley Jordans.

WOLVES: Robert Orr, Lee Bryson, Debbie Lunde, Barbara Kuhn, Shawn Fortune, George Bulawka, Barry

Tuck, Bobby Morro.
FALCONS: Todd Korbutiah, Bill Walmsley, Linda Graham, Connie Cummings, Percy Miller, Blair Campbell, Shane Grenon.

SECOND HALF SCHEDULE:
Jan. 06 - 7:00 Lions vs Falcons; 7:30 Bears vs Wolves.

Jan. 13, 7:00 Falcons vs Bears; 7:30 Lions vs Wolves.

Jan. 20, 7:00 Wolves vs Falcons; 7:30 Lions vs Bears.

Jan. 27, 7:00 Lions vs Falcons; 7:30 Bears vs Wolves.

Feb. 3, 7:00 Falcons vs Bears; 7:30 Lions vs Wolves.

Feb. 10, 7:00 Lions vs Bears; 7:30 Wolves vs Falcons.

Feb. 17, 7:00 Bears vs Wolves; 7:30 Lions vs Falcons.

Feb. 24, 7:00 Lions vs Wolves; 7:30 Bears vs Falcons.

With thanks to our many friends we say A Happy Holiday.

EATON'S
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Merry Christmas

This sincere wish we heartily extend to you, our many loyal friends and customers.

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SUNDAY, 5 8:30

NEW YEAR'S EVE BALL

TICKETS AVAILABLE



HOW IS YOUR GENERAL SAFETY PROGRAM?

Government and business organizations take great care, and go to considerable expense, to provide safe working conditions and a healthy environment for their employees. The ultimate goal, of course, is to prevent accidents before they happen. Unfortunately we are only mortals and accidents do happen. Then no expense is spared to investigate mishaps, attempt to come up with the answer and prevent the re-occurrence, and to cut down overall "on-the-job" accidents.

Still, our working hours, during which we are under safety surveillance, take up only part of the day. It has been proven time and again, with endless back-up statistics, that most accidents take place off the job. When you stop to consider that most of us spend a good deal more time at home than in our place of employment, then perhaps you can understand why more accidents occur there.

At work we are continually (it might be said perpetually) reminded of safety. But no safety posters are to be found on the walls of our homes. If you stop to think about it, doesn't it make sense that every home should have a safety program?

A few places to start with might be halls and closets. Are they adequately lit and uncluttered? Are appliances,

including their cords and plugs, in good condition and properly connected? Are all switches and outlets working properly?

Have you checked the attic and basement recently to see whether the items stored there (whether "junk" to Mother or precious to Dad!) are creating a fire hazard? If you have tools, are they in good shape and stored in a safe place?

No discussion of the home is complete without touching on the subject of children. By their very nature, normal, healthy children are inquisitive and extremely active. Their antics make them literally "accidents looking for a place to happen." Every parent is aware of this but still may forget to make sure that such things as matches or lighters, medicines, scissors, polishes, and detergents are out of reach.

Keep the thought in mind that even though the working day ends when you leave your office, lab, or hospital, safety is a 24-hour job.

The largest number of injuries occur in and around the home and the largest number of deaths occur in and around motor-vehicles.

So what does all this mean to you? It means that your chances of being injured or killed are highest after you leave work, that's what.

Take safety home with you! And have a Merry Christmas!

FORWARD

This has been an eventful year for all of us. If you have been spared the inconvenience, suffering and expense of an accident, count your blessings. If you haven't been - there's still time to compose some good New Year's resolution.

Twas the night before Christmas
Not a sound could be heard
While everyone waited
for the Great Safety Bird

Then on Ryan Road
There arose such a clatter
We called out the MP's
To see what was the matter.

There, bathed in moonlight
Was the Great Safety Bird
And the silence was shattered
As his squawks became heard.

"Safety!" "Secure!"
"Safe Working Conditions!"
"Great Fire Hazards!"
"Exploding Munitions!"

"Vehicle Accidents!"
"Unsafe Acts!"
"Endless Statistics!"
"Accident Facts!"

Was it another performance
That safety men fear?
The best of intentions
But too much of the beer?

There was one way of telling
I'm sad to relate
And they did, and he did,
And it was point zero eight!

So Christmas for him
Was over and done
For ignoring the Good Rule
Of one-drink-in-one.

As they led him away
One last cry could be heard
"Merry Christmas to All
- and watch your Bird!"

Safety Sam

Among the moguls

Hello there skiers, may the bird of paradise dump several inches new snow on the plateau. My prayers hopefully being answered we'll move on to the meat of this column, the Sasquatch Ski Club.

If the club means nothing to you get with it. This is your ski club, it represents you, the serviceman, dependant, DND employee, retired member and CFB Comox. I didn't think you would want me to quote CFAO's at this time to explain who is eligible. Representation and membership be damned you say. You want to know what we've got to offer, well tune in below.

First we're inexpensive, six dollars per person to a maximum of twelve greenbucks per family. Free ski fit classes. You know if you were taking these classes anywhere else it would cost in the vicinity of fifteen dollars a head. Ski films are shown on a regular basis. Some of these are really good and there are those that are more museum pieces but entertaining just

the same. We hold ski clinics and demonstrations. Last week Don Bool from Telemark showed how to flat file and wax skis and explained why this should be done.

Jock Campbell has arranged for us to buy our season passes at the plateau by means to pay allotments to the accounts section. In trying to arrange a couple of ski trips this year we found free accommodation at Vernon and Kamloops. Last year we had a trip to Gibson's pass. Transport was arranged with Chilliwack. We've had and will have more social functions. I've met more skiers in this area in the past year through the ski club than I had in the previous four.

Several of our members are scheduled to take an instructors course in Nordic skiing this year. We expect to use their services or know why. A ski repair room is also in the plans pending the availability of space. Two social functions were held last

year, a gluhwein get together and a dance.

Not bad for a new club. We sure would like to do more such as obtaining free transport to the plateau and reduced instruction fees. I hope more skiers from this base take advantage of what we've got to offer. For more information send our application form to Jock Campbell in care of 409 Sqn. Also available for your enquiries are Marcel Kumli and Sam Edwards at Loc. 482 and Mo Morrison at 480.

In the near future we have a trip planned to Kamloops in January. We intend meeting again on the 9th of January. Although the plateau isn't open yet, I did get to ski there this weekend. I was practising chair evacuations and other neat things like that. There is lots of snow at the top and rather thin on the bottom yet. The good news is that conditions permitting the hill will be operational starting this weekend. Happy holidays to you all.

CFB SASQUATCH SKI CLUB

Benefits:

1. Cheap fees, maximum \$12 per family.
2. Free Ski fit classes
3. Ski films
4. Ski clinics and demonstrations
5. Season ticket at the plateau by pay allotment
6. Free accommodation in the Vernon and Kamloops areas.
7. Free transport to Gibson's Pass
8. Social functions ex Gluhwein
9. Meet other skiers
10. Nordic and Alpine skiing.
11. A pending ski repair room
12. Affiliation with ski clubs from other bases.
13. Ski trips
14. This club will also attempt to obtain reduced instruction rates and free transport to the Plateau.

APPLICATION FORM

Name Rank

Place of work

Phone home Loc

Return to Capt. Jock Campbell 409 Sqn.

Mushroom mutterings

442 Squadron held their annual broom-ball game and stag on Dec. 6 in the Totem Lounge, to get the festive season rolling. From what I hear that wasn't the only thing rolling before the night was over.

The festivities started with a broom-ball game between the "Bird dogs" and the Ground Hogs. The final score on the board was seven all, but it sure looked like the Bird Dogs only scored two on Burnell. There is a suspicion that they were feeding the timekeeper Ted Hawkins something stronger than the coffee they say was in the jugs. Each time the Ground Hogs scored, the same number mysteriously appeared on the other side.

This is the first time anybody can recollect that a referee got so tied up in his game that he couldn't move. (They sure looked like ropes, John.)

Ron Carter was travelling so fast on a breakaway he ran right out the door, which mysteriously slammed behind him! He was last seen walking around the arena with his broom over his shoulder, trying to find his way back in.

After the game, all moved up to the Lounge where

refreshments were served and the annual draw for cheer was held. Ted Miller was the big winner, walking off with five. He was heard to mutter after it was over "I wonder what happened to my sixth ticket?"

Mushrooms were then given out to retiring and transferred personnel. Finally the true story of the Mushroom Man came out. Some time when you have an hour to kill, ask the "Peekin' Deacon" to tell it to you.

Col. Mortimer was the first recipient followed by Dick Norman, our former PAdO who now enjoys life behind the toy counter in the BX. Next came Sgt. Joe Jocksch, who now flies Argi for 407, and last but not least Ed Siddal, who is the cheerful face behind the bar at the Comox Legion.

Col. Mortimer was put in the "hot seat" after receiving his Mushroom Man - the Peekin' Deacon wanting him to atone for his sins. The Deacon was expecting to be trampled in the rush when he asked for anyone in the squadron to step forward if they knew of any sins he should atone for. But, as nobody came forward, we can only surmise that being a Colonel is just no fun at all.

There are some strange brown faces around the Mushroom Factory these days. If you look close you might recognize them under the tan as Harvey Pelletier and Moe Sirois. Welcome back, fellows.

In the last month we have lost quite a few old timers to Egypt - namely Guy Campbell, Earl Berg, Mel Pfefferle, Gord Trenholm, Ted Gagne, John Paul Arsenault, Ron McLure, Dan Dumont, Doug Mann and Dave Davidson. Hope they have a white Christmas.

Congratulations go out to Bill Brown, Al Walsh, Dave Davidson and Garry Fiske all of whom received their third stripe, and Russ Boutillier who is now a Warrant Officer.

It is rumoured around the Squadron that Harv Herauf and Daryl Wright sojourned over to Powell River two weekends ago for a bonspiel, and came in second in the first event. The girls in barracks had better keep their blinds down, as I hear they are high powered binoculars they came back with.

That's all the news from the Mushroom Squadron for this issue. A very Merry Christmas and a Happy New Year to all.

CFB Comox bowling scoreboard

BY B. JONES

LADIES LEAGUE
STANDINGS: Happy Hookers 33; Mistifs 32; Oopkips 28 1/2; Hall & Hall's 28 1/2; B.O.P.S. 28; Ronettes 27 1/2; Ding-A-Lings 27; Mixettes 25 1/2; Meladies 22 1/2; Thunderbirds 22; Larks 20; Cheerios 17 1/2.

HIGH AVERAGES: D. Meider 205; C. Rathbun 199; A. Folster 195; E. Hannam 194; J. West 193; F. Brooks 193; G. Engelmyer 193; J. Justus 193; E. Prime 189; M. Clarke 189.

TEAM HIGH THREE: Season, Meladies +408; Weekly, Larks +128. **TEAM HIGH SINGLE:** Season, Mixettes +252; Weekly, Thunderbirds +125. **LADIES HIGH THREE:** Season, F. Brooks 736; Weekly, D. Meider 672. **LADIES HIGH SINGLE:** Season, J. West 323; Weekly, D. Meider 271.

INTERSECTION LEAGUE

STANDINGS: 442 Repair 39; Voodoes 35; 407 Photo 35; 407 Repair 33; H.Q. Admin. 31; 409 Rebels 29; Workshops 29; 442

Boozers 24; Yankees 23; Accounts 22; Red Devils 19; A.T.C. 17. **HIGH AVERAGES:** R. Engelmyer 246; A. Elieff 243; D. Tucker 241; R. Carter 230; A. Zielke 229; C. Perry 229; R. McRae 228; A. Clarke 228; J. Ball 227; W. Korbutiak, 226. **TEAM HIGH THREE:** Season, Workshops 3772; Weekly, 442 Boozers 3597. **TEAM HIGH SINGLE:** Season, 407 Photo 1403; Weekly, Accounts 1397. **MENS HIGH THREE:** Season, A. Elieff 885; Weekly, McKenzie 776. **MENS HIGH SINGLE:** Season, L. McCormack 355; Weekly, R. Engelmyer and B. MacDonald 310. **WED. MIXED LEAGUE**

STANDINGS: B.C.'s 30 1/2; 4 Plus 4's 29; Nanaimo Realty 25; Mixers 20 1/2; Ceritol 15; Harris Hero's 14; Odd Couples 14; Slow Pokes 12. **TEAM HIGH THREE:** Season, B.C.'s 3719; Weekly, B.C.'s 3577. **TEAM HIGH SINGLE:** Season, 4 Plus 4's 1381; Weekly, Odd Couples 1334. **MENS HIGH THREE:** Season, R. Carter, 953; Weekly, Strangward 830. **MENS HIGH**

SINGLE: Season, R. Carter 383; Weekly, B. Patterson 300. **LADIES HIGH THREE:** Season, B. Carter 715; Weekly, E. Hannam 651. **LADIES HIGH SINGLE:** Season, E. Hannam 293; Weekly, B. Carter 258. **SUNDAY MIXED LEAGUE**

STANDINGS: Bolts & Nuts 30; Korner Pins 24 1/2; Kibitzers 24; Beer Frames 22; Mistifs 21; Cabbage Rolls 21; Dry Gulchers 18 1/2; Camels 18; Alley Cats 17; Hallidays Wreck 17; Boozin Bowlers 16; Thunder & Lightning 11.

TEAM HIGH THREE: Season, Alley Cats 3676; Weekly, Camels 3530. **TEAM HIGH SINGLE:** Season, Beer Frames 1347; Weekly, Alley Cats 1223. **MENS HIGH THREE:** Season, A. Elieff 877; Weekly, A. Zielke 726. **MENS HIGH SINGLE:** Season, D. Tucker 369; Weekly, A. Zielke 319.

LADIES HIGH THREE: Season, L. Tucker 754; Weekly, A. Folster 751. **LADIES HIGH SINGLE:** Season, L. Tucker 316; Weekly, A. Folster 283.

The mystery at the mine shaft

It was a wet and cold July morning, with coal cars going in and out of the mine shaft that stretched at least a mile or two into the mountain.

Jake and I were going to get our mining equipment that we would use until eleven thirty that night. When we got our equipment we started to look through the locker room for anyone else. Nobody was there, so we made our way to the shaft.

On the way to the mine shaft, Jake tripped and broke the light on his helmet, so when we got to the mine Jake turned on the lamp that he brought along. He took the lamp because he knew he was very clumsy. We were the first into the shaft.

"Mike, since we're the first ones in the shaft today, why is there a light up ahead in the shaft," said Jake.

"I don't know," exclaimed Mike.

"Let's go see what it is," said Jake.

So we did go, all it was was a lamp left on from yesterday.

When we got to the lamp Jake turned it off and set it aside. Jake and I started to dig right there. I hit a rock and started to pull it out. I couldn't get it out. Jake and I started digging around it, when we got it out we found it was a mummy case. It took both Jake and I to lift the lid. When we got it open we found a couple of sticks of dynamite

set for nine o'clock. I took it out of the case and disconnected the wires which stopped the clock on the dynamite. It was at least ten when everyone left except for us. We stayed to try and find out who planted the dynamite but no one came that night, so we went to the supply shed for the rest of the night.

Next morning when we got up it was five o'clock a.m.

Mike went out first, then Jake. We saw someone walking in the shaft. Jake and Mike followed him before he could put the dynamite in we jumped him. When we got in we found it was the boss. Jake still ran for the nee phone. The police were there inside a minute and charged the boss with attempted murder.

by David Zielke, age 11.

Winter is Headed Our Way

SO



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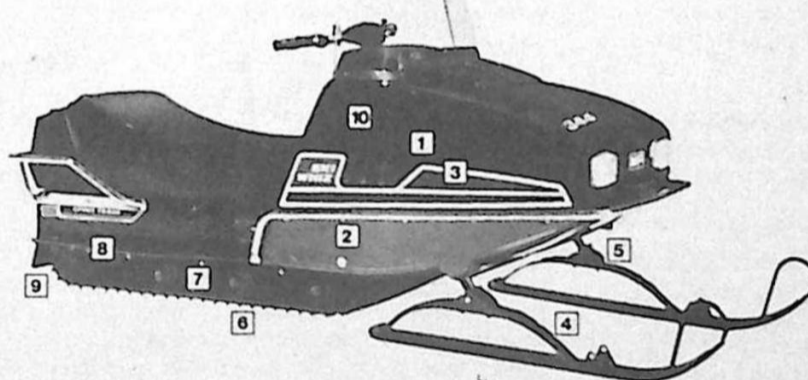
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9. Quick, rear hanger track adjustment for top-performance hill climbing, easier handling on the trails and straightaways.
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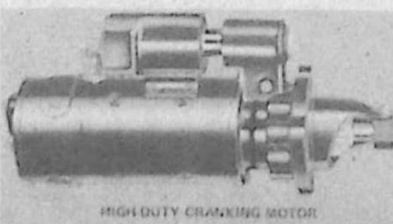
MF

Nighthawk's Nest

(Continued from page 3) thought, an inspiration and a goal. Unfortunately, even though a philosophy to carry it out came with it, we've never been able to make it work. Until that day when peace is a part of life for all men, we will continue as the peacemakers and peacekeepers, helping to insure that all the people of North America will have that gift that was promised almost twenty centuries ago.

From LCol Ev McKay and all the Nighthawks, Merry Christmas and a Happy New Year.

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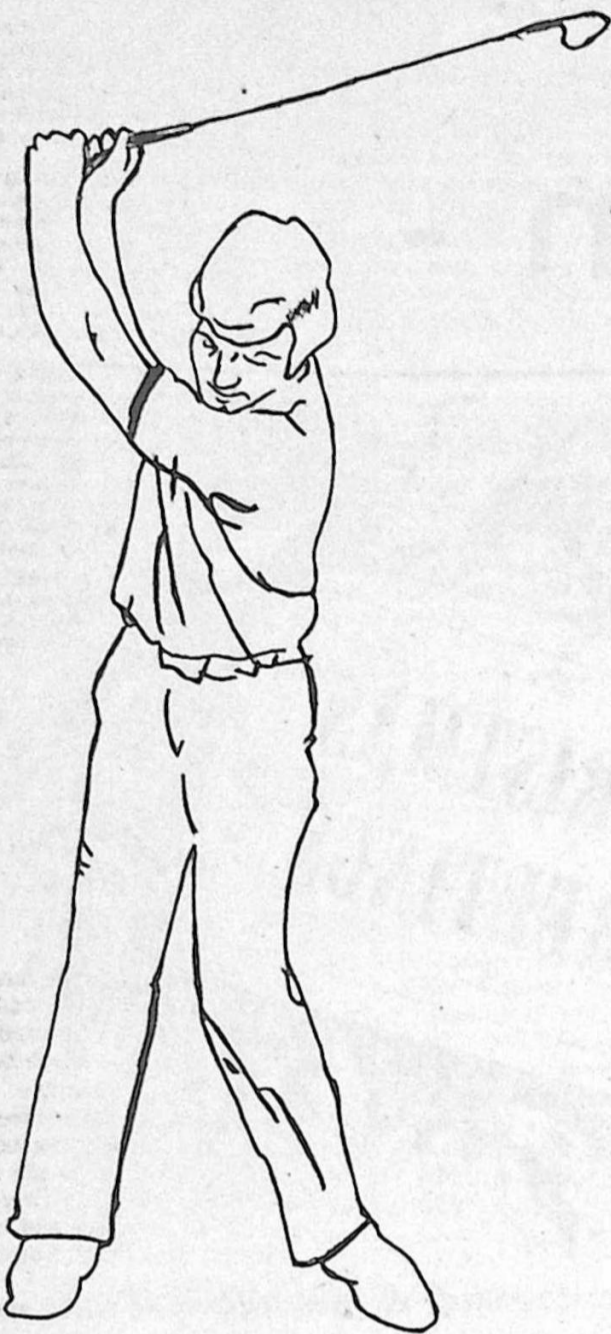
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To all customers and friends:
I would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year



GLACIER GREENS by Glen Caslake

BOXING DAY TOURNAMENT
Glacier Greens will host their annual Inter-Mess Tournament, to be held on Boxing Day the 26th of Dec. 74. Tee off time is 1200 hrs. This is our last tournament for 1974, so lets see you all out on the links.

STAG BARBER SHOP

CHUCK ROSE - Proprietor

COMOX PLAZA

9 - 5, TUESDAY TO SATURDAY
CLOSED MONDAYS



MRS. LUCETTE LITTLE, of Lucette's Studio, presents a cheque for \$200. to Mr. Jed Irwin, coordinator of the Central Island Arts Alliance. The money was raised by the sale of tickets for the draw on one of Victor Santos' paintings, held during an exhibit of paintings by Mrs. Little and her fifty students. The exhibit was held at the Mexicana Motor Inn last weekend.



MRS. WEBSTAD WAS THE lucky winner of a Victor Santos painting. Mrs. Lucette Little presented her with her prize. Ed Ellis photo

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Library Report

The Library has just purchased over 300 books. For example, here is a list of some that are already catalogued:

Canajan eh?; Charlie Farquharson's History of Canada; Rule Britannia; Hussein; Native Trees of Canada; Winged Rocketry; Common Sense Medicine; Search for your Ancestors; Highlander's Cookbook; Whiskies of Scotland; How-To Car Book.

How to Get your Car Repaired Without Getting Gyped; 1901 Edition of the T. Eaton Co. Catalogue; Cookie Monster's Circle Book; How the Depression Hit the West; Playing Hockey the Professional Way; Girl from Storyville; Coins and Coin Collecting; Rome Wasn't Burned in a Day; Jack the Ripper.

Dictionary of Radio & TV; Me and the Orgone; It Shouldn't Happen to a Vet; 500 Best Irish Jokes & Limericks; Children and Parents; Lost Face: The Best Science Fiction from Czechoslovakia.

The library is situated upstairs in the Rec Centre building.

Library Hours: Tuesday to Thursday 1230 to 1400, 1900 to

2030. Friday: 1230 to 1400.

Library hours for the holiday season:

Friday, Dec. 20, regular hours 1230 to 1400. Library will be open again for Friday Dec. 27 only from 1230 to 1400. Library will re-open on Jan. 3 from 1230 to 1400. Library will resume regular hours Jan. 7

Merry Christmas
Management & Staff
BUDGET RENT-A-CAR
Courtenay 338-5305

Next
Totem Times
Deadline
Monday,
January 6,
1975

**A VERY
MERRY CHRISTMAS
and
A HAPPY NEW YEAR**

to all our friends.
From the management and staff of
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**Entertainment
and Events**

**KEEP FIT
WITH A NEW PROGRAM**

A Men's Gymnastic Club is being formed in the CRA in Courtenay. There will be professional instruction. Anyone interested please contact Sgt. S.J. Robinson Local 329 or at 339-4672 for more information.



GREETINGS

We wish for you a Holiday filled with lots of "good old fashioned cheer", and thank you for your patronage... this merry time of year! Merry Christmas!

The P.M.C. and Committee
**JUNIOR RANKS
MESS**

WO & SGTS. MESS

DECEMBER ENTERTAINMENT

FRIDAY, DEC 20
TGIF

MONDAY, DEC 23
Movie - Heart Break Kid - Eddy Albert.

FRIDAY, DEC 27
TGIF

MONDAY, DEC 30
Movie - Beyond the Valley of the Dolls - Dolly Reed.

TUESDAY, DEC 31
New Years Eve. 2000 till ?? Dance to the "Alley Cats". Steak & Seafood. Dress - Semi-Formal S-S. Admission - Reg. & Assoc. \$20.00. Honorary & Guests \$35.00. 1 free bottle per couple.

WEDNESDAY, JAN 1
Sick Parade. 1100 hrs. Members & Guests. Moose milk & clam chowder.

DON'T FORGET THE P.M.C. DRAW TICKETS
ARE ON SALE AT THE BAR.
FOR DECEMBER
LEVEE - NEW YEAR'S EVE



The P.M.C. and Committee
OFFICERS MESS

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RESTRICTED SHOWS: 18 years and above - Under 18 years of age must be accompanied by a person over 18.
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When someone knocks on your door and says **permessso?** be careful before you say **Avanti!**

THE MIRISCH CORPORATION presents
JACK LEMMON · JULIET MILLS in a **BILLY WILDER** FILM
Avanti! COLOR by DeLuxe® United Artists
Wed 18 Dec
Thu 19 Dec
Showtime: 2000 hrs to 2230 hrs
Jack Lemmon
Juliet Mills
Comedy

SOME MACHINES ARE TOO HOT FOR ANY MAN TO HANDLE
THE HARD RIDE
ORIGINAL SOUND TRACK ALBUM AVAILABLE ON FAMILY-PARAMOUNT RECORDS
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Sat 04 Jan
Sun 05 Jan
Showtime: 2000 hrs to 2155 hrs
Robert Fuller
Sherry Baine
Motorcycles

Wed 08 Jan
Thu 09 Jan
THE STEWARDESSES Kristina Hart
RESTRICTED
WARNING: Completely concerned with sex.
Showtime: 2000 hrs to 2155 hrs
PLEASE NOTE: INCREASED ADMISSION

ELLIOTT KASTNER presents
CLIFF GORMAN JOSEPH BOLOGNA in
"COPS AND ROBBERS" United Artists
Fri 20 Dec
Sat 21 Dec
Sun 22 Dec
COPS AND ROBBERS Joseph Bologna
Comedy
Showtime: 2000 hrs to 2150 hrs

**RICHARD HARRIS
ROD TAYLOR**
THE DEADLY TRACKERS
From Warner Bros. A Warner Communications Company PG
Fri 10 Jan
Sat 11 Jan
Sun 12 Jan
THE DEADLY TRACKERS Richard Harris
Rod Taylor
Western
Showtime: 2000 hrs to 2155 hrs

"TAKES OFF LIKE A BLAZING FOREST FIRE, WITH A THRILL A MINUTE!"
-Rex Reed, N.Y. Daily News
JOSEPH E. LEVINE presents
GEORGE C. SCOTT in
a **MIKE NICHOLS** film
THE DAY OF THE DOLPHIN
PG
Thu 26 Dec
Fri 27 Dec
Sat 28 Dec
Sun 29 Dec
DAY OF THE DOLPHIN George C. Scott
Trish Van Devere
Training Dolphins
Showtime: 2000 hrs to 2155 hrs

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-MARTY KROGER, CHICAGO TRIBUNE
"Liv Ullmann is perfectly marvelous!"
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Wed 15 Jan
Thu 16 Jan
Showtime: 2000 hrs to 2155 hrs
40 CARATS Liv Ullman
Gene Kelly
Comedy

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Thu 02 Jan
Fri 03 Jan
Nigel Davenport
Science Fiction
WARNING: Could be frightening to children
Showtime: 2000 hrs to 2150 hrs

SAT. MATINEES
Sat Mat. 14 Dec - BOYS OF PAUL STREET
Sat Mat. 21 Dec - NORTH TO ALASKA
Sat Mat. 28 Dec - RIO CONCHOS
Sat Mat. 04 Jan - COMMANCHEROS
Sat Mat. 11 Jan - ALL HANDS ON DECK
Sat Mat. 18 Jan - MASTER OF THE WORLD

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Sports and Recreation Talk

PAC-REG SQUASH
CFB Comox was represented by Maj Poole, Lt Power, M.Cpl Anderson and M. Cpl Page. The team played well for the limited experience and competition they have had to date. The order of finish was CFB Esquimalt, Ships, CFB Chilliwack tied for second, and CFB Comox third.

This was the first Pac. Reg. Squash championship and it was a huge success with the host base CFB Esquimalt doing a fine organizational job.

CFB COMOX BOWLING ROLL-OFF
The CFB Comox bowling roll off was held in the Rec Centre lanes 9, 10, 11 Dec 74. The purpose of this roll off was to select a twelve man team to represent our Base in the Pac. Reg. wire bowl which is to be held in Jan. 74. Results of the roll off are as follows, with averages for 20 games.

Top Gun Russ Engelmyer, 260; Jack Ball, 254; Ron McRae, 243; Andri Elieff, 243; Len McCormack, 236; Art Zielke, 233; John Gailey, 226; Ron Carter, 226; Harry Strangward, 222; Doug Tucker, 221; Wally Korbutiak, Bill Carr-Hilton, 215. Congratulations to the team we wish you good bowling in the upcoming championship.

REC CENTRE HOURS OF OPERATION

Due to decorating for Xmas festivities the Gym floor will be out of bounds until 2 Jan 75. The swimming pool will remain open daily Mon - Fri from 1200 - 1300 hrs. The weight room will be in operation throughout the holidays.

HOCKEY NEWS

We are glad to see such good turn outs on Friday afternoon for recreational hockey. This gives the hockey players one extra game a week and a chance to bat the puck around. It is a pity that all personnel playing in the recreational league don't learn the rules of the game. is a non body contact and means just that, no slap shots allowed. The purpose of this league is just passing skating. As one person found out last week

there is a 365 day suspension for fighting. I wonder what really caused the fight?

The intersection "A" league still has a team without a win but boy do they have pretty uniforms. The games have all been relatively close, so hopefully this team with new uniforms is going to win a game soon.

On 10 Dec. the Totems hosted the Courtenay All-Stars in a hockey match. For most of the game the local All-Stars were never really in the game as superior play by the Totems defence kept them off balance. Goalie Rod Stewart played a strong game as did all the defencemen. A new line of Graham Walker, Dan Cloutier and Frank Gagnon played a strong game scoring

four goals among themselves. The game ended in a score of 6 - 3 for the Totems.

BASKETBALL
Our Base Basketball Team is currently 3 - 1, having just recently edged Campbell River and Courtenay. Action will resume in the new year. In closing we at the Recreation Centre wish you and yours a very Merry Christmas and a Happy New Year.

Lt. John Power
WO Harvey Gates
Sgt. "Chub" Lenz
M.Cpl. Ernie Stroel
M. Cpl. Bob Carter
Cpl. Ray Herrington
Pte. Francois Gagnon
Mrs. Anne Tomlinson

Forest

Forests are a wonderful place, Among the animals and their race. The deer who's free and agile, the robin that makes me smile, the bear and his sledgehammer paw, With him gone there'd be a flaw. I wish man would let it be, A forest is a place to see. I think forests are best in the fall, Too bad man is ruining it all. Man could try to clean up the air Come on, help or do you not care?

Sandy Legeas, Age 11

Demon Doins

'Tis the Season and all that, so while the fuzzies have cleared for a minute we'll attempt to recount what has transpired during the past week.

Crew 2 returned Monday night from a long range patrol to the trainer in Greenwood; the usual exciting 30 hours on the 707 sans their first O and a NAV, who are taking the Squadron French Language Course.

Speaking of the Cours Francais, the following students are well into their

second week of parlez-vous: Don Little, Sandy Fraser, Dave Wrenn, Tony Thomas, John Fox, Leo Quinlan, Ron Mastin, Rick Gallant and Wayne Robertson. Excusez-moi si j'ai oublie quel que personne.

Party time seems to be the order of the day with the Aircrew Stag last Wednesday; (Jake won his Scotch!); the pilot-engineer meeting on Thursday, with a new executive railroad into

office: Barney Hunter. chairman, Suds, co-chairman and the C.O. still doing a rotten job with the minutes: (Maybe the next one will be able to read, write and protect his books). Friday night was the Officers doing their thing in the mess and the observers in the Golf Club (by then I couldn't remember anything of either party). This week has the all-ranks bash in the Rec. Centre so it looks like another one of those weekends.

The fuzzies are slipping slowly back so remember, if you drink, don't!



OLD-FASHIONED HOLIDAY CHEER

Here's hoping that you and yours will know every happiness of this season.



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Season's Greetings

from

HUGH ANDERSON

M.P.

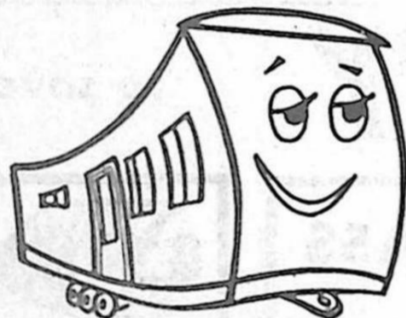
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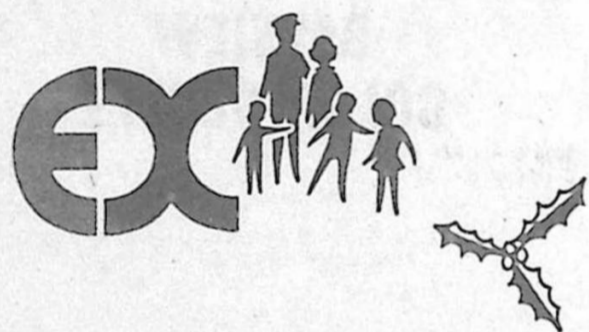
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LOOKING FORWARD TO SERVING YOU AGAIN WITH IMPROVED SERVICE AND PRODUCTS IN 1975.

"IN SECONDS A FESTIVE TREE MAY BECOME A TORCH, IN MINUTES A HOUSE DESTROYER"

Curling Capers

To Doris Squire, Bill Thompson and all the volunteers who put in many hours teaching the Junior School Leagues congratulations for a job well done. I only wish we could convince more new curlers how important it is to learn to throw rocks properly right from the beginning. The few lessons certainly pay off tenfold in their value over the years.

As a suggestion for beginning of the season leg exercises, put a sock or a wool slipper on your sliding foot, stand against a wall or firm object in a room that has a hardwood, tile or lino floor, then push away from the wall allowing the sliding foot to go forward until the knee is bent under your chest and the other leg is left stretched out behind you. Do this about 10 to 15 times a day for two weeks prior to curling and for about a week after you have started curling. Try it, even if you don't like it. It's good for your leg muscles and will improve your balance and delivery

SWEEPING:

For those of you who think sweeping is not effective, believe me it is. The world champion Richardson brothers proved by shooting a rock from a spring-controlled device that they could increase the distance the rock travelled from eight to fifteen feet by sweeping.

Anton and Hanson, former front end (lead and second) for Hec Gervais maintained that they could control a draw rock from getting in the house. For example if the rock were thrown with enough weight to land in the house they would sweep it and cause it to go through the house. If the rock was thrown with enough weight to arrive just in front of the house, they would not sweep it and that's where it would finish up.

League Standings to November 21st;

Monday Night Mixed "A" league: 1st, VanCurren; 2nd, O'Reilly.

Monday Night Mixed "B" league: 1st, tied Lissell and Ellerbeck; 2nd, Hoy and Huxam tied.

Tuesday Afternoon Ladies: 1st, Smith; 2nd, Parker and Hudson.

Tuesday Night Ladies League: 1st, Petersen; 2nd, Staples and Aitken; 3rd, Davie.

Wednesday Night Mixed "A" League: 1st, Coates and Morrey; 2nd, Meyers and Fitzgerald.

Wednesday Night Mixed "B" League: 1st, Watkinson; 2nd, Koster.

In the Men's Tuesday and Thursday Leagues the first square has been completed with the winner's as follows: Tuesday Night Men's A League: Vicklund with 4 wins and 1 tie; Tuesday Night Men's "B" League: Sandberg with 4 wins and 1 loss. Thursday Men's "A" League: Tie between Vanetta and McLaughlin with 4 wins each; Thursday Men's "B" League: Horning (Barrs Mobile Homes) with 4 wins and 1

loss; Thursday Mens "C" League: Garoz with 4 wins; Thursday Men's "D" League: Tie between Bannerman and Finlayson with 3 wins and 1 tie each.

Thursday Afternoon Ladies League: This is a close battle with only two points separating first and third, 1st, Hudson; 2nd Hastings; 3rd, Muskett and Fielding.

Sunday Night Mixed "A" League: 1st, Waugh; 2nd, Cramer. Sunday Night Mixed "B" League: 1st, Marshall; 2nd, Lewis, Vicklund and Potter.

Monday and Wednesday Seniors: 1st, Stephenson; 2nd, Taylor, Wortman and Thompson.

If you were wondering what happened to the pictures from the Ladies' Club Spiel, the camera was not functioning properly but we should have some for you this week.

The Island Junior Boys and

Junior Girls Bonspiel will be held at the Comox Valley Curling Club Dec. 13th and 14th.

Tony Pisto has informed me that there are 6 local teams entered with the rest coming from Port Alice, Victoria, Nanaimo and Duncan.

They have had great response from the local Merchants, and Sponsors for the Boys Bonspiel are "A" Event - Nanaimo Realty, "B" Event - Elk's Lodge, "C" Event - Kelly's Stereo Mart.

Prizes are also being donated by the Comox Shopping Centre Merchants and the Sports Centre. Donations towards their banquet have been received from the Courtenay Bakery, Safeway, Vallee Barbers and Northgate Motors. Tony also stated that Motel rooms have been provided for the out-of-town curlers by the Port Augusta Motel and the Arbutus Hotel.

Sponsors for the Girls Bonspiel are "A" Event - Courtenay Realty, "B" Event - Elk's Lodge, "C" Event - Kye Bay Guest Lodge.

Doris Squire and Bill Thompson have been working with Tony to make this Bonspiel a big success.

The Quilicum-Courtenay Ladies Curling Clubs challenge Friday December 6th was a huge success with the Courtenay Ladies winning the Challenge Trophy with 66 points to 43.

Rose-Ellen Hoffman, President of the Ladies Club has asked me to pass on her thanks to all the girls who

came out Thursday Night to put up the Christmas decorations, the lounge looks terrific. Also many thanks to Marlene Petersen, her Mother and Committee for the lovely luncheon on Friday.

On behalf of all the Curlers I would like to say thanks to Bob Dargie, Archie Dick, Len Morrey, Walter Hodgins and all the volunteers who worked so hard on the lounge renovations. It looks great and we should all be very proud of our new facilities.

The Christmas Party December 14 will commence at 9:00 p.m. - \$4.00 per couple. The raffle will also be held this night, if you still have tickets out please turn them in by Thursday December 12.

MEN'S PLAYDOWNS: North Island - Comox Valley Curling Club January 17th - 19th. Island Final January

by Bev Muskett

24th - 26th at Duncan. Deadline for entries is December 20th.

SENIOR MEN'S PLAYDOWNS

Island Finals at Port Alberni January 10 - 12. B.C. Finals January 27 - 28, Kimberley. Deadline for entries is December 20th.

That's all for this week - see you at the Rink.

SEAGRAM'S MIXED PLAYDOWNS

Island Finals at Campbell River February 14th - 16th. B.C. Finals - Comox Valley

Curling Club - February 21st - 23rd. Deadline for entries is January 10th, 1975.

Walt Dennis, publisher of the Hinton, Oklahoma, Record had a sign on his desk that read: "As soon as the rush is over, I'm going to have a nervous breakdown. I owe it to myself."

GLACIER GREENS CLUB MEMBERSHIP DRAW

PLUS OTHER PRIZES

Tickets \$1.00 each or 3 for \$2.00
DRAW ON 31 JAN 75
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Elks win

BY BEV MUSKETT

Courtenay Elk's Lodge No. 60 has been awarded the 1975 Corby Cup National Championships March 18, 19 and 20, 1975.

As many are not aware this playoff consists of rinks from B.C., Alberta, Manitoba, Saskatchewan, Ontario and one from the Quebec Maritimes. These teams are derived from Provincial playdowns amongst different lodges with the winner going to the National Championships.

Each Province is selected to host the event. The Province then asks the Lodges to bid on hosting the Championships. A Committee looks at all bids and then decides which Lodge has the best facilities and desire to host it.

Courtenay Lodge bid in 1973 and was awarded the Championship event at the B.C. Elk's Convention later on that year.

The Corby Cup originated at Vancouver in 1960 with the four Western Provinces and has increased across Canada at its present state.

Many name curlers such as Ernie Richardson, Matt Baldwin, Bob Pickering and others have participated in this event, so you can see there has been a lot of top curling.

Dave Patterson, Sandy Sandberg, Frank Coates and Dunc Ross won this Championship in 1970.

Corby Distilleries has sponsored this event for many years and I am sure many Elk's must appreciate their efforts and support for the top notch event they put on. Some of their Executives have already visited Courtenay and are very enthused with the facilities and the Elk's desire to put on a good show.

Courtenay's Elk's Lodge No. 60 are very pleased to have been selected as hosts and sincerely hope Courtenay will support this big event. There will be news releases and a schedule of events in the paper and on radio as the time draws nearer.

Anyone wishing any information could contact the Elk's Home.

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Dec. 19	9:00-6:00	Dec. 28	9:00-6:00
Dec. 20	9:00-6:00	Dec. 29	9:00-6:00
Dec. 21	9:00-6:00	Dec. 30	9:00-6:00
Dec. 22	9:00-6:00	Jan. 1	9:00-6:00
Dec. 23	9:00-6:00	Jan. 2	9:00-6:00
Dec. 24	9:00-6:00	Jan. 3	9:00-6:00
Dec. 25	9:00-6:00	Jan. 4	9:00-6:00

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32 oz. jar

99¢

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89¢

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POTATO CHIPS

8 1/2 oz. pkg.

65¢

WHITE ROCK • ALL FLAVORS

CANNED POP

6 10 oz. tins

89¢


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- BULK NUTS lb. 79¢
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