



TOTEM TIMES



Save money -- Use The Totem Times in Your Bird Cage.

VOL. 17 -- NO. 1

CFB COMOX TOTEM TIMES

THURSDAY, JAN. 9, 1975

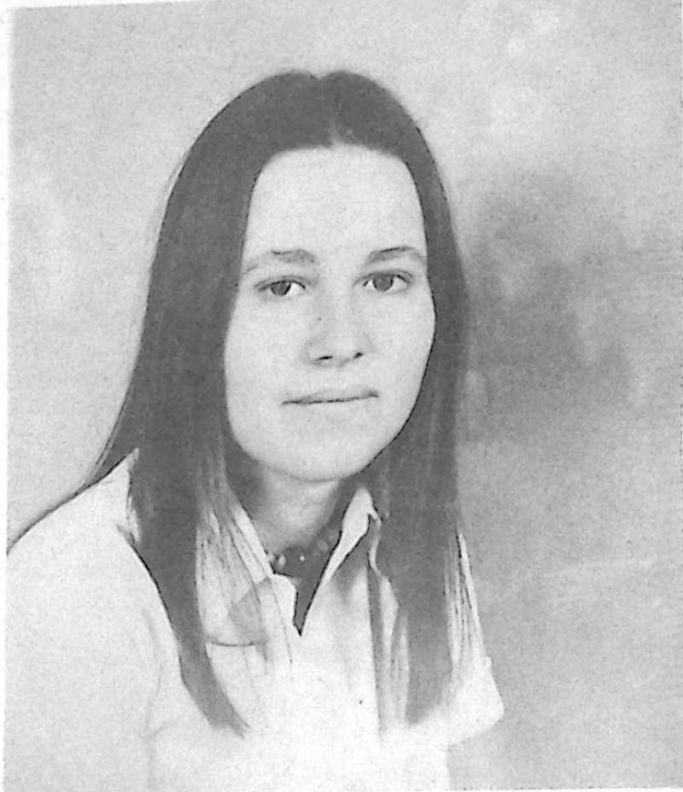
Personalities Vie For Crown

Miss CFB Comox '75 To Be Chosen Friday Evening



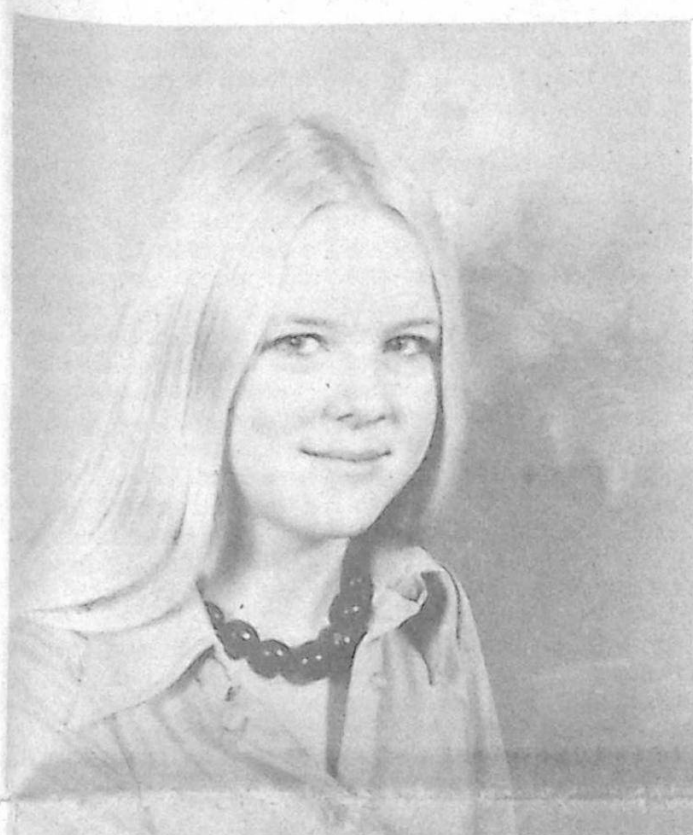
LUCE HOTTE

MISS WO and SGTs MESS, Luce Hotte, as many of us have discovered, works in the base clothing store in 7 hangar and this may account for the increase in sales. She is a Scorpio, if you are interested, from Gatineau, Quebec, and likes horseback riding and the mountains which makes Comox a good combination for her. As a member of the Forces her ambition to travel has a high probability of success.



KATHY HANISHEWSKI

MISS OFFICER'S MESS, Kathy Hanisewski was born in Winnipeg and is in Grade 12 at G. P. Vanier. Her immediate plans after finishing school in January are to work as a waitress for a while and then start on her ambition to buy a vehicle and do a lot of travelling. Her interests include Guides, embroidering, curling and art.



WENDY ANDERSON

MISS VP 407, Wendy Anderson, who calls Victoria her hometown, is in Grade 12 at G. P. Vanier and will finish in January. Wendy enjoys skiing, skating and swimming and would like to travel, especially if it can be in a Firebird or Camaro of her own. Her plans include Practical Nurse training.



DONNA LINDBECK

MISS JR. RANKS MESS, Donna Lindbeck has probably zapped a number of us with a flash in the course of her duties as a member of Base Photo. Born in Winnipeg, she is continuing her travels begun when she was, as she put it, a service brat. Her interest in nature is included in her ambition to someday live on a ranch in the mountains and just live off the land.



MARY JACOBI

MISS TOTEM TIMES, Mary Jacobi, who comes to us from Moosemin, Sask., is well known to the Totem Times and visitors to central registry where she works as an Adm. Clerk. She likes creative things such as art, writing and poetry, as well as meeting people and seeing new places. Her present ambitions are to become a carpenter and eventually to own her own farm.

Charm, talent, personality, and good looks are the ingredients that will produce Miss CFB Comox 1975. With much time and effort put in by Rob Vinnedge the pageant co-ordinator, and P.M.Q. Mayor Tony Nichols and Council, a field of five candidates, pictured on the left will compete.

This evening, the young ladies are attending an informal gathering with the judges and committee, then Friday evening the public is invited to the Totem Lounge at 2000 hours to see Miss CFB Comox 1974, Patti Clark surrender her title to the lucky winner. The New Miss CFB Comox will then represent the Base in the Comox Valley Snow Queen Pageant, to be held in February.

The key to winning is personality, and charm, poise, speaking ability and leisure interests will all be considered. Once chosen, Miss CFB '75 will begin a whirlwind series of social events, interviews, picture taking and visits to the hairdresser between 1-10 February. More information on this annual event will appear in the local press in the weeks to come.

Good luck, ladies!

Candidates Photos by Ed Ellis

Awards List Announced

OTTAWA — Awards of Canada's Order of Military Merit have been announced by Government House for 42 men and two women of the regular and reserve components of the Canadian Forces. It is the fifth such list of appointments since the inception of the Order in July, 1972.

Geographically, 19 awards went to residents of Ont., nine to Que., eight to B.C., six to Alta., five to N.S., two to N.B., and one each to Nfld., Labrador, P.E.I., Man. and Sask. Recipients range in rank from private to brigadier-general.

In his capacity as chancellor of the Order, the Governor General, with the approval of the Sovereign, makes appointments to the Order's three degrees of membership. The awards will be presented at an investiture to be held at Government House.

The Order of Military Merit was established to provide a means of recognizing conspicuous merit and exceptional service by regular and reserve members of the

Forces. Professionalism, outstanding service and devotion to duty form the criteria of the award.

The badge of the Order of Military Merit is an enamelled, straight-end "pattee" cross with four arms, narrow at the centre and expanding toward the ends. The ribbon is blue, edged in gold. The insignia of the grade of Commander is worn suspended from a ribbon around the neck. Officer and Member badges are worn on the left breast.

Nominations for the Order of Military Merit may be initiated at any level in the Canadian Forces and ultimately come before an advisory committee, which assesses the nominations and recommends the degree of membership to be awarded in individual cases.

Recipients of the Grade of Commander are: Brigadier-General Robert Berube, 55, Montreal; Brigadier-General Donald Ernest Holmes, 54, Hamilton.

Recipients of the Grade of Officer are: Colonel Ronald Cheriton, 43, Hamilton;

Colonel Rayne Dennis Schultz, 52, Bashaw, Alta.; Captain (N) John Milton Thornton, 48, Vancouver; Colonel Mary G. Vallance, 50, Atwood, Ont.; Lieutenant-Colonel Gerald Michael Fitzgibbon, 48, Ottawa; Lieutenant-Colonel Ronald F. Johnson, 48, Springhill, N.S.; Lieutenant-Colonel Donald Scofield, 40, Rotherham, N.B.; Lieutenant-Colonel Alexander Daniel McLean, 49, Vancouver; Major Dennis Walter Emberley, 40, Victoria; Major Leonard Richard Pocock, 55, Durham, Ont.; Major Eric Norman Ronaasen, 47, Barrhead, Alta.

Recipients of the Grade of Member are: Captain Edward Peter Carey, 50, Toronto; Captain Jean Ursule Chagny, 47, Acton Vale, Bagot Co., Que.; Captain Donald Eugene Clarke, 32, Kingston, N.S.; Captain Barry Andrew Hamilton, 27, Paris, Ont.; Captain Richard Nelson Hill, 47, Swift Current, Sask.; Captain Grace Evelyn Hyde, 49, Borden, Ont.; Captain Owen Murray

Sweetman, 44, Little Britain, Ont.; Chief Warrant Officer Delmar Carter Aldrich, 48, Toronto; Chief Warrant Officer Kendrick Warren Bowness, 46, Kimberly, B.C.; Chief Warrant Officer Joseph Renaud Champoux, 48, Sherbrooke, Que.; CHIEF WARRANT OFFICER HENRY JOHN FEE, 53, CALGARY; Chief Warrant Officer George Albert Johnson, 54, Caledonia, Ont.; Chief Warrant Officer Leonard Charles Lapeer, 53, Port Hope, Ont.; Chief Warrant Officer Charles James Longson, 49, Victoria; Chief Warrant Officer Albert Mitges, 53, Hamilton; Chief Warrant Officer Richard Cecil McBurney, 49, Cornerbrook, Nfld.; Chief Warrant Officer Bertram Charles Robinson, 48, Woodstock, Ont.; Chief Warrant Officer James Robert Zeiner, 54, Edmonton; Master Warrant Officer Joseph Edouard Ede Richard Allan, 51, Montreal; Master Warrant Officer Joseph Valmore Maurice Falardeau, 51, Quebec City; Master

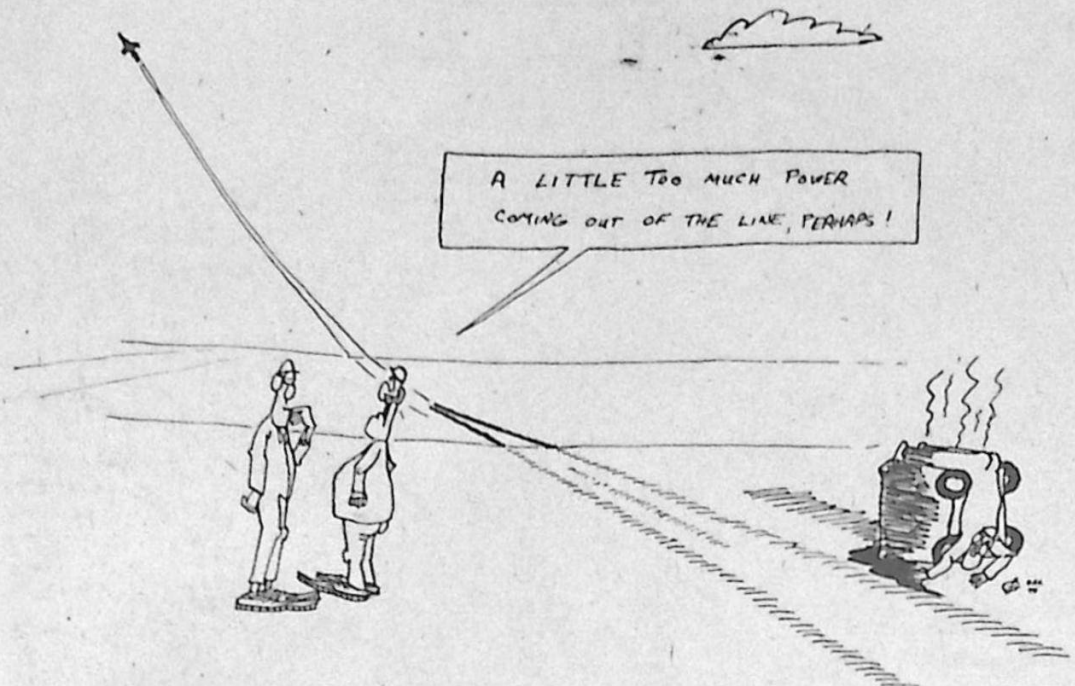
(Continued on page 2)



"NOW I KNOW WHAT happens to birdstrikes," says Col. Mortimer as he carves the festive turkey

at the Junior Rank's Christmas Dinner. More photos on page 5.

Base Photo



Nighthawk's Nest

With a sigh of relief the Nighthawks have returned to a normal (what ever that is) flying and alert schedule after a very hectic and tiring two week exercise in surviving the rigors of domestic bliss and histotoxic hypoxia. Either the taxi companies have made a fortune ferrying Nighthawks all over the Comox Valley, or the wives have been doing a great deal of driving, for no Nighthawks have reached the nest about any three hundred dollar balloons being blown.

The traditional reception of Officers by the members of the Sergeant's Mess was a highlight of the festive season. The parade, led by a piper wearing a mod knee length wool skirt, passed in review by two token members of NORAD's component forces, Capt. Dick Borys, CF and Capt. Frank Campbell, USAF. Considering that this review on the way to the Sergeant's Mess was a last minute change to the program, it was carried off quite well. After some plain and fancy marching and running the hand-shaking gauntlet we were rewarded with an excellent selection of food, drink and good companionship.

Now that the old year has been properly waked and laid to rest, A Flight is going to attempt to emerge victorious over B Flight in the first Cudgel Caper of the new year. Vern Barker has promised to make this Caper one we shall not soon forget and right now the odds are pretty even on who will win. There is no truth to the rumour that the OM Bar is bribing Vern to have two a month so that they can break even on sales.

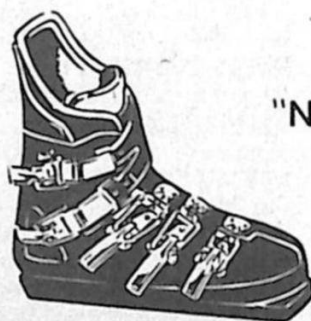
Duffy's Tavern will be closing its Comox branch in May when Frank and Judy

Campbell leave the squadron for a posting at McDill AFB in Tampa, Florida. This year's Saint Patrick's Day party should be a barn burner with all that diplomatic booze that cannot be taken across the border.

If you have any spare change, the worthy cause of the week is a collection being taken up by Al Robb to buy Rad Arthur's dog a Port-a-Potty to prevent a range war in Comox-by-the-Sea.

Get your inoculations early. Remember: only you can prevent Buck Fever!

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RESCUE BITS

As the year drew to a close and the Victoria Rescue Centre passed the 2500 incident mark one thing stood out, "People's Folly"! Human beings will do the damndest things to get into trouble. But thing to get into trouble. But how do you convey your message "make sure you know what you are doing" to, say, a pilot who is lost at 16 thousand feet with solid cloud below him and running out of fuel, who obviously hadn't checked the weather enroute or to a boater who is up to his armpits in whitecaps knowing full well he should never have left shore. How do you tell a boy's mother not to wait up, her son won't be home. Mother Nature gives no odds and plays no favorites but people continually try to beat the system, and we bring home the losers in plastic bags.

1974 was another bumper year for the Victoria RCC. In excess of 2500 incidents and around fifty per cent of Canada's Search and Rescue business. We increased our workload by twenty-four per cent but our resources increased not one whit.

At a Jamaican Hotel, there's a peacock named Buck who has abandoned his lady friend because she has become a lush. It seems the peahen, Banana Belle, is the habit of panhandling diaquiris and peanuts at the poolside bar.

The coast got no smaller and as a matter of fact we inherited sixty thousand additional square miles of King Neptune's kingdom. As I've said before we don't suffer the Rescue business but as the barker in the side-show says "where she stops nobody knows". In the two-year-ends that I've been here our incident total has increased twenty-five and twenty-four per cent respectively. As we increased our workload you can bet your old dingleberries that our Rescue Squadron (CAF) and vessels (COAST GUARD) were apportioned their share of the load. We even got Canadian Forces (WATER) and (EARTH) into the act at times. It's not to say we don't have genuine emergencies, sure we do, but trace most of them back to

origin and I would say in perhaps ninety per cent of all cases "People's Folly" stands out. Human nature, the old "we can make it", is something you can't legislate for.

Now on to the aptitude tests, that old unanswered question sitting in the back of the mind, "could I have been a pilot, navigator, or naval officer"? Here is question number three of the aforementioned tests. "O Canada" is the national anthem of what country?

Remember: When you plan a trip the return insurance is oft times the cheapest!



BROOMBALL ACTION with the Military Police against 407 Squadron. (Ellis Photo)

NOTICE TO LANDLORDS AND TENANTS

● The Rent Review Commission will hold meetings shortly to hear the views of concerned landlords and tenants regarding studies into residential rental property conditions.

● Initially, meetings will be held in the Metropolitan Vancouver area. Interested persons should write to the Rent Review Commission. The date, place of meeting and an invitation to participate will be sent to you.

● Written submissions will be welcomed from those persons unable to attend scheduled meetings in the Vancouver area.



Rent Review Commission
P.O. Box 9600,
Vancouver, B.C.
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OUR REPRESENTATIVE,
GARRY W. SMITH
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will be in Comox to personally answer your questions in the next few weeks.

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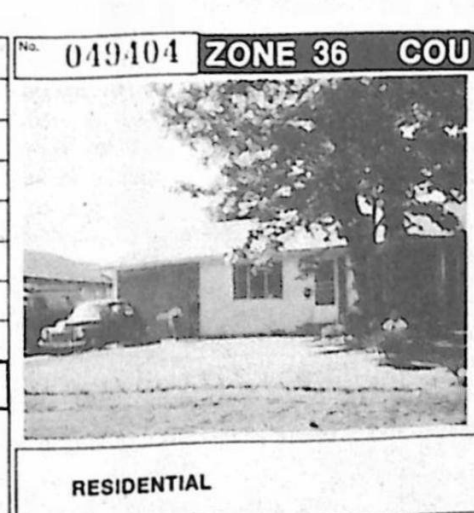
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Address 1928 DOGWOOD	\$ 37,900	Living Room 12 x 18 (W/W) x	On	Floors
District COURTENAY	Gr. Taxes 400.20	Kitchen 12 x 13	Family Room	
Legal LOT 33, Blk. 3, Sec. 68	No. Rooms 6	En Suite 116 x 9 1/2 x 8 1/2	Bedrooms - 1st Floor	Pkg.
PLAN 16252, C.D.	Lot Size 62 x 104	94 x 12	Bedrooms - 2nd Floor	Pkg.
Possession T.B.A.	Cash Payment C.T.M.	Stair	Development	Pkg.
Tot. Amount 6,000	Payment 160.00	Heat	Dom. H. W. Water	Dis. Trans.
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Insulation YES	Sewer Conn. YES	Age 5-6	PHONE C.E. & E.J. BUHR	Dis. Direct
Land NO	Garage YES	BUROID	COURTENAY	Phone 338-5224
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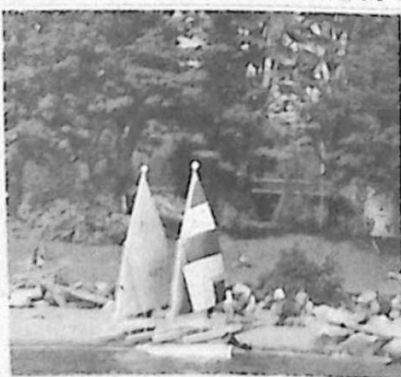


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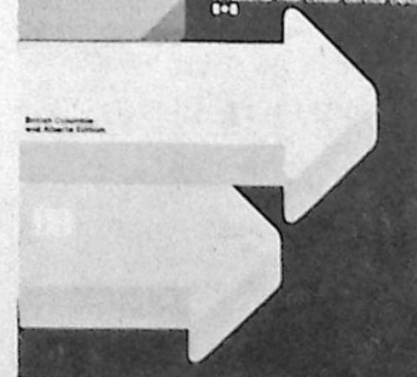
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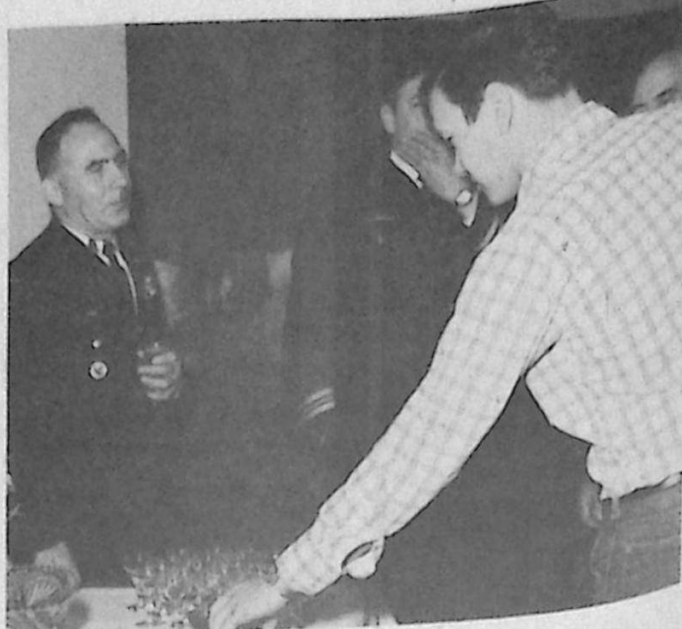
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MIKE EMERSON
FRED PARSONS

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338-5233
339-2813

BLOCK BROS.



YOU'RE UNSATISFIED with the Service, Ma'am?



HMMM. . . Blue Jeans eh?



HARK! The Herald Angels sing?

Jr. Ranks Christmas Dinner '74

SANTA CLAUS NOT ONLY visits the little kiddies, he also remembers the big people, especially the ones in need. Therefore, Santa's workshop turned out the above machine to aid the BTSO cope with his mountains of paperwork. A test run confirms that his Christmas gift indeed works very well.

Photo Begin

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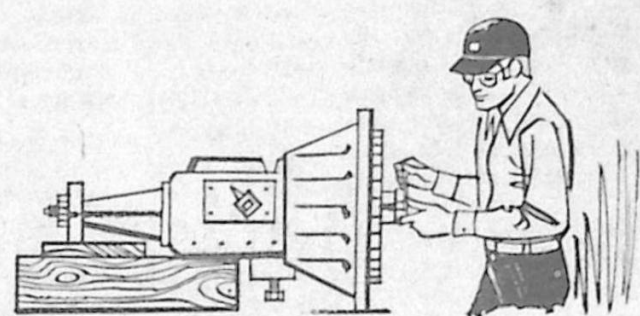
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Jim Cunliffe - Ainslee Langston

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PLUS

OTHER PRIZES

Tickets \$1.00 each or 3 for \$2.00

DRAW ON 31 JAN 75

TICKETS AVAILABLE FROM COMMITTEE

WO & SGTS. MESS

JANUARY

FRIDAY, JANUARY 10 - The Fabulous "Ink Spots" with Geraldine Hunt. Floor Show & Dance. 2100 to 0115. Food Bar-b-que Spare Ribs. Dress Semi-Formal. Admission \$8.00 Reg. & Assoc., \$12.00 Honorary and Guests.
MONDAY, JANUARY 13 - Movie - M.A.S.H. Donald Sutherland.
FRIDAY, JANUARY 17 - T.G.I.F. Don't forget the Snowball Draw.
SATURDAY, JANUARY 18 - Bingo & Dance. 2000-0200. Dance to the "Good Fridays". Dress - Casual. Admission \$3.00 Reg. & Assoc., \$6.00 Honorary & Guests.
MONDAY, JANUARY 20 - Movie "On The Buses". Reg. Varney.
FRIDAY, JANUARY 24 - T.G.I.F.
MONDAY, JANUARY 27 - Movie "Boot Hill". Terence Hill.
FRIDAY, JANUARY 31 - T.G.I.F.

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 at Local 329 or at 339-4672 for more information.

SASQUATCH SKI CLUB

Come

Ski With Us To Todd Mountain

(Kamloops)

Week End

31 Jan to 2nd Feb

Open to Members Wives Only

Savings up to 65%

New Membership Open

SKI MEETING

Social Centre - 8:30 p.m. 14 Jan.

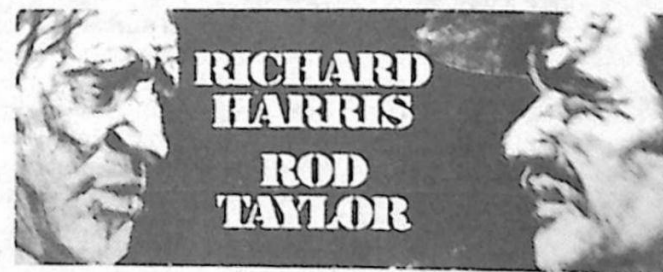
LECTURES BY DON BOOL

Discussions on Ski Trip

BASE THEATRE SCHEDULE

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

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



THE DEADLY TRACKERS

From Warner Bros. A Warner Communications Company

Fri 10 Jan THE DEADLY TRACKERS Richard Harris
Sat 11 Jan Rod Taylor
Sun 12 Jan Showtime: 2000 hrs to 2155 hrs Western

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267 - 6th STREET
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FREE PUBLIC LIBRARY SERVICES

OFFICERS MESS JANUARY

FRI 10 - Happy Hour. Fish & Chips 1630.
SAT 11 - Jugs - Juke & Pizza. Casual dress.
WED 15 - Officers Wives Club Meeting.
FRI 17 - TGIF.
SAT 18 - Dance to the "Tidesmen"
FRI 24 - Happy Hour. Baron of Beef 1730.

THE INTERNATIONAL "INK SPOTS"

are going to be at

The WO's & Sgt's Mess
Shows and Dance Music

TIME: 2100-0115 Hrs. 10 Jan 75.

FOOD: Vic Cotton's Delicious Barbequed Spare Ribs.

\$8.00 per couple - Members
\$12.00 per couple - Guests

TICKETS ARE ON SALE NOW

EW
Courtenay

Monday to Thursday
- 8:15 p.m.
Fri. & Sat. - 7 & 9 p.m.
Matinee Sat. - 2:00 p.m.

THURS., FRI., SAT., JAN. 9, 10, 11 Matinee Sat. 2 p.m.
"He's just about the nicest guy you NEVER saw!"

Dean Jones in
MR. SUPERVILABLE

General

Enter at the EW Theatre for chance to win a Super-sized stuffed dog.



MON., TUES., WED., JAN. 13, 14, 15

A Sam Peckinpah film

"BRING ME THE HEAD OF ALFREDO GARCIA"

Warren Oates, Kris Kristofferson

RESTRICTED

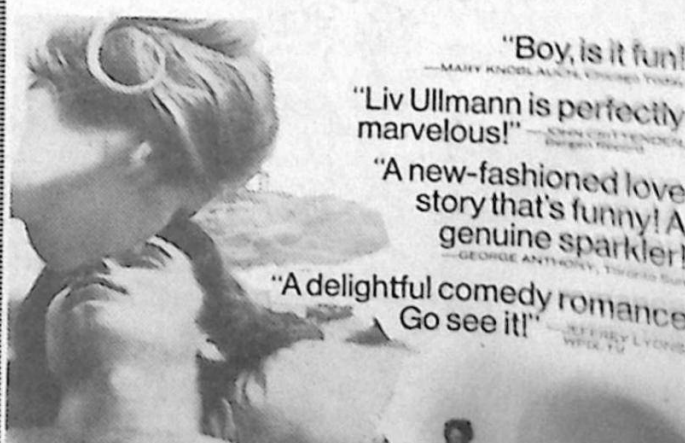
"Violence and some coarse language" - B.C. Dir.

Thurs., Fri., Sat. - Jan. 16, 17, 18 - Walter Matthau
"THE TAKING OF PELHAM ONE TWO THREE"

Mature - SUPER SUSPENSE - Coarse language and swearing throughout

Mon., Tues., Wed. - Jan. 20, 21, 22 - DOUBLE BILL
Anthony Quinn "THE DON IS DEAD" Plus - Fred Williamson in "THAT MAN BOLT"

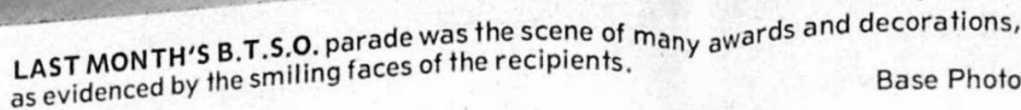
Warning - Violence & brutality - B.C. Director



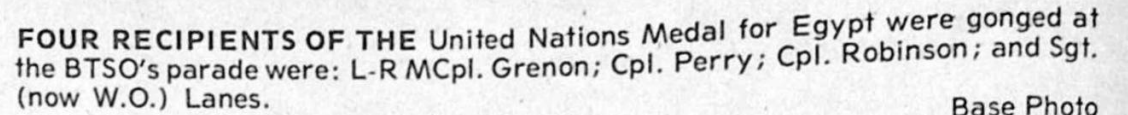
BY NOLA MILLER
Chapter III

It's a time for belt-tightening. I was interested most sincerely, in the psychologists' evaluation of inflation. People do strange things, when that economic security is hampered. They are not, what we could refer to, as rational. They are not

In a materialistic world (western definitely) we are going to have to learn a new ball game. We don't need the cream. Not really. It can be separated. Hang in there! Work it out. You'll probably end up wiser, and stronger. Just ask the old ones from the Great Depression. (what was great about it?) They know!



Canadian Forces Photo



Base Photo

Back in his flying days, he hadn't counted on becoming a professional artist, in fact, he

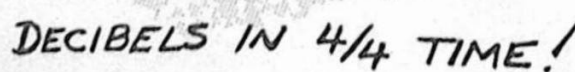
Not counting hundreds of art buffs across Canada, Bill's clients today include Holiday

The 1st Low Gross was captured by Wally Berger with a net score of 38, 2nd Low Gross was picked up by Larry Cote with a net score of 40, and 3rd Low Gross went to Bob

That's all the news for now, except to say I am looking forward to the upcoming season.

The 1st Low Gross was captured by Wally Berger with a net score of 38, 2nd Low Gross was picked up by Larry Cote with a net score of 40, and 3rd Low Gross went to Bob

HOUSING



J.P. Lavoie is going to make it to Victoria on his bike this year and Turcott is

NORM HOWARTH
DAVE AVENT
JOHN CALDER
CHARLES DOVE
MERT FLETCHER

334-4576
338-8333
338-2882

NORM HOWARTH	
DAVE AVENT	
JOHN CALDER	334-4576
CHARLES DOVE	338-8333
MERT FLETCHER	339-2000

339-3839
339-3816
228



CPL. PATE RECEIVING congratulations from L. Col. Sutherland, BTSO on his promotion to M. Cpl. on Dec. 1, 1974



LCOL SUTHERLAND, BTSO congratulating Cpl. R. M. McCollum on his recent promotion to Master Corporal.



MAJOR T. F. DANDENO, A CO 407 Sqn. shown congratulating Sgt. W.A. Green on his recent promotion Dec. 1, 1974.



LARRY BARONS FROM Base Armament being presented with his M. Cpl.'s hooks by LCol. Sutherland.



CPL. J. NOVAK receiving congratulations from LCol. Sutherland, BTSO, on his recent promotion to Master Corporal.

P

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Courtesy
Base Photo



MCPL. HANK DUPUIS is shown receiving his promotion to Sergeant from the BTSO, LCol. H. M. Sutherland.



LCOL. SUTHERLAND, BTSO, congratulating MCpl. R. H. Sawyer on his recent promotion to Sergeant.



LCOL. B.T. MONTGOMERY, CO 407 Sqn. shown with M Cpl L. W. McWillis (L) and M Cpl. L. M. Anderson (R) who were recently appointed M Cpl. Nov. 1, 1974.



MCPL. D. P. TAPP receiving congratulations from LCol. Sutherland, BTSO, on his recent promotion to Sergeant.



"EXCUSE ME SIR, but your hand is dirty!" Cpl. J. NOVAK receiving congratulations from LCol. Sutherland, BTSO, on his recent promotion to Master Corporal.

Chapel Chimes



Protestant Chapel

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

RC Chapel

Father Francis Swoboda - Base Chaplain (RC) Telephone No. 339-2211 Loc 274
MASSES: Saturday 7:00 p.m. Sunday Vigil Mass; Sunday: 9:30 and 11:00 a.m.
WEEKDAYS: The Chaplain will celebrate Mass in the Chapel or in private homes on request.
SACRAMENT OF PENANCE: Before Mass on Saturday from 6:30 to 7:00 p.m. and before other Masses.
BAPTISM: By appointment
CATECHISM CLASSES: Every Wednesday in the PMQ School from 6:30 to 7:30 p.m.
CATHOLIC WOMEN'S LEAGUE: There will be a meeting of the CWL on Tuesday, January 14th at 7:30 p.m. in the Parish Hall.
PARISH COUNCIL: There will be a meeting of the Parish Council in the Parish Hall on Wednesday, January 15th at 1:30 p.m. New members, both women and men are invited to attend.



FATHER & SON TEAM. MWO Eric Fox of Base CE Section and his son, Pte. Bernie Fox, who is following in his father's footsteps and is currently undergoing engineering training at CFB Chilliwack.

Manson Photo

Christian Unity Week

Father Francis Swoboda, OMI, CFB Comox, Chaplain (RC).

Each year a week of prayer for Christian Unity is set aside for special services and prayers. This year the week for special prayers for Christian Unity is January 19 to 26.

The theme for the Week of Prayer for Christian Unity is "Free in Christ." This theme is derived from two sources: the theme of the Holy Year proclaimed by Pope Paul VI which is "Renewal And Reconciliation," and the theme of the Fifth Assembly of the World Council of Churches which is "Jesus Christ Frees and Unites."

To appreciate the significance of the themes of these two important events in 1975, namely the Holy Year proclaimed by Pope Paul VI and the Fifth Assembly of the World Council of Churches, a word about each would be helpful.

The first Holy Year was proclaimed in 1300 by Pope Boniface VIII who anticipated a Holy Year at the beginning of each century. Pope Clement VI in 1342 shortened the interval to fifty years. Pope Paul II in 1470 reduced it further to twenty-five years, which gave us a Holy Year in 1950 and so 1975 is set aside for the same purpose.

Pope Paul VI in formally announcing 1975 as a Holy Year stated that the theme for the Holy Year would be "Renewal and Reconciliation." Pope Paul VI identified its essential purpose as "the interior renewal of man...what the Gospel calls conversion, penance, change of heart." Through this renewal, a deeper reconciliation with God and with one another is possible.

The Fifth Assembly of the World Council of Churches will take place this year in Nairobi, Kenya from November 23 to December 10. About two thousand delegates from around the world are expected and they will share their experiences with their Christian brothers of Kenya. It is hoped that a greater sensitivity of relationship with men of other faiths will make itself felt in the Assembly.

The Assembly will be aware of the crisis of its time, within its own life, and in the world at large. It will be looking to Christians everywhere for the support of their prayer and concern, as it seeks ways to express and live out its theme "Jesus Christ Frees and Unites."

Renewal and Reconciliation and Jesus Christ Frees and Unites are themes which express concepts of freedom, unity, renewal and reconciliation which complement one another. Although these concepts complement one another, it is freedom which most significantly relates to the other three as cause, condition or effect. Thus the themes of these two great events are caught up in the theme adopted in Canada for the Week of Prayer for Christian Unity in 1975.

Freedom is the natural right of man in society; it seeks expression in the political and social issues of our time. This natural right and its diverse expressions spring from that freedom which is a quality of the spirit

of man, a spirit with powers of discernment and choice, enabling man to shape his life and his world.

Man's freedom is stunted if he lives in error, confusion, superstition or fear. If life is meaningless, if his limitations inhibit him or if he is harassed by guilt, then he is not truly free.

The Christian discovers freedom in Christ. Ephesians 1:9 gives meaning to our life. "God has made known to us in all wisdom and insight the mystery of His will according to His purpose which He has set forth in Christ." We not only glimpse the glory of heaven and earth, but we receive the assurance that we are called to participate in it, despite our faults and failings. In Ephesians 1:7 we are guaranteed that in Christ "we have redemption in his blood, the forgiveness of our trespasses, according to the riches of His grace which He has lavished upon us." We perceive that God has called us to a sublime fraternity: In Ephesians 1:5 we read "He destined us in love to be His

sons through Jesus Christ...His glorious grace which He has freely bestowed upon us in the Beloved." Then our concept of reconciliation expands beyond the fellowship we have with others in Christ; it moves us to strive for an understanding in charity and justice with all men.

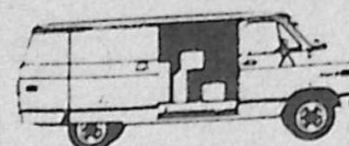
There is wisdom in the Holy Year's call for renewal. Though we have "the freedom wherewith Christ has made us free" as found in Galatians 4:31, we are prone to accept other values. We need to reflect upon our freedom and as found in Ephesians 4:1, are to "lead a life worthy of the calling to which we have been called."

Dreamin'

The guy next door really did fall in love with the girl of his dreams-only trouble was she turned out to be a nightmare.

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21st JANUARY

8:00 p.m.

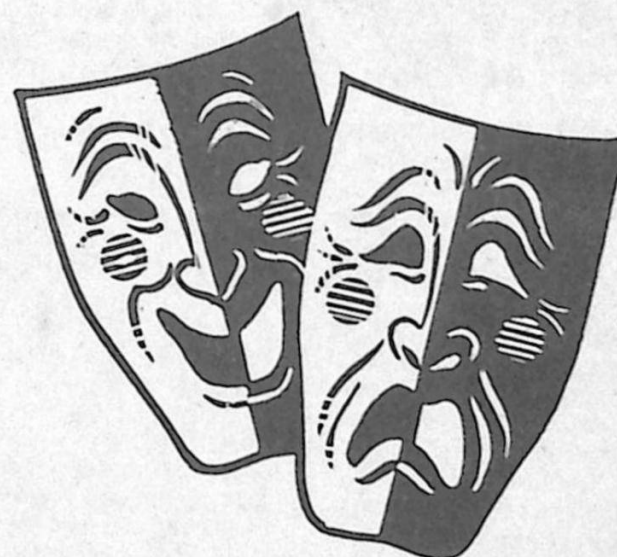
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REPEAT PERFORMANCE



MR. T. F. DANDENO presents Red pack with honor Guards, their own new 1st. Lazo flag.



FLAG BEARER Kevin Brown and honor Guards Mike Bourchier and Gary Bird return to Blue pack after being presented their own 1st. Lazo Pack flag.

1ST. LAZO TOPS 2nd. Comox in Flag Changing Ceremony. L. Sonney Erickson, R. Graham Wilson.

C.F.B. Comox Basketball Tourney

The Base basketball team will be hosting three local clubs in the second annual CFB Comox Invitational Tournament this weekend.

The draw will be composed of a team from Nanaimo, two from Courtenay and the Totems, with the first game slated for 1800 hrs Saturday night between the two Courtenay clubs. The Totems will do battle with Nanaimo immediately following the first game. On Sunday the consolation game will be played at 1300 hrs with the tipoff for the championship game scheduled for 1500 hrs. A large crowd is expected to witness the Base team defend the crown.

The team is going into the tourney with 3 wins and two losses, having beaten Royal Roads, Campbell River and Courtenay. Their two losses came at the hands of Courtenay and Campbell River. The Totems have six returnees from last year's team - Mike Monteith, Gus Hay, Ron Harris, Russ Crum, Harvey Gates and playing coach John Power. First year men - Claude Roberts, Charlie King and Kevin Parkhurst round off the squads lineup. The Totems play an exciting brand of ball, but are expected to have their hands full with the talent laden Courtenay clubs and the unknown Nanaimo team.



1ST. LAZO BOY SCOUT troop Flag is presented to Brian Belliveau by Mr. T. F. Dandeno while Vern Barker, 1st. Lazo Group Committee Chairman looks on.

Safety - 75 - Securite

HOW IS YOUR GENERAL SAFETY PROGRAM?

If you are an active skier, you will already be acquainted with the Forbidden Plateau ski area. If you are not, you may be lured to the slopes for an initial try at this popular sport, for a fun-in-the-snow day or just to take in the splendid view from the top.

Whatever your reasons, you should brush up on your winter driving skills before you go.

GETTING THERE IS HALF THE FUN

Access to the Forbidden Plateau ski area is provided by a well-marked, paved road for the first three or four miles after you leave the Island Highway. The actual distance is academic, because the blacktop ends at the "Cat Shack" (a shelter for road maintenance equipment - not what you think!) and there you stop worrying about the road you just left and start worrying about the gravel road. Jacking or working beneath a car on a slope is dangerous, so most drivers put their chains on at this lower, level spot, or leave their cars and hitchhike up with others (commonly known as the Colonel Saunders option). To help you decide whether or not you should bother, the local radio station broadcasts local snow and road conditions at 0705 and 0910 hours. The second information agency is a Dept. of Highways sign near the Cat Shack which tells you if chains are mandatory. As an added incentive to join the chain gang, be advised that the RCMP often station themselves further up the hill on "chains mandatory" days and delight visitors with picturesque Canadiana and souvenir traffic tickets, if they wish to heed the sign.

Once your decision has been made and you are on your way, you will notice the pleasant, reassuring sounds and vibrations that chains bring into your life. You will also notice that the conditions

change quite drastically as you begin climbing and you begin to appreciate the wealth of meaning hidden beneath the brief statement on the ski report "The road is good - but chains are mandatory."

By now you will be used to the tendency of your car to want to travel sideways rather than forward at every opportunity. Do not be alarmed, chains are just like that. One thing that most newcomers do is drive too slowly uphill. This is particularly bad if the vehicle is Detroit Iron and weighs in at 3500 lbs. plus. With the exception of "Switch-backs", try and keep your speed between 20 and 30. Keep a sharp lookout ahead for downhill traffic; keep your headlights on; keep well to the right on sharp turns. Visibility at these points is limited to about 20 feet and you have little or no time to react and correct your road position.

At the two major crisis points: The Forbidden Plateau overnight lodge and the infamous "Cranapple

Corners," try to avoid gripping the steering wheel too hard. It doesn't help the traction and may turn your knuckles permanently white. The road grade at these points is demanding on most cars and impossible for some depending on the road surface; the temperature; how recent the snowfall; and particularly the driver's technique. When you finally reach the parking area, be sure and turn right at the sign. This avoids one more demanding grade and a possible head-on collision. Note that this is a change from last year, when the traffic was routed clockwise past the day lodge.

On busy days, a staff member will direct you to a parking spot. If you do not get that far and choose your own parking spot, be sure to avoid corner locations that will make your car an obstacle to others. Finally, turn off the ignition and headlights, place transmission selector in gear or in "Park", set your parking brakes, heave a giant sigh and mentally shift your thoughts

from the questionable pleasure of driving to the unquestionable pleasure of skiing.

Next issue: "When halfway down seems further than up."

C.F.B. Comox Badminton Club

It's not too late to whip yourself into shape (depending on the success you had pushing yourself away from the table over the festive season) by joining the CFB Comox Badminton Club.

So ask yourself where else can I -

- learn new skills?
- not have to prepare for semi-annual P.T. tests?
- motivate my spouse to participate with me?
- involve my teenage children?
- not have to spend an arm and a leg for equipment?

Do all this and more twice a week at the Rec Centre at a low cost of \$3.00 to members and dependants.

Times: Sun at 1900 hrs; and Wed at 2000 hrs.

We have players at all levels of proficiency and instruction is available.

Badminton is one of the

fastest growing indoor sports played year round by boys and girls, men and women from 7 to 70 years of age. It's value as a physical conditioner increases with one's degree of playing ability. Would you believe the level of physical fitness of Canada's best players parallels that of a gymnast or a touring ballet dancer? For this reason most badminton players are not concerned when P.T. testing comes around every six months.

The club has racquets and shuttlecocks (birds) and utilizes facilities that are the envy of our non-DND neighbors. So bring your gym clothes (preferably white) and enjoy a game that grows on you and keeps you in trim condition too.

For more information call: Captain Krayden at local 320 or Sgt. Green at local 448.

Acreage within Courtenay City limits. Beautifully landscaped - fruit trees and horse paddock. This lovely rancher home has four bedrooms, modern kitchen - playroom, living room with stove, fireplace wall and sliding glass doors. This is a solid family home designed for indoor-outdoor living. Contact Jo Robinson 338-5366 or 338-5758

FAMILY HOME - 4 bedrooms - basement - \$10,000 mortgage can be assumed at 11 per cent - \$201.00 per month. Call Charlotte Willis 338-5366 or 338-8962

ROYSTON - brand new - bi-level - wrap around deck with sea view - 2 fireplaces - lower level roughed in for 2 more bedrooms. Lovely large recreation room - well worth seeing at \$39,900. \$25,000 can be assumed. Call Charlotte Willis 338-5366 or 338-8962

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IMPORTANT CHANGES EFFECTIVE JANUARY 1st, 1975

Your Canada Pension Plan

Here's good news... for CPP contributors—their surviving spouses and dependent children

Recent changes to the Canada Pension Plan will result in substantially increased benefits for 1975 and subsequent years. There are other important changes, too. Some affect people over 65 or approaching that age. Others provide equality for the spouses and dependent children of male and female contributors. These changes may require prompt action or getting advice. So we suggest you read this message very carefully.

1. Retirement Pensions Have you contributed to the Plan at any time since January 1, 1966?

Are you between 65 and 69?

Then you have a choice.

Apply now and start receiving your monthly CPP retirement pension. No more need to retire to collect benefits. (Once you start receiving your pension, however, you can't make further contributions to the Plan.)

OR

Continue to contribute to the CPP and possibly build up a larger retirement pension to commence at a later date.

Continuing to contribute is also a way to qualify survivors for benefits if you have not already done so. (When approaching age 70, you should consider applying for your retirement pension because after 70 you may no longer contribute to the Canada Pension Plan.)

NOTE: Before making your choice you may wish to seek advice from the nearest CPP office. The staff will be pleased to help you.

Are you approaching age 65?

If you have made your choice and want your CPP retirement pension to commence as early as possible, you should apply two or three months before your 65th birthday.

NOTE: There is no provision for retroactive payment of retirement pensions between the ages of 65 and 69. So if you're in that age group or approaching it, get advice as soon as possible.

Do you now receive a CPP retirement pension?

As of January 1st, 1975, your pension will no longer be affected by any money you earn thereafter.

2. Equal Protection for Males and Females.

This means that for female contributors, in addition to being eligible for a retirement pension and disability protection for themselves, and a death benefit payable to their estates, as has been the case in the past, their spouses and dependent children are now eligible for benefits as follows:

Benefits for Surviving Spouses

A monthly pension payable to the widower who at the time of the death of the contributor is over 35 years of age, or under 35 years of age but is disabled or has dependent children; that is, a benefit similar to that which has always existed for widows.

Benefits for Orphans

A monthly benefit payable to unmarried dependent children under 18 and to unmarried dependent children between 18 and 25 attending school or university on a full-time basis.

In order for survivors to qualify, the contributor must have died in January 1968 or later and must have contributed for the minimum contributory period, which is three years for deaths occurring before January 1, 1975.

Benefits for Children of Disabled Contributors

A monthly benefit payable to unmarried dependent children under 18 and to unmarried dependent children between 18 and 25 attending school or university on a full-time basis, where the contributor concerned is in receipt of a CPP Disability Pension.

NOTE: In all cases, it is necessary to make application for benefits. If such applications are approved, payments can only be made currently—that is, from January 1, 1975. No payment can be made for any period prior to that date.

MAXIMUM MONTHLY CPP BENEFITS Effective January 1975

Retirement Pension	\$122.50
Disability Pension	\$139.35
Surviving Spouse's Pension—under 65	\$88.31
over 65	\$81.67
Orphan's Benefit	\$37.27
Disabled Contributor's Child's Benefit	\$37.27
Death Benefit (Lump Sum)	\$740.00

Other Changes:

The earnings ceiling—that is, the maximum amount on which contributions can be paid and on which benefits can be calculated—is being raised to \$7400 in 1975 and to \$8300 in 1976. The initial amount of earnings, on which you are not required to contribute, will be \$700 in 1975.



Health and Welfare Canada
Marc Lalonde, Minister

Santé et Bien-être social Canada

For assistance contact:
Your nearest Canada Pension Plan office

Your Canada Pension Plan...keeping up with changing times

PMQ Preamble



"HEY GUYS, CHOW TIME!" says Seymour the Seagull to four of his crow buddies. Well constructed garbage cans with tight fitting lids could have prevented this mess.



JUDGING FROM THE SIZE OF his package, Santa was especially good to Principal Nelson McInnis at the Airport School Christmas Party, sponsored by the P.M.Q. Council.

Much of this weeks council activity involves the selection of one of five candidates to become Miss CFB Comox and our entrant to vie for the title of Comox Valley Snow Queen. Details of this event are elsewhere in this issue. Everyone is invited to attend the crowning at 2000 hrs. this Friday, 10 Jan, at the Totem Lounge. Refreshments will be served.

The members of the recreation committee are starting a boys and girls basketball league, and preparing for the summer softball and hardball season. Both sports programs will only be as successful as the support they receive in the form of volunteers.

BASEBALL-SOFTBALL
It may seem a bit early, but now is the time for the organization to start. We (the players-your children) need coaches, umpires, coordinators, scorekeepers and groundkeepers. The Babe Ruth coordinator is needed right now as the organization downtown is already in progress. We cannot have too much help. Experience is not essential; willingness to help is the only prerequisite. Anyone wishing to help out can contact your ward councillor, Lt. Dave Godfrey at local 209, home 9-3746 or SGT Jim Lynch at local 360, home 9-4368. Do it now: we can't wait until spring.

BASKETBALL - BOYS AND GIRLS
It is hoped to have the basketball league in action by

the first of February. This league is brand new and all we need are players, coaches, referees and fans. Registration for all boys and girls, ages 10 - 15 will be held on Saturday, 18 January, 0930 - 1100 hours at the base recreation centre.

A registration fee is not required, however, one parent must accompany the child to sign the registration form. Again, this will only be successful if we get sufficient volunteers to run the program. There will be a coaches and referees clinic given by the base recreation staff to those offering their

assistance. Try it, you'll like it. Interested personnel can call LT Dave Godfrey at the previously listed numbers.

In other sports news, it is hoped that the Christmas Bulb Snatching Team will retire instead of turning to other acts of vandalism. Over the winter, some bleachers and players benches, which must be maintained by your assessments, have been damaged. The destruction of one of these benches, like a fence recently, was a deliberate act of vandalism, and incidentally would have taken considerable effort. Nothing can be said to justify this type of behaviour. It takes some effort and parental interest to keep track of our children's activities, especially after dark.

Thank you to the carollers

and teachers from the Airport School whose carols helped spread the spirit of Christmas around the PMQ's. The lights and decorations put up by the residents were also appreciated.

The seagulls, dogs and crows would also like to pass along a thank you and a burp to all of you who still insist on putting out garbage in plastic bags and boxes. We have a large resident population of such birds in the PMQ area for this reason. The regulations are explicit; no plastic bags or boxes are allowed. There are also a number of people who remove the lid on a can before setting it out. It is guaranteed that the crows or seagulls will empty it before the garbage truck gets there. Keep those lids on, and let's improve the appearance

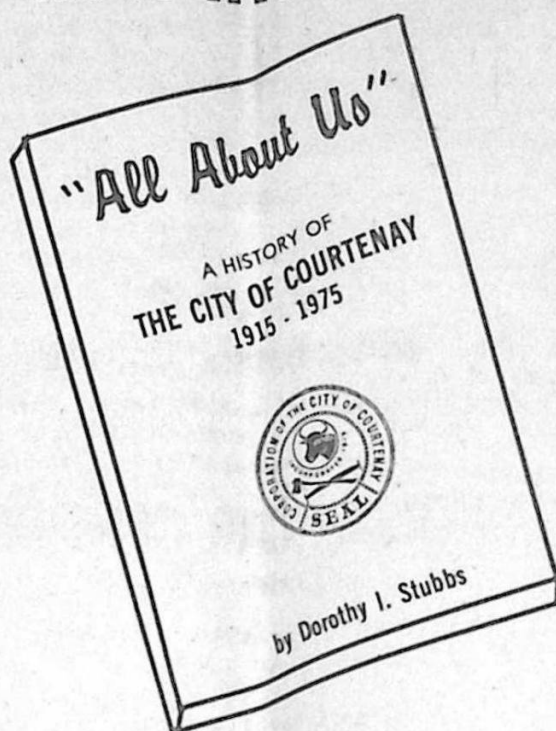
of our community on those two days a week.

While we are on the subject of PMQ regulations, there has been a considerable increase in the number of dogs running loose in PMQ's recently. Dog owners are reminded that PMQ regulations call for dogs to be kept leashed or penned when outside AT ALL TIMES. It is very frustrating for someone who owns a dog and follows the rules to have their lawn "decorated", garbage overturned, and properly restrained animals disturbed by animals running free. For those that do not own dogs, it is even more disturbing. Residents who own dogs must be aware that it is their responsibility to ensure that their animals do not disturb or annoy their neighbors. If they cannot accept this respon-

sibility then they should not own a dog.

PMQ regulations provide that repeated valid complaints against one animal will result in the requirement for the owner to get rid of it and not obtain another for the duration of their stay in PMQ's. This step is extreme, but will be used if repeated offences occur. One last word: those dog owners that think it is proper to walk their dogs, even leashed, and allow or encourage it to deposit its "waste" on a neighbors lawn, or the community parks or schoolground, are as guilty of irresponsible behaviour as much as letting them run loose. Those community areas are for children to play in, not for use as a dogs Privy. Try cleaning off your kids coat, shoes and hands some day.

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NOTICE TO MOBILE HOME PARK OWNERS AND TENANTS

Section 29G (4) of the Landlord and Tenant Amendment Act has been proclaimed law, effective December 14, 1974.

"29G (4) Upon the application of an owner of a mobile home park, the Commission may set a rate of rent increase greater than that specified in section 27 (2) in respect of that park upon such terms and conditions as the Commission specifies."

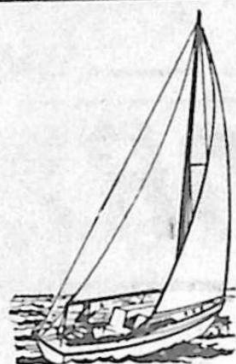
This means a mobile home park owner may apply to the Rent Review Commission for permission to increase rents by more than 10.6%. Tenants will be advised of such application and the decision of the Rent Review Commission. All other provisions of the legislation continue to apply to mobile home parks.



Rent Review Commission
P.O. Box 9600,
Vancouver, B.C.
V6B 4G4

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SUPER-VALU A.S.A. **HEADACHE TABLETS** 250's. btl. **69¢**

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SUPER-VALU **VITAMIN "C" TABLETS** 100's. btl. **49¢**

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FOREMOST PURE **ORANGE JUICE** 2 40 oz. ctn. **79¢**

FOREMOST 2% **PROFILE MILK** Qt. Ctn. **52¢**

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HUNT'S

Whole Tomatoes 2 14 oz. tins **79¢**

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Little Dipper

CAKE MIXES 4 varieties. Reg. 83¢ **59¢**

•SUPER-BUY

SUPER-VALU

Tomato Ketchup 2 15 oz. Bottles **79¢**

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Apple Sauce 4 14 oz. tins **1.00**

•SUPER-BUY

MARTINS PURE

APPLE JUICE 48 oz. tin **65¢**

•SUPER-BUY

ALLEN'S

Fruit Drinks •APPLE •ORANGE •GRAPE 2 48 oz. tins **83¢**



THE OFFICERS' MESS Team winners of the Boxing Day event.

Indoor Soccer

With the holidays over with the youth indoor soccer league got back on the road Monday night with two closely played games.

The Bears and the Wolves fought to a 1-1 tie. For the Bears it was David Pearson who scored in the first half. The Wolves scored in the second half on a penalty shot by Barbara Kuhn.

The Wolves have not lost a game yet.

In the second game the Lions and the Falcons also fought to a 1-1 score. For the Lions it was Sherry Rossiter who scored early, but Blair Campbell came right back and tied it up for the Falcons.

Next action is Monday night Jan. 13. Falcons vs Bears while the Lions take on the Wolves.

Classified's

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15,000	3,000	3,391	2,333	1,058
20,000	4,000	5,531	3,794	1,737

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Courtenay recreation

HAPPY NEW YEAR from the Courtenay Recreation Association. The following Programs will be offered commencing January 13, 1975: Registrations commence January 6th to 13th.

GYMNASTICS

Tiny Tot Gym for youngsters 1-3 years old. A 10 week course designed to develop co-ordination, balance and exercise with an overall introduction to gymnastics. Tuesday 1-2 p.m. or Wednesday 9:30 - 10:30 a.m. Fee \$5.00. Mothers must be present.

Pre-School Gym for youngsters 4-5 years old. A 10 week course with instruction in basic tumbling and gymnastics as well as fun and games. Tuesday 2-3 p.m. or Wednesday 10:30 - 11:30. Fee \$5.00.

Exhibition Gym for youngsters aged 6-11. A 10 week course of stunts and gymnastic displays as well as fun and games. Girls 6, 7, & 8 years. Mondays 3:30 to 5:00. Boys 6 to 11 yrs. Tuesday 3:30 to 5:00. Girls 9, 10, & 11 yrs. Thursday 3:30 to 5:00. Fee \$5.00.

Tumbling for youngsters 6-12 years old. A 10 week course teaching basic tumbling to a mixed class. Friday 3:30 to 5:00. Fee \$5.00.

Mens Senior Gymnastics - a weekly gymnastic workout for gymnasts over the age of 16. Mondays 7:30 to 9:00 p.m. Fee \$5.00.

"Chimo" - The C.R.A. Chimo Gym Club is a competitive program for beginner and advanced young people. For information contact Lois Berndt 334-2797.

Exhibition Gym Clinic & Display Team - A 10 week clinic designed to improve teaching methods in this exciting form of gymnastics. Open to all advanced gymnasts. Thursday 7:30 to 9:00 p.m. Fee \$5.00.

Trampoline Club - Instructed by Dave Copeland. This is a 10 week competitive club for advanced trampolinists. Twice weekly for \$8.00. Tuesday 8-9 p.m., and Saturday 12-1 p.m.

Teen Canteen - Wednesday, Thursday, and Friday from 7:30 to 10:00 p.m. Healthy snacks - Movies - Live Music - Theatre - Special Events.

Teen Dances - Every second Friday with top groups performing.

Youth Action Club - A discussion group focusing on "What Next?"

Olympic Wrestling - For juniors and seniors. Wednesday 7 to 9 p.m. for 10 weeks. Fee \$5.00.

Open Recreation - Saturday 1-4 p.m. and Sunday 1-5 p.m.

ADULTS - SHAPE UP FOR SPRING FITNESS PROGRAM

Ladies - Each Tuesday and Thursday from 9-12 a.m. the C.R.A. Total facilities are yours: A babysitting service is available for your young ones during this time. Fee: \$10.00 with children, or \$5.00 without children.

Take your pick - use our exercise room and mats for callisthenics - our squash court for paddle ball or squash - play basketball, floor hockey, badminton or volleyball - or simply do laps and throw the medicine ball. It's up to you, - all for a fitness membership of \$5.00. Supervision and instruction are available during these times.

Yoga - A fine course for the mind and body is offered again in a 10 week session. Three classes are offered for beginners and advanced.

Akela says

"HAPPY NEW YEAR", yes it is for the Cubs and Scouts of this area. The boys are now officially known as 1st Lazo instead of their old designation, 2nd Comox. Never again shall these young men be 2nd. They shall always be 1st in Lazo and we hope in all their endeavors.

On 7 Dec 74, the old 2nd Comox Flags were retired on the last official outing of 1974. At the same time the new 1st Lazo Flags were presented by T.F. Dandeno, President of the Comox Valley District Council.

2nd Comox was first chartered on 31 Oct. 1954. The many leaders and boys that made 2nd Comox Cubs and Scouts the great unit it was shall not be forgotten by the 1st Lazo Cubs and Scouts.

Instructor is Gail Wren, Fee \$5.00. Tues. 8-10, Wed. 10-11 a.m.

C.R.A. Ladies Basketball - Competitive basketball under Coach Norm Rowland. Meeting Wednesday evenings from 7-9 at the C.R.A. Hall. Fee \$5.00.

Men - A general fitness membership of \$5.00 includes the following: Use of weight lifting room, use of squash and paddle ball court (plus 50 cents per booking per person), membership in C.R.A. floor hockey league, and use of facilities for recreation when non-programmed time is available. Also use of change rooms and showers.

SPECIFIC PROGRAMS:

Squash Raquets - (See C.R.A. Rules for booking and play.) Instruction available on request.

C.R.A. Floor Hockey - Each night from 9-10 p.m. except Saturday. Recreational league - always interested in players.

Basketball - Competitive team coached by Norm Rowland. Call the C.R.A.

Noon Hour Fitness - Monday to Friday from 12-1 p.m. Floor Hockey - Basketball - Volleyball - Weight Lifting -

Squash - Running. General Fitness Membership required. \$5.00.

C.R.A. Table Tennis Club - A recreational and competitive club meeting once a week at the C.R.A. Small Hall. Monday 7:30 - 10:00 p.m. Fee \$5.00.

Photo Workshop - Instructor George LeMasurier will conduct an indoor / outdoor program for all interested people, meeting at the C.R.A.

each Wednesday evening at 7:30. 40 hours of instruction for \$10.00, including materials.

Archery - C.R.A. Archery Sunday night from 7-9 p.m. Instructor Rory Glennie. Fee \$10.00 for 12 weeks, February 9th to May 4th.

For more information come in and see us at 489 Island Highway or call 338-5371.

RECREATION IS NOT A LUXURY IT IS A NECESSITY.

Base Recreation

The gymnasium is open from 0800 to 1630 p.m. Monday to Friday for service personnel. The following are the remaining scheduled hours of operation.

Mon. - 1630 - 1900 - open recreation
1900 - 2000 - indoor soccer (youth)
2000 - 2200 - open recreation

Tue. - 1630 - 2000 - open recreation
2000 - 2130 - mixed volleyball

Wed. - 1630 - 2000 - open recreation
2000 - 2200 - badminton club

Thur. - 1730 to 1900 - minor hockey
1900 to 2100 - open recreation

Fri - Closed
Sat - 1330 - 1630 - open recreation

Sun - 1330 - 1630 - archery club
1900 - 2300 - badminton club

The open recreation times may be utilised by military personnel, dependants possessing a pass, or accompanied by an adult.

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COMOX VALLEY LIONS CLUB President Gord Jurbis presents Maj. Tap Fawcett, President Comox Valley Minor Hockey Association with a cheque for \$788.70. The money was collected through the facility of the Lions sponsored bingo nights. Mr. and Mrs. Dick Osmond of Comox Co-ordinated this Lions Club and Minor Hockey Parents combined community effort.

Photo: Begin

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Reg. BX Price \$4.65	\$2.35
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