

VOL. 17 - NO. 1

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





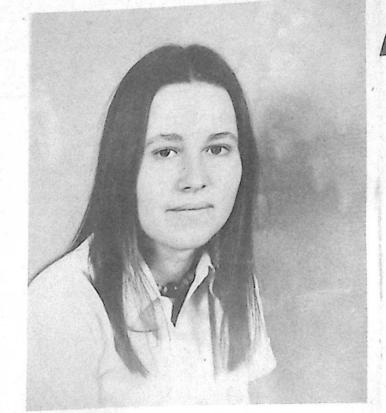
CFB COMOX TOTEM TIMES THURSDAY, JAN. 9, 1975

# Personalities Vie For Crown



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 Hanishewski 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.



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.

# Awards List

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

OTTAWA - Awards of Forces. Professionalism. outstanding service and devotion to duty form the criteria of the award.

The badge of the Order of Merit is an Military enamelled, straight-end "patee" 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,

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

#### 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 Manuel, 40, Rothesay, N.B.; Lieutenant-Colonel Alexander Daniel

Colonel Rayne

McLean Matheson, 49, Vancouver; Major Dennis Walter Emberley, 40, Vic-toria; 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 Chatigny, 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)

# Miss CFB Comox 75 To Be Chosen Friday



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

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



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

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 f it can be in a Firebird or Camero of her own. Her

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

JIM WAS SO HUNGRY he couldn't stop long enough to get his picture taken for the Totem Times Christmas party.

# Canal Capers

Once again we extend welcome from our home in the sun, only it would be only fair to say to our readers back in Canada that it's not all that sunny here these days. The last few weeks have seen the appearance of warm sleeping bags and heavy jackets. Most of which have been keeping the interiors of barrack boxes warm for some time. We have even seen the odd rain shower in the past two weeks, so winter comes to Ismailia also.

It was not so cold however as to deter a hardy group of Marauders from streaking through the Ismailia Hilton during our regular evening movie, which incidentally was rated "GP" by the 116 ATU critics. The streaking members asked to remain anonymous so we are unable to release the names, however we do want to thank Swampy Marsh for his great leader-

The camp has been plagued lately with power generator failures and even our movie projector failed at one point, and of course "Buff" Hite had his problems with DC power on the aircraft while installing a landing light.

All day Saturday the members of 116 ATU worked like mules to install a holding tank and lines for our abolution trailer, with the promise of having indoor showers and toilets. The entire project went quite well except that the water has been turned off ever since. Oh well, very shortly we will have it back on, and the boys go to sleep every night dreaming of

white toilet seats. The very talented and congenial correspondent of previous months, Wiff Burns has departed the sun for the

Never, Never Land Canada. The "Red Cap" loss of the Middle East, is Edmonton's gain, but keep trucking "Wiff". If you hear any good jokes send them over, as long as they're not the

pensionable type. Also among the departing members was Jim Ross whose joy was two fold, not only is he returning to his family but he will no longer have to chair the PTA meetings in Tent 3.

Tent 3 incidentally lost it's resident cook; Dick Brooks who was forced onto the departing Hercules by three of the stronger boys. It is reported that a tear rolled down his cheek as he waved farewell through the window on his way back to Comox.

Last week the Ismailia Hilton was left in tatters by a dust storm so two marqui tents replaced it. A Ma Salam was held in the new Hotel to celebrate the occasion and say farewell to all but three members of the second draft. It was a very successful Ma Salam and judging from the lack of activity around the camp the following day, and the fact that Tent 4 could only raise their flag to half mast.

The new social centre was formally christened "Mekee Manor" by the CO LCol Coulter. All were in agreement that it was a fitting tribute to the camp MWO, who did a fine job for 116 ATU and

Thus brings to the close another epic in the saga of 116 ATU. We send the sincerest wishes to the families of our members past and present, a Merry Christmas and a Happy New Years.

Ma Salam

Another year has gone by and due to the holiday season the news around the mushroom farm is a little sparse.

The annual Christmas dance was held on Dec. 16 and was enjoyed by all, with the usual Christmas joy flowing to capacity.

The new year saw a change in the management of our canteen with "Radar" O'Beal taking on the position of assistant canteen manager and coffee pot scrubber.

It looks as if the hot desert sun of Egypt did something to our old John Thibault. He actually coached our hockey team to a win against 407 "A"

Just a reminder to all you ski bums - there is a ski trip to Todd Mountain at Kamloops on Jan. 25 and 26. For further

info contact Marcel Kumli at Local 482.

While most people in the area were getting some practice time for the big New Years bash, our Buffalo and Helicopter crews were standing their vigil and performing their quiet role with a search and an air evac (mercy flight) from Burns Lake to Vancouver and Powell River to Vancouver Dec. 30th. New Years Eve saw another air evac from Comox To Vancouver. Two air evacs were flown Jan. 1. One from Fort St. John, and one from Holberg - both to Vancouver.

Along with the operations people who flew these mercy missions there was the ground crew who are always involved but never seen.

Well, that's all for now. Don't forget to keep us informed so we can put it in this

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Hospital Anesthesia

you think I've been sitting here cooling my hoofies over the past few weeks? Righto! So we have lots of hospital news to tell this

First of all, welcome home to our travelling members who have been away on various courses: Pte. Theresa Andre after completing her trade level five, Cpl. Bob Reed, who now has his 6A level hygiene course (we've been saving all the bugs for you, Bob!) and M/Cpl. Robbie MacBournie, on return home from his 6A Med A course. A special welcome from everyone goes to Pte. Mo Barnes, who has recently completed her basic administration course in Borden, and has joined the merry hospital crew. May you enjoy your stay here, Mo, and don't take any lip from that big (but getting smaller!) Army sergeant in the corner!

It seems we never get to keep all our people for any length of time. Thus we also bid a temporary good-bye to Dr. Dave Doty, who has hit the ski hill and then proceeds on his flight surgeon's course in Toronto, and M / Cpl. Al Balfour, who has left for an exciting few weeks in Borden learning all about the paper shuffle (medical type). A rather belated 'happy holiday" goes to Capt. Helen Gerrard, who is also away right now, dazzling the ski buffs in Sunshine Village with her style. We're getting the plaster of Plaster of

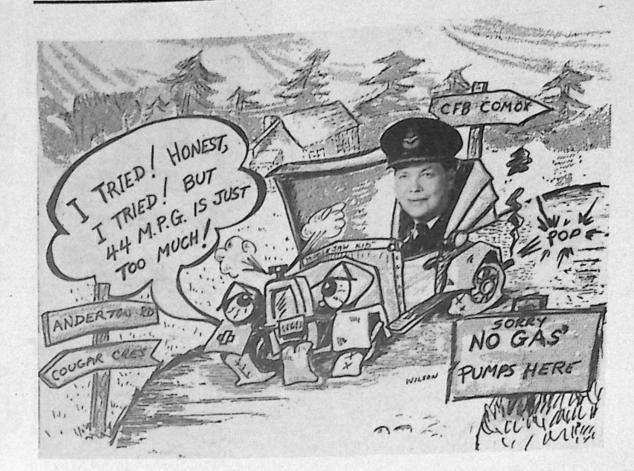
Paris ready just in case her style back-

Congratulations are in order to M/Cpl. Peter Gosse and his wife, Heather, on the arrival of their new daughter. And I'd still like to know where my cipas 1.02 my cigar is??

December proved to be a month of varied accomplishments around the hospital. No. 1. A very successful emergency medicine seiminar was held for all staff on the 5th and 6th of the month.

Our two visiting instructors were emergency room physicians from the Victoria area, who helped us greatly to understand and practice the principles and techniques of emergency medicine. No. 2. Our pharmacist, the one and only (thank heavens!) Lt. John Maddison, is proud to announce that last but not least, the announce that, last but not least, the renovations in his little corner of the world are now "un fait accompli." !That's the 28% for this time, chaps!) No. 3. (to get one's pricities straight, this accompliance of the world are now "un fait accompli." !That's the same of the world are now "un fait accompli." !That's the same of the world are now "un fait accompliance of the world one's priorities straight, this accomplishment should have been No. 1.) We had a great Christmas party on Dec. 12 with an absolutely scrumptious buffet prepared by Mr. and Mrs. C. Thanks so prepared by Mr. and Mrs. C. Thanks so much to both of you for a job superbly

Guess that's it for this time. In closing, the base hospital staff wish everyone a happy, prosperous, and healthy 1975.



ECONOMY DRIVE? Fuel saving technique practiced by the local "Big Terrifying Suds Officer" (BTSO) is a doubtful solution to current crisis. "Economy begins at home," says the BTSO as he prepares to walk the last four

# Up The Curtain

After opening its curtain to hours of fun and comedy. base and local residents in November, the Totem Little members are keeping future Theatre is eagerly pressing on productions very much in with its efforts to establish an mind and it is hoped that we outlet for the creative (and often hidden) thespian talents selected for presentation later of base personnel and their on this winter. dependants.

Our next effort will be a repeat performance of 'Beyond the Fringe' on Tuesday, Jan. 21 at the Base Theatre. Those of you who tuned into Dick Cavett's final CBS show a week ago Wedtreated to the hilarious comic antics of Peter Cooke and Dudley Moore, two of the authors of "Beyond the to the type of entertainment that they, along with Jonathan Miller and Allan Bennett, have written into the 'Fringe'. We hope all theatre goers who missed our last production will take this opportunity to

join the crew and cast for two

Meanwhile, little theatre will shortly have another play Anyone interested in

working with the club is most welcome to join us at any time. The only prerequisite is a desire to learn and to help. You won't always get the "part" you may want, but there is a great deal of fun and nesday night would have been satisfaction to be had from the "behind the scenes" work at which everyone takes his turn. As a new club we really have nowhere to go but up, so Fringe." Their performance if you want to help us and have on television was quite similar fun at the same time, please call WO Les Routledge at Local 488 and have a chat with

For further news from the little theatre just keep your subscription to the "Totem Times" current.

Curtain down

# Grave

over, things are slowly getting back to normal around the Tower and Ratcon. Our successful Christmas Party on Dec. 23 was a great con-clusion to a full year of activities in the Gravel Pit. We wish to thank all those that worked hard to make the party such a success, especially Dave Godfrey, Denis Pettigrew, and Mike Laliberte of the ATC section entertainment committee, Peter Vogel and his staff for providing such a delicious supper, and of course the members of "The Tidesmen" for the great music. This was the last function for Dave as the Entertainment Chairman, as he hands over the duties to Mike for the next year.

happenings, we'd like to congratulate Ron Harrington on his recent promotion to WO, and to Gerry Chute and Jack Garbutt for their Cap- well looked after while you're tain promotions, all of which

On the sport scene lst month, we saw Flsh Flanagan laid up with on of the most serious injuries thit ATC since Morgan Tallon left. Apparently John vent one way and his skate vent the other, resulting in a seere break in his left leg just agve the ankle. After retuning from his extended Chrismas holidays he was once again in the hospital with some unrelated complaints, and upon leaving for the second time in a month, the hospital has a bed reserved for any future visits.

On the departure scene, we find Brian Swallow sneaking

off to Penhold for a month's course in 'one-up manship' the JLC, and Jerry Kuhn will be To catch up on some recent leaving soon to take up residence as an MOT Controller with the Vancouver boys. Best of luck to both, and don't worry Brian, Bev will be

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# Awards List Announced

(Continued from page 1)

Warrant Officer Hugh Allan Leslie, 51, Calgary; Master Warrant Officer Gordon James Wilson, 46, Thunder Bay; Warrant Officer Hector Joseph John Saulnier, 44, Lower Conception, Digby, Co., N.S.; Warrant Officer Ward Everett Snyder, 50, Winnipeg; Warrant Officer Donald John Vance, 42, Kimberly, B.C.; Sergeant Hector McArthur Allan, 50, Northwest River, Labrador; Sergeant Wayne Alvin Charlebois, 35, Ottawa: Sergeant Rudi Edgar Heieck, 36, Deep River, Ont.; Sergeant Terrence Ronald Murphy, 34, Charlottetown; Sergeant Joseph Charles Gaston Pepin, 33, Trois-Rivieres, Que.; Sergeant Joseph Maurice Gerard Sawyer, 49, Drummondville, Que.; Sergeant Thomas Henry Frederick Walton, 31, Vancouver; Sergeant Leon

James Perry Whynott, 37, Bridgewater, N.S.; Master Corporal Phillip Berikoff, 26, Prince George, B.C.; Master Corporal Malden Stanislav Dolezal, 28, Oshawa, Ont.; Master Corporal Joseph Alban Leblanc, 35, Robichard, N.B.; Master Corporal Guy Alexander Paterson, 36, Kingston, Ont.; Corporal Wilfred Banfield, 25, Halifax; Corporal Wayne Ernest Busenius, 25, Wolf Creek, Alta.; Corporal Joseph Jean Yves Cormier, 24, Magdelin Islands, Que.; Private Joseph Jacques Guy Carriere, 25, Lachute Que.

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Nanaimo, swimming south.

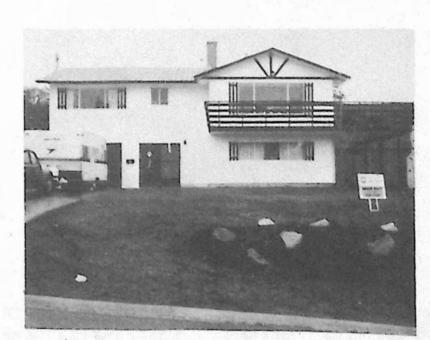
HERE LT. JACK BEGIN is seen welcoming a

member of the Fleet Diving Unit from Victoria.

This fella was on temporary duty with the EOD

section of Base Armament. He was last seen around

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# 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 eat deal of driving, for no mours have reached the est 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 Sergeants Mess was a last minute change to the program, it was carried off quite well. After some plain and fancy marching and running the handshaking gauntlet we were rewarded with an excellent selection of food, drink and good companionship.



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

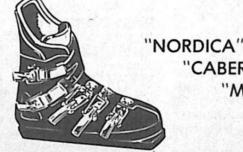
even on sales. Duffy's Tavern will be closing its Comox branch in May when Frank and Judy

Now that the old year has 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

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 innoculations early. Remember: only you can prevent Buck Fever!

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# RESCUE BITS

As the year drew to a clos and the Victoria Rescue centre passed the 2500 incident mark one thing stood out, "People's Folly"! Human beings will do the damndest thing to get into trouble. the inherited sixty thousand additional square miles of King Neptune's kingdom. As said before we don't suffer the Rescue business but how do you convey the as the barker in the side-show message "make sure you know what you are doing at 16 say, a pilot who is lost at thousand feet with solid cloud below him and running out of says "where she stops nobody knows". In the two-year-ends that I've been here our incident total has increased below him and running out of fuel, who obviously hadn't checked the weather enroute or to a hoater who is up to his twenty-five and twenty-four per cent respectively. As we increased our workload you can bet your old dingleberries that or to a boater who is up to his that our Rescue Squadron (CAF) and vessels (COAST armpits in whitecaps knowing full well he should never have GUARD) were apportioned left shore. How do you tell a their share of the load. We even got Canadian Forces boy's mother not to wait up, her son won't be home. (WATER) and (EARTH) into Mother Nature gives no odds the act at times. It's not to say and plays no favorites but people continually try to beat the system, and we bring don't have genuine emergencies, sure we do, but home the losers in plastic trace most of them back to

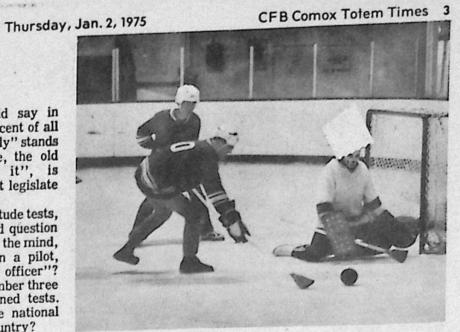
At a Jamaican Hotel, 1974 was another bumpel there's a peacock named year for the Victoria RCC. In Buck who has abandoned his excess of 2500 incidents and around fifty per cent of Canada's Search and Rescue lady friend because she has become a lush. It seems the peahen, Banana Belle, is the business. We increased our habit of panhandling diaquiris workload by twenty-four per cent but our resources inand peanuts at the poolside creased not one whit.

PAY LESS

and as a matter of fact we perhaps ninety per cent of all perhaps ninety per cent of all 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

> 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.

# NOTIGE TO ANDTENANTS

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

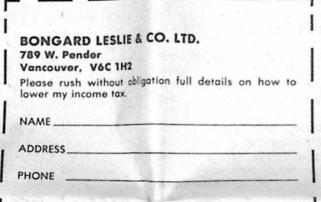
Initially, meetings will be held in the Metropolitan Vancouver area. Interested persons should write to the Rent Review Commission. The date, place of meeting and an invitation to participate will be sent to you.

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



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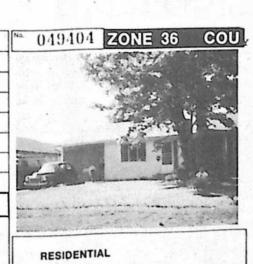
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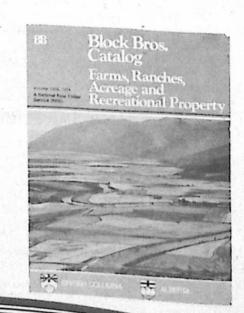
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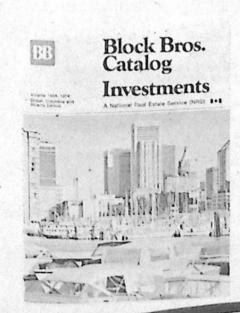


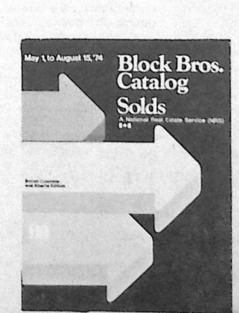
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# EDITORIALS:

# If The Shoe Fits . . .

Vandalism, that moronic form of amusement that is sweeping the area these days seems to be reaching epidemic proportions, both in the Married Quarters and in the local communities.

One story recently related was that of some children being pelted with Christmas light bulbs, while walking home from a Sunday School pageant rehearsal. The ironic thing about it was that the light bulbs had just been stolen from the exterior of the children's house. In the Town of Comox, there is even talk of forming citizen's vigilante groups to protect property. With the recent damage to the Community Centre and a local refreshment business, it's easy to

understand why. While these actions by sick individuals are by no means restricted to the Base and the local district, the problem as it presents itself here should be the concern of our readers. They are the ones who occupy the P.M.Q.'s or rent or own a home in one of the nearby communities. Therefore it's a safe bet that some of their children are involved in these wanton acts of destruction. The

responsibility for these acts must be laid at the feet of those parents who won't even take the time to enquire where their children are in the evenings, much less get involved in some leisure activities with them. It's so easy to blame the situation on a lack of amenities, violence on T.V., or even that old

Whatever the case, the problem bugaboo -- inflation. won't solve itself. They're our children and we owe them our love, understanding, guidance, and responsibility. So the next time you're flopped in front of the television set, or having a cool one at the Mess or the pub, pause for a moment and ask yourself where your children are. If you can't answer the question, chances are they are up to no good. And if they get caught, it's your bag of snakes as much as theirs, maybe even more so. Lack of respect for the property of others stems in most cases from lack of respect in the home, so if the shoe fits, get off your butt and do something about it.

I invite your comments on this C.R.S.



B.D.F. A FAMILY AFFAIR? No, not yet. However, who really knows what the future might bring. Already many former "male only" trades have been thrown open to the girls; pregnancy leave

has been authorized for married Servicewomen, and rumours are that every military hospital will soon have a maternity ward.

# From the furlined fox hole

Back in the winter of '71 I came across a very interesting military phenomenon that allowed you to predict the outcome of most military conflicts with amazing accuracy by just observing the uniforms of the combatant's leaders. It is enough to make Jimmy the Greek rub his hands anticipating the

The Sukhomlinov Effect, proposed by Roger A. Beaumont and Bernard J. James (Horizon, Winter 1971) ranks with the Peter Principle and Parkinson's Law and, as well, is apparently ignored by senior staff colleges around the world. To quote Beaumont and James, "the Sukhomlinov Effect stipulates that in war victory goes to those armies whose leaders' uniforms are least impressive. In other words the more elaborate the plumage worn -- the more Sukhomlinovian the appearance of the commander and his officers -- the more inevitable the defeat.

Before you run laughing to the boss run a quick check through history. The ornately turned out British lost the American Revolution. Officer's from both sides were well turned out to witness the stalemate of 1812 in our own country. During the First World War Sukhomlinov and his fellow Russian officers were by far the most flamboyantly dressed, followed by the Germans then the Allies. In the Eastern Front the Russians went down to defeat and only succeeded against the Germans when the more simply dressed Bolsheviks took command. On the Western front, after the arrival of drably dressed Americans joining forces with Allies who had shed their earlier colorful uniforms, the allies finally defeated the

Germans. Looking at WW2 what chance did Mussolini, Tojo, Rommel and Goering have against Montgomery dressed in fatigues and sweater, Eisenhower in his

now famous jacket, MacArthur in his open-necked shirt and sunglasses. The Korean War ended in a stalemate. Both sides were drably clothed. Compare Israeli officers with their Arab counterparts: pick a winner. How about Vietnam. How did the boys in black pyjamas and running shoes make out? The evidence is overpowering.

Somebody, I'm sure, is going to say what about Patton and his pearl handled pistols and chromed helmet? As Beaumont and James point out, Patton's props were clearly outside the realm of general style. It was a carefully contrived ruse to trick enemy commanders into thinking he was unbalanced and unpredictable. Patton insisted on rigid adherence to military standards of dress by his officers and men. He also won.

Stepping closer to home there have been some alarming trends in Canada's Armed Forces. The Air Element gave up blue-grey uniforms with blue rank braid for green and gold. Plain billed officers caps developed gold trim. When a drab work dress was proposed most officers shunned it. A very dangerous sign. The downhill slide continues with the appearance of command badges and collar studs. If the trend continues we will dress ourselves down to a level on par with Banana Republics to the South. Already we would have a lot of trouble with Fidel Castro!!

It is not too late to stop the trend. The Financial Effect is hard enough on the CAF. Why compound the problem with the Sukhomlinov Effect? Let's form a new dedicated corps de tailleurs to ceaselessly patrol the ateliers of all suppliers of military uniforms and snip away ornamentation. The corps would be open to all sexes and languages. We would even throw away the 28 per cent Francophone requirement to save the

Letters To The Editor one that is in the upper echelon. Enamelled yet, and beautiful jewellery all these

new badges are. Attached to the hat by a special sleeve, for ease of theft I presume, or is it so that only the badge and not the whole hat gets sucked into the jet engine? A more than cursory glance at the air ops Number one of which is the badge reveals that the mold is way these "&?!?? typewriters flawed. If it takes more than keep skipping letters and five seconds to find the boo misspelling this soon to be boo you qualify for Directorate Dress and Ceremonial, Next we come to the matter Somewhere along the line I of hat badges. After DD an and many others have been C's triumph in the matter ( issued with a total of three the "cap working" after the hats free gratis plus buying one which is illegal to wear. So

working cap badge (which will be illegal to wear)? On the plus side the badges are attractive and liable to be of high metal prices chose prize collectors items, un-

howcum only one badge, or

are we to have a dress badge,

a beret badge, a wedgie

badge, a fur hat badge and a

fortunately to be collected by

guess what method. Wouldn't plastic vacuum plated badges be a little more practical, not to mention cheaper. They could be made cheaper, permanently attachable and in such fantastic numbers that you could have one for each hat.

Command badges: see above with appropriate transpositions.

I see where the prices in clothing stores are inflating again. When does our CUA go up? Or is it only inflationary when a civilian concern raises its prices on a \$9.00 item to \$16.00.

Speaking of inflation, does anybody remember that \$500.00 cost of living bonus we got in April that was to be included in our pay in 12 equal instalments and not to be included in the considerations for our October (but apparently was) pay adjustment. Honestly, someone out there, did I get only \$250.02 out of \$500.00 or is my pay to

drop by \$40 plus next April? By the way a social note, you are too allowed to hold hands but only with yourself.

In a more serious vein are the complaints about inequities in pay to be soon resolved by every pay field "C" remustering to the job he likes best that does not include cold, rain, noise, jet intakes and exhaust, poison gases, propellors, dangerous chemicals, radiation, x-rays, RF fields, high tension and sundry other minor things like manual dexterity and large amounts of basic knowledge. This will allow the pay field "A"s to move up and take my cushy job. I'm practicing for a job in DD&C by only staying indoors, closing my eyes and walking with knuckles

dragging. Merry Channukah, Merry Christmas, and Prosperous New Year.

Yours The Old Corporal

#### **Belated Greetings** From Europe

Dear Sir: 1. We of the Europahof Staff of Lahr Germany would like to take this opportunity to wish all personnel of your Base a Very Merry Christmas and the best of the New Year!

2. As many of the personnel on your Base have probably at some time served in Europe and have used our facilities, we would like to wish them the Best during the Holiday Season. If these wishes could be passed along through your base newspaper or routine orders it would be very much appreciated.

> W. J. Montgomery Captain

#### More Belated Greetings

Dear Sir: I wish to take this opportunity to thank you for sending a regular copy of your newspaper to our school in 1974. Each issue is read by many of the students who come here to attend courses, members of my staff and

myself. I extend our best wishes for a Merry Christmas and a Happy New Year to you and your staff members. We look forward to receiving future issues of your newspaper in

Yours truly, H.P. Harmsworth Major Commandant Canadian Forces School of Instructional

Technique

#### Times Thanked

Dear Sir:

May I, through you Letters to the Editor, express the sincere thanks from all of us at C.A.R.S. to you and your staff for the opportunity to tell our story through your valuable news column.

May I also, through your pages, say a thank you to our many supporters in B.C., who learn of our work through your pages, and who are making it possible for us to extend our services and to bring about better treatment facilities for patients with arthritis.

This year our campaign funds has been the most successful ever. Our travelling consultation services, which provide for a C.A.R.S. rheumatologist to visit key areas of B.C., our occupational therapy and physiotherapy services, are all expanding, as British Columbians become more aware of our specialized facilities for treating the arthritis patient. The mediahas played a major role making this all happen.

With our sincere appreciation go our best wishes for a happy and successful New Year.

Yours sincerely, (Miss) Roberta McLeod **Executive Director** 

Next Totem **Times** Deadline Monday, Jan. 20, 1975

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

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# **Guest Editorial** Why does Canada maintain armed forces?

In Part I, I explained that, in my view, Canada does not maintain forces for "national defence" in the normal sense of the term. Two reasons were discussed: "self respect" in contributing to the balance of power and "national sovereignty". Now for those readers still with me, we will examine other factors.

INTERNATIONAL INFL-UENCE an interesting It is characteristic of the modern world that whenever there have been wars, they have greatly affected countries outside the warzone. Certainly if there were ever to be a major nuclear war, every country in the world would be affected, especially Canada, the "meat in the sandwich" between the USA and USSR. We could live in isolation and not belong to NORAD, NATO or even the UN, but whether we like it or not, we would still be greatly affected by decisions made by these organizations. The best way for a middle power to have a voice in these decisions is to

be a full-paying member. Canada is one of the great trading nations of the world. Our high standard of living depends on our ability to sell products to other nations such as the USA, Britain and Western Europe. It is doubtful if this trade would continue to prosper if we were a less loyal

There are those who argue against Canada's participation in current defence alliances because they feel alliances restrict our relations with countries outside them. on UN peacekeeping forces through defence contracts, This cannot be proven, and has the manpower and however. On the contrary, if resources, has chosen to do so. the truth were known, Canada probably has many "friends" participation in NORAD. economies. Sometimes, bases

what? Surely it is more important to remain allied with Western Europe, England, France and USA, nations to which we are naturally connected by combinations of culture, economics and geography.

Canada's role in the UN is Because we are a willing contributor to both peacekeeping and international relief, our influence in both the Security Council and General Assembly is strengthened. But we also have a more direct interest. Provided the balance between East and West is maintained, the next greatest threat to world stability lies in what is sometimes called the "Third World," the smaller nations of the Middle East, Africa and

In these areas a neutral force is required, which can inject itself between talks are arranged. The large powers such as Russia and the USA only heighten the danger of world war when they become involved. Smaller powers, without a direct interest, are required. Granted. United Nations peacekeeping efforts have not been too successful, but the alternative, i.e., involvement by the major powers, must be avoided at all costs. It is fitting that Canada, a country which qualifies to participate

who stick with her because of Canada at present spends in seem unappreciated while for aerial mapping. The her influence in the Western the order of \$150 million on World. Besides, even if items directly concerned with alliances do hinder relations this aspect of our military with a few neutral nations, so effort. This is less than five percent of the total NORAD budget. Yet, for that amount, we gain access to the Pentagon with a chance to have our views heard. A Canadian officer is the Deputy Commander of NORAD, with authority over both American and Canadian forces. What a worthy of special mention. tremendous trust when a country as powerful as the United States is willing to

place so much of its defence in the hands of a neighbour. Influence, then, is another good reason why Canada maintains armed forces.

ECONOMIC FUNCTIONS For its size, Canada is today a highly industrialized nation. It is important to realize that a great percentage of that industrialization took place during wars. During World War I, Canadian goods manufactured for export increased ten fold. During World War II, Canadian industry turned out 100,000 land vehicles, and by 1944 we were belligerants, while peace producing 4,000 aircraft per year. That is an unbelieveable achievement for a country of

our population. Today, defence spending still makes an important contribution to the economy. The aircraft industry, which employs over 33,000 people, is two-thirds dependent on defence. The ship building industry, which employs 15,000 people, is one-third dependent on defence, while the electronics industry gets one-quarter of its business

Further, it will come as no surprise that our military Consider also the benefits of forces help boost many local

soon as there is talk of closing one. It may come as a surprise to some Canadians that important industry in the province of P.I.E., and there is only one base there.

Corporal

**Punishment** 

Dear Sirs and Mesdames:

I feel the time has come to

unburden my soul of some

very important things which

have made me feel sore op-

glorious fur hat fiasco, pild

on top of the parka-great cet

controversy and the other

affairs too well known to

mention we appear to have

arrived at the new time of

testing. Let us start with the

badge physically. It seems to

be brass. Why, in these times

pressed these many days.

valued missives.

NATIONAL DEVELOPM. ENT

In many nations, national development is an important role. For example, some Latin American countries utilize the army to build roads and even run schools in isolated districts. Consider, too, some of the large projects done by the US Army Corps of Engineers.

In Canada the Armed Forces also have certain functions along these lines. For example, between the wars, the RCAF was utilized

they are there, but there is Survey Establishment in always quite a controversy as Ottawa is still engaged in some very large and worthwhile mapping projects. We servicemen sometimes feel "defence" is the second most that the Defence Research Board gets off the military path on projects such as satellites, but these projects are worthwhile in terms of national development.

The Armed Forces have been particularly useful in the development of the Canadian Arctic. The radar chains brought technology and population to remote areas. Military camps or stations helped develop Whitehorse, Churchill and Resolute Bay. Today Mobile Command engineers are active building bridges in the Yukon Territories and a total of six

airfields in the Eastern Arctic. (To be Continued)

Tomorrow? That's the day you were going to start exercising, remember?



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HMMM. . . . Blue Jeans eh?



HARK! The Herald Angels sing?

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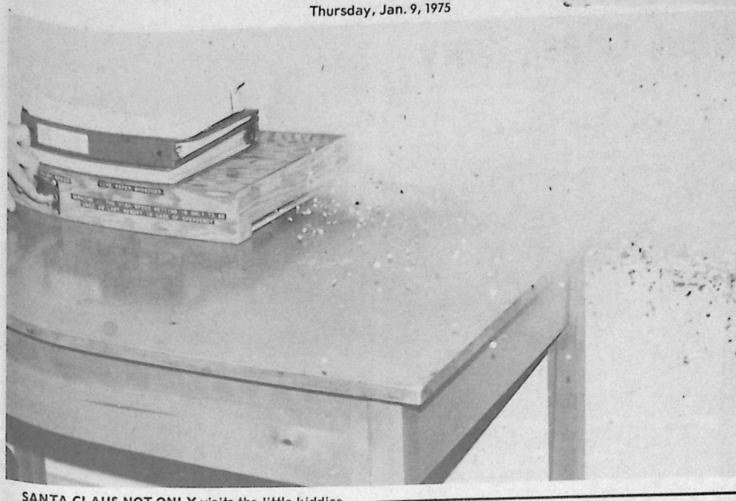
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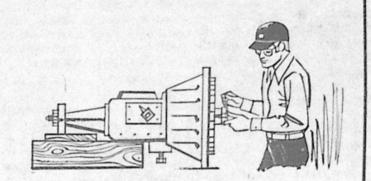
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JANUARY

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.

## WO & SGTS. MESS

JANUARY

FRIDAY, JANUARY 10 - The Fabulous "Ink Spots" with Geraldine Hunt. Floor Show & Dance. 2100 to 0115. Food Barb-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 Suther-

FRIDAY, JANUARY 17 - T.G.I.F. Don't forget the Snowball

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. Var-

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.

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CONDICHONDING CONDING CONDING

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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 General

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



A Sam Peckinpah film "BRING ME THE HEAD OF ALFREDO GARCIA" Warren Oates, Kris Kristofferson



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

Thurs., Frl., 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" - Mature Entertainment "Warning - Violence & brutality" -B.C. Director

# 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.



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Wed 15 Jan Thu 16 Jan Showtime:

BY NOLA MILLER

Chapter III The end of another year. A new one around the corner.

What does it hold for us all? For us, here in the lumber industry, it's anyone's guess. We are layed off, until the end of January. This is normal for this time of the year, although usually we open up again, by mid-January. We can't complain. We're lucky to be still working at all. Look at the shut-downs along the coast. Many men out of work, Many mills shut down. People wondering what to do. People with families to feed, and education to pay for. People who are mighty confused

right now. Security is a strong thing. I don't know much about it, like a psychologist might, but I know it plays a big part in our sense of balance.

One cannot feel secure, with his job no longer steady. One cannot balance it all, when he's worried how he's going to feed his family. It sort of puts us, into the position that the under-developed (?) countries have found themselves in for so long . . .doesn't it?

We've had it good for a long time. Maybe too good. We've rode a pretty affluent wave for maybe too long. It must balance out sometime. We don't know how it's lasted this long. When we gave up our life in town, and came in this logging camp to live, we truthfully expected it to crash last year. We were alarmists to a lot of the workers here. but now they understand our reasoning. Oh boy, do they understand!

How can an industry continue to operate, when the people cannot afford to purchase their products? We are basically pulp here. But how long will people be able to buy paper products to the extent they've been buying them?

It's a time for belttightening. 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

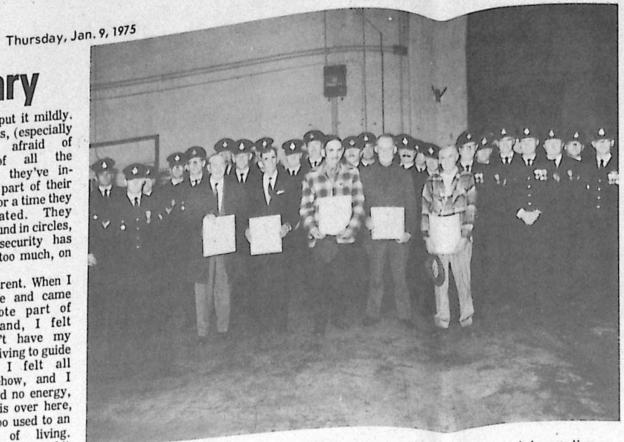
themselves to put it mildly. They are rootless, (especially when they're afraid of repossession of all the material things they've interpreted to be part of their 'security') and for a time they are disorientated. They literally run around in circles, because their security has been based far too much, on

materialism. I was no different. When I changed my life and came into this remote part of Vancouver Island, I felt 'down'. I didn't have my familiar way of living to guide me anymore. I felt all disjointed somehow, and I cried a lot. I had no energy, for living as it is over here, because I was too used to an artificial way of living. Although I wasn't aware of it being artificial while I was living it. I missed my escapism. I missed being able to pass my day with human contacts. I missed the busy sounds of civilization, which comforted me, that I was not

I didn't know how to cope with the silence. I didn't know the forest's deep silence, and without human noises around me, I wanted to run out of the forest. It scared me to death. I was out of my depth here. It was so different than my city living. So different than anything I'd ever known before. Nature always is!

But here I've come to see a different side to what is 'real' in life. I've weaned myself (it wasn't easy) away more and more, from my need to purchase for the sake of purchasing. Here we need so few things. Our trailer is only 10x50 feet. When one has little space in which to accumulate, they soon learn what they absolutely need, and what is

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!



LAST MONTH'S B.T.S.O. parade was the scene of many awards and decorations, as evidenced by the smiling faces of the recipients.

Base Photo



FOUR RECIPIENTS OF THE United Nations Medal for Egypt were gonged at the BTSO's parade were: L-R MCpl. Grenon; Cpl. Perry; Cpl. Robinson; and Sgt. (now W.O.) Lanes.

Base Photo



BILL JOHNSON, ex-RCAF Flight Lieutenant, surveys some of his art.

Canadian Forces Photo

# Ex-airman hits it big as painter

1963, Bill Johnson, an RCAF flight lieutenant, sold a painting to RCAF Station Rockcliffe officers' mess for \$85.00. Today, his works fetch as much as \$3,500 each, which puts him fairly well up in the five-figure bracket.

Although the painting entitled "At Rest" still hangs in the main lounge of the Rockcliffe mess, Bill is long gone. He's been a civilian for 10 years, a victim of the 1964 RCAF cutback of 500 officers.

But "victim" is hardly the word Bill uses. Although he became a high school teacher and won a scholarship to the Ontario College of Art, he credits much of his success to his days in the RCAF.

"If a person makes proper use of the self-confidence, leadership and executive training gained in a service career," the 47 year old former flyer says, "he'll find that they can all be used as an extremely marketable set of skills in civilian life."

Back in his flying days, he hadn't counted on becoming a civilian. With 15 years service as a radio officer and instructor behind him, "Mr." Johnson then enrolled in the London, Ont., Teachers' College. That's when he won the art scholarship.

By 1971, painting was taking up so much of his spare time that he quit his high school teaching job to paint full time.

From portraits to abstracts, Bill Johnson has become a master with pen and ink, watercolors, egg tempera, oils, acryllic, gouache, etchings and silk screen prints.

The basement of his spacious home at 1206 Commissioners Road, West, here is his winter studio. In the summer, he shifts to an adjoining, reconverted barn. overlooking the family swimming pool.

Bill isn't the only artist at home. His wife, Olive, also is an accomplished one, while his 17-year-old daughter, Barbara, is the Johnson's resident art critic.

Not counting hundreds of art buffs across Canada, Bill's professional artist, in fact, he clients today include Holiday

LONDON, Ont. (CFP) - In hadn't counted on becoming a Inns of Canada, the Bank of Montreal, Eaton's, London Life Insurance, AVCO Finance, and several U.S. corporations.

Recently, his talent caught the eye of CANEX, and they've just bought 22 coordinated sets of three monoprint original abstract paintings. Also, they bought assorted pen and ink character originals, now available at CANEX outlets in Valcartier and Calgary.

And the way they're going, CANEX patrons will be seeing a lot more of Bill Johnson's work in the future.

#### Greens Glacier

BY GLEN CASLAKE

Glacier Greens hosted their Annual Boxing Day Tournament on the 26th of Dec. 74. This event was an inter-mess tournament.

The event was won by the Officers Mess with an average score of 48.8, second place was picked up by the Sgts Mess, with an average of 48.9, and third place was captured by the Junior Ranks Mess with a score of 51.9.

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

Bird with a net score of 40. The hidden hole was won by Reg Todd and the highest score for the day went to Pete Steinman.

This event was well represented by 72 people, consisting of 7 officers, 20 Sgts. and 45 Cpls. and below. The weather for this time of year was beautiful and everyone that attended this event commented that they had a good time and thoroughly enjoyed themselves.

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

# Ramblings

The annual all-ranks Christmas party of '20 Dec. was its usual smash success for the 700 people in attendance and proved a fitting climax to the Demon Squadron's activities for 1974. thanks and congratulations to the committee and all others involved with the organization and presentation of this gala affair. There can be no doubt that these same qualities of ingenuity, initiative and pride of accomplishment will again come to the fore and assure 407 of the best Colors Presentation and Reunion in the history of the Canadian Forces come next June. One small request though: the band hired for the occasion should be required to provide a guarantee that the volume

of noise provided is not their

only attribute - listenable danceable music would do so much to enhance the enjoyment and comfort of everyone.

REPAIR Now that we have closed out the last chapter of 1974 and bid it farewell, it is time to stow away our memories of the year, some of which will soon be forgotten while others are of the significant never-to-beforgotten variety. We now welcome in the new year of 1975 with whatever it may have in store for us - a posting, a promotion, a new car or who knows what. Let's all try to

make it the best year yet. Still on the new year's theme, there are those of us who like to make resolutions with a view to changing our habits or possibly just to start

DECIBELS IN 4/4 TIME!

case, we wonder whether Larry Bourgeois' threat to idea or not since his earlier abandonment of cigarettes led to his current habit: what next if he chucks the El Ropes? A certain goodlooking WO has been shorn of his moustache but this occurrence does not rate as a new year's resolution but rather as a necessity since someone absconded with his trimming shears. Have to admit though, he does look five years younger sans the lip foliage.

give up his cigars is a good fellows, that you know what is and have great social value. rewarding one.

Also with the advent of the new year comes the first batch of internal transfers which finds us bidding our adieus to MCpls Dennis Viklund and Carl Erickson and Cpls Chris Gourley and Jack Dupont as they head off out on the right foot. In any to Servicing and all the

407 SON

XMAS PARTY

LOUD SOUNDS BY

NOISE HAZARA

AREA!

SAFETY

TIDESMEN"

said about those guys in Repair just isn't so. Anyway, SERVICE SNICKERS you have earned a change so good luck and happy landings, Conversely, the welcome mat is out for MCpl Anderson and Cpls Fell and Uddenberg from Servicing and MCpl Monro who joins us from GSE. As you settle into these hallowed that your stay with us will be a

It has been rather quiet here over the festive season and that is probably just as well. Oh, my aching head! Happy New Year. AVIONICS SERVICING

Greetings from the avionics personnel experienced a retrospect, accomplished a great deal. In fact, we even retired Ross Collier although this act was accompanied by considerable reluctance on both sides. However, in view of his enlistment in 1943, he had reached the inevitable time expiry date and we are now left with no veterans of the big conflict. We also experienced an appreciable number of personnel changes and a few rank changes during the twelve-month period: possibly too many of the former and not enough of

With the advent of the New Year, some of the resolutions being bandied about sound very interesting.

Gene Prystay vows not to derogatory nicknames with respect to any former land element personnel who may well become his buddies now that he has been selected for a tour with a helicopter outfit. See Europe

Clay Goodman won't buy the same story insofar as it affects former sea element Hank claims that this year

the inventory will be right up Jeff is replacing his vehicle antennas that were ripped off by the Dodge City boys.

Larry Staub is going to get a shutout, Al Martin a haircut and Jim Whelan is going to J.P. Lavoie is going to make it to Victoria on his bike this

jammy trips that everyone The Totem Times input for I really don't believe that it talks about. Just remember, 1975 will be prompt, pertinent B- U- R- P!

> Greetings, people! I trust that everyone had a joyous

and fulfilling festive season? The annual Christmas party was its usual roaring success and provided a great kickoff for all the other parties that followed. Chief Harry Fee is halls, we wish you well and to be commended on his

"Demon Dew" which was delicious and not only myself thought so, as when I went back for seconds it was all gone. Nothing left but a ring around the tub.

Old No. 1 crew certainly has its share of hockey players but now we've imported a referee servicing echelon where our from Repair. Carl Erickson is coming to the crew to take the satisfactory 1974 and, in place of Elwood "Fat Albert" Anderson.

Any of you single lovelies out there, we have an unattached gentleman here who is "guaranteed by Good Housekeeping" as cleaner of fridges, washer of pots and cooker of soup et al...Happy New Year "Gopher".

Old Bob "snowball" Gould should be feeling a little sad after missing out on \$200 odd dollars, all for the sake of a little ten-cent piece. It's almost comical to think that it happened in the last month of 74 and again in the first month of 75. Bob says it would have put him in a higher tax bracket anyway. That's twice!!

Boxing day saw roughly 70 people out on the fairway at Glacier Greens for the annual round of hot rum and divots. The only thing I can say about the whole event was the method of selecting the winner. The Junior Ranks club was in effect penalized for having the best turnout while the mess with only seven people to represent it seven walked off with the hardware, I would think that a tour-I would this type would try to encourage participation to enerthan discourage it, with a scoring set up like that,

out its top four or six golfers its all gravy. Next While I'm on the subject of Ranks club, I must Jr. Raulate Graham "Newf" congrate for his "Moose Faulkner for his "Moose Faulkiie New Years Day, but

with a mess has to do is bring all one mess has to do is bring

came from only one moose. Our thoughts for the week -"Oil slicks are myths...Argus" are real!"

Well, it's again time for your senior citizen to take up his pen and let you know what's been happening to Three Crew since the last blurp.

I hear Sgt. Ike has his remodeling project down to the finishing stages. I guess old 74 beat him to the wire as he was hoping to have it finished before the end of 74.

Three Crew had their annual Xmas bash which went over very well; thanks to Rodger Taillon and Rod Hanson for their planning and running of the affair. Larry Ward brought in his newly acquired stereo system and provided the canned music for everyone's dancing pleasure. A special thanks to the reat of the crew for showing up and

making it a success. Also at this time, we bid Army Armstrong farewell and best wishes on his transfer to GSE. When Army was informed of his move, he asked if he was entitled to travel time and nuisance allowance. The crew presented him with a suitably inscribed frying pan, one of Army's favorite tools. But we'll miss him very much, as will all of Servicing.

Pte Fleming will be away most of January as he's heading out to Blue Nose country to learn the inner secrets of the R3350. Best of luck, Dave.

More than 70 species of mammals live in Canada's

#### MOVING TO TRENTON?



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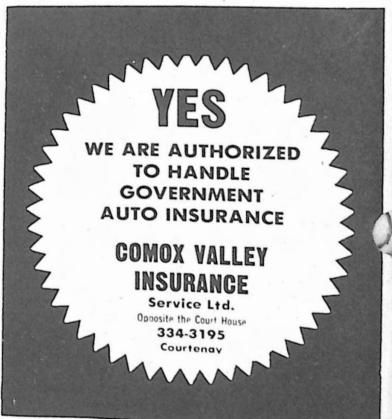
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are back with us full of newly acquired knowledge and secrets of the R3350. Bill Harlow is back from the

Bernie Short and Jim Orr

JLC course and Stead says there's no living with him now. Oh we'll give him time, Stead, and he'll come down to earth again.

Well, with the birth of a new year, I guess it's back to work and let's see what kind of a shambles we can make out of 1975.



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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.

Base Photo



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



R



M









S

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 congratulations from LCol. Sutherland, BTSO, on his received.

# Christian Unity Week

# 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

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.

MASSES: Saturday 7:00 p.m. Sunday Vigil Mass; Sunday: 9:30

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

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

Manson Photo

Father Francis Swoboda, OMI, CFB Comox, Chaplain

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

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."

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 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 recon-ciliation 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

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of man, a spirit with powers of sons 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 harrassed 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

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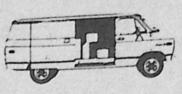
Christ...His glorious grace which He has freely bestowed upon us in the Beloved." Then our concept of reconciliation expands beyond the fellowship we have with others in Christ; it moves us to strive for an understanding in charity and justice with all

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."

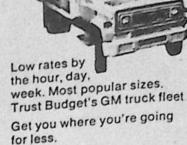
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The guy next door really did fall in love with the girl of his dreams-only trouble was she turned out to be a nightmare. \$-----

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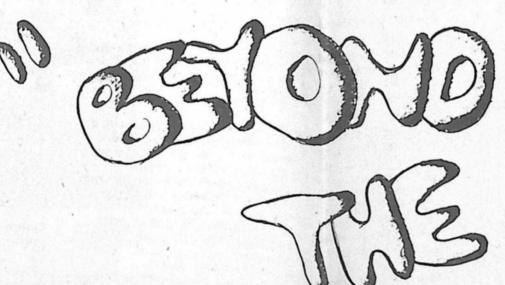
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MR. T. F. DANDENO presents Red pack with honor Guards, their own new 1st. Lazo flag.



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

skiing.

pleasure of driving to the

unquestionable pleasure of

Next issue: "When halfway

down seems further than up.

#### -Safety - 75 - Securite from the questionable

OW IS YOUR GENERAL change quite drastically as Corners," try to avoid grip-yAFETY PROGRAM? change quite drastically as Corners," try to avoid grip-you begin climbing and you ping the steering wheel too

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 funin-the-snow day or just to take in the splendid view from the

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 aintenance equipment - not at you think!) and there ou 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 Saun-

ders 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 picuresque Canadiana and

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

wenir traffic tickets, if they

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

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 somedepending 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

#### C.F.B. Comox Badminton Club

It's not too late to whip yourself into shape (depending on the success you had 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? and

- not have to spend an arm and a leg for equipment? 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 in-

struction is available. Badminton is one of the

and girls, men and women pushing yourself away from 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.

fastest growing indoor sports

played year round by boys

The club has racquets and shuttlecocks (birds) and Do all this and more twice a utilizes facilities that are the week at the Rec Centre at a 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 indooroutdoor living. Contact Jo Robinson 338-5366 or 338-5758

FAMILY HOME - 4 bedrooms - basement - \$18,000 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

Building lots. Courtenay Meadowbrook Sub-division. Call Dave Paterson 338-5366 or 334-4581

DUPLEX. Comox area. Need help on the mortgage payment? Good investment. For appointment to view contact Dave Paterson 338-5366 or 334-4581

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IST. 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.



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Fridays or phone for an evening appointment. 5 Free lessons with all purchases of New Pianos or Organs Drop in and see our good stock of Hammonds We service everything we sell. **BUDGET TERMS AVAILABLE** 

# IMPORTANT CHANGES EFFECTIVE JANUARY 1st, 1975

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.

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.)

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 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.

# **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 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 Other Changes Retirement Pension.....\$122.50

over 65..... \$81.67 Orphan's Benefit.... Disabled Contributor's Child's Benefit.....\$37.27 



\$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

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

It may seem a bit early, but now is the time for the essential; willingness to help 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, and referees 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 taken considerable effort. Sign the registration form. Nothing can be said to justify sign the registration form.

Again, this will only be successful if we get suffice.

Nothing can be said to justify this type of behaviour. It takes cessful if we get sufficient volanteers to run the interest to keep track of our program. There will be a children's activities, coaches and referees clinic especially after dark. given by the base recreation staff to those offering their

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 some effort and parental children's activities,

Thank you to the carollers

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

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 ap-

preciated. The seagulls, dogs and crows would also like to pass along a thankyou 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 garanteed 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 shoes and hands some day. cannot accept this respon-

PMQ regulations provide own a dog. 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,

sibility then they should not

#### NOTICE TO NOW AVAILABLE BASEBALL-SOFTBALL MOBILE HOME PARK organization to start. We (the players-your children) need "All About Uo" coaches, umpires, coordinators, scorekeepers and groundkeepers. The Babe OWNERS THE CITY OF COURTENAY Ruth coordinator is needed right now as the organization downtown is already in progress. We cannot have too much help. Experience is not AND TENAN is the only prerequisite. Anyone wishing to help out

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.



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"HEY GUYS, CHOW TIME!" says Seymour the

Seagull to four of his crow buddies. Well con-structed 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 P.M.Q. Council photos the P.M.Q. Council.

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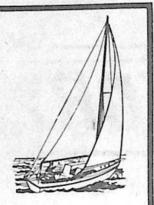
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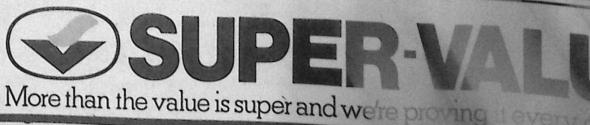
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night with two closely played

The Bears and the Wolves

fought to a 1-1 tie. For the

Bears it was David Pearson

y Barbara Kuhn.

ho scored in the first half.

The Wolves have not lost a

In the second game the

Lions and the Falcons also

battled 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 scored in the fond half on a peanlty shot

games.

game yet.

Wolves.

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#### Indoor Soccer CYPRESS MOBILE With the holidays over with the youth indoor soccer league got back on the road Monday

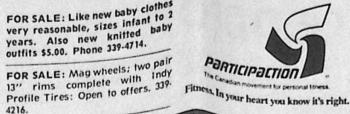
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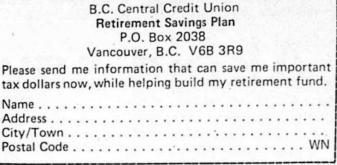
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HAPPY NEW YEAR from the Courtenay Recreation Association. The following Programs will be offered commencing January 13, 1975: Registrations commence January 6th to 13th.

GYMNASTICS Tiny Tot Gym for youngsters 1-3 years old. A 10 week course designed to develop co-ordination, balance and excerise 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

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

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

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

forming. 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 14 p.m. and Sunday 1-5 p.m. ADULTS - SHAPE UP FOR

SPRING FITNESS PROGRAM Thursday from 9-12 a.m. the

is available for your young ones during this time. Fee: \$10.00 with children, or \$5.00 without children.

Take your pick- use our excercise room and mats for callisthenics - our squash court for paddle ball or squash play basketball, floor

badminton or hockey, volleyball - or simply do laps and throw the medicine ball. It's up to you, - all for a fitness membership of \$5.00 Super- players. vision and instruction are available during these times.

Yoga - A fine course for the mind and body is offered beginners and advanced. Volleyball - Weight Lifting -

Teen Dances - Every second Instructor is Gail Wren, Fee Friday with top groups per- \$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 Ladies - Each Tuesday and cents per booking per person), membership in C.R.A. floor C.R.A. Total facilities are hockey league, and use of yours: A babysitting service 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

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

Noon Hour Fitness - Monagain in a 10 week session. day to Friday from 12-1 p.m. Three classes are offered for Floor Hockey - Basketball -

# 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.

You may be wondering what prompted the idea for a change. It went like this: One night at a Group Committee meeting, Mel Horsman, a district leader, asked "Why are you 2nd Comox and not 1st Lazo?" Well it seems no one had an answer. One of the committee mentioned that it was probably due to the time of the first charter. The base was known as RCAF Station Comox and used Comox as a mailing address as there were no Lazo postal facilities then. (Anyone knowing any history of this Scout group, please contact us by mailing info to "Scouts", P.O. Box 426, Lazo, B.C.) After a few minutes of discussion the committee, with Vern Barker Chairman, voted, and we were no longer

Fitness Membership required. \$5.00. GENERAL

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

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 \$10.00, including for 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

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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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