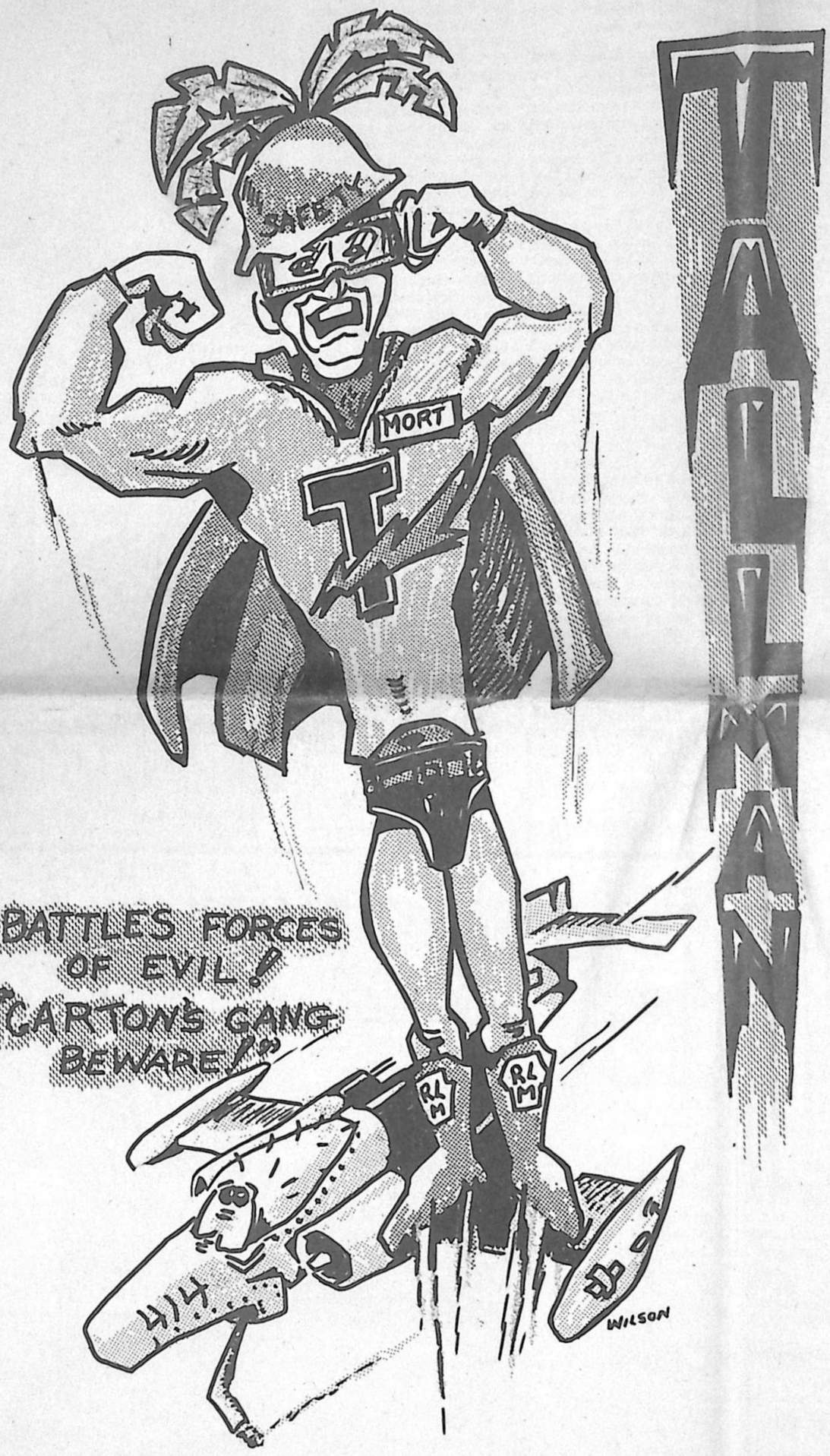
TOTEM TIMES

Portuguese Joe passes Tac Eval . . . again!

VOL. 17 — NO. 3 CFB COMOX TOTEM TIMES THURSDAY, FEB. 6, 1975

Base survives terrible onslaught



Tallman's forces thwart the devils of darkness

LAZO, B.C. (Exclusive) - Goodness triumphed over evil today as C.F.B. Comox withstood it's annual attack by the insidious Black Knights who, astride their equally terrible mounts, the dreaded "Clunks", attempted to lay to waste this beautiful air patch, so delicately frosted with a dusting of pure white snow.

From his lair deep within the granite of the pre-Cambrian Shield, the master of the forces of darkness, "godless Garton," launched upon his evil scheme to plunder and pillage the West Coast air base, only to be stopped in his tracks by the legions of all that is righteous and good led by non other than their brave, heroic and resourceful leader, Tallman!

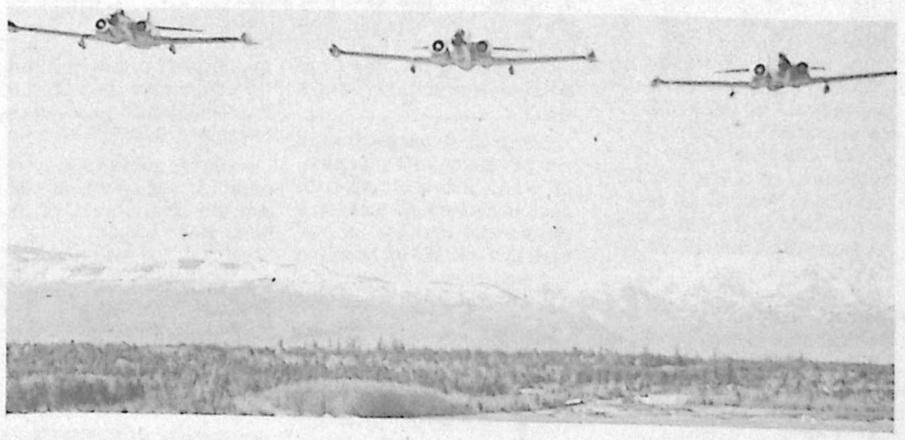
Usually recognized as the courteous mild-mannered air patch commander, Tallman is always Johnny-on-the-spot whenever danger is near. From his panelled and carpeted office in headquarters, Tallman carries out his administrative duties with a keen thoroughness, ever mindful that evil never sleeps. In order that his forces of goodness are ever honed to a razor's edge, he frequently rallies them to readiness at all hours. Once his forces are at the alert, Tallman quickly steps into the nearest closet, where he dons the well known symbol of might and right, his Restricted Area Pass!

In his latest foray against the devil merchants of the East, Tallman and his forces have withstood attacks by the dreaded Clunks, the unseen death-dealing fallout, plus surreptitious entry by wicked infiltrators and the horrible gut-wrenching screams of a simulated disaster. Holy holocausts, Batman, only goodness and purity of heart could withstand such terrible malevolence.

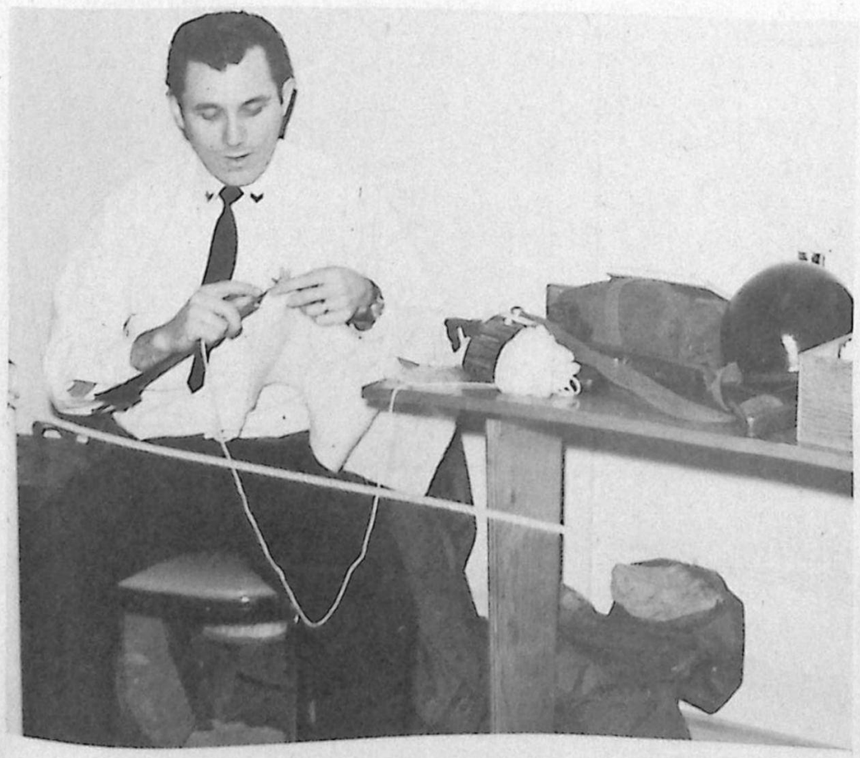
His victory finally secure, Tallman was last seen to be heading for the gymnasium, shouting his more familiar battle cry: "To the volleyball courts, forces of righteousness! We have not yet begun to fight!"



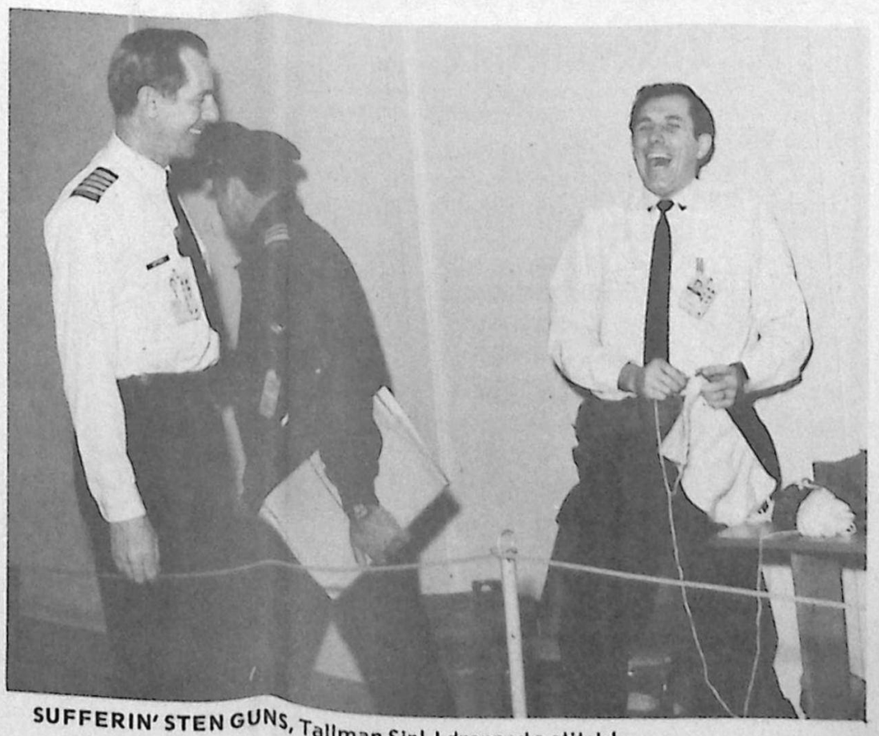
AS ONE OF THEIR lowest tricks yet, the devil's disciples slipped in a ringer in the guise of a W.W. I German Tri-plane. It's dastardly pilot was heard to mutter "Ve haff vays uff dealink mit Tallman!"



THE EVIL CLUNKS fly over the air patch spreading simulated death and destruction.



LEMME SEE NOW, knit one pearl one, or is it the other way around?

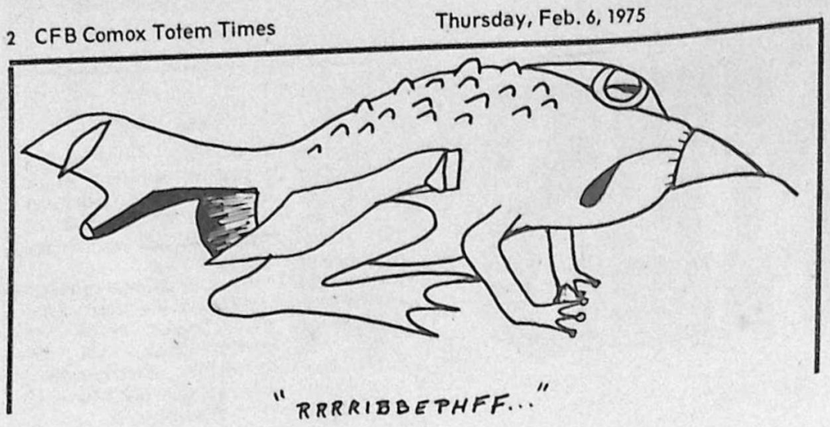


SUFFERIN' STEN GUNS, Tallman Sir! I dropped a stitch!

Photos by Lindbeck



MEMBERS OF TALLMAN'S Base Defence Force grab a quick snack while warding the dreaded fallout.



Nighthawk's Nest

THE yearly Battle of British Columbia got off to a rather sodden start with another unseasonable snow storm. It is getting harder to convince the rest of Canada that it never snows in B.C. We were able to blame it on testing programs in the past, but now we have to face the truth. This unseasonable weather is a direct result of all those aircraft flying west out of North Bay, heavily laden with tons of test papers and bovine extract. We sincerely appreciate the help we get from our eastern comrades. Without their help we would never realize how lucky and uncomplicated our lives are the other 51 weeks of the year.

Speaking of help from our eastern associates, the Eastern Air Force has come up with some astonishing new modifications of the Voodoo that will make life simpler for the BC Flying Club. The new retractable skis will be an added bonus, making Voodoo capable of using all those glaciers for alternate recovery bases. Next month when Spring returns to the area, we will be replacing our "Tiger Paw" radials with the new EAF "Frog Foot" tire which will give the Voodoo the amphibious capability so long sought after by designers of all weather interceptors. The only snag in the refit program occurred when the leopard frog camouflage paint was applied to the test model. For some strange and so far unexplained reason, at low altitudes the machine ingests large quantities of flying insects and makes a strange sound described by the test pilot as "RivvvEEtte". We are looking forward to these new improvements to the Voodoo and are sure that all the Bugs will be worked out by the time they get here.

Since our friends are here to help us again, a few proposals for next year's TACEVAL have been brought up that should do much to get rid of the "pre-game jitters" that have the aircrew walking around with magic good luck charms clasped firmly in sweaty little fists, spouting strange series of numbers and archaic formulae to ward off evil spirits in the skies.

TACEVAL's evowed purpose is to make sure that we in Comox are capable of carrying out our mission. We must be able to prevent any enemy force from entering our airspace and doing damage to our area of protection. We must at the same time consider the desires of our government and help further its objectives. We at 409 feel that we can accomplish both ends by a few small changes in the TACEVAL rules and testing procedures. As anyone who reads the newspapers knows, we have a surplus of aircraft and people in the Canadian Forces. Our modest proposal is to solve both problems at the same time.

According to the new game plan, the TACEVAL team will leave North Bay in surplus aircraft and head west. When they are picked up on radar, all 409 aircraft will be fully loaded with live weapons and will attempt to qualify both aircraft and weapons on the incoming team. Any team member from North Bay who lands successfully at Comox will become the new Team Chief and will organize the remainder of the ground exercise. If no team members reach Comox, the home team will be credited with a clean sweep and no further testing will be conducted until the following year.

The benefits from this new system are many. Not only will it remove all doubt as to the success of each intercept, but it will also remove surplus equipment and personnel from the inventory and will greatly simplify TACEVAL. The creation of many openings in the hierarchy of command will boost morale by allowing more promotions to responsible positions and higher rank. We can not see any logical errors or problems in this proposal and respectfully submit it to the Chief of the Defense Staff for his approval.

Totem Little Theatre

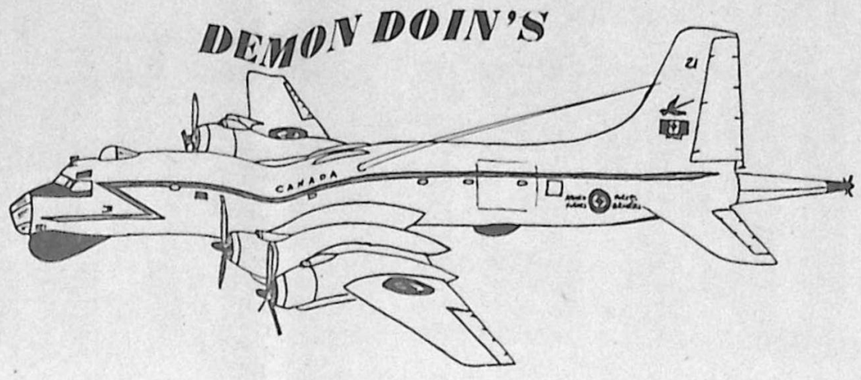
Little theatre members met last week to finalize plans for their trip to Victoria and to choose a play for the next production in early April.

After taking "Beyond the Fringe" to Victoria for the B.C. Winter Festival on February 14th it will be presented a fifth and last time at the Base Theatre on February 24th as a matinee performance for local senior citizens.

Although not many scripts were available from which to select a new play the choice should be a well received one. It is a three act comedy by du Garde Peach and Ian Hay entitled "The White Sheep of the Family." It is an "impious comedy about a family of well-to-do crooks who are shocked to find the son – who has developed into an excellent forger – quitting the fold to go straight." Casting for the five male and four female parts will be at the

(Continued on page 10)

DEMON DOIN'S



407 Squadron has safely "weathered" it's way through the first month of 1975 with the aircrew being kept quite busy the past couple of days. The biggest comment of the last week was "It feels like winter in Greenwood." Ahhh! Memories of moat.

A luncheon was held in the Officers' Mess on the 22nd of January for Maj. Ron Beehler, Capt. Bas Pharaoh, Capt. Tom Proctor, and Capt. "Hammy" Hampshire. After a few words of wisdom from each, those in attendance followed the Base Commander, Col. R. L. Mortimer, and the CO of 407, LCol B. T. Montgomery into the dining room for lunch. A good time was had by all. "Hammy" and Tom are retiring from the Canadian Forces (Air) and beginning a new career on civvie street. Bas and Ron are leaving the area; Ron to the city of Montreal in La Belle Province and Bas just down the road to Victoria. The Squadron wishes them and their families good luck in the not being able to fly, they've

Looking at the crews individually , Crew 2 has been trying to get airborne the past couple of weeks. But it seems every effort to get going is thwarted by either Mother Nature or serviceability. So not being able to fly, they've been indulging in ground training. After the fifth time at giving the intelligence briefing, I guess it comes pretty easy. Right, Frank? In spite of not being able to fly over the water, Ted Seal decided to spend a little time on it. In the face of jeers and criticism, Ted loaded his line with 16 ounces and came up with a fighting spring salmon. At least some results were achieved.

Crew 4 has been busy though. No sooner did they get a replacement for Hart Harsenault (attending the French language course in St. Jean), than the replacement goes. Bas Pharaoh of Crew 6 and 1 Vintage is going, as previously mentioned, to Marpac Ops in Victoria. Marpac is preparing for his arrival early next month by setting up a bed and stove for him not to mention some Wren assistants.

Turning to flying, Cpl. Cardy Launey got homesick, so he decided to tag along on one of Crew 4's patrols as a "guest" observer. The above is all the news received from Crew 4 – maybe they've been doing things they don't want people to know about.

On Saturday, January 25th, Crew 5 took Capt. Tom Proctor on his last Argus flight. After 27 years with the British and Canadian Armed Forces, Tom was glad to be back on ground. The landing didn't bother Tom, but I hear the take-off did. Maybe the last six years as a VP navigator on 407 Squadron has given Tom enough grey hairs.

In honor of his retirement, Tom was given a farewell by Crew 5. The farewell consisted of lunch on the Argus flying a local circuit. Tom was marched out to the Argus with full pomp and ceremony. The 407 Squadron trident, billowing in the breeze, was followed by Tom leading Crew 5 (in perfect step). Capt. Mike Gibbs, wearing his VIP flying suit, met Tom on the aircraft steps and escorted him to his seat. Once airborne, Tom was given a sightseeing tour of the local area while lunch was being prepared in the galley. MWO Vic Jordan, true to the traditions of a master chef, prepared a sumptuous meal. Tom was joined for lunch by Capt. Mike Gibbs, WO Dick Perry, and Sgt. Wally Morand. The Crew Captain, LCdr Watson, presented Tom with a framed colour photo of Argus 718 on behalf of Crew 5. On retiring, Tom is remaining in the Comox Valley to begin a new career wheeling and dealing in the real estate profession.

Good luck Tom and Jean.

On Tuesday, 21 January, Crew 6 accepted a challenge from the base ATC section for a broomball game. In a previous encounter Crew 6 won by one goal; this time ATC won by one goal. One penalty was handed out during the game to that mean Frenchman, Wilf "Fergie" Perron. High sticking and interference was the call, but Wilf claims she tripped over his broom.

Capt. Bruce Cumberland just returned from three weeks on the ADAC course in Halifax. Crew 6 says "welcome back" as our official TacCO.

On Monday the 27th, the crew spent the afternoon at the small arms range in Cumberland. One member of the crew decided to fire the FN rifle without the aid of a rear sight. After his error was pointed out, his score was improved somewhat. No names will be mentioned, Bernie.

Maj. "Tap" Fawcett has been noticed hobbling through ops to his desk in ASCAC. When asked what happened, it was a toss up between skiing and hockey.

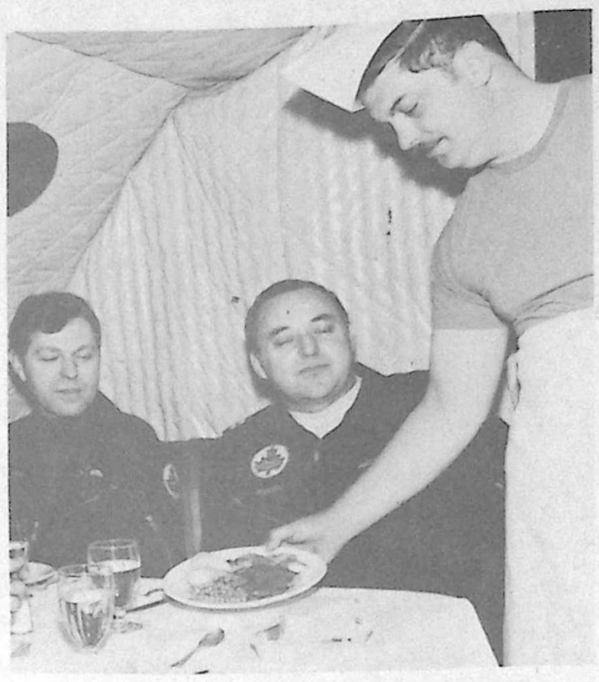
In conclusion, all comments, criticisms, suggestions, praises, ideas, and write-ups would be appreciated. So until the next edition remember flight safety is everybody's business. A bit of triviality: The only completely reliable information that can be obtained from a fuel gauge is the fact that there is or is not one installed in the aircraft. Think about it.

NOTICE

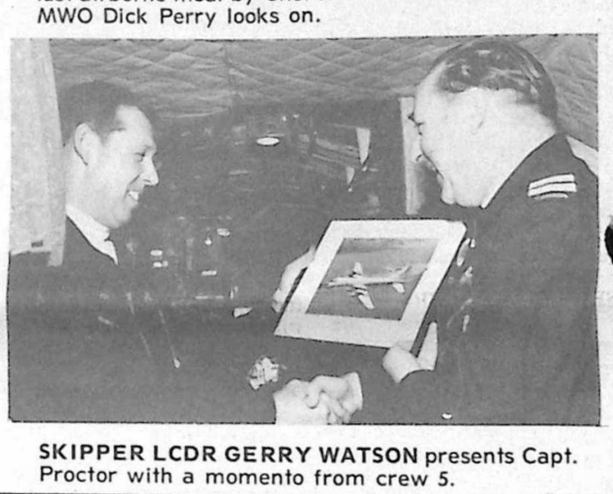




CAPT. TOM PROCTOR boarding the Argus for his last "in service" flight. He is suitably greeted and chaperoned by the "Chief" pilot of crew 5 and followed by Lt. "Smokey" Alexander with the Demon flag.



AH! THE AROMA. Capt. Proctor being served his last airborne meal by Chef MWO Vic Jordan while MWO Dick Perry looks on.



SKIPPER LCDR GERRY WATSON presents Capt. Proctor with a momento from crew 5.

Voodoo Nuts Bolts and Volts

By the time this column appears, Tac Eval 75 will be all but a memory. Now we shall know if all of our efforts during the practice exercises was worth it. With Tac Eval now over, can CI be far behind?

We happened to stop by the AMADO's office the other day and he told us the BAMEO's organization is planning to stand down in order that everyone can attend the 1975 Ukrainian Festival. He says it will be held on the same dates as last year - July 32, 33 and 34. Right, Sir?

It sure has been a hard winter, weather wise, this year. Here it is near the end of January and we are still getting the odd bit of that fleecy skid stuff. Will winter never end?

We understand that there have been a few people selected for a four year holiday in sunny Europe. The potential lucky recipients of this trip are Sgt. Rick Carrier of Base Workshops, MCpl Irv Gillard and Cpl. Brian Wight of Repair, MCpl Roger Folster of Engine Bay, Cpl. Jim Nabeta of RS Snags, Cpl. Slim Moore who is one of our friendly snag controllers and Cpl. John Alexander of NDT. We also hear that Cpl. John Rivest has already been selected and will be leaving around 1 April. Lucky guys!

Talking about transfers, we have heard a rumor that three of the "heavies" in the BAMEO's organization have received word that they will be posted this summer. Who's next?

Received some good news out of the AVSO's empire. MCpl. Al Siebert of AST Labs has had his back operated on a short while ago and is now back to work. We all hope you are well down the road to a full revocery, Al.

We have observed an expatriate member of the BAMEO's organization in this area recently. It is rumored that he is checking up on the operation of the Cpl's Club in his expertise is "second to none" in this department. Seems that MWO Al Joynson also misses our balmy climate here on the west coast. Right Al?

REPAIR RAMBLINGS

With Tac Eval on our doorstep, the base has been listening to the wild call of "Exercise - Exercise - Exercise" for the past few weeks, accompanied by early morning recalls. During these exercises Repair Section acts as "Target Force" launching Voodoos for air tests, T-33's, CF100s, B57's as targets and visiting Tutors and CF5's. All this is carried out with a minimum of personnel, while the remainder are employed in seven hangar to augment Snags and man tow crews.

On day of normal operation, work carried on steadily on periodic inspections of T-Birds and Voodoos.

Since our last Repair write-up, Cpl. Bill Shaw's wife presented him with a 7 lb., 14 oz. boy. Congratulations from everyone in Repair, Bill.

Well, that's about all the news from this corner of the Base so until the next time, keep up the good work and good luck during Tac Eval.

SERVICING SAYS

Tac Eval is just around the corner and our weather is shaping up for it – Rain, snow, high winds and more rain.

If our 500 pound canary is in good voice and we get lots of help from all the fellows we should pass with flying colors.

Our man "Radar" is as busy as a "go-fer" getting all our equipment ready for the Big Inspection.

It seems that our fearless Captain's ulcer requires a gallon of milk per day to stay in shape during normal operations, so we've ordered a case of Dioval for him for the Tac Eval 75.

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407 Tech Ramblings

REPAIR

With everyone plodding along doing his thing, the hallowed halls of Repair retain their air of a sane and rather quiet environment. The inspection on the senior member of our fleet is progressing on schedule and, in fact, the big bird may well be back in the air some time before 711 begins to divulge its inner secrets to us. However, we mustn't despair since the upper echelon may well put their heads together and come up with something to keep us busy. The big problem is that the current weather is not conducive to fishing or golf.

It's that time of year again and Sgts Don Sterling and Larry Bourgeois are displaying the peculiar look that is symptomatic of that dreaded disease, P.E.R. time. Judging by the moans and groans they are emitting, there can be no doubt that there is a great deal of pain associated with the malady and it is our hope that it is not contageous.

Probably the only recent event that might qualify as a happening was a goof respecting an I.O.R. and, as we are all aware, the relevant procedures are changing continually with the most recent confusion arising from the reporting system. We have had message upon message on the subject and our friends from Log Control, Sgt Tom Crawford and Wally Gooding, have tried their best to educate us but somehow someone always manages to find a way to louse things up. Now these two chaps are normally quite reasonable but, goof on an I.O.R. and look out! Be not discouraged, Wally, but have faith in your fellow human beings - we are bound to improve?

Cpl Brian Uddenberg and Pte Dave Sleeman have now completed their BDF training and joined the ranks of the "Protectors", that elite body of men and women who are called upon to protect us from the "Intruders".

It has been said that one gets out of life exactly what he puts into it - less taxes.

SERVICE SNICKERS

Broad smiles were the order of the day on a recent occasion at the Glacier Gardens when Maj Ron Beehler jumped over the boards to join the fray with his skate guards still protecting the blades. To say the least, one could compare the results to a dew worm with a hernia dancing "Swan Lake." Alas, Maj Beehler has since departed our midst for la Belle Province where, by virtue of his close proximity to Montreal, he'll be able to gain some skating tips from the "Habs". So long, Ron, all the best in your new role.

Another departure that will affect us greatly is that of Roger Masson who is remustering to a civilian. "Old Rog", better known as one crew's resident oil slick, pulled the plug at the end of January: the Service has lost a damned fine electrician and the crew a good friend. Roger has often been the principal of some of our best gags, either on the giving or receiving end. Good luck "Rog".

WO Bernie Boutaught has been observed running around the office with one shoe nailed to the floor - something to do with "short distance" phone calls.

Sgt Bob Sleigh has been winning the lion's share of chess games against MCpl Bob Gould of late; a suspicious development at PER time. However, in all fairness to him, it is just possible that Bob's getting plain rusty as a consequence of our recent damp weather.

Someone asked Hal Neville how the pepperoni business was doing and his instant reply was "it's in the bag".

And now for a message of importance to all past and present members of one crew...a dinner dance is coming up on Sunday, 23 of February. All interested personnel should contact your crew canteen steward and, should you have to ask who that is, you've been off the crew too long.

In closing, we herewith issue an open challenge to the Base hockey team for a broomball game against the Base broomball team. Further this challenge is extended to any team anywhere - contact Cpl Lavigne at local 417 or 339-2767. Keep your heads up!

Once again it's time for three crew's contribution of a few lines to the ramblings so, without further ado, we'll make Jerry Wardell our first topic of conversation. Jerry is now indulging in the second session of French language training and advises that things are finally falling into place and making sense. In fact, he claims that the course is a piece of cake. With an unwitting statement such as that, Jerry may well have made himself a prime candidate for a Bagtown posting.

Dave Fleming is back from Blue Nose country crammed full of R3350 knowledge. Welcome back, Dave, and don't waste any time getting into your coveralls since Ivan has been anxiously awaiting your return.

Yes, it seems as though three crew has been doing its share to keep the down home school humming. Larry Ward is the latest member to pack his bag and await the arrival of the great white bird. **FLASH!** Larry is now unpacking his bag as word has just been received that his course is cancelled - the steady inflow of Argus knowledge seekers has proven to be too much for the instructional staff. In any case, one would almost be led to believe that, on the basis of this continuing eastern migration, we just don't have any Argus qualified bodies left.

Sgt Ike and crew have not attempted any more trips, short or long of late, and it just may be that they are a fair weather crew who are awaiting the advent of spring.

Hello, Tribe! The two crew resident rookie has returned from the far east where he spent a couple of weeks absorbing knowledge relative to the Argus aero engines. During this sojourn at Green wood, Nova Scotia, a number of changes either took place or were announced. Included in the latter category is what we have suspected for some time; namely, a reduction of the Air Element of the Forces and something we had not suspected, the creation of a new Air Command. We cannot help but wonder which will come first, a return to the old three Services or the abolition of the Forces.

What with leave, courses and personnel changes, it is difficult to know just who the current members of the Tribe are. From the ranks of the fitters we have lost Brian Uddenberg and gained Chris Gourley while the riggers bid farewell to Frank Edwards and Don Fell and gained Denny Niklund. Additionally, the Kilowatt Kowboys have lost Dave Pond. That takes care of the known losses and gains for January so, a sad farewell to those who departed and a big welcome to the newcomers.

Well, Tribe, since the boys must either have been on their best behaviour during my absence or are just plain not telling any secrets, there are no newsy tid bits to pass along. Then again, maybe they just need a few more days to get reaccustomed to my smelly pipe.

AVIONICS - SERVICING

The curling season is obviously in full swing since Sandy Sams has competed in two recent bonspiels at Qualicum and Port Alberni. Apparently the good guys were just too good for him as he had nil prizes or trophies to report but next weekend...?

Minor hockey week gave rise to a certain amount of dissension in the shop thanks to our having two opposing coaches on the same crew. It seems that Tom McNee's Atom B Lions scooped the trophy so he gets to wear the size 9 hat while Reg Blois is mumbling something about the team being lucky. Not so says Tom - superior play and strategy did it.

Pte Lavoie has just returned from the Olympic city having travelled both ways on white knuckles and was most impressed with the off-season rates. He returned to us with money remaining and a haircut: wonders will never cease!

ASW LABS

Lately, the main topic of conversation has been the lousy weather, and MWO Bush is wondering why he came back from the sunny south. Speaking of weather, our two BDF volunteers, Ptes Brent Hart and Don Schneider, have been out in it several times recently, and they highly recommend the experience to any one unlucky enough not to have taken part. Our dirt element MCpl Ken Kerstens, has not been seen or heard from since he tried to run the gauntlet at the 7 hanger snack bar without a pass during the recent exercise. MCpl Al Karila is taking a rest after installing 352 colored switches in the latest Lab Project. When we inform him that he is colour-blind and the whole job needs re-doing, he'll be taking his rest in a rubber room. Howard English's absence is quite evident these days, as everyone has lots of loose change in their pockets now that the hockey pools have ceased. While on the subject of money, any Lab people interested in finding out how to convert $50 into $250 can contact Sgt Gale Dyer for full details.

This column was supposed to close with the scores of the latest Avionics vs 407 Sqn hockey game, but my Avionics correspondents inform me that the score is not fit to print.



CO 407 SQN., LCOL B. T. MONTGOMERY shown with members of 407 Sqn. who were recipients of the CD. Front Row (L to R): Capt. Field, Capt. Thompson, LCol. Montgomery, Maj. Bonenfant, Capt. Perron, Capt. Neil. Back Row (L to R): Capt. Drury, Capt. Wrenn, Cpl. Chequis, Cpl. Wickiam, Sgt. Lipsack, Cpl. Brown, Capt. Tyrell and WO Oke.

Rescue Bits

'Twas the month after Christmas, and all over town
The troops were all waiting for the axe to come down
Where would we shrink, who would lose out
Would Air Defence be done with a kite and a shout
Would the ships go to sea, brimming with pride
To be rowed back in on the oncoming tide
Would the Army go out in the bush so deep
Nine men to a bag, each one, for the purpose of sleep
Then from the east came the words loud and clear
Defence will not suffer so have no fear
We'll close some bases, cut down our air fleet
A tighter-knit operation, it'll really be neat
Then came the clincher, so obvious of course
What we've needed for years is the blessed "AIR FORCE".
So starts Rescue-Bits for 1975. Words of wisdom from the "now" outfit in this man's organization. No trades training required, on the job training provided.
Make our job easier and your life longer.

Swedish boy: My grandfather is tougher than your father.

Canadian boy: Yeah, I know.

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BASE COMMANDER, COL. R. L. MORTIMER shown with members of 407 Sqn. having service totalling over 418 years: Front Row (L to R): MCpl. Wons, MCpl. St. Michael, Col. Mortimer, LCol. Montgomery, MWO Bereza, MCpl. Morrison and MCpl. Cox. Back Row (L to R): Sgt. Kent, Cpl. Sandberg, Capt. Anderson, Capt. Bate, Capt. Haughn, Cpl. Neville, MCpl. Desjardins, Cpl. Horsman, Sgt. Guyader, MCpl. Turcotte, Capt. Pharoah, Cpl. Neville and Lt. Goldie.

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12' x 68' - 2-bedroom - You must see this beauty to appreciate it. The decor is Mediterranean with heavy tangerine carpeting set off by matching drapes and sheers and contrasting valances. The chesterfield is a high-backed gold and black masterpiece, and has two matching swivel rockers. A coffee table, end table and lamps in Spanish design finish off the living room. A special feature is the formal dining room which has a big built-in china cabinet highlighted by tiled mirror and indirect lighting. The dining room set is in matching Mediterranean with wrought iron finish. The large U-shaped functional kitchen is equipped with a 2 door frost-free refrigerator and deluxe full size electric range, both in beautiful white. The tastefully decorated bathroom features a large vanity with double sinks, sliding bathtub doors and large linen closet. The separate utility room has side-by-side hook-up for washer and dryer, an extra outside door and mud room area with closet. The master bedroom contains every built-in convenience your heart desires; large closet, miladys vanity, feature wall headboard, besides tables and hanging swag style bedlamps. The hall and master bedroom have the same extra heavy quality carpet as in the living room. I'm Jack Bruce, and I am looking forward to meeting you and showing you this home. Call me at 338-5355 or 339-3874.

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THE LANDLORD AND TENANT ACT:

SECURITY DEPOSITS

What IS a security deposit?

A security deposit is the money held by the landlord as security for the payment of rent in arrears, or for damages done to the residential premises.
The landlord may collect only one security deposit, of not more than half of one month's rent. And he may collect this deposit only when the tenant first rents the premises.
A landlord may not collect the last month's rent in advance, in addition to the security deposit.

What can't the money be used for?

A tenant who gives notice of termination must pay the last month's rent in full.
The tenant may not expect to pay only half of the last month's rent, and demand that the landlord apply the security deposit to the balance owing, **unless** both the tenant and landlord so agree in writing.

What happens to the deposit when the tenancy is terminated?

When a tenant leaves the premises undamaged and in a reasonable state of cleanliness, there's no problem—the landlord simply returns the full deposit and the accrued interest of 8% per year, within 15 days.

Where a dispute arises, every attempt should be made by both parties to resolve it in an amicable and reasonable manner.

Where an amicable agreement cannot be reached within 15 days, the landlord must turn the security deposit and the interest over to the rentalsman. A form for submission of the landlord's claim may be obtained from the Office of the Rentalsman and **must** be used in all cases. If the landlord's claim is less than or equal to the security deposit, the rentalsman will then mediate or adjudicate on the disposition of the money held by him in trust.

If the claim of the landlord is larger than the money held by the rentalsman, the landlord may elect to take court proceedings, but he must do so within a two-week period set by the rentalsman. If he fails to take court proceedings within that period the rentalsman will pay the money to the tenant upon an application.

If you have questions regarding the Landlord and Tenant Act, please write to us.
If you have a problem requiring our immediate attention, phone.

Office of the Rentalsman,
525 Seymour Street,
Vancouver, B.C.
V6B 3H7
689-0811 (Call Collect)

EDITORIAL

Despite all that is being said and done to bring about it's demise, sex discrimination is alive and well, and hopefully will continue to do so. Before you tear up the paper and start coming after my head, read on. The United Nations has declared 1975 to be International Women's Year, so that the rights and responsibilities of the "gentle sex" may be shown to the world and to put to permanent rest the idea that the word "mankind" is to be stricly interpreted as such .

It's quite possible that the declaration of International Women's Year is the culmination of years of ever intensifying "Women's Lib", to use a hackneyed phrase. But really, let's keep things in their perspective. I loathe to think what might be going through the minds of history's "unliberated" souls, such as Helen of Troy, Cleopatra, Elizebeth the First or Queen Victoria, had they realized that they apparently had no influence on the lives of men or the making of nations.

True enough, for these few influential women, there were many more men taking part in shaping destinies, and we may never know why things went that way, for only God, or Buddah, or the theories of Charles Darwin really have the answer. The point is, that when men went forth to make history, they did it mainly for future generations, and to the bestof my knowledge, only one species of human being has the ability to give the world those generations. That ability in itself is reason enough to be recognized as an equal partner in life.

I certainly hope International Women's Year achieves it's goals, but I fervently pray that those caught up in it's momentum will not lose sight of those things that have always been in the feminine domain. Motherhood, homemaking, the raising of future leaders both male and female, are being joined by corporate responsibilities, academic achievement, and increased involvement with military affairs. To not realize the value women have played, and will continue to play, is to but join the ranks of another hackneyed group: Male (or female) chauvenist pigs."



To The Editor

The Chief on pensions

Dear Sir,

Persual of my files indicates that we have been fed the old "HOW SWEET IT IS" ab-dab on the CFSA every once in a while for the past ten years.

I was a little dismayed when our favourite source of gen "Ye Olde Personnel Newsletter" 9 1974 appeared. It never occured to me that such a venerable scribe would join in and the only consolation offered was to live a long time.

The final sentence of the article is the crux of our CFSA dilemma. "He drew his first one in 1922", and THEREIN LIES THE SHAME! That poor guy got one-fiftieths of his pay (probably .98 cents a day) and allowances and now, 53 years later, we STILL get the same old one-fiftieth.

In the short space from June 1952 to March 1970, our Hon Members made a magnificent drap d'or improvement in their pension benefits. I'm sure that most companies have not sat on their hands for 53 years and not improved their employees pension lot. I most certainly grant that many conditions concerning our annuities have been vastly improved but MONETARILY we are STILL at the same old originalone-fiftieth. One-fiftieth of a dollar today is the same size? as it was in 1922.

My figures indicate that from 1946 to 1971 we had contributed $621.58 million. I could be out a few million but to join the elite quotes these days, What's a few million?

What's wrong with the "benefits increase faster than the contributions"? It can be seen from the PN's example that for many years our contributions exceeded by far the benefits paid out. It's only in the past few years that our contributions have finally been exceeded by the benefits. So for some 20 years OUR money paid our pensions. The government laughed all the way to the Consolidated Revenue Fund. Now that the Treasury Board is having to delve into it's own pocket to cover our benefits, rumblings of increasing contributions are heard.

It is ironic that when the debate on Bill C194 March 1970, to increase our Hon. Members' pensions was taking place, very little was said on the state of their account or whether or not their contributions would cover their benefits. Only when it comes to increasing the CFSA is this situation hysterically pointed out.

An actuarial report is published on the CFSA every five years. I have a copy of the 1965-70 report. Unfortunately, I can't understand the tables so I can't tell if the inputs (retirees) exceed the outputs (diees). At the moment, I think the inputs are winning. But it seems that they can account for and spend the whole $5,105 million to the last cent far off into the infinite future so as to make it look like the CFSA cannot afford a raise in benefits (even after 53 years).

To quote from their own report "unwarranted pressure for changes in the plan would build up on the premise that the long term level of government credits was generating surpluses which ought to be available for the benefit of the plan members". In other words if they show surplus $$$ plus troops will want a pension increase.

Seeing as how I am "always knocking the system" and perhaps not always including a suggestion or two for improving it and contrary to the supposition "It looks as if there is no way we can reduce the best six", I would like to offer a couple of morsels.

Stop the whole mess and start off again and give our contributions to CHMC to loan out at about 6.5 - 7 per cent. This would not only help our annuities, it would help the sagging economy. Compute pensions on best three for those staying in until CRA, best six for all others. This may create an incentive for personnel to remain around until CRA. Take income tax off my contributions now when I can afford it and give me my whole annuity tax free.Scrap the magic 85 bit and give all troops that retire at CRA the SRB immediately. I understand our MPs collect immediately. Continue our widow's pension at the same rate as ours - we earned it. And it would be paid to us if we survived since 1922.

The Hon. Member for my constituency, Windsor - Walkerville, wrote and asked me for my support in the last federal election. He said "as public servants both you and I know the meaning of service". I also know the meaning of the very lucrative six-year pension scheme MPs enjoy. It starts at $3780 a year minimum and can be as high as $4500 depending on any extra salaried position he might hold.

On the other hand a Cpl in pay field "B" (we'll use "B" because the largest percentage of personnel are in pay field B) highest incentive, CRA with 25 long years in the forces, his annuity (pension) would be approximately $4638 per year. If an MP survives 25 years he will get $13,500 annum.

I chucled at the Editor's casual comment "there isn't really that much money". Five point one zero five billion is not much money!! Well? By golly - maybe to a Major it's not.

J.W. Brown, CWO

P.S.

By the way since the Personnel Newsletter verdict reads so final and since by now the Treasury Board must think I am about the only one in the CF not particularily overjoyed that our annuities have not been increased since Part 1. And since it appears ONE pen is not mightier than the sword, this will by my last letter on the subject. VOX CLAMANTIS IN DESERTO.

J.W.B.

An open letter

Dear Sir:

I wish to register my very strong opposition to the proposed sewage treatment outlet by Sea Terrace Properties Ltd. of Victoria. The area of this suggested outlet, between Bates Beach and Kitty Coleman Park will undoubtedly suffer some damage to a beautiful, clean beach, and perhaps damage one of the best fishing areas on our coast.

No doubt Sea Terrace will conform to the minimum standards as set out by "Environment Canada" and other concerned agencies. These minimum standards are not always enough to protect our marine life.

It is evident that pollution is spreading along our Coast - Comox Harbour is polluted - no shell fish can be safely eaten from that area. Nanaimo Harbour is the same way. Why must we continue this foolishness? Can we not learn from the examples of other areas which are now spending billions of dollars trying to bring their sewage dumps back to life (eg., Lake Erie, Thames River, etc. etc. etc.) Surely B.C. is not so far out of touch with the rest of the world that we aren't aware of their mistakes and act accordingly. This province is one of the most beautiful places in the world, and I for one, wish to try and keep it that way. I am not against progress, subdivisions, industry, etc., but am against ruining our world to save these companies a few dollars. I am certain in these days of advanced technology, there is an alternate to dumping 80,000 gallons per day of "treated" effluent into our Straits. The temperature of this effluent is supposed to be 65 degrees F. - a considerable increase over the normal temperature of the Straits. I cannot believe that this won't cause some detrimental effect on the marine life. The amount cited is the initial amount. How much more will be poured out to sea as other developers build other subdivisions.

Campbell River residents were assured that their sewage treatment plant would cause no damage or have any detrimental effects. Last summer the stench from that plant nearly asphyxiated everyone in town. What else didn't work, as planned, in that plant? We have to be pretty ignorant to believe the promises and assurances we will likely hear from the hired experts of Sea Terrace Co.

I live in B.C. because I think it is the best place in Canada, but if we continue to allow the money-making concerns to continue their practices of doing lip service to environmental control (minimum standards) we won't have much to look at, or smell in a few years.

Let's attempt to keep B.C. beautiful to look at, good to fish and swim in, and a place where one can breathe deep without gagging!

I have not mentioned the effect on this area on the tourist industry, as that is pretty obvious, nor have I mentioned the fact, which should be apparent to anyone who thinks at all, that sewage will not only pollute this one small area. The precedent set here could affect everyone on the coast of B.C. Perhaps if enough of us protest we can stop this ruination of our coast.

W.R. Wacey

A dirty word

THE EDITOR;

As the senior "PONGO" on the Base I would be guilty of letting the side down if I didn't observe on that thoughtless and untimely insertion under your flag, of AIR, WATER and DIRT.

My initial annoyance on seeing this witless phrase has turned to sorrow. To think that after a decade of integrated operations there are still some amongst us with so massive an inferiority complex that they feel the need to denigrate some other element to support their own esteem.

Don't get me wrong. There isn't one of us, who at one time or another hasn't taken part in good natured joshing between the former services. But that is a personal thing between individuals, a part of the give and take associated with service life. It is a totally different matter to see it flaunted on the front page of your own base newspaper! It is particularly lamentable that you had to choose to use it on the occasion of the announcement that Air Command was to come into being.

I do not ask for a retraction or apology nor do I expect it, as I must assume that as the Editor, your paper is a true reflection of your opinion. I am, however, saddened to think that a quip such as this will alienate a fair number on this Base.

N.F. Richardson
Major

Editor's Reply:

First, let me say that this is the first time in a long time that the Times has received correspondence, critical or otherwise, from the Base Transport Section. But to get to the matter at hand.

The reader makes the statement that the banner reflects my personal opinion of some members of the Forces in an effort to support my own esteem. I assure you, Sir, nothing could be further from the truth. I come from an Army family, and spent a year in the Militia before joining the R.C.A.F., and as a Safety Systems Technician, I have worked with members of all three former Services, and I value their comradeship equally. The tone of your letter, however, suggests that personal animosity may lie elsewhere. If I may be permitted to make a quote: "When a man points a finger at someone else, he should remember that three of his fingers are pointing at himself."

Now to get to the technicalities of the words **Air, Water** and **Dirt**. To assume that these words refer to individuals is ludicrous, to say the least. The words were meant as simple modifiers relating to the new command structure. I suggest that if you re-read the text of last issue's front page story, the third and seventh paragraphs will clarify this . Soldiers are not to be considered dirt, any more than sailors are water, or airmen are air. It's simply a case of misunderstood semantics.

In your closing paragraph, Sir, you state that you request neither a retraction nor an apology; therefore you shall not receive one. I might add that the same phrase (Air, Water and Dirt) was used in the Officer's Mess calendar in conjunction with a recent social event, celebrating the anniversary of unification. The same humorous intent was meant when the Times went to press. As this is the only letter received regarding this matter, I assume that only one individual on this Base has been alienated. I respectfully submit, Sir, that you have simply missed the point. Thankyou for writing.

The Chief on chow

Editor,
Totem Times.

Exercises come and go with their faux pas and goofs.

As one who stands close to the part of the exercises that takes place in 7 Hanger canteen, I am in a position to say a couple of words on the efficiency and high quality of their efforts for those of the Food Services staff.

Capt Krayden, WO Vic Cotton, Sgt Walmsley and all the staff of their kitchen are to be complimented on the food.

Conditions aren't the greatest for serving several hundred personnel but they sure bring it off smoothly.

The quality of their culinary cuisine is attested to by all the overweight troops we own.

J.W. Brown, CWO

All about us - nous autres

To "Letters to the Editor"

We invite young people in your community to send us paintings, drawings, poems and stories which express their feelings about themselves, their environment, and the world we live in.

Our project, ALL ABOUT US NOUS-AUTRES, is a non-profit group which collects, publishes and exhibits creative works by Canadians from six to eighteen years of age. Our purpose is to provide a way for our six million school-age people to get to know each other better. We hope many in your area will share their ideas, their interests, hopes and concerns.

Original works from all parts of Canada, received by May 1, 1975, will be considered for the third annual art exhibit and a second volume of writing planned for fall publication. The national art exhibit will open in Ottawa during Festival Canada, and travel to various regions throughout the year.

Pictures and writings should be sent directly to ALL ABOUT US-NOUS AUTRES. Please include name, age and address on each item so we can let you know about exhibitions and publications. Students, teachers and the public can write for further information.

Sincerely,
Betty Nickerson, Coordinator
Box 1985, Station B
Ottawa, Ont. K1P 5R5

Generation Gap

Dear Sir:

Answer to the letter to the Editor of the Totem Times. signed the "Old Corporal".

Concerning the Air Ops badge revealing that the mold was flawed. I must say that I entirely agree with you; the mold was flawed all right. It took me also less than five second to notice the flaw. It's that stupid looking crown that they forgot to do away with. (Probably manufactured by a British firm).

Nevertheless it is now the Canadian Armed Forces so let's stop being ridiculous and make a badge that would really identify us as Canadians.

Yours,
The Young Sergeant

New Group

Dear Sir:

In case there are some base personnel who do not read the 'Green Sheet' I would like to make a small announcement. There is now in the Comox Valley a fledgling Cross Country Touring group.

Beginners and experts of all ages,we invite you to join with like minded souls in touring the many miles of trails to be found around. In pleasant company we ski on Saturdays and Sundays leaving the C.R.A. Hall at 1000 each day with a desire to find new places to explore and enjoy.

S'Il-y-a des skiers de fond a la base de Comox nous vous invitons de partir en excelent compagnie. Samadi et Dimanche vous nous trouverai au "Courtenay Recreation Association". Le depart est a dix heures.

GOD TUR!!

Bill Ouellette
Loc. 367

One Reader's Opinion

Dear Mr. Editor:

It would seem if one studies history, that history follows a pattern. It also seems to me, if one doesn't study history, one is doomed to repeat it.

Are we not repeating history now, as our western nations obviously come to a drastic economic HALT?

Preceding the First World War, we entered into an Inflationary period, ending in 1929, with Depression. Then along came what seems to be an old economic saviour, otherwise known as WAR. There was a time, when I believed as so many of us did, that war was always morally justifiable. The good guys (in my day always led by John Wayne) always won over the bad guys. And we sat in the front row seats of our local theatre, and cheered the heroes on, munching away on popcorn, and fantasizing ourselves in the hero 's position.

However, one must grow up someday, and one must face the fact, however unpleasant and uncomfortable, that the reasons for war, are not always what they seem.

And, in my opnion, those reasons are getting churned up, and stimulated once again.

Most of us will admit, that our North American economy is at the 1929 stage once again. Many so-called economists have told us that this could never happen again, but I truthfully don't know where these people studied economy, for however we might camouflage reality, in the end, facts become too real to run away from.

In studying our history, one would see, that inflation leads into depression, and depression always has led to the best and most constructive (?) way, of getting the economy rolling again...which is the heavy production of armaments.

For example, one cannot deny that after World War II, we came to a period of economic decline on this continent. It would almost seem that we were SAVED by the Korean War. After the Korean War ended, we began an economic decline again. But alas, we were saved again, by the now-famous conflict in Indo-China.

Now that this conflict has pretty well ended, (according to most American news reports) our economic decline has started again, and this time it has really declined!

Studying these links in our history's memory books, and having a teen-aged son, I personally, am sincerely involved, in why the young of a country such as ours, go to war.

Knowing of the definite injustices around this world, how can any of us, take a complete Pacifists's stand? For there are certain justifiable reasons for war.

But, it seems also to me, that if conflict for whatever reason (such as the obvious Cold War situation) just happens to be evident, then war as a solving of an economic situation, becomes little seen, or believed. Therefore what might be a major planning manoever by politicians to correct their own inabilities to run a government, is never seen. The ready-as-ever scapegoat, which could have any territory in this world, as its platform, is CONFLICT. And this scapegoat, if presented firmly enough, before economic situations reach such a state of decline, make the fighters in a war, feel like they are doing it all for that age-old mechanical word...-freedom.

Well, freedom as with every word in the dictionary, is defineable, and surely my son will take a stand within his own meaning. Yet I would feel pride in his fighting, if it ever comes to that, for something worth fighting about. And since this is a Democracy, and since we all are supposed to have the freedom of thought and speech...I don't personally feel that death of our young, is a justifiable reason, to keep our politicians able to escape from finding solid methods of handling our economic problems.

In this age, when anyone half intelligent cannot close his eyes, to the fact that politicians are not holier than thou...it would seem to me, as a mother, and as a human being, that any one who will take up arms for the whims of a politician without questioning...should have his head examined.

And also, it seems to me, that it is about time, that we took a clearer look, at the people we voters put into the God-like position of running our affairs. For the people are truly the POWER, and they have a voice. And what they support often without giving much thought to....is a direct legacy to the young of this land. As a producer of sorts, of some of the young of this land, I personally do not wish my young to inherit the mistakes made by other generations.

And definitely I do not wish for my son, to aimlessly wander through his gift of life, non-thinking, non-feeling, and non-responsible. And if I someday come to see him packing a rifle, or flying a plane, in the name of his country,...I want it to be truly for something truthful and honest. And I cannot see WAR, as a way out economically to our troubles, as being anything but a waste!

Sincerely
Nora Miller.

Totem Talk

1. If you're a shift worker living in barracks or PMQ's, you must really enjoy the Base siren test every Monday morning around 08:30. Bet it would sound just as loud at 12:30. Wonder why they do that?

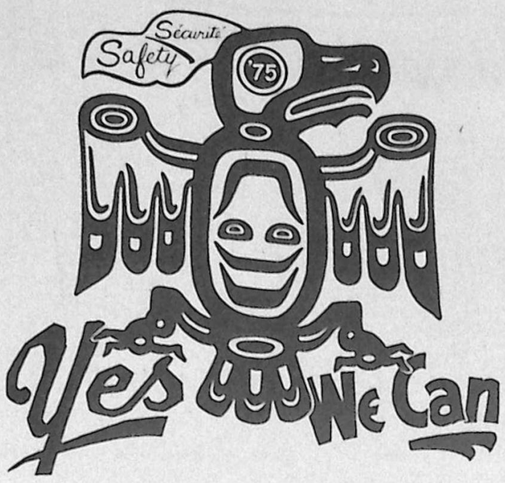
2. A recent article in a local paper featured the Base's recreational facilities. It's too bad the list couldn't include a curling rink. We must be one of the very few, if not the only, "air force" unit without one. Maybe one of the small stations closing up would have an ice plant up for grabs, and there's a nice spot next to the Golf Club that could probably handle a four-sheeter. It's well worth looking into. And while we're at it, how about a squash court, too?

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

TOTEM TIMES

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ACCIDENT INVESTIGATION AND THE SUPERVISOR

As a Supervisor, have you ever asked yourself, "Why do I have to investigate an accident? All too often the cause of the accident seems to be due to carelessness or inattention. In reality, the so-called "carelessness" may be a result of inadequate job training, or unsafe conditions which caused the accident victim to take a chance. It could be that the so-called "carelessness" was really a host of other reasons or a combination of several reasons. None of these underlying True Accident Causes can be identified without a complete accident investigation.

The only valuable by-product of an accident is the information that can be gained to prevent the same or a similar one from happening again. A thorough accident investigation often turns up potential accident causes not associated with the accident involved and not apparent from the accident description. Such information can be very valuable in accident prevention efforts.

For example, a recent accident at the Receiving Dock was found to be caused by failing to secure the vehicle being unloaded against movement. During the investigation several other hazards were revealed. As a result, corrective action is underway to not only improve the standard operating procedures, but to install lighting, procure a dock plate that meets DND safety standards and redesign the removable guard rail.

"But why must I, as a Supervisor, make the investigation? I'm not the Safety Officer. That's what we have him for!. And besides, it takes a lot of my time which I should be spending on work problems." As a Supervisor your time is valuable, you must spend a great deal of it on production and administrative problems. You are expected to run an efficient shop, keep up productivity and customer service, keep up morale, minimize down time, and so on. How can you do all of these things when your time is being spent investigating accidents? Well, one way to prevent this "waste" of your time is to prevent the accident in the first place, by taking steps to improve job safety training and correcting unsafe conditions. Preventing the accident in the first place will save you valuable time; prevent down time; help keep morale and productivity high; eliminate replacement training and save the costs of repair and replacement of equipment.

"But I still don't see why I have to do it. What about the Safety Officer?" Let's think about this question for a moment. Does he know the process as you know it? Does he benefit from knowing the true accident cause? Can he take the corrective action? Does he train your personnel? Does he carry the responsibility for their safety? Can he discipline your personnel? If the answer to all of these questions is yes, then perhaps he should have YOUR job! This is not to say that the Safety Officer doesn't have a role to play in accident investigation. He surely does! He should provide the know-how and guidance in the techniques of conducting a proper accident investigation. In certain types of cases, he may be a part of the investigation team. For minor, more routine cases, he must rely on you, the Supervisor, to determine the True Accident Cause and to take corrective action.

So next time an accident happens in your area of responsibility - make a good investigation, dig for the real accident causes, take the corrective action necessary, give the investigation the time and importance in your schedule that it should have. It will be time well spent.

SAFETY SAM

407 Squadron Standard Presentation

The Lieutenant-Governor of British Columbia will present the squadron standard to 407 Squadron on 28 June 1975.

In conjunction with the standard presentation, the squadron is planning a reunion of all Second World War and post-war 407 members. The reunion will take the form of a three-day weekend with social functions on Friday and Saturday evenings and appropriate farewell ceremonies on Sunday.

All former members of 407 Squadron who are interested in attending the reunion should contact the squadron, care of Executive Officer, as soon as possible.

Hospital Anesthesia

The most obvious news for this edition seems to be that the base hospital has had a succession of real, live patients – so beware, Base Foods, we can now truly substantiate our rations! Other than the usual problems of the food hassle, we now compound our status as a typical hospital by running out of bedding as well. So all you prospective patients, take note – if you have a thing against tie-dyed p.j.'s and having your little butt rubbing directly on the mattress cover, better bring your own!

The flu bug seems to be taking its toll of people everywhere, including those who are never supposed to get sick – the medical staff. We wonder how a certain nurse and a certain Med A would cope with an air-evac, where facilities appropriate to the prevailing problem are far from abundant.

Two other staff members seem to be getting lighter as well, but not so drastically. Capt. Dave Doty, minus fifteen pounds, has returned from Edmonton and his sojourn with his sinuses. So much for the flight surgeon's course, eh Dave? Lt. Marg Patte is down ten pounds, although she can't figure out where it's gone from. Someone said her chin looked thinner – big deal, huh? We haven't heard much from the "dietin' devil" in the orderly room lately, so can't report on his progress. We usually get that figure right down to the last ounce!

There are two new acquisitions of note at this time of writing. Sgt . Norma Boles is swinging a pretty heavy left hand these days – a few little gems that'll dazzle your eyeballs. Better wear sunglasses if frequenting the dental clinic. We're waiting for the party, Norma.

Cpl. Bob Pack is proud to announce the arrival of his recently acquired 1970 blue LTD – it's the replacement for the vintage two-tone rust-and-white Rattletrap!

The latter part of this column, out of all due respect, must certainly be dedicated to our recent rash of exercises. Several of the staff have been routed out of bed at disgustingly early hours on a few occasions, to spend the ensuing hours in 7 hanger protecting their delicate bodies from any vestige of sunlight whatever. A rather successful (poor description, I admit) mass (mash??) casualty simulation was also conducted, with some VERY REALISTIC simulated injuries. When the staff built up enough courage, we removed blood-stained dressings, and really went to work with our Mr. Fix-it Kits. Not only did we treat our simulated injuries, but also dried out people, cleaned fire-fighting foam out of ears, hair, and clothing, and generally pulled through fairly well. Let's hope it's equally as impressive for our friends from North Bay.

Out of news, so for now:

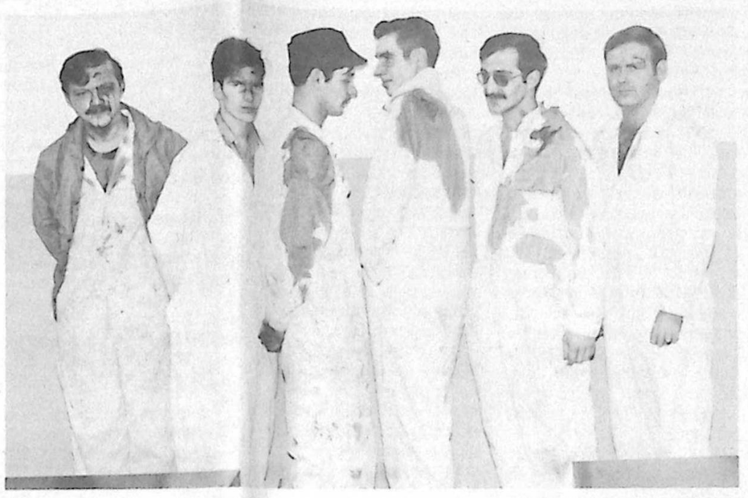
Good-bye, good-night,
Sleep well, sleep tight
And don't let that dirty ol' flu bug bite.

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



"HOW COULD YOU possibly have 22 years of service with undetected crime?"

Base Photo



SUCH A MOTLEY GAGGLE OF gentlemen! Base hospital staff really had to try hard to remind themselves that these realistic "injuries" were only "for pretend."

Photo by Begin



SHOWN AFTER RECEIVING clasps to their CD are L-R: Sgt. Aitkens, M Cpl. Mitchell, Cpl. Pugh, Cpl. Kirby, Sgt. Reich.

Base Photo

Entertainment and Events

CREDIT UNION ANNUAL MEETING TIME

This is your notice
of the annual
GENERAL MEMBERSHIP MEETING
which will be held
in the
TOTEM INN LOUNGE
CFB Comox
FRIDAY, FEBRUARY 21st
1975
at 8:00 p.m.

At this meeting you will be asked to—

(1) Receive reports of Directors and other officers
(2) Appoint Auditors
(3) Approve Ordinary Resolutions
(4) Consider New Business
(5) Elect Officers

There will be valuable door prizes

Dancing 2100 - 0100 —

Smorgasbord 2200 - 2400

VANCOUVER ISLAND REGIONAL LIBRARY SERVICES

COMOX	COURTENAY
1790 COMOX AVE	267 - 6th STREET
1400 - 1800 Daily & 1900 - 2030 Sats.	1000 - 1730 Wed., Thurs., Fri. & 1000 - 2100 Tues. & Sats. Only

FREE PUBLIC LIBRARY SERVICES

CENTRAL ISLAND ARTS ALLIANCE

907 McPhee Courtenay 338-6211

offers the following programs
ART GALLERY - currently Bill Goers - Painting Weekly.
FRIDAY, 8 p.m. - Coffeehouse - Local entertainment, place to meet people.
CONCERTS - Saturday, 8 p.m. - $2.
Brain Damage Feb. 8, Union Street Feb. 15 - Both Country Rock.
MONDAY - Musician's Jam - Free - 8 p.m.
TUESDAY AND WEDNESDAY - 2 Dance Workshops.

SPECIALS
Movies: LUCK OF GINGER COFFEE - Feb. 9, 7:30 p.m. $1.
I HEARD THE OWL CALL MY NAME - Feb. 13, 7:30 p.m. $1.
INTRODUCTION TO FOLK GUITAR - A free lecture workshop. Feb. 15, 7:30 p.m.

GENERAL HOURS - 9-5 Monday thru Saturday.
GIFT SHOP - Locally produced crafts - Jewellery - Custom Work

JUNIOR RANKS ENTERTAINMENT

7th, 8th, 9th Feb.
Dance at the Lounge to "Sparkling Apple". Back by popular request.

11th Feb.
Movie: "The Sound Of Music" starring Julie Andrews.

12th Feb.
Bingo in the Lounge.

14th, 15th, 16th Feb.
Dance to "Lucky 7" with soloist Peter Rabbit.

NOTICE
BASE SCUBA CLUB
GENERAL MEETING

All Club Members and interested persons are invited to attend.
PLACE: Upstairs Rec Centre
DATE: Thursday 27 February 75
TIME: 1900 Hrs.

SGT'S & WO'S MESS ENTERTAINMENT
FEBRUARY

FRIDAY, FEB. 7 -
TGIF
SUNDAY, FEB. 9 -
Wine & Cheese Party - 1400. Dress Casual. Wayne Warner & His Accordion. Admission: Free to Members and 1 Guest Couple. Max. 240 People.
MONDAY, FEB. 10 -
Movie - Sound Of Music - Julie Andrews.
FRIDAY, FEB. 14 -
TGIF.
SATURDAY, FEB. 15 -
Valentine Dance - 2100 - 0200. Dance to the "Alley Cats". Food - Steak Supper. Dress - Semi Formal. Admission: $6.00 Reg. & Assoc., $8.00 Honorary Guests.
MONDAY, FEB. 17 -
Movie - Carry On Matron - Sidney James.
SATURDAY, FEB. 22 -
Bingo & Dance - 2000 - 0200. Band "Alley Cats". Dress - Casual. Admission: $3.00 Reg. & Assoc., $6.00 Honorary & Guests.
MONDAY, FEB. 24 -
Movie - Harry In My Pocket - James Coburn.
FRIDAY, FEB. 28 -
TGIF.

Officers Wives Club

WED., FEB. 19 - 8 p.m.

ARTS & CRAFTS DISPLAY
Auction – Bake Sale
ALSO BRING GOODS FOR AUCTION SALE

EW Courtenay

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

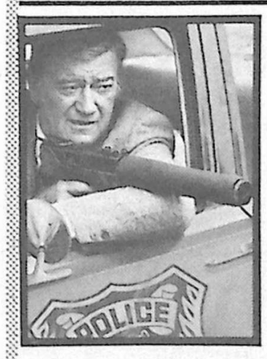
SHOWING ONE WEEK - THURS., FRI., SAT., MON., TUES., WED. - FEB. 6, 7, 8, 10, 11, 12
Two Shows at 6:30 & 9:00 p.m.
General
FOUR-TRACK STEREO SOUND
Metro-Goldwyn-Mayer presents
"THAT'S ENTERTAINMENT"

SHOW ONE WEEK - THURS., FRI., SAT., MON., TUES., WED. - FEB. 13, 14, 15, 17, 18, 19
RICHARD HARRIS · OMAR SHARIF
IN
"JUGGERNAUT"
United Artists
General Entertainment

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.

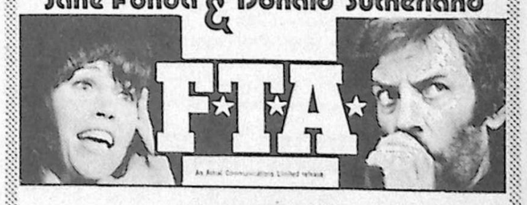
Wed 5 Feb, Thu 6 Feb — **CARRY ON LOVING** — Sidd James Comedy
Showtime: 2000 Hrs. to 2150 Hrs.



McQ–he's a busted cop, his gun is unlicensed, and his story is incredible!
JOHN WAYNE
"McQ"
From Warner Bros A Warner Communications Company

Fri 7 Feb, Sat 8 Feb, Sun 9 Feb — **McQ** — John Wayne Crime
Showtime: 2000 Hrs. to 2200 Hrs.

Jane Fonda & Donald Sutherland



Wed 12 Feb, Thu 13 Feb — **F.T.A.** — Jane Fonda, Donald Sutherland Comedy
Showtime: 2000 Hrs. to 2150 Hrs.

Fri 14 Feb, Sat 15 Feb, Sun 16 Feb — **MUTINY ON THE BUSES** — Reg Varny Comedy
Showtime: 2000 Hrs. to 2155 Hrs.

Wed 19 Feb, Thu 20 Feb — **CARRY ON ABROAD** — Comedy
Showtime: 2000 Hrs. to 2150 Hrs.

MATINEES

Sat 8 Feb (1400-1500 Hrs) — **MARCO POLO** — Rory Calhoun Eastern Western

Sat 15 Feb (1400-1550 Hrs.) — **TARZAN IN THE VALLEY OF GOLD** — Mike Henry

Sat 22 Feb (1400-1555 Hrs.) — **MISSOURI TRAVELLER** — Lee Marvin Western

Chapel Chimes

Protestant Chapel

SUNDAYS: Sunday School - 9:30 - 10:30 a.m. in the Chapel; Divine Service - 11:00 a.m.

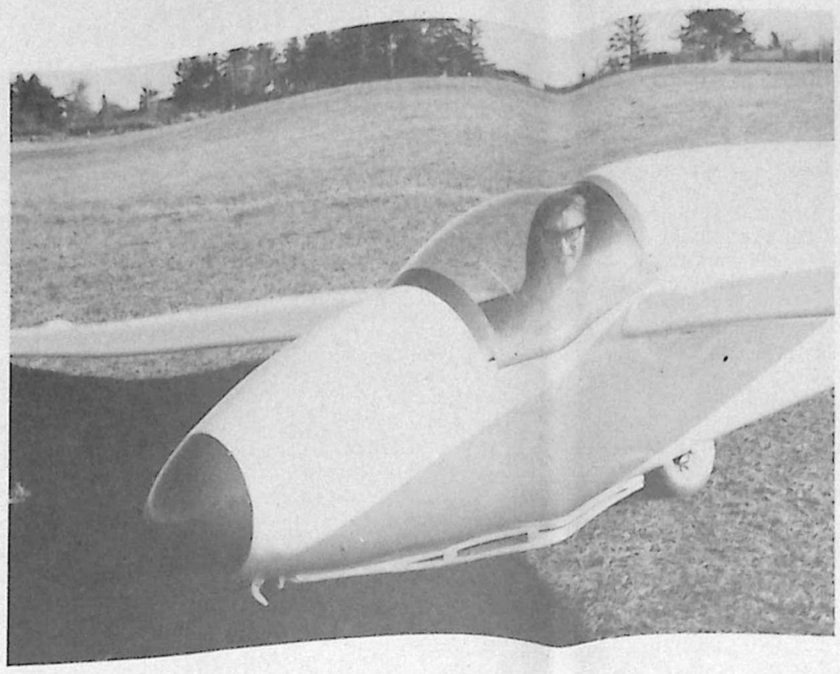
TUESDAY: 7:30 p.m. - Teen Group every Tuesday in Chapel Annex.

THURSDAY: 6:00 p.m. - Junior Choir 8:00 p.m. - Senior Choir Telephone: 339-2211 local 273 D. L. Martin, Maj. (Base Chap-P)

Sunday, Feb. 16, 11;00 a.m.
Annual Lord Baden Powell Sunday Family Services.

RC Chapel

Father Francis Swoboda - Base Chaplain (RC) Telephone No. 339-2211 Loc 274
MASSES: Saturday 7:00 p.m. Sunday Vigil Mass; Sunday: 9:30 and 11:00 a.m.
WEEKDAYS: The Chaplain will celebrate Mass in the Chapel or in private homes on request.
SACRAMENT OF PENANCE: Before Mass on Saturday from 6:30 to 7:00 p.m. and before other Masses.
BAPTISM: By appointment
CATECHISM CLASSES: Every Wednesday in the PMQ School from 6:30 to 7:30 p.m.



THE BASE GLIDING CLUB'S first flight of 1975 got off the ground last Sunday, with Danny Webber at controls. The flight lasted approximately twelve minutes.
Photo By Begin

A Community College?

Chairman Ruth Barnett of the Advisory Committee to develop plans for a Community College in the north island-coastal area announces that her committee members are now busily engaged in contacting all bodies with a declared interest in post-secondary education. Each school board is invited to appoint a representative to sit with them in the local discussion groups. Any person and any group that wishes to contribute their thoughts on local needs which can be met by community college services is invited to discuss these with their members who are listed as follows: School District No. 71 - (Courtenay) - Norm Sieffert, R. R. No. 1 Knight Road, Comox, B.C. and Capt. Ray Griffiths, 2231 McKenzie, Comox, B.C.; School District No. 71 - (Courtenay) - Judith Fanning, General Delivery, Cumberland, B.C.

Most of Canada's forests are still in a wild state.

Library Report

New books in the Library:

BEYOND HAWAII. . Leonard Wibberley; THE MAKING OF A PSYCHIATRIST. . .David Scott, M.D.; DESERT ANIMALS. . .Ro Tate; CHILDREN OF THE UNICORN. . .Will Millar; THE SCARLET RUN . . .John D. MacDonald; 500 BEST IRISH JOKES & LIMERICKS. . .D. Anderson; HOW THE DEPRESSION HIT THE WEST. . .J. Patton; CHILDREN AND PARENTS . . Fulton J. Sheen; BATTLE FOR THE MIND. . .W. Sargant; THE WHISKIES OF SCOTLAND. . R. J. S. McDowall; NINA . . .Nina Van Pallandt; TEARS AND LAUGHTER. . .Kahlil Gibran; TEN FASCINATING WOMEN. . .E. Jenkins; HOW TO DECORATE FOR AND WITH ANTIQUES. . .E. H. Bjerkoe; LAURENCE OLIVIER. . .W. A. Darlington; RED KELLY. . .S. Obodiac; STRING ART. . .L. Kreischer; BOTTLE GARDENS. . .J. Kramer; AUDUBON ANIMALS. . .J. Audubon.

LIBRARY HOURS: Tues. to Thurs: 12:30 to 14:00; 19:00 to 20:30. Friday: 12:30 to 14:00.

BUY EX
CHECK YOUR EX PRICES AND QUALITY

TAX TIPS

Q. I understand that I am no longer required to report interest income unless the total amount I received in the year is in excess of $1,000. Is this correct?

A. No. All interest income received must be reported as in prior years. However, you may be entitled to an off-setting deduction equal to the amount of certain types of interest income reported up to a maximum deduction of $1,000. To determine the amount which you may deduct and the type of interest income eligible for this deduction, please refer to Item 35 of the Income Tax Guide provided with your income tax return and Schedule 4 of the return package.

Q. Can a father deduct baby-sitting fees from his income?

a. Child care expense can be deducted by the father if, during the year, he was single, widowed, divorced or separated by Court Order. He may also make the deduction if the mother is incapable of caring for herself or the children or if she is confined for 14 days or more to bed, hospital, wheelchair, mental hospital or prison. The father's deduction is limited to $15 per week for each child up to $60 per week. The same limitations of $500 per child or $2,000 per year for the whole family also apply in this case.

Q. What is the Registered Home Ownership Savings Plan?

A. RHOSP was introduced in 1974 to help taxpayers save money to buy a home. It allows a taxpayer to deduct from income all amounts, up to $1,000 per year contributed to a Registered Home Ownership Savings Plan (RHOSP). A person's maximum life-time contribution is $10,000. Investment income of the RHOSP is accumulated tax-free and when the taxpayer wishes to withdraw all his funds to purchase a home, or home furnishings such as essential major appliances and furniture, the funds are received tax-free to the extent they are used for these purposes.

Q. Who may benefit under the Registered Home Ownership Savings Plan?

A. Taxpayers resident in Canada, 18 years of age or over, who were never previously beneficiaries under an RHOSP and who are not presently homeowners may contribute to an RHOSP.

Q. I received interest income from several sources in 1974, however, the total amount which was received was less than $1,000. May I claim a deduction equal to my total interest income?

A. Possibly. However, interest income from certain specific sources does not qualify for this deduction. Before making any deduction, please review Schedule 4 of your income tax return which should answer any question you may have in connection with eligible or ineligible sources of interest income.

Q. Can I now claim all the premiums which I pay for medical insurance?

A. No. You may only claim as a medical expense the premiums which you pay to a non-government medical or hospital inurance plan.

Q. What kind of expenses are deductible for child care?

A. Deductible expenses include costs of baby-sitting and day nursery care, and up to $15 per child per week for lodging paid at boarding schools and camps. If child care expenses are to be deductible, they must be for care in Canada; furthermore, payments for such items as clothing, transportation, education or medical care are not considered to be child care expenses.

Q. Where can I apply for a Registered Home Ownership Savings Plan and what types of investments may I make under these plans?

A. Most trust companies will accept applications for an RHOSP, and only qualified investments may be made. Trust companies generally offer one or more funds which contain qualified investments, thus allowing you to select the fund you wish to invest in. The common ones are often referred to as equity funds, guaranteed funds and mortgage funds.

Q. Can a mother hire her older child as a baby sitter?

A. The rule is that a mother cannot claim the amounts paid to a person who is under age 21, and related to her or her husband by blood, marriage or adoption, or if the person is claimed as a dependant.

YOU . . . and the law

BY LCOL ARTHUR K. SWAINSON
Assistant Judge Advocate General
Headquarters - Air Defence Command

(NOTE: Generally, these articles are valid throughout Canada, although some are based on Ontario Law. If acting on the contents of an article outside Ontario, ensure that the applicable provincial law is the same.)

INJURIES IN AUTO ACCIDENTS - SEAT BELTS

It may sound a little strange, but if you are a person with sufficient forethought to either buy a car with seat belts in it or install seat belts, you may end up suffering a financial loss in an accident, if you fail to use the seat belts in the car.

Most Canadian provinces have a Statute called a *Contributory Negligence Act* which generally provides that where injuries are caused to a person, but two or more people were involved in the incident, and each one is partially to blame, the degree of negligence of each will be determined, and payment of damages governed accordingly.

For example, if two cars both go through a red light, both driving down the middle of the road and strike head on, then each driver would probably be assessed 50 per cent of the other driver's damages, along with 50 per cent of the damage claims of the other driver's passengers.

Seat belts enter the situation in this way. You are driving your car, which has seat belts installed, but which you are not wearing. You drive through a green light and a car goes through a red light hitting you broadside and you are injured. If it can be shown that your injuries were caused as a result of being thrown out of the car, then, at least in British Columbia, you would be considered partially to blame.

The theory is that the driver should know better than to drive without fastening a seat belt already provided. Some courts do not agree with this division of damages but the principle appears to be becoming more widespread.

The leading case is the British Columbia Supreme Court involving Yuan vs Farstad. The court decided that Mr. Farstad was totally to blame for the accident, but because Mr. Yuan, who was killed as a result of being thrown from his car, was 25 per cent to blame for his own death, the damages payable to his wife for his death would be reduced by 25 per cent. Strangely enough, Mrs. Yuan who was a passenger, was allowed 100 per cent of her claim because no seat belt was provided at all for her.

The very technical rule of law would be that if you have seat belts, use them, or take them out of the car. However, the auto safety approach would be to use seat belts if you have them, and if you have none, get them installed.

THE SAILING CLUB

Although it is still skiing and winter driving weather, the Sailing Club has started making plans for the coming season.

While some brave souls ventured out sailing on New Years' Day, the regular Club activities will start at the end of March.

Watch for further details in the Totem Times.

NEW R&R SYSTEM

OTTAWA (CFP) - A new rest and recreation program for Canadian servicemen on United Nations duty went into effect January 1.

Members on Foreign Duty Allowance (FDA) postings are now eligible for a new R&R system, originally proposed by the NDHQ Pay Studies Team. It was given treasury board approval just before the end of 1974.

Until acceptable United Nations facilities are established, Canadian UN contingent commanders will be given $25.00 per month per man to be put into a special R&R fund.

The new program is designed to end a long-standing problem for service members during their "in-theatre leave," in which they most often found themselves with little or nothing to do.

The study states that "in-theatre leave is essential in order to maintain high morale and efficiency."

The new R&R fund will be used to rent facilities to establish a leave centre where service personnel may stay at public expense, and provide such other amenities as sports equipment and patrolled beaches. No cash payments are to be made to servicemen in lieu of R&R facilities.

Members on 12-month foreign duty tours with UNTSO or UNMOGIP will continue to be reimbursed by their accounting units, the cost of return air fare to a designated leave centre.

SAVE ON YOUR 1974 INCOME TAX NOW

Under section 146 of the Income Tax Act you can now reduce your Income Tax by using a personal Registered Retirement Savings Program.

As no particular program is suitable for all people, we have over 20 programs from which you can choose.

For examples of the tax dollars you can save, listed below is a table.

Annual Earned Income	Maximum Allowable Contribution	Tax Without Program	Tax With Program	TAX SAVED
$7,500	$1,500	$692	$385	$307
12,500	2,500	1,848	1,240	608
20,000	4,000	4,158	2,832	1,326
35,000	4,000	9,694	8,134	1,560

Table based on 1973 rate for a married taxpayer with 2 dependents under age 16 who does not contribute to a Company pension plan.

For complete information please feel free to phone 339-2361 or return this coupon to:

Great Pacific Management Co. Ltd.
203 - 900 West Pender Street,
Vancouver, B.C. V6C 1L3

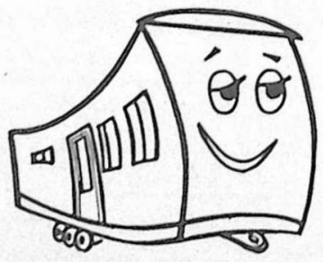
or

P.O. Box 452
Lazo, B.C.
V0R 2K0

Name

Address

CYPRESS MOBILE HOMES
Island Highway South of Courtenay



SINGLE WIDES AND DOUBLE WIDES
OUR PRICES ARE LOWER
Check and Compare
Phone 334-2181

HAS MAIL CALL TURNED INTO BILL CALL?

If that's been the case lately, HFC wants to call your attention to the Billpayer Loan.

With the Billpayer, we may be able to lend you as much as $10,000 to pay all your bills. Then all you do is pay us back in simple monthly installments.

If this sounds like something you've been waiting for, come in and see us. Most likely, good news is just around the corner. HFC.

The Billpayer Loan
HOUSEHOLD FINANCE
CORPORATION OF CANADA
HFC
COURTENAY
549 England Avenue—Telephone 334-2406
(next to Simpsons-Sears)

TIME IS RUNNING OUT...

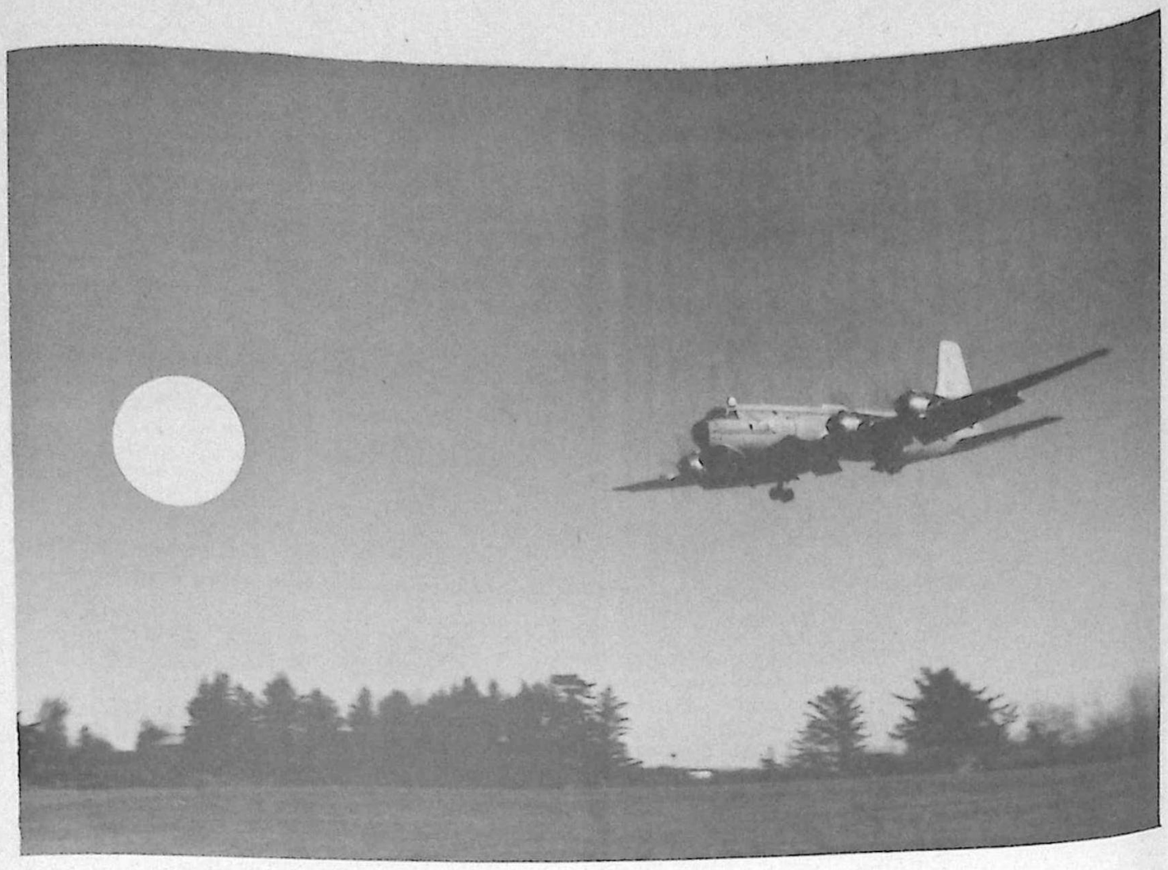
YOUR Autoplan INSURANCE MUST BE RENEWED BY FEBRUARY 28.

Renewing your Autoplan insurance is easy, so don't make it hard on yourself by waiting until the last minute.

You can buy your car insurance and licence decals or plates by taking your renewal form (or if you haven't got that, your present licence certificate) to any Motor Vehicle Branch office or Autoplan agent.

The procedure's simple and if you're like most British Columbia motorists, you'll probably pay less for your insurance this year. So renew today and make it easy on yourself.

INSURANCE CORPORATION OF BRITISH COLUMBIA
your insurance company



ARGUS BY MOONLIGHT? Only crafty Jack knows for sure.

PMQ Preamble

For those of you who could not hear the "this is an actual exercise" siren, this was Tac-Eval week in Comox. For those of you who couldn't help but hear it; hang in there the war exercise is nearly over. The sound truck will be around at the crack of dawn to announce the victors victorious. I had hoped to provide a list of prospective buyers for used sirens, but with inflation or recession or whatever, interest in this item is rather low. Perhaps the PMQ community could loan it to the Base proper since they do not seem to have one over there.

BASKETBALL As predicted boys and girls basketball, ages 10 to 15, began the first of February. There were 56 kids out the first Saturday which is almost enough for six teams. If there are a few more players around, bring them out to the Airport School; a parent is required for registration. Games are played from 0930 hours to 1130 hours. In the first games the Bucks won over the Superstars, 20-14, and the Go-Getters made it difficult for the Globetrotters, beating them 24-6.

If you have been in the habit of saying mean things about the CE Section, we have some habit changing news. On short notice, with great speed and skill, the CE people rebuilt an unusable back board and net. Because the basketball schedule was fixed and firm, their promptness prevented some even more lopsided scores. Thank you CE Section.

BASEBALL The baseball uniforms were counted in a recent inventory check and it seems that there is still one half of a baseball team running around fully dressed. The missing uniforms are grey with green trim for nine to twelve year old boys. Please have a look around; if you can help us find them or get them back, call Lt. Dave Godfrey, loc 209 or 339-3746 or Sgt. Jim Lynch at loc 360 or 339-4368.

The new House League Co-ordinator will be Capt. Gerry Chute. We are fortunate to have his experience. He is associated with the Comox Valley organization downtown.

There has been one response to our appeal for a permanent part-time Recreation Director as advertised in this column in the last Totem Times. If you have been thinking about it, give a call to Lt. Dave Godfrey, as soon as possible.

Don't forget about the Snowball on Saturday the 8th. There will be a dinner and a dance along with the crowning of the 1975 Snow Queen at the Union Bay Community Hall. Take part in the Comox Valley Winter Carnival and support Miss CFB Comox, our Snow Queen candidate, Mary Jacobi. Tickets are available at Searles Shoes.

For the younger PMQ (Continued on page 11)

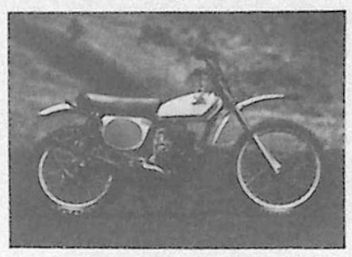
WHITE CANE WEEK

Hundreds of children under the age of seven are losing the sight of one eye. "Their problem is an eye condition known as Strabismus," said I. Beveridge, District Administrator, The Canadian National Institute for the Blind. "Strabismus (crossed eyes) is not a disease," she said in a special White Cane Week interview, sponsored by CNIB and The Canadian Council of the Blind. "It is a condition in young children which reduces the vision of one eye. The treatment is simple enough. It consists of patching the good eye to make the child use the poor one. Glasses and sometimes surgery are also used."

Ms. Beveridge told of one youngster who was first seen by the eye doctor when he was two. The condition was spotted and a simple patch put over the other eye to make the child use the poor one. He was due back for a check in three months, but did not keep the appointment. By the time he was seen again, it was too late to save the sight in the one eye. The patch bothered the child and the parents had let him take it off. "What they really did was let him lose the vision in one eye," the CNIB official said. "Most parents don't understand this and sometimes don't believe it, but once the child reaches seven years of age without treatment, the sight in one eye is lost for life. An operation can cure the squint but it can't restore sight."

She pointed out some of the symptoms of poor eyesight which parents should look for -- blinking and rubbing the eyes, tripping over small objects, showing an over sensitivity to light – these are nature's signals of possible eye trouble. "It's bad enough to lose the sight in one eye but an estimated 200 children will lose their sight completely this year," the CNIB spokesman said.

WORLD'S LIGHTEST MOTOCROSS RACERS



HONDA CR 125

The Honda CR125 and CR250 are two Motocross winners ready to race right out of the box. These Motocrossers are good enough for the most demanding experts — fast, good handling, easy to ride and comfortable. Proven winners! In 1974 AMA National Competition the CR125 placed first, second, third and fourth!!

Available Now With Convenient Terms At:

Holiday Lawn & Leisure Products Ltd.

3080B Comox Rd., Courtenay
Ph. 339-5112

For your stomach's sake

Over the years, antacid products have been promoted for a host of common ills – from simple "heart burn" or mild indigestion, to bloating, cramps, "gas pains" and "morning sickness." Whether the advertised affliction is "gassy-acid nausea" or merely the "blahs" a remedy is allegedly at hand. Available today are hundreds of different powders, lozenges, gums and pills to soothe our stomach complaints. No one can accurately determine how safe or effective these widely promoted products are since indigestion is a catch-all label for a variety of symptoms and tests comparing the fouled remedies usually lack scientific validity.

Even the safest antacid can invite hazard if it is used for the wrong reason. This is due in part to the vague nature of indigestion and its many causes. Simple symptoms such as heartburn, belching nausea and pains in the stomach or chest are commonly labeled as "indigestion." However the term "indigestion" has no real medical meaning. It can be a temporary symptom following a meal served during exercises, or a recurrent symptom signalling a more serious problem such as peptic ulcer. There are three situations which call for immediate medical attention. 1. Any single episode of severe or persistent discomfort, especially if accompanied by sweating, weakness or 2. breathlessness; 3. Any single episode accompanied by vomiting of blood; 4. and repeated episodes of indigestion no matter how mild. In such instances, self medication with an antacid can be dangerous, because it may mask a serious disorder or delay essential medical treatment. Note: Even in illness where antacids are an accepted part of therapy – such as in peptic ulcer – self medication without medical supervision can be hazardous. While an antacid may temporarily relieve ulcer pain, that doesn't necessarily mean healing is taking place. The ulcer may still get progressively worse. And if perforation occurs, leakage of gastric or intestinal contents may cause intense pain, infection, shock or even death. In short, indiscriminate use of antacids for undiagnosed symptoms can involve real perils - a fact that is rarely, if ever, noted in the ads for these non-prescription items.

NO IDEAL ANTACID

While there is no ideal antacid, some types are safer than others. One of the oldest and most familiar antacid is Sodium Bicarbonate, or common baking soda. It is currently a major ingredient of Alka-Seltzer, Bromo Seltzer, and Eno. Sodium Bicarbonate is a potent and fast acting antacid, but it is also one of the least desirable for regular or frequent use. If it is taken daily for more than 2 weeks or so, it's alkaline character might affect body chemistry, especially among those with kidney problems. Furthermore it's high sodium content rules it out for people on salt restricted diets. In short, Sodium Bicarbonate should be limited strictly to occasional use by healthy individuals.

Another antacid commonly used is Calcium Carbonate. Research has revealed that although it is an excellent antacid, providing rapid action, high neutralizing capacity, and prolonged duration of effect at low cost – it can cause "acid rebound". That is to say it can stimulate increased secretion of stomach acid that may persist long after the antacid action has ended. Consequently its effect may be, to some extent, self defeating. Calcium Carbonate is found in numerous products including Tums.

In addition Calcium Carbonate tends to constipate, and more seriously, its prolonged use may raise calcium in the blood to undesirable levels and cause impaired kidney function. To prevent harmful effects one should not exceed 8 grams of Calcium Carbonate daily. Thus the maximum daily dosage of Tums, for example, should not exceed 16 tabs.

Two other antacid ingredients have been found to be relatively non-hazardous. Aluminum compounds appear to be safe in amounts usually taken. Magnesium Salts, except for patients with kidney disease, also are relatively safe. The most widely used aluminum compound is Aluminum Hydroxide. The onset of action is slow and its neutralizing capacity is variable, but it provides a relatively prolonged antacid action. It is also constipating, however, and is therefore often combined with magnesium salts which tend to have a laxative effect. NB The most commonly used magnesium salt is magnesium hydroxide. This is a fast acting and effective antacid. Products employing Aluminum and Magnesium hydroxide together include Maalox, Diovol, Digel and Mylanta. These products are the ones most likely to offer safety and a minimum of side effects, particularly with prolonged usage.

In concluding the following guidelines should be adhered to when taking antacids.

1. Do not use any antacid regularly for more than a few days except under the advice and supervision of a physician.
2. If you are on a sodium-restricted diet, ask your physician or pharmacist for an antacid low in sodium.
3. Confine sodium bicarbonate or calcium carbonate to occasional use only and give preference to products with aluminum and magnesium ingredients.
4. IGNORE all claims for relief of symptoms other than heartburn, sour stomach and acid indigestion.
5. MOST IMPORTANT. If repeated or painful episodes of indigestion symptoms occur, stop self-medication and consult your physician.

Remember: Antacids will do one thing only. Neutralize acids and that's all.

J. Maddison, Base Drug Education Officer.

Note sections reprinted from "Addictions - Winter 1973".

Foreign duty allowances increased

OTTAWA (CFP) - Canadian servicemen on United Nations tours of duty are now eligible for new rates of Foreign Duty Allowance (FDA).

As of January 1, the rates increased in accordance with a new military rating system, which takes into account such factors as living conditions, messing facilities, isolation, and other local conditions.

The new system, replacing one modelled on external affairs department scales, provides five allowance levels, plus a bonus system for foreign duty service of more than six months.

The new FDA also covers such duties as extended relief missions.

Members who completed their six-month tours of duty prior to January 1 will not be able to count that time toward the increased payments. However, any foreign duty tours completed after January 1 will be counted under the increased rates.

For instance, members of the Royal Canadian Regiment, serving in Cyprus since mid-December, will be able to count their full continuous tour prior to January 1 under the new rates. However, they will not be able to count previous tours toward the higher rate.

The following table lists new rates and levels for the various formations and theatres in which Canadians are now serving. There are, as yet, no areas providing sufficient amenities to qualify for classification as Level I or II postings:

Theatre Formation	Posting Level	Monthly rate first six mos.	Monthly rate in excess of six mos.
N A	I	$50	$100
N A	II	$90	$140
UNFICYP	III	$105	$155
UNEF (ME)	IV	$130	$180
UNTSO, UNDOF			
UNMAC (KOREA)			
UNMOGIP	V	$150	$200

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February 1 to 9

THURSDAY, FEBRUARY 6th
8 pm Winter Carnival Broomball Pool/Arena Complex Headquarters Road COURTENAY.

FRIDAY, FEBRUARY 7th
8 pm WINTER CARNIVAL HANGOVER BONSPIEL Invitational Curling Rink across from Pool/Arena Complex Headquarters Road COURTENAY.

SATURDAY, FEBRUARY 8th
FORBIDDEN PLATEAU EVENTS 10 am Junior Giant Slalom; 11:30 am World's Championship Slurtle Race A unique novelty event with skiers hurtling downhill in an unusual posture; 1:30 pm Senior Giant Slalom; 2 pm Children's Race; 6:30 pm UNION BAY WINTER CARNIVAL "SNOWBALL" Crowning of SNOW QUEEN, dancing. The social event of the winter season. UNION BAY HALL Island Highway.

SUNDAY, FEBRUARY 9th
FORBIDDEN PLATEAU EVENTS 10 am Ski Ballet 2 pm Winter Carnival Molstar. All Forbidden Plateau event details posted in the Ski Lodge. *David Forman 338-5214 eve.

DUNCAN - COWICHAN VALLEY

WINTER FESTIVAL OF THE ARTS Jan. 23 to Feb. 17 Activity Centre 300 Brae Road. During the entire period of the British Columbia Winter Festival, the Cowichan Valley Regional Arts Council and its 600 members will feature visual arts displays in the Shopping Mall, Community Halls and Schools. *M. P. Yelland 748-8724.

ESQUIMALT

VOLLEYBALL Senior "B" Men's Tournament Feb. 7, 8 10 am Canadian Forces Gymnasium. *R. Paula 388-1469.

UCLUELET

WEST COAST FESTIVAL OF THE ARTS Art exhibits and demonstrations Feb. 8 11 am to 4 pm Exhibit of works by local craftsmen with demonstrations and participation by visitors. BEAUX ARTS BALL Feb. 8 8:30 pm to 12 midnight Ucluelét Athletic Club Hall, Peninsula Road. Sponsored by the Long Beach Arts Council. *Perry B. Perry 726-4356.

VICTORIA

MUSIC Victoria Symphony Orchestra Feb. 9 2:30 pm Feb. 10 8:30 pm Royal Theatre 805 Broughton St. Laszlo Gati Conducts: Dvorak "Carnival Overture" "Scherzo Capriccioso" and Rostropovich "Concerto for cello and orchestra". *Victoria Symphony Society 385-9771.

VICTORIA OPEN SPACE ARTS & CRAFTS FESTIVAL
January 23 to February 17

QUILT EXHIBITION Feb. 6 to 13 Open Space 510 Fort St. Works of 50 craftsmen from across Canada.

ARTS & CRAFTS Displays, Demonstrations and Participation events Feb. 6 to 13 daily except Sunday 10 am to 5 pm Friday and Saturday evenings 7 pm to 10 pm. Demonstrations in pottery, portrait painting, weaving, textile block printing, and photo silk-screen processes. Displays in art and audience participation. *William Bartlett 383-8833.

THEATRE "PROMETHEUS" Feb. 6, 7 8 pm Open Space 510 Fort St. presented by Company One.

MUSIC Faculty Baroque Ensemble Recital Feb. 9 8 pm Open Space 510 Fort St. presented by Faculty Members, Victoria Conservatory of Music. *383-8833.

PHOTOGRAMS & ANIMATION Feb. 9 1 pm to 3 pm Feb. 10 7:30 pm to 10 pm Open Space 510 Fort St. Audience participation. Workshop conducted by Master Photographer Pierre Bourdon. *383-8833.

THEATRE Camosun College Theatre Arts Programme Feb. 11, 12 8 pm Open Space 510 Fort St. *383-8833.

A programme of the Community Recreation Branch
BRITISH COLUMBIA GOVERNMENT
DEPARTMENT OF TRAVEL INDUSTRY
Hon. Ernest Hall, Minister — R. L. Colby, Deputy Minister

For detailed listings of all Winter Festival events, pick up your free "Schedule of Events" folder at any B.C. Branch of the Canadian Imperial Bank of Commerce; Recreation Office or any Office of the B.C. Automobile Association.



"OH NO, FUEL ON my nice clean boots!" Sergeant Dave Davidson of 442 SAR Squadron, currently with 116 Air Transport Unit Ismailia, seems to be having a problem squirting all that gas into the right place. He is shown refuelling a UN Buffalo aircraft at the Egyptian airfield.
Canadian Forces Photo

Flash Flare-Drop

Once again, our intrepid hero returns to the fore, to dazzle his adoring fans with feats of derring do; to strike young children dumb with awe; to make fair damsels tremble and faint at the mere mention of his name; but mostly to help the editor fill space in this twice-monthly journalistic prattle sheet.

The scene opens with our man, clad in his finest flying suit, its zippers polished to a burnished sheen, white silk scarf draped over one manly shoulder, and gold-bedecked cap at a jaunty angle, striding into the ops room of Canada's crack West-Coast S.A.R. Squadron. There was an air of hostility exuding from Flash, for his mustache was quivering, and a slight tic was rapidly developing over one eye. Truly, the eagle's feathers were ruffled. "Those kerosene cowboys and their infernal war games will be the death of me yet" muttered Flash, as he flung himself into a chair, sitting on his scarf and almost choking himself in the process. "No sooner had I got myself out of my car in the parking lot when some B.D.F. guard had a rifle under my nose demanding some identification. After I produced my "I" card and muttered a few choice phrases, I found out that under that steel helmet and parka there was a woman! What's this outfit coming to anyhow?"

"Maybe it"s that red turtle neck sweater you're wearing, Flash" answered Major Minor, as he stuffed his pipe with the last of his pineapple flavoured pipe tobacco. "She probably thought you were a left-wing subversive infiltrator." Just then up popped Snuffy Smiff, ace engineer, from his prone position upon the couch. "That's nothin', Cap'n. Lemme tell ya about the time in Puerto Rico when the shore patrol caught us stocking the pop machine with beer after the engineering officer couldn't figure out why all the guys were volunteering to do an engine change at three in the morning."

"Never mind the war stories, Snuffy, we've got to go flying", piped in Major Incident. "Flash, there's a piece of property up at Campbell River I want to show you, and it's going real cheap – An even half million and it's all yours."

"I have no need for property,' retorted the stallion of the skies, as they strode down the hall, "for I shall soon stake my claim in the North, when I'm posted to new duties at Yellowfork. Who knows what dangers or daring rescue missions await me there? It's a good thing I practiced contour searches around the Pyramids when I was in Egypt."

"Bring that Buff back in one piece, Flash" reminded Colonel Cloud Burst (former Aerobatic pilot), as they met him at the door.

"I'm going to practice cuban eights and snap rolls this afternoon, just to keep my hand in. All this paper work's getting me down."

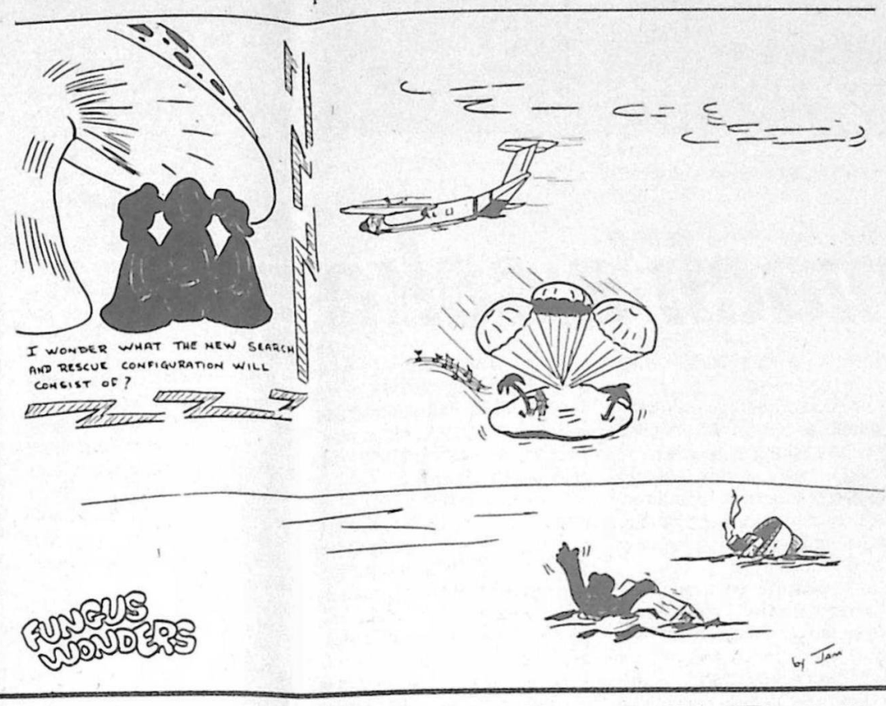
"Roger, See Bee, wilco over and out," snapped Flaredrop, executing a smart salute that almost broke the lens of his aviator's goggles. "We'll launch and maintain a standing patrol over Tree Island in case those jet jockeys or anyone else has need for our vital services and daring resourcefulness. And don't forget to have Budget call us when it's lunch time."

As Flash and crew patiently waited for takeoff clearance from the tower (there was an Argus 50 miles back on final), a voice came crackling through his electric hat. "Flash, this is Budget, return to the line immediately!" "Must be lunch time already" muttered Wruss Wrongway, the navigator as he fished through his map case for an old sandwich. Peeling rubber off the tires, Flaredrop hauled his steed around and made tracks for the barn, wildly anticipating a mission of mercy, a command decision only he could make, or a promotion.

Racing up the spiral staircase, bashing his shins as he went (but oblivious to the pain), Flash breathlessly confronted the ops officer, a navigator who frequently got lost in the locker room. "Awaiting instructions," barked Flaredrop, aquiver with excitement. "Where's the action? Cranberry, Penticton, or the Inferno Lounge!"

"Oh, no search, Flash," replied the Ops O., looking up from his Mad Magazine. "The mess hall just called. Today is an alert day, so the menu for the standby lunch is limited. You can have either Cudgel stew or the chef's wiener and saurkraut surprise."

(Continued on page 11)





"I'M SO HAPPY HERE, I could just. . . ." Seems hard to believe that Cpl. K. Cedar of 442 SAR Squadron is probably ecstatically happy with his job at 116 Air Transport Unit, Ismailia.

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Base Recreation

CFB Comox Sweeps Pacific Region Wire Bowl Competition

CFB Comox "A" and "B" bowling teams swept first and second place respectively in the Pac-Reg bowling championships.

"A" Team Members; Sgt. Engelmyer R. M. Cpl. Ball J.; Cpl. McRae R.; Capt. Elieff A., M Cpl. McCormack J., Cpl. Korbutiak W.; "B" Team members: M Cpl. Zielke A., Cpl. Gailey J., Sgt. Carter R. WO Strangward H., M Cpl. Tucker D. Maj. Carr-Hilton F.

CFB Beaverlodge won the small base championship with CFS Holberg finishing a close second. A total of ten B S U competed in the competition with thirteen teams overall. High average over 20 games went to Sgt. Russ Engelmyer (260) of CFB Comox with the high single going to M Cpl. Doug Tucker (384) also of CFB Comox. Pac-Reg bowling trophy and individual awards will be presented to team members Feb. 11 1300 hours, Base Rec. Centre.

The top five bowlers' names in the Pac-Reg championship have been submitted to NDHQ for selection of a CF team to participate in the world five pin championship in Calgary next month. Two members of the CFB Comox teams have been submitted. Sgt. Russ Engelmyer and M Cpl. Doug Tucker. It would be nice to be able to send two of our bowlers to a world championship "Good Luck."

Fitness Training Classes

Fitness training classes are available to all interested military personnel Mon. to Thurs. 0800 hours and 1630 hours.

Pac-Reg Broomball

Teams from Esquimalt, Ships, Chilliwack, Kamloops, Baldy Hughes and Beaverlodge will visit this Base 17-20 Feb. 75 for the Pac-Reg Broomball championship. CFB Comox is the defending Pac-Reg Champions and will be out to repeat so, lets get out and support our team. Game times will be published in WROs and flyer form.

Pac-Reg Hockey

CFB Comox will host the Pac-Reg hockey championship 24-27 Feb. 75. Game times will be posted in WROs and flyer form.

Base Badminton

Base Badminton playoffs will be held on March 3-4 for the purpose of selecting a team to represent CFB Comox at the Pac-Reg championship. This championship will be held at CFB Esquimalt 10-14 Mar. 75.

The competition will consist of: 1. Open men's singles; 2. Open men's doubles; 3. Veteran men's singles; 4. Veteran men's doubles.

Interested personnel may enter at the Base Rec Centre weekdays 0800-1630 hours.

Broomball

The broomball season is finally drawing to a close. The 407 "A" team looks as though they will end up in first place but not without a good fight from the Military Police who are putting on a fine show. The Fire Hall won another game last week so things are looking up. Remember Pac-Reg. Broomball 17-20 Feb. 75.

Recreation Hockey

The guys seem to have enjoyed themselves this year and will soon be going into the play-offs. We must remember that the majority of personnel participating in this league do so for sheer enjoyment and no other reason. Good luck in the play-offs to all.

"A" League Hockey

It looks like it is going to be a battle right down to the final game between 407 and 409. The guys from 442 Sqn. will finish third and the Military Police have yet to win a game this season, but with the addition of a couple of new players it just may surprise somebody one of these nights.

(Continued on page 10)



LCOL. B. T. MONTGOMERY presenting a $100.00 cheque for minor hockey to Maj. "Tap" Fawcett in support of the 407 Sqn. Owls, (Atom A Division).

Akela says

The last issue featured a new face on the Scouting scene, 1st Lazo Cubs and Scouts. Starting this issue we will introduce each component of our Group.

The 1st Lazo Boy Scouts of Canada are led by Graham Wilson and Roger Taillon. Graham Wilson is the Scoutmaster and has been in Scouting for about 7 years. Five of those years have been spent with this group. Roger Taillon, Assistant Scoutmaster, has four years of service all with the 1st Lazo Group.

The Troop started this scouting year with a Campfire at Air Force Beach. In addition to the Campfire the "Coming-up" ceremonies were conducted for Cubs entering Scouts. Since October, the boys have made several over-nite outings to Brown's River Camp, Denman Island and Horn Lake caves to name a few. On these camp-outs the boys learn about survival and nature, which helps them earn the various badges.

Fun things are also a big part of scouting. The Troop went "snow-shoeing" and "firefighting", (under supervision of the CFB Fire Dept.) During meetings, there is time to spare for a game or two.

Aside from the fun and games the Scouts have received instruction in the basics of Knots, First Aid, and Photography. This instruction is not only educational, but fun for the young men.

The Scouts have participated in all the fund raising projects for the Group and District. These included Apple Day, Bottle Drives, and selling calendars.

There are two other Adult leaders in the Boy Scout programs. Paul Faulkner, has a patrol and has three years of scout leadership.

Terry Wray has three years of scouting as a leader.

In the future, Scouting activities will include Winter Camping plus many other over-niters. A "Court of Honor" is planned as well as the "Father and Son Banquet". On 23 Feb. at 1 p.m. there will be a "Hobby Show" at the Scout Hall. The Annual Church Parade will be held 16 Feb. at the respective Chapels.

As of 1 Feb. 75 the 1st Lazo Cubs and Scouts will start a new section of Scouting called the Beavers.

BEAVER'S -CANADA

The Beaver program of the Boy Scouts of Canada organization is almost underway in the area. In recent weeks, meetings have been held to organize and enlighten parents (who have boys in the 5-8 year age group) of the program.

The BEAVER program is designed to meet the demand of boys too young to be Cubs but greatly desiring such a program. It is a program which is simple and flexible.

Facilities have been acquired in the Airport School gymnasium. Meetings will be held from 6:00-7:30 p.m. week-nites (Mon. Thurs., or Fri). Parents and interested adults have volunteered and participate in the program as Leaders. A registration has been held and 22 boys have been registered – an ideal number to start our first Colony.

It is anticipated that the Beaver program will expand rapidly in the area. (The intent is to open our program to the entire Lazo area once we feel that our own requirements have been met).

Any serving member who has a boy aged 5-8 who desires to be a Beaver may obtain further information by contacting Bob Vinnedge (339-4954), Rick Warren (339-4219), George Penney (339-2035), or Joan Kaardal (339-2150). Parental assistance, in all areas, will be requested of those parents whose boys wish to be a Beaver.

The Beavers motto: Sharing, Sharing, Sharing.

Curling Capers

by Bev Muskett

Uniroyal to Sponsor World Junior Curling Championship:

To junior curlers from nine countries will compete for the first World Junior Curling Championship in Toronto early this year. The new championship sanctioned by the International Curling Federation will be held at Toronto's East York Curling Club from February 25 to March 1.

Conformation of participation has been received from Scotland, Germany, Sweden, Switzerland, Norway, the United States, France, Italy and Canada.

The new junior championship was announced jointly by Colin Campbell, president of the International Curling Federation and Calude Allard, president of Uniroyal Ltd., sponsor of the competition.

In 1976 the championship will be held in Perth, Scotland and the following year will return to North America.

For the new event, juniors will be those players aged under 21 on July 1 prior to the start of each season.

The junior championship will precede the men's World Championship -- although junior rinks competing in the event will be ineligible for the Silver Broom in the same year.

The competition will consist of a complete round robin of 10 end games with the top four teams playing off for a berth in the final to be held Sat. March 1. The winners will receive the new Uniroyal Trophy.

- - -

Air Canada Silver Broom 1975: Plans are well under way for the 74-75 Silver Broom to be held in Perth, Scotland from Mar. 17-23, 1975. A limited number of seats (1100) have been allocated for use by North American visitors and it is all being handled on a first come, first served basis.

Silver Broom Tours in collaboration with the Scottish Organizing Committee have prepared four special packages.

For more information and booking arrangements contact: Silver Broom Tours '75, 150 Eglinton Ave., E., Suite 409, Toronto, Ont., M4P 1E8.

- - -

The American Medical Curling Association is sponsoring a medical-curling trip to the Air Canada Silver Broom Championship in Perth, Scotland in March. Canadian Physicians are eligible for membership. Those interested, contact: James D. Cardy M.D., 3180 Colonial Drive, Milwaukee, Wisconsin, 53222.

- - -

Senior Ladies Playdowns: A total of 12 rinks were entered in the Island playdowns held at Qualicum Jan. 20, 21 and 22. This was a double knockout draw with the winner being the Flora Martin rink from Victoria. Curling with Flora were E. Mussen, third, D. Baker, second and B. Stubbs, lead. This is the same rink that won the Senior Ladies Championship in Halifax, N.S., last year. They defeated Helen Wilson from Nanaimo in both finals of the "A" and "B" draw to win the Island final.

Kay Dick and her rink of E. Staples, B. Rivest and N. McConochie finished with a 1 and 2 record. They curled Flora Martin in their first game and lost this on an extra end. Their second game was against M. Smith from Victoria which they won and the third game was against Thompson also from Victoria. They were one up coming home without the hammer and lost by one rock.

The Senior Ladies Championship this year will be hosted by Saskatchewan in Swift Current from Mar. 16-20.

- - -

The Hangover League Bonspiel scheduled for February 7, 8 and 9 has a total of 54 entries to date and are hoping for 64. Entry fee $48.00 per rink, a deposit of $12.00 with entry would be appreciated. If you are interested get your entry in to Wayne Dunbar, R.R. 3 Island Highway, Courtenay, B.C., or phone 338-6025.

- - -

Junior Boys' Playdowns: With regards to the North Island Junior Playdowns; the dates originally given to me were in error and the playdowns will take place at Qualicum Jan. 31, Feb. 1 and 2. I certainly hope no one was inconvenienced by this error.

The Island Finals will be held in Nanaimo Feb. 7, 8 and 9, and there will be four winners emerge from this playdown, two from the North Island and two from the South Island. The winner of this will advance to the Provincial Final at Prince George Feb. 21, 22 and 23.

There are 11 teams entered in the North Island playdowns; they are as follows: Vanier High School; Rod Stirling, skip; Tony Pisto third; Rob Peterson second; Rick Cote, lead. Courtenay Junior Secondary; Robert James, skip; Mike Harrison, Third; Chris Jones, second; Brett Kury, lead. Comox Junior Secondary; Bruce Lewis, skip; Robert Perry, third; Ralph Longland, second; Robert Naso, lead.

Campbell River Junior Secondary: Bill Newman, skip; Joe Strachan, third; Terry Kragelj second; Daryl Bourque lead. Max Cameron High School - Powell River: Cory Coomber, skip; Paul Culos, third; Lyall Sieg, second; John Blackhall, lead. Nanaimo District Sr. Secondary: John Foster skip. Alberni District Senior Secondary; Ed Philipchuck, skip. E. J. Dunn Jr. Secondary - Port Alberni: Rick Zniderzic, skip. Mt. Kiltsa Junior Secondary - Port Alberni: Kevin Towers, skip. Qualicum Junior Secondary: Craig Jenkerns, skip. Campbell River Senior Secondary: Mike McKay, skip.

- - -

The over 60 Seniors Bonspiel was held at Qualicum Thursday Jan. 23 to Saturday Jan. 25. There were a total of 16 rinks entered from Victoria, Duncan, Nanaimo, Qualicum and Courtenay. Taking honors "A" event were the two Comox Valley entries.

First in the "A" was won by the Gerry Garoz rink. Curling with Gerry were Earle Staples, third; Murray Taylor, second; and Jack McAulay, lead.

Fourth in the "A" event went to the Frank Wortman rink. Members of this rink were Gordy Stephenson, third, Arnold Rennison, second; and Marshall Winram, lead.

Congratulations Seniors.

- - -

Men's Consuls Playdowns: In the Island Consuls Playdowns at Duncan on the weekend, the Pat Horning rink from the C.V.C.C. were eliminated with two straight losses. In the first round at 9:00 p.m. Friday they lost to J. Taylor from Nanaimo 7-6, and on the 2:00 p.m. draw Saturday they were defeated

(Continued on page 10)

Glacier Greens

The draw for Memberships to Glacier Greens was made at the Club House on Friday the 31st of January. The winners of Club Memberships were Jim Freeman and W. D. Harris.

The first cash prize of $25.00 was won by Mark Jocobs, Harry Ellis captured the second cash draw of $20.00 third cash prize of $15.00 went to George Abric, the fourth and firth cash prizes of $10.00 each was won by Mary Shaw. The Glacier Greens Club wishes to thank all committee members on their effort and success on the sale of tickets for this worthy cause.



Indoor Soccer

On Jan. 27th the Lions upended the Falcons by a score of 3 to 1. Scoring for the Lions were Mike Naso with 2 and Barry Luck got one.

For the Falcons it was little red headed Bill Walmsley his first of the season.

In the second game the Wolves beat the Bears 2-1. Teddy Eddy scored on a breakaway in the first half, but hard work by George Bulawka and Barbara Kuhn of the Wolves paid off.

On the 3 of Feb. we saw the Falcons beat the Bears 1 to 0 on a fine play by Tommy Cranidge who put the ball over the shoulder of the Bear's goalkeeper.

In the second game the Wolves white sashed the Lions 4 to 1. The Wolves were all over the Lions. Scoring for the Wolves were Lee Bryson, George Bulawka, Nancy Stagg and Barbara Kuhn, for the Lions it was Mike Naso on a fine play from Barry Tuck.

STANDINGS:

	P	W	L	T	Pts
Wolves	12	8	0	4	20
Falcons	12	2	3	7	11
Bears	12	2	4	3	9
Lions	12	3	7	2	8

A fruit farm near Montego Bay is growing a no-calorie berry that makes foods taste sweet. It is being marketed in the United States for use in diabetic and other sugar-restricted diets.

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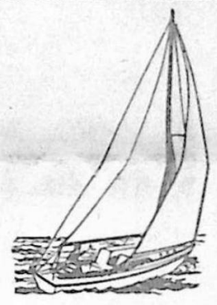
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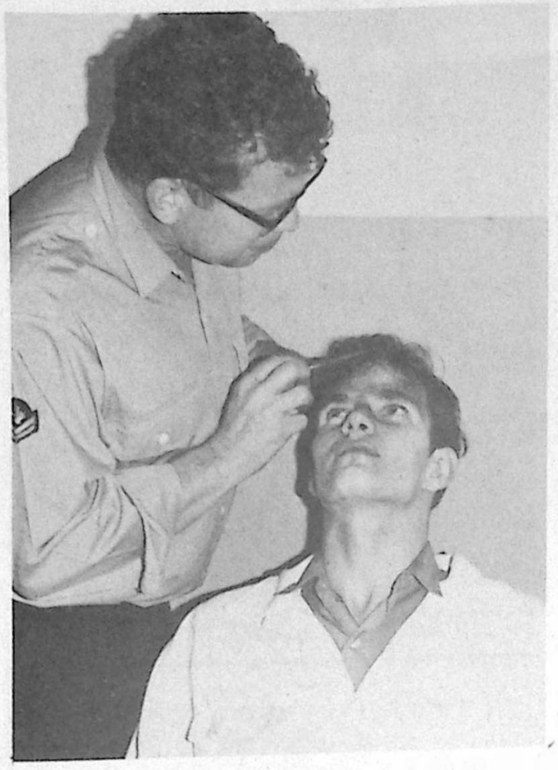


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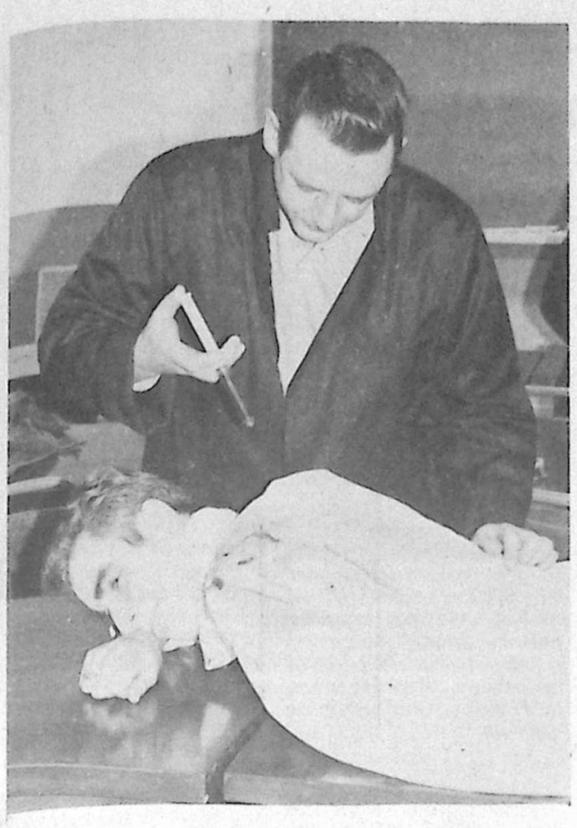


"OOPS. . . Darn knife slipped again."

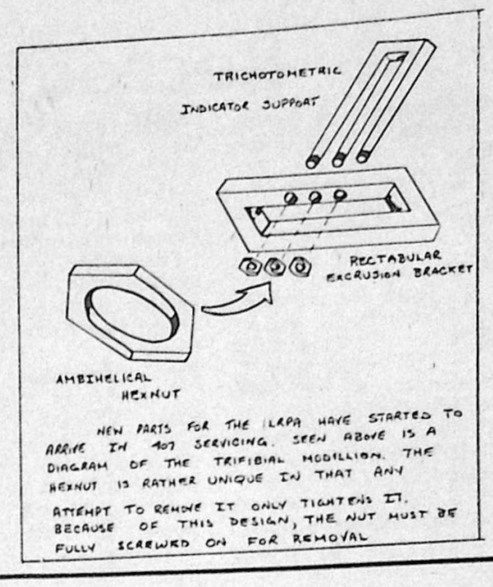


"PTE. STANLEY! We told you not to bite the dog."

Oh The Blood And Gore Of It All . . . Courtesy Of Make-Up Section Of Base Nuclear Defence



"NOW IT IS not going to hurt!" ". . .mmmother..."



NEW PARTS FOR THE LAPA HAVE STARTED TO ARRIVE IN 407 SERVICING. SEEN ABOVE IS A DIAGRAM OF THE TRIFIBIAL MODILLION. THE HEXNUT IS RATHER UNIQUE IN THAT ANY ATTEMPT TO REMOVE IT ONLY TIGHTENS IT. BECAUSE OF THIS DESIGN, THE NUT MUST BE FULLY SCREWED ON FOR REMOVAL

Recreation News

(Continued from page 9)

Station Hockey Team

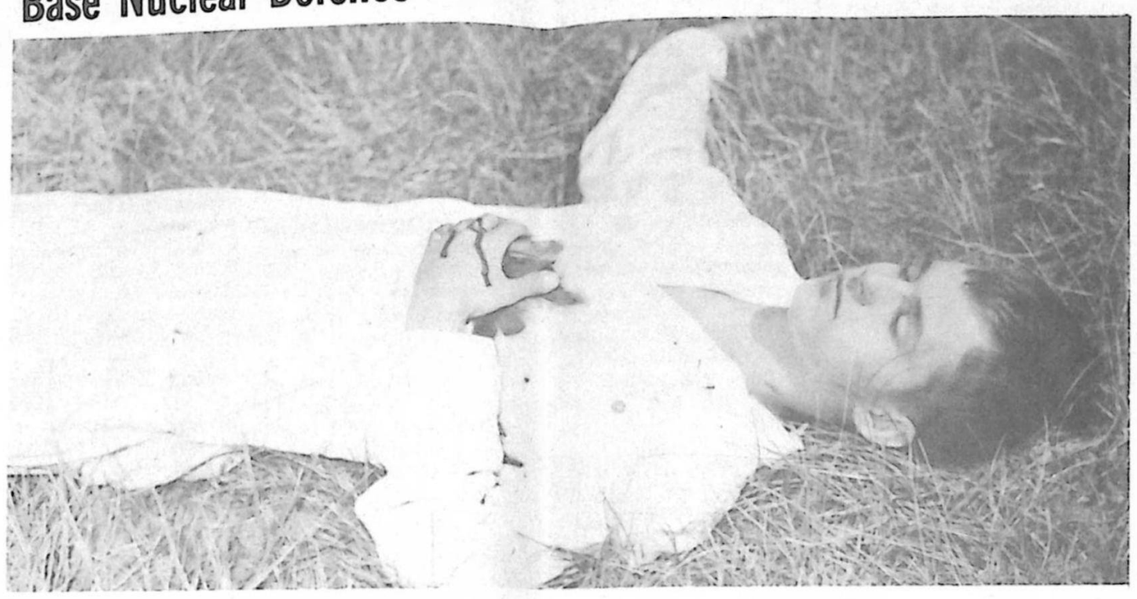
It is sad that only about seventy-five fans watched the hockey game between the Totems and the RCMP the other night because it was the finest game played in Glacier Gardens this winter. Although the RCMP won 2-1 the Totems played extremely well and missed numerous scoring opportunities. The Totems welcome Dan Sancartier and Owen Richard to their lineup who played extremely well in their first outing with the Totems. Graham Walker played well as did Jack McGarry. Although he was moved around the other night Larry Harker gave a good account of himself playing forward and defense. Rolly Creamer and Bob Nain played solid defense.

Remember Pac-Region Hockey begins 24-27 Feb. 75.

Totem Little Theatre

(Continued from page 2)

Base Theatre on Monday, February 10th at 7:00 p.m. Anyone interested in seeking a part or in helping in other ways is asked to be at the theatre before 7:00. You may contact Alexandra Laprise at 339-3950 or Cpl. J. McLaren at local 451 if you have any questions.



"IT FEELS SO NICE OUT here it is hard to believe I'm dead."

Curling Capers

(Continued from page 9)

by Gallagher from Victoria 7-3.

In the "A" finals J. Taylor and N. Thiessen both from Nanaimo Curling Club played at 9:00 p.m. Saturday, with Thiessen winning this game 10-7 ensuring his rink a berth in the P.C.C.A. finals to be held at the Arbutus Club Jan. 31, Feb. 1 and 2.

This loss dropped Taylor to the finals of the "B" where he curled Harper from Duncan

Comox Junior Secondary School League: 1, Longland, Lewis; 2, Chadderton, K. Richardson; 3, Perry, B. Richardson, Limber.

The following are the leaders in the Tuesday and Thursday Men's Aggregate.

Tuesday Men's League point standings after two squares: Vicklund and Sandberg tied with 14 points; Meyers second with 11 points; Milburn, Cochrane, Ballance and Paterson all tied.

Thursday Men's League point standings after two squares: Barr's Mobile Homes first with 16 points; McLoughlin, Vanetta, Fitzgerald and Foster all tied with 14 points; VanCurren and Hallum tied with 13 points.



L to R: Maj. Simpson, Col. Mortimer, MCpl. Tomlinson

Base photo

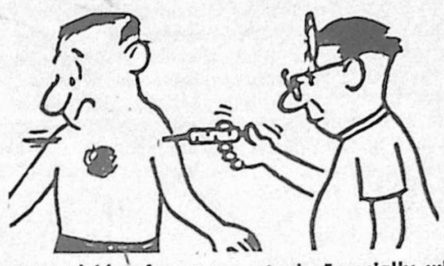
Good Show Awards

Col. Mortimer, Maj. Simpson and MCpl. Tomlinson were the crew of a Buffalo searching for a missing civilian aircraft. While searching down a mountain valley, the Buffalo's landing gear was lowered to increase the rate of descent. When the landing gear was raised at the lower end of the valley, one of the spotters reported that the left main gear doors had closed out of sequence and that the left main wheels were hard against the outside of the gear doors. The crew therefore elected to return to base with the gear down. However, when the gear was selected down the left main showed unsafe. Another visual inspection showed that the mid-fairing door was jammed against the scissors strut and this prevented the gear from fully extending and locking into position.

The AOIs do not cover the situation where the gear is down but not locked and specify a wheels-up landing when one main gear fails to extend.

Col. Mortimer, Maj. Simpson and MCpl. Tomlinson displayed a thorough knowledge of the Buffalo's systems and averted a possibly serious aircraft accident.

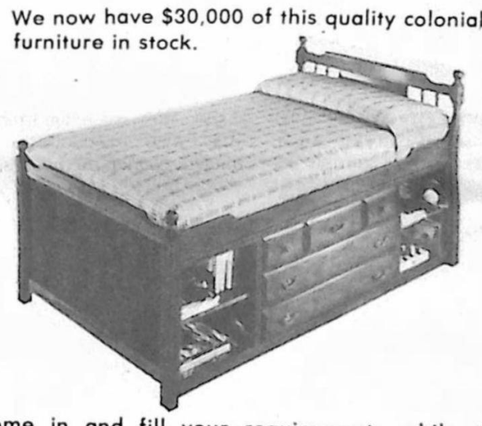
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BLACK KNIGHT WAS MISLED THIS YEAR BY BMETO!

Top Commanders Announced

Named to head the three Canadian Forces' functional commands, under a revision announced Jan. 17 by defence minister James Richardson, are Rear-Admiral Douglas S. Boyle, 51, Revelstoke, B.C., who remains as commander of Maritime Command in Halifax, but promoted to vice-admiral; Major-General Jacques Chouinard, 52, Montreal, who has been associate assistant deputy minister (policy) in Ottawa, to be promoted to lietuenant-

(Continued on page 12)



LT. GENERAL CHOUINARD



LT. GENERAL CARR



VICE ADMIRAL BOYLE



SGT. W. A. RITCHIE was presented his award on 407 Day.



SGT. BELLIVEAU WAS awarded for his alertness on the job.

Flash Flare-Drop

(Continued from page 8)

As Flash pondered this monumental decision, in sauntered the rest of the crew. When told of the situation, Snuffy sprang to the rescue. "Oh try the wieners 'n kraut, Cap'n! The Junior Ranks Club had it for supper last Friday night, and boy was it a sur-rise."

Be with us again for our next exciting story, when Flash takes a big gamble in life as Max Tork, the Servicing Sergeant sells him a sweepstake ticket.

PMQ Preamble

(Continued from page 7)

residents who probably won't need reminding there will be a Teen Dance at the CRA Hall, Friday evening the 7th of February, 2100 hours.

If you have any PMQ news or comments please contact your ward councillor by Monday of the week the Totem Times is issued. We'd be happy to include them in this column.

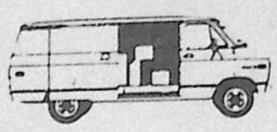
Until next issue don't forget that wise misquote of an ancient council member, spay your cats, tie your dogs, and batten down those garbage can lids.

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HAPPY VALENTINES DAY

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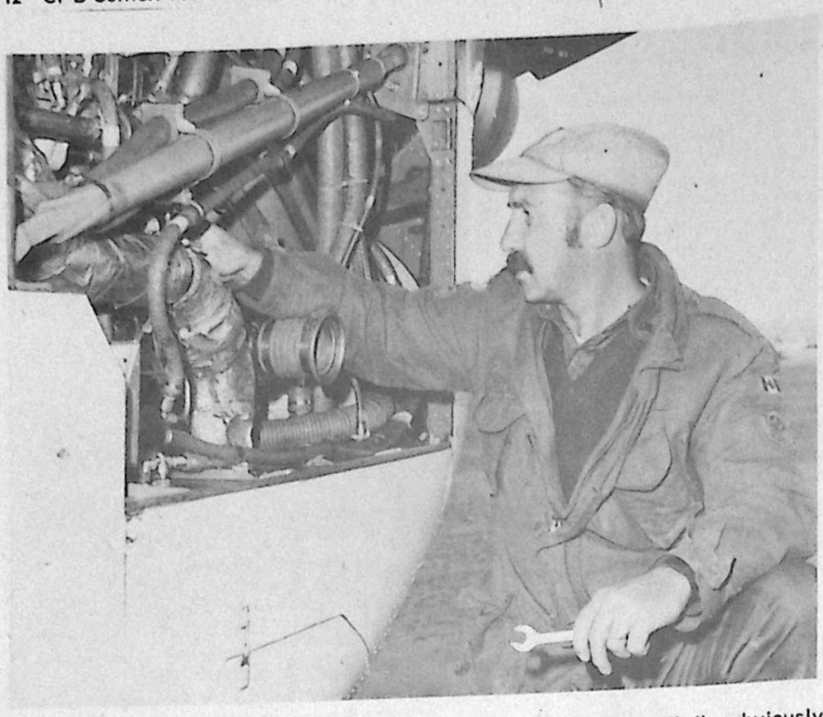
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Congratulations
Miss CFB Comox '75
MARY JACOBI

Best Wishes for the Snow Queen Contest, Mary!

DO YOUR CHILDREN KNOW WHAT TO DO IN CASE OF FIRE???



M CPL. DOUG MANN OF 442 SAR Squadron must be pleased with the obviously more relaxed hair regulations at 116 ATU, Ismailia. Better watch you don't get that moustache caught in the engine, Doug!

Canadian Forces Photo

A S.A.D. Sight

"Charge-ex!" "Shot-ex!" "Tamp. . .!" "Fire!" echoed over gale force winds last Friday evening on the anniversary of the demise of the three services. A large crowd was on hand to witness the Sea, Air, and Dirt (S.A.D.) tribute to a former Defence Minister.

The solemn ceremony under the direction of a slightly blue Don Little, commenced with a colorful parade through the bowels of the Officers' Mess, where a noisy reception was subdued somewhat by a loud command from the great white chief, "Four Feather Mort."

After a tear rendering dialogue, the procession braved the winter storm to observe the Demon gun crew blast out its defiance with semi-frozen citrus missiles in the direction of a suitably decorated target. As usual the pomp and pageantry of the gun crew far out did it's accuracy-- would you believe one bull out of three attempts?

"Long John" Bennett in his hair and great blue coat, "Eagle-eye" Anderson in his navy blue rig, "Bashfull Barry" Hunter sporting pieces of light blue, and "Dainty Don" Little in his instant dictator kit complete with a floppy oversized head warmer, each played his part in spreading their "grapefruit charms" around the base.

Other mess members turned out in complete or parts of their former Service's uniforms. The ranks represented started at LAW ("Scotty" Wilson) to Wing Commander (Col. Mortimer) with quite a number of ranks in between present. Some of the tunics were difficult to button up -- they must have shrunk over the years?

Top Commanders Announced

(Continued from page 11)

general to head Mobile Command in Montreal and Lt.-Gen. William K. Carr, 51, Grand Bank, Nfld., who has been serving as deputy chief of the defence staff in Ottawa, to take over the newly-formed Air Command. Changes will take place later this year.

Classifieds

ANNOUNCEMENT: Would anyone interested in taking Grade 12 History at Night School starting Feb. 11th and ending in June, please contact Cpl. Jepsen at local 367 or at home 339-3314.

WANTED: Retired serviceman for seasonal employment on the golf course. Ph. Loc 492.

FOR SALE:

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Designed in Prince George. The northern fireplace heatliner is built for use in our climate, can be used comfortably in all seasons, and does not rely on draughts to burn efficiently.

This unit is so designed that the cold air is brought from the outside is heated and expelled into the home. The used air is then absorbed by the fire and is expelled through the chimney. In other words no matter how well your home is insulated there is still plenty of air for the fireplace to use and it should not smoke.

When no heat is required in the home (for summer use) the hot air valve is closed and automatically opens an exhaust valve which expels the hot air to atmosphere. In this way it is impossible to trap hot air in the unit and should increase the life span of the fireplace considerably.

Because of our design, this unit has fantastic possibilities as there are now no restrictions, ie. they can go into any size of house or trailer, as it produces its own air for burning, it is an efficient heating unit in case of power shortages, and in many cases can be placed into an existing fireplace through the back of the chimney.

As for its construction, we invite you to weigh our northern heatliner and compare it with others -- ours are built to last.

ORDER YOURS TODAY!

D. Wood, 339-3798, Comox.

Mann's Mid-East Mumblings

Hello, out there in beautiful Comox, from dusty, windy, and cold 116 ATU Ismailia. Now that the third draft is completed, there sure are a lot of faces from 442 Squadron. The talents and support that these people give to 116 ATU will sure stand the Mushroom Squadron proud.

We have in our midst Guy Campbell, one of our ace Buff drivers. He's also a talented stage show director, as he has been all over the Middle East giving great assistance and support to make the Rothman's Christmas show the great success that it was.

Dave Davidson's ideas and activities have made many an improvement in Camp Charbonneau. Mel Pfefferle's smiling face and witty jokes are always an uplift to the guys in 116. Then for our 28½ per cent, we have J. P. Arsenault, our Beirut water bandit. Seems the Egyptian water and J.P. don't get along very well. Also, we have the old vet from the rat patrol, Ted Gagne. He's doing a lot of flying over water these days, so the old sea dog is right at home.

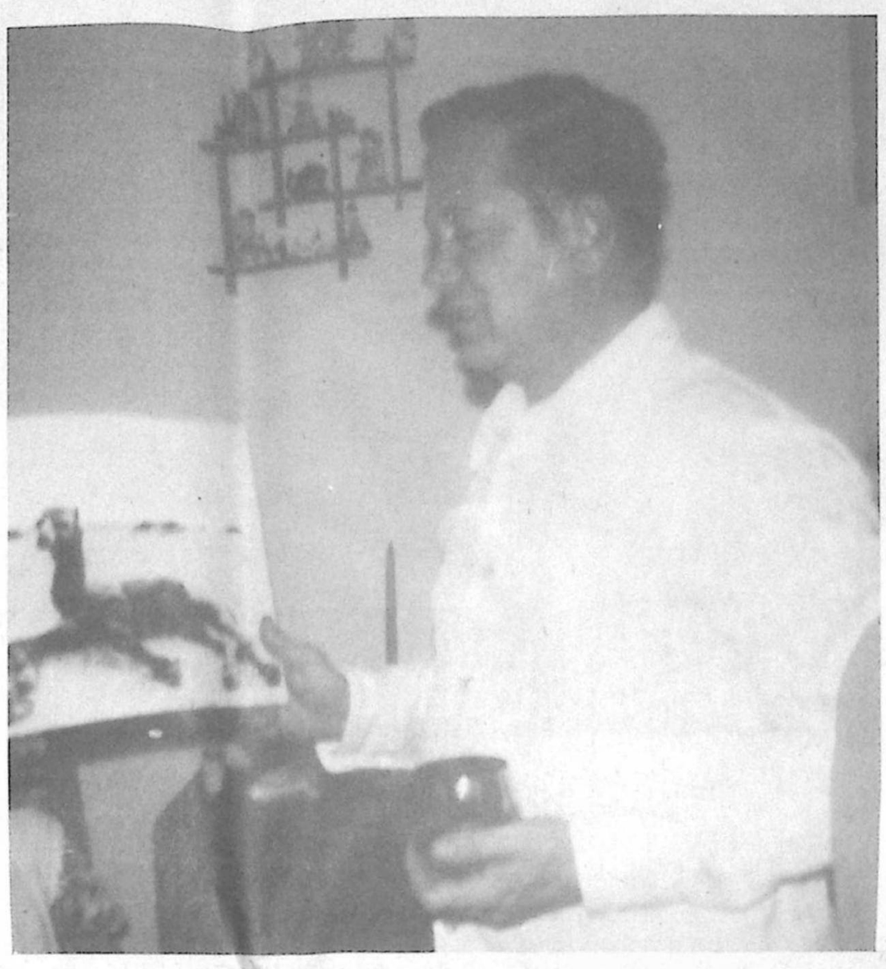
One of our Communications and Radar Techs., Fast Eddie West, is losing weight these days, or so he tells us. Any way, his partner, Ron McClure, is gaining all Eddie's losses, now that he's doing his own cooking. Danny Dumont's talents have sure made their presence known here – two inspections and two engine changes, and they still keep telling Dan the serviceability rate is high over here in the sand.

Gord Trenholm, the now deposed Vancouver Canuck fan, has sure got the boys swinging in the dart league, although Davidson's team knocked Gord's team off in two straight in our first dart night. Dave says this is going to happen on a regular basis. I think Gord sent home for his good darts.

The old aluminum coyote, R. B. Smith, arrived in Camp Charbonneau bearing the flag from 442 Squadron, and on Christmas day, it was raised in front of tent line two. The guard of honor, Gord Trenholm and Doug Mann dressed in blue helmets, assorted shorts, and combat with S.M.G.'s at the ready, was a sight to behold, as Bob Smith raised the flag and Dave Davidson took the salute. Afterwards, there was a great hassle; seems everybody wanted to play with the sand pail and shovel Doug got for Christmas.

John Binette is walking around camp these days with a big smile on his face; I don't know for sure if it is because we have our new 30 K.V.A. generator working again, or if he got his six month extension.

Fred Wells, our converted metal basher from 407, has sure got shop and swap set up here. You ask and Fred delivers. Kirk Cedar has been doing a lot of coloring these days. I think the phoning home has made him short of funds. Oh well, the coloring is nice, but don't you think you're a little old, Kirk? Cindy, keep those 42 pagers coming in!



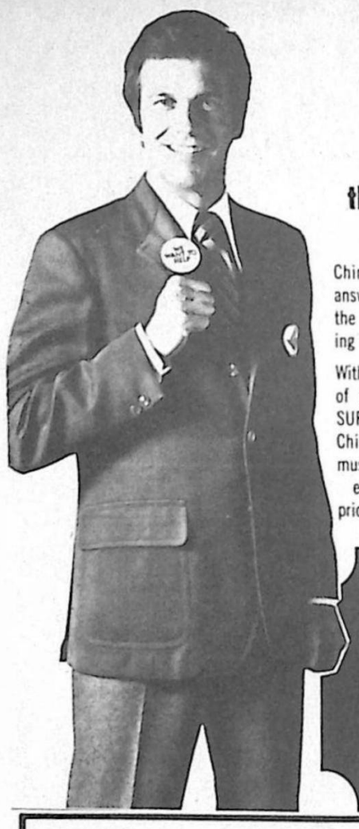
"AH, SHE'S A BEAUTY" says Gord Trenholm as he views the camel reserved for him at 116 A.T.U. The occasion was a house party prior to Gord's departure. The beast is reputed to have a disposition similar to that of Johnny Thibeault.

Check your pulse.
If it's over 75 per minute
your heart needs your help.

PARTICIPACTION
The Canadian movement for personal fitness

Fitness. In your heart you know it's right.

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WE ARE AUTHORIZED TO HANDLE GOVERNMENT AUTO INSURANCE
COMOX VALLEY INSURANCE
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4 MAIN DISH BUDGET STRETCHERS

SERVE 'N' SAVE IDEA No. 5 *Featuring* CHINESE NEW YEAR DISHES!

The Man in the RED JACKET says:

Chinese Foods are the perfect answer to . . . "what to serve the family that's different, satisfying and economical."

With Chinese New Year (the year of the rabbit) in the offing and SUPER-VALU'S wide selection; Chinese Foods are definitely a must for dinner this week-end . . especially at these economical prices.

SWEET AND SOUR SPARERIBS

2 lb. Pork spare ribs
2 eggs, beaten
1 cup flour
¼ cup water
1 - 12 oz. sweet and sour sauce
2 green peppers
2 tomatoes

Place spare ribs in a saucepan. Cover with water and bring to a boil. Boil 3 to 4 minutes. Remove and drain. Beat together, eggs, flour and water. Dip the spare ribs in the batter and deep fry in oil. Remove and drain. Cut tomatoes and green peppers into wedges. Scald the green peppers, ribs and vegetables to a boil in a frying pan. Boil a couple minutes and serve hot with rice. Makes 4 servings.

•GOV'T INSPECTED •CHOICE GRAIN FED •FROZEN
PORK SIDE **Spareribs** SUPER-BUY lb. 99¢

ORIENTAL PORK CHOPS

Pork Loin Chops
¼ cup soy sauce
2 tbsp. sugar
Fresh ground pepper

Combine soy sauce, sugar and pepper. Pour over meat. Refrigerate for at least an hour. Spoon sauce over meat occasionally. Bake in a slow oven 325° about 1 hour. Sufficient sauce for 4 to 6 chops.

•GOV'T INSPECTED •CHOICE GRAIN FED FAMILY PAK
QUARTER PORK LOIN into CHOPS lb. 1.29
CHUN KING
SOYA SAUCE SUPER-BUY 16 oz. btl. 69¢

CHINESE STYLE CHICKEN

2½ lb. Frying Chicken breasts
⅓ cup soy sauce
3 tbsp. salad oil
1 tsp. dry mustard
½ tsp. ground ginger
¼ tsp. pepper
1 clove garlic minced

Mix all ingredients with soy sauce. Brush chicken and let stand 30 minutes. Brushing again several times. Bake chicken in a shallow pan 350° for 50 minutes or until tender. Brush with sauce and pan drippings every 15 minutes. Makes 4 servings.

•GOV'T INSPECTED •GROWN IN B.C. •FROZEN •WILTSHIRE
FRYING CHICKEN BREASTS Tray Pak $1.19
WEST
VEGETABLE OIL 32 oz. btl. 1.49

PORK CHOP SUEY

1½ lb. diced raw pork
½ cup cold water
2 tbsp. corn starch
4 tsp. soy sauce
4 tbsp. oil
½ tsp. MSG
2 cups chicken broth
2 cups sliced onions
2 cups chopped celery
1 lb. chop suey vegetables
salt and pepper to taste

Mix cold water, starch, soy sauce. Fry pork in oil until tender. Simmer 5 minutes chicken broth, onions and celery in a large covered saucepan. Add other vegetables and cook five more minutes. Add corn starch mixture, cook stirring constantly until the sauce is thick and smooth. Add meat to heat and serve with steamed rice. Serves 4.

SUPER-BUY PICNIC Chili Con Carne 30 oz. tin 49
SUPER-BUY KRAFT Parkay Margarine 3 lb. pkg. 2.09
SUPER-BUY MILKO INSTANT Skim Milk Powder 5 lb. pkg. 3.09
SUPER-BUY SUPER-VALU Pineapple •Sliced •Crushed or Tidbits 2 14 oz. tins 73¢
SUPER-BUY SUPER-VALU Beans with Pork 2 28 oz. tins 99¢

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EVERY TIME YOU VISIT SUPER-VALU YOU GET A PACK OF 8 FREE HOCKEY PICTURES AND A FREE MONEY-SAVING COUPON.

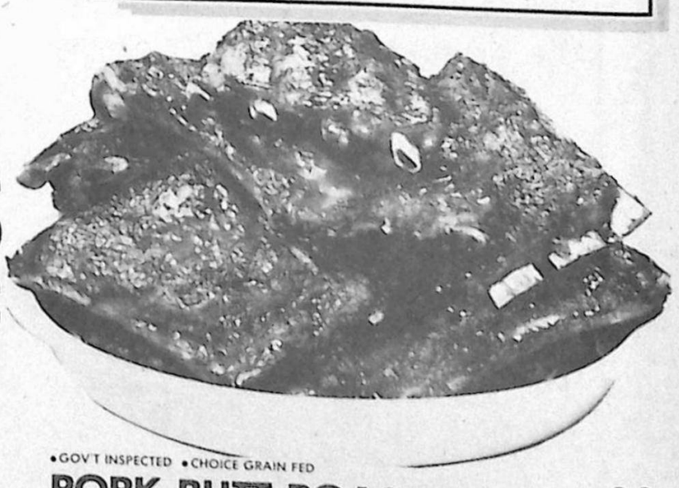
NOTE: ONE PACK FREE PER FAMILY PER DAY TO ANY MEMBER OVER 16 YEARS OF AGE.

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BLUE BONNET Soft Whipped Margarine 1 lb. tub 89¢
MISS MEW Cat Food All flavors 5 6 oz. tins 1.00
DR. BALLARDS •Chicken •Tuna •Liver •Beef Soft Moist Cat Food 2 6 oz. tins 69¢
NHL HOCKEY PLAYER ALBUM Soft cover album all about NHL Hockey Only 2.49

NABOB PURE Raspberry Jam 24 oz. tin 1.49
MR. JUMBO Paper Towels 4 roll pkg. 2.19
BETTY CROCKER •TUNA OR Hamburger Helpers 6 oz. pkg. 69¢
NABISCO CEREAL Shredded Wheat 15 oz. pkg. 63¢
CORINA STANDARD Tomatoes 2 28 oz. tins 88¢
LONEY'S Chicken Noodle Soup 4 2½ oz. tins 59¢
KADANA Coffee 1 lb. pkg. 99¢
KADANA Tea Bags 100 s. pkg. 83¢

AUNT JEMIMA Pancake Mix Regular or Buttermilk 56 oz. pkg. 98¢
NABOB Waffle Syrup 32 oz. btl. 1.07
UNCLE BEN'S LONG GRAIN Converted Rice 48 oz. pkg. 1.89
BURN'S Spaghetti and Meat Balls 15 oz. tin 59¢
LYNN VALLEY STANDARD Vegetables •Short Cut Wax Beans or Peas and Carrots 4 10 oz. tins 77¢
GLAD PLASTIC KITCHEN Garbage Bags 12's pkg. 59¢
HEAD AND SHOULDERS Shampoo Tube, Jar or Lotion 3.5 oz. 1.59
MACLEAN Toothpaste •Fluoride •Fresh Mint •Spearmint 50 ml tube 55¢

•GOV'T INSPECTED •CHOICE GRAIN FED •FROZEN
PORK SIDE SPARERIBS SUPER-BUY lb. 99¢



•GOV'T INSPECTED •GROWN IN B.C. •WILTSHIRE
FRYING CHICKEN BREASTS Tray Pak lb. $1.19

•GOV'T INSPECTED •CHOICE GRAIN FED
PORK BUTT ROAST Boston Style lb. 99¢

•GOV'T INSPECTED • "WILTSHIRE"
Skinless Sausage 1 lb. pkg. 69¢

•GOV'T INSPECTED • MAPLE LEAF
Regular or All Beef Wieners 1 lb. pkg. 89¢

•GOV'T INSPECTED •REGULAR
Ground Beef SUPER-BUY lb. 85¢

•GOV'T INSPECTED •CANADA GRADE "A" BEEF
Whole Round Steak or Roast (1st and 2nd Cuts) lb. 1.79

•CANADA APPROVED SEAFOODS Turbot Fillets Frozen lb. 79¢

GOV'T INSPECTED • CHOICE GRAIN FED
PORK BUTT ROAST Boneless Or Stuffed lb. $1.09

Freshest Produce Under The Sun

CALIFORNIA BROCCOLI SUPER-BUY lb. 29¢
CHINESE VEGETABLE MIX Pkg. 79¢
FRESH CUT DAFFODILS Bunch 69¢
FRESH MUSHROOMS lb. 89¢
SWISS CHARD OR BOK CHOY 2 lbs. 39¢
SUNKIST LEMONS 6 for 49¢

ALL PRICES EFFECTIVE Wed., Thurs., Fri. and Sat., Feb. 5th, 6th, 7th and 8th at all SUPER-VALU stores in Courtenay and Comox.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

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