TOTEM TIMES

P.E.R. - Palpitations, Expectations, Reverberations

VOL. 17 — NO. 4 CFB COMOX TOTEM TIMES THURSDAY, FEB. 20, 1975



MISS CFB COMOX '75, Mary Jacobi drops the ball to open the Pacific Region Broomball Championships which wind up at Glacier Gardens this week. Baldy Hughes and Kamloops squared off in the opening game Monday morning.

Base Photo

Local Sergeant selected for World Bowling meet



WORD HAS BEEN RECEIVED that Sgt. Russ Engelmyer of 407 Sqn. is one of six Servicemen selected to attend the Canadian World Five Pin Bowling Championship, to be held in Calgary in early March. Russ was a member of the six man team from CFB Comox to capture the Pacific Region Five Pin Championship here in early February. Pictured above are the members of the winning team with the Pacific Region trophy. L to R: Cpl. Ron McRae, Sgt. Russ Engelmyer, MCpl. Len McCormack and Cpl. Wally Korbutiak. Missing: Capt. Andy Elieff. Congratulations one and all!

Base Photos



CAPTAIN P. M. CUNNINGHAM, 46, of Lethbridge, Alta., formerly stationed at 442 Transport and Rescue Squadron, Comox, B.C., receives the Order of Military Merit, in the grade of Member, from Governor-General Jules Leger, Commander-in-Chief of the Canadian Armed Forces, in a ceremony at Government House, January 29, 1975. Capt. Cunningham received the award for outstanding individual action during a very hazardous situation in the rescue of an injured mountain climber on Mount Slesse, B.C. Captain Cunningham is now retired from the Forces.

C. F. Photo



INDIVIDUAL AWARDS IN the Pacific Region Bowling Championship went to M Cpl. Doug Tucker for the High Singles, and to Sgt. Russ Engelmyer for the High Average.

First women to Middle East

OTTAWA -- Defence minister James Richardson has announced the names of the first two female members of the Canadian Armed Forces to be assigned to peacekeeping duties in the Middle East.

Capt. Violet Connor, 37, Kingston, Ont., and Sergeant Maire Timoney, 50, Glasgow, Scotland, will leave Canada February 27 to join the United Nations Emergency Force in Ismailia, Egypt. (UNEF)

They are the first of about 50 females Canada is assigning to the force, and they will serve there on a six-month tour basis, the same as their male counterparts.

Captain Connor served in the Royal Canadian Air Force from 1955 to 1962. In 1966, she was the first woman to rejoin the RCAF when the government approved the renewal of recruiting of women for the Armed Forces. In 1971, she was selected to attend the Canadian Forces Officer Candidate School, and was promoted to lieutenant. She later was posted to National Defence Headquarters, Ottawa, as assistant to the director of women personnel. In 1973 she moved to CFB Edmonton as assistant personnel administrative officer, and in 1974 was promoted to captain to take on her current position as an administrative staff officer at Air Transport Command Headquarters, CFB Trenton.

Sgt. Timoney who served with Britain's Women's Royal Naval Reserve during the Second World War, came to Canada in 1955, and joined the Women's Royal Canadian Navy Volunteer Reserve in Toronto, in 1957.

She served as a reservist on active duty until 1962, when she transferred to the Royal Canadian Navy. She then served at bases in Cornwallis, Halifax, Shelburne, and Shearwater until 1969, when she was posted to Winnipeg. In 1972, Sgt. Timoney moved to Canadian Forces Base Toronto, where she now serves. She plans to retire when she returns from the Middle East.

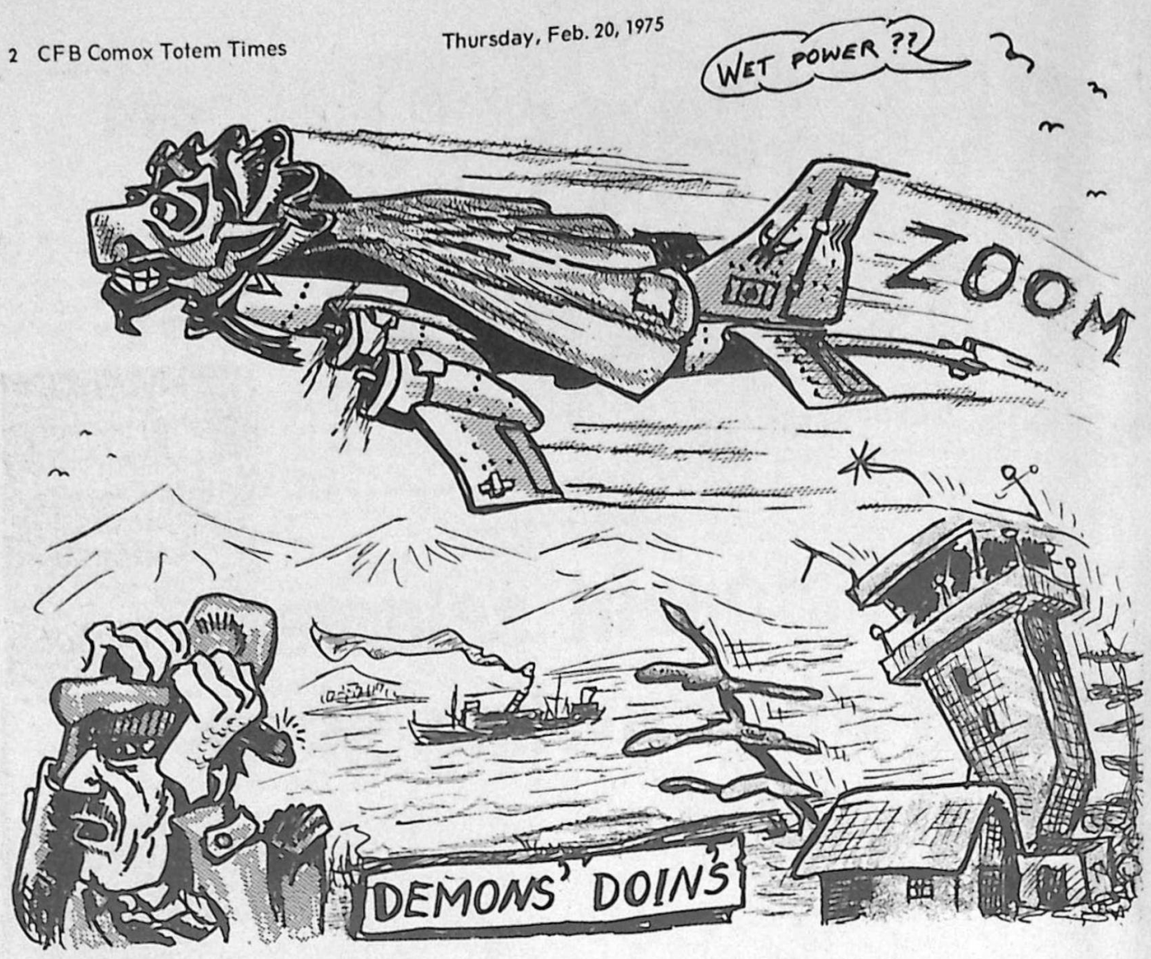
Both women say they are looking forward to the Middle East posting as a challenging change from their current work and a chance to gain experience on an overseas assignment with the United Nations.

Late Broomball Results

At presstime, Comox and Beaverlodge are the two finalists in the Pacific Region Broomball championship. Beaverlodge defeated Kamloops 2-0 this morning in the Small Base category semi-final for the right to meet the host base at 1300 hrs. Barring a sudden death loss by Beaverlodge in this afternoons game, the final game will see the two teams battle for the crown at 1900 hrs. this evening at Glacier Gardens.



CAPTAIN VIOLET CONNOR, 37, left, CFB Trenton, and Maire Timoney, 50, CFB Toronto, make final kit preparations before they become the first Canadian Forces women to serve with the United Nations Emergency Force in the Middle East. They leave February 27 to serve a six-month tour in administrative positions alongside their male counterparts. The females will be part of the force by mid-summer.



407 Tech Ramblings

REPAIR

Greetings to one and all from 407 Repair where it has been rather quiet of late and, consequently, our happenings have been rather limited. However, this respite has provided us with the opportunity to catch up on our housekeeping chores and allowed those who have saved up a bit of leave to utilize same.

Sgt. Don Sterling has just returned from a week of leisure looking somewhat on the pale side but then that may be attributable to his extra end loss in the recent Hangover Bonspiel finals. Better luck next time, Don. Cpl. Don Fell is off to Winnipeg for a few days since it seems that there just isn't enough snow here to satisfy him. MCpl. Gerry Murphy, Cpls. Jerry Kee and Pat Knight have also been partaking of a bit of their annual stay-in-bed entitlement. In general it could be said that we are just resting up in anticipation of the spring rush.

We finally pushed another inspection out the doors although it was beginning to look as though 718 had taken up permanent residence in our hostelry. However, the long awaited parts were finally spewed out of the supply pipeline and the bird was soon made ready for an air test. And, contrary to the beliefs of many sceptics, fly she did. Since we were finally able to liberate 716 from Servicing, we are engaged in the updating of her mod status, rectification of a few snags and will be returning her with a brand new weight and balance that carries a warranty of two years or less.

A pair of Daves have participated in the internal shuffle across the hangar with Pte Dave Salmons making the trek to Servicing and Pte Dave Fleming transitting in the opposite direction. Welcome to Repair Dave, and may your stay here prove worthwhile.

Well, readers, enough is enough so remember, take things as they come, but always try to make things come as you would like to take them.

AVIONICS - REPAIR

All of our Snr. NCO's have been observed moving about the section with a strange look on their collective faces: could it be PER time? By the way, Bill, that particular word is hyphenated.

The welcome mat is out for Tom McCliesh who has joined us from I and E Labs and also for Bill Folliott who has returned to the fold after a six week's course at Greenwood. Rumor has it that he gained fifty pounds during the Maritime sojourn and, if that be so, how many dollars per pound does it work out to, Bill?

Since he will be one of the three pipers involved in the Sqn. Colors Presentation, Len Smith is heading for Trenton to pick up his plaid skirt by way of preparation for the big event.

Dave Sladen has departed our midst for Greenwood to absorb some (any) knowledge pertinent to the I and E trade.

Bill Farquharson is anxiously awaiting his as yet unknown release date. When asked what he was going to do on civvy street, his reply was, "be a Martaratition". This he defines as, "one who, with the aid of water, artificial coloring and other assorted ingredients, converts an unsightly mess into a presentable three by six form prior to placing same in a large hole in the ground – commonly called a bricklayer."

Reference John Gailey and Bud Wangler; down four doubled and redoubled is not, repeat not, good bridge.

SERVICING

Would the section wit who says that there is never a requirement for shovelling at Comox please step forward and be recognized. Perhaps it's just a case of color deficient vision, however rain isn't white and the white stuff is now above the knees of a tall horse and yours truly has had to outfit his car with rain chains. J.P. Lavoie is one who seems to enjoy it though and says it is just like Quebec. He even shovelled out the Warrant's parking spot!

With the Pacific Region Broomball championships upon us, there can be little doubt that B.J. Lavigne and our two avionics experts will again be triumphant. Gary and Jim have been signing autographs for out of shape fans on odd Tuesdays.

Beware, Big Brother is watching! Gale Dayer has just been advised that he was overpaid in April, 1971 and he will now be drawing a short pay as a consequence. You might be next.

Section response to the Standards Presentation and Reunion has been marginal so, since this will probably be the biggest Service function of your career, let's get with it guys and make it the success it warrants. Sign up now and ease the pain.

ASW LABS

As press time draws near, the phone calls from the Tech Adj become more insistent so something must be written. These calls have an uncanny resemblance to Winston Churchill's closing remarks to his field commanders so, with apologies to Sir Winston, here are some of the Chief's calls as the deadline approaches.

Monday: Pray let me have the reasons for this extremely bad week which, incidentally, is not a holiday week. All your figures for January are most disappointing and far below target."

Tuesday: "This duty should be discharged even at a heavy cost."

Wednesday: "Good, press on and make sure that the beer – four pints a week – goes to the troops under fire of the enemy before any of the rear parties get a drop."

Thursday: "The Americans are making more use of women out there than we are."

Friday: "Time is short and the need urgent."

So, on Monday *morning* we submit this blurb: WO Morley Schwindt has left us to take up new duties on number three servicing crew, Cpl. Brian Burke is back after a week of wrestling with CF-T349's and 31A's in Log Control, Pte. Dan Schneider is on the Argus course at Greenwood and Martin Bormann is alive and well in Port Hardy.

The opposition didn't show up for the latest Avionics vs 407 hockey game – could it be that they are still licking their wounds from the previous encounter?

SERVICING SNICKERS

It seems that with every report from three crew we are either saying good bye or hello to someone leaving or joining us. Should this trend continue, it will soon be that anyone who has been with the crew for six months will be a seasoned veteran. This time we are extending our welcomes to our future WO, Morley Schwindt, who will be replacing our senior citizen who will soon be put out to pasture; and pasture it is since we hear that he is going back to the land. We have it on good authority that he has a small apple ranch in the North Okanagan.

Subsequent to his return from Bluenose country, Dave Fleming took one look at the gleam in Ivan's eyes and promptly headed for the safety of the Repair side of the hangar. Enroute to his new place of employment, Dave passed one Pte. Salmon who was transitting in the opposite direction and who has already fitted in nicely with the crew. However, a word of caution since Ivan might just take up where he left off with Dave. The best of luck to both of you and may your tours in your new environments be pleasant and worthwhile.

Sgt. Ike and crew report no hits, no runs, no errors and in fact no times at bat for this reporting period.

Larry Ward has been rescheduled to visit the "Down Home School" some time in April and, since this will be your third try, Larry, we hope that you won't strike out this time.

It seems that every time one peers into the inner sanctum of late the view is of a whispering huddle of two or three NCO's who are not convinced that the new PER form is as straight forward as it was proclaimed to be. Oh well, someone will come up with a way to beat it but in the meantime our supervisors are getting that haggard look.

NO. 2 CREW

Hello Tribe. The Resident Rookie of No. 2 Crew writes again. Now that winter is on the wane and planting season is just around the corner, the Tribe talk has turned to fishing. It's that time of year when all the old fishing stories are retold and plans are made for the coming season. My fishing luck wasn't too good last year, so if anyone has any good advice in this area please address it to the Resident Rookie of No. 2 Crew and I will pass it along to our readers.

Last Thursday, the 13th, the tribe bid farewell to a long time Argus man and veteran member of VP 407 Sqn. A beer call was on for after work Thursday night and a good bunch turned out to honor the retiring member, Jim Long. Jim is one of those rare individuals who is liked and respected by all he comes in contact with. Jim spent 22 years with the forces and his many friends wish him well in his new career. As a farewell memento, Herb Massey presented Jim with a Sqn. Plaque on behalf of the crew. I think though, the memento that will be cherished most by Jim is the one put together by Rudy Wons and reads: JIM LONG. SMALL ENGINES.

We hope to see Jim back in the area in a few months after his course in Vancouver. Good Luck Jim.

I hope the exodus of experience from No. 2 Crew is ended for awhile.

The information well is sort of dry again this week, the boys are on their best behaviour right now. With P.E.R. time here again nobody is talking. Now that the assessments are complete the floodgates of information should open and pour forth the goodies and tidbits necessary for a good column. So come on tribe, let's hear from you.

Well it's time for the Resident Rookie to sign off again, but before I go I want to leave all the assessors with the words of Samuel Johnson, on judging men:

As I know more of mankind I expect less of them, and am ready to call a man GOOD MAN upon easier terms than I was formerly.

Think about it.

My mother wears army boots

Chief Howard's routine may get back to normal now that we girls are out of his hair and should be reasonably content for awhile. Last Friday morning the suspense was broken when we were informed exactly who was to move downstairs. We sort of had it figured out until Chief Howard pulled a surprise inspection to check for furniture and discovered Mary's room was being used for an obstacle course.

Wall to wall furniture Cadieux and new-couch Nancy have finally got organized; along with the rest of us. I think we're all quite pleased with our new accommodations.

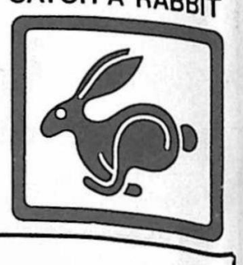
A baby shower was held for Chris Kinderwater on February 12. Chris received a lot of very useful things for Jr. Kinderwater's nearing arrival.

We had the honor of hosting our old friend Mo, last weekend (streaked hair and all).

Between the flu and a number of other ailments – our barracks seems to be rather empty lately. The rest of us (who are still healthy) send get well wishes to our missing counterparts.

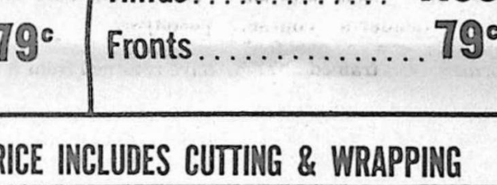
On a more serious note -- we would like to extend our sympathy to Marion Erhey and also to Gail Walker. We're thinking of you both.

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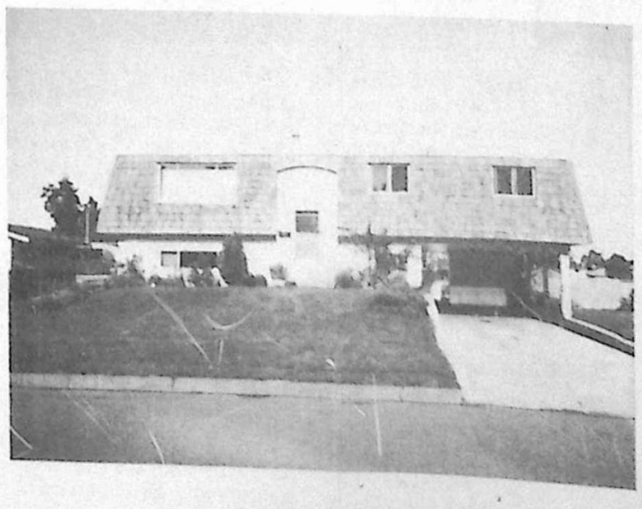
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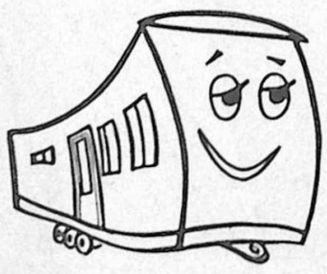
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Voodoo Nuts Bolts and Volts

The main topics of conversation in the BAMEO's organization this past week have been the results of Tac Eval '75 and the weather. Enough has been said about both subjects, however all we can add is - wait until next year!

Shortly we will be loosing the services of WO Joe Hunter of Navcom Labs and of Sgt. Bob Bonner, our congenial OJT Co-ordinator. WO Joe Hunter will be leaving the service and heading back to Ontario to add to their unemployment statistics. With Joe gone the weather is bound to improve. Sgt. Bob Bonner will also be leaving the service shortly. We hear that he will be residing in Vancouver in a huge high-rise apartment. He also tells us that he is now a member of the West Vancouver Yacht Club. It sounds that you have it aced, Bob. Anyway. lots of luck to both of you fellows in all your future endeavors.

To those of us who live in PMQs, the advantages of walking to and from work are obvious. In fact, everyone who resides in PMQs should be encouraged to walk to work, whenever possible. However, for those of us who do use the back gate regularly, we are not too happy with it's operation, or should we say lack of operation. Lately one doesn't know if it will be open at the specified times or not.

An example of this was last week when the big snow storm hit us. It should have been obvious to the tete de vinade that a great many of us had to walk to work, but, you guessed it, the gate was locked. This has happened two other times in the past two weeks, and after walking from the hangar to the gate, it's a long walk around.

How about stop playing games with us, either open the gate at the specified times every time or keep it locked all the time, this way we'll know which way to head when we leave the hanger.

REPAIR RAMBLINGS

Now that Tac Eval is over and we've heard the results we can look forward to some more "Rot-Guts" in the seven hanger area. But the weather man did us a favour this year and came up with some decent weather for the onslaught.

When is it going to stop snowing so the crocuses can show themselves? To have that "white rain" around as long as it has been this year is out of the ordinary but what can we do about it but complain and keep shovelling. Snow is great and gives a picturesque view twelve months of the year on the Plateau but that's where it should stay. Let's stamp out snow in the Valley so Cumberland Dean can get to work regular.

The BAMEO Repair organization is as busy as usual, one aircraft is not clear of the doors when another is parked in the inspection slot, and no sign of a let-up for some time to come. But that's what we're here for and everyone seems happier when they have plenty of work.

And that does it till next issue from Repair.

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"The Survival of the Fittest"
You know,
a lot of people are right.

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Headshed Happenings

Time for another Head Shed column. Things are beginning to look a bit different lately around headquarters - i.e. workdress-wise. At last, Kevin is allowed to wear his $75.00 outfit legally.

Pete Bowen is down in Esquimalt on dental business and Jim MacDonald has just returned from his "vacation" in CFH Esquimalt.

We'd all like to welcome short-haired, shinney-shoed *Wayne Nestor back from his Junior Leader's course.* Wayne is now a qualified, informed, well trained..."??"

This certainly has been an eventful year for Cal Brown. Now he's been posted - to CFS Beverlodge! Call with be COS April 1st. - April Fool's day - (now isn't that co-incidental...??) Seriously Cal - we wish you all the best.

Party time again. An 831 Admin. party is going to be held on February 28th. (I'm sure everyone noticed the flyers that were sent around - hmmm...) Sounds like a fun time for everyone involved.

Devils Brigade

This corner of the Totem Times has been as silent as the proverbial sphinx for many moons.....due to office overload? Still time to welcome the following new members to Base Supply: Pte Joly, Pte. Gauthier, Pte. Lawrence, Pte. Letourneax and Pte. Perron. Welcome to *Comox.....the land of green pastures!!*

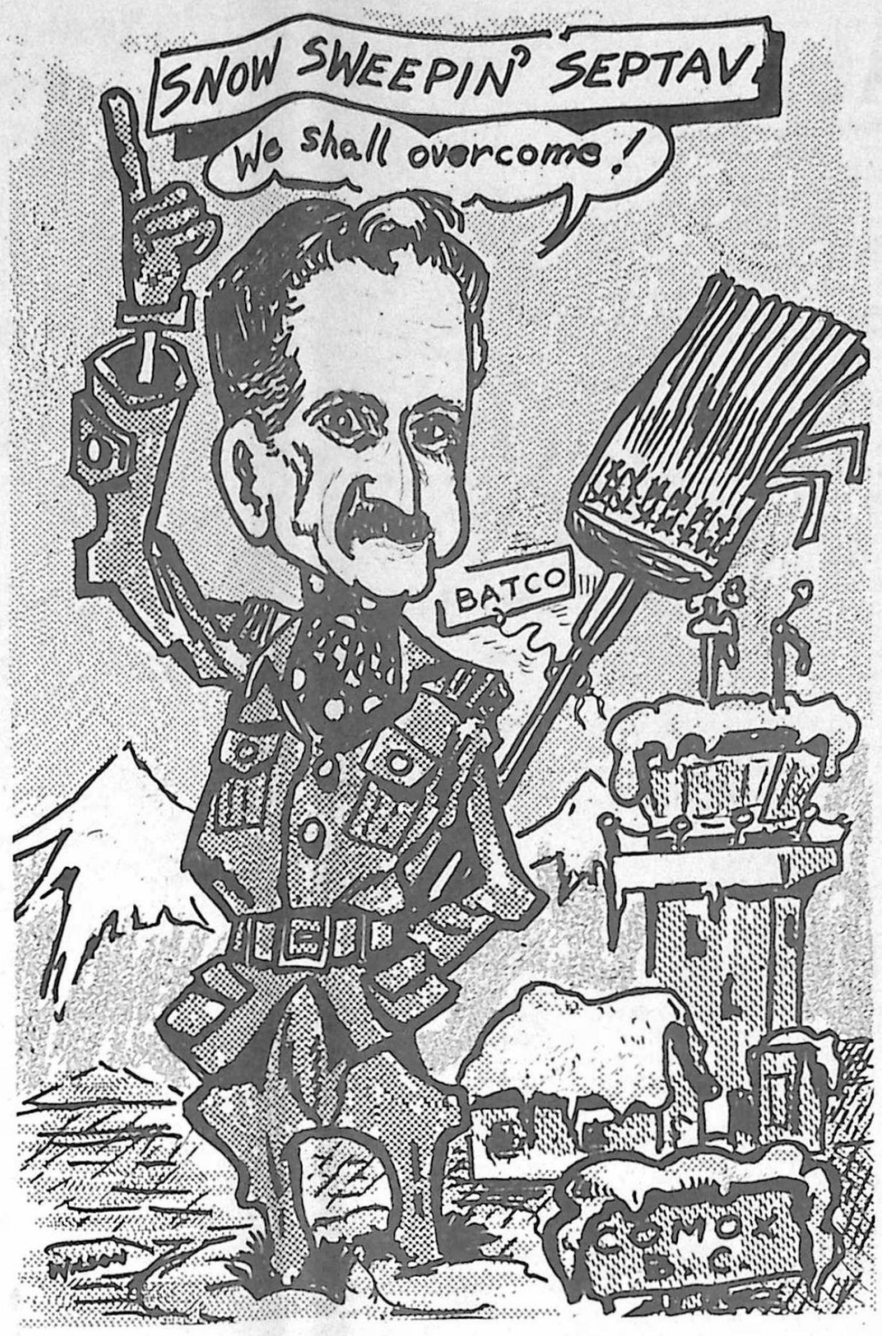
Now, the Base Instructors have returned from a 3 week course at CFSAL Borden...and are all charged up with the meticulous details of document processing and knowledgeable procedures to remove the mystery and the awe of the new computerized system.

Maj. Jones has formed a training nucleus with the B.I.T. team (Sgt. Stagg, MCpl. Fredette) and they have been burning the midnight oil to improvise and formulate a realistic training program. Formal courses are scheduled to begin on 17th Feb. 75, for 3 weeks X½ days until all Supply staffs are trained.

Meanwhile, DEVIL Projects will proceed on schedule with Sgt. Orr at the helm with his dedicated "DEVIL Team". The usual *Customer support shall* prevail regardless of the increased work load.

Customer briefings are also being scheduled for all Customers to provide the necessary background music for smooth transition to the new Supply DOCS for the computerized system. Bear with us folks - we shall overcome!

Pte. Ehry requested that a sincere thanks be extended on her behalf to all personnel for their kindness when the news of the sudden loss of her brother was received. He resided in the Saskatoon area.





REAR L TO R) Fred J. Varney, Brain H. L. Smyth, John Macfarlane. (Front) James Albrecht, and R. William were also present with their LONG SERVICE AWARDS.

Totem Little Theatre Plays Victoria

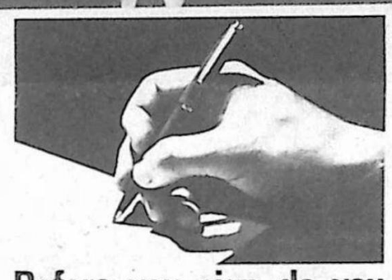
With thanks to the BComd, BAmO and MSEO the Totem Little Theatre journeyed to Victoria on Friday, February 14th to present its production of BEYOND THE FRINGE. The group played to a small, but receptive audience as the opening act to the British Columbia Drama Association's "Showcase 75" which was held in conjunction with the B.C. Winter Festival. Following the performance the group met for an impromptu session of merrymaking with members of the BCDA who plied them with theatre talk, friendship and a great deal of encouragement.

Work on the new production THE WHITE SHEEP OF THE FAMILY is at an early stage with cast and production people feeling out their roles and tasks.

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Nighthawk's Nest

McKay's Marauders have once again defeated the North Bay Nasties in aerial combat. It was a highly intense, nerve jarring, body killing exercise which taxed every individual to his very limit of personal endurance and skill - we've got to do something about those victory parties. All in all it was a good exercise, a lot was learned. Paul Gill is now carrying a polaroid camera with him on every flight to record the big "X".

John Daday threw a Saint Valentine's party to celebrate the old American institution of underworld coexistence that is now being practiced in Quebec. The 1920's motif was replete with era music, bathtub gin, extras from the Godfather and Mary trying to teach the Charleston. The symbolic wake that highlighted the party was provided by Capt. Joe Parkinson.

LCol John Coffin was up from Navy Alameda last weekend. It seems that McKay's Marauders did such a good job of cementing relations that LCol Coffin has invited as many Nighthawks as possible to come down to a Marine Dinning In to demonstrate proper couth and decorum. The Nighthawk's will make a good showing for themselves, but San Francisco may never be the same.

Scotty Duncan is leaving the CAC to go the Intelligence School, but first he has to pass the basic language school course in Canadian English. The Mystery Major says that military intelligence is a contradiction in terms, whatever that means.

Al Robb please come home, all is forgiven. The TacEval is over and the snow finally melted in your driveway.



RECENTLY THE FOLLOWING civilian personnel were awarded their LONG SERVICE AWARDS for 25 years Service. (Standing L to R) A. J. Ford, R. A. Zala, J. W. Learie, F. G. Cameron, C. V. Mottershead, O. M. Martin, S. R. Gidley, G. W. Scrutton, O. C. Vestrum, E. F. E. Swinamer, R. L. Smith, G. A. Markus, J. E. H. Harshey, P. N. Riddle, R. A. Orr. (Sitting L to R) G. Liscombe, B. Caudwell, the Base Commander, P. E. Wolfe and S. R. Belsom. Base Photo

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5 bedrooms – or just 3 bedrooms, a den and a sewing room - plus rec. room. All this in a solid well built older home in Courtenay. Nicely landscaped - secluded yard - Garage and carport. DAVE PATERSON. RES. 334-4581

4 BEDROOMS
Come and view this one. The decor is warm and inviting. The house is large and roomy. 4 bedrooms. Double plumbing, a great view and a large landscaped yard. Priced to sell at $43,500. JO ROBINSON. RES. 338-5758

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"The Company That Cares" Phone 338-5366

Read your Tax Guide. It's worth it.



Let's face it. Even though the Federal Government tries each year to make the tax form easier to understand, you probably believe filling it out is a difficult job.

But when you use the 1974 Income Tax Guide, which accompanies your tax form, you'll find it's not as difficult as you thought.

And for most of you, the Guide will be the only help you'll need to complete your return.

Read your Guide thoroughly. The easy-to-follow Blue Section at the front of the Guide takes you through the tax form step by step, showing you how to list your income and claim your deductions. It tells you how to go about calculating your tax, arriving at your refund or balance due.

It's as simple as that.

Following the Blue Section there is a detailed explanation of different types of income, as well as a section on allowable deductions. Be sure to read these sections carefully.

Your Tax Guide also includes an area of general information, a page or two of answers to some common questions, and solutions to problems you could encounter while working on your return.

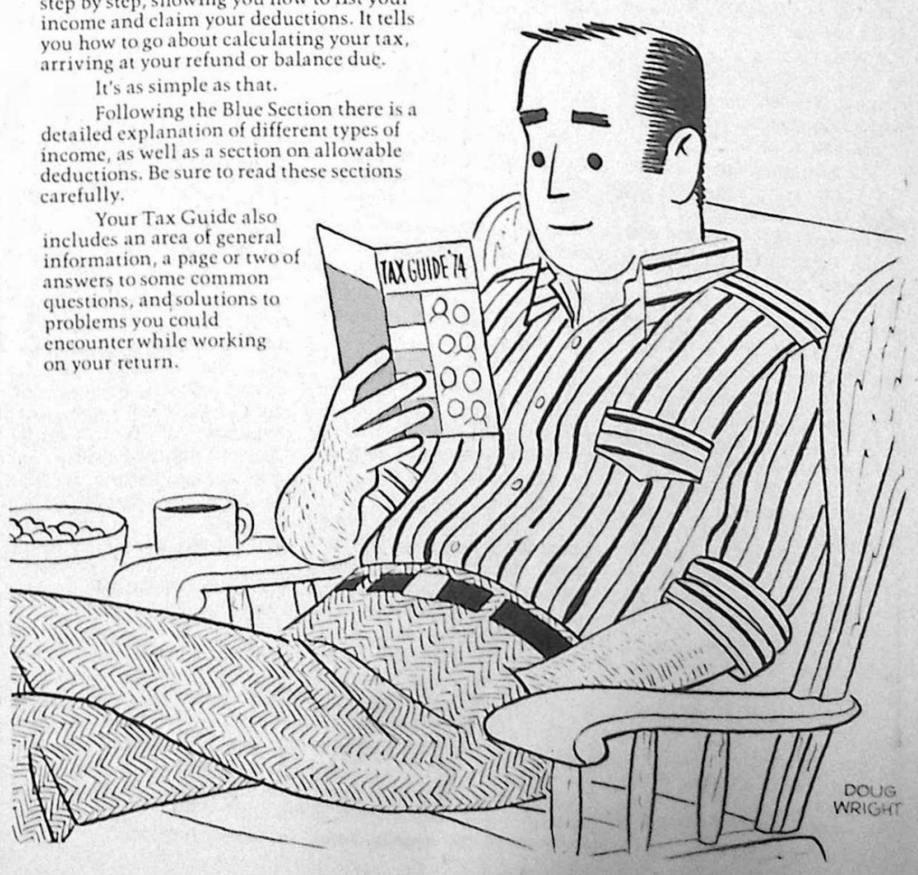
If you decide you do need more help, you'll find District Taxation Office addresses and phone numbers listed on the back cover of the Guide. There you'll find all the assistance you'll need.

So, you see, your Tax Guide will probably be your best friend come income tax time. Read it thoroughly and follow it carefully. You'll find it will make your job a lot easier.

Tax Guide '74. How long has it been since you've read a really good book?

We're making it easier to understand.

Revenue Canada Taxation
Hon. Ron Basford Minister
Revenu Canada Impôt
L'hon. Ron Basford ministre



DOUG WRIGHT

EDITORIAL

The seasons of nature fall into a predictable pattern of four, with minor variations according to the weather. This is a well known fact, although some local residents are probably too bewildered with all the snow we've had to even mutter that old phrase "you don't have to shovel it." There are also the seasons of man (or woman), specifically the military variety, and the changes are quite pronounced. During the summer months the coffee room talk is of buzz-bombs and flower beds, and of getting off work early. Comes the fall it's how many tons of peas and carrots you have in the freezer or of thrashing through the woods after the elusive deer. Soon it's Christmas, and time for section parties and being nice to people you don't normally talk to.

Now we come to the biggy. With the annual "visit of the Eastern Hoarde" just a memory, we are thrust into the season of the Performance Evaluation Report. The actions of, and the effects upon those involved in P.E.R.'s on both sides can really be remarkable . Those underlings being evaluated are usually in to work a few minutes earlier, their boots are a little shinier, and they perform their duties like veritable beavers.

However, those with the burdensome task of writing evaluations react in some of the strangest ways. Their brows become furrowed, and they mumble to themselves a lot. Their wastebaskets are probably full of balled up pieces of paper, and they are often seen in serious discussion with those in higher places. But perhaps the most obvious characteristic of P.E.R. writers is that they disappear for hours, even days, without a trace.

This may sound strange to the uninitiated, but it's seasonal and predictable, and probably very desirable. If your boss shows all those signs previously mentioned you can rest assured that he or she is doing their level best to make sure that your performance over the past year is researched, recorded and evaluated in such a way as to give you maximum benefit with regard to your service career. There's just one thing; if your boss is walking around whistling with his hands in his pockets, telling a colleague that he has his P.E.R.'s all finished perhaps you should consider another line of work.



Advisory committee on the community college proposals

The order-in-council made several weeks ago by the provincial cabinet deleting the need for a plebiscite in school districts for authorizing the establishment of a community college may facilitate action for school boards in the north Vancouver Island - Powell River areas.

As has been recommended by the task force on community colleges, the education minister has set up an advisory committee drawn from all sectors of the community in school districts 47, 71, 72, 84 and 85. Members have started work by getting in touch with local groups in order to arrange meetings designed to arouse interest in the possibilities offered by a community college and to gather information on local and regional learning needs and desires. At the same time, a college development consultant, Dev Shergill, is busy collecting needed facts and figures in school board, municipal and regional district offices in order to present statistical information on which to base projections. Interim reports on the initiatives made by each committee member were presented at their meeting held in Campbell River Saturday, February 15.

When the final report of this committee is made to the school trustees involved, and if they accept its recommendations, all they have to do in order to set up the college is to pass by-laws authorizing it. Target date for the report is the late spring. This advisory committee will make recommendations on programmes, staffing, facilities and distribution of services to the participating school boards and the minister. If school boards act, some courses can be made available in a number of communities by this coming Fall.

However, the quality of the final report depends entirely on the input of the committee members and of individuals and groups who wish to present their ideas on what they need in continuing education after high school age. If you, the citizen, have thoughts on this vital subject, please, express them to your representative on the committee and to the appointees of your local school board.

Committee members may be reached by telephoning: School District No. 71, Norm Sieffert, Home: 339-2440, or Capt. Ray Griffiths, Office: 339-2211, Home: 339-4202, or Judith Fanning, Office: 334-3711, Home 336-2996.

TAX TIPS

Q. Can a divorced woman claim the equivalent married exemption of $1,492 for a 13-year-old child?

A. Yes, provided the child lives with the taxpayer in the self-contained domestic establishment maintained by the taxpayer.

Q. My wife and I are the same age and this year we qualify for the age exemption. On my tax form do I claim $1,066 age exemption for my wife as well as $1,066 for myself?

A. No. The fact that your wife is entitled to claim the age exemption if she files her own tax return does not effect the amount you can claim as married exemption.

Q. My wife and I were married in September. She was working before marriage but has not worked since. Can I claim the full married exemption of $1,492 for her? What does she do about filing a return?

A. If she received no income after your marriage, you may claim the full married exemption of $1,492. Otherwise, calculate your exemption taking into account only the income she received after your marriage. If your wife is taxable or had tax deducted from her salary, she must file her own return.

Q. My nephew, aged 15, came to live with me last year when his parents were killed in an auto accident. Although I have not been appointed as his legal guardian, and no papers have been signed, he is totally dependent on me. Can I claim dependant on my income tax form?

A. Yes. The fact that you have not been appointed his legal guardian would not bar you from claiming your nephew as a dependant if he otherwise qualified.

Q. My wife is working and will file her own tax return. I know I can't claim the married exemption on her behalf, but can I claim this on behalf of our child instead?

A. No. The exemption for support of a child may only be claimed by a person who is not married or, if married, is seprated from and not supporting his wife.

Q. We had our first child last week. How do I go about having my tax deductions changed, or do I need to do anything?

A. A child will affect your personal exemption status. Whenever your personal exemptions change, notify your personnel office and they will have you fill out a new TD1 form. You should do this as soon as possible.

Q. Due to Consumer Price Indexing, by what amount have personal exemptions increased over the amounts deductible in 1973?

A. The basic personal exemption as well as all other personal exemptions, including the limitation or income of dependants, have been increased by 6.6%. The increased amounts are shown on Schedule 6 and page 4 of your 1974 income tax return.

Q. I am a married man with wholly dependent parents living overseas. What exemption can I claim for my parents?

A. If your parents are dependent by reason of physical or mental infirmity, you may claim the actual amounts spent in support of them up to a maximum of $586 each. Form T1E-NR, which you can obtain from your District Taxation Office must be completed and attached to your income tax return.

Q. I am divorced and supporting an 18-year-old daughter who is attending university. She resides in my home only during vacation time. She had no income during the year. Can the equivalent to married exemption be claimed even though she does not reside with me during the whole year?

A. Yes. A dependent child who is attending school or university will be considered as having been supported in your self-contained domestic establishment.

Q. I supported my 20-year-old daughter until she married in June, 1974. She had no income before or after marriage. Who can claim an income tax exemption for her?

A. In this case, you may claim an exemption of $586 for your daughter, and her husband may claim an exemption of $1,492 for her.

Q. I am a widow supporting a 16-year-old son who is in receipt of an orphan's benefit as well as other pension benefits totalling $400 for the year. I understand that I can no longer claim the full equivalent of married exemption. Is this correct?

A. Yes. If the dependant's income is in excess of $314 the full exemption cannot be claimed and your equivalent to married exemption will be reduced by the amount your dependant's income exceeds $314.

Q. What are "indexed personal exemptions?"

A. For 1974 and subsequent taxation years, the basic personal exemption and all amounts involved in the computation of all other personal exemptions are to be adjusted upwards to reflect any increase in the Consumer Price Index. See item 40 of the filing guide provided with your income tax return.

Q. Are Canada Pension Plan or Quebec Pension Plan contributions compulsory?

A. Yes. The employer must deduct the required employee's contributions and remit the amount together with his matching contribution to Revenue Canada, Taxation. Self-employed persons must pay Canada Pension Plan contributions in instalments in the same manner as income tax payments.

This doesn't apply if the worker is under 18, 70 or over, or has a disability or retirement pension payable to him under the Canada Pension Plan or the Quebec Pension Plan.

Q. What action should I take if my employer has not deducted Canada Pension Plan contributions or Unemployment Insurance premiums?

A. If you are employed under a contract of service that is employee-employer relationship, the onus for making these deductions rests with the employer. First, consult with your employer. If still not satisfied, report this omission to the nearest District Taxation Office as soon as possible and, in any event, not later than April 30 following the year the omission occurred.

Q. Must I contribute to the Canada Pension Plan, even though I'll be receiving an old age pension this year?

A. Yes, because this has no bearing on your liability to contribute to the Canada Pension Plan. Therefore, until you reach 70 years of age you will be required to contribute to the plan on your self-employed income.

The Readers Write

From the Base Exchange officer

A SINCERE THANKS TO THE STAFF AND PATRONS OF THE CFB COMOX BASE EXCHANGE

On retiring from the Canadian Armed Forces and terminating my position as Base Exchange Officer at CFB Comox, I wish to take this opportunity to sincerely thank the staff of the Base Exchange for their loyal support, co-operation and courtesy extended to me during my tour at CFB Comox. Also, a hearty thanks is extended to the wonderful patrons of the Base Exchange for their continued support and patience.

I wish the Staff, the Patrons, and the Base Exchange System at CFB Comox every success for the future.

D.J. DAVIES
Captain
Base Exchange Officer.

Read and heed

Dear Sir:

So you're gonna get out?

Personnel come and personnel go - but some of them going are a little surprised at the difference between the benefits they think they are going to receive and the benefits they get. BEFORE making your decision (if release is by your own choice) you should take a look at the benefit implications, particularly you young guys that have never looked in QR & O or CFAOs and some of you old troops that haven't gotten out of the past.

If you are released under QR & O article 15.01 items: 1 (a), (b), (c) and (d) (misconduct) you are not entitled to very much, only a return of contributions with less than 10 years service. More than 10 years, return of contributions and at the pleasure of the Treasury Board possibly a reduced annuity. No leave of any kind, no severance pay, and possibly no transportation allowance. Items: 2 (a) & (b) (unsatisfactory service) you don't fair much better so before you commit it, think it over.

Under items 3 (a) & (b) (medical) have a good look at the (a) & (b) bit. Under 3 (a) personnel are entitled to Supplementary Retirement Benefit (SRB) immediately. They are also entitled to additional medical aid and treatment for some specified length of time. Under 3 (b) you must wait till the magic 85 figure or age 60 for SRB (if you are subsequently further disabled you may receive it sooner), and no further medical aid. Both 3 (a) & (b) releases receive all other benefits as for a CRA release. But watch for the items. Even though your medical case may appear identical to John Does, he may get 3 (a) and you 3 (b). The side effects are quite pronounced.

If you choose release under items 4 (a), (b) or (c) (voluntary), you are OK for 4 (a) and (b), but under 4 (c) you could end up with no severance pay, half severance pay, no rehab leave, no special leave and a host of other sad situations.

Releases under items 5 (a), (b), (c), & (e) (service completed), entitles you to all benefits. Those under 5 (d), and (f) are a horse of a different wheel-base. You may receive severance pay but no rehab leave or no severance pay or one half severance pay depending on your time in the service.

A couple of further good words. You will NOT be handed your severance pay and or returns of contributions at the pay and accounts section on your way out. Both are paid as soon as possible after your release but can legally take up to 60 days to arrive. They are generally of a lesser amount than you expect due to taxes on your severance pay. You can avoid all taxes on your severance pay by transferring them to a registered retirement savings plan. Then you only pay the tax at the going rate when you draw them when you are old and gray and not worried about taxes anymore.

CPP and SRB contributions and taxes are taken off your return of pension contributions. One point eight percent off since 1 Jan 1966 for CPP and 0.5 per cent off for SRB since March 1970.

The 30 days special leave, everyone thinks they get automatically is not explained that way in CFSO's. One is to get an equal amount up to 30 days for any annual leave not taken under the old leave system.

Personnel are well advised to take a look at the Unemployment Insurance Commission Act. It's no longer all fun and games like back in the days of the Banff UIC ski club. Be especially careful of any interview statement you are liable to be asked to sign after a UIC interview. Make sure beyond a doubt that it reflects exactly your answers to the examiner. Also remember you are not eligible for UIC benefits until you have used up whatever time it takes to use up your Severance pay at the rate of 7 days pay etc., or until terminal leave is over. That means the day after they end, time is up, report immediately. If you report in several days late you can be subject to disqualification and or disentitlement. Or worse, you could be asked to move to Bagotville to take a job where your skills are marketable. This period of waiting does not apply if you get return of CFSA contributions.

In all cases, BEFORE you put in your "gonna get out" form or pull stunts like smoking the "peace brother" weed that may end up in your being released, have a look at the benefits you may be losing because you went by what YOU think you should get and not by what the Treasury Board gives out.

J.W. Brown
CWO

That dirty word again

Dear Editor:

It was not the senior PONGO's intention, nor is it mine, to start a battle with the TOTEM TIMES. I cannot, however, let your inaccurate, sarcastic rebuttal pass without an answer.

The last correspondence you received from the Base Transport Section was "Safe Driving Week" published in your 21 Nov. or 5 Dec. edition.

When you make your "point the finger" statement you become personal, a liberty an editor cannot take.

If AIR, WATER and DIRT were meant as single modifiers, the choice of dirt was a poor one, not only by the TIMES but by the officers mess. The modifiers you are looking for are: LAND, SEA and AIR. It strikes me as being strange that the only modifier changed on the cartoon was land and the only modifier in your article which gives an unpleasant mental image is land to dirt. If you want to change modifiers, by all means do so, but make sure all modifiers have the same connotation.

Major Richardson wrote as the senior Pongo observing on DIRT. His letter was meant to suffice for all offended PONGOS and I thought it served its purpose very well. Rest assured that he was not the only pongo offended. Perhaps you miss the point when you get one letter rather than a couple of dozen on a subject. I always suspect when a reply is almost twice as long as the initial letter, the one making the reply either errored initially or missed the point of the initial letter.

As a PONGO stationed at CFB Comox, I often feel up in the AIR or perhaps out to SEA when I see the modifier DIRT being used to refer to my present element or my former service. When we pongos feel offended by such comment, we take comfort in St. Luke Chap 23 verse 34.

D.W. Hardy

Editor's Reply:

I agree with the writer that the Times published correspondence from Base Transport in our 21st November edition, however it seems that it was prompted by the occurence of Safe Driving Week, and since then we've published five editions without any contributions. What I'm hoping to see is a news column concerning the comings and goings of Base Transport Personnel.

Now with regard to the terms "Air, Water and Dirt" (again), please indulge me an old Yiddish proverb which states: "If you're out to beat a dog, you're sure to find a stick." The writer continues to split hairs over words which were printed with humourous intent. If indeed Major Richardson was writing on behalf of all offended Land Element Personnel, why is the matter still at hand?

It is comforting to know that the writer finds solace in reading the Scriptures, and you can rest assured I made myself aware of the passage from St. Luke. Consider the words of John Seldon, who in 1689 wrote that "We pick out a text here and there to make it serve our turn; whereas, if we take it all together, and considered what went before and what followed after, we should find it meant no such thing."

We "blue jobs" also have a passage from the Bible which makes a point when one is confronted with the rigours of service life, including letters to the editor. If you have your Good Book handy, look up Hebrews 13:8. Totem Times looks forward to hearing from Base Transport again, hopefully on another subject.

The bird's the word

Dear Sir:

On page 10 of the issue of February 6th there is a photograph of Major Simpson, Colonel Mortimer and M Corporal Tomlinson posing for their well-deserved "good show" awards.

I was interested to note that they appear to be wearing two different kinds of Air Command badges and that Colonel Mortimer's badge appears to be a bird (or a Fokker Eidekker 1914 vintage) in a nosedive while the other two kinds are going upwards.

As a member of the Dirt (Land) (Army) (Pongo) (Kate Karney) (Grunts) (Mudbelly) (PBI) element, which we more modestly know as The Queen of Battle, I have for years been forced into the bellies of airplanes to sit and worry about the fellows in the front-offices of everything from Whitleys, Manchesters and Hudsons to Globemasters, Herky-Birds and Buffaloes.

Pray tell me why the Air Element decided to advertise its senior officers with their bosoms displaying the denizens of the wide blue yonder heading for the Dirt? Maybe it's only because what goes up must come down - but at that angle?

Yours sincerely,
N.A. Robinson
Lieutenant Colonel
The Queen's Own Rifles of Canada

Careless Smokers

Careless smoking is the cause of a large percentage of fires. It seems that almost every week we read of fires that were caused by a carelessly discarded cigarette, or by someone smoking in bed.

If you are a careless smoker remember that you have no right to let your personal habits endanger the lives of others.

If there are smokers in your home you should make sure that they all develop the following safe habits:

1. Never smoke in bed.
2. Use ashtrays which are made of non-combustible materials and designed so that the cigarette, if left burning, will fall into the tray.
3. Never empty ashtrays with smouldering cigarettes, cigars, or pipe ashes into a wastebasket or garbage can.
4. Check all rooms and furniture such as chesterfields before going to bed to make sure that no one has left a cigarette burning.
5. Keep all lighters and matches where children cannot reach them.
6. Be sure the match is out before you throw it away.
7. Remove matches from pockets of stored clothing.

NEXT TOTEM TIMES DEADLINE MARCH 3rd.

TOTEM TIMES

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Girl Friday: Karen Rusnak
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Cartoons: Al Wilson

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time."
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POMV ACCIDENTS

It may be a common belief that any accident involving POMC driven either by the military member or his dependents concerns only the owner, the other party involved, insurance adjusters and possibly the police. This may be true so far as it goes, but it doesn't end there. DND is also interested. Remember, that as your employer, the CF has a considerable monetary involvement in you. Any incident that leads to the death, injury, legal involvement and-or financial loss of a serviceman or his dependents affects DND.

Just glance at the accompanying table. Look at the ages of most of them. Nearly all young men on the threshold of their lives. Now if you add to this given list the members that were maimed and injured to say nothing of the heartbreak and financial loss, I think you will agree that anything we can do to reduce this form of genocide is worthwhile. The only really effective means we have at our disposal is education and information.

Now, if the system is to work properly, the accident prevention specialists on this base and NDHQ have got to be given grist for the mill. What we must have, to be effective, are full details of any vehicular accident involving our people no matter where or when or how insignificant the accident might appear. You may have walked away from a 5 MPH collision but it doesn't necessarily mean everyone will.

So the more information we can compile the clearer the picture becomes and the better preventative measures can be developed to avoid a similar situation. It's a two way street: get the information on accidents to the experts, let them analyze this and develop solutions; then get it back out through DDC courses, pamphlets and accident prevention films to our drivers. If the whole damn system only saves a single life it will be worth it! Particularly if the life is yours!

So swallow your pride and shame if that is what is stopping you. A little confession is good for the soul! But seriously, there will be no repercussions, your name and reputation will be safe with us. Please come into the safety section and give us the lowdown on any accident in which you are involved – you owe it to yourself.



RESUME OF POMV FATALITIES IN THE CANADIAN FORCES DURING 1974

AGE	DIRECT CAUSE	IMMEDIATE CAUSE	REMARKS
31	Improper passing	Not known	Head on collision with another vehicle
28			Passenger
28	Speed too fast for conditions	Not known	Motorcyclist
19			Passenger
19	Non-preventable by CF driver		Head on collision with another vehicle travelling on wrong side of the road
19	Non-preventable by CF driver		Head on collision with another vehicle which crossed the centre line on a curve at excessive speed
23	Non-preventable by CF driver		Motorcyclist - Car turned into his path
25	Failed to yield right of way	Not known	Collision with another vehicle
31	Not known		Collision with another vehicle on a curve
23	Speed too fast for conditions	Alcohol	Motorcyclist - struck a car
23		Not known	Passenger
23	Speed too fast for conditions	Not known	Motorcyclist - struck a fixed object
23	Loss of control	Not known	Motorcyclist - ran off road
43	Loss of control		Ran off road
19	Non-preventable by CF driver		Motorcyclist - struck by civilian truck at intersection
20	Loss of control	Not known	Ran off road
25	Non-preventable by CF driver		Struck by car travelling on wrong side of road
23	Travelling on wrong side of highway	Alcohol	75 mph collision with another car
34	Non-preventable by CF driver		Other vehicle was on the wrong side of road on a curve
24	Non-preventable by CF driver		Loss of control by civilian driver due to fatigue
28	Loss of control	Alcohol	Ran off road
43	Loss of control	Alcohol	Struck bridge abutment
20	Speed too fast for conditions	Alcohol	Motorcyclist - struck post
33	Speed too fast for conditions	Not known	Motorcyclist
21	Loss of control	Defective tire	Ran off road - seat belt not fastened
38	Loss of control	Alcohol	Crossed centre line and struck another vehicle
26	Speed too fast for conditions	Alcohol	Motorcyclist
31	Non-preventable by CF driver		Struck by tractor-trailer which jack-knifed on wet pavement
35	Speed too fast for conditions	Not known	Ran off road
19	Loss of control	Not known	Motorcyclist - not wearing helmet
30	Non-preventable by CF driver		Improper passing by other driver
38	Loss of control	Alcohol	Ran off road
18	Speed too fast for conditions	Not known	Ran off road

PRE-SCHOOL OPENING

The Comox Preschool (Parent Participation Group) will be opening on March 3rd at the D'Esterre Club House, Comox.

There are a limited number of registrations open for both three and four year olds for the March through June period.

Interested parents please phone M. ELIEFF, 339-3281.

ANNOUNCEMENT

Finlayson Furniture has just completed their year end stock taking. We have discovered many items that are discontinued lines, old stock, and damaged stock.

All of these must be cleared at savings from 10% to 75%.

Good selection of such things as Lamps, some Appliances and all kinds of Furniture. The sale of these items will continue until they are disposed of. Come in and make your choice now.

FINLAYSON'S - The Furniture People
Courtenay and Campbell River

Comox Valley Ford RENTAL
Cars and Trucks
MAVERICKS
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Attention
MOBILE HOME OWNERS
Expecting a move to Greenwood?
Large landscaped lots available, 4½ miles from base. Reasonable rent, full services. Write:
TUPPERS MOBILE HOME
P.O. Box 341, Kingston, N.S. (B0P 1R0)

Entertainment and Events

SAILING NEWS
CFSA
INTER SQUADRON RACING
HMCS DISCOVERY, VANCOUVER
1 & 2 MARCH 75
Weekend of International Boat Show. Accommodation provided.
Crew Required - Phone J. Fox - 339-4216

SPORTS WORKSHOP
"HOW TO BECOME A BETTER PERSON THROUGH SPORTS"
Sat. 22 Feb. 75 - 0900 Hrs.
Woodlands School - Nanaimo
Contact Lt. Power - Loc. 315

WO's & SGT's MESS ENTERTAINMENT

FRIDAY - FEB. 21 - Schmockey Night. 1300-1500. Combined NCO's & Jr. Ranks - Hockey??? at the Arena - Refreshments - NCO's Mess TGIF etc. Jr. Ranks invited. Should be a fun day guys - Let's have a team effort. You really don't have to skate, either; probably would help though. See you at the Mess 1500 — till??

SATURDAY - FEB. 22 - Bingo and Dance. Dress - Casual. Dance to the "Alley Cats." Admission $3.00. Regular & Assoc. $6.00. Guests and Honorary.

MONDAY - FEB. 24 - Movie. "Harry In My Pocket" - James Coburn.

FRIDAY - FEB. 28 - TGIF. Don't forget the Easter Ham and Bottle Draw.

COMING IN MARCH - Bingo every Sunday night - Monte Carlo Night. Mess Dinner.

Jr. RANKS ENTERTAINMENT

FRIDAY, 21st FEB. -
SHMOCKEY GAME
Against W.O.s and Sgts. at 1300 hrs. Post game refreshments at the W.O.s and Sgts. Mess.

SATURDAY 22nd, SUNDAY 23rd -
Dance to 'SHANDERIHA" - 4 pce. group from Ontario.

TUESDAY 25th -
MOVIE - "Harry In My Pocket" starring James Coburn.

WEDNESDAY 26th -
BINGO in the Lounge.

EW Courtenay
Adults $2.00, Students $1.75, Children 75¢
Mon. to Thurs. - 8:15 p.m.
Fri. & Sat. - 7 & 9 p.m.
This Sat. - Matinee at 2:00 p.m.
Showing One Full Week - Thurs., Feb. 20 - Wed., Feb. 26
MATINEE SATURDAY - 2:00 P.M.
WALT DISNEY PRODUCTIONS presents
The ISLAND at the TOP of the WORLD
General Entertainment
Plus - "winnie the pooh and tigger too"

Showing One Week - Thurs., Feb. 27 - Wed., March 5


General Entertainment

BASE THEATRE


BASE THEATRE
Sat. 22 Feb. Sun. 23 Feb.
Showtime: 2000 hrs. to 2150 hrs.
RESTRICTED
HEAVY TRAFFIC
Wed. 26 Feb. Thurs. 27 Feb.
Showtime 2000 hrs. to 2150 hrs.
RESTRICTED
DEEP THRUST
Fri. 28 Feb., Sat. 1 Mar., Sun., 2 Mar.
Anglea Mone, Chang Yi,
Showtime 2000 hrs. to 2150 hrs.
KUNG-FU
SATURDAY MATINEES
MISSOURI TRAVELLER
Sat. Mat., 22 Feb.
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TUESDAY: 7:30 p.m. - Teen Group every Tuesday in Chapel Annex.

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

RC Chapel

Father Francis Swoboda - Base Chaplain (RC) Telephone No. 339-2211 Loc 274.
SUNDAY MASSES: Saturday 7:00 p.m. (Sunday Vigil); Sunday 9:30 a.m. and 11:00 a.m.
WEEKDAY MASSES: 7:00 p.m. Monday, Tuesday, Thursday, Friday; 7:30 p.m. Wednesday.
SACRAMENT OF PENANCE: Before all Masses.
BAPTISM: By appointment.
MARRIAGES: Minimum of three months advance notice. Marriage Counselling and Preparation Course are required prior to marriage.

I Am Not Afraid Of Lent

The Season of Lent is a period of preparation for the Feast of Easter. As in the past, God invites us to look honestly at ourselves, to look at Him and to look at our neighbour, in order to see if our thoughts and our actions are in agreement with what the Gospel asks of us.

In the past, with its penances and its days of fast, Lent scared many; today, there are not very many who look upon Lent with fear or apprehension. The words "mortification" and "penance" are words which are hardly used anymore. Today many no longer feel guilty of sin and some do not know what sin is.

To be in sin is nothing more or less than to be in the situation of separation, of distance, of offense in relationship to God and to our neighbour. We do turn away from God and from our brothers often; we do it every time that we turn in upon ourselves, whether it be through laziness, egoism, pleasure or violence.

This turning away from may be more or less willed, but nevertheless it exists and we are guilty of it. The proof of this is that we are all ashamed to appear exactly as we are in the eyes of others. We hide behind a sort of wall which we call "our personal lives," or "our intimate lives." Can one's life be so personal or intimate that he never enters into a relationship with others? God hides in others, "Whatever you do to the least of mine, you do to me."

Lent was not set up to scare us but rather to allow us to get back on the road to God and our neighbour.

Did You know that. . .
In 1974, one of the most common errors taxpayers made on their returns dealt with the employment deduction of $150. The Taxation Data Centre in Ottawa made this deduction for taxpayers who did not claim it, and this resulted in significant savings.

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Did you know that. . .
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High blood pressure, or hypertension as your doctor calls it, is a silent disease with no usual symptoms. You can have it and still feel healthy. It is also a mysterious disease because, in 90 per cent of the cases, the cause is unknown. Of the 2 million Canadians who have high blood pressure, half of them don't know it and a large proportion of th who do are not being trea adequately, if at all.

Fortunately, high bl pressure can be detec easily through an inexpens and painless medi examination, and, once i diagnosed it can usually controlled - with your

(Continued on page 10)

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CLASSES - Weaving.
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LECTURE: INTRODUCTION TO CONTEMPORARY ART - Feb. 25th, 2 p.m. - Free.
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Indoor Soccer

On Feb. 10th the Lions beat the Bears 2 to 0 on goals by Mike Naso and Brooke Jepson. In the Second game with Blair Campbell playing goal for the Falcons they just about upended the league leading Wolves. With his outstanding play, Lee Bryson beat him on a close in shot on a pass from George Bulawka.

On Monday, Feb. 17 the Wolves easily beat the Bears 7-1. For the Wolves it was little Lee Bryson with 4 and George Bulawka with 3. The only goal for the Bears was scored by David Pearson on penalty kick. In the Second game Mike Naso scored 2 goals for the Lions who beat the Falcons. The Falcons goal was scored by Tommy Cranidge.

There will be no games on Feb. 24. The playoffs start the 1st of March at 9:00 a.m. sharp for the trophies. So come out and see your daughter or son in action and maybe win a trophy.

These are the final standings:

	P	W	L	T	Pts
Wolves	14	10	0	4	24
Lions	14	5	7	2	12
Falcons	14	2	5	7	11
Bear	14	2	7	5	9

Playoff Schedule:

Lions vs Bears 900
Wolves vs Falcons 930
Lions vs Falcons 1000
Bears vs Wolves 1030
Lions vs Wolves 1100
Falcons vs Bears 1130

Presentation at 12:15.

Glacier Greens notice

GLACIER GREENS MEMBERSHIPS for 1975 are now available, terms on request. Membership covers the period from 1 Mar. 1975 to 29 Feb. 1976.

	Prior to 1 Mar 75	After 1 Mar 75
MEN	$70.00	$80.00
LADIES	$55.00	$65.00
JUNIORS	$25.00	$25.00
MAN & WIFE	$105.00	$115.00
FAMILY	$125.00	$135.00
Cost of Locker per season		$8.00
Refunds on Posting	Calculated to 30 Sept. 75.	

Membership and information available at:

BTelO	Capt. Lorne Kingyens, Loc 219
CE-Engineering	MWO Eric Fox, Loc 458
CE-ReqO	Capt. Fred Mills, Loc 378
442 Sqn. Safety Systems	Sgt. Ron Carter, Loc 461
442 Sqn. Buf-FE	Sgt. Larry Cote, Loc 424
407 Sqn. Servicing	Sgt. Bob Sleigh, Loc 417
442 Sqn. Rotary Wing	MCpl. Len McCormack, Loc 482
Rec Centre	MCpl. Ernie Strocel, Loc 315
442 Sqn. Log Control	Cpl. Glen Caslake, Loc 419
407 Sqn. Avionics	Cpl. Jim Freeman, Loc 327
Base Supply-R&I	Cpl. Wally Berger, Loc 306
CE-Grounds	Mr. Harry Lewis, Loc 316.

So come on everyone, and get on the band wagon and get your new Membership now, and we will see you all on the greens, come the nice weather.

New vehicles being tested

OTTAWA -- Defence minister James Richardson has announced that the search for a new family of general purpose, wheeled armoured vehicles for the Canadian Armed Forces has been narrowed down to entries from Brazil, Switzerland and the United States.

The AVGP (armoured vehicle general purpose) will be required for operations in protection of Canadian sovereignty, defence of North America and peacekeeping, as announced by Mr. Richardson Jan. 17, in an address to the Conference of Defence Associations in Ottawa.

Before the field was narrowed to three contenders, 10 different vehicles on the international market were examined by the defence and supply and services departments. Models, in production or under development, were examined in Brazil, France, Switzerland, Germany and the U.S.

Assessment criteria for the AVGP included such factors as operational performance, technical suitability, industrial stimulation potential and program price.

Still in the running are the Brazilian Urutu, the Swiss Piranha and the U.S. Commando.

Models of all three vehicles will undergo winter trials at Camp Wainwright, Alta., during Feb. and March to determine their performance under cold-weather conditions. The trials will be conducted by soldiers from the Calgary-based 1 Combat Group under the supervision of factory representatives and specialists from national defence headquarters.

Mr. Richardson pointed out that the forces' requirements at production time will determine the size of the contract to be awarded on final selection.

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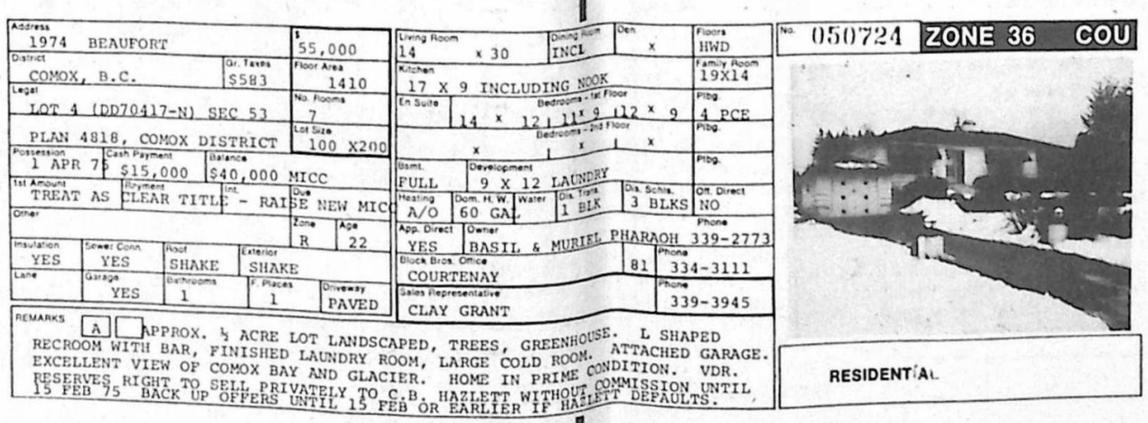
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Don't forget Pac/Reg Hockey at Glacier Gardens Arena. Schedule is as follows:
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1930 Hrs. CFB Chilliwack vs CFB Esquimalt.
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Wed 26 Feb 75
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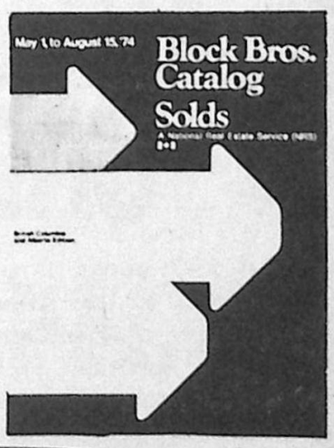
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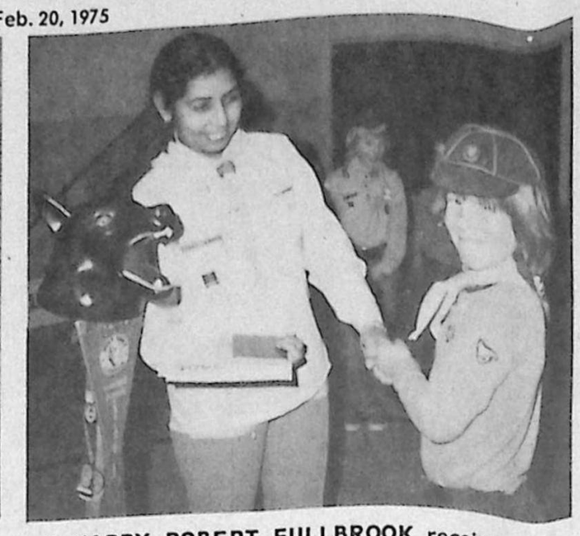
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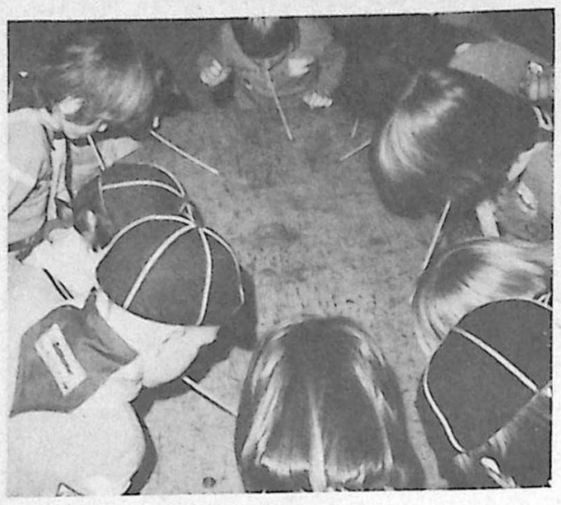
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GAME TIME, WITH Gray Packers trying to catch a lifesaver with a straw.



SOMEONE'S always got to clean the place up!



A SESSION ON knot tying with Pack leaders Anne Muloin and Surinda Gill.

Akela says

Let me introduce you to one of the three Cub Packs in the 1st Lazo Group. This is a continuation of our introductions last issue.

GRAY PACK is one of the three packs that make up our group. The pack is lead led by Mrs. Surindra Gill, (the Akela) and assistant. Mrs. Anne Muloin. Surindra has been in the scouting program for three years and all of her loyal support has been with the 1st Lazo Group. Anne is a newcomer and has one year of scouting to her credit with the Lazo boys.

The pack started their year with the usual "Campfire" ceremonies at Air Force Beach. Gray Pack conducted the Grand Howl for the campfire and their Akela (Surindra) conducted the required ceremonies. In Oct. the pack participated in "International H.A.M. Week". Courtenay Wireless Club invited the boys to the 1974 Jamboree-on-the-Air. This is an annual event sponsored by the World Scout Bureau, Geneva, Switzerland. This was the 17th Jamboree. The last of the month was of course, Canada's traditional "Scouts Apple Day" in which Gray Pack was an activeunit.

In November the pack was very busy making candles for the annual L.A. Christmas Bazaar. The pack received a good shot in the arm financially for their efforts.

Then in December came the Christmas party with comical sketches from the boys, candies from Santa, and food from the L.A. – they had a ball. (You could tell by the size of the mess).

The new year, January brought about some name calling. No more Comox, but Lazo instead. (Gray Pack was equally represented although their pack photo was not printed in the "Times"along with the others. OK, Surindra?) Gray Pack received their new 1st Lazo Flag along with all units of the group.

Fun things are a very important part of pack gathering. In addition to games that are played, Gray Pack has made trips to play floor hockey; study map readings and had a session on knot tying.

One highlight of this packs' activity, I would think took place on their visit to the local RCMP Detachment. Here the boys were shown how the computers check on us. The leaders automobile was checked for ownership and it took 30 seconds to find out there was no Hanky-Panky in Gray Pack. Each Cub was finger-printed before they left.

The future of Gray Pack looks something like this boys, the Hobby Show is this Sunday in the scout hall at 1300 hours; a bottle drive on 29 March; Cub Kart Rally in April; a day outing at the Big Qualicum Fish Hatchery; and over nite camping trip. Sounds like a full schedule for Gray Pack.

"MAYDAY", "MAYDAY", the two leaders of this pack really need some assistance.

This is an appeal for volunteer help. As the Akela says "Help stamp out sex discrimination", Gray Pack needs MALE volunteers. (at least two) call 339-3217 or 339-4631.

PMQ Preamble

BABE RUTH BASEBALL - BOYS

It's registration time for Babe Ruth Baseball and time to bring out all those would-be Johnny Benches and Rollie Fingers. Saturday, March 1st, from 1000 to 1400 hours is the time and the Airport School is the place. There are three divisions in Babe Ruth, 13 year olds, 14-15 years and 16 - 18 year olds. The registration fee for the 13 year olds is $8.00 and $10.00 for those 14-18 years.

For further information call the Babe Ruth Co-ordinator, MCpl. Graham Wilson at 339-2486 or local 332, or Sgt. Jim Lynch at Local 360 or 339-4368. There is still a shortage of helpers of all kinds from coaches to scorekeepers and drivers. Graham and Jim are anxious to hear from you.

BASKETBALL:

The coaches have been doing good work. The scores have been increasing and some of the players have been downright good. The scores from the 8th Feb. were: Supersonics 30 - Globetrotters 12; Bucks 59-Go-Getters 24.

In the Bucks game Barbara Kuhn scores 30 points.

Last Saturday the 15th the Bucks were still flying high, beating the Globetrotters 41-24 while the Go-Getters beat the Supersonics 38-9. Two of the really hard workers last Saturday were Brian Uddenberg and Brian Belliveau.

Two or three more snowfalls should give the snowplowers enough practice to be able to free us all in half a day. The first big storm kept some of us snowbound for two days. This time it was only one day – that's progress. Those snowplowers have achieved instant perfection in timing their runs, which come just in time to plug a freshly cleared driveway. I am sure that's step one in the National Snowplowers Training Manual.

Election time is nearly here again. At the end of March, nine new ward councillors will be needed. There will be elections in all wards as alternates will be elected to allow for postings in between elections. I am sure it's a great temptation for some to get even and vote for the neighbour who nominated you last time, or whose kid keeps teasing your dog.

What's needed however is your vote for someone who you think will get out and help the PMQ Council to improve community life. If you think you're the greatest, vote for yourself! In the meantime, give some thought as to whom you think would be a good ward councillor.

Servicemen's Registered Savings Plan

1. After a survey of 144 financial institutions in Canada, the Canada Trust Company has been selected as the trustee for the Servicemens Registered Retirement Savings Plan (SRRSP).

2. Unfortunately plan finalization and authorization came too late to provide prepared briefings and adequate literature for all personnel sufficiently in advance of the 1 Mar. 75 deadline for the 1974 taxation year; however the plan is now available and the highlights follow.

3. **Eligibility.** The plan is available to members of the regular force and former regular force members in receipt of a pension-annuity. Any regular force member may commence to participate while serving and continue as a participant when he or she retires with or without an annuity.

4. **Investment and Options.** Participants may invest in any one or any combination of the four options; guaranteed, income, mortgage or equity:

a. **Guaranteed.** Consists of guaranteed investments. Rate of return is Net 9½ per cent for 1975. Thereafter guaranteed rate will be established semi-annually.

b. **Income.** Consists basically of bonds, debentures and mortgages.

c. **Mortgage.** Consists of prime mortgages in Canada or guaranteed securities from the Government of Canada or any Province.

d. **Equity.** Consists mainly of common and preferred shares but includes some bonds, debentures, etc.

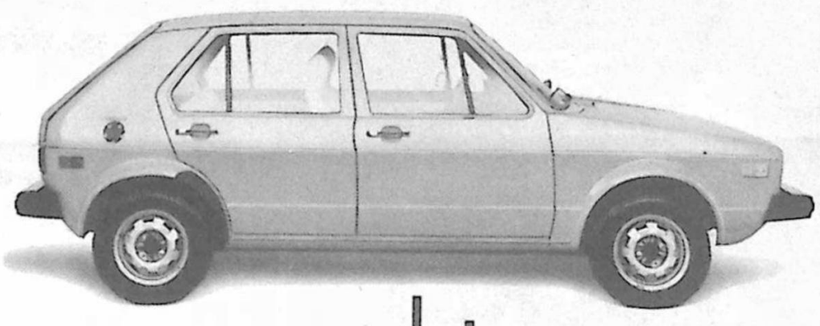
There are no separate charges to commence participation in any of these options, to withdraw from any option or to transfer funds between options.

5. **Administrative charges.** The cost of the guaranteed option is 0.5 per cent, but the 9½ per cent quoted above is the quote net amount guaranteed unquote to an individual and represents what his or her investment will yield. The other three options have costs of 0.55 per cent on the first 5,000,000 dollars of total funds in each option, 0.35 per cent on the next 20,000,000 and 0.30 per cent on all amounts in excess of 25,000,000 dollars. If mortgages are held in an option, an additional fee of 0.30 per cent will be charged on the net asset value of the mortgages. In summary, the guaranteed option equals or betters most individual plans and the costs of the other options are approximately 50 per cent lower than most other RRSPS offered on the open market today.

6. **How to Participate.** Application forms are being forwarded to all bases, stations, etc. and should be available to members by mid-Feb. Completed forms must be forwarded to the Canada Trust Company, 170 Laurier Ave. West, Ottawa, Ont., K1P 5R4. In addition local offices of Canada Trust will have the necessary documentation available approximately 17 Feb. 75 and will be able to answer enquiries concerning the SRRSP, and to accept

(Continued on page 9)

45 mpg highway
28 mpg city



rabbit

Mileage based on U.S. Federal Environmental Protection Agency 1975 Fuel Economy Report 28.8 mpg city, 45.6 mpg highway converted to imperial gallons (1 imperial gallon = 1.20094 U.S. gallon). Driving

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BASEBALL

BABE RUTH LEAGUE

Registration time
BOYS 13 - 18 years
Saturday, 1 March
1000 - 1400 hrs.
at the Airport School
See PMQ Preamble

Notice



BEAVERS CANADA

For boys aged 5 - 7 years, is a group of Boy Scouts of Canada who are now meeting at the Airport School Gym on Thursday evenings from 6:00 to 7:30 p.m.

Beavers is an organization where boys are encouraged to SHARE with other boys and leaders — there is NO competition — simply sharing and fellowship.

Parents of Beaver Age dependents who live anywhere in the Comox Valley that wish further information or would like their boys to join the 1st Lazo Beaver Colony, please contact: Morag Walmsley 339-4912; Rick Warren 339-4219; Bob Vinnedge 339-4954.

BEAVERS MOTTO IS: "SHARING - SHARING - SHARING"

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Western Canada's oldest Independent School for boys, with expanded boarding facilities, is offering a certain number of Scholarships for B.C. Residents . . . Prep School grades 3 to 7, and Senior School grades 8 to 10.
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Curling Capers

by Bev Muskett

C.N.I.B. CURLING

The following is an article I read in the "Curler" which I think you will find very interesting, I know I certainly did.

"Enthusiasm among curlers of the Toronto Mixed Curling Club for the Blind is growing every year. The club was established about eight years ago, waned slightly, but has since come back over the past two years with increased spirit among players. The team is 36 members strong and consists of curlers ranging from teenagers to middle age as well as older players. The coach is the only sighted player on the team and vision among the players varies from total blindness to partial sight. The methods of playing the game and the rules enforced are those specified by the Ontario Curling Association, with only slight modifications – lights are used to help some of the curlers gain direction in delivering the rock, and instead of giving signals with his broom, the skp can stand close to the hog line so he can tell players which turn to use and where to shoot.

"Competitive spirit is very ...h and the team likes to ...ter any bonspiel it can, and certainly their physical handicap in no way reflects their skill in the game. Last year, they competed in a regular bonspiel at the Terrace Club in Toronto, and out of the 38 rinks entered, the Toronto Mixed Curling Club for the Blind placed third. The team meets every Sunday night for practice at the Terrace rink in Toronto. Membership is $1.00 per person, per season, the cost being subsidized by grants from the Lions Club and the Canadian National Institute for the Blind.

"Other blind curling teams are in operation throughout Canada under the guidance of the local CNIB offices. Curling is very strong out west and there are clubs set up by the CNIB in almost every major city across the ...ntry which has a CNIB ...e. In Ontario alone there ... active clubs in London, Hamilton and *Toronto. Both Kingston and Thunder Bay* are actively involved in planning stages for teams.

"The Ontario Curling Association recently provided the Toronto Curling Club for the Blind with coaches and there has been one coaching clinic held for them. Every team member looks forward to the day when a national level competition is established especially for blind curlers. They need more help from experienced sighted players, and more participation by other blind people who would like to curl. Most local CNIB offices would be glad to hear from any curler willing to help."

LEAGUE STANDINGS TO FEB. 7

Sunday Mixed "A" League: 1st, Marshall; 2nd, Dikur, Viklund; 3rd, Elvins, Cramer, Edey.

Sunday Mixed "B" League: 1st, Peters, Selenski, Wind; 2nd, Main, Vallee; 3rd, Arthur.

Monday Mixed "A" League: 1st, Wood, 2nd, VanCurren, Kardynal; 3rd, Hoy, Morgan.

Monday Mixed "B" League: 1st, Russell; 2nd, Elgie; 3rd, Pearson, Jenkins, Foster, Copman.

Tuesday Afternoon Ladies League: 1st, Hudson, 22 points; 2nd, Parker, 21 points; 3rd, Lewis, 20 points.

Tuesday Night Ladies League: 1st, Peterson, 22 points, 2nd, Bean, 19 points; 3rd, Davie, 17 points.

Wednesday Night Mixed "A" League: 1st, Coates, Meyers; 2nd, Vanetta, Carlson, Morrey, Fitzgerald; 3rd, Aitken.

Wednesday Night Mixed "B" League: 1st, Bill Thompson; 2nd, Foggitt, Koster; 3rd, Douglas, Perry.

Thursday Afternoon Ladies League: 1st, Hudson and Derkson, 20 points each; 2nd, Galloway, 19 points; 3rd, Thompson and Smith, 18 points each.

Seniors Monday and Wednesday Afternoon League: 1st, Wortman, Berry, Stephenson; 2nd, Garoz; 3rd, Staples.

Sunday Morning Hangover League: 1st, Luckies; 2nd, Courtenay Legion No. 2; 3rd, Sgts. Mess No. 1 and Lions No. 1.

***Tuesday* Men's "A" League:** Meyers and Sahdberg tied for first.

Tuesday Men's "B" League: 1st, Perry.

Thursday Men's "A" League: 1st, McLoughlin.

Thursday Men's "B" League: 1st, Sterling.

Thursday Men's "C" League: 1st, Morris.

Thursday Men's "D" League: 1st, Jarvis, Long.

Comox Junior Secondary: 1st, Lewis, Longland; 2nd, Richardson, Chadderton; 3rd, Limber, B. Richardson, Perry.

School League Curling is now finished for the 1974-75 season.

Some of our senior curlers travelled to Duncan Feb. 3, 4 and 5 for the Duncan 10th Annual Seniors Bonspiel. A great time was had by all and the following from our club were prize winners.

3rd "A" Event: G. Garoz, skip; E. Staples, third; M. Taylor, second, and J. Macaulay, lead.

3rd "B" Event: F. Wortman, skip; G. Stephenson, third; C. Berry, second, and L. Richards, lead.

There were 20 teams entered from the Mainland and various clubs on Vancouver Island.

There will be three ladies rinks that I know of, travelling to Qualicum Feb. 21 - 23 for the Qualicum Ladies Open Bonspiel.

They are: Lee Lindsay, skip; Sandra Galloway, third; Rose Ellen Hoffman, second; Heather Hayard, lead. Kay Dick, skip; Mary Schwager, third; from Port Alberni Curling Club; Marlene Peterson, second; Linda Grant, lead. Bev Muskett, skip; Sharon Hastings, third; Nan McConochie, second; Irene McMurtrie, lead.

The next ladies executive meeting will be held Feb. 18, 9:00 p.m. at the Curling Club.

For those of you who like to plan your schedule early, the Ladies Pot Luck Supper and General Meeting will be held at the Curling Club Mar. 25, at 6:00 p.m. sharp.

ISLAND JUNIOR PLAYDOWNS

The Island Junior Playdowns were held at Nanaimo Curling Club Feb. 8 and 9. The results are as follows:

10:00 a.m. Saturday "A" Event: Steve Williams, Duncan 12 - Jon Foster, Nanaimo 8. Kelly Oulten, Victoria 9 - Rob Sterling, C.V.C.C. 3, this game only went 9 ends.

4:00 p.m. Saturday "B" Event: Jon Foster, Nanaimo 10 - Kelly Oulten, Victoria 9. Steve Williams, Duncan 11 - Rob Sterling, C.V.C.C. 2 - this game also went only 9 ends and this loss knocked Sterling out of the playdowns.

9:00 a.m. Sunday "A" Events: Steve Williams, Duncan 6 - Kelly Oulten, Victoria 2. With this win Williams won the "A" side and as only one winner comes out for the Island he went on to compete in the "B" event at 12 noon Sunday and lost this game to Jon Foster of Nanaimo 7 - 6, therefore, forcing a playoff game at 3:00 p.m., which was won by the Foster rink 12 - 8.

This rink will now travel to Prince George Feb. 21 - 23 for the B.C. final.

Registered savings plan

(Continued from page 8)

applications to the plan.

7. **how much to Invest.** Although there is no minimum deposit, you can deposit up to 20 per cent of your earned income each year up to a maximum of 2,500 dollars less your quota CFSA unquote contributions. Pay allotments will be permissable and authority has been obtained for pay allotments to the SRRSP to be included in your monthly income tax exemptions if you so desire. Particulars of pay allotments and tax procedures will be published by NDHQ-DPS shortly.

8. **Lump Sum Deposit.** All or part of any severance pay, cash termination allowance, deferred pay, etc. may be deposited in the SRRSP and there will not be a requirement to pay current tax.

9. **Taxation Year 1974.** For the 1974 taxation year the Canada Trust Company must physically receive cheques, cash, money orders, etc. no later than 1 Mar. 75. In other words a deposit placed in the mail or in transit prior to 1 Mar. 75 is not sufficient to cover the requirement to apply such monies to your 1974 tax year.

10. You can withdraw all or part of your money in your plan. Details of withdrawing money will be available in brochures that will be issued and in briefings in Mar-Apr. 75.

11. **Briefings.** Full scale briefings for CHQs and larger bases and detailed literature to all establishments will be available late Mar. or early Apr. when all printing, translation, etc. is completed.

12. There will be no attempt to quote sell unquote the SRRSP. RRSPS are not for everyone and each individual must make his own decision. Briefings and literature will highlight the advantages and disadvantages of RRSPS in general and the SRRSP in particular.

EATON'S

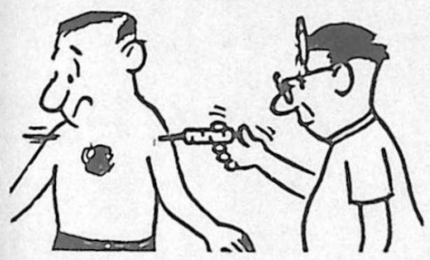
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FIVE SECONDS TO GO! A Canadian Forces loadmaster indicates the time before paratroopers and toboggans are dropped from a Hercules ramp during a large scale tactical airlift exercise here this week. Similar exercises are held here several times a year to practice Hercules air and ground crews from 435 Transport Squadron, Edmonton and 436 Transport Squadron, Trenton, Ont., in air-lift techniques. The crews practice parachuting men, supplies and equipment while flying in formation on tight time schedules. Also participating are: The Canadian Airborne Regiment, 1 Air Movements Unit and several support units from CFB Edmonton and 2 AMU, Trenton.

In 1972, Canada's Poison Control Centres reported over 30,000 cases of accidental poisoning of children under five. Fifteen of them died and some 1,700 suffered serious after-effects. Many poisons are so common to us that we take them for granted: furniture polish, patent medicines, paints and thinners, gasoline and petroleum products.

Children have died after swallowing as little as one-sixth of one ounce of furniture polish, one-quarter of an ounce of oil of wintergreen liniment, half an ounce of turpentine.

The most dangerous are corrosives -- petroleum products, barbituates, pesticides and certain minerals like iron and lead. Corrosives such as lye, acid, ammonia, bleaches and drain cleaners burn the throat, vocal cords and stomach – twice over if he vomits them up. Products like furniture polish, oven cleaner, kerosene, gasoline and turpentine can cause convulsions or coma. Lead gradually concentrates in body and brain; may cause blindness, paralysis or retardation.

In 1972, doctors reported more than 2,000 poisonings by products made especially for children, such as baby powder, headache tablets and vitamin pills. Of nine brands of iron-enriched children's chewable vitamins – every bottle contained more than enough iron to kill a child. One brand has seven times the lethal dose. What to do? If your child has been poisoned:

Act quickly but don't panic.

Call your nearest poison control centre, hospital or doctor.

Comox Poison Control Centre 339-2242.

Ambulance 334-2345.

Numbers are listed inside the front cover of your directory.

Keep on hand a bottle of Syrup of Ipecac to induce vomiting.

Household substitutes are mustard or common table salt in warm water.

If you have the poison container, report the brand name, contents and a rough estimate of how much has been taken. If you don't know what was swallowed, describe the symptoms: pain, vomiting, breathing difficulty, sweating, breath odour, burns or stains around the mouth, convulsions, or unconsciousness.

If he has taken a dangerous poison, get him to the hospital quickly. DON'T induce vomiting if he's in convulsions, or coma, or has swallowed a corrosive or petroleum product. If you are advised to dilute the poison and make him vomit, give him a glass or two of milk or water, then induce vomiting.

Do your best to poison-proof your home if you have young children. Do remember that you have to teach children not to touch things as well, for despite all safeguards, sooner or later they may get hold of some poisonous substance.

The February issue of the Reader's Digest contains all of the information I have just presented PLUS twenty ways to protect your child from poison. I recommend you buy a copy.

Our local health unit advises that School District 71, which reaches from Oyster River to Fanny Bay had 27 cases of child poisoning in 1973 and only 9 in 1974. These are only the cases which are admitted to hospital and don't indicate the total number of poisonings.

From the local experience, however, it is possible to state that the majority of cases were pre-schoolers and were under their mother's care at the time. The most common poison agent was patent and prescription pills.

Local poisonous plants that should not be eaten include laburnum - which is similar to common broom, and vetch – which is like a wild pea plant. The pods and seeds of these plants can cause nausea and headache.

Safety Sam

Know your heart

(Continued from page 6)

operation. However, diagnosing people with high blood pressure is one thing; getting and keeping them under control is another. Once diagnosed, high blood pressure can usually be controlled, but only with co-operation from the patient. Co-operation in this instance means doing whatever the doctor advises – from doing therapy to diet, quitting or cutting down cigarettes, and getting moderate daily exercise.

Thanks to research, we have been able to pinpoint the so-called "risk factors" – conditions which affect our chances of heart attack and stroke. High blood pressure is one; heredity is another.

You can inherit an abnormal tendency toward high blood pressure, as well as high blood cholesterol and diabetes, all of which increase your risk of heart attack and stroke. Your heredity can't be changed, of course but, by adopting a proper lifestyle, you can improve your chances of living a longer, healthier life. But remember, only your doctor can determine your risk and only he can tell you how to reduce it.

To keep the public better informed, your B.C. Heart Foundation has a wealth of free heart saving information on heart disease.

The fit never quit.

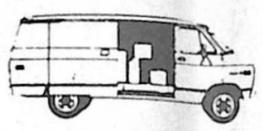
PARTICIPACTION
The Canadian movement for personal fitness

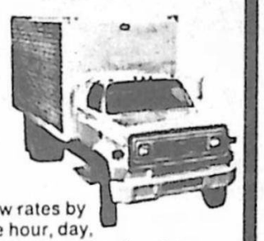
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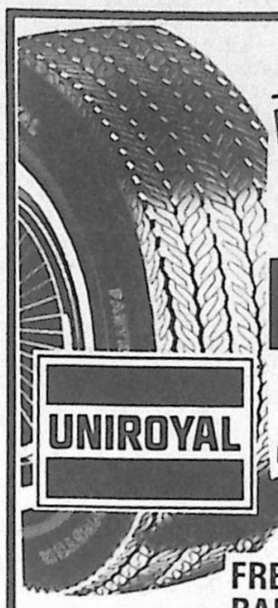




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These menu ideas are easy to prepare and recommended by our own home economist . . . look for Save 'N' Serve menu ideas each week.

BEEF STROGANOFF

1 lb. ground beef
1 cup Uncle Ben's Converted Brand Rice
2 cups water
1 tsp. salt
1 tsp. garlic powder
1 cup sliced onion
1 (10 oz.) can condensed cream of mushroom soup
½ cup ketchup

Brown beef in 12 inch skillet; drain. Stir in rice, water, salt, garlic powder, onion, soup and catsup. Bring to boil. Reduce heat, cover and cook over low heat about 25 minutes, or until rice is tender and mixture is desired consistency. Stir occasionally. Makes 4 to 6 servings.

CHICKEN ITALIANO

½ cup margarine, melted
1 (3 lb.) frying chicken cut in serving pieces
½ cup fine dry bread crumbs
1 tsp. oregano leaves
1 tsp. paprika
½ tsp. salt
¼ tsp. garlic powder

Brush chicken with melted margarine. Combine remaining ingredients. Roll chicken in crumb mixture. Arrange in 2 inch deep 9 x 12 baking pan. Bake at 350° for 1 hour or until chicken is done. Makes 4 servings.

SAUSAGE AND EGG SCRAMBLE

1 lb. skinless sausage
1 (4½ oz.) can chopped mushrooms (drained)
1 (4½ oz.) can sliced ripe olives (drained)
1 tsp. salt
½ tsp. pepper
10 eggs, well beaten
½ cup ketchup
½ cup grated cheddar cheese

Combine mushrooms, olives, salt and pepper with beaten eggs. Pour into casserole dish. Place sausages over the mixture. Spoon ketchup over top and sprinkle with cheese. Bake in a 325° oven for 12 to 15 minutes.

PORK SHOULDER STEAK DINNER

4 tbsp. oil
4 pork shoulder steaks
4 slices spanish onions (¼ inch)
4 rings green pepper
4 tbsp. uncooked rice
3 cups canned tomatoes
1 cup diced celery

Heat oil in skillet. Brown steaks well on both sides. Place slice of onion and one pepper ring on each pork steak. Place one, tbsp. of rice in each ring. Pour tomatoes around meat; add celery. Place cover on skillet and simmer one hour.

UNCLE BEN'S CONVERTED RICE 48 oz. pkg. 1.88
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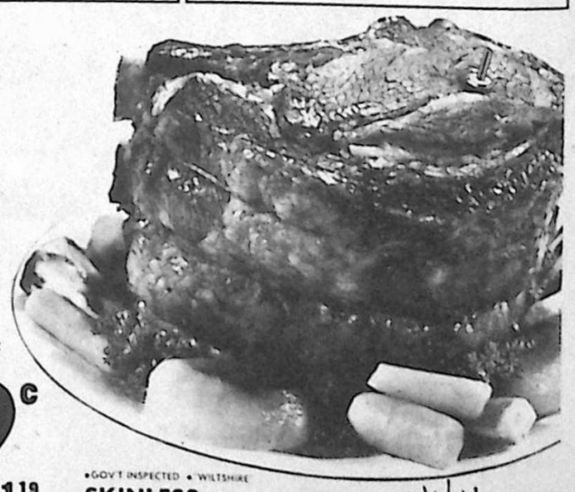
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"Royal" PRIME RIB ROAST
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When Stem Pops Up Your Roast Is Done To Tender Perfection
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SUPER-BUY BEEF SHANK (Centre Cuts) lb. 79¢
SUPER-BUY •GOV'T INSPECTED SLICED BEEF LIVER Skinned and Deveined lb. 69¢
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•GOV'T INSPECTED •FROZEN Frying Chicken Legs Approximately 5 lb. bag lb. 1.09
•GOV'T INSPECTED •SCHNEIDERS' ALL BEEF Skinless Wieners 1 lb. pkg. 89¢
•GOV'T INSPECTED •CHOICE GRAIN FED Pork Shoulder Steak (Bone In) lb. 1.09
•GOV'T INSPECTED •WILTSHIRE SKINLESS SAUSAGE 1 lb. pkg. 69¢
CHECK OUR SUPER TRIM
At SUPER-VALU we trim off excess fat BEFORE the meat is weighed when you buy it . . . we call it "Super Trim." It all adds up to value SUPER-VALU!

•GOV'T INSPECTED •VANCOUVER FANCY SAUSAGE
Super Garlic Ring 16 oz. each 1.15
Farmer Sausage 11 oz. each 1.65

BE SURE TO VISIT THE VANCOUVER BOAT & SPORT SHOW AT EXHIBITION PARK - FEB. 21 TO MARCH 2
SAVE 1.00 ON OPENING NIGHT ONLY or 50¢ ANY OTHER WEEK NIGHT
DISCOUNT COUPONS AVAILABLE AT YOUR SUPER-VALU STORE

FREE! N.H.L. HOCKEY PLAYER PICTURE PACK
Every time you visit Super-Valu you get a pack of 8 Free Hockey Players and a Free Money Saving Coupon. NOTE: One pack free per family per day to any member over 16 years of age.

BLUE BONNET REGULAR SOFT MARGARINE 1 lb. tub 85¢
DR. BALLARDS CHAMPION LIVER DOG FOOD 4 15 oz. tins 88¢
DR. BALLARDS SOFT MOIST BURGERS 12 oz. pkg. 1.88
DR. BALLARDS CHAMPION DOG FOOD •Chicken •Beef & Cheese •Beef 4 15 oz. tins 88¢
N.H.L. HOCKEY PLAYER ALBUM A soft cover album all about hockey ONLY 2.49

GOLD SEAL SOCKEYE SALMON 7.75 oz. tin 1.15
DAD'S VARIETY PACK COOKIES SUPER-BUY 32 oz. pkg. 1.85
LIPTON'S CASSEROLE BASE From Variation 6 oz. pkg. 64¢
OVEN FRESH FRENCH BREAD SUPER-BUY 2 14 oz. tins 79¢
FRASER VALE •FROZEN FRENCH FRYS Shoe String SUPER-BUY 2 2 lb. pkg. 69¢
PURINA ALL-VER OR TUNA DINNER FOR CATS SUPER-BUY 7½ oz. pkg. 1.15
JAVEX LIQUID BLEACH SUPER-BUY 128 oz. btl. 1.15
FAB DETERGENT POWDER SUPER-BUY 80 oz. pkg. 2.19

ALL PRICES EFFECTIVE Wed., Thurs., Fri. and Sat. Feb. 19, 20, 21 and 22 at all SUPER-VALU Stores in Courtenay and Comox. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

SUPER-VALU
More than the value is super and we're proving it every day