



# TOTEM TIMES



Some people are very magnetic - everything they own is charged

Vol. 21 No. 2

THURSDAY, JAN. 25, 1979



## New Year's goodies show talent of food services

Base Photo

THE REGULAR MESS MEMBERS, guests and visitors of the Officers' Mess are indeed most pleased with the high standard of meal preparation and efficiency displayed by the kitchen staff throughout the year. However, the annual Officers' Mess New Year's Ball is the occasion when all the culinary skills and artistic endeavours of the chefs and assistants are put on display. L-R: Mrs.

Anna Horseman, Mrs. Eldine Loftkrantz, Miss Lori Smith, Mrs. Anne Snajdar, Mrs. Chris Pardiak, Cpl. Bob Wilson, Miss Pat Boyd, Mr. Barry Milberry, Mrs. Gladys Barber, Mrs. Renate Stallard, Mrs. Mary Buchanan, Miss Kim Rees, Mr. Dennis Muise. Missing from photo, Mrs. Linna Smith, Mr. John Reichl.

## Thirty years and still surviving

During WW II many aircrew stayed alive as a direct result of search and rescue operations, escape and evasion training and an ever increasing knowledge of survival techniques. During the same period many aircrew perished after forced landings or bailouts as a direct result of not being prepared for, and not knowing

what to do in a survival situation.

In addition to the humanitarian aspects of teaching individuals how to survive, aircrew training has always been extremely expensive and time consuming. Therefore, shortly after WW II it was decided that in the future all aircrew would receive formal survival

training and in 1948 the RCAF survival school was born at RCAF station Edmonton.

During the past 30 years the school has advanced greatly. On the basic and survival course (which was once referred to as winter and summer bush survival) course content has remained much the same as has Arctic survival training. However,

training techniques and concepts have improved significantly.

Permanent detachments were established at Jarvis Lake, Alberta for land survival in 1956 and at CFB Comox when sea survival was introduced in 1960. In addition a semi-permanent detachment for Arctic survival moved from Cambridge Bay to Resolute Bay, NWT in 1960.

Parasail training was officially introduced as part of the sea survival course in 1976 giving most trainees their first experience in an actual parachute descent into water. In 1978 the Canadian Airborne Centre assisted CFSTs in introducing PARA Swing Landing Training which became part of the land survival syllabus for undergraduate aircrew.

In addition to survival training and ground search courses this school has had the responsibility of training rescue specialist personnel for over two decades. A great deal of publicity has been given to the excellent work of Search and Rescue Squadrons and CFSTs takes silent pride in the fact that the rescue specialists on these SAR

Squadrons are all trained by the school.

The six month RS training course includes Land and Arctic survival, parachute jumping, medical training, diving, ground search training, mountain rescue, glacier rescue, fixed and rotary wing SAR techniques as well as Maritime SAR operational training. After graduation and at least two years of operational SAR duties, selected RS specialists return to CFSTs to take the team leaders course. In 1979 CFSTs will introduce an advanced RS medical course. The Canadian Forces survival school has served Canada and the military well for 30 years and will continue to do so in years to come. Happy anniversary!

that go into orbit with the payloads, as well as fragments produced when satellites come apart in space. Fewer satellite breakups in space apparently accounted for the lower debris figure. NORAD noted only one major breakup in 1978 - a Soviet vehicle that yielded approximately 40 pieces - while several satellites shattered in 1977, leaving more than 300 fragments to be tracked. In addition to the satellites going up, NORAD reported that another 520 objects came out of orbit during the year, most of them disintegrating as they passed through the earth's atmosphere on the return trip.

Probably the most notable of the returning satellites was the USSR's Cosmos 954, which NORAD tracked to a reentry point last January over northern Canada where pieces were recovered.

The heaviest vehicle dropping out of orbit in 1978 was the United States' 23,000-pound Pegasus spacecraft, which reentered the earth's atmosphere near Africa in September. There were no reports of sightings of the return or recovery of pieces.

Nine nations or organizations are listed as the owners of last year's 161 new payloads.

The Soviets fired off the first, last and most for the year - 119, compared to 30 for the United States.

Of the others, two belong to the European Space Agency, four to Japan, two to the International Telecommunications Satellite Organization, and one each to Canada, the People's Republic of China, NATO and Czechoslovakia.

Czechoslovakia joined the satellite-owning countries when its space vehicle, called "Magion", rode as a piggyback passenger aboard a Soviet launch in October.

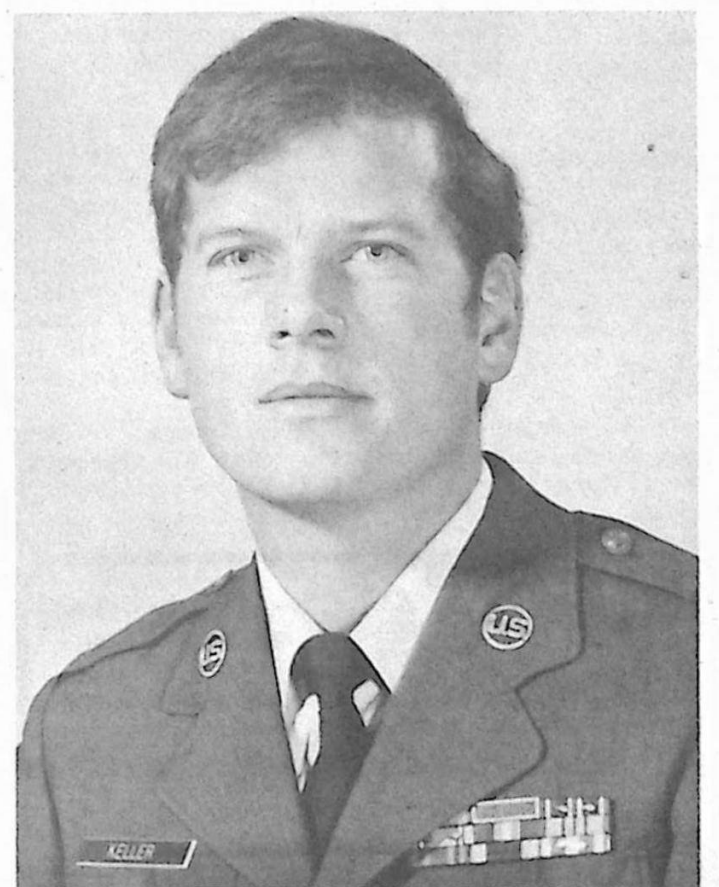
NORAD's Space Defence Center, which is inside Cheyenne Mountain near Colorado Springs, uses information from radars and other satellite-tracking sensors around the world to catalog satellites and plot their orbital paths.

Space objects counted in 1978 boosted the catalog over the 11,000 mark. That came Aug. 7 when the Soviets launched a cargo transport, Progress 3, to link with its manned Salyut 6 orbital space lab.

By the end of 1978, the space traffic count had reached a total of 11,117 man-made space objects recorded since the first one, Sputnik 1, in 1957.

But more than half of those - 6,548 - have fallen out of orbit. That left, 4,629 still out there as the year came to end. So the net gain in space population over 1977 was only 109 objects.

## Airmen of the quarter



TSgt Michael Keller Base Photo

TSgt. MICHAEL KELLER has been nominated by Det. 5, 425th Munitions Support Squadron as Airmen of the Quarter (Oct.-Dec. '78). TSgt. Keller is the first person to receive this award under the newly formed program. The criteria for selection is both job performance and off duty community involvement. Each section nominates worthy individuals and then the final selection is considered through a board of one officer and four senior NCO's. Although not selected, SSgt. Dave Tucker, (Explosive Ordnance Disposal), SSgt. John Hale and SSgt. Gary Nelson (Custodial Branch) were the other outstanding nominees. I asked TSgt. Keller how he felt about winning the award and he said, "I'm honored to receive the award, it was tough but fair. I think it's a great program." Along with his name inscribed on a plaque, which permanently remains in the detachment reading room, TSgt. Keller will receive a \$50.00 Savings Bond and a Certificate of Recognition. Congratulations Mike!



## Attention getter

Base Photo

New visibility markings are displayed on the non-static parka. Designed to enhance visibility in all conditions, the markings should draw the attention of drivers, pilots and other keen-eyed individuals.

Unfortunately, the effect may be somewhat lessened when the parka is worn with work dress or coveralls instead of the attention-getting outfit Joanne chose.

**NEXT TOTEM TIMES  
DEADLINE  
MONDAY, FEBRUARY 5  
Please Meet Our Deadline**



# Section news

## Nighthawks nest

For the past two weeks the Nighthawks have been working hard gearing up for Tac Eval. A crew exchange with 416 Squadron in Chatham provided the opportunity to observe another Squadron's operation. Andy Dobson, Dave Taylor, Brian Taylor and Dave Burt spent a week away on the exchange. Unfortunately bad weather caused a delay in getting to Chatham so the weeks activities were crammed into three busy days, highlighted by a thorough familiarization of the east-coast QRA. The week culminated with a 416 Squadron exercise, Fabric Angel, which provided some friendly competition and challenging targets.

The visitors to 409 were Bob Abbott, Carl Hammerschmitt, Terry McKenzie and Hank Dielwart. Unfortunately, due

to the standard Comox winter fog the 409 Squadron exercise was scrubbed, however several missions were flown during the week. Terry and Hank were even treated to a diversion which quickly turned into a cross-country trip to Malstrom and Edmonton. A wine luncheon ended the week with a splash. In an attempt to entertain our guests, a few Nighthawks demonstrated sea survival techniques and unique escape manoeuvres.

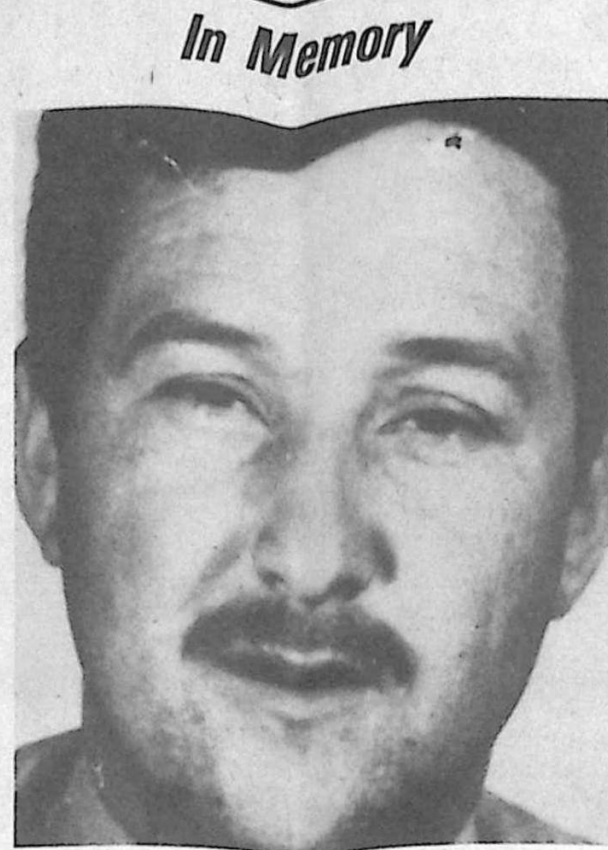
On their way back from Chatham, Andy Dobson and Dave Taylor were informed by the Cold Lake tower that a light aircraft had just radioed a Mayday. With only fifteen minutes fuel, they used their nighthawk skill and cunning and the UHF - Automatic Direction Finder to locate the Cessna 185 on a small lake 35

miles north of the base. Upon landing they were congratulated by Col. L. Price, Base Commander Cold Lake, who is an ex-Nighthawk C.O.

This past week the Nighthawks scored excellent results in the region exercise. The two night long exercise permitted crews to hone their skills against challenging targets.

Ron and Leslie Egli hosted an A flight party Saturday. Lots of good conversation and great Chili made the evening a tremendous success.

Nighthawks nest welcomes Larry and Heather Russel to 409 Squadron. Captain Russel has just completed the Winnipeg Bagotville navigator training and is now deep into Combat Ready Training. The Q awaits! Norman.



**CORPORAL IVAN VALIQUETTE** 36, formerly of 442 Sqn. C.F.B. Comox was fatally injured while on duty serving at Baden-Baden, Germany. Cpl. Valiquette passed away on December 26, 1978, double Military services were held in Germany and Drummondville, Quebec. While residing in the Comox Valley Ivan held the office of Grand Knight of the Knights of Columbus from Sept. 1976 to June 1977. He is survived by his wife Lorraine and three sons Andre, Benoit and Christopher. Interment was in Drummondville on 2 Jan. 1979.

## Demon Doins

As part of a personal survey, I "intentionally" made a mistake in the last article. About the Japanese trawler on fire, I wrote that Crew 4 was on scene when in fact, it was Crew 2. I apologize to those involved. I have proof now that at least 42 people read the "Demons Doins".

Not only do they read it but they follow the advice. Major Allen, SOPSO, really took care of the flying schedule, didn't he? Everybody should be relaxed by the time we have a heavy schedule again!

Capt. John Stevens, now with 442 Sqn., really left his mark to 407 during his last flight with us: he literally hijacked an Argus ... to Comox! He shot few people (2 passengers, 1 Flight Engineer and 1 Pilot) and raped the only female passenger aboard, to show that he was not kidding. Not being able to get his ransom (Brownie fried chicken and chocolate milk) he finally blew the whole aircraft up.

While Capt. Dave Johnson, Crew 1 VPCC, gets more than his share of unserviceable aircraft, Crew 3 and 6 both took off last Friday ... on their second attempt. Having to get really sharp for their coming exercise, Crew 3 changed the plane they just broke for another one and finally took off. Crew 6 lost an engine shortly after they were airborne, came back, sat down for a few hours waiting to get a flyable Argus and went again. Their flight was a must: the recuperation of the Argus model "stolen" by an American crew from AFB Travis, California last fall.

Crew 5 is currently in Greenwood. I hope they will make it back on time to benefit the ship recognition tips Crew 2 will gladly give you if you ask.

Congratulations to Gerry and Carole Morey for their new daughter born 16th of this month.

## TOTEM WISDOM

When in Charge — PONDER  
When in trouble — DELEGATE  
When in doubt — MUMBLE

## PAUL HORN CONCERT

FEBRUARY 9, 1979  
COURTENAY CIVIC THEATRE  
7:30 P.M. and 9:30 P.M.

TICKETS \$7.00

PHONE 334-4514

## OFFICER'S MESS ENTERTAINMENT

FRIDAY, JANUARY 26 — MIXED TGIF — BAND

Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot Draws at 1830 hrs. Chinese Menu: Egg rolls, sweet and sour spareribs, fried rice served in lounge, 1730 - 1830 hrs. Super Special: "Golden Cadillac" - \$1.00!! Music by "Lightning Express" from Victoria. Dress: Casual. Cost: Nil. Reservations: Nil.

FRIDAY, FEBRUARY 16 - MIXED TGIF - "OLD UNIFORM NITE"

Subsidized drinks 1700 - 1800 hrs., Bottle and Jackpot draws at 1830 hrs. Disco Dance. Dress: Old Uniform or Casual. Menu: Chili con carne, 1700 - 1800 hrs. Cost: Nil.

FRIDAYS FEBRUARY 2 & 9 - REGULAR TGIF

Subsidized drinks 1700 - 1800 hrs. Bottle and Jackpot Draws at 1830 hrs. Free food as indicated, 1700 - 1800 hrs.

SUNDAY, FEBRUARY 11 - CANDLELIGHT DINNER

Cost: \$15.00 a couple. Time: 1930 - 2130 hrs. Dress: Informal - Adults only, please. Menu: Tossed salad, filet of sole, sherry consommé (a) Veal cordon bleu.

(b) Prime rib of beef au jus. Assorted dinner vegetables. Dessert: Chocolate eclairs, assorted cheeses. Reservations and menu (a) or (b) to Mess Manager by 1300 hrs. Wednesday, February 7th, 1979.

THURSDAY, FEBRUARY 1

Guidance Counsellor's Visit 2000 - 2100 hrs.

## Open mike

Set your altimeter at 29.92 'cause we're here again for issue No. 2 of the fishwrapper. We all made it past the first pay day of the year: the snow is gone; and things are looking up.

NEWS. C.W.O. BOB KILPATRICK arrived from the Capital Tuesday for his annual visit to Comox. He will be looking into his crystal ball and forecasting postings and careers for the Air Traffic Control NCO's Bob was heard saying after his arrival that he understands why it's hard to post people out of Comox. "Wish the stuff in Ottawa was this easy to shovel," he said.

CPL. RICK WATCHER has been selected to take the 161 Radar Course in March. Rick will jump down into Ratcon for the next month for some On Job Training on the equipment and to learn how the moles live.

RUMOR. Barring any failures three new 162's will arrive in Comox in March off their basic course in Camp Borden. Their addition is really looked forward to as our 'B' STAND positions have been filled by minimum staff for sometime.

TOWER SCUTTLEBUT RICK BOSWELL was seen receiving a severe rep. from CC Tower at the Mess Dinner last Friday. Apparently Rick refused to answer an aircraft calling Murphy's Tower. Later in another corner RICK was seen receiving a commendation from the BATCO for his steadfast "Goose" loyalties to MacDonald Land.

SPORTS SECTION HOCKEY has cranked up again in '79. The ATC Allstars are still batting .500 and expect to be in top flight condition for the playoffs. Fan participation doubled at the

last game. TWO spectators braved the cold with promises of an all expense paid trip to the 'Lorne' after the game.

The ATC Curling Team also sits on a one win, one loss record in the BASE PLAYDOWN Competition. The next game is slated for next Monday at 1 p.m. and promises to be a good one. Now if only we can get the BATCO to sweep harder.

FACT. Murray Turnbull's hens have been rebelling. Apparently after a production briefing by the owner, they were told if they didn't produce an egg a day each, there would be no silk sheets for the roost and worst of all, no rooster this summer.

On that note we'll close and leave you with this thought. If the phone rings at six in the morning, answer it. You may have won the lottery.

Say Again.

## Firing away

Tips on Using Manufactured Firelogs.

Convenience, economy and ecology are causing more and more consumers to use manufactured wax wood fire logs instead of natural firewood. However, it is important that consumers read the directions on the manufactured logs because, like all fire products, the logs should be used carefully, and they require a break from traditional fire place habits.

Many things people do with real firewood are either wasteful or dangerous. Poking at the fire, breaking up a burning log or building too large a fire are the most serious mistakes. These same habits also can create potential danger when manufactured logs are used.

One of the major causes of difficulty consumers experience with manufactured logs is using more than one log at a time or adding a firelog to

an existing fire. Virtually all the nationally distributed brands of firelogs put out as much heat as two or three hardwood logs, and people can cause accidents if they ignite more than one at a time. Adding a wax wood log to an existing fire may result in a flare up or an excessively hot fire.

Another mistake firelog users make is poking apart a log. The firelogs are made of (Continued on page 3)

## 407 Armament

To start things off this issue I'd like, on behalf of 407 Armament, to thank Sgt. Black of 409 Armament and his committee for the commendable job they've done in the planning of our annual Armament Christmas Party. I feel I can honestly say everyone who attended enjoyed themselves.

Pte. "Mac" MacFarlane has returned from Borden is now hard at work in servicing. Also on our list of returns is Pte. Brian Killum who enjoyed himself so much in Greenwood on his Argus

course that he begged us to send him back for more OJT. However he won't get lonely as Cpl. Sharpe and Pte. Schmothe are now there studying hard on their Argus course.

Pte. Roz Steeves was so taken by Pte. Marlene Robins's account of her stay in Shearwater that she volunteered for an even longer stay there and will be leaving shortly. Our two P.O.E.T.S. Pte. Lynne Goulquier and Pte. Dan Farrell have changed their residence from Kingston to Borden for a couple more

months of training.

Cpl. Gary Wentz has left the Trackers to Pte. Marc Lafleur and has rejoined the shop. Sgt. Roy has taken over the Typewriter pounding job to allow M. Cpl. "Ernie" Wiwchar to move into the shop. There he found they were moving the Delmar Shop, in other words Ernie has been moving around.

There's not much left to report on except that, we hope that you enjoyed the festive season as much as we did. With this comes the hope that this year be better than last.

## Year of the movies for B.C.

A record-breaking number of movies, with budgets possibly totalling nearly \$100 million, will be filmed in B.C. this year, Elwood Veitch, minister of tourism and small business development, said today.

"The province is beginning to reel from this movie invasion and our film promotion office is working over-time scouting for possible locations, assisting production companies by cutting through red tape, and following up leads aggressively for more feature film business," Mr. Veitch said.

The minister himself was in Los Angeles, California, last week where he met with movie producers, after

watching the province's float at the Rose Bowl Parade in Pasadena, California.

All of the four major studios in Hollywood are looking at B.C. for film production and one producer alone is considering movies in the amount of over \$24 million.

Mr. Veitch said three movies are at present being filmed in the province:

- Selkirk Film's Bear Island with a \$9 million budget and with shooting of the B.C. portion nearing completion near Stewart, with stars Donald Sutherland, Vanessa Redgrave, Lloyd Bridges, Richard Widmark and Barbara Parkins;

- Chessman Park Productions' The Changeling, \$6.8 million in Vancouver, and starring George C. Scott,

Trish Van De Vere, and Melvyn Douglas;

- Paramount's Letters From Frank, \$15 million at Fort Langley and possibly in Victoria; starring Art Carney, Maureen Stapleton and Lillian Gish.

"All parts of these movies could be filmed in the province this year," the minister said, as he urged the continuation of the "excellent co-operation" between the B.C. film industry, the various levels of government and the private sector.

Mr. Veitch said the influx to shoot motion pictures in B.C. is due to the "overwhelming satisfaction expressed by all the production - companies who were in the province last year."

**EW**  
Courtenay

Mon. to Thurs. - 8:15 p.m.  
Two Shows Fri. & Sat. -  
7:00 and 9:00 p.m.  
No Matinee This Saturday

Thurs. to Wed., Jan. 25, 26, 27, 29, 30, 31  
Gregory Peck, James Mason  
**"THE BOYS FROM BRAZIL"**  
"Some gory scenes." - B.C. Director

Thurs., Fri., Sat., February 1, 2, 3  
Ryan O'Neal, Bruce Dern  
**"THE DRIVER"**  
"Frequent violence." - B.C. Director

Mon., Tues., Wed., February 5, 6, 7  
Kirk Douglas, Amy Irving  
**"THE FURY"**

Starts Feb. 8 A Robert Altman Film  
Desni Arnez Jr., Carol Burnett  
**"THE WEDDING"**

**Van Isle**  
Campbell River

Jan. 26, 27 Mickey Rooney  
**"THE MAGIC OF LASSIE"**  
Matinee Sat. - 2 p.m.

Jan. 29, 30, 31  
**"PIRANHA"**  
"Gory scenes." - B.C. Dir.

Feb. 1, 2, 3  
**"THE FURY"**

Feb. 6, 7  
**"THE DRIVER"**

Mon. to Thurs. - 7:30 p.m.

Friday & Saturday -  
7:00 & 9:00 p.m.  
Matinee This Sat. - 2 p.m.

## Jr. Ranks Club

February 2, 9 - TGIF.  
February 3 - Durik Destinu Show.

### MOVIES

February 6 - "All The President's Men"  
February 13 - "Band Of Angels"  
February 20 - "Exorcist II"  
February 27 - "Oh, God"

BINGOS - February 7, 14, 21, 28

February 10 - Disco  
February 17 - Candlelight Dinner  
Garry Lewis and Playboys  
February 24 - Showband from Vancouver.

PLEASE NOTE DATES

—ENTERTAINMENT ANSWERING SERVICE  
PHONE 339-3212



# Mmm - good



**FEAST YOUR EYES ON THIS.** The chefs: L-R: Mrs. Eldine Lofkrantz, Cpl. Bob Wilson, Mrs. Chris Pardiak. The centerpiece in front of Cpl. Wilson is made up of a Cornish game hen, a chicken and a turkey which have been decorated with faces and appropriate festive attire. Also displayed on the table are two large salmon which are shown being ridden by "bronco-busting" Cornish game hens with all the trappings -- chaps, hats, saddles and reins. These centerpieces are completely edible.

Base Photo



**THE MAIN CENTERPIECE** was constructed by Cpl. Bob Wilson. It consists of a turkey, chicken and Cornish hens with heads and coats. The entire display is edible.

Base Photo



**ON THE LEFT** is a doll made by Mrs. Chris Pardiak. It consists of a large roast of Virginia Ham, decorated with ham and cheese slices, assorted vegetables, bean sprouts and sculptured turnip for the head.

Base Photo

## Firing away

(Continued from page 2)

compressed sawdust and wax, and when they are poked, bits of burning wax may stick to the fireplace tools and drop on the carpet. Poking also may break up the log, creating a larger burning surface and result in an intense heat flare up.

No Smoking Signs.

As you enter the arena in Wallace Gardens, one of the first things you will notice are the large "No Smoking" signs. These signs were not placed on the walls for decoration as some people seem to think. The construction of this building, which is mainly wood, is very susceptible to fire and therefore, smoking is restricted to the lobby snack-bar area. It would be a shame to lose this building because of smokers carelessness so please confine your smoking to the area provided.

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OFFICE: 339-5501

## New hostel at Forbidden

The Canadian Hostelling Association, B.C. Region announces the opening of a new mini-hostel at Forbidden Plateau, near Courtenay on Vancouver Island. Graham Bell, Hostel Operations Director said:

"Situated in the middle of a year-round recreation area, the Forbidden Plateau Mini-Hostel promises to be a very popular hostel. During the winter, skiers who visit the hostel will appreciate the close proximity of both ski lifts and great cross-country ski trails. For the rest of the year, hikers and climbers can explore Strathcona Park and Wood Mountain Park."

The hostel will be operated under a Canadian Hostelling Association franchise by Forbidden Plateau Lodge. Bell said that:

"Although the association operates many of its own hostels, by working in conjunction with private lodges and utilizing existing facilities, we hope to quickly expand the B.C. hostel network."

As a non-profit association,

the C.H.A. provides low-cost accommodation and recreation programs for travellers and outdoor enthusiasts of all ages.

The overnight accommodation at the Forbidden Plateau Hostel is \$4.00 during the winter and \$3.00 during the summer. The cabin sleeps 12 and has basic cooking facilities. Hostel association members are entitled to discounts at the lodge restaurant and ski shop. Group rates are also available.

For more information on this new hostel and any other hostels operated by the association, contact the C.H.A. in Victoria, No. 10-720 Yates St. Mall, 383-2144, or the Vancouver Office, 3425 West Broadway, 736-3116. Direct bookings for the mini-hostel can be made at Forbidden Plateau Ski Lodge, Box 3271, Courtenay, B.C. V9N 5N4.

### Cooking Down

A pound of most greens will cook down to about four servings.

**MQ HEATING FUEL CONSUMPTION**  
**SO FAR DOWN 13%**  
**ONLY 2% TO GO TO**  
**TARGET OF**  
**15%**



There is probably no companion animal today with a wider variety of prepared food at its disposal than the cat. Cans and packages of moist, dry, single ingredient and combination style pet foods line the shelves of the supermarket. Theoretically, these should fill the nutritional needs and food preferences of any fickle feline.

However, these needs and preferences change when the cat becomes ill, and a special diet can often help combat the effects of a disease. In managing a disease through diet control, the cat owner should try to provide enough nutrients for good health while reducing strain on the weakened portion of the cat's body.

Certain conditions, such as bladder or heart disease, may require that the pet eat a modified diet for the rest of its life. Other problems such as occasional diarrhea or vomiting need a special diet for a short time. Your veterinarian can explain in detail why your cat's eating habits should change during illness.

Diarrhea is often a sign of a

## Diet for sick cats

major intestinal disorder in pets. Even after the cause of the disease is removed, the irritated portion of the digestive tract may take some time to heal. Foods high in protein, low in fat and containing little fiber are appropriate, like lean beef or poultry, small quantities of milk or bland cheese, even a good quality single ingredient cat food. Only small amounts of food and water should be fed for the first few days of convalescence.

A surprising number of cats have food allergies, which cause rashes, scabbiness and other skin eruptions. Fish, certain meats and cereal products are the most common causes. Generally, the cat needs a very bland diet -- perhaps only cooked rice and a single type of meat -- until the source of the allergy is identified. A bland diet usually includes a good vitamin and mineral supplement.

Heart disease is occasionally seen in older cats. Excess fluid around the heart and in the legs forces the heart to work harder and faster. Immediate relief comes from the use of veterinary prescription drugs followed by a salt-free diet. Lean beef, chicken, egg yolks, oatmeal and rice are acceptable foods; processed meats, organ meat, cereals and bread should be avoided.

Cats love to nibble at their food, eating several times a

day. Pets on special diets benefit by repeated feedings throughout the day as compared to once-a-day feedings. Moist, soft cat food tends to dry out and become less palatable.

Several diet modifications are known to help the male cat which concentrates mineral deposits in the urethra (the channel draining the urinary bladder). If your veterinarian diagnoses this as a problem, you may be directed to stop feeding the cat foods containing whole fish or ground bone. The magnesium and phosphorus in these foods contribute to the sandy deposits which block the flow of urine. Second, because highly concentrated urine promotes stone formation, increase the cat's water consumption. Your veterinarian may wish to add salt to your cat's diet to promote thirst. Third, if your cat will accept the change, you may be directed to switch to a moist canned food, as these contain much more water than the dry or semi-moist varieties. Your veterinarian may suggest vitamin A and B-complex supplements also.

Each of these diets gives the cat energy and nutrients, aids its quick recovery, and does not add further strain to weakened body systems. Don't be shy about talking with your veterinarian about your convalescing pet's needs.

## ASK ABOUT THE



## ADVANTAGE

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If your vehicle has a claim-free record for one year your Safe Driving Vehicle Discount will be 15%; for two years it's 25%; for three years, 32.5%. Your agent can tell you if your vehicle qualifies - 8 out of 10 vehicles do.

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With the wide choice of deductibles available from Autoplan, you can virtually design a policy to suit your own particular needs.

### Easy financing

If you prefer, you can pay your Autoplan premium in installments. You pay 30% down and the balance in three installments

at two-month intervals. The interest rate is only 15% per annum.

### Available to ALL vehicle owners

Autoplan's "Protection Plus" policy is available to all vehicle owners, regardless of driving record or claims history. It should be noted that any indebtedness to the Corporation must be resolved before renewal.

### And more

Check the 1979 "All about Autoplan" booklet. It provides concise information on most aspects of Autoplan. Pick up a copy from your agent when you renew.

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|---|---|
| ✓ | One company/One cheque                      |
| ✓ | One stop, easy claim handling Province-wide |
| ✓ | Safe driving vehicle discounts              |
| ✓ | Choice of deductibles                       |
| ✓ | Easy financing                              |
| ✓ | And more                                    |

The deadline for renewing your Basic Autoplan Insurance is February 28th, 1979.

**INSURANCE CORPORATION OF BRITISH COLUMBIA**



## The goal is zero

The message is quite

If we could feel all the time as we did leaving the DFS briefing, the zero goal would probably be reality -- let's hope that some day it is.

R. P.

## 'A choice for '79'

And Governments? they

That regulation would further affect your life and mine. We are all part of the economic system; private firms, labor unions, corporations large and small and associations. We all have a role to play. It's too late to say "something must be done". What is needed now is the resolution that "I must do something." It's not too late to make that a New Year resolution for 1979.

Courtesy Vancouver Board of Trade.

## 'Puffing' No. 1 health problem

McClelland, a former heavy smoker who quit in 1977, said that each inhaled cigarette accelerates the heart beat, elevates the blood pressure, replaces oxygen in the blood with carbon monoxide, and leaves cancer causing chemicals in the system. "The Ministry of Health has been fighting this major social health problem on several fronts. We are funding a program in the school system, we have produced an effective pamphlet that helps a smoker to stop, we have asked the public hospitals to eliminate smoking on the patient's wards, and we have encouraged municipalities to introduce local bylaws prohibiting smoking in places of public assembly, where the right to breathe clean air takes precedence over the privilege to smoke.

## SOMETHING MISSING?

We know that we are great but, admittedly, not quite perfect! If you have any suggestions (*preferably constructive*), we would like to hear from you. All reasonable suggestions will be carefully considered. Don't delay, write us a letter today.

**TOTEM TIMES**  
**CFB COMOX, LAZO**



## Tax talk

## Tax savings possible with use of 'Ltd.'

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Starting in 1979 the qualifying income for the reduced corporate rate is to be restricted. Also, the federal

On the subject of tax savings:  
In an unincorporated

Also, the after-tax earnings of the corporation may be split between family members to further reduce the tax



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## Tax talk

## Mr. Foster's capital gains pose income tax problems

Mr. Foster went to a chartered accountant to sort

Of the \$15,000 only half would be added to his income and, because the penny mine was a Canadian security, \$1,000 of the taxable gain could be deducted from his income, since he had no interest or dividend receipts for the year.

 **TOTEM TIMES** 

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# Promotions & awards . . .

Thursday, Jan. 25, 1979

CFB Comox Totem Times 5

## Whiz kids recognized at Comox



**Clare Hawkins**



**MARY-ANNE NOW A CAPTAIN...** Promoted recently was Captain Mary-Anne Creamer shown here receiving her stripes from "Mini" Costello, the head knock over at the nursing section. The biggest problem facing Mary-Anne now is what to do with all the extra loot she is going to get. Congrats Mar!



**Garry Jones**

**THIS GOOD SHOW IS A REAL "GAS"...** Maj. B.K. Doyle, Base Flight Safety Officer, presents a Good Show Award to MCpl. K.M. Geldert for an outstanding contribution to flight safety. The award reads as follows: "During a period in August 1978 when CFB Comox was delivered out-of-specification turbo fuel to the main fuel tanks, fuel had to be trucked in by commercial tankers. Due to the high demand and urgency of the situation, arrangements were made to have this fuel quality checked at the shipping point so that the fuel might be used directly from the tankers when they arrived at CFB Comox. Master Corporal Geldert was NCO in charge of the aircraft refuelling station at CFB Comox, and, notwithstanding the urgency and the pressure on him, he took the time to personally examine the quality of the fuel from each tanker truck as it was delivered. This was over and above the requirements placed on him and should not have been necessary. In the course of this operation, Master Corporal Geldert, on two occasions, intercepted contaminated fuel; in one case it contained excessive water and in the other, metal bits from the tanker truck's deteriorating internal pump. When everyone was working flat out to maintain the operation while the POL tank farm was being cleared of out-of-specification fuel, this NCO made that extra effort and took that extra care which prevented contaminated fuel with all its potential for disaster from reaching our aircraft. Master Corporal Geldert's personal concern, dedication, professionalism and selfless application to the job have contributed greatly to CFB Comox's safe operation of aircraft." Congratulations MCpl. Geldert!



**ANCHOR CLANKER MAKES GOOD...** MCPL Mike King, a Boatswain with the Marine Rescue Group, is shown receiving his new rank badge from Major Russ Orser, BTNO. MCPL King is one of three King brothers serving in the Canadian Forces: his brother Richard, is serving with 1 R.C.R. at CFB London and his brother Paul, is in Cyprus with the 8th Canadian Hussars. However, the seas was where Mike longed to be and there he is... in Comox Bay. Congrats Mike!

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BY  
BASE PHOTO**



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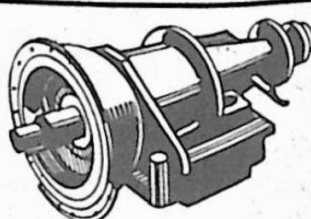
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# Totem sports

## Up Earls Alley

The Big Series is about due. I have noticed that all the experts are not committing themselves as to which team will win. When the NHL Pros first met the Rusksies in 1972, everybody felt that the series would be no contest. Well as you must recall it was very nearly a loss for the "Superstars". Thanks to the timely scoring of Paul Henderson we managed to eke out a narrow victory.

Of course this edition of Pros have been picked by the so-called experts of the game, the fans, so we should do okay. After the "72" Series there certainly were a lot of people trying to walk around without any feet. You see they (their feet) were in their mouth... Perhaps this is why they are keeping very quiet about making any predictions. However in the last Canada Cup we did do very well and let's all hope that this meeting will be just as exciting when the two teams meet in New York in February.

The "Oldtimers" are off to Victoria this weekend for the Annual Western Canada Oldtimer's Championship. It should be a great time and we are all looking forward to not only a great tournament but, just maybe we can win our division. Pete Pop Schelew and Duke "Penny Pincher" Reid have done a tremendous job this season and the organization has been handled just super.

The Leafs are hot as of late and have won their last five. I was over to the game on Friday (last) in Vancouver and they did play quite well despite the fact that they were without their leader Darryl Sittler plus the fact they also had to play the last two periods with just three defencemen. Hutchison got a game misc. for third man in (bad call), Bjore Salming was muscled to the ice by Sudlebauer (wrong spelling) and received a mild concussion.

That left the team with Burrows, Turnbull and Quenneville who is a rookie, to play the last two periods. Needless to say they were quite tired by the end of the game. But Tiger put the icing on the cake as he tied the game with just 13 seconds remaining in the game.

## Attention golfers

We realize that the "snow" has just vanished but, it is that time of year when the mind wanders away to the Golf Course and once again we are swept up in the feeling of the egotistical power of "crushing" a golf ball...The success of a club to an extent depends on the importance that is placed on their Junior Program. With this in mind we would like for you the adult member or we should say, member to be, to help the Jr.

Development people out. It would be appreciated if you could see fit to donate any of your old golf balls to assist us in the development of our Jr. Program which is conducted each spring at the Glacier Greens Golf Course.

If you are interested in helping out our Jr., you may drop off all your old golf balls (any shape - preferably round - few smiles) at the Rec. Centre Office and just ask for Ty, or call 315. Thank you.

## Noonhour volleyball

An Inter-Section Volleyball League has been started and games will be played every noon hour between the hours of 12 and 1. We at the Rec. Centre realize that it does create some minor problems to the regular noon hour badminton players, but, it is felt that an Inter-Section Volleyball League will make a go of it at this time. There are four teams in the league, AMS TRT TFC, 409 (WLS), Firehall and USAF. The

league will continue on through Jan., Feb. and Mar. and the playoffs will take place in early April. Officials could be a problem so, if you want to get in the act, give M Cpl. Garrison a call at local 315.

Standings will be published in the Totem Times so keep posted.



Stoeckl photo

## CFB Comox Totem Oldtimers

Pictured above are the CFB Comox Totem "Oldtimers" who will be travelling to Victoria on Friday 26 Jan for the Annual Western Canada "Oldtimer" hockey tournament. The hopefuls from left to right, front row are: Ted Burgess, Gary Flath, Wally Berger, Bob Main, Bill "Fencebuster" Boran. Centre row: Duke Reid (Manager), Wally Wallace, Don Brooks, Earl "The Pearl" Thompson, Glenn "Crazy Legs"

Williamson, Pete "Pop" Shelew (Coach), G. Aird (Trainer).

Rear row: Warren Rudolph (Equipm manager), Bill "Hat Trick" Fraser, Reg "Freight Train" Tressel, Larry Blais, John "The Man" Gailley, Harry Davis. Missing when photo was taken, Ken "Lamplighter" Durst and Ralph Martinson.

The "Oldtimers" has been one of the more successful operations conducted here in

CFB Comox at the Base Sports level and this is due mainly to the excellent work of the team manager, Duke Reid. Through his untiring efforts the team has been and is self supporting to date and have raised sufficient monies wit in the organization to pay their way to the Tournament. The players have been more than willing to donate their free time to assist in the fund raising operations. The team has been very successful on

the ice as well and has the best record (win - loss) of any team in the North Island. I am sure the Base will be proud of their efforts, not only to date, but, in the tournament as well. The "Snow White" clad personnel you see wandering around the arena now, are not medical assistants but, either the "Oldtimers" or their "Boosters" wearing their new flashy, hard-to-keep-clean, jackets...Good luck to the team in Victoria.

## Rec news

### ATTENTION RUNNERS (JOGGERS OR OTHERWISE)

The 32 running of the Admiral Nelles Cross Country Race will once again be hosted and run by the Royal Roads Military College. This great event will take place on Saturday 10, Feb. 1979 commencing at 2:00 p.m.

This race is run over a Cross Country course and a distance of 6080 meters.

A team will consist of six competitors and the best four times will count. The trophies the team may compete for (one only) are:

- 1) Open team.
- 2) High School Team.
- 3) Military Team.

We know there are sufficient of this calibre to compete in this event here in Comox so let's get a team together and go... Right Barry???

Anyone interested in giving it a shot please contact the Rec Centre and we will look after getting you there. We must have a four man team, as individual entries will not be eligible to participate for the "Gold"...

For more information call MCPL Ty Garrison at the Rec Centre, local 315.

### PACIFIC REGION BROOMBALL CHAMPIONSHIPS

The Pacific Region Broomball Championships will once again be hosted by CFB Comox. This Annual Regional event will be held Mon. through Wed. the 29-31, Jan. '79. All games will be played at the Glacier Gardens and there will be seven teams competing. Four small bases, Beaverlodge, Kamloops, Gatineau and Holberg will play a Round Robin amongst themselves and the three Large Bases Chilliwack, Esquimalt and Comox will play a Double Round Robin in their division.

The Small Base division winner will play the second

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### Personal

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## HOCKEY

### "A" LEAGUE HOCKEY STANDINGS

|               | GP | W  | L | T | Pts |
|---------------|----|----|---|---|-----|
| 442 Sqn. .... | 15 | 10 | 4 | 1 | 21  |
| MP's ....     | 14 | 7  | 6 | 1 | 15  |
| 407 Sqn. .... | 14 | 7  | 7 | 0 | 14  |
| 740 COMM .... | 12 | 7  | 5 | 0 | 14  |

Top ten scorers will appear in the next issue of the Totem Times. Any queries dealing with League Stats are to be addressed to Cpl Doubleday, 442 Sqn., Loc. 451. Present standings are as of 18 Jan., 79.

## MOVING

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# Chapel Chimes



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**MASS FOR SUNDAY:**  
Saturday - 7:00 p.m.  
Sunday - 9:30 a.m. and 11:00 a.m.  
**WEEKDAY MASSES:** 9:00 a.m.  
**SACRAMENT OF RECONCILIATION:** Confessions are heard before all Masses and any time upon request.  
**BAPTISM:** By appointment. Please phone ahead in plenty of time.  
**MARRIAGES:** Please come in months before your marriage.  
**CATECHISM CLASSES:** Each Wednesday night at the PMQ School, 6:30-7:30 p.m.

## THE PROTESTANT CHAPEL

Telephone: 339-2211 Loc. 273.  
L.R. Coleman, Maj. (Base Chap P)

## CHAPEL SERVICES

The Protestant Chapel is located in Wallace Gardens (PMQ area) and Divine Service is held every Sunday at 11:00 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

**HOLY COMMUNION:** Holy Communion (ACC) 12:00 hours first Sunday of the month.

**BAPTISM:** By appointment. Consultation with parents expected 2-3 weeks in advance of Baptism.

**WOMEN'S GUILD:** All women are encouraged to support this group which is very active in missionary efforts. Meets in the Chapel Lounge at 2000 hours on the second Wednesday of each month.

**CHAPEL CHOIR:** Our Choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

Junior Choir: 1830 Hrs. Thursday at the Chapel.  
Senior Choir: 2000 Hrs. Thursday at the Chapel.

**SUNDAY SCHOOL:** The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 11:00 hours. All children are invited to attend.

**OFFICE HOURS:** 0800-1630 hours. Phone 339-2211, Loc. 273.

**HOSPITAL VISITATION:** The Chaplain would appreciate the co-operation of the members of the congregation and would request that they phone the Secretary's office (339-2211 Loc. 273) to report the names of any members of the congregation who may be in the hospital.

# Enrichment program for gifted

An enrichment program for gifted pupils in the B.C. public school system is being developed for the Ministry of Education, Science and Technology and is expected to be available for use as a pilot project in selected school districts in September 1979, the ministry has announced.

The program is being developed, specifically for gifted students in grades 4, 5 and 12, by a team headed by Dr. Stanley S. Blank of the University of British Columbia's faculty of education.

In an address to the Legislature last June, Education Minister Dr. Pat McGeer listed programs for the gifted as one of his top priorities for the school system. He said earlier that while the core curriculum established the baseline of information that all young people should be expected to learn, there was no generally-accepted plan in existence to challenge the bright students.

"We've got to find ways to encourage all students to work hard and strive for excellence without destroying the progress we have made in seeing that all youngsters get a sound basic education," he said.

"Initially the program is being organized for grades 4 and 5 because at this stage children have finished the primary grades and have acquired basic skills in reading and computation," a ministry official said. "A grade 12 program is being developed this year also, as a focus for students wanting to write the scholarship exams."

Enrichment curricula are being developed in the basic areas of English, science, mathematics and social studies for grades 4 and 5, Dr. Blank said, along with instructional methods for teachers, an in-service program to help teachers use the materials and strategies that are being developed, and a method of identifying pupils

who will benefit from the enrichment program. For grade 12, the programs being developed are essentially honors programs, including one in non-academic areas.

Dr. Blank said the elementary programs are primarily for enrichment, though they may result, in individual cases, in accelerated progress through school. "Enrichment means not only the teaching of more of the basic facts of numbers, language and science, but also the combining of the basic facts with in-depth learning activities that help the pupil apply the fundamental knowledge to productive thinking," he said.

"Productive thinking, or the creative use of the mind in problem solving, is part of all human development," he said. "It is the extra-ordinary development of such thinking skills that constitutes enrichment."

Dr. Blank, who holds BA and MA degrees in psychology from UBC and a Ph.D. in educational psychology from the University of California in Berkeley, has 15 years experience teaching and doing research in the areas of individualized instruction and the teaching and learning methods of gifted and creative children.

Dr. Blank's project team consists of Marshal Letcher, a North Vancouver district teacher, and four other experienced teachers of the gifted now working on their graduate degrees at UBC: John Gasson from England, Susan Kenny of Kamloops, Michael Isen of Vancouver and Bob Wilson of Terrace.

An advisory committee consisting of representatives of the Ministry of Education, Science and Technology, a UBC professor and five experienced teachers is supporting the project team.

## DID YOU KNOW?

BY Jarvis



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THEY DID SO ABOUT 2000 YEARS AGO. ALTHO' EXPLORERS OF OTHER NATIONS MAY HAVE VISITED HAWAII IN THE 1500'S, IT WASN'T UNTIL JAN. 18, 1778 WHEN CAPT. JAMES COOK LANDED THERE DID THE WORLD LEARN OF THIS GROUP OF ISLANDS. COOK NAMED THEM THE SANDWICH ISLANDS. HE STAYED 2 WEEKS, LEFT, THEN RETURNED IN NOVEMBER OF THAT YEAR.

COOK DIED IN A SKIRMISH BETWEEN HIS MEN AND SOME HAWAIIANS. MANY HAWAIIANS WERE CONVERTED TO CHRISTIANITY BY SOME MINISTERS FROM NEW ENGLAND IN 1820. THE PINEAPPLE INDUSTRY GOT STARTED WHEN 1,000 PINEAPPLE PLANTS WERE RECEIVED FROM JAMAICA IN THE 1880'S. HAWAII BECAME A U.S. TERRITORY IN 1900. JUDGE SANFORD DOLE WAS ITS FIRST GOVERNOR.

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## BROOMBALL

### TOP TEN SCORERS

| Player               | Goals | Assists | Total Pts. | Team    |
|----------------------|-------|---------|------------|---------|
| 1. Pitcher . . .     | 15    | 7       | 22         | HQ      |
| 2. Ettinger . . .    | 7     | 9       | 16         | HQ      |
| 3. St. Pierre . .    | 8     | 4       | 12         | HQ      |
| 4. Dick . . . . .    | 3     | 7       | 10         | HQ      |
| 5. Roux . . . . .    | 4     | 6       | 10         | HQ      |
| 6. Lyle . . . . .    | 7     | 2       | 9          | 409/442 |
| 7. Hooey . . . . .   | 1     | 3       | 4          | 409/442 |
| 8. Cote . . . . .    | 2     | 2       | 4          | HQ      |
| 9. Whelen . . . .    | 2     | 2       | 4          | 407     |
| 10. Forget . . . . . | 1     | 2       | 3          | 407     |

### TEAM STANDINGS

Week Ending 19 Jan., 79

| Team               | GP | W  | T | L  | PTS |
|--------------------|----|----|---|----|-----|
| 1. HQ . . . . .    | 19 | 14 | 2 | 3  | 30  |
| 2. 407 . . . . .   | 20 | 5  | 8 | 7  | 18  |
| 3. 409/442 . . . . | 20 | 2  | 6 | 11 | 10  |

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# Community News

## MQ Preamble

It seems that there was an administrative error concerning the calculation and billing of utilities. The billing for November and December should be completed the middle of February. A reminder that the main road behind C, D, E and F blocks is now a TWO WAY street!

Is it true that higher expectations are associated with paying higher rents? Recently, when a PMQ resident called for emergency service due to a clogged toilet, they were told that it would be necessary to seek assistance from city plumbing sources. WRONG! Soon afterward, this error was discovered and base assistance was given. Any emergency problem such as this is to be reported to the C.E. emergency number listed in your PMQ Orders booklet.

Due to insufficient room in the compound for PMQ boats, trailers, etc., an alternate site will be sought. The general concern to Wallace Gardens residents is to obliterate any undesirable and unsightly appearance of these articles which must be kept on the PMQ site. All of our areas would benefit from a good cleaning and straightening in preparation for Spring!

The Cub Bazaar will be held on Saturday, 17 February, in the Comox Airport School gym. Please prepare donated articles now and be thinking of white elephant and baked goods for contribution. The Cubs need our support!

The Snow Queen Parade will be held on Friday, 2 February, beginning at the Courtenay Junior Secondary School and proceeding down Fifth Street. Our Miss Wallace Gardens, Debbie McLaughlin will be represented in the parade. Plans are underway for

"Little Toot" as our float entry. There will be a Snow Queen Dance held on 10 February at the CRA Hall. For further information, please call Joan LeBlanc at 339-4414.

339-4414.

The next PMQ Council meeting will be held on 15 February at the Parish Hall at 0830 hrs.

## Under the Toadstool

Sorry this column has been absent for a couple of months, but I have been very busy.

Our Xmas District supper was Dec. 13 at the Comox Legion. The supper was delicious, and the service second to none. Thank you to the Comox L.A., and to the Comox Legion for the use of their hall.

Effective Sept. '79, there will be new age groups for Brownies. Ages 6-9 will be Brownies, ages 9-12 have no name as yet, ages 12-15 are Guides and 15 and up are Rangers. For the 9-12 age group, suggestions for a name can be submitted to your leader and will be turned in to the proper people.

The No Bake sale was not the success the L.A. had hoped for. The monies raised by the L.A. goes right back to your daughters pack or company, so if you do not support your L.A., you are not supporting your daughter. Come out to the next L.A. meeting on Mar. 7 at the Protestant Chapel, CFB Comox, 7 p.m. and see what it's all about, meet new people, and make new friends.

The Jan. Guiders meeting was held at CFB Comox. Two guides received their Warrants, and several Service Stars were given. Service Stars are to be discontinued soon, so they make quite a good memento.

Thinking Day, Feb. 22, is approaching quickly. For new parents to the movement, this is the birthday of both Lord and Lady Baden Powell, founders of the Guide and Scout movement. Thinking Day is celebrated all over the world, and our plans are for a District Thinking Day on Feb. 22. Our theme is an Inter-

national Evening, with each Brownie Pack and Guide Co. doing a skit, song or dance of another country. This is to be held at Village Park School at 7:30, Feb. 22. Church parades are in the planning stage and details will be announced at a late date.

On Feb. 24, there will be a display at the Comox Mall from 10:00 a.m. to 4 p.m. This will begin with a March of the Flags, at 10:00 around the Mall. The Cubs, Scouts, Brownies and Guides will be making tray favors and doing test work. There will be tables displaying the Guide and Scout movement. From 3:30-4, the flags will be marched around the Mall once more. Mrs. Jean Felts will be in charge of the march, and will be teaching the song for THE INTERNATIONAL YEAR OF THE CHILD, "Reach Out", written by our Provincial Commissioner, Pip Rogers.

The 25th of Feb. is the Scouts Church Parade in Comox. They have invited the Guides, so any who want to attend, get the details from your leader. Also, the Guides have invited the Scouts to their Guides OWN on Feb. 18. A couple more thank you's. First to the Ladies Auxiliary of the Comox Legion, and an early thanks to Judy Kirkhoff for volunteering to make our Thinking Day cake.

The next L.A. meeting is at the Protestant Chapel, CFB Comox at 7 p.m. on Mar. 7. The next Guide meeting is 8:30 p.m., Comox United Church, Comox, on Feb. 1.

In closing: Brownies and Guides go hand in hand. And so do Cubs and Scouts. To "BE Prepared", and "Lend A Hand"

Is what it's all about.

## Child tax credit answers

Recent amendments to Family Allowance legislation resulted in the new Child Tax Credit program, under which the person receiving Family Allowance may apply for up to \$200 for each eligible child, depending on the level of the family's Net Income.

Enclosed with the January Family Allowance cheque was a special schedule and instructions on how to claim the Child Tax Credit. The credit is not sent out automatically. It must be claimed by filing a completed Schedule 10 and an Income Tax Return.

For any Comox Valley area

residents who may have questions about the new Child Tax Credit, the Campbell River Jayettes are sponsoring a Child Tax Credit Workshop, conducted by Mrs. Betty Newton, Public Relations Officer from the Income Tax Office in Victoria.

This workshop will be held in the Anglican Church Hall, 1409 Island Highway in Campbell River on Tuesday, January 30, 1979 at 9:30 a.m. There is no charge and persons attending are asked to bring with them the TFAI slip and Schedule 10 that came with the January Family Allowance cheque.

**BASE EXCHANGE IS CLOSED MONDAY, JAN. 29 FOR STOCKTAKING**

**POT LUCK SUPPER**  
PROTESTANT CHAPEL  
6:00 P.M. JANUARY 28  
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## 1st Lazo Beavers

Blue Colony Beavers are again operational after the long Christmas break. The 8th Jan. we heard a lot of stories, and the boys used their scrapbooks to tell their own Christmas story. After this the boys played a exciting game of floor hockey. The final score being 2-2. Story and campfire closed the evening.

The 15th Jan. we gathered at the pond and then did a tour of the Base Hospital. The Beavers asked more questions than could be answered. Ask the Medic! On behalf of the Beavers - Blue Colony, a special "Tail Slap" of thanks to all concerned with the tour. To "Tim's" Dad who drove and accompanied us on the tour, THANK YOU. Discussion and Campfire ended the pleasant evening. We hope to have a lot more tours and specials for the boys before the year is out.

## BTO

### UPDATE

The BTO is alive and growing. There have been a number of changes in the past few months; the members have set up a TV room, repainted the main building (mind you, there are a few touch-ups still necessary) and held a number of dances and a bake sale.

Perhaps the most obvious change has been the "new look" executive. Recently elected were: Cheryl Fraser, President; Karen Pearson, Vice-President; Jeff Smith, Secretary; Wendy Lyon, Treasurer.

(The girls have promised not to be too hard on Jeff - who is normally girl-shy).

### HAPPENINGS

We have recently acquired a shuffleboard and are fast becoming experts. Susan G. in fact, has been winning regularly. Some of the boys are building replacement legs for the Ping-Pong table, and a chess board has been seen in use by a few members taking a rest from the strenuous competition at the dart board. The BXO is ordering pin-ball machines and an European "Foot-Ball" soccer game. More activities are being planned for the future.

**IMPORTANT REMINDER - MEMBERSHIP RENEWAL IS DUE BY JAN. 31**

Renewal is \$2.00. Failure to renew before Feb. 1 will result in a \$1.00 renewal penalty. Failure to renew by Mar. 1 will result in loss of membership and renewal will then cost \$5.00. Don't miss out on the fun. Renew your membership now.

### FUTURE EVENTS

Your BTO executive is planning a variety of activities. Some of these are designed to raise money, such as raffles and car washes; and some are for entertainment, such as dances, games night, sports night and summer picnics.

If you are between 13-18 and a dependent, won't you join us?

Upcoming events for Beaver mothers is the Ladies Auxiliary Bazaar on 17th of Feb. (The money raised at this bazaar is all channeled back to OUR boys - Beavers, Cubs and Scouts).

The special event for the boys will be a Poster Contest, and these will be done at a regular meeting. They will be displayed at Airport School Gym and winners announced during the day of the bazaar. Good Luck to all.

Feb. 18th is the beginning of Baden Powell (Scout Guide week). To mark this occasion there will be a Church Parade.

Feb. 15th all sections will be gathering together for a big camp fire (I hope the temperature is higher than brr!!) at the beach.

Another event I'll mention is the Parent and Son Banquet. Tentative date March 4th.

There will be more mentioned on these events as the dates draw closer.

Mothers DON'T forget your L.A. workshop on Jan. 31. Please as many women as can please come out, we need your help.

In closing boys I'd like you to think about your law and are you living up to it? A Beaver has fun, works hard and helps his family and friends.

Everyone had a great time on Thursday, 21 Dec. 78, full of enthusiastic holiday spirit. This was the night all the cubs had worked towards for eight weeks. Everyone remembered to bring wrapping paper, etc. to wrap their craft. I hope all the baskets arrived under the Christmas tree all in one piece. All the boys worked very hard to have them finished in time.

We had a steam off game, campfire and sang a few Christmas carols. Last year I made the boys and leaders personalized bookmarks as a little gift but I couldn't imagine making 40! Instead, I thought they would rather "stuff their faces", so we celebrated everyone's birthday with cake and pop. I would like to thank the boys and leaders for the lovely birthday card and the great grand howl. Thanks also go to Mrs. Leger and Mrs. Rutherford for helping to serve the cake.

We had a surprise visitor this night. Pete Tate helped us all work on our knots and told us a survival story. Some of the boys are always all thumbs when it comes to tying knots but our new chum, Bradley Erhardt, caught on real quickly. So quickly in fact that he demonstrated the sheet bend to half a dozen cubs who were having trouble.

## AKELA SAYS

One of the older cubs looked at me and said, "He makes me ashamed of myself." Why? Bradley is visually impaired (blind).

15th WORLD SCOUT JAMBOREE - IRAN

Due to the "unrest" in Iran the World Jamboree has been cancelled. However, I have been notified by letter that the World Bureau of the Boy Scouts has been working frantically, along with member countries, to arrange alternate events.

A Mini-World Jamboree will be held in Sweden. Tentative dates are July 2-24, 79. This period will cover a 5 day tour in Denmark, 4-5 days of home hospitality and the Jamboree itself. Preference will be given to Scout and Scouter applicants to the Iranian Jamboree.

I will publish more information as it is received.

### GROUP COMMITTEE

The Group Committee at CFB Comox urgently requires the services of a Treasurer. No experience necessary. Please contact Rusty Rutherford at 339-5106 or 339-2211 Local 311.

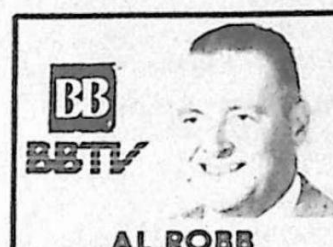
## Frustrated

Did you call in for simple repair work to local 234 and not receive any response, and it's now 3 weeks past? Please call again and refer back to your earlier request. If you still have the Work Order number given to you when you first called our computer will zip us an answer within seconds, subsequently we can get the answers for you much faster. If after another couple of weeks there has still been no response then don't curse CE, call our Requirements Officer at local 378 or the BCEO at local 258. There may be very valid reasons for the

delay and you, our customers, are entitled to that information. Otherwise, if it is a breakdown in our procedures, we will have the opportunity to improve our service by investigating that problem.

## Oh yeah?

Have you often wondered why some people seem to get instant response while others seem to wait weeks for a CE tradesman to appear? The answer is circumstances, people - just circumstances. CE must respond to the operational needs of this base first and any other is secondary. When CE has a sudden rash of high priority requests it always seems it's the same time that you need the tradesman most. Again - circumstances!



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### NEW YEAR'S DIET

#### MONDAY

Breakfast - Weak Tea  
Lunch - One bullion cube in 1/2 cup diluted water  
Dinner - 3 oz. prune juice (Gargle only)

#### TUESDAY

Breakfast - Scraped crumbs from burnt toast  
Lunch - One donut hole, without sugar  
Dinner - One glass dehydrated water. Pickings from upper dental plate (Minced)

#### WEDNESDAY

Breakfast - Shredded egg shell skins  
Lunch - Belly button from a navel orange (Minced)  
Dinner - Two eyes from Irish potatoes (Diced)

#### THURSDAY

Breakfast - Boiled out stains from the tablecloth  
Lunch - Half dozen poppy seeds  
Dinner - Bees knees and mosquito knuckles sautéed in vinegar

#### FRIDAY

Two lobster antennae, sautéed in vinegar  
Lunch - One guppy fin  
Dinner - Jelly fish vertebrae a la book binder

#### SATURDAY

Breakfast - One pickled hummingbird tongue  
Lunch - Pickled ribs of tadpole  
Dinner - Salad on toast - paprika and one clover leaf

#### SUNDAY

Breakfast - Four chopped banana seeds  
Lunch - One boiled butterfly liver  
Dinner - Filet of soft shell crab claw

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| 100% DUCK DOWN       | \$118               | \$154             | \$162            | \$212           |
| 50% FEATHER 50% DOWN | \$84                | \$133             | \$140            | \$170           |

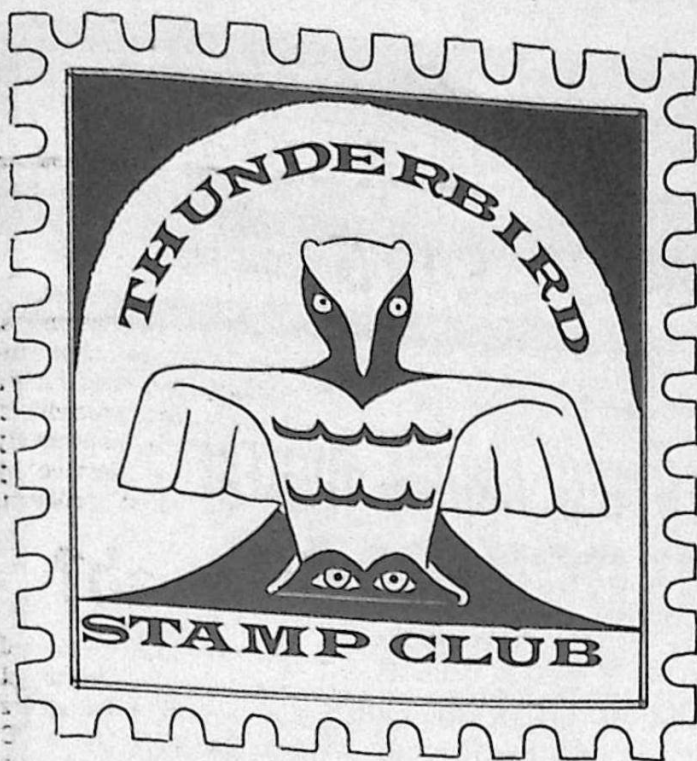
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TONY LUCAS-PRESIDENT  
JOHN BRAIN-VICE-PRESIDENT  
BILL DIPSELL-SECRETARY

The Thunderbird Stamp Club and incorporated in Dec. 1978. The club meets twice per month usually on Sundays. The trading, buying and selling of stamps is very active, and in the past few months have improved my own collection considerably. I am certain that members who have attended regularly, have also improved their collection.

If you are presently in the field of philately and would like to join our club, or receive information on stamp collecting, please contact Tony Lucas at 338-5244 or anyone of our executive members.

The Thunderbird Stamp Club will try to furnish a column in each edition of The Totem Times in order to keep you up to date on the world of philately, for instance -- Major R. Hellberg 409 Op. 3/4 hgr is presently selling Commemorative Covers for 409 Squadron "Nighthawks" for 25 Years Active Service (Featuring Hawk One on cover).

In order to start the 1979 stamp year off right, here is a list of all the new issues, the post office will be distributing this year.

| Date of issue | Subject  | Value                            |
|---------------|--|----------------------------------|
| 24 January    | High-value Definitive Fundy National Park                                | \$1                              |
| 1 February    | Quebec Winter Carnival   | 14 cents                         |
| 8 March       | Low-value Definitives Queen Elizabeth II Houses of Parliament Tree       | 17 cents<br>17 cents<br>35 cents |
| 10 April      | Endangered Wildlife Turtle Whale   | 17 cents<br>35 cents             |
| 27 April      | Postal Code High-value Definitive Klauane National Park                  | 2x17 cents<br>\$2                |
| 3 May         | Authors Emile Nelligan Frederick Philip Grove                            | 17 cents<br>17 cents<br>17 cents |
| 11 May        | Colonel John By Colonel Charles-Michel de Salaberry                      | 17 cents<br>17 cents             |
| 15 June       | Provincial and Territorial Flags - Miniature sheet                       | 12x17 cents                      |
| 16 August     | Women's Field Hockey World Championships Canoe-Kayak World Championships | 17 cents<br>17 cents             |
| 4 September   | Inuit-Shelter  | 4x17 cents                       |
| 17 October    | Christ UN Year of the Child  | 15 cents, 17 cents, 35 cents     |
| 15 November   | Aircraft   | 2x17 cents<br>2x35 cents         |



**A WATCHFUL EYE** - A Canadian Forces Argus long-range patrol aircraft from 497 Maritime Patrol Squadron based at CFB Comox keeps a close watch on the Soviet electronic intelligence-gathering ship Gavril Sarychev during the ship's operations off the west coast of Vancouver Island last September. Canadian Forces ships and aircraft conduct surveillance patrols and flights off Canada's coasts and in the Arctic. The photograph was taken from HMCS Yukon, an Esquimalt-based destroyer, also assigned to monitor the activities of the Soviet vessel. The Gavril Sarychev operated off Canada's west coast for three days. (CANADIAN FORCES PHOTO)

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## — FOXY FOLKLORE —

Grass urinated upon by a fox is said to remain bald and barren for a year. It is not known whether it is for this reason, or because foxes are sometimes bald, that the medical term for baldness is derived from the Greek word for fox. Alopecia is a very old word, coined, it is thought, by Hippocrates and used by Aristotle.

I do not know if Hippocrates' patients were upset when they found that their hair was falling out, but the patients of today certainly are.

Baldness has been classified into several types. When the skin has been scarred or damaged by chemicals, a burn, or x-rays, regrowth of the hair should not be expected. A handful of diseases also may scar and damage the skin sufficiently to permanently stop hair growth.

The majority of baldness is due to non-scarring alopecia, and the commonest form of

this is male-pattern baldness. Ordinary baldness tends to run in families, and requires the presence of androgens or male hormones. If hair loss begins during the teen-age years it usually is extensive at an early age.

Female-pattern baldness is also common. It is less readily noticed as it consists of thinning of the hair at the front and sides of the head with complete hair loss being rare.

Temporary hair loss may follow severe illness, pregnancy, and some glandular diseases, or be caused by drugs used in treating cancer. Vitamin A in large doses is another cause of baldness.

Hairless patches, or alopecia areata, is a condition that is seen fairly often. It consists of a sudden loss of hair in one or more small areas, usually with no cause being apparent. Fortunately hair growth usually returns in a few months and treatment is not required. Patients do need considerable reassurance, however.

Occasionally a patient has trichotillomania, a neurotic habit of pulling out his or her own hair. Diagnosing this may be difficult.

I will not go into treatment except to say that hair transplants, although expensive, do work. Lotions, shampoos and scalp massaging devices do not.



**Alcohol:** A drug known as ethanol or ethyl alcohol, which has immediate and long-term effects on the central nervous system and other organs of the body. It usually refers to beverage alcohol, whose customary ceremonial or recreational use is most commonly in the form of beer, wine or distilled spirits.

**Drug:** Any substance which if consumed, injected or inhaled has the capacity to affect the normal functions of the mind or body.

If drugs or alcohol is interfering with your performance of duty or regular attendance at place of duty, or is upsetting domestic

tranquility, or is required to have a good time or is a necessary part of every day living, then misuse has occurred and you have a problem. If you do not wish to self destruct and would like to make a change contact any member of your Base Drug and Alcohol committee.

The following article is taken from 'News Clips', and is reprinted here for the information of our readers.

Each issue of the Totem Times will feature an excerpt from "News Clips" assembled by the Addiction Research Foundation of Ontario.

## Doctor feels problem drinking can't be cured

Alcoholism must be considered more as a chronic problem which can be controlled rather than as a disease which can be cured, a medical consultant for the Toronto area Addiction Research Foundation said in London Wednesday.

Dr. Sally Saunders told a workshop on alcoholism: "When talking about recovery, I prefer the term 'improvement' rather than 'cure' because I'm not convinced we can cure alcoholism."

Expectations other than total abstinence must be considered when treating alcoholism and the broader terminology will imply different goals for therapists, she said.

"Not only will they have to think in terms of getting the patient to stop drinking, which is crucial, but they will also have to think in terms of identifying lifestyle problems."

Dr. Saunders said over-all cure rates, in terms of total abstinence, were "terrible."

Generally one-third remain totally abstinent, a third remain the same and a third go downhill, she said.

In the past, the main concern with a drinking problem was medical and psychiatric. More recently, family therapy and marital counselling have been instituted, Dr. Saunders said.

"This is why we have been looking so carefully over the last few years to improve the statistics because one of the major things about alcoholism is that it is a lifestyle problem, not a disease."

Dr. Saunders compared the cir-

cumstances of alcoholism to that of a patient who had a cardiovascular problem.

"If the patient changed his lifestyle so as to reduce stress and identified those things which create stress so that the changes resulted in his living a longer, happier, pain-free life, then that would have to be classified as an improvement, not a cure."

She cautioned that total abstinence on the part of reformed alcoholic is not to be equated necessarily with a total improvement.

"I have seen people who have remained abstinent for years. They don't relate to their families, they don't socialize and they don't relate to friends. Everything about them indicates that they are still living an alcoholic lifestyle."

Dr. Saunders said an effective treatment program can only begin when the patient acknowledges the problem is related to alcohol, considers changing his lifestyle and realizes that change is possible.

She said therapists should look for deterioration in job performance and numerous changes in job situations as indicators of an alcohol related problem.

Treatment plans should be developed with the patient rather than being prepared by the therapist and then presented for the patient to follow, she said.

Follow-up discussions, once the treatment plan is in place, are also necessary, she said.

"You can't change a lifestyle in four weeks."

## TOTEM HUMOUR

The following are copies of actual written statements submitted to the police on report forms. The drivers were instructed to give a brief statement on the particulars of the accident, in their own words.

1. Coming home, I drove into the wrong house and collided with a tree I don't have.
2. The other car collided with mine without giving warning of its intentions.
3. I thought my window was down, but found it was up when I put my hand through it.
4. A truck backed through my windshield into my wife's face.
5. A pedestrian hit me and went under my car.
6. The guy was all over the road. I had to swerve a number of times before I hit him.
7. I pulled away from the side of the road, glanced at my Mother-in-Law and headed over the embankment.
8. The gentleman behind me struck me on the backside. He then went to rest in the bush with just his rear end showing.
9. In my attempt to kill a fly, I drove into a telephone pole.
10. I thought I could squeeze between two trucks when my car became squashed.
11. I had been shopping for plants all day, and was on my way home. As I reached an intersection, a huge sprang up, obscuring my vision. I did not see the other car.
12. I had been driving my car for forty years when I fell asleep at the wheel and had the accident.
13. The other car attempted to cut in front of me, so I, with my right front bumper, removed his left rear tail light.
14. I had been learning to drive with power steering. I turned the wheel to what I thought was enough and found myself in a different direction going the opposite way.
15. I was backing my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before.
16. I was on my way to the doctors with rear end trouble when my universal joint gave way causing me to have an accident.
17. I was taking my canary to the hospital. It got loose in the car and flew out the window. The next thing I saw was his rear end and there was a crash.
18. As I approached the intersection, a stop sign suddenly appeared in a place where no stop sign had ever appeared before. I was unable to stop in time to avoid the accident.
19. To avoid hitting the bumper of the car in front, I struck the pedestrian.
20. My car was legally parked as it backed into the other vehicle.
21. An invisible car came out of nowhere, struck my vehicle and vanished.
22. I told the police that I was not injured, but on removing my hat, I found that I had a fractured skull.
23. I was sure the old fellow would never make it to the other side of the road way when I struck him.

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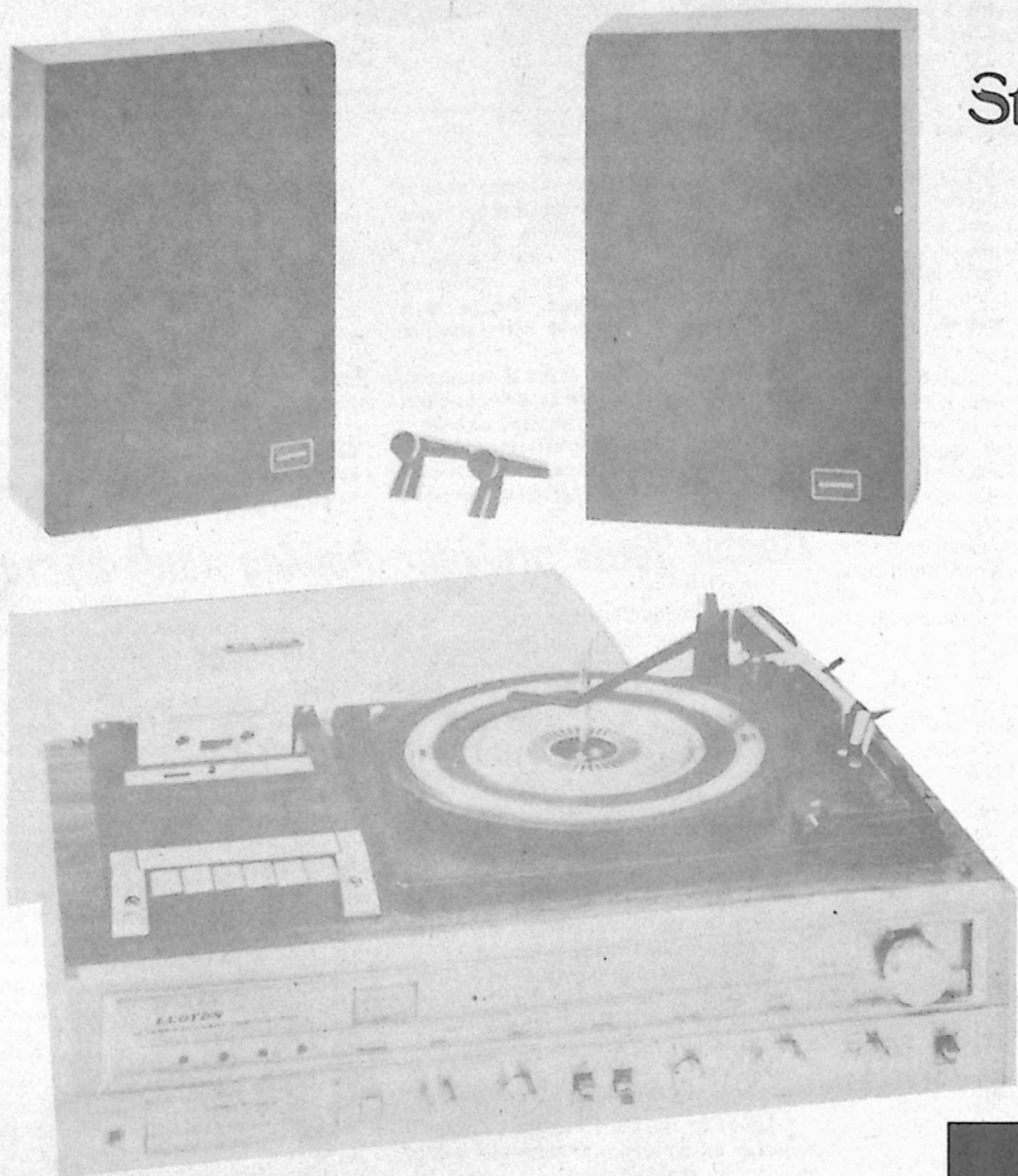
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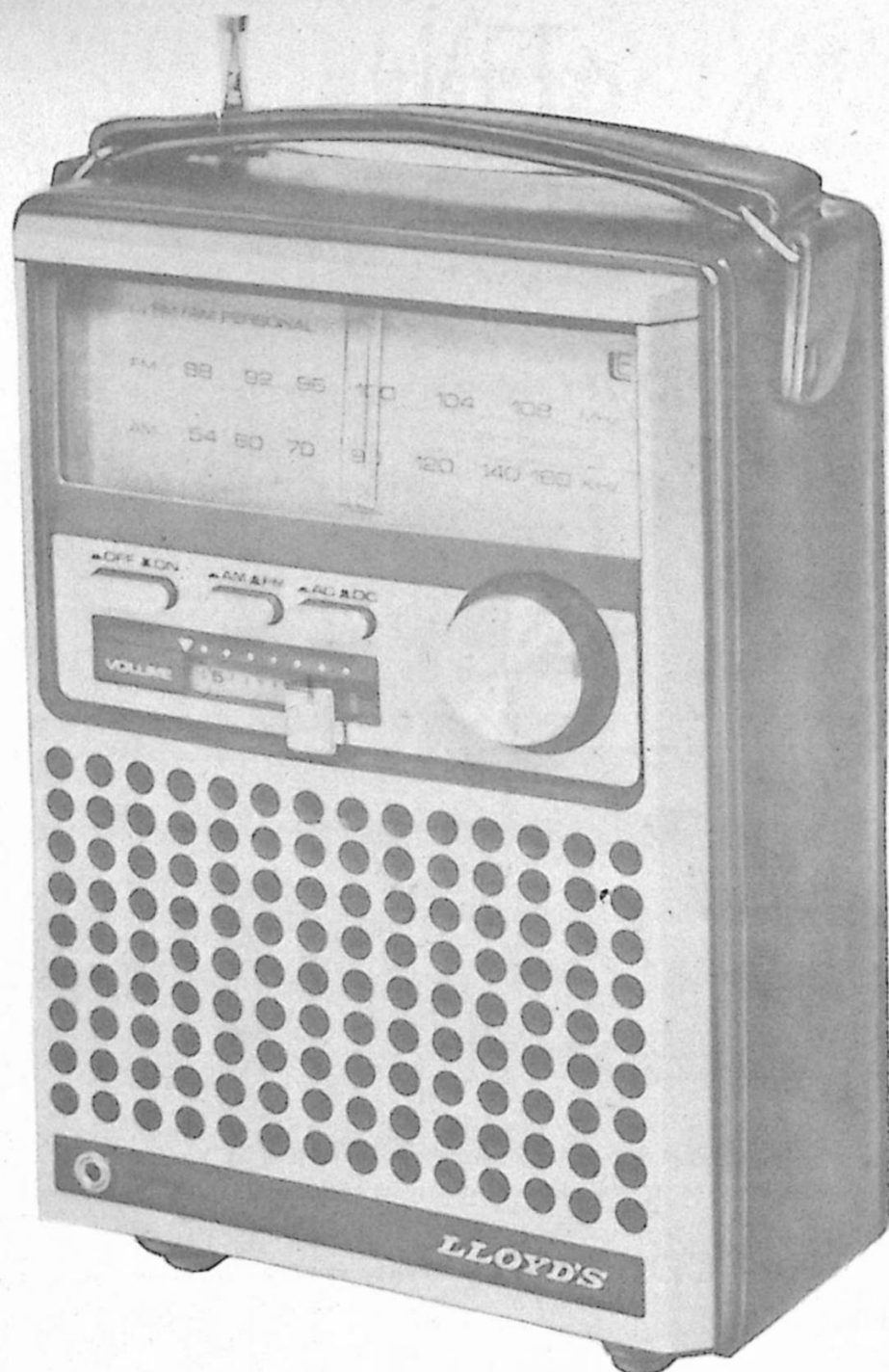
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