



# TOTEM TIMES

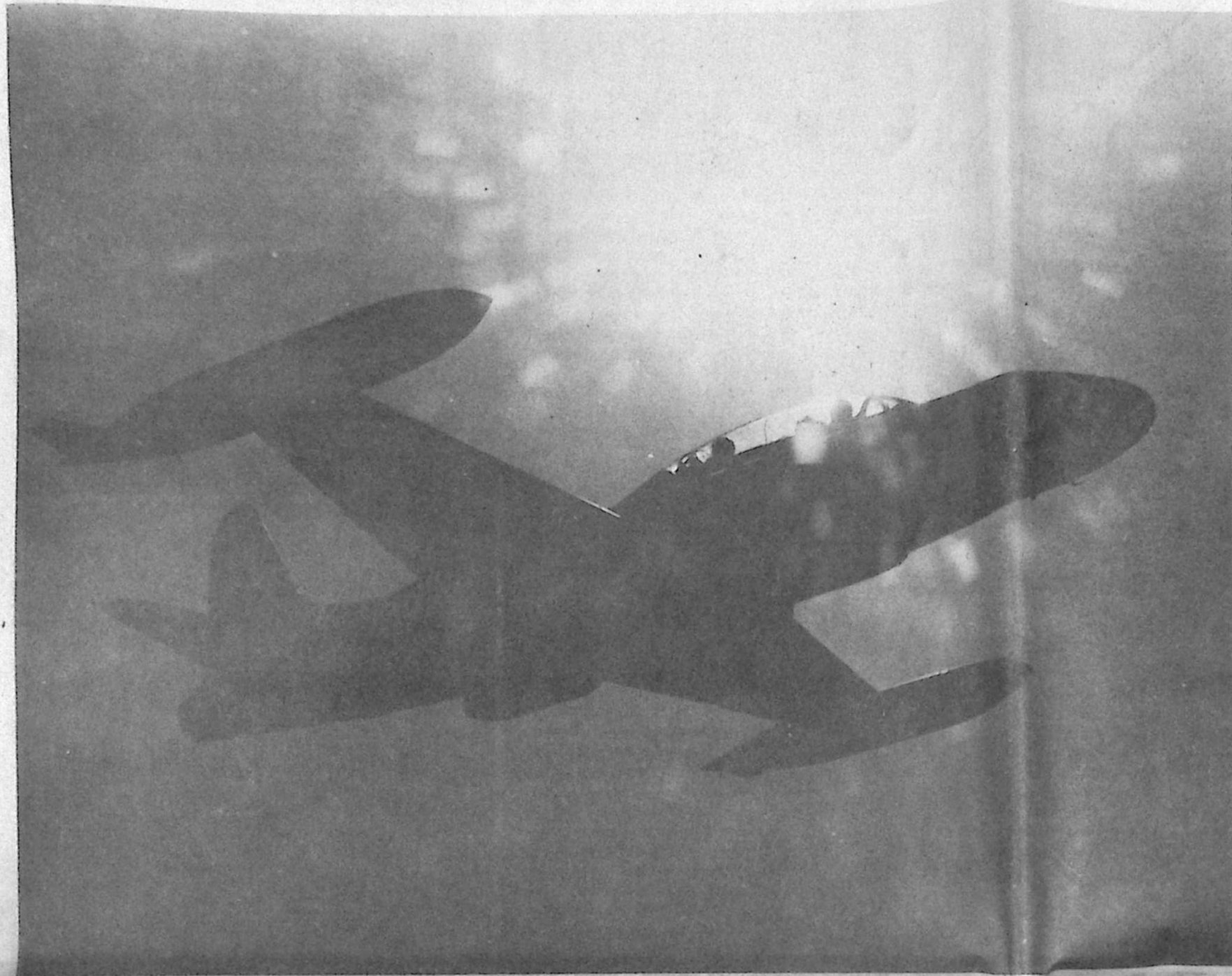


VOL 21 -- NO. 23

CFB COMOX TOTEM TIMES

THURSDAY, DECEMBER 6, 1979

NO CHARGE



T-Bird In The Sun

Photo by Maj. Jim Gregory

## Last MOAT course graduates today

With the graduation of the last Maritime Operational Aircrew Training (MOAT) course on December 6, 1979, another chapter of Canada's military history will come to an end.

The pilots, navigators, observers, and flight engineers of MOAT 7902 will be graduating exactly eleven years after the completion of the first Argus MOAT course in 1968, when 35 students graduated. Brigadier-General Alan Pickering, commander of Maritime Air Group (MAG), will be the reviewing officer.

The Argus Conversion Unit

at Canadian Forces Base Greenwood has been training officers and men to fly the CP-107 Argus ever since 1958. With the retirement of the P2V7 Neptune in 1967, 2 (Maritime) Operational Training Unit of CFB Summerside was amalgamated with the ACU at CFB Greenwood. The new training squadron, VP 449, was established in May 1968 under the command of Lieutenant-Colonel C.E. Rushton.

A unicorn was chosen as the squadron symbol. This mythical animal has the head and body of a horse, the

hindquarters of an antelope, the tail of a lion, the beard of a goat and a distinctive horn. VP 449 resulted from the joining together of 9 Field Technical Training Unit (FTTU), the Argus Conversion Unit, the Operational Flight Tactical trainer and the Maritime Radar Trainer. Like the unicorn, VP 449 was a working composite of several parts.

Mr. Edmund Woodman of Saint John, N.B., presented VP 449 with a "unicorn's horn" in May 1970. The horn, a narwhale tusk, is one of two which Mr. Woodman had obtained from the Arctic. His nephews, Captain Ken

Woodman of VP 405 and Sgt. Keith Woodman of VP 415, were with VP 449 at the time. The horn is still in its case in the squadron museum. Mr. Woodman was made an honorary member of VP 449.

When VP 404 was disbanded in 1975 as an operational squadron, it became the Argus training squadron because it was senior to VP 449. The last official flight of the "Unicorn Squadron" came on August 29, 1975. During its existence, VP 449 trained over 1200 aircrew, while VP 404 has trained approximately 400.

Also graduating with the largely Canadian class will be

a Royal Air Force navigator, a Royal Australian Air Force pilot and a US Navy pilot. These men will be serving as exchange officers with the Canadian Forces in other Maritime Patrol Squadrons.

VP 404 will assume responsibility for all CP-140 Aurora aircrew and maintenance training with the delivery next spring of the new Lockheed aircraft. VP 405 and the Maritime Proving and Evaluation Unit (MP&EU) in Greenwood, VP 407 in Comox, B.C., and VP 415 now in Summerside, P.E.I. will all be converting from Argus to Aurora aircraft within the next few years.

## Miss Wallace Gardens '79

# Margie MacInnis

BY J. FREEMAN

The evening of November 29, 1979 will hold a special place in the hearts of the five contestants contending for the title of Miss Wallace Gardens. The evening was filled with plenty of excitement and over all nervous tension. Not only from the five contestants but also from the proud parents.

The decor of the Totem Lounge was beautifully done, both on stage and off.

The time has come for the competition to begin. The five contestants are now being introduced individually by the M.C.s Dino Surettes and Ron Harris. They are as follows, contestant No. 1 Miss Stephanie King age 17, No. 2 Miss Wendy Lyons age 16, No. 3 Miss Donna Cook age 17, No. 4 Miss Margie MacInnis age 15, No. 5 Miss Shelly Gibbs age 16. These were the five beauties competing against each other for the title of Miss Wallace Gardens of 1980.

The contestants are now preparing themselves for their 3-5 minute autobiography. They are preparing to make a quick change from casual wear to evening gowns. While the contestants are preparing themselves, the guests are mingling, sipping coffee, and some are indulging in the food which was prepared by the combined messes.

The tension is mounting even greater than it was at the start of the evening. The contestants are starting to enter into the lounge once again, dressed in evening gowns which highlighted their beauty perfectly. The contestants mingle with the guests, including the judges, whom are all unknown to the contestants, while nervously awaiting the final test, the crowning of the new Miss Wallace Gardens of 1980. The

clock ticks away the minutes, but to each contestant it seemed like hours, for the final test to be completed. It is now time for the lovely contestants to separate themselves from the guests and to enter the lounge one by one for their 3-5 minute speech.

Everything is running along quite smoothly and right on time. The lights are dim, the nervousness of all the guests are now locked up in the atmosphere. The first contestant Stephanie King enters. She is a tall, slim, beautiful blonde. Miss King is a student at Vanier High School. She has been a resident of Wallace Gardens for 6 1/2 years. Miss King's ambition in life is to enter into a University, upon completion of high school. The main topic of her speech was the many activities which CFB has to offer. Last summer Miss King worked in the Summer Fun Program. Her speech was presented with a unique sense of pride and integrity on her behalf.

Contestant No. 2, Miss Wendy Lyons, she too is a tall, slim, beautiful blonde. Miss Lyons is a student at Highland Sec. High School. Her speech was on the history of the Canadian Armed Forces. Her talk was spoken with an air of authority, and presented to the audience quite well.

Contestant No. 3, Miss Donna Cook, also a Highland Sec. student. Another slim and beautiful brunette. Miss Cook's topic "United Canada", keeping Canada together as a whole. The topic was presented with an authentic feeling of concern for her country. Miss Cook's topic was very well presented and spoken like a true patriot.

Contestant No. 4, Miss Margie MacInnis is a student of Highland Sec. High School, also. Miss MacInnis' topic

was based upon Friendship, a bond between two or more people. Her definition of a friend is a bonded strength uniting two or more people. Her speech was presented very well and seemed to have been written upon experience alone. This was the one speech which seemed to move the audience.

Contestant No. 5, Miss Shelly Gibbs. A small, slim, and beautiful brunette. Miss Gibbs is also a student of Highland. Her interests and hobbies are singing, playing the guitar, sewing, painting, and making ceramics. Miss Gibbs has quite a unique collection of her ceramics which were on display for the guests of the Miss Wallace Gardens Competition. Her ambitions are to further her career in singing and playing the guitar.

Even though all of the contestants were quite nervous their speeches were done superbly. They held the attention of the guests quite tentatively. They were gorgeous and punctilious in all aspects.

After a short intermission while the judges made their choice the tension was at its highest peak. Everyone wondering who will it be? Upon waiting for the announcement of the winner the contestants were lined up and presented with a gift from our Mayor of PMQ's Bob Horton.

The moment we've all been waiting for is now at hand. The MC announces the runner up, Miss Stephanie King. Congratulations Stephanie. The MC unfolds his paper, turns toward the remaining contestants and announces our new Miss Wallace Gardens of 1980. Miss Margie MacInnis! An explosion of

(Continued on page 10)



**Don't miss your chance to spread some Christmas cheer.**

**Our Christmas Edition will be on December 20.**

**Deadline for Copy is Monday, Dec. 17.**

**Get yours in early, Send copy to:**

**Editor, Totem Times, CFB Comox, Lazo or through CR mail.**

**For advertising call Lt. Serge Wong 339-2211 loc. 249.**

## The British Are Coming, The British Are Coming

OTTAWA -- Defence Minister Allan McKinnon and British High Commissioner Sir John A. Ford today exchanged notes covering the renewal of the 1971 agreement between Canada and the United Kingdom concerning the British Armed Forces training program in Canada.

The exchange, which took place during a brief ceremony in Mr. McKinnon's office, extends an agreement which provides for the continuing use by the British Armed Forces of facilities at CFB Gagetown, N.B., CFB Suffield, Alta., and CFS Goose Bay, Nfld., and at other locations to be negotiated.

More than 8,000 members of the British Armed Forces train in Canada each year, most of them at Suffield.

Under the previous agreement, the British spent \$13 million on permanent installations in Canada including \$2.6 million during the last fiscal year. In addition, \$6.3 million was spent by the British for Canadian Forces

support in Suffield during 1978-79.

The agreement was not due to expire until 1981, but early renewal will facilitate long term operational and financial planning. The British training is

## A Big Thank You

To all Military and Civilian Base personnel who gave so generously to the Comox District United Way.

I was delighted to be able to ask LCol Kilpatrick to present the Comox District United Way president with a cheque for \$3,311 plus a Payroll Deduction of \$8,757.

This success was, in no small measure, made possible through the dedicated work of so many canvassers. They are all congratulated for a job well done. The campaign was given a final boost, to come within a few hundred dollars of our goal of \$9,000, by the members of the Wheel Row Race. With that kind of support what else can I say except that it is very satisfying to know that so many people accept their social responsibilities. Once again, many thanks. J.J. Arkesteijn, Capt. Base United Way Co-ordinator.

carried out under Canadian administrative control while operational control is retained by the British. The agreement covers some air and naval training and most aspects of land operations including training with elements of the Canadian Forces.

# C.F.B.

## Demon Doins

Everyone on the Base must now know about the latest brainchild of a fast 409 Sqn. Pilot. I guess that Hawk One design is supposed to spur on the Voodoo troops to bigger and better things. Well, it has been suggested that 407 should paint their servicing vehicle in a manner that would serve as a common focal point for both aircrew and groundcrew in their relentless efforts to keep the antiquated but loved argus in the sky, protecting Queen, Country and Brownies Chicken. The basic color scheme would be an adorable pink accented by a curly wire tail sticking out between the rear doors and a rather stubby snout mounted between the head-lights. An exclusive option, that would leave 409 in our smoke, consists of a cassette loud hailer system spewing forth a recording of Miss Piggy singing "Up, Up And Away".

Despite the efforts of crew 3's Capt. Unserviceable, we managed to get all the birds serviceable last week. However, it was all to no avail, for the much awaited Christmas Shopping Sosex to California turned into a wild goose chase for a "Ghost" ship in the open Pacific. Hopefully we will have better luck on Computex and finally make it to the land of lower prices and gas lines.

As everyone knows, the number of female technicians is on the rise in the squadron. Despite the pessimistic male chauvinist attitudes of die hard navy types, these young ladies are proving that they can do the job just as well as most men. Besides, I'm sure that you pilots don't mind being parked by a pretty face every now and then. Just remember to keep those hands on the controls!

For those of you who chose to pass up the recent Sqn. Smoker, all I can say is that you missed a really good time. Some old traditions were revitalized, a few fingers were worn out poking on the chest, and the bar was drained in style. In the centre ring the main attraction was the aircrew vs. groundcrew bicycle-riding-beer-chugging-cracker-eating-whistling contest. Everyone did fairly well on the bicycle riding part, except of course for a few undersized individuals who almost regained the soprano voices of their youth (don't worry Bill, I won't use any names...).

However, the fun really started at the beer table half

way down the obstacle course. Here we witnessed every possible drinking variation from confidently inhaling a tall cool one in a matter of seconds, to the brash trusting of a brew up to the general area of one's mouth so decisively that only a mouthful was swallowed and the rest was used to fertilize chest hairs. But the race was won or lost at the half way point where enthusiasts tried to shove a couple of crackers into their beer filled mouths and then whistled, or I should say sprayed "Dixie" at a plastic clad Major and CWO.

There were numerous outstanding efforts though, one of which being Gary Hein who downed his beer so fast that he probably didn't even taste it because on the way back he chugged a second one without giving up the lead. Flying a desk must be getting to him.

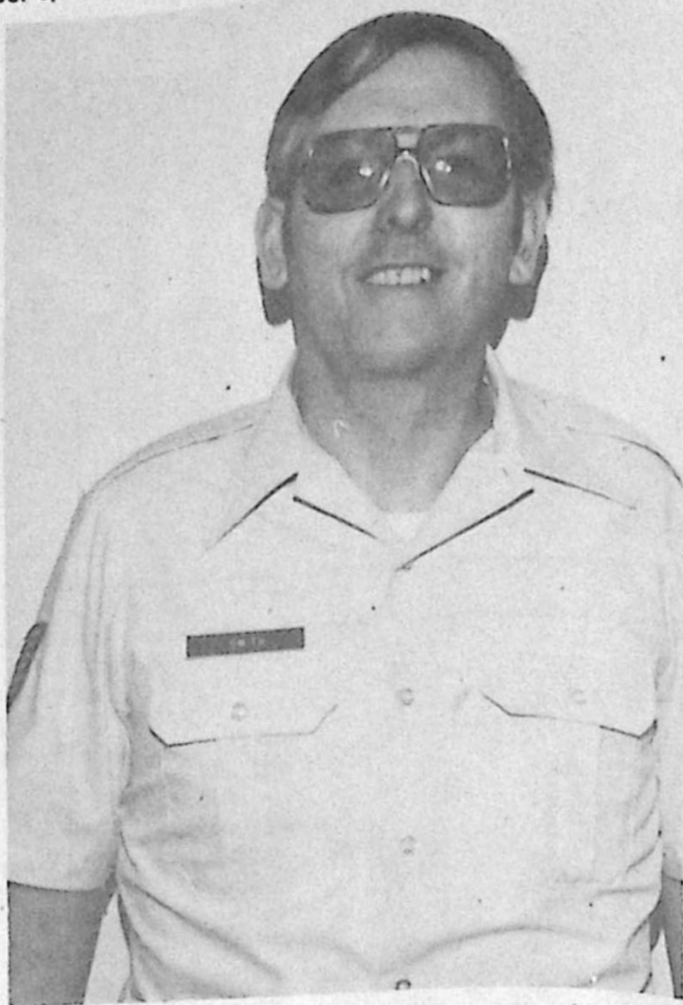
Later the rocking horses were dragged out and the aircrew soon redeemed themselves by once again proving that the old tortoise can still beat the young hare. But youth learns fast, especially after a few nosedives, and by the end of the night young Alex was undefeated.

Now that I have bailed out the usual authors of this valley renowned article, I can once again return to the hanger and watch oil slicks mysteriously form under Argus wings and gaze through the smoke as another one prepares to go U.S. Thanks a million John, but I want my twenty bucks back!

As part of the Doins' continuing program to stimulate interest in professional matters, we present the navigators "Question of the Week" compliments of standards. The correct answer may be obtained from Capt. Spencer.

- 11:45 - Doppler U.S. Doppler to isolate. Antac reset to Omega position. W V set - 325 15.
- 11:47 - Omega U.S.
- 11:48 - Radar contact III bears 051 true at 25 NM true heading 021 true. Tas 184.
- 11:55 - Radar contact III bears 082 true at 9 NM.
- 12:00 - Radar contact III bears 166 true at 8 1/2 NM true heading and Tas unchanged since 11:48.
- 12:05 - On top radar contact III. A tanker, MLA 360 12 Antac position is 5235N 13133W.

What is the actual wind and true position of the tanker at 12:05?



THAT BIG smile from MSgt. Maynard Smith is for his nomination as ADCOM's "Outstanding Administration Superintendent". Congratulations Smitty!

### Firing Away

Christmas is a time of joy and happiness but every year it becomes a time of sadness for many people in Canada because of fire. We all have a tendency to be a little less cautious during the festive season and when we add this to the fact that we have more things in our homes that could cause or contribute to a fire at this time of year, it is easy to understand why we have so many fires during the holiday season.

So we ask you to please be extra careful and make sure that all members of your family understand how quickly the festive season can become one of tragedy and heart-break. Just one careless act such as matches or lighters left within reach of little children can start a fire that can make Christmas a nightmare instead of a time of joy and happiness.

The following is a list of some precautions you should take to ensure that your Christmas is a time of joy:

1. Buy a fresh tree.
2. Before setting it up, saw off diagonally at least one inch off the trunk and place the base in a holder containing water.
3. Keep the water reservoir filled. Be sure the tree is firm and secure.
4. Locate tree away from all sources of heat, such as radiators, television sets, spot lights, etc.
5. If the needles turn brown, take the tree down and dispose of it in a safe manner - Christmas trees burn with explosive violence.
6. Use only fire retardant or non-combustible decorations for trimming the tree.
7. Use only approved lighting sets and be sure all connectors are in good condition and connections tightly made.
8. Don't use combustible materials such as fabrics, paper and other fast burning materials or display decorating, acoustic or scenic for display purposes in places of public or private assembly unless materials have been made flame retardant.

### Car Plates

Dear Mr. Editor,

I am a collector of car license plates, and I am doing some research into the license plates used by the Canadian Forces in Europe. I was hoping that your readers might be able to help me collect information on the systems used (i.e. colors of plates, lettering and numbering of the registration) for registering private vehicles (cars, motorcycles and trailers).

If any of your readers would have any information on the systems in use in Germany before 1973, and in France, Belgium, the Netherlands or Italy in any time period, or actual plates that they would be willing either to part with, or allow me to photograph I would be most interested in hearing from them. Thank you.

Yours very sincerely,  
AlarBones

## Accent On Safety

WHEN HALFWAY DOWN SEEMS FURTHER THAN UP

In previous issues we passed along some safety tips for winter driving to reach the local ski areas. It would be irresponsible not to get you back down again, by adding a few down-hill pointers for your winter driving skills.

One of our closing uphill tips was to avoid parking at corner locations so that your car becomes an obstacle to downhill traffic. One of your first downhill concerns is obstacle visibility and any time taken to clean off the snow, scrape the windows and run the engine and defroster will pay large dividends. This is especially important if the weather is mild and you are carrying a load of partially wet skiers, all contributing to the relative humidity inside your car.

Keep in mind that part of the rationale for posting "chains mandatory" signs is based on the requirement to effectively control your downhill speed. So here comes tip number two - leave your chains on until you're back down. Oh sure - you can get along without them quite often, but then there's those "other" days when the combination of slippery conditions and a few unskilled drivers can make halfway down seem further than up.

You may be very, very happy about having those chains on for "the last run of the day". Having your headlights on going down is just as important as the uphill leg for it adds the "be seen" part of the fundamental rule: "See and be seen". Keep to the right of the road and remember that Aunt Gladys may be coming uphill to pick up Fauntleroy and Gwelope and you must yield most of the road to traffic struggling uphill. Be ready for awkward situations like a car sideways to the road; skiers or pedestrians between you and the right hand snowbank; and a

combination of any of those in a passing situation!

Most skiers have had the misfortune of becoming involved with someone skiing out of control ... when they have lost the ability to turn or stop at will. This can happen to you if your downhill speed results in desperate braking and your car turns into a Detroit toboggan. Your front brakes lock up and your steering control is gone. This happens very easily with power assisted disc brakes on front and drum brakes on the rear wheels.

On a busy Sunday we had one of those "other" days. What a spectacular downhill event! Our car was parked nearly level and alongside the road, but we couldn't move the six to eight feet but continued to slide to the left even though all passengers were now outside and pushing right on the front end. After 150 yards of brake pumping, yelling and sliding we came to rest alongside the snowbank to take inventory.

Fortunately, among the funeral-like procession was a friendly face without saucer-like eyeballs and rigor mortis of the brake foot. To his enquiry I assured him we were not stuck but could not steer the beast, despite our best flatlander winter driving techniques.

He came through with this advice for our front engine, rear wheel drive car: "Don't touch your normal brakes, just use your emergency brake and hold the release in the OFF position." At this time I was willing to try anything that would avoid squishing my loyal front end pushers against the snowbank and give me back some control. To make a long story short, his advice was sound and very much appreciated.

Although my brake foot twitched and hovered nervously over the normal brake pedal, I was not to touch it again until we were off the mountain.

# Happenings

## R.C.A.F.

BY SCOTT HUNTER

How did this simple technique win the day? To understand the effect, we need to understand that on most cars the emergency brake acts only on the rear wheels. With the chains still installed on the rear wheels the emergency brake does all of the braking on the wheels with the best traction, leaving the front end to do the steering.

The downfall of the normal brake system is that in order to check the forward speed of the rear chained wheels, which have more traction, the front wheels which have much less traction but receive the same hydraulic force promptly lock in place and cannot steer.

If you own and operate a front wheel drive car the method may be different. At the time of writing we are still waiting for winter driving tips for front wheel drive vehicles, requested from NDHQ. So thanks Bob for the tip, and here's our final tip for anyone who goes downhill in winter: Take time to ensure that your emergency brakes are in good working order and practise using them!

SAFETY SAM

## WO's & Sgt's wives club

The Warrant Officers and Sgt's Wives' Club held their meeting November 12th. A most interesting program was presented by Joyce Hicks from our local Crisis Centre.

Our next meeting will be held December 12th, husbands are most cordially invited to attend a Pot Luck supper, all members please plan on attending.

Although supporting the interests of Canadian Aviation generally, 888 wing of the Royal Canadian Air Force Association in the Comox Valley has as its early aim and objectives to give backing to the Lion's club in that organization's sponsorship of the Valley's Air Cadet group. Stan Paddison, the Wing's liaison member for the Air Cadets, told the members at their last meeting held November 7th that the Cadets Light Bulb campaign was a great success with the co-ordinated efforts of 24 volunteer drivers - 8 from the Lion's Club, 8 of the Cadet staff, 5 from the RCAF, and 3 parents. The Cadets (boys and girls of the squadron) themselves brought in over \$1300.00 which is earmarked for Squadron funds during the training year.

Paddison pointed out that many people assume the cadets are funded or "paid" by the Canadian Forces, however, they receive a modicum of logistical support while squadron operating funds must be generated locally through the sponsoring body.

The recent Flea Market sales stall by the RCAF volunteers netted \$154.00 plus the donation to the day care society. The latest two new members brings the membership total of 888 Wing to 152 men and women. They are Dick and Daphne Norman of Comox. Those interested in joining should contact Tom Proctor or Marg Robinson of the membership committee.

One of the main objectives of the RCAF is to participate in local civic and community programs, especially those designed to develop the physical, mental and moral well-being of our youth. Also to work with the RCAF Benevolent Fund and various veteran's organizations or charitable projects. 888 Wing meetings are held the first Wednesday of each month at the Comox Legion Branch.

## BASE THEATRE SCHEDULE

CFB COMOX

Thurs., Fri., Sat., Sun.  
Dec. 6, 7, 8, 9

### SUNBURN

Farrah Fawcett Major Art Carney  
Comedy Action  
MATURE  
SHOWTIME: 2000 Hrs.

Thurs., Fri., Sat., Sun.  
Dec. 13, 14, 15, 16

### SATURDAY NIGHT FEVER

John Travolta Karen Gorney  
Action:  
MATURE - Some Coarse Language.  
SHOWTIME: 2000 Hrs.

SUPPORT YOUR BASE THEATRE  
Authorized Patrons Only

## CHRISTMAS TREE PICKUP

3 JAN. 1980

at 1 p.m.

See "Firing Away"

For Details

## Jr. Ranks Club

### TICKETS FOR THE NEW YEARS BALL ARE NOW ON SALE FOR MEMBERS

GUEST TICKETS WILL GO ON SALE AFTER DEC. 1. YOU CAN GET THEM IN THE PMC'S OFFICE. THE BAND THIS YEAR IS "THE NOTE-ABLES". COCKTAILS, FOOD, FLOOR SHOW AND DANCE.

MEMBERS: \$20.00 COUPLE.

GUESTS: \$30.00 COUPLE.

FOR UP TO DATE ENTERTAINMENT INFORMATION  
PHONE 339-5212.

## WO'S & SGT'S MESS DECEMBER ENTERTAINMENT

DEC. 2 - MOVIE "HOOPER"

DEC. 14, 21, 28 - T.G.I.F.

DEC. 15 - PMC BINGO-DANCE. PMC DRAW & BINGO. Starts at 1930. DANCE at 2130. BAND T.B.A. FOOD - 2200. CHICKEN 'n' CHIPS \$5.00 Per Person. 85 PRIZES (Turkeys, Hams & Booze).

DEC. 20 - VISIT OFFICERS MESS

DEC. 31 - NEW YEARS BALL. HOT BUFFET - SEAFOOD and HIP OF BEEF - 2000. DANCE - 2130 to 0300. BAND "ALLEY CATS". ONION SOUP, GARLIC BREAD and COFFEE SERVED 0100. FREE BAR.

Tickets available NOW from Mess Manager.

JAN. 1 - LEVEE 1300 to 1700. BAND - "ALLEY CATS". FOOD - PICK TRAYS, MOOSE MILK. COST - FREE. CLAM CHOWDER

REGULAR TGIF's 7 & 14 DEC.  
SEE DEC. CALENDAR FOR DETAILS.

## EW

Courtesy

Adults \$3.00, O.A.P. \$1.25, Child \$1.25

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

Thurs., Fri., Sat. - Dec. 6, 7, 8 - KATHARINE ROSS SAM ELLIOTT

### The Legacy

"Warning - Some frightening & gory scenes" - B.C. Director

Mon., Tues., Wed. - Dec. 10, 11, 12 - WOODY ALLEN DIANE KEATON "MANHATTAN" "Occasional coarse language & suggestive scenes" - B.C. Dir.

Thurs. to Wed. - Dec. 13, 14, 15, 17, 18, 19 GENE WILDER "THE FRISCO KID" "Some coarse language & swearing" - B.C. Director Starts Dec. 20 - "SGT. PEPPER'S LONELY HEARTS CLUB BAND"

## Van Isle

Campbell River

Monday to Thurs. - 7:30 p.m.  
Two Shows Fri. & Sat.  
7:00 & 9:00 p.m.  
No Matinee This Saturday

Dec. 6, 7, 8 - WOODY ALLEN "MANHATTAN" "Occasional coarse language & suggestive scenes" - B.C. Director

Dec. 10 to 15 "THE LEGACY" "Some frightening & gory scenes" - B.C. Director

Dec. 17, 18, 19 "SGT. PEPPER'S LONELY HEARTS CLUB BAND" MATURE

# Section News

## Words Of Wisdom

Out with the old, in with the new. Yes, the "Open Mike" has been laid to rest. Many informative and interesting columns have taken their toll on the old circuits of the faithful communicator. For those wishing to pay their respects check behind the bar in the Gravel Pit for the last remains. Cash or certified cheques only.

By way of explanation, those Nighthawks who have taken the big step out of the next, and those Demons who are done Doan, and of course all of us in ATC will recognize the title of this article as the real tools of the controllers trade. New article, new author, new title. End of explanation.

Now, in order to build an effective article I need raw materials; i.e. information, the more the better. So please, if your best buddy's been posted to Burbank and he dumped his coffee all over the strip board (completely obliterating HG 12 through HG 10) in anxiety over the flip down in an Argus, or if you've just become a proud father or mother and you'd like to share your joy with everyone else, or whatever's happening, let me know. Give me a call, or better still put it down on paper and send it to the tower. Postage due envelopes will be accepted and charged to the appropriate member's entertainment dues.

Welcomes are in order, albeit somewhat belated in certain cases, to three new additions to the section. Mike Marshall, new to the service and ATC has been keeping Tower staff and aircrew alike on their toes recently. Here on OJT before his ATCA course he is often found on the airfield waging a one man war against the feathered variety of Comox's bird complement. Take heart pilots, if you see someone out there pointing a shotgun at your nose, he's not a crusader for the NFA program, just Mike clearing the way for your unobstructed launch. Mike will be off to Cornwall in the beginning of the new year to study some of

the other aspects of his new chosen career. Best wishes from all, and a special Bon Voyage from your Sergeant. Pat has vowed never again to use the phrase, "I'll take him under my wing".

A more permanent arrival to the section is Dave Richly. Dave, originally from Chilliwack has just completed the ATCA course and is now undergoing check-out in the Tower. Relatively new to the service as well, he is very enthusiastic about his work, and very happy to be here in Comox. Dave took his OJT in Namao and recalls a far less warm welcome there than was received in Comox. He says that the people here are much friendlier and he felt at home right away. With the ever increasing budget restraints on postings, Dave may be more at home in Comox than he thinks.

Last but not least is our latest arrival Margaret Backlund. Marg has been here just over a week now and will be checking out in the tower before stepping down to the Rat House for an advance preview of what to expect on her up and coming radar course. Marg has spent the past 2 1/2 years overseas working in Lahr and after travelling half way across the world to get here we hope that she too enjoys her tour in Comox.

Now on to departures. Ted Norrie has gone on an extended Christmas shopping trip to Toronto, Ont. Just a short walk from bustling Young St. Ted may be found hard at work in the classroom studying the intricacies of staff work in the CAF. Serge Roy has also gone back to school, in a somewhat different environment, and a rather less inviting location. Serge is attending the JLC course in Esquimalt. Shades of unification, who's idea was it to send an Air Force radar controller on an infantry oriented course within the confines (decks?) of a Naval establishment? Best of luck to both Ted and Serge in their studies.

Don't forget the section Christmas party on Dec. 14. Rumor has it that Santa's sleigh will be doing a flypast followed by a closed circuit to a stop, traffic permitting. Servicing will be required for approximately eight reindeer and baggage handlers for numerous small packages. Keep Smiling

## Classifieds

TOTEM TIMES IS YOUR WAY TO MAKE YOU KNOWN.

### Services Offered

#### DOLLY'S CRAFTS AND JOKES NEED YOUR HANDICRAFTS

Making handicrafts for a hobby? Why not let us sell the surplus for you. Drop in and talk it over with Dolly, or call 339-6311. All kinds of crafts are needed. We are located in Goods Groceria, Ryan Road. Closed Thursday and Sunday.

Western Canada School of Auctioneering Ltd.  
Canada's first, and the only completely Canadian course offered anywhere. Licensed under the Trade Schools Licensing Act, R.S.A. 1970 C. 266. For particulars of the next course write: Box 637, Lacombe, Alberta or Phone 722-6215

### Coming to Victoria?

Posted or retiring to sunny Victoria? For help with all your housing needs write or call collect to:

Baz Pharaoh  
Ex 407 SQN retired  
of J.H. Whitmore & Co. Ltd.

4520 West Saanich Road, Victoria, B.C. Office 604-479-1667 (24 hrs.). Home 658-8449.

### Personal

The Burl Store: clocks, tables, bowls, spoon racks, knife holders, many gift items. 823 Sandpines Cres., off Lazo Road, near Pt. Holmes. 339-5704.

Send **SHORT STORIES ABOUT SASK.** for Christmas to ex-prairie people to remind them of our 75th Anniversary next summer. 1500 sold. 2 stories. 160 pp. \$3 from Les Dybvig, 3405-25th Avenue, Regina, S4S 1L7. (also book stores Saskatoon, Regina and Moose Jaw).

### For Sale

Salmon whole, fresh, frozen, Sockeye, Pinks, Red Springs. Also prawns and crabs and other sea foods. Phone 339-6586

### FOR RENT

2 bedroom house on the beach. Stove, fridge, fireplace, wall to wall, oil heat. \$325 per month. 339-3534.

### FOR RENT

House in Courtenay, 1/2 mile from Courtenay Elem., 1 mile from Lake Trail Jr. Sec., 2 bdrm. upstairs, 2 bdrm. downstairs, finished family room, 2 fireplaces, utility room and shop. Fenced yard, garden, paved driveway, carport, shed, sundeck, 1 1/2 bath. Rent \$325.00-month, includes water, garbage pickup and cable TV. For further information call 338-8550. After 6:00 p.m.

### TOTEM TIMES CLASSIFIED

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## Nighthawks Nest

409 Squadron was honored to have been visited by Brig.-Gen. Henry and senior staff from 25th NR last Friday. They talked to the aircrew about many facets of the region's operations, and afterwards many had a better understanding of the various factors which affect it. Afterwards they attended the Squadron luncheon and TGIF where further discussion was possible.

Thursday, the squadron lost an aircraft, however due to superb work by many people and organizations the crew was recovered none the worse for wear. Within the base, special thanks to the Safety Systems people, who's conscientious work proved itself. Much of the squadron spent part of the weekend of Nov. 23

at McChord holding alert for the 318th, and in support of the D.B. Cooper anniversary celebrations.

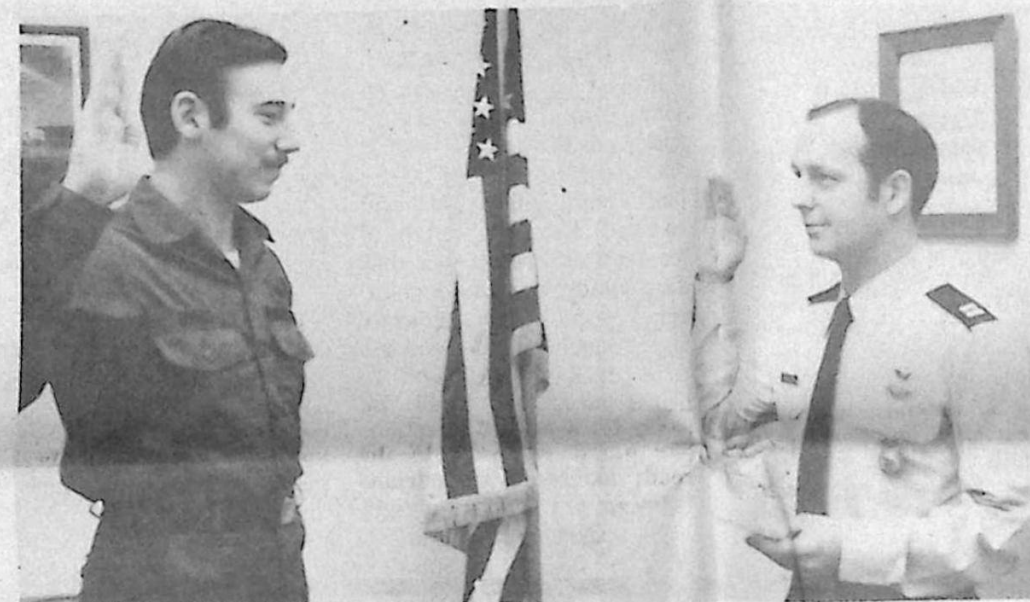
Congratulations are extended to Kaz Oreziak on completion of Combat Readiness Training. Surprise! No feeble attempt at being witty.

Bruce Arnold spent a short time in California, at Beale AFB. He was there on business, but we hope he was able to enjoy his respite from the dull weather and cold here.

The 409 All-Ranks Christmas party was held Saturday night at the Junior Ranks Club. It was well attended and very enjoyable. Everyone had a chance to meet and converse with those they don't normally see socially.



COL. T.L. SHARPE, director of postings and career officers visited CFB, Comox from 18-21 Nov. While touring the facilities, he found time to check out the controls at the F.E. Station in an Argus.



SSGT. KEITH GIBBS takes the big step and re-enlists for another term. Congratulations.



## Firing Away

The Baby Sitter Course held during the 27th, 28th, and 29th of November was considered a great success. We were overwhelmed by the number of students (59) that attended the course.

The aim of the course was to make baby-sitters aware of potential problems which can crop up and how they should properly handle the many situations that can confront them. This is why experienced instructors that deal with these problems on a daily basis were asked to conduct the classes.

The first evening an introduction film was shown and the students were separated into 2 groups and given instructions on security, by MCpl. Taylor and games to play, by MCpl. Beaulieu. Later in the evening a film was shown on Fire Prevention and a lecture was given on action to take in case of fire.

The second evening, Lt. Henry and Sgt. DeGruchy, from the base hospital, instructed the students on very basic first aid and child care. All classes were met with

enthusiasm by our students and the instructors also found that for them it was also a learning experience.

The third evening a question and answer period was conducted followed by an examination. All the students were then presented with a certificate of achievement.

I would like to express my thanks to MCpl. Taylor, MCpl. Beaulieu, Lt. Henry and Sgt. DeGruchy for giving their time and sharing their knowledge to make this a successful Baby-Sitting Course. I would also like to thank Mr. Shields, principal of the Comox Elementary School for his assistance.

For the parents who are reading this, the next time you require a sitter, ask him or her if they've attended this course. If they have, you know that you are getting a responsible sitter with knowledge obtained from the Baby-Sitting Course.

Until next time, remember, FIRE IS NOT A TOY! NEVER PLAY WITH MATCHES OR FIRE.

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International Year of the Child 1979

Editorials

### A Keepsake

Few of us would consider a calendar a keepsake. The Canadian Skies color calendar 1980 - a portfolio of Canadian Military aircraft is an exception, however.

I have never seen such a fine collection of color shots of our aircraft ranging from the front cover CF104 to the December Firefly Mk6. There is even a shot of the Avro Arrow.

Any trivia enthusiast will be impressed by the facts and

figures spread through. Did you know for example that an exploded Japanese balloon bomb was found at Hay Lake, Alberta on March 14, 1945, or the first Avro CF 105 Arrow rolled out in Malton on October 4th.

It is not usually for the Editorial Page to plug a product but I think you will be impressed with this product. Check the ad in this issue for details on how to order yours.

### R.R.S.P.'s - Still Confused

There is still one thing that bothers me about RRSP's after researching for last weeks' articles -- what happens at maturity.

I thought it was clear in my mind until an insurance man told me it would cost 3 per cent of my money at maturity to purchase an annuity - that would be his commission. Now 3 per cent of \$10,000.00 is only \$300.00, but 3 per cent of \$200,000.00 is \$6,000.00!! Whether this 3 per cent is

true for all insurance companies, I have not yet determined. It is certainly food for thought, however.

It appears that every plan is going to cost you something; whether it be a service charge, lump sum or lesser interest rates.

The only thing to do is keep smiling and keep looking. If the "ideal plan" pops up, I'll let you know - if you find one, let me know!

### ... A joke ...

A few people were upset about a comment we made in reference to their squadron a few issues ago.

What can we say? It certainly wasn't personal and was in-

tended only in the spirit of good fun. You are welcome to write a few lines taking a shot at us -- it wouldn't be the first time.

As the saying goes, "If you can't take a joke ..."

### Totem Times - 1980

Vol. 22	Deadline	Publication
No. 1	Mon. Jan. 7	Thurs. Jan. 10
2	Jan. 21	Jan. 24
3	Feb. 4	Feb. 7
4	Feb. 18	Feb. 21
5	Mar. 3	Mar. 6
6	Mar. 17	Mar. 20
7	Mar. 31	Apr. 3
8	Apr. 14	Apr. 17
9	Apr. 28	May 1
10	May 12	May 15
11	May 26	May 29
12	Jun. 9	Jun. 12
13	Jun. 30	July 3
14	July 21	July 24
15	Aug. 11	Aug. 14
16	Sept. 1	Sept. 4
17	Sept. 15	Sept. 18
18	Sept. 29	Oct. 2
19	Oct. 13	Oct. 16
20	Oct. 27	Oct. 30
21	Nov. 3	Nov. 6
22	Nov. 17	Nov. 20
23	Dec. 1	Dec. 4
24	Dec. 15	Dec. 18

### CNA TOTEM TIMES

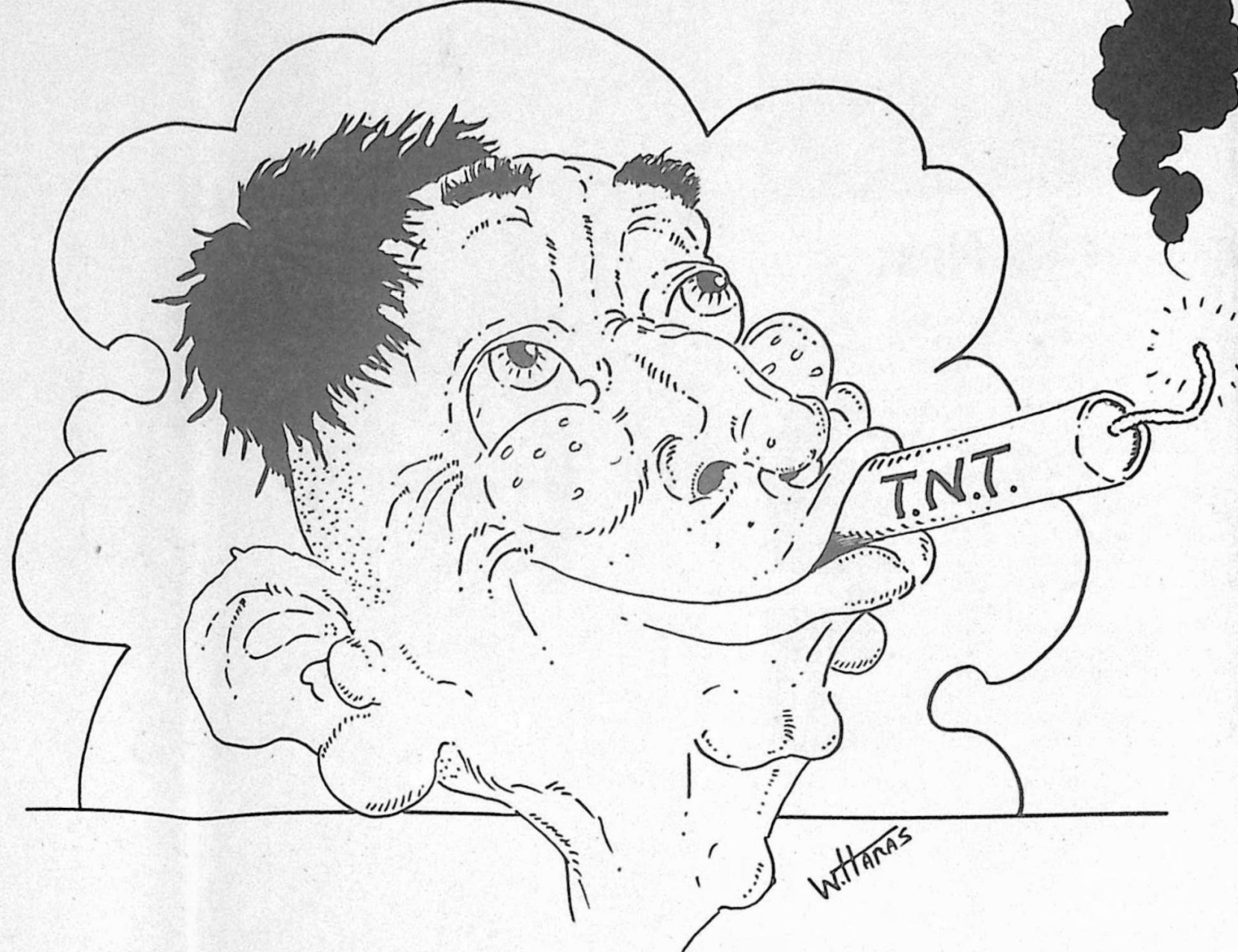
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### B.C. LUNG ASSOCIATION LAUNCHES A STOP SMOKING PROGRAM CALLED "OPERATION KICK."

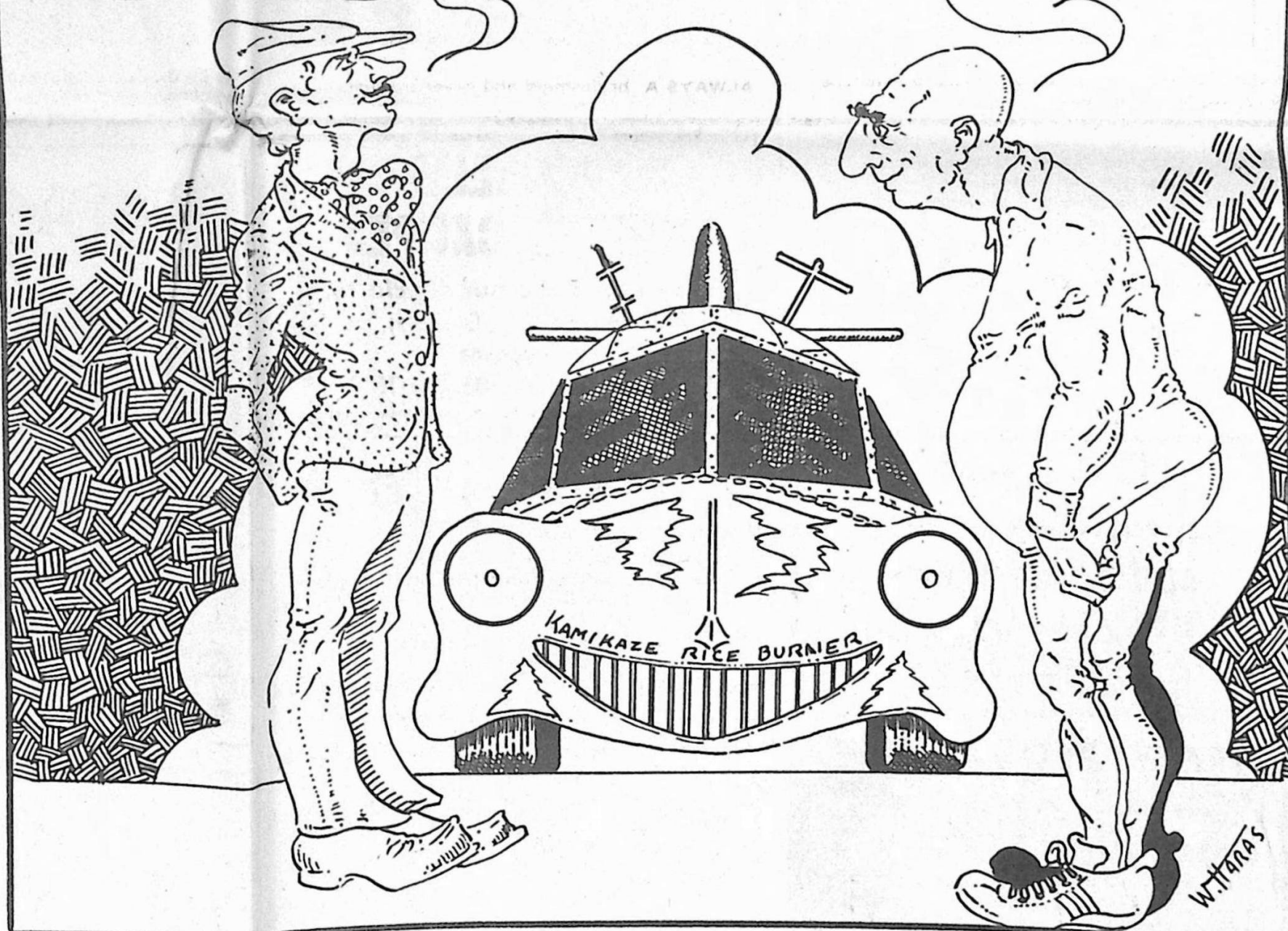


A CIGARETTE WITH A SLOW FUSE!

### CANADA OFFERS THE ARGUS FLEET FOR SALE.

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 WAS AN ARGUS - YOU KNOW!

SHADES OF THE BONAVENTURE!



### Some Printable Words

### Fishwrapper's 'What To Do With Argus' Contest

Most of the entries in our contest were similar in that they were unprintable. A special thanks to the 'Mad Bomber', your suggestion was interesting if wierd. Some of the printable entries were quite imaginative. J.F. suggested we take off

the mainplaces, the vertical horizontal stabilizers, remove the undercarriage, mount the wheels and then donate them for a Valley Rapid Transit system. A good suggestion, but the committee decided the fuel consumption would be unacceptable.

A group entry from VP 407 Flight Engineers suggested mounting one for display at Greenwood and one at Comox. They further recommended the remaining Argus be filled with navs and sent on a 12-hour overwater patrol with 4 hours fuel. Not very nice guys. (Ap-

plications for volunteer pilots are now being accepted at our office!)

Another entrant suggested we remove all the internal equipment and mount them on slabs as Married Quarters. After careful consideration this idea was rejected. It was decided the rent would

be too high compared to the present rates employed by all.

Several entries thought the Argus would be good for artillery practice. Cost also squelched this idea. Droning the Argus would be too expensive and no volunteer pilots have yet stepped forth.

It is interesting to note that not one of the entries involved getting the Argus airborne without intentions of shooting it down. It is even stranger that we were unable to award the prizes. Not one of the entrants was willing to accept the flights we had offered.

Thanks to those who entered -- any further ideas would be welcomed.

### Receipts Needed For Mortgage Interest Credit

Taxpayers who claim the federal mortgage interest tax credit when they file their income tax returns next year will have to include a receipt verifying the amount of their mortgage and interest paid, the address of the mortgaged house as well as the name and address of the person or company holding the mor-

gage, Revenue Canada, Taxation confirmed today. Most of the information that Revenue Canada will need for processing claims for the mortgage tax credit is already contained in the annual statements issued by major mortgage lenders. Many lenders have already contacted the tax department

concerning modifications to their current annual statements to meet the requirements of the income tax regulations being drafted. Without the required information, processing of tax returns claiming the credit will be delayed. In any format, it is likely that the regulations will require that the receipt should contain the

name and address of the homeowner(s); the address or legal description of the location of the house; the date of issue and identifying number of the mortgage; the amount of interest paid in 1979; the balance of the mortgage at the beginning and end of the year; and the full name and address of the lender.

# KIWI Club Wheelbarrow Race



**CAPT. HALLAM**, Chairman of the KIWI Club and Capt. Taylor, Entertainment Officer present Capt. Arkesteijn, Chairman of the Base United Way campaign with a cheque for \$1,100.00. The money was raised during the annual Comox-to-Base wheelbarrow race which is run to support the United Way. This amount represents an increase of \$400.00 over last year's total.



**ALL SET TO** start the 5 KM race. Teams from left to right: Bob and Joyce Taylor - Pete Witter, Fred Alvorado-Jim Wright, Don Corbett-Doug Baker,

Bob McPhail-Dave Dyer, Wayne Farrel, Ian Munro-Bruce Johnson, Jean-Guy Mathieu - Serge Wong, Bob Eby, Lorna Kirker.



**WE RAN** all the way, but it was worth it.



**OUR AMERICAN** representatives. Peter is still asking how he made it.



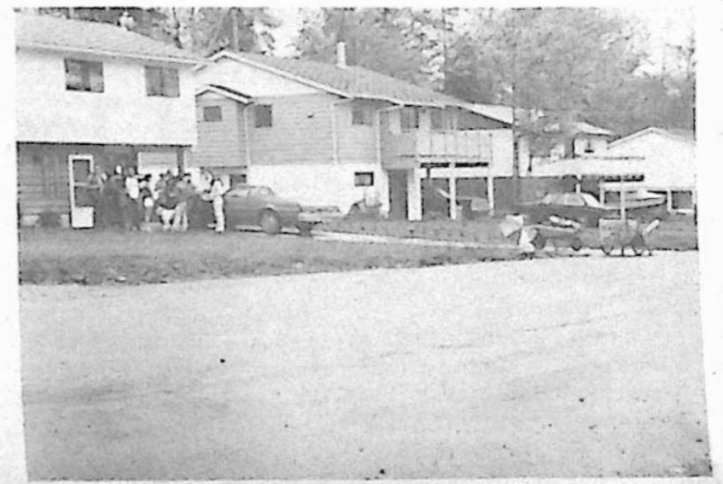
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# Totem Sports



## Earl Honoured!!

### Luncheon Honors Sportser

A luncheon was held at the WO & Sgt.'s Mess on Friday, November 23 to bid farewell to W.D. Earl Thompson on the occasion of his retirement from the CAF. Earl was a member of the Base Peri Staff and contributed greatly to all sports programs both on and off the Base. In 1977-78 Earl coached the local midget reps

to the Island Championship. As a playing member of the CFB Comox "Old Totems" in the North Island Oldtimers Hockey League, he was respected by his team mates and feared by the opposition for his hockey skills. Earl will be taking up residence in Port Hope, Ontario, with the position of Arena Manager in

a newly constructed complex. We of the CFB Comox "Old Totems" Oldtimer Hockey League wish Earl and his family much success in his new career. Pictured guests from left to right are: Al Kimick, Bob Main, Earl Thompson, Duke Reid and Mr. George Kjenner 2nd Vice President of the COHA.

## B.C. Salmonid Task Group

When members of the B.C. Task Group attended a Campbell River meeting this fall, Jimmy Sewid, a hereditary Kwakiutl chief, a successful commercial fisherman, and one of the founding members of the B.C.T.G. entertained them at a banquet.

Sewid and his family who live in the area were following the native Indian tradition of providing hospitality to visitors. (Jimmy's autobiography is called "Guests Never Leave Hungry" and it certainly proved to be true.) The event provided an opportunity for BCTG members to celebrate their first three years as an organization.

At dinner, Lonnie Hindle, who now works for the Salmonid Enhancement Program, recalled his introduction to SEP. At that time he was an administrator for the Union of B.C. Indian Chiefs. Hindle explained that those involved in the commercial, recreational and native food fishery were not always on the best of terms. There was, and still is, a certain amount of competition between these groups each of which would prefer more weight to be given to their share of the salmon fishery.

"The idea of all of us sitting down in the same room seemed bloody ridiculous,"

notes Hindle. But Jimmy Sewid who had a great deal of influence on the younger UBCIC members quietly suggested that they give it a chance. And so Hindle and Sewid turned up for the BCTG meeting and have stuck with the group ever since.

In fact Hindle became so sold on the potential of SEP that he joined the staff and presently assists remote communities, many of which are native, to develop small hatcheries and carry out stream improvement contracts.

Rather than attacking each other, the various interest groups represented in the BCTG were somewhat euphoric about their coming together. "Our attitude was that as a citizens group we were ready to take over and manage the fishery ourselves."

But the group soon became more sophisticated. "The people involved began to realize that there were far greater complexities in enhancing and managing the fishery than they had originally realized. Instead of being adversaries they became supporters of Fisheries. This group is totally committed to enhancing the resource," says Hindle.

For Gordon Mackie,

chairman of the Task Group, Sewid's banquet was a totally appropriate celebration of three years of activity. "For many of the newer members it provided a real sense of themselves as a group." It is that sense, believes Mackie, which keeps the group functioning smoothly. "Sometimes it amazes me that such a diverse group can come up with a consensus. But their concern for fish is the one unifying point."

Mackie sees the BCTG as a continuing presence on the SEP scene, an organization which will change and evolve as the program changes and evolves, "but it's principal role will be to distill and reflect general public opinions to the decision makers."

## Sat In Gym

Presently, the gym floor is off limits on the weekends except for Sunday afternoons when the Archery Club uses it and Sunday evenings when the Badminton Club has full use of it.

Youth and teen bowlers on Saturdays, spill out of the lanes and would like to spend some of their exuberance with basketball or a rumble on the mat. To accommodate these unstructured, unorganized activities there should be

some low level supervision.

Therefore, adult volunteers are requested to donate one Saturday from 11:00 a.m. to 3:00 p.m. in the New Year. If about ten different people indicate that they would be willing to take just one Saturday, the gym floor can be open for the rest of the bowling season. Please phone or visit the BPERO, Capt. Al Kiwick (local 315) to leave your name, ask questions or make any other suggestions.

## Pac Road Race

Plans are being drawn up for the Pacific region Road Race to be held on April 26 at Chilliwack. The scheme of things to be far from being finalized but we do know there will be three distances to choose from; three, six, and twenty miles. The three categories for competitors will be open male, open female and masters.

There is no maximum number of competitors per base so if you've got the urge to have a change of scenery (it's hard to believe anyone would from the island would you) you will be more than welcome at the meet. Now is the time to start training as there will probably be lots of hills in the further distances. There will be more on this later as the info becomes available.

## Pac Bowling

This year the Pac Region Bowling Championships will be held at CFB Chilliwack 28 Jan '79 to 1 Feb '80. All interested personnel, please contact the Rec. Centre, Local 315 by 1200 hours on 8 Jan '80. The Base roll offs will be held Jan. 10-16.

Attention all dart players, the Jr. Ranks Club still has some vacancies for dart players. The league was formed to allow everyone to play and have a good time. If you are interested please call Bill Chestnut, Local 434 or 339-6186, Al Cameron, local 413 or 339-4088. The league meets every Monday night at 1930 hours.

## Youth Bowling

Bantam Division

Pat Verchere

Youth bowling is under way for another season. It has proved to be very popular as all divisions are running at full capacity. The two in-house tournaments were very successful.

Our Fund Raising Campaign is under way and seems to be going quite well. We would like to thank everyone who purchased chocolates from our young bowlers.

Season highs as of 3 Nov. '79:

Girl's high average: Heather Turk 131. High single: Heather Turk 190. High double: Krista Melson 291.

Boy's high average: Jerry Veldhuis 152. High single: Jerry Veldhuis 204. High double: Jerry Veldhuis 343.

Bowler of the month +Sept. - Mike Pruitt, Oct. - Kathy Smith.

Junior Division:

Girl's high average: Debbie Steele 169. High single: Jennifer Hall 238. High double: Debbie Steele 415.

Boy's high average: Danny Veldhuis 198. High single: Danny Veldhuis 264. High double: Danny Veldhuis 467.

Senior Division:

Girl's high average: Linda Legault 182. High single: Melanie Davies 249. High triple: Melanie Davies 637.

Boy's high average: Pat Hudson 195. High single: Stephen McDonald 268. High triple: Pat Hudson 694.

## Ladies Bowling

The female team of Sgt. Lil Davis, MCpl. Laurie St. Pierre, Cpl. Connie Lapointe, Pte. Laurie Johnson, Pte. Jacki Baulne and the roll-off organizer and team captain Cpl. Kaye Alex left at high noon on Thursday to represent the Base at the Regionals in Esquimalt.

Look to the next Totem Times for their results.

## Oldies Pac Championships

Teams from Esquimalt, Chilliwack, Holberg and Comox will be playing at our own Glacier Gardens Arena. The winning team will capture the Earl Thompson

Trophy which was donated by the Region in recognition to the former Warrant Officer's outstanding contribution to the Forces and dependants hockey programs.

Game times are Monday at 0900, 1330, 1930 and 2130 hours and Tuesday at 0900 and 1300 hours. Spectators are welcome. Admission is just one loud cheer at games' end.

## Ladies Ball

Service Women's Softball and Volleyball.

In the past some bases and stations had difficulty in forming teams to play in the Regional Tournaments. It is now possible for Service women to join forces with other bases to form a Base Team.

The following bases will co-ordinate participation for the stations assigned to them:

Comox	Karloops
Holberg	Calgary
Masset	Penhold
Chilliwack	Baldy Hughes
Aldergrove	Beaverlodge
McCord AFB	

In the event that the bases could not absorb the increment players, the Regional Sport Director would allocate players accordingly.

Badminton

At the last sport conference it was decided that Master's division would be deleted and the Senior's level would be increased from four to six players.

Road Race

On the 26 Apr. '80 there will be a 3, 6 and 20 mile races at CFB Chilliwack. There are three divisions: male open and master's and female open. Interested persons start training!!!

## Arena Parking

Users of our Glacier Gardens Arena are requested to be aware of and adhere to a few basic safety and courtesy rules.

The area immediately in front of the entrance and dressing rooms is reserved for emergency vehicles only. Arena users are encouraged to use the south parking lot on Thursdays from 6:30 to 9:00 p.m. and on Sundays from 9:30 to 12 noon we must share the north lot with the Chapel activities.

The stands and arena office are non-smoking areas.

## Casual Bowl

It appears by the response that casual bowling on Friday evenings is not popular and the trial period will cease forthwith. The only casual time for open bowling is Sunday from 1300 to 1500 hrs. Again, the prices at 50 cents are half of what it costs downtown and shoes are available at five cents each.

Military personnel and sections can make use of the lanes during working hours and noon hours at an unbelievably low price.

## B.C.'s Best

Over 300 guests met to honor the best in track and field at the week end. A world champion was selected as B.C.'s Track & Field Athlete of the Year. 26-year-old Debbie Brill from Vancouver Olympic Club who thrilled spectators at the World Cup in Montreal last August, by winning the world title for the Americas won out over middle distance runner Brit McRoberts and Anne Mackie Morelli both of Kajaks.

New Westminster's Scott Neilson, who captured his fourth consecutive NCAA Hammer title, was named outstanding man.

In the junior division it was Victoria sprinter, Judy Tobacco and Kajaks hurdler, Lloyd Gus.

Other honors went to juveniles V.O.C.'s middle distance specialist Ken Lucks and Powell River's pentathlete Connie Pulman-Tuin.

For the midgets it was the star middle distance performer at the B.C. Summer Games from Victoria, Patricia Wellman and Cquitlam's record holding thrower Dave MacKenman.

72-year-old Andy Green took the Master's title to Victoria. Green, is a middle and long distance specialist.

Coach of the year honors went to Coquitlam's Doreen Petrie. Kajaks' Kanwell Nell was honored as official of 1979 for his work in organizing the B.C. Summer Games. The Archie Rixon Memorial in memory of an official who died during the summer games went to the Richmond Summer Games Organizing Committee.

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# jock talk

## Stress May Not Be Hazardous To Health

Second of series  
There are other more sophisticated methods of relieving distress - more advanced meditative practices, autogenic training and visualization, Zen, Yoga, progressive relaxation, hypnosis, biofeedback - and while not everyone has access to these methods, the key is to settle on a technique that best fits you and your circumstances; then to stay with it, practicing it on a regular basis until it becomes as comfortable and dependable as an old shoe.

Solid evidence indicates that people who have developed psychological tools such as these have just as intense reaction to stress when it hits as do others, but they recover more quickly and with a brighter outlook. Simply stated, they've learned to cope - and that's what it's all about.

Dr. Menninger also talks about ways of not only controlling stress but preventing it as well. One method is called "networking", or a search for and reaching out to others with similar stresses, or whose life circumstances consistently produce similar stressful impacts which build up and cross over into distress.

Alcoholics Anonymous is an example of group networking. So are groups of people who gather to mutually battle weight problems; parents of children with cancer; and nearly any kind of hobby where people form contacts with others of like interests. The sense of belonging and of personal worth that are the strength of such peer groups is a good aspirin for the psychological headache of too much stress.

Another Menninger associate, Dr. Tobias Brocher, has other suggestions for developing coping strategies which can help turn stress into a useful and positive force. Echoing the words of a popular country-western tune, Dr. Brocher says each of us should sit down and "have a little talk with myself".

"Stress," he adds, "has been defined in two ways: Distress and Ustress, or stress that can be used in a positive way as opposed to stress that makes us suffer and causes illnesses". Dr. Brocher speaks from a position of authority on emotional stress. Prior to joining Menninger's as head of its Center for Applied Behavioral Sciences, he was a full professor at the University of Frankfurt and the Sigmund Freud Institute in Germany.

Dr. Brocher continued: "What counts is how people deal with the stressors in their lives, the things that cause the

stress, which can be different for everyone else. Why do some of us thrive on stress while others suffer from it? For instance, the same stressors might exert influences in a business but they mean different things to those in managerial positions than to those in staff or line positions. The person in the managerial position has much more latitude to negotiate and control his destiny.

"People who suffer from stress have a subjective impression that their lives are controlled by outside forces and they can't do anything about them. People who thrive on stress have the opposite, objective feeling that 'I can determine my own destiny. I am not dependent on outside control or outside decisions.'"

There's an old Gaelic maxim that says to live honestly a man must be able to pick himself up with one hand, hold himself out at arm's length and look himself in the eye.

Dr. Brocher expresses the same sort of idea when he advises: "In order to use stress in a positive way, you first have to make a life assessment. Ask yourself: Where are my touchy points? Stress, of course, is not necessarily bad. Take a look at professional athletes or musicians, many of whom report they achieve better performances under the stimulus of stress..."

Where are my sensitivities? What am I afraid of? Most people are afraid that others will discover their weak spots which will lead to a lowering of self-esteem. Decide if the cause of the stress is external or internal and if you have more anxiety than is necessary. These uncertainties, these doubts and fears, are the first things you have to find out and then accept them. Be honest in that talk with yourself. No one will overhear. Once you locate that fear ask yourself what you have to do to eliminate it, what it is you have to learn, where can you make changes

in your life. "Talking about stress is nothing new. But I think we understand much better today, that stress in itself is not in any way evil. We just have to learn to cope with it. And in order to cope you have to look at yourself as an individual. There is no recipe for instant coping, no fast food for the psyche. Look at yourself right now, at this moment, and decide what is the reality of your life and what it is that causes stress. You'll know if you look and if you look you'll know what to do".

Stress has long been recognized as an intrinsic ingredient of our life force. Stress is what set off the "fight or flight" response to danger in our prehistoric ancestors and which, ultimately, guaranteed the survival of the species. While there aren't too many saber-toothed tigers around these days, stress still produces in us the same physiological reactions as when the predator came prowling around the cave door.

At the onset of stress our adrenal glands open up and send life-saving adrenalin pumping through our systems; our blood pressure surges, rushing blood to our outer limbs where instant performance is demanded; our heart, breathing and metabolism rate shoot up so we burn fuel rapidly to provide us with almost superhuman endurance to either run or do battle.

Obviously, we're seldom called upon to do either today, but the mechanism is there when we do need it and the response to the stimulus is still the same. Now the evidence tells us that unrelieved fight or flight responses that click on and stay on under 20th century stress factors are behind today's high tension and heart attacks. Mother nature hasn't quite caught up with civilization. She still frets over us, and, like too much chicken soup, overloads us with too much fight or flight.

Thus our need to cope. The Uniformed Services School of Medicine at Bethesda, Md., the new Federal medical facility for training military and Public Health Service physicians, is another place where they are taking a fresh look at stress, its positive functions and its impact on our lives.

Dr. Jerome E. Singer, in the Department of Medical Psychology, says there is general agreement today that stress can be not only positive but may even be essential for successful survival. The reactions we have to stress today can be used to help prepare us to react to other stresses in the future.

"Stress, of course, is not necessarily bad," Dr. Singer observed. "Take a look at professional athletes or musicians, many of whom report they achieve better performances under the stimulus of stress."

"Stress is something that hypes you up for a performance. But if, in fact, you are under too many stress impulses for too long a time you're going to exhaust more quickly and suffer other debilitating circumstances. However, in the short run, stress may simply gird you to perform better in a situation that demands more than casual performance."

One of the important new theories on how to cope with stress, Dr. Singer said, is looking at new ways to appraise it. That is, whether something is appraised as stressful or not depends on if you define it as a stressor. As an example, if you get squeezed in a crowd it might be perceived as a stressful experience; but if a loved one gives you a hug, that same physical force is not appraised as a stressor.

Another method is to avoid situations that are going to stress you by making prior decisions.

"For instance," Dr. Singer suggests, "you can decide going to work that you don't care if you get there in half an hour or 45 minutes just to beat

a self-imposed deadline. The trick is to identify the stressors in your life and cope with them before they can grow beyond your control and slide across that very fine line into the dangerous area of distress..."

"There's also some evidence that to the extent you can render things predictable or controllable makes them less stressful. If you feel you have control over a situation you can tolerate stress a lot more than if you feel it is being imposed on you. Not allowing yourself to become a victim of circumstances, in other words.

"A trivial example I often use: if you're trying to concentrate on something that demands all your attention and a typewriter is going out in the hall, it's going to disturb you a lot less if you know it is your secretary doing your work rather than your colleague's secretary. That's where potential control ameliorates the physical aspects of the stress."

"Part of the whole idea of coping is simply making prior decisions and defining things in ways that don't seem threatening, that instead seem to have positive functions in avoiding unnecessary senses of arousal and threat."

"Stress is necessary in order to mobilize defenses and get you ready in situations that demand more than ordinary effort. The difficulty is that stress reactions also come at times when it is inappropriate, so you dissipate your energies in useless and destructive ways."

If you are driving in your car and get into a tight situation in the rain where people are skidding on the turnpike, you want to be as aroused as possible. But if you're stuck in a traffic jam with nobody moving, that same arousal is dysfunctional."

To repeat: the trick is to identify the stressors in your life and cope with them, before they slide across that very fine line into the dangerous area of distress.



## Earl The Pearl Retires

November 1979 marked the end of 25 years of service in the Canadian Forces for Warrant Officer Earl H. Thompson. Colonel B.T. Burgess, Base Commander CFB Comox, presented the Canadian Forces certificate of service to WO Thompson during a recent ceremony held at CFB Comox, B.C. Capt. Al Kimick, the Base Physical Education and Recreation Officer, was also on hand to wish WO Thompson

well in his retirement years. WO Thompson was a physical education and recreational instructor while with the Canadian Forces and during his posting at CFB Comox contributed greatly to the sporting fraternity as a competitor, coach, official and organizer. Along with his deep involvement in the sporting community, he continued as a major contributor for the sports articles for the Base newspaper, the

Totem Times. In recognition of the dedicated service so selflessly provided throughout his service career and in particular the splendid effort expanded on behalf of the service and civilian community during his tour at CFB Comox, WO Thompson was also awarded the Base Commander's Commendation Award.

WO Thompson's parents, Earl and Rose Thompson, reside in Sackville, N.B.

## Fisheries, Forestry Co-operate

In years gone by little attention was paid to the salmon and sea-run trout when forests were logged. The fish were abundant and everyone assumed they would remain so.

Today, because of dramatic declines in the salmonid populations since the turn of the century, forest companies have become increasingly sensitive to the effects of logging on other resources.

Resource planning is becoming a co-operative effort as B.C. Task Group members discovered when they visited the White River. This coho and steelhead river near Kelsey Bay on Vancouver Island flows through an area which is now being logged by MacMillan Bloedel. The tract is used by the company to demonstrate how timber can be harvested without destroying the habitat of the salmon and sea-run trout.

On their tour BCTG members were told about the existing referral system under which logging plans are examined by a number of government agencies including the B.C. Forest Service, the B.C. Fish and Wildlife Branch and the federal Department of Fisheries and Oceans.

Through this process potentially negative effects on fish and wildlife habitat can be identified and logging plans changed before destruction of the habitat occurs.

MacMillan Bloedel personnel point to such examples as a stand of timber which was left undisturbed when wildlife biologists discovered it was a prime wintering area for elk; a wilderness park which is open to visitors; and a tributary stream which has been rehabilitated by the company.

Compromises between forestry and fishery values inevitably occur although MB's Division Manager, Bob Dick, points out "Everytime you make a compromise no one is totally happy."

The major problem with logging as far as fisheries personnel are concerned is its effect on the drainage of the watershed. The forest acts as a sponge, slowly absorbing rainwater and snow melt and slowly releasing it into the rivers and streams. When the forest is gone the water enters the stream in great rushes which are followed by drought. The result is that spawning gravel and redds where the salmon and trout eggs are deposited are

washed away. Salmon and trout fry perish during dry spells.

In the White River the drainage has been maintained by interspersing logged areas with mature timber. Replanting takes place within a four-year period.

Road construction may also be destructive to streams. Improperly constructed culverts may hamper the natural run-off pattern. Road construction also increases the likelihood that soil will enter the streams and cover spawning gravel. In the White River watershed the roads are built well back from the river.

BCTG members also saw examples of slash burning.

Fish and wildlife habitat benefit when the risk of uncontrolled fires is reduced - but slash burning can change the chemistry of the soil removing nutrients which would be picked up by the rain water as it drains into the stream.

Obviously finding an appropriate balance between the concerns of forest companies and fisheries agencies requires effort and commitment. Even where co-ordinated planning does occur, it may be impossible to avoid some losses to both the forest and fisheries resource.

**5 TO 7 P.M. IS THE PEAK PERIOD. A TIME TO WORK TOGETHER.**

**Vancouver Island faces a possible shortage of electrical energy now. New submarine power lines cannot be placed in service until 1983. Meanwhile, who can help? Working together, we all can—you and Hydro.**

**What's Hydro doing? Basic conservation.**  
At Hydro, we are practicing what we preach: using less electricity. In a two-year period, total energy consumption in our Vancouver Island offices and warehouses has been reduced by an average of 17%. These savings were not brought about by any dramatic new technology. They were the result of simple, common sense conservation measures any homeowner can put into practice. A slight lowering of daytime thermostat settings. Considerably lower temperatures at night. Elimination of unnecessary lighting. Lower hot water temperatures. And, of course, energy-efficient design and insulation in all new construction. And, through energy management seminars and technical consultation, Hydro is also passing along its findings on energy conservation to commercial, industrial and residential users throughout Vancouver Island.

**How can you help? By minimizing electrical use during the 5 to 7 p.m. peak.**  
The Island's electrical shortage becomes most critical during this peak period—the time when most homes are busiest. Yet a lot of our daily electrical tasks can be easily taken care of outside the peak period. Here are some specific suggestions, and you will have energy-saving ideas of your own.  
● Set the house thermostat back five degrees Celsius (8°F) while cooking. You'll save energy—and your kitchen will be more comfortable.

- Hot water is one of the prime energy users at peak time. Use cold water whenever possible. You'll save money while reducing the chance of a shortage.
- Leave dish washing until later in the evening.
- Do the laundry before or after the peak period—or early in the morning.
- The same goes for your shower.
- And your shampoo. If you do it later at night or early in the morning, you'll avert another important peak use of hot water.
- Plan complete oven meals, if you are going to use the oven at all. That way you can save energy from range top elements.
- Self-cleaning ovens can do their job during any other time of day.
- Switch off unwatched television sets and unused lights.
- Save the ironing for an off-peak time, or for that rainy Sunday afternoon.
- Christmas lights are a traditional part of the festive season. Turn them on only after 7 p.m.

More information. If you'd like other ideas on energy conservation—at peak time or any time—call us at your nearest Hydro office. It's a time to work together.

**B.C. HYDRO**  
Third in a series of messages to inform Vancouver Island people about the possible shortage of electrical energy, and effective methods of conserving energy to reduce demand.

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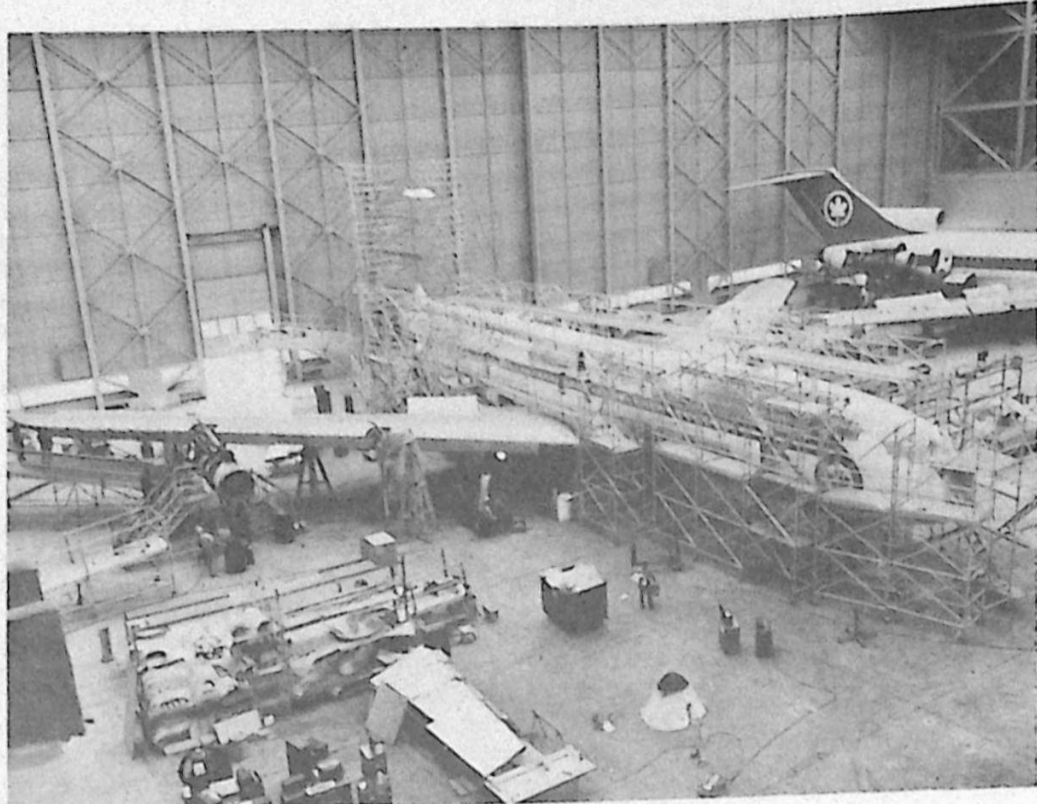
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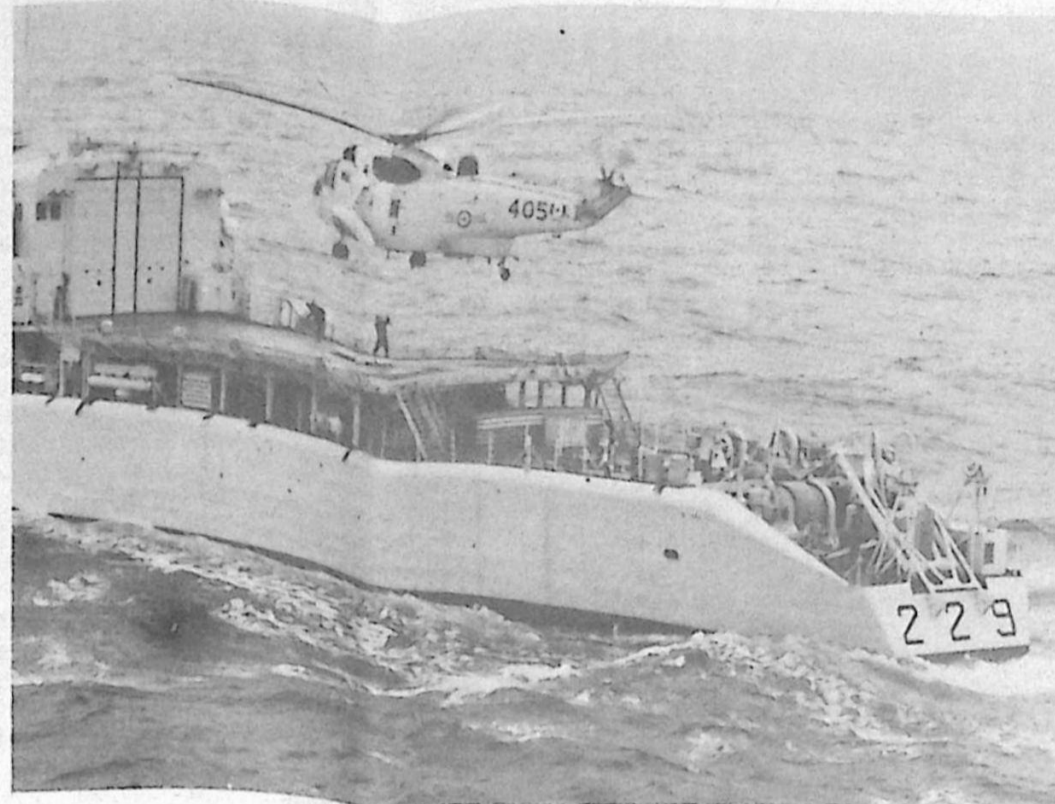
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# Canadian Forces News



## Boeing Overhaul

**THE FIRST OF** five Canadian Armed Forces Boeing 707's is undergoing overhaul at the Air Canada Winnipeg hangar as part of the depot level maintenance program for the Boeing 707. Air Canada has been awarded a \$6 million contract to carry out the overhauls. The last such overhaul was conducted in 1975. The current contract is scheduled to be completed in May 1980.



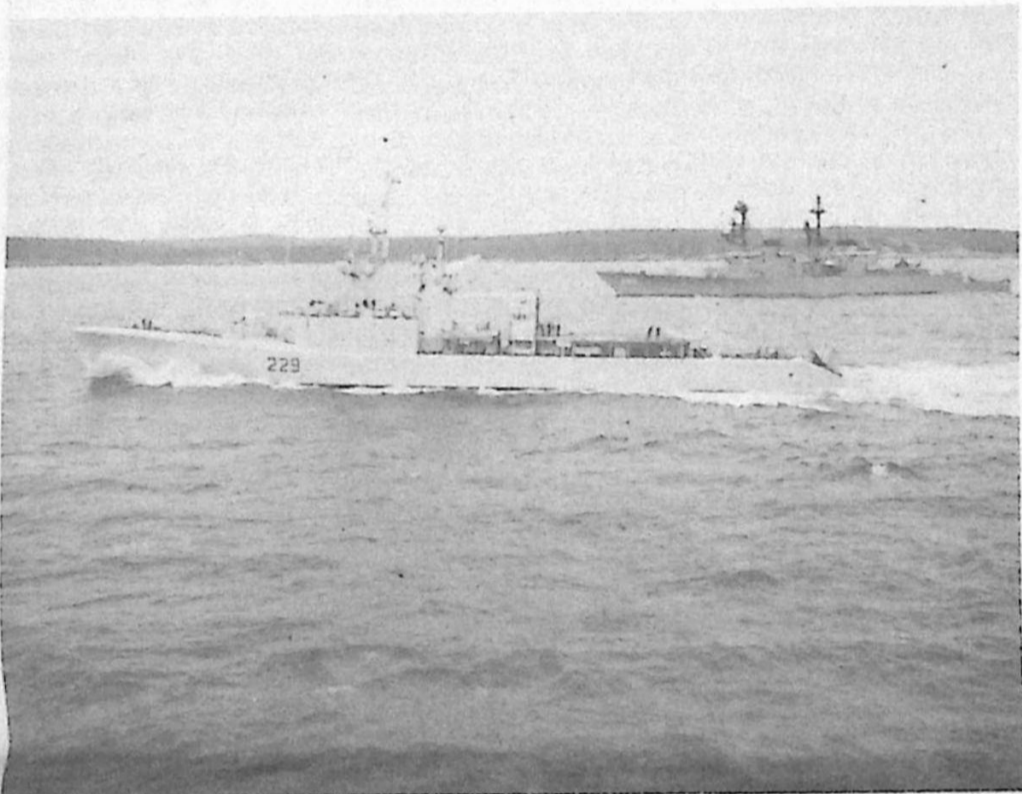
## Seaborne Landing

**HALIFAX** - A Sea King helicopter from 423 Squadron (CFB Shearwater) prepares to land on the helicopter-destroyer HMCS Ottawa, during recent maritime warfare exercises off Halifax. Carrying their own sonar and sub-surface weapons systems Sea Kings are an integral part of the anti-submarine team of Maritime Command's helicopter destroyers. (DEFENCE INFO ATLANTIC)



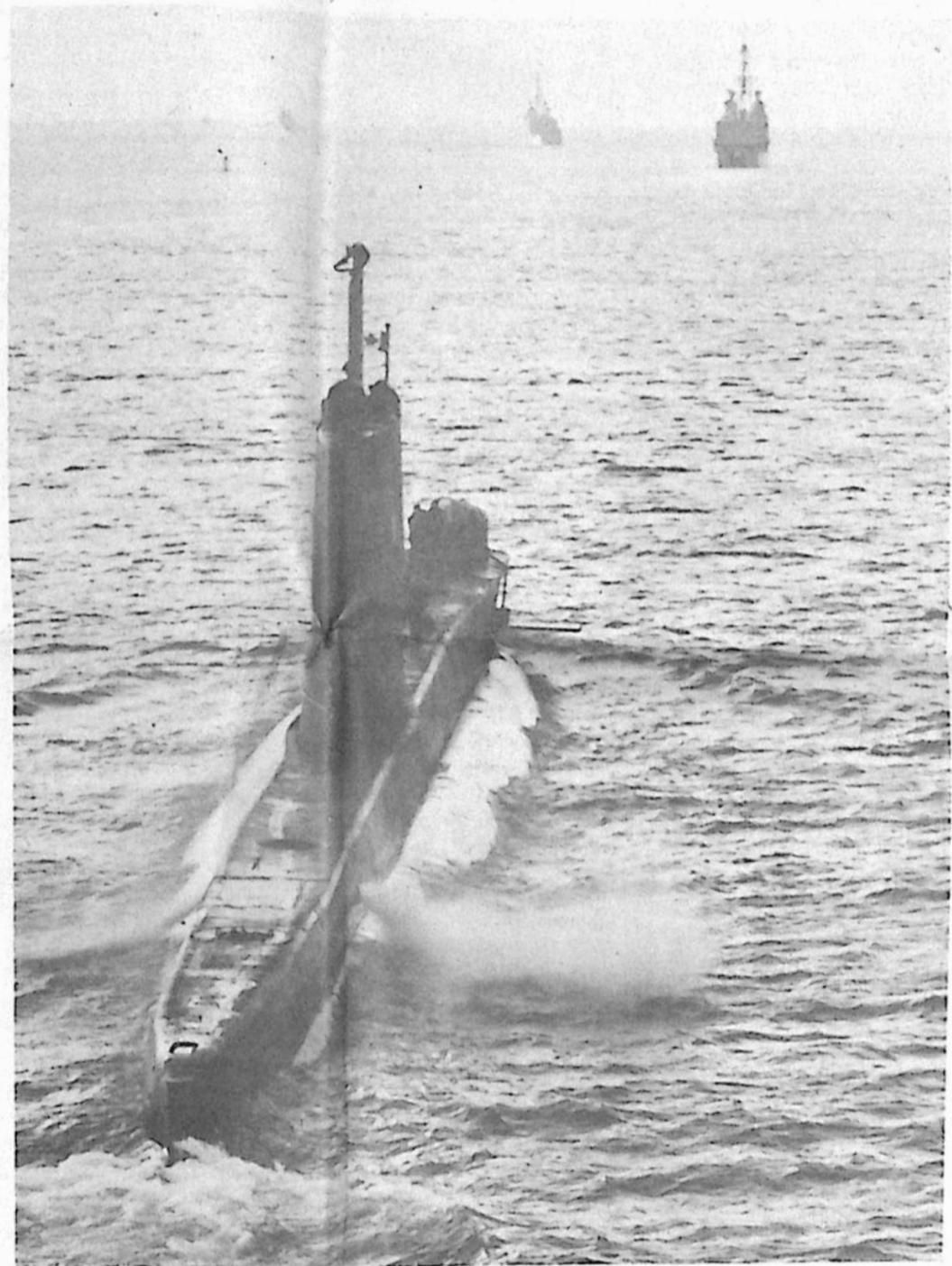
## C.D.S. Commendation

**SUMMERSIDE** - Sergeant Arthur Duhamel, a member of the Canadian Forces, formerly based at CFB Summerside was the recent recipient of a Chief of Defence Staff commendation. The commendation was presented to him by the Commander of Maritime Air Group, Brigadier General A. Pickering. Sgt. Duhamel merits the award for his humanitarian effort in the administering of first aid to two fellow servicemen. He rendered aid in a car-pedestrian accident which occurred outside his hotel near Royal Air Force Station Kinloss, Scotland. Both victims incurred breathing difficulties and other compounding injuries which Sgt. Duhamel handled to the best of his ability. He is to be commended for his swift action and composure throughout this period of stress. His swift, knowledgeable actions were instrumental in saving the life of one of the victims and prolonging that of the other. (DEFENCE INFO ATLANTIC)



## Anchors Aweigh

**HALIFAX** - The helicopter-destroyer HMCS Skeena steams past the USS A.W. Radford during recent joint maritime warfare exercises off Halifax. The exercises involving 19 ships and submarines and several dozen aircraft were controlled and directed by the Canadian Forces Maritime Warfare School in Halifax to test men and equipment in all phases of maritime warfare. (DEFENCE INFO ATLANTIC)



## C.F. Submarine Onondaga

**HALIFAX** - The Canadian Forces submarine Onondaga follows ships of Maritime Command's First Destroyer Squadron as they depart Halifax for exercises in the Atlantic. The Onondaga is one of three Oberon submarines based at Halifax. (DEFENCE INFO ATLANTIC)

## R.C.R.'s Go North

**HALIFAX** - A company-sized unit of the Second Battalion Royal Canadian Regiment from CFB Gagetown will conduct a vehicle patrol exercise in the Canadian Arctic, 3-18 Dec.

Exercise "Sovereign Viking" will take place on Southampton Island in Hudson's Bay and will involve more than 100 troops and 19 vehicles.

Designed to study the effects of low temperatures on men and equipment engaged in continuous movement across the arctic environment, the exercise will be controlled and directed by Canadian Forces Northern Region Headquarters based in Yellowknife, N.W.T.

Men and equipment participating in the exercise will be airlifted to Southampton's Coral Harbor Airfield beginning Dec. 3-8.

The Gagetown infantrymen will navigate with the aid of modern navigational devices adopted from Canada's long range patrol aircraft as well as by the knowledge of four local Inuit belonging to the Canadian Rangers, Canada's northernmost soldiers.

Care will be taken throughout the exercise to avoid damage to the fragile arctic environment.



**BRIGADIER-GENERAL A. Pickering**, Commander Maritime Air Group recently held his Group Commanders Conference in CFB Shearwater. Those attending were front row left-right - MAJ. Gibbon, CO VU 33, Comox; LCOL LaForme, MAGHQ Halifax; LCOL Reynolds, CO HS 443 Shearwater; LCOL O'Donnell, CO 405 Squadron Greenwood; LCOL Holden, CO 880 Squadron Shearwater; COL Patrick, Base Commander Shearwater; BGEN A. Pickering, Commander Maritime Air Group; COL McLelland, Base Commander, Greenwood; COL Kincaid, Base Commander Summerside; LCOL Faulkner, MAGHQ, Halifax; COL Willis, MAGHQ Halifax; LCOL McLean, CO VT 406 Shearwater; Back row, left-right: LCOL Hamilton, CO 407 Squadron Comox; MAJ White, CO MPEU Greenwood; MAJ O'Donovan, CO VU 32 Shearwater; LCOL Cook, CO HS 423 Shearwater; COL Johnson, DMA, NDHQ; LCOL Johansen, CO 415 Squadron Summerside; LCOL Lambie, MAGHQ Halifax; COL Burgess, Base Commander Comox; MAJ Sherlock, MAGHQ Halifax; LCOL Fegarty, MAGHQ Halifax; and LCOL Eichel, CO 404 Squadron Greenwood.



**MASTER WARRANT OFFICER Joseph John Peter Soucy**, 45, of Ottawa, was invested in the Order of Military Merit in the Grade of Member by the Right Honorable Edward Schreyer Governor General of Canada and Commander-in-chief of the armed forces, during ceremonies in Ottawa 21 November. The Order of Military Merit was established to provide a worthy means of recognizing conspicuous merit and exceptional service by Regular and Reserve members of the Canadian Forces. Master WO Soucy serves at 407 Squadron, Comox, B.C. (CANADIAN FORCES PHOTO)



Tying a knot in one's apron is believed by some to give gossips toothaches.

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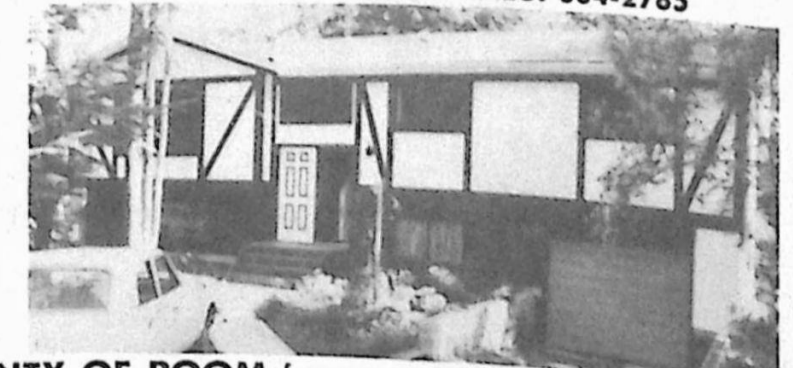
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MAKE YOUR OWN WINES AT HOME

Bottling is a labour of love

Let's sort out an important consideration in home winemaking right here. It involves the difference between cost and value.

You may be interested in winemaking to save money (although a lot of people do it as a creative hobby and couldn't care less about the economy of it). And you will certainly save money — at the rate of over \$3 a bottle (if your wine costs 90 cents for the ingredients and the product is comparable to commercial wine at over \$4).

So that's your cost and probably saving. But what's the value to you. Quite apart from leisure time, you've put a lot of hope, interest and enthusiasm into this first batch — a lot of yourself went into it — so you might argue that by now the value of your wine is reaching the priceless level, it is so rare. You see the point; value quickly outpaces cost!!!

Maybe this will help you treat your wine like liquid gold instead of "plonk".

The fact is, any old bottle will hold your wine (once secondary fermentation has ceased), if it is sterile clean. And any cap that fits airtight will do. But is that good enough for your wine? Of course not!!!

It should be easy enough to acquire used wine bottles (preferably the 750 cl. size, or 26 oz.) from friends or restaurants. You'll need 26 for your 5 gallons of wine. Green or amber bottles are preferable because the tinted glass protects the wine from exposure to light.

Scrub the bottles thoroughly in dishwashing detergent with a bottle brush, and scrape off the old labels. Sterilize with your sulphite solution.

If your bottle necks are threaded to take caps, throw the old caps away and get new ones at the winemaker store. If the bottles are made for corks, buy new corks at the winemaker store and arrange to rent, borrow or buy a corking machine (several models are available, from simple to elaborate). There is no doubt that the ritual of pulling a cork from a wine bottle adds a romantic element to the total enjoyment of the wine, and corks properly sterilized and inserted do a good job of protecting the wine. But screw caps are effective and cheaper. So take your pick.

While siphoning wine from the secondary fermentation carboy into the bottles (or in any of the racking operations) care should be taken not to let the wine splash and pour or it may pick up too much oxygen in the transfer. Using a bottle filler will make this job a cinch!

Fill the bottle well up the neck so there will be less than an inch of air space after the closure is in place. Cork or cap the bottles as quickly as possible, for air is the enemy of the wine at this stage.

Attractive labels for your wine bottles can be bought at the winemaker store. Some winemakers have their own designed and printed! Either way, it's a nice touch when it comes time to serve the wine. Another impressive option is the shrink-type plastic sleeve which fits snugly over the neck and cork and lends a professional touch to your operations. The sleeves come in different colours which help to distinguish your wines by type or year.

In this series of articles it has been assumed that the newcomer to winemaking will proceed with one batch of wine, step by step, from

beginning to end. However, many winemakers usually have several batches of wine going at once, but at different stages.

In a year or so you will have a nicely stocked cellar.

Here's a recipe for something superb, deserving of your best bottling artistry!

NEXT: WINE DOESN'T JUST SIT THERE; IT'S DOING SOMETHING

If you would like to receive further winemaking recipes and information simply send your name and address to: Wine Recipes, P.O. Box 4035, Station "A", Toronto, Ontario, M5W 2E5. Each name received will be eligible for a draw, the winner to receive a free trip to Australia via CP Air and a tour of the vineyards of Southern Australia.

MEDIUM DRY WHITE

INGREDIENTS YIELD: 26 BOTTLES  
1 tin Australian Trebbiano grape concentrate  
5 1/2 tins Water  
1.8 kilos Sugar (or 5 lbs. Corn Sugar)  
Acid (as directed in recipe)  
2 tsp. Grape Tannin  
2 tsp. Pectic Enzyme  
2 tsp. Super Nutrient  
Wine Yeast

Fine, filter, sweeten, drink in 4-6 months.

METHOD

Mix all ingredients EXCEPT WINE YEAST(S) in a sterilized primary fermenter. It is advisable to use three containers of hot water to dissolve sugar, acids, nutrients, etc., then add balance of cold water to reduce the temperature of the must to 21-23 degrees C (70-75 degrees F) before adding the yeast(s).

Fermentation should start in approximately 24 hours. If there is a pulp present, the must should be stirred twice daily while in the primary. In 5 days or when the S.G. of the must drops to 1.020 or below, rack into the secondary fermenter. When racking place the siphon hose at the top of the secondary and allow the wine to splash to the bottom of the secondary. This is known as the aeration stage. Attach the fermentation lock. (Some foaming may occur but will quickly subside.)

Rack in 10 days, again using the aeration technique. Be sure the carboy is topped up at all times and attach the fermentation lock. Rack in 3 to 4 weeks when the S.G. is 1.000 or below and the fermentation has ceased. Before racking, first rinse out a carboy with a standard sulphite solution (2 oz. metabisulphite crystals dissolved in 160 oz. water), shake out excess sulphite but do not rinse with water. Rack the wine carefully into the carboy by placing the end of the siphon hose at the bottom of the carboy so that the wine does not splash. All further rackings should be done so that there is no aeration.

After a further 3 to 4 weeks, finings may be added to the wine to enable the wine to clear faster. In a further 10 days, the wine should be filtered into another carboy. Your local wine store should have rental filters available at a nominal charge. Further bulk aging of 2 to 3 months is recommended for white wines.

Before the filtration process and every time the wine is racked thereafter, add 1 teaspoon Anti-Oxidant powder (dissolved) for each 5 gallons to the wine before the filtering or racking is done.

BOTTLING: Rinse the clean wine bottles with a standard sulphite solution (see above), drain for about 5 minutes but do not rinse with water. Bottle the wine, cap or cork and age in a cool dark place for at least 2 to 3 months before sampling.

Reg. 10 Foster Parents

The regional Foster Parents Executive met at M.H.R. office in Parksville, in Sept. and Oct.

The new social worker consultant for region 10 is Megan Monkman. Time was spent discussing with Megan the new idea of life plans for children in care, and planning boards. Both these new ideas may soon be in practice in local offices. More discussion and information will be brought to the next meetings.

Plans are being made for a regional workshop. The committee is requesting suggestions from Foster Parents on workshops they may want.

Congratulations goes to Region 10, for having the highest membership in the province.

The Federation Representative, Judy Eyford reported that Foster Parents effective Nov. 1 will receive a rate increase on basic maintenance. Judy also reported that Federation has material available on Autistic children. This can be obtained by contacting B.C.F.F.P.A. room 207, 800 Cassiar St., Vancouver B.C., or calling 299-9131. She also reported that fostering kits for new foster parents are available from your social worker.

Violet Johnson No. 13, 2425 Cypress St., Vancouver, B.C., phone 731-4362 is available,

and more than willing to assist any Natural Parents who may be interested in starting a local group.

The B.C.F.F.P.A. executive has met with the adoptive parents representatives, which had resulted in a discussion to encourage, and support adoptive parents groups. Also to make available any of our educational programs.

All permanent children in care, will be receiving from the Government a life book called "Watch me Grow". The idea of making a memory book for children in which they could record their family history, medical records, school reports and pictures, and special memories was first started in Port Alberni. The foster parents in Port Alberni made available to all local Foster Parents books which they assembled themselves. The idea then grew and with the support of the ministry every permanent child in care will receive such a book. If you have any questions concerning obtaining this book, or on information to complete the book, please call your local social worker.

Nanaimo held an informal gathering as an introduction to the memory book. They also discussed involvement of the natural families and the role of the natural parents.

The meeting was attended by the B.C.F.F.P.A. president Phyllis Primeau. A lively discussion was held on the topic of single Foster Parents. The meeting was attended by several single parents.

The minister of Human Resources Grace McCarthy presented to several Foster Parents from Region 10 the 1979 British Columbia Year of the Child Achievement Award. For recognition on behalf of the people of British Columbia for public spirited dedication to children and families. The following Foster Parents received the awards.

From Nanaimo, Mr. and Mrs. William Dandy, Mr. and Mrs. Robert Merner, Mrs. Bertha Grey. From Port Alberni, Mr. and Mrs. Stan Perry, Mr. and Mrs. Richard Primeau. From Port Alice Mr. and Mrs. Stephen McKenna and Margarte Webber. From Courtenay Mr. and Mrs. Earnest Leach, Mr. and Mrs. Warren Harle, Mr. and Mrs. John Burns, Mr. and Mrs. Peter Friesen, Mr. and Mrs. John Foster, and Ruby McDonald. Congratulations to all the Foster Parents from the Region 10 executive.

The next regional meeting will be held in Parksville on Nov. 24, at 9:30 a.m. Joan Wenstop will give a 2 hour workshop on budget proposals, and budgeting both local and regional.

BC Restaurants

September was the "best month ever" for restaurants in B.C. with sales reaching a record-breaking \$36.1 million, up 15.5 per cent over September 1978.

The September earnings were a big increase over the \$31.9 million in restaurant sales recorded in August this year, the first time the travel industry's food and beverage sector surpassed \$30 million in a single month, Tourism Minister Don Phillips said today.

The cumulative total for restaurant sales for the year's first nine months was \$248.1 million, or 11.4 per cent over the same period last year.

Room sales during August continued to post the big gains recorded throughout the year with a 24.5 per cent hike over August 1978.

Total U.S. resident entries and total U.S. vehicle entries both recorded a 4.2 per cent increase over September 1978 figures. Their cumulative totals for the nine-month period were approximately the same as those for the same period last year.

Travel by bus, plane and train in September, by U.S. resident entries, increased by 22.4 per cent, 15.9 per cent and 48.7 per cent respectively.

Total overseas entries during September were up by 16.8 per cent. The 280,100 overseas visitors to B.C. during the first three quarters were 19.8 per cent more than the number for the same period last year.

Ferry passenger loadings continued to register increases: 665,200 persons travelled the Vancouver Island routes in September, 5.8 per cent more than in September 1978. The total for the nine months was 5,983,100 passengers, a 9.1 per cent increase over January-September 1978.

Registrations at Tourism B.C.'s Douglas information centre increased by 20.3 per cent in September over the same month in the previous year.

Xmas Bonus For Social Assistance

Human Resources Minister Grace McCarthy today announced a 100 per cent increase in the Christmas bonus for families on social assistance and at the same time pledged herself to "strive harder than ever before" in the coming year to find jobs for those who seek them.

"I am very pleased to be able to announce today that in this Year of the Child and the Family, the Christmas bonus for each family on social assistance will be increased to a maximum of \$50 this year, compared with \$25 last year," Mrs. McCarthy said. The bonus for singles will be increased to \$20, from \$15 last year.

"As the Christmas season approaches the vast majority of British Columbians are securely employed and have

much to be thankful for. However, we have many people on social assistance who are desperately seeking the opportunity to find gainful employment and thus become fully productive members of society," Mrs. McCarthy said. "My pledge to them as Christmas approaches is to do my very best, with the co-operation of ministry officials, all government ministries, and the private sector to strive harder than ever before to get them back to gainful employment."

"As we move into the '80's I believe we should be looking to assisting our clients to greater independence, more self-help, more responsibility. To do less is to rob them of their own opportunity for personal self-fulfillment in our great province."

U.S./Canada Negotiations on ACID RAIN

Acid rain from emission sources in both our countries is causing extensive and irreversible damage and must be controlled. We have again met, this time in Geneva, at the signing of the International Convention on Transboundary Air Pollution.

We have agreed to meet in Canada in December to review the work to date and to agree on an accelerated timetable for action. We reiterate our conviction that the acid rain problem in our countries cannot be effectively controlled unless there is the closest co-operation between Canada and the U.S.A.

Our objective is a joint agreement which will address the acid rain problem. We are now preparing for negotiation of an agreement on transboundary pollution, which we hope will help alleviate the problem. Our scientists have just released a bilateral report that looks at the long range transport of air pollutants including acid rain. As a result of this study and the on-going discussions between officials of both countries, we are co-

operatively reviewing strategies and control technology options which will be most effective.

Because the damage is, in so many cases, irreversible we are agreed that time is of the essence and have asked our officials and scientists to accelerate their efforts in response to the urgency of the problem.

The President of the U.S.A. established an inter-agency committee for acid precipitation. In Canada, the Council of Resource and Environment Ministers has strongly supported the

establishment of the federal-provincial committee to address the same issue. These two committees will be working closely together.

We recognize that, because of differences in domestic structures in each country, and because of complex scientific and technological factors, it will require a very real effort to achieve a formal agreement sooner rather than later. We are determined to ensure that every effort is made to speed up the process. We are confident that we will succeed just as we are acutely aware that we must succeed.

EMC 7747



ALFRED BINET, A FRENCH PSYCHOLOGIST, INVENTED THE FIRST 'INTELLIGENCE' TEST IN 1905. IT WAS THE BEGINNING OF THOUSANDS OF TESTS NOW GIVEN WHICH HELP PREDICT INDIVIDUAL SUCCESS IN MANY FIELDS!



SVAB (ARMED SERVICES VOCATIONAL APTITUDE BATTERY) IS A SERIES OF TESTS TAKEN BY ABOUT A MILLION HIGH SCHOOL STUDENTS EVERY YEAR WHO WANT TO FIND OUT HOW THEIR ABILITIES RELATE TO SUCCESS IN HUNDREDS OF DIFFERENT CAREERS IN THE U.S. ARMY.

Canada Savings Bonds

VANCOUVER — Sales of Canada Savings Bonds to employees on the payroll savings plan in British Columbia and the Yukon increased 13 per cent in dollar volume over last year's total.

In announcing the figures, Dick Thompson, regional director of the payroll savings plan, reported that dollar volume for the 1979-80 series of CSBs was \$60,902,800 compared with \$54,380,400 in the 1978-79 campaign. Participants in the payroll deduction plan increased from 51,871 to 54,647.

There were 520 organizations and groups offering the payroll purchase plan to employees and of these 360 exceeded last year's dollar volume with 287 reporting more applications. Average application rose from \$1048.38 in 1978 to \$1114.48 this year.

"The payroll plan was most successful across the country and I am particularly pleased with the campaign in the B.C.-Yukon division," said Mr. Thompson.

"The 13 per cent increase in the dollar volume of CSB sales on the payroll plan in this region is the second highest in Canada, only exceeded by the Maritimes.

"This proves once again that Canadians recognize Canada Savings Bonds as an excellent and systematic way of saving."

Dick Thompson paid tribute to the concentrated activities of the 10 campaign organizers under his direction on loan from investment companies, and the hundreds of campaign directors and canvassers in the participating establishments, as well as to the media.

"There were cash bonuses due on CSBs this year which had to be explained to the holders of these bonds. Then the rate of return for the 1978-80 series was raised twice during the campaign from an average yearly interest of 10.25 over seven years to an

average yield of 10.78 per cent over the same period. The organizers, campaign directors, and canvassers met the challenge in explaining these particulars. The media too kept the public well informed."

On the national level the Department of Finance reported that \$777,467,800 of Canada Savings Bonds have been sold through the payroll savings plan this year, an increase of 8.4 per cent over the corresponding period last year. Average national application is \$971.06 compared with \$913.32 in 1978.

features "Air Dates" CANADIAN SKIES 1980

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A BOY of 6 pounds 9 1/2 oz.

Serge Wong Business Manager Totem Times

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TOTEM TIMES

Next issue — 20 Dec. Deadline — 17 Dec.

## PMQ Preamble

MISS WALLACE GARDENS OF 1980: Congratulations to Miss Margie MacInnis our new Miss Wallace Gardens of 1980, also congratulations to Miss Stephanie King the runner-up.

The entire function was done with perfection. Everything ran along quite smoothly and right on schedule, thanks to Gerry Roy and Joan Leblanc. Your unmistakable talent for organizing has paid off well. Thank you!

**ATTENTION ICE SKATERS:** The ice skating rink will be open during the Christmas and New Year holidays for the conveniences of all military dependents. The skating will be FREE, courtesy of your PMQ Council. The time will be from 1300 hrs. until 1500 hrs. starting December 27, 28 and 31. In January the days are the 2, 3 and 4 of January. All of you ice skaters come on out and have a skating good time. Give MOM a break!

**PMQ RESIDENTS:** For all of you who do not realize the functions of a garbage man this article is for your benefit. The garbage men that pick up garbage around here WILL NOT, repeat, WILL NOT pick up old discarded furniture nor unused car pieces, such as tires etc. There is a dump on the base for such items.

**ATTENTION WINTER CARNIVAL LOVERS:** Are you ready for the coming events the Winter Carnival has to offer this year? If you are, here are a few of the activities which will be taking place down in Courtenay. Starting February 1, 1980 until Feb. 10, there will be parades, floats, ski races (smooth race), curling bonspiels, a Christmas tree bon fire, etc.

## Advent and Christmas services at St. Michael and All Angels Protestant Chapel

09 Dec. '79, 1100 hrs. - The Chapel is pleased to announce a visit from the Gideons who will speak on their work as distributors of the Bibles in public places. Recently they provided Bibles for CFB Comox transient quarters.

16 Dec. '79, 1100 hrs. - In place of the regular worship service our Sunday School will present a Christmas Pageant as their offering for the season. At this time white gifts will be received and distributed to needy families by the Comox Valley Friendly Visitors.

23 Dec. '79, 1100 hrs. - The Chapel Choir will render their version of the service of Carols and Lessons with specially prepared Christmas music.

24 Dec. '79, 1900 hrs. - The Christmas Story with carols will be retold for all members of the family from toddlers to grandparents.

2300 hrs. - A Midnight Celebration of Holy Communion to usher in the Nativity of the Christ-Child. Members of all denominations are invited to participate fully in this service.

## Donkey Dancers and Travelling Penguins

What have donkey dancers and travelling penguins got in common? If you said Square Dancers, you are absolutely right.

The Ocean Waves Square Dance Club have been at it again.

They held their first annual Donkey Dance in November. The first person to make an ass of himself was Doug Anderson, guest caller from Nanaimo. After presentation of a pair of black donkey legs, donkey tail, and donkey ears, he sat astride a child-size donkey likeness which he-heaved continuously while Doug was pulled through 12 squares of applauding dancers (that's 96 people!).

Thus began a memorable evening of initiating 63 people from 11 visiting Vancouver Island square dance clubs into the "Donkey Dance Club". While we cannot disclose the shenanigans that were put upon good-natured but unsuspecting dancers during the initiation, we can say that there are even more creative plans for the 2nd annual donkey dance next year!

Now, about the Penguins. Thanks to the sewing talents of one of our members, Betty Dawson, we have a penguin mascot called Percival. He has a wee wifey called Penelope who will soon travel to our new sister club in

etc., and to top everything there will be a pancake breakfast sponsored by the downtown merchants. Keep your eyes open for the dates and times in the Greensheet. Featuring at the Civic Theatre on Feb. 3-4 will be a local talent show, on Feb. 5-6 a fashion show, and on the 8th of Feb. a magic show. On Feb. 2nd at Mt. Washington the Nordic Ski Club will be sponsoring a cross-country ski race, and on Feb. 7 Mt. Beecher Ski Society will be sponsoring a parade. For all of you who enjoy fun come on and get involved with the many activities the Winter Carnival has to offer. If any one has any ideas on displays, games, etc. for the winter carnival contact Al Kimick at local 315.

**HO HO HO!** Santa Claus is coming to the PMQ area. Would you believe door to door service? Well it's true. Santa will be arriving in the PMQ area on December 20th. So all you, big and little Santa lovers get your list all ready, because Santa will be paying you a special visit just to make sure he has everyone's address correct. Courtesy of your PMQ Council!

**PMQ COUNCILLORS:** There will NOT be a meeting held in December due to the coming holidays. There WILL be 2 meetings in the month of January. The next meeting will be held on Jan. 10th and Jan. 31, 1980. Time for both meetings will be at 0830 hrs. in the Parish Hall. These dates will be posted again for the convenience of ALL the councillors.

Remember readers if there is something you would like to have published in the Totem Times give me a call at 339-6087 and ask for Joyce Freeman.



## An Apple a Day

Private Leslie Ten Pierik from Canadian Forces Base Comox offers a young friend some fruit during initial processing at the refugee staging area at CFB Edmonton.

On arrival all refugees are taken to military facilities where they start the immigration processing system which includes complete medical inspection. They then

go to the base's mess or kitchen facility for their first taste of Canadian food.

To date 31 flights have arrived in Edmonton since the relocation began in mid-August, with a total of 5647 refugees being processed. By the time the program has been completed, it is anticipated that 25,000 Indochinese will pass through Base Edmonton.

Leslie is the daughter of

MWO (ret'd) and Mrs. Harry Purdy of Baden, West Germany. Her husband's parents reside in Stoney Creek, Ont. She is one of 65 Canadian Forces personnel selected to assist with the refugee handling in areas such as food services, transport, medical, security and baggage handling. (Canadian Forces Photo by Sgt. David Spearing).

## Miss Wallace Gardens

(from Page 1)

cheers and applause burst into the once very silent atmosphere. All Miss MacInnis could get out of her surprised mouth was "I can't believe this is happening to me!" She was crowned, hugged, and presented with a bouquet of roses by Miss Wallace Gardens of 1979, Debbie McLaughlin who congratulated Miss MacInnis and offered her a helping hand if she ever needed one during her reign.

Even though only one of the young ladies received the title of Miss Wallace Gardens all of the contestants were winners. It took a lot of courage to do what you did. You were all superlative contestants.

To all of the people behind the scenes a sincere "Thank You!" A special Thanks to the judges, Butch Hooper, Genny McMahon, Ed Sinclair, and Bill Wright, to Bev and Tom McNea (Courtenay Florist) for the corsages, to Base Gardner for the floral arrangement on the stage, to combined Messes for

providing the coffee and food and also Jr. Ranks for the use of the Totem Lounge. Thank

## Task Force

The Honourable K. Rafe Mair, Minister of Environment, today confirmed the appointment of a special task force to examine the province's ability to respond to emergencies such as the recent Mississauga train derailment that saw 250,000 people evacuated because of the threat of escaped hazardous chemicals.

Mr. Mair said the review will not be restricted to hazardous material, but will deal with forms of extraordinary emergencies such as floods, slides, fires and the like. "The bottom line", Mr. Mair said, "is to ensure that we are prepared and have the ability and resources to react in an emergency situation."

Mr. Mair has appointed Ted Neale, Director of the Provincial Emergency Program to spearhead the task force. The task force initially will consist of Mr. Neale and six senior members

## Congratulations babysitters 1979

Nicole Desnoyers, Rita Melissen, Cindy Ferguson, Rob Tkacz, Beverly Stacey, Chris Atkinson, Sherry Barker, Troy Brown.

Michelle Bayne, Kim Kenny, Michele Sinclair, Steve Wangler, Dennis Wangler, Robert Cross, Christina Tkacz, Chris Blake, Bobby Scotte, Sherry Plume, Bonnie Loader, Jennifer Hall, Brian Turk, Dee Dee Andrews, Amber, Connie McPhail, Melanie Arthur, Linda Gardner, Laura Henderson.

Dave Cooper, Christine Plaxton, Michele Duprey, Vince Sponselee, Michele Stockton, Verona Folkard, Colin Wright, Colleen Loader, Theresa Wilk, Robin Rawson, Juanita Killen, Carmen King, Janet Pelletier, Lori Hein, Ken Hall, Michael Loader, Cindy Rippin, Cathy Melissen, Kate Harris, Tracy Cronk, Jody Style, Keith Henn, Pat McMahon, Kim Mullen, Antonietta Spichtig, Brenda Adams, Flo Webber, Melissa Bouchard, Patricia Stallard, Bonnie Dominie, Lisa Graham, Patty MacDougall.

## Energy Conservation

Could you use \$126.36 tax free?

There just happens to be a very easy way to save as much as \$100 to \$200, depending on where and how you live. These substantial savings can be realized with very little time and effort, simply by practising a few rules for energy conservation.

Some examples of possible savings are:

1. Fix dripping hot water taps - a single dripping faucet can cost you \$5 to \$10 per year.
2. Use only full loads and in many cases cold water for washing clothes. The major expense in washing is the cost of heating hot water. Further savings can be achieved by using full loads and the shortest possible cycle for drying clothes.

3. Set your room temperature thermostats to 20 degrees C for the day and 17 degrees C at night. These settings, instead of a constant 22 degrees C, can save as much as 15 per cent on heating bills.

4. Have your furnace serviced twice a year (mid summer and mid winter). This can save as much as 10 per cent on heating bills.

5. If you heat electrically follow 3 above and also vacuum heat registers regularly to ensure maximum efficiency.

These simple suggestions can save you a considerable amount of money. How much you save in fuel oil can only be determined by keeping an

accurate account of how much you are using. However, there is a simple way to determine potential savings in electrical power consumption. Here's how to do it.

For one day, leave extra lights on, let the TV and radio play away. The next day be conservation minded; turn off everything you can find.

On the first day, read the electric meter early in the morning and make a note of the reading. The next morning read the meter again at the same time, and calculate how many kilowatt hours were used. Read it again on the morning of the third day. Take the difference between the two days and multiply by 365 to find out the number of kilowatt hours you could save in a year. (If your meter has only four dials multiply the reading by 10 to get the correct number of kilowatt hours.)

How much is this in cash? Your electricity is billed on a graduated scale and all power consumed above the first 550 KWH is billed at 2.65 cents per KWH. For example, if you saved 5 KWH in one day your yearly saving would be 5 x 365 x .0265 or \$48.36. This project should be interesting for your children to try. In addition, it would be good training in

energy conservation. We started out to save money - how have we done? Assuming an annual fuel oil bill of \$300, we saved 15 per cent or \$45 by turning down thermostats. We saved an additional 10 per cent of the remaining \$255 or \$25.50 by having the furnace serviced twice a year. If we saved 5 KWH per day on electricity that saves \$48.36. And, finally, if we fixed that leaky faucet and saved \$7.50, we would have a total gross saving of \$126.36.

The energy saving suggestions mentioned here are just a few of the suggestions contained in the book "100 Ways to Save Energy and Money in the Home". If you would like a free copy of this book send your name and address to: 100 Ways, Box 3500, Station C, Ottawa, Ontario K1Y 4G1.

One final point, if we are going to save money by conserving energy we have to be careful how we spend that money. For example, if we turn around and spend our savings on high-energy products such as a second car or a heated swimming pool, we end up offsetting the energy savings we have made.

**SCHEDULE OF SERVICES FOR ADVENT - CHRISTMAS & NEW YEAR'S AT OUR LADY'S (RC) CHAPEL**

All Masses for Sundays - (2, 9, 16, 23 & 30 December) are at regular times:  
- Saturdays - 7:00 p.m. - Sundays - 9:30 & 11:00 a.m.

**ADVENT:**

- Confessions for children in Catechism classes will take place at Catechism 5 & 12 December.
- Tues. 11 Dec. - 7:30 p.m. - CWL/Protestant Guild Advent Candlelight Service. All invited.
- Sun 16 Dec. - 7:00 p.m. - Family Penitential Service with an opportunity for Confessions for adults and teenagers. Two confessions will be available.
- Sun. 23 Dec. - After the 11:00 a.m. Mass the Ceremony of the Decorating of the Jesse Tree showing the History of Salvation. All decorations are made by the children.

**CHRISTMAS EVE - 24 DEC:**

- Confessions - 4 to 6 p.m.
- First Christmas Mass - 7:00 p.m.
- Carols & Midnight Mass - 11:30 p.m.

**CHRISTMAS DAY - 25 DEC:**

- Confessions - 10:30 - 11:00 a.m.
- One Mass at 11:00 a.m.

**WEEKDAY MASSES - 27 & 28 Dec. - 9:00 a.m.**

**NEW YEAR'S EVE - 31 Dec.**

- Confessions - 5:30 to 6:30 p.m.
- Short Mass - 6:30 p.m.

**NEW YEAR'S DAY - 1 Jan. 80:**

- Masses at 9:30 & 11:00 a.m.
- During Advent the children are invited to bring imperishable goods to a box near the altar at the Offertory of the Mass - for the needy of this area.

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### Incentives for Intensive Forest Management

The Ministry of Forests is currently producing a series of White Papers. The purpose of these papers is to obtain all additional views of the concerned parties. The current White Paper is for discussion purposes and is entitled "Incentives for Intensive Forest Management". It deals with Section 52 of the Forest Act which allows the Ministry to allocate additional wood to licensees practising intensive forest management on Crown land.

Copies of this paper are available from the following Ministry of Forests Regional offices:

631 - 355 Burrard Vancouver	540 Borland Street Williams Lake
515 Columbia Street Kamloops	1600 3rd Avenue Prince George
518 Lake Street Nelson	Market Place Prince Rupert

Replies and comments should be addressed to  
Director, Strategic Studies Branch, Ministry of Forests,  
1450 Government Street, Victoria, V8W 3E7.

**HOURS OF OPERATION ONE WEEK BEFORE CHRISTMAS**  
**OPEN: SUNDAY DEC. 16 & DEC. 23 - 12:00 A.M. - 5:00 P.M.**  
**MON. TUES. WED. & FRI. - 9:30 A.M. - 8:00 P.M.**  
**THURSDAY - 9:30 A.M. - 9:00 P.M.**  
**SATURDAY - DEC. 22 - 9:30 A.M. - 4:00 P.M.**  
**MONDAY - DEC. 24 - 9:30 A.M. - 5:00 P.M.**



# MERRY CHRISTMAS

## CHRISTMAS SPECIALS

DECEMBER 6 - 15, OR WHILE QUANTITIES LAST.



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**"SHEER INDULGENCE"**  
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 VARIETY OF STYLES & SIZES

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**GIFT SETS**  
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