

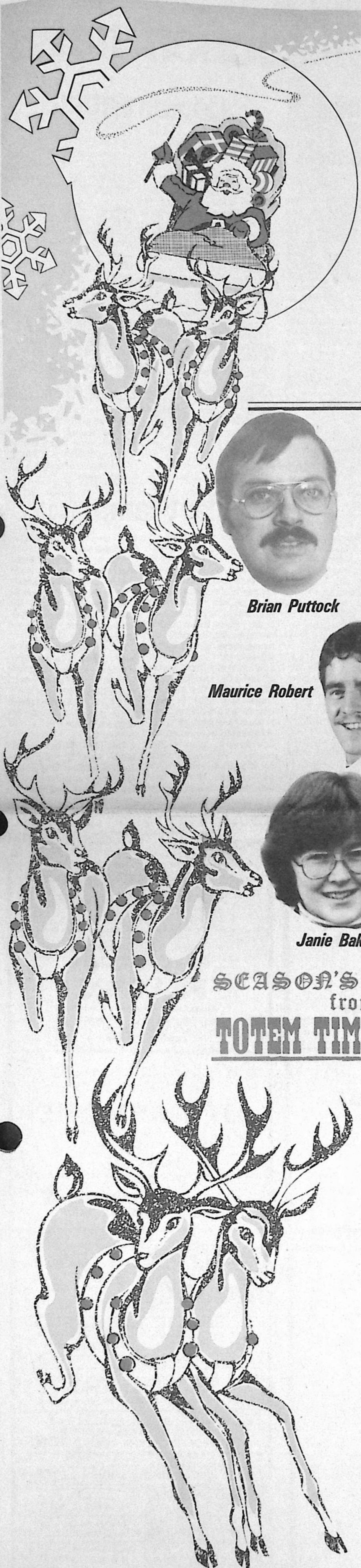
TOTEM TIMES

VOL 21 -- NO. 24

CFB COMOX TOTEM TIMES

THURSDAY, DEC. 20, 1979

NO CHARGE



Brian Puttock



Pete Witter



Serge Wong



Gord Kruger



Maurice Robert



Rick Boswell



Willie Haras



Janie Baker



Doug Baker



Ron McMahon

SEASON'S GREETINGS
from the
TOTEM TIMES STAFF

SANTA'S CHECK LIST FOR COMOX VALLEY.

- ANTI-VOODOO EAR PLUGS
- LOTS OF RAIN GEAR
- MAGIC MUSHROOM FERTILIZER
- MAGIC MUSHROOM HERBICIDE.
- 2nd RIVER CROSSING.
- LESS RAIN
- LESS EARLY MORNING EXERCISES
- LESS RAIN
- NEW FIGHTERS
- LESS RAIN
- SKI EQUIPMENT
- LESS RAIN.
- ETC. ETC ETC.



Base Commander's message

At Christmas

As 1979 draws to a close and Christmas approaches it is timely for me to share a few thoughts with all the personnel at CFB Comox.

We have had a very good year, thanks to a lot of hard work by you all. The Base and Squadrons have met their training and operational tasks; real progress has been made in our Flight, General and Nuclear Safety procedures; the training programs are in good health for the young Service personnel who are joining us in increasing numbers; uniformly good results

have been achieved in various evaluations, staff assistance visits and surveys to which the Base has been subjected; and our 5000 annual visitors have been well received. This reflects well on the professionalism, dedication and leadership in all areas of the Base. It is a pleasure to serve with you.

I wish you all much happiness in your family activities associated with the celebration of the birth of Christ, and hope your New Year will be a happy and productive one.



Col B.T. Burgess



CFB

section news

Nighthawk's nest

The holiday season had a very good start this year as the 409 All Ranks Christmas Party was a tremendous success. An excellent turn out proved worthwhile to all.

The 409 Officer's Party was also terrific. The wives who had been working so hard on the secret project displayed tremendous imagination and talent in several skits of their husbands work now and in the year 2491. The props were impressive as were the costumes. We were very entertained and the women feel that it was worth all of their hard effort. We think so.

The party also took time to welcome some folks and to say farewell to others. Mark Shaddock and Dave Lineker will be riding side saddle for a while with our two major air-

carriers. The Nighthawks are sad to see them go but wish them the best of luck in their new careers.

Flying has been coming along well this fall considering the weather and it looks like maybe once again our MFR YFR will make the grade. Last week's exercise was a success and the squadron is preparing for another Cudgel Caper which will take place at time of this printing.

Maj. Ray Dunsdon and Dan Trynchuk are presently under Combat Ready Training and are not too upset that all of the holiday "Q" positions have been filled. Oh well maybe next year.

This is Norman signing off wishing everyone a very Merry Christmas and a Happy and safe New Year.

Demon doins

There was of course, no way of knowing who she was referring to when Mrs. Claus called for 'handsome Peter' to come up and receive his Christmas present. While most of the assembled squadron members and wives gawked around in wonder, the C.O. smiled his broadest and purposefully stepped forward (several other 'Peters' choosing that moment to sit back down) and received his gift - a big chunk of fruitcake!

Yes, it was a rare occasion (the annual 407 Officers' Christmas Party) and one in which we were honored with rare guests that included that irrepressible Mrs. Santa Claus and a bunch of devilish-looking female elves who hauled her into the mess on a midget Argus. During the course of an entertaining program presented to the squadron, Mrs. Santa and her henchmen informed us that squadron members could not expect anything for Christmas because they had been bad all year, but that the elves (being close to the Great Man himself, one supposes) wanted such things as a 'husband's vasectomy to work', 'unflooded basements' and 'a program to encourage upper chest embellishment'. The party continued after Mrs. S. and her gang returned to the North Pole and was a great success.

The Pilot and Flight Engineers' Annual Symposium was recently held amid fanfare and responsible professional discussion. Election of new officers followed opening ceremonies with Mike Williams shouldering the load for the new year. Outgoing chairman John Nelson turned over the trappings of office, then casually sidestepped away, danced up to a glass of cheer and gulped down the contents with a sigh of relief that came with the relinquishment of the high responsibility. Stan Smith won the coveted title of 'Imperial Imbiber'. Several 'little people' hurled hoots and jeers at the honorable delegates as they contemplated grave matters, but a steadfast refusal to be intimidated by such antics discouraged more disgusting behavior. The meeting was finally adjourned with pledges of another during the summer.

Dave Phonix, our faithful Ops Officer, was on the recent detachment to Moffat. Dave distinguished himself by spending much of his flight time snivelling for pole time. Dave was also noted for bringing his own "Loader" for taking baggage to the aircraft. This same "Loader" was also used for ramp extension while Dave directed the operation from the ramp.

As the squadron looks forward to the Holiday Season, the officers and men of VP 407 wish all of you a Merry Christmas and a Happy New Year.



BOOSTER SEAT FOR MATRON. You never know what Flight Safety Surveys are going to turn up these days. Maj. S.G. Rennick (ADG HQ Staff Officer Flight Safety), chairman of a recent survey, made the following observations: The stature of one member of the nursing staff is such that the existing seat belts in the ambulances may not be sufficient to properly ensure her safety. It is recommended that the Hospital Staff purchase a CSA approved younger car seat for Capt. M.E. Costello, R.N.

Xmas message

To all air transport group personnel and to all who have provided support to the air transport system, I extend my sincere appreciation for our significant record of performance, safety and accomplishment during 1979. Despite a variety of technical, administrative and financial constraints, the air transport system remains operationally ready and I know that is as a result of extra effort on the part of every person in the system. Thank you.

There are few indications that the challenges will be fewer or less intense in 1980, but I think if we remember that our daily efforts are a contribution, successful to date, in preventing the occurrence of the ultimate challenge, war, we can take heart. We can certainly be proud of our role in the maintenance of operational capability within our UN and NATO forces and in the training of them here in Canada. Likewise our search and rescue forces can be proud of their record of rapid response to air, land and marine incidents in Canada and of the humanitarian assistance given to our citizens and to the international community.

With those national and international security objectives in mind, let us resolve to meet and surmount our 1980 challenges vigorously.

To each and every member and supporter of the air transport system, I say thank you for every positive action in the past and for every positive intention for the future. I wish you and yours every happiness during the Festive Season and throughout the coming year. Signed Brigadier-General L. Skallen, Commander, Air Transport Group.

Conservation

CHRISTMAS LIGHTS

There has, recently, been a lot of talk and advertising about possible shortages of electrical energy on Vancouver Island. It's hard to believe that we may be short of electricity here while B.C. Hydro is considering the sale of large amounts to the United States. Perhaps the much discussed new transmission line from the mainland will solve this problem.

Until negotiations are complete and another transmission line is in place, there is a real possibility of power shortages during peak periods, in particular 5:00 to 7:00 p.m.

With Christmas just around the corner many of us will be putting up our Christmas lights. Ever year these lights are more beautiful and abundant. They form an important part in getting us into the "Christmas Spirit". Very few, if any, of us would

be happy to see fewer or none of these lights. We all can, however, be conservation conscious and only use these lights when they will be most

effective. For example, in past, we tended to turn on our Christmas lights at about 4:30 p.m. and turn them off after the news at about 11:30 p.m. (if we didn't forget and leave them on all night). If, this year, we turned these lights on at 7:00 p.m., after the peak electrical use period and then turned them off between 9:00 and 9:30 p.m., we would use only one-third the electrical power. This is the time when most people see the lights. If everyone followed this practice there would be a considerable energy saving.

Several of us have electrical timers we use in the home. If you have one why not connect your Christmas lights through it. You will have one less thing to remember over the busy festive season.

Hot lamp

Have you ever wondered how hot a lamp gets and how long will it take to ignite cloth? Well, the local office of the provincial electrical inspector in Kamloops carried out some informal tests and we think you'll be interested in the results. We stress that the tests were informal and temperatures recorded are approximate.

Informal tests were carried out using two samples of (A) 60 Watt frosted GE 115-125 volt lamps and (B) 100 Watt frosted GE 115-125 volt, 1000 hour rated lamps.

The lamps were inserted in a standard lamp holder mounted in the horizontal position. The ambient temperature was 23 degrees C with little or no movement of air.

For tests a pyrometer test lead was taped to the top of the lamp glass envelope with fiberglass reinforced tape.

Test (1) Lamp type A (60

Watt) uncovered 5 minutes - 135 degrees C.

Test (2) Lamp type A (60 Watt) draped with one layer of cotton towelling 5 minutes - (cloth charred) 230 degrees C.

Test (3) Lamp type B (100 Watt) draped with one layer of cotton towelling 5 minutes - 210 degrees C.

Test (4) Lamp type B (100 Watt) draped with one layer of cotton towelling 5 minutes - (above top of scale) cloth charred 350 degrees C.

Test (5) - Second sample lamp type A (60 Watt) uncovered 5 minutes - 155 degrees C.

Test (6) - Second sample lamp type A (60 Watt) covered with one layer cotton towelling 5 minutes - cloth charred and smoking 280 degrees C.

Test (7) - Second sample lamp type B (100 Watt) uncovered 5 minutes - 220 degrees C.

Accent on safety

GENERAL SAFETY SURVEY REPORT - NORTH POLE

Recognizing the important unifying effect that Christmas has on all Canadians, a safety survey of the North Pole was conducted by the BGSO November 19 to 23, accompanied by the official representative of the elves' union.

The absence of a formal safety program in both the toy production plant and the Christmas distribution system were the subject of earlier reports and have been reviewed by Labour Canada and Health and Welfare Canada.

It should be noted that the financial restraints program has had the effect of frustrating the elves. Particular problems encountered were the reduced availability of replacement parts for toys, especially dry cell batteries; sled equipment and reindeer equipment, especially harness; bells and reindeer safety-toed, slip-resistant shoes. The requirement to have all vouchers signed by Santa himself was a further aggravation.

The proposal to cut costs and reinforce the purely Canadian content of Christmas tradition, made by the Minister of Transport, has been found to be impractical. Although the proposal did fit well with the government policy on financial restraint, the replacement of eight tiny reindeer with four native Canadian woodland caribou will not be implemented. Notwithstanding the advantages toward Canadian unity, the resulting reduced level of service to customers is judged to be unacceptable at this time.

Similarly, the Quebec government proposal to change the names of Santa's team has not been implemented. While the proposal was in keeping with the official languages policy, it was felt that "On Donner; On Blitzen; On Rene and Jean-Claude" is not traditionally correct, interferes with established practice and implanted Canadian fantasy and fails to give equal time to

other ethnic languages of Canada, including English. The emotional discussions brought on by the Quebec proposal have resulted in the withdrawal of Santa Claus from French language training. He is now taking the position that the North Pole is unilingually German.

Based on observations made during this survey, suggestions for improving the North Pole safety program and their accident prevention efforts are offered in the balance of this report.

SUGGESTED IMPROVEMENTS

ORGANIZATION
1. Establish a firm safety policy and a safety committee. The committee should be chaired and directed by Mr. S. Claus.

ENVIRONMENT
2. A health survey should be conducted by Health and Welfare Canada to investigate the adverse effects on North Pole elves. This would go a long way to documenting the fluctuating lighting, temperature extremes and the frequent slips and falls on icy surfaces.

3. The obesity of Mr. Claus is a continuing concern. A dietary and nutritional analysis should be part of the H & W survey.

DELIVERY SYSTEM
4. Roll-over protection should be added to Santa's sled.

5. Chest and lap belts should be installed.

6. Tail light illumination and frontal lighting are required.

7. Navigation lights, brake and turn signal lights should be installed and used.

8. The sled should be secured against movement while unloading on sloped roofs.

9. Additional training and personal protective equipment is required for safe entry into confined spaces (chimneys).

10. A suspected alcohol problem involving Rudolph should be investigated, and rehabilitation begin as soon as possible.

11. The existing sled team should be kept intact to promote good teamwork and safety.

MERRY CHRISTMAS!

OFFICER'S MESS ENTERTAINMENT

Merry Christmas and Happy New Year to All Members

31 DEC. NEW YEARS EVE BALL
1 JAN. NEW YEARS LEVEE

WO'S & SGT'S MESS DECEMBER ENTERTAINMENT

Seasons Greetings To All Members

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. \$35.00 Per Couple. Guests \$50.00. Tickets available NOW from Mess Manager.

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

BASE THEATRE SCHEDULE

CFB COMOX

Thurs., Fri., Sat., Sun.
Dec. 20, 21, 22, 23 /79

PLAYERS

Ali McGraw Dean Paul Martin
MATURE: Occasional Coarse Language.
Love Story about tennis.
SHOWTIME: 2000 hrs.

Thur., Fri., Sat., Sun.
Dec. 27, 28, 29, 30 /79

UP IN SMOKE

Cheech & Chong
MATURE: Coarse Language Throughout.
Story about Satire on Drugs.
SHOWTIME: 2000 hrs.

SUPPORT YOUR BASE THEATRE
Authorized Patrons Only

EW

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. 20, 21, 22
Peter Frampton, The Bee Gees
"SGT. PEPPER'S LONELY HEARTS CLUB BAND" MATURE

Mon. & Tues. December 24 & 25
CLOSED FOR THE HOLIDAY
Best Wishes for a Merry Christmas!

Wed. To Wed. Dec. 26, 27, 28, 29, 31, Jan. 1 & 2
TOPOL, NORMA CRANE
"FIDDLER ON THE ROOF" GENERAL

Starts Thurs., Jan. 3 to 9 - Dennis Christopher
"BREAKING AWAY" MATURE

Van Isle

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

Dec. 20, 21, 22 - Diana Ross
"THE WIZ" GENERAL

Dec. 24 & 25, Mon. & Tues.
CLOSED FOR THE HOLIDAY

Dec. 26, 27, 28, 29, 31, Jan. 1, 2
"BREAKING AWAY" MATURE
"Some coarse language & swearing" - B.C. Dir.
Jan. 3 to 9. "LIFE OF BRIAN"

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.

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Firing away

CHRISTMAS STORY?
T'was the night before Christmas, and all across town Not a creature was stirring; the snow drifted down. Stockings were hung by chimneys with little care And no thought to a fire ever happening there. Our family was nestled all snug in each bed, With nothing to fill our minds with dread Until, out on the street there arose such a clatter, We sprang from our beds to see what was the matter. Away to the window we flew like a flash, Tore open the drapes, and threw up the sash. The moon shining down on the new fallen snow Gave a luster of midday to objects below. When, what to our wondering eyes should appear, But a fire truck, and six men in full gear. With sirens wailing and red lights flashing, We caught only a glimpse of them in passing. To the corner they sped, to the right made a turn, And there before them was a house starting to burn. The driver braked, the Chief jumped out, Looked over the situation, to his men gave a shout, Having dressed quite quickly, to the fire we came, In time to hear orders given each man by name. "Greig, to the hydrant. Tom, grab a line, Mike, get a Scott-Pak, don't waste any time, Bob, get a ladder, and a pike pole Gord, we need help, radio Control. Tell him to call both Truck 2 and Truck 9 When 2 comes in, have them lay a line."

With a nod to the hydrant man, he turned around, And away to the building he ran with a bound. We stood on the sidewalk with fear in our eyes For from inside came several frightened young cries, Straight into the house Firefighter Mike went And never came out until his air tank was spent, Clutched in each arm was a small child, The people outside, with happiness went wild. The firefighters worked hard in the flaming light, It looked like it might be a long fight. The other trucks arrived with men, ladders and hose; And soon from the building all that arose Were wisps of smoke, and an occasional flame This lucky family would celebrate Christmas again. All the children's toys were lost in the blaze, Dolls, guns, cars and shiny new sleighs. Mother and father had lost presents too, But one important thing both of them knew Was that Christmas without presents, turkey and chives Was better than Christmas with children's lost lives. All this was caused by one little wire One worn light wire had caused this fire. The firefighters cleaned up, to their trucks gave a leap, this time they were glad, for no one would weep. The Chief said, "Let's take 'em home, boys We want some time for our own Christmas joys." But I heard them exclaim ere they drove out of sight, "HAVE A FIRE-SAFE CHRISTMAS AND TO ALL A GOOD NIGHT."



RECENT RECIPIENTS of the clasp of the CD presented by Col. B.T. Burgess (B.ComD). Back row left to right: Sgt. Derocker, MCpl. EJD Sandberg, Cpl Wright KWE, front row left to right: WO RF Blockie, B.T. Burgess, MCpl. J. Dutchn.



CAPT. BOB PRIDDING was recently presented with his retirement scroll by LCol Clements. Bob retired after more than 30 years of service.



CPL. Alain Velleux of AMS Comox presenting boarding passes to Sgt. S. Mac Donald, TRG GP PAC Esquimalt, on Christmas holidays.

BTNO



LCOL. DIAMOND recently presented Capt. Mike Clarke, Capt. Jim Cox and MCpl. Danny Bollong with their CD's. Cpl. Ian Wallace received his second hook as a result of an accelerated promotion.



CO 409, LCol. George McAffer, Mrs. McAffer and the wives of the crew that bailed out of the CF101 over the Pacific Ocean recently, were on hand to greet Capt. Dave Taylor and Lt. Andy Dobson on their arrival at Comox after spending a couple of hours fishing at sea. Decked out in their new flying gear, courtesy of the U.S. Coast Guard that plucked them out of the water, Dave and Andy were back home within seven hours of the bail-out. The 414 EW Squadron CC17 Falcon aircraft in the background transported the crew from McChord AFB to CFB Comox. Pictured left to right are Mrs. Pat McAffer, Capt. Dave Taylor, Mrs. Mary Taylor, Lt. Andy Dobson, Mrs. Carol Dobson and LCol. George McAffer.



COMOX PASSENGER terminal Christmas decorations according to those who fly the White Knuckle we are the only AMU who has done so! Cheers for Comox!

Commander's Xmas message

Christmas is a glorious time of year. It is a time to be with families and friends to celebrate the birth of Christ. It is also a time to reflect on the year gone by and to rededicate ourselves to the future. 1979 was a good year for air defence group and we can look for an interesting and challenging 1980 and everybody will have a part to play in the changing world of air defence. To all of you, military and civilian, I send my best wishes for the festive season.

Classifieds

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

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Send **SHORT STORIES ABOUT SASK.** for Christmas to ex-prairie people to remind them of our 75th Anniversary next summer. 1500 sold. 23 stories. 160 pp. \$3 from Les Dybvig, 3405-25th Avenue, Regina, S4S 1L7. (also book stores Saskatoon, Regina and Moose Jaw).

For Sale

FOR SALE

Salmon, whole, fresh, frozen. Sockeye, Pinks, Red Springs. Also prawns and crabs and other sea foods. Phone 339-6585.

CHRISTMAS TREE

FOR SALE

Reasonably priced. 3215 South Island Highway. (1/4 mile south of Driftwood Mall). Chuck Murray 334-2571.

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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fried chicken

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MAPLE LEAF SAUSAGE MEAT (\$.218 kg.) 1 lb. Roll	99¢
MAPLE LEAF SAUSAGE STICKS Your Choice. 1 1/2 lb. ea.	\$2 59
MAPLE LEAF WAXED BOLOGNA (\$.416 kg.)	\$1 89
CALIFORNIA YAMS (.86 kg.)	39¢
CANADA No. 1 BRUSSELS SPROUTS (\$.108 kg.)	49¢
CHINESE MANDARIN ORANGES	\$5 79

HOLIDAY HOURS:
Dec. 24 - 9-5.
Dec. 25 CLOSED. Dec. 26 - 10-6.
Dec. 31 - 9-5.
Jan. 1 & 2. CLOSED.

Fishwrapper version of

The Night Before Christmas

'Twas the night before Christmas
When all round the Base
Not an airplane was moving,
Not even an Argoose.

The 'Q' planes were tucked
In the hanger with care,
In hopes that a scramble
No one would dare.

The pilots were nestled
All snug in their beds,
The controllers were resting
Their bleary-eyed heads.

The ground crew in overalls
All covered with grease,
Had just settled down
For a well deserved peace.

When out of CAC
There arose such a clatter,
The pilots arose to see
What was the matter.

Away to their airplanes
They ran in a dash,
The ground crew were there
To throw up the sash.

The burners were lit
As they roared in a scurry,
The ground down below
They left in a hurry.

The controllers could see
The UFO that was sought,
As those planes headed north
It would surely be caught.

The pilots were nervous
As they peered in the dark,
Surely the commies
Were just out for a lark.

As the target appeared
On the navigators screen,
They knew any minute
The foe would be seen.

When out of the dark
The foe did appear,
'Twas only St. Nick
With his eight reindeer.

The aircrew were grinning
As they headed away,
They had almost forgotten
Tomorrow was the DAY.

Back in the barn
Their planes put away,
They related to all
What Santa did say:
Merry Christmas to all
And a Happy New Year.

Brian Puttock



Letter to the Editor

Tom Proctor of Nanaimo Realty (North) reviews Comox Valley Real Estate

Once again as the year draws to a close I am taking this opportunity to include an end of the year report to you on my opinions of the Real Estate market up to the end of September 1979 and to make a few SWAGs (Scientific, Wide and Assayed Guess) on the forthcoming year as it will apply to us here in the Comox Valley.

First of all, a couple of statistical tables derived from the Multiple Listing Service and the registrations handled by the Land Registration Office in Victoria:

Total number of Sales in the Comox Valley (Royston to the Oyster River) in thousands of dollars from 1 Jan. to 30 Sept. 1979 and preceding years.

Year	Below \$20	20-40	40-60	60-80	80+	Total Sales
1977	336	324	174	46	29	899
1978	272	275	193	49	44	802
1979	324	245	247	81	61	958

The Multiple Listing Service sales statistics for the period 1 Jan. to 30 Dec. '77 and '78 in thousands of dollars with preceding 2 years (these are sales registered and completed). Note 1979 to 30 Sept. and represent houses and land only

Year	Below \$20	20-40	40-60	60-80	80+	Total Sales
1977	17	65	88	8	0	178
1978	22	93	97	9	4	225
1979	11	59	89	20	7	187

The latest available MLS statistics up to 31 Oct. '79 which are the latest available at the time of writing show from 1 Jan. '79 to 31 Oct. '79, the following:

Type of Property	No. Properties	T Value	AV Value	Days to Sell
Residential	242	11,314,470	46,754	75
Residential-Waterfront	1	43,000	43,000	99
Waterfront Lots	136	1,965,870	14,454	174
Waterfront Acree	4	117,800	29,450	312
Waterfront Acree & House	14	707,500	47,166	87
Condominiums	1	45,000	45,000	19
	3	287,000	95,565	143
	1	28,000	28,000	287

Rick Kellow

On RRSP'

Dear Editor:

As you have stated, look around before you invest in an RRSP. Maturity of an RRSP can be an important factor in the decision as to which type of plans you should get into. One other factor is how can you mature an RRSP, and this I think is as important as the first statement.

Before proceeding, I must emphasize that this letter is based on the Credit Union RRSP System and that I have checked out all statements prior to writing this letter.

First, to discuss the RRSP with \$200,000.00 deposited. These funds if held in a Credit Union RRSP can purchase a life annuity at no cost to the plan holder. What happens is the Credit Union goes to the market place and asks for quotes on the applicable funds and then advises the planholder the names of the Companies involved and it will be up to the planholder to decide which Company he wishes to deal with.

Secondly, the RRSP plan with a substantially smaller amount. We recommend the

planholder devise his own annuity remembering it must all be out by age 71. This system works very well and it can be done as follows. The planholders decides at what age he wishes to begin withdrawing his RRSP funds. In most cases this has proved to be age 60 (you can start at any age). Assuming the planholder wishes to use all of these monies prior to receiving his old age pension, then he will withdraw once each year one fifth of the total funds in the plan. This method gives flexibility in that a) Planholder has lump sum for a trip or large purchase or b)

the lump sum is placed in a daily interest bearing account and withdrawn in monthly sums based on 12 withdrawals to supplement his her present pension. This system can be employed by anyone to reduce the RRSP to nil starting at whatever age the planholder wishes and ending at whatever age they wish. I trust that the foregoing has cleared up some of the confusion. I am willing to discuss RRSP plans with your readers at any time they wish.

Yours truly,
E.H. "Rick" Kellow
General Manager
Comox District Credit Union

Whoops!

The last PMQ preamble stated the Base Dump was available for old furniture, etc.

NOT SO! It is for Base use only, you are asked to use the Pidgeon Lake Dump.

Industrial-Commercial	4	528,500	132,125	182
Farms	2	128,500	64,250	63
	409	15,165,640	37,079	113

The above table shows sales completed and registered. The total number of transactions to 31 Oct. '79 include another 142 sales in the process of completing for a total dollar volume of \$22,900,730 which represents 47.81 per cent of the real estate market in the Comox Valley. The other 52.9 per cent is made up of about 11 per cent private sales and 41 per cent exclusive listing sales by individual brokers.

New construction figures are available this year thanks to the City of Courtenay, town of Comox and the Regional District publication Economic Profile, Number of building permits.

	Courtenay Est.	Value	Comox Est.	Value
1977 1 Jan.-31 Dec.	113	\$4,130,000	89	\$3,049,000
1978 1 Jan.-31 Dec.	82	2,976,000	85	3,168,000
1979 1 Jan.-30 Sept.	44	1,628,890	85	3,360,391

The cost of new construction in the area has been obtained from the Vancouver Island Real Estate Publication, the Indicator, and is included along with the costs from the two preceding years.

Building Costs per sq. ft.	Per Cent Increase over 1977
1977 \$25.69 per sq. ft.	-
1978 \$31.50 per sq. ft.	22.6 per cent
1979 \$36.50 per sq. ft.	42.0 per cent

Plus, of course, the cost of the lot and lot improvements. This represents a considerable increase in the cost of new homes, an average of 14 per cent per year over the three years, and of course labor and building materials are going to continue to climb, so we can expect similar increases in the next year.

The latest population growth tables available shows the following:

	Comox	Courtenay	Cumberland	Campbell River
1971 to 1976	34.6	8.1	10.4	22.4

With the number of housing starts in Comox in 1979 it would appear to me that the population of Comox will exceed Courtenay long before the turn of the century as predicted by the Regional District and maybe as early as 1990. However, Courtenay will undoubtedly remain the business and industrial centre.

Total dollar volume of Realty sales in the area over the last 4 years to the 30 Sept. is as follows.

Year	to 30 Sept.	to 31 Dec.
1976	45,624,000	60,883,100
1977	34,956,600	46,505,860
1978	34,414,600	46,960,720
1979	43,250,000	unavailable

The above figures have been adjusted to exclude the area in the Comox Land registry area which lies north of the Oyster River. The accuracy is believed to be correct, but cannot be guaranteed.

So much for statistics. If you find these interesting, or are puzzled by them, please give me a call and I will be pleased to discuss them with you.

Well, what does it all mean and what lies ahead? During 1977 and 1978, the real estate market in the Comox Valley stagnated compared to the rest of Canada, but it really has taken off in 1979, an increase on numbers of transactions from 802 to 958, representing 19.45 per cent increase.

Dollar value shows an increase from \$34,414,600 to \$43,250,000, representing an increase of \$8,835,400, representing 25.67 per cent. We can expect the increase in number of sales and the increase in prices of property to continue over the next two or three years. More people will choose the Valley area as a home. This year has seen more immigration from other parts of B.C., Canada and overseas than previous years. With energy crunches and .84 cents dollars, can you think of a better place to live?

Nineteen-eighty will see the Realty market move from a buyer's market to a seller's market with sizeable increases in price upwards of 10 to 15 per cent over the year. Good quality homes will become scarce. More sales in the range \$60,000 to \$90,000 have taken place this year than ever before and even more will take place in 1980 and '81.

Most dwellings will sell above \$40,000 and more town houses and condominium transactions will take place. Condominium price increase will be somewhat lower than house price range, probably in the region of 4 to 8 per cent. Good quality housing will be scarce and the good houses that come on the market will sell quickly.

The recent increase in interest rates will have a slight slowing effect on the period Nov. through January, although no slow down has occurred at the time of writing, and October sales this year are up over both Oct. '78 and Oct. '77. The present interest rates of 14 to 14½ per cent are expected to drop in the very early part of 1980, with the Registered Retirement Savings Plan funds, used as tax shelters by so many. Banks and Trust companies, will have to put this money to work and the only way they will be able to attract customers is by reducing the interest rates. So, I expect to see interest rates in the range of 11 to 12 per cent by April-May 1980.

Other good omens for the future, are the opening of the Mount Washington Ski resort area in December '79, the completion of the new Westerly Hotel, both major shopping centres are expanding, a two million plus building project is going on at CFB Comox, the Mexicana Motor Hotel is building on a further wing, and a new Motel-restaurant is in the works for Comox.

It would be unfair of me not to mention our most pressing problem, after all, on every green field a little rain must fall, and our particular thunderstorm and problem is the second crossing and a by-pass. The second bridge is desperately needed right now and a by-pass to the North Island would certainly improve communications and service for all Vancouver Island residents.

In closing, I would like to say thank you to all of you for your support and loyalty over the years. Please don't ever hesitate to call or contact me if you think I can be of assistance. A special thank you to those of you who bought or sold through me in the past and I assure you that I will continue to provide you with the very best of service, courtesy and results in the future which I feel you all deserve.

Dental plan for dependants of CF personnel

The National Joint Council Standing Committee on Health Insurance Plans is investigating the feasibility of implementing a dental plan for all public employees including members of the RCMP and the CF. The final plan design and an expected implementation date are not known at this time, however, the CF has representation on the committee and the subject is being actively pursued.

Many gov't unions have instituted dental plans for their members and or the unions have been approached by some underwriters to participate in a dental plan. The general concept is that individual locals must obtain a minimum percentage of membership participation, usually 75 per cent, and the stewards must collect the monthly premiums and forward them to the underwriters. Because of the lack of payroll deductions there have been some administrative problems associated with some of the plans. In addition, one underwriter has a provision in

their plan for a three-year lock-in and the local must pay the premiums, and a penalty, if members cancel their coverage within the three-year period. This provision could create serious financial difficulties for the local.

Some stewards have offered their plan to cover dependants of CF personnel which may be contrary to the underwriters policy. The Prudential Insurance Company of America Group Policy G-70732 specifically excludes CF members.

If a dental plan policy does not preclude dependants of CF personnel to participate, there is no legal reason why members may not join one. However, if dental plans are offered in their locations, addresses should ensure that military personnel are authorized to participate and the local stewards cautioned as to any penalty clauses for early cancellation.

It is also understood that a

number of insurance companies are offering dental plans. However details of such plans are not held by this headquarters. No attempt will be made to evaluate individual plans in addition NDHQ does not endorse any plan at this time.

CNA TOTEM TIMES

Published every second Thursday, with the kind permission of Colonel B.T. Burgess, Base Commander, CFB Comox. Second Class mail registration is 4098.

CNA BLUE RIBBON AWARD 1977

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Printed in Courtenay, B.C., by the Comox District Free Press

Totem "Oldies" PAC region champs for '79



THE STRAW THAT BROKE THE CAMELS BACK - There it is folks ... the winner! -- With just 47 seconds left in the game Bill Boran drove home the winner on a pass from Bill Fraser. Totem goalkeeper Jerry Zanussi was the man who started the whole thing by feeding the puck up to Fraser. It was a super game as first period goals by each team stood up until 19:13 of the final period. A great victory and a very tough loss!
A ROBERT PHOTO

Old sweats prevail

The CFB Comox Old Totems captured the first official Canadian Armed Forces Pacific Region Oldtimer Hockey Championships held at Glacier Gardens Dec. 10th. The Old Totems went undefeated in a four team round robin and were presented with the Earl "The Pearl" Thompson Trophy which will go annually to the winner of the Pacific Region Oldtimers Hockey Championship.

The trophy was named after WO Earl Thompson, a key figure in bringing Oldtimers Hockey into the Pacific Region sports program. Earl was also a former playing member of the Old Totems prior to his retirement, so it was only fitting that the Old Totems should be the first winners.

In the Totems first game they defeated CFB Chilliwack 6-1 with Jerry Zanussi turning in a solid game in goals. The Totem scores were Ralph Martinson, Don Brooks, Bill Fraser, Bill Boran, Glen Williamson and Ted Burgess. The Totems second game was a thriller. In the first period goals by Tressell of Comox and Okopski of Esquimalt held up until 19:15 of the final period when defenceman Bill Boran on a pass from Bill Fraser and Jerry Zanussi slammed home the winner.

15 seconds later Marcel Greyeyes took a pass from Jerry Zanussi and salted away the victory 3-1. Not only did Jerry (Big Stick) Zanussi play a superb game between the pipes he also connected for two assists. (P.S. that's the real reason we call him big stick Eve).

The final game saw the Old Totems play the sentimental favorites (from their point of view) of the tournament. The "Alderbeaverbergers" a combination of players from CFS Holberg, Aldergrove and Beaverlodge. This group of oldies had not played together before this tournament and for the admiration of players and fans alike with their sportsmanship and dedication on the ice and their joyous humor and togetherness off the ice.

Although coming into the game with two straight losses and a goal against average of 9 goals held the strong "Old Totems" team to a 4-3 lead after two periods of play, mainly to the brilliant play of goal tending of Holberg's Revelle. But the stronger Totems prevailed in the third period by outscoring the visitors 4-1 behind the steady goaltending of Bob Chaignon to register a final 8-4 victory. In other games the scores were CFB Esquimalt 10 - Holberg 3, Esquimalt and Chilliwack played to a 5-5 tie with Esquimalt winning a shootout 3-0. Chilliwack defeated Holberg 8-2.

The wind-up ceremonies were held in the Totem Lounge with the acting Base Commander, LCol. Sid Burrows making trophy presentations to the winning team members. The officials were also presented with plaques.

The BPerO, Capt. Al Rimick and his staff are to be congratulated on a well run tournament, and Sgt. Dave Malloy and his arena staff for excellent ice throughout the tournament. A SPECIAL thanks to WO Moe Foote for providing Video Tape coverage of the games, and Capt. Ted Turner and his refereeing staff. Well done.



REWARDS GO TO THE WINNERS - The smiles tell the story as the "old sweats" pose for their post game grip and grin. An effervescent LCol. Burrows takes great pride in presenting the spoils to 'Ol' Bobby", this team captain. Well done gang from all of us to all of you.
A ROBERT PHOTO

New conservation effort

A province-wide campaign to attract financial and human resources for British Columbia conservation projects is being launched by an organized sportsmen's group.

The "Quarter Century Conservation Campaign" (recognizing 25 years service by the B.C. Wildlife Federation and its 162 member clubs) is intended to create a much greater force for the conservation of our fish and wildlife and their supporting habitat.

Heart of the campaign are 54 certificate conservation booklets that will be sold to the public at \$10.00 each. Each

certificate provides a genuine price reduction offered by one of the many sporting goods manufacturers, retailers and service organizations supporting the campaign.

Savings are offered on fishing tackle, hunting equipment, boating accessories, etc. Example: Daiwa (Canada) Limited offer a premium quality "Expert Series" Algonquin spinning reel for less than 1/2 the suggested list price - a limited edition item featuring a "lifetime performance guarantee" - made available only through the campaign offering. All offers are valid

through to May 31, 1980.

Booklets go on sale on or about December 12th at all Woodward's stores and participating sporting goods stores throughout B.C. Also available from member clubs of the B.C. Wildlife Federation, the Federation Office in Cloverdale or by mail from the Campaign Office in White Rock.

20,000 books have been printed. Organizers hope to sell up to 60,000. Net proceeds will be distributed to the B.C. Wildlife Federation and its clubs, to provide their 22,000-plus members with means to expand their conservation work throughout B.C.

V.I. Nordics Ski Club

Did you miss out? If so, sorry, our Beginner's courses are finished for another year. Congratulations to our graduates! In the upcoming holiday weeks the Club has a schedule of events to fit beginner to experienced and young to old skiers alike.

Two trails centered around the cabin are now laid out at Paradise Meadows. Yellow, the shortest trail is excellent for beginners and youngsters, while Orange, is a longer, easy to intermediate trail mainly for adults. A third trail, Blue, is planned as a Moderate lengthy trail from the cabin to Helen MacKenzie

and Battleship Lakes. A map of the trails is located in the cabin and we hope to enclose a reduced scale map in the next Club Newsletter if at all possible.

Saturday, Dec. 29 is Club Participation Day. The idea is to get everybody out to exercise our organizing abilities for upcoming ski events. With everybody out the day turns into a large "Meet and Greet" with many friendships being made. Don't forget your lunches - and your smiles. Alex Stewart (9-6302) is the man to contact for more information. Just timed for you to try the new skis and

"goodies" Santa brought you for Christmas is Murray McLeod's (4-4785) Paradise Meadows tour (for beginners and up) on Jan. 5th. Meet at the C.R.A. at 9:30. Irja Svensson (8-1628) has made all the arrangements for the Club's sojourn to the Caribou Marathon, Jan. 25 through 27.

Don't forget, if you want overnight at the cabin Cathie Gailloux (5-2458) is taking reservations. The cabin is a popular place over the holidays and reservations eliminate overcrowding problems. Sorry, it's booked on New Years eve.

Finally, Mike Fournier at the Mountain Meadows Ski Shop is looking for experienced skiers for the Search and Rescue team. With the opening of the Meadows the team is preparing for the possibility of lost skiers. Now folks, don't take this the wrong way, but, can anybody help him out?

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HOLIDAY SCHEDULE FOR REC FACILITIES

1. The Gym will be closed on 25, 26 Dec. and 1 Jan. 80. The floor area will be closed to activity on 21, 22, and 23, Dec. 79, due to 407 Sqn. party. The floor area will also be closed on Thurs. 3 Jan. for maintenance.
2. The Arena will be closed on 25, 26 Dec. and 1 Jan. 80. It will be open for dependants skating from 1300 - 1500 hrs. on 24, 27, 28 Dec. and 2, 3, 4, Jan. 80 at no cost. This is courtesy of the PMQ Council.

INTERSECTION VOLLEYBALL LEAGUE MEETING

Time: 1130 hrs. on Tues. 8 Jan. 80.
Place: Social Centre.
Purpose: Team representatives are to meet to discuss the league concept, game times, schedule, officials. They should have a nominal roll of their players. Team reps are also asked to contact Cpl. Mike Lowe (Loc 489) and leave your section team, your name and phone number prior to the meeting.

Merry Christmas and Happy New Year to C.F.B. COMOX
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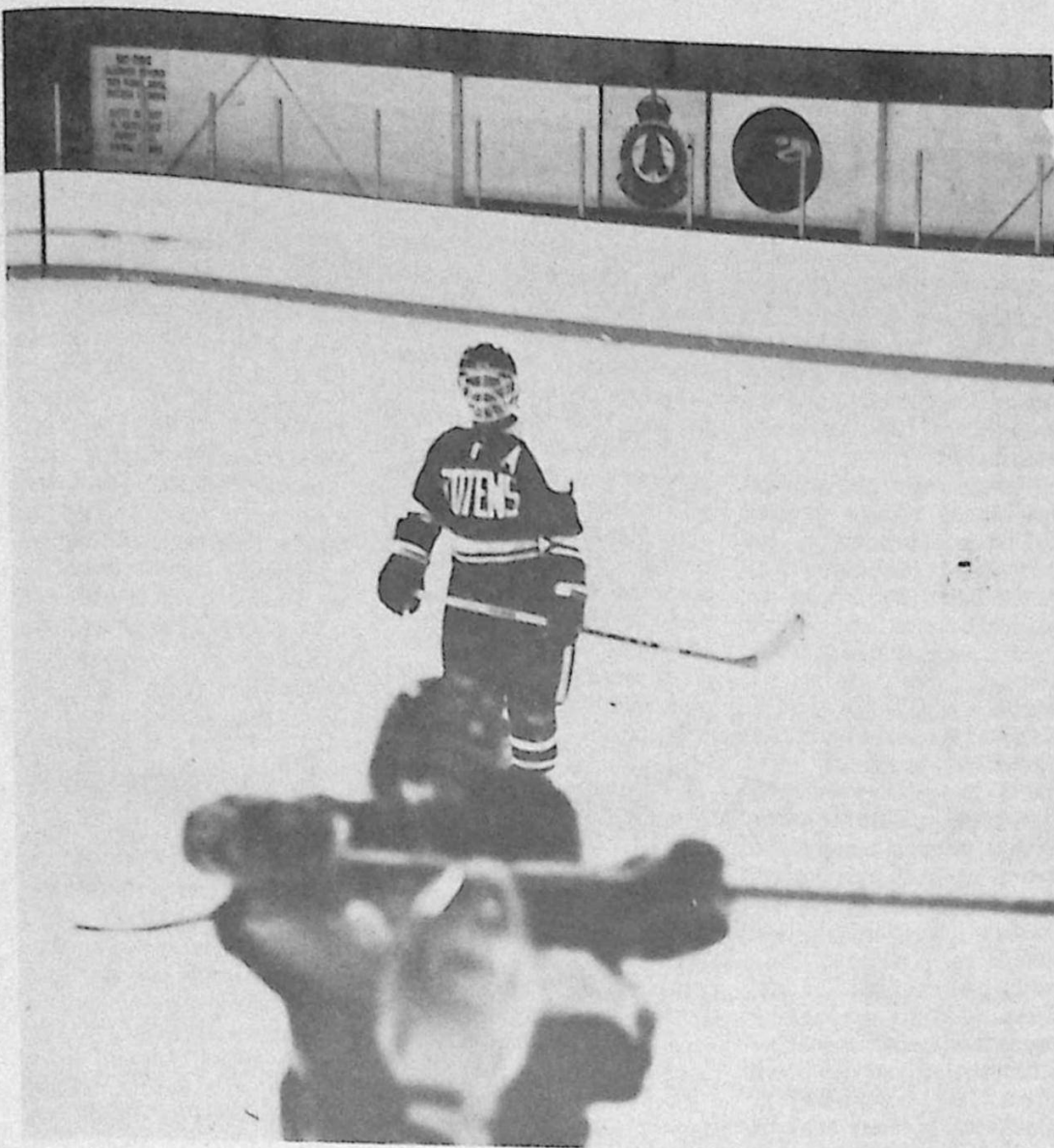
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Intersection hockey

T	FP	W	L	T	Pts.
407	6	4	1	1	9
442	6	3	3		6
409	5	2	2	1	4
M.P.	5	1	4		2

TOP TEN	T	G	A	Pts.
Davidson	407	9	7	16
Sabad	407	10	6	16
Jones	407	10	6	16
Leger	409	10	4	14
Haswell	409	5	8	13
Barham	407	5	5	10
Loche	407	4	5	9
Kerr	MP	5	4	9
Cramer	442	4	4	8
Vartanyan	409	3	4	7

At the Christmas break the Intersection will have completed the first part of their schedule. The 407 teams got off to a fast start but with their star-Ross Davidson out for a three game vacation they started to flounder. The 407 Squad has five players in scoring race.

Davidson, Sabad & Jones are showing their form with 16 points each. Bob Roach, the Intersection iron curtain, has been the top goalie.

The fighting 409 crew tied 407 and then knocked off the 442 and MP Squads. Joel Leger is the man to watch with this squad. He skates big

and has the big shot. Haswell is learning to skate now and he is the coolie of the squad. Serge Mongeon has made up his mind what position he is playing but if he decides to be a goalie look out teams! The Military Police, with coach Floyd Murrin, are off to a shaky start with the Christmas draft they will get their act together.

Keith MacKenzie has come up big for the MP's-really big- and keeps all the slow skaters' heads up.

The 442 squad again show up with the muscle squad. If Pat Mercier ever learns to skate look out league. Dave Sheppard (coach) has promised a new image in '80 with Rollie Cramer in goal.

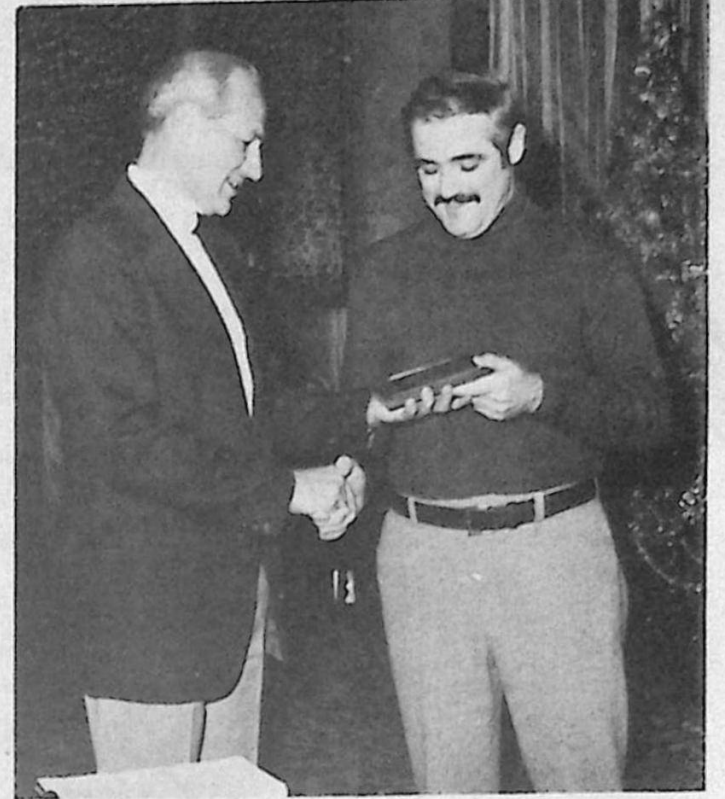
Armstrong and Shaw, the pick-ups for 442, are the stars to date. Shaw and Armstrong will be asking for big contracts in 1980.

Racquet racket

The Base Badminton Club held its first meeting of the 79-80 season, November 14 to discuss plans for the season and to elect a new executive. Capt. Doug Black was elected president.

The Club meets every Wednesday and Sunday evenings from 1900-2130 hours, and memberships are being sold at the rate of \$5.00 per single, \$10.00 per family. The fees are to cover the cost of birds and equipment.

So, why not get started before the Christmas rounds take their toll, and come and have some good fun and exercise. For any further information call Doug Black at local 240 or 339-3272. See you on the courts!



TEDDY BOY "gets his too!... For putting up with "Wings" Melson so well he is congratulated. Actually Ted is receiving the plaques for the referee staff during the Old Timers tournament held recently.
A ROBERT PHOTO

WHAT MAKES OLD TIMERS HOCKEY SO MUCH FUN YOU ASK?... Why it's the no body contact rule and the no roughing rule of course! ... As the old adage goes ... A picture is worth a thousand words!

5 pin chatter

Start thinking of things that are distinctly Canadian and some obvious choices come to mind.

For instance there's maple sugar, maple trees and, of course, an ice hockey team from Toronto called the Maple Leafs.

There are also red-coated policemen on horseback, rye whisky and those furry little animals that chop trees with their teeth and build dams. And then there's five pin bowling.

Along with lacrosse and ice hockey it is one of Canada's national sports. Five pin bowling is a variation of the popular world wide sport of bowling and it is unique to Canada.

"Sometimes people in Canada take it for granted that everyone in the world bowls five pin. But it just isn't true," says Sid Manning, a spokesman for the Bowling Headquarters in British Columbia.

Thank you for your co-operation. We look forward to working with you.

bowling in this province is five pin yet you can't even take a five pin ball across the border into the United States," he adds.

That statement partially explains why the popular sport is unique to Canada.

When Americans bowl they bowl 10 pins. They use a larger ball to knock down larger and heavier pins on an alley that operates solely with equipment designed for the 10 pin game. Since the businessmen who manufacture 10 pin equipment don't want to allow any competition from some upstate from north of the border, strict rules prohibit the operation of five pin centres in the U.S.

Five pin bowling's Canadian roots can be traced back to the turn of the century and Toronto where the game was actually invented.

Until 1910 the popular sport in Canada was 10 pin bowling, just like their American counterparts. The game had

developed as a nine pin game and flourished in the United States. But at the turn of the century the U.S. government banned the game as part of crackdown on gambling.

An extra pin was soon added to create a new game and void the ban. So everyone on both sides of the border bowled 10 pins.

But when Tommy Ryan, a bowling centre proprietor in downtown Toronto got an idea.

It seemed a large part of Tommy's clientele were employees at a downtown department store. The employees would come to Ryan's centre to bowl on their lunch hour.

However, that was 1910 and hardly the day of the three martini-two hour lunch. If someone took more than the allowed time for lunch they stood a good chance of losing their job.

So Tommy Ryan invented five pin bowling - a game that used a smaller, easier to

handle ball and took considerably less time to play than its 10 pin cousin.

Now women could play the game more easily. Pin boys could do their job easier. And proprietors around the country could see the financial advantage of converting to five pins. So the conversion was made.

In the Maritimes there is a game called candlepin. There the small ball is used to knock down 10 pins that are taller and thinner than the normal 10 pin. Quebec is famous for its duck pin game which uses a shorter pin but employs the same small ball as its other Canadian cousins.

In August of 1980 the International Bowling Association will hold its first "small ball competition" in Manila, the Philippines. Bowlers from around the world will compete in the four recognized small ball games - candlepin, five pin, hard belly duck pin, and rubber-band duck pin.

Kimberley. '80 Winter Games

This is all about Kimberley, and the 1980 B.C. Winter Games.

Kimberley will host the second annual B.C. Winter Games from February 27 to March 2, 1980. The job is to keep you informed about what's happening in the "Bavarian City of the Rockies" as Kimberley prepares for the Games and the expected influx of more than 2,000 athletes from throughout the province.

Perhaps you can direct your attention to your own local sports scene as area competitors try for a berth on the zone team. In return, you may

expect up-to-date press releases at regular intervals detailing the action on the Kimberley scene. A number of photographs will also accompany press releases mailed to newspaper editors.

A General Rules Book for the 1980 B.C. Winter Games may be obtained by contacting the Games office, 777 Fort Street, Victoria, V8W 1G9.

The rules book is a valuable source of information as it provides fairly detailed information on each of the 20 sports, plus three wheelchair events, which will be staged during the Games in Kim-

berley. As well as general Games background, the rules book lists the names of the respective zone sports representatives who will have all pertinent information regarding local zone play-off dates and local competitors.

All zone play-offs to determine Games competitors must be completed by February 4, 1980 so January should be a busy month on your local scene.

Winter Games fever is spreading rapidly in Kimberley...maybe you can be instrumental in infecting your

area with enthusiasm for the Games.

May we suggest you start a 1980 B.C. Winter Games file now. For additional information, please contact: Barbara Foster, Public Relations Chairperson or Susan Bond, Director, Public Relations and Promotions.

We may be reached through the Kimberley Winter Games office, 144 Deer Park Avenue, Kimberley, B.C. V1A 2Y5. Phone (604) 427-5311.

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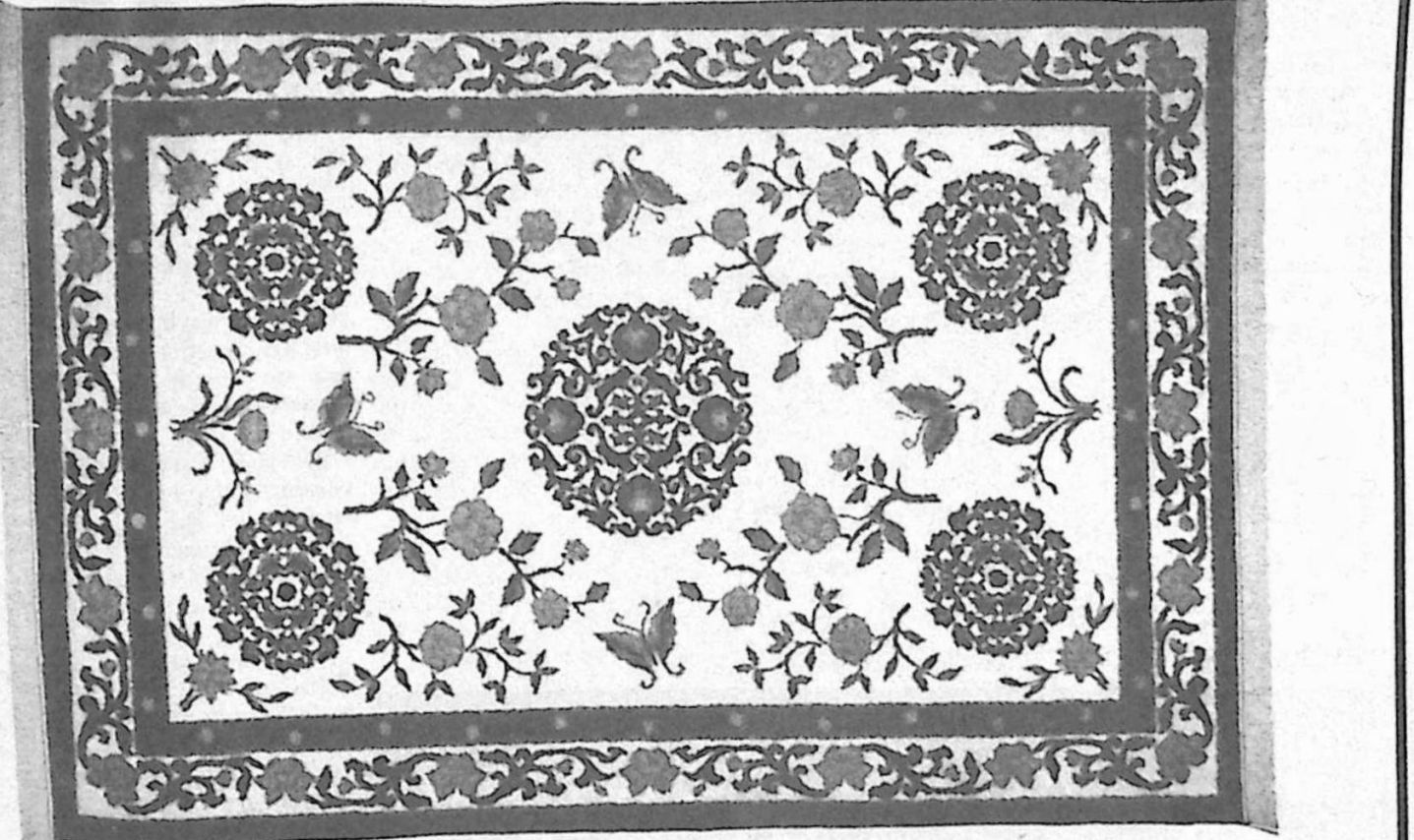
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November weather summary

MONTHLY WEATHER SUMMARY CFB COMOX, B.C. For the month of November 1979

TEMPERATURE

Mean maximum for the month 8.2, oC, normal, 8.3 oC.
mean minimum for the month 2.0, oC, normal, 2.1 oC.
mean temperature for the month 5.1, oC, normal, 5.3 oC.
highest temperature for month 13.2, oC, day 6th, highest recorded, 17.8, year 1944.
lowest temperature for month -3.0, oC, day 28th, lowest recorded, '9.8, year 1955.

PRECIPITATION

Total monthly rainfall 91.2 mm heaviest on record, 349.8 mm. lightest, 55.6 mm.
Total monthly snowfall TR cm. heaviest on record, 51.1 cm.
Total monthly precipitation 91.2 mm. normal, 193.7 mm.
Heaviest monthly precipitation on record 349.8 mm. lightest, 55.6 mm.
Heaviest daily rainfall for month 28.0 mm. on 22nd
Heaviest daily snowfall for month TR cm. on 29th
Number of days with precipitation of .2 mm or more 16 normal 18.3

WIND

Highest wind speed recorded in month 150 degrees at 36 knots on 21st.

SUMMARY

The main feature of our weather for the month of November was the lack of "Southeasters".

We only had four days with winds of more than 25 knots. There were 16 days with precipitation, only two days less than normal, however, the precipitation amount was less than one-half of normal.

While November was generally cloudy and dull with showers and a few foggy days, we did enjoy sunny days with pleasant temperatures and light winds.

The light precipitation left the mountains almost bare of snow until the third week when the skier's hopes were quickened as good snowfalls appeared at higher elevations.

November weather resume

AT CFB COMOX MEANS-AVG. BASED ON THE 33 YEAR PERIOD

TEMPERATURES	1945-1977	TEMPERATURES equals C
Maximum temperature on record	17.8 (4th 1944)	RAINFALL equals mm
Minimum temperature on record	-9.8 (14th 1955)	SNOWFALL equals cm.
mean temperature for month	5.3	
Mean maximum temperature for month	8.3	
Mean minimum temperature for month	2.1	

RAINFALL	184.6
Average monthly total	349.8 (1953)
Greatest monthly total	55.6 (1957)
Lowest monthly total	69.9 (24th 1974)
Heaviest rainfall in one day	18.4
Av. No. of days with rain 0.2 mm or more	

SNOWFALL	7.2
Average monthly total	51.1 (1970)
Greatest monthly total	26.4 (30th 1975)
Heaviest snowfall in one day	1.2
Av. no. of days with snow 0.2 cm or more	

THUNDERSTORMS
Reported 6 during the month in the past 33 years.

HAIL
Reported 1 times in 1 of the past 33 years.

FOG
Visibilities 1/2 mile or less were reported on an average of 2.8 reports in the past 33 years.

WIND
For the ten year period 1954 to 1963, wind speeds of more than 16 knots averaged 76.1 hours (11.6 per cent) out of a monthly total of 720 hours. Of this total 72.0 hours (10.0 per cent) were from the southeast quadrant.

CEILING AND VISIBILITY LIMITS-TIME IN RANGE SHOWN AS A PERCENTAGE

Below radar limits (less than 200' & 1/2 mi.)	In range 1.8 per cent	In and below 1.9 per cent
Radar limits (less than 500' & 1 mi)	2.6 per cent	4.4 per cent
IFR limits (less than 1000' & 3 mi).	12.9 per cent	17.3 per cent
VFR limits (1000' & 3 mi or more)	82.7 per cent	100.0 per cent

GREATEST AND LEAST PERCENTAGE TIMES IN RANGE

Below radar limits	Greatest 8.1 per cent	Least 0.0 per cent
Radar limits	5.7 per cent	1.1 per cent
IFR limits	18.1 per cent	10.0 per cent
VFR limits	87.4 per cent	77.3 per cent

	SUNRISE	SUNSET
1st	0708 PST	1659 PST
11th	0724	1642
21st	0741	1630
30th	0755	1623

Square dancing viewed by a doctor

Perhaps in no sphere in the modern world does one encounter the problems, frustrations and general day-to-day cares of the average man and woman more than in the medical profession. As a practicing physician and surgeon for more than eighteen years, I have seen a tremendous change in the needs and requirements of almost every sector of the community.

This day and age in which we are living is truly in many ways a frightening age. So much is happening and changes are so rapid that it is difficult to even mark time let alone keep ahead of all the changes. Sitting as I do behind the doctor's desk in the consulting room, I see this reflected in the lives of so many patients and the almost phenomenal increase in emotional and functional disorders of the human body can in many cases be directly linked with this. What has this to do with round dancing and square dancing?

For the past ten years, I have been involved in square dancing and round dancing. In the beginning this concerned a youth club but during the past seven years I have been actively involved in the formation and leadership of a large square dancing club where both square dances and round dances are taught and integrated in the program. When I step onto the stage of our square dance club, I am no longer the medical practitioner of a few hours earlier, but the caller in a club, and yet I cannot leave behind my medical and surgical training because in front of me on the dance floor are so many evidences of the worthwhile benefit of this second-to-none recreational activity. Perhaps another reason why I cannot divorce my medical background from my square dancing and round dancing activities is the fact that many of my patients are club members on the floor before me!

What are the benefits to be

gained from square dancing and round dancing? They are so many and so varied that a simple article such as this could never do justice to them all. Many of the advantages are obvious. When one has seen a patient who has been almost bed-ridden with arthritis now taking an active part in even the fast moving square dances and more difficult round dances, then the benefits are obvious to all. As one ages, there is a gradual stiffening up of all the joints and sinews, ligaments and tendons in the body. This is a natural progression and yet it can so easily be delayed, arrested, or even reserved if one is able to enjoy a recreational activity which, on the one hand, demands a reasonable expenditure of exercise and energy, but on the other hand, does not prove too exhausting for the person concerned. Square dancing and round dancing are admirably suited to this.

All of us who are square dancers and round dancers will smile when we recall how short of breath a new-comer is to our activity. Perhaps we can recall our own very first learner's night. And yet after having attended a club for a few weeks, we find that we are able to manage a fast moving dance without as much as a puff. -- (Well, almost). Square dancing and round dancing is beneficial to one's heart and lungs and provided one does not eat a hearty supper on returning home at the conclusion of the evening, it can truthfully be said that several pounds of excess weight can be painlessly shed with a month's dancing.

The benefits so far listed, of course, are the physical ones which are generally obvious to even the untrained eye. These are important but I consider the more important benefits are that lengthy list which could be listed under the title of emotional benefits. How many of us have not learned the qualities of tolerance and patience when in a square with one or two dancers of poor ability, and yet is not this the very thing which we as people who are becoming more and more set in our ways need more than anything else? Many executives, businessmen, professional people and established housewives have

reached the stage in their own lives where they can so easily lose tolerance with some of the more irritating things which one finds in life. Intolerance is often marked at this stage in growing old gracefully, and yet here on the dance floor intolerance and impatience find no place whatsoever.

Perhaps one of the greatest benefits of square dancing and round dancing is the element of challenge. Why should I list this among the medical benefits to be gained? Simply because many of our dancers today are in the middle age group, a time in life when the greatest degree of challenge is already past. The challenge of establishing a workable marriage, happy home, a business, a successful career, have all been passed, and many people in this age bracket suddenly find themselves without any worthwhile challenge in life. When this happens, depressions, tensions and an introspective nature often become apparent, culminating in many cases in the doctor's consulting room for treatment.

It has been said and it is often all too true, that by the time a married couple is ready to celebrate their Silver Wedding Anniversary, (twenty-five years of married bliss!) many of the couples concerned have filed separation orders or divorce suits with their lawyers. This is a tragedy but it is all too often so true. Square dancing and round dancing would seem to be an ideal recreation for people of these age groups because here they have the opportunity of not only sharing fellowship with other folk but enjoying, possibly for the first time in their lives, a new relationship with each other. I should imagine that almost every experienced caller could easily recount numerous cases where husbands and wives have had their marital problems overcome by their participation in square dancing and round dancing. Of course, we are well aware that a husband and wife when learning a new round dance routine together can, for a while, become almost "opponents" rather than partners, but fortunately they can laugh about it in retrospect when once they know the new round dance routine which they have been struggling with!

How many of us at the end of a busy day find that we are too exhausted to even enjoy the evening meal? How many of us find that we are tense or unable to leave behind the day-to-day activities which have plagued us during our working week, and yet as we step on to the floor of the square dance hall and hear the caller say "Sets in order" or "Square your sets", or ask your partner to join you for the round dance "Slick Chick" do we find that our day-time cares have miraculously vanished? Possibly a few lingering ones are still present during the first tip of the evening, but certainly by the third tip they will be com-

pletely gone. As the evening progresses the signs of day-to-day frustration which can occur in the life of any person be he rich man or poor man, employer or employee, healthy or frail, or even you or me, disappear. As the evening progresses, so conversation between this couple and that couple develops, and even the shyness and loneliness of the solo dancer who is somewhat apprehensive of making contact with other people tends to disappear. By the time the caller announces the last tip for the evening, there is a sense of relaxed and beneficial tiredness within the

dancer which will usually result in his having a sound and relaxed sleep when he arrives home.

In conclusion may I take the liberty of altering the oft used square dance slogan, "Square Dancing is Fun" to an equally truthful slogan, "Square Dancing is Healthy" of this I have no doubt whatsoever.

(Author's Note - Dr. Spackman was featured in the March 1974 issue of "Square Dancing" as Caller-of-the-Month and his Hillsborough S D Club in Auckland, N.Z. has a membership of over 200 dancers).

Christmas Seals

Contributions to the annual Christmas Seal Campaign in British Columbia have reached \$50,000, says R.W. (Bill) King, President of the British Columbia Lung Association, organizers of the campaign.

King said contributions are slightly above those of last year, and he expressed optimism that the \$715,000 target would be met by the end of January, the official end of the campaign. Last year's final total was \$673,000.

King said approximately 130,000 British Columbians have responded to the Christmas Seal appeal letter, which was mailed in early November to more than 1,000,000 homes and businesses in the province, and he was hopeful that people who had not yet responded to the appeal would do so before Christmas.

Funds gathered by the Christmas Seal Campaign are used in many ways to fight respiratory disease, King said, notably in the areas of health education, medical research, programs of patient rehabilitation and to assist with the construction costs of

health facilities. King said the Lung Association had made grants totalling \$93,000 during November for such projects.

King said people who have not yet made a contribution to the Christmas Seal Campaign can do so by writing to the British Columbia Lung Association, P.O. Box 34009, Postal Station D, Vancouver, British Columbia, V6J 4M2.

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Helping you say it right

PMQ rent

OTTAWA -- Defence Minister Allan McKinnon today announced Treasury Board approval for a revision of government-owned married quarters (MQ) rental charges.

As a result, members of the Canadian Forces of the same rank, occupying similar quarters in a given area will now pay the same charges regardless of date of occupancy.

Previously, some new occupants of married quarters would have had to pay as much as \$100 more per month than occupants who had lived in their MQ before Nov. 1, 1978.

Rental increases, based on CMHC appraisals, are intended to bring rents in line with local housing rates.

Under the new regulations, for example, a warrant officer moving into a 1,000 square foot MQ at CFB Calgary will pay \$200 per month instead of \$280. A private at CFB Esquimalt who may have had to pay \$240 monthly will now pay \$150.

Postal facilities throughout British Columbia and the Yukon will be closed Tuesday, December 25, and Wednesday, December 26, in observation of Christmas Day and Boxing Day, and Tuesday, January 1, New Year's Day.

There will be no mail deliveries or street letter box collections on these holidays.

Full postal service will be provided December 27 and December 28, and will resume January 2.

Holiday service mailbag

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MAKE YOUR OWN WINES AT HOME

Wine doesn't sit there; it's doing something

When the home winemaker finally gets his first wine into bottles — almost 3 months after the day it began — there's a tendency to think of it as a baby tucked away for a sleep. Except that babies don't thrive in cool, dark cellars. And wines don't exactly go to sleep. Wine is quietly changing, aging and maturing. There's an almost-magical chemistry going on: the acid and tannin and esters and aldehydes all reacting and mingling and melding to produce enjoyment for the palate. Sooner, as in the case of most white wines, or later, for the robust reds, the acid will lose its edge, the tannin will be mellow, the colour will be brilliantly clear and locked-in bouquet will be ready to burst out of the glass. The wine will be just right.

Proper treatment for the wine during this period can be put briefly: leave it alone!!! Coolness helps: a temperature of 16 degrees C (65 degrees F) will keep it comfortable; warmer temperatures are to be avoided if possible, but they aren't disastrous. What is bad are wide fluctuations in temperatures on a daily basis; so keep it constant. Light — sunlight or fluorescent — should be kept away from the bottles, especially if they are clear glass. And the bottles should be permitted to sit quietly; no handling or shaking.

Corked bottles should be stored on their sides so the wine will keep the corks moist and therefore airtight. With screw caps bottles it doesn't matter. All the recipes given in this series, and in most literature for home winemaking, will produce wines ready for drinking after only a few months in bottles. At that stage they will be pleasant and should at least be sampled. From there on it's a matter of sampling and waiting, sampling and waiting, until maturity arrives.

Even after the wine has been resting in a bottle for months, or a couple of years, easing up to the summit of maturity, it still has one brief burst of exuberance in store. That's when (if it's a red wine) you pull the cork and expose the wine to a breath of oxygen for an hour or two or three, permitting the final mellowing to occur. In the case of a white wine, it can be chilled (and sometimes iced) and served immediately.

Both whites and reds give off an aromatic bouquet after they are poured and the tulip-shaped glass is generally considered to be the best for holding this bouquet above the wine in the glass where it can be sniffed. To leave room for the bou-

quet, a wine glass should never be poured more than two-thirds full.

Purists prefer crystal which is clear and unadorned, but for those who like tinted crystal and cut patterns — the wine seems just as enjoyable from those glasses. Choose your own.

At last there's the tasting of the wine, the culmination of all the effort and waiting. Taste is entirely personal and individual. Taste in wine — the ability to discriminate among many elements in the wine — is also developed. It helps if you read about wine and acquire a vocabulary of words to describe all the separate things that add up to colour and bouquet and many others. Then talk about wines with friends, and others with experience in tasting

wine. Then talk about your own wine, honestly and enthusiastically: confirm in your mind that some things really do improve with age!!! Now for a recipe that will yield a wine well worth talking about.

NEXT: SPARKLING WINES TO LIGHT UP A PARTY

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 CP Air and a tour of the vineyards of Southern Australia.

BORDEAUX BLEND

INGREDIENTS:

- 1 tin Australian Cabernet Sauvignon grape concentrate
- 1 tin Australian Malbec grape concentrate
- 7 tins Water
- 1 1/2 kilos Granulated Sugar (or 4 lbs. Corn Sugar)
- Acid (as directed in recipe)
- 4 tsp. Grape Tannin
- 4 tsp. Pectic Enzyme
- 4 tsp. Super Nutrient
- 4 oz. French Oak Chips
- 16 oz. Freeze Dried Pomace
- French Wine Yeast
- Starting Specific Gravity: 1.0⁴
- Starting Acid: 4.2g/l



METHOD:

Mix all ingredients EXCEPT WINE YEAST(S) in a sterilized primary fermentor. 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 fermentor. 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.

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. We recommend that red wines be uncorked or uncapped at least 1 hour before serving.

PMQ preamble

Starting December 22, 1979 there will be a Special Film showing at the Base Theatre. The movie "Willy Wonka and the Chocolate Factory" will be shown at 1400 hours. There will be FREE popcorn and pop courtesy of your PMQ Council.

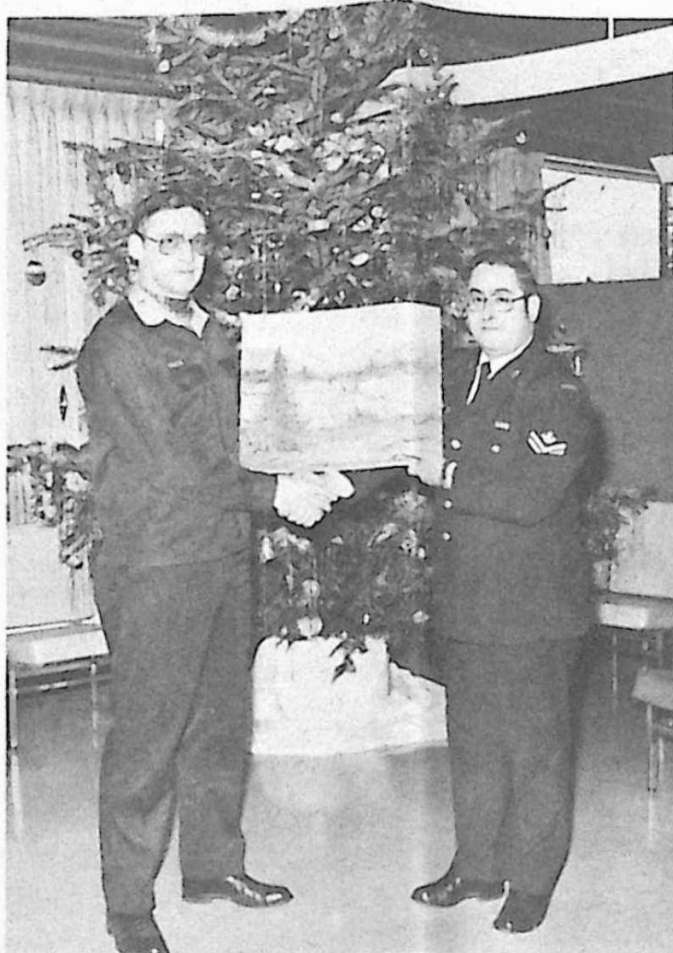
Ice skaters, don't forget about the FREE Skating starting December 27, 28, & 31, in January 2, 3, & 4 at 1300 hrs. until 1500 hrs. Once again courtesy of your PMQ Council.

ATTENTION PMQ RESIDENTS: The Cubs and Scouts BOTTLE DRIVE will begin at 11:00 a.m. on January 12. If you would like to donate your bottles but will NOT be home at the time please set your bottles out on the front step and mark them for the benefit of the Cubs and Scouts collecting the bottles.

Santa will be in PMQ's on Dec. 21 at 3:00 p.m. A REMINDER TO ALL THE PMQ COUNCILLORS: The next PMQ Council meeting will be held on January 10, 1980, plus there will also be another meeting held on January 31. Let's start the NEW YEAR out right by having a full house at our next meeting.

TO EACH AND EVERYONE, WE, THE MEMBERS OF THE PMQ COUNCIL ARE WISHING YOU A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR!

If there is anything you would like to have published in the Totem Times contact J. Freeman at 339-6087.



M-CPL. DARREL BYRON (right) BTNO entertainment chairman presenting Capt. Terry Hallam of BNDO with a painting of Comox Glacier, raffled on Dec. 12. Painting was kindly donated by Mrs. Lloyd Kuhn. Proceeds went to annual BTNO Christmas gathering.

New Year's Eve bus schedu

DEPARTURE POINTS	1800	1900	2030	PMQ-DEPARTURE POINTS		
CUMBERLAND-POST OFFICE				POPLAR CRESCENT		
ROYSTON-JUNCTION ISLAND HWY & ROYSTON RD.	1810	1910	2040	ELM AND PINE CRESCENT		
COURTENAY-DRIFTWOOD MALL -SAFEMART PARKING LOT -FITZGERALD & 5TH AVE.	1815	1915	2045	ELM AND OAK		
	1820	1920	2050	OAK AND SPRUCE		
	1825	1925	2055	CEDAR AND SPRUCE		
COMOX-TYEE PARK-AITKEN & DAVIS	1830	1930	2100	CEDAR AND CHAPEL CUT-OFF		
-ROBB AVE. & ANDERTON	1835	1935	2105	CEDAR AND SPRUCE (UPPER)		
-COMOX PLAZA	1840	1940	2110	SPRUCE AND ALONG MAPLE CRESCENT		
-NOEL & PRITCHARD	1845	1950	2115	EXITING PMQS' ON MAPLE AND RYAN RD.		
ARRIVAL - OFFRS' MESS- TOTEM ANNEX & LOUNGE-WO-SGTS.	1900	2000	2130			
DEPARTURE- OFFRS' MESS-TOTEM ANEX & LOUNGE-WO-SGTS.	0130	0200	0300	0400	0500	0600

NOTE - Bus will proceed to COMOX-COURTENAY-ROYSTON-CUMBERLAND via above route in reverse order, leaving at the times indicated above. CUMBERLAND TO BASE - This schedule will be adhered to as closely as possible; however, it must be realized that due to unforeseen problems etc. It is quite possible that some deviation from the times shown may be encountered. Regardless of any deviation in times, the buses will follow the routes as indicated. It is requested that the buses be flagged down by personnel waiting transportation to the various Messes. (THE BUSES WILL BE WATSON AND ASH TRANSPORTATION) NOTE - PMQ'S - The bus will shuttle the route indicated commencing at 1900 hrs and ceasing at 2130 hrs. Bus will return shuttle as shown at DEPARTURE.

Cycle safety

Due to an increase in the cost of gasoline a greater number of personnel are travelling on Base and PMQ roads by bicycle. It has been observed that during the hours of darkness many of these bicycles are travelling without lights or reflectors which has resulted in several near accidents.

It is strongly urged that all bicycle riders equip their bicycles with the appropriate reflectors and show proper lighting during the sunset and sunrise hours.

Xmas tree burn

The CFB Comox Fire Department and Wallace Gardens PMQ Council are jointly sponsoring the annual Christmas tree bonfire.

The fire will be lit at 1900 hrs. on January 6, 1980, at the Little River Road entrance to PMQ's. All PMQ residents are invited to attend. Young children should be accompanied by an adult or

responsible individual. The fire will be roped off to prevent possible injury. Please do not cross over the roped off area.

Also, as a reminder, collection of Christmas trees will commence at 1300 hrs. on January 3, 1980. Please place trees close to street in front of your PMQ.

Jr. Ranks' Mess

ENTERTAINMENT: We are sold out for the New Year's Ball, but the Note-ables will be playing and putting on a show on the 1st of January at 1300 to 1600 hrs.

SPORTS December 26: Inter-mess golf tournament meets at the Golf Course at 0930 hrs.

T.G.I.F. FRIDAYS: Food at 1800 hrs. and games at 1900 hrs.

MOVIES: January 8 - "Beyond the Poseidon Adventure", Sally Field, Michael Caine.

January 15 - "In-Jaws", Peter Falk, Alan Arkin.

For up-to-date information on entertainment phone 9-5212.

Merry Xmas and a Happy New Year is extended to All Commissioners of C.F.B. Comox and Quadra from Commissioner Wellington

Xmas tree pickup

NOTE: The Fire Department will be clearing the MQ area of all discarded Christmas trees at 1 p.m. Thursday, Jan. 3rd. All trees placed by MQ roads at this time will be picked up. You are urged to discard your tree at this time.

ALL MEMBERS OF THE BASE FIRE DEPARTMENT WISH YOU AND YOURS A HAPPY AND FIRE FREE CHRISTMAS.

\$ for the 80's

Health and Welfare Minister David Crombie today announced that there will be full escalation of Family Allowances for 1980.

The Family Allowances Act provides for annual rise in payments in January of each year to correspond with increases in the cost of living. Effective January, the Family Allowances paid monthly for children under age 18 will rise to \$21.80 from \$20.00 in most provinces and in the territories. In addition, the refundable Child Tax Credit program will provide up to \$218.00 per child per year based on family income.

The amount and method of payment of Family Allowances varies in two provinces. Under a provision

of the Family Allowances Act, a provincial government may ask the federal government to vary the rates payable according to the age or number of children in a family, or both, providing the payments average \$21.80. Alberta and Quebec chose this option.

Special Allowances, which are paid to foster parents, welfare agencies, government departments and institutions maintaining children, will increase to \$30.51 from \$27.09.

During 1979 the federal government paid out more than \$140 million each month in Family Allowances for 6.9 million children in 3.6 million families. The national average allowance for each recipient family was about \$39 monthly.

Cancer Society - Comox Valley Unit

The Comox Valley Unit of the Canadian Cancer Society held a successful organizational meeting recently with the following people volunteering to serve in the following positions:

- President Mr. Hank Hoffart
- Secretary Mrs. Barbara Garner
- Treasurer Mrs. Flo. Hammond
- Campaign Chairman Mr. Hank Hoffart
- Education Chairman Mrs. Marion MacDonald
- Publicity Mrs. Marguerite Eichhorn
- Service to Patients Mrs. Margaret Robinson
- Mastectomy Rehab. Program Mrs. Barbara Gardner

This now gives us a nucleus of volunteers to perform the three basic programs of the Canadian Cancer Society, that of:

1. Service to Patients
2. Education, and
3. Fund Raising.

I wish to express my appreciation for all those who came out and made this formative meeting a success. We hope to help more Valley residents just by letting them know that we exist and that help is available.

For further information please call Hank Hoffart at 339-5605.

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★ BULK CHRISTMAS CANDY \$1.39 lb.

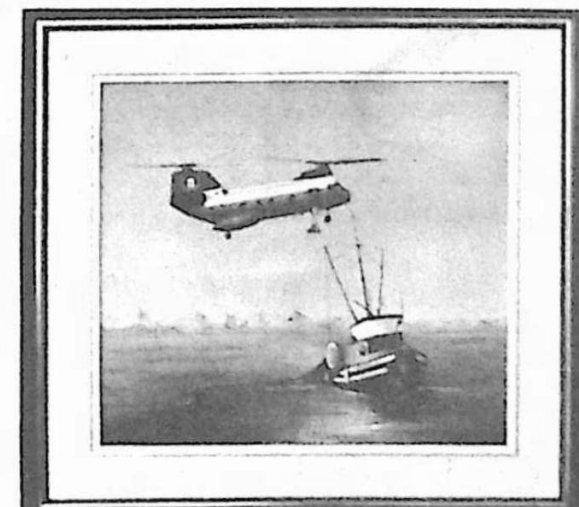
★ Good selection of PLUSH TOYS and HANDCRAFTED GIFT WARE

★ Custom PARTY BAGS of CANDY

★ Gift Wrapping Service



Season's Greetings 1979-80 To Our Valued Friends



The aircraft above is from an original oil painting by Colleen Collier and shows a Labrador Helicopter aircraft of 442 Squadron Canadian Armed Forces in a Rescue situation off the West Coast of British Columbia. The photography is by Robert Carby of Courtenay.

In the spirit of all the wonderful feelings and sentiments this season brings we extend a sincere Thank You for the confidence you have placed in us and it is hoped that the fine relationship we have established during the past years will continue for years to come.

Best Wishes to you and your family during the Holiday Season and throughout the Coming New Year

TOM PROCTER 339-2668
DAVE PROCTER 334-2395
OFFICE 334-3124



NANAIMO REALTY (North) LTD. 576 ENGLAND COURTENAY

MERRY CHRISTMAS

FROM ALL OF US AT THE **BASE EXCHANGE**



Last Minute Specials

20% OFF
SELECTED
GAMES

**"MY VERY OWN
BUBBLING STOVE"**

Reg. 8.99

4⁹⁷

SPECIAL

**H
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Y**



**K
I
D
S**

**SANTA WILL BE AT THE
RETAIL STORE**

Saturday, Dec. 22, 1979
From 1:00 - 3:00

WINNER OF NOVEMBER
FAMILY ALLOWANCE DRAW
MRS. KAROLINE GAUMOND
Next Draw Dec. 24, 1979

**CHILDREN'S OIL
PAINT BY NUMBER**

Reg. 3.29

1⁹⁷

SPECIAL

1/2 Price

ALL - Christmas Greeting Cards
- Christmas Wrapping Paper
- Christmas Decorations

DEC. 27, 28, 29, 31 ONLY

FILMS

KODACOLOR II

C-126 - 12 Prints

C-110 - 12 Prints

KODAK INSTANT

COLOUR FILM

10 Exposure

1⁶⁹

7³⁹

PARTY SUPPLY SPECIALS

FOR NEW YEAR'S EVE

DEC. 27, 28, 29, 30

SOFT DRINKS

26 oz.
Assorted Flavours

2^{97c}

for
Plus Deposit

UNLESS OTHERWISE PRICED

McLARENS SWEET GHERKINS

341 ml.

1³⁷

LIBBY'S FANCY TOMATO JUICE

1.36 L.

1¹⁷

CHRISTIE "CHEESE RITZ"

227 g.

97^c

OLD DUTCH POTATO CHIPS

67^c

BICKS SWEET ONION PICKLES

9 oz. **97^c**

MOTTS CLAMATO JUICE

1 Litre

1⁴⁷

JACOBS "CREAM CRACKERS"

200 g.

57^c

LANGIS HOT BUTTERED RUM

340 g. **1⁷⁷**

BICKS OLIVES

12 oz.

1²⁷

KRAFT SQUEEZE-A-SNACK

125 oz.
SHARP AND ONION FLAVOUR

2^{1¹⁷}

GENERAL MILLS "WHISTLES"

5 oz.

97^c

LANGIS COCKTAIL MIXES

156 g. **1¹⁷**

* COLLINS * WHISKEY SOUR
* DAIQUIRI * MAI TAI
* SCREWDRIVER

TUFFY "NUTS N' BOLTS"

200 g.
REAL CHEESE, BACON

87^c

HAPPY NEW YEAR