



# TOTEM TIMES



Then there was the fellow who invented sandpaper -- he started with a rough idea.

VOL 21 -- NO. 16

CFB COMOX TOTEM TIMES

THURSDAY, AUGUST 30, 1979

NO CHARGE

## UNEF mandate terminated..... after nearly 6 years

OTTAWA (CFP) -- Mr. Brian Urquhart, United Nations under-secretary general for special political affairs, expressed the appreciation of the United Nations for the work done by peacekeepers of the now-defunct United Nations Emergency Force (UNEF),

in a recent address to the Canadian contingent at Camp El Gala, Ismailia, Egypt.

The address by Mr. Urquhart, who was representing the Secretary General, came during a brief visit to El Gala following the July 24 termination of the UNEF mandate, after nearly

six years of existence.

In recalling the circumstances surrounding the formation of the force following the Egyptian-Israeli "Yom Kippur War" of 1973, Mr. Urquhart said: "There was a war which had really scarcely ended. There was

still shooting; and the world had just been through a very serious threat, not only to peace in the middle east, but to world peace. It was this force, UNEF, which was a very important instrument in getting us away from the brink of possibly a global war and back to the conditions of

some kind of peace and normality."

In addressing himself to the termination of the UNEF mandate, Mr. Urquhart said: "...I think that one has to look at it as a product of the success of UNEF because it can now leave its duties to some other, much less large for-

mation; and it can leave this area in a state of peace or the promise of peace, which is something unique in the last 30 years when one remembers the extremely disturbed and violent history of this part of the world..."

In closing, Mr. Urquhart paid tribute to the memory of

those who gave their lives during the five and one half years of the force's existence. Nine Canadian servicemen died in the crash of a buffalo aircraft in Syria while on UNEF duty in August 1974.

Despite the termination of the force, it is expected that the Canadians will remain for

some months yet. Although detailed orders have not yet been given, the Canadian contingent will continue to provide logistical support to UNEF units remaining in the buffer zone until they leave, and will assist UNEF headquarters in Ismailia with the withdrawal of the rest of the force.

## More help for retirement

OTTAWA (CFP) -- Personnel retiring from the Canadian Forces can look forward to more extensive retraining programs in 1979-80.

More than 100 courses will now be open to retiring or retired military personnel at community colleges across Ontario in conjunction with the Civilian Employment Assistance Program (CEAP).

This new program will also offer retirees the opportunity to undergo retraining for a second career without necessarily having to relocate. The program has been designed so courses may be taken at the community college closest to the member's place of residence. The courses are up to 52 weeks in length and most begin in September.

Eligibility for these programs is determined by the member's Base Personnel Selection Officer (BPSO) after an interview with the member. This interview assesses the member's military background and experience to determine eligibility for such training. "If", says Major Terry Christopher (co-ordinator of CEAP), "after such counselling takes place and it has been determined that retraining is necessary, then the BPSO will assist the individual in making application for such programs". The availability of the programs is dependent on trade openings in the labor market and whether the course is sponsored by the Canadian Employment and Immigration Commission.

Since 1972, Loyalist College, a community college in Belleville, Ont. was the only Ontario institution offering programs to retiring CF personnel. This project resulted in such great response that an expanded format to include all Ontario community colleges has been devised as a pilot project for

1979-80. Radio and television servicing, electronics, welding and quality control are among the many new course areas. As well, the courses under "Project Loyalist" will continue to operate. These include instruction in accounting, electrical, electronic and mechanical engineering and business administration. More than 420 retirees have been retrained at Loyalist College since 1972.

As has been the case since Project Loyalist's inception, participants of the programs have their tuition paid and are allotted a living allowance of approximately 160 dollars a week paid for under the Canada manpower retraining program. This is regardless of rank or years of experience the member may have had. In past years the business administration course has proved to be the most popular for those embarking on a second career. It is normally two years in length but has been reorganized and condensed to one year to meet the requirements of forces personnel. This accelerated course is available only at Loyalist College.

Construction, a new course which could be of interest to construction engineering technicians, infants and field engineers will begin at Loyalist in September 1979. The 38 week course covers surveying, drafting, estimating, and quality and cost control. With this diploma, Maj. Christopher predicts graduates could go into the fields of surveying, drafting and building inspection. The course is designed so participants may enter between September and December.

Interested personnel retiring from bases in Ontario should contact their BPSO for further details about these opportunities in retraining for second careers.

## Scan for the future

A new book, "Scan for the future", is a straightforward and practical guide for military personnel and their families about a subject that concerns many: planning for civilian life and a second career.

Major Terry Christopher, co-ordinator of the Civilian Employment Assistance Program at NDHQ and co-author of the book with Dr. John Wyspianski, a professor at the University of Ottawa, says that the anxiety caused by re-entering civilian life is usually a result of poor preparation on the part of military personnel. He considers that planning is critical. "Retirement is part of one's career in the same way as recruiting is part of one's career," he says.

Experience has shown that for too many individuals serving in the Forces,

retirement is seen as a "time to get out" and few plans are made. The absence of planning and, lack of awareness about available career options can cause a sudden onslaught of panic as the individual approaches retirement.

Reading "Scan for the future" is like going on a voyage -- a voyage to determine realistic aspirations, assess previous experiences and then proceed on the road to a second career. It contains chapters on self assessment, self development, civilian life, career goals, planning your transition, job searching and achieving your goals. There are also detailed instructions on resume writing and preparation for job interviews.

The book should be available at all Base Personnel Selection Offices, in early September.



## MND visits

DEFENSE MINISTER Alan McKinnon was a recent visitor to CFB Comox. Mr. McKinnon visited Quadra and Base Sections during his brief stay. (More pictures on page 5.) (Photo by Maurice Robert)

## Driver performance now key

The past performance of drivers is becoming a key factor in earning the Safe Driving Vehicle Discount.

Robbie D. Sherrell, President of the Insurance Corporation of British Columbia in elaborating on the change, originally announced last spring for implementation September 1, said an estimated 100,000 vehicle owners will benefit.

Starting September 1, B.C. drivers buying vehicle insurance will receive a discount on the basis of their own accident record. Gone will be the requirement that a motorist must pay an Autoplan premium for six months before being entitled to the discount.

"It's a positive step forward," said Sherrell. "The

emphasis is being shifted from the vehicle to the driver so that eligibility will hinge on the driver's claim record."

The change means that new residents will be eligible for discounts according to their claim-free record in their previous area of residence.

People acquiring a second or third vehicle will not have discounts affected by the claims record of the first vehicle. This means that each claim is applied directly to the vehicle involved and the vehicle owner is penalized once for each claim.

British Columbians returning to the Province after an absence will also be eligible for discounts depending on their claim-free

records, while vehicle owners whose discounts were restricted by the six month criterion, will be eligible for greater discounts at their next renewal. Once again, this is based on their claim records.

Existing licenced drivers will be eligible for one, two or three year discounts when making new and renewal insurance purchases, according to their claim records on the vehicles.

Newly licenced drivers buying and insuring a vehicle for the first time, must earn the discount year by year. For example, one year of claim-free driving will earn a one year discount. Mr. Sherrell said, "The change on September 1, puts the onus on the driver by recognizing past performance as a key factor in earning the Safe Driving Vehicle Discount."

He stressed one important factor continuing after September 1, and that centres on vehicle use by drivers other than the owner. Each vehicle owner is responsible for the claim record of his insured vehicle. If an owner loans his car to someone who has an accident while driving it, the vehicle owner's discount is affected on that vehicle.

## Sarex '79

## A great success

BY CAPTAIN PAUL TESSYMAN, 413 SQN.

Every year since 1972 an International Search and Rescue Exercise has been held between Canada and the United States. This year's friendly competition between six Canadian and six American teams called SAREX '79, took place at Canadian Forces Base Summerside, Prince Edward Island, July 6 to 13. SAREX is hosted by Canada one year and by the United States the next. This year CFB Summerside and 413 (T&R) Squadron were joint hosts for the entire week.

The teams were competing for a total of eight trophies. 413 Squadron had won four out of the six team trophies in last year's competition held at Eglin Air Force Base, Florida. Cpl. Paul Beattie and Cpl. Brian Dunham, 413 Squadron's two Rescue Specialists in the competition last year and again this year, were attempting not only to win the best overall exercise trophy but to also win the Medical trophy, which has for the last few years been in the hands of an American team. 413 Squadron made a strong showing in the final standings but unfortunately did not come away with any of the trophies.

303 Squadron, a Rescue Unit

from March Air Force Base in California traded positions with 413 for this year's winnings. The members of the competition team for 303 Squadron were SSgt. Andy Bernal and Sgt. Fred Scantling. Between the two of them they won five out of a possible seven trophies for an American team, the trophies include: the Allison Trophy for best team para jump event, the Search and Rescue Exercise trophy for best team SAREX event, the Saunders MacKenzie Trophy for best overall SAREX team, the RCAF Rescueman Trophy to SSgt. Andy Bernal for best individual jumper overall and the Dubouise Trophy to SSgt. Andy Bernal for best individual United States Air Force Para Jumper.

The Sullivan Trophy for best Medical Team throughout the exercise was again won by our southern neighbors. The trophy was presented to the team from the 41st Squadron from McClelland, California, consisting of Sgt. Daniel Byrd and AIC Ed Lundberg.

The Armstrong Memorial Trophy for best Canadian overall team was presented to 440 Squadron from Edmonton, Alberta, consisting of MCpl. Mike Johnston and Cpl. Don Stevens. The Warrant Officer's Trophy for best Canadian individual overall

was presented to MCpl. Mike Johnston from 440 Squadron. The final standings in each of the three exercises are listed in order of finish:

IN THE SEARCH EXERCISE -- 303 Sqn. from California, 413 Sqn. from P.E.I., 103 R.U. from Newfoundland, 440 Sqn. from Alberta, 305 Sqn. from Michigan, 71st Sqn. from Alaska, 102 Sqn. from New York, 442 Sqn. from B.C., 1551 Sqn. from New Mexico, 424 Sqn. from Ontario, 41st Sqn. from California, CFSTS from Alberta.

IN THE MEDICAL EXERCISE -- 41st Sqn., CFSTS, 413 Sqn., 305 Sqn., 71st Sqn., 1551 Sqn., 102 R.U., 303 Sqn., 440 Sqn., 102 Sqn., 424 Sqn. and 442 Sqn.

IN THE PARA JUMPS -- 303 Sqn., 305 Sqn., 102 Sqn., 442 Sqn., 424 Sqn., 440 Sqn., CFSTS, 1551 Sqn., 41st Sqn., 71st Sqn., 103 R.U., 413 Sqn.

THE FINAL OVERALL STANDINGS for the entire exercise are as follows: 303 Sqn., 305 Sqn., 413 Sqn., 440 Sqn., 102 Sqn., CFSTS, 103 R.U., 41st Sqn., 71st Sqn., 1551 Sqn., 442 Sqn., 424 Sqn.

Congratulations to this year's winners. No matter who wins the trophies, this friendly rivalry and comradeship coupled with an exchange of ideas and techniques is the essence of this exercise and should continue for years to come.

## The 'Boat People'

EDMONTON -- When RAF exchange pilot, Flight Lieutenant John Wilson, set special service flight 5707 down at CFB Edmonton August 14, it marked the beginning of the Indochinese refugee (the "boat people") influx to western Canada.

Before Operation Magnet II is over sometime during 1980, about 25,000 refugees are expected to stage through Edmonton for immigration processing prior to dispersal throughout Canada.

All refugees arriving in Edmonton will be accommodated at Griesbach Barracks, the former home of the Canadian Airborne Regiment. The Spall Building has been outfitted with four double bunk beds in each of its 60 rooms to house upwards of 500 refugees per intake.

Sixty-five servicemen and women from bases across Canada are supplementing the staff at Edmonton during the operation. Their duties range from food services, to security detail, to baggage handling and providing care and comfort to small children (service women, for instance, make sure the young ones have lots of coloring books and toys to keep them occupied while their parents are being processed).

While the first test of the western Canada reception center at CFB Edmonton was a bit slow getting off the mark in the processing area, subsequent intakes and a

streamling of procedures will ensure fast dispersal. Thanks to CF support, so far

Operation Magnet II is progressing smoothly without a major hitch.



INDOCHINESE REFUGEES. After a long, tiring trip from Hong Kong, a group of Indochinese refugees step off a Canadian Forces Base CFB Edmonton under the aircraft's loadmaster. The second load of refugees to Canada staging area at Griesbach Barracks. Sgt. David Spearing

Next Totem  
Times Deadline  
Monday, Sept. 10  
Please meet our deadline



## Demon Doin's

The Demons are back at "wet power" (full strength) following an enjoyable summer leave period. To wind up this annual event we showed our appreciation to our families by treating them to what is sometimes referred to as a questionable occurrence—an Argus flight. Leave finished in other interesting ways too, what with Aurora briefings and visits to Comox, honor guards, hostings, ground training days and for some, more hair!

For something that looked like it would never get off the ground, due to a busy 707 schedule, airborne emergencies, runway repairs, parachuting, and even a feast for those who buy it and don't realize they're only renting it, 407's Family Day was a big success. The Argus was in full form, even serviceable, as eight sorties flew some 130 googly-eyed youngsters and worried wives. Last Saturday's events for the dependents and a small group from Courtenay Big Brothers also included ground displays from Safety Systems, Armament, Servicing, and our own Photo section.

During the day that young, good looking MWO from Intelligence, Renee Doll, was a popular person what with his slide presentation and Aurora film, he was even asked to give "just one more". His popularity was outmatched only by Terry Spencer's popcorn. As in

Terry's words, "gave out more popcorn than at Comox Days". A day-day was happening in the Main Briefing Room with Father Stillborn, Uncle Sam, Brother Marv and Wee Mark, all showing home movies to the youngsters under 12; we hope they were appropriate!

A welcome addition to the day's happenings was a P-3B Orion from VP 10 of Brunswick, Maine whose aircraft commander, Jim Noonan, opened for everyone's view. Such a day could not have finished in finer fashion, than with a beach barbecue for all. Everyone thanks those fellow Demons, especially Maj. Dick Kuntz, who made the day run so smoothly.

The Aurora, CP-140 landed at CFB Comox on Sunday the 12th of August, to mark its first visit to a Canadian Forces Base. The crew proudly opened its doors to all military members who found the aircraft to be everything it has been said to be. The aircraft was enroute from the Abbotsford Airshow to Alaska and Greenland for trails in the north. The following day, after its visit consisted of briefings for Comox personnel who will be involved in the project on how the trails on the new systems are going. And again, Maj. Bob Eby was unable to have his coffee arrive at the Theatre on time.

Another distinguished visitor to Comox recently was our new Minister of National

Defence, the Honorable Allan B. McKinnon who, after reviewing the Honor Guard, had many good words to say concerning the parade drill. But, as soon as the words left his mouth, the Parade Commander, a 407 navigator whose name will go without mention, made a boob.

Capt. Robin Alford, the Esquimalt P10, recently toured our Squadron facilities and flew with Crew 1 to do some filming for an upcoming TV program to be aired in Victoria and Courtenay sometime this fall. We are now looking for some volunteers to appear on this talk-show format program; specifically an Engineer, Navigator and Observer—any takers to become a TV star!

After a three week leave period it is only understandable that without the helmet on the head, the hair is bound to grow. But have you seen Tom Cobb recently?

A recent Greensheet article has several Squadron pilots pondering this question, "Are our wives like fighter pilot wives, in awe with respect when they enter the Officers' Mess? And what's this about the RCMP rescuing 442 Rescue specialists???"

Well, that's about all the Squadron gossip for another issue—keep it coming in for you make the article what it is. Our question of the week—"Name one ex-fishhead that swims in the Georgia Straits?"

## Dear Editor

Dear Editor:

I am beginning research on five steamships called the "Lady Boats" which used to sail from the Atlantic Provinces to the Caribbean during the nineteen thirties and forties. The ships were converted for wartime use during W.W. II and four of the

five Lady Boats were subsequently torpedoed.

Anyone with information regarding the Lady Boats which might be of use in research for a book on the subject is asked to contact: Dalhousie Ocean Studies Program, Dalhousie University, 1321 Edward

Street, Halifax, Nova Scotia, B3H 4H9. Attn: Felicity Hannington.

All correspondence will be replied to and sources of information used in the upcoming publication will be acknowledged in print.

Yours sincerely,  
Felicity Hannington



When someone in a car ahead of you slows to turn or prepares to stop, be courteous and pull slightly to the right so the driver behind you can see his brake light.

## CFB COMOX RESTAURANT GUIDE



EAT IN • TAKE OUT  
HAMBURGERS • SANDWICHES  
FISH & CHIPS • PRAWNS & OYSTERS  
SOFT DRINKS • COFFEE & TEA  
DESSERTS

HOURS:  
Sun to Thurs.  
11 a.m. - 8 p.m.  
Fri., Sat.  
11 a.m. - 10 p.m.

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fried chicken

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COME AND GET  
A REAL MEAL

Open Mon. - Thurs. 11 a.m. - 8 p.m.  
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## Teamwork safety

Teamwork Safety is a special two-year campaign of emphasis on safety and accident prevention throughout DND. It began in April '79 and embraces all personnel, military and civilian and covers all areas and activities. During this campaign each Command, formation, base, station or unit is expected to take positive action to reinforce their safety program on a teamwork basis.

The campaign has been divided into six phases, each of four month duration. The recently completed first phase called for a review of safety program management to ensure that the objectives meet the local need and are effectively organized. Subsequent phases will focus on safety training, accident investigation and reporting, safety standards, safety inspections and protective equipment.

Like all campaigns, orders and regulations, the success of Teamwork Safety depends upon the impact at the working level. For this

reason, extensive use is being made of the DND General Safety Digest magazine, safety posters and base newspapers to get the initial information out.

The actual programs at CFB Comox operate through the line organization. The safety responsibilities of Line Officers, supervisors and individuals are detailed in articles 205, 206, 207 and 208 of Chapter 2 of DNDP 40, Volume 1.

Safety responsibilities - do you know yours?

SAFETY SAM



Although a giraffe's body is smaller than that of the average horse, its neck can be longer than a tall man and its front legs may be eight or ten feet long.

## BASE THEATRE SCHEDULE

AUGUST 23 TO SEPTEMBER 2.

Thur. 23 Aug. 79  
Fri. 24 Aug. 79  
Sat. 25 Aug. 79  
Sun. 26 Aug. 79

**REVENGE  
OF THE  
PINK  
PANTHER**

Peter Sellers  
Comedy

SHOWTIME: 2000

Thur. 30 Aug. 79  
Fri. 31 Aug. 79  
Sat. 01 Sept. 79  
Sun. 02 Sept. 79

**GREASE**

John Travolta

Olivia Newton-John

Take off from the 50's.

SHOWTIME: 2000

SUPPORT YOUR BASE THEATRE  
AUTHORIZED PERSONS ONLY

## OFFICER'S MESS ENTERTAINMENT

September 9  
**FAMILY MOVIE**

Cost:

\$4.00 Adult.

\$2.00 Child

Reservations by 6 Sept. 12:00.

September 15  
**MEET AND GREET**

## WO'S & SGT'S MESS

August 31st—

No T.G.I.F. Promotion Party with free refreshments & food. All newly promoties are requested to attend.

September 7th—  
T.G.I.F. No food.

September 14th—  
T.G.I.F. Food.

September 15th—  
Hawaiian Nite with a return visit by the "Kon Tiki Lites". Prices are super low at \$20.00 per couple for Reg. & Assoc. \$30.00 per couple for Hon. & Guests. Cocktails start at 20:00. Food will be at 23:00. Tickets from Mess Manager.

September 16th—  
Movie "A PIECE OF THE ACTION."

September 21st—  
T.G.I.F. Food.

September 23rd—  
Movie "REBEL WITHOUT A CAUSE."

September 28th—  
T.G.I.F. Food.

September 29th—  
Old Timer Klondike Days & Dance. More info T.B.A.

**EW**  
Courtenay

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

Mon. to Thurs. - 8:15 p.m.

Two Shows Fri. & Sat. -  
7:00 and 9:00 p.m.

Matinee Saturday - 2:00 p.m.

Thurs., Fri., Sat. - Aug. 30, 31, Sept. 1.

MATINEE SATURDAY 2:00 P.M.

WALT DISNEY'S  
ALL CARTOON FEATURE  
**101 DALMATIANS**

—PLUS—  
"FOOTLOOSE  
FOX"  
GENERAL

Mon., Tues., Wed. - Sept. 3, 4, 5. Laurence Olivier

"A LITTLE ROMANCE"

"Some coarse language"—B.C. Director

MATURE

Thurs. to Wed. - Sept. 6, 7, 8, 10, 11, 12. —Michael Caine

Sally Field "BEYOND THE POSEIDON ADVENTURE"

"Occasional violence"—B.C. Director

MATURE

**Stardust**

Drive-in Theatre

Island Hwy. & Williams Beach Rd.  
Phone 337-5033

General Admission \$3.25,  
All Niter \$3.50

Gates Open 8:00, Show at Dusk.

Thurs. to Wed. - Aug. 30 to Sept. 5.

Roger Moore as James Bond

"MOONRAKER" —PLUS—

"BRASS TARGET" MATURE

SPECIAL ALL NITER SUN. SEPT. 2

"INVASION OF THE BODY SNATCHERS"

"Burt Reynolds - 'GATOR'"

"CORVETTE SUMMER"

"WHITE LIGHTNING" "FUZZ"

Thurs. to Wed. - Sept. 6 to 12.

"THE BROOD" —PLUS— "JOKES"

"MY FOLKS NEVER TOLD ME."

**MIRACLE DRIVE-IN**

Black Creek, B.C. 337-5097

ADM. 13 & OVER - \$3.00 BOX OFFICE: 8:15 SHOW: DUSK

Thurs., Fri., Sat. - Aug. 30, 31, Sept. 1.

\*The First X-Rated SEXTRAVAGANZA\*

Special Glasses will be supplied with your ticket.

THE PLAYMATES —PLUS— THE LLOLLOPOP GIRLS.

in HARD CANDY

Thurs., Fri., Sat. - Sept. 6, 7 & 8

"THE NIGHT OF THE SEAGULLS"

—PLUS— "JABBERWALK"

"Shows What America Is Into Today"

ALL-NITER - SUNDAY, SEPT. 2

"ALOHA, BOBBY AND ROSE" MATURE

\*Charles Bronson in "THE STONE KILLER" MATURE

"CONFESSIONS OF A WINDOW CLEANER" MATURE

"MARCH OR DIE" MATURE

"THANK GOD IT'S FRIDAY" GENERAL

## Jr. Ranks Club

### MOVIES

Sept. 4 - "BARRY LINDON" WITH RYAN O'NEIL

Sept. 11 - "IT LIVES AGAIN" WITH JOHN RYAN

Sept. 18 - "A PIECE OF THE ACTION" WITH SIDNEY POITIER

Sept. 8 —

Dance with "STILLWATER"

Adm. Members - \$2.00. Guests - \$3.00.

Sept. 15 -

Dance with "SWAN"

Adm. Members - \$2.00. Guests - \$3.00

Middle of Road Group from Vancouver.

T.G.I.F. BEGINS FRI. SEPT. 7.

WITH FOOD AT 1800.  
AND GAMES AT 1900.



## Food talk

(By Sharon Salt)

For good nutritional healthy why not try some milk! It's one of our most refreshing natural beverages. It's our main source of calcium and vitamins A and B.

We are fortunate to have milk in so many different ways to choose from: whole, partly skimmed, evaporated and powdered skim milk. For non milk drinkers it is available in the form of cheese, yogurt, cottage cheese, ice cream and ice milk.

Milk sold in supermarkets has been pasteurized to prevent germ carrying diseases. During this process some of the nutrient value is lost, but government regulations say by law that vitamins A and B must be added back to the milk when processed. During the processing depending on the type of milk, some of the fat content is removed. When it says 2 per cent this means 2 per cent butterfat; whole milk has 3 1/4 per cent butterfat; skim milk only has 1 per cent butterfat. Since our diets are fat laden enough, skim milk is probably best for most of us, except those under 2 years of age.

The most economical yet nutritious buy is powdered skim milk. It's easily stored and convenient for camping and long trips. It is a great budget stretcher for using in cooking and baking recipes and it goes a lot further than whole milk.

To avoid some of its

reconstituted taste, mix it in a blender and let stand in refrigerator for at least 12 hours before drinking.

Remember butter, whipping cream, and cream cheese are not included as milk products, because they contain almost no calcium. Cream cheese can be enriched for food value by adding a tablespoon of powdered skim milk to an 8 oz. package of cream cheese.

Products like coffee creamers are not dairy products. However convenient they may be they usually contain coconut oil which is high in cholesterol and many additives.

When buying ice milk products you may find them cheaper than for example ice cream. Did you know that ice milk products have 20 per cent less fat content than ice cream.

If substituting cheese for milk servings, remember that 8 oz. of milk is equivalent to 1 oz. of cheddar or 2 oz. of processed cheese.

Remember there is no nutritional difference between old or mild cheddar cheese. The sharper the flavor the more expensive. Store brand cheddar cheeses are usually cheaper than name brand cheddar cheese.

Yogurt is becoming increasingly popular. It is an excellent source of milk as it is usually made from skim milk, whole or partly skimmed milk.



OFFICER OF THE DAY

## Nighthawks Nest

Abbotsford Airshow '79 was as much fun for participants this year as it was for spectators. The Hawks opened the show each day with their incomparable zoom and boom. The only event that caught more interest is when the F-4 waved his rag in flight. No wonder we don't use their drag chutes. The airshow celebrations were superb and everyone enjoyed representing the squadron. The Nighthawks completed a regional exercise last week with weather being the major encounter. Some visiting crews who flew in the exercise were welcomed but were

closely watched as they were extremely suspect of carrying the AFCAT exams. Some guys will do anything for an excuse to come back to fish.

Congratulations and good luck to John Wiggins and Lance Dann in their new career. The two aviators were mugged out last week and were given a farewell party on Saturday. The party also gave Nighthawks the opportunity to welcome Ray and Mary Dunsdon to the nest. As well Duncan and Jane MacLeod were welcomed. Duncan has changed from our ARO to our ASO.

Many thanks go to Bob

Crow and Ken Dean of the 318th for replacing the boys in the 'Q'.

Brian Taylor, Larry Russell, Ed Campbell, Ron Egli and Dave Armstrong are off to catch the elusive and highly coveted Tye. Their mission is well planned, recced and prepared so we expect to see some trophy fish from these avid sportsmen. If not I'm sure we'll hear some great stories.

A squadron sports day is coming up and from the latest census fishing will be the leading choice. Bernie wants another golf partner!

NORMAN

## Academic upgrading opportunities

As a member of the Canadian Armed Forces based at CFB Comox you have a multitude of opportunities available if you want to get ahead by going back to school.

Although we do not have a university in our area, you can take correspondence courses from many Canadian universities. In particular, the University of Manitoba offers university credit towards a degree for certain military courses after the successful completion of at least one full course (6 credits).

At the secondary school level, you can:

Return to secondary school on a full time day basis

if it can be arranged with your section by shift work, etc.

Take secondary school level courses offered by North Island College, depending on demand. These are offered day night two a week to enable you to take your classes during the morning or evening depending on what your shift is that week.

Study at home then write the B.C. GED (General Education Development tests to obtain the B.C. Secondary School Equivalency Certificate Grade 12.

At the college, business or vocational - level:

North Island College is readily available.

Correspondence courses are available in many areas

as well as at the secondary and university level.

For the retiring service member, Canada Manpower and the Department of National Defence have co-operated under the Civilian Employment Assistance Program (CEAP) to offer college Capilano College (Project Dogwood) in Vancouver.

Loyalist College runs programs in Accounting, Business Administration, Electronic Engineering Technician, Electrical Engineering Technician, Mechanical Engineering Technician. Capilano College offers a course in Business Management.

## The job campaign

Dreamers expect the impossible. They hope employers will seek them out and offer them the job they want. Miracles do happen - sometimes, but it's safer to rely on a top-notch job campaign effort.

The purpose of a job campaign is to find as many buyers of your qualifications

as possible. The best qualifications in the world are no guarantee of employment if employers don't know about them.

The Fuller brush man who doesn't get a chance to open his case before the housewife is not going to make many sales. To get a job you must get interviews - lots of interviews.

You would work 40 hours a week at your job, so you should be willing to put 40 hours a week into finding a job. A recent Job Search Program in Victoria resulted in more than 80 per cent of its unemployed participants finding employment and employed participants finding better jobs.

## Ten steps in your job campaign

1. Make it known that you are available. Tell your friends and seek the advice of knowledgeable civilians.

2. Join clubs, become known, get to know people who do the hiring.

3. Register with Canada Manpower. Remember, however, only 20 per cent of employment opportunities are listed with Manpower.

4. Search the newspapers for attractive job advertisements. Look at both the career pages and the want ad section. If you find a tempting position offered by one university, for example, consider that other universities (although not ad-

vertised) might have the same position available.

5. Do not neglect job opportunities offered in specialist publications such as Trade Journals and in-house publications of professional organizations or groups.

6. Remember appropriate reputable Management Consultant firms. These firms keep an employment bank of prospective applicants.

7. Professional organizations also have knowledge of employment opportunities and act as a clearing house for their members, so these contacts must not be neglected in your campaign.

8. The Public Service Commission of the Federal

Government and the various Provincial Governments operate employment banks in which applications are kept current on file for a reasonable length of time.

9. Be creative in your job campaign. Use the broadcast letter approach by sending unsolicited letters which replace the resume to firms in which you are interested or to public institutions such as universities or hospitals. Interviews can result from this approach.

10. Finally, do not neglect knocking on doors and actually talking to people. Follow up every lead and always strive for a personal interview at the decision-making level.

## Government jobs

Service personnel approaching retirement often consider government service - either federal, provincial or municipal - as a second career in the outside world. Working for a government agency offers a number of advantages.

A lateral shift into a new career can be achieved more easily than in industry by military personnel whose skills acquired in the Armed Forces relate well to positions in other government departments. Speaking the same language, retiring service members are often happier in choosing this approach.

The same careful job campaign is needed for government jobs as with industry but with certain modifications; for example:

Government jobs are filled by competition. This means the time frame for filling an opening is usually

longer than in industry. Procedures are more involved with forms, several interviews and waiting periods after you first apply.

A good career resume is vital. Specific to the position or category of employment for which you are applying, base your resume on the job description contained in the competition notice.

You must be alert for special regulations. The federal and provincial governments both have these regulations and apply them to many entry positions. This fact could limit your search for employment with the government.

One last word, with the government do not try to fight the system. Study the procedures, learn the organization structure and particularly those which offer employment opportunities. Above all, be patient.



CONGRATULATIONS TO MCpl Serge Boulanger shown here being presented by LCol McAfter the Director of Flight Safety. "Flight Safety Award" for Professionalism. MCpl Boulanger's actions in discovering an incorrectly manufactured engine power control shaft during installation are indicative of his attention and dedication to duty as well as his thoroughness of inspection. In making that "extra effort", he averted a possible aircraft occurrence. The award is signed by Col J.R. Chisholm, Director of Flight Safety.

## Food talk

BY LORI PALAHICKY

Breads, cereals, rice and pastas are a necessary part of our daily diet. Without these foods we would have difficulty obtaining a sufficient quantity of thiamine and iron.

In purchasing breads, the consumer should be aware of some pertinent facts:

Despite recent concern about overprocessing white bread still outsells wholegrains by 5 to 1. Because of this fact enrichment laws have been enacted to restore needed nutrients which have been destroyed when the flour is ground. In this case additives are really nutrients or mold inhibitors that are necessary in delivering the merchandise as the consumer prefers it. So if you are purchasing white bread be sure it is marked "enriched".

Things are not always what they seem. "Brown bread" as opposed to 100 per cent whole wheat is made from mainly colored white flour; cracked wheat is only 60 per cent whole grain.

On the average the house brands of bread are the cheapest.

Purchase heavier breads with the most slices.

Check for "day old" bread. It may be marked down and nutritionally it is just as good as fresh. If frozen, remove only the number of slices that are needed.

Whole grain cereals are the best for you, but they do take time to prepare and are less popular in the summer time. When purchasing ready-to-eat cereals be sure to read the label. You want cereal not sugar! Don't be fooled by package sizes, check the weight. Purchase cereals in large quantities if it will be used quickly by your family, once opened the contents may lose their crispness and become stale.

Macaroni, spaghetti and other pastas lose a lot of nutrients in processing. Be



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## Editorials

### Why so many men in middle

This last week I had three encounters -- not of the third kind -- but equally disturbing. Each occurred in a retail store and each involved a promise that something would be ready on a specific day. In all cases, that something was not ready. The fact that it was not was annoying in itself but each time I had to retrace my steps, making unnecessary trips and wasting both time and gasoline.

Much as I resented the delays and need for return trips, more annoying was the indifference that greeted my questions about the item not being ready. The general apathy indicates to me an unfortunate acceptance, by consumers, of poor service. It typifies what I am coming to regard as the mediocrity of our times.

Did I say regard as mediocrity? I should have said acceptance of mediocrity for it's the acceptance that I find so deplorable. Purchasing power lies in the hands of the consumer. It is his money that supports the stores and makes their operation feasible. It is his money that keeps the stores operating when they perform a service, no matter how badly. They have you "over a barrel" when it's your goods they are servicing.

We wonder what happened to the concept of excellence which, although never achieved, was always a goal? Has all the attraction gone from being the best? In any society there is always room at the top. There's plenty of room at the bottom too; but it gets mighty crowded around the middle, where you just need to do enough to get by. The old herd instinct comes to the fore, we can't

bear to stand out in a crowd. We don't seem to want to be the individual who stands tall: to be somebody better.

Unfortunately, mediocre performance cannot be hidden within the confines of a country. Its infamy spreads abroad. It wasn't too long ago that the Japanese Economic Council, the Keidanren, visited Canada and expressed concern about our poor productivity. I know that recent statistics show we are now a little better than the United States but in the world ratings I don't find that particular comparison very comforting. There are many other countries with whom we trade and with whom we must compete, many of whom are much better than us in the productivity ratings.

We can look back, and smile, about the rise and fall of the Roman Empire remembering all the cartoons about decadent living. Do we ever stop and think how the rot first set in? My guess is that an acceptance of mediocrity and complaisance were contributing factors. Now I'm not being a Cassandra, prophesying doom and disaster, but isn't it time we took a long hard look at ourselves? Mighty oaks from little acorns DO grow.

It's time we started demanding something better than mediocrity from those with whom we deal in our daily lives. In time, we ourselves would have to meet that same demand. Who knows? we might start a spiral of being a little better than mediocre. It might lead to a better standard of living -- and a better future -- for all of us.

Courtesy Vancouver Board of Trade.



### We get letters

#### Reservist speaks out

Dear Editor:  
I read with considerable interest MGen. Rohmer's comments concerning the CF(Reserve) in 19th July issue of the Fishwrapper. A rather crucial omission to an otherwise well rounded article is the essential contribution to the reserve force that is made by the ex-serviceman and woman. Everyone gains when the ex-regular force members join the reserves. Their knowledge and experience are desperately needed in order to bridge the gap between "them" and "us". And the retiring member retains a hold on what may have comprised a large part of his life. Having served in

three reserve commands and in various units around the country, I have noted firsthand that the efficiency of a reserve unit and its personnel is often in direct proportion to the number of ex-service persons present in that unit. If I may expound on MGen. Rohmer's initial argument a little further.

The image that usually springs to mind when discussing reservists is that of over-ranked, over-paid, and badly under-trained weekend warriors who do little else than polish their boots and memorize the drill manual. I can assure one and all we do our share of strutting around the parade square. In fact, we're very good at it. We're good because there isn't a tremendous void between theory and practical application. We are instructed in

the classroom and on the drill square. Words into action. It's unfortunate we always seem to be out of step once the parade has been dismissed. Think of how well reservists would perform in all phases of training if what they learned in theory could be put into immediate practice. Too often current information handed out in the classroom can in no way be applied to the sometimes operable, antiquated equipment so typical of most reserve units.

It's damn frustrating, that's what it is. We of the reserves are told to take pride in the fact we have both a civilian profession and a military one, yet we are shortchanged in all areas. A few years ago, it was not uncommon for reserve pay to be processed months in arrears. When I enlisted, I spent my holidays marching

around Cornwallis because my employer wouldn't grant me a leave of absence. I've spent entire weekends in the pouring rain out in the middle of nowhere, sitting in front of a worse than useless piece of machinery. I spent my first six months in the Air Reserve explaining to the good people of CFB Comox that a) we are not all cadets, b) ARAF does not stand for Australian Royal Air Force, and c) there was too such a thing as female sergeants.

I joined the reserves because I feel my time, intelligence and enthusiasm would be put to good use. I didn't join to be the butt of a joke.

SGT(W) Laurilyn Haines, Canadian Forces (Reserve), Elizabeth Park, S. Australia.

#### Oil prince a hoax

Dear Editor:

It seemed a great coincidence that the Thunderbirds arrived here for our Open House the day after I received the Fishwrapper with its exclusive about the Mystery of Colonel Austin's Nose.

A chance to uncover a Government plot to bring VIPs into the country without their having to spend hours in a holding pattern over Kennedy seemed too good to miss. Hence I hotfooted it out to the flight line for a close look at No.3. Wearing my husband's parka and a liberal application of black fly repellent I forced my way through the crowds and was able to get a

close look at the nose. I regret to report that I could find no indication of the presence of an Oil Prince. There were no black fingerprints and no fluttering dollar bills. The only thing that appeared a little odd to me was the strong smell of seaweed and a pale pink claw waving in the breeze.

Feeling very despondent I headed for the Officers Club where they were hosting a party for the Thunderbirds. Once the festivities were in full swing I pretended that I had lost one of my earrings and proceed to crawl around on the floor pinching the legs of all the pilots. This strategy failed to bring the desired results although I did receive some rather interesting offers. However, all was not lost. While hastening to the Ladies Room to repair some of the damage I was amazed

to see one of the pilots arriving there ahead of me. Grasping my trusty Polaroid I positioned myself outside the door. Unfortunately due to a slight over-indulgence in the juice of the grape my aim was not too steady. If your paper is interested in the picture of an ear partially covered by long blonde hair I am willing to talk terms.

Congratulations to the guys in Det 5 for their great success in the Bathtub race and thank you for sending the copies of your great paper. I would like to reciprocate but we use ours to line the bottom of the bird cage.

Yours sincerely,  
Joan F. Smith.

#### Appreciation

I wish to express my appreciation and those of my

family for the prompt and faithful delivery of the Totem Times to COM - PATWINGSPAC, Naval Air Station Moffett Field, California.

As the coverage of Canadian news is rather sparse in the USA, the paper helps not only to keep us informed of the activities at Base Comox, but also helps to fill in the shortfall in Canadian news coverage. I might add that a number of US Navy officers and the other Commonwealth exchange officers at Moffett Field enjoy perusing the Totem Times.

Once again, my sincere thanks to you and the staff members of Totem Times.

R.S. Nakonechny  
Major  
CF Exchange Officer  
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### The Secret Life Of The Forest

WHAT PART OF A TREE IS ALIVE?

A tree breathes. It draws nourishment from air and soil. It grows. But, only a small part of a living tree is actually alive.

Life can be found in the very tips of the roots. The leaves. The buds. The flowers. The seeds. And a single thin layer of cells that sheathes the entire tree from the tips of the roots to the buds on the ends of the smallest branches.

But those living parts of the tree--about one percent of its bulk--perform amazingly complex functions. They build a structure that can soar skyward a hundred feet or more and stand for centuries.

#### The Roots

A large tree has hundreds of miles of roots to anchor it to the soil but only the very tips of the roots are living, growing cells that push a protective cap of dead cells through the soil. Just behind the tip are the root-hairs, tiny, single-cell projections that absorb water and dissolved materials from the soil, and start it on its way up to the leaves.

#### The Trunk

Extending from the tips of the roots to the ends of the branches is a single layer of living cells--the cambium layer. They are the only living cells in the trunk. In

summer, when the tree grows, these cells divide continually--adding thickness but no height to the tree. The cells that form on the outside of the cambium layer become bark, those that form on the inside become wood.

#### The Leaves

The leaves--or needles in coniferous trees--make sugar out of water passed up from the roots and carbon dioxide in the air. In doing this they utilize the energy of light with the aid of chlorophyll. The sugar is passed back to the other living cells in the tree so that they can breathe.

CNA TOTEM TIMES

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# Minister of National Defence visits CFB Comox

Thursday, August 30, 1979

CFB Comox Totem Times 5



The general salute



Inspecting the guard



## Teach safe walking rules

If you have a child just entering school for the first time this fall or enrolled in a primary grade, consider this advice from the B.C. Automobile Association. Don't drive your youngster to or from school.

The reason, says the auto club, is that each driving parent adds to traffic congestion around school grounds, presenting a hazard to small students. The advice applies especially in inclement weather.

Drivers manoeuvring to drop off young passengers create confusing traffic patterns in school areas, sometimes contributing to serious accidents. Children running haphazardly across the road to and from the family car are exposed to great danger.

Instead of driving children to school, the auto club recommends that parents help them learn safe walking rules — and on rainy days,

provide them with well-fitting, light-colored raincoats and rain hats. If you drop children off on the way to work, do so within a safe walking distance.

Plan to walk children to school for the first few days and meet them afterward. Get started in plenty of time, so there's no need to hurry or run. This way, they'll learn to walk safely.

If there's a school bus available, walk with children to the bus for a few days and meet them at the stop when they arrive home.

Before long, youngsters will probably want to walk to school or the bus "alone" — this may mean with friends, but not an adult.

A child will be better equipped to go it alone by then, if the parent has mapped out the safest route. The youngster should be told why it is the best way, and why

alternate routes are less desirable, even though possibly shorter. To select the safest route, keep the following in mind: Wherever possible, choose controlled intersections for children to cross. Control may be by a mechanical traffic signal, an adult crossing guard or a member of the school safety patrol.

At crossings with traffic signals, explain the meaning of the red-yellow-green sequence, and the walk don't walk signs. Teach children to start across only at the beginning of the appropriate signal. Instruct them also to watch carefully for turning cars and explain that while the signal is an aid to safe crossing, it cannot be relied

upon totally — they should look in all directions before and during crossing.

In the same way children have learned to watch for the correct light, they should learn to watch for the "go" signal given by a crossing guard, and to stay at the curb until the signal is given.

At these corners explain to children that the guard is a friend who is there to help them watch for a safe time to cross. The parent, too, should demonstrate respect by observing directions of the crossing guard, advises the BCAA. Some streets children cross may be unguarded. On such streets, teach them to look in all directions before stepping off the curb.



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## A visit with 442 Sqn. Warning— options on real estate

The Real Estate Council of British Columbia is concerned that property owners may be harmed by entering into options for the sale of their property where only a token consideration, as little as \$1.00, is given.

The Council's concern is that the practice, which is legal, can cause the owner to lose considerable amounts of money in a rapidly rising real estate market because it effectively takes the property off the market for the duration of the option. "We hear of situations where these options are currently being sought for as much as six months," a Council spokesman noted. The practice appears to be

growing in popularity, he added, which is why the Council feels that the hazards of the practice should be drawn to public attention.

Increases of five to ten per cent in real estate prices over short periods of time are not uncommon in B.C. at present, the Council spokesman said and expressed the opinion that those conditions make the option highly favourable to the buyer whose interest is to tie up the property in order to then make a sale to a third party at a higher price with the difference being pocketed by the intermediary holding the option and not by the owner.

With an option in existence, the owner is forced to sell on demand so that there are three serious disadvantages to the owner in the option system under rising market conditions.

The Real Estate Council points out that an owner offering to sell property privately can take his property off the market at any time. If a listing agreement has been entered into with a real estate agent, the owner may still refuse to sell even at the listed price, although he would then be liable to pay the agent a commission. (An offer below the listed price can, of course, be refused without any liability.) With an option in existence, he must sell, and

points out that an owner offering to sell property privately can take his property off the market at any time. If a listing agreement has been entered into with a real estate agent, the owner may still refuse to sell even at the listed price, although he would then be liable to pay the agent a commission. (An offer below the listed price can, of course, be refused without any liability.) With an option in existence, he must sell, and

at the option price.

The Council also noted that persons endeavouring to assemble land parcels frequently use an option system as a legitimate practice, although in those circumstances owners normally obtain a reasonable consideration for granting the option. Owners should of course, satisfy themselves that the price under the option reflects good market value.

The Real Estate Council

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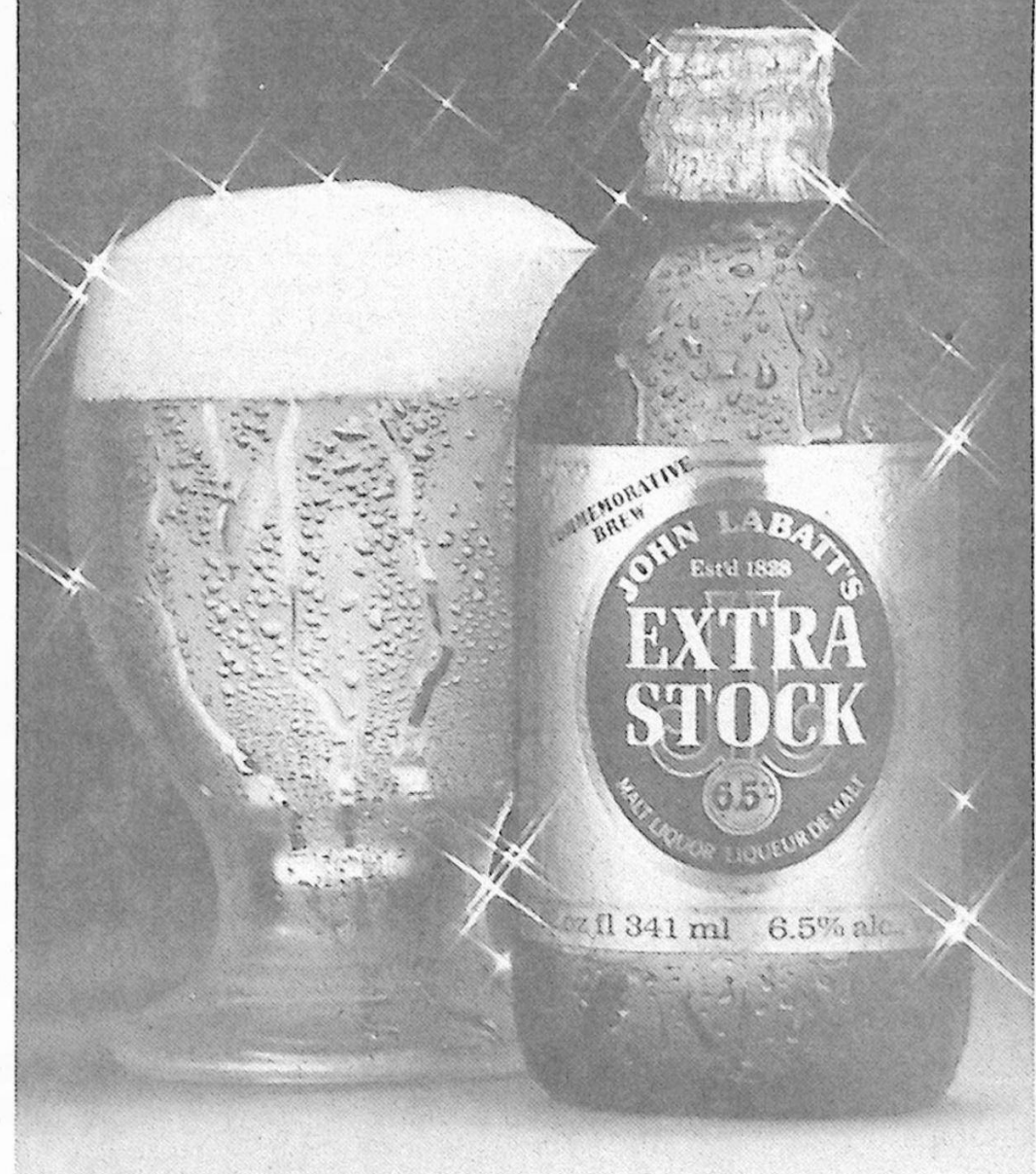
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# Totem sports

## Up Earl's Alley

By golly there is something to report... finally... The Golf team journeyed down to Esquimalt for the Regionals and ended up coming a close third. CFB Esquimalt were victorious and, perhaps that's the way it should be... the host always wins ??? The Soccer team has also been down and met with the same results as the Golfers... empty. Oh well, at least we were well represented in both activities and that's the main thing. The Staff (PERIS) at Esquimalt and Royal Rhodes did an excellent job of hosting and it certainly was appreciated by all.

The "Totems" fastball team have won the league title for the first time and it was nice to see them do it after one of the sports writers (local) went out on a limb and predicted that the POWER Campbell River team would win the title and Anchor would be their stiffest opposition. Well the GERITOL SET (TOTEMS) settled that account and after a long tough grind ended up in first place. At present the team is leading the final series, after eliminating the LEAKY LOGGING team 2 games to one. The first game of the finals saw the Totems stop Anchor Garage 2-0 behind the splendid pitching of Bill "Iron Arm" Hill. It was a great game and the team played extremely well. Kip "The Whip" MacLean was at his best and without a doubt is the best coach around. He is in complete control at all times and always seems to make the right decisions at the right time. And, even has time to very calmly utter a "BARB" which gets the opposition upset... Who knows, as a result of the teams success this year they may not even get invited to the Banquet... stranger things have happened, like, "You didn't come to our banquet last year so, we are not inviting you into our tournament"... Next year they (LL) should only invite teams from the "C" division of the Beer League and they might have a chance at winning... maybe. I hope they are able to get their own diamond... they'll need it.

## ATTENTION BOWLERS

The CFB Comox Five Pin Bowling Association will be having a General Meeting on Wednesday, 5 September, 1979 at 7:30 in the Social Centre at the Rec Centre.

No teams will be accepted unless they are represented at the meeting. All interested bowlers are URGED to attend.

If you would like further information, contact Mr. Russ Engelmeyer at local 417 or 339-4968.

## Pool hours

The Base swimming pool has once again completed another successful summer program. Instructions were given from the Pre-Beginner level on up through and including the Bronze Cross.

Other than a short delay due to a slight pool operational problem (leak), the program was very well directed by Sgt. Dave Molloy and his Instructional Staff.

## Boat festival

HMCS ORIOLE will arrive at 9:30 a.m. Saturday morning, September 1st, to assume her usual station at the outside finger float in front of the Empress Hotel. She will be open to the public for inspection between 10 a.m. and 12 noon; 1:00 to 4:00 p.m. and 6:00 to 8:00 p.m. on Saturday. At 10:15 a.m. Sunday, she will slide from the dock, proceeding to her anchorage off the breakwater, where she will take the sailpast salute of the 2nd Annual Classic Boat Festival.

Reviewing the fleet from the Oriole will be the Festival's Honorary Commodore, Ned Ashe, who brings almost seven decades of association with Victoria's sailing fraternity. He is the present Honorary Commodore of the Royal Victoria Yacht Club, and a former Commodore. His father, G.P. Ashe, was the first Canadian to enter the Trans-Pac Race in 1912, the year when he was Royal Vic's Vice-Commodore.

Also on board the Oriole during the sailpast will be the three sailboat judges: Humphrey Golby, Frank Fredette and Bent Jespersen; and the three power boat judges: Jim Dryburgh, Tony Skidmore, and Geoff Simpson. Power boats will leave the

Inner Harbor on the Port Side (past Fisherman's Wharf), with sailboats taking the starboard side, for the salute which commences at 11:15 a.m. Sunday. The best vantage point for the public will be at the end of the breakwater. Weather permitting, power boats will parade off-shore to Clover Point, with an alternate course to Saxe Point, or following the sailing craft, which have a fixed course four miles directly south of the breakwater, hopefully, under sail. The Oriole will return to the dock at approximately 1:30 p.m. and again be open to the public from 2:00 to 5:00 p.m.

Another highlight of the Saturday afternoon's activities will be a display of tools, techniques, and expertise by Ron Mack, sailmaker. Ron received his training in England, apprenticing when a young man. In Victoria, he had his own loft until recently. Ron will set up his sailmaker's bench on the promenade for most of Saturday afternoon.

Latest entries include Angus Matthew's DOROTHY, which was gracing Victoria's Inner Harbor in the 1890's, and Blayney Scott's Messenger III, a former mission ship plying B.C.'s tiny coastal communities.



GLACIER GREENS Junior Golf Champion. Pictured above is Ron Stephenson receiving the Trophy emblematic of the Falcier Greens Golf Championship. Glacier Greens Vice-President, WO Jin Phillips made the presentation following the tournament which was held at the Base Club Aug. 11, 1979.

## Jr. champ

The 1979 Glacier Greens Golf Championships for Juniors was held at Glacier Greens on Saturday 11 Aug. 79. A total of 10 Juniors participated in this Annual event and the weatherman co-operated nicely.

The Junior Golf memberships have been down this year and if it had not been for the efforts of Ty Garrison and Wally Berger the Juniors would have been a forgotten lot. These two gentlemen, especially Ty who was left with the task of running the Championship due to Wally being posted, did just an outstanding job which was appreciated by all.

Ron Stephenson was the overall Low Gross champion as he fired a 78 to capture the honors. Runner-up was Gary Stefanson, brother of Ron, with a 82.

The remainder of the results were as follows:

First Low Net	Clint Perry
2nd Low Gross	Nick Stolarchuk
2nd Low Net	Ian Robertson
3rd Low Gross	Tony Ristola
3rd Low Net	Gary Brown
4th Low Gross	Curtis Karila
4th Low Net	Jim Passant
5th Low Net	Brent Taylor

Special "assistance" thank yous to the Glacier Greens Ladies - Mr. R. Bailey - President Larry Berry and to the Greenskeepers Steve Bailey and Paul Taimies.

And from the Golfers - thank you Ty for caring about us Golfers.

## Van ski show

John Eaves, 1979 World Champion Freestyle Skier will be the guest of honor at the Vancouver Ski Show '79, being held this fall. This three time world champion will also be a guest performer giving visitors to the Vancouver Ski Show an opportunity to see the various freestyle performances, which have made him the world's number one Freestyler.

The Vancouver Ski Show '79 will be the only major Ski Show held in Vancouver this fall and will run from Friday, October 19th until Sunday, October 21st, at the P.N.E.

In keeping in step with the ever growing ski popularity, Vancouver Ski Show '79 will occupy a total of over 50,000 square feet of exhibit area and an attendance of over 20,000 visitors is expected.

Every aspect of the ski business will be represented, much to the delight of the ski enthusiast. Over fifty manufacturers, suppliers, retailers, destination points, airlines, ski resorts, and organizations affiliated with the ski industry will be exhibiting.

Activities planned to entertain and educate the visiting skier include a new and exciting Ramp Show, featuring, in addition to John Eaves, the well known Bowie family of Calgary presenting, as well as their famous Freestyle "Air Affair", an outstanding Trampoline Display. In addition, a special selection of ski movies will be shown, as well as, the ever popular Ski '80 Fashion Show.

## Air not free

"Check your oil, sir?"

"That'll be 15 cents."

Service stations in the United States are now permitted to charge customers for services such as checking oil, inflating tires and washing windows, advises the British Columbia Automobile Association.

Under a directive issued by the U.S. Department of Energy effective August 1, 1979, gas retailers are limited to a 15.4 cent per gallon mark-up over the wholesale price of gasoline and extra overhead costs must be recouped from the customer.

Most stations in the U.S. have indicated that they will not surcharge for services despite their legal en-

titlement. The BCAA has had reports on one gas station in Washington State charging customers 15 cents for paying with a credit card. The auto club states that this practice is illegal under federal regulations although cash discounts are allowed.

## Don't forget ....

In Canada hockey might be one of the most popular winter sports but it is also one of the most dangerous. Each year many accidents occur on the rinks, and many players are injured. True, it is a violent sport but let's not forget that proper equipment, when well maintained, can substantially reduce injuries.

A hockey player's head is particularly vulnerable to serious injury. It can hit the side of the rink, be struck by a high speed projectile or the blade of a skate. A hockey player which complies with safety standards.

For a few years now the Canadian Amateur Hockey Association (CAHA) has made helmet wearing compulsory. However, if the helmet is inadequate, the player will not be properly protected in case of accidents.

In conformity with the requirements of the Hazardous Products Act, all hockey helmets sold on the market must have certain features that you should check before buying:

a. The helmet should be strong enough to provide protection against blows applied to any part of the player's head and be hard enough to avoid being pierced by the blade of a skate.

b. The chin strap must be designed so that it will prevent the helmet from coming off during the normal course of play, but at the same time it should release under abnormal loads, thereby preventing damage to the player's neck should the helmet strap become caught on some object.

c. Don't buy a helmet that is either too large or too small. It should be a perfect fit.

d. Check for a Canadian Standards Association (CSA) certification label. Since the Hazardous Products Act requires that all hockey helmets on the market meet CSA standards, you can be sure that helmets with the CSA label provide the necessary degree of protection.

e. Helmets sold for other activities such as lacrosse, skating don't necessarily provide the adequate protection for the rougher sport of hockey. Be sure to buy the right equipment for maximum protection.

If the helmet is worn at all times, and if the chin strap is well attached, the player will have maximum protection in the event of an accident.

This year for the first time ALL Armed Forces personnel WILL wear helmets and face masks for hockey and broomball. This will become effective 1 Sept. 79. Don't be caught short when the hockey and broomball season rolls around. The helmet and face mask MUST be CSA approved. If you would like to purchase one, check in at the Base Exchange, Capt. Jacobson has a good deal on these items. The helmets and masks he has in stock are the Cooper SK600 with the appropriate mask. And, as the saying goes, "The price is right".

## New hunting regs

ELK

1. Hunters should take special note that in addition to the information pertaining to elk on Pages 12 and 13 of the 1979 80 Hunting Regulations Synopsis, a new regulation has been implemented affecting the hunting of elk in portions of M.U.'s 1-12 and 1-13 (north Vancouver Island). All hunters wishing to hunt in those areas must submit in person or by mail their elk species licence to an official at any District office of the Fish and Wildlife Branch in Region 1. All licences will be endorsed, authorizing the hunting of bull elk in those areas, and returned to the hunter. This system has been instituted so that more accurate information on the total number of sportsmen hunting in those areas can be obtained. Sportsmen are asked to fill out and return a questionnaire on their hunt to the Fish and Wildlife Branch.

2. Sportsmen are requested to note that special seasons for the hunting of deer and elk are being implemented in the Creston Valley Wildlife Management Areas.

STONE SHEEP

The lower jaw for all Stone Sheep will not be required for compulsory inspection in 1979 80.

CARIBOU

The antlers and lower jaw of all caribou harvested within Region 5 (Cariboo) must be submitted for inspection to a Fish and Wildlife Branch office at Alexis Creek, Quesnel, Bella Coola, 100 Mile House or Williams Lake.

MOUNTAIN GOAT

Continued expansion of access roads into remote areas requires that certain areas be closed to hunting. Restrictions are necessary to protect and allow populations to increase.

GROUSE AND PTARMIGAN

Bag limits have been liberalized in northern regions to reflect population levels which appear to have reached the cyclic peak.

CANADA GESE

Sportsmen will again be allowed to hunt Canada geese in the Lower Mainland on a permit basis. The open season areas have been enlarged to include two areas in the vicinity of Chilliwack and Delta.

HUNTER HOT LINE

Enforcement Officials from Fisheries and Environment Canada, working in conjunction with the Fish and Wildlife Branch, have set up an office where persons can report violations of fish or game laws. The office can be reached by dialing the operator and asking for Zenith 2235.

## Command run

Well the results have promulgated and circulated for the second 1.5 mile run - Air Command challenge. A total of 400 runners from eight Bases and four Stations took part. The Base competition - was won by CFB Cold Lake (we will get them next time) and CFS Yorkton won the Station event.

Air command will be forwarding shield for the best time in each age group. We here at CFB Comox are proud to announce that Cpl. G.A. Kehoe, in the Male 40 and over and, Cpl. Whillans B.C. in the 30 - 39 class achieved the best times for their respective categories. Cpl. Kehoe's time was 8:10 and that ain't bad for a man 42 years old. Cpl. Whillans time was 7:32 and Barry is 32. Also, two CFB Comox Servicewomen placed 2nd and 3rd in their division.

## Sports calendar

This is the start of a new column in the "OI Fish-wrapper". Hopefully all of you readers will get in the habit of looking for this column in the future editions.

If you have some input for the column give the Rec. Centre a call at local 315 and we will ensure that it appears in the next edition.

ARENA - Opening 14th October.

BOWLING - Initial League (s) organization meeting Wednesday 5th Sept. at 1930 (7:30 p.m.) in the Social Centre at the Rec. Centre.

BROOMBALL - TBA.

HOCKEY - TBA.

LADIES FITNESS - Same format as last year. Three days a week - Mon. Wed. and Fri. 1000 a.m. to 1100 a.m. Starting dates TBA.

FLAG FOOTBALL - Six team Intersection League commences Tues. 4 Sept. Games played on Mon. Tue. and Wed. Times TBA.

## Hockey update

The Comox Valley Minor Hockey association is about to commence another season. The registrations have not been rolling in as fast as we expected but, it is a little bit early so we should have more numbers by the start of the season.

The pre-season training camp will commence on the 4th September at 5 p.m. All players that intend to participate in the camp must be registered before going onto the ice. If you have any questions regarding the camp give Al Tuck a call at 339-4012 and for registration call Fran Harvey at 338-7367.

## Flag football

Due to the efforts of our Base Flag Football enthusiasts we are going to have a six team Flagfootball League.

The teams which will participate are: Tel Com, ATC, MSE and Hospital, MP and Combat Arms, Det 5 (USAF), 442 Sqn., 409 Sqn. and BAMSO and Supply. 407 Sqn. and Firehall are open agents. All drafts will be controlled by Cpl. Vartanyan at the Rec. Centre, the League Co-ordinator.

The League will commence on the 4th of September and will terminate after the playoffs in October. The teams will play single games on Monday, Tuesdays and Wednesdays. Starting times to be announced.

Of course a successful league is determined by the calibre of the officiating. We are in desperate need for officials.

The team reps will be: Ken MacDonald - Telcom, ATC and MSE; Jim Thomas - MP, Combat Arms; Mike Tavares - Det 5; Rollie Cramer - 442 Sqn; Serge Mongeon - 409 Sqn; Geln Rowe - Bamso, Supply.

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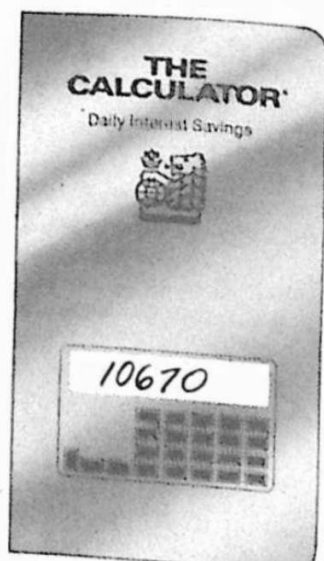
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## 1954 miracle mile Greatest footrace!

It was August 7, 1954. The site, Vancouver's Empire Stadium.

Eight men toed the mark for the start of the mile event at the fifth British Empire Games.

Never before, and certainly not since, has one track and field event captured the imagination of the world like this one.

The reason was John Landy of Australia and England's Roger Bannister.

Four months earlier, Bannister had startled the world by becoming the first man to run the mile under four minutes. His time was 3:59.4. Then, six weeks later, Landy broke the mark in 3:57.9.

Thus, the world eagerly awaited the first meeting between the two. It came at Empire Stadium.

History has recorded it well.

How Bannister was in fifth position going into the final turn of the first quarter. His strategy was to use Landy as a pace maker and because of the Australian's style, he had no choice. He had to set the pace and hope that he could out-drive the Briton at the finish.

Through the second and

third laps Bannister held his own behind Landy, content to follow rather than lead.

When the final lap started the cheers grew as Bannister drew himself up to Landy's heels. He knew that Landy would expect him to pass then and there since normally that was his style.

Bannister didn't.

They came into the final turn, on the backstretch.

"Landy, with his short strides," the announcer tells his listening audience. "And Roger Bannister with those long, smooth strides ... Bannister is striding beautifully."

Bannister begins his kick. Halfway down the stretch as Bannister moves outside, Landy looks over his shoulder towards the infield and fails to see his British opponent go by in what has now become the famous Miracle Mile photograph. (see above).

"I feel this is going to be Bannister's race," the announcer says excitedly.

Bannister's smooth big strides carry him ahead as Landy doesn't slow. However, his legs just can't carry him fast enough.

Bannister then surges across the finish line a full six yards ahead of Landy and collapses into the arms of his

trainer as the announcer cries "what a magnificent mile race!"

Bannister's time is 3:58.8.

Landy is clocked in 3:59.6.

Almost forgotten in the aftermath was that Rich Ferguson of Toronto ran the race of his life to finish third behind the pair in 4:04.6.

Bannister's fractions for the race were 58.8, 1:59.4, 2:58.7. He ran the last quarter in 60.1 seconds. Landy's fractions were 58.2, 1:58.2, 2:58.4 and he went the last quarter in 61.2.

A few days after the race, it was revealed that Landy had cut a foot rather badly during an early morning stroll on the eve of the race. He stepped on some glass. He was generous enough, though, to minimize the importance of the mishap.

Thus, on this, the 25th anniversary of the great race, those of us who were in attendance, or those who watched it on TV, take time out to remember what probably was the greatest footrace in history.

The call of the Miracle Mile is on a record at B.C. Sports Hall of Fame along with a magnificent display of other memorable B.C. sporting moments. The Hall is well worth the visit. Tours are available by calling 253-2311.

Courtesy Sport B.C.

## Heat exhaustion and runners

Caused by exposure to excessive heat, especially moist heat, heat exhaustion is often accompanied by diarrhea and vomiting. Some of the following signs and symptoms may be present: MUSCULAR CRAMPS, HEADACHE, DIZZINESS, EXHAUSTION, PALE SKIN, WEAK PULSE, RAPID AND SHALLOW BREATHING AND COLD CLAMMY SKIN.

Place the person at rest in a cool place and give them something cool to drink. If there has been excessive sweating, diarrhea and vomiting, give salted water to

drink. If unconscious don't give the casualty anything by mouth. Place the unconscious person in the recovery position and get immediate aid.

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## Van bids for '88 Olympics

A voluntary, 10-member Mayor's Advisory Committee recommends that the City of Vancouver — for a third time — support a bid for the 1988 Winter Olympic Games.

The Committee, headed by Dr. Bob Hindmarch of the University of B.C. Physical Education Department, said in a report to City Council the Games could be staged in the twin venues of Greater Vancouver Garibaldi for a "self-sustaining, net cost of \$70 million, in 1979 dollars, and could well realize a profit."

Thus, the Committee recommends that the City should authorize formation of a 1988 Vancouver Garibaldi Winter Olympic Games Committee to prepare a bid first to the Canadian Olympic Association and, if that endorsement is received, a further bid to the International Olympic Committee.

The Report, which was presented to Council on June 12, stresses that the Winter Games — unlike the Summer Olympics — is not a grand scale event from the standpoint of numbers of competitors and facility costs.

The Winter Games, held during a two-week period in February, attract some 2,000 athletes and officials — about the size of the Commonwealth Games held in Edmonton in 1978. In comparison, the Montreal Summer Games of 1976 hosted some 12,000 athletes and officials, and required costly facilities.

The Committee report calls for the city at this time to spend just \$37,500, representing half the cost of preparing a 1988 Winter Games bid to the COA. (The expenditure was approved)

The report stresses that should Vancouver's bids be accepted by the COA and, later, the IOC, the City's financial commitments "should be limited to an amount directly related to positive advantages that accrue specifically to the city in terms of housing and sports and cultural facilities."

The report states it is impossible at this time to say what facilities might be built within the city. If construction is recommended, then the city's share of capital costs would be subject to the consideration and approval of future city councils.

However, the Committee states, the fact that the 1988 Winter Games would be staged by a major city precludes the need to construct a number of costly facilities.

All major ice events, for instance (hockey and figure skating) would be held in the Pacific Coliseum, with preliminary events in the many existing rinks within the Greater Vancouver area.

Thus, says the Committee, a \$70 million Winter Games here (in 1979 dollars) is "entirely realistic" — and is in direct contrast to the \$150 million-plus which Lake Placid, N.Y., will spend for the 1980 Winter Games, and the budget of between \$600 and \$700 million which will be spent by Sarajevo, Yugoslavia, for the 1984 Winter Olympics.

The Committee's \$70 million budget for a 1988 Vancouver Winter Games includes \$42 million as the net cost of capital expenditures — \$22 million in the Greater Vancouver area and \$20 million in the Garibaldi region. A fur-

ther \$28 million is required for operating costs.

The Committee recommends that the provincial and federal governments, between them, agree to cover the front-end and capital costs of the Games, and provide the necessary rights from their respective jurisdictions to allow the Olympic Committee to generate revenues to later cover these operating and capital costs.

These jurisdictions include revenues from the sale of medals, coins, stamps and lotteries, generating some \$24 million.

Other revenues include the sale of television rights, \$15 million; sponsor supplier royalties, \$14 million; merchandising funds, \$4 million; publication and film rights, \$1 million; event ticket sales, \$9 million, and municipality revenue (to cover the cost of a Speed Skating oval with three enclosed ice rinks) \$3 million.

The total of all revenue is \$70 million; hence a self-sustaining Winter Games which, as the Committee says, "could well realize a profit."

The Committee recommends two areas be utilized for a 1988 Vancouver Winter Olympics: Whistler and Blackcomb Mountains; Greater Vancouver, including the North Shore mountains.

The combined proposal places all the high attendance events in the Greater Vancouver area. This includes all ice events (Hockey, Figure Skating, Speed Skating); Bob and Luge; the Special 70-Metre and the 90-Metre Jumping events, plus the Opening and Closing Ceremonies.

As noted earlier, hockey and figure skating events would centre around the PNE's Pacific Coliseum. The Committee report says the Bob and Luge could be located either on the North Shore mountains, or Burnaby Mountain. The two ski jumps could be located on Grouse or Seymour Mountains, or Cypress Bowl.

Speed Skating could be held in East Vancouver, Burnaby or other Lower Mainland locations.

Opening and Closing Ceremonies will be held in the major stadium facility in operation in Vancouver in 1988.

The Committee does not advocate specially-constructed housing for the Winter Games athletes and officials who would be quartered in the Greater Vancouver area. Instead, they say, housing required for the community should be built, and adapted for Winter Games use for a 20-day period.

Specifically, the Committee recommends construction of student housing for educational institutions such as B.C.I.T. or S.F.U.

The Committee advocates that skiing events such as the Men's and Ladies' Downhill, Giant Slalom, Cross-Country, Biathlon and Combined 70-Metre Jump be held in the Garibaldi region.

The report states that these events traditionally account for approximately half the Winter Olympic participants, or 1,000 people.

The report states that the athletes' village requirement would be co-ordinated with the Resort Municipality of Whistler, adding that the present-day housing growth of Whistler — and the many more accommodations which

will be built by 1988 — ensure that an Athletes' Village will complement the natural growth of the area without capital expenditures.

The Committee also made it clear that actual design and placement of any Winter Olympic facilities in the area would be the prerogative of duly elected representatives of the Resort Municipality of Whistler, adding that design and specific location would have to conform to standards established within the area.

The Committee's report to Council strongly recommends that the provincial government support in writing the City of Vancouver bid; co-operate in planning and organization of the event, and contribute — at this time — \$37,500 (or half) the cost of the bid to the COA. (The request was granted).

The Committee pointed out that support from a bidding city's provincial, or state, government is mandatory under IOC by-laws.

(Vancouver did not receive provincial government support in 1974 and thus a bid for the 1980 Winter Games did not reach COA level; the City previously had bid for the 1976 Winter Games, but was unsuccessful as Montreal was awarded the '76 Summer Games).

The Committee points out that provincial government support would be desirable even if it was not an IOC requisite, noting that Vancouver, after all, will be facing stiff competition from the City of Calgary in winning Canadian site approval from the COA.

And should Vancouver win that round, she then will be vying with Japan, France and Switzerland for site approval from the IOC.

The Advisory Committee feels, however, that a Vancouver bid — supported by all levels of government (including neighboring municipalities) and Canadian sports bodies — "has an excellent chance of succeeding, chiefly because of the quality of our existing and proposed facilities, and the quality of the previous bid we made for the Winter Olympic Games."

Besides Hindmarch, other members of the Advisory Committee are Sport B.C. Executive-Director Tom Walker, Dr. Peter Andrews, Lorne O'Connor, Peter Cundill, Jack Lee, Fritz Bowers, John Plul, George Madden and Michael Hillman.

Courtesy Sport B.C. article by Bob Hindmarch.

## Amateur sport cutback

SAN JUAN, (CP) — Steve Paproski, Canada's new sports minister, suggested that he will be taking a long, hard look at any proposal for spending restraints on amateur sport.

"I, for one, have never said that there was going to be less money for the athletes," Paproski said on his visit to the Pan-American Games and talking to Canadian athletes here.

"As one who has been an amateur athlete and then turned pro, and after seeing in just a short time what these people have to go through, I think it's very important that we have another, second look at just exactly the type of assistance that these people need."

Paproski was lineman with Edmonton Eskimos of the Canadian Football League in his professional days.

Spokesman for the Canadian Olympic Association and Lou Lefave, executive director of Sport Canada, have said they expect adjustments to their programs because of government spending restraints.

"They might have said that — I didn't," Paproski commented. "From what I've seen in the 12 or 14 hours that I've been here, I think this is a great thing as a prelude to the Olympics and to other games, and I think that the more we participate, the better our athletes are going to be."

Paproski said he felt it was important to go straight to the athletes to determine priorities.

As for Canada's showing at the games — somewhat ahead of predicted medal counts — Paproski said he was surprised and very delighted.

"They're really to be congratulated, particularly the mothers and fathers who have taken time out to spend with their sons and daughters. This is what makes amateur sport what it is — it's the people back home who have taken the time from their busy schedules to work in kind. It's not so much the money that's important as the work in kind."

Meanwhile Lefave admitted to mixed feelings as the Pan-American Games drew to a close and said Canada must take a long, careful look at the Pan-Am situation and decide if it is worth all the money it's costing the taxpayers.

"In terms of Canadian performances and the operation of our mission staff, I think it was a huge success," Lefave said.

"But the organizational problems we were encountering earlier in the Games never were really cleared up to our satisfaction."

He reiterated his statement made midway through the Games that he wasn't overly impressed with the operation of the organizing committee.

There were complaints almost daily of communication difficulties and transportation problems to and from the venues for the 23 sporting events.

And the frustrating task of compiling up-to-date statistics through the results centre — even at the main press building — never did improve.

"Many of our managers had to go all the way to the press centre — miles from where they competed — to find out how their athletes did," said Lefave.

He said he was polling athletes and Canadian media to get the general feeling of just how important the Pan-Am's — held every four years — are to the development of the country's amateur program.

"Canada is going to have to reassess its criteria when it comes to competing in the games," Lefave said. "It cost the Canadian people a bundle — between \$1.2 and \$1.5 million to bring some 550 athletes and officials here."

Courtesy Sport B.C.



Most birds use their nests only one season. The eagle, however, comes back to the same nest year after year.

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# St. Michael and All Angels .... fall program

One of the surest signs that summer holidays are quickly drawing to an end is the numerous "Back to School Sales". Those serve to remind us once again that it will soon be time to get back into the regular fall routine. For many people part of the fall routine includes involvement in the Base Chapel life. Everyone is cordially invited to become a part of the activities that centre around St. Michael's and All Angels Protestant Chapel. The Chapel is conveniently located in the PMQ area on Little River Road next to Glacier Gardens.

Commencing on September 2nd the regular worship service will revert to its

regular hour of 11:00 a.m. The Sacrament of Holy Communion (ACC) is normally celebrated on the first Sunday of each month. Baptisms are conducted on the last Sunday of the month during the regular service of worship. Parents are requested to make arrangements with one of the Padres at least three weeks in advance. While these regular services of worship are the centre of Chapel life, they are by no means the entire extent of the activities at St. Michael's and All Angels.

Church School is held for the

children every Sunday morning. Because of space limitations in the Chapel, the Church School is divided into two sections. School age children meet from 9:30 - 10:30 and are encouraged to stay and worship with their parents at 11:00 o'clock. Kindergarten and Nursery children meet between 11 - 12 while parents are attending Divine Service. This year the Church School is using a new curriculum - "Christian Education - Shared Approaches" (CD:SA) is a biblically based curriculum prepared by the Joint

Education Development (J.E.D.) group representing fourteen of the major church denominations in North America. It is felt that a curriculum with a broad ecumenical base like this one should meet the needs of an ecumenical chapel such as St. Michael's and All Angels. A special Christian Education Service is planned for 11:00 a.m. on September 9th. There will be an opportunity for parents to register their children in the St. Michael and All Angels Church School prior to the service.

Parents are especially encouraged to attend this service and learn more about the curriculum and the activities planned for the Church School. At the present time, the Church School is in need of teachers. If more teachers are

not found it may be necessary to curtail the activities of the Church School. Any help in this regard would be greatly appreciated.

St. Michael and All Angels also offers something for anyone with a musical inclination. For the children there is a Junior Choir which practises in the Chapel at 6:30 on Thursday evening. The senior choir practises later the same evening at 8:00. Both choirs also participate in the 11:00 Worship Service on Sunday.

For the ladies, the Ladies' Guild meets at 8:00 on the second Wednesday of the month in the Chapel Lounge. This is a very active group concerned not only with missionary efforts but also with matters of more immediate concern. St. Michael

and All Angels Chapel offers something for everyone wanting involvement in an active Christian community. All families are invited to join the Chapel family and become involved in its life and activities. If there is interest in additional programs or events, these can be arranged as the need arises.

For anyone who would like to see either Padre Coleman or Padre Clifton personally, the Chaplain's office is open Monday to Friday from 7:30 a.m. to 3:30 p.m. (during summer hours) and 8:00 a.m. to 4:30 p.m. (during winter hours). The chaplains would also appreciate hearing about anyone who would like a visit from the chaplain; particularly those in hospital. The Padres can be phoned at 339-2211, Local 273.

## Chapel Chimes



### RC CHAPEL

Father M. Allan Stack - Base Chaplain (RC) -

Telephone 339-2211

Loc. 274; Residence - 339-2102.

MASSSES FOR SUNDAY:

Saturday - 7:00 p.m.

Sunday - 9:30 a.m. and 11:00 a.m.

WEEKDAY MASSES: 9:00 a.m. SACRAMENT OF RECONCILIATION: Confessions are heard before all Masses and any time upon request.

BAPTISM: By appointment. Please phone ahead in plenty of time.

MARRIAGES: Please come in months before your marriage.

CATECHISM CLASSES: Each Wednesday night at the PMQ School, 6:30-7:30 p.m.

THE PROTESTANT CHAPEL

Telephone: 339-2211 Loc. 273.

L.R. Coleman, Maj. (Base Chap (P)

E. Clifton, Capt.

### CHAPEL SERVICES

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

HOLY COMMUNION: Holy Communion (ACC) 1200 hours normally is first Sunday of the month.

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

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

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

Junior Choir: 1830 Hrs. Thursday at the Chapel.

Senior Choir: 2000 Hrs. Thursday at the Chapel.

SUNDAY SCHOOL: The Sunday School operates from September to June. Ages 6-15 meet in the Chapel at 0930 hours each Sunday, and the ages 3-5 hold their sessions during the Church period at 1100 hours. All children are invited to attend.

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

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

## Preamble

ATTENTION ALL PMQ Councillors: Keep your eyes open for the approximate date and time of the next council meeting which will be in the next issue of the Totem Times.

WANTED: A reliable person to do babysitting in the gym on Mon., Wed., and Fri. mornings during the Exercise Classes for Women. For further details contact Jill Smith at 339-5061.

For those interested if there is anything you would like to see published in the Totem Times contact J. Freeman 339-6087.

I would like to wish special friends of mine, Ted and Crista Kenny, the best for a Happy Anniversary.

"No man does anything from a single motive." Samuel Taylor Coleridge

## 1st Lazo ladies auxiliary

"HELP, HELP, HELP"

We need "MOTHERS" to help in our L.A. group. Registration for Beavers, Cubs and Scouts is Sept. 4th at 7 p.m. at Airport School gym. Here all the information for where we meet and what we do to help our boys will be explained to everyone.

If you come out to register your boy please be prepared to HELP us in anyway you possibly can.

See you all on Sept. 4th.

## Scouts registration

Registration Night for the First Lazo Beavers, Cubs and Scouts will be held at the airport school at 7 p.m. sharp, on September 4th. Parents are asked to leave the children home. The leaders, members of The Ladies Auxiliary and the group committee will be present to discuss our program. Refreshments will be served. Enrolments are limited so please don't miss our meeting. For more information call John Baron at 338-7998.

## 1st Lazo Beavers Blue Colony

Hello... Welcome to Wallace Gardens. Since you are new to our small community I'd like to write a short article on Beavering.

A Beaver is a special little boy age 5,6, or 7 years old. Once a week we hold a meeting at a place called "The Pond". Ours is at the Airport School Gym.

When a boy puts on his uniform he enters a special world for young boys. Beavers are involved in activities at all times without the stress of competition. They learn to share through co-operation and team efforts.

Our meetings last for 1½ hours and in our programs we include active and quiet games, stories, creative crafts, singing, the opening and closing ceremonies.

Usually once a month special programs are held.

One aspect of Beavering that I stress is parental involvement. A Beaver needs to feel that what he does is important to the people he loves. Our program is simple and flexible, designed to fit in with the interests of the boys.

If you have a boy who is interested in joining registration is Sept. 4th at Airforce School Gym. Also if you are interested in being a leader or helper don't hesitate

to call: Marg Horton at 339-2607 or Jane Parker at 339-5273.

In closing I'd like to welcome back to the pond our "OLD" beavers and this year Blue Colony will try to meet on Thursday evenings instead of Monday. Hope you all had a busy summer and I'm looking forward to seeing and hearing you all. (Maybe we'll have some new jokes and stories). Rusty, Hawkeye 1 and Hawkeye 11 are anxious to see you too.

## Couples Bible study

A couples Bible study will commence in early September. This study is interdenominational and follows the guidelines laid down by Stonecroft Ministries-Friendship Bible Coffee Department. Contact Art or Donna Crawford, 339-4566, for further information.

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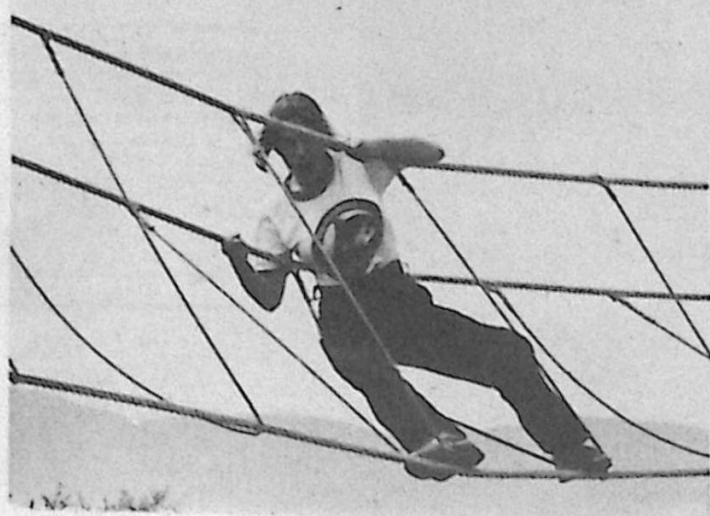
# Summer at HMCS Quadra

**"If winter comes  
can spring. . .?"**

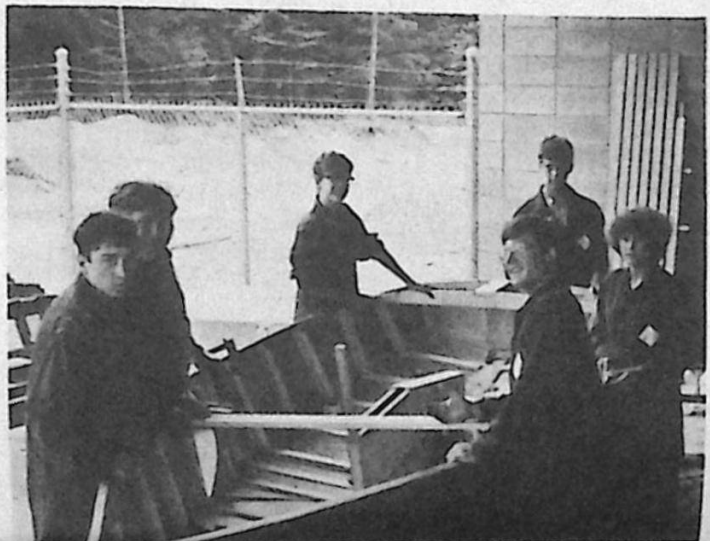
"If winter comes can spring be far behind?" Well perhaps QUADRA cadets would word it a little differently than Percy Bysshe Shelley but the general idea is the same, a return of spring and back to beautiful B.C. and QUADRA again.

Now they're gone, only a handful remain to stow the gear and secure the waterfront. Soon the chill rainswept winds will blow across a silent parade square where only a few short weeks before, a thousand cadets marched proudly past in splendid review order.

QUADRA is a National Sea Cadet Camp and is the largest of its kind in Canada. All funding is supplied by the Department of National Defence.



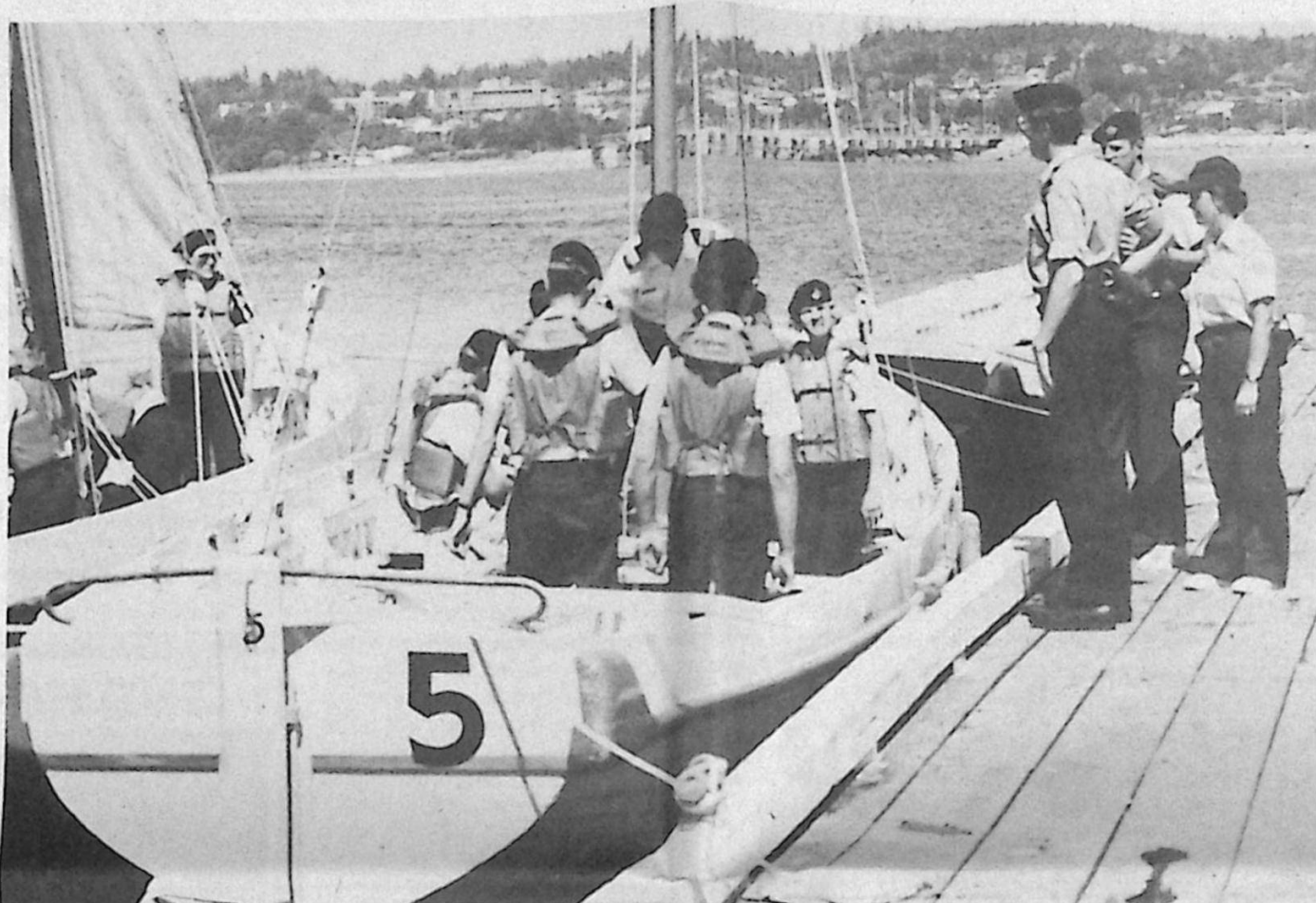
**HANG ON.** A Two Week General Training cadet crosses the rope bridge on the Confidence Course.



**SHIPWRIGHT'S COURSE** at Highland School. Each year the cadets build a sturdy small sailing craft to add to QUADRA's fleet.



**DO YOU THINK** he knows where we are? Cadets on board a YFP in Desolation Sound.



**SLIP AND PROCEED**, cutters head out to sea manned by Officer Cadets.



**"THAT'S FUNNY,** I keep pulling the trigger and it won't shoot". Well when she has the basic safety rules "down pat" we'll give her the bolt and a few rounds.



**THANKS BASE PHOTO.** QUADRA's intrepid photographer poses with her students at Base Photo. Petty Officer Chantal Ducourjoly hastens to inform us that any rumours to the effect that QUADRA's PR department would have floundered and sunk without the tremendous support of Base Photo are untrue. She poses here with several of her grateful students. (How do you like that one Larry?)

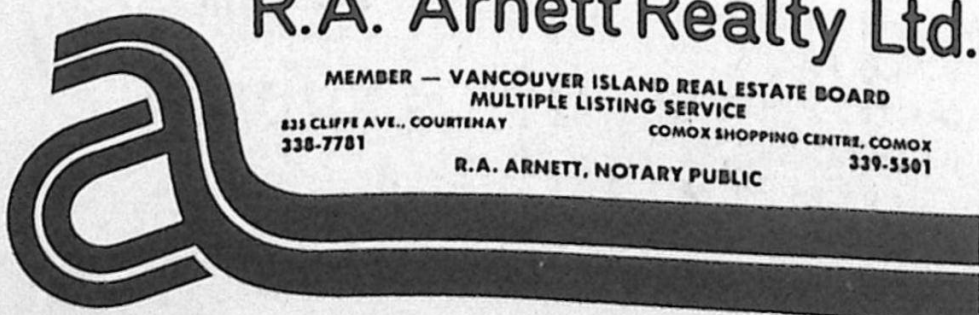
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Janne Schaffer

## Food for your ears

BY BARRY SWEENEY

You've probably heard the music of Janne Schaffer thousands of times and never realized it. He's the guitar wizard that has backed the Swedish foursome of ABBA ever since the beginning days of "Ring, Ring" and "Waterloo".

Janne Schaffer has been carving a name for himself in the music industry for about the past decade or more. Along with recording with ABBA (he does not tour with them), Janne has founded and or worked with such groups as Sleepstones (which had five charted singles), Opus 3 and many other groups. As a sideman (session musician) Janne has worked with Bjorn Skifs on the album "Both Sides Now", that was four years prior to Bjorn's forming of Blue Swede, he backed Johnny Nash, worked with the group Rabbit on their Dark Saloon album, and as part of a

summer TV replacement series "Opopopa", backed such North American biggies as Todd Rundgren and Neil Sedaka.

### EARMEAL

In his current album release "Earmeal" (Columbia JC 35508), Janne has put together a captivating half hour of instrumental offerings that seem to cover just about every facet of the music scene. Schaffer is able to shift from pop through rock and rhythm and blues and often times all within the framework of one song.

Backed by members of Toto (Jeff and Steve Porcaro) Schaffer takes the listener on a musical trip that works its way through the rocking upbeat of "Hot Days and Summer" through the softly flowing beauty of "Nights" and on to the danceable "Happy Feet" and "Bromma Express".

### THE SHRIMP

Schaffer, who wrote all of the tunes, along with handling the arrangements, is joined by some expressive musicians as he takes the highly infectious strains of "The Shrimp" and adds the string laced "Shrimp A La Carte", which unfortunately is just under one minute. This particular tune (A La Carte) should have been extended to about three minutes.

Proving his ability to play just about every style and variety Janne comes through with a disco flavored "It's Never Too Late" and "To A Beautiful Painter", "Frederick's Place" and somewhat heavier rock sounds of "Oriental Sign".

Schaffer is not a well known album artist on this side of the ocean, but his previous album "Katharsis" introduced him to audiences on this side and "Earmeal" should help to bring him to a wider audience.

## I don't lie

BY BARRY SWEENEY

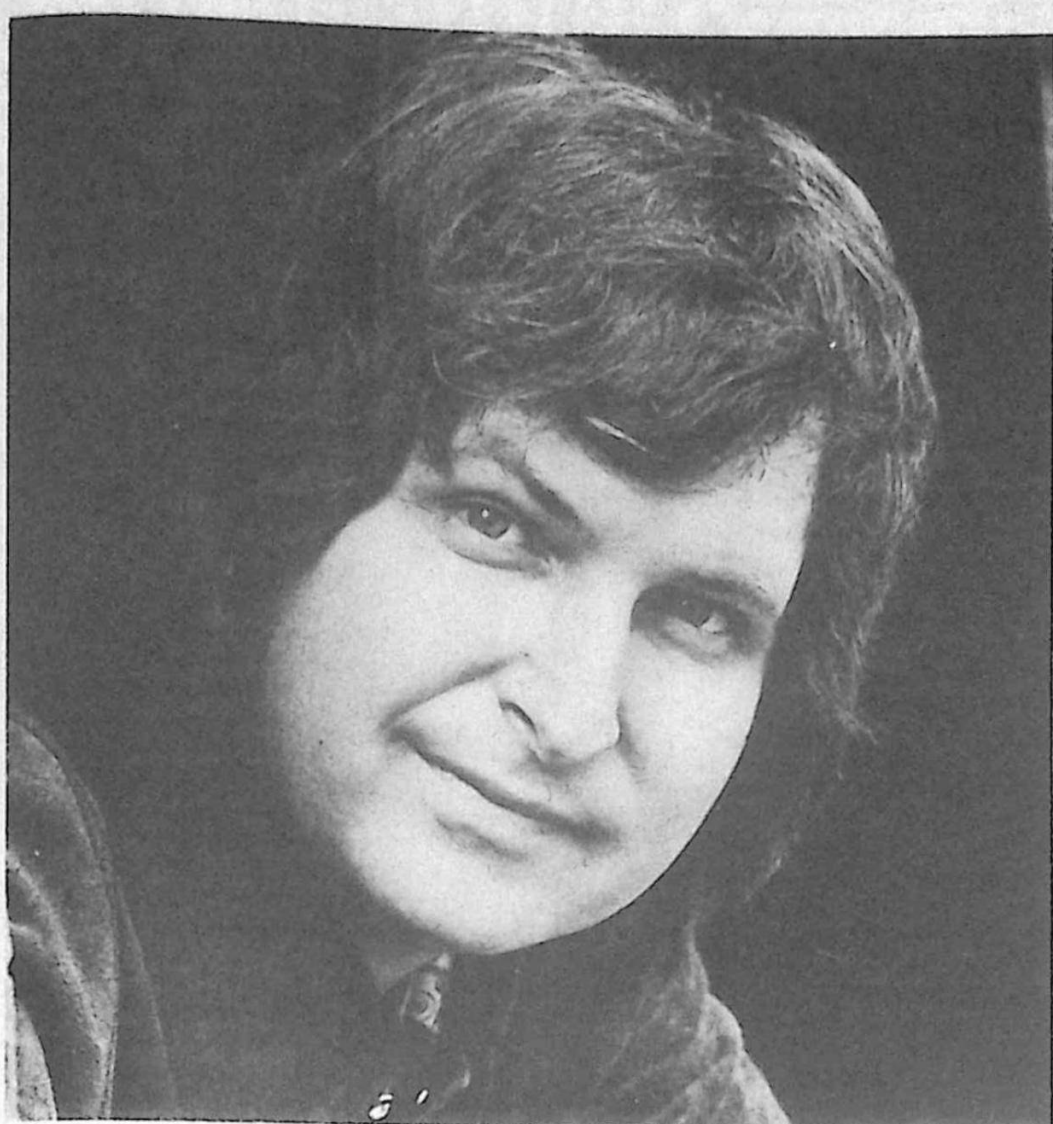
After a recent performance, someone came up to Joe Stampley and after alluding to him being pretty good said something to the effect "Where ya been all this time?". Stampley's response was straight to the point. "I'll tell you where I've been. I've been out there working my ass off for the last five years".

While his answer might have lacked a certain amount of tact, it did smack at the truth. Stampley has been working his butt off for the past few years taking his brand of country music to the fans and in so doing carving a permanent niche in the best seller charts for himself.

Along with picking up at least five number one hits (Soul Song, "I'm Still Loving You, Roll On Big Mama, All These Things and If You Touch Me) Stampley has picked up three BMI Awards for his original compositions and as this column is being written, the native of Springhill, Louisiana, is enjoying two single hits and an album that is breaking top 30.

The first single to enjoy success is also the title track of his current elpee "I Don't Lie" (Epic KE 36016) a slow moving opus of lost love done in a blues fashion. The second single to enjoy chart status is a duet with Moe Bandy "Just Good Ol' Boys" (which is not included in the album) a song about a couple of happy-go-lucky dudes that continue to wind up in trouble.

As Stampley's singles continue to chart heavy action for him, it's really on the albums that Joe's talent comes through best. He offers a mellow "Sharing" and lays down some heavy heartbreak in "Tonight She's Giving Her Love to Him". The champagne and candlelight setting of "Put Your Clothes Back On" is given a strangest twist as the chanter turns his back on sex for the longer lasting relationship that is built on trust and understanding. In direct contrast to the



## Joe Stampley

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## THE HOME FRONT



Home-Ownership isn't for Everyone - But in this series of articles I would like, as an experienced Real Estate saleslady to aid and guide those who are considering entering the real estate market and also those who now have "Pride of Ownership."

(paid advertisement)

### A CAREER IN REAL ESTATE

Most people when they think of a career in real estate, think of selling houses.

A fair percentage of service personnel upon retirement consider the real estate industry, so today I would like to cover some of the benefits of our industry.

Residential brokerage is the bread and butter of the real estate business but there are many other specialties such as commercial and industrial, property management, investment counselling, land development, and appraisal.

Selling houses requires a great deal of expertise and patience, with knowledge of financial statements for investment properties, construction, law of mortgages, rights and limits of land ownership, and elements of appraisal to name a few; also the skill to arrange financing suitable to both parties by continual update of market.

All real estate agents and salespeople are required by provincial law to have a valid real estate licence. In B.C. the age requirement is 19 years and one must be a resident of B.C. in order to apply for the formal pre-licensing course.

The B.C. pre-licensing can be completed by way of a correspondence course or attendance at the University of B.C. in Vancouver, with duration from weeks to months, depending on your time available plus the costs you wish to invest.

This is to get you started, then once you obtain your licence you find an employer. The key is finding a firm and agent you wish to be employed with and one that is right for you, are in terms of size, location, and their method of operation.

Learn from more experienced salespeople around your area, don't be afraid to ask questions. To earn a living, sincerity, professionalism, and a special attention to giving good service are some of the stepping stones to a reward.

ding career in real estate. You have to be willing to make necessary sacrifices in order to be a success. Have you enough money saved to work for a few months without earning any commission? Can you cope with the valleys and peaks of a commission income?

The commission rates might vary from province to province, or between offices within any location across Canada. The most knowledgeable person to talk on commission rates is the agent in your community.

Other questions to ask yourself are:

1) Will you mind having your dinner interrupted to show the Jones' a house 20 miles away?

2) Are you willing to work all or part of your weekends, not to mention evenings?

3) Have you the patience and persistence to spend three weeks trying to find a home for the Jones' only to have them buy one through another salesperson or firm?

And now for the good news, after juggling your social life and your bank book these are some of the allures:

1) You are basically your own boss. Your hours are flexible if you organize your time and efforts.

2) You are not chained to a desk or office.

3) You meet new people, new situations, by becoming involved talking on the phone and knocking on doors.

Matching the right family with the right home takes experience, intuitiveness, and the ability to perceive the needs and wants of others. The personal fulfillment of doing a satisfying home or lot sale keeps us presently in the real estate field happy to be serving the public, as there is "no place like home" to each and every one of us humans.

Footnote for today: "I use not all the brains I have, but all that I can borrow."

Maureen Arthur is an experienced real estate saleslady with Nanaimo Realty, 576 England Avenue, Courtenay, B.C. 334-3124 (paid advertisement).

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### Personal

Do you have a drinking problem? Maybe alcoholics anonymous can help. Meetings at the CFB Protestant Chapel Annex, Mondays at 8:30 p.m.

## RELAXATION

### ODDITIES-HELPFUL TIPS

By Joy Miller

A new game that's raising a lot of interest these days is platform tennis. Interestingly enough, it came about quite accidentally about 50 years ago when two neighbors erected a wooden platform to play deck tennis and volleyball and hit upon the idea of paddle tennis.

Combining the principles of lawn tennis, squash and handball, it's played with a regulation paddle weighing about 14 ounces and a ball much lighter than a tennis ball. It's a quick, action-filled game and many players like to sit down afterwards with a screwdriver made with Wolfshmidt Vodka, orange juice and plenty of ice.

An ace of a tip for the forehead drive is to strike the ball as it comes opposite the hip. Your follow through should then carry the paddle across your body. The paddle, by the way, should be held with the same "shake-hands" grip as in tennis.



## XV World Scout Jamboree

A World Scout Jamboree is held every 4th year, with a few exceptions in past history. The site of the XV World Jamboree was originally planned to be held in Iran where Iranian Scouts and volunteers had already built dams to provide irrigation, lakes and streams to the arid land, built three olympic size swimming pools, planted thousands of trees and provided many manhours of hard backbreaking work to ready the site for the jamboree. Because of the unfortunate circumstances this country is now having to deal with the jamboree was cancelled and for quite sometime there seemed there would not be one at all. However, in January it was announced that 1979 would be the "Year of the Jamboree" and Dalarna, Sweden would be the alternate site for the Canadian Contingent.

As a Scouter, I made application to attend the jamboree in Iran (after reams of correspondence and a medical) and when it was announced, volunteered to attend the Swedish Jamboree. I felt I was very lucky indeed when I received word that my application had been accepted and I would be serving on the Swedish Staff - doing what? they couldn't tell me. (Plans changed and I served on the Contingent Staff).

There were four departure points in Canada. I left Vancouver International Airport July 3rd for the 21 day EXPERIENCE with 25 Scouts Ventures and 4 Scouters, all from the B.C. Yukon Region. Being the only woman in the group accounted for the stares and comments received all during our trip. The Canadian Contingent consisted of 233 Scouts Ventures (including 9 from CFB Europe) ages 14-18 years, 35 Scouters, a Canadian Contingent Staff of 10 and 5 Scouters who served on the Swedish Staff. Only 4 Scouters were women - 2 from Ontario, 1 from Quebec and myself. From the 17 countries represented there were approximately 3,500 Scouts, Scouters and Girl Guides.

The 21 days consisted of - 5 days touring in Copenhagen, Denmark, 4 days home hospitality with a typical Danish family and 12 days at the jamboree (1 day spent in Stockholm). All transportation and tours were arranged by Nyman and Schultz, an International Travel Agency and there was not one detail they had overlooked.

During the five days in Copenhagen I travelled with Troop No. 1 (B.C. Yukon Region) and found the Scouts to be excellent travelling companions. During our free time when we'd venture into the city on our own, I had the feeling that I was the one being taken care of - which wasn't what I had expected at all. I missed them during my home hospitality. During the jamboree their personalities became very apparent. I found them to be most enchanting, thoughtful and at times hilarious.

The friendships made during the jamboree will be lasting ones I'm sure and even before we had arrived back in Canada on July 24th tentative plans had been made for a Troop No. 1 reunion to be held

in Kelowna on Aug. 24th, 25th and 26th.

There are three people I'd like to thank for the support they've always given me, but especially during the last eight months. Without the help and understanding of my husband, Keith and children, Christine and Scott I wouldn't have been able to participate in the jamboree and have had such a wonderful time.

I'd also like to thank the Comox Valley District Committee and the 1st Lazo Group Committee for their contributions. The funds donated by these committees was used for the purchase of slide film which you all will be able to see in the fall when I give a slide presentation.

The site of the next World Jamboree has not been announced yet, but will be held in 1983. I hope that future Scouts who see the slide presentation will perhaps start to save their allowances. A World Jamboree is something they should make every effort possible to attend.

Susan MacKenzie  
1st Lazo Grey Pack.

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## Color emphasized tradition

BY LT(N) C. REDEKOP

The presentation of the Queen's Color to Maritime Command in June emphasized to all Canadians the value of certain traditions within the naval community. The pomp and pageantry of such ceremonies, however, have purposes more important than are generally recognized.

The function of ceremonies in military and naval organizations can be equated with the place of ritual in religious worship. Routine and formality in religion tend to organize the activities necessary to its stability and continuity as a social institution by directing all available spontaneity and energy into spiritual channels.

Similarly, in naval organizations ceremony and tradition help direct individual energy and initiative into the proper outlets. Pride in service, moral fibre, esprit de corps, and an allegiance to the monarch are all strengthened by a veneration for customs and traditions consecrated by long acceptance.

A naval custom with an interesting history is the use of personal flags by officers of flag rank.

In Elizabethan England, most admirals were employed at sea and not in shore positions. From the 17th through the 19th centuries, a British fleet at sea consisted of three squadrons. The

frontal squadron was led by the admiral-in-chief, a vanguard squadron by the vice-admiral, and the rear squadron by the rear-admiral.

Ships displayed an ensign which was red, white or blue at the masthead to designate the squadron to which it belonged. To distinguish the particular ship in which he sailed, each admiral also flew his own flag. The admiral flew his at the mainmast, the vice-admiral flew his at the foremast, and the rear-admiral flew his at the mizzen. These personal flags were of the same color as the squadron ensign.

In 1864, the three-squadron policy was abrogated and the current practice of the white ensign for all royal warships was established.

The use of a personal flag for flag officers and squadron or formation commanders has persisted. In today's long-range computerized warfare, personal flags do not have the significance which they carried in past generations. Their use, however, has continued and once again was part of an important ceremony in Halifax last week.

On Tuesday, 31 July, Vice-Admiral Andrew Collier was succeeded as Commander Maritime Command by Vice-Admiral John Allan. The most significant portion of the Change of Command Ceremony at HMC Dockyard was the hauling down of Vice-Admiral Collier's personal flag for the final time.

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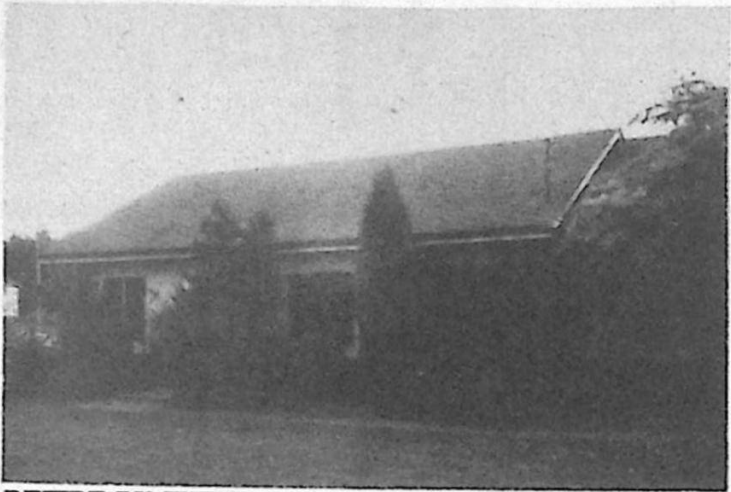


**BB BLOCK BROS. REALTY**

# The bestsellers



**1 SET AMONG THE PINES**  
Quiet cul de sac. Unusual split level with better quality natural cedar siding. Thermo windows and good quality carpets. No crowding in spacious dining area. Built-in china cabinet. Extra storage area. Owner must sell this month.  
ANN CHEVRIER 339-3048



**2 RETIRE BY THE SEA**  
Comfortable 3 bdrm. home on quiet Warren Ave. one block from the sea. Grow your own food in one of four choice garden plots. Large garage workshop for the hobbyist. Excellent mtge. can be assumed without qualification. Mid thirties. Call  
JIM GORDON 339-4615



**3 10 1/2 ACRE FARM**  
In Black Creek area, barn and other buildings complement the 4 bdrm. home. The acreage has excellent soil, is mostly cleared with large evergreens and the mature gardens are fenced. Priced at \$89,800.  
AL ROBB 339-3307



**4 LUXURIOUS HOME ON ACREAGE**  
Cozy 1445 ft. ranch style home on 3.24 acres of treed property. The immaculate home features large cedar trimmed living room with fireplace, dining room with sliding glass door to sundeck, spacious master bedroom with a brick heatilator fireplace. The acreage contains marketable timber. Priced at \$56,000.  
AL ROBB 339-3307



**5 3 BEDROOM COMOX HOME**  
Well maintained, fully landscaped and only 4 years old. The features which you will find appealing are the spacious rooms and the large sundeck off the dining room. \$45,600.  
AL ROBB 339-3307



**6 RETIREMENT HOME**  
2 bedroom full basement home located just a short walk from Driftwood Shopping Mall. Priced in the low 40's so see it now while you still can. Call  
MAX WEEGAR 334-4567

**8 NEED A SHOP AND FARM**

Don't miss this prime property. 5 acres with 4 bdrm. home, 20 x 24 barn, and a huge 17 x 50 insulated and wired garage workshop for your projects. See this today. Call  
MAX WEEGAR 334-4568



**9 SUPER MOUNTAIN VIEW**

This 3 bdrm. full basement home in new area of town has all the extras plus huge sundeck over the garage. Large 21 x 13 1/2 living room has a brick fireplace. Rec. room, landscaped, etc. for only \$44,500.  
RAY PAGE 338-6267

129150 ZONE36 COU

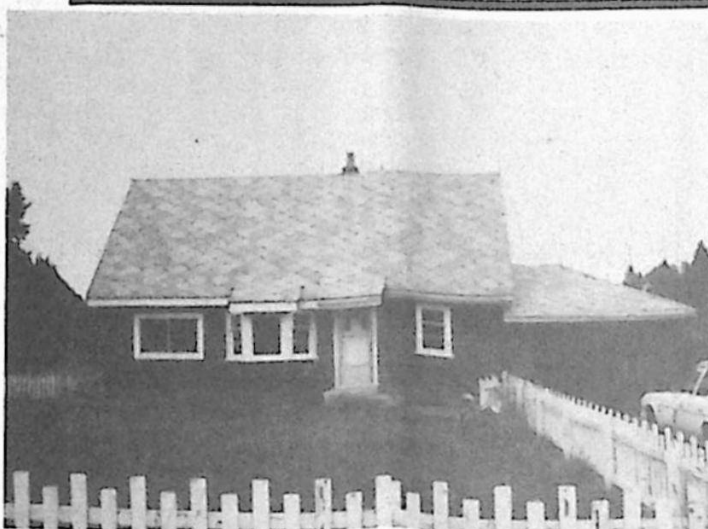
## Sandpines

### Building Lots For Sale

REMARKS

- The most exciting recreational and residential subdivision now available in the Comox Valley.
- This property has retained 100% of its natural beauty and ecological values. The area is bordered by an 80 acre wildlife sanctuary and rich agricultural farm land.
- Every lot is heavily treed and a minimum of one acre in size. All roads are paved and 2 - 3 1/2 acre park has been set aside for crown use.
- The ocean front is just a stroll away with a free boat launch for the famous salmon fishing in this area, and miles of beach are here for the beachcomber.
- Prices range from \$14,00 to \$17,000 with only 25% down & pymts. at 10%

For full details contact:  
MICHAEL EMERSON/ 339-5809  
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**7 FOR THE HANDYMAN**  
With a growing family. Cozy cottage of large 76 x 300 lot. 3 bdrms., and located one short block to Elementary school. Ideally located one mile to town on paved road with district water and just a short drive to skiing, golfing and boating. Call  
MAX WEEGAR 334-4568



**10 ON 2 ACRES NEAR AIRBASE**  
Custom made tri-level home only 5 minutes from work without the hassle of traffic. Double fireplace between dining and living room. Huge master bedroom has its own heatilator fireplace plus ensuite. A classy place for discriminating persons. Appointments through listing salesman.  
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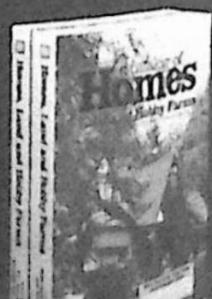


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# WEEK-END SPECIALS

## CASHMERE BOUQUET TOILET SOAP

Special

**27<sup>c</sup>**

## WISK LAUNDRY DETERGENT

1 Litre

**89<sup>c</sup>**

## PRIDE OF B.C. SOFT CIDER

Apple,  
Cherry
**\$1<sup>79</sup> & 97<sup>c</sup>**

## "COTT" CANNED DRINKS

10 oz. Tins

**2 Tins/59<sup>c</sup>** PLUS DEPOSIT

 OR CASE OF 24 TINS **\$6.79**  
PLUS DEPOSIT

## CAPILANO SPRING FRUIT DRINKS

48 oz. Tin

**79<sup>c</sup>**

## TANG FLAVOUR CRYSTALS

Our Reg. Low Price

**\$1<sup>19</sup>**

## OLD DUTCH POTATO CHIPS

Everyday Low Price

**77<sup>c</sup>**

## MEN'S QUILTED VEST \$19.97

**BOY'S QUILTED VEST  
\$11.97**

## MEN'S DRESS CORD PANTS

 Sizes - 32 to 44  
Reg. \$19.99

 to **\$13.97**

## BOY'S LONG SLEEVE WESTERN STYLE SHIRTS

Size - 8 to 18

**\$8.47**

## NEW STORE HOURS

EFFECTIVE SEPT. 4, 1979

MONDAY — 9:30 - 5:00  
 TUESDAY — 9:30 - 5:00  
 WEDNESDAY — 9:30 - 5:00  
 THURSDAY — 9:30 - 9:00  
 FRIDAY — 9:30 - 5:00  
 SATURDAY — 9:30 - 4:00  
 SUNDAY — CLOSED

## GIRL'S CORD PANTS

Size - 8 to 14.

**\$10.97**
**11<sup>th</sup>**   
*birthday  
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 Check out  
 our  
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 Sale Flyer for  
**SUPER  
SPECIALS**  
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 low, low prices!

SEPTEMBER 27th  
 TO  
 OCTOBER 6th  
 INCL.

