



TOTEM TIMES



Vol. 26 No. 9 CFB COMOX TOTEM TIMES

THURSDAY May 3, 1984

Deadline is Monday, May 14, 1984

COST: PRICELESS

Canada's Air Force - then and now



Comox -- The snowbirds perform their aerobatic routine while members of the public inspect one of the CF's new CF-18s at the CFB Comox airshow on 14 April. The CF-18 also performed an aerobatic routine while the aircraft on static display drew a lot of attention from the public. Over 20,000 people attended the airshow staged as a farewell to the CF-101 Voodoo.

Canadian Forces photo by Sgt J.F. Smith

Canadian military aviation marks six decades of service to country April 1, 1984, touching off year-long observances wherever Air Force men and women serve in Canada and abroad.

But the history of Canadian airmen goes back beyond the 1924 formation of the Royal Canadian Air Force, now Air Command since the integration and unification of Canada's Navy, Army and Air Force in the mid-1960s.

Young Canadians began setting enviable records in the air shortly after the outbreak of the First World War in 1914, when they flew as members of Britain's air elements in the European war.



A formation of RCAF Sabre aircraft fly high over the Canadian countryside, in September, 1955.

"Unlucky Lady" remembered

Courtesy Victoria Times-Colonist
by Pat Dufour

Forty years ago the Canadian Tribal-class destroyer HMCS Athabaskan sank off the French coast. The sinking came as Athabaskan and her sister ship Haida were engaged in fierce night battle with two German destroyers.

The Canadian ships were part of Allied strategy to soften Nazi naval defences before D-Day, a little over a month away.

Herman Sulkers was among the 121 survivors from Athabaskan.

He and friends gathered at CFB Esquimalt's Club 44 to reminisce about their 144 fellow crew members who died.

Among those lost was the ship's captain, LCdr John Stubbs, DSC, who spent hours in the water, rallying the spirits of his men.

He body washed ashore in France. John Stubbs memorial school in Belmont Park is a tribute to him and his men.

"It'll just be a gathering of old and true friends," said Sulkers of 1575 Begbie St.

They'll remember how, during the darkness of April 29, 1944, they took on the German destroyers T-24 and T-27.

During the fight, starshells burst all over Athabaskan and gun salvos whined through the rigging. Radio blips also indicated German E-boats (fast-attack torpedo boats) were nearby.

In the early morning, Athabaskan was hit on the starboard side, likely by an E-boat torpedo. The explosion knocked out two of Athabaskan's guns, killing their crews. A fierce fire broke out. The ship's propulsion gear was damaged, she lost way, steered to port and lay helpless in the swells of the English Channel.

Haida sent up a smoke screen to shield Athabaskan. T-24 was badly hit, so Haida left Athabaskan to chase T-27 which was breaking away to the south.

As Athabaskan wallowed helplessly, crew members worked feverishly to put out the fires.

The ship was an easy target for shore batteries, E-boats and the German destroyers, but there was no panic.

Ten minutes after the first explosion, another torpedo hit on the starboard side. "The back end was blown right off," said Sulkers, who was on duty in the director control tower on the bridge.

Badly burned, he slid down the

falls (ropes) of a whaler into the cold water. He found a Carley float and hung on.

Athabaskan's after magazine, fuel tanks and high-pressure steam supply erupted into a giant fiery volcano. Men were dashed to the decks or blown into the water. They tried to shield themselves from showers of burning oil.

Athabaskan sank quickly by the stern, the last men to leave sliding down her bow into the water.

Breaking off from her fight with T-27, Haida steamed to the spot where Athabaskan had gone down in 40 fathoms. In command was retired Admiral Henry De Wolf, then a commander. Desregarding the probability of German ships still being in the area, he ordered a starshell fired.

The light shone on scores of bobbing figures, clad in life-jackets, each with its tiny individual light.

De Wolf postponed his ordered departure for the English port of Plymouth to give what assistance he could to survivors. Forty-two of Athabaskan's crew were taken aboard Haida before she was ordered by Plymouth naval headquarters to leave.

Before sailing off, De Wolf ordered the ship's cutter over the side.

The cutter was to be abandoned and left for survivors.

Instead, Leading Seaman W.A. McClure, Able Seaman Jack Hannan and Stoker William Cummings stayed with the cutter and saved six more from Athabaskan.

During the perilous journey to the Cornish port of Penzance, they were pursued by a German vessel which turned back when the cutter steered into a minefield.

Headquarters at Plymouth had notified De Wolf that Royal Navy ships would rescue Athabaskan survivors. He was unaware until he reached Plymouth that the order

had been cancelled because the British ships would not be able to reach the scene until daylight.

It was daylight before the rest of the survivors, holding on to floats and cork netting, were to be saved by one of the German destroyers they had been battling.

With the T-24, under the command of Kapitaneutnant William Meentzen, were two German minesweepers. One of the minesweepers picked up seven survivors who were trying to row toward England in a Carley float.

One of the survivors was Leading Telegraphist Emile Beaudoin who later joined with Len Burrow to produce the 200-page book *Unlucky Lady*, a history of Athabaskan since her launching Nov. 18, 1941, at Newcastle-upon-Tyne.

Borrow's youngest brother, Leading Seaman William Burrow, was reported missing after Athabaskan's sinking.

Most of the 87 survivors were put ashore at Brest. Twenty-eight who

had been picked up by the T-24's motor launch landed in the Breton fishing port of L'Aber-Wrach. Watched by armed guards, the oil-coated men huddled in the courtyard of a village hotel.

Sulkers was one of them. He and the rest of the survivors spent the rest of the war in German prisoner-of-war camps.

A total of 91 bodies, including Stubbs', washed ashore in the days that followed and are buried in nine French cemeteries.

Athabaskan's memory has been kept alive by two Canadian navy ships that have carried her name since her sinking.

Sulkers was among those who set out on a pilgrimage from Plymouth in 1974 in the second ship to bear the name. "It's too difficult to express how I felt when we dropped a wreath on the spot where our old ship went down."

As for Haida, she lives on as a floating museum, tied alongside a jetty at Ontario Place in Toronto.



The first Tribal Class Destroyer Athabaskan commissioned on February 3, 1943 at Newcastle-on-Tyne; sunk April 29, 1944.

"Fishwrapper" Exposed

Section News.....	2
Editorial.....	4
Gens du Pays.....	5
Sports.....	6
Promos & Awards.....	8
Around the Base.....	10
CF News.....	13

Section News

Nighthawks Nest



The world's fastest two weeks has passed again and I find myself beginning to write Nighthawks Nest a day and a half late which means a day earlier than usual. Looking at the number of units on base that rarely if ever bother to submit an article it's no wonder the Totem Times staff are so tolerant.

Wednesday April 8th found Colonel Lott and all of the Majors on squadron away from Comox on various taskings. After flying the first scheduled mission of the day the duty crews realized the weather conditions weren't really conducive to going up again. Since everyone had performed perfectly during the first flight and further training would have been repetitive and would have also greatly increased the odds of someone actually making a mistake, the presence of winds right on the F-101's operating limits decided the Duty Flight Commander to cancel the remainder of the schedule. Realizing none of the adults were around to check up on who was actually working, Bill Books called over to the O Club and arranged a wine luncheon. Having no luck enticing any of the TD Queens down the hall at 407 Christian Maritime Squadron to join 409 (the cost was to be split between all attendees and spending money to have a good time apparently looks bad on their record), Bill rounded up all the available 409ers and Major Harrington, the Base Flight Safety Officer who insisted on accompanying the aircrew to make sure they were safe, and proceeded to the Snake Pit. The intimate little soiree gained some speed in about its third hour as fighter crews seemed to come out of the woodwork, arriving from Cold Lake and Winnipeg. By typical 409 wine luncheon standards, the affair was quiet but as an impromptu training luncheon all objectives were achieved.

The next day the list of squadron aircrew bachelors was depleted by one as Dave Reyenga and Shelly Swanson became "the Reyengas". Dez, Eric, Howie and Kurt now find themselves the recipients of the evil eye every time they encounter a group of squadron wives. Single guys are considered socially unacceptable being a bad influence on the husbands and failing to fulfill an officers primary duty which is to swell the ranks of the most powerful organization at CFB Comox, the Officers' Wives Club.

Wednesday the 15th of April, 409 staged a max fly Cudgel Caper, a locally generated multiple target squadron exercise. The entire squadron was split into two teams each with its own aircrew, maintainers and weapons loaders. The latter two groups were evenly divided by the level of experience while the teams of aircrew were selected by age, the old against the young. Major Egli was to be judge for the competition even though the young team felt he may have a slight bias towards the group to which he belonged. Major Main captained the "Hawk Elder" team (reds) while Eric Matheson led "Hawk Youth" (blues), Eric's inclusion in this group was somewhat contradictory because of his age and lead some crews to suspect the "fix was in". Eric and Jon drew for aircraft numbers the night before and Eric coincidentally ended up with

both duals, notorious for unserviceabilities. Targets included T-33s, B-52s, an EA6B and an EF-101. By the end of the day as many hours were flown as in a good week, displaying the talents of the groundcrew as they kept the aircraft serviceable. The results of the competition were announced the following night at the 409 All Ranks Mess Dinner.

Colonel Dobson, the Base Commander and Chief Warrant Officer Del Fabro, the BWO, joined 409 at the Jr. Ranks' Club for one of the best nights of the year. Cocktails and dinner were accompanied by good conversation as NCOs and Officers enjoyed the rare opportunity to meet in a formal setting. Following dinner the group assembled in the lounge for after dinner drinks and to hear the results of the competition. The blue team weapons loaders were victorious while the red team maintainers and aircrew easily won their categories. Major Terry Hunt and Captain Bernie Hughes received the "Top Gun" award while blue team captain Eric Matheson and Doug Neill captured "Bottom Gun". Eric says he didn't throw his flights and Doug refuses to comment but doubts still run rampant through the blue team. Of course no one doubted the integrity of the judge. After all who could cast aspersions on a man whose name (Egli) is pronounced Eagle-Eye in several different languages including Polish and Esperanto.

Posting messages are finally starting to arrive allowing crews to plan for life after 409. Drew Foulds, Tom Chester and their respective families will be heading off to 419 Squadron at Cold Lake to instruct on CF-5 Freedom Fighters. Gerry Desrochers and his roomie Howard Tarbet are heading off to the Canadian Forces Flight Training School in Moose Jaw, Saskatchewan. Mark and Liz Forseille are being deported and sent to Baden, West Germany where Mark will join Ops. George Dowler is off to Chilliwack to mold the minds of young officer candidates in the scenic splendour of the lower mainland. John Jongerious, Kaz Orezick and family units will be going to Winnipeg where John will attend the Aerospace Systems Course and Kaz will teach at the Nav School. Also going to Winnipeg are Doug Neill and Tim Stroel and their loved ones, to instruct at the soon-to-open Electronic Warfare Squadron at the Air Nav School. More postings are coming in daily and will appear in Nighthawks Nest in future editions of the Totem Times.

Congratulations go to Gerry Desrochers, recent recipient of the "Dave Reyenga Facial Hair Award." Dez took a couple of weeks leave in a warm humid climate to give his luxuriant crop of lip hair a head start in prime growing conditions. He's started to fill out the chest of his flight suit since taking a combination vitamin E and estrogen treatment but who can argue with success, his moustache is every bit as thick as either Michael Jackson's or Meryl Streep's. Keep up the good work Dez and watch out for the Base Warrant Officer, he doesn't like thick long 'staches.

Demon

Since I've been away for the past couple of weeks (no sir, I'm not complaining at all! When's the next trip?) I've had to scrounge around to find anything useful to write in this week's column.

Since being home, I've noticed a few changes around the squadron. Nick "The Hammer" Mykitiuk has finally converted from Army to Navy, replacing his M-46 tank poster with a more colourful Moma Class A.G.I. After all these years Nick, maybe we'll get you converted to the Air Force and have at least a Tiger Moth or something similar hanging there before next year.

I've also noticed a new crew has been formed on squadron. Already Crew 8 has been nicknamed the "Phantom Crew" cause no one knows where the people are coming from, or who they are.

A few "major" changes have taken place. The SOPSO has tentatively gone to VPCC 5, Crew 6 Commander to SSTANDU, VPCC Crew 5 to SOPSO, TACCO Crew 3 to TACCO Crew 8, and SSTANDU goes on holidays to Japan. If you can follow this, you're better than most.

Congrats go out to Maj Bill Mazey, Capt Nick Mykitiuk and Capt Newt Worden as all 3 received extensions.

Good news came last week for crews 2,3 and 6, as they were chosen to participate in RimPac in early June. The crews will operate out of Moffett and Hawaii in what is probably the biggest bi-annual exercise that involves 5 countries. Is it an exercise sought after by most squadron members.

Crew 3 just returned from a most enjoyable and memorable OMS. While down for the simulator, Greenwood was also hosting a curling bonspiel. Besides the round-the-clock partying, the crew managed to watch some games and become familiar with such terminology as "shot rock", "lay of the ice" and something called "shots on the end of the broom".

The flight line would like to welcome back new/old members from the OTU, the list includes Maj Chris Hansen (old), Maj Rick Sponder (new, but looks old), Capt Bernie Poole (claims he's new but we all know better) and Lis Dom Carino, Keven Kimpinski, Chris Ketellapper and Lyndon Kroker (look new, act new, and all can be had).

Latest word on the Aurora update is - what update? Actually, the first Aurora is now at IMP in Halifax for its new dull grey/blue paint scheme. Goodbye to the red lightning bolt.

Until next issue, good hunting.

AMCRO Well the big event of this reporting period had to be when Capt Foster finally had two brass plates put on the SAMO section Sport's Trophy to indicate that we had won both the Fall 83 and Spring 84 events. Must admit that it backfired though as now we have to organize the June event. Our biggest problem is going to be how figure out NOT to win so that we won't have to look after the fall event.

Another big event is going to be the luncheon at the Pewter Room to say goodbye to Bill Bugden who starts his retirement this week. We wish you all the best and good fishing Bill.

Gene just found out that he is probably going to spend the rest of his service career in D/ASO. We wish you well too Gene and may you become the number one rated golfer in ASO.

I generally have a lot to say about Marilyn, Bill and Jim but that is not the case this time as all I ever see them do is punch CF349s into the computer. They will be some glad when the back 349s are all entered and their life becomes a little more like a regular Log Control section.

Wally has a large bandage on his hand and is willing to give safety lectures to anyone wanting to know how to put out a grease fire in your kitchen.

Bob's Jaguar is now in good shape and Terry can meet any challenge with his new word

processor that he uses under his son's bed.

Dennis and Gary are rolling around in their big office and the Major had to take a week's leave to figure out what to do with all their left over office space.

Kyle was so concerned about Wally's accident that he immediately put himself onto a three day first aid course and I must close by saying that no one has done what I asked them to do and feed me gossip on Kathy and Alison or on the Chief for that matter. They have a pretty closed shop over there and it's hard to find out what is going on.

I'll close off by saying that the Tech Officers and Master Warrant Officers who enjoyed the airshow in solid comfort, pass their thanks to WO Ronayne and his crew who made that possible.

Well the posting season is upon us again and #2 Crew is losing its fair share of people. Those included in the mass exodus are: Sgts Jim Sandberg to Toronto and Dave Allison to Cold Lake, Cpls Ron Elligson to Cold Lake, Louise Noel to Bagotville, Andy Bannister and Judy Donegan to 1 CAG. Congratulations to MCpl Roy Campsall who will be leaving us to pursue a career in a higher level (Officer) at the University of Manitoba. This probably means that we will also lose his charming wife June from our depleted ranks. I hope she enjoys working in Winnipeg (God it's cold there in the winter). Sgt Bev Kolins, who was mentioned in the last issue as a world traveller, will be taking over the Engine Bay on the departure of Norm Brazeau. To sum up these events in the words of our crew chief WO Alec Lyle, "They're robbing us blind!!"

Before they leave for Cold Lake, we would like to congratulate Ron and Rosie Elligson on the birth of their first child, a 6 lb. 10 oz. baby girl.

From all members of the crew, we give a warm welcome to Cpl Kevin Morawski, our newest airframe tech who came to us from AETE Cold Lake a short while ago.

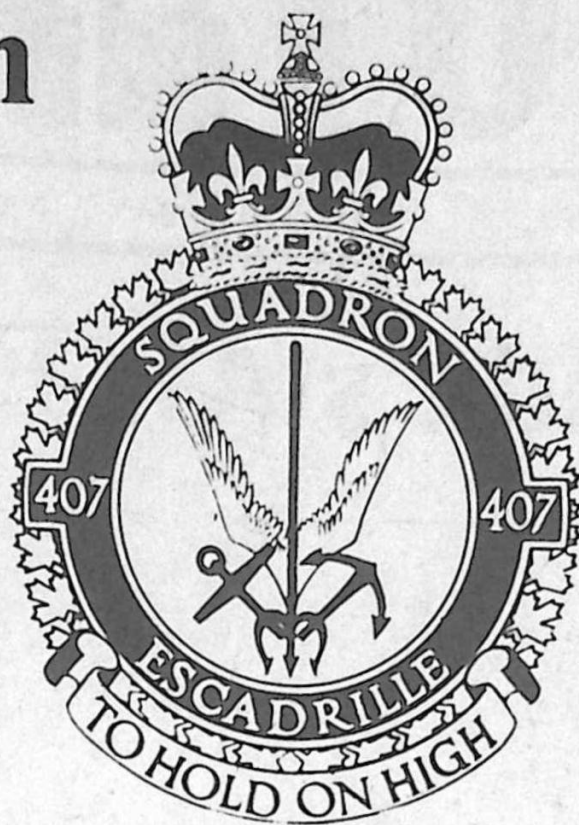
If you happen to see a group of techs surrounding one of our aircraft wearing brand new coveralls with the squadron's crest on the back, no, it's not for visiting VIP, it's the Competition Crew. They will be representing the squadron in the annual ASW competition in Greenwood in early May and are now hard at work to perfect their skills as a team.

In closing, we would like to say farewell to all those of the base who are leaving this year and warmest welcome to all the new arrivals. We in #2 Crew wish all new personnel a pleasant stay here on Fantasy Island.

407 ARMPO First of all, congratulations from all of us to Rosie and Ron on the arrival of their baby girl Candice. Also a warm welcome to the new addition to our shop in the form of pte MacInnis, welcome aboard Tom.

Well it's ASW Competition time again, as as you already know, this year's load crew consists of Jean Maltais, Jack Allard, Glen Rooke and Dev Reynolds. (The long and the short of it all.)

Last year was the first load competition between Comox and Greenwood and 407 Armt. completely devastated both rival crews



Doins

So come out and have a fun filled day away from the office.

DIAC NEWS The DIAC Maintenance Training Section is full of moves these days; up, sideways, down the road and around the base.

First our congratulations to Gerry Tracy on his promotion to Flight Sergeant in time for the 60th anniversary celebrations of the RCAF. Gerry is leaving for Camp Borden; the birthplace of the RCAF, this weekend to enlighten the instructors of the Senior Leaders Course. When he returns the Warrant will have less than two months to pack his bags for his posting to Trenton.

By the time you read this Cpl Jean Louis Cloutier will be in St. Jean rewriting Shakespeare on the Advanced English Course.

Capt Foster our DSO is away on TD. Lately it seems he only spends enough time in Comox to do his laundry and he's off again.

Our DMTO, MWO Bert Keryluk is on leave for a week and upon his return will take up his new duties in Quality Assurance.

Phase "B" of the FTAS course is under way and you may have noticed that young Petty Officer from Halifax is back on the base again.

Now that the renovations to our training area in Headquarters have been completed, we received our eviction notice. Over the next year DIAC training will be moving to the Voodoo Flight Simulator Building. Maybe we can get the necessary renovations done before we move in but things never seem to work out that way.

JR. RANKS' MESS

MAY 1984						
SUN	MON	TUE	WED	THURS	FRI	SAT
		1 SPECIAL ENT.	2	3 Special Ent.	*BAND* TOP 40 R & B TGIF: CRIB	*BAND* SWIFT KISS
6 SPECIAL ENT.	7	8 Special Ent.	9	10 *BAND* NOTEABLES TGIF: EUCHRE	11	12
13 SPECIAL ENT.	14	15 Special Ent.	16	17 Special Ent.	18 DJ TGIF: DARTS	19 D.J.
20 SPECIAL ENT.	21	22 Special Ent.	23	24 Special Ent.	25 *BAND* BODYWORK TGIF: CRIB	26
27 JUDY NICHOL	28	29 Special Ent.	30	31 Special Ent.		

SNACK BAR: 339-4333

Attention Jr. Ranks' Golfers

There are four daily passes for Glacier Green's Golf Course available at the PMC's office. First come basis.

Special Events

May 4 - 5

BAND "SWIFT KISS"

From Vancouver - 4 piece top 40 R & B
Admission - \$3.00 -- 2100 - 0100 hours

May 10-11

BAND "NOTEABLES"

Great show band - very danceable.
2100 - 0100 hours

Advance tickets on sale - \$3.50 each/\$7.00 couple.
Available at PMC's Office.

May 25 - 26

BAND "BODYWORK"

Excellent rock band from Vancouver.
5 piece -- Great time!
Admission \$3.00 -- 2100 - 0100 hours

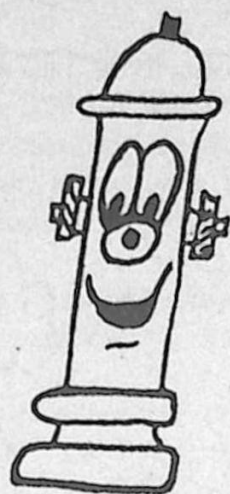
May 27

SUNDAY

Relax in a quiet atmosphere with JUDY NICHOL.
An established songwriter and performer who strives to please the audience. Come on out and enjoy.
2000 - 2400 hours. -- FREE ADMISSION

Section News

Fire



If you are using gasoline around your home and a fire should start, it is usually best to forget about fighting the fire. You should get everybody away from it and call the Fire Department immediately. However, if you are in a position to fight the fire, do so only as long as you are clearly not putting yourself or anyone else in any danger. Do not fight the fire if the fire is spreading beyond the spot where it started, or if the fire could block your exit or if you are not too sure how your extinguisher works. These fire fighting rules apply to any type of emergency situation. Do not try

to use water to put out a gasoline fire.

Well, that is it for this issue, but we will see you soon.

The days are getting longer and warmer and before we know it summer will be upon us.

Plugs

VU

We just received our latest addition to the Fire Hall last week. It is a spanking new pumper, just off the production line last month. The new pumper, which is a Thibault, is a welcome change from the old 1966 Thibault pumper. It is a sad sight, though, to look over at the MSE parking lot and see the old pumper sitting there just waiting for her disposal by Crown Assets.

We will be saying good-bye to Don Code as he will be leaving for CFB Ottawa. He will be missed for his quips about the island weather and his famous punch which he makes for our section parties.

Well, it's that time again to hear from your favourite squadron, VU33. So let's see what's been going on.

First let me warn you all that this is going to be my last article for at least six weeks. Hold it, before you all start celebrating, I will be back. I am off to Penhold, to complete my J.L.C. course. While I'm gone, if there's any complaints, then you should have a talk to Glenn Litchfield. He's the one who'll be covering for me.



33

The first victim on my list is Bill K. Tell me Bill, when will we be getting rides in your canoe? You should have seen Bill putting it together. He has more parts left over than maintenance has when they work on an airplane. But good old Bala (that's what Bill would like to be called) can always be counted on to pull your leg.

We have a new corporal in the squadron. Phil White has now joined the rank of us under-paid. Congratulations Phil, we knew you could do it.

A lot of people say that dedication is rare in the service. I say that's piddle-paddle. Look at John, he's so dedicated that he's known at work as Tracker John!

They don't make ladders like they use to, do they Woody? It appeared that Woody was up on a ladder helping a pilot strap in, when the ladder cracked. I don't understand it Woody, I was up on that very same ladder, and it held me.

Just the other day we had a bit of an ear full. Daryl M. accidentally got fuel in his ear. We are thankful that it wasn't anything serious.

Well, that's it for now. Sorry that the article is so short, but it has been a short week, with Easter weekend and all. So I'll be seeing you all in about six to eight weeks.

L.J.C.

I'm going to take advantage of my journalistic privileges and headline this week's news with the birth announcement of our new baby boy. Graham Ludlow was born on the 26th at 19:46 and weighed in at 7 lbs. 13 oz. OJT suddenly took on a whole new meaning.

We would all like to welcome Pte Lorri McElhinney to the squadron. After a hectic move out here from

North Bay, Lorrie reports that the family does not miss the motel life. Welcome to the Comox Valley.

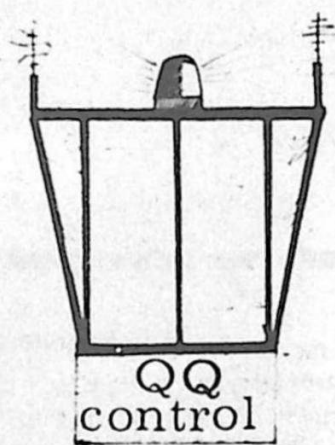
So as not to lose touch with the purely gossip nature of this column we report that 'No Fixed Address' Flewelling is on the move again. And so close to posting you ask? Don't Ask! By the time you read this he'll have moved but has shown up for the greasy burgers and beers anyway.

If you're not in the party mood on Friday, dig out the sticks and be one of the first to tee off at the "new" Potvin Acres G. & C.C. Charter memberships are going fast and club pro, Norm Potvin promises good golfing. As the ground crews have just laid new turf Norm says the divots are rather 'large'.

On the flying side, business is picking up after a slow start to the new year. The Boss, Rollie Acorn and Tom Sullivan formed our Sandpit Detachment last week. On the zoom no boom side of our flying, four of our members who decided spring was a little early up here, took off for the snowshowers of Hill AFB. PIREPS back from the sortie state that, icing was so bad that two days were needed in San Antonio to thaw the birds out.

The Penhold Express was off for a featureless ride through the clag and over the rocks earlier this week, minus one probable passenger. Now what is the airport identifier for Red Deer Sarge?

That's about all I can scrape out for this issue. For those of you anxiously waiting to find out what really is happening around this place, Dave will be back soon. Hang in there, at the worst I'll only be called upon to write for one more paper.



As The Beacon Turns

The past two weeks have been busy ones for the sports minded in the section.

Thursday, 26 April, the section invaded Mt. Washington again for a day of skiing. The weather was clear and sunny. So, sunny that all the skiers now closely resemble lobsters.

For Pte. Diane Doherty it was an eventful day. It was Diane's first time on skis. Diane established a new speed record for the blue hill. No, not the fastest but the slowest time ever. Diane's record 35 minutes.

Pte. Joe "Cool" Gibbons, an avid beginner, decided to try out all his new ski equipment. Unfortunately for Joe, his ski poles will have to be straightened after an interesting descent down the hill.

"Oh no, he's dead," Lt Rick Champagne was heard to exclaim as he found Lt Jim Hatton wrapped around a tree. Thankfully Rick's diagnosis was a bit premature and Jim survived. Unfortunately the same cannot be said for the tree.

The ATC golf tournament held 17-20 April was a roaring success.

Garth "the animal" Williams, a Vancouver controller, won the best overall golfer for the third time in four years. He was heard to remark that the only reason I didn't win last year's, was I didn't play.

Gary Saxby from Namao won for low net.

Capt Margrit Buchholz won a prize for the best female golfer. Margrit will never worry about loosing a golf ball now as for her prize was pink florescent golf balls. (Note - Marg was the only female golfer.)

A work party was busy Friday working on tearing down wood in the old gravel pit. Gravel Pit 2 is looking better and better, it's just about ready for a floor.

Capt Dave McLeod arranged the section garage sale. The sale held at Dave's house on the 28th was well attended by the buying public and most of the stuff we had for sale went in pretty quick order. The value of sales ranged from 5¢ to \$150. The total sales were \$692. In order to raise some extra money the section tried to sell a F-101 at the sale: to no ones surprise there were no takers.

Congratulations are in order for Pte Paul Fleury and Lt Paul Anderson. Pte Paul, a YTEP, heard that he had been accepted for Regular Force, and Lt Paul recently graduated from the IFR course. Congratulations guys, and when's the free beer.

S.H.

Base Supply

Spring has sprung, the grass has riz, I wonder where the flowers is. The good weather has finally arrived (assuming it keeps up until this article is in print) and Spring things are starting to happen in the Supply Section.

First, Good Luck to Pte Shelley Reyenga, (nee Swanson) who got married in April to Capt Dave Reyenga of 409 Squadron. Our reliable source (Mary-Jo) warns there is an epidemic happening between single Supply Techs and their co-workers - no names please - and says "Be careful, you may be next", as if something is afoot.

Ken Chadderton is back this week; he has been on sick leave through April. Wally Berger has been running back and forth between 1 and 3 groups holding them both together and is relieved that he now has only one job to hold on to and can spend more time on important things like looking for a steady job.

A Base Supply welcome to WO Thane Adams from CFB Winnipeg who recently arrived for a reconnaissance visit. He will return for good in June to take his new position as A/MCO/D.

WO Fredrickson is thrilled speechless about her new position

upstairs as WO i/c Customer Services. Sgt Doc Fleming will soon be taking over her old position as A/MCO/T. Other moves taking place right now include Ptes Cal Francis and Deanna Graham who will be trading places between Customer Services and Clothing Stores and Sgt Darrell Sears going to General Stores. We all wish them the best in their new positions.

The Base Supply softball team won its first practice last Thursday night. About a dozen stout-hearted Supply Techs, including Maj Finn and LCol Mack (sporting a purple sweatshirt), turned up and gave all for an hour. The schedule starts this week and I'm sure we can expect an excellent showing from our Supply team.

And one final note, congratulations to our two YTEPs, Kevin Luther and Jim Bulmer who have just been offered 3 year Basic Engagements at Comox starting this month. Kevin will be among the first group of YTEPs to be signing on as a member of the Regular Force since the program came into effect last May.

Anyway, that's about all the news that's fit to print for this week - See ya.

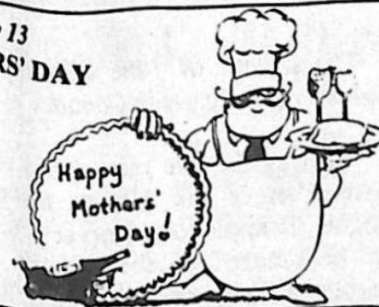
Wos' - SGTs' MESS

May 4, 11, 25
TGIF. Food. Games. Relaxed dress.

May 11
TGIF at Esquimalt (Naden). Member interested to register at the Mess. Departure from Mess at 1300 hours. Return Saturday at ??? OPI WO Shapka at local 2448.

May 13
MOTHERS' DAY

Wine and cheese. To be served by the Fathers. Start at 1300 hours. Free Admission.



18 May
MIXED TGIF. Food. Games. DJ dance. Relaxed dress.

May 25
MUG OUT
Starts at 1700 hours to be followed by TGIF.

26 May
SPRING BALL

Dance band - THE FAMILY TRADITION
Food - hot & cold buffet. Dress - informal.
Price: \$25.00 a couple for members and associates; \$30.00 a couple for guests.
Tickets on sale from 1 to 17 May to members and associates. 18 May to Honorary members.

19 to 22 May for guests.



OFFICERS' MESS

Fridays, May 4, 11, 18, 25

May 4 - TGIF: FISH & CHIPS
May 11 - TGIF: BURGERS AND FRIES
May 18 - TGIF: CHICKEN & CHIPS
May 25 - TGIF: SUBS & FRIES

Thursday, May 10

RETIREMENT MESS DINNER:

The retiring officers to be honoured are: Maj R.L. Jensen, Capt W.E. Books, Capt G.M. Ferraby, Capt D.W. Orr

Sunday, May 13
MOTHERS DAY BRUNCH:

1100 to 1300 hours. Further information to be sent out by flyers early in May. Reservations should be in to the Mess Manager's office by 1200 hours Wednesday, 9 May 84.



Wednesday, May 23

OWC CLOSING DINNER:

6:30 for 7:00 p.m. On the menu for the evening will be a Hip of Beef. Buffet of assorted salads, rolls, and fresh fruit salad. Wine is included with the dinner. Cost for members \$8.00, non-members \$10.00. Tickets are available from Gail Blamire: 339-2960, or Martha Leonard, PMQ 75: 339-7559. Also during the evening there will be elections, charity vote, and a farewell to posted members.



Saturday, May 26
SEAFOOD NIGHT:

2000 hours. Dine and dance to the music of the band "Sideline". Cost per couple: members \$25.00, guests \$35.00. Dress is informal. Reservations should be in to the Mess Manager's office by 1200 hours Wednesday, 23 May 84.



COMING EVENTS:

08 June - Monster TGIF
17 June - Fathers' Day Brunch
23 June - 409 Farewell Dinner & Dance

M.S.E. Driver Safety

What would you do??

You're on a two-lane straightway going 100 kph (60 mph). You see three on-coming cars at least 76 m (250 ft) ahead. The lead car's a compact. The car at the back pulls out to pass. He probably hasn't seen the compact and doesn't know he's got two cars to pass. He's committed. He's started coming right at you. You've got a high curbing on your right. What should you do?

- Hard brake and hard right into curb to go over.
- Medium brake, veer and squeeze right as far as possible.

Answer on page 12

Editorial

On growing up

I can remember as a kid desperately trying to decide what it was I wanted to be when I grew up. Here I am, 51 years old, and I still haven't decided. One thing is for sure; I can't be accused of making snap decisions. With retirement from the Forces looming ever more closely on the horizon, I had better plan something definite and quite soon.

I can't say that the Navy and more recently the CAF haven't been an interesting and rewarding experience, they have. If I could go back I would do it all again and probably make all the same mistakes as well. But now I have to start planning what I really want to do when I grow up (assuming that I will grow up) for after all, isn't the military just a big game for big kids, always practising and pretending, always getting ready for something we hope won't happen. So maybe I'm not the only one who hasn't yet grown up, besides grown-ups are dull.

My wife and I recently attended a SCAN seminar (that stands for Second Career Assistance Network) and found it very interesting. We learned that there is considerable demand, even in our frayed economy, for the many and varied skills we have been accumulating over the years in the service. At one point in my navy days I became quite good at washing ham- good but I don't think there would be much future in that. Or how about the land element guy who knows how to operate a mobile laundry and bath unit, maybe we could get together and operate a mobile ham-mock laundry. Better still, let's get a retired load-master and start a world-wide air transportable

mobile hammock laundry (better known as ATMHL). But, alas life isn't as simple as that so I'll probably have to settle for a more traditional occupation.

Before we leave the subject of hammocks though, I think I could be very successful in the quality control end of the hammock business. While doing product testing I would have a chance to further contemplate my future.

One thing I have had considerable experience with in the military is travel. I've seen all of Canada, most of North America and much of the rest of the world. Therefore, it only seems reasonable that I should be well qualified to work for a travel agency and be paid to seek out and evaluate hotels, restaurants and various other tourist attractions throughout the world. I would, of course, expect adequate vacation time for I believe that all work and no play might tend to make Jack a dull boy.

Another of the benefits of a military career is that we are encouraged to take an active part in various sports in order to keep fit. This qualifies me for another job I had in mind for when I grow up. In keeping with my established ability in the quality control field, I would like to get into the business of testing golf balls. I wouldn't be too good at testing for distance but I could do a good job on slice, hook and the toughness of the hide.

I hope the rest of you out there are planning for when you grow up, as I have, because time has a way of sliding by very quickly and who knows, you may find yourself old and grey before you get a chance to grow up. Wouldn't that be nice!

J.S.G



Letters:

To The Editor:

Sage Girls' Reunion 16 Jun 84.

This is an open invitation to all civilian secretarial/clerical/tele staff who have worked in the underground SAGE site at CFB North Bay since its opening in the early 1960s.

The "SAGE" Ladies Group is planning to hold a Reunion with

their former workmates on 16 Jun 84. We have chosen to hold this reunion as our way of saying 'Sayonara' to the 22NR (and its predecessor - NNR) - may it be remembered with pride, and to introduce Canadian NORAD Region, our new organization.

We would like to welcome you all to a day of renewing old friendships and making new ones. We would also like to show you the changes that have been made in our underground facility. The familiar old 'hole' has changed.

Space does not permit me to write here of all the events we are planning for the 16th. For further information write us at Canadian NORAD Region HQ, CFB North Bay, Hornell Heights, Ont., POH 1P0, or call (GP) 628-6801 (Rose Collins) or 628-6605/663-6605 (Betty Gaudreau).

For those of you who can't join us for the day we'd still like to hear from you!

Canadian NORAD Region
Headquarters

To The Editor:

We would like to express our appreciation to the Officers and staff, CFB Comox for the time, energy, and enthusiastic interest shown us on our tour of the base. We will long remember this as one of the highlights of our training period and hope for another visit in the future. Special thanks to Capt Gavin and Sgt Verchers from the grunts.

Officers and Cadets
2963 RCACC
Sunshine Coast
Sechelt, B.C.

Next Totem Times Deadline - Monday, May 14, 1984



Law Talk

By Gordon Hardy of the People's Law School

Human rights in Canada



The second of four articles on human rights issues in Canada.

"During the five years that I was a member of the Alberta Human Rights Commission, I never ceased to be amazed at the number of rights people claimed they had because they were human beings, and for no other reason."

The author of these words is Max Wyman, former chairman of the Alberta Human Rights Commission. He continues, "Even the hundreds of rights contained in the Universal Declaration of Human Rights, published by the United Nations in 1948, did not exhaust the claims to rights that were advanced to that Commission."

Wyman's comments raise a point: how have we come to regard certain things as our human rights? Written human rights documents, such as the Universal Declaration he mentions and, more recently, the Canadian Charter of Rights and Freedoms, state our rights and may help to protect them. Very often, however, they state rights which we tend to regard as ours in the first place. Where does our assumption come from?

From the beginnings of history,

men and women have sought human rights, although they may have used different words to describe their goals. The world's first known legal code - written about 17 centuries before the birth of Christ - already set forth laws to protect the weak from the strong. This code, called the Code of Hammurabi after the Babylonian king who enacted it, has been called humanity's first charter of rights.

At the roots of every modern civilization are teachings which encourage both rulers and their subjects to treat their neighbours fairly, to avoid bloodshed, and to help the poor. Very often these teachings were expressed in religious terms and seemed to be instructions direct from God. Thus, we have the Bible from God. Thus, we have the Bible from God. Thus, we have the Bible from God.

The ancient Greeks took the idea a step further - if mankind is responsible to a higher, God-given law, then man-made laws which run counter to divine law may be evil and should not be obeyed. When

2500 years later, Nazi war criminals claimed they were only following orders in the murder of millions of unarmed Jews and other civilians, they were nonetheless convicted and executed. Their crimes may have been legal according to Nazi law but they were still crimes against a higher law of religious conscience and humanity.

In the Middle Ages there was further development of this idea. If there is a divine law which not even princes can break, medieval philosophers reasoned, then this law must give human beings certain rights which no earthly ruler can legitimately deny. In the English language, these were called rights because they were right in the eyes of God.

It was in this period that people began to insist on their rights, often in the face of hostility from an earthly ruler. The most important early example of this in our legal tradition - which springs from England - is the Magna Carta of 1215. In it, a very reluctant King John is forced to recognize the rights of Englishmen. He is not granting them those rights as privileges which he can take away. Rather, he is acknowledging rights which the Englishmen in

question believe they possess already.

True, only a handful of English nobles and churchmen initially benefitted from the Magna Carta. But the document soon provided the basis on which a much larger number of people obtained recognition of their rights, the most important of which was the right to a fair trial. In the words of Noel Kinsella, chairman of the New Brunswick Human Rights Commission, "One can say of the Magna Carta what can be said of many of the great instruments of human rights; they were important primarily not for what they were but rather for what they could be made to be."

Human rights, then, came to be seen as something which a person possesses merely by being a person. By the time of the French and American Revolutions, certain rights were called "inalienable", i.e., cannot be taken away from the person they belong to. Both the American Declaration of Independence and the French Declaration of the Rights of Man proclaim a series of inalienable rights, including the right to life, liberty and property.

Next: the Cost of Rights.

TOTEM TIMES

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EDITOR: Jack Gibson (Local 2516)

EDITORIAL ASSISTANT: Cathy Bekolay 339-7798

BUSINESS MANAGER: Herb Hanson (Loc. 2618) or 339-6526

CIRCULATION MGR: Shawn & Susan Johnson - 339-0580

SECRETARY: Kathy Pincombe 339-3497

EDITORIAL STAFF: Rosemary Gibson, Kurt Saladana, Michel Labrie, Diane Senneville, Neville Russell, Liz Mitchell, Jack Jackaman, Joan Jackaman, Ron Fisher, Margrit Bucholtz

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Gens Du Pays

Changements à l'Association des Gens du Pays

Lors de l'assemblée générale annuelle de l'Association des Gens du Pays qui a eu lieu le 15 avril 1984, il fut voté à l'unanimité d'adopter une nouvelle constitution, de changer le nom de l'Association et de déménager le bureau à Courtenay pour une accessibilité plus grande à la population Francophone de la Vallée de Comox.

Nous tenons à remercier la base des Forces Canadiennes de Comox du support fourni par le passé ainsi que de l'utilisation du bureau.

A la suite des élections les personnes suivantes ont été nommées membres du comité exécutif de l'Association Francophone de la Vallée de Comox pour l'année 1984-85:

Président - Jean-Claude Rheault
Vice-Président - Gilles Doiron
Trésorier - Marc Beaulieu
Secrétaire - Sonia Hauser

Directeurs:
Education - Gérard Gagné
Culturel - Marie-Paule Gregor
Suppléant - Jean-Charles Lemieux

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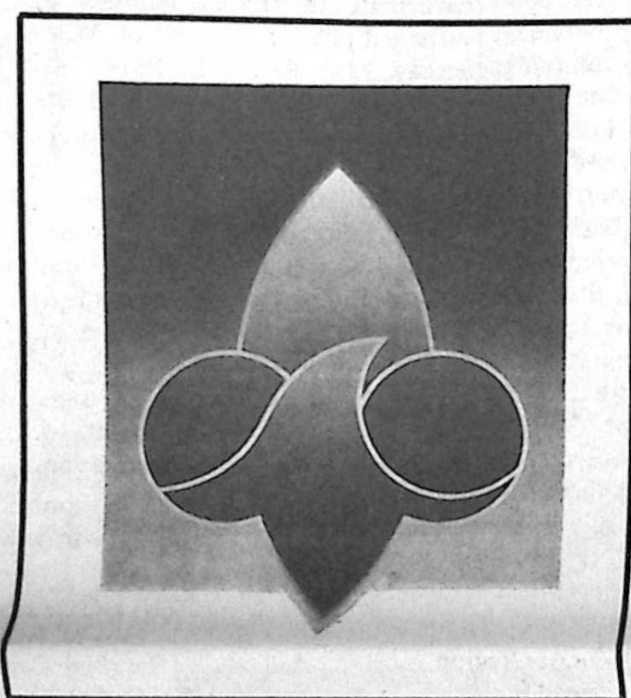
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Pacifête 84

Pacifête 84 est un festival qui permet à tous les artistes et à tous les artisans Franco-Colombiens de participer à une compétition artistique qui se clôturera par un gala provincial le 22 septembre 1984 à Vancouver.

Les objectifs

Pacifête vise à développer et à augmenter le sentiment d'appartenance des Franco-Colombiens à leur communauté. Pacifête veut également détecter le potentiel artistique professionnel et promouvoir le plus grand nombre possible d'artistes et d'artisans Franco-Colombiens vivant en Colombie-Britannique.

Qui peut participer?

Les candidats éligibles au concours de Pacifête doivent être:

- Franco-Colombiens;
- âgés de 14 ans et plus;
- résidant en C.B. depuis au moins 6 mois;
- amateurs — c'est-à-dire ne pouvant pas encore vivre de leur art.

Les disciplines

ARTS DE LA SCÈNE:

- Arts classiques: ballet, musique, théâtre, etc...
- Arts populaires: auteurs, compositeurs, interprètes, danse folklorique, etc...

ARTS VISUELS:

- Beaux-arts: sculpture, peinture, dessin, photographie, etc...
- Artisanat: poterie, verre, sculpture sur bois, etc...

Comment s'inscrire

Les artistes de la scène devront remplir le formulaire d'inscription «Arts de la scène» et le retourner à l'adresse indiquée avant le 30 avril 1984.

Les artistes des arts visuels devront remplir le formulaire d'inscription «Arts Visuels» et le retourner à l'adresse indiquée avant le 10 mai 1984. Un minimum de 2 œuvres, maximum de 6 œuvres, devront être soumis. Au moins 2 diapositives de chaque œuvre doivent être présentées pour faciliter le travail du jury.

Les auditions

ARTS DE LA SCÈNE:

Des auditions se tiendront au niveau régional. Tous les artistes éligibles inscrits seront invités à y participer. L'endroit précis des auditions sera déterminé d'après les inscriptions. Les dates fixées sont:

Vancouver métropolitain — 12/13 mai 1984
l'intérieur de la province — 19/20 mai 1984
l'île de Vancouver — 26/27 mai 1984

Une personne ressource aldera chacun des concurrents retenus suite aux auditions à se préparer au gala provincial.

Les coûts de déplacement pour les auditions sont aux frais de l'artiste.

ARTS VISUELS:

Les artistes devront faire parvenir au moins 2 diapositives des œuvres qu'ils désirent soumettre. Ces œuvres devront être récentes (82-83-84) et les diapositives devront accompagner le formulaire d'inscription.

Le choix des œuvres se fera par un jury les 20 et 21 mai 1984 à Vancouver.

Les coûts de préparation des diapositives et l'envoi sont aux frais de l'artiste.

Quelques règlements

Les gagnants des premiers prix de Pacifête 83 ne sont plus éligibles au concours, sauf s'ils changent de discipline.

Les groupes qui se présentent aux éliminatoires doivent être composés des mêmes membres qui se présentent au gala provincial.

Les candidats des arts de la scène doivent se rendre disponibles pour les auditions. Les gagnants recevront une journée de formation qui sera donnée la dernière semaine de juin et devront se rendre disponibles pour une semaine de répétitions précédant le gala provincial.

Le gala provincial

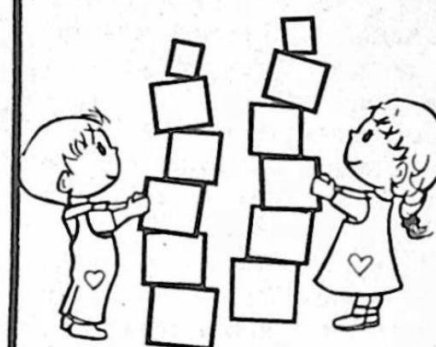
Pour les arts de la scène, trois (3) gagnants des arts classiques et trois (3) gagnants des arts populaires se produiront en spectacle lors du gala provincial qui aura lieu le 22 septembre 1984 à Vancouver. Ces artistes se réuniront pour une semaine de répétitions intensives avec, entre autres, Gilles Valliquette et Mouffe.

Pour les arts visuels, les œuvres sélectionnées de trois (3) artistes dans la catégorie beaux-arts et trois (3) artistes dans la catégorie artisanat seront présentées lors du gala provincial. Ces artistes bénéficieront des services de professionnels pour la préparation de cette exposition.

Les prix

Lors du gala provincial, un premier prix sera accordé pour chacune des catégories suivantes: arts classiques, arts populaires, beaux-arts, artisanat.

Le Monde Enchanté

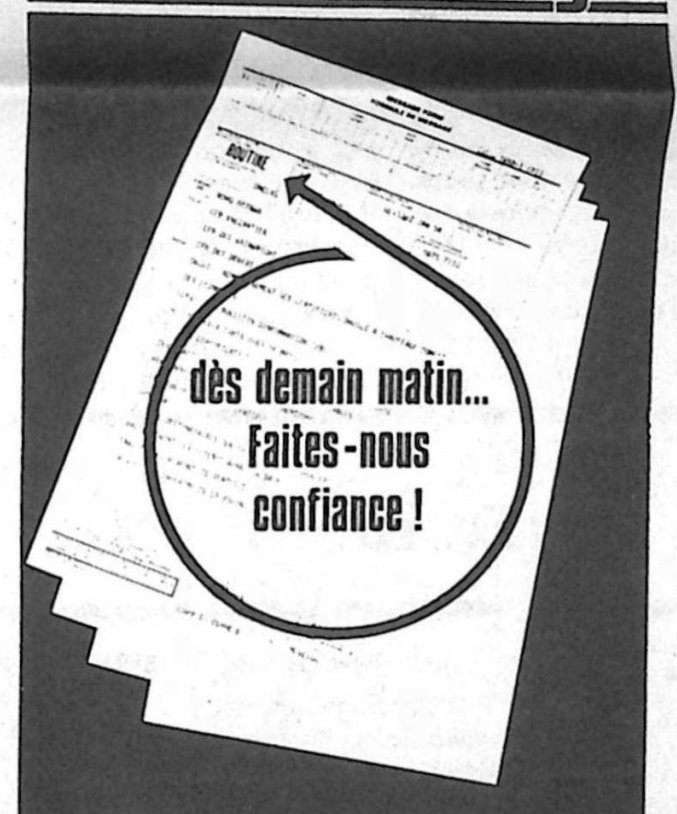


Pour votre enfant, un avant-midi de plaisirs, tout en apprenant. Voilà en gros ce qu'offre la prématernelle, Le Monde Enchanté, nous avons encore une ouverture.

Vous êtes priés de contacter.

Paulette Leblanc 339-5651

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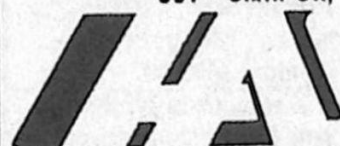
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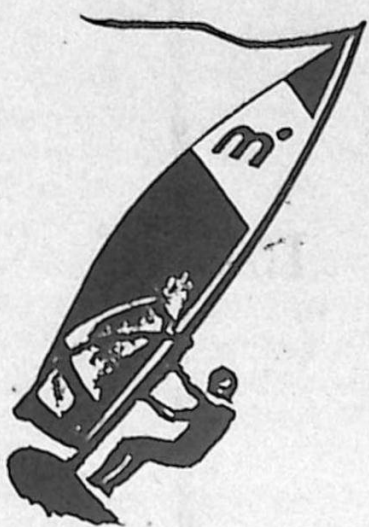
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Sports

Windsurfing an explosive sport



It's 5:30 in the afternoon. For over an hour now you've been outside in the sun trying to contend with winds of 20 to 35 miles per hour. Your arms are a little tight because of your 3-day layoff but your hands and back seem to be in good condition. Standing on the edge of the beach with your storm sail in hand and your sleek racing board at your feet you feel like a midget trying to tame a raging giant. A few spectators are on the beach watching you with idle curiosity. You ignore them preferring to concentrate and prepare for your next subsonic ride across the choppy water.

Over to your left you suddenly notice a slight darkening of the water. The dark patch quickly moves towards you. "A gust!", you think to yourself. You jump aboard your vessel and step into your footstraps. You brace yourself. BANG! The windspeed jumps 15 mph and you and your windsurfer are racing across the water at 20 mph. The spray from the board hits your legs and splashes your face as you lean out over the water. The sail seems to have a mind of its own shaking and pulling with extreme force. You glance down at your feet to ensure you're attached by your foot straps. As you look up you notice a two foot wave building 20 yards in front of you. Three seconds later you hit it. POW! You instinctively pull down on the sail and lift with your front foot. You are now flying. Af-

ter surviving your landing, you tilt your windsurfer and turn it. You feel the pressure build as the turn tightens; you wonder if you are water skiing. You return to the beach a half an hour later. WOW, what a ride, what a day! A cute blonde beach bunny walks up to you and asks if she could learn how.

All this took place in Kye Bay (Airforce Beach) on the 24th of April. It could have been you! Windsurfing has only been in existence for 12 years. In 12 years it has become so popular that it will be an Olympic event in Los Angeles. Why? It's a challenging and thrilling sport. It can be compared closely with the feeling of downhill skiing. In fact very few skiers who try it give it up. Low winds can be considered the bunny slope, high winds can be considered the "Downhill". Jumping over waves is much like jumping off moguls (the landing is softer). As you gather the required skills together, balance, wind-sense, sail-sense and board-sense, you become less dependent on "thinking" and begin to react naturally with the forces of wind and water. It takes your mind off the day's events and lets you "get away from it all".

Comox has perhaps some of the best weather in Canada for this sport. It is a shame to let it go to waste.

If you are interested in joining the CFB Comox Windsurfing Club come to our meeting at 1800 hours, Monday 14 May in the Rec Centre cafeteria. The whole idea behind the club is to get people windsurfing cheaply. Prices would be in the order of \$3-4 per hour for windsurfer and wetsuit (\$10.00/hr. in town) and about \$10.00 for a 2 hour lesson. After you have tried it 4 or 5 times you are normally of sufficient ability to go out in moderate to heavy winds. After you decide to stick with it you could purchase gear from the local Windsurfing shop, Windsurf West in Royston. We will be getting discounts and other gratuities.

Make an effort to come out to the meeting. You are guaranteed an exciting and suntanned summer.

Pac Region floor hockey championships

The weekend of the 28th & 29th of April saw 8 teams attend the Pacific Regional Ball Hockey Championships held at CFB Esquimalt. Although only placing an upsetting 5th, the CFB Totems showed outstanding performances and dazzled the crowds with their ability to play. Thinking CFB Comox was a pushover, the other teams accepted our team entry to the tournament with an open laugh.

However, shortly into the first game against CFS Aldergrove, the teams started to take a serious look; as the Totems quickly jumped to a 3 to 1 lead at the end of the first period. The grueling game came to a 3-3 tie. All the other teams awed in disbelief at this team's speed and great performance in their first ever participation at this sport.

The second game was against the favoured to win the championship, CFS Masset. With 1 minute left to play in the final period, Masset went ahead with a mad scramble in front of the net. The final score was 3-2 Masset.

The third and final game was against 3 PPCLI. The Totems had the crowds on their feet and cheering when Lt. Russell received a drop pass from Cpl Mahoney-Bruer and scored with only 10 seconds into

the first period of play. That goal was said to be the fastest goal in the championships and totally shattered the 3 PPCLI's will to play.

Cpl Beeston with his outstanding performance in net aided the Totems to a 4-0 victory over the 3 PPCLI team.

Although the Totems only had 11 players to the other teams 18 and 19, the Totems succeeded in proving that in the years to come they will be a team to be reckoned with - and not an easy win.

High scorers for the Totems were Lt Russell of Base Supply and Cpl Parent of 442 Squadron. By unanimous decision the most dedicated and hard working player was Cpl Lindsay of 409 Servicing.

With the Totems first year at a close, they finish the season with only one loss on the road.

The Totems team consisted of: Captain - Cpl Mahoney-Bruer, MP Section; Asst. Capt. - Lt. Russell Base Supply; Forwards - Cpl Parent, 442 Squadron-Cpl Boyd, Base Housing-Cpl Lindsay, 409 Servicing-Pte Sergerie, MET Section; Defence - Cpl Carr, CMTT-Cpl Weber, 407 Servicing-Pte Lebel, 409 Servicing; and Goalies - Cpl Beeston, MET Section-Pte Alton, BADCO.

Final Results

Intersection bowling

20 April 84

NAME	POINTS
HQ	157
B COMPT 2	137
IS/IE LAB	133
B HOSP	104
COMPT 1	101
SUPPLY 2	99
409	98
ARAF	83
SUPPLY 1	78
SUPPLY 3	68
TPT	17
MSE	12

THANKS FOR NOT SMOKING

National Physical Activity Week May 13 - 21, 1984

National Physical Activity Week is here again. Last year was the first time for National Physical Activity Week and it was a great success across the country. People of all ages jogged, cycled, walked and took part in fitness games of every description with great enthusiasm. Last year was a good year for CFB Comox Rec Centre, with lots of participation from our dependants. This year we would like to have service members as well as dependants participate.

CFB Comox Rec Centre's staff has organized a "Fun" day on 15 May to coincide with National

Physical Activity Week. Scheduled activities include the following:

0900 hours - Walk/run around the base for the enthusiast, approximately 7 miles.

0930 hours - Walk/run to the golf course and return.

1030 hours - Individual obstacle course in the gym.

1130 hours - Open swim/water polo game (pool).

So come on out and participate. "Don't just think about it, do it!" Everyone is invited to participate in the days activities, so come on and get involved with National Physical Activity Week on 15 May at the Rec Centre.

Morning fitness classes

The Base Rec Centre would like to make it known that we have been and will continue to give compulsory PT classes every Monday, Wednesday and Friday mornings from 0730 - 0815 hours. The classes vary, depending on the instructor. So if you are at all interested, come on out and have some fun, play a game of floor hockey, basketball, indoor soccer, broomaloof, bucketball, go for a jog, lift a few weights, or perhaps warm up exercises and circuit training is more along your line along with a dip in the pool to finish things off. We will be expecting you, so make a commitment and we'll see you on the floor.

Rec Centre, local 2315

Great participation challenge

The town of Weyburn, Saskatchewan has challenged all communities and cities in Canada to participate in fifteen minutes of sustained physical activity on Wednesday, May 16th. The four communities or cities in Canada with the highest percentage of participants are the finalists and will be honoured nationally.

To encourage CFB Comox to participate, I will be instructing an aerobic fitness class on Wednesday, May 16th, 9:30-10:30 a.m. Free of charge to all drop-ins.

Following the class, we will sign our names as official participants to be tallied by the Comox Recreation Centre.

Come on out and join us!

Laurel Harris
Social Fitness Class



**CANCER CAN BE BEATEN
IT HAPPENS EVERY DAY
CANADIAN CANCER SOCIETY**

Unclassified

RATES

First Insertion - NO CHARGE
Subsequent Insertions - \$2.00 per inch

RIVERSIDE PARK RENT REDUCTIONS

Does Your Rent Include?

- fridge, stove, dishwasher, washer and dryer in all 2 bedroom units
- fireplaces and large balconies
- 1 1/2 baths with Jacuzzi tubs
- saunas and exercise room
- party room with wet bar and ping-pong
- swimming pool
- free cablevision
- excellent view suites available
- extra large suites
- rents from \$380.00

If not —

PHONE: 338-7973

"Best value for your rental dollar"
CUSTOM PROPERTY MANAGEMENT LTD.

Superb breeding - black Labrador puppies. Ready to go in May. 335-2171 or 335-0767.

ARRAN HOUSE

SPACIOUS 1 & 2 BEDROOM APARTMENTS AVAILABLE NOW IN THIS NEARLY NEW BUILDING. SUITES ARE BRIGHT AND CLEAN AND INCLUDE LARGE FRIDGE AND STOVE AND ARE CLOSE TO TOWN.

1 BEDROOM FROM \$320.
2 BEDROOM FROM \$345.

(After Rebate)

*30 rebate on 1 bedroom
*60 rebate on 2 bedroom
Call Gordon or Edna Brady at 338-1624

Managed by West Coast Savings. Real Estate Division Ltd.

Bates Beach Resort

1 & 2 bedroom furnished apartments. Waterfront. Heat & Hydro included. From \$285.00. Call 334-2151 or 338-0501.

For rent: Ski condominium on Mt. Washington, (near Comox) to rent from Sundays to Fridays \$240. This unit is fully furnished for 8 people and has 2 bathrooms and sauna. For more details phone: 339-6216 (or 339-6969).

If you are moving and don't want the responsibility of cleaning your PMQ, call Mitch at 339-6989 or Brenda at 339-7318.

Private Sale: 1,200 sq. ft. house, McKenzie Ave., Comox. \$69,500.

Large family home, one block from schools, near hospital and shopping. 5 bedrooms (3 main, 2 basement). Oak floors, solid wood kitchen cabinets, 2 baths, 2 fireplaces, fenced yard. Assumable mortgage of \$66,000 due 1986. For more details please phone 339-6969 or write to P.O. Box 1411, Comox, B.C.

BUILDING MATERIALS

Lumber & Plywoods
Panelling - Arborite
Doors and Windows
Flooring
Builders Hardware - Tools, etc.
Electrical and Plumbing Supplies
Paints and Finishes
Roofing - Siding
Cement Department
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Customer Financing

CENTRAL BUILDERS

610 Anderton Avenue
Courtenay, B.C.
Phone 334-4416

POSTED TO CFB BORDEN?

Personal touch with 15 years experience. Call or write RON JONES, Associate Broker, LOU GOEDEMOND REAL ESTATE LTD., 35 Essa Rd., Barrie, Ontario. Phone -

705 737 - 2880

For sale: 1979 Trans Am, 6.6 litre power steering, power brakes, power windows plus power antenna, & other options. Excellent condition, low mileage, new tires, one owner. \$7,000. o.b.o. All 339-0506 after 6:00 p.m.

Found in Tyee Park, floral twin size sheet on April 24. To claim call 339-5897.

Be sure your home and belongings are properly insured. See —

Bob Emmerson

Nanaimo Realty Insurance
Courtenay, and call
334-3124 or home 339-5259

For rent: Hornby Island furnished cottage. All amenities. Daily or weekly rates. 335-2171 or 335-0767.

Perfumers required. New idea in selling fragrances that rival the world's best. Fun & exciting. For information: 338-9384.

NORWOOD WEEKEND RIDING CAMP

Saturday morning, till Sunday night, \$75. Room and Board, instruction in horseback riding, horse care, etc. Call 337-8621 for dates available. (Friday arrival \$20. extra.)

NORWOOD EQUESTRIAN CENTRE

Summer special - Do it yourself board. \$50. per month, commencing May 1st. Phone 337-8621.
All types of board reduced!

Horses bought, sold, traded, boarded, rented, trail rides, lessons for all.

**NORWOOD
HORSE CENTRE
337-8621**

For sale: 12' x 60' mobile home, 3 br, 2 room addition, 2 sheds, fridge, stove, washer, dryer and wood stove. Located in Falcon Trailer Park close to the base. Must sell. Asking \$13,900 o.b.o. Phone 339-4138 or 334-3252.

For sale: 1 windsurfer onedesign, 1 year old. Comes with boom, fiberglass mast, 63' regatta sail, 45' storm sail, 1 mast bag & 1 kickback daggerboard. This board has been well kept, has no punctures through the skin & has an extruding universal joint. Price \$899.00 (bought for \$1300.00) Phone Greg Caws: 339-2457.

For sale: TI-59 calculator c/w magnetic cards and 3 large manuals. Perfect for engineering students. 100 memories and a 960 program step capability, numerous soft-ware (bubble memory modules) & hardware (printers) available. This is the most powerful TI calculator available. Price normally \$300.00. 4 years old for \$175.00. During exams this beauty will pull its weight in beauty will pull its weight in beauty. Phone Greg Caws: 339-2457.

For sale: 1973 Chev 1/2 ton. Has 1976 350. For parts or, with 10 hrs. work, driveable. 4 good tires. Phone Greg Caws at 339-2457. Price \$250.00.

For sale: Commodore-64 computer, 1541 disc drive, cassette recorder, telephone modem, paddles & joystick, CP/M disc operating system, over \$500 worth of software (games, budget, etc.), all sorts of manuals, magazines & subscriptions. Valued at \$2,800. Will sell out for \$1800. This is a complete home computer system. There is a large Commodore-64 club in Comox which has bi-weekly meetings to support you with free software & expertise. I will also provide you with a minimum of 10 hours of instructions on how to use your new system. If interested please phone Greg Caws: 339-2457.

For sale: 1 Sanyo walkman. Brand new. Has tone controls, dolby, AM/FM radio, anti-rolling mechanism & headphones. Paid \$150.00 will sell for \$99.00. Also I have 1 pair of walkman self-powered speakers. Speakers put out 3 watts, allows you to use your walkman as a stereo. Also brand new. Paid \$130.00, selling for \$79.00. Phone Greg Caws: 339-2457.

Do you eat compulsively? Do you want to change? Overeaters Anonymous — 338-9849 or 339-4194.

**1st Lazo
Group Committee
Flea Market
06 May -- 0900-1500 hrs.
Airport School - PMQs
CFB Comox**

Here is a list of some items that will be for sale:

2 Hibachi bar-b-q - \$3.00 ea., wooden shoes - \$2.00, child seat for bicycle - \$5.00, all books, pocket novels, hard cover, magazines - your choice - 5 for \$1.00, cassette tapes - good condition - \$1.50 per tape, sea scene painting - \$6.50 (o.b.o.), LP records - 50¢ ea. or 3/\$1.00, 45's records - 25¢ ea. or 5/\$1.00, (all records in excellent condition), electric typewriter (needs repair) - \$15.00, spring loaded rocking horse - \$5.00, electric deep (chip) fryer - \$5.00, Bicycle w/trainer wheel - \$6.50, b & w TV-in working cond. - \$25.00 w/stand \$35.00, toys, skates, roof rack, asst. boxes of items - \$2.00 (offers), adjustable dress form-for fitting/making dress, etc. - \$5.00, double bed spread, drapes & tie backs-red crushed velvet in exc. cond. - \$60.00 (o.b.o.), living rm drapes - \$25.00, small elect. coffee maker - \$6.50, Funk & Wagnall's children's books: vol. 1-20 - \$2.00 ea./\$35.00 set, set of 5 Hardy Boys mysteries - \$4.00, Minolta Auto Pack super 8 movie camera w/ instruction book & case - \$100.00 o.b.o., Cannon S-400 movie projector Super 8, normal 8 and Slo-Mo - \$100.00 o.b.o., TEAC AN 80 NDU (noise reduction unit) amp, instr. manual & NDU tape - \$75.00 o.b.o., and many, many other items.
Bargains for everyone!

For sale: Microwave oven: Panasonic, 600 watt with automatic defrost, large oven, Recipe-Matic with timer. \$250.00 Folding tables: TV type with stand - \$25.00, beautiful beach scenes on trays. Coffee & end tables: teak wood with smoked glass - \$150.00 per set.
Phone: 339-2748

House for rent: 3 br., split-level in good neighbourhood in Comox. Close to schools. Fireplace, 2 1/2 baths, family room. No appliances. Available mid-July. \$500/month. Phone 339-3607.

CFB COMOX RESTAURANT GUIDE

MR. MIKE'S

**COME AND GET
A REAL MEAL**

Monday — Saturday: 10 am-9pm
Sunday: 12 noon-8pm

Sports

Glacier Greens report

Sunday the 29th dawned clear and bright or in other words a perfect day to hold the **Early Bird Tournament** which is the first big club tournament of the season and is always looked forward to by all the members. A full field of 72 golfers were signed up with six on the waiting list, the big winners were as follows: Mens 1st Low Net and winner of the Comox Moving Trophy - Roger Bernard - 67; Ladies Field Low Net and winner of the Goods Groceries Trophy - Barb Carter - 64; Mens Low Gross - Wally Berger - 79; Ladies Low Gross - Pat Verchere - 94; Mens 2nd Low Net - Wayne Esterbrooks - 68; Ladies 1st Low Net - Joan Webber - 66; Mens 2nd Low Gross - Mike Berger - 79; Ladies 2nd Low Gross - Frankie McCaffery - 98; Ladies 2nd Low Net - Rose Mcleish - 71.

A very big thank you to the tournament sponsors: **Comox Moving and Storage** on the Men's side and to **Goods Groceries** for their sponsorship of the Ladies side, this is their first time and it is deeply appreciated by us all.

Don't forget the **Presidents Cup** open to men and ladies on the 13th of May with a 0900 shotgun start, register and pay at the PRO SHOP prior to the 11 May at 1600, entry fee is \$5.00 with lots of Gross and Net prizes, sign up early and avoid disappointment.

Friday Night Two Ball - once again we are ready for another season of Friday night Fun golf, and although the name is Mixed Two Ball there will be many various other formats used during the season, including some four ball best ball and hopefully a few kinky variations of the game. Our rules will be very liberal, with only those deemed necessary to protect the course being enforced in a serious manner, replacing your divots (that's that chunk of sod you rip up on some shots) and repair your ball marks (small craters made on the green by a high approach shot), rules which will be explained prior to TEE OFF. The first start will be the 4th of May TEE OFF at 6 p.m., sign up in person or by phone, no later than 5:45 p.m.

This week's **TIPS FROM JOHN**: This week I will be dealing with some occurrences that have taken place on the course;

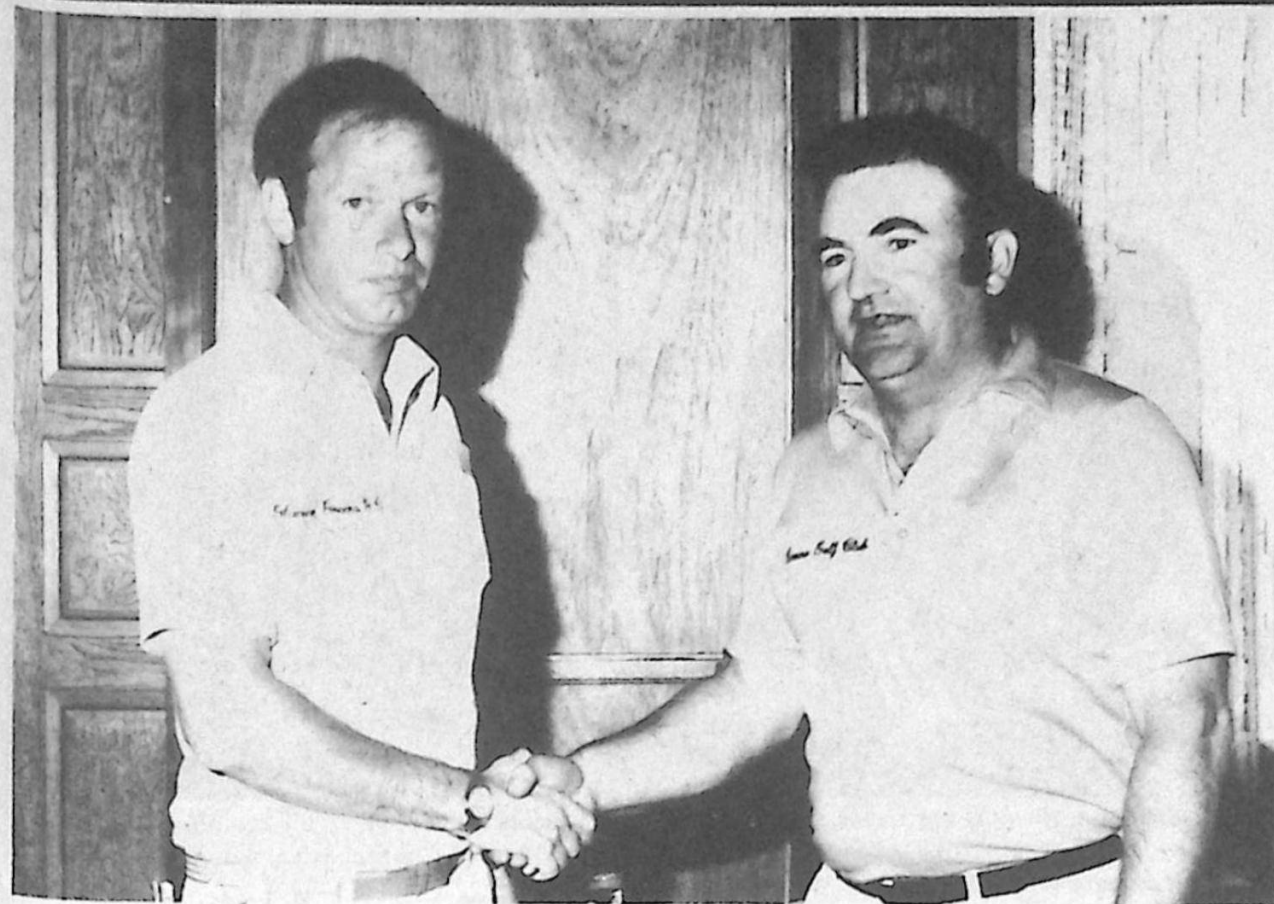
1. Two or more players have been playing out of one golf bag, each player must have his own set of clubs.

2. Fivesomes playing in a group. No more than four to a group and if you in a twosome, please attempt to join another twosome.

3. Giving lessons on the course. Don't give lessons on the course, there is a practice area for instructions.

4. Wave faster players through.
5. Fix your ball marks on the green.
6. Replace your divots.
7. All players are to report to the PRO SHOP prior to play on No. 1 and No. 10 TEE.

Remember: All green fee players and members pay for the privilege of playing golf, let's try and make it a happy experience by practicing our golf course etiquette.



Mens Low Gross - Presented to Wally Berger by the tournament Chairman, Al Donovan.



Field Low Net - Presented to Barb Carter by Gary Bourque of Goods Groceries and the Ladies Club President Pat Verchere.



Low Net - Presented by Al Donovan for Comox Moving and Storage to Roger Bernard.



Ladies Low Gross - Presented to Pat Verchere by the tournament Chairman Al Donovan.

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EW Courtney

2 SEPARATE SHOWS
EACH EVENING AT
7:00 p.m. & 9:00 p.m.

OPEN 7 DAYS A WEEK

Adults \$3.75, OAP \$1.75, Child \$1.75

NOW SHOWING, Thursday, May 3

"WHERE THE BOYS ARE, '84"

(14 years limited admittance) "Not suitable for those under 14. Occasional nudity, suggestive scenes, very coarse language & swearing." - B.C. Director

OPENS Friday to Thursday - May 4 to 10

"FRIDAY THE 13th"

THE FINAL CHAPTER

"Warning - Completely concerned with gory violence" - B.C. Director

WATCH YOUR LOCAL NEWSPAPER FOR
THE NEXT EXCITING FILM FEATURES

Stardust

Drive-In Theatre

ALL ADMISSIONS \$4.00

ALL-NITER \$4.50

BOX OFFICE - 8:15 p.m.

SHOW STARTS AT DUSK

Opens Friday, Saturday, Sunday

May 4, 5, 6

"THE BIG CHILL"

"Some very coarse language, nudity & suggestive scenes."

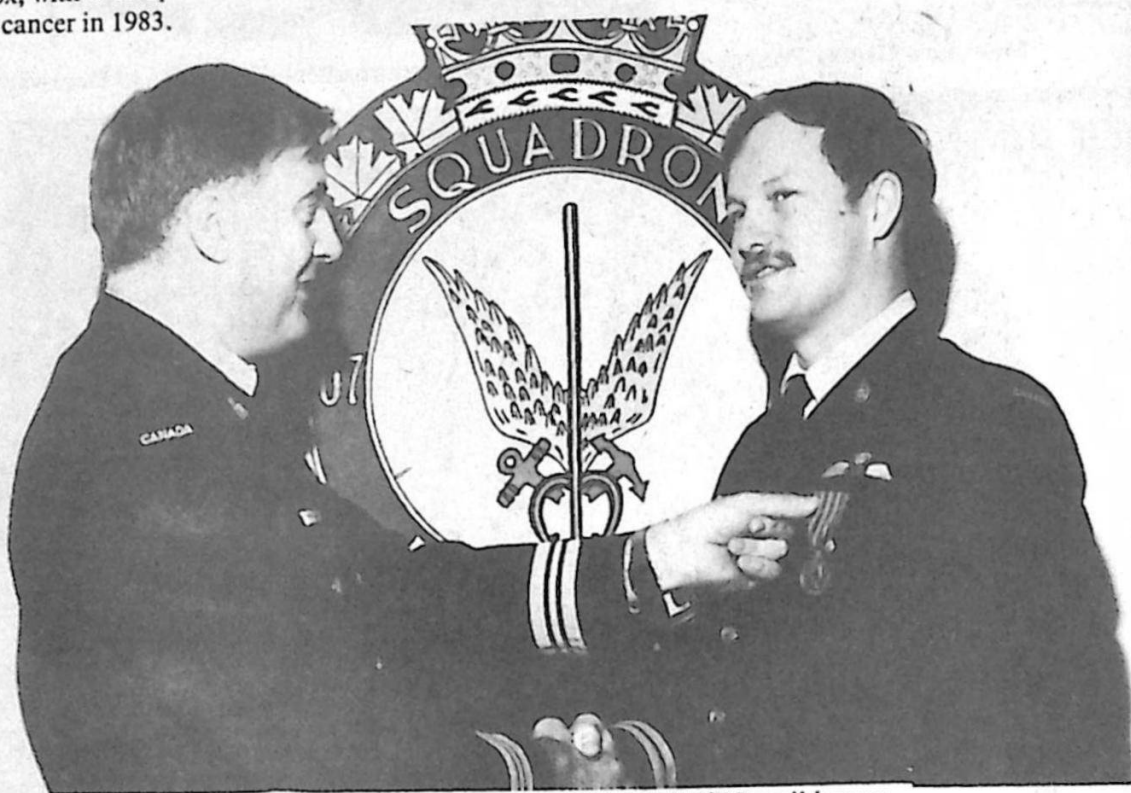
—PLUS— "THE MAN WHO LOVED WOMEN"

Some suggestive scenes, occasional nudity & coarse language."

Promotions and Awards



Lieutenant Colonel Doug Stuart, CO 442 Squadron, presents Sister Anne of St. Joseph's Hospital, Comox, with a cheque for \$285 in memory of Darren Mills, son of Cpl Mel Mills, who passed away from cancer in 1983.



Capt Larry Hickford receives his CD from Maj Nunnikhoven.



Cpl John Schrawven from Air Traffic Control Section receives his CD from BOpsO, LCol Berntson.



Sgt Jim Anderson receives his stripes from LCol Lott following his recent promotion.

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MARSH and McLENNAN
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- ★ **PORTABILITY:** No need to change insurers when posted (in Canada).
- ★ **POLICIES:** Issued for twelve (12) months.
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- ★ **PRICE:** Competitive.

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★ CANSUREX ★
(Tenant's Insurance Only)
FOR OCCUPANTS OF DND CONTROLLED QUARTERS (PMQ, SQ, BLHU, LDHP, NPF OWNED)

MARRIED QUARTERS	
\$25,000	\$38 PER YEAR
\$50,000 — NEW —	\$60 PER YEAR

SINGLE QUARTERS	
\$5,000	\$23 PER YEAR
\$10,000 — NEW —	\$35 PER YEAR

Pick up a booklet at your Housing/Accommodation Centre
Insurer: Elite Insurance Co, Vancouver.

HAVE YOU NOTIFIED YOUR INSURER OF A CHANGE IN ADDRESS?

VOTRE ASSURANCE VOUS COÛTE-T-ELLE TROP CHER?
MAGASINEZ et COMPAREZ

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À FRAIS VIRÉS

MARSH et McLENNAN
(Assureur - Northumberland Generals Ins. - Toronto).

112-800-663-0347

APPELEZ-NOUS EN SERVICE 800 OU À FRAIS VIRÉS (s'il y a lieu) POUR OBTENIR NOS PRIX OU UNE COUVERTURE IMMÉDIATE.

- ★ **AUTO et BIENS PERSONNELS**
- ★ **MÉTHODE DE PAIEMENT FLEXIBLE:** Délégation de solde, carte de crédit, chèques mensuels.
- ★ **TRANSFÉRABILITÉ:** Pas besoin de changer d'assureur lors d'une affectation (au Canada).
- ★ **POLICE:** D'une durée de douze (12) mois.
- ★ **SERVICE DE RÈGLEMENT:** Rapide et efficace.
- ★ **PRIX:** Compétitifs.

OBTENEZ UN LIVRET À VOTRE ÉCONOMAT.

★ CANSUREX ★
(Assurance pour locataires seulement)
pour les occupants des logements sous la responsabilité du MDN. (LF, LC, LBC, PLDL, propriété FNP)

LOGEMENTS FAMILIAUX	
\$25,000	\$38 PAR ANNÉE
\$50,000 — NOUVEAU —	\$60 PAR ANNÉE

LOGEMENTS POUR CÉLIBATAIRES	
\$5,000	\$23 PAR ANNÉE
\$10,000 — NOUVEAU —	\$35 PAR ANNÉE

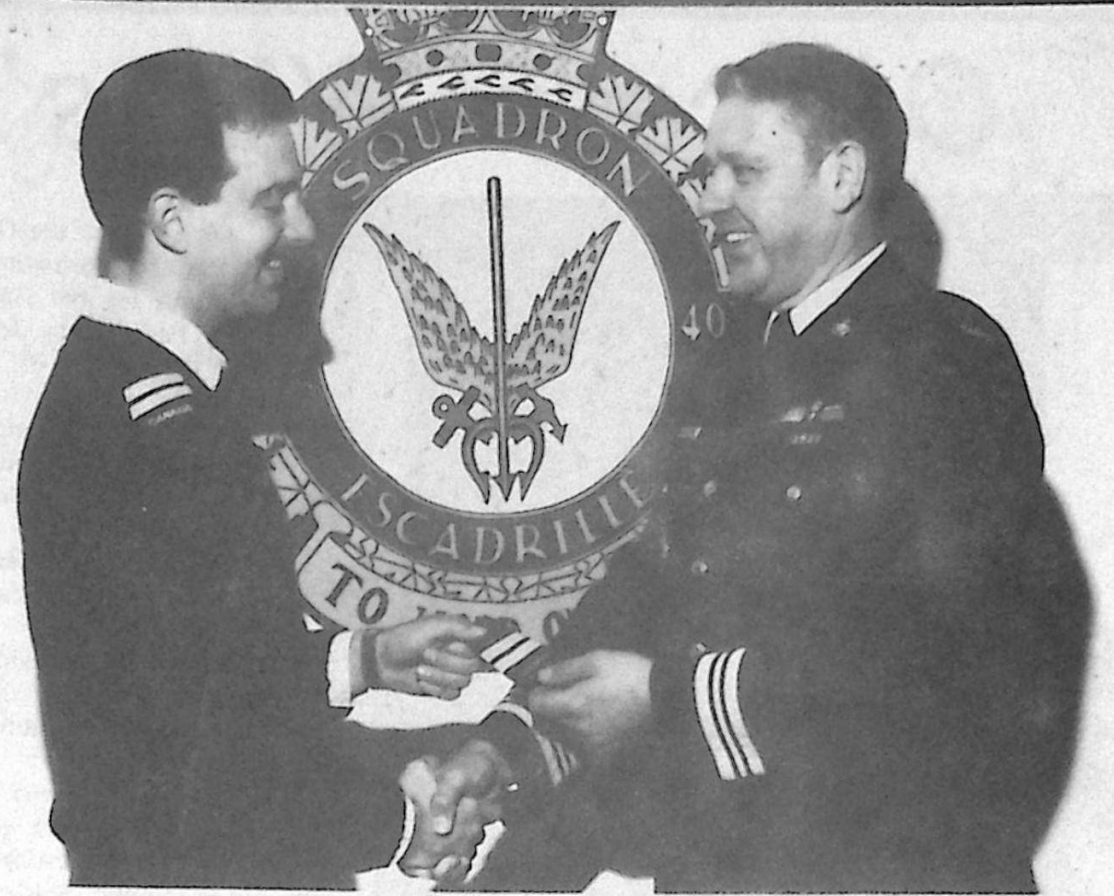
Obtenez un livret à votre bureau de logement
Assureur: Elite Insurance Co., Vancouver.

AVEZ-VOUS AVISÉ VOTRE ASSUREUR DE VOTRE CHANGEMENT D'ADRESSE?

Promotions and Awards



Why is Maj Challenger smirking as he awards Steve Pawlec his Captain's stripes.



'Now I can pay for my new car,' claims Mike Stortini on his promotion to Captain.



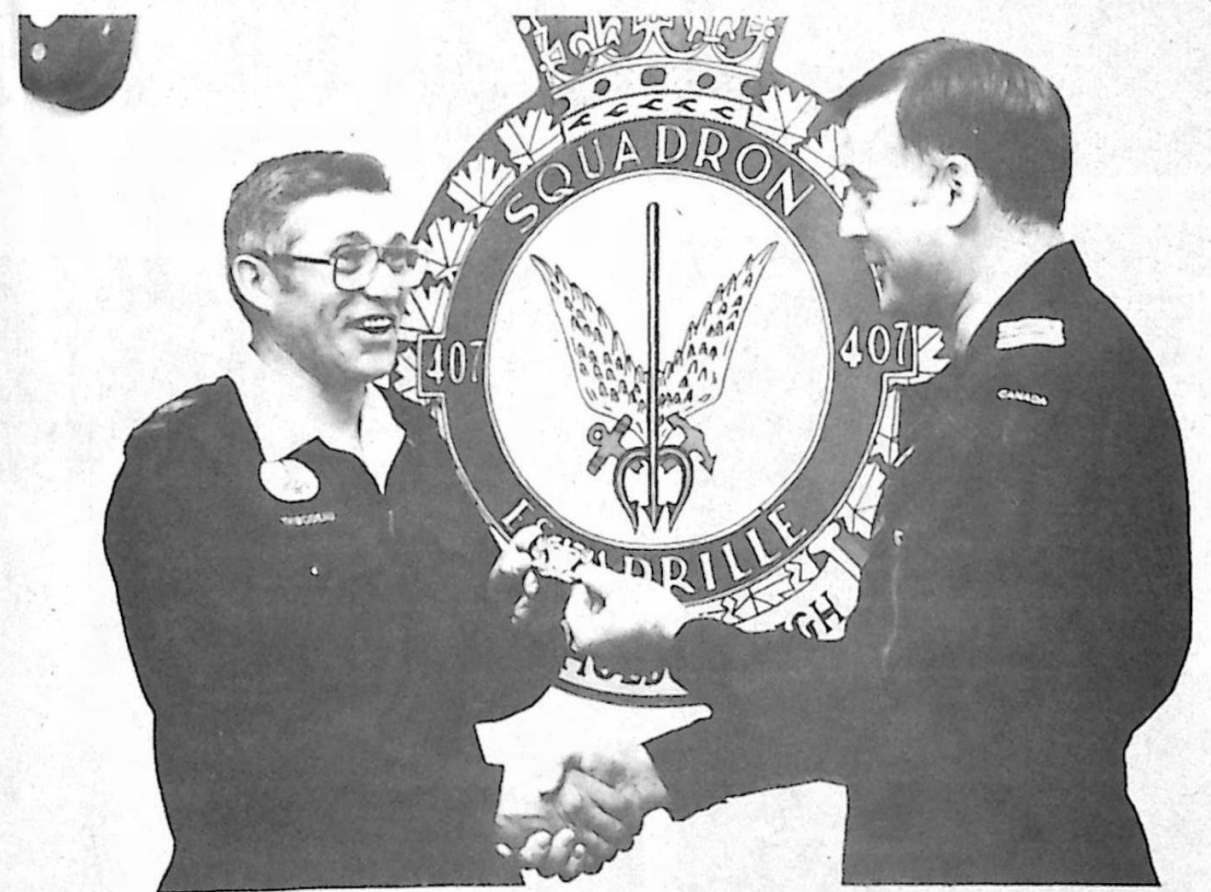
Richard Burton gets the old handshake from Maj Nunnikhoven on 'R.B.'s' promotion to Captain.



LCol Berntson, BOpsO presents the Canadian Forces Decoration to Capt Hopp of ATC Section.



Capt Pacowski from Air Traffic Control Section is awarded his CD from BOpsO, LCol Berntson.



MWO Thibodeau gets the "Crown and Laurel wreath" from the SOPSO.



Major Main, A/CO 409 Squadron congratulates MCpl Plume on his recent promotion. MCpl Plume is a Safety Systems Technician employed on the CF-101 aircraft.



LCol Lott congratulates MCpl Fleischauer on his recent promotion and officially welcomes him to 409 Squadron.

Around the Base

Officers' Wives' Spring Fashion Show



April 18 saw the Officers' Mess decorated in Springtime elegance as a setting for our Spring Fashion Show. Fashions by *Touch of Class* were the order of the evening. Canadian designers such as Alfred Sung and Claire Haddad were well presented by the models. Hilda Pierce, owner of *Touch of Class*, commented on each garment and shared with us her wealth of knowledge of fabrics and fashion in general.

Our Vice-President, Pam Holbrook, is to be commended for her organizational abilities. Thanks, Pam!

All models are wives of serving or retired officers and we thank them for a truly professional job. They are as follows: Shirley Robb, Barb Burnham, Bev Burrows, Shirley Acorn, Jan Dillon, Nancy Nunnihoven, Kathy Dunn, Lorie Russell and Pat McQueen.

The Food committee headed by Martha Leonard surpassed all expectations with a superb array of desserts. Judging from the numbers at the food tables, Martha's efforts were a resounding success.

In addition to providing all those gorgeous clothes, *Touch of Class* donated prizes of silk scarves won by Agnes Wilson and Eleanor Mack.

Coiffures for the models were the job of *Cream of the Crop*. How do you adequately thank people like this whose talents are exceeded only by their generosity? A perm donated by *Cream of the Crop* was won by Bertha Robinson while selected *Joyco Products* went to Doris Badcock and Margaret Orasz.

John Dunn was the photographer for the evening.

A vote of appreciation from our Executive to Ted at the green house and to Captain Carew and his "crew" for their co-operation and help.

Our closing dinner is set for May 23rd. Tickets are available from Gail Blamire - 339-2960 and Martha Leonard - 339-7559. Come out and say goodbye to some departing members and to just generally have a nice evening.

Until then, enjoy the beautiful Spring weather.

... Pat Chura




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and proud of it!

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COMOX - COURTENAY
MLS LEADER 1975 - 1982 INCLUSIVE

La Mirage
TOTAL FAMILY HAIR CARE
"Your Image is our Reflection"
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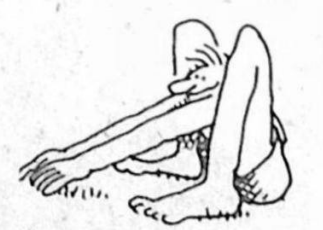
Grain Fed Prime Beef
SAVE YOUR DOLLAR IN THESE TOUGH TIMES

- SIDE OF BEEF --
"Cut it up yourself" - \$1.39 lb.
- SIDE OF BEEF --
"Already cut" - You do final trimming
wrap & freeze - \$1.49 lb.
- FOR THE LESS ADVENTUROUS,
But still as a saving - Cut, wrapped
& frozen - \$1.69 lb.

CALL: **337 - 8657**
To place your order - then sit back and enjoy the
"Best beef in town" for the next year.

**GREAT
CANADIAN
PARTICIPATION
CHALLENGE**

Wednesday
May 16
1984



COURTENAY HOUSE

Everything for your dining and entertainment pleasure.

- Pewter Room - EXCELLENT DINING
- Neighbourhood Pub
- Garden of Eden Lounge
- Coffee Shop

334-4401

COURTENAY HOUSE -- 498 Island Hwy., Courtenay

Around the Base

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

CHAPLAIN: Padre Bob Risch (UCC) Telephone: 334-3575.
CHAPEL: St. Michael and All Angels Protestant Chapel, Bldg. No. 88.
OFFICE: Headquarters Bldg. No 45, Room No. 48. Telephone 339-2211, Local 2273.
ORGANIST: Nancy Nowosad, Telephone: 338-9843.
PUBLIC WORSHIP: Sundays at 1100 hours.
COMMUNION: First Sunday of the month.
FAMILY SUNDAY: Second Sunday of the month.
SUNDAY SCHOOL: Classes are available for all students from age three through youth. Kindergarten through youth meet from 0930 - 1030 hours. Pre-kindergarten classes will be held from 1100 - 1200 hours during the worship service.
JUNIOR CHOIR: Rehearsals are 1830 - 1915 hours at the Chapel. Children in grade two and older are eligible to join. Choir members will be expected to be at rehearsal each week and attend worship services.



OUR LADY OF THE SACRED HEART CHAPEL CFB COMOX, B.C.

CHAPLAIN: Maj Julien Rheault: Telephone 339-2211, local 2274.
MASS SCHEDULE HOURS:

Saturday 1900 hours
 Sunday 1000 hours
 Week Days 0900 hours (No Mass on Thursdays)

BAPTISMS & MARRIAGES: By appointment - notice well in advance.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:30 p.m.

PARISH COUNCIL: Second Wednesday of the month at 1300 hours in the Parish Hall.

CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours.

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP

Meetings held from Monday to Thursday from 1130 - 1230 hours in the R.C. Parish Hall next to the Tennis Courts.

NATIONAL CONFERENCE 11-13 MAY 1984

THEME: The Christian Military Family

LOCATION: The beautiful Camp Iawah retreat 50 miles north of Kingston.

SPEAKER: Capt (N) Carl Armerding Chaplain US Navy Reserve
 Principal of Regent College, Vancouver, B.C.

REGISTRATION: \$30.00 per adult and \$16.00 per child.
 Includes all meals and lodgings for 2 days.

PROGRAM: Guest speaker topics will be followed by group seminars.
 Babysitting and youth program will be provided.
 Tapes and books will be available.

APPLICATION: See your local MCF group for a registration form or contact:
 Maj Chris Currie, NDHQ/D2CD 3-5, tel: 995-4369 (work); 837-4912 (home)

Wallace Gardens Community Council

Well, the Easter weekend has come and gone. The bicycle parade and egg hunt were a great success despite marginal weather. I would like to take this opportunity to thank all those who attended for their support. It is kind of difficult to eat 1200 chocolate eggs by yourself.

Around the PMQ area, garbage day seems to be a major event in regards to plastic green garbage bags. The crows and dogs just love to get into them for that one extra meal. In the process they spread the remaining garbage over the yards and streets. This is an inconvenience to the "sanitary engineers". Also, it lowers the beauty of the area you live in. We ask that if you do not own a garbage can, then, please buy one as required by PMQ regulations.

Upcoming dates to remember:

14 May -- Community service awards will be presented. Council members are urged to attend.

09 June -- Family Day to be held at the beach. Food, drink, and fun to be had by all. In the event of rain Family Day will be held on 10 June 1984.

In closing, I would like to thank all outgoing members of the council for their help and dedication. Special thanks go to Sgt Reg Goinet (Mayor) and Capt Butch Banks (Deputy Mayor) for their long hours of work and outstanding devotion to the PMQ council. A job well done.

Steve Harrison
 (Deputy Mayor)

NOTICE

Cable TV Interruptions - PMQs
 28 May to 1 June 84

There will be interruptions to Cable TV in some areas of PMQs during the week of 28 May - 1 June 84 due to a re-building of the Cable TV system.

1st ANNUAL BTSO SPRING BALL

*** FEATURING ***
 THE NOTEABLES
 JUNIOR BANKS CLUB

Cocktails: 1800 to 1900 hours
 Dinner: 1900 to 2030 hours
 Music: 2100 to 0100 hours

Date: Saturday, 12 May 1984

All this for only \$25.00 per couple
 Theme: Oriental. Dress: Semi-formal.

Across my kitchen table

— by Rosemary Gibson



by the W.A. to the Chapel of the Good Shepherd in Fort Churchill.

TOMATO SOUP CAKE

Ingredients:

2 tablespoons butter or margarine
 1 cup white sugar
 1 egg
 1 teaspoon baking soda
 1 teaspoon cinnamon
 ¼ cup walnuts
 1 10-ounce can tomato soup
 1 ½ cups flour, sifted
 ½ teaspoon ground cloves
 1 cup raisins or chopped dates

Method:

Cream butter and sugar. Add beaten egg. Dissolve the soda in a little of the soup and add alternately with the sifted flour and spices. Add the nuts and raisins. Bake in a greased 8" x 8" pan, lined with wax paper, for one hour. Tomato Soup Cake should be made a few days before it is served as this improves the flavour.

HINT:

Nail polish will never thicken if you store it in your refrigerator.

THOUGHT FOR TODAY:

There are three ways to get something done: do it yourself, hire someone, or forbid your kids to do it.

REMEMBER MOTHER

OPEN 7 DAYS A WEEK
COLUMBO'S
STEAK HOUSE
 PIZZA
 N
 PASTA
338-1488
 FREE DELIVERY

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Brian (Dan) Daly
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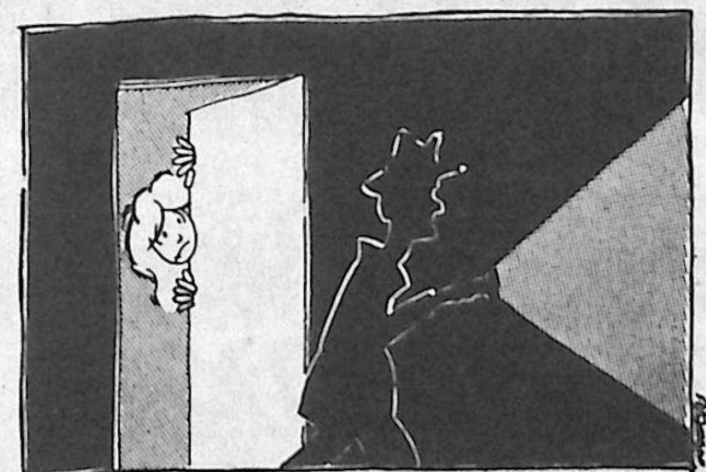
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FOR FURTHER INFORMATION, PLEASE CONTACT:

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Around the Base



Seat belts and safety - ten myths exploded -

Myth #1: Seat belts don't make much difference in really serious accidents.

Fact: It has been estimated that seat belts reduce the chances of serious or fatal injury by up to 60 percent. Obviously, seat belts do make a lifesaving difference.

Myth #2: I don't need both a lap and a shoulder belt. One or the other will do.

Fact: A lap belt will keep you in the car and prevent you from becoming a human projectile, thereby reducing your chances of serious injury. A shoulder belt provides important additional protection. During a crash, a shoulder belt keeps your head and chest from striking the steering wheel, dashboard and windshield.

Myth #3: If you wear a seat belt, you risk being trapped in a burning or submerged car.

Fact: You are more likely to remain conscious and able to escape if you are wearing your seat belt. The idea is to stay conscious in order to act. Less than one-half of 1 percent of all motor vehicle crashes result in fire or submersion.

Myth #4: It's not necessary to

wear a seat belt during short trips.

Fact: Most crashes occur close to home.

Myth #5: A very careful driver, one who has never been involved in an accident, seldom needs to buckle up.

Fact: There's no such thing as a no-risk motorist. As careful as you are, you can be the victim of a car crash at any time. Impaired drivers and bad weather conditions are facts of road life.

Myth #6: If I'm wearing a seat belt and I'm holding a child on my lap, the child can ride safely.

Fact: In a crash, the strongest person cannot hold on to a child. At 50 km/h, even a toddler would be ripped from your arms with a force that is five times greater than astronauts experience at a launch.

Myth #7: Pregnant women should not wear seat belts.

Fact: If a seat belt saves a mother's life, it can save her unborn baby's life. A pregnant woman is safest riding in the back seat, wearing a seat belt that fits snugly and low over the hips.

Myth #8: During a car crash, seat belts themselves cause injuries.

Fact: The choice is yours. Would you rather risk the chance of muscle strain, bruises, sore ribs and other possible minor injuries from seat belts, or risk breaking arms and legs, injuring your head, becoming totally paralyzed, or even dying because you were tossed around or out of the car during a crash?

Myth #9: It's safer to be thrown clear in an accident than to remain inside the car.

Fact: "Thrown clear" is misleading. Leaving the vehicle involves crashing through the windshield or being thrown out a door. Once outside, additional dangers may include being scraped along the ground, being crushed by your own or another vehicle or being thrown onto a roadside object.

Myth #10: It's my life and my risk, so it's my decision whether to wear a seat belt or not.

Fact: During a crash, an unbelted person can be thrown about, crushing other passengers. This is particularly true when there are children riding in the car. If you injure yourself, the whole community pays for your care through insurance and taxes.



This 24-hour clock was presented to VP407 Squadron by the latest American detachment. Apparently they couldn't tell Zulu time using a 12-hour clock.



Pte Russ Shelson receives the 409 Squadron "Nighthawk Award" and congratulations from the A/CO, Major Main. Pte Shelson's outstanding contribution to the Squadron ATAT Program earned him this distinctive squadron recognition.

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Answer to MSE safety quiz

B., medium brake, veer and squeeze right as far as possible. It's risky, but not as risky as that strip of concrete.

The second car and the compact will see what's happening and they'll probably move to their right. That'll make room for the passing car to come right down the middle.

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Lt Al Sharpe, local 2308 (work) or 339-5720 (home)
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Canadian Forces News

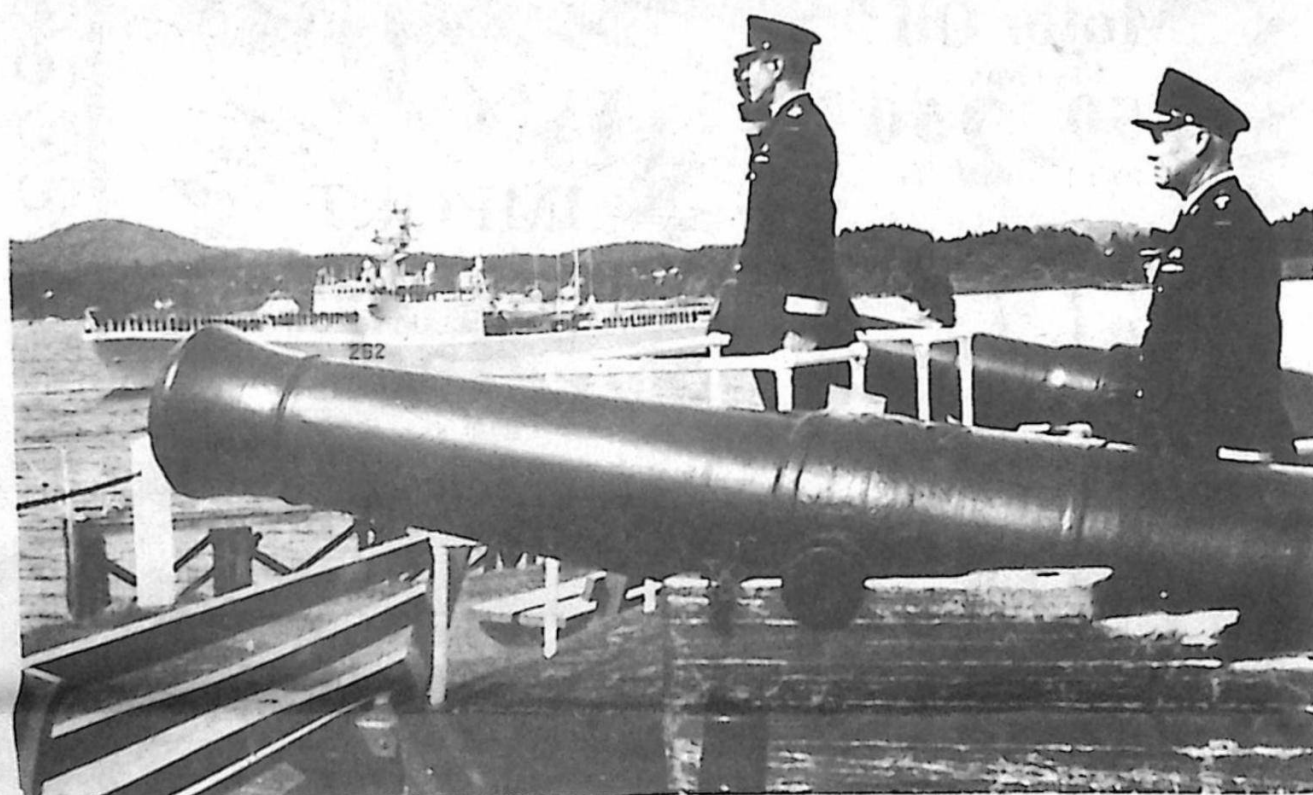


AFIS badge presented to Officers' Mess

A wood carving of the Air Force Indoctrination School badge was presented to the Officers' Mess at the mess dinner commemorating the 60th anniversary of the RCAF.

The central part of the badge and motto were suggested by Capt Wayne Fisher and Dave Blamire when AFIS was formed in 1980. Royal approval of the badge was given in 1983. Captains Fisher and Blamire are instructors at AFIS.

Making the presentation on behalf of the school is Capt Blamire who carved the badge. The PMC Maj E.H. Montgomery, received the badge on behalf of the officers of CFB Comox.



Victoria -- General Gerard C. Thériault, Chief of the Defence Staff, takes the salute from destroyers of the Fourth Canadian Destroyer Squadron while Rear-Admiral Gordon Edwards, Commander Maritime Forces Pacific looks on. The destroyers sailed past Duntze Head in Esquimalt on their way to conduct routine training exercises around Vancouver Island. The CDS visited Esquimalt after completing a tour of units in B.C. including the Canadian Forces Stations Baldy Hughes, Masset and Holberg.

Canadian Forces photo by Sgt J.F. Smith



Victoria -- Grizzly armoured personnel carriers from the 3rd Battalion, Princess Patricia's Canadian Light Infantry, are loaded onto railway flatcars in preparation for the Battalion's move to Camp Wainwright for WAINCON 84. The troops from 3 PPCLI will be joining other units from 1 Canadian Brigade Group for their annual concentration to carry out joint training at Camp Wainwright, Alberta.

Canadian Forces photo by Sgt J.F. Smith

Rotel project to benefit military patients

"Healing with the Family Touch" is the theme for the Rotel Project involving the National Defence Medical Centre in Ottawa.

The ROTEL is a proposed low-cost lodging facility, sponsored by the Rotary Club, to be erected between NDMC and the Children's Hospital. This facility will benefit the military community, particularly those from outside the Ottawa area. In addition, access to this "Rotary Motel" will enhance medical and social services to

patients and visitors, and ultimately will have a positive effect on the quality of care.

In view of the above proposal, your financial support is encouraged. A room dedicated to the military community is dependent upon your donations/contributions.

For further information, please contact:

Lt. V.C. DeJesus
Base Hospital
Local: 2267



At a recent retirement Mess dinner, Capt and Mrs. H. Ellis were honoured. The PMC, Maj Montgomery presents Capt Ellis, center, with carved RCAF wings.



Maj and Mrs. C. Fletcher were Guests of Honour at a recent Mess dinner. Maj Fletcher on the right was presented with carved wings by Maj Montgomery, the PMC.

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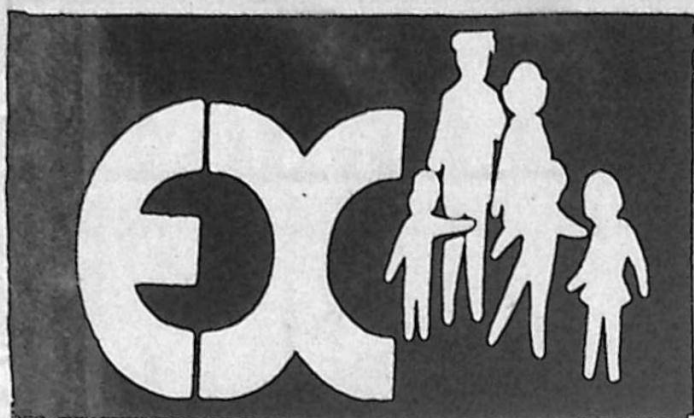
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