

Corair

November 8, 1971 CANADIAN FORCES BASE, WINNIPEG Vol. 21, No. 21



MR. FRED CADE, chairman of the poppy fund campaign pins a poppy on Col. C. A. LaFrance Base Commander of CFB Winnipeg. Mr. Cade, a member of Winnipeg Branch No. 54 of the Royal Canadian Legion is a veteran of two World Wars and has served 53 years with the Legion. The funds gained from this campaign are used for emergency assistance to veterans and their dependants. (CANADIAN FORCES PHOTO)

Winnipeg

Remembrance day

A 100-man troop from CFB Winnipeg and the Training Command Band will join with veteran groups in Remembrance Day ceremonies to be held in Winnipeg this Saturday.

The ceremonies, held under the auspices of the Joint Veterans' Association, will include a wreath laying ceremony at the Cenotaph, a remembrance day service in the Centennial Concert Hall, a wreath laying ceremony at the 1885 Memorial Main St., and a march past.

The Remembrance Day Service in the Concert Hall will begin at 10:52 with the arrival of the lieutenant-governor and those wishing to attend are requested to be seated at 10:45. The 26th Field Artillery Regiment (Militia), Brandon, will fire a 21-gun salute from the legislative grounds at 11:00 a.m.

Over 100,000 Canadians lost their lives and many thousands others were wounded in World War I, the Second World War and Korea.

Countless outstanding acts of bravery were cited and 94 Canadians including 19 Manitobans were awarded the Victoria Cross.

Three of these were won in the Great War by soldiers who lived on what is now known as Valour Road, Winnipeg. The name of the street was changed

to honour these men and a simple plaque on a lamppost at the corner of Valour Rd. and Portage bears the names of Company Sergeant Major Frederick William Hall, 8th Battalion Winnipeg Rifles; Lance Sergeant Leo Clarke, 2nd Battalion, both killed in action; and Captain Robert Shankland, 43rd Battalion, Cameron Highlanders of Canada.

There is also a school named after Andrew Mynarski, a pilot officer who was awarded the Victoria Cross posthumously for trying to save one of his own crewmen trapped in a Lancaster going down in flames.

Also in the Second World War, a St. Vital soldier, Company Sergeant Major John Robert Osborne won the Victoria Cross for his actions serving with the Winnipeg Grenadiers in Hong Kong. He gave his life in an effort to save the lives of 10 men who were with him.

It is to men such as these that on Remembrance Day we pause to pay tribute to their memories and brave deeds.

"They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn.

At the going down of the sun and in the morning We will remember them."

Indochina peacekeeping — cool it —

Word of peace prospects in Indochina — and Canada's part in any truce machinery in Vietnam, Cambodia or Laos — at first set the newswires humming with speculation.

Sparse information, and the reluctance of both sides to throw delicate negotiations out of whack by indiscriminate comment, led to wild rumors. In some quarters the impression was created that Canadian servicemen already were strapping on their gear and heading for the flight line.

Then the blizzard of rumors gradually subsided and a calmer appraisal of the true situation began to emerge.

From the Ottawa Journal: Quote The question of what countries may be involved in the International supervision of any settlement in Vietnam is far down the list of priorities in the final push for a settlement. It seems even premature to raise the question now at all. Unquote

Toronto Globe and Mail: Quote In these circumstances, External Affairs Minister Mitchell Sharp is right to take a cautious attitude toward the possibility of Canadian participation in any truce force. Unquote

G and M also says: Quote Whether Canada should participate in the new effort must depend on how it is organized, what authority it will have to act effectively, and where the direction will come from. Unquote

Meanwhile, in the inner councils of National Defence Headquarters there is no panic, no frantic planning or issuing of warning orders to alert units.

It's business as usual so far, and the attitude seems to suggest that quote Sure, we're keeping our eye on the situation; but we'll react only if, and when, the Canadian Government assigns a task to us. Unquote.

Message from the Base Commander

The CFB Winnipeg United Way Campaign is over the top. When the Campaign ends 31 Oct 72 the sum of \$21,118 had been contributed. This exceeded the Base objective of \$20,000 and additional contributions were still being received.

Our success in this campaign was made possible by the work of our ninety campaigners and campaign officials who have given their time and effort to this very worthy cause. But this success could not have been achieved without the kindness and generosity of a very large percentage of our service members and employees who donated to the United Way.

I should like to extend my thanks to all who assisted with the campaign by their work and by their donations. You have expressed in very tangible terms your concern for the quality of life in our community and I am proud of the job you have done.

Lest we forget



Above depicts members of the 2nd Battalion, Princess Patricia's Canadian Light Infantry, returning from an operational engagement in Korea in 1951. Man on stretcher died en route. (CANADIAN FORCES PHOTO)

Zeroing in on safety

OTTAWA (CFP) — The defence department has one of the worst accident records in the federal government, and immediate steps have been ordered to curb the situation.

Concurrent with the introduction of a special government "Safety Target '75" program, DND has launched a hard-hitting campaign to cut its accidental manpower and material losses. The goal is to reduce by 20% military and civilian personnel accidents throughout the department by the end of the 1974-75 fiscal year.

Coordinating the "DND Safety Target '75" campaign is the NDHQ director of general safety, D. I. Darling, in consonance with existing departmental safety programs. It is being implemented through NDHQ and appropriate command authorities.

DND accidents in recent years have resulted in more than 100 deaths and 100,000 man days lost annually, at a cost in excess of \$35 million. This is despite many DND specialized safety programs which maintained excellent records over the years, said Mr. Darling.

The new special DND safety campaign extends to all personnel, both military and civilian, in all activities, operational and non-operational, during on and off-duty hours.

Implementation of "DND Safety Target '75" so far has included a message from the defence staff to all elements of the department.

In the mill are a series of posters, displays and articles dealing with the campaign; introduction of a comprehensive gen-

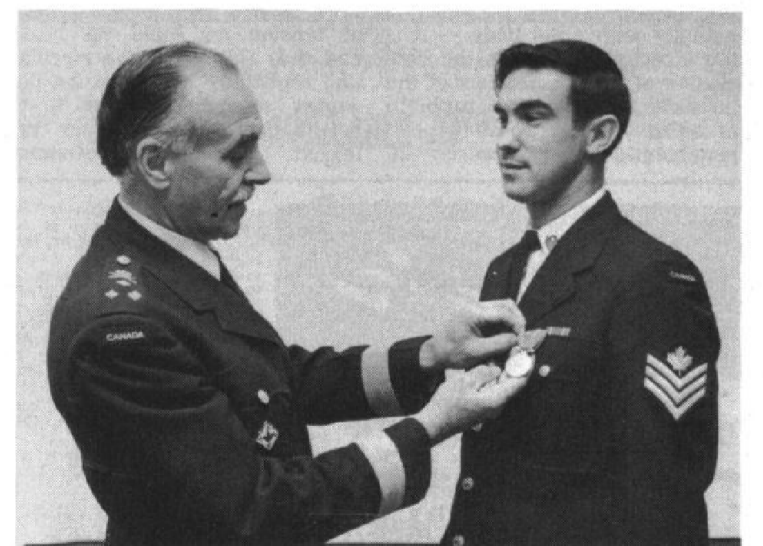
eral accident investigation and reporting system; increased safety training and education for all levels; systems for identifying and safeguarding hazards before they become problems; analysis and dissemination of accident statistics identifying major problem areas and causes; and expansion of first aid training for all personnel.

Progress of the campaign is to be reviewed at regular intervals with senior management, and semi-annual progress reports are to be submitted to the Treasury Board.

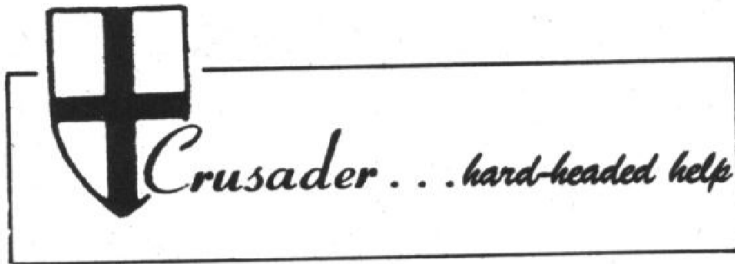
Because safety is a command responsibility, and because everyone benefits from an opportunity to provide special emphasis on accident prevention, plans for the campaign were developed to enable all elements of DND to participate and assist in reducing the current accident rate to the optimum degree.

Safety authorities responsible for the various specialized safety programs within DND are supporting the campaign to the fullest extent possible through the medium of their respective programs.

Officials admit that the military-civilian composition of DND, the scope of its operations, and the uniqueness of many of its activities present certain problems with respect to safety. However, they are confident that the 20% reduction in accidents can be achieved. They point out that the success of the campaign depends on the extent of co-operation, support and involvement it receives from everyone at all levels.



LIEUTENANT-GENERAL GILLES A. TURCOT, makes one of his last presentations before retiring at the end of this month as he presents a CD to Sgt. Jim Purcell of the regular support staff, Winnipeg Militia District. General Turcot is in Winnipeg this week as part of a farewell visit to Mobile Command units across Canada. (CANADIAN FORCES PHOTO)



Letters Fat; four-way health hazard

Editor, Voxair,
Dear Sir:

With several men presently in CYPRUS, the wives of these men are obliged to make many sacrifices, not the least of which is a monetary sacrifice in the form of a lack of pay for two weeks between the fifteenth and thirtieth of November. This is not only a real hardship for the wives and children left behind, but also for the men overseas, as no doubt this deprivation will affect the men's morale and behaviour. How many of these families had a cash reserve to fall back on at this time? How much deprivation can people endure? Why is this necessary at all? How many times has this happened before, and need it happen again?

At present, families are being faced with all time high food costs, and the necessity of providing their children and themselves with warm clothing for the winter which is now upon us. How many unexpected expenses have cropped up for you lately? Everyone has these unexpected expenses and it is well nigh impossible to manage without even the funds to budget for them. But the finishing touch was, that when the monthly pay cheques arrived, four to five days prior to the November month end, they were dated for Nov. 30.

Someone, somewhere, must be working day and night to dream up these impractical schemes. Whomever you are, have you no sympathy or empathy at all? If not, I say to you, may the fleas of a thousand camels invade your armpits!

Mrs. Susan Watson,
Acting Sgt. Major.

I have suspected for a long time that of the servicemen I know and see in my unit, mess, locker room and community activities, many of them nurse a secret longing to do some good for somebody else in our all too short passage through this vale of tears.

But a lot of people are not gregarious by nature and are just not comfortable in groups and some do just not have the knack of working with gatherings of young people such as the scouts and cubs or minor hockey. The fates conspired that I would lunch the other day with a most interesting and dedicated man who is in charge of a program called COMPASS which co-ordinates volunteers who are prepared to help juvenile delinquents. My first reaction like most military men was "Oh oh here's one of these softy do-gooder organizations spouting social welfare buzzwords and giving handouts to a lot of punk kids who should be in jail".

Not so. Here is an outfit that is soft hearted but strictly hard headed. It is not the Big Brother movement which serves fatherless boys. This is the tough league. It can involve taking a boy to a hockey game now and again (his ticket is provided) or teaching a teenager to drive or just visiting and playing cards with some of the kids at the Juvenile Reception Centre.

The work may be rewarding and it may be heartbreaking. One volunteer still visits a juvenile who he worked with on probation. The boy is now a man in Stony Mountain pen but the association is still there. When asked if he felt he had achieved anything now that the boy seems to have failed, the volunteer answered, "Well perhaps at least I helped him to fail more gracefully." The Compass Organization appears genuinely interested in getting Forces personnel to help because they are less likely to show too permissive an attitude.

I believe this to be a field in which we can serve the community to good advantage. It is an activity from which the civilian community tends to recoil.

Surely if anyone is meant to be ready for the difficult tasks of life it's us.

If anyone is interested, phone local 713 on the North Site and leave your name and number and if the brass agrees, a meeting will be arranged in duty hours for the co-ordinator to explain the programme and answer questions. If you don't like the deal, fine... ball game over.

I have suffered many setbacks and buffets in the years I have written this column. One I would like to avoid is going back to Compass and having to say "Sorry... No way".

OTTAWA (CFP) — Obesity, according to the dictionary definition is a "bodily condition marked by excessive generalized deposition and storage of fat."

Weight, on the other hand, is defined as "a quantity of heaviness" or "relative heaviness". Overweight, then, would be simply "over-heaviness" and by definition does not carry any direct implication with regard to fatness.

There is no universal agreement on the degree of overweightness which constitutes obesity. Some studies consider a difference of 10 percent above the average or desirable weight to constitute obesity. Other studies use 20 percent as the outside limit of normality, and still others use even a higher percentage.

In general, obesity and overweightness are not differentiated in these or other studies, and it is not known which is the greater health hazard, or, if both are involved, what their relative contributions are to morbidity and mortality.

Obesity has been associated with four different types of hazards to health — changes in various normal body functions, increased risk of developing certain diseases, detrimental effects on established diseases, and adverse psychological reaction.

Changes in body functions

There have been reports of at least temporary abnormalities in almost every body function in persons with obesity. While some extraordinarily obese persons may escape functional abnormalities, other people who are only mildly overweight may develop major derangements. However, the greater the degree of obesity, the more likely are these abnormalities to occur and to be severe.

There are respiratory difficulties also. The more weight there is in the chest wall, the greater is the work of breathing. The more excess fat tissue there is distributed throughout the body, the greater is the problem of adequately oxygenating the blood that supplies the extra tissue. Fat people have regularly been noted to have less tolerance for exercise, and to experience more difficulty in normal breathing and a higher frequency of respiratory infections than people of normal weight.

Marked obesity may produce two particular sets of complications. The first, lethargy or somnolence, is due to an accumulation of carbon dioxide in the blood because of the decreased ventilation. The second complication, lowered oxygenation of arterial blood, can cause an increased production in red blood cells; it is also attributable to reduced ventilation. This reactive polycythemia, which is an abnormal state characterized by excess of cells, is often responsible for the ruddy complexions seen in the obese, and may possibly lead to thromboses and other problems of blood clotting associated with polycythemia.

Although obesity seldom has direct effects on the function of a normal heart, cardiac enlargement and instances of congestive heart failure attributable to obesity alone have been reported. Generally, most of the respiratory symptoms that occur in obesity are attributable to defects in the pulmonary function rather than the cardiac function.

Other hazards

It has been noted that blood pressure increases with an increase in body weight, and that it often returns to normal level after a significant weight loss. Hypertension develops among men who gain weight or become

obese, with the highest rates occurring in those with the greatest weight gain. Studies demonstrate that more hypertension exists among the obese than among the non-obese; the obese hypertensive experience a greater risk of coronary heart disease than the non-obese hypertensive; and mortality rates for obese hypertensive persons are higher than for persons with obesity alone or hypertension alone.

Hirsutism (hairiness) and menstrual abnormalities have been observed to occur in women with significant degrees of obesity. Although these may be a result of endocrine (glandular) disorder in some cases, often they may be eliminated by suitable weight loss.

Obese people frequently have an impaired carbohydrate tolerance that may be of sufficient degree to be classified as diabetes mellitus (insulin deficiency). It has not been established that the hyperglycemia (excess of sugar in the blood) which disappears with dieting will lead to the same types of vascular (blood) degenerative change that often occur in diabetics of normal weight. It is still important for such subjects to reduce weight to avoid other complications caused by the hyperglycemia, such as the need for insulin, occurrence of cutaneous (skin) and other infections, and episodes of acidosis (poisoning by acids formed within the body) which may require hospitalization.

Difficulties during anesthesia and surgery have been associated with obesity. Many have been eliminated by technological advances, but excessively fat people still have an increased risk in many surgical procedures. Weight reduction may be indicated before surgical intervention.

Risk of disease

Obesity does create an extra hazard for otherwise healthy people. Fat people are more likely to develop certain diseases and to die at a younger age than people of normal weight.

The effect of weight reduction in the prevention of disease is not clearly known. There are, however, many diseases in which significant, obvious benefits are obtained with the loss of co-existing excess weight.

The removal of adiposity (fat) can be of crucial importance in disorders of the circulatory and locomotor (motion) systems. Obesity can contribute to their further development, and appropriate weight reduction can greatly aid in their treatment. Among such conditions are angina pectoris (pain in the chest, and often in the left arm and shoulder, resulting from an insufficient blood supply to the heart muscle), hypertension, congestive heart failure, intermittent claudication (limping), varicose veins, rupture of intervertebral discs, osteoarthritis, and many other varieties of bone or joint disease.

Loss of weight is particularly desirable in obese people after an acute myocardial infarction (damaged or killed region of heart muscle).

Regardless of what psychological factors may have led to obesity, additional disturbances may be aggravated. Food is a general source of comfort for most people regardless of weight status. Careful evaluation is needed to be certain that food restriction in some people will not result in psychological manifestation. Many people thus need psychological help during dieting, but the need may be transient (only for the period of active dieting) and may be fulfilled by any measure other than formal psychotherapy.

Fitness corner

Fitness and the aging process

You, as an average Canadian, can expect your fitness to decline as much from your early 20's to your middle 30's as it does in the following 30 years. This decline in fitness can also be accompanied by a corresponding physical and psychological aging. These are the findings of the Fitness Institute of Toronto.

The indicators of fitness are strength, body fat, flexibility, cardiac condition, and maximum oxygen uptake. It is in this area of oxygen uptake (ability to utilize oxygen during effort) that the most significant drop occurs. This is a reflection of the decreasing capabilities of the respiratory system and particularly the cardiovascular system (circulation).

It has been demonstrated that the key to staying youthful is actually within the body — it is the circulation. This is the conclusion of those scientists of the institute studying the problem of aging and its possible postponement. Their research in-

dicates that people who throughout their lives sustain a vigorous circulation — mainly through energetic activities planned, or unplanned — tend to live longer and keep their vitality and youthful appearance. It makes sense: it is through circulation that the body receives its fuel, its repair ingredients and the oxygen which has so much to do with sustaining the optimum function of the organism.

Some of the factors which effect circulation are muscular activity, nutrition, massage, tension and stress, various forms of disease, and finally your mental and emotional pattern. How we think and react to life and its responsibilities and pressures as well as to the enjoyable things in life has a great deal to do with the degree of tension we build up... and that can affect the circulation especially if the tension becomes residual because it is not being regulated and released. Concerning nutrition,

if these habits are incorrect for extended periods, the various channels of circulation, particularly the arterial system, can get clogged with a collection of deposits.

Fortunately, one of the many wonders of the body is that it is amazingly recoverable. The Fitness Institute of Toronto has demonstrated that even if you have been doing many of these things which contribute to an accelerated aging process, you can "go into reverse" and not only slow it down, but undertake an actual return to physiological youth. You can start this process now, not only by increasing your physical activity pattern and paying attention to your nutritional needs, but by developing more interests in life rather than following the typical pattern of lessening your interests as you grow old chronologically.

Although these tests done by the Institute could not deal realistically with new interests, they did demonstrate vividly the positive effects of correct nutrition and regular workouts. Besides the decrease in body fat and increase in oxygen uptake, they reported more zest and work energy, better sleep and decreased tension levels. The same subjects generally felt better, reported improved sexual vitality and a heightened sense of morale and interest in achievement and enjoyment.

It is to this end that future installments of this column will be devoted; a greater enjoyment of life through improved physical fitness. The column will attempt to supply tips on nutrition and physical training; as for new interests in life, this is up to you, but remember, when you begin to retire from life, it has an unfortunate habit of retiring from you.



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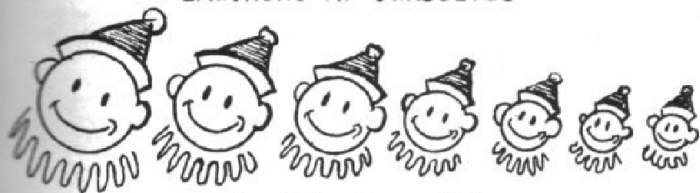
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Next issue deadline 15 Nov., 1972

by The Breather

LAUGHING AT OURSELVES



by John Semeniuk

Today's Chuckle Theme: "Wide Wun-u-ful World of Sports"

During Phil Esposito's early years in the NHL, Bill Reavy (Esposito's coach at Chicago) displayed very little confidence in Phil's ability. One game, Phil rode the bench until the final minute of play. Then, with the Hawks losing 5 to 0, Reavy sent Esposito into the game. Phil skated to the face-off circle, but immediately returned to the bench and asked Reavy, "Do you want me to win it, or tie it, Bill?"

At the ninth hole, a golfer was suddenly accosted by an emotional lady dressed in a bridal gown. "You've humiliated me! Do you know what day this is?" wailed the fair damsel. "Now Agnus, I said only if it rains", replied the golf nut.

After each game, a Notre Dame football player used to go to confession. The priest who heard his confession was slightly absent minded; hence he made chalk marks on his sleeve in order to determine the penance he would mete out. "In today's game, I threw sand into the opposing linesman's eyes," recounted the player. "Tut-tut", said the good father as he made two chalk marks on his sleeve. "Then," stated the conscience-stricken athlete, "I knocked him down and kicked him." "Saints preserve us", exclaimed the priest as he added eight chalk marks. "Then Father, I'm ashamed to admit, I bit his ear", said the player. "Good grief, you are a disgrace to the school and your good teachers", admonished the Father (chalk marks now extending all the way up his sleeve), "So that we might make some manner of atonement, what team were you playing against?" "Southern Methodist", replied the athlete. "Boys will be boys," stated the priest as he wiped away all the chalk marks.

Legend has it that the first game of baseball took place in a cow pasture . . . the game broke up when a player slid into what he thought was third base.

Two duck hunters, one slightly stoned, awaited the arrival of their feathered prey. Suddenly, one duck appeared overhead. The inebriated one took a quick shot and brought the duck down. "How in the world did you do it?", asked his amazed partner. "Twas easy, in a flock like that, you're bound to get one", was the blotto's reply. Contrastingly, an overconfident hunter took a shot at a lone duck and, to his astonishment, the duck kept flying. Turning to his partner he said, "You are witnessing a miracle, there flies a dead duck!"

Baseball coach Jake Pitler excelled at the art of relaying signs to his players (No mother, it has nothing to do with billboards. It's the coach's method of signalling directions to his players with the intent of keeping the opposition ignorant of his next strategic move.) During one of the earlier televised games, the announcer (I think it was the colourful Red Barber) advised his TV audience, "In a moment, our camera will follow Dodger coach Jake Pitler and we'll watch the ingenious way he relays signs to his players." Moments later, the audience watched a close-up of Pitler gingerly scratching his behind. Jake swears that the mails thereafter contained numerous cans of talcum powder for him.

An impatient angler had tried many different types of bait without any success whatsoever. Finally, in utter disgust, he threw in a handful of coins and shouted, "Go buy something you like!"

After watching his fighter take a terrible beating in the first four rounds of a scheduled ten rounder, a fight manager (in an attempt to encourage his fighter) said, "Don't worry about a thing kid, he hasn't laid a glove on you!" "Then you'd better keep an eye on the referee because someone is beating the hell out of me", replied his shell-shocked pug.

A wealthy duffer bet the club professional \$1000.000 that he could beat him in a golf match — the only handicap the duffer requested was three look outs. Although the pro did not understand the handicap, he envisioned easy money; hence quickly accepted. After the match, the club professional could not be found, and it was only after an extensive search that the assistant pro located his boss in the back room of the club's bar. "What happened?", asked the assistant. "Mr. Leadbottom shot first and got away a pretty good drive. I realized that this would be one of his better shots of the game; therefore I knew I could deflate his confidence by beating this drive by a wide margin. When I was in my back swing, he suddenly shouted 'Look Out', and hit me a telling blow across the back side with his driver", narrated the pro. "In spite of that, you won . . . didn't you?", asked the assistant. "Win! Hell! I was so worried about those other two look outs that I never had a good shot for the remainder of the game", replied the dejected pro.

We'll write "30" to this issue with a ridiculous riddle; namely, if two ladies took a bottle of liquor to a ball game and became tipsy before the game was over, what inning would it be and how many are on bases . . . RETARDED RESPONSE: "Last of the fifth and the bags are loaded".

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MP NEWSBULLETIN

Ken Stephensen

Is he or isn't he? . . . That is the question. A question that arises much too often throughout the base, particularly at the Whytewold Gate or on the intersite road. By now, you no doubt have guessed that I'm talking about the operator of a motor vehicle signalling his or her intentions. With at least five or so inches of white stuff now on the ground, every safety factor a driver can employ, should be utilized. . . . The maximum penalty for failing to signal when required to do so by law is 10 dollars and not more than 100 dollars. . . . However, although we have about one in twenty who fail to signal turning right off Whytewold Road onto the base, these same

persons, at least percentages would suggest, all signal their intentions turning left when departing the base. Is it because the left turn is more hazardous, or perhaps because the right turn onto the base requires less concentration. Another annoying fact, is the driver who suddenly sees a vehicle waiting to exit left on Whytewold Road, and so he decides to signal that he is turning right onto the base. But where does he do it? While making his turn, or five or ten feet before. Obviously this driver has not been paying too much attention, since the good book states you should signal your intentions about 100 feet in the city and 500 feet on the highway before making your turn. Signalling your intentions is part of defensive driving. It tells the other driver what you are going to do. However, as all defensive drivers are aware, there are two danger factors in this area. One, is snow covered signal lights that neutralize the driver's effort to communicate his intentions, and the other is the driver whose right signal light has been clicking for six blocks, and whether he is going to turn right onto the base or go straight ahead is known only to him. That is why it is so important to make your selection at the

required distance, so it can be seen and understood. . . . It is not hard to spot a good defensive driver; he signals not because he is required to do so by law, but because he is trying to communicate with the other driver. That is why you will see a number of drivers signal their intention that they ARE NOT turning and in fact are going straight ahead. A number of MDP residents do this when travelling past the Whytewold Gate north, they engage their left traffic signal light, to tell exiting traffic they are going straight ahead. This holds true on the intersite road when travelling to either end. Again, not necessary, but it is a good practise. . . . Try it, it might become contagious. But remember, before you start out for the day make sure your lights are in good mechanical order and visible from front and rear.

Short but social . . . Sgt Ed Nikkel has departed the base strength and is now a member of the SOSECUR staff at TCHQ. Other MPs in the area, though not base but equally well known personalities, who are departing the service are "Lucky Earl" Smith of TCHQ fame, and "Silent George" Stillwell of WDSIU.

United Way campaign a great success

The United Way Campaign ended in triumph 31 Oct. 72 with 106 percent of the Canadian Forces objective realized. Top contributors for the smaller units and sections were Defence Construction Limited where the campaigner, Mrs. T. A. Bradley, reported reaching 617% of her objective. Campaigners at other smaller units also showed outstanding success including Lt F. B. Frewer at the DND Office of Information with 353 percent and Sgt A. W. Hussey at 14 Dental Unit with 235 percent, MWO D. G. Langdon at 401 CFTSD with 223 percent and the BCPO staff where Mrs. M. Webster received 201 percent of the section objective.

Among the larger units and sections 2PPCLI led the field with 294 percent of their objective garnered by campaigners Capt P. G. Truman, WO K. Tucker and Sgt W. Owen. TCHQ Campaign Coordinator Maj W. R. Nielson reported 165 percent of the unit objective had been reached while Capt B. J. Fritch received contributions amounting of 136 percent of the objective at 429 Sqn.

Over two-thirds of the units and sections at CFB Winnipeg achieved 60 percent or better of their unit objectives for the United Way Campaign with 47 percent of the eligible personnel making contributions ranging from \$1 to \$300 each.

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Wos & Sgts' Mess News

NOV. 17:
TGIF. Normal TGIF. The Cpl's/Sgt's Games Night is cancelled until further notice.

NOV. 18
BINGO. Progressive is now \$150. in 52 numbers, followed by HORSE RACING. An Italian Menu is planned. Admission and one card \$1.00 additional cards 25c each. Supper \$1.00. Mutual betting at 25c. per bet. Normal Mess Dress.

NOV. 22
WINE AND CHEESE. Wednesday evening from 8 to 10 p.m. Dancing from 9 to 12 midnight to "IMPACT". \$2.50 per couple, includes all. Dress: Casual.

NOV. 24:
CURLING BONSPIEL. The first for the season, followed by TGIF. A list will be placed on the Mess Notice Board for those wishing to attend. Names will be chosen at random to form teams. Dress: Casual / Sports attire.

NOV. 25:
Live, and in person, Robert Romane, Hypnotist. Funny, Delightful, Fantastic! A one-hour show from 9:30 to 10:30 p.m. preceded and followed by dancing from 8:30 to 9:30 and 10:30 to 12:30 p.m. to Ray Price Orchestra. The menu: Salmon, scallops, fish in a batter. Admission \$2. per person. Normal Mess dress.

NOV. 26:
CHILDREN'S DAY, Sunday afternoon, for children up to

and including 12 years old. Games and prizes starting at 1300 hrs. Bring the family out for fun and games. A nominal charge will be made for food and refreshments. Dress: Casual.

NOTE: The announced Mixed Mess Dart League did not get off the ground. Sufficient members were not interested, so all plans are now cancelled.

REMEMBER:
There are several "DRAWS" being offered in the Mess. One for Regular season tickets to the Bombers home games these are priced at 25c each or 5 for a \$1.00 available at the lower bar. Another draw at 50c each or 3 for a \$1.00 the prize being Christmas turkeys (glass included). The draw for tickets to the Grey Cup game and Schenley Dinner will be \$1.00 each . . . the winners will receive a cash sum as well to offset their expenses. This year the Grey Cup game is in Hamilton, Ontario.

CFB Winnipeg honoured

Col C. A. LaFrance was honoured 31 Oct 72 in his role as Chairman of the Canadian Forces Division of the United Way Campaign. At a special report luncheon the Chairman and his campaigner rated special mention as the first United Way Division in Winnipeg to reach 100 percent of the Campaign Objective.

City Campaign Chairman R. L. Randy Moffat paid special tribute to Armed Forces personnel and DND employees for their support of the campaign and mentioned the dedication and good citizenship demonstrated by the outstanding results achieved.

Winter welcomes American visitors



MAJ HAENNI and Capt Ott greeting first of 4 a/c to "Sunny Manitoba".

This past weekend, 27-29 Oct, ANS once again hosted a visit by 65 officers and men of the USAF Academy in Colorado. Arriving in four aircraft Friday afternoon they were greeted by a typical Winnipeg Fall blizzard. We told them that the worst was yet to come and sure enough most of them were under the weather before the weekend was over.

After a briefing by L/Col Webb on the functions and role of the NAV School and a quick tour of the facilities, the troops headed out for a "Barley Sandwich."

Friday evening found all participating in the Octoberfest activities. Overheard a couple of young fellows muttering something like, "This sure doesn't taste like 3% beer." Amen!

Saturday afternoon we kept our promise to show them a local display of heavenly bodies. Since when did they move the Planetarium to Portage Ave. West? The curling lessons Saturday evening were thoroughly enjoyed by all, especially our guests, most of whom were playing for the first time.

At the time of their departure Sunday morning they expressed their thanks and praise, for a job well done, to Pete Ott, the co-ordinator, and all others who helped make this event possible.

"Adios! See you next year Gringos!"



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429 Sqn. Bison Brew

Cold weather seems to drive a lot of types into hibernation. In this case its brought Bison Brew out. Despite the recent cut in MFR 429 Squadron has not entirely ceased operation. Although detail flying now makes up 95% of our flying activity extra. Curricular doings keep squadron members busy. The temporary (we hope) loss of our light transport role will be felt in many sections in Winnipeg who were able to make use of the fleet of "Ancient Birds", for transport of everything from dependents to Curling Teams.

One operation which loses little as a result of the paring of flying hours is the ICP section. Although they didn't use Daks on their annual course visit overseas, 429 did despatch one to Trenton to pour the course remains aboard for the trip home. After questioning, Maj Greutrix, section head, admitted the group was too exhausted from numerous "tours" and briefings to spend one more night on the road. This decision was undoubtedly greeted with a sigh of relief from the manager of Trenton's Kitten Club, the next tour spot on the "Check Pilots" itinerary.

Local action has increased with the fall season and Sergeant Pritchard was congenial host to members of 429 at a recent "Bosses Nite" at his mess. Although squadron members did not excel at any of the scheduled competitions (the boat race was a disaster) it's the personal opinion of the writer that next year a trophy for overall consumption of spirits should be instituted. 429 pilots will surely hold their own in this category. Anyway thanks to Barney and his mess mates for a refreshing evening.

Back at the Officers' Mess Peter Van "H" did a masterful job of organizing the decorating for Octoberfest. Although 429 didn't have a large showing, those who came, quaffed their way through a highly enjoyable evening of fun and frolic tended by those lusty Bavarian Beer Wenchies, although they never seemed quite able to catch up on the consumption of suds.

Once again 429 is losing its senior level of personnel as postings (some not so jammy) filter down from Ottawa. Mike Rush was highly pleased with his T-33 slot in Cold Lake but got airborne a little early. Resultant damage to his Austin Healey was approximately \$500.00 and necessitated an unscheduled stop in Moose Jaw but apparently the tab will be picked up by the other driver. Rod Lanning and Lorne Scott, tiring of civilization, have selected postings in Cold Lake and North Bay respectively. Both are aiming for 20,000 hours or ten years on Daks whichever comes first.

Craig Furlong is looking forward to the pleasurable sensation of having a pipe at both ends again (CF-5) while Jean Louis Couchon heads for God's country amongst the bushes and brown types of Chilliwack.

Mike Vermette on the other hand takes his wife and new baby to Chopper land where he will endeavour to apply his 28% to the task of culturing the army.

Speaking of new arrivals, last year's New Year's festivities are beginning to be felt around the squadron. In addition to Mike Junior, the Pollocks, Legaults, and MacLeods all increased their strength in recent weeks, though Gary's wife was holding out till the last minute.

There could be another "list" published in the next week or so, just as soon as Bud Hill dons his blindfold, picks up his pin and lists of names we should hear the results of the Tutor and Musketeer lotteries.

Judging from recent scattered comments some of the squadron still feels we should be represented in Voxair. Let me remind you that there's plenty of space available for columns and articles though letters to the editor generally should be of high quality and not of the "I've got a complaint" nature. Any budding journalists are invited to call Capt Lockhard for further information or if you'd prefer a crack at Bison Brew leave your name serial number and rank in 429 Ops Voxair.

CFANS news corner

ADMIN FLT

The Admin Flt bids farewell to Pte Bob Stacey, who has volunteered to spend six glorious, dark, chilly, fun filled months in Alert. The reason he volunteered was he heard the rumour there was a girl hiding behind every tree. Good luck to you Bob in your hunting.

WO Firth Dickson is away on a Warrant Officers' Qualifying Course in Esquimalt. Learning all the good things, like rifle drill, drill commands and movements. Rumour has it, we will be getting our parade shoes out of storage. Chow for now!

NAV CELL

Well, the annual USAF Academy visit has come and gone. For most of us it meant three great nights of frivolity and three deathly bouts of morning sickness. Our American visitors seemed to enjoy themselves and there will most likely be a few more curling fans south of the border after Saturday night. Congratulations to Capt Pete Ott, who co-ordinated the visit, for a job well done. Capt Doug Lee has been cleaning his sneakers lately in preparation for his Volleyball I course (read Staff School) in Toronto — have a good time Doug.

CURRENT CURRENCY

Another deadline has rolled around and very little has been happening in the Accounts Section.

The winter sports have started with a vengeance, with BCOMPT's personnel participating in hockey, curling, bowling and broomball, to name a few.

Our hockey team — to date — has played five games. Although their best score ended in a tie, their coaches (SGT KEN MURPHY and MCPL HOWIE EVANS) say they are improving and it shouldn't be too long before they start pulling ahead in the score box. We've had a few injuries during play — a black eye (or was that from your new wife, Kevin?), a sore head, a bruised eye and the loss (eventually) of a thumb-nail. However, the play goes on...

We'll be looking for a new reporter for the Current Currency column in December when CPL JUDITH McLEOD retires in the best (and only it seems) tradition of the female finance clerk, to take up the reigns of housekeeping and motherhood. Anyone in the Section who is interested in writing the column, please let her know.

ADVANCED SQUADRON

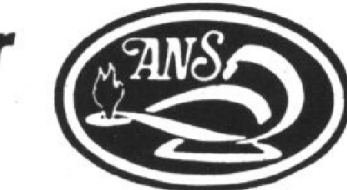
Very little of news worthy event has happened around the Squadron since the last issue was published. The Aerospace Systems Course, plus seven of the staff members, spent the week of 30 October to 5 November on tour, visiting Air Defence Headquarters, National Defence Headquarters and Maritime Command Headquarters. So we can assume that they are now up to date on whatever is happening in those circles.

We had a pretty good turnout to Octoberfest on Friday, 27 October. Among the guests from the USAF Academy was an ex-member of our staff, Captain Lenny Lee, who left us during the summer of 1970. For those of us who knew him, it was a real nice reunion, and the good man hasn't changed a bit.

Speaking of Octoberfest, for the second year in a row we had our first major snow fall on the day of Octoberfest. If this is going to be standard procedure, it may be worth considering delaying this event until the end of November. One Octoberfest was held in the Winnipeg Arena in September, so the month doesn't appear to dictate the scope of the activities. Besides, what's wrong with Novemberfest?

OBSERVER NOTES

As was mentioned in an earlier edition, the Observer section would be hosting the USAF Academy NCOs. This took place during the last week in October. WO Knight, the official host, reports that the assistance given to entertain the visitors was excellent, especially from the WO & SGTs Mess. MWO O'Grady, the PMC, took personal interest in the visitors and was ably



assisted by the entertainment committee. Many thanks from the Observer section and WO Knight. Only three of the aircraft were able to depart on Sunday, but after some work and a hearty push the last one left on Monday.

WO Brian Norman is now comfortably settled in his new PMQ, although there was some problem in getting a garage cleaned up whilst hosting the visiting NCOs. Any respectable "Breakfast" party should end at least by mid-afternoon.

The winter Obs Toto has been started once again by Capt. Hackett and MWO Dave (Lucky) Gardiner was the first winner. His good fortune seems to be carried over from last year and he is talking about writing a "HOW TO" book in the near future. There is also some talk of a lynch mob evening the odds.

Capt. Guenther has returned from survival school which must mean he was successful there. Welcome back to the land of frozen milk and honey, sir.

CWO Martin recently gave the hand of his youngest daughter in marriage. That makes two in as many years and rumor has it that the Chief has been doing rapid calc. in his spare time. Something to do with a dowry when his son becomes a marriage prospect.

Cpl. Pageot reports that there is nothing to report concerning his new car, but stay tuned. You know how these new cars are.

Evidently our ex-Observer instructors are doing well as navigator students. At least Capt. Rhodie and Haavisto haven't become lost in the school. "YAWA DNA PUPU"

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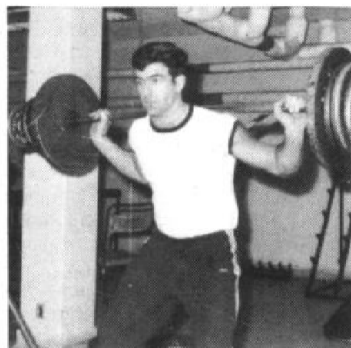
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VOXAIR SPORTS

Rec Centre Personalities



Prior to enlistment, Cpl Les Orcutt lived in Hazelton, B.C. In 1965 he joined the forces as an apprentice in RCEME at Kingston, Ont. Upon graduating, he was posted to the 214 Workshops, Vancouver, as a Vehicle Mechanic. A posting to Winni-

peg opened the way to a new future for Les as a PERI. After a qualifying course in Physical Training at CFSPER in Camp Borden he was accepted to the PERI Family.

Running, weightlifting and badminton are a few of the sports at which Les excels. At present he devotes his spare time to being a minor official for the WHA.

Cpl Orcutt's responsibility as a fitness training instructor at the Westwin Rec Centre ensures a full training day of individual and class instruction.

Outlook for the future: a posting to Germany would make Cpl Orcutt the happiest man in the Rec Centre. For assistance of any fitness problem Les is as close as Local 511.

Water Safety — Collects Trophies!! —

We are in our sixth week of swim instruction with all classes progressing real well. Douglas, in the beginner class at Lipsett is gradually coming around more and more each time he comes out for classes and one of these times we're sure that he will just take off and catch up to everyone.

On Saturday morning at 9 a.m. Mrs. Allison Hunnie teaches Intermediates while Mrs. Cheryl Bounds teaches Seniors. At 10 o'clock Cheryl and Allison each have a Junior class. At 11 o'clock the pool is really hopping with three Beginner classes, of course Cheryl and Allison are still hard at work while the third class is under the watchful eye of Miss Susan Cairns. The junior assistants helping with different classes are Kevin Reeve (Ed's son) and Miss Norine Winter. While the instructors are teaching their charges, Ed is helping instructors with problems, encouraging young swimmers, talking to and answering questions from anxious parents. A pretty tough job but Ed tackles it with seeming endless enthusiasm. But Saturdays are only part of the program. On Monday and Wednesday evenings we find the same crew back at work, starting with Bronze Medallions at 4:30 and 6 p.m.; this time with Ed and Phil Feuerstack putting them through a real rough workout. At 6 to 7 Cheryl and Allison have a class of Junior and Intermediates, and at 8 p.m. they are all teaching adult classes.

Cheryl and Allison are also the lifeguards at Westwin during Casual Swim times. These two young ladies put in a pretty busy week at the pool, but it is people like these that make our program a success.

While all this is going on at Westwin we have almost a parallel at Lipsett Hall Pool. At Lipsett Mrs. Ellen Nelson is the driving force here as the program supervisor, organizing swim classes and scheduling lifeguards. At 9 a.m. on Saturday Ellen has Ruth Wardle and Glen Froom teaching Intermediates and Seniors. At 10 to 11 Glen and Ruth along with Barbara Smith are teaching Juniors, and from 11 to 12 all three instructors are in the pool with Beginners. Ellen also has two assistant instructors — Miss Cheryl Cringan and Miss Beverly Neatby. These young instructors help out wherever they can and at the same time gain valuable experiences. Unfortunately we didn't have enough response to have classes on Monday and Wednesday at Lipsett Hall but we're hoping that the winter session beginning after the new year will be met with more interest. We have the instructors and we have the time in the pool, we just need people.

If you have any questions about swimming or the program call me, Mike Mercredi at the Westwin Rec Centre, 832-1311, local 511 or at Lipsett Hall, 888-5021.



Corporal Ron Dupuis, who is presently a very active member in recreation here at CFB Winnipeg was born in Ottawa, 37 years ago. He joined the Air Force in 1953.

His main activities are bowling and organization of bowling leagues. Since he was old enough to work as a pin setter he has improved his skill and knowledge and has come up with some remarkable bowling in his career. He has been on four National Bowling teams, and in 1971 made a clean sweep in Chilliwack, B.C. Ron, through lots of hard bowling, has been a member of the Western Canada Bowling teams from Edmonton and Northern Manitoba.

Ron has a tough job as Chairman of the Bowling Association, but the sport's organization and participation indicates that he is doing a fine job.

Base Bowling Schedules

Westwin

- Mon 1900-2100 hrs Teen League and Casual
 - Tue 1900-2330 hrs Ladies League
 - Wed 1900-2100 hrs Teen League
 - Thu 1900-2330 hrs Intersection League
 - Fri 1900-2100 hrs Casual Bowling
 - Sat 1300-1700 hrs Junior League
 - Sun 1300-1600 hrs Casual Bowling
 - Sun 1900-2330 hrs Mixed League
- ### Lipsett Hall
- Tue 2000-2330 hrs PPCLI Mixed League
 - Thu 1900-2130 hrs Lipsett Mixed League
 - Sat 1300-1600 hrs South Site Children's League
 - Sun 1300-1500 hrs Casual Bowling

Who's Who — in Manitoba?

I have just been looking over the Red Cross statistics on drownings in Manitoba for the past four years, 1968, 69, 70 and 71. Do you know that each year the number of drownings keeps growing? In 1968 there were a total of 50 drownings, in 1969 there were 73 drownings, and in 70 there were 77. Last year, 1971, 94 people died by drowning. That's almost a 100% increase in four short years. Sure, you could say that there are a lot more people taking part in aquatic activities — well, you're right but there are also a lot more people taking water safety instruction of some sort, but we are still continuing

to lose our friends, relatives and children through water accidents. What age groups are we losing most? Between 13 and 46, certainly not young children or older people, but people right in the prime of life or just starting people that can understand and reason. People like you and I. Why then do we drown?

This year we will surely break 100, but by how much? The statistic report will be out in the spring of 1973 — I wonder how many of us will have drowned or have lost a friend or relative or part of our family by then.

Please, practise water safety.

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| Team | GP | W | L | T | Pts |
|------------|----|---|---|---|-----|
| Avionics | 4 | 4 | 0 | 0 | 8 |
| BAMEO | 4 | 3 | 1 | 0 | 6 |
| TCHQ | 5 | 3 | 2 | 0 | 6 |
| PPCLI | 5 | 0 | 4 | 1 | 1 |
| Base Compt | 4 | 0 | 3 | 1 | 1 |

LEAGUE'S TOP SCORERS

| Player | G | A | Pts |
|----------------------|---|---|-----|
| Thorson, Avionics | 6 | 7 | 13 |
| Houle, TCHQ | 4 | 5 | 9 |
| Hamel, TCHQ | 4 | 5 | 9 |
| Erickson, Avionics | 5 | 2 | 7 |
| Dougall, Avionics | 1 | 6 | 7 |
| Andrychuck, Avionics | 3 | 4 | 7 |
| Stevens, BAMEO | 6 | 1 | 7 |
| Mosher, BAMEO | 3 | 3 | 6 |
| Wilson, Avionics | 2 | 4 | 6 |
| Girard, Avionics | 0 | 5 | 5 |
| Macdonald, BAMEO | 4 | 1 | 5 |
| Crobar, Avionics | 1 | 3 | 4 |
| Fritsch, Avionics | 3 | 1 | 4 |
| Moe, BAMEO | 2 | 2 | 4 |
| Skimming, Avionics | 4 | 0 | 4 |

NOTICE

Nov. 13 will be observed as normal Sun. routine at both Lipsett and Westwin gymnasiums. Pool open swim 1300-1600 hrs., 1800-2000 hrs. Gym Floors open rec. 1300-1600 hrs., 1800-2000 hrs.

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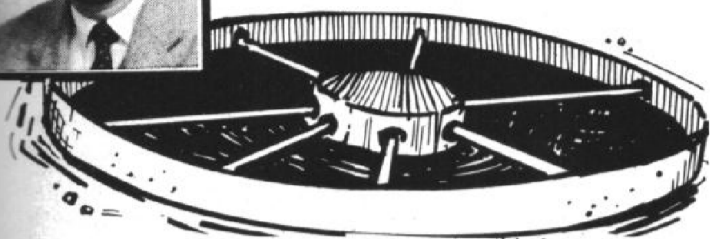
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We sit behind our trusty old portable typewriter week after week pounding out the numerous words for this column and are never really sure whether anyone reads it, except Don Slade that is. However, in the last edition of Voxair two readers took time from their busy schedules to take us to task. That they too, are concerned over the lack of proper ice facilities within Base Winnipeg, is a beginning — a beginning we hope will escalate from two concerned parents to many, many more. The maybe the powers to be will take the action necessary to bring to CFB Winnipeg the indoor arena so badly needed.

This corner regrets if our choice of the word "mercy" was taken out of context. The Community organizations run by the City of Winnipeg such as Sir John Franklin do an outstanding job considering their lack of financial support and it is very true that the more parents that volunteer their services the better off the programme will be. Due to the lack of personnel to act as coaches, managers and supervisors the Community Club must limit the size of teams and in the case of hockey the size of a team we understand is set by the Winnipeg Minor Hockey Association so that all clubs will be equal in size if not in quality.

In Canadian Forces organizations such as the Westwin Minor Hockey Association quantity is not a problem and all who sign up play. Our organization on Base works with boys between the ages of six to thirteen years old with the over thirteen groups being divided up between several Community Clubs in the Westwin area. To sign up one boy in hockey costs the parent \$3.00 and if there is more than one boy playing hockey a family rate of \$6.00 is charged regardless how many register. Sweaters and goalie equipment is supplied by the Association with the boy responsible for the rest of his equipment including his sticks. Pucks are supplied by the teams. The Association is subsidized by the Base Community and Recreation Council with funds which help pay the cost of an ice maker, etc. This subsidy for the Westwin or North Site area is the only money spent on minor hockey; none is channeled to Fort Osborne or the South Site Area.

Those in Fort Osborne area register there boys with Sir John Franklin Community Centre if they wish to play hockey. One boy costs Dad \$2.00 if he is nine years old; \$7.00 if the lad is eleven and \$10.00 if the family hockey star is a Bantam of thirteen years of age or older. All this would cost the family with three boys the sum of \$19.00 or \$9.00 if only two were registered. On top of this, Sir John Franklin's recently canvassed the PMQ area for funds to help defray the rising cost of running the club. If you were a parent with boys in the organization then you probably felt obligated and donated another five or so.

The charges although higher than those levied by Westwin are not without and considering the high cost for icing a team of young future WHA/NHL stars is probably very reasonable. What does bother this corner is that all the funds allotted for minor hockey go to the one arena — Westwin! If the south site is not to have its own skating surface be it indoor or outdoor and if the local Community Club is the only outlet for our young hockey dependents then the Base Community and Recreation Council should get behind Sir John Franklin and give this organization some financial assistance too. After all Sir John's is doing no less of a job than Westwin in giving our boys the chance to learn hockey, be better citizens and to learn to play together as a team. I am sure some of you parents have definite ideas on this subject so let's hear from you.

Stray Spokes — The Winnipeg Blue Bombers for the first time in ten years are number one in the West. Their recent game at the stadium against Edmonton was one of the best ever played by a local club in many a year. The three stars as picked by this corner were — "all thirty-two" on the roster. The WHA is off and running. The hockey played by the twelve teams comprising this league play exciting hockey which improves every game out. Winnipeg's own Pro Jets without Bobby Hull have done very well. With him in the line-up should be the terror of the league. Minnesota Fighting Saints are in on Friday and Jets hope to avenge the 3-0 setback handed out on 1 November.



SKI MANITOBA

by Tex Mitchell



Experienced skiers know that the time to buy new ski equipment is spring when markdowns of 35% are common. The time to buy used ski equipment is right now.

Skiers who took advantage of last spring's sales would like to sell their old gear. People who tried the sport for the first time last winter and didn't like it are anxious to be rid of the embarrassing evidence. Countless parents are discovering that their skiing offspring have grown almost as fast as the cost of living.

For the harassed parents, the swap shop is the answer; they can sell last year's expensive but outgrown outfits, and at the same time fit the kids with good used equipment. Peter Fabricius was not available to confirm that the Base Ski Club would conduct a swap shop this year but the club would undoubtedly respond to sufficient demand from its membership. I also recommend the annual swap shop at the Winnipeg Ski Club scheduled for the weekends of 18/19 Nov and 25/26 Nov. Here you will find probably the largest and the most varied selection of used equipment in the area. This bazaar is well organized: each item is clearly tagged with owner's asking price and knowledgeable skiers are on hand to help less experienced buyers.

Jasper Johnston got a tremendous bargain through a newspaper classified ad last season. But be prepared, getting rigged through classified ads can involve a bit of phoning and driving.

New or used, your equipment must fit. Boots should be comfortable with one light and one heavy pair of socks; when the boots are laced or buckled, you should not be able to lift your heels more than the tiniest fraction of an inch. Exact ski length is a matter of personal preference. Most downhill skis when placed alongside the skier with one arm outstretched above the head will reach the wrist, but I believe that beginners should have skis about 10 cm (4 inches) shorter. Hold the pole upside down with the hand just underneath the basket, then when the handle is placed on the floor at the toe of the boot, the forearm should be parallel to the floor with the elbow at the waist. Some deep powder fiends prefer a slightly longer pole for the six feet or more of bottomless fluff that is found only rarely in Manitoba. The poles must have comfortable grips and should have adjustable straps. Most bindings now are step ins but a few good cable bindings are still available on the second-hand market. Getting in and out of cable bindings is a bit inconvenient but the main require-

ment of bindings is that they release when they should.

How much should you pay? I say not more than 50% of list and that only for equipment almost new and in good condition. (Remember those spring sale discounts.) You may have to do a little legwork to get comparative prices beforehand but it can be worth it. I sold a pair of \$165 metal skis and a pair of \$100 boots, both two years old for \$20 each. The leather

alone in those size 12 boots was worth \$20.

To get the most out of all your good equipment, you have to be in good condition. If the personal fitness program you've been following religiously these many weeks is not paying off or is becoming dull, our PERIs at the North Site rec centre can help you. They have just guided some skiers through a noon hour conditioning course four days a week over three weeks. Trained specialists at your service.

Curling Corner

Gangway! Sadie Hawkins Day is approaching again and rumor has it the ladies have got something planned. Don't be surprised if its more than just a bonspiel.

Speaking of 'spiels the season-opening Harvest Bonspiel was a blister raising, muscle stretching success. Final standings for the four events found the following foursomes taking first and second prizes.

Event 1 — 1st Wes Walker, 2nd Frank Marsh, Event 2 — 1st Ken Tucker, 2nd Pete Tarasenco, Event 3 — 1st Al Foord, 2nd Stephanie Shuper, Event 4 — 1st Joe Hennessey, 2nd Don Nutley.

No, the prizes in the fourth event were not given for the best polka dancers! However, both club houses had good turnouts for the wind-up parties and some of the curlers worked harder on the dance floor than on the ice.

Turning to league play, membership in the Men's Tuesday and Thursday League is now complete but there are several openings still available in either

the Monday or Wednesday Leagues. Interested men please give MWO Don Nutley a call at Local 369 or 837-8673 as soon as possible. The Mixed League for Sunday afternoons and evenings also has three or four openings. Rush your entry to Don and get in on the competition and good fellowship. LADIES — The ladies will have a chance to show husbands and boyfriends, "how its done", at the Sadie Hawkins Spiel on Saturday 18 Nov at Westwin Club starting at 7 P.M. Entrance fee will be \$3.00 per couple. A lunch will be served after curling. Treat your guy to a night out, gals.

Sounds innocent but watch-out fellows! Don't be a "lonesome yukum", keep your eyes and ears open.

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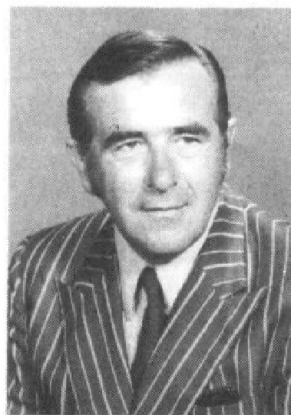
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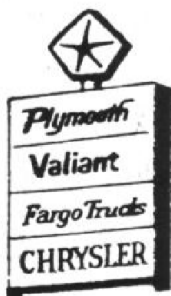


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MR. A. J. LEFRANCOIS receives a retirement scroll from WO Desbiens commemorating 15 years of public service in the supply and accounting environment. Prior to his civilian career, Mr. Lefrancois served for 11 years with the Canadian Army in Canada, the United Kingdom, and North West Europe, achieving the rank of Staff Sergeant before his discharge in Oct. 1957

Military Police Fund For Blind Children

The Military Police Fund for Blind Children was richer by almost \$400.00 thanks to the raffle conducted by the Western Detachment of the Special Investigation Unit (WDSIU). On 2 Sep, the WDSIU capped their successful raffle with the drawing of the winning ticket which was done by COL C. A. LaFrance, Base Commander, CFB Winnipeg. MCPL G. A. Neilson of CFB Trenton won the raffle and will receive a "Texas Mickey" as his prize. The WDSIU and all branches of the Military Police are to be congratulated for their work on behalf of such a worthy cause.



COL C. A. LaFRANCE, Base Commander CFB Winnipeg, draws the winning ticket in the WDSIU Raffle conducted on behalf of the Military Police Fund For Blind Children. The Det Comd of WDSIU, MAJ R. O. Stevens lends his moral support.

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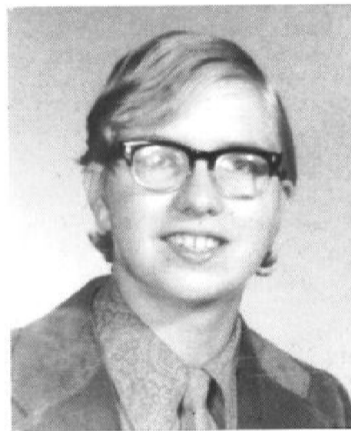


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Liberals win minority



Richard Bell

In what might have been considered as a sign of things to come, Richard G. Bell (above) a grade 11 student at Saint Paul's High school led his Liberal Party to a minority victory in the recent balloting for the school's annual model parliament. For the second time in two years the High school Liberals will attempt to govern with a minority when their "Governor General" reads the speech from the throne. Final figures released show the victorious liberals with twenty-five of the fifty seats, the Progressive Conservatives with thirteen seats and the New Democrats holding the balance of power with twelve. Richard, son of Warrant Officer and Mrs. Robert W. Bell, 441 Carpathia Road, is the first grade eleven student to be elected leader of a party and to become "Prime Minister" of a Saint Paul's Model Parliament. Voxair congratulates Prime Minister Bell on his victory and wishes him well in the future.



CAPT P. E. DOWDEN (on left) makes the presentation of a simulated Texas Mickey to the winner of the WDSIU Raffle, MCPL Gord Neilson.



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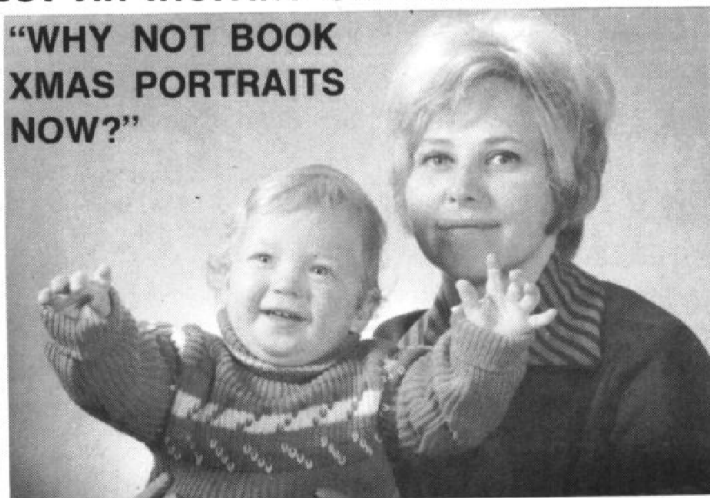
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DONNA, WHERE ARE YOU?

I have in my possession two letters addressed to Donna at Canadian Forces Base Winnipeg, and signed Kelly. Unfortunately these letters have not been delivered, and cannot be returned to the sender because there is no return address.

If your name is Donna and you have a friend named Kelly who plays the Baton, and likes to go Ski Dooing at the farm, you give me a call and I'll be more than happy to pass the letters along to you. Don't let Kelly be disappointed because she does not get a reply, give me a call at 832 1311 Loc 257, and ask for Mrs. MacDonald.

Foster Parent Association

In January, 1970, the Foster Parent Association of foster parents working with the Children's Aid Society of Winnipeg was formed. The Foster Parent Association is already known to readers of "The Weekly" as it was discussed in our April, 1970 and June, 1971 editions. Since its organization, the Association has suffered all the growing pains of a new organization. However, it has come a long way and the President would like to bring you up-to-date as to their objectives, accomplishments and hopes for the future:—

The objective of the Association is to promote the health and welfare of foster children, to aid in providing educational opportunities for foster parents and to work together with the Society to achieve these goals.

The membership is divided into area groups. These groups send elected representatives to a central council which acts as a liaison body between area associations and the Society. A staff member from the Society attends council meetings and communicates current news and plans of the Society.

To achieve their objectives, area groups have invited a variety of speakers in the child welfare field. These people have spoken on topics from Psychology to drug abuse. Foster parents have also attended training sessions instituted by the Children's Aid. In order to share the very valuable experience and knowledge they have gained, foster parents will in future be included in orientation programs for prospective foster parents.

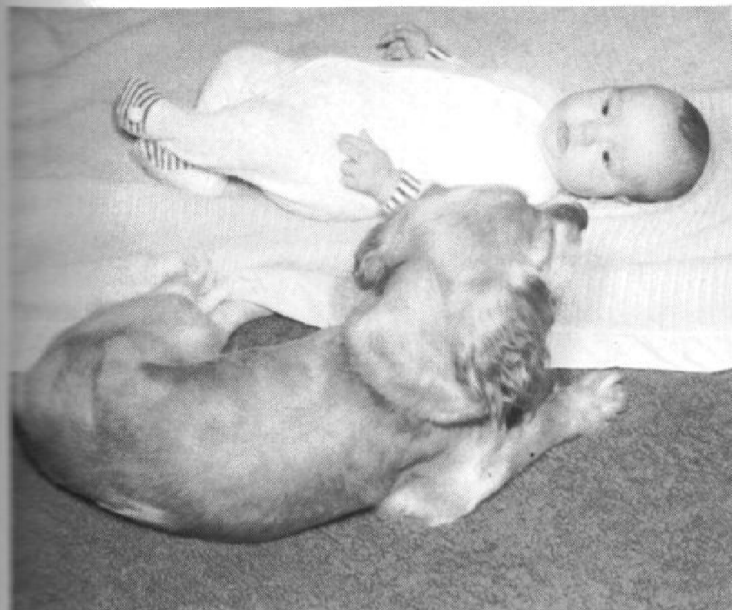
In this last year, the Foster Parent Association has been very active. In April, in conjunction with the Society and University of Manitoba, a workshop on Foster Care was held and attended by foster parents, social workers and Board members, principally from the Winnipeg area. Foster Parent Association members were involved in the planning sessions of the Child Welfare League of America Conference and participated actively in the program. Foster Parent Association members have served on a Sub-committee of the Society's Service Committee. A paper has been presented to the C.A.S. on the subject of subsidized adoption. In May, the Society sponsored a trip to a Foster Parent Conference in Hamilton. A great deal was learned at this conference, much of which will be used in the future by the Foster Parent Association here in Winnipeg. But most important was the knowledge that the Associations have been of great assistance to agencies across Canada. The interest in such associations was indicated by the attendance, 250 was expected—over 600 came.

The most important result of these Foster Parent Association activities is the opening up of new channels of communication between foster parents and social workers. We hope to continue to expand this communication with more instances of foster parents, social workers and Board members sitting together at meetings and on committees and working together to achieve common goals.

The Society sees the Foster Parent Association as colleagues in being an effective advocate for children. We salute foster mothers, foster fathers and their families. Their involvement in the Association in addition to their myriad of duties and commitments as foster parents is much appreciated.

Date Change for CWL Rummage Sale

The CWL of St. Georges Chapel Southsite will hold their Rummage Sale, November 25 instead of November 18 as previously announced. The sale will be held in Lipsett Hall Lounge from 1 - 4 p.m. Any donations large or small will be appreciated. Drop off points for your donations are: 135 Blanche; 393 Carpathia; 376 Grenadier; or the Chapel. Show your support to the CWL with any donations you may have, and by attending the sale on November 25.



EVERY BOY SHOULD HAVE A DOG. Such is the case with 5 month old Ryan Blatz; his dog snoopy, is two years old and serves the dual purpose of watch dog and toy.

Cpl Blatz

Corporals' Wives Club

The Corporals Wives Social Club will hold their next meeting Tuesday Nov 14, at 8:30 p.m. Come on out and join with us in a social evening, and perhaps you will be the lucky one to win the door prize. A very special invitation to all new members to come and join with us.

Leaders Needed

Brownie, Guide and Ranger leaders are still needed at CFB Winnipeg (Southsite) Edgeland District.

Are you interested in working with either ages 7 - 10; 10 - 14; or 14 - 18? Why not take the training that is available become a leader, and help serve your community. No previous experience is necessary, and the time and day can be arranged to suit the individual.

Why not visit with District Commissioner Jane Deller and learn more about the Girl Guide Movement? Phone her at 489-8555 (eve. & weekends); or 889-5375 Secretary Pauline Spence; or 489-6973 Badge Secretary Doreen Semeniuk.

Baby Care

Consumers' Association of Canada warns mothers to use as little baby cosmetics as possible. Powders may cake in the folds of the skin and talc-based powders are dangerous if breathed in by the baby. Corn starch is an excellent substitute.

God in His wisdom made the fly And then forgot to tell us why.

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BITS AND PIECES

by Joyce MacDonald

Winter, as much as we may hate to admit it, seems to have arrived. As much as we may dislike the cold, winter is a necessity. Many pieces in the patchwork of our landscape wouldn't be there at all if it weren't for winter. A number of seeds won't germinate until they've had a cold period—a kind of ripening process. Evergreen cones open and contract slightly with changes in temperature and moisture—this action releasing their seeds. Apparently each species has an inborn cold requirement: Edwin Way Teale, in "Wandering through Winter," points out that apple trees cannot produce fruit unless they have between 900 and 1000 hours of cold below 45 degrees.

Plants, rooted to the spot, have incorporated winter into their lives as they find it. Animals and birds, being mobile, can adjust more widely. Some, of course, go south and escape it all. Yet thousands of birds, fish, mammals, insects and worms stay and live with winter—and find it more friend than enemy.

Humans may go south if they want to (and their work permits). But remember that for many northern occupants the wintry blasts really are friendly zephyrs. For, as with all living things—even ourselves—these wild things are often brought to their best through struggle and adversity.

Meat! If you haven't given up buying this product and become a vegetarian, here are a few hints that I hope will help you get the most for your money.

Beef should be well marbled and very bright red with white fat; chicken should have fat as close to white as possible—if the pinfeather holes are close together the bird will be young and tender; veal should also be as white as possible; pork, pink with as little fat as possible; lamb, rosy-red and not fatty.

To keep raw meat fresh and odorless, rub it with oil or dip it into its own rendered fat or melted butter before refrigerating. Don't wrap it.

To keep raw fish fillets fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

Have meat at room temperature before cooking it, except meat that has been frozen. The latter can be cooked as soon as it is soft enough for the juices to begin to run. Wait too long and you'll lose too much of the juice.

Never pierce meat when brewing; the juices will escape. Use tongs. Brown red meats quickly, uncovered; brown poultry slowly, covered or uncovered.

Never carve any sizable piece of meat or poultry right after it comes out of the oven. Give a roast, turkey or capon at least 20 minutes and it will be much easier to slice.

Having company and want to serve something that is different try this recipe for Beef Round-Up.

- 1 1/2 lb ground chuck
- 1 10 oz can Tomato Soup
- 1/2 tsp oregano
- 1 tbsp Worcestershire Sauce
- 1/2 tsp salt
- 6 slices cheese
- 1 loaf of French bread
- 1/4 lb sliced mushrooms

Split loaf of French bread then toast lightly and set aside. Reserving two tablespoons of soup, mix first five ingredients thoroughly. Top bread generously with meat mixture, spreading right to the edge. Brush remaining soup on meat mixture. Broil or bake at 450 degrees until meat is cooked through. Top with cheese slices and sautéed mushrooms. Serve garnished with Aylmer Pickles and Olives.

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club 61 news

Yahoos, hicks and hillbillies gathered like a meeting of the clans for Club 61's Hillbilly Halloween, at the first of this month. A fairly good response to this event brought out familiar faces, as well as a few new ones. (Or maybe it was just the costumes).

The private's mess held its monthly mess meeting on the 1st of November. The attendance was small which caused disappointment to the members of the executive committee who had hoped for increasing support from club members.

Despite this ine drawback, a tentative entertainment schedule was presented and approved. It read as follows:

—Saturday, 18 November, a Wine and Cheese Dance with

live entertainment. Watch for advance publicity.

—Saturday, December 2, the club will host a Charity Ball, a semi-formal affair, proceeds from ticket sales going to an orphanage or other children's institution for the purchase of Christmas gifts.

—The week prior to Christmas, the mess will have the traditional Dining-In Night, and a dance after.

Plans are currently underway for the New Year's Eve Ball, to be held this year in Building 21. Advance ticket sales will start on 20 November.

The next general mess meeting for Club 61 will be at 1500 hrs on 6 December. Once again, it is urged that all members attend.



104th Group Cubs and Scouts



THE 104th GROUP (Winnipeg) Beavers Hawkeye (Sgt Jack Jesty) left. with their mascot "Charlie" and their leader



DEPUTY FIRE CHIEF R. HUGHS of the St James Fire Department and WO R. W. Briggs, CE Fire Prevention present Mr Criss O'Grady Principal of the Voyageur Elementary School with a certificate of achievement for winning first place in the St. James Fire Prevention competitions held recently.

Each year during Fire Prevention Week, all schools in the St. James Assiniboia district are subjected to fire evacuation drills. These are conducted mainly by the St. James Fire Department, with assistance from CFB Winnipeg Fire Prevention personnel.

Evacuation drills are timed and a certificate of achievement

is presented on behalf of the Base Commander of CFB Winnipeg and the St. James Fire Department to the winning school.

Schools that participated are to be commended and congratulations go to the winning school on their time of 1 minute and 1 second for complete evacuation of Voyageur Elementary School.

Hunter and Firearms Safety Training

Two Hunter Safety Courses were recently conducted by WO Jack Doerksen, of Base Maintenance Land Section.

This course is required by all first-time hunters, and all hunters under 19 years of age, to be eligible to purchase a Manitoba hunting license. WO Doerksen undertook the instruction as a result of queries by newcomers to the Base as to where they could get the course. The intention was to hold one course with an anticipated enrolment of 15 to 20 students, however more than 50 candidates registered and this necessitated splitting the students into two classes. Exactly fifty candidates attended the course.

These courses are normally sponsored by Service Clubs (Kiwanis, Rotary etc.), or Church or School groups. The instructor donates his services, but the Provincial Department of Mines, Resources and Environmental Management pays \$1.00 per student to the sponsoring organization. In this case the cheque was payable to CFB Winnipeg Base Fund.

Although an Adm Clk by trade, WO Doerksen comes honestly enough by his gun lore. His father was one of the pioneer homesteaders in southern Saskatchewan at the turn of the century, and a firearm was a necessity of life. Not only during the homesteading days, but also during the dark days of the depression of the 1930s. Many a winter's meat supply came "by the gun" as did some



WO JACK DOERKSEN instructs Pte Linda Allen on the operation and safe use of a "hinge action" weapon.

ready cash in the form of predator pelts in winter, and bounty on these predators during the summer. Economic conditions being what they were, ammunition was home-made, even to the casting of one's own lead bullets.

It was natural that the sons inherited a strong liking and a healthy respect for firearms. Jack being the youngest, and influenced by older brothers as well as the father, has developed into a real "gun crank". Safe handling of weapons was a part of his upbringing but he did attend a Hunter Safety Course in 1970 on arrival in Manitoba, and found nothing really different from what he was taught as a

youngster. However with today's increasing numbers of inexperienced hunters afield, together with the alarming numbers of hunting accidents, he decided last summer to qualify as an instructor on this subject. The response on the Base, and the results attained were most gratifying.

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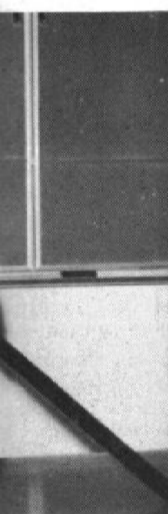
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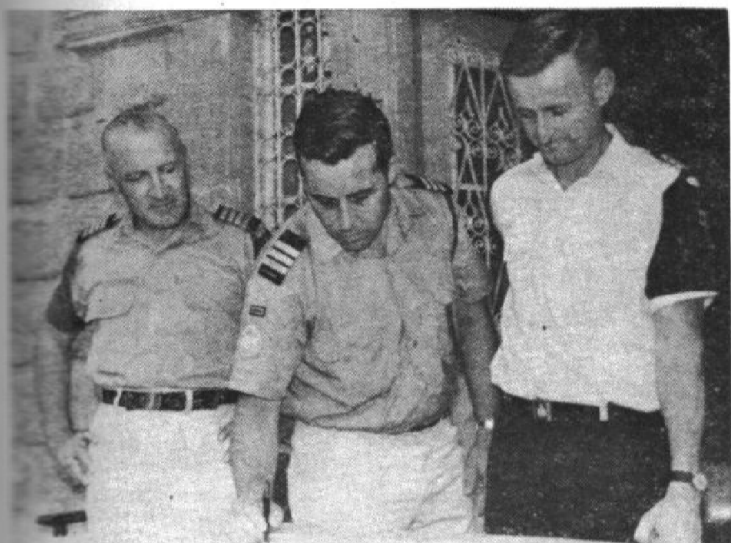
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Patricia Periodical



LCOL J. H. ALLAN, CD, CO 2PPCLI, signs the Handover of Responsibilities Scroll on 9 October 1972 in Cyprus while Col Beattie, CD (left) and LCol J. A. Fox, CD, CO LdSH (RC) look on.

CANCON NEWS

The handover between the Second Battalion PPCLI and the Lord Strathcona's Horse (Royal Canadians) was completed at noon on 9 October and the last flight of homecoming soldiers arrived back in Canada on 13 October. The Second Battalion Patricias are now firmly lodged in their new quarters on the "Green Line" in Nicosia, Cyprus and in Trakhonas, a northern suburb of the city. The situation in the Canadian Contingent (CANCON) area has been exceedingly quiet to date, which is somewhat unusual during major unit rotations. However, as a result the two units had a faultless changeover, with Patricias virtually stepping into the outgoing Strathcona sentries' shoes in the some thirty odd outposts in the Canadian zone of responsibility. It is also worth noting that the situation has remained quiet since the change of units,

thus permitting everyone to get on with the job of acquainting themselves with their new tasks in their unique and colourful surroundings.

Battalion ladies should note that the first briefing package, with tapes and slides, is scheduled to arrive here in Winnipeg in mid-November and briefings are scheduled for Saturday 25 November or Sunday 26 November. Dates will be confirmed in the next edition of Patricia Patter but ladies should try to keep the dates open so that they can attend.

REAR PARTY

D Company has just returned from ten days of combat infantry training in CFB Shilo, where all ranks were involved in intensive exercises to practise small group tactics, patrolling and live firing practises. Provision is reported to be with the



CPL GARY COX, 2PPCLI didn't take long to get into the swing of things in Cyprus. Cpl Cox, a member of the Transport Platoon arrived with the Battalion's advance party in September and was soon managing the intricacies of a fork lift truck. Without it, the heavy baggage of contingent personnel on rotation might never have been moved at all.

company, in that they returned to Winnipeg only one day before the seven inch snowfall. No doubt they will be heartened to know the snow arrived just in time to permit them to commence Winter and Arctic Indoctrination Training during November.

The Annual Staff Inspection of the unit by HQ, 1 Combat Group was completed during the past week, to be followed by the formal inspection of Rear Party next by the Commander 1 Combat Group, BGen G. G. Brown, CD. Gen. Brown's visit to the unit will be his first since assuming command of 1 Combat Group in September this year.



CWO A. L. MINETTE, CD, RSM of the LdSH (RC), lowers the Strathcona's Regimental Flag for the last time on 9 October 1972. CWO J. A. Heyman, CD, RSM of 2 PPCLI prepares to raise the Battalion's flag, signifying the change of command in Cyprus within the Canadian Contingent has been effected.

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Voxair Variety

by John Landon

Although the baseball season ended in mid October, with the World Series, nobody apparently told the MANITOBA THEATRE CENTRE, because they came up with a great string of hits at the month end, climaxed by the grand slam homer "Slueth".

Opening on October 30th, this theatrical tour de force more than lives up to its advance billing. It is a masterpiece of suspense, very well written, and tautly directed by David Giles. It may not be proper to rave firstly about the set and lighting when discussing a mystery play, but I felt the set was outstanding. It determined the mood of the play and helped to highlight the action. Congratulations to Designer William Ritman!

Douglas Rain, the fine Canadian actor who played one of the main leads, was perfect in his role. This character had been played in London by Anthony Quale, and on Broadway by Patrick McNee, and I am sure with no more elan than that demonstrated by Mr. Rain. David Buck in the other role was not as convincing, but he was adequate in a difficult assignment. I won't spoil your fun by revealing the plot, but do urge you to go and see it. Slueth runs to November 18th.

Earlier in the month MTC had offered us Tony van Bridge as G. K. Chesterton, an excellent piece of one-man theatre. Although his costume had been lost in transit, courtesy of the airline which helps you to get around Canada, and sends your baggage elsewhere, Mr. Van Bridge came through as the grand old man of English letters. I know, because I once long ago managed to see G.K.C. live in one of his rare North American lecture tours.

Next opening on October 24th, was the Warehouse Theatre presentation of "The Promise", a serious drama in the true sombre tradition of the Russian theatre. The cast of three, which included two Western Canadians, Deborah Kipp and Hardee T. Lineham, together with Brit David Schurmann, were consistently fine. Serious drama is very hard to execute, and I suppose much of the credit should go to the director Tibor Feheregyhazi. Anyway, try and catch the next Warehouse production, they are very much worthwhile. Incidentally, it will be a Canadian play.

Maybe I'm easy to please, but everyone came out smelling of roses and sounding celestial last week. In particular, the WINNIPEG SYMPHONY ORCHESTRA Concert on October 28 and 29 was top notch. The balanced program of Vaughan Williams "Serenade to Music" with the Philharmonic Choir, followed by "Chopin's Concerto No. 2 in F Minor, Opus 21", played by guest pianist Abby Simon, and then "Sheherazade" by Rimsky-Kosakov gave us a complete classical coverage. Mr. Simon was a last minute substitution for Marak Jablonski, but showed that he is an accomplished artist who deserves plenty of recognition in his own right. Sheherazade offered Concert Master Arthur Polson an opportunity to demonstrate his skill as a violinist, as he introduced themes for development by the whole orchestra. This is a piece which requires total involvement by all sections of the Symphony, including woodwinds, horns, and tympani, and it all came out to perfection. The next concert is on November 11 and 12, with guest artist Aliro Diaz, guitarist, and a program of all-Spanish music. It looks like another sell-out so get your tickets now at the usual outlets.

Some ballet buffs have been heard to moan and groan that the ROYAL WINNIPEG BALLET has, in recent years, been too much on the mod side. They should live in Angers, France, home of the BALLET THEATRE CONTEMPORAIN, who performed here November 1st to 5th. This visiting company danced four numbers, the first two of which were done to what might be called non-music, and which relied heavily on exotic costumes and jazzy lighting to carry the show. The dancing might have been good, but was hidden by the gimmicks. Principal dancers Martine Parmain and James Urbain showed that they really could dance in the third number, although again they seemed to be working without music. Finally the whole Company got together in *Pasdances*, music by Stravinsky, and demonstrated that there were many skilled dancers in the group.

Maybe I have an over-thirty viewpoint, as my 21 year old son liked the whole show. However, one thing that comes from seeing what other companies can do is a better appreciation of our own local RWB. In comparison, they seem to be very very good. Their next performance is at Christmas, and the classic "Nutcracker" will be a welcome change for us squares after trying to be both pop and bi-cultural in one fell swoop.

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A pretty pose by Vixen Julie Baker to grace the pages of another issue of Voxair. Julie is a dance instructress at the Arthur Murray School of Dancing in Winnipeg.

Photo by Boguski

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