

Bands To Stay

OTTAWA — A new method for achieving essential reductions in military band personnel, announced by the Defence Department, will enable all nine regular force military bands to continue in operation.

Instead of phasing out four bands as previously planned, the total establishment of 399 for all nine regular force bands will be reduced by 80 positions to a new total of 319.

The decision to retain the nine military bands was based on the wide public support and interest in the bands, as well as their beneficial effect on cultural activities in the areas in which they serve.

All nine bands are extensively involved in ceremonial obligations at military and civic events and in providing assistance to young musicians and musical groups. Armed forces musicians also participate in many of the major symphony orchestras across Canada.

The military bands continuing in operation are: — the Canadian Forces Stadacona Band, Halifax; the Royal Canadian Regiment (RCR) Band, CFB Gagetown, Oromocto, N.B.; La Musique du Royal 22^e Régiment, Quebec City; the Royal Canadian Artillery (RCA) Band, Montreal; the Air Transport Command (ATC) Band, Kingston; the Central Band of the Canadian Forces, Ottawa; the Training Command Band, Winnipeg; the Princess Patricia's Canadian Light Infantry (PPCLI) Band, Calgary; the Canadian Forces Naden Band, Victoria.

Defence 74

OTTAWA — The annual review of defence operations, Defence 74, now is off the press and available through Information Canada bookstores across the country. It is published in a bilingual edition and costs \$1.

Defence 74 is considered to be a valuable reference for defence officials, government members, journalists, and students of military studies, whether attending formal courses of instruction or as "do-it-yourselfers."

It contains information on such topics as defence policy and organization, commands and their roles, peacekeeping, personnel programs and activities, equipment and construction projects, reserves and cadets, and training assistance programs.

Compiled by the Directorate of Information Services at NDHQ, it is illustrated with black and white photographs, and published as a paperback.

HELP VOX

Voxair is going to be requiring an advertising manager in the very near future. Volunteers are urgently required. This position of the Voxair staff is the only "paid" position in that the incumbent receives 10% of advertising revenues collected as payment for services and operating expenses.

Duties include the soliciting of advertisers (most are regular), accounting and billing.

Interested individuals please contact Capt Bob Jackson at local 750 or 768 for more information.



April 9, 1975

CANADIAN FORCES BASE, WINNIPEG

Vol. 24, No. 7

Annual Astra Assembly No. 17



Reviewing the Astra Credit Union Financial Statement are, left to right, Col M. D. Gates, Bill Halpenny, Brian Downey, Bob Jackson, and Dan McKenzie.

Airborne Save

VANCOUVER — A Canadian Forces nurse and medical assistant combined talents 10,000 feet over the Rocky Mountains to save the life of a patient being flown from Cranbrook, B.C. to Vancouver recently in a Buffalo aircraft.

Involved in the mid-February drama were Lieutenant Beverley E. Shoemaker, 25, daughter of Mrs. H. W. Shoemaker of Paisley, Ont., and Master Corporal Robert D. MacBournie, 28, son of T. A. MacBournie of (506-6701 Chisholm Ave.) Halifax.

Being evacuated was a 65-year-old man from Kimberley, B.C., who had sustained a broken neck. He was being moved in a Strykker frame, a special stretcher designed to immobilize patients.

The aircraft was 25 minutes out of Vancouver when the patient experienced what appeared to be a respiratory collapse, verging on cardiac arrest. Lt. Shoemaker and MCpl MacBournie immediately carried out emergency procedures, connecting the patient to an automatic respirator and giving him intravenous medication.

Lt. Shoemaker informed the pilot of the situation and requested that a landing be made as quickly as possible. The pilot,

Captain Gerry L. Stark of CFB Comox's 442 Transport and Rescue Squadron, descended below cloud level as soon as the Buffalo passed over the coastal mountains.

Once in visual contact with the ground he cancelled his instrument flight rule clearance. This saved the time required to make a complicated instrumental approach and he was able to fly directly to Vancouver airport.

Several minutes before landing, the patient regained consciousness. Once on the ground he was rushed by ambulance to hospital, where he was reported to be recovering satisfactorily.

As for Lt. Shoemaker and MCpl MacBournie, they returned to their regular duties at CFB Comox. "But," said Lt. Shoemaker, "the incident won't soon be forgotten."

"I've experienced these before," she said, "but in the controlled environment of a hospital. But when you're up in the air like that, with no doctor immediately available, you find yourself making decisions that ordinarily a doctor would make. It's quite an experience," she added.

CDS Commendation

Two Canadian Forces' servicemen stationed with 731 Communication Squadron, Shilo, Man., have been awarded the Chief of Defence Staff commendation for "action above and beyond the call of duty."

Master Corporal Gerald A. Goit, 37, of Prince Albert, Sask., and Master Corporal Leonard G. Campbell, 32, of Winnipeg, Man., were cited for quick and courageous action credited with saving the life of one man and halting the spread of fire in the Rankin Inlet Co-operative store and cannery in the North West

Territories, May 14, 1974.

The two "exceeded the normal line of duty when they, without thought of personal danger, entered the burning building and assisted in rescuing the manager of the Rankin Inlet Cannery." They "demonstrated outstanding qualities of initiative, bravery and leadership, and responsibility for their fellow man."

The commendation comes with scroll and a symbol, in the form of a gold bar with three maple leaves, recently approved for wear on the Canadian Forces' uniform.

Approximately 850 members and guests attended the Astra dinner dance at the International Inn March 15.

Among the guests were Col Gates, BCOMD, Dan McKenzie, MP for Winnipeg South Centre, Barney Martin, General Manager, Bill Halpenny, Director of Services, and Ernie Henchel, Director of Finance, all from the Co-operative Credit Society; Brian Butler of Cuna Mutual Insurance, LCol Joe Zuzanski, CADO of the Air Reserve, and Don McMurchy, Appraiser for Astra. The annual meeting was held in the afternoon at which four directors were elected. They include Major Lou Pinsonneault, WO Cal Shermerhorn, Moe Morrice and Orv Carnahan. At the re-organization meeting, Bob Jackson was elected president, and Orv Carnahan vice-president.

Brian Downey, the General manager, gave a comprehensive report on the financial position of Astra and future plans.

The 1975 annual meeting is scheduled for March 20, 1976 at the International Inn.

Air Haul

CAPE DYER (CFP) — Two members of the Canadian Forces played a part in the seizure of 300 pounds of hashish being smuggled into Canada across the top of the world, March 4.

They were Lieutenant Rich Dunstan, 25, Kitchener, Ont., an air weapons controller, and Warrant Officer Arnold Gerald Alkerton, Spencerville, Ont., an air defence technician. Both assisted the RCMP at this remote radar station, on the north-east coast of Baffin Island, in seizing a private, twin-engine aircraft and arresting two Canadians aboard the plane.

The RCMP had been alerted that an aircraft would set down at Cape Dyer for refueling, on a flight from Sondrestrom on the west coast of Greenland. The plane was reported to be carrying drugs. The aircraft was monitored on the station's radar and its flight plotted.

When it landed the RCMP officer was not in uniform, he was wearing only his winter parka and clothes while carrying his pistol in one gloved hand and his badge in the other.

Lt. Dunstan, as acting commander of the DEW line radar station, was designated a customs officer with full powers of search and seizure, and greeted the aircraft on landing. Warrant Officer Alkerton hovered in the background with a rifle trained on the plane.

During the search the warrant officer used his rifle to guard the two flyers. RCMP ordered another plane from Frobisher Bay and the two men were flown out by Twin Otter.

European Posting Warning

LAHR, West Germany — If you are posted to Europe this year and are taking a new 1975 model North American car with you, make sure the equipment is compatible with European specifications.

Changes in Canadian automobile standards for 1975 have resulted in the introduction of the catalytic converter — a device designed to reduce the carbon monoxide and hydrocarbon levels in the 1975 car by 90% from the 1970 model. Vehicles with the converter will require unleaded gas which is fed to the vehicle through a special nozzle reducer not adapted for regular gas pumps. This device is not in common use in Europe, nor is non-leaded gas readily available for vehicles with a converter.

North American manufactured cars purchased through the Europe-based outlets will be delivered to Bremerhaven, West Germany, where the kit will be removed and placed in the car for installation on return to Canada. Personnel now in possession of a 1975 model equipped with the catalytic converter may find it more convenient to remove the kit before shipping the vehicle to Europe, as the use of leaded fuel poisons catalytic converters and renders them inoperative.

The Department of Transport has issued a period of grace for owners of new model vehicles to allow a converter to be installed when they return to Canada. Also, the customs authorities are authorized by MOT to issue a temporary import certificate, form E 29 B. This permits temporary usage without a converter for a period up to ninety days.

Further information on the catalytic converter may be obtained by writing: Director of Traffic Safety Branch, Department of Transport, Ottawa, Ontario K1A 0N5.

FLIR

OTTAWA — An evaluation program on a Forward-Looking Infra-Red (FLIR) system is to be conducted by the defence department to determine its use in surveillance, anti-submarine operations, ice detection and reconnaissance and search and rescue missions.

FLIR displays thermal characteristics of objects on a screen, and is not affected by darkness or atmospheric conditions. Equipment will be installed in the summer of 1976 at the defence research establishment at Valcartier, P.Q., and aboard a long-range Argus aircraft.

Tenders will be called this spring, and a contract awarded next fall to supply the system, ground support, special test apparatus and training. Cost of the program is \$1,250,000.

The Canadian Forces already are evaluating a Side-Looking Airborne Radar and other Infra-Red devices to provide meaningful data in surveillance and reconnaissance roles. Of the Infra-Red sensors now available, the FLIR system appears to offer the greatest operational and tactical advantages.

Income Tax For CF Members

This article has been prepared as the result of a number of inquiries from servicemen located in the Winnipeg area as to the basis on which they are required to pay personal income tax at the Manitoba rate if resident in Manitoba on 31 Dec, even though they may not have resided in Manitoba for the whole of the taxation year, that is to say, during the whole of the period from 1 Jan to 31 Dec.

Prior to 1972, members of the Canadian Forces were subject to special regulations under the Income Tax Act which contained procedures respecting the

payment of personal income tax. Generally speaking, the regulations were favourable to servicemen and had the effect of providing financial benefits which were not available to other income taxpayers in Canada. However, the special status of servicemen was removed by the revocation of the income tax regulations in 1972 and servicemen were placed in the same position as civilian taxpayers. Since the field of personal income tax is shared by the Federal Government and Provincial Governments, the legislation of both governments

must be examined to determine the position of a taxpayer. As the federal Income Tax applies to all residents in Canada, that Act does not include a definition of provincial residence and, therefore, one must look in the case of Manitoba, to the Income Tax Act of that province for such a definition. In that regard, subsection 3(1) provides that "An income tax shall be paid as hereinafter required for each taxation year by every individual, (a) who was resident in Manitoba on the last day of the taxation year." Subsection 2(1) (ac) provides that "taxation year" means... (ii) in the case of an individual, a calendar year." Subsection 4(2) provides the following: "The tax payable under section 3 for a taxation year by an individual (a) who resided in Manitoba on the last day of the taxation year but had income earned in the taxation year outside Manitoba; - is the amount that bears the same relation to the percentage of the tax payable under the federal Act for that year specified in subsection (3) that his income earned in the taxation year in Manitoba bears to his income for the year." Subsection 4(3) provides "For the purposes of this section the percentage of the tax payable under the federal Act to be used for computing the tax payable under section 3 is as follows: (h) Forty-two and one-half per cent in respect of the 1972 and subsequent taxation years."

While the foregoing quotations from the Manitoba Income Tax Act cannot be construed as light reading, it is evident that the legislation requires that a person who is resident in Manitoba on 31 Dec, even though he may not have resided in the Province for the whole of the taxation year in question, is required to pay provincial income tax at the Manitoba rate in respect of the total amount of income earned in the taxation year. All provinces (with the exception of Quebec) have provisions in their Income Tax legislation which are identical to the Manitoba sections quoted above.

If it were considered desirable that a taxpayer should pay the taxation rate applicable in the province only while actually resident in that province, the present income tax legislation would have to be amended to make provisions for such a procedure. In view of the wide ranging implications involved in effecting such a change it is not possible, in an article of this nature, to comment as to whether such a change is feasible.

Since members of the Canadian Forces are subject to periodic postings from one province to another during their service

See TAX

page 6 column 2

**DEADLINE
VOXAIR
2 P.M.
WED.
16 APRIL**

Why The Canadian Forces?

By LCol W. N. Russell

PART II

In Part I, I explained that, in my view, Canada does not maintain forces for "national defence" in the normal sense of the term. Two reasons were discussed: "self respect" in contributing to the balance of power and "national sovereignty." Now for those readers still with me, we will examine other factors.

INTERNATIONAL INFLUENCE

It is an interesting characteristic of the modern world that whenever there have been wars, they have greatly affected countries outside the warzone. Certainly if there were ever to be a major nuclear war, every country in the world would be affected, especially Canada, the "meat in the sandwich" between the USA and USSR. We would live in isolation and not belong to NORAD, NATO or even the UN, but whether we like it or not, we would still be greatly affected by decisions made by these organizations. The best way for a middle power to have a voice in these decisions is to be a full-paying member.

Canada is one of the great trading nations of the world. Our high standard of living depends on our ability to sell products to other nations such as the USA, Britain and Western Europe. It is doubtful if this trade would continue to prosper if we were a less loyal ally.

There are those who argue against Canada's participation in current defence alliances because they feel alliances restrict our relations with countries outside them. This cannot be proven, however. On the contrary, if the truth were known, Canada probably has many "friends" who stick with her because of her influence in the Western World. Besides, even if alliances do hinder relations with a few neutral nations, so what? Surely it is more important to remain allied with Western Europe, England, France and USA, nations to which we are naturally connected by combinations of culture, economics and geography.

Canada's role in the UN is worthy of special mention. Because we are a willing contributor to both peacekeeping and international relief, our influence in both the Security Council and

General Assembly is strengthened. But we also have a more direct interest. Provided the balance between East and West is maintained, the next greatest threat to world stability lies in what is sometime called the "Third World," the smaller nations of the Middle East, Africa and Asia.

In these areas a neutral force is required, which can inject itself between belligerents, while peace talks are arranged. The large powers such as Russia and the USA only heighten the danger of world war when they become involved. Smaller powers, without a direct interest, are required. Granted, United Nations peacekeeping efforts have not been too successful, but the alternative, i.e., involvement by the major powers, must be avoided at all costs. It is fitting that Canada, a country which qualifies to participate on UN peacekeeping forces and has the manpower and resources, has chosen to do so.

Consider also the benefits of participation in NORAD. Canada at present spends in the order of \$150 million on items directly concerned with this aspect of our military effort. This is less than five percent of the total NORAD budget. Yet, for that amount, we gain access to the Pentagon with a chance to have our views heard. A Canadian officer is the Deputy Commander of NORAD, with authority over both American and Canadian forces. What a tremendous trust when a country as powerful as the United States is willing to place so much of its defence in the hands of a neighbour.

Influence, then, is another good reason why Canada maintains armed forces.

ECONOMIC FUNCTIONS

For its size, Canada is today a highly industrialized nation. It is important to realize that a great percentage of that industrialization took place during wars. During World War I, Canadian goods manufactured for export increased ten fold. During World War II, Canadian industry turned out 100,000 land vehicles, and by 1944 we were producing 4,000 aircraft per year. That is an

See WHY?

Page 6, column 1

Legal Ramblings

By LCOL ARTHUR K. SWAINSON
Assistant Judge Advocate General
Headquarters - Air Defence Command

INJURIES IN AUTO ACCIDENTS - SEAT BELTS

It may sound a little strange, but if you are a person with sufficient forethought to either buy a car with seat belts in it or install seat belts, you may end up suffering a financial loss in an accident, if you fail to use the seat belts in the car.

Most Canadian provinces have a Statute called a Contributory Negligence Act which generally provides that where injuries are caused to a person, but two or more people were involved in the incident, and each one is partially to blame, the degree of negligence of each will be determined, and payment of damages governed accordingly.

For example, if two cars both go through a red light, both driving down the middle of the road and strike head on, then each driver would probably be assessed 50% of the other driver's damages, along with 50% of the damage claims of the other driver's passengers.

Seat belts enter the situation in this way. You are driving your car, which has seat belts installed, but which you are not wearing. You drive through a green light and a car goes through a red light

hitting you broadside and you are injured. If it can be shown that your injuries were caused as a result of being thrown out of the car, then, at least in British Columbia, you would be considered partially to blame.

The theory is that the driver should know better than to drive without fastening a seat belt already provided. Some courts do not agree with this division of damages but the principle appears to be becoming more widespread.

The leading case is the British Columbia Supreme Court involving Yuan vs Farstad. The court decided that Mr. Farstad was totally to blame for the accident, but because Mr. Yuan, who was killed as a result of being thrown from his car, was 25% to blame for his own death, the damages payable to his wife for his death would be reduced by 25%. Strangely enough, Mrs. Yuan, who was a passenger, was allowed 100% of her claim because no seat belt was provided at all for her.

The very technical rule of law would be that if you have seat belts, use them, or take them out of the car. However, the auto safety approach would be to use seat belts if you have them, and if you have none, get them installed.



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Colonel M. D. Gates, C.D.

BUSINESS MANAGER & EDITOR

Capt G.E. Robertson
(639)

ADVERTISING

Mr. H. Oakes
(837-1572)

DISTRIBUTION

Sgt D.M. Taylor
(496)

Opinions expressed by contributors do not necessarily reflect those of the Editor, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a service newspaper as specified in CFAO 57-5. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment.

In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs.

VOXAIR offices are located in Building 52 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

Telephone 832-1311

ADVERTISING RATES ON REQUEST

SUBSCRIPTION RATES are \$3.50 for one year or \$9.50 for three years.
Postage Paid.

Second Class Mail Reg No. 1725

ISSN 0300-3213



**RUMMAGE
REQUIRED**



On Saturday, May 3, the 104th Cubs, Scouts and Beavers Ladies Auxiliary will be holding their Annual Rummage Sale from 12-3 p.m. at Lipsett Hall.

We welcome donations of anything you may be ready to throw out: books, toys, dishes, footwear, games, clothing, anything, everything.

Items may be dropped off at any of the following homes or you may call them for pick-up:

Gail Lancaster, 385 Carpathia, 489-6061; Ann Jackson, 295 Kenaston, 489-6524; Judy Titus, 436 Kenaston, 489-9367.

Items can also be sent with the boys to their meetings or brought early on Sale Day.

We can sell everything, so please keep this sale in mind as you Spring Clean.

Proceeds from the sale will help the boys all year round and particularly at camp time.

CFANS news corner

NAV SQN



**429 Sqn.
Bison Brew**



The Graduation Ceremonies were held at CFB Winnipeg on 20 Mar 75 for the graduating course of Long Range Navigators, Course 7406XT.

Members of the graduating course are, left to right: back row, Capt R.B. King, Capt J.J. St-Pierre, Capt T.W. Burt, Capt J Moberly, Capt

R. J. Smith, Capt E. Goskie, Capt L. E. Klein, Capt B. Morris; front row: Capt. C. Ranson, Capt. L. Noseworthy, LCol J. R. Allingham (CO 429 Sqn), Col M. D. Gates (BCOMD), LCol F. C. Brittain (Comdt ANS), Lt D. MacDonald, and Capt G. Zanussi. Base Photo

7406 graduated last month and had the dubious distinction of being the second last course ever to train on the C-47. Photos of the newest navs to serve in the CAF accompany this article. Special congratulations are extended to Dan MacDonald, the only course member without the benefit (?) of several thousand hours of dah-dah dit-dit time behind him.

Returning from the Herc OTU are Jim McBride, Gord Dow, Gerry Kingwell, and Mel Felts. They have all been put to work furthering the C-130 cause. The next five staff to journey to Trenton for C-130E Nav Course 7502 (commencing 15 Apr) will be Grant Shewchuk, Lou Gagne, Wayne Reaume, and both B. K. and G. W. Moore. Patience paid off for this group - there is a good chance some of them will get to practice their techniques in the South Pacific.

A fond farewell to Ed Barker. Ed was suddenly posted at the end of March and within 24 hours had sold his house and packed his bags. He will be helping out the Colonel in Postings and Careers. We are sure Ed will do a good job.

George Sykes should be back from Staff School imminently. Surprise, George, you're the new Mess secretary.

The author wishes to bid au revoir (or perhaps its good-bye) to all of you faithful readers. And also to those who have this stuff read to you. It is with great reluctance that I pass the pen to another, but postage from the South Pacific would be prohibitive.

Eat your hearts out!



Lt Dan MacDonald is presented his navigator wings by Col. M. D. Gates at the graduation parade held at CFB Winnipeg 20 Mar 75. Lt MacDonald is posted to the East coast where he will train on the Sea Kin helicopter. Base Photo

BUYING OR SELLING
Contact:
Roy H. Johnstone
"THE ACTION MAN"
If Posted in Write Roy at
836 ELLICE
For Personalized Service

McKAGUE SIGMAR & CO LTD REALTORS
Res: 475-4044 Bus: 786-8986

Howdy Herd!

The fight is on by evil forces to destroy the high morale acquired by the 429 phalanges after their March victories! First the green pastures of 11 Hgr had to be abandoned for the enclosed areas of 16 Hgr. To make matters worse, we had to elect temporary residence in a still smaller field due to work being in progress on our final grounds. Just before the move, Mary Harkness had joined our Orderly Room staff; her duties have been redefined to the one of a constant searcher of some obscure document in an unending row of boxes. Marg Desjardins is also applying for pay increase due to her added responsibility of telephone operator and directory assistant. The only smiling face in O.R. these days is Shirley's: the copier machine is broken down and she doesn't have to instruct our mechanically-minded pilots how to use it.

For all of you curious about this beautiful big bird flying around these days, here are some of the labours of Hercules, the 20th century Hercules, that is. The Hercules aircraft has been around more than 15 years now. It has flown on all kinds of strips, on skis; it was even model-tested as an amphibian aircraft. It holds the record as being the heaviest aircraft ever to land on an aircraft carrier, the Forrestal, in 1963; it

also took off from that carrier, at weights of up to 120,000 pounds without the use of catapult or JATO help. In 1970, a Hercules carried a record of 211 people while evacuating a South Vietnam air base. The C-130 has been used mainly to carry cargo. Most of it got out at a loading ramp. Some of it, as big as caterpillar heavy equipment reached the ground in parachute. (the record is a 41,780 pound pallet). One unique way of extracting cargo out of a Herc is to fly the aircraft at 10 feet off the ground and open the rear doors pushing out the load exactly where it is supposed to go. Vietnam also saw the Herc used as a gunship, armed with four 20 mm and four 7.62 mm multi-barrel guns; it replaced the Dakota in that capacity. Other Hercules are used as tankers for helicopters, airborne recovery aircraft, meteorological research aircraft, airborne battlefield command control centre, drone and pilotless aircraft launchers and Maritime patrol. Thirty-six national armed forces have or are flying the Hercules. By far the biggest users have been the USAF with 863 different airframes; the other US service branches used 96; some 425 are used by other forces. With only four aircraft in our inventory, 429 Sqn. is a small user; we are nevertheless proud of joining such a huge and versatile family.

Let's talk about a better way to handle your money.

When you put money in the bank, it's for your own good reasons. Which means that you want a savings plan that's tailored to your own needs and wants. And that's why we offer different accounts and investment certificates, each with its own interests, and each with its own unique features.

True Chequing Accounts. Regular and True Savings Accounts. Savings Certificates and Monthly Income Deposit Receipts. Term Deposit Receipts. And Certificates of Deposit.

If you want to get the most for your money, let's discuss the individual features of each. Let's get together. And let's talk.

Let's talk.
The First Canadian Bank
Bank of Montreal

Portage & Whytefold Branch (North Side)	Brian McKenzie, Mgr. 837-8368
Tuxedo Park Shopping Centre Branch (South Side)	Gary Chase, Mgr. 474-1331
Courts of St. James Branch 2727 Portage Avenue	Ron Statham, Mgr. 889-8850
Portage & Westwood Branch 3330 Portage Avenue	Dennis Coates, Mgr. 888-6770



Patricia report



Since 9 Feb 75 2 PPCLI has been conducting a number of Pay Level 4 Courses. The courses being run are: Communications, Pioneer, APC Driver, Wheeled Driver, Mortar, Machine Gun and Armoured Defense. Senior NCO's and Officers of the unit are teaching all of these courses which will be completed by 25 Apr 75. Kapyong Barracks, St. Charles Ranges, and CFB Shilo are the training areas for the various courses.

The Armoured Defense Platoon is conducting the Pay Level 4 Armoured Defense Gunners Course. The course covers all aspects of the 106 MM recoilless rifle, armoured fighting vehicle recognition, and the anti-tanks organization of the battalion. Live firing will be done in Shilo from 07 to 18 Apr 75. On completion of the course approximately 25 gunners will be qualified for employment in the armoured defense platoon.

Charlie Company is conducting the Machine Gun Course. Approximately 50 soldiers are taking the course which deals with all aspects of the 7.62 MM and 50 calibre machine guns. The highlight of the course is a week of firing at Shilo beginning on 09 Apr 75. During this phase candidates apply their knowledge in extensive firing. This will include the use of the 50 calibre in its anti-aircraft role. Information on the other course will be presented in future editions of the Voxair.

The Kapyong Open Doubles Dart Tournament was held on the 9th of Mar 1975, at the Patricia

Arms Club. The Tournament which drew civilian teams from many parts of Manitoba as well as local military teams was the largest of its kind ever held in Manitoba. It turned out to be a great success thanks to the efforts of MCpl O'Connor, Keith Bratley, Pat and Peter Sharples and Bill Hamilton.

Special thanks goes to the barmen and staff of the club as well as the many members who assisted with ticket-sales, score keeping and the big job of clean-up. Over all winners of the Open Doubles were taken by Scotty Ferguson and Tom Todd. Runner up were Alfie and Donheue Moar. A dance followed the presentation of trophies, with the "Harvest" providing the music. Ladies high score - Ann Todd with a 142, Mens high score - Reg Johnston with a 156. Some of the trophies were donated by Murray Nedohn of the Black Night Restaurant.

Support the Bingo. On Sat 19 Apr 75, at 2000 hrs. there will be a GIANT ALL RANKS BINGO AND DANCE IN KOREA HALL, KAPYONG BARRACKS. Many good cash prizes, an excellent door prize and a popular dance band are the attractions. Food and appropriate refreshments will be plentiful. Proceeds from this function will help defray the cost of upkeep for uniforms and instruments for the Corps of Drums. The Corps of Drums will perform "Victory Beating" prior to the dance to herald the commencement of their summer tour season. Plan to bring your friends to this promising evening of fine entertainment.



EDMONTON - Geritol Jumpers. Checked by an instructor from the Canadian Airborne Centre here this week are two members of a senior officers and NCOs parachute training course, Colonel Patrick J. Mitchell, 44, center, commanding officer of the Regular Support Staff, (Atlantic), Halifax and militia Chief Warrant Officer Richard A. Gunoff, 48, Regimental Sergeant-Major of the British Columbia Dragoons, Kelowna, B.C. Dubbing themselves the "over-the-hill gang," - their average age is 41 - the 22 regular force and militia volunteers graduate March 13 after completing 10 days of strenuous physical exercises and parachute training. Each course member makes seven parachute jumps including one night drop and one with full winter equipment.

Canadian Forces Photo



KEEPING SCORE at the 1975 Canada Winter Games in Lethbridge are two of the Canadian Forces regular support detachment, Master Corporal Jim Bruce, 35, left, and Master Cpl. Ken O. Paul, 43, both from the Lord Strathcona's Horse armoured regiment, CFB Calgary. Eighty-six drivers, cooks, medical and hygiene technicians from Calgary provided technical assistance and advice not available to Games coordinators from other sources. Forces equipment loaned to the Games included 26 trucks, 1,130 bunk beds and 236,000 lbs. of bedding stores. The 53 Forces' drivers plus civilian volunteers expected to log over 300,000 miles carrying passengers between sporting activity sites in a variety of 200 military and civilian cars, trucks and buses during the two-week Games. Military cooks, working from 2½-ton mobile kitchens, fed many of the 2,400 athletes and officials at the Pincher Creek ski competition site, 60 miles from Lethbridge. The Games ended February 23.

Canadian Forces Photo

13 Yr. Old Saved

HALIFAX (CFP) - Sailors and airmen of the Canadian Forces combined efforts to try and save the life of a 13-year-old girl suffering from meningitis in the Isaak Killam Hospital for children here in mid-March.

The sailors got into the act first when they were requested to provide a recompression chamber from the diving unit at CFB Shearwater.

Lieutenant Commander Arthur Rowse of the diving unit got a call at his home late Mar 6, asking if there was some way the unit's recompression chamber could be moved to the hospital.

The doctor explained that the child who needed it was too ill to be moved to the base at Shearwater for treatment.

The commander roused out about 75 men to dismantle and move the 7,800 pounds of equipment at the base and transported it on two flatbed trailers to the hospital.

With a police escort to get them through Dartmouth and Halifax streets, the convoy moved to the hospital. By 6 a.m. Mar 8, the chamber, with extra compressors on hand to ensure a steady air supply, was ready to receive the patient.

The Shearwater recompression chamber has been available to area hospitals - as is the one located at CFB Toronto - for a number of years in hyperbaric (pressure) medicine.

It provides the patient's body with a higher oxygen content under pressure and, as LCdr Rowse explains it, "the high pressure and high oxygen content burn up the bugs that much faster."

After the first treatment was given, the naval engineers and tradesmen helped move the equipment into a garage by the hospital emergency ward, because the chamber has no heating system of its own and the patient had to be kept warm while undergoing treatment.

A doctor and nurse, who must accompany the patient inside the chamber, were given a crash course so they could operate equipment inside the chamber.

Meantime in Ottawa, 412 Squadron was readying a Cosmopolitan aircraft to fly a rare drug to Halifax to fight complications of the disease.

Major Peter Giles, Toronto, the pilot, Capt. Fred French, Dodsland, Sask, the co-pilot, Sgt. Reginald St. George, Halifax, flight engineer, and Sgt. Barry White, Flint, Wales, were mustered to fly the life-giving drug to the east coast.

Further complications arose when weather conditions closed down the field at CFB Shearwater and the plane was diverted to Greenwood, N.S. From Greenwood the drug was driven by staff car to Halifax.

The young girl was reported on the way to recovery.

OPEN HOUSE on 1975 MODELS

Featuring The 1975-
Mercury Marquis Brougham

- Meteor • Montego
- Cougar • Comet
- Capri • Bobcat

Also Our New 1975
Mercury Monarch.

See Our Large Assortment Of Recreation Vehicles.

½, ¾ and 1 ton style side pick-up.

Wiley

See
or
Call



MERCURY SALES LTD.
555 Empress St. at Polo Park

E.A. "Bud" Septon (C.D.)
772-2411

RING-A-LING


KATHY
58 AMARYNTH CRES

**BUY-ING
SELL-ING
RENT-ING**

**837-7553
24 HOUR**


NILS

LING REALTY

MEMBER MULTIPLE LISTING SERVICE

RING-A-LING


MARY
58 AMARYNTH CRES

**BUY-ING
SELL-ING
RENT-ING**

**837-7553
24 HOUR**


JUSTIN

LING REALTY

MEMBER MULTIPLE LISTING SERVICE



The Graduates and Instructors of the Met Tech 121 TL3 Course 7402 are shown along with the Base Commander, CFB Winnipeg and the Commandant, CFSMET. The graduation parade was held on the 14th of March. Front Row (L to R); WO GI Inglehart, Sgt K. A. Goldsworthy, Mr P. Kowal (Comdt) Col. M. D. Gages (Base

Commander), Sgt N.J. Gravel, MCpl DD.J. Johnson, MCpl R. P. Walton, and CWO JMA Blais (School Warrant Officer). Second row, graduates (L to R) Cpl Moore, Cpl Miller, Ptes, Lefort, Brewer, Bryden, Thomson, and hogg, Cpl Grady, Back row MCpl Masiuk, Ptes Sears, Moreton, Saunders Gauvreau, Smith, Moulton and Henry. **Base Photo**

1975 CAR CHECK CAMPAIGN



When a driver considers automobile maintenance, it is often in connection with the engine or power train: tune-up, new spark plugs, transmission, etc., but less often the safety equipment.

Safety equipment that malfunctions does not prevent the vehicle from moving, but it does present a hazard both to the occupants and to other road users or pedestrians.

As a part of the 1975 "Car Check" safety campaign, the Canada Safety Council urges all vehicle owners to make sure their lights are all working, that their windows are kept clean and clear of ice or snow, that wipers, washers, horn, heater and defroster, and all door locks are operating properly, and that headlights are properly aimed.

Safety Council Executive Director, Phil Farmer, explained "when oncoming cars flash high beams briefly at a vehicle using low beams, it may be telling one of three stories: one or both of

your lights are out; you may have a heavy load at the back of your vehicle, causing lights to aim slightly higher than usual; or, your headlights are improperly aimed, and should be checked."

A blinded driver coming towards you at up to 60 mph is something to avoid, so never neglect your headlights just because they come on at the flick of a switch!

Mechanical malfunctions are directly responsible for some 10% of all traffic accidents. The magnitude of this figure becomes apparent in Canada's accident statistics which show that our eleven million drivers have more than 500,000 accidents in which more than 200,000 people are injured and about 6,700 are killed - in one year.

The owner or operator has a legal and moral responsibility to make sure the vehicle is in safe operating condition. It should be

See CAR

page 8 column 1

Cycle With Safety



Statistics indicate that motorcycling is safer than operating a car. However, when an analysis of motorcycle accidents is made, it is significant that many mishaps involve only one vehicle - the motorcycle itself.

Motorcycle riding is hazardous to life and limb, but so is everything else, even breathing.

But the hazards can be reduced drastically by training YOU to respond rapidly and accurately, by reflex, to emergency situations.

In some cases, there is not time to reason: the response must be automatic.

Manitoba Safety Council is again conducting motorcycle courses. This program is the first nation wide standardized training course for motorcyclists in North America.

Lessons are held the same evening every week for seven weeks from 1900 to 2200 hrs unless otherwise advised. There is a total of 21 hours of instruction, of which 90% will be actual bike riding. Courses start May 5, 6, 7, 8

and tentatively 9 May.

All students must use Safety Council's motorcycles, Honda 125cc.

Minimum age for enrollees is 16 and the cost is \$20.00. The course will be held at CFB Winnipeg South Site.

This course is an excellent course for both the experienced

and non-experienced motorcyclists and all personnel are urged to take the opportunity to learn the life saving points of motorcycling.

For further info and application forms contact Base Vehicle Safety Local 742. As courses are filled on a first come first served basis **DO IT NOW.**

Southwood RV Centre

EL DORADO STEURY SPORTSCOACH SKYLARK
PROWLER FLEURY AQUARIUS FUNCRAFT



see or call AL PIEL 889-1627 see or call BILL HRUBENIUK 837-2491

2475 Pembina Hwy.
(204) 269-6960

DETSON BIG BOOMER! \$189.00

- Track Play And Record
- AM/FM/MPX
- 2-Deluxe Air Suspension Speakers With Special Crossover Network
- Dimensions 23 x 12 x 10 x 1/2
- Stereo Recording Mikdes Included



Village

Color TV & Homefurnishings
3514 ROBLIN BLVD.
PH. 889-0978

WHY?

Continued from page 2

unbelievable achievement for a country of our population.

Today, defence spending still makes an important contribution to the economy. The aircraft industry, which employs over 33,000 people, is two-thirds dependent on defence. The ship building industry, which employs 15,000 people, is one-third dependent on defence, while the electronics industry gets one-quarter of its business through defence contracts.

Further, it will come as no surprise that our military forces help boost many local economies. Sometimes, bases seem unappreciated while they are there, but there is always quite a controversy as soon as there is talk of closing one. It may come as a surprise to some Canadians that "defence" is the second most important industry in the Province of P.E.I., and there is only one base there.

NATIONAL DEVELOPMENT

In many nations, national development is an important role. For example, some Latin American countries utilize the army to build roads and even run schools in isolated districts. Consider, too, some of the large projects done by the US Army Corps of Engineers.

In Canada the Armed Forces also have certain functions along these lines. For example, between the wars, the RCAF was utilized for aerial mapping. The Survey Establishment in Ottawa is still engaged in some

INCOME TAX

Continued from page 2

careers and are, therefore, exposed to both high and low income tax areas, the tax burden which they are required to bear is evened out, more or less, over the whole of their careers.

In conclusion, it must be emphasized that members of the Canadian Forces who require guidance or assistance in completing their annual income tax returns or require information respecting the interpretation of the various provisions of the income tax legislation (both Federal and Provincial) should seek advice from their local District Taxation Office.

very large and worthwhile mapping projects. We servicemen sometimes feel that the Defence Research Board gets off the military path on projects such as satellites, but these projects are worthwhile in terms of national development.

The Armed Forces have been particularly useful in the development of the Canadian Arctic. The radar chains brought technology and population to remote areas. Military camps or stations helped develop Whitehorse, Churchill and Resolute Bay. Today Mobile Command engineers are active building bridges in the Yukon Territories and a total of six airfields in the Eastern Arctic.

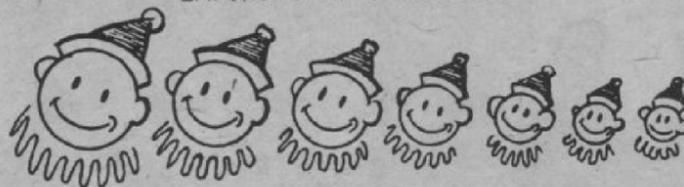
TO BE CONTINUED

FAMILY FABLES: A lovely lady complained bitterly to the builder of her new home that it shook violently every time a train passed. "Why, the vibration practically shakes me out of bed!" she exclaimed. Suddenly, the lonesome sound of a train whistle could be heard in the distance. The lady immediately seized this fortunate coincidence to prove her point and flung herself on the bed to await the train's arrival. Realizing that the builder may not believe her unless he actually experienced the vibration himself, she asked him to lie down beside her and he complied. At this point, her husband walked into the room. "What in hell are you doing in bed with my wife?" hubby angrily demanded. "Would you believe," stammered the builder, "waiting for a train?"

PUZZLE PALACE (?) After spending a week in his new posting at the Head Shed in Ottawa, a Chief Warrant Officer moved his desk into the Men's Room. When asked for an explanation by his puzzled superior, the Chief replied, "It's the only place around here where people know what they're doing!"

TOTAL RECOIL: A kangaroo suddenly leaped 12 feet over the zoo barrier that previously had never been cleared by any animal. The keeper dashed up to the lady (standing inside the barrier) who was obviously responsible for the animal's sudden absence. "What on earth did you do to that kangaroo?" demanded the keeper. "Nothing much," purred the lady, "I just tickled him." "You'd better tickle me in the same place," suggested the keeper, "because I've got to catch him!"

LAUGHING AT OURSELVES



by John Semeniuk

MUM'S THE WORD: Mother's tranquility was brought to an abrupt halt by the ear-shattering shouting of her young daughter. Hollering upstairs to her daughter, the mother demanded, "Debby, why can't you be quiet like your brother Chris? He isn't making a sound." "He isn't supposed to make a sound," replied Debby, "We're playing our family. He's daddy getting home late for supper and I'm you!"

OUT CROOKED (?) While sunning themselves at the beach in Miami, two vacationing businessmen struck up a conversation. "I'm here on insurance money, I collected fifty thousand dollars on fire damage," said one of the businessmen. "That's a coincidence," replied the other, "Because I, too, am here on insurance money - I got one hundred thousand for flood damage." After a long, thoughtful pause, the man who spoke first asked, "Tell me, how do you start a flood?"

GUYS & DOLLARS: A General who was losing steadily in a game of stud poker, finally drew aces back to back. On the next turn of the cards, he drew another ace, and (happily) no one folded. Unfortunately, one of the players picked that particular moment to drop dead from an apparent heart attack. "What in the world will we do now?" asked one of the white-faced poker players. "Out of respect for the head," replied the General, "I suggest we finish this hand standing up!"

MAN BATE: One of our service gals offers the following formula to corral a man. "Flirt with him, flatter him, fawn over him, feed him, favour him, fuss over him, and if this does not work, FORGET HIM!"

RIGHT UP THE RIDDLE
 Q. What do you get when you combine the movies "Earthquake" and "Towering Inferno?"
 A. "Shake and Bake!"

From the Grooves

by Mark Cyluck

At last I am pleased to announce an LP record that does not give you all of the usual stuff when they announce a new "oldies album." Polydor (2480-223) has one entitled (20 Solid Gold Singles) "Moldie Oldies." If you don't believe it just read on. How often do you find LPs with Paul Anka's "Lonely Boy," the hit which really made this Canadian artist? Years later the Guess Who tried to make "Running Bear" a hit for them, but I still feel the original version by Johnny Preston is the best.

Joey Dee came on strong with his "Peppermint Twist" and in the same period Ray Peterson was singing about "Corrina, Corrina" which you later remember was recorded by Crowbar and others. When "Alfie" was a big hit at the time of "Georgie Girl," Bobby Hebb was also doing it with "Sunny" a song that many copied, but didn't have the success that Bobby did. One of my all-time favorites was "Purple People Eater" by Sheb Wooley. The hit was re-released a short time ago on MGM (Goldie Circle) Records (MG C5007). Other memorables on side one are "My Boyfriend's Back" by the Angels, and Bobby Lewis' "Tossin and Turnin."

Side two bounds off with the Shondells backed with Tommy

James on "Hanky Panky." Recently a group called "Wednesday" tried to make a hit out of "Teen Angel" but it never came close to Mark Dinning's version. Ritchie Valens has been known for many hits, but "Donna" was probably his greatest, so it was squeezed in front of Sam the Sham's "Woolly Bully." "Easier Said Than Done" an oft used phrase was coined from the song of the same name by "The Essex." The man Phil Spector is very well known as a producer and writer and "To Know Him, Is To Love Him" by the Teddy Bears is no exception.

For years now the Winnipeg Tribune has had a comic strip which was inspiration for a million seller hit by the Hollywood Argyles. The hit was "Alley Oop." When I was in grade six I remember a song about two lovers with similar names, Paul and Paula. They came into the forefront with "Hey Paula" and then disappeared about as fast as they came. Jimmie Rodgers always was a constant winner with hits. His biggest hit became a breakfast cereal to which Jimmie sang the commercial. Now you can eat your breakfast and listen to the strains of "Honeycomb." But don't forget it was Tommy Edwards who once described it best when he sang "It's All In The Game."

When Buying or Selling Your Home



Norm Hurst

Contact NORM HURST

Salesman for
CAMPBELL, LANE AND HALIBURTON
 Realtors - Insurance
 1887 Portage Ave.

Telephone
 Office 837-5864 Res. 837-8440

FIGURING ON



HOME REPAIRS?

IS YOUR HOUSE IN NEED OF REPAIRS? IT'S ALWAYS SOMETHING ... A NEW PAINT JOB, A NEW PORCH, MAYBE EVEN A ROOF. YOUR GROWING FAMILY MAY NEED A NEW ROOM ADDED ... OR HOW ABOUT THAT NEW RECREATIONAL ROOM IN THE BASEMENT

IT MAY BE ANY OF THESE THINGS, BUT BECAUSE OF FINANCIAL WORRIES YOU KEEP PUTTING IT OFF.

DELAY NO LONGER. DROP-IN TODAY AND ENQUIRE ABOUT OUR LOW COST HOME IMPROVEMENT LOANS. IT'S WHERE YOU SAVE AND BORROW AMONG FRIENDS

— THE SAVINGS PLACE —



Astra Credit Union Ltd

1907 Portage Ave. at Rutland St.
 Ph. 888-8690
 CFB Winnipeg - Whytewold Road
 Ph. 889-4437



AMAZON MOTEL

TWO LOCATIONS

3125 PORTAGE AVE.
 Winnipeg, Manitoba
 832-1377

1135 WEST MIRACLE
 and MILE
 Tucson, Arizona 85705

Modern, Electric Heat, Air-conditioned
 Color TV, Baths, Cooking Units
 (Winnipeg), Swimming Pool (Tucson)

IF YOU DON'T (Part 3 of three part article) by Carl Shields with Cathie Fornssier

Base Transportation News And Views

SAFETY SAM SEZ

Occupant Hits The Car. This happens when the occupant in the car is not wearing the seatbelt and so does not stop when the car does. For example, if a full-sized American car, travelling at 15 miles per hour hits a brick wall or another car of the same weight travelling at the same speed, it will stop in about 15 inches, and the front end of the car will sustain about 15 inches of crush. The deceleration rate for the car averages about 6 G's. Any occupants, whether driver or passengers, who are belted into the car will also experience about 6 G's of deceleration - well below the injury threshold. In addition, the impact force is absorbed by the pelvic girdle, an area readily able to withstand extremely high forces. But anyone not belted in will continue forward, hitting the dashboard and windshield at 15 miles per hour. Even the new padded dashboards and shatterproof windshields can only deform a few inches, so the person will experience a deceleration rate as high as 45 G's as the stopping distance of the person is much less than that of the car. This is far above the injury threshold. As well, the impact is absorbed by the head, chest and abdomen, all of which involve vital organs. We have seen accidents where the person was killed by hitting the sunvisor hinge or the edge of a non-breakaway rearview mirror.

Occupants Hit Each Other. In many accidents, even an unbelted person might survive if he was the only person in the car. But when passengers hit other passengers,

death or serious injury often result for the person nearest the point of impact. One tragic case reported was that of a baby, being held "securely" in the grandmother's arms when the vehicle was involved in a relatively minor collision. The impact was sufficient to throw the grandmother forward, crushing the baby to death against the dash. Had the grandmother been wearing the lap and shoulder harness, she would have been able to hold the baby quite securely in this case.

Parents who feel that their children are secure when they are being held in their arms have no comprehension of the forces involved in even moderately severe accidents.

People can also be killed or injured by loose objects in the car - boxes in the back seat, etc. A two-pound thermos sitting on the rear window parcel shelf could apply an impact force of 500 pounds to the head of a front seat occupant during a 50 mile per hour collision.

Occupant partially or completely ejected through side windows or doors which come open during a crash. The most common in rollover accidents where the occupants are not wearing seatbelts. In a study of 181 people involved in rollover accidents carried out at the University of California at San Diego, half of the occupants who

were partially or completely ejected from the car were killed. Neck and back injuries, sometimes resulting in paraplegia or quadriplegia, are common with partial ejections. Even with the much publicized airbag restraint system, lap belts must be worn to eliminate problems of ejection and passenger interaction.

Passenger compartment penetration. Even when all occupants in a car are belted in, death or injury can result when the passenger compartment is penetrated - for example by a light pole or by another vehicle. The extent to which passenger compartment penetration affects crash survivability was dramatically demonstrated when a Volkswagen with five occupants went out of control in a snow-drift which had accumulated on a curve in a highway. Before the driver was able to regain control, the car collided with a large bus. As the bumper of the bus penetrated the side of the Volkswagen, it passed through the seating space of the right rear and centre rear passengers, who were both fatally injured. However, the seating spaces of the left rear passenger and the two front seat occupants were not penetrated by the bus and as a result they sustained only minor injuries requiring no more than first aid.

Reprinted courtesy of Canadian Consumers Association of Canada (Canadian Consumer, Feb 75)



Miss Jennifer Huyghe, with Bill Barkman, Manager of the Westwin Branch of the Astra Credit Union, was awarded second place among 12 finalists in the Miss Winnipeg Jet Contest. This charming young lady is employed at the Westwin Branch of Astra.

Don't Stop Now

So how did you do in the semi-annual fitness test? A "good," an "Excellent?" Well done! But don't stop now. The next test is a mere six months away, and the body can deteriorate an awful lot in that time.

This deterioration starts, in our society, in the 'teens, and, according to the Fitness Institute of Toronto, the body deteriorates more quickly between the ages of 25 and 35 than at any other time in a person's life.

Sadly, too many of us find out about the effects of this deterioration only after a great deal of harm has been done. However, a carefully worked out plan can restore a lot of this damage. Just how much can be accomplished is illustrated dramatically every year by groups

of runners who take part in such gruelling races as the Boston Marathon - these groups being made up exclusively of person's who have suffered heart attacks.

One important point to remember is that the standards called for in our fitness program are not particularly high, and an "excellent" should not mislead you into thinking that you have reached a high standard of fitness. How high is a standard that can be walked, with thirty seconds to spare, and still be rated as "excellent?"

University Cres, University of Manitoba.

Registration for these races commences about thirty minutes before start time. The Come As You Are series has started and will be held each Sunday morning at 11 a.m. to May 11, commencing at the zoo parking lot in Assiniboine Park. These runs are an ideal way to try racing, if you haven't tried before. The races are open to all age groups, men and women and are usually quite short distances.

... RBR

COMING EVENTS

The Manitoba Runners Association schedule is now well under way, with some excellent events coming up. Sun 13 Apr 1 p.m. Kildonan Park pavilion, 5 km and 15 km; Sun 20 Apr 1 p.m. Viking 15 km; Information booth.

Colonial REAL ESTATE LTD.

Belleville, Ont.

NATURE AT YOUR BACK DOOR

5 Forest Hill Cr. Belleville, Ont.

Live in the City and ski, snowmobile or hike behind your home in the City's east end nature park. Main floor family room with patio doors, 3 bedrooms with a fourth bedroom and study finished in the basement, 1 1/2 baths.

SUPER FAMILY HOME

57 Joyce Cr. Belleville

Here are just a few of the many features that are attractive. Family room with knotty pine siding, 5 bedrooms, large eat in kitchen, attached garage, excellent mortgaging available. Prime east hill location.

OTHER CHOICES

- 37 LINTON PARK: 3 bedrooms plus den, ground floor family room with fireplace. Early possession.
- 59 JOYCE CRESCENT: "Wycliffe" exceptional home, 2 fireplaces, family and rec room, outside enclosed barbeque.
- 29 JANLYN CRESCENT: High ranch bungalow, attached garage, 4 bedrooms, carpeted through out.
- 595 VICTORIA AVE: Large 4 bedroom, finished family room with wet bar, family sized kitchen. Excellent financing.

OFFICE: 962-9281

Don Alexander 962-5835
Dorothy Paus 392-0430
Moe Hunter 968-8232

Vi Lindgren 962-2673
Lionel Botly 968-7486
Marion Jordon 396-5010



'CHRIS'
Welcomes You To

DEER LODGE AUTOMOTIVE CENTRE

Diagnostic Service, Tune-Up, Brake Service,
Wheel Alignment & Balance, Towing

All Parts and Work Guaranteed for 3 Months or 4000 Miles.

OPEN 7 A.M. - MIDNIGHT DAILY

2001 Portage Ave. St. James Phone 888-7909

CAR Continued from page 5

checked by a competent mechanic at least twice a year, fall and spring, to ensure it is in good mechanical order.

SAFETY EQUIPMENT

The following items can be checked readily by the operator and are important to the safe operation of the vehicle:

Lights:

Check head, tail, plate, signal, and back-up lights to determine if they are working properly and free of dirt.

Window Glass:

Keep all windows clean on both sides so that you will have the best possible vision.

Windshield Wipers and Washers:

Test for good cleaning action and smooth operation. Replace rubber wiper blades when they start to smear glass or become inefficient.

Rear View Mirrors:

Keep clean and properly adjusted to provide a clear view of traffic.

Horn:

Check for serviceability. It is important to be able to warn or get the attention of others.

Locks:

Door, trunk, and engine hood locks should be in good working order. Keep well lubricated, particularly in winter. When vehicle is in motion, doors should be locked.

Instrument Panel:

Here are grouped a variety of information and warning devices. If any of them indicate trouble, do something about it. For instance, if one of them warns of electrical trouble it might indicate a short circuit which could be the prelude to a fire.

Defrosters:

Test for serviceability and operation. These accessories are essential in keeping windshield and rear windows clear of frost and mist.

Safety Belts:

Check operation of take-up reels, buckles, and serviceability of safety belt harness. The wearing of safety belts has been proven to be effective in saving lives and reducing injuries of the occupants of a motor vehicle involved in an accident.

Sun Visors:

Not to be used as a shelf for papers, maps, etc. Maintain arms and brackets in good working order for immediate and effective use.

DRIVER MAINTENANCE

The following items can be checked by any operator by using four of the five senses - i.e., sight, smell, feel, and hearing. Regular maintenance of these items is essential to provide greater safety and to prolong the life of the vehicle.

Tires:

Keep an accurate tire gauge in the glove compartment; gauges at service stations can be inaccurate. Check the tire pressures at least once a month, more often in winter because of the wide changes in temperature. Always check tire pressure when the tires are cool. Each change of 10 degrees in the outside temperature will raise or lower the tire pressure one pound. Keep tire pressures balanced correctly. Do not bleed or reduce tire pressures when tires are hot from driving. For heavier loads, adjust tire pressures within the limits stated on the tire.

Brakes:

Most of today's cars have a dual braking system - with or without a vacuum power assist. The primary part of the system is hydraulic, backed up by mechanical application. The system is subject to leaks in the brake lines or brake wheel cylinders. Indicators of trouble are: a low fluid level in the brake master cylinder or a spongy feeling in the brake pedal. Locking of any one wheel upon brake application could mean fluid on the brake linings. Balanced adjustment of brakes will prevent sudden veering to the left or right. Fluid level and brake linings should be checked at once if the brake pedal develops too much travel before becoming operative.

Battery:

The battery is the heart of the electrical system. Keep fluid at the recommended level. Keep battery clean and remove corrosion from battery terminals. Should it become necessary to start an engine with a dead battery, it can be done safely by following the procedure outlined in the Canada Safety Council's leaflet "How To Jump A Battery." Incorrectly done, there is a danger of the battery exploding and spraying sulphuric acid over anyone nearby.

Radiator:

The front of the radiator core should be kept clear of any

obstructions and coolant should be kept at the correct level and strength. If the engine overheats, do not attempt to remove the radiator cap to add liquid until the radiator stops steaming and the engine has cooled to avoid the danger of being scalded or causing damage to the engine.

Steering:

Along with braking, steering is a very important safety function of a vehicle. The steering system is made up of many articulated parts, with or without power assist. All of these parts must be adjusted to close tolerances and must be kept tight. Correct front wheel alignment is a must for good steering ability, as is correct and balanced front tire pressures. Badly worn or loose ball joints, shock absorbers, and steering parts can have an adverse effect on steering. At the first sign of any steering fault the vehicle should be taken or towed to a garage.

Oil and Coolant Leaks:

Watch for any indication of loss of liquids under vehicle after parking. Such signs are a warning not to be ignored, and require the attention of a mechanic.

Exhaust System:

When driving in a closed car, be alert for drowsiness, light headedness, or headache. Those are the first symptoms of carbon monoxide poisoning. This gas cannot be smelled, seen, or tasted. Stop immediately, get some fresh air, then drive with windows open to the nearest garage. Find the leak and have it repaired.

NOTE

Use only those grades of oils, lubricants, hydraulic fluid and antifreeze recommended by the manufacturer.

Periodic Maintenance:

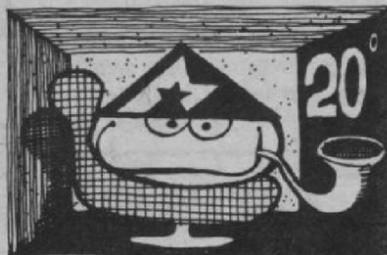
The Owner's Manual is written by the people best qualified to do it - the people who built your car. Read it through carefully, and then make a habit of referring to it regularly for recommended service checks. These can save you some big bills and ensure your safety. When buying a used car, make sure you get a manual, even if you have to write the manufacturer. Many of the checks are such that the average motorist cannot properly handle them personally.

The New Car Warranty is an agreement between you and the manufacturer. Read it carefully and then make certain that you keep records to prove that the required services have been performed in case defect occurs.



Now is the time to make sure that your car can "take it" and pull you through any emergency . . . SAFELY. Your life depends on it . . . and so do the lives of others, maybe loved ones. The safety items listed below don't constitute a complete safety check but they are important items that can be checked visually by your serviceman during normal maintenance.

SAFETY MAINTENANCE CHECK-UP	NOT CHECKED	DEFECTIVE	MARGINAL	GOOD
	TIRES			
	RIGHT FRONT			
	LEFT FRONT			
	RIGHT REAR			
	LEFT REAR			
	SPARE			
STEERING AND RIDE CONTROL				
	STEERING LINKAGE			
	SHOCK ABSORBERS			
	SPRINGS			
EXHAUST SYSTEM				
	MANIFOLD - MANIFOLD PIPE			
	MUFFLER			
	TAIL PIPE			
	BRACKETS			
ELECTRICAL SYSTEM				
	BATTERY AND CABLES			
	LIGHTS			
	DRIVE BELTS			
SAFETY GROUP				
	WINDSHIELD WIPER BLADES			
	DEFROSTER AND HEATER			
	MIRRORS			
	HORN			
COOLING SYSTEM				
	RADIATOR			
	RADIATOR CAP			
	HOSES			
	FAN BELT			



20°C - comfortable room temperature



IKE CHAMISH, C.L.U.

Ike Chamish, Life Insurance consultant specializing in serving military personnel, now associated with

NATIONAL LIFE ASSURANCE CO. OF CANADA

286 Broadway, Winnipeg
Phone 942-0651

NOTE: Of special interest to retiring servicemen: National Life is forming a Military Service Unit. You are invited to call us, with no obligation, to receive information about a career in the Life Insurance business.

Ceramics

There will be no more ceramic classes held for Adults or Teenagers until September, due to Transfers and the summer closure of July and August. New classes will be announced in the Voxair at a later date.

I'd like to thank the girls who attended the meeting Tuesday night, 1st April at least now we know who's really with us in trying to keep this club going. I thought you might be interested in knowing, the meeting wasn't recorded because there were not enough members present, lets face it, 12 members out of a possible 40? Thats not too good an average . . . Thanks to the committee, we enjoyed a nice lunch and the company was pleasant . . . Thanks girls . . .

Chapel Services
PROTESTANT

SUNDAY SERVICES

South Site 10:00 a.m.
North Site 11:30 a.m.

CHOIR PRACTICE

North Site: Thursday
Jr. (ages 7-14) 4:30 p.m.
Sr. 8:00 p.m.

South Site: Thursday
Jr. 6:15 p.m.

BAPTISMS
Arrange by calling the chapel office.

MARRIAGES
Call the Chaplain well in advance.

CHAPLAINS

Padre J.P. MacLean
Office: 832-1311 lcl 417
Residence: 837-4986

Padre J.I. Mills
Office: 889-9173
Residence: 489-3231

Padre J.J.A. Tyrrell
Office: 832-1311 lcl 417
Residence: 888-7441

ROMAN CATHOLIC MASSES

North Site
Saturday 7:00 p.m.
Sunday 11:00 a.m.
Mon. - Thurs. 4:45 p.m.

South Site
Saturday Folk Mass 5:00 p.m.
Sunday 11:00 a.m.
Tues. - Fri. 4:45 p.m.

SUNDAY SCHOOL

North Site
Sunday 9:30 - 10:30 a.m.

South Site
Saturday 4:00 - 5:00 p.m.

BAPTISMS
By appointment.

MARRIAGES
By appointment

CHAPLAINS

Father E. Cremona
Office: 889-9173
Office: 832-1311 lcl 272
Residence: 888-1331

INCOME TAX RETURNS

\$5.00

See CWO A. DESBIENS

Ph. 837-7444

I will pick up and deliver your return if you live in the St. James area. Or see me at the NPF Accounts Office
1200 - 1300 hrs
Monday thru Friday.

Voxair Variety

by John Lauder

The MANITOBA THEATRE CENTRE likes to tell its season ticket subscribers that each year they get one play free. This is good, because MTC should not be charging admission for the present effort, *Red Emma*. I suppose that we are all entitled to mistakes, and just because the MTC has consistently provided fine entertainment, we should not except them not to blow it now and again.

Just where the fault lies is hard to determine. It would seem that Winnipeg born Carol Bolt, the author, could not make up her mind what she wanted to write, so she tried a bit of everything. The play was part comedy, part drama, part the story of women's lib, part history of the radical movement and partly just plain boring.

The program note told us the play is a "romance." The dictionary gives seven choices here, and Author Bolt apparently tried for all seven. Some of these include "tale of hero of chivalry", "scene and incidents remote from everyday life," "set of facts, episode, love affair, etc", "picturesque falsehood" and "exaggerate or distort the truth". Ms Bolt tried to include them all, and so came out with a fish-fowl concoction, which was very difficult to stage, and even more difficult to make real, either on or off stage.

The actors, as in most MTC presentations, were excellent. Too bad they did not have more to work with. R. H. Thomson, who had all the comic lines, and David Bolt, who played an old line radical, came off best as they had straightforward parts which could be turned into human beings. The rest of the cast were unsure just how to take their roles, so got lost between comedy and drama, without being convincing in either.

MTC will have a chance to redeem itself at the end of the month when they will offer two other plays - both noted for being well written sure-fire material. *The Knack* is to open at the Warehouse on Apr. 23, while *Trelawny of the Wells* comes to the Main Stage on Apr. 25.

This week the ROYAL WINNIPEG BALLET gives its final show of the season, including the world premiere of Norbert Vesak's *Inquest of the Sun*, based on the Spanish conquest of the Aztec nation in the 16th century. As Vesak has a fine track record, this should be another good one.

Later in the month the 14th annual School's Drama Festival will be held in the Manitoba Theatre Workshop, 160 Princess St. This will cover secondary schools from 15-18 Apr., and elementary schools 1-3 May. There will also be a number of demonstrations in other fields of the arts in addition to the school plays. Fun for all. c***

Upcoming next week at the Concert Hall will be the film "Hungary" in the World Adventure Tour series on the 14th and 15th, while the Winnipeg Symphony will offer the first in its new heritage series "Germany" on the 16th, followed by "Czechoslovakia" on the 18th. For a change of pace the 19th will see the Annual Parade of (Barbershop) Harmony, sponsored by the S.P.E.B.S.Q.S.A., and in yet another switch, the opera "Rigoletto" will be offered on the 24th and 26th.

The next Actors' Showcase Weekend Theatre production will be a two-part evening with a one-act farce and a musical stage show. It begins Apr. 5 and runs each Saturday and Sunday throughout April. Performances begin at 8:30 p.m. in the Actors' Showcase studio, 322 Smith Street.

St. James Soccer

There are 13 Community Clubs within the recreational district of St. James-Assiniboia. In 1974, 10 Community Clubs were involved in the St. James Minor Soccer Association program. This year, it is expected that 13 Community Clubs will support Soccer '75: Airways, Border, Bourkevale, Brooklands, Crestview, Deer Lodge, Headingley, Heritage-Victoria, Kirkfield-Westwood, St. Charles, Silver Heights, Sturgeon Creek, Woodhaven.

Player registration is now underway at local community

clubs. The community club conveners must have player registration completed by Apr 12. On Apr 14, a district meeting will be held to schedule the various age group divisions. Coaches, managers, club conveners are urged to attend the Apr 14 meeting to ensure all information is correctly distributed. Failure to do so will forfeit player participation.

The St. James Minor Soccer Association is a volunteer group promoting soccer for children in this district. Parents, support Soccer '75. Get involved.

Bavarian Village Deli LTD.

DELICATESSEN & FRESH EUROPEAN MEATS

- Imported Cheeses
- Cold Cuts & European Specialty Sausages
- Breads & Crusty Rolls
- Bratwurst (Pure Pork Sausage Fresh Daily)
- Salads & Smoked Fish
- Cheese & Party Trays (To Order)
- Choice Steaks For BBQ
- Watch for Special Weekly Features

Moray Village Shopping Centre

Telephone 888-3870

Olympics Disgrace Mothers



The defeatest-ed team of the season. Claiming the honour of receiving the defeat of the season at the hands of the Westwin Olympics are front row, left to right: Mrs Woodhouse, St. Denis, Burgess,

Lowless; second row, Mrs Tanner, Habel, Larson, Porter, Miss's Way, Thivenot, coach Mr. Habel; back row, Mrs Larson, Peproski, Irvine, and Easton.

Most everyone is aware that Westwin's Pee-Wee "B" team, coached by Bing Shearer and managed by Frank Smith, are the gloriest Champs in their division of the St. James Minor Hockey Association. In direct contrast to the Pee-Wees, on one Sunday afternoon, another esteemed team claimed the right to the distinction of the defeat of the season.

For a hearty Manitoba Winter, it takes the hearty to enjoy. After cheering the 10 year olds through their season, a challenge was accepted by the mothers to compete against the Olympics for the Annual Mothers' & Sons' Game.

It is too bad Mrs. St. Denis wasn't as hearty in stopping the opposition pucks, as the Mothers All-Stars went down in defeat. The score being too high to report.

It was a sad loss for the All-Stars but sadder still to Mrs. Tanner. Mrs. Tanner,

unfortunately, fell and broke her wrist, putting her out for the rest of the Season, and possibly has ended her playing career.

Mrs. Peproski received notice, the following morning, that a trade was pending as soon as arrangements could be made. Mrs. Peproski, it appears, couldn't handle the two glasses of refreshments and drove home without the rest of the family.

C. Larson received all votes as Morale Leader for providing the

homemade Vitamin "C", (Mrs. Peproski's downfall) but was discredited for luring half the All-Stars off the ice before the final period ended.

The three stars as selected by Westwin's Minor Hockey Association all went to the 10 year old Olympics, but honourable mention has to be made of Panty-Hose Porter, Blond Canada Woodhouse, Shaggy Chest Burgess and One-Hung Low St. Denis, for the All-Stars.

Meet your best friend FINANCIALLY



Errol R. Smith (CD)
Ph. 837-3460

Life Insurance, Estate Planning, Education Plans, Severance Pay and Pension Plan Roll Overs, Registered Retirement Savings Plans, and more can be provided by this man. He offers a complete financial service.

HE CAN SAVE YOU TAX DOLLARS FOR 1974

NOW!

Investors SYNDICATE LIMITED

666 St. James St.
Ph. 786-5701

VILLAGE INN

ONE HOUR MARTINIZING

491 WESTWOOD DRIVE



as a Flower in Just 1 HOUR



and remember . . .

491 Westwood Dr.,
837-8293

FOR CANADIAN MILITARY PERSONNEL & DEPENDENTS ONLY

2 FOR \$10

WITH THIS AD at

The Plainsman Motel

2201 Gateway Drive (Hwy. 2)
Grand Forks, North Dakota 58201
(702) 775-8134

'ALL COMFORTS'

JR Ranks Ramblings

Well here is the news from the Junior Ranks Mess. . . First things first: Dress regulations: Blue jeans are out! At least in the lounge, the only exceptions are special function nights and these will be advertised in the monthly entertainment calendar.

Work dress (W-5) is not allowed in the lounge after 2000 hrs. on function nights.

Function Nights: Are nights that we have a music man, band or a floor show in the club, this includes Friday (after 2030 hrs. with relaxed dress no jeans) Saturday nights and other nights as advertised.

The door between the lounge and the games room will be closed and locked on **Function Nights**. This will enable the custodian to control entry to the club. In other words the club is for members and their guests, the locking of the door makes sure that this is what happens.

So much for rules and regulations. . . We have received word that NDHQ has given the "Ok" to the new furniture. Now all we have to do is wait for the funding, in other words who pays the shot, Base or Command. We hope to have the answer soon.

The air conditioner news is still positive, we have applied for the loan, the old addage - no news is good news applies.

Here are the Jr. ranks happenings for April Music Man 4, 11, 18, 25.

5 April - Western Dance, Music by "The Country Tigers". Dress Western attire.

12 April - Don Crossman and his Musical Light show.

19 April - "Hippie Night" Music by Grizzly Bare" prizes for authentic costume. Dress regulations. . .

26 April - Harvest.

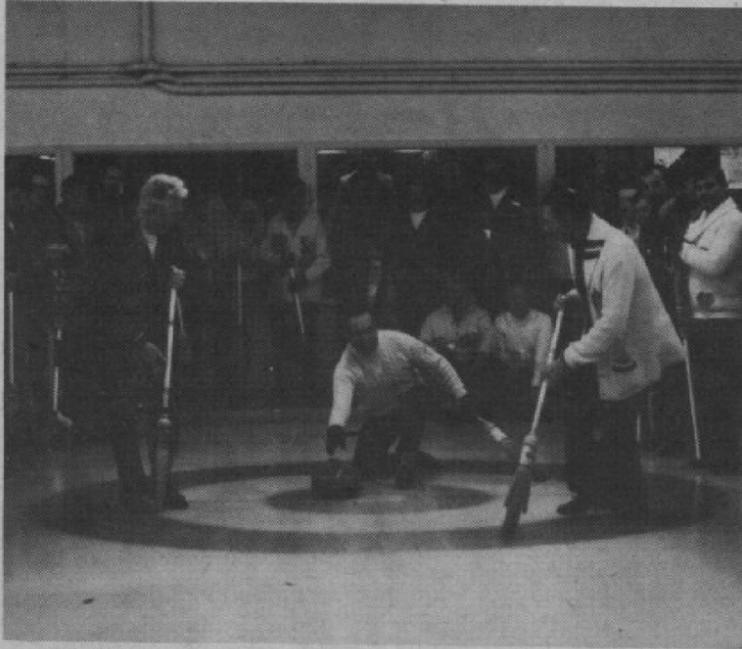
11 and 25 April - Games Nights.

So that is it for the month of April. We think this is a fine line up of entertainment. The month of May promises a big entertainment month. Three name bands have been booked, more in the next issue of the Voxair. Peter MacDonald, the Entertainment Chairman and his committee are working hard to supply the club with first class entertainment. However, they need your support, so come out and enjoy your club. Speaking of entertainment, one man has worked hard for the past nine months, keeping top notch entertainment in the club. MCPL Tommy Thompson - Tommy deserves a big round of applause, but in print all we can say is "thank you" for the hard work and the many happy hours of entertainment.

If you have any ideas of how we can improve. . . make the club more active and enjoyable, pass your ideas to the executive and they are: PMC MCPL "Jim" Curley, V/PMC - MCPL "Mike" Burns, Secretary CPL "Ken" Jagger, Ent. Chairman CPL Pete MacDonald, Housing - MCPL Dick Dolman, Sports Pte O'Donnell. So as they say in the movies TH TH THATS ALL FOLKS. See you at the club.

Flash! New date for the Mess dinner is 15th May.

Air Maint Bonspiel



LCol "Hot Shot" Shade, CFB Winnipeg BISO, leads the way to a successful bonspiel. Sweepers Capt Campbell and Capt Redekopp addressed the rock to show TC curlers just how it's done. Base Photo

16 rinks, from CFB Cold Lake, TCHQ Winnipeg, CFB Moose Jaw, CFB Portage, and CFB Winnipeg, took part in the annual Aircraft Maintenance Bonspiel held at the Westwin Curling Club on Thurs, 20 Feb 75.

The winners of the "A" Event, from Winnipeg, were: Skip Al Lutomsky, third Bill Browne, second Bill Spencer, and lead John Choptain. The runner-up of the "A" Event was a CFB Moose Jaw rink.

The "B" Event was also won

by a Winnipeg rink, consisting of Rob "RSU" Robinson, Marcel LeBlanc, Jess Rundle, and Sal Ault. The runners-up in the "B" Event was another Winnipeg based rink.

"C" Event was captured by CFB Portage; the rink consisting of: skip Bud Clark, third Dennis Dupont, second Cato Larsen, and lead Serge Camire. TCHQ was able to hold on and come out the runners-up in the "C" Event.

Next year the annual event will take place at CFB Cold Lake.

Stamp News And Views

A couple of items recently appeared in the local papers which may be of interest to philatelists, actually the first item concerns all users of the Canadian Postal system. In brief the item mentioned that the Postmaster General said that postal rates will not go up until the service can be improved. The second item mentioned that purchasers of the Olympic Semi-postals can claim the additional costs as an income tax deduction. This extra cost is the two or five cents additional to the regular postage. Of course you have to purchase over five dollars worth of the additional amount and obtain a receipt from the post office.

'Subarctic Indians' is the title of the most recent Canadian release, which made the scene 4 April 75. This release consists of four eight cent values and the stamps come in panes of fifty. They are printed two designs to a pane, the designs are setenant. Artifacts and Way of Life printed horizontal on one pane and Dress and Symbolism printed vertically on another pane. Featured in the artifacts stamp are a drum, a scorched caribou scapula bone, a mitishi (beaded charm), a woman's hat, a decorated bear skull, a toy bear and a model canoe. The scene depicted in the Way of Life stamp is the Dance of the Kutcha-Kutchin. A sketch of a Kutchin tribe ceremonial costume appears on the dress stamp and the graphic symbolism stamp contains an Ojibwa thunderbird and a decorative strip from the coat of a Naskapi.

One final item before leaving Canada, this concerns another

change in the 1975 program. On 15 May two stamps were to be released to coincide with an International book fair. The authors to be honoured were Lucy Maud Montgomery and Robert Service. Seems the issue will still appear on 15 May but Robert Service will be replaced by Louis Hemon. Lucy Montgomery is known for 'Anne of Green Gables' and Louis Hemon for 'Maria Chapdelain.'

The Crown Agents have recently announced a new watermark for British Empire printings. This change will have an enormous effect on many collectors for apart from new issues, reprinted definitives will now contain the new watermark. The new watermark is known as the 'Spiral' watermark.

In Linn's Stamp News of 17 March there was an article on collecting UPU issues. The writer mentioned that he thought that this would be a chance to obtain a complete set of mint unhinged stamps and souvenir sheets. To date it has cost him over \$3,500 and all he has tried to collect is one set and souvenir sheet, perforated and imperforated. In his own words 'It has been a disaster.' Even now countries are still releasing UPU issues and the total cost could come to almost \$5,000. Why does it cost so much? Check some of the listings. \$150 for a sheet, \$100 for three imperfs and there are countries issuing souvenir sheets in various colours at around \$75 each. In closing I will again quote from the writer. "How much longer are we going to let ourselves be cheated?"

Protestant Chapel News

(CHAPEL OF THE GOOD SHEPHERD) - By Padre JJA Tyrrell

A few years ago, the great Christian controversy was centred in the statement "God is Dead!" So, today there is a new controversy brewing which is not just related to Christianity, but to all disciplines of thought. This controversy was brought into the open in Von Daniken's three books, *Chariots of the Gods*, *Gods From Outer Space* and *Gold of the Gods*. These three volumes make for very intriguing reading, and if one is a thinking Christian, very Faith deepening reading.

So much for the commercial. I introduce this thought in conjunction with another very relevant (locally) bit of information. As most of you are probably aware by now, the Protestant Chapel at Westwin has a name; the name appearing above in the heading. I would like to take a few lines and tell you how the name was chosen, and a little about its relevance.

Since 1967 and the amalgamation of the Forces, it became possible to have names on Chapels situated on Air Bases. However, it was not until the past year that serious thought was given to naming the Chapel at Westwin. In December 1974, a sub-committee was set up and commissioned by the Chapel Committee to find a name and present it to the Chapel Committee for approval. This sub-committee arbitrarily set-up a referendum procedure with some 40 possible names, and space for other suggestions, and requested that the congregation make the choice by voting for four names.

When these results were tabulated, it became evident that two of the 40 were dominant - to about the 90% level. These two were submitted to the Chapel Committee for their choice, and the result was that which we have now. The channels of authority were memorialized and it is now confirmed as fact. The dedication is scheduled to take place on May 11. This will, in fact, be a re-dedication, as 17 Apr 1955 the Chapel was originally dedicated to the Glory of God.

I would like to say how relevant it is to name a chapel to the Forces, in memory of "The Good Shepherd." Jesus said, "I am The Good Shepherd; The Good Shepherd lays down his life for the Sheep." (St. John 10:11). How true it is of any true Canadian, that he would so love and care for those he has in charge, that he would gladly sacrifice self for others. So we come to the stories by Von Daniken. If you read these, you will see, or at least feel, that even if a dream, yet there is concern for the creation from those who are conceived of as Gods in his stories.

Let us re-commit ourselves to Christian principles in a way that we will show to the world that we did not merely pick a name out of a hat to stick on the chapel. We, in fact, chose a name which describes what we see as our Christian vocation: "To love our fellow man so much that in case of need - we not only care - but would lay down our lives for them." Let this be our Christian commitment as we renew our dedication in this the twentieth year of Witness of this Chapel.

Wos & Sgts' Mess News -North

The past two weeks at Ye Old Watering Hole (commonly known as the Warrant Officers and Sergeants' Mess) have been particularly quiet in an entertainment sense - compared with the previous hectic entertainment pace. Easter and the School Easter Break played a big part in the Entertainment Committee's decision to reduce activities during the Easter period. We had a "TGIF" (21 Mar), the Easter Bingo (22 Mar) and a TGIT (Yes that last "T" stands for Thursday) 27 Mar - attendance was good and a good time was had by all.

The 22 Mar Easter Bingo was particularly well received by the better-than-average crowd in attendance. If you didn't win an Easter ham as a bingo prize (and many happy and lucky people did), you were given a second chance to win a ham or an equally appropriate gift in the Easter Draw (again many people "lucked in"). Another happy individual won the share the wealth bingo (approx. \$42.00-) and I'm certain this had to add a few extra goodies to the Easter table. Our Chef, Bill Arsenault, deserves a big vote of thanks for the excellent Chinese food that he prepared for this occasion. Those of us who stayed after the meal, danced to records in a relaxing atmosphere (if you weren't fortunate enough to win, this helps - I'm so lucky that if I invested in a field full of pumpkins, they'd probably cancel

Halloween). All in all, it was an enjoyable function, good food, and an entertaining evening.

The 19 Apr Bingo should be another excellent Bingo. The jackpot will be \$250. in 56 numbers. The usual share the wealth and other specialty games will be held. Food and dancing follow the bingo. Admission is \$1.50 per person with a 25 cent charge for extra bingo cards. Starting time is 8 p.m.

Don't forget the "Games Night" scheduled for 12 Apr. If you like euchre, crib, darts, pool, shuffle board, then THIS IS YOUR NIGHT. Prizes for the winners, sympathy for the losers. Lunch (sandwiches) will be served. Starting time is 8 p.m. Admission is \$1.00 per person.

Other highlights are the Mess Dinner on Fri 18 Apr and the Dining-In Night (which will honour a few retiring members) on Sat 26 Apr. Cocktails at the Dining-In Night will be served at 7:30 p.m., dinner commences at 8 p.m. with hips of beef as the main course, dinner will be followed by dancing to a "live" band, admission is \$10.00 per couple - tickets available NOW at the Mess Office.

In resumé, the following are your forthcoming entertainment events: 11 Apr - "TGIF". 12 Apr - "Games Night". 18 Apr - "Mess Dinner". 19 Apr - "Bingo". 25 Apr - "TGIF". 26 Apr - "Dining-In Night".

...from the diary of a modern housewife

by R. Kay

HERBS & HINTS

I am often asked what spices and herbs go with what food. Most cooks would like to use things like savory or basil as a change from the basic parsley and sage that they put in most of their old standbys, but are afraid to offer their families something unfamiliar. Go ahead: try something new at least once a week! Use very little at first. If a recipe calls for half a teaspoon, use a quarter, and then, when everybody showers you with compliments, increase the amount next time. Never get carried away, however. Spices and herbs are not meant to overpower the food, but to enhance delicate or pungent flavours.

When substituting dried herbs for fresh, use one-third to one-half as much of the dried. It's impossible to give a precise rule of thumb since there's much difference in the strength of various brands. Wherever possible, use your nose to choose.

Here is a list of what to use with which. The herbs and spices listed here are even allowed for salt-restricted diets. With the addition of a little extra flavour and spice, the salt won't be missed so much. (They are all right for any other diet as well.)

One more thing: when a recipe calls for a "pinch" or a "dash," it means just barely one-eighth teaspoon (half a measuring one-quarter teaspoon).

Allspice
- ground meats, stews, tomatoes, peaches.

Almond Extract
- puddings, fruits.

Basil
- eggs, fish, lamb, ground meats, liver, stews, salads, soups, sauces, fish cocktails.

Bay Leaves
- meats, stews, poultry, soups, tomatoes.

Caraway Seed
- meats, stews, soups, salads, bread, cabbage, asparagus, noodles.

Chives
- salads, eggs, sauces, soups, meat dishes, vegetables.

Cider Vinegar
- salads, vegetables, sauces.

Cinnamon
- fruits (especially apples), breads, pie crust.

Curry Powder
- meats, chicken, fish, tomatoes, tomato soup.

Dill
- fish sauces, tomatoes, salads, macaroni, soups.

Garlic
- (not garlic salt) - meats, soups, salads, vegetables.

Ginger
- chicken, fruits.

Lemon (juice, peel)
- meats, fish, poultry, salads, vegetables.

Mace
- hot breads.

Mustard (dry)
- ground meats, salads, sauces.

Nutmeg
- fruits, cottage cheese, pie crust, potatoes.

Onion
- meats, vegetables, salads.

Paprika
- meats, fish, stews, sauces, soups, vegetables.

Parsley
- meat, fish, soup, salads, sauces, vegetables.

Peppermint Extract
- puddings, fruits.

Pimento
- salads, vegetables, casserole dishes.

Rosemary
- chicken, veal, meat loaf, beef, pork, sauces, stuffings, potatoes, peas, lima beans.

Sage
- meats, stews, biscuits, tomatoes, green beans.

Savory
- salads, egg dishes, pork, ground meats, soups, green beans, squash, tomatoes, lima beans, peas.

Thyme
- eggs, meat, sauces, soups, onions, peas, tomatoes, salads.

Tumeric
- meats, eggs, fish, sauces, rice.

Here are a few little kitchen tricks that may be new to some of you.

When poaching fish, the cooking liquid should seem to no more than "tremble." Keep the liquid below the simmer point to guard against the fish falling apart.

Skin a tomato easily over a flame. Insert a fork in the bottom of the tomato and rotate it close to the flame just until the skin blisters and chars a bit. (Caution: Don't hold it near the flame too long or the tomato will soften.) Cut out blossom end with a sharp knife and pull off skin.

Guiding On The Move: In '75

25TH WINNIPEG COMPANY

On 22 Jan 5 Guides of 25th Company accompanied by a Guide Leader, attended Citizenship Court where they observed several new Canadian citizens receive their certificates of Canadian Citizenship. Following the certificate presentations, presiding Judge Jack Ferguson presented Guide Kim Thompson with The Girl Guide Citizenship Badge. That evening, the group took advantage of the opportunity to attend a meeting of City of Winnipeg Council in City Hall, and were presented with Winnipeg Centennial Medallions by His Worship Mayor Stephen Juba.

During Feb the girls participated in three evenings of instruction and films on Fire Prevention and operation of the different types of extinguishers, after which tests were administered, in which all of the girls achieved excellent marks. At this time we would wish to say "Thank You" to the personnel from the Base Fire Hall who donated their time and effort to assist the girls by the instruction given, and enabling them to qualify for the "Fire Brigade" badge.

The 15th of Feb marked the occasion of the annual "Caddy Lake Tea" and five girls from 25th Company assisted.

During the week of 16th to 23 Feb which was designated as World Wide Guide and Scout Week, Division Commissioner Mrs. Paula Grainger presented 2 girls of 25th Company with achievement awards. To Kim Thompson, the Canada Cord, highest award in Girl Guides, and to Patti Lecuyer the All Round Cord. Congratulations to these girls who have worked so hard to achieve these awards. On Mar 10 a

Prevent fat from spattering when you are frying by sprinkling salt in the skillet before you add any fat or food.

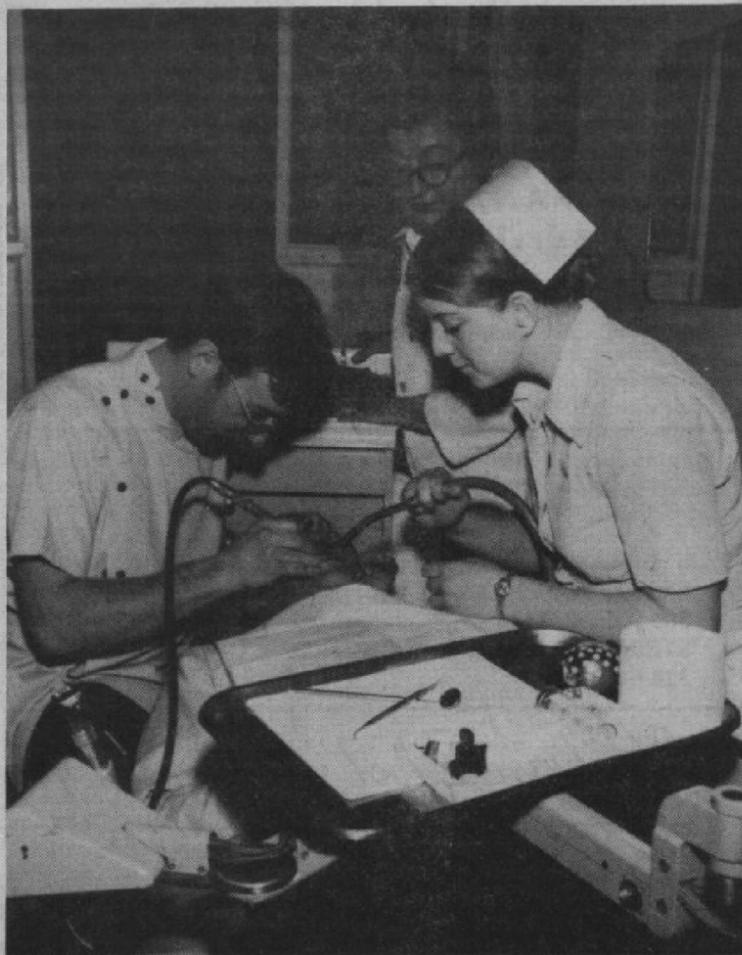
Prevent a meringue pie from "weeping" by cooling it gradually. If the pie is transferred immediately from a hot oven to a cold place, the moisture condenses into undesirable "tears" atop the meringue.

To shell nuts so they come out whole, soak the nuts overnight in salted water before cracking them.

Dental OJT

During the week 10th-14th Mar, the CFB Winnipeg Dental Detachment participated in an on-job training and assessment of 3 Dental Student Nurses from Red River College.

Many patients were seen wearing big smiles when leaving the Dental Clinics and the morale of the staff was at its highest peak.



Miss Kathy Neilsen (right) assists Capt W. J. Dawson while Mrs. Less of the Westwin Clinic supervises. Base Photo

Leaders Division Dinner was held and certificates were presented to all new "Canada Cord" guides in the Strathcona Division.

On Apr 12 the Division Anniversary Tea will be held at Silver Heights United Church (Mount Royal and Ness Ave) from 1:30 to 4:30 in the afternoon, at which the Stevenson Group will be in charge of the White Elephant table. Any donations for the table will be appreciated, and can be sent by any Brownie or Guide, or dropped off at 63 Braintree Cr. before 12 Apr.

Many other interesting programmes are being planned for the future, and all parents are urged to support and encourage your daughters to take an active part.

In closing we would like to wish a speedy recovery to our Captain, Mrs. Marie Lott, who is convalescing after surgery.

Moving to Trenton?



EILEEN FORCHUK

Write for free map and information on

- homes
- rentals
- mortgages



Trenton, Ont.
82 Division St.
392-9228

"Everything in Housing"

CRESTVIEW VILLAGE 'WHERE GOOD THINGS BEGIN'

THE NEIGHBORHOOD PROVIDING ALL AMENITIES FOR FAMILY LIVING
LOCATED IN ST. JAMES-ASSINIBOIA ALONG STURGEON CREEK, AT SILVER AND HAMILTON STREETS.
HOMES FOR IMMEDIATE POSSESSION

3 DISPLAY HOMES OPEN DAILY FOR COMPLETE INFORMATION PHONE 837-7476

HARRY NAUGLER RES. 832-2652
HAROLD TILSTON-JONES RES. 832-6502

Engineered Homes Ltd.
Canada's Most Honored Builder

BRAND NEW CHESTERFIELDS

Manufacture's Clearance of discontinued lines. These chesterfields will be sold ONLY this
*Thur 10 a.m. - 9 p.m.
*Fri 10 a.m. - 9 p.m.
*Sat 10 a.m. - 6 p.m.
You must buy now at SALE PRICES
40-60% OFF RETAIL ranging from \$150 - \$450
THE KIRK DISCOUNT CO.
Ness at Whytewold

A warm welcome awaits you at

Kirkfield Pharmacy



3223 Portage Ave. Tel. 832-3456

Jack Andrews' DISPENSING CHEMIST

DELIVERY SERVICE All day to 9 P.M.

FLOWERS Dress up any occasion Visit your friendly florist



MORAY VILLAGE MALL 2361 NESS AVE. WINNIPEG, MAN. R3J 1A5 Phone 837-8017

BUSINESS AND PROFESSIONAL DIRECTORY DENTAL SERVICES

STANLEY HYMAN

DENTIST

2151 Portage Avenue
Monday to Saturday
9 a.m. - 6 p.m.
Ph. 832-6766 for Appointments
Res. Phone 489-5973

DENTURE CLINIC ORAL DENTAL ARTS

2621 Portage Ave.
Room 200
Phone
888-0334

LEGAL SERVICES

CHAPMAN, CHAPMAN, CHAPMAN Barristers and Solicitors

George Thomas Chapman, Q.C.
George E. Chapman, B.Sc., LL.B.
Cecil A. Chapman, LL.B. (also of the B.C. Bar)
Alan R. Goddard, B.A., LL.B.

1864 Portage Avenue, Phone 888-7973

SINCLAIR, McCULLOCH & KRESS

Barristers and Solicitors

221 Grant Park Plaza
1120 Grant Avenue
WINNIPEG, Manitoba

Steinbach Office: 452-5314

305 Main Street
STEINBACH, Manitoba
326-6619

Gimli Office:

77 - 4th Avenue
GIMLI, Manitoba
642-5485

Baker, Zivot & Company

BARRISTERS AND SOLICITORS

306 Childs Building

957-1700

K. A. TURNBULL B.A. LL.B.

Barrister & Solicitor
& Notary Public
3401 ROBLIN BLVD
(Charleswood)
ROOM 203
PHONE: 889-0836

MORTON H. NEMY

Barrister, Solicitor,
Notary Public
200 Courts, St. James
Shopping Centre
2727 Portage Ave.
Winnipeg 12, Man.
Phone 832-1381 - 2
Res. 837-2297

ROBERT F. RUTLEDGE

Barrister & Solicitor
205-2281 Portage
Avenue,
Winnipeg 12, Man.
Phone 888-3204

J.C. BROWN, LL.B.

Barrister and Solicitor
1849 Portage Avenue
Winnipeg, Manitoba
Telephone 888-8890

SERVICES

Al-Ben Engraving

Plastics Metals
Name Plates - Trophies
Plaques

AL BENNETT

263 AINSLIE ST. 837-1512

TIRED OF

RIDICULOUS PRICES

in recovering furniture?
Try me. Basement shop
means lowest prices in
town.

Day 233-7217;

Eve. 253-9365

SERVICE

• Television • Radio • Stereo

(any make)

ANTENNAS

Installed or repaired

A Name You Can Trust!

LINDQUIST

888-2391
1819 Portage Ave.

Piano Tuning

Complete Tuning and Repair Service
on all makes of Pianos.

Warren Hastings, C. D.
334-4511

Classified Ad Rates

Voxair classified ad service is available to everyone. Charges for this service are 20c per line, with a minimum charge of \$1.00 per issue.

Service employees, DND employees, and their dependents will receive a special rate for non-commercial ads in the "For Sale", "For Rent", "Wanted", "Swap", and "Lost" classifications. The minimum rate will be 50c per insertion of 25 words or less, with an additional charge of 10c for each additional five words or less.

Payments must be made at the time the ad is submitted for publication. "Found" notices will be printed free of charge.

Ads may be submitted in person to the Editor Voxair, Bldg. 52, or by mail with payment enclosed. Ads must be received by 3 p.m. on the Wednesday prior to publication.

CLASSIFIED ADS

FOR SALE

HOUSE IN WESTWOOD - 4 bdrm., 2-storey, close to school. Private, no agents. Phone 889-1697.

M.T.D. 12 HP GARDEN tractor and mower in excellent condition. Also D4 Cat 8N Ford and Davis Front-end, 5 HP, 3 phase electric motor. Phone 837-6016.

1969 SUZUKI T-200 Twin. V-good condition. \$500 - Offers. Phone 284-6828 after 6:00 p.m.

TREASURES, TRASH AND TRINKETS. Posted. For sale objects d'art, household goods, toys incl. F.P. and trikes, and junk. Garage 461 Waverley St. Apr. 12 10:30 to 3:30. No cheques.

GIRLS HI-RISE BICYCLE \$30. Men's 5 speed bicycle \$75. Phone 489-8395.

CANADIAN BUILT GLENDALE 60 x 12 3 BR mobile home. Ideal for young couple. Fully furnished, washer, dryer, carpet LR and MBR. Set up on nice lot, fence and porch incl. 13 miles west of base. Contact MCPL Dupuis Lcl. 304.

FOR SALE

MEN'S 10-SPEED BIKE \$50; girl's bike \$20, or best offers. Need minor repairs. Phone 489-6220.

3 SEMI-FORMALS \$10 ea, size 11-12; 14; also pant suit \$10 size 11-12. Phone 489-6220

BABY CRIB; BABY STROLLER. Hoover portable vacuum cleaner. Phone 889-0381.

1971 ALPEN KREUZER TENT trailer. Fully equipped. Call Jack Johnson at local 346 or 889-2260 evenings.

1971 VOLKSWAGON SUPER BEETLE with AM-FM radio. 58,000 miles. Asking \$1,500. Phone 889-4904 after 5 p.m.

TRAILER MAKE: TRAVELAIRE - 1970; body style: house; Colour: blue and white; sleeping accommodation for six. Equipped with: stove, refrigerator, furnace, toilet, electrical and gas outlets. Will sell for \$2,600. Contact Sgt Gary Farrell - 0900 - 1630 hrs at 985-3680; evenings at 489-6223.

Annual Radar Open

Once again the Radar Base at Sam Lake and the town of Sioux Lookout were invaded by the Curling Fraternity, who, by all reports, had a fine weekend of curling. Some renewed friendships from previous years and some tasted, for the first time, the good fellowship of the RADAR OPEN!!

Fifty-eight rinks applied for entry to this year's "spiel". As we had planned for only forty-eight, some had to be denied the pleasure of competing in what we feel is one of the prime curling attractions in the Northwestern Ontario area, with over \$1,700. in prize money and merchandise.

Those who came to curl or bonspiel, were treated to some of the finest curling anyone could wish to see. The final of "A" Event went into an extra end. In the opinion of those who know good curling, it was as fine a finish as the Tetley's rink final in this year's Brier. During the "spiel" one participant was heard to say "who's the kid with the funny hair?" (That happened to be Ron Aplan who won the spiel) and by the time he stopped laughing, "funny hair" had won the game (hard luck Wayne!!).

Merv Paine and his boys from Winnipeg finally succumbed to the pressure this year. He had won the "A" event the last two years in a row. They did manage to hang on and win the "B" event. Merv will not be back next year due to the requirements of the Forces, but he informs us that the remainder of his team will return. Good luck and good curling wherever you go Merv!!

All in all, it was top calibre curling and we hope to improve next year's events and maybe try for a 64 team "spiel" along with some added attractions. We hope to see all curlers and spectators return next season.

"A" EVENT

The Commanding Officers Trophy; 1st. - Ron Aplan Team from Dryden; 2nd. - Clyde Coons from Red Lake; 3rd. - Wayne Hatcher from the Radar Base; 4th. - Ken Roberts from Dryden.

"B" EVENT

The Uren-Dadson Memorial Trophy; 1st. - Merv Paine from Winnipeg; 2nd. - Les Adams from the Radar Base; 3rd. - John Byrne from the Radar Base; 4th. - Ted Budzinski from Hudson;

"C" EVENT

The Brian Legros Memorial Trophy; 1st. - Vern Moulton from Dryden; 2nd. - Harvey Bishop from Dryden; 3rd. - Don James from Dryden; 4th. - Keith Elwood from Wabigoon.

Presenting trophy's were, LCol Norenus, Mrs. M. Uren and Mrs. Y. Legros. Attending for the presentations were Mrs. MacDonald, accompanying Mrs. Legros, Mrs. Hallowell, wife of the former Commanding Officer, and Father Pruner who was in town visiting his former parish. Mrs. M. Uren hasn't missed a RADAR OPEN since it started thirteen years ago and this year finally got a prize. Mrs. Legros, we understand, all but got out of a sick bed to present a trophy.

On behalf of the Commanding Officer, the Curling Committee wishes to thank the Hostesses for all the time they spent greeting and assisting the curlers and the Junior Ranks Mess for the use of their facilities and music. Special thanks to the following merchants and businessmen for their generous support which enabled us to put this 13TH. RADAR OPEN together:

Hudson's Bay, Sanders Hardware, Ojibway Bait, Ireland's Jewelry, Hooker Airline, Shanghai Restaurant, McKenzie's Shoes, Del's Pro Hardware, Fuller Esso, New Dryden Jobbing, Consumer Cash and Carry and CANEX!!

SERVICES

INCOME TAX PREPARATION by qualified consultant. Sgt D. Best PPCLI QM 1200-1300 hrs. daily or call 888-8509 evenings and weekends.

DO YOU NEED A babysitter? Just call the Service Family Information Centre's babysitting co-ordinator, Mrs. Janice Armstrong at 837-3359.

WANTED

BABYSITTERS TO REGISTER for the C.F.B. Winnipeg babysitting list. Male or female welcomed. Any ladies interested? We have a shortage of names for the South Site - on and off base. Call Mrs. Janice Armstrong, Service Family Information Center's babysitting co-ordinator, at 837-3359.

ARE THERE ANY LADIES interested in full-time babysitting for working mothers? There has been a steady demand for this service, especially from the south site area. Please call Mrs Janice Armstrong at 837-3359, babysitting co-ordinator for Service Family Information Centre.

NOTICES

THE BI-WEEKLY MEETING of the Westwin Chapter of the Canadian Sootsayers Society has been cancelled due to unforeseen circumstances.

Heed Warnings

Convenient aerosol sprays are popular today, however, Consumers' Association of Canada warns consumers to read the label before pressing the button. All aerosol cans bear specific warning labels and instructions on how to use the spray; whether to hold the can right side up or upside down, whether to shake before using, how far to hold the can from the surface being treated and so on. Some aerosol products may carry special warnings on labels, such as "avoid smoking while spraying."

MQ Residents

If a Voxair newspaper is not being delivered to your home advise our Distribution Manager at 496

SILVER HEIGHTS APTS.

2255 PORTAGE AVE.

PARK TOWERS APTS.

2300 PORTAGE AVE.

Beautiful 3 and 4 room suites in modern blocks. Modern appliances and many more features. Please contact.

Apex Agencies Ltd.

208 SILVER HEIGHTS

Shopping Centre
832-4888

HANDY TO CFB WINNIPEG
NORTH SITE