



CDS Visits Winnipeg

General Jacques Alfred Dextraze, CBE, CMM, DSO, CD, Chief of the Defence Staff salutes the Quarter Guard upon his arrival at Canadian Forces Base Winnipeg, 21 April. General Dextraze addressed the Men's Canadian Club of Winnipeg during his visit.

(CANADIAN FORCES PHOTO)

B GEN. Kenneth Wark - Potential N.H.L. President

OTTAWA(CFP)—The search to find a successor to retiring NHL president Clarence Campbell is narrowing, and among those still in the running is 51-year old Brigadier-General Kenneth A. Wark of Ottawa and Toronto, who commanded CFB Ottawa until mid-1974.

Gen. Wark, who appeared before the NHL selection board last Tuesday (April 6), has been continually active in hockey circles since the late 1930s. He has done everything connected with the game from cleaning the ice to being president of two leagues, including coaching and managing. He also played junior hockey.

Posts he has held include those as president of the Central Junior A Hockey League for three years, vice-president of the Ottawa and District Hockey Association, and founder and first president of the National Capital Minor Hockey Association.

He left Ottawa last July after



serving as director-general of current policy at National Defence Headquarters. He now serves with the North American Air Defence Command as deputy commander of the 24th NORAD Region, Malstrom Air Force Base, Great Falls, Montana.



Premier Ed Schreyer (centre) visited the St. Eustache area west of Winnipeg to observe flood fighting operations on the Assiniboine River recently. He was accompanied by LGEN. William K. Carr (left), and LCOL. P. G. Harle, acting base commander, CFB Portage la Prairie. Servicemen from CFB Portage filled 36,000 sandbags a day since they were called out to assist the Emergency Measures Organization April 6th. The bags were stockpiled at strategic locations along the river where they were later used to raise dikes and repair breaks. Basic helicopter flying training was halted at the base until April 26 when flood waters began to recede.

(CANADIAN FORCES PHOTO)

See More Flood Photos - Page 3

Coffee, Tea Or Milk?

TRENTON, Ont.—Flying is not a sometime thing to Carol and Alice, Linda and Joanne, Jeanine and Pat or Iris and Peggy. They do it every week.

They are among the 30 female flight attendants aboard Canadian Armed Forces Boeing 707 aircraft which fly the skies across Canada and around the world.

On any given day they could be in Vancouver, B.C., Lahr, West Germany, Bangkok, Thailand, Cairo, Egypt, or such exotic spots as Hawaii, Hong Kong, New Delhi or Oslo, Norway.

Like their civilian counterparts, the stewardesses on regular scheduled airlines, the flight attendants normally fly on fixed routes according to their duty rosters. And their flights are usually across Canada or overseas via England to West Germany and Egypt.

On occasion, however, they may be called on to take a flight around the world or to some off-beat location when the Canadian Forces aircraft are assigned to V.I.P. duties with the Prime Minister or some other dignitary.

As a result, what is an exciting holiday for the rest of us becomes almost mundane to a flight attendant after a couple of years on the job.

The ladies are all volunteers and come from all branches of the service. Whatever her trade is a servicewoman can apply for posting as a flight attendant.

Right now there is a shortage of applicants, and there are about a dozen vacancies this year to replace those who have completed their two-year tour of duty. (Those with special aptitude for the job, can be given a one-year extension as a flight attendant).

Medical requirements have been lowered slightly to encourage more applicants.

See Stewardesses Page 4 Col. 3

Manitoba Flood Operations - April 1976

The extremely warm weather earlier in April, welcomed by all Manitobans after the long winter, triggered a sudden run off which in turn led to record water flows in the Assiniboine River system.

Military assistance was requested by the Provincial Emergency Measures Organization to combat the flooding which occurred. CFB Shilo and CFB Portage la Prairie personnel were involved initially on the Souris and Assiniboine Rivers. As the rising water approached Winnipeg, CFB Winnipeg was tasked by AIRCOM HQ to provide personnel to assist in sandbagging and diking operations along the Assiniboine River in the area of St. Eustache. The request was received by CFB Winnipeg on Thursday, 15 Apr and the Base personnel swung into action. The Base Command Post in 16 Hangar was activated by Major Tom Pollard, the Base Operations Officer, on a 24 hours basis and by 1600 hours the first crew of twenty personnel were outfitted and enroute to the scene. The operation escalated until at the height of activities, thirteen crews of twenty personnel were committed in a round the clock effort to contain the flood waters within the dikes along the Assiniboine. A military control centre was established by Captain Jack McGee in the arena at St. Eustache to work closely with the Provincial Water Control Headquarters at that location and

to coordinate the tasks of the crews filling sandbags, reinforcing the dikes and patrolling.

Most units/sections on the Base provided personnel who pitched in and made the operation a success. While the personnel on the dikes were all male, the servicewomen worked as clerks in the CP.

73 Communications Group HQ, utilizing Reserve Communications personnel, provided radio communications among the various CFB elements.

Two Kiowa helicopters and crew from CFB Portage were on standby in Winnipeg for surveillance purposes.

The Salvation Army played a supporting role by providing hot meals and coffee to military personnel in the St. Eustache area. This service, which included deliveries to workers on the dikes, was appreciated by all and helped maintain high spirits.

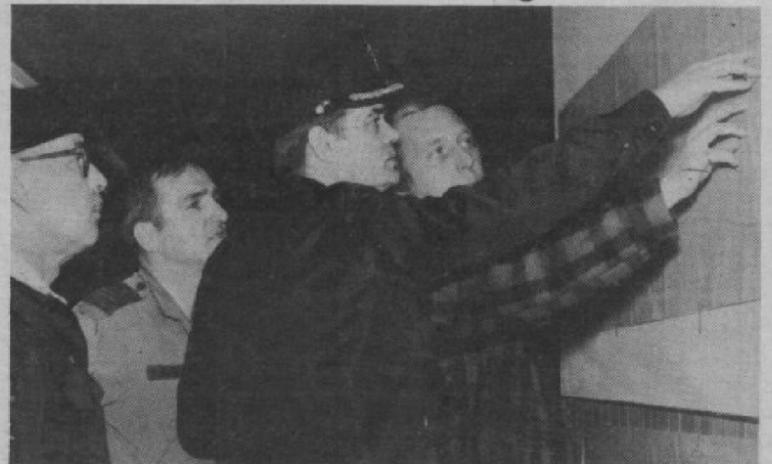
2 PPCLI provided a flood fighting contingent of 75 personnel from their rear party to assist in diking operations at Poplar Point.

During the week of 25 Apr the flood waters crested, the dikes held, and levels began to steady and fall off.

As the threat eased, the number of troops employed and on standby was reduced until 0800 hours, 28 April when the operation ended.

To one and all - well done!

Where To Put The Finger First?



Jim Love, the Manitoba Water Resources representative briefs COL. Gates, Base Commander CFB Winnipeg on the water levels on the Assiniboine. CAPT. Jack McGee and CWO Fred Dodd look on.



MAJOR Tom Pollard, the Base Operations Officer briefs on the flood situation in the Command Post.

Voxair Variety

BY JOHN LAUDER

The paper with the singing commercials says it's too old, while that with the two to one claims says it is a comedy of errors, and now, as they say in lottery circles, It's My Turn. The object of all this criticism is the current MANITOBA THEATRE CENTRE production of Noel Coward's *Private Lives*, which opened last week on the Main Stage and runs until May 15th. As we have called the other plays this season as hits, this one must be regrettably classified in military terms as a near miss.

It seems to be more of a casting problem than a writing problem. There really did exist, prior to World War II, a world in which the Empire still flourished, and the rich of the U.K. could gad about Europe, owning flats in Paris and honeymooning on the Riviera. This is now a long dead world, but in its time it was just as real as Julius Ceasar's Rome and MacBeth's Scotland. Playwright Coward has captured this world for us, with its witty and sophisticated inhabitants, so no blame can be given to him.

MTC has unfortunately not been able to come up with a cast that could measure up to the originals - which included Gertrude Lawrence and Noel Coward himself - so that the play gets bogged down in a staginess which was probably not found in the London premiere. We are not given real people, not even the kind of elegantly phoney people who did exist in the 1930s. They are merely actors trying to project as the hoity-toity characters of a life style now long forgotten.

Credits for a valiant try should be given to Zoe Alexander as the leading lady, and to Robin Ward as the secondary male lead. David Calderisi did manage to look like Noel Coward, particularly when attired in a jazzy dressing gown, but his stage presence was many decibles below that of the Old Master. Clare Coulter did come on strong with her lines (some of the actors managed to lose some of their lines in the shuffle) but she did not look to me to be seven years younger than the rest of the cast. Doreen Brownstone, as the French feme de ménage provided some solid slapstick and a touch of bilingualism to the third act, but even her efforts seemed overblown.

But there is always next season. More on that in future issues of VOXAIR. Watch for it.

Manitoba Theatre Workshop's Confidential Exchange proudly presents an evening of absurdity with its revue, SON OF SCARED SCRIPTLESS. Out of last year's successful revue, *Scared Scriptless*, is born SON OF SCARED SCRIPTLESS, conceived and performed by Davids Gillies, Huband and King, directed by Colin Jackson, and featuring Jay Brazeau, Catherine Harris and Harry Nelken. A special added feature will be the premiere of the film RABBIT PIE - guaranteed to be a multiple surprise. And all of this will be presented at the Manitoba Theatre Workshop, 160 Princess St. on May 7th, 8th, 9th, 11th, 12th, 13th, 15th, and 16th at 8:30 p.m., with special midnight shows on May 7th, 8th, 14th and 15th. Tickets are \$3.00 for adults, \$1.50 for students. Reservations are strongly advised and may be easily obtained by calling 942-7291.

Upcoming at the Centennial Concert Hall later this month will be the Johann Strauss Orchestra, direct from Vienna, which will enchant us with waltz music on May 11th, and the singer Becuad, who is slated to given a concert on the 15th.



SUPPORT BROWNIES/GUIDES COOKIE WEEK

During the month of May, smiling Brownies, Guides and Rangers will be calling upon Manitoba householders to buy boxes of Girl Guide cookies.

Proceeds from the sale of the cookies are used for program development, expansion of the Guide movement in Manitoba, the training of volunteers, and to assist the Packs and Companies who sell the cookies. Cookie day

As the wife of a former Serviceman, I would like to take this Opportunity to say **HELLO** to our many friends in the service. For personalized attention in real estate needs please call **SOPHIA CARSWELL** 888-4949

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Bank Rates Financing



Letter To The Editor

VOXAIR "MISSING" IN FAR NORTH

The following letter was received from CFS Alert:

There are presently three servicemen from CFB Winnipeg that I know of here and more to come in the near future. To us (Winnipeg guys) Voxair is brilliant by its absence come mail day, compared to other Base papers, such as, Petawawa, Ottawa, Calgary, Borden, Trenton, Shearwater, Comox, Edmonton to name a few.

We seem out of touch as to Home happenings. With this thought in mind, I wonder if Voxair can send a few copies regularly or do we have to subscribe to receive Voxair here.

FROM THE LAND OF THE FROZEN CHOSEN.

Sincerely yours,

J. R. Lambert
CFS Alert

EDITOR'S NOTE

VOXAIR presently sends two copies to all CFS Units, including CFS Alert. However, after MCPL Lambert's kind remarks, four copies of all future VOXAIRS will find their way to CFS Alert.



Working for the Olympics - PTE Normand Lewicki (left) and SGT TE Fournier secure newly arrived equipment at the Olympic warehouse operated by the Canadian Forces in Montreal. Detached temporarily from CFB Winnipeg, PTE Lewicki is one of 4,000 military specialists supporting the summer Olympic games on non-security tasks. About 8,500 other Canadian Forces personnel will take part in security operations. (CANADIAN FORCES PHOTO)



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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.

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FLOOD OPERATIONS

Cont'd From Page 1

All Photos
By Base Photo



This is where the operation starts. SGT. Al Wallis from Base Maint fills 'em and CPL. Dave Poley from Officers' Mess ties 'em.



It pauses here as sandbags are stockpiled by SGT. Tom Macri of AirComBand (left) and his fellow bandsman SGT. Bjarne Aasland.



It gets moving again here as SGT. George Sudletsky and his companions, CPL. Ron Hay, CPL Tony Woodley and SGT. Fnitz Garbe load the dump trucks for delivery to the dikes.



This is where it ends. COL. Gates passes a sandbag to CPL. Wayne Dobson to reinforce the flash boards atop the dike at Griffith Farm. The BWO smiles encouragement.

Thank goodness - They didn't ship them full...

Arms are so getting longer !



16,620 pounds of sandbags from Ottawa and Trenton are off-loaded for emergency dike repair in Manitoba. SGT. Aubrey DeLong, Air Movements Unit (right) assists an Emergency Measures Organization civilian removing bales of sandbags shipped by 436 Squadron, Trenton. (CANADIAN FORCES PHOTO)



Servicemen construct a dike at Souris, Manitoba to control the Souris River floodwaters threatening the town pumphouse. The water rose a record 16 feet and more than one hundred thousand sandbags were used in the operation. Servicemen also assisted in saving many of the homes further down river and at Wawanesa. (CANADIAN FORCES PHOTO)

A Message From BAMEO Safety Chairman



"Safety is not something one can take or leave alone. It is not an activity that is participated in only when one is being watched or supervised or when there's a safety man around. Safety is not posters, slogans, or rules; nor is it movies, meetings, investigations or inspections.

"Safety is an attitude, a frame of mind. It is the conscious awareness of one's environment and actions all day, every day.

Safety is knowing what is going on, knowing what can injure anyone or anything, knowing how to prevent that injury and then acting to prevent the injury or damage. To do this does not require a genius or a Ph.D. or even a degree or a title of rank. All it requires is intelligence and a reasonable amount of native ability to see, hear, smell and THINK. To ignore safe practices does not indicate a brave person, only a foolish one, and to do things safely and correctly is the mark of a wise man not a timid one."



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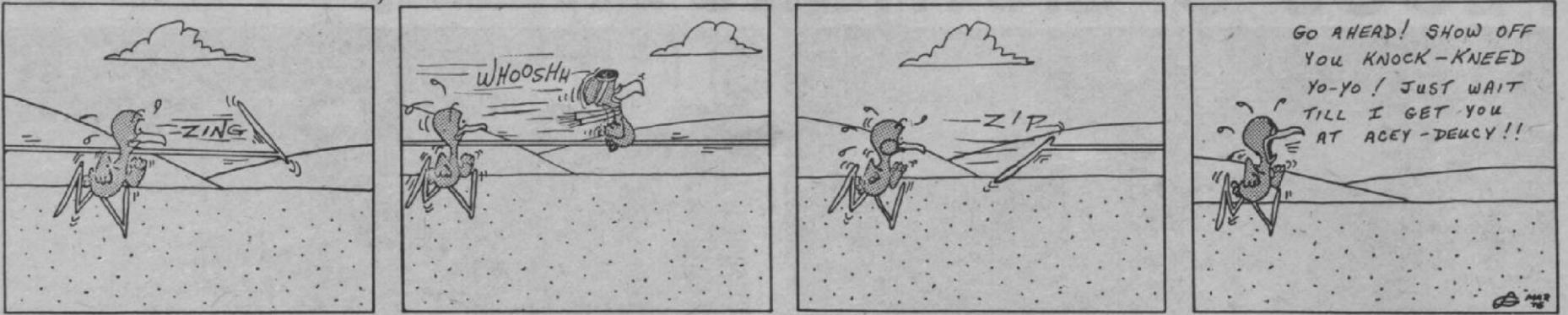
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GUDGEL STEW by Rick St. Germain

THE MILE-AND-A-HALF RUN ★...THE GREAT RACE...★



*→ WILL THE BALLOON REALLY GET NORMAN AT ACEY-DEUCY?!? STAY TUNED FOR FUTURE ISSUES AND SEE! -ED.

429 SON

BISON BREW

Howdy herd! The flood war is over and the crews are now back at work-some with bad backs, and others with sunburned faces - depended on the luck of the shift draw. The 429 pilots involved in the sandbagging operation were Ernie "8 a.m." Canivet, Fred "Golf" Pratt, John "Nodwell" Lumley, Don "St Eustache Beach" McDonald, Hal "BDF" Steffler, and Bob McCreadie. A fine time was had by all but for the odd communication breakdown between the Command Post and Squadron Ops.

And when it all ended, we were staring two Hercs in the face and scheduling for 100 per cent serviceability. The odd flying hour on testing the first nav console production model in Edmonton certainly helps. The sooner we get 306 back into Winnipeg, the more flexible we will become - fast Eddie won't even have to slide his scheduling program. One of the nicest bits of scheduling of late was trading-off two night details for a one day trip to Frobisher Bay with Jim Anderson, John Lumley, Hart Kelley, and Leo Quinlan, which not only completed the nav training requirements, but also transported food for Northern airfield development crews. This trip was possible due to the qualified talents of WO Tony Street from

Air Command who was the loadmaster for the trip, as well as Fast Eddie's short-notice grease pencil.

In response to the many queries about the Tuesday and Friday nav detail - passenger/cargo flights to Churchill, until loadmasters are posted in or attached to 429 Squadron, the Churchill flights have been discontinued.

In the Orderly Room, Chief Jamieson is busy welcoming Rene Babineau's replacement, MCPL Rick Pockett to the world of administration with Shirley Page, Marg Desjardins, and 429 Ops. Shirley, by the way, has just returned from a short holiday in Memphis and Omaha in the southern USA.

Through great duress and persistent negotiation, the Instrument Check Pilot School has succeeded in arranging a tour to the French Air Force equivalent to our ICPS (Centre d'Entrainement en Vol Sans Visibilite), and to a French Air Traffic Control Centre during the first week in May.

In the under-the-weather department, both Dan Jones and Willy Williamson are getting up to speed and should be back flying shortly.

Overheard: Ernie Canivet looking for a trip at the Ops desk. Edmonton, anyone? So long.

during that camping or picnic trip:

- (a) Camping fuels should be kept to a minimum in approved containers only.
- (b) Check all fuel burning camping equipment and appliances for serviceability before use and have them repaired promptly if required. (Use soapy water to check propane fittings and tubing for leaks).
- (c) Never operate heat producing camping equipment inside a tent or trailer without adequate ventilation. The fumes given off are deadly. This includes BBQ's and catalytic heaters.
- (d) Follow the manufacturers' instructions when starting stoves, lanterns, etc.
- (e) Portable stoves and lanterns should never be started inside a tent or trailer. They sometimes get flooded with fuel causing excessive flames.
- (f) Never use gasoline, naphtha or isosol as a BBQ starter fluid. These fuels are extremely volatile and could explode causing serious bodily harm.
- (g) Don't leave BBQ or picnic fires unattended. Ensure they are completely extinguished when you are finished with them.
- (h) An approved fire extinguisher is a handy item to carry on a trip.



STEWARDESSES - Cont'd From Page 1



OTTAWA—"Coffee, tea or...MILK!!!" Two-year-old Nathalie Dionne has no doubt about the choices offered by Canadian Forces flight attendant Sergeant Carol MacLeod during a recent flight from Canadian Forces Base Trenton, Ont., to Lahr, Germany where Nathalie's parents live.

SGT. MacLeod, 28, of Calgary, is one of 30 servicewomen trained and employed as flight attendants on Canadian Forces aircraft.

(CANADIAN FORCES PHOTO)

However the women have to come up to the same standard as the male members of the air crew in their High Altitude Indoctrination test. This test checks their ability to function at high altitudes when pressure is lost in the aircraft and they have to go on bottle oxygen.

Maximum age for applicants was also increased from 30 to 35. The minimum age remains at 20½ years.

Applications also are being accepted from former Flight Attendants of Corporal and Master Corporal rank.

Flight attendants receive a \$65 monthly aircrew allowance in addition to their normal pay.

Servicewomen applying for training as flight attendants go to

437 Transport Squadron, Trenton, for a 10-day familiarization period, which includes both domestic and overseas flights. If they decide to pursue their flying ambitions and are acceptable they go on a six-week training course at 426 Training Squadron, Trenton which covers flight safety, first aid, passenger service, airwomenship, emergency drills and fire fighting.

The trade is open only to women who have already enlisted in the Forces and have reached the minimum standard of fully trained privates.

After their tours of duty as flight attendants, the ladies return to their regular trades.



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**Next
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Colonel M. D. Gates, Base Commander is the reviewing officer during this "March Past" by the graduates of Met Tech TQ3 Course 7601. (BASE PHOTO)



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Colonel M. D. Gates, Base Commander, CWO. F. S. Dodd, Base Warrant Officer, Mr. P. Kowal School Commandant and CFSMET Staff with the graduates of Met Tech 121 TQ3 Course 7601. (BASE PHOTO)

MET TECH TL3 7601 - F/Row (L/R) MCpl Silverthorne, Sgt Goldsworthy, MWO McLean, Cpl Binette (Course Senior), Col. Gates, Mr. Kowal, CWO Dodd, Sgt Dupuis, Sgt Gravel, MWO Pelley.
M/Row (L/R) Ptes: Zonneveld, Chaloux, Casselman, Moriarty, Prys, Laton, Sexsmith, MacEachern, Ware, Christie.
B/Row (L/R) Ptes: Landry, Jeffery, McEachern, Barrett, Campsall, Worrall, Baldwin, Dempster, Cpl Schull, Pte Germain.

Presentations First Clasp To CD



Colonel M. D. Gates presents the 1st Clasp to the Canadian Forces Decoration representing 22 years of meritorious service to MWO. F. M. "Milt" Pelley. The award took place during a CFSMET graduation parade for Met Tech TQ3 Course 7601. (BASE PHOTO)

CWL (North) News

The month of May will be a particularly busy one for the ladies of the C.W.L. On May 2nd the children making their First Holy Communion will be honoured at a reception in the Chapel annex. Each child will be presented with a souvenir of the occasion. On May 5th Bishop Spence will confer the Sacrament of Confirmation at Our Lady of the Airways Chapel. The Parish Council and the C.W.L. will host a reception following the service at Building 24. A dinner to welcome Bishop Spence will follow at the Reserve Officers Mess.

The officers for the 1976-77 C.W.L. Executive will be installed at a special Mass on May 10th, at 7 p.m. A Pot-Luck Supper will follow in the Protestant Chapel Annex. The guest speaker for the event is Father Len Murphy, whom we have enjoyed hearing on previous occasions. All the ladies

of the parish are invited to attend and a special welcome is extended to newcomers. A presentation will be made to members of the C.W.L. who are being transferred.

The Membership Convenor, Mrs. Lorraine Kelly, will have memberships for sale at \$3.00. Also, Mrs. Grace Reid, will be accepting reservations for the banquet to be held at the C.W.L. Convention. Don't forget to plan to attend as many of the convention sessions as possible.

The following is a little poem I thought you might enjoy. The author of this poem is Marie McNeil and it is being reproduced from the Military Vicariate Newsletter.

Hello, Mrs. Jones, I've just called to say

I'm sorry I cried when you phoned yesterday,

No, I didn't get angry when your call came at four

Just as two hungry teenagers burst through the door.

It's just that I'd had such a really full week

I'd baked and I'd vacuumed; (the tap sprung a leak)

The washing and ironing and scrubbing the floor

Were chores I had finished not too long before.

I'd worked at the Thrift Shop on Thursday and Monday;

And sang in the choir as usual on Sunday.

I'd hemmed up a dress for my daughter and me;

Packed a suitcase for hubby to go on T.D.

I'd cleaned out the cupboards, just did the upper;

Then made a dessert for the C.W.L. pot-luck supper.

No, the reason I cried and gave that great yelp

Was not 'cause you'd phoned just to ask for my help.

The comment that threw me, near drove me berserk

Was, "I'm sure YOU'LL have the time, because YOU DON'T WORK."

ALCOHOLIC TREATMENT CENTRE ESTABLISHED AT CFB PORTAGE

An alcoholic treatment centre has been established at CFB Portage la Prairie under the direction of Doctor Rudd, the Base Surgeon at CFB Portage. The treatment centre's program is for a three week duration, during which attending personnel live in at CFB Portage (thus away from their basic environment). It consists of a fitness program, and group therapy with a view to changing the life style of the individuals concerned. After the program is completed, follow up action is taken through a recall system. Military personnel at CFB Winnipeg can be placed on this program through the CFB Winnipeg Medical Officers - for further information contact Dr Spindler, Base Hospital, Local 581.

Canadian Army Welfare Fund Educational Bursaries

The Board of Directors of the Canadian Army Welfare Fund (CAWF), being aware of the increasing need for post-secondary education established, in 1974, the CAWF Bursary Programme to encourage and assist children of former members of the Canadian Army who served between 1 Oct 46 and 31 Jan 68. For the school year 1976/77 up to \$75,000.00 will be awarded for educational bursaries. These bursaries will be granted primarily for tuition and books at a Canadian university or college, or at a community college or technical school requiring not less than two years, leading to a certificate, diploma or degree.

Detailed information on the CAWF Bursary Programme can be obtained from the Base CAWF Secretary by phoning local 661. All applications must be completed in time to reach Ottawa by 1 July 1976.

Food prices are so high that even vegetarians are starting to beef.



Members of North and South Site CWL met with their directors to finalize plans for hosting the forthcoming Military Vicariate Convention to be held here the latter part of May. (BASE PHOTO)

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KIDDIES' CORNER

Photo by Jim Lewis



OK HAD ENOUGH ?

Poem taken from Winter 1973 edition of Fur and Feathers, 13 Brant Avenue, Port Credit, Ontario.

WITH LOVE...FROM A LONELY DOG

by Edith Lassen Johnson

I wish someone would tell me
What it is that I've done wrong.
Why do I have to stay chained up
And be left alone so long?
They seemed so glad to have me
When I came here as a pup.
There were so many things we'd do
While I was growing up.

The children never walk me.
They always say, "Not now."
I wish that I could please them.
Won't someone tell me how?
All I had, you see, was love.
I wish they would explain
Why they said they wanted mine
Then left it on a chain.

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CAN TOO MUCH VITAMIN D BE HARMFUL?

Too much Vitamin D can be a hazard to your health. The possibility of consuming excessive amounts of Vitamin D and producing symptoms of poisoning has been shown in medical practice.

Drugstores in Winnipeg, have been selling tremendous amounts of cod liver oil recently. The cause of the rising sales has been attributed to a statement made by a person who 'claims' to be an authority on arthritis. He proposed that Vitamin D, if taken in the proper way, could cure arthritis. This information is entirely unfounded.

Members of the medical profession would welcome a panacea for all arthritis. However, there are many types of arthritis and many different methods of treatment. Unfortunately a large intake of Vitamin D has not been proven to be a cure. Claims such as this can be harmful to a patient if he forgoes proper medical care and instead depends on a "miracle cure".

The Department of National Health and Welfare recommends 400 International Units of Vitamin D daily for infants and children up to 3 years of age, and for women during pregnancy and lactation. For other age groups, a recommended intake of 100 I.U. has been set.

Sources of Vitamin D, in addition to exposure to sunlight, include natural and fortified sources. Natural sources include butter, eggs, milk, fish oils and fish tissues. Fortified sources include milk, infant formulas, and margarine. Fortified sources furnish a large proportion of our daily intake since there is only a small amount of Vitamin D in natural sources and our intake of these foods is small.

Cow's milk with Vitamin D added, provides 400 International Units per quart. An infant receiving three cups of enriched milk and one tablespoon of cod liver oil may consume an excessive amount of Vitamin D since one tablespoon of cod liver oil may contain between 1500-2000 International Units, depending on the brand.

The exact amount of this Vitamin needed to cause signs of poisoning varies from person to person as well as with age. An adult can tolerate larger amounts than young infants. Vitamin D toxicity may cause calcification of soft tissues such as the kidneys, the lungs, and other important organs and retard growth in young infants.

Diet cannot be considered a causative or curative growth in arthritis. A well-balanced diet composed of foods from all food

in vino veritas

by R. KOHLBERG

WINE AND PREJUDICE

Every once in a while, we should review and reassess our prejudices. (Prejudices are usually other people's opinions which differ from our own well-founded convictions, but I admit to a few of my own.)

My prejudices regarding domestic wines are well-known by some and shared by many. They were based on the premise that domestic wines leave something to be desired for reasons of climate, grape varieties, expertise and experience in the vintner trade, lack of tradition, and so on.

Nothing can be done about the climate, and not much about the lack of tradition - at least, for a while. It is in the area of enterprise on the part of the wine-producing industry that changes for the better can be achieved.

In the last few years, some major Canadian wineries have experimented with new grape varieties, they have hired European experts, they have grafted old-country grapes on hardy Canadian vines, and they have cultivated, refined and improved their produce.

While all this was going on and these people were working so hard, knocking themselves out to come up with something to please the palate of that newly bred species, the Canadian Wine Connoisseur, what happened? The Nouveaux Connoisseurs had done some refining of their own: they had cultivated a taste for the vintage wines of Europe. Ten years ago, they wouldn't have known a Bordeaux from a Burgundy (many still don't), but now they have turned around and become wine snobs who feel they have outgrown the home-grown. It has become fashionable to say, "But my dear, one cannot possibly drink domestic wines. Too, too crude!" Haven't we all said or implied this?

Recently I participated in the tasting of some Canadian wines - I was not involved in choosing the brands - and I came to the conclusion that we should open our minds and be willing to give our domestic wines a chance and a try now and then, especially the new labels, which are often the result of the experimenting, grafting and refining mentioned above.

Ste-Michelle surprised me with two wines I hadn't tasted before: Mediaeval White and Canadian Rhine Castle. *Mediaeval White* is listed as coming from Moose Jaw, of all places! (I always knew that first-rate pilots are made in Moose Jaw, but wines?) This wine is quite light in colour, pure and clear when held against the light. It is medium-bodied and soundly vinous with a faintly fragrant aroma, fairly dry (listed as 2) and its acidity is nicely balanced. A pleasant aftertaste lingers just long enough to respect this wine as a possible challenge to some of the light-weight Europeans. (\$1.70)

Canadian Rhine Castle is listed as No. 1 in the scale of dryness, but I don't agree with that: it tastes slightly fruity and medium dry, which is what the label calls it. (I often wonder who assigns the dryness/sweetness grade on that scale of 1 to 20, and according to what standards.) Rhine Castle's color is pale and clear, and there is hardly any bouquet; it is a light and rather pleasant wine, not bold and assertive and not at all acidic. The label doesn't give its alcoholic content, but I think it is fairly low. This wine must be thoroughly chilled. It goes well with a compatible selection of cheeses. (\$1.55)

Chateau-Gai Dry White Table Wine has been around for quite a while, but I hadn't bothered with that sort of thing lately. Again a wine that surprised me with its agreeable quality. This light wine has no discernible bouquet, but a lightly "moussant" and sweetish taste, with balanced acidity. Fruitiness would be its most pronounced attribute. Again I found this wine misgraded as to dryness (1). This is another pleasant wine-and-cheese-party kind of wine. (\$1.80)

Our opinions are based on standards, and standards are necessary in an ever-changing world if we want to be certain of something on which to base our values. By comparison to standards we arrive at judgements. Sometimes we arrive at prejudices which tend to make us arbitrary, inflexible and opinionated. And just as we sometimes change our minds and revise judgement, we can - and should - revise our prejudices, especially regarding wines. We don't have to compromise our standards. Cheers!

ATTENTION: Ex 434 Bluenosers

434 Tactical Fighter Squadron will be receiving their Squadron Standard in early July 1976. In conjunction with the standard presentation, the squadron is planning a three day all ranks reunion of ex-434 members.

Any ex-members who are interested in attending are asked to write to 434 Tactical Fighter Squadron, CFB Cold Lake, Medley, Alberta, TOA 2M0, and further details will be forwarded.

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May 9th

Airborne / Drops-In



Exercise - Valiant Gladiator

WINNIPEG — One hundred and eighty Canadian Airborne Regiment paratroopers "dropped in" on the Winnipeg International Airport Sunday 25 April, to kick off a five-day internal security exercise at Canadian Forces Base Winnipeg.

Exercise Valiant Gladiator's Commander, Major W. B. (Brian) Vernon said Winnipeg was chosen as the exercise site because "DND facilities here are excellent, it's a completely new setting for us and we'll get to train in an urban setting rather than in the rural environment we have used in the

past". All exercise activities except for the initial jump took place on National Defence property at CFB Winnipeg and at Canadian Forces Station Beausejour, 40 miles north-east of Winnipeg. Paratroopers guarded key installations and officials as well as conducting vehicle and foot patrols, road blocks and cordon and search operations at Winnipeg and Beausejour.

The 100-man "enemy force" for the exercise was provided by the Winnipeg-based 2nd Battalion Princess Patricia's Canadian Light

Infantry and several Winnipeg-Area Militia units.

Three Edmonton-based squadrons also participated in the exercise. Airlift for the paratroop consisted of five Hercules flights from 435 Transport Squadron. Two aircraft landed 20 paratroopers and some vehicles early Sunday morning. Three planes made two passes each over the airport, dropping the remaining parachutists Sunday afternoon.

Speaking of the training, Major Vernon said, "Due to our standby role, the Canadian Airborne

Regiment constantly practises for a variety of tasks such as Arctic, jungle and desert warfare. Internal security is another of these possible roles and we train annually so we're prepared to meet any contingency".

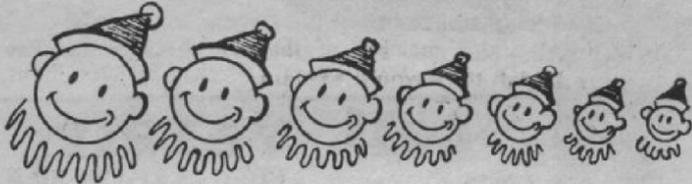
Exercise Valiant Gladiator officially ended with a mass paratroop by the returning paratroopers April 30th at the Buxton drop zone immediately north of the Namao air base.



people read." Banker "I wish that I would have invented TV. 85% of the people watch it." Old Rancher: "I wish I'd invented toilet paper!"

"Dammed right I did", shouted the enraged farmer as he took another swing with the axe, "Only the horse blew first!"

LAUGHING AT OURSELVES



by John Semeniuk

A KNOCK IN TIME (SAVES NINE?) — While his own car was being serviced, a husband went out one night in his wife's ancient car. After stopping for gas, the car refused to start. Suspecting the trouble to be a loose battery terminal, he searched for a suitable implement to knock it into place. Finally, he found his son's toy hammer and gave the offending terminal a sharp tap. Hubby got back into the car and started the engine on the first attempt. However, he then noticed that one of the headlights was not working, so he gave it a tap with the hammer and; presto, it lit up. As he was about to drive away, the garage attendant banged on his window and said, "I'm not the least bit interested in your car,

Minster, but if you decide to sell that hammer, I'd appreciate first refusal!"

WIFELY WIT: Husband, "My smoking won't bother you, will it dear?" Wife, "Not at all, dear, just so long as my getting sick won't bother you!"

OVER SIXTEEN (?): A wee man from mars came down to earth and noted the tall, beautiful earth women. Ignoring the traditional, "Take me to your leader", his command was "Take me to your ladder, I'll see your leader later".

SAGE BRUSH WISDOM' Librarian "I wish that I could create a best seller. 70% of the

CREATURE FEATURE: A farmer consulted a veterinarian about treatment for his ailing horse. The vet prescribed a powder and said, "roll up a piece of paper into a tube. That will distribute the powder in the horse's throat." Two hours later (much to his amazement) the vet found himself running around his office like a mad man being pursued by the same farmer who was brandishing a wicked-looking axe and using language that would make a Sunday school teacher blush. "What in the world happened?" shouted the vet as he dodged a thrust at his head, "Didn't you do as I asked?"

A KNIGHT WELL SPENT (?): In days of old when Knights were bold, a lovely young lady in King Arthur's Court sneaked back into the castle in the wee hours of the morning, and whispered to one of her friends, "What a Knight!"

BIOGRAPHY: Gin, Spin, Dash, Crash, Nurse, Hearse.

BARBED BANTER: A youngster was diligently practising his piano when he was interrupted by a police officer. "Gotta investigate a complaint", said the officer, "The lady next door says two fellows named Chopin and Debussy are being murdered in here!"

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Or are you just contented
that your name be on the list?*

*Do you attend meetings
and mingle with the flock?
Or do you stay at home
and criticize and knock?*

*Do you take an active part
To help work along
Or are you satisfied to be
The kind that just belongs?*

*Do you ever go to meetings
And sit there like a stick
And leave the work to just a few
Then talk about the "clique"?*

*Think this over, member.
You know right from wrong,
Are you an active member
Or do you just belong?*

ATTENTION

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A Memo From - HQ Militia Area Prairie

Much of the effort of the staff of HQ Militia Area Prairie is directed towards the busiest summer ever.

The HQs has been a lodger unit at CFB Winnipeg since September 1970 when the Militia was reorganized into five areas across the country, each commanded by a Militia Brigadier-General, and all directly responsible to the Commander of FMC.

This HQs administers the largest area geographically in Canada, from Thunder Bay to the Rockies. Reporting to BGEN. Hugh Comack of Winnipeg, Commander MAP, are North Alberta Militia District (Edmonton), South Alberta Militia District (Calgary), Sask. Militia District (Regina), Winnipeg Militia District, and the Thunder Bay Garrison.

The integrated HQs includes 20 Regular Support Staff officers and NCOs and 13 Militia officers and

NCOs, and is divided into an Ops and Trg Section, a Log and Adm Section and the Finance and Pay Section. The Area Comptroller and his Pay Section handle the pay for all the Reserves - Land, Sea and Air, the Reserve Comm Sqds and the members of the Cadet Instructor List on the Prairies.

Summer '76 will prove to be the busiest ever for the HQs staff because, as well as an Area commitment of 200 trained Militiamen for the Olympics, Camp Dundurn in Saskatchewan is being re-opened and rejuvenated to become the Militia Training Centre for Western Canada. The Area Rank and Trade School will be conducted at Camp Dundurn from 5 July to 13 August, followed by MILCON '76, the annual Militia summer concentration. Most of the HQs staff will spend the summer in Saskatchewan.

MAP COMMANDER



BGEN. Hugh Comack CD
Commander MAP

The Trainers



Two of the "Trainers" WO Dutch Ducroix, MAJ. Grant Price



A lighter moment at the HQs. MAJ. Ron Werry, SSO Wpg. Militia District presents "The Trophy" to COL. John Gardam COS of Area. "The Trophy" is emblematic of Volleyball supremacy.

Administration



MAJ. John Derry discussing an administrative instruction with CAPT. Beverley Maertens.

Financial



One member of the busy Finance and Pay Section WO. Aileen Affleck, a Militia call-out.

tell voxair

Next VOXAIR Deadline
WED. 12 MAY

Joint EXERCISE Underway in BERMUDA

HALIFAX, N.S.—Canadian Armed Forces ships and aircraft assembled at Bermuda in mid April for a five-week operational training exercise.

The Canadian exercise will incorporate all phases of anti-submarine, sea and air warfare.

The destroyers Annapolis, Nipigon, Fraser, Saguenay and Ottawa and the submarines Okanagan and Ojibwa with the operational support ship Preserver was to sail from Halifax to arrive off Bermuda beginning April 23. They are to be joined later by the Royal Navy aircraft carrier HMS Ark Royal and three supporting ships, Olmeda, Resource and Lyness. Two ships of the French navy, Le Picard and La Bourdonnais will also take part.

Canadian Forces aircraft from 423, 443, 880 and VU32 squadrons, CFB Shearwater and 405 Squadron, CFB Greenwood will operate with the surface forces.

Officer conducting the exercise in Bermuda will be Captain (N) G. L. Edwards, commandant of the Canadian Forces Maritime Warfare School, Halifax.

The Maritime Command forces are scheduled to return to their home bases by May 22.



"You'll like this message." CAPT. George Doherty, MAJ. Robert Greenaway.

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voxair on the move

voxair sports

By Sports Editor - MWO. Les White



"Col. J. C. Law DCOS LOG, AIRCOM HQ presents the Physical Fitness Award for Aerobic excellence to MWO R. E. "Puffer" Robillard, a member of the AIRCOM SOTN staff. "Puffer" earned this award for racking up 1200 Aerobic points for jogging. At one point per mile this equates to 33,000 laps around the Westwin Gym or 22,800 laps around Bldg. 21. A significant achievement no matter how you figure it. Incidentally, he passed the run." (BASE PHOTO)

Family Bonspiel

On Saturday 24 Apr 76 the Annual Larry Ranson Family Bonspiel was held at the Curling Clubs. Split into two parts Competitive and Fun Curling the 48 families that participated had a most enjoyable time.

Winner of the Competitive portion was Mike Klapatiuk and his family, while Jim Mackenzie skipped the Reeve children to victory for the Larry Ranson Trophy.

Presentation of prizes to all children that participated followed the last draw.

A vote thanks to all who supported the Bonspiel and to those who worked to make the day a success.

Shooting

CFB WINNIPEG RIFLE ASSOCIATION

Personnel who are interested in joining the CFB Winnipeg Rifle Association are invited to come out on Wed. evening 1900 - 2200 hrs. to the Rifle Range in Bldg. 90 on Whytewold Road and join the Senior Club. No experience is necessary or equipment required; and the fee is \$5.00 for the year.

Lipsett Hall Teen Club

We are down to our last month of activity before the summer break.

Two dances are planned for May and both will be in Lipsett Hall Lounge.

Dates and times for these functions are listed below, so come out and swing:

14 May Dance 8:00-11:30
28 May Dance 8:00-11:30

We have lots of special things planned for these functions so mark your calendar and plan to attend.

FITNESS

put your heart into it

Everyone is talking about fitness these days, but how many people are actually doing something about it?

Not many. Only 20% of the Canadian population has a desirable level of personal fitness.

With 80% of our nation with an undesirable or minimal level of fitness, it's no wonder that our nation's leading killer is heart and blood vessel diseases.

Preventative Prescription:

Practise a little preventative medicine and put your heart into the right place: jog, swim, cycle or cross-country ski at least 3-4 times per week, for 15-30 minutes per day. You may be preventing or retarding your chances of heart disease or heart attack. (And one out of every two Canadians die of heart and blood vessel disease!)

See your doctor about an individualized exercise program, and remember -

- start gradually
- its the regularity that counts, not how much you do.
- understand exercise and how it affects you - seek advice from experts
- you can't sit and be fit!!

For more information about the heart and exercise, contact Manitoba Heart Foundation, 301-352 Donald Street, Winnipeg, Manitoba, R3B 2H8.

It's Your Olympics



BOB MOIR

"It's your Olympics!" that's the message that Bob Moir, Executive Producer of CBC-TV's English television coverage of The Golden Games, is giving to all Canadians. Bob will be responsible for the most ambitious two weeks of TV coverage ever undertaken. It all begins with the opening ceremonies on July 17 and winds up on August 1, when the flame is extinguished and the games move on to Moscow.

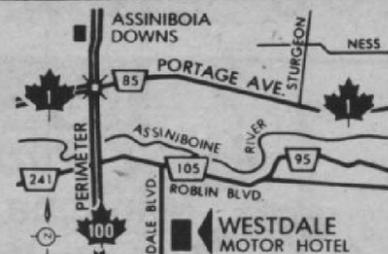
(CHECK LOCAL LISTINGS)

CF NATIONAL BADMINTON

Complete results will be in the next issue of VOXAIR

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• FORWARD TO BPERO BY 21 MAY 76.	

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CF NATIONAL BROOMBALL Championship results

CFB Shearwater hosted the 1975-76 CF National Broomball championship during the week 8 - 13 March 76.

Team Standing are as follows:

	WON	LOST	TIED	POINTS
Quebec	4	0	1	9
Ontario	2	1	2	6
Comox	1	2	2	4
Europe	1	2	2	4
Prairie	1	2	2	4
Atlantic	0	2	3	3

The top five scorers' statistics were:

	GOALS	ASSISTS	POINTS	REGION
Cpl Whelen JF	4	5	9	Pacific
Cpl Kirsten J	2	6	8	Ontario
Sgt Lavictoire	3	3	6	
MCpl Bellevue J	0	6	6	Valcartier
MCpl Couture A	4	1	5	Valcartier

CFB Winnipeg wishes to congratulate all teams on a fine showing and special felicitations to CFB Valcartier of the Quebec Region for winning the championship.

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Memberships and Green Fees may be purchased at Astra Credit Union (Rec Centre basement) between 10 a.m. and 5 p.m. Monday thru Friday.



Photo by Jim Lewis

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Community Centre

SUMMER FUN IN THE SUN

Tennis Lessons — Registration will be held May 10, 11, 12, 13 from 5 p.m. to 9 p.m. at the centre. Fee is \$7. for children and adults which includes a four-week session of eight lessons and a class tournament. Lessons will be held Monday through Thursday at 6 p.m., 7 p.m., 8 p.m., and 9 p.m.

Golf Lessons — Registration will be held on the above mentioned dates for children and

adults. No fee will be collected at that time and registrations can be phoned in to the centre. This program will operate only if sufficient interest is shown.

Kite-Flying Contest — To be held Saturday, May 15. Those interested must register at the centre before May 12. Fee is 50c and prizes will be awarded for "Best home made kits", "Highest flyer", and "Longest flyer".

Summer Playground Locations — Qualified "Play leaders" will operate programs during July and August at the following sites: Sir John Franklin C.C. 1700 Grosvenor, Ubique playground, T.R. Hodgson playground

These sites are open to all children 12 years old and under and includes arts and crafts, games, sports, and special excursions. There is no charge to partake in this fun program.

Gymnastics, Movement Education and Dance — Week long workshops for children ages 4-12 will be held during week of July 19 and August 23 at J.B. Mitchell School.

Adult Volleyball — A recreational volleyball league will be set up for the summer months if interest is sufficient. Those interested should phone in their name to the centre.

Girl's Soccer — A coach is desperately needed for a young girl soccer team. If you can help please contact the centre.

Community Centre Hours — The Centre will be open Monday-Thursday 5 p.m. - 9 p.m. during May and June and closed for evenings for July and two weeks in August. For any special requests contact one of the executive members.

Further information concerning the above activities can be obtained by contacting the centre at 489-9537. An area wide newspaper concerning these and other activities will be sent through all schools in June

Keep your eyes open for this and spend your summer with us at Sir John Franklin C.C.

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889-8850

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888-6770

Cadenza

By Sergeant L. Crawford

The last two weeks has seen the AirComBand filling and piling their share of sandbags as they took part in the Battle of the Assiniboine on a 24-hour-a-day basis. It was very hard and tiring work but the tremendous effort by the local forces personnel and volunteers seems to have been the ticket to success as the rivers on the prairies rose to unprecedented levels due to our sudden, warm spring this year. Now comes the further extra efforts in catching up with training, delayed commitments, etc. that had to go by the board in order that the servicemen who took part and those who supported them could do the job they were so suddenly saddled with. It looks like the flood will be with us for some time yet.

Those rehearsals that we staged all winter to bring us up to "fever pitch" for our 1976 foray into the public eye (and ear) will, I'm afraid, have to be restaged in order to rekindle the "fever" and perhaps make supple those "sandbag hands" that many of our ensemble seem to have acquired . . . not to mention the

"wasted chops" that comes about when one runs into an all work and no play situation. So, as this goes to press the returning heroes who fought so bravely from the muddy banks of the Assiniboine are returning to a more normal routine and those of us in the band are again pitching . . . but instead of sandbags we're into the pitchings of musical notes with a bit of parade drill thrown in for kicks. After all we are going to be doing the ceremony on Parliament Hill every morning for a month this summer along with the chaps in the bearskin hats. It's not easy having to play in tune and yet be sharp at the same time . . .!

Since there is little else to write about this time I'll put a coda on this right now by saying that the hit tune amongst the guys in the band these days is a familiar old Stephen Foster melody called "Ol' Damn River"



Harry Sweeney

music reviews and syndicated columnist

Musically Speaking Merle Haggard



There's only a handful of entertainers that can lay claim to the track record held by Merle Haggard. In the thirteen years that the Hag has been recording he's had close to three dozen albums on the charts (mostly all of them hitting or coming close to the number one position), somewhere around fifty singles go to the top ten and the awards form an almost endless chain of accolades.

WRONG SIDE OF THE LAW

During his youth, Haggard was often on the wrong side of the law. He was committed to the Fred C. Nellis School for Boys in Whittier, California at age fourteen. He was later committed to the Preston School of Industry near Stockton and released at seventeen. Merle was given 90 days in a road camp, got drunk, ran away and when caught was sentenced to a total of thirteen months. By the time he was 19 he pulled a safe job and this one landed him in San Quentin on a one to fifteen year rap.

The Hag was released at age 22 in February 1960 and went to work for his brother in Bakersfield for \$80 a week. He picked up extra money by playing lead guitar at the High Pockets in Bakersfield.

It wasn't long before he gave up the day job with his brother and went full time into country music. He met Fuzzy Owens and cut a couple songs for the Tally label. "Strangers" and "Sing A

Hurrah for Mother



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"Bad Song" brought Merle to the attention of Capitol records where he signed and has been a hitmaker ever since.

NOTHING BUT HITS

Haggard has nothing but hits since joining the Capitol roster. He clicked initially with "I'm Gonna Break Every Heart I Can" and followed with such stellar winners, as: "The Fugitive", "Branded Man", "Mama Tried", "Hungry Eyes" and "Workin' Man Blues". When Haggard released "Okie From Muskogee" he not only proved that he could sustain a track record of consecutive number one hits, but he crossed over from the country market and pulled down top ten status in the pop world. Now the world was listening to Merle Haggard.

IN THE MOVIES

Merle's latest album "It's All In

The Movies" (Capitol ST 11483) is already a number one set and a perfect blend of music from straight country through up-temp dixieland and once again Merle is the dominant factor in that he wrote most of the songs, published them through his Shade Tree Music and co-produced the set with Ken Nelson.

I'm not sure if this is album number thirty-three or thirty-four, but one thing I'm sure of is the hit status. Best cuts, include: "After Loving You", "Let's Stop Pretending", "Living With The Shades Pulled Down" and the Dolly Parton penned opus "The Seeker".

Merle is currently holding down the number one spot on the singles charts with his reminiscent track of a bygone era in "The Roots Of My Raising".

Junior Golf

A GAMES NIGHT has been planned for Friday, May 14. Come on out and try your hand at pool, darts, crib and shuffleboard. Plan to come early in the evening to make sure you are registered for one of the events. The success of a GAMES NIGHT depends on the number of participants, so come on out and support your Club.

We're starting the Spring season off right this year with the Spring Ball on 21 May Dancing will be to "The Fabulous Ink Spots" and a Cold buffet will be served. The dress for this occasion

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will be Semi-Formal. If you can't make it out on the Friday night but would still like to catch the "Fabulous Ink Spots, they will also be performing on Thursday, May 20 and Saturday, May 22. The times are as follows Thursday 8 - 12, Friday from 9 - 1 and Saturday from 9 - 1.

Other scheduled events for May are as follows: Friday, May 7 and Saturday May 8 - Music Services by John Nelson from 9 - 1; Saturday, May 15 - Music Services by Rick Enns from 9 - 1; Friday, May 28 and Saturday May 29 - TBA.

In closing I would just like to remind the Associate Members that there will be a meeting in the Main Lounge at 8:00 o'clock on Wednesday, May 19. Please attend.



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429 SQN Promotion



MCPL D.W.G. Morgan is congratulated by LCOL. J. R. Allingham, CO 429 (Composite) Squadron, and CAPT. L. V. Wood, Flight Engineer Leader, on his promotion to that rank. MCPL. Glen Morgan is employed as a flight engineer at 429 Squadron. (BASE PHOTO)

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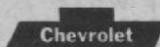
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