



Voxair



Following the Canadian Forces

MAY 26, 1977

CANADIAN FORCES BASE, WINNIPEG

VOL. 26 NO. 10

Arbora Plantamus In Residentiam

Ah! Trees at last. All residents of MDPRs should now be aware that the Base CE Section has planted a large number of trees in the MDPR area. It would be an understatement to say it should have been done 20 years ago. Your representatives on the Westwin Community Council have been consistently making an effort, most particularly in the past year, to get them BCE's gardeners, through the direction and auspices of the Base Commander, and at a cost of several thousand dollars to the Base, planted about 200 trees of several species.

To the North and East of the MDPR area, a line of hardy Colorado Spruce was planted; self maintaining, these are intended to act as windbreaks and will partially hide the industrial development area. Decorative species, such as flowering crabapples, were planted on the front lawns of residences; when mature they will be more than 12 feet high. Shade trees, such as maples, were planted in the "bays" and corner lots.

Now that the base has done their thing, it is up to us as residents to do ours. In order for the trees to have any effect, they must be helped, and allowed to mature. The trees are not on YOUR lots they are in OUR community. All of us, and our successors in MDPRs, will benefit. So what are our responsibilities?

Inform - These are young trees, and are now very easily damaged. As parents who are wholly responsible for the actions of our children, we must let them know this. A great song and dance is not required, just something so they'll remember to leave the trees alone.

Tree Care - Leave the pruning, etc, to CE Section. However, young trees do need lots of water. When sprinkling the lawn, give the roots a few minutes of direct water (not full force). Or, a couple of buckets of water puddled around the roots once a day will do.

But Its Not My Tree - Nobody would suggest that a particular tree is one occupant's responsibility. They all are. But just as most of us share the lawn-mowing, we must be prepared to walk a few steps to care for the trees. If the tree was mature, it's safe to say that you'd walk those steps to take advantage of the shade. The word here is co-operation. After all, isn't that what its all about?

Although its obvious that we won't get an immediate benefit from the trees, by looking after them now, someone in the future will. By showing that we can accept this responsibility, and thus, that we care for our community, future requests for improvement will be more readily received by Base authorities.

President
Westwin Community Council

Chances of Commanding Unit in Peace Time Slim Many Senior Officers Take Up Civilian Careers

By PETER SILVERMAN

George Bell is still every inch a soldier, and an excellent example of the many senior officers who have moved from the military life to a civilian career.

After 33 years of distinguished service, Brigadier General Bell left the forces to take up a post as executive vice-president of York University. At that stage he was only 53 years old, young enough to take on another job.

GEN. Bell says a man or woman considering a military career should take into account that the services can and do provide excellent training for civilian employment. Current policy is to train officers, not only to be good military leaders, but to provide a source of trained manpower for the civilian economy.

There is no doubt that the present Canadian policy on officer careers reflects the U.S. Officers are seen as assets of trained manpower and the "mid-career pension" at 40-45, allows them to leave the service with a good pension as well as suitable skills to start a civilian career.

GEN. Bell tells of men who retired as brigadier generals during the 1970s and were able to obtain positions comparable to his own, with salaries ranging \$30,000-\$40,000. That, plus a pension of approximately \$12,000 a year, puts these men into a high-level salary bracket.

The transition from military to management is an option many officers emphasize when talking about the forces as a career. For GEN. Bell, the years of training, command responsibility and staff duties were excellent preparation for high-ranking civilian occupations.

For most of the 12,000 officers of the Canadian Armed Forces, the question of employment is real and pressing after retirement at age 40-55.

It can be argued that the forces are top-heavy with officers - nearly one in six members of the Canadian Armed Forces hold commissioned rank. But only one in 300 will reach full colonel or above. Most will end their service careers as major, captains or full lieutenants (who retire by 45).

For the young officer candidate, these realities must be considered. But the basic question is, does the Canadian Forces offer an attractive career vs the options offered in civilian life?

"It depends on what you are looking for," says one active officer.

Military pay since 1970 matches that of the civil service in addition to excellent pension plans and such fringe benefits as cheap housing, travel with pay, a chance to acquire useful skills in

REG Retires After 26 Years



Reg Plant cuts last furrow on customer CAPT. Urquhart.
(VOXAIR POLAROID)



Base Barbers (L to R) Rudy Hjelmland, Lou Cancilla (Head barber) and Wayne Wyatt congratulate Reg Plant on his retirement.
(VOXAIR POLAROID)



Tom Amy, the Base Gardener (L), SGT. R.B. Hall, president of North Site Community Council, and LT. Ron Currie (R) look on as LCOL. R. Kirby, Acting Base Commander turns the sod to plant a spruce tree as part of the Base beautification program. (BASE PHOTO)

the technical and supporting arms.

The military introduced last year the Officer Career Development Program requiring officers who join after April, 1976, to serve at least nine years, following cadet training and gaining the rank of lieutenant.

An option is offered between the third and sixth year of an officer's commission to retire either after 20 years of commissioned service, or at age 40, whichever comes later. By 37, provided he has reached the rank of major, he can stay in the forces until he is 55. If the officer is not offered the option, he retires after nine years of commissioned service (the period of training to be an officer does not count).

Counting returned pension contributions and other gratuities, he will receive a lump sum of approximately \$20,000 - a sum that will increase along with pay scales. As one officer asks: "Where else can a man or woman save \$20,000 after nine years in a job?"

The officer who accepts the option and completes 20 years commissioned service, will usually leave the service with the rank of captain. Assuming he is a senior captain, the final rate of pay at current rates will be \$1,980 a month. Pension will average

40%-50% of the highest pay level obtained during any six years of pensionable service.

There is little complaint from officers about pay, which has gone up substantially over the past five years, or pension. After all, an officer can leave the service in his early 40s, with a pension of approximately \$900 a month, and still be young enough to get a civilian job.

The complaints about making the Canadian Forces a career stem from other reasons.

Most young men and women who join the Canadian Forces seem to do so out of a certain amount of idealism, tempered with "wanting to do something for their country." Also, as one officer says:

"At a time of high unemployment, when some Phds are driving taxis, a military career as an officer does offer security."

Once in the armed forces the idealism can wear thin. One U.S. officer is harshly critical:

"The Canadian Armed Forces still lack a real goal, or policy. The officers are more managers than military men, and soldiering in the generic sense of all branches, is not or does not seem to be the

**Continued
on Page 7**

GUEST EDITORIAL (Courtesy Trenton Contact)

This morning I had an anguished phone call from a young serviceman who is to be released from the forces in a short time. His release has been authorized under item 5(f) - "Unsuitable for Further Service . . . because of factors within his control. . . "To put it shortly, he's being released primarily because of his involvement in bringing a large quantity of hashish onto one of the bigger Bases in CFTS. He has also been tried, convicted and sentenced by a Court Martial for that same involvement.

This young man put forward to me all of the same arguments I've heard so often, both here and in the ADM(Per) Group at NDHQ, about how unfair it is that he's to be released, how badly he's being treated in comparison with other offenders, how his release represents double punishment for the same offence, etc, etc. I have a lot of sympathy for him; he faces an abrupt re-entry into a hard, hard world, and his arrival won't be made any easier by the confiscation of his last pay and his pension contributions to help pay off the large five he was awarded by his Court Martial. In short, I recognize that his anguish was as real and heartfelt as it could be, and, with a part of my own consciousness, I share it.

BUT There's also a part of me that says "Wait a minute, here - there's a whole other side to this story, dammit". So, a little too late for you, Private Anonymous, but maybe in time to influence one or two of your peer group, here's an Open Note to Drug Users in the Canadian Forces.

Where did you first hear that you're not supposed to use dope if you're in the Forces? When did you first learn that in this organization, more so than in any other, compliance with Regulations and Orders isn't the only thing, it's everything? When did you first suffer ugly consequences (25 push-ups, extra work and drill, 10 days CB, or a fine) for failing to observe rules? When did it first occur to you that in the unusual things we do in our line of work, disobeying orders can cost somebody else a bad scare, or a finger, or his life? Did it take until the first time someone wrote a PER on you for you to realize that one of the features you're being assessed on is your ability to observe the rules?

Have I made my point? You don't have to work here but, by God, if you do, you'd better know that this organization is a creature of regulations and orders, and if you can't go along with them, you're going to be in trouble. Now let me ask you once again, how long have you known that it's against the rules to be involved with dope in the Canadian Forces?

So don't come snivelling in after you've been caught and ask me to debate the relative merits of hashish and alcohol. Don't cry to me that you were only doing your buddy a favour by going downtown and bringing back a couple of ounces to split with him, and besides, you didn't make any profit on the deal. And please, please, don't waste my time with a lot of bleating about how Roy McMurty wants to decriminalize grass, and all your civilian friends are being given absolute discharges for growing their own.

Gentlemen (and ladies, too, I'm sorry to say!) I don't personally care if you smoke up with your friends in the barrack block every night and twice on Sundays. Fill your boots. I don't think the Canadian Forces, as an entity, gives a damn about whether pot impairs your ability to drive or work worse than beer, or gives you less of a hangover. But there are rules against dope, for reasons that you don't even have to think about, and if you're not mature enough to observe those rules, however you feel about them you just don't belong in the outfit. If you don't care enough about your job to have the little bit of self-control needed to stay away from drugs, then I think its pretty damn hypocritical of you to cry like babies when your own conduct comes back to haunt you.

The rules are there. You know them and you know the consequences of breaking them. If you're too dumb to govern yourselves accordingly, you're too dumb to work here.

- By CF Blair, MAJ., DJA

PARTICIPATION PARTICIPATION PARTICIPATION

by Capt. Ted Stenton Base Personnel Officer

"The fellow in the boat with you never bores a hole in it". This is a fine verbal picture of the theory of participation, a practise which supervisors can utilize to improve the performance of their team. It is a difficult process, has its limitations and can become a thunderous failure if poorly applied. When properly applied, two if its most favourable results are acceptance of ideas and a favourable team spirit.

A participative supervisor consults with his subordinates, bringing them in on problems and decisions, shares the operating responsibility with them while retaining the ultimate responsibility for the operation of his section. This is not to mean simply going through the motions of participation by holding meetings, asking opinions etc. when all the time it is clear to the workers that this is sham and the boss really wants no ideas. Better not to play the game at all than to mistake "busy work" for participation.

Participation motivates people to contribute to the situation and to make use of their creativity. It encourages people to accept responsibility in the group's activities. When they talk about their organization they begin to say "we", not "they" as the idea of teamwork sinks in. This phase is a key step in to developing a successful work unit. From our personal experience we know that when people want to do something, they will find a way. Participation is not just a theory - it works in practise as it restores some of the human values lost because of efforts to achieve efficiency by over simplifying work - and oversupervising the worker.

Participation works better in some situations than others - and in certain situations it works not at all. It is hardly appropriate in emergency situations nor is it called for when there is a deficiency in the skill level. It would not be advisable, for example, to have the Med A technician install the fire warning circuitry, just as it would be imprudent to have the electrician performing intravenous therapy. The financial cost of participation must not exceed its values.

There is no evidence that participation is good for everybody. People are different and many do not want to be bothered with it. Some persons want a minimum of interaction with their section head and there is evidence that the role expectation of some people is for an autocratic supervisor. They produce better with this type of leadership.

In spite of its limitations, when selectively practised it has helped organizations in improving the quality of work, employee satisfaction, production, responsible behaviour and has reduced turnover and absenteeism. It is probably a basic drive in the nature of man to participate and its practise affords a means of building some of the human values needed at work. Certainly a worthwhile goal for all supervisors.

2 p.m. 31st MAY '77

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for Voxair copy



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(CANADIAN FORCES PHOTO)

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School of Met GET-TOGETHER



An informal get-together of assorted meteorological personnel was held on Saturday evening, 30 Mar 77. The evening began with mixed bowling at Lipsett Hall, where scores ranged from 50+ to 300+. After this endeavour, the weather battalion retreated to a less competitive social gathering in Pat Gillistone's rec room. This conglomeration of weather heads was precipitated because of the impending departure of two long time Canadian Forces School of Meteorology staff members.

MWO. Milt Pelley, (Cumulus, to the faithful "Voxair" readers), arrived at "The School" while it was still a lodger unit of CFB Trenton in Jul 70. Then WO. Milt performed the duties of simple instructor, but through hard work and diligent service as course coordinator, Chief Instructor and Standards WO, earned a promotion to MWO, and the added responsibility of School Warrant Officer. Milt leaves CFSMET to take up the reins of power at 22nd NORAD Weather Centre, CFB North Bay, Ontario, where people have been known to disappear forever from the friendly West. We, at CFSMET, wish Milt the best of luck in his new endeavour, although his experience and mild authoritarianism will be sorely missed at work - after all, shuffleboard players of his calibre do not grow on trees.

Also leaving the warmth and friendliness of CFB Winnipeg is SGT. Dennis Dupuis. Denny arrived at "The School" in Jun 75, all the way from 16 Hangar where he had put in many moons as a member of the Base Weather Office. Denny spent the better part of two years roaming these Hallowed Halls, teaching his own classes and offering assistance to other instructors in deciphering the many manuals required. When he wasn't so employed, he was found augmenting his income by hustling pool or curling draws. While at CFSMET, Denny successfully completed his Meteorological Technician 6B qualification, which is one of the reasons he is leaving us. After nearly two years of faithful service at "The School", Denny now goes to be tossed about the briny aboard HMCS Algonquin, which is based at Halifax.

Although these two individuals will be greatly missed, there is no shortage of capable people to take their place. Milt and Denny have not only given of themselves at CFSMET, but have also learned, and they now take that knowledge back into the field with the warmest wishes of the entire staff at the Canadian Forces School of Meteorology.



SGT. Andy Chiasson is congratulated by Mr. Paul Kowal, Commandant of CFSMET, on his recent promotion to that rank. Andy has been employed at "The School" as an instructor since he arrived from Lahr in Jun 76. (BASE PHOTO)



MWO. Milt Pelley, School Warrant Officer at CFSMET, congratulates MCPL. Gary Garner on his promotion to that rank effective 1 Jan 77. Gary is presently employed as NCO i/c Communications Room at "The School", and has filled that position since coming to Winnipeg from Comox in April 1976. (BASE PHOTO)

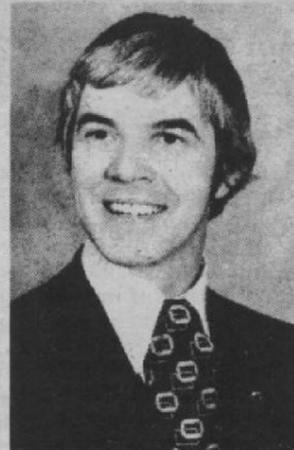


Mr. Paul Kowal, Commandant of CFSMET, offers congratulations to SGT. Pat Walton, who was recently promoted to his present rank 1 Jan 77. Pat arrived at "The School" prior to its arrival in CFB Winnipeg from "VU 33" on the West Coast in Aug 73. (BASE PHOTO)



Mr. Paul Kowal, Commandant of CFSMET, presents MWO. Milt Pelley with a silver tray marking the end of a seven year tour at the Canadian Forces School of Meteorology. Milt leaves Winnipeg to take control of the weather office at 22nd NORAD Weather Centre in North Bay, Ontario. (BASE PHOTO)

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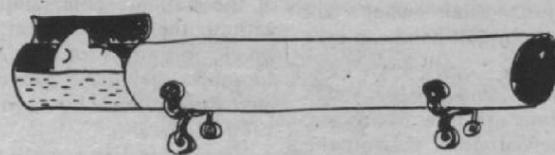
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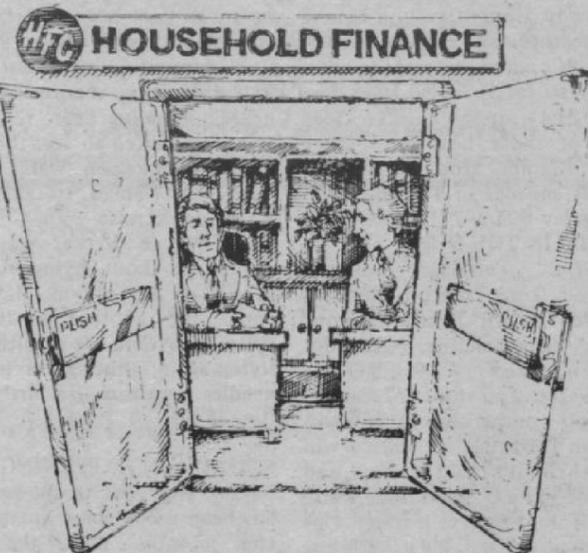
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Alex Haley
was adopted.



NAV By CAPT. R.E. ALP SQN

Do you know how pilots burn their faces? Bobbing for french fries! A hearty hello to Gord and Evelyn Whitson. The staff and their ladies look forward to meeting you and extending a warm Winnipeg welcome.

The instructors are readying themselves for the summer usage of the two biggest lies in the Nav school. Both Earl and George will soon be saying "Your the only one available" or "If you work this weekend we should be able to see our way clear to letting you have next weekend off." Cheer up though just think what will happen to your golf handicap over the summer.

The rifle and pistol range qualifications are now in process. I just received news that all the majors on 429 squadron qualified as targets.

The next few weeks see the arrival of some four courses of

cadets on summer enjoyment. Through good planning and great management this just so happens to coincide with a lack of approximately 50% of the staff compliment. If my mathematics are correct that means that the remainder of the staff will be working twice as hard. One would almost expect that as a reward for their hard work the remaining staff might get an equivalent time in Toronto.

Would the course that stole MAJ. Prendergast's pipe tobacco please return it. Certain members of the staff are complaining that without the built in alarm system which forewarns of the Major's approach they have had to limit their bridge lunch hours to within 1200 to 1300.

The deadline is rapidly approaching so I will leave you with this lasting quote "Never put off today what you can put off tomorrow!"



Howdy Herd! Can you believe the weather we've been having? The golf courses have made more money so far this year than they did all last year and have you seen some of those beautiful tanned ladies running around? Hmmm! (P.S. It snowed in Trenton, Ont. on Sunday 8 May 77!)

PEOPLE IN THE NEWS:

LCOL. Tettelaar has just returned from Trenton where he attended an Air Transport group Commanders meeting. MAJ. Ray Brown was 429 SQN's representative in the 1977 Canada Cup golf competition at Williams AFB in Arizona. He didn't win but when it's that sunny and you're having a good time, who cares? John Lumley, intrepid Ops officer and Red Cross Co-ordinator, recently completed a Red Cross airlift to Thompson and back. Not all trips go smoothly but as long as we cover our tracks? CAPT. Ray Moore, "The Gimp", is recovering nicely after breaking a foot in a household accident. The rumours about how the accident occurred are not printable. Joe Gottfried won another all expense paid trip to Namao for two days. Joe has all the luck!

MWO. Joe Peloquin (our new Flight Engineer Leader) has arrived and is flying with the squadron. Welcome aboard, Joe! Tom, "Irish", Jordan arrived near the beginning of May and is on the flight line earning his bucks. Tom is taking some leave to go to Ireland, where he owns a cottage. Tom says he goes back every year

or so to "get his head straight." Welcome, Tom! Wally Prokuda finds himself filling a slot in the Squadron Ops section. He was heard mumbling over the G-17's as he attempted to sort them out. Claude Mikkelson wangled two weeks in Namao to support a Waincon exercise with 435 SQN. SGT Wayne Harker was heard mumbling about flying 40 hours in a four day period. Maybe we could use another loadmaster? Gilles Bertrand is healthy and flying again, although on pins and needles, awaiting the birth of his first child.

SQUADRON HAPPENINGS:

The Herc side of the squadron has been doing some heavy flying this month. With the NAV Training requirement down from previous months, the squadron "optimized its residual and collateral airlift support" to the Air Transport Group as well as flying some scheduled Training flights. A three day American Terminal trainer as well as a four day Arctic Airlift/Trainer were completed, as well as numerous airlifts to many exotic Canadian airports and bases.

The ICP school has returned from an interesting visit to St. Louis, M.O. with a course of fledgling Instrument check pilots.

RUMOURS:

The rumour that the Herc pilots will only be allowed two weeks of leave during the summer, is true.

See you next time.



By CAPT. MEL WALKER

The halls are alive with the sound of students. Well, course members actually but the metre isn't as good. What I really mean to describe is the return of the Munchenkins; or ASC 29's triumphal return via l'Arc de Triomphe; or the bankrupting of London due to ASC 29's abstinence (liars); or the pillage of Edinburgh; or the hunting of Percival; or any one of numerous adventures or misadventures that befell our glorious course. Ah well that's how the Mercedes - Benz. (Remind me never to take Jim Franko for a ride).

So they're all back and the long countdown to graduation begins. But first a few minor details.

Good news to two of our European travellers; as of 1 SEP. Captain's Aime Boule, Tom Bailey will become Majors Boule and Bailey. And, from a staff

standpoint, we're trading a Baile for a Boulay or is it the other way around. Anyway, Aime is going to VP 407 overseas or Vancouver Island and Tom trades in his course member sticker for staff member. In both cases are hearty congratulations (party to be held in the mess.)

CAP. Ron Kackzmar; or is it Kagmar, no maybe Cauchemare, no I've got it Kackzmar, sorry Ron. Anyway CAP. Ron, ably assisted by CAP. Bill Hoare from downstairs and CAP. Jack McGee from the Princess Pat down south site herded all of us turkeys out to the St. Charles Range for the annual Turkey shoot. Not too many qualified for honorary grunt and all I got was a sore shoulder and sunburnt nose. Ah well there's always next time.

And that, as the zoo keeper said, "is all the GNus that's fit to sprit".

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BASE SUPPLY PROMOTIONS

SECOND CAREER INTERVIEW

By Capt. Ted Stenton
Base Personnel Selection Officer

INTERVIEW EVALUATION

We have now entered the employment interview stage and although for some of us it may be an apprehensive period, trite as it may sound, the biggest thing we have to fear is fear itself. WE have planned for this event and this will ensure a smoother transition. As mentioned in a previous article, it would be wise to undergo as many interviews as possible, partly because we do not want to approach the situation as if it were a matter of life or death. One of the ways we can get maximum value from our interviews is to properly assess the results of each encounter and evaluate the effectiveness of our techniques. Other wise, we could continue to make the same mistake over and over failing to increase our effectiveness.

In the first few interviews, we may tend to come away with an over-optimistic view of our prospects. There are several very natural reasons for this, one of which is that we are intent upon selling ourselves and consequently are concentrating on what we are saying and doing. The more eagerly we are hoping for the job, the more inclined we are to misinterpret the behaviour of the interviewer. We tend to put the most optimistic interpretation on everything he or she says and does. As a result, one may leave the session with high hopes feeling pleased and enthusiastic.

To guard against such misinterpretation and over-reaction, it is advisable that we assess each interview objectively soon after its completion. We have analyzed the product (ourselves) that we are attempting to sell when we prepared our resumé. Now we must analyze why we made the sale or more important, why it was not successful if that is the case. In some cases, there may be



MAJ. Bill O'Callahan congratulates MWO. Mike Riviere on his recent promotion to MWO. (BASE PHOTO)



MAJ. Bill O'Callahan congratulating Terry Svensrude on her recent promotion to CPL. (BASE PHOTO)

no logical answers and rather than dwell on the unanswerable, it is better to focus on those factors that may be listed as poor techniques. Some of these include:

a. Did we know little about the firm, its products or its services?

b. Did we hedge on questions instead of answering in a straight-forward way?

c. Have we concentrated on the past and not emphasized what we think we can contribute to the firm?

d. Did we talk too much about irrelevant subjects?

e. Did we criticize our last employment or in fact escalate our responsibilities out of proportion?

In other words, we must go over our interview performance in a logical, systematic manner which calls for someone big enough to look at himself critically and to benefit from what he sees.

However, no matter how carefully we plan and analyze, and no matter how well we do, there is always an element of luck. We must bear in mind that if we obtain enough interviews and try to do our best each time, sooner or later the law of averages will catch up with us and we will be rewarded with the job we want.

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Another successful GAP II course was held at the Banff School of Fine Arts April 20th to 24th inclusive. Weather was wonderful, scenery was something else - course was excellent! All candidates are very enthusiastic about the new course. The completely revised curriculum dealt with Leadership training based on a group encounter method. UNDE Education Director Julien Pezet and his assistant Rosella Blinn were in attendance and contributed much to make the course the success that it was. The following seven candidates completed the course: B. Eisner, M. Dielschneider, A. Gloss, S. Shuper, H. Silverman, L. Steski and J. Vandal. Members are encouraged to participate in Local affairs and take the next GAP I course - both a prerequisite for the GAP II Course.

UP COMING EVENTS:

1. Clerical and Regulatory Group Bargaining committee meets in Ottawa in June 1977. Your bargaining representative for Local 705 is S. Shuper and SCYS bargaining Committee rep is Miss Cathy Pheiffer.
2. Technical Inspectors Bargaining committee meets in Ottawa in June 1977 - your bargaining representative for Local 705 is D. Peters.
3. Local Officer's in Residence course (PSAC) to be held in Winnipeg 27 August to 1 September inclusive.
4. Union Development Program Course:
Level I - September 10 to 14th inclusive
Level II - November 1 to 6th inclusive
Level III - December 10 to 15th inclusive
5. Staffing in Public Service - 1 day course at PSAC Board Room 902 St. James Street, 28 May 1977.
6. "Edith Watson" night social in the Mall Hotel on 10 Sept 1977.

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Warrant Officers' and Sergeants' Mess CANADIAN FORCES BASE - WINNIPEG ENTERTAINMENT CALENDER

SATURDAY, MAY 28
SPORTSMAN BINGO AND DANCE

Jackpot \$400.00 with \$50.00 added if it doesn't go in 55 numbers.
First game at 8:00 p.m. - Entrance \$2.00. Don't forget the Garbage Can Bingo, a card a can.
Food and dancing follows last game.

SUNDAY, MAY 29
FAMILY DINNER

Prime Rib of Beef (½ in. thick) or Breaded Fillet of Sole.

Friday - June 3, 10, 24
TGIF

Saturday - June 4

Casual evening - Come out and make your own party. Dancing to the Music Man. Games room is at your disposal.

Sunday - June 5
Family Dinner

Grilled Pork Chops with light brown gravy, Deep fried breaded fan tail shrimp or individual Macaroni, cheese, tomato casserole. \$2.50 per adult and \$2.00 per child under 13. Pick up tickets at mess office until 16:00 Thursdays.

Friday - June 10

Golf Tournament

Saturday - June 11

Casual evening with dancing to the Music Man. Make your own party.

Sunday - June 12
Family Dinner

Grilled rib eye steak with saute mushrooms (grilled to order). Deep fried Digby Scallops or Beef vegetable stew.

Friday - June 17
Mixed Mess Dinner

S-5 Uniform for service people, tuxedo for male guests, long gowns with gloves for the ladies. Those wishing to attend, the list will be on the notice board.

Saturday - June 18

Western nite tentatively scheduled is cancelled due to Mess Dinner. Casual evening with dancing to the Music Man.

Sunday - June 19
Family Dinner

English Style Fish & Chips; Pot roast of Beef or Oven baked Italian Lasagne.

Saturday - June 25
Bingo and Dance

Outdoor equipment and sportgear for prizes. As this is the last bingo of the season, the jackpot must go. Garbage can and clothesline bingo still on. Food and dancing to the Music Man follows last game.

Sunday - June 26
Family Dinner

Roast Tom of Turkey with all the fixins or Grilled Alberta Beef Minute Steak

Casual Dress will be in effect commencing 1 June, except for special functions.

Future Events

Sept. 9 & 10 - The famous "Nexus Band"
Have a Happy and Safe Summer - See you in the fall

PLEASE PICK UP YOUR NEW MEMBERSHIP CARD AT THE LOWER BAR



music reviews and syndicated columnist

It seems that every year there is one artist that emerges as the clear cut winner for the sales and awards for any one particular year. Jeannie C. Riley did it in 1968 with her poignant classic about two full of hypocrites in her rendition of "Harper Valley PTA" and Freddie Hart turned music world on it's collective ear with his sex-laced ballad of "Easy Loving". After years of being an almost star, Charlie Rich got together with his girl "Behind Closed Doors" and became the sensation of the charts. More recently Freddie Fender released a song that had been on the charts two or three times in the past, but somewhere in the studio magic developed and Fender's rendering of "Before The Next Teardrop Falls" made it where others had failed.

This same type of magic happened for Donna Fargo an ex-English teacher in Southern California. Like the others, Donna had released other songs, but it all happened when she charted "Happiest Girl In The Whole USA." The one common denominator that all these artists share is the sales picture. Every one of them started on the

country charts, moved into the 'cross-over' area, then spread internationally to chart their respective hits around the globe. The sales picture is quite rosy, cause between those five sons there are world-wide sales of over twenty-five million records.

HAPPIEST GIRL

Donna Fargo became the name of the year when she released her up-tempo, lilting "Happiest Girl". She went on to take a Grammy for "Best Country Vocal (Female)" a NARM Award for "Best Selling Singer of the Year (Country)", a CMA Award for "Single of the Year", four major awards from the Academy of Country Music and a bunch of other that are really too numerous to mention.

One problem that plagues an artist when they have the outright smash of the year, is the follow-up. Some artists have been able to break out of the mold that their giant hit set up, while others have almost faded into obscurity. The follow-up is the all-important record, it's the pivotal point. For Freddie Hart "Easy Loving" was a dozen, while Jeannie C. Riley never got back into the top slot.

NOTICE

The WOS. and SGTS. Mess, building 66, are accepting applications for the position of Mess Clerk to start 27 June 77.

The duties of a Mess Clerk consist of typing, filing, stock control accounting, payroll finalization, Mess assessment entries, preparing Purchase Orders, Requisitions and general book-keeping.

This position is for a mature minded person who can carry out their duties with little or no supervision.

Interested applicants may apply by contacting the Mess Manager, Local 245, for appointment.



Donna Fargo

For Donna Fargo, the follow-up didn't seem to be much of a problem she picked up more gold awards with "Funny Face" and put about eight in a row in the top five. Her winners which now include: "Funny Face", "Don't Be Angry", "Superman", "Little Girl Gone", "A Song I Can Sing" and "You Can't Be A Beacon If You're Light Don't Shine".

BEST OF FARGO

All of these songs were recorded while Donna was with ABC/Dot (she is now with Warner Brothers) and while her ' Fargo Country' on her new lable is starting to catch chart action, her "Best Of Donna Fargo" (ABC/Dot 9310-2075) has already broken top ten. The album features all of the above songs, which were such giant hits for her and helped to establish her as one of the most sought after vocalists. Along with her best known songs, she has included: "U.S. of A.", "You Were Always There", "How Close You Came To Being Gone" and "It Do Feel Good".

All of the material has been previously released and was culled from her albums: "Happiest Girl", "Second Album", "Miss Donna Fargo" and "All About A Feeling". Produced by hubby Stan Silver.

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Laughing at Ourselves

WELL HE ASKED

A class of junior NCO's, all potential sergeants, was listening to a particularly boring lecture by the sergeant who was currently making life miserable for them. "a good sergeant," he stated, "Can't be made, A good sergeant has to be born Any questions?" A snide voice from the back of the room piped up, "In or out of wedlock?"

It is an interesting question how far men would retain their relative rank if they were divested of their clothes.

NO DIFFERENCE

Pyrrho, the Greek philosopher, used to say that there is no difference between living and dying. A man said to him once: "Why then do you not die?" Pyrrho replied: Because there is no difference.

LEAVE GRANTED

The new Cornwallis recruit asked for a furlough, on the grounds that his wife needed him at home. "Do you place your wife before your country?" demanded the stern Commanding Officer. "Sir," replied the recruit, "There are about 80 thousand men taking care of my country, but as far as I know, I'm the only one taking care of my wife." He got the leave.

Chip off the old block: The father was lecturing his son on economy. "You know, son, when I was a boy there was a depression and my father didn't make much money. I didn't have half the things you do."

"Well," replied the boy, "can I help it if my father is smarter than your father?"

Bumper sticker urging a curb on population growth: "Cork the Stork."

GRIN AND BEAR IT

One evening, in the midst of dinner preparations, a 10-year-old girl asked her mother, "Mommy, what's puberty?" The mother, rushed at the moment, suggested she look up the word in the dictionary, after which they could talk about it.

A few minutes later, the girl returned. Her mother then asked what the dictionary had said. "Puberty means," announced the girl, "the earliest age at which a girl is able to bear children."

"What do you think of that?" her mother asked. "I'm not sure," the girl replied. "I've always been able to bear children. It's adults I can't bear."

WE LIVE AGAIN

The reason so many soldiers believe in reincarnation: "They hope to come back as Seagulls, and get even with the Navy. . . ."

G.F. Bates

Most summer Sundays we husbands sally forth to the backyard to relieve our wives of the mundane job of meal preparation as we demonstrate an unsurpassed culinary excellence in the preparation of a sumptuous and savoury offering for Sunday dinner. (Hus dogs, hamburgs or an occasional steak). This expertise we demonstrate is performed on the outdoor barbecue. During the many years spent in mastering this art, the only thing we careful husbands have burned, fortunately, was the item on the grill. Naturally, we advise our farnished family that this slightly blackened object on their plate is known in culinary circles as "bien cuit".

As the barbecue is started, you can almost depend on it, the neighbour's kids will appear on the scene demanding to know if you're going to burn more meat again today. The trick is to identify those who are in the know; that not only does your neighbour not have your cooking skill, he obviously doesn't know how to bring up kids either.

Now that BBQ time has arrived, here are some tips for beginners in the safest methods of starting up, and using your grill.

1. If possible, use an approved electric fire starter. (They're not expensive to buy and do the job just as fast as BBQ fluid with a far greater degree of safety, if you don't break the third prong off the plug).
2. If you use the special BBQ fluid, let it soak into the charcoal or briquets for a few minutes before lighting, then light using a long wick or taper.

NEVER USE GASOLINE!

3. Always start your preparations well in advance so that you don't have to try and "rush" your fire. Once the charcoal or briquets have started NEVER add more fluid to try and speed things up. The result may be a speedy trip to the hospital.
4. Always keep your starter fluid in a closed metal can, away from the eventual heat of the grill, and store it away from direct sunlight.

5. Keep the kids and dog away from the lighted grill. They could accidentally upset the grill, burn themselves, you, and the house. In the ensuing confusion, the dog will depart with the steak.

6. Use a pair of heavy, glove-type potholders, a long handled spatula or fork, long tongs and keep a small water sprinkler handy to keep the flames down. (A used plastic soap or bleach bottle with a hole in the cap works well).
7. Watch your clothing. Dangling your tie or shirt tail into the fire won't enhance the aroma that wafts into the air from your grill, but you'll certainly amaze the neighbours with your fearlessness of foot as you head for the nearest water supply.

8. When your culinary delight has finally been devoured by your admiring family and you have modestly accepted their accolades, now comes the time to dispose of the coals. Make sure they are completely out before doing so. This will ensure you don't start a fire in the trash can or storage area. If you really want to economize, use long handled tongs to lift each briquet into a metal can (a 1 gallon antifreeze can with the top cut out is ideal), then cover with a metal lid or one of your wife's old plates. The lack of oxygen in the can will put out the coals in a few minutes and you can re-use them next Sunday.
9. Finally, remember another hazard of burning charcoal which is quite apart from the fire hazard. Carbon monoxide - the silent killer. Outdoors this poses no problem because the deadly gas diffuses harmlessly into the air, but in garages, basements (spish the thought), enclosed porches, etc., it can accumulate in deadly amounts and overcome you without warning.

Backyard cook-outs can be fun (even with your neighbour's kids making uncalled for remarks over the fence), and you can make it stay fun if you observe safe use of your charcoal and charcoal grill.

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TRANSPORTATION ??? CHECK-IN WITH THE MESS

JUNIOR RANKS CLUB ENTERTAINMENT SCHEDULE

FRIDAY, 27 MAY

TGIF. Food will be served. Then later, for your dancing pleasure, we will be featuring "Major Hoople's Boarding House" from 9 - 1. Price: Members - \$1.00 per person; Guests - \$3.00 per person.

SATURDAY, 28 MAY

We will be featuring the "Three Penny Opera" for your dancing and listening pleasure from 9 - 1. Price: Members - \$1.00 per person; Guests - \$3.00 per person.

FRIDAY & SATUDAY, 3 & 4 JUNE

For your entertainment and dancing pleasure we will be featuring the group "Kornstock" from 9 - 1.

COMING EVENTS
FRIDAY, FRIDAY, 10 JUNE

Outdoor dance if weather permitting.

FRIDAY, 17 JUNE

Western Night with dancing to "Country Tiger".

SATURDAY, 25 JUNE

All Ranks' Children's Picnic starting from 1200 to 1700 hrs. with rides, concessions, fish pond, bike raffle, & races.

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ENJOYING SUMMER

By W.O.W. BAXTER D/BGSO

With summer upon us we come into the season of camping, lawn mowing, barbecuing and general holidaying and laying or loafing around. It is also the beginning of another, "Foolish Accident Season".

Every day we'll be reading in the papers of people drowning by over extending themselves in the water, some one throwing rocks with power mowers and taking the eye out of a ground level child or the mower operator electrocuting his or herself by mowing in wet grass in bare feet with an extension cord in bad repair. We'll also hear of small children being run over by drivers hurrying to go on holidays or week-end passes and the inevitable nut who will permanently disfigure himself by spraying a little more lighter fluid on his already lit barbecue. In the next edition we'll read of swimmers being hit by someone with a new speed boat who never bothered to find out the areas for opening up his fifty horse motor and finally we'll read with eyes clouded by tears of the driver after already driving four hundred miles today in -80^o temperature with a car loaded with camping gear, his wife and three children decided "Oh what the hell dear, its only seven o'clock and we've only two hundred miles to go to get to our destination. I think I'll boot it straight through". At eight thirty he fell asleep on a super highway, crossed into the on coming traffic at 80 MPH. He survived but his family and the family in the car that he took head-on didn't.

With these thoughts, a few things come to mind to make your vacation time more enjoyable:

- Check out your car before travelling, paying particular attention to tires, steering, brakes, exhaust and wiper blades;
- Proper packing, large cases on the bottom of your trunk, no luggage in the back seat and emergency equipment easily accessible;
- Plan your route before leaving home;
- Use your seat belts, rest often and above all, drive within the speed limits;
- When you arrive at your fun in the sun spot, take the sun gradually. Remember the old or young head burns fast and pains slow and long; and

- Watch the gang in the water wee ones have little fear and drop off in the water will put them in bad trouble if they're not attended.

Summer is the time to around and relax. Beaches, Parks and back yards are designed for this. So are hospitals, but the former are more enjoyable.

A little care, a little thoughtfulness and a lot of common sense can make it a wonderful summer in the sun but a "Foolish Accident" can destroy the pleasure for you and your loved ones. So as the old saying goes "Look before you Leap" and be here to enjoy the skating and the skiing.

no children to spare...
drive with care!

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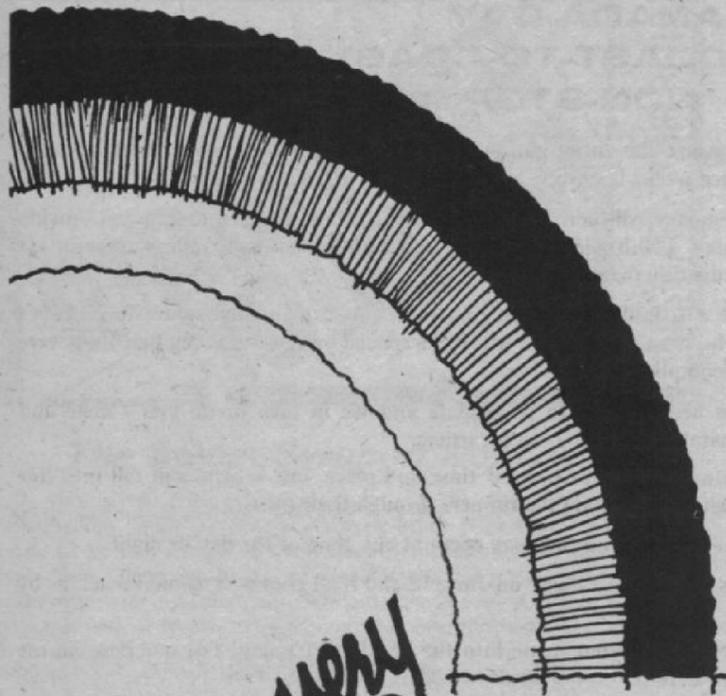
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redundant. One officer says:

"You cannot make an armored corps lieutenant colonel into a naval captain or a squadron leader. Our armed forces are too small to absorb any changes in emphasis without having to get rid of some of our officers. It also means that if a young officer chooses the wrong branch, or gets selected for the wrong branch, in terms of future requirements, his career might be short-lived."

Another officer hints at resentments carefully concealed, but nevertheless real:

"What has gone are the small things that we used to call the privileges of being an officer - being able to sign chits in any mess, the social status, the pomp and circumstance that compensated for the low pay. Now the pay is good, but the rest has gone. We don't pay as good, but the rest has gone. We don't even look like soldiers in our bellhop uniforms."

It is wise to go to a military college. Graduates from these institutions fare much better in the promotion stakes than officers from a civilian university

Officers also have to come to grips with bilingualism. The stated policy of the Canadian Armed Forces is to have the same proportion of francophone officers as the total population of Canada, 27%. So far, 17% of military positions have been designated bilingual. Recruiting into the 27 officer classifications is 50% for each language group.

National Defence denies that francophone officers are favored for promotion, or that bilingual capability of an officer helps in moving up. But off the record, officers admit, all things being equal, a bilingual or francophone officer will be promoted over a anglophone officer.

Promotion is not easy. Each year, a young officer's career is reviewed by a board which will consider him for promotion on a point system. Points are award for

everything, from educational background, staff and command ability, to physical fitness.

The top 50 officers will be looked at again, as will the next 10 who did not make it. Taking into account available posts and numbers needed for different arms and branches, they will be selected for promotion, if not immediately, at least in the future.

Another factor will be officers' selection for, and performance at, staff schools. An officer on the way up, can expect to attend three schools - as a lieutenant or captain for 10 weeks in Toronto, a 20-week landstaff school at Kingston for promotion to major, and the Canadian Forces College for a year for higher ranks.

There are other, less evident, hazards for the would-be officer. As one senior officer put it bluntly:

"Promotion is based almost exclusively on the machismo concept of tactical ability. There is little room for the intellectual officer, the man who did understand and deal with strategy, politics, the broad picture. After all these years of unification, we still do not have a strategic plan to deply the Canadian Forces as a unified force because we don't pick men who can think in those terms."

In other words, an officer may be well trained, particularly in staff work, to cope with levels two or three ranks above his own. But being a good manager, does not guarantee being a good thinker.

One of the problems young officers are increasingly having to face is how a spouse and family cope with moving. With the new pay scales, many officers can afford to buy houses. Eventually, they and their families do not want to move, so they leave the service.

Also, the wives of some officers are taking up careers. It has become more common for a wife to refuse to move to another posting with her military husband.

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Civilian Careers Continued from Page 1

primary function."

This is supported by Canadian officers, who say:

"We have become managers, accountants, wallowing away in paper and staff work. We started management technology within the civil service, but what it means is that we are not training to be battlefield leaders, and we are producing officers who can manage - but can they lead?"

The reality any young officer has to face is that his chances of commanding a regiment or ship are slim. There are approximately 90 command positions for

lieutenant colonels, to be doled out among 900 lieutenant colonels. Even allowing for officers who are in support, medical, legal and technical branches, there are not enough ship, regimental or air commands to go around.

Many desire them, few are chosen. And even when such a job falls into the lap of a lieutenant colonel, he only holds the post for two years.

And unless the lieutenant colonel moves up the ranks quickly and gets a combat group, it will be his last field command.

But as one officer says:

"Two years commanding a regiment just isn't enough to equip properly a man to lead in war."

Although many officers hope present strength will be maintained at 76,000 all ranks, they point out that in such a small armed force any change in defense priorities can seriously dislocate the officer corps.

For example, if the emphasis on national sovereignty is serious, and leads to an increase in the naval and air power, many officers in the land forces might become



WANTED: Bowling Alley Manager

Base Fund has approved the sum of \$25,000.00 for the installation of new pin setters and other improvements for the Westwin Bowling Alleys, all to be completed before the season opens in SEPT 77.

A qualified person is required to act as manager for the Westwin Lanes. The terms of reference are listed below. The person selected will be required to work for the installing contractor during the period of time that the new pin setters are being installed. (Approximately two weeks with full pay). Mechanical and/or electrical ability will be assets.

Interested personnel should apply in writing to the Base Physical Education and Recreation Officer.

<p>POSITION RESPONSIBLE TO RESPONSIBLE FOR DUTIES:</p>	<p>JOB DESCRIPTION Bowling Alley Manager - Westwin Lane BPERO Westwin Lanes Bowling Alley Staff</p>
---	--

1. Following are the duties associated with this position:
 - a. allocation of the Bowling Alley after duty hours for league and casual bowling;
 - b. maintenance of the pin setting machines and cleanliness of the alleys;
 - c. hire adequate staff to operate and maintain the bowling alleys;
 - d. control of the financial aspects of the bowling such as issuing score sheets and shoes, collecting the appropriate monies and preparing the daily financial recap sheets; and
 - e. preparation of monthly wage sheets for himself and his staff;
2. The salary will be \$4.00 per hour.

SEND YOUR CHILD TO CAMP

The YMCA of Metropolitan Winnipeg will be operating a summer camp for boys and girls in the Kenora area this season. There are a limited number of application cards available at the Rec Centre, Building 90. They are also planning a "Wilderness Adventure" featuring two and three week canoe trips for boys and girls.

Additional information may be acquired by phoning 942-8157, or writing to: YMCA Camping Branch Offices, 301 Vaughan Street, Winnipeg, Manitoba, R3B 3 R3B 2N7

LIPSETT HALL SURVEY

During the month of Apr. 77, the BPERO and the PERI staff of Lipsett Hall conducted a random survey of South Site PMQ residents to determine the following:

1. How many military personnel used the weight training room.
2. Whether or not there was much support for a health spa type weight training area in Lipsett Hall; and
3. What the feeling was towards the use of Lipsett Hall by civilians for family nights and for joint civilian/military programs such as ladies fitness, swimming classes, and children's gymnastics.

Below are the results for the 230 surveys that were returned:

1. 99 persons are presently using the weight room an average of twice per week.
 2. a. 173 persons said they would use the weight room if it was enlarged and improvements were done to give it a health spa atmosphere.
b. 67 persons said they wouldn't use it even if improvements were done.
 3. a. 55 personnel said that they would like to see no civilians using Lipsett Hall.
b. 67 persons would like to see more time available to servicemen and their dependants and few civilians in the building, especially family nights.
c. 10 persons said that things were bright as is.
d. 28 personnel replied that they would like to see the Lipsett Hall open more often.
- As a result of this survey, it is

planned to modify the evening program at Lipsett Hall slightly. One change that it is hoped will be well received is an open sports night which will be on Thursday nights and will be free of charge for all military personnel and their dependants. No civilians will be permitted. A PERI will be supervising this activity. Additionally, the pool will be open for an adult swim period these same nights.

A work order has been submitted to the CE section requesting that the following improvements be carried out in the weight training room: new carpet, new and better lighting, and new paint for the walls. NPF money is available to purchase the needed equipment to complete the desired health spa type atmosphere.

**Smile
if you think
you're in shape.**

POEMS WANTED

The National Society of Published Poets is compiling a book of poems. If you have written a poem and would like our society to consider it for publication, send your poem and a self-addressed, stamped envelope to:

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OF PUBLISHED POETS, INC.
P.O. Box 1976
Riverview, Florida, U.S.A. 33569



Canada's Oneness - Heart
unicité du coeur canadien

CANADA DAY COAST-TO-COAST NON-STOP RELAY RUN

Two teams will traverse the entire nation from the east and west coast simultaneously arriving in Ottawa three weeks later, on Canada Day, July 1, 1977.

Thousands of Canadians will actively participate as runners in this unique nationwide celebration of Canada's 110th birthday. Many more thousands will follow the run via national and local media coverage.

On July 1, as the east and west teams join forces to run in final salute to Canada's birthday, all those who have participated will feel a special pride in knowing that they were a part of this great accomplishment.

CFB Winnipeg has been invited to participate and we in turn invite you - male and female, joggers and marathoners to be torch carriers.

Our team will be met at a pre-arranged time and place, our vehicle will fall into line behind the caravan, which will rotate the runners through their turns.

As the relay is non-stop, the running may occur at any time of the day or night.

The caravan starts on the west coast on June 12 and if all goes well, should reach us by 20 June.

So don't delay, turn your name into the PERI staff today! Put our Base on the map from Winnipeg to Kenora.

**CANADA NON-STOP
SANS ARRÊT**

WARM-UP!

WHAT CONSTITUTES an adequate time for a warmup?

This will vary according to the sport or event concerned as well as the time available. Hockey, for example, allows relatively little time for warmup on the ice, and some of the procedures should take place in the dressing room before the athlete goes on the ice.

Basically, a warmup should include stretching and relaxation drills as well as activity which closely simulates the action to come, and should result in a sufficiently increased body temperature to create a reasonable perspiration.

Incidentally, the body temperature should be kept high until action starts - a warmup and then a cooloff before action is a negative procedure.

If warmup time is short, it should be well organized and be vigorous enough to promote sweating.

Research indicates that the value of a warmup is greatly decreased if the movements and exercises are not specific to the action to follow.

WHEN SHOULD STATIC STRETCHING BE DONE TO HELP PREVENT POSSIBLE MUSCLE SORENESS AFTER EXERCISE?

Dr. Herbert DeVries says that static stretching should be done routinely after any workout, especially by older people who may continue getting sore as their workload increases. Athletes should also use static stretching after each workout, especially in the early part of the season, and as frequently as necessary thereafter.

Curling Corner

CFB WINNIPEG LADIES' CURLING EXECUTIVE FOR 1977-78 SEASON

President	—	Lucille Graves
1st. vice/pres.	—	Joan Williams
2nd. vice/pres.	—	Faye Miller
Draw Chairman	—	Faye Miller
Asst. Draw	—	Shirley Crouch
Secretary	—	Grace Robillard
Treasurer	—	Muriel Loven
Prizes	—	Mary Ayres
Soc./Entertainment	—	Leila Farrell
Food	—	Edna Nutley
Publicity	—	Beryl Young
Bonspiel Committee	—	Jackie Ridley
		Gwen Miguez
		Jan Adkins
		Karen Gislason
Interclub Rep.	—	Shirley Smith
District Rep.	—	Jackie Ridley

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OF CANADA

MANITOBA JOURNAL

ROSMARIE KOHLBERG

The Sweet Syrup of Nostalgia

It was given front-page treatment in the Free Press TV Scene featuring the family portrait and a write-up on page 4, and it was hailed as one of the Big Events in TV Guide (the other one was 'Billion Dollar Movies' but the treacly syrup of nostalgia did not manage to sweeten or make otherwise palatable the flat old pancake of a fifties' TV show revival, in which Father tries to convince everybody all over again that He Knows Best.

He never really did, even back in the fifties. In those days, our tastes it sitcom, however, were different. Our expectations to be entertained were fulfilled in simpler ways. After the fast-paced, joke-a-second Laugh-In show, television comedy was never the same again, and when we have shared in and identified with the emotion-packed scenes in the life of Rhoda, the outspoken bigotry of Archie Bunker, the voluble domineering of Maude, we can't go back to chuckle over the inane little scraps and episodes in the Anderson family of Father Knows Best. Nor would too many of us be moved to tears by a flashback of their twentieth wedding anniversary where the always devoted parents renew their marriage vows surrounded by an aura of perpetual sweetness and harmony.

For the Big Event on a recent Sunday night, the *Father Knows Best Reunion* was staged on the Anderson's thirty-fifth anniversary, and all the original cast took part. Someone even managed to persuade the writer of the old series to do the script again. So, here were Mom and Dad, their children grown up and gone to live their own lives. Naturally Mom has developed 'empty-nest syndrome', but is very plucky about it. Dad (probably better known as Marcus Welby, MD) is, of course, concerned and thinks up this big reunion.

There are the kids, all grown up now, and two with families of their own - you can't have a family reunion without grandchildren. The producers went all out to give us the full-blasted exuberance of a bunch of shouting, screaming, squealing, and yelling little kids. By the decibel level that permeated most of the ninety minutes of the show, you would have sworn it took a dozen of them to produce all that noise. Actually, there were only three.

Betty, Bud, and Kathy (the kids of the old show) appear on the scene with their own adult problems. (We also see them in a flashback jumping up and down at the dinner table.) Betty is now a widow, but has just met an old classmate, a pilot, who is still in love with her. Bud has become a motorcycle racer (the actor is one in real life), and his wife doesn't like the hours he keeps, so she doesn't come down to the reunion with him. Now, there's stark drama! Just the right problem for a good old-fashioned father-and-son heart-to-heart. And the baby of the family, Kathy, finally discloses her dark secret: she dates a man ten years older than her. Wow! What conflict, what human interest!

Nostalgia is being sold to the millions these days, and the millions are buying it, sight unseen. The fifties seems to be the big thing at the moment. No matter how shallow and overrated, to some people it brings back the memories of their youth. To the rest of us, these sentimental flashbacks to the past only leave a sticky taste and a feeling of vague frustration. The reason is, of course, that over the years, television has changed its pace and its tone. This is not so much a question of quality, but of fashion and of style. We have become used to more realism and true-to-life human relationships, we have been 'educated' to face death and divorce, sex and homosex on our TV screens. Even if we don't agree with this trend, we are constantly exposed to it, and the process is not reversible.

But back to the show: Will Betty Anderson marry the dashing pilot? Will Bud's wife come around to 'understand' her motor-cycling husband? Will Mom and Dad accept an 'older man' as Kathy's love?

You bet your sweet bippy they will! In the last half hour (mercifully, they spared us a 'continued next week') one after the other of the partners joins the happy family, and Mom begins to worry whether the turkey will be big enough. And then they all go the church again, wholesome as ever. Near the end, the camera closes in on the sad remains of the turkey.

A big turkey, indeed.

**CANADA
IS BEAUTIFUL
- IT'S UP TO YOU
TO KEEP IT CLEAN!**

JUST A WHEEL



I'm just a wheel--a steering wheel--and you're my captain. Behind me, you're the lord and master of a miracle.

You can make me take the children to school.
You can turn me down the sunny road to town.
With me, you can rush the injured to be healed.
You can go in minutes to places that once were hours away.
You can make magic.

Yet, in the blink of an eye or the tick of your watch, I can turn killer.

I can snuff out the life of an adult or child, maybe even your child.

I can turn a smile into tears.

I can wreck, cripple and destroy.

With the power at my disposal I can crumple, crush and twist steel.

I can deal out death faster than a plague.

I'm no respecter of persons: a child, a grandmother, even you.

It's all the same to me.

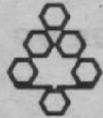
I'm sensitive. I respond instantly to the hands you give me.

I CEU PROMOTION



LCOL. Downs CO ICEU is shown presenting CWO. Keith Deller with the CWO Scroll. (BASE PHOTO)

Suggestion Award Program



Send your constructive ideas to:
The Suggestion Award Administrator
in your
department

The Suggestion Award Program of the Public Service of Canada has been operating for 24 years during which time \$1,376,468 in cash awards has been paid out to employees. This program has been actively encouraged in National Defence with satisfying results.

Employees who have suggestions to make are able to present their ideas to the Suggestion Award Administrator of their base or station and receive a considered response on the suitability of their proposal. If the idea is adopted, and about 25% are, the suggester will receive a cash award paid by the Incentive Award Board.

Suggestions which reduce costs and result in savings that can be calculated, earn the suggester an award based on savings for the first and second year of implementation. This past year, National Defence completed investigation of 501 suggestions and were able to adopt 160 or 32%. \$28,960 was paid out to service men and civilian employees on savings of \$545,103 and other intangible benefits.

Many suggestions do not result in savings but do result in increased efficiency, improved safety or better working conditions. Suggestions in this category earn awards based on an Intangible Scale related to the degree of benefit.

Here is a program for you. If you have ever said "there must be a better way to do this job", you are ready to cash in on the Suggestion Award Program. Put your ideas in writing and send them to your Suggestion Award Administrator.

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Handbook For Harassed Mothers of Teenagers

or
"See no evil, speak no evil and hear no evil"

Dear Member:

Welcome to the club.

Like the undertaker, we eventually get you. Just think this all could have been avoided if only you had taken a laxative instead of that walk under a June moon with H. R. H. Prince Charming.

It all sounds so delicious and yummy, a rose covered cottage, handsome husband with no faults, yourself in a starch apron and cleaning, cooking, baking, looking after your wonderful offspring. A Real Canadian Dream. The years pass by, soon we have teeny-boppers. Our chest swells with pride. (My own went from 43-in. - 151-in.) Then all hell breaks loose. Our children are between 15 - 19. It is then we find out we are either too fat or too thin, too strict or too permissive. We are never too smart only too stupid. Nothing we do suits them. They are always underprivileged and hungry. But be of good faith, it does pass. Our children became adults. One day they are home, fighting, screaming, feeling badly done by. And then, the next day they are gone; finding a niche for themselves in this world. They could be living next door or thousands of miles away, it really doesn't make any difference. The Silver Cord has been severed. We are no longer "Mommy" but a very formal Mother - We then become "Senior Citizens". The house begins to take on an "orderly" look, and the silence is thick and deafening.

The purpose of this handbook is to help you over those rough years of being a teenager's Mother.

Good Luck

Suggestions for Everyday Living

- Purchase at wholesale prices if possible, large amounts of absorbent cotton or several gross of ear plugs, black sleeping mask, large comfortable chair, colored T.V., large ash tray, several cases of booze. (Make arrangements for daily deliveries), one hundred cartons of cigs, plus tobacco plants so you can grow your own, 3 tons assorted food. These supplies should last one week.
- Learn sign language. If you do not open your mouth, you can't get into trouble. Be prepared to have your heart broken daily.
- Never get out of bed until they have left the house. Give them the alarm clock. That way they cannot get in the first word.
- After they have left take a long bath, breakfast, dress, take 5 minutes to dry mop floors. Make your bed. Do not, I repeat, do not enter the forbidden city - "Their Bedrooms." Check freezer for T.V. dinners for them.
- Do not waste time cooking, they prefer such goodies as Onion Rings, McDonald's Hamburgers and Pepsi. Arrange for fresh deliveries of above foods two times weekly.
- If you have boys, remove the bathtub and shower. If you have girls, install one complete extra bathroom per girl.
- For boys: Purchase one (1) whistle to use on wash day. Then you can stand by the washer, whistle and his clothes will walk to you.
- For girls: Install extra personal laundry lines in the cellar. God forbid the boy next door should see their "undies" on the line outside.
- Purchase and install hair dryer, nail dryer, electric tooth brush, electric comb. Several full length mirrors with bad lighting. The bad lighting is a must or else you never can get them away from it.
- Do not expect them to walk down the street with you in daylight.
- Do not expect them to like your friends, or understand why on earth you like them.
- Do not expect them to do any work for you. They will not understand your problems. Do not venture an opinion or advice. We are non-persons. We do not have the mental capabilities required for such things.
- Do not expect them to believe you were ever young. Children have the opinion their parents were born at age 40, tired and a has been.
- Do not expect to meet all their friends, or for them to bring them home.
- Be prepared to have your children dig cess pools, harvest, make soap or press grapes for their friends parents. But God forbid you should ask them to close a door.
- From 9:00 a.m. - 7:30 p.m. settle into your comfortable chair, watch T.V., keep yourself stoned on either fags, booze or food. Take biffy breaks before they come home. Do not under any circumstances leave this corner of your own free will or else you will be asking for trouble. Be sure to wear a Football Helmet and Running Shoes.
- If the children stay home in the evening, join every group going. Try Y.W.C.A., Local Library, Bingo, W.T.U. - anything to get out of the house. Perhaps a job sweeping streets in the evenings.
- Take heart, life does change. Our children grow, marry and have children themselves. This is the time that is ours. We can spoil our grandchildren, side with them against their parents. Give them inside information on their Mother and Dad when they were growing up. Our children because of their inexperience will look to us for encouragement and help in times of stress. They will see us do things for our grandchildren and marvel how capable we are. Then memories of the past return to them and then they remember all the nice things we did for them and they will feel guilty over the anxieties they caused us. Every generation goes through this, I'm sure our parents did. The nicest thing of all is after they reach age 19, our children look at us for the first time and see us as human beings. The best thing of all to remember is you are not alone. Even Queen Elizabeth had her trials with Anne. Small wonder she was laughing at the wedding. How much do you suppose she paid Mark Phillips?

MAY '77 Program

Tues Mon thru Sat 20:00 Hrs.
 Sat Mat 13:45 Hrs.
 Sun Eve 20:00 Hrs.

Cinema Theatre

CANADIAN FORCES BASE

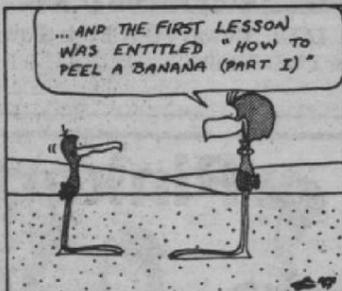
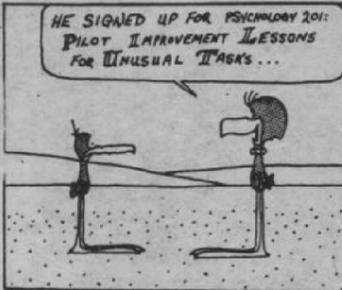
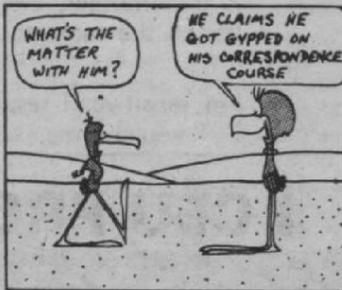
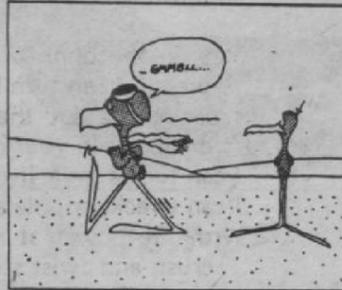
Telephone 888-6290
 WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Have a Safe and Happy summer!				Thu 26	Fri 27	Sat 28	Sat 28
				NO SHOW	Sky Riders	Valley of the Dragons	Sky Riders <small>They soared from the skies to stage the most daring rescue ever filmed!</small>
Sun 29	Mon 30	Tue 31	Coming				
LOGAN'S RUN	THE RITZ	FREAKY FRIDAY	A STAR IS BORN	DIRTY HARRY THE ENFORCER IS HERE TODAY			

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

GUDGEL STEW

by Rick St. GERMAN Totem Times



73 Comm Gp HQ Promotions



CWO, R. F. Sloan is congratulated by LCOL A. D. Yerxa, CO. 73 Comm Gp HQ on his recent promotion to that rank. Chief Sloan began his career with the Royal Canadian Signal Corps at Kingston in 1951, and has since served at Shilo, Korea in 1952, Winnipeg in 1954, returning numerous times to Kingston, Egypt in 1957, Halifax, River, 70 Comm Gp Oakville in 1970, Trenton and again to Winnipeg with 73 Communication Group HQ where he is presently serving as Training Co-ordinator. "Congratulations Chief" (BASE PHOTO)

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If you were to watch a heart operation, you might be puzzled to see the surgeon at one point working on the patient's leg! The explanation: a comparatively new surgical procedure where a portion of a healthy leg vein is moved into the chest to by-pass the diseased or clogged area of a coronary or heart artery. This is just one of the many heart-saving techniques developed with the help of your Heart Fund dollars. Keep up the attack on heart attack. Help beat the BIG ONE. Give to your Heart Fund now.

CFB Winnipeg CAMPGROUND NEWS

by: LCOL

J.E. McNeil

Hello again all you campers! It's been quite some time since we had any VOXAIR coverage of the Campground project and a lot of you undoubtedly concluded that the project had died. Well take cheer! The CFB Campground Project is alive and well and living in the Lac du Bonnet area.

The bureaucratic wheels turn slowly as you must appreciate and while we have not as yet concluded a formal lease for the campground site with the Province of Manitoba, we have a letter of intent from the Province and we are presently up to our ears in requirements such as environmental impact study of the site area.

In the meantime, we have taken an "all systems go" attitude and with the help of a bag of bucks from Base Fund, considerable work is in hand to provide, as a minimum, a campground area of at least three bays for a total of 36 campsites by about mid-June.

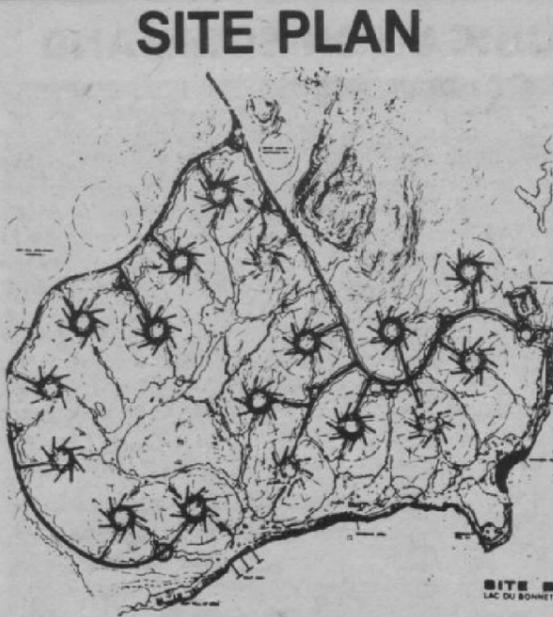
A group of volunteer BTSO Branch Officers and NCOs just completed a three-day work assignment on site and a great deal was accomplished. The entrance road, part of the internal loop road, and the roadways for three bays have been cleared and once they are gravelled and graded they will be passable by the family buggy. We also went at the sites in one bay with chainsaws and a swamp crew and carved out 12 of the nicest sites you ever laid eyes on. The remaining 24 sites in this phase have been staked out and await the onslaught of the next group of eager volunteers

...which very cleverly and logically leads me to mention that we have created an excellent on-site facility for that work party you have already started to think about. We have installed, right on site, a first-class bunkhouse which will accommodate six workers; tables, chairs, and storage facilities are also provided. Within easy walking distance there is a deluxe "one-holer" complete with a fresh coat of paint and artistic half-moon on the door. Want to help out and enjoy the great outdoors at the same time? If so, give the Project Co-Ordinator, Major Potter, a call at Local 323.

In addition, if any of you camping enthusiasts would like to be an early bird occupant of one of our sites, we have a deal for you too. You can occupy a site this summer at absolutely no charge if you are willing to "work your way" and take on some of the mini-projects that need doing. Once again, call Major Potter for details. At this point in time you won't have any on-site hydro or water but, if you are looking for quiet camping where you can listen to the birds and watch the grass grow ... this is it!

The accompanying photographs will show you some of the activity associated with the work party that recently returned and the sketch will show you what the overall plan is. We hope to get at the beach clearance shortly.

Keep smiling, your campground is on the way; but the more help we get, the sooner it will arrive. (Hint!)



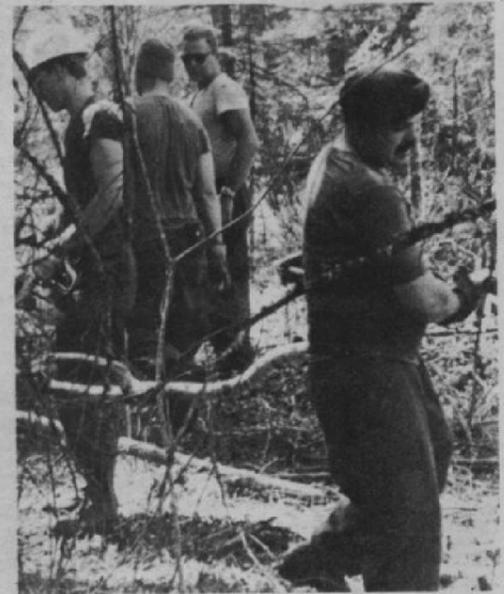
CAPT. Currie and MWO. Doyle of the CE Section assess the work to be done on the entrance road. (BASE PHOTO)



CAPT. Dunsmore displays his versatility in being able to walk a straight line and drink coffee at the same time. MWO. Doyle became our very first RV Camper - that's his trailer in the background. (BASE PHOTO)



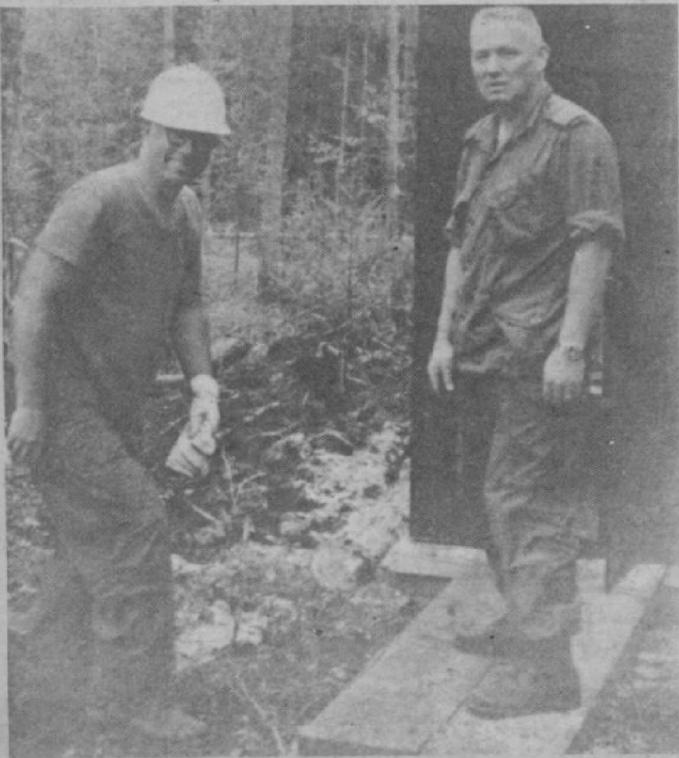
Site clearance required a lot of muscle power. SGT. Mullen manhandles a log while LT. Pelletier looks for the next victim. (BASE PHOTO)



LT. Pelletier of Base Transportation handles the chain saw and the Swamp Crew does the rest. MCPL. La Plante is hard at it while SGT. Mullen of BML and CAPT. Williams of Base Supply discuss their next move. (BASE PHOTO)



MCPL. La Plante of the CE Section and CPL. Weaver of BML wrestle with some of the tenting. (BASE PHOTO)



The BTSO, LCOL. McNeil, and BMLO, CAPT. Dunsmore participate in the inaugural ceremonies of the Campground "Loo" (BASE PHOTO)



Ike Chamish
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COMMANDER COMMUNICATION COMMAND VISITS 733 COMM SQN.

On 7 Apr 77 BGEN. R. N. Senior, Commander Communication Command, paid his annual visit to 733 Communication Squadron. The Commander's inspection of the Squadron Quarters Guard was followed by a briefing on the Squadron's training and operations for the year. After an informal coffee break, a Sqn tour was carried out which included: the Communication Centre, Tel Tech Station, Rad Tech Section, Telephone Administration Section, Line Section, SSTO Section, Quad Radar Section, Telephone Switchboard and CFB COMMFAC. The Comdr took time out on his visit to present PTE. J. F. Ayotte with a 733 Comm Sqn Aerobics Trophy for accumulating over 1400 Aerobic Points in 9 months. The trophies are presented to all members of the unit who accumulate 733 Aerobic points.

Following the inspection, the officers retired to the Officers' Mess to attend a luncheon for BGEN. Senior, and the WOs and SGTs. retired to the SGTs. Mess where the Command Chief Warrant Officer was hosted to a luncheon.

Brief visits were also made to 733 COMMDet Portage on 5 Apr and 733 Comm Dets Beauséjour and Gypsumville on 6 Apr 77.



BGEN. R. N. Senior inspects the Quarter Guard commanded by SGT. A. W. Watson.

(BASE PHOTO)



PTE. J. F. Ayotte is presented with 733 Comm Sqn Aerobics Trophy by BGEN. R. N. Senior.

(BASE PHOTO)



CAPT. R. L. Swan, Operations Officer, briefs BGEN. Senior on Squadron operations while SGT. R. J. Gottschalk looks on.

(BASE PHOTO)



MWO. J. D. Downes, Technical Warrant Officer 733 Comm Sqn., explains the Tech workshop to BGEN. R. N. Senior, Comd CFCC, as CAPT. R. E. Robinson, Commanding Officer, looks on.

(BASE PHOTO)

CONSTITUTIONAL DEBATE THE RELUCTANT FEDERATION

(fifth in a series)

By KEN BERNARD

It is said that Newfoundland joined the Canadian Confederation (April 1, 1949) with a 51% majority vote of the population. Now that cannot be considered an overly enthusiastic approach to Canada. And yet Newfoundland became part of the federation. There is perhaps a parable in that 51%, which will be useful in appreciating what Canada is.

Canada has never been a gung-ho, whoope kind of country. With the exception of the Centennial Year of 1967 when overt nationalism was unabashedly evident all over the country, Canada has been rather reluctant to go the route of avid nationalism. Our road has been pursued not without some self conscious guilt, however, bathed as we are in the constant tide of the strong nationalism of the U.S.A. Nationalists in Canada paradoxically urge us on to be as nationalistic as the Americans. But we are not. That is just *not* us.

There are probably many reasons for this attitude, one of which is the strong local identity and regional identity evident in the various parts of the country. This is not an unsatisfactory situation. Indeed it is one of the identifying marks of the country. It has produced what we might call a "51% country".

The Canadian Confederation came into being with much work on the part of the federalists, dragging the other reluctant participants behind them. As the other areas joined during the first Canadian Century, there were always large groups who were not totally impressed with the idea of joining Canada. These sentiments never totally died out. The result is that a kind of latent separatism can be found in all the various regions of the country. That this separatism should become embodied in a political party in a very *nationalistic* Province like Quebec should not be surprising.

While territories can obviously join Confederation as partners, we don't seem to have a formula for pulling out of the federation. If a group of people can join with a 51% majority, could they also pull out with a 51% majority? Can a political union be considered an irrevocable union? Would such a move towards independence be a negotiated one? Or would it be simply a unilateral *declaration of independence*? The few times that the Army has been used against the civilian population during our century, have all been disastrous experiences. One can only hope that at this time, wisdom will prevail at the political level so that the mistake of using the Canadian Military will not be repeated. However, these are all some of the hard questions which we have to face up to in this country with the threat of Quebec's separation.

If we posit the possibility that one Province can pull out of the federal union, then we must accept that it is possible for any of the Provinces to do likewise. Quebec, then, has raised some very radical questions about our federation, problems to which we must all address ourselves. The very political union of the various parts into one country is in question. The radical question, then is: *Do we want to stay together?*

The next question then becomes: *How do we want to stay together?* That brings up the idea of re-negotiating the constitution for all the various provinces and territories. Our present political crisis in Canada is thus much larger than just Quebec separatism. As we move toward rewriting the terms of the union, other peoples with a nationalistic identity are claiming their place, just like Quebec. What room can there be for the Dene People, and the Inuit, and the Metis, with their aboriginal land claims, and their more recent political consciousness for self government?

The Canadian Confederation has been a good political experience these past hundred years, though not without its problems. It has proven to be flexible and adaptable. These are the very qualities which are being called upon now, in order to choose a future direction. There are many different people claiming their *place in the sun*. The question is, will they be able to find a place in the Canadian sun?



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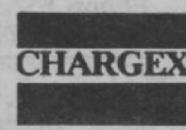
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