

# Voxair

May 19, 1976

CANADIAN FORCES BASE, WINNIPEG

Vol. 25, No. 10

## Commander Air Command Pays Official Visit To CFB Winnipeg

On 29 April 76 LGEN. W. K. Carr Commander Air Command made an official visit to CFB Winnipeg.

Upon arrival LGEN. Carr inspected the parade of Base personnel in 16 Hangar. The parade was followed by briefings

and visits to various sections of the Base during which the Commander was able to meet and talk to many Base personnel.

The visit concluded with a buffet dinner for all Officers, Warrant Officers and Senior NCOs at the WO's and NCO's Mess.

To mark the occasion the Base Commander COL. M. D. Gates presented LGEN. Carr with a plaque showing the Base crest and the collar badges for classifications/trades of all Base personnel.



LGEN. W. K. Carr, Commander AIRCOM, accompanied by COL. M. D. Gates, Base Commander CFB Winnipeg arrives at 16 Hangar to inspect the Base parade.

### A Message From The Base Commander

#### Well Done, CFB Winnipeg

On Thursday, 29 April, we had the privilege of being visited by our Commander, LGEN. Carr.

When General Carr agreed to the visit he made it very plain to me that his primary interest was in getting out in the Sections to meet and talk with the people who are doing the jobs that see our tasks completed. Regrettably, one day does not permit a visit to all Units and Sections on this very big Base and some had to be by-passed.

Although you may not have been visited you can be assured that as we moved about the Base I made sure that all of your accomplishments were made a point of discussion. I know that method is a poor second to being able to personally tell the Commander what you are doing, but no one group was overlooked in my bragging of your accomplishments over the past year which have included the move of Air Command and the Inauguration Parade, assuming



support responsibility for Churchill, a change in aircraft from the Dakota to the Hercules, the twinning programme of 429 and 402 Sqns, the formation of the Air Reserve Group, the Flood, and of course numerous visitors, exercises and a host of small tasks necessary to keep the Base operating. And it was done while we had people away in Alert and Danaca. It has been a busy year and everyone has worked hard, and your results have been in keeping - very good even when the conditions were pretty demanding.

At the conclusion of his visit, the Commander expressed his pleasure with the Base and what he saw, the activity, the results and - most importantly - with the enthusiastic attitudes he found wherever he went. I was confident that this attitude, in true Base Winnipeg fashion, would impress him as much as it does others who visit here and witness your efforts.

It was a truly successful visit by our Commander because of your efforts. Well done Base Winnipeg.

### The Great Pension Squabble

OTTAWA (CFP) - "We're just seeking a better deal for the Canadian Forces pensioner."

That's the word from Daniel Nadon, 55, of St. Thomas, Ont., an ex-RCAF serviceman and national president of the recently-incorporated Canadian Forces' Long-Service Pensioners' Association (CFLSPA). He says the organisation represents about 50,000 former service personnel receiving pensions.

The association presented a brief last fall to the Special Joint Committee on Employer-Employee Relations in the Public Service, and met with several MPs to discuss grievances on behalf of ex-servicemen.

What some pensioners want

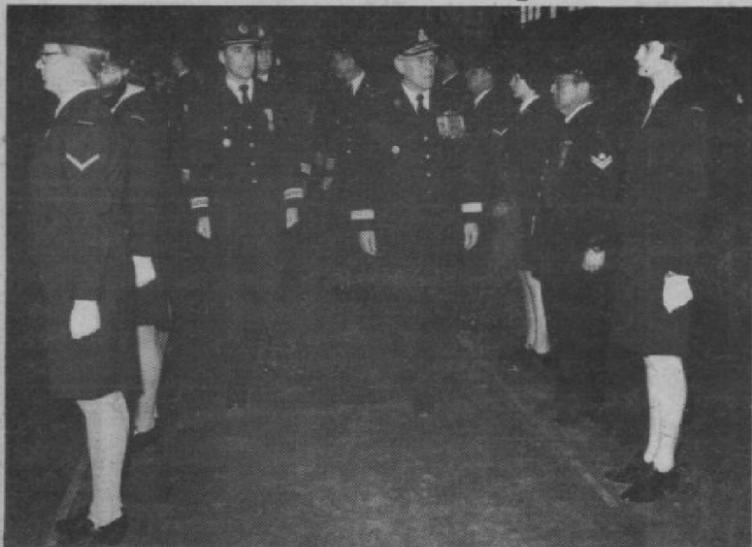
Among the submissions presented was a complaint about the minimum age (55), a retired serviceman must reach before he is eligible to draw a pension that is adjusted annually to the increase in the consumer price index (CPI).

"Most Canadian Forces personnel reach compulsory release age (CRA), while in their 40s; and it's not uncommon for many to wait about 15 years before they are able to receive pensions that are adjusted to the CPI," the 24-year air force veteran said.

The current requirements of See PENSION Page 13 Col. 1

### More Photo Of Commander's Visit Page 3 - All Pictures By Base Photo

### The Parade Inspection



MAJ. S. R. Orlando accompanies the Commander on inspection of No. 3 Squadron.

MWO Larry Baxter receives the second clasp to his CD from LGEN. W. K. Carr. MWO Baxter enlisted 12 Nov 42 with the RCAF in Regina. He trained in Edmonton and Saskatoon. Larry served in WWII in Europe with the 39th Reconnaissance Wing. He was a civilian for six months, reenlisting in '46 at Edmonton with the RCAF. During his career MWO Baxter was in many different locations in Canada and Europe. He was promoted to MWO in 1968. In 1969 MWO Baxter joined BAMEO in Winnipeg where he has served to the present. MWO Baxter resides at 111 Lismer Crescent in Westdale with his wife Nancy and daughter Dawn. His son Robert resides in Abbotsford, B.C. MWO Baxter is an ardent curler and golfer.



### A Pleasant Duty 2nd Clasp Awarded To MWO Larry Baxter

### Commander Thanks Base Winnipeg

Base Commander  
Canadian Forces Base Winnipeg  
Westwin, Manitoba  
R2R 0T0

#### LETTER OF APPRECIATION PRAIRIE REGION FLOOD OPERATIONS

1. During the period 14 - 26 Apr 76 a large number of Forces personnel from your Base were employed on the Civil Emergency Operation which resulted from the Assiniboine River flooding over its banks. I am very grateful and most appreciative of the extraordinary effort made by all ranks in discharging a number of difficult and unusual tasks assigned to them. I was most impressed by the cheerful competence and professionalism displayed by all concerned throughout the operation. It is largely as a result of their efforts that the inhabited areas of the Assiniboine Basin below Portage were spared from even more serious damage than actually occurred. 2. Please convey my sincere appreciation and admiration to those involved for a job very well done.

W. K. Carr  
Lieutenant-General  
Commander Air Command

## I CEU Keeps busy year round

OTTAWA - Northern airfield construction by the Canadian Armed Forces, a multi-year program begun in 1970, resumed the end of April with summer-long work scheduled for Cape Dorset, Eskimo Point and Pond Inlet.

Two of the planned six strips have been completed so far, at Whale Cove and Pangnirtung, and two more are scheduled for completion this summer, at Cape Dorset and Eskimo Point.

Work on the Pond Inlet site is scheduled to finish in 1977, when construction at Repulse Bay will begin, using equipment shipped in from Cape Dorset at the end of this summer.

Airfields consist of a packed gravel strip 4,000 feet long and 300 feet wide, capable of supporting aircraft as large as the Lockheed C-130 Hercules used by military and commercial carriers.

Strips are adjacent to native communities. When completed, they will be turned over to the ministry of transport.

In the past, all work on northern airfields has been done by military engineers. However, this year there will be only three servicemen on each site. The rest of the 17-22 members of each construction crew will be Inuit, hired from local communities.

Work on the three sites began the end of April and the Cape Dorset and Eskimo Point airfields should be finished by mid-Sept. One crew will return to Pond Inlet in 1977 to complete the strip there.

Each site has three bulldozers, one grader, three dumptrucks, two frontend loaders and two compactors. The equipment was shipped to the sites by barge or boat from Montreal or Winnipeg, via Churchill, Man.

Major problem encountered by construction crews has been permafrost which, even in high summer, allows only the top 12 inches of earth to be scraped off. If levelling operations require more depth than that, crews have to wait for the sun to melt the

## "Congratulations" I CEU Awarded CDS Commendation.



GEN. J. A. Dextraze, presents a chief of defence staff commendation to LT. COL. W. D. Johnston, commanding officer of No. 1 Construction Engineering Unit (1 CEU) during a visit to Winnipeg May 13. In June 1975, 1 CEU was tasked with the first phase of a three-phase program to replace obsolescent buildings and facilities at CFS Alert, Canada's northernmost defence installation. Despite the remote location, uncertain weather conditions, permafrost and a complicated supply route the unit completed the project on schedule in an area where the outdoor working season is approximately 100 days long. The commendation reads: "Implementation of the project on schedule, and new buildings, equipment and runway lighting completed during the first construction season, are tangible results of the leadership and energetic application of resources by 1 CEU." The commendation, normally made to individuals, is the first ever to a CF unit.

(CANADIAN FORCES PHOTO)

next layer of permafrost before they continue.

During the months of July and August temperatures at the sites seldom go above 10 degrees Celsius, and crews will work round the clock in order to take advantage of the 22 hours of daylight at that latitude.

Each crew will receive one support aircraft flight a week to bring in spare parts, fuel, rations and mail. A Canadian Forces Buffalo aircraft flight, with its short takeoff and landing (STOL) capability, will originate in Trenton, Ont., and make stops at

Winnipeg, Churchill, Man., Cape Dorset, Pond Inlet, Frobisher Bay and Eskimo Point during its five-day flying schedule.

Fuel for the Buffalo will be dropped at Pond Inlet by Canadian Forces Hercules aircraft from Edmonton, using the low altitude parachute extraction system (LAPSES). The Hercules will fly over the drop site at an altitude of between five and 10 feet and deploy a drag parachute attached to the palletized cargo inside the aircraft. Air resistance on the chute pulls the cargo off the aircraft rollers and deposits it

gently on the ground. Each Hercules will deposit 30,000 pounds of cargo in this manner.

Construction crews will be in constant touch with their headquarters at No. 1 Construction Engineering Unit, Winnipeg, by telephone, using the latest in satellite technology.

On completion of their work in late Sept., the threeman military crews will prepare their equipment for shipment to Repulse Bay, and fly home.

A mule cannot go forward while he is kicking.

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*Voxair*

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# Commander's Visit to CFB Winnipeg

cont'd from page 1



## Aircraft Repair Machine Shop

PTE. Miles Knapp in Aircraft Repair Machine Shop discusses the modification to the C-130 tow bar with the Commander.



## Safety Systems Section

L-R. SGT. Tom Lyons, LT. Graham Keene, LCOL. Jim McNeil at the Safety Systems Section.



## BMAINT LD

MWO. Tom Hudson of B Maint Ld explains the 1 1/4 ton vehicle replacement programs to LGEN. Carr. On the left is CAPT. Dunc Dunsmore.



## Avionics Repair

LGEN. Carr visits Avionics Repair and talks with (L-R) MCPL. Bud Oxford, SGT. Don Bremner and CWO. Bart Bartley.



## Base Supply - Computer Centre

L-R - John Finlayson SCO, LGEN. W. K. Carr, PTE. Linda Hayes, and CPL. Joey Nevin watching the high speed printer in the computer centre at Base Supply.



## Dental Section

CAPT. Dick Hunt, the Dental Officer at South Site discusses dental equipment with the Commander and COL. Gates.



## Avionics Laboratory

On entering Avionics Laboratory, the COMD is met by (L-R) PTE. Don Bayliss, CPL. Pat Grandmason and MCPL. Mike McSween.



## Base Supply - Non Technical Workshop

LGEN. Carr and COL. Gates talk with Fred Dwyer, a master cabinet maker in Non-Technical Work Shop at Base Supply.

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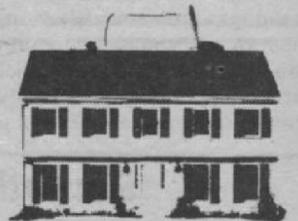
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• by R. Kohlberg •

**SHOES AND JEANS AND SWEET-AND-SOUR SPARERIBS...**

When the Unicity shopping centre opened last fall, I wondered about its name, Unicity Fashion Square. I had thought it would be another large sprawling shopping centre with everything in it, but I found that the accent is, in fact, on 'fashion' (as some people see it). Shoes, mostly. Shoe stores are everywhere, displaying the far-out mod platform types prominently. I bet you couldn't get a normal 'sensible' pair of middle-aged oxfords in the whole place if you tried. Everything for the Pepsi Generation, or whatever is replacing it these days (the Pepsi Generation must be into their thirties by now).

And then there are the stores that feature the other 'fashion' en vogue now—tight jeans. Preferably wrinkled and faded and used-looking. I have never been able to understand that particular kind of wearing apparel and its popularity. I should think that most kids have no trouble getting their jeans ragged and worn in no time, and if you leave them sitting in the dryer after they're done, wrinkles appear by themselves. But I guess you can't create the authentic slob effect with just natural sloppiness—it looks much better when produced artificially and packaged for instant consumption, like onion soup and frozen pie. (Nobody makes onion soup from scratch any more.)

Where they get the 'Square' in the name, I don't know. I think the structure is pentagonal or perhaps hexagonal, but definitely not square. It is decidedly a place for the young and boisterous. Loud music (music?) blaring from unseen loudspeakers, kids and teenagers wandering around en masse with their mouths full of pop and ice cream, shopping carts clattering over reverberating tiles, harassed young parents with screaming kids, and occasionally a dazed displace-looking middle-aged couple.

Of course there are other shops in the shopping centre, which are noticed on second look: notably jewellery stores, banks (with nobody but some bored clerks in them), knick-knack places, a couple of department stores (one of them a poor satellite of the downtown parent) and a grocery chain store which has young attendants taking your bags out to your car for you — you are not allowed to wheel the shopping cart out of the stores and load the stuff yourself, they insist on giving you this personalized service. Only, if you do your shopping when other people have the same idea, you wait in a captive line and wait and wait. Frustrating.

This huge shopping complex does house a variety of shipping facilities, but it lacks quite a few fundamental services one would like to have available in a suburban shopping centre of this size and proportion: there is no post office, no dry-cleaning establishment, no licensed restaurant, no movie house, no liquor store, no bakery, no delicatessen. And it isn't as if the neighborhood were featuring any competition along these lines. Not at all.

Walkin through all the clamour from end to end makes people hungry. So they installed a large eating area with plastic, multi-colored benches, tables, and chairs, and they surrounded this space with small and large establishments producing and selling hamburgers, ice cream hot dogs, 'home-made' soup, holobchy, sandwiches, souvlaki, pizza, fried rice, shrimps, chop suey, and sweet-and-sour spareribs. It's like Folklorama without the dancing and singing. Some of this food is quite authentic and good, especially when you take it out (some of the shops provide take-out service) and leave the noisy Square behind.

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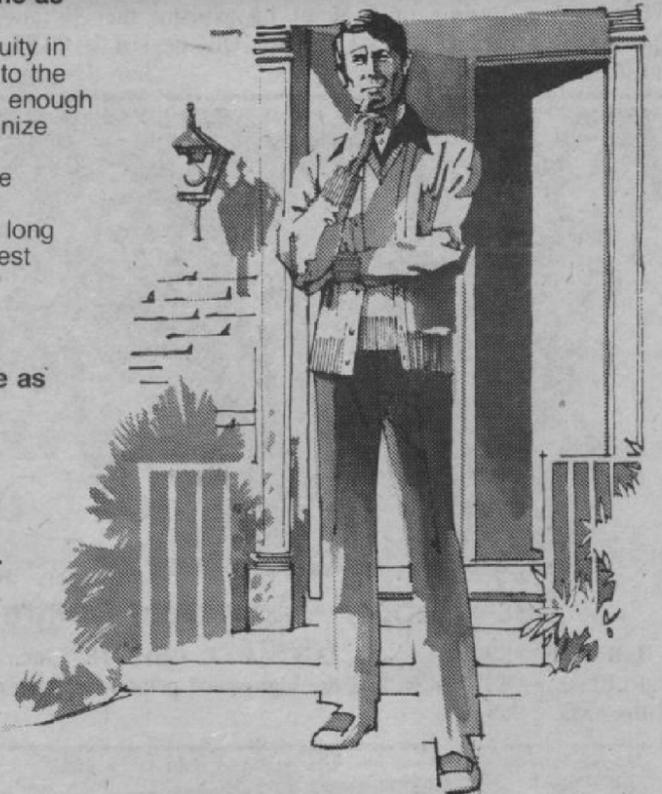
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# "HELP GEORGE DO IT"



## Accomplishments To Date In Energy Savings

This is the final article in our "Help George" series and the purpose is to underline some of the positive aspects achieved to date in energy conservation. Although we certainly have a long way to go, its heartening to list some of the accomplishments and measurable savings that have resulted thus far. We feel it is as important to publicize our accomplishments as it is to solicit your support and suggestions on how to economize. To put it all together, a Base Energy Conservation Committee has been formed under the chairmanship of the BISO with representatives from practically every section and unit on the Base. A committee was considered necessary to staff and monitor the vast amount of input from all levels on the important subject of energy conservation. The first meeting was held on the 25th of March and implementation of several conservation practises has been put into effect. One of the key taskings was the appointment of building energy wardens to help out in fine-tuning the energy needs of each building. Some of their duties include monitoring building lighting to ensure unused lights are turned off, and monitoring building appliances and thermostat settings. It's a big undertaking but the potential savings are certainly worth the effort.

One of our first yardsticks has been an evaluation of fuel savings which have resulted from the introduction of compact cars into the Base vehicle fleet as substitutes for intermediate sized cars. The survey covered the period from Jul 75 to Mar 76. The compact and intermediate cars were used on both urban and rural functions during the survey period. It was found that the use of compact cars saved just under 6 miles to the gallon. This represents a saving of just under 35%. Overall the compacts used 7360 gallons of fuel during the survey period, however, if the cars had been intermediates then the consumption would have totaled just under 9930 gallons. The saving, therefore, was 2570 gallons, or in dollars, a saving of over \$1,014.00. Although our monetary savings are relatively modest, NDHQ, basing their study on last year's vehicle utilization, estimate a significant annual saving of almost a half million gallons of fuel across the forces. This brings us back to the whole philosophy of a conserver society approach - if everybody helps with their own relatively small input into the programme, the savings measured across the Forces, or the nation, rapidly accumulate into a significant amount.

A number of measures have also been taken to effect operating economies with our aircraft. CFANS and 429 Sqn have jointly designed new, shorter navigation training routes to conserve fuel on C130 operations. New cruise profiles will be employed which involve flying at higher altitudes and constant true air speed of 260 Knots. The initial indication shows potential savings of approximately 6000 lbs per mission or, 3,420,000 lbs per year. Further, 429 Sqn has shortened the duration of T-33 local training trips by reducing the fuel load to 492 gals vice 542 gals. With the 492 gal load, the tip tanks contain 100 gals each and thus there is no requirement to pressurize the tip tanks prior to take-off resulting in reduced ground running time and a corresponding reduction in fuel consumed. The total potential aircraft fuel saving is in the order of 3.6 million lbs or 464 thousand gallons of fuel per year.

The CE Section has come up with an impressive list of energy conserving projects covering a diversity of areas of potential savings. Some of the proposed projects are to increase wall insulation in the East Site buildings; install time clocks on exhaust fans, compressors, and pumps; recirculation of heated air from equipment rooms to heat building floors; installation of ceiling fans to force warm air down to floor level; and an extensive programme of roof repairs, some of which have already been approved for this summer. Building temperature setting guides have been received from AIRCOM and these will be used as a standard by the building energy wardens and CE.

One of the most significant areas for energy conservation is in PMQs and the continued support of PMQ residents is vital if we are to achieve the desired savings. A recent survey conducted for the U.S. Govt, for example, showed that when meters were installed and individual utility charges were levied on residences, energy consumption was reduced by as much as one half. Rumour has it that within 2 years all PMQs will be metered. Now is the time to develop and put into regular practise our energy savings habits! By doing so, not only is our key energy saving programme made a winner, but we will have acquired a conserver routine that will minimize our utility costs. The CE section have several projects planned to assist PMQ residents so that it is an overall effort. The main projects are the replacement of gravity design furnaces with gas/oil furnaces; the replacement of oil furnaces with gas furnaces if and when this is economical; the

## RADM Collier Inspects HMCS Chippawa

WINNIPEG - On April 27, Rear Admiral A. L. Collier, CD, Commander Maritime Forces Pacific, inspected the Ship's Company of HMCS Chippawa as part of Maritime Command's Annual Inspection program. Following last year's annual inspection, HMCS Chippawa was awarded the Naval Reserve Proficiency Trophy for being the best of Canada's Naval Reserve Units.

Following his review of the personnel and facilities at Chippawa, Rear Admiral Collier discussed the importance of the Naval Reserve in helping Maritime Command to meet its tasking of maintaining Canadian sovereignty.



Rear Admiral A. L. Collier, Commander Maritime Forces Pacific, talks to Chief Petty Officer D. Deason, Bandmaster of HMCS Chippawa's band, during his recent Annual Inspection of Chippawa, one of Canada's eighteen Naval Reserve Units. Lieutenant (NR) D. Conrad and Commanding Officer Captain (NR) Fox-Decent look on. (CF PHOTO)

### SEEN A



### MOVIE LATELY?

installation of metal window sashes, the replacement of old style doors with metal combination doors; the upgrading of attic insulation; and, the upgrading of wall insulation. A hearty thanks also goes to the people who have submitted some excellent energy conservation suggestions. The CE section is doing evaluation and feasibility studies on these ideas as they are received.

Finally, remember that the best way to conserve energy is by being your own personal energy warden. By Helping George Do It we are also helping ourselves and ensuring an energy supply for the future.

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Howdy herd! It's time to say farewell to CFANS Courses 7502 and 03 who graduate on 20 May, and welcome to Course 7604 who recently flew their familiarization flight combining a nav detail with a stop in Ottawa to pick up a planeload of passengers, which included the last ICP course returning from their course visit. LCOL Allingham, also on the visit, continued on to Trenton, however, where, along with COs of other units, he discussed fuel conservation policies in the Forces.

Out in the Comox area, where nav courses about to graduate receive a familiarization trip on Search and Rescue (SAR) procedures in the Hercules, Ernie Canivet, John Lumley, and Roy Wood escorted the latest group navs to an actual search for a light aircraft in the Fort Nelson area. Any student who did not fully appreciate the comfort of flying at altitude in an air-conditioned, smooth environment, probably turned thankful that the bouncing, turbulent, Dakota nav training days are over.

In the Orderly Room, Marg has been preoccupied with the recent F-5 accident investigation to the point of even being in the office on Mother's Day. Rick Pockett has also been here long enough to realize that Ops is truly a flexible organization and that claims accommodations, and SF bookings have to be amended ad infinitum.

The trip of the month this month has to be the Bermuda weekend trip which airlifted 60,000 lbs. of spare parts, and

freight from Bermuda to Shearwater and Greenwood in support of a recently completed Maritime Command exercise. As we go to press, the people scheduled for the trip are Jim Anderson, Warren Everett, Don MacDonald, Dan Jones and Ben Corbeil. For those that find Bermuda a little warm, the Squadron is airlifting construction materials to CFS Alert via Thule, Greenland on the long weekend. Mind you, we hardly stay long enough to get to know the natives, but it sure beats the iron triangle. Some argue that the trip of the month award should go to the well known Canada Cup Golf Competition crewed by Bill Stenberg, Major Ray Brown, acting aircraft commander, Fred Pratt, Brian Fritsch, Glen Morgan and Jim Tomlinson. However, it certainly is pleasant to break out of the Winnipeg to Winnipeg rut again.

The Operational Evaluation Team from ATG in Trenton; Maj. Newman, Kelso, Kelly, and CAPT. Dawe, spent a week at the Squadron checking, among other things, Ray McAnally's forced landing book, Major McIntyre's latest green ticket, G-17s at CFANS, and, most important, the proficiency and standardization of the Squadron's pilots and flight engineers. After their tour, they made observations as to where our operation may be improved.

Seen about: Willy Williamson drinking milk.

Over head: Wayne Hess, long time resident of Winnipeg, getting posted to 436 Sqn in Namao. So Long.

## CF 104s in Tactical Weapons Meet

On April 28 four CF-104 Starfighters left the Canadian NATO base at Baden-Soellingen, West Germany, for the Allied Air Forces Central Europe (AAFCE) tactical weapons meet, at Twenthe air-base, near the city of Enschede in the extreme eastern part of the Netherlands.

The meet is organized as a practical test of AAFCE's two Allied Tactical Air Forces and is not a competition between nations. Aircrews from Belgium, Britain, Germany and the Netherlands will form a team representing the Second Allied Tactical Air Force (2 ATAF). They will compete for the title of meet champion against a team from the Fourth Allied Tactical Air Force (4 ATAF), composed of fliers from Canada, Germany and the United States.

The 4 ATAF team was selected by a special draw conducted by the commander AAFCE on 26 February. The Canadian portion of the team is composed of Major J. R. McCullough, 39, 439 Tactical Fighter Squadron, Captain R. H. Patterson, 31, 421 Tactical Fighter Squadron, Captain B. Card, 29, 441 Tactical Fighter Squadron, and Captain W. N. Pirie, 34, 1 Canadian Air Group headquarters.

The emphasis during the preparation for the meet by the Canadian team has been on low level navigation and weapons delivery.

"Because the meet is being held in 2 ATAF country which is different from the area in which we usually fly, we had to do quite a bit of work on our low level navigation," says Major McCullough, Canadian team captain.

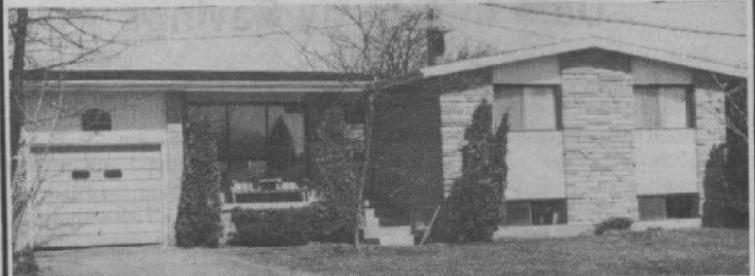
During the meet, ranges at Vliehors situated in the North Sea and belonging to the Netherlands and the Elsenborne Tactical Range in Belgium will be used.

A ground crew of approximately 50 personnel will provide the necessary maintenance for the Canadian aircraft during the meet which officially opens on April 30. Competition flying, which is to begin on May 3, will feature a variety of air tactics, including bombing, rocketry and strafing.

## Tennis Clinic - For Details See Page 10



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Major R. D. J. Brown, pilot leader at 429 (Composite) Squadron, congratulates and presents a Lockheed 5000 hour scroll to CAPT. Ray McAnally on achieving 5000 hours in the C130 Hercules. CAPT. McAnally, a pilot at 429 Squadron, has been flying the Hercules for over ten years.

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Mr. E. Vopni of the Manitoba Provincial Committee, Air Cadet League of Canada, presents the Ed Vopni Trophy for 1974/75 to 170 St. James Kiwanis Squadron, Royal Canadian Air Cadets. Accepting the Trophy on behalf of the Squadron, is WO Brian Renaud.

This the fourth consecutive year that 170 Squadron has been awarded this Trophy. The Ed Vopni Trophy is awarded annually by the Manitoba Provincial Committee, Air Cadet League of Canada, to the Most Proficient Squadron in the Province of Manitoba. It also marks the 13th year of 17 that 170 Squadron has won this award.

## Awards Presented To 170 St. James Kiwanis SQN. Royal Canadian Air Cadets



Brigadier-General J. T. West CD, Chief of Staff Support Services, Air Command, presents on behalf of the Commander, The Training Command Trophy for 1974/75 to 170 St. James Kiwanis Squadron, Royal Canadian Air Cadets.

Accepting the Trophy on behalf of the Squadron are WO1. Normand Lambert, WO1. Brian Renaud, Civilian Instructor Tom Szczerski and WO2. Eugene Manchur.

This is the first year that the Trophy has been awarded. The Training Command Trophy was awarded for 1974/75 to the Most Proficient Cadet (Sea, Land and Air) Corps in Prairie Region.



Brigadier-General J. T. West CD, Chief of Staff Support Services, Air Command, presents on behalf of the Commander, The Commander's Certificate of Achievement for 1974/75 to 170 St. James Kiwanis Squadron, Royal Canadian Air Cadets. Accepting the Certificate on behalf of the Squadron, is WO2. Eugene Manchur.

This is the second consecutive year that 170 Squadron has been awarded this Certificate. The Commander's Certificate of Achievement is awarded annually to the Most Proficient Air Cadet Squadron in Prairie Region.

### CDS Commendation



General Jacques Alfred Dextraze  
CBE, CMM DSO, CD

OTTAWA — Quick action which averted a fatal accident on a grenade assault course at Dundurn, Sask., last October, has earned a commendation from the chief of the defence staff, General J. A. Dextraze, for Master Corporal Lloyd A. Ironstand, 28, of Shortdale, Man.

M/CPL. Ironstand, then with the 2nd Battalion, Princess Patricia's Canadian Light Infantry (PPCLI) in Winnipeg, pulled a soldier to low ground after he accidentally dropped a live grenade near the throwing area.

The grenade exploded a few seconds later but no one was injured.

Lieutenant-Colonel R. I. Stewert, commanding officer of 2 PPCLI, reporting on the incident, said "... (his quick and decisive action clearly saved both himself and (the other man) from serious injury ..."

Brigadier-General P. A. Neatby, commander of 1 Combat Group, added that "the type of leadership and self-assuredness that he demonstrated in coming to the aid of his subordinate is what every commander hopes to find in his men."

M/CPL. Ironstand is the son of Mrs. Margaret Ironstand of Shortdale, Man.

Chief of the defence staff commendations are awarded to members of the Canadian Forces who, beyond the call of normal duty, perform a deed or an action worthy of commendation.



Mr. W. A. Mildren, Chairman of the Manitoba Provincial Committee, Air Cadet League of Canada, presents the Sword of Honour for 1974/75 to 170 St. James Kiwanis Squadron, Royal Canadian Air Cadets. Accepting the Sword on behalf of the Squadron, is WO1. Normand Lambert.

This is the second consecutive year that 170 Squadron has been awarded the Sword. The Sword of Honour is awarded annually by the Air Cadet League of Canada to the Runner-Up to the Most Proficient Air Cadet Squadron in Canada.

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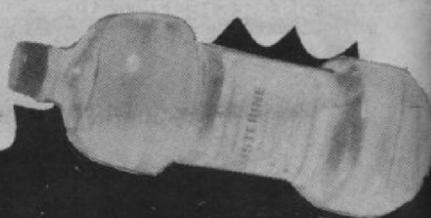
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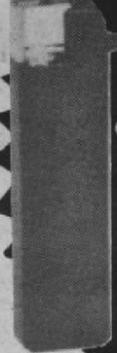
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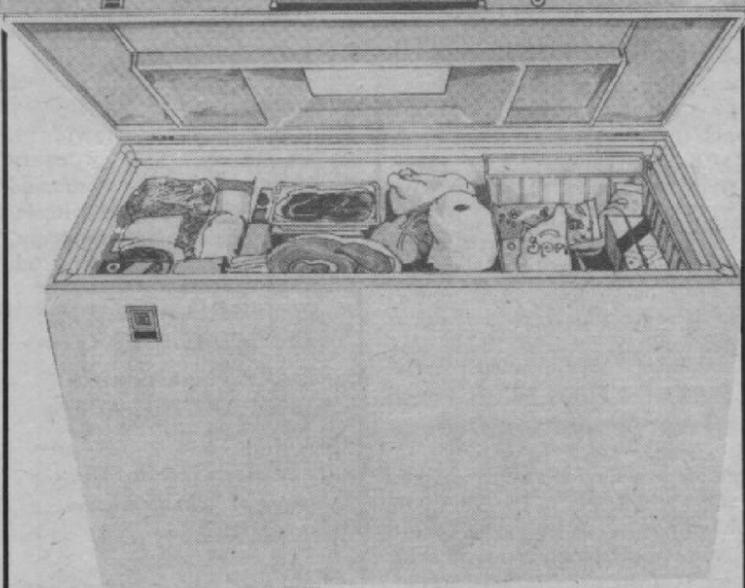
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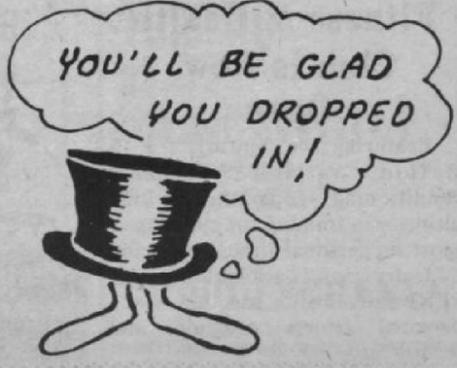
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# voxair sports

By Sports Editor - MWO. Les White

By CAPT D. CANTLEY



Thanks To  
**Capt. Doug Cantley**  
 For Your  
 Informative  
 Articles And  
 Your Inspiration  
 As An Athlete.  
 And, Bon Voyage.

### JOGGERS

During the summer months, a wide variety of runs and races has been scheduled for the Winnipeg area. The Manitoba Runners' Association (MRA) has attempted to provide runners of varying calibre an opportunity to run with and compete against someone of similar potential. The major races are listed here:

30 May	Manitoba Open Marathon	U of M
6 Jun	5 mile	Kenora
26 Jun	North Dakota Marathon	Grand Forks
3 Jul	Red River Ex. 15 km, 5 km	Wpg. Stadium
11 Jul	25 km Championship	Wpg.
1 Aug.	Icelandic 10 mile	Gimli
	3 km Fitness	
15 Aug.	Hi Neighbor 3 km Fitness	Transcona
	10 km, 20 km, 30 km	
5 Sep.	Labor Day Marathon	St. Vital Park

Anyone desiring further details on summer races or about the Manitoba Runners Association should contact Charlie Paille of the Manitoba Sports Federation at 942-7424.

Spectatoritis - A dreaded disease DO something about it!

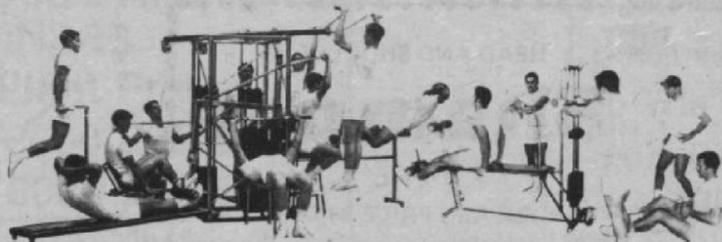
## Command PERO Practices What He Preaches



BGEN. J. T. West presents MAJ. J. J. Kasanda with the scroll and red seal emblematic of excellence in aerobic performance. MAJ. Kasanda, Command Physical Education and Recreation Officer, Air Command, completed the 1200 "units" by jogging and swimming in 11 months well within the 2 year limit.

## Westwin Fitness & Health Club Is Now Open

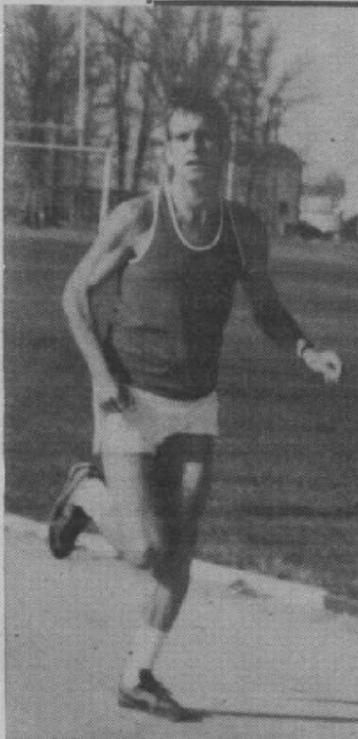
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## CDS Congratulates Capt. Doug Cantley For CF Marathon Win.

FOR BASE COMMANDER FROM CDS  
 SUBJECT: CF NATIONAL MARATHON CHAMPIONSHIP 1976  
 1. PLEASE CONVEY MY SINCERE CONGRATULATIONS TO 419 355 110 CAPT. D. CANTLEY ON HAVING WON THE OPEN CATEGORY CHAMPIONSHIP IN THE LIST OF NATIONAL MARATHON CHAMPIONSHIP HOSTED BY CFB OTTAWA 2 MAY 76.  
 2. GOOD SHOW



The 1976 Canadian Forces Marathon Championship was held in Ottawa on Sunday, May 2, in conjunction with the Fifth Annual National Capital Marathon. The race also featured the Olympic Time Trials, so most of this country's better runners were present. Jerome Drayton, Canada's Olympic favourite who had already qualified for the Olympic Team, did not compete. Over 540 official competitors were at the starting line, or as close as they could get, when the gun started the race at nine a.m.

The 26.2 mile (42.195 kilometer) course started and ended at Mooney Bay Sports Complex, close to Carlton University. The out-and-back route followed the Rideau Canal, passed the Parliament Buildings, then ran beside the Ottawa River along the traffic-free NCC Parkway. Officials for the race were those who will officiate at the Olympic Marathon on Jul 31. Frequent refreshment, sponging and timing stations were manned by hundreds of cheerful volunteers. For most of the race, the weather was nearly ideal, with a temperature of about 12°, cloudy skies, and a light breeze. This breeze became a bit of a wind after two hours so the 6 mile homestretch was run into a moderate headwind. Indicative of the fine Marathon conditions were the large proportion of finishers (82 percent) and the large number of personal records set (the winner cut 6 minutes off his previous best time).

Winner of the Open Class, and consequently a teammate to Jerome Drayton on the Olympic Team, was Wayne Yetman of Toronto who finished in 2:16:32. The first of the nine Manitobans to finish was Rick Bourrier of the University of Alabama whose time of 2:21:02 gave him sixth place. Manitoba runners fared well, with 6 runners among the top 29 finishers. Several females competed, with the first finishing in just over three hours.

This was the third Forces' National Marathon Championship. The first was run in October 1973 in Montreal and was won by CAPT. Al Kimick of Calgary in a time of 2:35:07. In September, 1974, St Jean hosted the second championship, which was won by SGT. Ivon Dumont in about 2:45. There was no official 1975 Forces Championship but a large contingent of Forces members competed in the Canadian Marathon Championship held at Kitchener on October 11. SGT. Fen Gray was the first Forces member to finish with a time of 2:44:17.

This year 35 members of the Canadian Forces competed for the Military trophies. Runners came from CFB Europe, Nova Scotia, Ontario, Winnipeg, Edmonton and Esquimalt. With 33 finishers, we had an outstanding 94 percent success rate. For many, this was a first try at marathon racing; for others, it was old hat; some have been running since marathon racing was first introduced into Canada. Many are veterans of Boston and previous Forces meets.

Winner of the Military Open category was **Captain Doug Cantley of Winnipeg**. His time of 2:31:31 was a personal best by nearly 13 minutes and bettered the Forces record by 3½ minutes. Second in the Military Open was CPL. Michel Begin of Ottawa in 2:44:04. He was followed by SGT. Fen Gray of Halifax in 2:48:17. Winner of the Military Masters category was CAPT. Bill Buck of London whose 2:51:16 made him sixth in the Military. The Military Team Championship went to the Ontario 'A' team of CAPT. Bill Buck, CAPT. Ken Parker of Ottawa (2:54:46) and SGT. Art Vondette of Toronto (2:55:08). MAJ. Ben Rathbone, formerly of Winnipeg, now in Trenton, beat the three hour mark for the first time with a twelfth place finish of 2:56:26.

### Tennis Clinic

There will be a two session tennis clinic given by Mr. Don McWhirter of the Manitoba Tennis Association beginning on Thu 27 May 76 from (7 p.m. - 9 p.m.) at the Westwin tennis courts. Date of session number two will be announced on 27th.

This is a beginner's clinic and the cost of the two sessions is \$2.00, which includes the Manitoba Tennis Association registration.

The first 16 entries will be accepted only.

## Bordenaires Jog To Olympics

OTTAWA - A 12-man relay team from Canadian Forces Base Borden will give the Olympic spirit a hefty boost when they start out on the first leg of a 380-mile run from Borden to Montreal, May 17.

The team, lead by Captain Jack Miller, 31, of Merritt, B.C., and Master WO Vic Vermaat, 44, of Renfrew, Ont., is made up of volunteers from the base's units and schools.

Miller and Vermatt, staff members of the Forces' School of Physical Education and Recreation, came up with the idea earlier this year as a means of promoting physical fitness in conjunction with Canada's role as host country for the 1976 Olympiad.

The team's route to Montreal will take it through Trenton and Kingston, Ont., and Valleyfield, Que., with a short stop at Kingston to present the base commander with a scroll acknowledging the base's commitment to the coming games.

Though the marathon will primarily involve the actual team members, several "guest" runners have already expressed a desire to participate. BRIG-GEN. L. V. Johnson, 46, commandant Canadian Forces Training System, based at Trenton, may join the runners for a "leg" when they reach the Quinte area.

Major Peter Nelson, 41, of Edmonton, commandant Canadian Forces School of Physical Education and Recreation, and Major Cliff Ruttan, 41, of Steveston, B.C., Training System's Command Physical Education Officer and provincial regional sports director, have also indicated their willingness to do part of the run.

By the time they arrive in Montreal, May 19, each of the runners will have completed 11 three-mile legs and logged over four hours running time.

The team will be officially met at the St. Hubert garrison by Major General G. G. Brown, 54, of Saskatoon, Sask., deputy commander of Mobile Command and Colonel A. J. Dechastelain, 38, of Calgary, base commander, Canadian Forces Base Montreal.

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# Canadian Forces National Badminton Championships

## CF NATIONAL BADMINTON CHAMPIONSHIP RESULTS

The 1976 CF National Badminton Championship was hosted by CFB Winnipeg at Lipsett Hall over the period 26 - 29 April with six regions represented by 17 bases, 3 stations and one unit competing.



**The Competitors**

### Team Standings

Region	Place	Points
Ontario	1st	120
Quebec	2nd	100
Atlantic	3rd	94
Prairie	4th	66
Pacific	5th	52
Europe	6th	18

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**Team Champs - Ontario**



**Open Doubles**  
**Capt Jim Roszell & MCpl Rick Fillion**



**Open Singles - Cpl Dick Gilbeau**



**Senior Singles - MCpl Ed Lagace**



**Senior Doubles - MCpl Ed Lagace & Sgt. Lionel Higham**

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## Padre DeLong Appointed Deputy Command Chaplain

NORTH BAY, ONTARIO (NORAD) - Lieutenant Colonel Paul F. DeLong Air Defence Group Chaplain based at North Bay, has been transferred to the Winnipeg Headquarters of Air Command as Deputy to the Command Chaplain. During his three year tour in North Bay, Padre DeLong served as honorary assistant at St. Johns the Devine parish and an assistant to the chaplaincy of the Canadian Forces Protestant chapel.

Primarily, Padre DeLong is tasked to give spiritual direction and leadership to chaplains and the congregations of nine bases and twenty radar stations stretching from British Columbia to Newfoundland and at the chain of DEW Line sites across the North West Territories.

Padre DeLong is a graduate of Kings College and Dalhousie University and was ordained to the ministry in 1949. Following five years in the diocese of Fredericton, he joined the RCAF and has served as chaplain on military bases throughout Eastern Canada, Manitoba and Overseas, subsequent to his posting to North Bay in 1974.

Mrs. Betty DeLong also active in the North Bay City and Military Community services, along with their five children will join Lieutenant Colonel DeLong in Winnipeg late in June.



NORTH BAY, ONTARIO (NORAD) - Lieutenant Colonel Paul F. DeLong, Air Defence Group chaplain is transferred to Air Command Headquarters in Winnipeg and appointed deputy to the Command Chaplain after a three year tour in North Bay.

### News From St. Georges

All is well here in the south. Spring has arrived; the grass is getting greener day by day, and things are moving right along.

The Catechetical Program at St. George's Chapel concluded last week-end with the showing of a film entitled "Violins". All in all, it was a successful year. As chaplain, I would like, through the medium of Voxair, to air my voice in gratitude to the following people who gave of their time and talent during this past Catechetical Year.

Major Terry Doyal - co-ordinator of the program.

Miss Valerie de Weile - Grades I and II.

Mrs. Anita Steele - Grade III.  
Mrs. Shirley Robichaud - Grade IV.

Miss Lori Bell - Grade V and VI.

On Wednesday, May 5, fourteen young people from St. George's were confirmed by Bishop Spence at Our Lady of the Airways Chapel. It was a most memorable occasion. My thanks to Major Terry Doyle and Mrs. Shirley Robichaud for helping to prepare these young people.

At the May meeting of St. George's Parish Council, it was decided to change the Sunday Mass time for the summer months from 11:00 a.m. to 9:00 a.m. This is as a result of a parish survey taken last week-end. The change becomes effective on Sunday, June 13.

There are other newsworthy events taking place in and around St. George's, particularly with CWL activities. However, other members from our parish family are and will be reporting these.

### CWL News North Site

The Executive of Our Lady of the Airways C.W.L. was installed at a Mass offered by Father Cremona on May 10, 1976. A delicious Pot Luck Supper followed the installation of officers. Father Len Murphy addressed the group on Methods of Prayer. Father Murphy explained that we must take time to listen to God as well as showering God with our requests and complaints.

The opportunity was taken to say farewell to the three C.W.L. members being transferred this summer. Best wishes were extended to Mrs. Isabel Andriuk, Mrs. Pat Hosang and Mrs. Isabel Szafranski.

Five ladies were presented with small prizes for having attended all the meetings in 1976. They were Mrs. Isabel Andriuk, Mrs. Rosemary Butler, Mrs. Eleanor Kelly, Mrs. Grace Reid and Mrs. Rita Spencer.

The Military Vicariate C.W.L. Convention will be held at the University of Manitoba on May 20th to 23rd. The Theme Day based on the subject "Christianity in the Family" will be held on Saturday. The banquet will follow on Saturday evening and tickets are still available from Mrs. Grace Reid. Everyone is welcome to attend the Convention sessions and you are strongly urged to attend some portion of the Convention. Theme Day will be a particularly productive and enjoyable day.

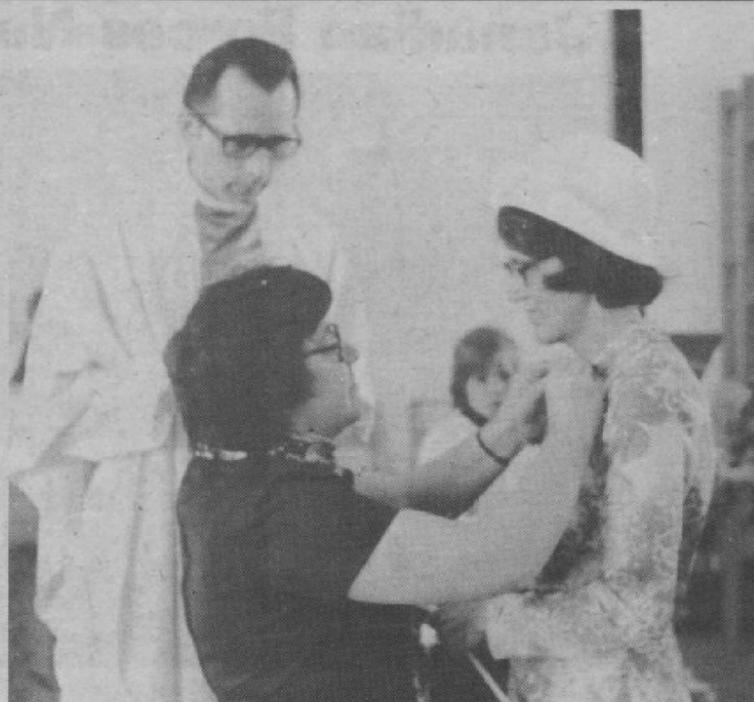
### CWL News South Site

At our April 4th meeting elections were held. The new officers are: Antoinette Daniels, President; Lucille Granger, 1st Vice-President; Thea Revoy, 2nd Vice-President; Rose Murphy, Secretary; Marion Gallant, Treasurer, Phil Rogers, who has put in a very full and active year as President, will now assist us in her capacity of Past President. At this meeting members were also given the opportunity to renew their memberships. All members present did so.

On Sunday, April 25th, installation of officers took place at the 11 o'clock mass. It was a very nice ceremony with our Spiritual Director, Father Nowakowsky, presiding. Antoinette Daniels was presented with a president's pin. A past president's pin was also presented to Phil Rogers.

That afternoon devotions in honour of Our Lady Good Counsel were held jointly with the CWL of the North Site as well as those of Portage and Shilo. The guest speaker was Sister Marie Elle. Attendance was very good. Several of our Spiritual Directors were also present. This was followed by a reception at the home of Phil Rogers.

Our May 2nd meeting was mainly concerning the Military Vicariate Convention to be held May 20th to 23rd. Work is progressing very well but it is keeping us very busy for the present. Also discussed was a Parish Luncheon to be held after the 11 o'clock mass on June 6th at Lipsett Hall. It was the first meeting presided by our newly elected President and we all feel she did a very good job. We especially enjoyed the human interest story about the origin of the Easter bunny and the Easter egg, with which she concluded the meeting.



Past President, Phil Rogers (left), presents the president's pin to Antoinette Daniels (right), our new President.

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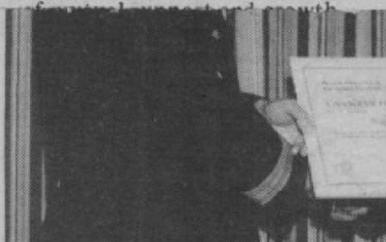
## Protestant Chapel News

There is a lot being said and written about marriage these days, mainly because of the severe breakdown in the traditional "till death do us part" marriages.

We all know couples who have been separated, divorced or drifting apart, and therefore this concerns all of us.

I would like to pass on the "Be-attitudes" of marriage which I read recently, they are positive things we can do to help out ailing marriage relationships.

Happy the couple who belong with each other and care for each other; their's will be a relationship



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# LT.-GOV. Presents Life Saving Awards



The Hon. F. L. Jobin, LT-GOV. of Manitoba presents lifesaving certificates to CPL. Armand Grenier, 27, Trois Rivieres, P.Q., CAPT. Bob Sangster, 35, Winnipeg and Mr. Alex Szklaruk, St. Martin, Man. for a rescue attempt March 16, 1975. Mr. Szklaruk was travelling near CFS Gypsumville, Man. when he came upon a burning car. The driver was pinned by the steering wheel and Mr. Szklaruk went to the nearby base for assistance. CAPT. Sangster, a medical officer, and CPL. Grenier, military policeman, used a fire extinguisher in an attempt to put out a fire around the driver's feet, but the intense heat and possibility of an explosion drove them back. Three persons died in the accident.

## PENSIONS

### Cont'd from page 1

service personnel to be 55 years of age and have 30 years' service before their pensions are adjusted to the CPI are unjust, he said.

"The civil servant can remain within the government for 30 years and pass the age of 55, making him eligible for a CPI indexed pension immediately on retirement," he said. "Here's the discrimination."

Ex-servicemen's pensions should be indexed automatically to the cost-of-living as soon as the person retires, Mr. Nadon said.

Retired servicemen often are forced to take lower-paying jobs while they enter middle age, a time when their children are about to enter university, he added.

About 31,000 ex-service pensioners are not yet eligible for CPI-indexed pensions because they are below age 55 on retirement, and/or have less than 30 years continuous service.

The association's brief also asked for housing assistance for the service pensioner. Because of the transient nature of service personnel, it says, service families find it impossible to sink roots in any community, and find it difficult to buy a house at an early age. It suggested special mortgage-financing arrangements be made, using ex-servicemen's contributions to the pension fund.

The brief also says the current pension system discriminates against women by halving servicemen's pensions to their wives when they die. It requested that a widow receive 100 per cent of her husband's pension after he dies.

"After all, if a service pensioner's wife dies, he continues to get 100 per cent of his pension," Mr. Nadon said. "It should be true for the wife as well."

The brief pointed out that the average widow's pension is less than \$1,000 a year, very much below the poverty level.

About \$130 million of the annual veterans affairs department budget is allotted for pensions.

CFLSPA, chartered last fall, has a current membership of more than 3,000. Serving members with more than 10 years' service are eligible to join as associate members.

More information is available by writing to Canadian Forces Long Service Pensioners' Association, Box 2531, Terminal "A", 217 York Street, London, Ont.

These were the grievances submitted by the CFLSPA — now for some explanations.

#### The way it is

Commenting on the aims of the CFLSPA, the Directorate of Compensation Development at National Defence Headquarters says any association organized to assist ex-service personnel is to be applauded. The CFLSPA is obviously sincere in its requests, and Forces' personnel certainly will not disagree with their aims in requesting more benefits for the pensioner. However, to present grievances is one thing, to find solutions is another.

The first complaint was that a retired service person must reach age 55 before he is eligible to draw a pension that is adjusted annually to the increase in the consumer price index. The viewpoint of the CFLSPA is that an annuitant should receive escalation immediately when he retires.

This sounds reasonable, but because of the Forces' earlier retirement ages, there would be a requirement for significantly higher premiums to be paid by Forces' members to provide for this earlier escalation. In fact, the contribution would be so high as to be unacceptable to all concerned.

CFLSPA also stated that retired servicemen often are forced to take lower-paying jobs when they enter middle-age, a time when their children are about to enter university. This may often be the case, depending on the individual concerned. Surely the association does not expect that ex-servicemen will retire completely from the work force on the annuity provided by their service with the Canadian Armed Forces.

Service personnel can and should compute their CFSA annuity well in advance of retirement. They must decide themselves whether the annuity provided will be sufficient for their individual needs on retirement. In other words, to receive more benefits from a particular pension plan, one must

contribute more money before retirement under that particular plan.

If that plan does not fill the bill, then it is up to the individual to augment his or her retirement funds through any number of savings or investment plans available to all Canadians. If a savings or investment plan is not financially feasible, and more money is required, then the individual quite naturally must continue to work.

The same facts apply to widows (or widowers) of Canadian Armed Forces long-service pensioners. To increase the benefits to 100 per cent of the annuity entitlement would again require an increase in contributions, because contributions are computed to include an actuarial factor sufficient to provide for widows' current benefits. Most service personnel are not prepared to pay an increase at this time. Those who are prepared to pay, plan to augment the annuity through private insurance companies.

The CFLSPA states also that a widow's average pension is less than \$1,000 per year. The Department of Supply and Services report the following concerning widows of former Canadian Armed Forces members, as of Feb. 7, 1975:

- number of widows receiving monthly pensions: 4,412
- approximate amount in allowances to widows per year: \$8,901,840;
- average allowance is approximately \$2,015.00 per year+, and
- 2,344 widows (53 per cent) receive allowances from \$1,800 a year to more than \$3,600 a year (approximately)+.

+— This is a part of yearly income and is therefore taxable.

Finally, the association asked for housing assistance for the service pensioner, using ex-servicemen's and servicemen's contributions to the pension fund. They also stated that the transient nature of service personnel makes it impossible to sink roots in any community, and that servicemen find it difficult to buy a house at an early age.

Housing assistance has been considered many times over the past few years, but it was not thought to be appropriate when,

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in fact, all Canadians are encountering difficulties. Instead, difficulties of a member of the Forces in investing in a home were included in the military pay package under the general heading of "turbulence." The military factor of four per cent is applied to establish comparability with the public service, and includes problems caused by the transient nature of life in the Forces.

Forces' severance pay puts a lump sum of money into the hands of a retiring member (computed on the number of years of service). He or she may use it as they see fit, including a down payment on a home.

A popular misconception is that there is a pot of money somewhere in Ottawa, labelled "The Canadian Forces Pension Fund," that contains the pension contributions of Forces and ex-Forces members. This "fund" simply does not exist.

There is no fund of liquid assets, such as cash and investments, set aside for the purpose of providing annuities. What does exist is a general obligation on the part of the Government of Canada, established by statute, to pay annuities when they become due, in accordance with the CFSA.

Forces' members concerned with their future should remember that to increase benefits paid out, more payments must be put in; there is no magic

pot of gold hidden in Ottawa; and ultimately, it is up to the individual to assess and ensure (within his or her means) that their retirement goals are realistic and attainable.

#### What others think

A recent article on pensions in The Ottawa Journal, by Peter Thomson of their Parliamentary Bureau, contained these comments about pensions paid to members of the federal public service, including the Armed Forces.

"The best policy going in this line is a pension plan which is fully tied to the consumer price index after retirement, and to have the pension itself based on the average of earnings towards the end of your career.

"The pension itself is handsome: a pension based on the best six years' salary; and two per cent for up to 35 years' service."

The Journal quotes the executive vice-president of The Bank of Nova Scotia, R.M. MacIntosh, as saying, "at current rates of inflation, an escalated pension at the end of your career is extraordinarily attractive... if you have all these little gimmicks going for you, you are on a permanent escalator all the way to heaven."

Mr. MacIntosh is also attributed as saying that the best piece of investment advice to a young man or woman is to get a job in the federal public service.

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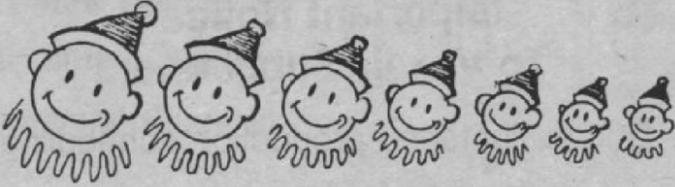
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## LAUGHING AT OURSELVES



by John Semeniuk

**FROM SEX TO SIXTY** — A famous violinist stopped in a small English music shop in London, England and told the salesgirl that he wanted to purchase an "E" string for his violin. "Very Good, Sir", replied the salesgirl in a rather dubious tone, and she went into the back room of the shop where she remained for quite some time. Returning with a box filled with assorted strings, the salesgirl stated, "Ere, Sir, you pick hit out yourself. I Can't tell the bloody "E" strings from the "SHE" strings!"

**MY FARE LADY** — (Exchange between two gals): "Sally, where did you get that black eye?" "Betty socked me." "Why?" "I told her that her boyfriend George had 'God Bless Canada' tattooed on his thigh, and she socked me for reading her male!"

**FO-FO-FO-FOR GOODNESS SAKE** — A well-known television producer had been looking for a good television script for quite sometime; hence he had reached the point where he'd listen to all comers. An unknown writer with a severe stuttering impediment was ushered into the producer's office. "I'm told that you have a play that would be ideal for TV," said the producer, "Go ahead and read it to me." This was far more than the author had expected, and, in spite of his stuttering handicap, he proceeded to read and outline his play, scene by scene. When the author had finished, the producer excitedly called in his secretary and said, "Sign this guy up at once! He's got a new twist that'll have them rolling in the aisles. Every character in his play stutters!"

**MEDICAL MURMURS** — Any profession that specializes in the human boy is bound to get embodied in sex talk. Even the

most innocent question seems to get sexy. Take the doctor who said to his pretty patient, "Although you have poor reflexes, do you ever wake up with a jerk?" Why, Doctor," replied the patient, "I'll have you know that I'm very choosy about my boyfriends!"

**THE FAMILY CIRCUS** — The father of a number of teenagers called the telephone company to advise: "I want to report an obscene phone bill!" (Sound familiar, Chris, Heather & Cathy?)

**HEAVENLY BOOKIE (?)** — A very religious lady, who owned the neighbourhood corner store, noticed a rather shabbily-dressed man lounging idly in front of her store. She watched while several men stopped to talk to the shabbily-dressed individual and, in each instance, gave him some money. The man seemed so cheered by these encounters that the lady impulsively put two dollars in an envelope, wrote "Godspeed" on the outside and passed it to the man. The next day, much to the lady's amazement, the man appeared in her store, handed her one hundred dollars and said, "Your horse won, lady, and paid 50 to 1!"

**PEEKS AND VALLEYS** — A low-cut dress is the only thing that you can approve of and look down on at the same time.

**MISS-TAKE** — When it became obvious that the Souris River was going to overflow its banks, one of the local farmers sent his 14 years old daughter to stay with his sister's family in Winnipeg. A few days later, the farmer received the following telegram from his sister, "Am sending your daughter home immediately, send along the flood!"

## North Site Community Council News

### NORTH SITE COMMUNITY SPRING CLEAN-UP AND BEAUTIFICATION

The North Site Community Council has decided to help round out normal spring clean-up and beautification activities. Most of you have already tackled your individual spring clean-up campaigns because of the early thaw this year, which finally allowed everyone to get outside and putter after long winter. But that's OK if you've beaten us to the punch (or to the rake), glad you did! Council has a few extra pointers you may have overlooked or didn't know about, and various plans underway to help add some finishing touches to your individual campaigns.

If you need grass seed or topsoil, Base CE will provide those items until 31 May 76. Residents can pick up grass seed any work day at Building 100 (for North Site residents) between 1400 and 1600 hrs. Topsoil will be delivered on request by calling 832-1311, local 207. Just give

your address and quantity required. As a guide, one yard of topsoil covers about 300 square feet of lawn to a depth of 1 inch.

To take care of extra debris (not your normal, wet garbage), Council and CE have arranged an extra garbage truck pick-up on 31 May 76. So get rid of your pack ratted, but nonetheless, junk by having it available (next to your normal, everyday garbage) for removal on 31 May.

How about cleaning your windows and planting some flowers? After a long winter, it might just make you feel better to be able to see outside through squeaky clean windows, especially to watch your own flowers grow.

If your clothesline is defective or sagging or your pulleys don't pull, give CE local 207 a call — they'll be glad to help you out.

Did you clean your furnace filter this spring? If you didn't, now is a good time to do it.

If you need a new garbage can, don't ask CE to replace it. Garbage can replacement is an occupant responsibility, so if you

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need a new one, buy it.

The Base is continuing with its evergreen planting campaign again this year. Efforts will be concentrated South of Sabre Crescent primarily in the vicinity of the Recreation Centre. Also, more trees will be planted near PMQs North of Ness. For MDPR residents who have to contend with a tree to resident ratio of 1 to 20, we're trying to get more trees for you. Don't expect weeping willows or 100 foot oak trees, but if it's trees you want — trees you'll get.

Within the next short while, all community sandboxes will be removed. As one result of Meet your Councillor Week, resident consensus indicated that community sandboxes are considered unsanitary, but very effective at dirtying clothes. Therefore, community sandboxes will suffer from an immediate demise.

Council is planning a self-improvement campaign on Community playgrounds. Our request for materials will be passed to CE shortly and soon, we hope to make a number of improvements (details TBA), including building benches so mothers have a place to sit while their toddlers play.

Have you got a screwdriver? Tighten a few door hinges or latches, etc. Don't expect Base CE to hold your hand on every last little item. You can help by helping yourself.

If you haven't already raked up last year's leaves or last winter's debris from your lawns, please, get at it. Try edging the grass along walkways and driveways too, while you're in the mood. It's your yard and the exercise won't hurt a bit. We all take pride in making a house into a home. So, do your share to reflect that pride in the appearance of your home. Sure, you just rent the place; sure it's not a mansion on a lake — but, for now, it's yours and a reflection of you as long as you live there.

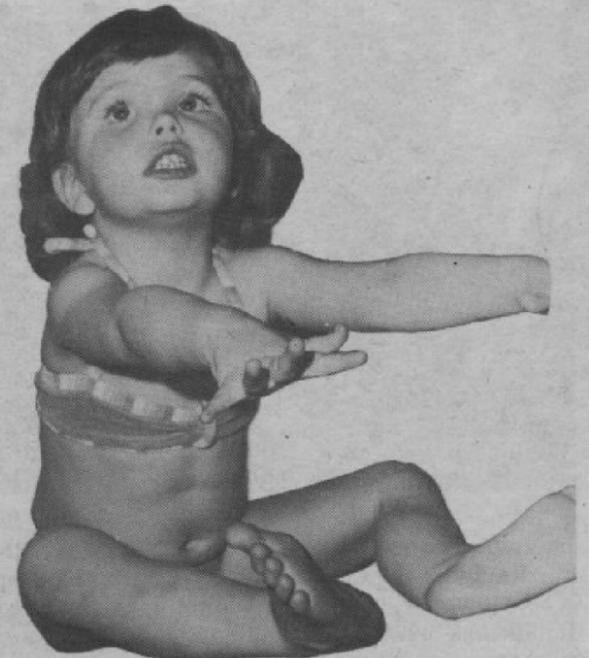
If you have a CE oriented problem, call CE. If the problem is immediate and you can't get action, call your Councillor. If any request is turned down by CE, you have the option to pursue the matter further by redirecting it to your Councillor. As with all matters, the North Site Community Council will discuss the problem and reach a decision based on the best interests of the Community. We will ensure that those involved are informed of the decision and resulting action. You won't get everything you ask for — but if you want something, try to ask before the question becomes a complaint. And, please, ask (or complain to) the right people.

*A Canadian Red Cross Summer Safety Tip: Accidents to children can happen more quickly than you think. On the beach and in the water, keep an eye on children every minute. A child out of sight or out of hearing may be a dead child.*

\*\*\*\*\*

## KIDDIES' CORNER

Photo by Jim Lewis



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## LOCALLY YOURS

IMPORTANT NOTICE TO ALL STs on the Base:

Ratification kits have been received for the new ST contact. ALL STs eligible to vote are hereby informed that voting will be held in the CFANS Theatre, Room 219 (2nd floor) BLDG. 84. on FRI., 21st May during the lunch hour (1200-1300 hours). Members are reminded they must have their membership cards with them for identification. For those Rand members (non-signed) wishing to join, membership cards will be available and can be duly filled out at the time thus allowing a new signee the right to vote. For further information please contact Miss Stephanie Shuper, Local 371.

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# Harry Sweeney

music reviews and syndicated columnist

## Musically Speaking Spotlights Labelle & Marmalade

When the kleig lites hit centre stage and picked up the three females strutting in their "be who you really are" costumes, the crowd was already exploding into screaming applause and when the gyrating Patti Labelle, Sarah Dash & Nona Hendryx broke into "Lady Marmalade" all hell broke loose.

It wasn't always this way for Labelle. Taking a trip through yesteryear and picking it up close to the beginnings some dozen plus years back ..... when the sixties were unfolding Sarah Dash and Nona Hendryx were part of the Del Capris and they met with

Alone", "Danny Boy", "All Or Nothing" and "Take Me For A Little While" between 1963 and '66.

It's around that era that research becomes hazy. I know that in 1967 Cindy Birdsong departed the Bluebells to join the Supremes and Patti, Sarah and Nona hung together. By 1970, they had met and were managed by Vicki Wickham and that's about the time things started to pick up for them.

### MARMALADE

In the album "Nightbirds" (Epic KE 33075) there's a song known as "Lady Marmalade", which was a million plus seller for Labelle about a Creole hooker and when Labelle breaks into the line about "voulez vous couchez avec moi" the crowd is usually on their

# Dapperdan says

DAN HODGERT NDHO  
Directorate of social development services

OTTAWA (CP) - "Time, gentlemen, please!"

That's an often heard expression denoting the end of the evening's festivities in the "pubs" of merrie olde England.

For those of us who now are pretty long in the tooth, having taken part in that really big one - WWII - I wonder how much of our spare time was spent in search of the odd spot of "gargle." Considering the fact that we weren't exactly paid a fortune in those good old days, it seems to me that a fair percentage of our poor pittance was expended on alcoholic beverages.

But what about today, when salaries are much higher? And, of course, so are the wages of gin. Interestingly enough, on my annual visit to the doctor last December, and having some time to waste, I started leafing through the December issue of a Canadian magazine. It seemed to me that every other page had an advertisement extolling the virtues of some brand of alcohol. So I made a count, and out of 72 pages I found 23 pages advertising

decade.

### AMAZING FLIGHT

Patti, Sarah and Nona open with the title track "Phoenix" (the amazing flight of a lone star) and work their way through such disco oriented tracks as "Slow Burn" and "Black Holes In The Sky". Stand out cut with the beat, the hand clapping and the lyrics of Crewe and Nolan, coupled with the unique vocal styling of Labelle is "Far As We Felt Like Going" could literally leap from the set.

Definite sales appeal is added via their past singles hit "Messin' With My Mind" (which is included in the album) and set rounds out with: outa-sight "Cosmic Dancer", "Good Intentions", "Take The Time Off" and "Action Time".

Production and arrangements by Allen Toussaint, along with a bevy of top sidemen, brings this set home to the winners circle.



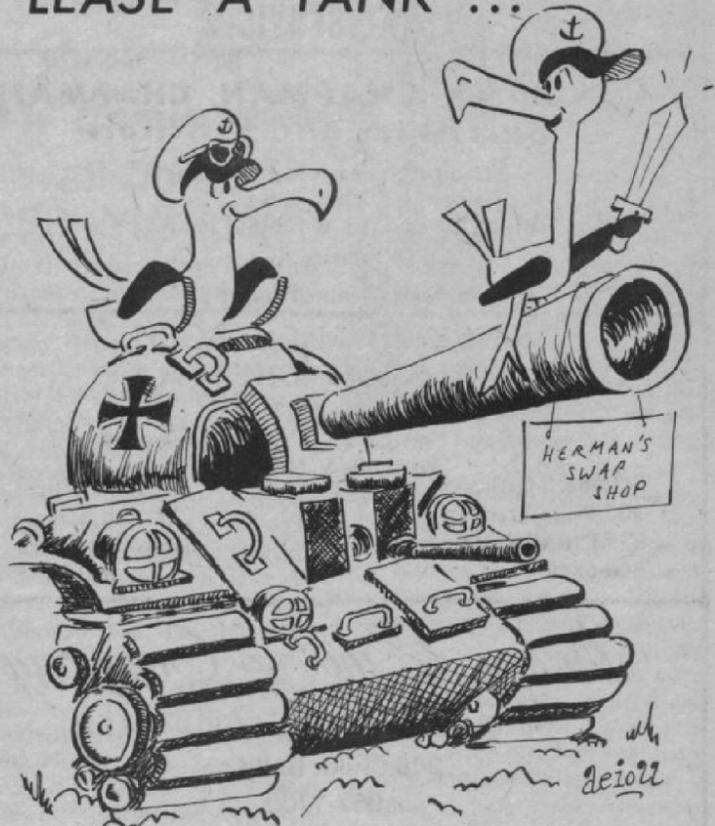
## Labelle

Patti Labelle and Cindy Birdsong, who were then working the Ordettes, the four girls got together under the name of Patti LaBelle and the Bluebells and every bit of material you read will tell you about their first hit "I Sold My Heart To The Junkman" (circa '61). For some reason, everything I've researched on Patti & Bluebells neglects the fact that they also hit with "Down The Aisle" "You'll Never Walk

feet dancing anything from the boogie to the bump.

While "Nightbird" was a success and "Lady Marmalade" was an outright gold winner, their new album "Phoenix" (Epic PE 33579) should establish the trio of femmes as the hottest phenomenon to strike chart pay dirt in the past couple years, and while establishing them thusly should also give them the basis for a solid future to round out the

## "LEASE-A-TANK"...



Ask James to drive us to the loan office.....

liquor - 14 full-page ads, seven half-page ads and two quarter-page ads.

Boy! With that kind of persuasion it is no wonder Canadians spend billions each year on alcoholic beverages. In fact, checking the statistics for a 12-month period ending March 31, 1972, I found that Canadians spent \$2.1 billion for 424,934,000 gallons of booze. I am afraid to even contemplate what the statistics will reveal at March 31, 1976.

It doesn't take a genius to realize that drinking can be very expensive. For those of us whose only exercise is bending the elbow, maybe now is a good time to figure out how much we spend on alcohol. I am afraid the result of this mathematical exercise may astound some of us.

An excellent little pamphlet, entitled "This Round's on Me," and issued by the Ontario Ministry of Health, outlines what a moderate-to-heavy drinking family spends on liquid cheer.

Now this is a type of family that must have a couple of drinks before dinner to "unwind". Possibly some beer or wine with dinner, and an odd after-dinner drink or two, topped off with a

nightcap. They possibly enjoy a brew or two, or three, after bowling or golf, or whatever. Drink is part of their business luncheon and, in fact, the one thing in common at all social functions is drinking.

How much do they spend on alcohol? Possibly they spend as much as \$20 to \$30 a week on alcoholic beverages. That's \$85 and \$130 a month or between \$1,000 and \$1,500 a year.

Now, if you multiply that yearly cost by the average adult life expectancy of 50 years, it adds up to \$50,000 or \$75,000.

No matter how you look at it, that is a lot of money. Wouldn't it look "lovely" sitting in a RRSP to supplement a pension retirement?

Having been known to accept a brew on occasion, I have nothing against drinking. However, I certainly agree that moderation is the name of the game, and not only from a health viewpoint, but from the pocket book as well.

But, as the good people in the Ministry of Health in Ontario say, if people want to drink, it is up to them.

If they do drink, then I think they should be aware of how much it is costing them.

How much does it cost you?

## MAY Program

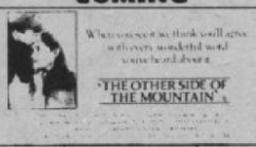
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— With all these commercials  
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**Spring Showers  
Bring  
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Photo Courtesy of  
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**"Yell For Help"  
Advises Red Cross  
Water Safety Service**

People are always telling us not to cry for help until we need it, but with summer coming on, the Red Cross Water Safety Service says, "Yell to us for help before you need it!"

June 1 - 7th is National Water Safety Week. The Canadian Red Cross urges you to prepare for the sun-filled water-fun days ahead in the most sensible way: Sign up yourself and family now for courses in swimming or in small craft safety.

Knowing how to swim or swim better, to survive in water accidents, to rescue others and give aid to others in distress in the water makes you a more "drownproof" person.

Knowing how to handle everything from canoes to power boats also adds another dimension to your summer fun while helping reduce over all drowning statistics.

The Red Cross Water Safety Service has information on courses for all ages in every province and community, and will also set up local courses for interested groups. Highly trained and qualified instructors are ready when you're ready, so now is the time to yell for help. Be prepared before you hit the water.

*A Canadian Red Cross Summer Safety Tip: You don't drive your car on sidewalks, do you? Don't operate your boat where people are swimming either. Skillful boating is most admired when everyone concerned is safe.*

*A Canadian Red Cross Summer Safety Tip: When boating, don't forget your PFD. Wear a personal flotation device or life jacket which has been approved by the Ministry of Transport.*

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1972 CORTINA - 33,000 MILES, 4 door, 4 speed, 2000cc, new clutch and exhaust assembly. Needs minor body repair. Asking \$1100 or best offer. 6108

\$39,900 CHARLESWOOD THIS LOVELY HOME HAS over 1100 square feet, 1 1/2 bath, 3 bedrooms, large kitchen with dining area, plus a treed lot. It is also close to conveniences and is only 5 1/2 years old. Call Justina at 888-4745. 6106

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'63 PONTIAC 4 DOOR SEDAN. Good running condition. Radio and A.T. Best offer. Phone 837-3365 or Loc 695. 61010

'71 MG MIDGET. 30,000 miles. Excellent condition. New paint and soft top. Radio. Best offer - MUST BE SEEN. Phone 837-3365 or Loc 695. 6109

MOBILE HOME 12' x 52' 2 bdrm. with 8' x 12' porch. Located in Whitehorse Plain Trailer Park west of Headingly. Must sell. Best offer. Ph. 1-864-2532. 6103

1972 MUSTANG H.T., 351 V-8, A.T., 33,000 miles. Asking \$2,600. Phone 832-1311

extension 327. Reason for selling - Posted to Europe.

3 GIRL'S BICYCLES IN good condition complete with kickstands. Will sell for approximately half new price. Phone 889-7129.

BOY'S CCM RAMBLER 500 bicycle in good condition complete with kickstand. New price \$95. will sell for \$40. Phone 889-7129.

WANTED

15-FT. OR 17-FT. ALUMINUM or fiberglass canoe. Preferably Grumman sq. stern. Phone 888-7106 day. 489-3694 evening. 6102

ALPINE CRUISER EUROPEAN TENT trailer with all fixtures and equipment. If available must be in V. G. condition or better. Ph. Don 253-2081. 6101

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TWO NEW AIRCRAFT HAVE been added to CARMEN AVIATION LTD (St Andrews Airport) for pilot training, and for your pleasure/business flying: 75 BEECH SUNDOWNER (civilian version of the MUSKETEER) 4 place - VFR - 125 MPH at \$28.00 per hr. wet. 74 Mooney Executive 4 place retractable - IFR - 170 MPH at \$33.00 per hr. wet. Both a/c equipped with transponder, ADF VORs, wing levelers, etc. . . . If you enjoy flying why not combine it for holidays or business with the family. If you are experienced, minimum check out will let you take advantage of these two fine high performance birds and permit you to travel in style and comfort for a very reasonable cost. For booking and check out call 889-4115 or 257-0988. 6104

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**DO  
DRIVE  
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**Win Your Summer BBQ Steaks  
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