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VOL. 26 NO. 2

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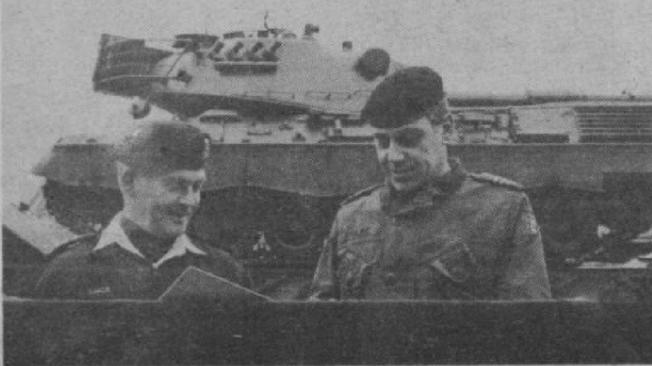
THURSDAY

10 FEB 77

**BE A
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LEOPARDS IN LAHR



The first Leopard main battle tank was officially handed-over to The Royal Canadian Dragoons at Canadian Forces Base Europe, near Lahr, Federal Republic of Germany, in early January when Brigadier-General Jack Vance (left), commander 4 Canadian Mechanized Brigade Group, signed over the 47-ton tank to Lieutenant-Colonel Clive Miller (right), commanding officer of The Royal Canadian Dragoons, Canada's NATO-assigned armoured regiment. The regiment will continue to receive the new tanks throughout early 1977. Thirty-five tanks, including two recovery vehicles and one bridge layer, are provided under the loan agreement signed last year. (CANADIAN FORCES PHOTO)

GENERAL CARR HONORED WITH C.D. HOWE AWARD

C.D. HOWE AWARD

The C.D. Howe Award, comprising a silver plaque that is presented for achievement in the fields of planning, policy making and overall leadership in Canadian aeronautics and space activities. This year the Award was given to Lieutenant-General W.K. Carr, Commander, Canadian Air Forces Command. The citation read:

"During the past ten years, General Carr has held all the important sequential air element policy, command and control positions. In 1965, he was on the planning staff at the newly inaugurated Mobile Command and in 1966, as a Brigadier General, he was appointed Director General of Air Forces at National Defence Headquarters. Upon promotion to Major-General in late 1968, he assumed control of Canadian Forces Training Command, becoming, at the age of 45, the youngest officer to achieve the rank of Major-General in the Canadian Forces. In May, 1972, he was appointed Deputy Chief of Staff for operations at NORAD and a year later he was designated Chief of Air Operations at National Defence Headquarters. Promoted to Lieutenant-General on July 1st, 1974, he was appointed Deputy Chief of the Defence Staff two weeks later. On September 2, 1975, he became the first Commander of the newly formed Air Command.

"Throughout his service career, a period of thirty-four year, General Carr has always been recognized as a strong, dynamic leader. His ability to quickly grasp

complex problems has been a source of inspiration to others. He is a forward-looking officer who has clearly conceived the direction that he feels the Canadian Forces should take in the future. With single-mindedness and determination, he has striven to achieve a rational, long-range policy for the air element of the Canadian Forces; he has made it his business as an airman to become completely familiar with the Canadian aerospace industry. Consequently he has an excellent understanding of the industry's problems and requirements and appreciates the scientific and economic benefits a health aerospace industry contributes to this country.

"As Deputy Chief of Staff NORAD, General Carr's contribution was truly noteworthy and it was with great reluctance that CINC NORAD acquiesced to his departure after only fifteen months. In his capacity as Chief of Air Operation, General Carr made great strides in consolidating and solidifying the air staff. He provided the direction and impetus that led to the restructuring and re-emphasizing of the Air Reserves. He was and is a strong supporter of aerospace programs such as the LRPA new fighter aircraft and ROCCs/Radars that will permit this country to have effective control over its sovereign airspace.

"While senior advisor to the Chief of the Defence Staff, General Carr continually provided strong support on all air interest

Commander Air Command



Lieutenant-General William K. Carr, CMM, DFC, CD

subjects and later as Deputy Chief, he helped develop and remained an advocate of, a separate Air Command.

"Upon taking control of Air Command, General Carr exhibited the positive and aggressive leadership that resulted in Air Command Headquarters assuming effective direction and authority in an astonishingly short period of time."

When presented with the Award, General Carr expressed his sincere appreciation of the honour bestowed upon him.

A New RSM For PATS



Pictured (L to R) Outgoing Regimental Sergeant Major, Chief Warrant Officer W.R.E. Bruce, CD and the Battalion's new RSM Chief Warrant Officer C. A. Wilson, CD (see PPCLI report on page 5). (BASE PHOTO)

SURVIVAL CACHES LEFT - FOR THOSE IN NEED

OTTAWA—Canadian soldiers trekking through the Arctic this winter as part of Exercise Northern Viking will leave a legacy behind them.

It is planned that, during the next year, eighteen 25-man patrols from Mobile Command units will build and equip 50 to 60 survival cairns near northerly airstrips and along well-travelled routes.

Northern Viking patrols began operation in November to test the leadership and survival skills of field troops, but they will probably be remembered longest for the trail of eight-foot high cairns they leave above the 60th parallel.

Built to be conspicuous in all directions, the monument-like cairns will display plaques describing their emergency use in



Survival cairns for people in trouble in the Arctic are being left behind by Canadian soldiers trekking through the cold wastes on Exercise Northern Viking this winter. Built of wood or stone, the monument-like cairns are constructed around aluminum A-frames, and each one contains tents, stoves, food and other survival equipment. Viking patrols are placing the cairns near northerly airstrips and along well-travelled routes. (CANADIAN FORCES PHOTO)

**See Cairns
Page 2 Col. 5**

Energy Conservation Week 5-11 February

"BE PART OF THE SOLUTION" (See Pages 8-9)

**EDITORIAL
EDITORIAL
EDITORIAL**



A DEFINITION OF PORNOGRAPHY

I see that a certain Bishop and Minister located in Toronto the Good have been silent of late about the evils of pornography. Too bad! The voices of righteousness thundering about rampant pornography and obscenity that is apparently loose in this fair land has always been an entertaining event for Canadians. After all, one can't let those sexy Americans, particularly in Washington, have all the fun you know. I mean, really, the Gerda Munsinger brouhaha took place over fifteen years ago, and although us Canucks may be snowbound, we're not frigid.

We demand more than every-day dull corruption-in-high-places scandals to warm the cockles of our passionate hearts. And, by gosh, just think of the benefits that accrue to the fighters against evil; in this particular instance an obscure Bishop and an even more unknown clergyman obtain national news coverage; and all the media types have a legitimate excuse to visit the dirty book-stores and movies in the noble pursuit of their journalistic investigations. Not only that by Jeez, if an intrepid reporter played his cards right, he could even declare his expenses in the struggle against pornography as a legitimate income tax deduction; for example: Item: purchase of one dirty book for research (The Perils of Passionate Percy) \$5 - - (receipt attached). The Infernal Revenue Dep't would never be the same.

However it is suggested the good Bishop's wrath is largely misdirected, naive and focused on too narrow a definition of the terms "pornography" and "obscenity." Vulgarity, pornography and obscenity are found not only on the magazine racks of your local cigar store/drug store, but in many other aspects of the human condition.

There are far greater societal evils that can be more truly labelled as "obscene" or pornographic. For example have you seen the expensive, well made dog-food commercial that a famous Canadian football star is peddling? No? It's just as well, because a recent local TV news interview with a pensioner showed him weeping because his inadequate old-age benefits forced him to eat dog-food in order to survive. Obscene? I think so! Or speaking about pornography in film, did you see the critically acclaimed movie "Taxi"? If you haven't, don't. The pornography in this film is the depiction of horrifying and repulsive graphic scenes of violence. Except for a few concerned groups, nothing too much is said about film and TV violence, particularly on the national news broadcasts. Violence is not much of an attention grabber anymore. Understand?

Did you know that it is estimated a local prosecuting attorney in the U.S. has spent an unbelievable million and one-half dollars trying to jail the male "star" of the movie "Deep Throat" for a one day performance. And he wasn't even the hero. The female performer was the heroine - and if she should get an Oscar, it wouldn't be for her acting. Or how about the former executive of a large Canadian hotel chain being interviewed on the CBC program "Ombudsman" stating he was suddenly fired after approximately 25 years of service. No explanations. Nothing. Not even a lousy gold watch. A re-organization had been carried out, and after 25 years, he was declared surplus. Obscene? You bet! True, eventually he was re-employed by the same firm, but no doubt his re-hiring was due in large part to the unfavourable publicity the firm was receiving about the matter.

The Bishop has failed to understand, and there are many like him, that a clarion call to arms against pornography and obscenity should not only mean an attack against literary and film smut. Rather a wider more meaningful interpretation of "pornography" and "obscenity" should include any action or injustice that diminishes or destroys the dignity of the individual. In our supposed enlightened twentieth century civilization, there are many such injustices.

**LETTER
TO THE EDITOR**

Dear Editor:

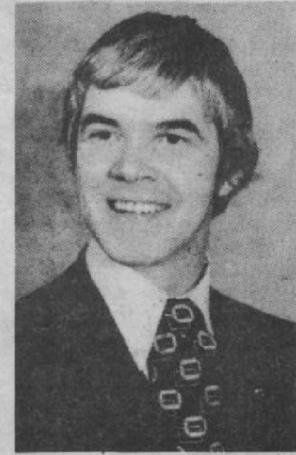
The Joint Chapel Committee wishes to extend to you, and to the Voxair staff, our sincere thanks for the co-operation received in publicizing the Carol Festival held on 19 December 1976.

We were pleased with the result, and realize that without your co-operation it would not have received such extensive coverage, and hence there would probably not have been such a wonderful gathering.

Once again, we thank you, and we hope you will pass on our message to any and all who had part in your effort.

Yours sincerely,
Captain H.E. Nowakowski
Chaplain RC

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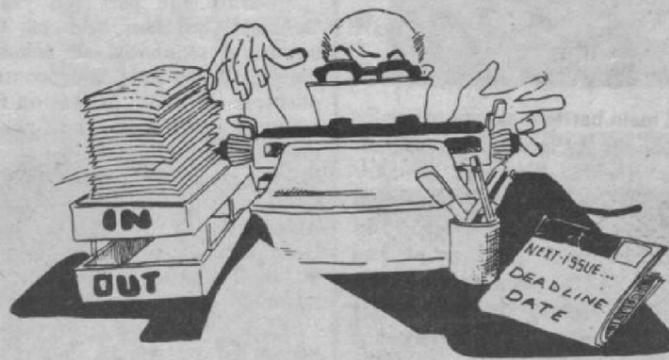
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17 Jan 78	25 Jan 78
31 Jan 78	8 Feb 78
14 Feb 78	22 Feb 78
28 Feb 78	8 Mar 78

**Survival Cairns
Continued From Page 1**

English, French and in Indian and Inuit dialects.

Tons of rocks banked against aluminum A-frames will protect the tents, stoves, food and other survival equipment from hungry animals and the harsh Arctic climate. Future patrols will check the cairns every two weeks and re-stock them when necessary.

Besides building emergency caches, the soldiers participating in Northern Viking are making contributions to the native communities they visit.

While awaiting good snow conditions, one patrol recently spent a few days building a skating rink in Pangnirtung, a community on Baffin Island. Other patrols in the on-going exercise will be expected to help with projects in other communities, as well as demonstrate survival equipment and first aid techniques.

The patrols fly into forward bases such as Sachs Harbor, Rae Point and Resolute Bay in the Northwest Territories. They then march to sites near native communities for two-week periods.

Aircraft from Air Command are providing exercise support, flying the patrols into the Arctic, checking their progress and making essential para-deliveries.

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ADVERTISING Mrs Vi Hilton 889-9995	DISTRIBUTION Miss A Ward 698	SPORTS & RECREATION EDITOR MWO L White 509
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In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs.

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Promotions and Awards Presentations

Promotions

AIR COMMAND



Winnipeg — Lieutenant-Colonel Michael Matthews has been promoted to his present rank and will serve at Air Command Headquarters in Winnipeg as Staff Officer Plans. He was born in Britain and joined the RAF in 1952. In 1957, he enlisted with the RCAF. Following initial pilot training he flew CF-104 Starfighter jet aircraft with Canada's NATO forces in Europe. LT-COL. Matthews attended Staff College in 1971 at Toronto and was an exchange officer with the USAF at Langley Air Force Base, Virginia, U.S.A. from 1972 - 1975. On his return to Canada was posted to Winnipeg.

(CANADIAN FORCES PHOTO)

BASE TRANSPORT



CAPT. S. F. Crooks, Base Transportation Officer, is seen congratulating MCPL. Trainor on his recent promotion to that rank. MCPL. Trainor is employed in Transport Control of Base Transportation. (BASE PHOTO)

3 REGULAR SUPPORT UNIT



Sergeants Bernie Houle (left) and Jack Bergeron (right) receive their hooks from 3RSU, Commanding Officer, Major E. G. Willett.

(BASE PHOTO)



CFRC PRESENTATION — FIRST CLASP



"Major A. H. Crawford, Commanding Officer of the Canadian Forces Recruiting Centre in Winnipeg, presents the First Clasp to the Canadian Forces Decoration to Sergeant G. R. Farrell. Sergeant Farrell joined the Royal Canadian Regiment in December of 1954, and has been with the Recruiting Centre for over two years.

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UNIVERSITY COURSE AT CFB?

A fully accredited, first-year university "Principles of Economics" course may be offered during noon hours at CFB Winnipeg throughout academic year 1977/78 (ie Sep 77 - Apr 78). The course would be taught under the auspices of the University of Manitoba and offered to all DND members (military and civilian) and their dependents. Prospective students would have to complete the normal application/registration process at the U of M campus and successful completion of the course would give members the six "credit-hours" normally awarded for any full-year course.

A provisional commitment has been made to supply classroom space in the CFANS building (B84) and three hours of formal instruction per week would be required: three 1 hour sessions from 1200-1300 or two 1½ hour sessions from 1200-1300. The instructor would be CAPT. W. R. Kingsbury, the Base Accounting Services Officer who has a B.A. in Economics from Queens' University in Kingston, Ont. and is currently completing the requirements for an M.A. in Economics at the U of M.

A minimum of 30 students are required for the proposal to be viable. Those interested in taking the course are asked to fill out the following form and return it through the CR mail system to the BASO or send it to:

CAPT. W. R. Kingsbury
140 Fulham Ave.
Winnipeg, Man.
R3N 0G6

IT IS EMPHASIZED THAT FILLING OUT THE FORM DOES NOT OBLIGATE PERSONNEL IN ANY WAY. RETURNS WILL BE USED ONLY TO DERIVE AN ESTIMATE OF THE LIKELY NUMBER OF STUDENTS. FURTHER INFORMATION AND CLARIFICATION MAY BE OBTAINED FROM CAPT. KINGSBURY AT 379.

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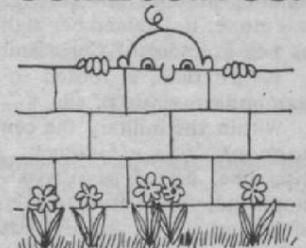
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Wait For Teach!

Second thoughts . . . Beneath a street sign reading: "School — Don't Kill a Child," someone had added in a childish scrawl: "Wait for a teacher."

DON'T BE SHY COME JOIN US!



BE A + BLOOD DONOR
Thursday, 10 FEB

If you think seat belts are uncomfortable...

...try a stretcher, sometime.

ASC news news news

By CAPT. MEL WALKER

Well we've got a new SANC, 7701 but still no news. I must admit though Photo are getting better, this time they gave me whole bunches and bunches of reasons why the SANC photo has a lower priority and they've promised a picture for next column. As for other gossip, we've got lots of tours coming up but not gone yet. So I can't report. And the C.I. has gone to learn how to manage (le chat parti, les souris dansent?) whoever heard of dancing smiles).

Any way since I got such enthusiastic acclaim for last issues column (all one of him, in French no less) I wrote another editorial to blow your mind and introduce another Kipling poem:

Of all the contributions that the English speaking people have made to the world, the most important can be summed up in one word: justice. This is not to say that other peoples have not contributed to our concept of justice but, that peculiar body of common law and precedent that has painfully evolved from "the reeds of Runnymede" through Naseby Heath, the Declaration of Independence, repeal of the corn laws, Emancipation and Universal Suffrage (to name but a few steps along the way) offers the fairest set of rules, whereby one man may deal with another or with a body of men or with the state, anywhere in an imperfect world.

Any lawyer will tell you that the law and justice are not the same thing and though the law strives for justice and is its most essential kernel the gnarled and difficult concept lies much deeper in our collective psyche: Gilbert Keith Chesterton a popular and pious writer delved to the heart of his own deeply felt faith to bring forth a truth that applies to all. In "the Twelve Men" he examined the ultimate expression of our legal system of justice, trial by jury, and concluded:

"When [our civilization] wants a library catalogued, or the solar system discovered, or any trifle of that kind, it uses up its specialists. But when it wishes anything done that is really serious, it collects twelve of the ordinary men standing around. The same thing was done, if I remember rightly, by the Founder of Christianity."

Justice then, is rooted in the common consensus of all.

Within the military the central concept of efficiency and discipline, indeed of survival, is: command, the legitimate exercise of authority, and the best way to effect command is through leadership. Good leadership is another complex phenomena but again it can be summarized in a single word, respect. Respect may well be engendered by the fear of God but respect is essential for leadership. And the best way to ensure respect is to ensure justice. Justice and freedom are not the same. I have served under many officers who were demanding tyrants, who brooked no disagreement and I would gladly serve under them again for they were all just, fair and honest men.

It is, however, a corollary of military life that we must accept, as an essential part of good order and discipline, petty injustices that would rankle the ordinary citizen. Under the deadly imperatives of war (for which we must always be prepared) there is simply no time to debate the niceties of a point of law and the rights of any individual pale

before the survival of all. As Archy says "a certain alloy of expediency improves the gold of morality and makes it wear the longer."

But any metallurgist will tell you that if the alloying agent exceeds a certain critical amount it no longer strengthens. The gold becomes a crumbling amalgam. It is debased. Any officer, from cabinet rank to corporal, tampers with the gut feel of justice only at great peril to himself or his organization.

There has been a dismaying tendency in the past few years (perhaps brought on by the pressures of over-tasking and understaffing) to proceed with what is simply expedient: Cabinet ministers who feel that their own interpretation of the law is more important than a jury's verdict. Generals who feel that administrative efficiency is more important than a solemn promise with regard to consent to serve. Senior officers who prefer to cover up petty injustices perpetrated on their subordinates in order to maintain the image of good order and discipline and junior officers who echo 'shut up or quit!' While none of these things are, in the strict legalistic sense, wrong, they are unfair and unjust. And the metallurgist will again tell you that the inevitable consequence of corrosion on a highly stressed part is: brittle fracture.

The following poem by Rudyard Kipling illustrates the point and though quaint and couched in twelfth century feudal terms, it is as relevant as ever with some of the finest advice on leadership ever penned. I am recommending it to our "Norman Barons" in Ottawa.

NORMAN AND SAXON (A.D. 1100)

"My son," said the Norman Baron, "I am dying, and you will be heir

To all the broad acres in England that William gave me for my share

When we conquered the saxon at Hastings, and a nice little handful it is.

But before you go over to rule it I want you to understand this:—

"The Saxon is not like us Normans. His manners are not so polite.

But he never means anything serious till he talks about justice and right.

When he stands like an ox in the furrow with his sullen set eyes on your own,

And grumbles, "This isn't fair dealings," my son, leave the Saxon alone.

"You can horsewhip your Gascony archers or torture your Picardy spears,

But don't try that game on the Saxon; you'll have the whole brood round your ears.

From the richest old Thane in the country to the poorest chained serf in the field,

They'll be at you and on you like hornets, and, if you are wise, you will yield.

"But first you must master their language, their dialect, proverbs and songs.

Don't trust any clerk to interpret when they come with the tale of their wrongs.

Let them know that you know what they're saying; let them feel that you know what to say.

429 SQN BISON BREW

Howdy Herd: I'll bet you thought the 429 Sqn had been moved to Edmonton or at least that the author of this article had died. Close but no cigars! I've just returned from some well-deserved Xmas and New Year's leave and my pen is burning a hole in my pocket. While I was away lots of things happened in the squadron, not the least of which was Xmas or New Year's leave for just about everyone. Christmas sure comes and goes in a hurry, doesn't it?

PEOPLE IN THE NEWS:

The CO and Joe Gottfried completed their Unit Check - Outs and are now fully qualified to fly triangles in Western Canada. Ex-Falcon pilot Joe couldn't figure out why his Herc wasn't always parked on the VIP spot in front of the hangar. Jim Anderson is back from a tour to California with the ICPS School as well as some leave. There's a good rumour floating around concerning Jim. More about that later. Vic Charlebois's terminal date had been postponed. (No he's not going to die). He's decided to stay with the CAF a little longer. Better than unemployment insurance, I guess! A stranger was seen wandering around the squadron recently. Somebody said they thought it was Chub Hezely. It could well have been Chub? I think he still works at the Squadron. Rumours about Chub later! Jim Humphrey the Squadron Conservation Officer was seen recently with his trusty light meter in hand, madly removing fluorescent light bulbs in 16 hangar. Jim says that if you're receiving 75 foot/candles of light at your dest it's guaranteed that you won't go blind. Mind you, 20 foot candles of light in the hallways and a guy needs a seeing eye dog. I wonder what happened to all of those light bulbs?

Our Red Cross man of the hour, John Lumley, tells me that the hospitals in town are facing a critical shortage of whole blood. The base has set up a donor clinic on the 10 Feb. 77 in Bldg 21. If you possibly can, take a few moments and give the "Gift of Life". On to something more cheery! The old "Jam Tart" himself, Don McDonald, is off to France for a month to attend the French Air Force Ski School at

Yes, even when you want to go hunting, hear 'em out if it takes you all day.

"They'll drink every hour of the daylight and poach every hour of the dark,

It's the sport not the rabbits they're after (we've plenty of game in the park).

Don't hang them or cut off their fingers. That's wasteful as well as unkind,

For a hard-bitten, South-country poacher makes the best man-at-arms you can find.

"Appear with your wife and the children at their weddings and funerals and feasts.

Be polite but not friendly to Bishops; be good to all poor parish priests.

Say 'we,' 'us' and 'ours' when you're talking instead of 'you fellow' and 'I.'

Don't ride over seeds; keep your temper; and never you tell 'em a lie!"

Don't think about it. Do it...

Marabel-Des-Allues in the French Alps. If the Apres-Ski is anything like the movies, Don should return with a smile on his face and weighing 85 lbs! Speaking of hunting, Lou Paproski tells me he'll never again hunt after the season closes; even if it has been closed only 2½ hours. (\$100 plus \$60 court costs). Lou says that the worst part is that the game warden took his buck home!

Hal Steffler has returned from the Herc Aircraft Commander Course in Trenton. The South Pacific is definitely the place to be in Nov-Dec. Warren Everett is back for the next Aircraft Commander's Course in March. Ray McAnally was smiling recently about some graffiti written in a Herc. It has something to do with Navs, Bulldogs and Indecent Acts. Two new instructors will join the staff of the ICP School shortly. They are Capt's Bob Sonntag and Ron Cheroe. Welcome to 429 Sqn!

Ben Corbeil is finally going to get his elbow fixed! He's having a bionic one installed so he won't have to work so hard at the Mess. Lew Llewellyn moved his family to Winterpeg and is settled in a PMQ. Leo Quinlan has been settled in his storage of recreational vehicles and accessories are being interpreted by the authorities. I hope you win your battle, Leo! The over-worked Flight Engineer section will receive a new member shortly in the person of MCPL. Tom Jordan. Tom is an ex-Twotter engineer (crewman)? and should arrive in the Spring. Congratulations to SGT. Wayne Harker on his promotion to that rank. Wayne is one of our hard working loadmasters who will receive support at the end of January when MCPL. Gilles Bertrand arrives to increase the Sqn compliment by 50%.

SQUADRON HAPPENINGS:

The Squadron was busy over the Holidays and one of the reasons was 8 Xmas/New Years flights across Canada to take people home to loved ones and wild parties. The Squadron received a "Well done" letter from the Base Commander for the exemplary work done during these flights. 429 would like to thank those members of the CFANS who flew as primary crew on these airlifts.

429 held its squadron Xmas Party on the 22 Dec. The turnout was good, the food was delicious and a good time was had by all.



Only one drink was spilled all night. (Yours truly). My wife said that it wouldn't have been so bad except for the ice cube that went down the front of her dress.

A few long range trips were completed since the last 429 article was written. Ray Moore and crew earned their money hauling Fuel from Resolute Bay/NWT to Isachen Island, NWT. Someone said that when its -40C and the wind blows in the arctic it's hard to tell whether you're an Agnes or Angus! Jim Anderson and crew completed a Nav/Pilot trainer to Seattle and Alaska and hauled a vintage Fokker aircraft home from Whitehorse. The A/C is apparently heading for an aviation museum. In the month of January 429 will send 4 crews to the Herc simulator in Edmonton. With no on base accommodations available in Namao our TD fund must be running in the red. Other airlifts this month include Naval Reserves to Churchill, Arctic Warfare courses to Churchill, Aircraft de-icer fluid to Frobisher, and Tutor Tip Tanks from Los Angeles to Moose Jaw.

ICP NEWS:

The ICP School will visit Randolph AFB in San Antonio, Texas next month to study the effects of hot weather on check pilots. The squadron will hold a mug party this month to say so long to MAJ. Tex Deagnon, the Officer in Command of the ICP School. Tex's fresh, up-front approach to everything will be missed around the Sqn. The people in Jerusalem don't know what they're getting into. Les Putland saw the flight surgeon and had the warranty extended on his knees. Les got 1,500 miles on his last pair of sneakers, (of course they were steel belted). Hello to the New Secretary in the ICP School. Jill Van Horne (apologies if the spelling isn't right) has arrived and is quickly brightening up the halls upstairs.

RUMOURS:

The latest hot rumour is that Jim Anderson and family will be moving to Trenton. Jim will join 437 Sqn to become a Boing-Boing Pilot. Also Chub Hezely is rumoured to be moving across the road to the Aerospace Systems Course. Three other pilots in the Sqn should be moving shortly but no hot rumours on who yet. The janitor tells me that CFANS will close down in 1978. Talk about a reliable rumour! We can almost expect the announcement any day!

That's all for now. See you next time!

PS. Bob McCreadie is offering a sport-parachuting course, with three free jumps. If you like it you get to use a chute next time. (groan).

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PATRICIA REPORT



The biggest event since Christmas occurred on 14 January, when the appointment of Regimental Sergeant Major changed from CWO. W.R.E. Bruce CD, to CWO C. A. Wilson CD. At a battalion parade that morning the Commanding Officer, LCOL. J.E.L. Gollner CD, accompanied CWO. Bruce on a review of the battalion, thanked him for his outstanding service to the unit and then participated in the formal handover of duties and responsibilities to CWO. Wilson. The CO then introduced the new RSM and led the battalion in giving three cheers for CWO. Bruce.

These cheers, and a gift presented to CWO. Bruce by MCPL. J.L. Sutherland on behalf of all ranks, do not adequately express the appreciation felt by the battalion for the service provided by CWO. Bruce. His loyalty, sense of fairness and his advice have become known to all of us over the past thirty months and for this we thank him. Fortunately CWO. Bruce will not be going far. He has moved his office to the other end of the parade square, to give his able advice to the Cadets, and because of this we expect to see a fair bit of him in the future.

All is not lost, however. To

replace CWO. Bruce we have received an able and experienced soldier who is familiar to many of us. To those who do know him there is no doubt but what CWO. Wilson will be an excellent RSM and an asset to the battalion. Welcome aboard!

While on the subject of people I will take this opportunity to extend the best wishes of all ranks to our newest Corporals; CPL. R. G. Colville, CPL. C. N. Boulter, CPL. S. R. Kearsley and CPL. H. W. Sinclair. Well done!

There is much activity in the garrison now, as the Professional Career Advancement Courses get shaken out. The unit is running

Pay Level 4 Armoured Defense, Machine Gun, Mortar, Pioneer, Communicator, Driver (Wheel), Driver (Track) and Surveillance/Intelligence Courses. In addition, a First Aid Course is being run. Added to this is the Battalions input into Exercise Rapiet Thrust V, all of which adds up to total employment for the unit.

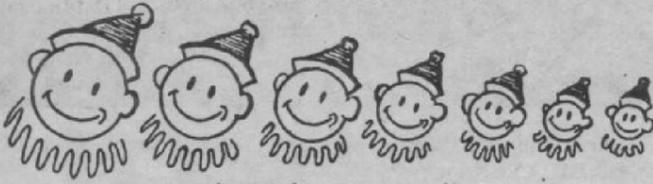
On the social scene, the Officers' Mess has had its normal garrison luncheons and happy hours and a candle light dinner. One of the luncheons was in honour of CWO. Bruce and the other was for Commanding Officers' of units in CFB Winnipeg.

The WOs' and SGTs' Mess was also busy, with a luncheon for CWO. Wilson on 13 January and a Mess Dinner on 14 January, at which the new RSM met all his senior NCOs, together, for the first time.

In the Junior Ranks Club four dances have been held since New Years' with music for two of them being provided by Grand Daddy and Cracker Jack handling the others. By all accounts they were all a success.

And so the time passes; new faces, old friends leaving, promotions, training and social activities in the messes. Typical events in the life of an Infantry Battalion.

LAUGHING AT OURSELVES



by John Semeniuk

NAVAL BATTLE (?) - An eagle-eyed General spotted this catastrophic typographical error in the rule book of a very exclusive women's club: "All members must limit their announcements to three minutes. If they exceed their time limit, the president should use her navel to silence them." Mused the General, "I hope Madame President has the stomach for that sort of thing!"

SUPER SIMILE - She's seen more love than a policeman's flashlight.

PUN-AMERICAN - In one of his famous debates with Stephen Douglas, Abraham Lincoln remarked that in his youth there was a steamboat on the Sangamon River with a boiler so small that when its whistle blew, its paddlewheel could not turn, and when the wheel was moving, the whistle would not blow. "My

friend Douglas reminds me of that old steamboat," Lincoln said, "When he talks, he can't think, and when he thinks, he can't talk!"

PONDERING QUESTION - Where do nudists keep their keys?

ONE-IN-A-LAUGHTIME - Some years ago, newspaper and newsreel cameramen were invited to the New Jersey end of the Holland Tunnel to see a demonstration of the tunnel's new fire-fighting equipment. An old automobile was soaked with kerosene and set on fire. An official of the Port of New York, Howard Cullman, stood by with a hose in his hand, ready to put out the blaze. The Cameras began to snap and roll. But, just at that particular moment, somebody in the Jersey City Water Department (which was located a few miles) turned off the tunnel's hydrant system to check on a reported leak. The

automobile burned to a crisp, while Cullman stood and stared at it with a dry and empty hose. Indignantly, Cullman turned toward the late Mayor Frank Hague of Jersey City to demand an explanation. At this point, the water was turned on again, and a gushing stream of water from Cullman's hose caught Mayor Hague squarely in the face. Only after considerable persuasion did the newsreel cameramen agree to surrender their negatives.

TOO TRUE - One of our federal politicians recently submitted his written resignation. "Working in Ottawa," wrote the MP, "Is like making love to an elephant. There's little pleasure in it, you run the risk of being crushed, and it's years before you see any results!"

GENERATION GASP - Youths really haven't changed much over the years since we were young. They still grow up, go off to school, get a job, get married, and have children. The difference is that they don't necessarily do it in that order!

A SIZZLER (?) - Did-ja-hear about the firefly who made love to a cigar and made an ash of himself?

SISIP - YOUR PLAN!

Take Time to Find Out;

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- WHAT it can do for you; and
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WHY?

- Because the Pension Act does not provide benefits if a disability or death is not attributed to military service.
- Because the benefits available from the CFSA and CPP/QPP in case of disability or premature death are not sufficient to ensure a reasonable monthly income; and
- Because there was a need for a "GAP FILLER" type of insurance package at reasonable cost for all service personnel.

WHAT?

- Disability Benefits - Ensure 75% of your pay as a monthly income. Survivor Benefits and Dependents Life Insurance coverage continues at no cost.
- Survivor Benefits - Provide 50% to 20% of your pay as a monthly income in addition to CFSA and CPP Benefits; PLUS, paid-up Dependents Life Insurance Certificates.
- Dependents Life Insurance - \$10,000 (spouse)
- \$1,000 (each dependent child)
- Major Medical Benefits at no cost for disabled members and dependents not eligible for similar benefits.
- Retirement Insurance at group premium rates.

COST?

- 0.125% of pay (\$1.25 per \$1,000 of pay) for single members.
- 0.975% to 2.075% of pay for married members.
- BULK BUYING of insurance through a group plan ensures lower cost for each individual member.

For further details on the Servicemen's Income Security Insurance Plan or on how to become a member, obtain the new SISIP Booklet contact:

CAPT. Ed Razzell at Local 461, Your Pension and Insurance Co-ordinator.

OF MAJOR IMPORTANCE

An ex-Serviceman got a job as a janitor but couldn't seem to get to work on time.

One day his exasperated boss said, "What did they do to you in the service to cure you of your lateness?"

"Nothing. Everybody just saluted and said, "Good morning, Major".

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BASE SUPPLY ON PARADE

Commission Scroll Presented



Colonel M. D. Gates, Base Commander of CFB Winnipeg is accompanied by the Base Supply-Officer Major W. E. O'Callahan for the inspection of the Supply Parade.

LT. Reg Mailloux receives his Commissioning Scroll from COL. Gates, BCOMD CFB Winnipeg.

Second Clasps To CD Awarded



MWO. Wilf Beach



SGT. Gerry Cherlet

First Clasps To CD



SGT. Waldo Henderson



CPL. George Cecile

All

Photos by Base Photo

CANADIAN FORCES DECORATION



SGT. L. H. Parker



SGT. B. D. Jerome



SGT. R. F. Stewart



MCPL. J. K. McDonald - BPERS SVCS



CPL. J. P. Deschamps - BCOMPT



CPL. I.V. Paul - BOR

Supply Promotion



SGT. Gene Tyacke receives his stripes and congratulations from MAJ. Bill O'Callahan on his recent well deserved promotion to SGT.
(BASE PHOTO)

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ENERGY CONSERVATION "IS" YOUR BUSINESS

"George is Back"



"Help George Do It"

That little chap with the toothy grin is back! Yes, the approach of winter means rising utilities consumption and it's time to re-emphasize the need for energy conservation. Most of you will recall the introduction of George last winter — the "theory" behind George was that it is human nature to let the other guy worry about the problems of the world, in other words "Let George Do It". Our approach was to attempt to make CFB Winnipeg personnel aware of their individual responsibility in the important issue of energy conservation. The idea is not "let" George do it, but rather "help" George do it; hence, the origin of George and all of the reminders you will see over the next few months.

Save Electricity - Save Money

Energy Conservation Week commences 05 Feb. It is time to examine our energy-use habits. We all know what it costs in our dollars to buy these precious commodities. It may be timely to examine a new slant on energy use and perhaps educate ourselves and our families on an energy-conservation measure that we can all take, every day. That action involves reducing our electrical energy consumption.

But, some say, "electrical energy in Manitoba is hydro-generated and therefore renewable". In only a limited sense this is true.

Hydro-electric facilities, dams, and power stations are extremely expensive and as such they are a massive drain on our resource dollar. We, as individuals, must in the final analysis pay that bill whether it be in increasingly higher hydro bills or in taxes. We can do something about it. The resource dollar not used to develop hydro facilities might be better used to develop some new energy source.

It is simple: save a dollar now on electrical consumption and that dollar is available to buy other resources. That act of saving may permanently change your habits on your use of electricity, giving you a permanent long-term saving. It may even save tax dollars because reduced usage of electricity means a reduced need for expanding electrical-generating facilities. It is not simply a matter of saving pennies.

Examine your home. How many fixtures have two or more bulbs when one would do? How many rooms have two lamps when one would do? How many lamps use 100-watt bulbs when 40- or 60-watt bulbs would do? How often is the TV left running when nobody is watching? How often are room lights, hall lights, bathroom lights, and fans left on when there is no one there to use them? Do you use the clothes dryer for 40 minutes when 30, or even 20, minutes would do?

Ask yourself — Can I help? Can I save?

Can I Help George Do It?

Save Energy - Keep Warm

The following are hints which will help you keep the heat in or make more efficient use of heat:

(1) Close registers in rooms that are not being used and close inside doors to these rooms to prevent heat leakage from the rest of the building. Clean and remove dust and any other obstructions from radiators, registers and ducts. Use heat deflectors.

(2) During the heating season close drapes and venetian blinds

on dull days and at night but leave open on sunny days to take advantage of solar heat. If you don't, the heat will escape both by conduction and radiation.

(3) Move furniture away from exterior walls and windows to reduce the amount of heat necessary for comfort.

(4) Lock windows to achieve a better seal.

(5) Install storm windows and doors no later than mid-October

and do not remove until Spring. If loose fitting, use weather-stripping to ensure maximum effectiveness.

(6) A rug on any floor over a cold part of the house will help to insulate, thereby making the floor feel warmer.

NOTE: Every house is different. Heat will get out wherever it can. So stand back from your home and take a long, hard look at it. Try to figure out where heat could escape. Then try to stop it.

REDUCE GARBAGE

THE 3R's: REJECT, REUSE, RECYCLE

In these days of energy worries, the 3 R's have taken on a new meaning — reject, reuse, recycle! If we can all start practicing them in daily life we'll go a long way towards reducing waste and saving energy.

REJECT IT!

Buy only what you need and only in the package that produces the least amount of waste. Pass up those impulse items, products with more package appeal than product appeal, and unnecessary frills. Keep old but still usable items longer. Think before you buy.

Refusing the buy is the most efficient way to reduce waste and energy consumption.

REUSE IT!

Before you throw anything out take another look at it. Could you repair that toaster? Could you recover that chair? Do you buy beverages only in returnable containers? Can you find a creative use for those jars and tin cans? Perhaps to store loose items or as pop art?

It generally takes less energy to repair and/or reuse a product than to make a new one.

- Much less energy is needed to wash and sterilize pop bottles than to make new ones.

- Less energy is needed to recondition a refrigerator than to manufacture a new one.

Look for ways to keep products in use. You'll save energy, money and the environment.

RECYCLE IT!

Maybe you can't use all of those jars, tin cans and newspapers — but somebody else can! They can be recycled by industry. This means they're melted or broken down by industry to make new products and packages, separate them from your regular garbage and make sure they are recycled.

Recycling also has the advantage of reducing the number of unpleasant, expensive landfill disposal sites.

Waste can be recycled from your home in two ways:

(1) It is separated from your regular garbage at home and either taken to a convenient recycling depot (preferably en route to somewhere else) or picked up at your home.

(2) All your waste is taken to a central mechanical reclamation plant where the various materials and/or energy are recovered.

FIGHTING GARBAGE IS A LOT LIKE FIGHTING FIRES...

One way is to concentrate on putting out a growing number of fires more effectively. A better approach is to prevent the fires in the first place.

Garbage works the same way. By rejecting, reusing and recycling, we can save energy, save

natural resources, save money and protect our environment.

DON'T USE A GARBAGE COMPACTOR!

If you produce so much garbage that you need to compact it, you've got a problem. These expensive machines do little more than smash garbage all together, making it that much harder to separate and recycle.

THREE WAYS TO FIGHT THE GARBAGE WAR

(1) REDUCE YOUR GARBAGE BY 50%

It's not that difficult. In fact, you and your family might even have some fun with the project.

(2) SPEAK OUT AGAINST GARBAGE!

- Tell retailers and manufacturers how you feel about their products and packages. If you meekly accept what's offered, the obvious conclusion is that you're happy with it. Are you? Would you prefer to see products designed for longer life and easier repair? Would you prefer longer life and easier repair? Would you prefer less glossy, expensive packaging? Would you prefer standardized, returnable containers for the beverages, foods and other products you buy?

Refuse to buy products that don't make sense to you in the first place. But also speak up to store managers. And write to the manufacturers.

- Tell your federal, provincial and municipal representatives how you feel about product designs, packaging, recycling. You put them in office; make sure they work on the issues that are important to you.

The Federal Government is already involved in a number of research projects in this field. But the more vocal and concerned you are, the more action there will be at all levels of government.

(3) ORGANIZE YOUR COMMUNITY

- Talk to your friends and neighbors. There's a good chance that many of them are just as concerned. Pull together!

- Start a community-recycling project.

- Look for ways to reduce garbage where you work or go to school.

12 WAYS TO REDUCE YOUR GARBAGE AT HOME

1. Reject. Think before you buy any item. Do you really need it? Can you make do with what you have?

2. Check the packaging. Buy for contents, not the container. Why pay for flashy, wasteful packaging?

3. Avoid disposables. Stay away from disposables — paper plates and cups, diapers, napkins, etc.

4. Look for reusable containers. Where possible buy products that come in returnable, reusable containers. Soft drinks in bottles, milk in jugs, etc. Try to find ways of reusing other jars and cans around your home.

5. Buy durable products. Look beyond the price. Consider operating costs and the lifespan. You may have to pay a little more, but you'll get more value for your money.

6. Repair it. Instead of throwing it out, fix it up.

7. Save. Save those little things: ribbon, wrapping paper, string, rubber bands, paper clips,

shopping bags. You can use them over and over again.

8. Let someone else use it. Don't dump your old clothes, furniture and appliances into the garbage when you're finished with them. Local charities and second-hand shops can spruce them up and make them available to other people.

9. Buy second-hand, rent, share. Watch your local paper for good buys. Shop at second hand stores. Consider sharing the cost of expensive items — lawnmowers, garden appliances, ladders, etc. — with your family and neighbours. Rent seldom-used items.

10. Make compost. Recycle your food and garden wastes in a compost plot. It cuts garbage and improves the soil.

11. Use recycling depots. Separate your leftover bottles, cans and paper and take them to a recycling depot in your neighbourhood.

12. Buy recycled paper. Try to buy products and packages which contain recycled material. Generally, recycled paper takes less energy to make than virgin paper.

6 WAYS TO REDUCE GARBAGE AT WORK OR SCHOOL

1. Avoid wasteful purchases. Be on the lookout for signs of waste. Is there a lot of unnecessary paperwork? Is food wasted in the cafeteria? Is some equipment and machinery simply not needed?

2. Get the most out of paper and envelopes. Every sheet of paper has two sides. Use both of them. Envelopes — particularly big ones — should be used more than once. Reduce the amount of photocopying.

3. Avoid disposables. If your cafeteria is now using disposable kitchenware, start a campaign to switch over to permanent ware. This should help to offset rising cafeteria costs.

4. Encourage the purchase of durable, repairable products. They cut both operating costs and garbage!

5. Recycle what you can. Your office, factory or school may offer unique opportunities for recycling. High-grade waste paper should be kept separate and recycled. Stores that end each day with a lot of waste cardboard should sell it back to industry for recycling.

If you work in a factory, take a look in the waste bins for discarded items and ideas on items that could be recycled.

6. Buy recycled products. Make sure that your organization buys those products and packages, such as paper, which contain the most post-consumer recycled material.

Even if you're not directly responsible for purchasing in your office, plant or school, you can start the ball rolling. Find out who is responsible and encourage them to look for ways of cutting waste. In fact, why not start by sending them a copy of this book.

YOUR BASE ENERGY CONSERVATION VICE CHAIRMAN IS: MAJOR C.F. POTTER CALL 323 and PASS ON YOUR IDEAS.

ENERGY CONSERVATION

If you're not part of the solution, you're part of the problem.

CANADA'S ENERGY PICTURE is really quite clear. We're on an energy binge and available resources are shrinking. Here is a report on where we stand now, where we're headed and the prices we'll have to pay.

Some experts say we must conserve energy to save ourselves. Some are sitting on the fence. Others still do not believe conservation can play an important role. Read the facts and draw your own conclusions:

MOST CANADIANS have been lulled by the good life. We drive big cars, plug in appliances to do our work, use throw-away products, flick on heating and air conditioning switches with thoughtless abandon.

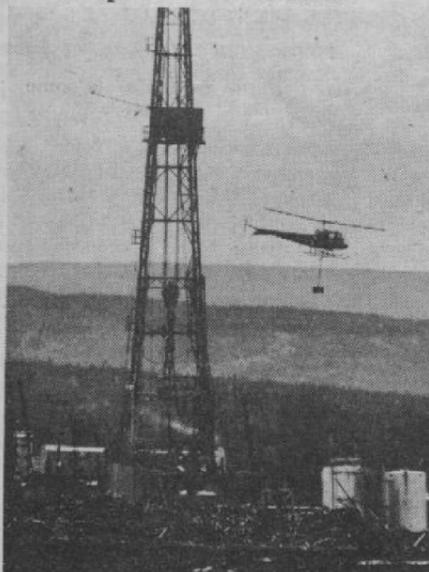
Between 1960 and the present, the average energy consumed by each one of us has almost doubled. Only the United States uses more energy per person than we do.

Yet we merrily roll along assuming there will always be more oil, more natural gas and more electricity to feed our growing appetite. Projections of current trends put our per capita demand in 2000 at about 2½ times today's consumption.

Here, briefly, are current facts on our resources, the costs of developing and delivering them, the environmental and social consequences of the way we live.

It's not much fun to read, but it may wake us up in time.

What's the resource picture in Canada?

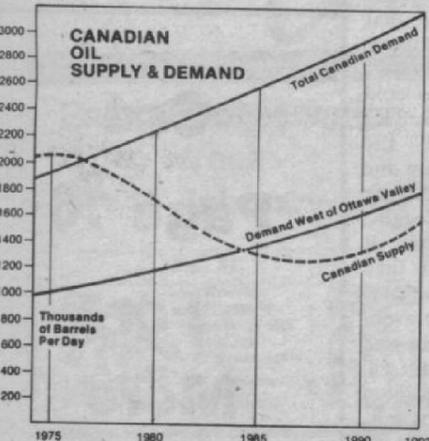


Oil and Gas

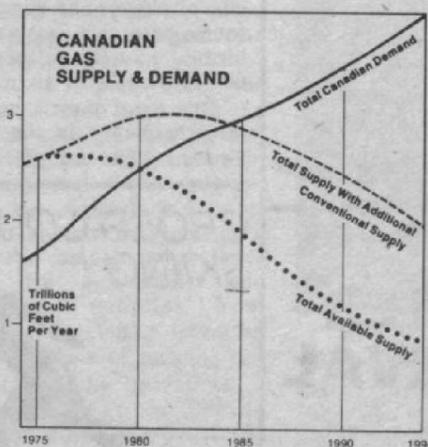
In terms of easily accessible oil and gas resources, our best years appear to be behind us.

The National Energy Board says that by 1977, there will not be enough crude oil production capacity in Canada to meet our national demand. We will be forced to become net importers of oil from other countries. And what price will they set?

By 1984, we may not even be able to meet the demand in the areas west of the Ottawa Valley traditionally served by Canadian oil; this despite active development of the difficult and expensive Athabasca Oil Sands.



Natural gas prospects are almost as bleak. The recent National Energy Board report on gas predicts spot shortages starting late in this decade and a gap between domestic demand and conventional supplies by 1984.



True, we hear about oil and gas discoveries in the Arctic and offshore, but these can't be depended upon. We don't yet know how much is there, how much can be delivered, when, or at what price.

Electricity

Most of Canada's readily available hydro-electric sites have already been developed or are in the process of being developed.

Nuclear power can supply part of our projected demands but economic uranium supplies are limited and reactor costs are rising. There are real constraints to the rate at which nuclear power can or should be developed.

As for other sources of electricity, they are currently based on non-renewable fossil fuels such as coal and oil.

Coal

Coal once supplied a large portion of our energy needs and we have large reserves left. Many deposits will be difficult and costly to develop. The environmental impacts are significant and the energy uses for coal are currently limited to direct heating and electricity generation. Research and development required for coal gasification and liquefaction processes will require long lead times and are sure to be expensive.

Other Sources

Undoubtedly renewable forms of energy such as solar, wind and biomass, as well as new technologies, will have a role to play as our current non-renewable sources fade from the scene. Without conservation and new research and development, however, it will be impossible for them to be developed fast enough to satisfy runaway demands.

Can we come up with \$20,000 per family?



If we continue to gobble up energy at our present rate of increase, Canada will need *twice* as much in just 12 years. That means our energy-producing capacity must also double in 12 years.

Economists say this will require capital investments of some \$110 billion between now and 1985. Money for new generators, dams, powerlines, uranium and coal mines, gas wells, oil wells and pipelines.

That works out to an investment of about \$20,000 for each family in Canada.

Where will it come from? From money which would otherwise finance schools, hospitals, roads and other important projects. They'll have to wait.

And as we move to lower quality and more remote sources of energy, the costs go up. More energy must be used simply to produce energy. The Syncrude oil sands project, for example, is estimated to need about one barrel of oil out of every 4 produced simply to run the plants.

What's the environmental price?

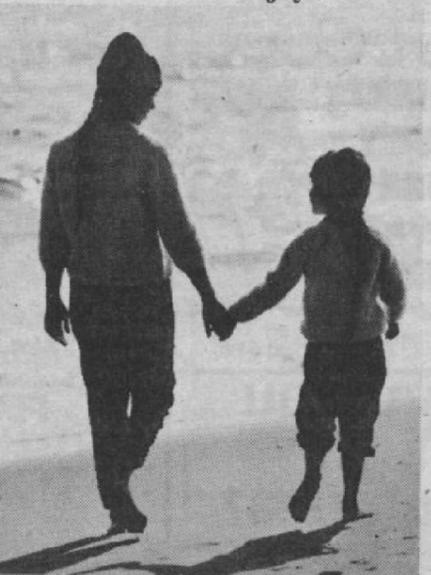


We boast about Canada's clean air and water, about our lush countryside. Yet the mere act of producing and using energy threatens our atmosphere, water and land. Nothing escapes—crops, livestock, forests, wildlife, and indeed ourselves. Energy is a great polluter.

The more energy we produce and use, the greater the threat to our environment.

Energy conservation, when you stop to think about it, is the purest form of environmental protection.

How much energy do we need to enjoy life?



A good many Canadians now question the "bigger is better" dream. Have our higher incomes and greater wealth produced all we had hoped for?

Many Canadians drive larger, more powerful cars, but it takes us just as long to get to work, with more aggravations along the route.

We spend money on convenience-type appliances, yet we don't insulate our homes properly.

Our garbage bags are bursting with the waste of an affluent society.

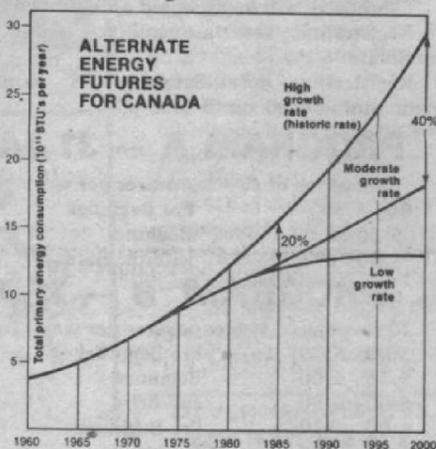
Other countries seem to have found comfortable standards of living without extreme energy consumption. In Sweden—a highly industrialized country with a climate and living standard like ours—they use *one-third* less energy per person than we do.

France, Germany, Finland, the United Kingdom, Denmark and Italy all use less than half our energy per person.

Is all our consumption and convenience really worth the price? A philosophical question, perhaps, but one we'll have to grapple with in planning Canada's future.

Efforts to lower our energy consumption—smaller cars, more mass transit, better built homes, more efficient industry, less waste production, more personal effort—will contribute to the quality of life as well as save energy.

What's the plan for the future?



Until recently, Canada's energy policy was straightforward: find and deliver enough energy to meet the expanding demand. But that's not good enough today.

Reducing demand is now as significant as expanding supply.

In the words of Donald Macdonald, former Minister of Energy, Mines and Resources: "Conservation is now an important part of Canada's overall energy policy. This will be a permanent policy—not a contingency plan enacted in a crisis. We are developing a five-phase program to cope with these times of high-cost resources, to involve all Canadians in a program of energy conservation and to provide a stable energy future and high quality of life for all Canadians."

The goals are a 20% cut in projected consumption by 1985—an energy saving equal to three quarters of our current oil imports and a 40% cut by the year 2000—equal to the output of 10,000 conventional oil wells or 55 nuclear stations.

This will *not* call for drastic changes in lifestyle. It's possible with modest savings in daily living, industry, commerce and transportation.

Yes, it will take some effort. We're grown accustomed to waste.

But remember that as we cut back on gasoline and electricity and natural gas and home heating oil, we're also saving money for ourselves.

But this is just a bonus.

Energy savings now can improve our environment and way of life far into the future.

Is there really any sensible alternative? **If you're not part of the solution, you're part of the problem.**



Energy, Mines and Resources Canada
Office of Energy Conservation
Hon. Alastair Gillespie
Minister

Énergie, Mines et Ressources Canada
Bureau de la conservation de l'énergie
L'Hon. Alastair Gillespie
Ministre

Energy Conservation Week 5-11 February



CFB WINNIPEG WINS PRAIRIE REGION CURLING

A two series round robin bonspiel was the name of the game as CFB Shilo hosted the 1976 - 77 Prairie Region championship during the week 10 - 14 January.

The CFB Winnipeg rink skipped by Captain Earl Morris won the A Group and Cold Lake were runners up.

CFS Dana won the B Group and CFS Inuvik were runners up.

In the semi final cross over Cold Lake took CFS Dana with no problem. Winnipeg on the

other hand had to work to beat a strong Inuvik rink. The final score was 10-6. In the final match Winnipeg squeaked by Cold Lake winning the tournament with a 7-6 score.

Again the Prairie Region tournament produced a good number of curlers and it was a pleasure to participate in the beautiful facility provided by CFB Shilo.

To our Winnipeg contingent, Good Luck and Good Curling in the CF Nationals!

WESTWIN LEARN TO SWIM PROGRAM

A Learn To Swim program will be conducted in the Westwin pool offering the following classes:

Pre Beginners	8 candidates per class
Beginners	8 candidates per class
Junior	10 candidates per class
Intermediate	12 candidates per class
Senior	15 candidates per class

Candidates will be accepted on a first come first serve basis. Registration fees are military \$6.00 and civilians \$8.00 per candidate.

Registration date Saturday 28 January 77 at the Westwin gymnasium 10:00 am to 2:00 pm.

PROGRAM A — 31 JAN to 9 MAR

12 sessions of two exposures per week Monday and Wednesday
 5:00 - 5:30 Pre Beginner
 5:30 - 6:00 Beginner
 5:00 - 6:00 Intermediate

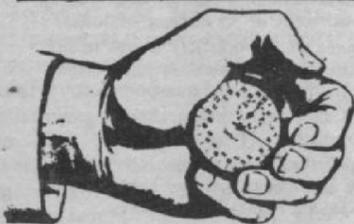
PROGRAM B — 1Feb to 10 MAR

12 sessions of two exposures per week Tuesday and Thursday
 5:00 - 5:30 Pre Beginner
 5:30 - 6:00 Beginner
 5:00 - 6:00 Junior
 6:00 - 6:30 Pre Beginner
 6:30 - 7:00 Beginner
 6:00 - 7:00 Senior
 7:00 - 8:00 Adult Learn to Swim

PROGRAM C — 5 Feb to 23 APR

12 sessions Saturday only
 10:00 - 10:30 Pre Beginner
 10:30 - 11:00 Beginner
 10:00 - 11:00 Junior
 11:00 - 11:30 Pre Beginner
 11:30 - 12:00 Beginner
 11:00 - 12:00 Intermediate
 12:00 - 12:30 Pre Beginner
 12:30 - 1:00 Beginner
 12:00 - 1:00 Senior
 1:00 - 1:30 Pre Beginner
 1:30 - 2:00 Beginner
 1:00 - 2:00 Junior

For further information contact Reg Bonnar 832-1311 Local 511.



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(CFAO 50-1)



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 BY SEA —
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PRAIRIE REGION BOWLING RESULTS

Seventeen teams plus one pace team from Shilo, competed in the five day, 84-hour Marathon tournament hosted by CFB Shilo during the week 10-14 Jan. The tournament had two goals, one to come up with Prairie Region champions and to select our six representatives to compete in the CF Nationals to be hosted by Gagetown 27-Feb to 4 March.

CFS Beausejour was the top scoring station as well they produced the best high singles bowler, Tom Teare who rolled a 420. This was also the highest single score for the tournament. The high triple honours went to Len McCormack of CFB Edmonton - 843. CFB Shilo won the team championship.

Those who qualified for the Prairie Region team are: MCPL. Ron Dupuis, formerly of CFB Winnipeg now from Edmonton, WO. Bud Knight of Shilo, MCPL. Dave Harrison of Cold Lake, MCPL. Danny Duprus of Beausejour and MCPL. Wally Gadd of CFS Beausejour. Gord Rolfe of SGT. Bob Sypulski of CFB Winnipeg will coach our Prairie Region contingent

Good Luck in the Nationals boys!

CFB WINNIPEG WINTER CARNIVAL



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16 - 19 FEB



FLOATS

ICE SCULPTURING SPORTS COMPETITIONS



Contact Your Mess Carnival Committee

GET INVOLVED!

CFB WINNIPEG BADMINTON CLUB



PRESIDENT'S COMMENTS

Our recent advertising drive for new members appears to be paying off with twelve more service persons or their dependants showing up. This new lifeblood into the club is very important for not only does it mean that more persons are enjoying the sport and social rapport of the sport of badminton but it provides the opportunity for new players to improve their game. Previously one of the criticisms of our club (and rightfully so) was that the level of play was generally too high for new players to enjoy themselves. With this influx of novice players we are again able to have a good mix of players and games, and of course with this base we hope to further attract another ten to fifteen players of a similar level.

Our more experienced players recently played in the Manitoba Senior Closed Badminton

tournament at the Canoe Club. Trophies were brought home by Bonnie Gabbs and Gladys Lyson who won the second consolation womens double. Rorie Puri and Marlin MacIntosh won the second consolation mixed doubles with also a number of persons making it into finals. Congratulations to all the participants.

Let me remind you again of on 30 January 77. Shirley Cyprik, who is the tournament chair person, and Sandie Isaac, social convenor, are getting together to make this an interesting one that everyone should enjoy. The tournament is free to club members and there will be one hundred dollars worth of prizes for additional incentive.

PLAY A LIFE SPORT JOIN OUR BADMINTON CLUB

CROSS-COUNTRY SKIING



For those of you interested in this trip give Mike Cashin a call at local 394 or 889-4793 to reserve a seat. February 12, and March 12 are the dates for future trips.

Skiing in a group is always more fun than skiing alone. You can have a conversation, pick up pointers on technique, exchange waxing tips, or just plain ski together. For all you lonely skiers out there, the club news letter will advertise the areas different club members will be skiing at on weekends. You will then be able to contact the member involved if you decide to ski in the same area. Hopefully this will get people together so that more enjoyment can be gained from this sport.

Think more snow, warmer temperatures and we will see you on the trails.

Are you part of the human race or just a spectator?



Fitness. In your heart you know it's right.

See Page 16 For More

SPORTS

CFB Winnipeg CAMPGROUND NEWS

by: LCOL

J.E. McNeil

If the title of this article didn't capture your attention, you're obviously not a camper. If it did, you probably dashed about madly checking on your supply of water-proof matches, etc., all the while muttering to yourself... "I didn't even know we had a campground!" Well, before you have a cardiac arrest organizing your camping gear... STOP! We do not have a campground but a Committee of enthusiastic Base personnel under the Chairmanship of Yours Truly is working very hard to see that there is a CFB Winnipeg Campground which, hopefully, will be ready for partial occupancy next Spring or Summer.

campground design laid out on our plan. To make the campground a financially viable proposition we obviously have to rely heavily on the enthusiasm of volunteer help and this was certainly the case with the survey job. The accompanying photographs show two of our volunteers in action during this phase of our program. We were fortunate to have the services of a professional surveyor in the person of Mr. Walt Gidyk, from Base CE, who, with the help of two volunteers from 2PPCLI to act as Rod Men and do minor bush clearance, completed the task in a timely manner.

After the survey work was finished we were faced with the mammoth task of clearing and constructing the road system in the campground - this promises to be the biggest and most expensive undertaking facing us in making the campground available to us for automobiles and recreational vehicles. Your Committee is busily studying ways and means of tackling this job but, in the meantime, a volunteer party from 2PPCLI under the direction of LT. R. Blekaitis hacked their way through dense woods in December to clear 200 meters of the main circular roadway - so even in the dead of winter, development of the site continues.

Your Committee is conducting a series of studies related to the provision of water and sewage services, hydro, garbage disposal, etc, and, of course, a complete cost/profit analysis is being done to determine our camp fee schedule, etc, but it is hoped that we can not only offer our military community a camping facility that is exclusively theirs but at a price that is better than you would find anywhere else. "Making you an offer you can't refuse" will, of course, only be possible because of the "do-it-yourself" nature of the entire project - to bring this project to fruition we will need your help.

It is hoped that the Committee will have the results of the various studies available for further

Negotiation is well under way with the Province of Manitoba to lease a 165-acre parcel of Crown Land for the purpose of developing our own campground for use by the Winnipeg military community. In defining our requirement some months ago we said that ideally the site should:

- be within 100 miles of the base;
- be on the water; and
- be capable of accommodating at least 100 campsites.

We were not too optimistic that we would ever satisfy these demands, knowing how well utilized our nearby recreational lands are already. Luck was with us, however, and after looking at a number of potential sites, we agreed on the one which we are currently negotiating for. In so doing, we satisfied all of our basic criteria:

- the site is 98 miles from the Whytewold Road gate;
- there is approximately 2,800 ft. of water frontage; and
- the site has been designed by a professional Landscape Architect to accommodate 136 sites, with potential for further expansion.

Being reasonably optimistic that we will be successful in our negotiations with the Province of Manitoba, we acquired a work permit and have already begun some preliminary work on the site. Our initial task was to survey the site in accordance with the



Walt Gidyk of Base CE is shown surveying the Campground Roadway



PTE. D. McBride was one of two 2PPCLI volunteers who helped with the Campground survey.

discussion by the end of February, at which time another article will be published to bring you up to date.

No formal survey has been taken of Base personnel to ascertain interest in this project but I have yet to meet anyone who doesn't support the idea with considerable enthusiasm. Anyone who doubts the interest of Base personnel in camping, need only look at the number of recreational vehicles parked in the Base Supply compound!

This article was intended only to introduce the CFB Winnipeg Campground project and wet your appetite... you will hear a great deal more in the months ahead. In the meantime, if you think you have a worthwhile idea related to the project or some special talent to offer, feel free to call the Project Co-Ordinator, MAJ. C. F. Potter, at Local 323.

Being active doesn't have to be a memory.

STUDIO 22



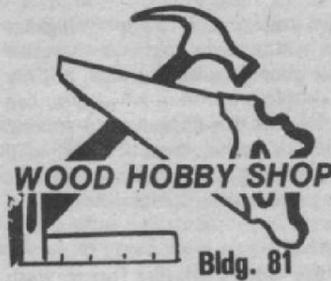
As we move into the new year the Director at Studio 22 is currently reading plays and will decide what play we will be doing this season. The play will be a comedy and we are still looking for more members to work both backstage and on stage.

Some of the work you can get involved in includes Set Construction, Lighting, Costumes, Makeup, Stage Managing, Publicity and Acting. You don't require any experience, you can learn as we go along. If you're looking for something different; something that will give you the satisfaction of a job well done, JOIN US AT STUDIO 22...

WE NEED YOU! For further information call MCPL. Muriel Mymko at 985-3680 days.

Safe driving tips for snowmobilers

- Know the length of a round trip that can be made on a tank of gas and plan accordingly.
- Travel in pairs.
- Drive on private property only with the owner's permission.
- When adding fuel, shut off engine.
- Helmets are "law" for head protection.
- Be alert for fences, guy wires, cables, stumps, etc.
- Carry a first aid kit.



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HANDY TO CFB WINNIPEG NORTH SITE

IAN. Program

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Sat. Mat. 12:45 hrs.
Sun. Eve. 19:00 - 21:00 hrs.

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WINNIPEG

CANADIAN FORCES BASE

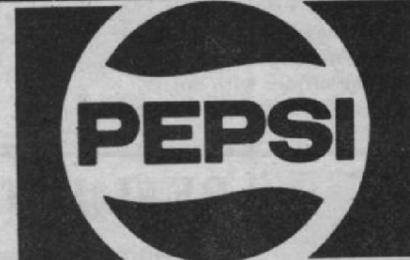
SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Energy Conservation Week 5 - 11 February 1977							
			Wed. 26	Thu. 27	Fri. 28	Sat. 29	Sat. 29
			INGMAR BENGTHANS "FACE TO FACE" LIV ULLMANN	NO SHOW	FRANCO ZEFFIRELLI "ROMEO & JULIET"	"The Biggest Now" "The Unhatched" "DIBBY" "THE WISDEST MAN IN THE WORLD"	A love story. "ROMEO & JULIET"
			COMING				
			BURT REYNOLDS "THE LONGEST YARD" EDDIE ALBERT "LAZYER WIFE COMES" "THE LONGEST YARD"	LEE MARVIN FREDRIC MARCH ROBERT RAYN JEFF BRIDGES BRADFORD DILLMAN EUGENE O'NEILLS "THE ICEMAN COMETH"			THE NATIONAL THEATRE COMPANY ALAN BATES LAURENCE OLIVIER JOHN FLOWERS "THREE SISTERS"

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

Cinema Theatre

SET NEW HOURS EFFECTIVE 1 FEB. 77
The BASE THEATRE hours will be as follows:

SUN thru SAT 8 P.M. (2000 hrs) NO SHOW THURSDAY SAT MATINEES 1:45 P.M. (1345 hrs)



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mod housewife

by Rosmarie Kohlberg

Recipes to Hate and Recipes to Love

Don't you hate it when a recipe tells you, halfway through, to "add the next seven ingredients?" There you are, cooking spoon in one hand, measuring cup in the other, ingredients all neatly lined up on the counter (if you are organized-if not, the next seven ingredients are probably somewhere in your cupboard or your fridge), and you wonder if the salt was supposed to be in before you started counting, or whether the parsley is included in the "next seven ingredients". I dislike doing arithmetic when I'm cooking.

Another thing is "simmer (or bake) until tender." This must be especially frustrating to a novice cook. If at least they gave you a hint, a likely time span, like twenty minutes, or two hours. You can't stick a meat thermometer in a stew-so what are you supposed to do to find out if the meat in it is tender? Taste it from time to time? There may be no meat left in your stew by the time it is "tender."

It isn't the vagueness that I mind in those recipes, it's the disregard for the cook's ease and convenience. Modern-day recipes are striving to be so super-accurate when it comes to measures so that few cooks dare to deviate by so much as a quarter teaspoon or heaven forbid-substitute thyme for oregano, but then the same recipe instructs us to "add the next nine ingredients"-as if the writer of the recipe suddenly had lost interest in the whole thing. Recipes in old-fashioned cookbooks, on the other hand, can be quite charmingly vague in the amounts given ("take a handful of mushrooms..."), but they go into leisurely detail to describe the process ("cut the potatoes into slices so thin that the knife blade shines through..."). My grandmother's old cookbook has many such recipes, and sometimes I browse through pages and pages of long, opulent recipes in which everything is lovingly described, giving me many fresh ideas.

When you have guests for dinner, give your meal a touch of elegance by serving *Potatoes Anna*. Most recipes in standard cookbooks describe a rather involved process of layering the slices in a baking dish, but my grandmother's cookbook gives a fairly simple method in which you can use either small baking forms or else muffin tins (I had good success with the latter). The other recipe, *Leeks au gratin*, came from a small cookbook I received as a Christmas gift, called *Cuisine de France*. It has several interesting recipes and gorgeous pictures that make you want to try them all.

POTATOES ANNA

Peel raw potatoes and shape them into thick cork-like forms, wash them and cut them into slices so fine that the knife blade shines through. Dry them, without washing them, on a cloth, sprinkle salt and pepper over them, mix well, and place them, slice by slice, in small buttered baking tins (muffin tins), press them down, pour a little melted butter over them, and place them in the oven to bake to a golden brown (about 45 minutes). Unmold them and use them to garnish large pieces of roast or small filets, together with vegetables, such as artichokes, green beans, etc.

LEEKS AU GRATIN

- 2 pounds leeks
- 5 ounces grated Swiss cheese
- 3 Tablespoons butter
- salt and pepper
- 1 pinch ground nutmeg
- 1/3 cup breadcrumbs

Trim and wash the leeks. Use only the white root for this recipe. Cut the roots into 2-inch pieces and boil, uncovered, in salt water for 30 minutes. Drain thoroughly.

Butter an ovenproof dish. Place in it a layer of leeks, a layer of breadcrumbs, a layer of cheese, and a pinch of grated nutmeg. Salt and pepper to taste. Continue making several layers until all the ingredients have been used up. Dot the surface with butter.

Bake in a hot oven 10 minutes, just to brown the top.



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Catholic Women's League

South

The new year has gotten off to a great start for our group. Our first meeting was held on January 9th and although cold weather and the flu decreased our attendance it did not dull our enthusiasm. A beautiful thank you letter from the Deer Lodge Hospital for the record player and records donated in December, started the meeting on a cheerful note.

We have decided to adopt a group at the Deer Lodge Hospital as our project for the new year. Many of the patients there are veterans without families who have few if any visitors. We have decided to begin by visiting them once a month for a game afternoon. Our ladies will bring and organize games such as bridge, cribbage, rummy and bingo for the men. We will also bring sweets, cigars etc., for those who are allowed them. We will be inviting the ladies from Our Lady of the Airways' CWL to join us.

At the meeting it was reported that four hundred people were served dinner at the Drop-In Centre on December 19th. The dinner was provided jointly by the CWL of St. John Brebeuf and our group. We also had a report, with pictures, of our visit to Rossbrook House and the donations given. We wish to thank all those who contributed.

We also received a beautiful Christmas message from our Spiritual Director, Monsignor Boucher, which was read at the meeting. It was also mentioned that the Annual National Report of the CWL had been received and was available for those wishing to read it.

The World Day of Prayer to be held March 4th at the Westworth United Church was the next item on our agenda. A workshop was

held January 10th at the Westminster United Church to plan this day. There will be an organizational meeting at the end of January or the beginning of February to which we will send representatives. We have always given our support to this worthy endeavor.

Book reviews are now a part of our monthly meetings. Last month members reported on "Black Like Me" and "Harlequin". This month several books were discussed, among them "Sarkhan" by William Lederer and Eugene Burdick, as well as "Centennial" and "Kappilan of Malta". The point of these reviews is to bring to the attention of and to interest our members in good reading material. Articles in magazines and newspapers are sometimes discussed as well.

Two very interesting films on family life were shown at the conclusion of our meeting. These were "You Haven't Changed A Bit" and "Family House" borrowed from Wolsley House.

For our meeting next month we have invited a guest speaker, Professor Larry Desmond, who will give a lecture on life in the monasteries during the Middle Ages. This professor has done extensive research on this subject. His presentation will include slides and should be very enlightening. The title will be "Love of Learning and a Desire for God" which is taken from a book by Jean Leclerc. All the parishoners of St. George's Chapel as well as Our Lady of the Airways and St. John Brebeuf are invited to attend. It will be held at Lipsett Hall, at 8:00 p.m. on Sunday, February 6th.

North

Each year on April 25, The Catholic Women's League in parishes throughout Canada honor, in a special way, Our Lady of Good Counsel, Patroness of the CWL. The League of Prayer goes like this:

We humbly pray you, O God our Father to bless the Catholic Women's League of Canada. Bless our beloved country, our homes and families. Send your Holy Spirit upon us to give light to our minds and strength to our wills that we may know and fulfill your great law of charity. Teach us to share with others at home and abroad the good things you have given us. This we ask through Our Lord Jesus Christ and the intercession of our patroness "Our Lady of Good Counsel."

We know there must be many ladies who know this prayer, who have been members in long standing of the CWL and who feel they do not want to commit themselves to regular meetings, I would just like to take a few lines to encourage you to drop in occasionally even if you feel that we cannot offer you anything. Or if more ladies would come out and share the Mass which precedes the meetings it would be a worthwhile gesture for God, we in the Committee promise not to pester you to join the CWL. If you do wish to contact us for any reason such as: if you know a lady who is lonely or shy or can't go out because of small children call 832-1311 Ext 272 and we'll arrange for somebody to call her or go see her! Or if you've belonged to a Council who had a terrific money raising project we'd like to hear about it! In this day and age of so many non-church oriented clubs it is certainly, we feel, not excessive to have such a group exist. At our last meeting we discussed particularly, circumstances in which the women on the Base could be contacted if they wanted to be. We have a topic lined up for our March meeting which we feel all the women Catholic, Protestant, church going and non-church going will be interested in, it is from the woman's point of view about Insurance, Wills, pensions etc. Capt. Razzell will be our knowledgeable speaker. You will be reminded of this event when the date, 24th March is nearer at hand. As I mentioned above, all interested ladies will be welcome.

One teenager to another: "You know, I'm beginning to wonder what my parents were up to at my age that makes them so suspicious of me all the time."



Mrs. A. Daniels presents donations to Sister Leslie and Sister MacNamara at Ross Brook House.

1977

Renewal

Stickers

AVAILABLE JAN 25

Our office in Bldg. 90 (Rec Centre) will be open from 9 A.M. to 5 P.M. Monday to Friday and from 9 A.M. to 12 noon on Saturday to take care of your 1977 renewal needs.

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Voxair Variety

BY JOHN LAUDER

Relatively Speaking is a very funny play, and it will run at the MANITOBA THEATRE CENTRE until the end of this week. The title of the play is a pun on family relationships, but the local press have used it to make jokes on everything from the Einstein theory to comparisons. Critics have urged you to go and see it in order to beat the mid-winter blahs. At Air Command Headquarters these have been banned, by order, while on CFB Winnipeg the upcoming Winter Carnival is planned to destroy all blahs. So I urge you to go and see it just because it is an excellent comedy, one of the best seen on local stages in years.

Fine acting by the small cast, plus a marvellous set designed by Peter Wingate, give us lively entertainment in the best British tradition. The lines outling the confusion between the characters, are delivered with perfect timing, with a result which is not quite farce, but is nevertheless highly humorous.

Robin Bailey and Irene Hogan, two imported actors with U.K. backgrounds, are outstanding as the older couple. But the kids, played by Marti Maraden and Peter Dvorsky, also come across as live, if dumb, people, and the whole thing is directed with considerable skill by Richard Digby Day. If you want to pick nits, there are a few incredulous moments in the play, but these do not detract from the overall effect. A true hit.

At the end of the month, on January 27th, 29th and 31st, the Manitoba Opera Association will present at the Concert Hall "Un Ballo in Maschera" (*A Masked Ball*), which is one of Verdi's most colourful operas. Tickets are at the usual outlets and run from \$3.50 up to \$12.50. For Francophones, and others learning the language, the Circle Molière is to present *L'extase de Rita Joe*, the French translation of George Ryga's play we have seen on stage as both a play and a ballet. Information on this can be obtained by phoning 233-8972. Show dates are January 28th to February 5th.

The ROYAL WINNIPEG BALLET is presenting a series of dance workshops. The first was held on Sunday the 23rd, and offered an introspective look at contemporary dance, in the form of demonstrations by students of the Professional Programme of the RWB. The aim is to show the public the inner workings of training young dancers for professional companies, and also the inner development of choreography. These workshops will continue in future months, with presentations on Sunday March 20th, and Sunday, April 24th. Admission is free.

Television In Review

By Ken Bernard

"More Than Entertainment"

It's Thursday night . . . 9:30 pm (or 2130 hrs, if you prefer) . . . it is the CTV television network (CKY-TV, Channel 7 in Winnipeg) . . . the program is titled directly: MACLEAR. The public might imprecisely categorize it as documentary (as opposed to entertainment), the network probably fits it under its news and public affairs programming. It is a half hour of top notch TV journalism.

If you are one who uses TV mainly as an entertainment source or for escapist viewing, and only occasionally want to watch something on the serious side, then the program to recommend, above others, is MACLEAR. Always good, often outstanding, sometimes excellent, it will seldom be disappointing. Disturbing it will be.

Michael Maclear is not an unfamiliar face or voice to Canadians, for he has been a newsman here for some years. This current series on the CTV network is into its third season (or is that fourth?). He is not the content of the program bearing his name. He is rather the medium through which events, people, practices, customs are probed, questioned and scrutinized.

One of the strengths of the program is that Michael Maclear does not present an "objective" view; rather he presents a very distinct "point of view". There is no doubt what he is saying. You know where he stands even though you may not agree with that stance. The benefit of this kind of critical journalism is that the viewer has a precise opinion against which to bounce his own views and ideas. This can be contrasted with the kind of journalism which presents all the facts, but leaves it to the viewer to take a stand or form an opinion.

The weakness in critical journalism lies in commenting "off the top of the head" or "shooting from the hip"; this kind of un-thought-full journalism soon becomes tiresome, and viewers or listeners can easily pick it out for the sham it is.

MACLEAR is a program of the best in critical journalism. As a TV journalist Michael Maclear is not given to casual opinion and flights of fancy. He probes his subject. He researches the matter. He visits the part of the world where the event is happening. He talks to people in their context. He looks and listens for himself. He asks. He judges.

Like some present-day Jeremiah, Michael Maclear looks at our culture and our values, and puts his finger on the weak points. He reflects back to ourselves things which we would often rather not be aware of. Yet he doesn't preach. In a sense, he holds up a mirror to our society in order that we might look into it.

The content of MACLEAR is not necessarily the current event just happening. He favours the non-headline news, the on-going news. He likes to examine the small event which, in some way, is a sign of something larger happening in our society, or to our culture.

MACLEAR is a very well produced program, and it is obvious that the team of people who put it together are a strong support to the man on camera. The half hour show is tightly knit together, leaving little room for the time-filler.

The visuals which are used are particularly good. No place here for the fill-in picture, regularly used on the News as a visual cover for the spoken news report. On MACLEAR the visuals and text blend together in the finest documentary fashion, each supporting the other.

Television is often characterized, with some justification, as a great wasteland; MACLEAR is like a little patch of green amid all that frozen white.

Joan Baez, who has never had a voice or guitar lesson, in the early days of her career was mainly interested in the sentiment of words and the beauty of melody. After she discovered Bob Dylan's work - and Bob Dylan - well over a decade ago, she became deeply involved in lyrics with messages and images. With her relationship with David Harris (they are now divorced) came the Nashville period and an increasing interest in writing her own songs.

Her first three albums for A&M were strongly political and, undoubtedly because of their controversial content, they're among the most overlooked of her efforts. When she released, "Diamonds & Rust", which actually started the musical new direction, it became her biggest selling album in her 15-year career.

With her "Gulf Wings", which is overtly autobiographical, Joan Baez should hit a new mark in sales and radio play. Songs like, "Caruso", "Seabirds" and the exquisite "Still Waters At Night", all have the strength to stand on their own and "Caruso" has all the musical and lyrical ingredients

necessary to leap from the album and become an exceptionally strong single product.

The "Gulf Winds" album features an excellent cover photo of Joan sitting on a beach, while the back cover features liner notes written by Joan. Set is rounded out with "Sweeter For Me", "Kingdom of Childhood", "Stephanie's Room", "Time Is Passing Us By", "O Brother!", and for over ten minutes, accompanied by only her own guitar, Joan lays down a musical autobiography, that reaches back to her childhood.

Other albums available by Joan, on the A&M label, include: "Come From The Shadows", "Where Are You Now, My Son?", "Here's To Life", "Diamonds and Rust", "From Every Stage" (recorded live during her solo tours) and her current "Gulf Wings".

Voxair is informative

Harry Sweeney

music reviews and syndicated columnist

MUSICALLY SPEAKING SPOTLIGHTS



Joan Baez

Joan Baez is a multi-faceted person who over the years has met with as much press coverage off stage as she has on stage. For her off-stage activities, Baez has been one of the premier political activists, the co-founder of the Institute for the Study of Non-Violence, supporter of the United Farm Workers, one of the prime movers of the West Coast Chapter of Amnesty International and a veteran of demonstrations

that range from Selma to the Oakland Induction Centre to the Vietnam Veterans Against The War.

On stage, much of her political feelings have been poured into her songs. Joan started to take a new musical direction with the release of her previous album, "Diamonds & Rust" of which she said, "I promised the record company I wouldn't have any sirens or bombs, I wouldn't sing in Spanish. Actually, they were very good about it; they never put any pressure on me. But I told them I would not object to attempting a 'commercial' sound, whatever that entailed". It was one of her most commercial outings to date, and one of her least political.

GULF WINDS

With the release of her brand new album, "Gulf Winds" (A&M SP4603) Joan Baez has put together one of her most listenable and commercial offerings of her career. Her voice is crystal clear, the music is tight and together and her use of some of the best sidemen in the business (piano and organ, Larry Knetchel; drums, Jim Gordon; banjo, Dean Parks; synthesizer, Malcolm Cecil; violin, Sid Sharp) all help to underscore Joan's melodic vocalizing.



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Cadenza

BY L. CRAWFORD.

Back we come again, tramping across the pages, our heads high, lungs full for another four bars of one of our favorite melodies, Sousa's immortal "Sombre Fiddles". We have returned, as Gen. MacArthur so aptly put it.

Yes, Virginia, the Air Command Band has been busy. Our engagement board is getting well filled in with more gigs coming in all the time. School concerts, Guards of Honor, Base Parades, Mess Dinners, public concerts and formal balls are landing on our calendar faster than mosquitoes on bare bods at a picnic. And it's all happening right here in keystone Province, so who's got time to travel?

The band enjoyed its annual Ladies Night at the Ft. Garry Hotel Dec. 15th and from all accounts everyone had a fine time. A salute must go to all those hard working individuals on the entertainment committee who made this gala evening a possibility. (Salute!)

Christmas found us in our traditional role as providers of music for the Base Christmas Carol Festival. We also took the show on the road and did it for CFB Portage La Prairie as well. Both were well attended in spite of the cold weather.

As a bit of interest, some of the carols we played were rather old. In fact one displayed a bit of indiscrimination by music historians as to who actually wrote it. Apparently a compromise was reached and the music stated that it was either Greg or Ian Chant. Now, folks, that's olde!

New Year's Day found the band playing for the Lt. Governor's Levy in the Legislative Buildings. We were high above the main floor celebrators overlooking all. Cascades of euphonius melodies wafted down upon those below, the result of some extremely deft baton handling by CWO Cor Godri who had the dubious honor of being first in the New Year to take the Air Command Band aloft on the wings of song....!

The Lt. Governor, Mr. Jobin and his charming wife came all the way up to our perch to wish us a Happy 1977. It's nice to know we're appreciated. Thanks must also go to the Lt. Governor's Aides and Mrs. Kaye Brown who saw to it that we in the salon group weren't forgotten during the festivities. It's one thing to be "under the dome" but quite another to be forgotten because of it. Think about it.

That about rounds it off for this time. Keep scanning the pages of future VOXAIR's and follow the continuing saga of "The Edge of Song". The story of an air-minded band that, on any occasion, never fails to get its wind up!

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A DAY TO GIVE

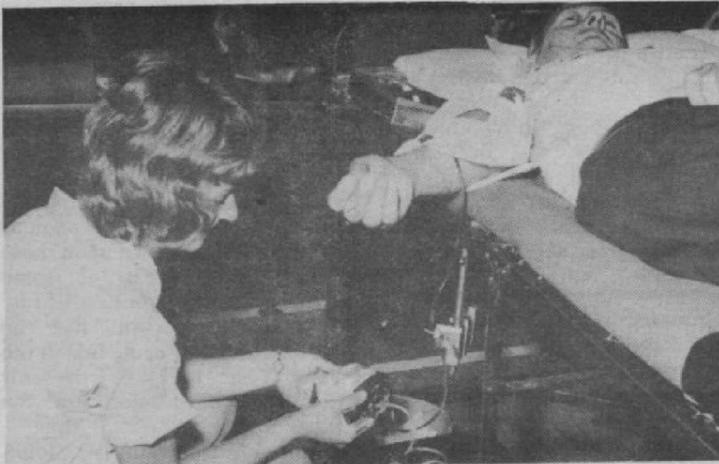


When we think of giving we normally think of birthdays Christmas and the such. On those occasions special to us we obtain a deep satisfaction from giving gifts to those close to us.

Here at CFB Winnipeg on February 10 you will once again have the opportunity to give. When you give this time however you will not have the pleasure of seeing the happiness incurred by your gift. In fact you will never know who the fortunate person is who will receive your gift and in many cases many more just like yours. Don't let this deter you however as your donation of your blood has a meaning all of its own. All it costs you is a few moments of your time yet the returns can be invaluable to someone who is in need. Giving blood is like giving life to someone.

The Red Cross have in the past been making two visits annually and I am sorry to report that the trend has indeed been unfavorable. With the number of people working on the base plus their dependents that we have to draw on to give blood it is truly unfortunate that the last time we have had over 300 donors was 1972 and have in recent years had fewer than 200 donors. True, many of us cannot donate blood (including myself) due to the nature of our job and perhaps some other irregularity. However I'm sure many have absolutely no reason at all yet still fail to make this small contribution of their time. Disappointing but apparently true.

All I ask is that you come to Building 21 on February 10, between 9:30 to 11:30 or from 1 p.m. to 4 p.m. and GIVE. Bring your wife/husband, bring a friend, bring anyone. I'm sure that even our past record of just over 300 is not indicative of our true capability. Lets show that we Care!



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GIVE THE GIFT
OF LIFE!

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SEARCH FLYER HONORED POSTHUMOUSLY



Major F. W. Carr-Hilton, of Kelowna and Comox, B.C., a recently-retired pilot of 442 Transport and Rescue Squadron, killed in a car accident November 18, will be posthumously awarded a chief of the Defence Staff Commendation for performance beyond the call of normal duty. (CANADIAN FORCES PHOTO)

OTTAWA—Major F. W. Carr-Hilton, 48, formerly of Kelowna, B.C., a retired helicopter pilot killed in a car accident in Comox, B.C., Nov. 18, will be posthumously awarded a chief of the defence staff commendation for his part in rescue operations in the Georgia Straits in March, 1975.

The award will be accepted by his wife, Mrs. Greta Mae Carr-Hilton, at CFB Comox on Jan. 19, 1977.

MAJ. Carr-Hilton's citation reads: "In recognition of the dedicated professional manner in which he performed as the co-pilot of a Labrador helicopter during intensive day-long rescue operations in the Georgia Straits area of British Columbia March 30, 1975.

"Major Carr-Hilton played a vital part in the teamwork resulting in several rescue sorties being completed in particularly hazardous flying conditions."

Commendations are awarded to Forces members who, beyond the call of normal duty, perform a deed or an action worthy of commendation.



ENTERTAINMENT SCHEDULE

FEBRUARY - 1977

FEBRUARY 4 & 5

Dancing to "Melting Pot" from 9-1.

Guests: \$4.00 per couple.

FEBRUARY 11 & 12

Dancing from 9-1 to the sounds of "The Ken Flamand Show"

Guests: \$4.00 per couple.

FEBRUARY 16 - 19

Wednesday, Thursday and Friday nite dancing to "Harvest" from 9-1.

"Winter Carnival" Come out and have a good time - show the other Messes who's the best! All ranks competitions in volleyball, darts, cards, and blowball to name a few. The floats and ice sculptures are to get underway right away. Come out and join the fun!

*NOTE - Due to the size of the Junior Ranks Mess membership, we will be split up into two teams; Team No. 1 being from "A to L" and Team No. 2 being from "M to Z". Sign up for the events on the posters on the Mess bulletin boards.

FEBRUARY 25 & 26

Dancing from 9-1 to "Magnum".

Guests: \$4.00 per couple.



Looking on the bright side

"You certainly are dressed up," a man remarked to his friend. "Anything special going on?"

"Yes," replied the friend, "my wife and I are going out celebrating tonight. I'm taking her to dinner in honor of six years of perfect married happiness."

"Wow," marveled the first man. "Six years of married happiness! I think that's really great!"

"I think it's pretty fair myself," said his friend, "six out of thirty."



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WOS & SGT'S MESS

Entertainment

Here we are into a New Year. Looking back over 1976, we have experienced a year of change in Mess life as we knew it, and we are anticipating a continuing program of events which hopefully, will keep pace with a New Canadian Forces life style.

Renovations to some areas of the Mess have taken place during 76, but this is only the beginning. You can expect both interior and exterior property renovations in the months to come. As you are aware, not all of our improvements were as a result of financial support from the "Crown". Many hours were expended by dedicated members by way of self support projects, which produced an acceptable club atmosphere throughout the Mess. To all those members who contributed to help make the Mess what it is today, we extend a vote of thanks. From the compliments received from visitors to the Mess you can be justly proud of your achievements.

The Christmas Holiday and New Year Festive Season has drawn to an end. Attendance at functions from September to present has been most appreciable. Everyone who supports Mess activity readily realizes that the quality of Mess life depends upon the active support of the Membership. To this end, we are sure that although 1976 was considered to a "Good Year", we look forward to an even better year in "77".

Not all situations which have taken place or are about to, are always in a happy vein, we lost some popular members to Retirement and Posting, recently, and the early months of 77 reveals that we are to lose such people as SAM GIBB, HARRY KILBURN, CHUCK KEATING, ED LESNICK, JOHN MELLISH, "BOOTS" BOUTILIER, JOHN SPIRITO, MOE ROADLEY, WAYNE MAHONEY, PAUL MACALA, to name but a few. There is no doubt there will be more as the year progresses. If you suddenly lose a number of "Regular" mess supporters of the calibre of those mentioned, then you will have to agree that a lot of familiar faces will leave a void in our Membership, which is hard to replace. To those about to depart, we bid a fond adieu and extend best wishes in your future endeavors, be it retirement or posting. Your presence will be sorely missed.

The situations where you experience a loss of familiar faces, you also become aware of many new faces. It is inherent in all of us to extend a hearty welcome to the "New Comers" and make them comfortable in the mess within the spirit of camaraderie fostered by the membership.

As we approach the new year, we wish to extend to you and yours our best wishes for 1977 in all your endeavors.

The Mess is YOURS and it is hoped you will spend many evenings of enjoyment here with your families and friends.
"SEE YOU AT THE MESS".

ENTERTAINMENT CALENDAR FEBRUARY 1977

Friday Feb. 4-25 TGIF
Sat-Feb 5

"WINTER CARNIVAL REGISTRATION NIGHT"

Games and Dancing. Come on out and register tonight for events to be held during the Winter Carnival. "Nominations for our "PRINCESS" will be accepted tonight as well". Watch for the Carnival Booklet which explains all the details of the first winter carnival to be held at CFB Winnipeg. Bar Open at 8 p.m. Dancing from 9 p.m. till 1 a.m.

Fri-Feb 11
RETIRING MESS DINNER

The Mess Dinner Tonight is in Honour of our Retiring Members who will be leaving us within the next two months. Assembly in the Lower Lounge at 1920 hrs. With Cocktails at 1930 hrs. Dinner at 8 followed by Dancing and LIVE Entertainment from 10 p.m. to 2 a.m. By way of change you will be permitted to bring your wife tonight. Cost of Dinner is \$10.00 for Members (wives free). Special Entertainment is programmed during the Dinner. Dress is \$ 5 for Service Members and Tuxedo for Civilians, Long Gowns for the Ladies. Please signify your attendance by picking up Advance Tickets at the Mess Office commencing 24 January.

Wed.-Sat. Feb. 16 to 19
WINTER CARNIVAL

At press time we understand there will be some 16 events including such things as Swooshing, Three Legged Show Shoe Racing, Princess, Spike Driving contest etc. There will be a Parade, Ice Sculpture Contest, Floats etc., with Inter Mess activity throughout the carnival. Our mess will be known as "SHATTERPROOFS" and SGT. Shatterproof Badges will be available at the Mess. Maximum participation is expected if this First Annual Carnival is to be a success. We hope you are able to come out for registration night on the 5th of February.

If not, see one of your Committee reps, to get enrolled on a team. We will be sponsoring the Darts, Tug-o-war and the Volleyball Tournament, but will be participating in all events. Watch for your Carnival Booklet which will give details of Events, Times, Rules, etc. THINK CARNIVAL!

Sat.-26 Feb.
BINGO & DANCE

Jackpot \$250.00 with \$50.00 added if it doesn't go in 52 numbers. Last months Bingo held some unexpected surprises what's good for tonight? Come out and find out! First game at 8:30 p.m. Entrance \$2.00. Don't forget the Garbage Can Bingo, a Can-a-card. New Clothes Line Bingo starts tonight. Food and Dancing follows last game.

FUTURE EVENTS
19 March

St. Patricks Day Dance (Candlelight Dinner)
DATE: of spring ball to be announced

HARD PRESSED

The following is an extract from a 1946 RCAF Recruiting Poster

THE REGULAR AIR FORCE
CAN USE GOOD MEN NOW

The formation of the permanent, peace-time Air Force presents an opportunity for a satisfying and profitable career in a skilled trade for air-minded young Canadians. The new pay scale, pension plan and conditions of service are designed to provide rewards in daily living and future security that will attract the highest type of recruit... so that Canada may continue to take pride in the accomplishments and standards of the Royal Canadian Air Force.

GROUND CREWS

The Air Force is a company of specialists, skilled in the trades of the future. Aeronautical engineering, radio and radar are among the 70 trades in which it trains its members. Experienced instructors, the finest equipment, and the newest results of scientific research provide constant opportunities for self-improvement to men with ambition.

To qualify for enlistment, applicants without previous service experience must be Canadian citizens or British subjects between the ages of 18 and 25 inclusive. They must be physically fit, and they must have successfully completed junior matriculation, or have the equivalent educational qualifications. Those who are accepted will be enlisted for five years, after which they may be re-engaged for successive five year periods until their retirement age. Special conditions, in recognition of their experience, affect the re-engagement of former R.C.A.F. personnel.

PAY

New rates of pay for the Regular Force go into effect October 1st, 1946. All heavy civilian costs such as food, lodging, clothing and medical care are FREE. Then, too, there are extra benefits of recreational and spare time activities, so that an airman can theoretically bank every cent of his pay and still live well. The rates shown are basic minimums... there are regular pay increases up to \$28 monthly for proficiency... and raises up to \$10 monthly for length of service, regardless of promotion.

MONTHLY RATES OF PAY

	Basic Pay	Subsistence in lieu of Qtrs.	Marriage Allow.
WOI	\$128	\$60	\$20
WOII	113	55	20
F/SGT	98	55	20
SGT	83	50	20
CPL	70	45	20
LAC	61	45	20
ACI	54	45	20
ACII	50	45	20



DOIN' WHAT COMES NATURALLY

Two men were discussing the relative merits of flying and boating as sports. Finally the one who had been giving a defence of flying revealed that he wanted to build his own airplane.

"Build your own airplane!" exclaimed the other man mockingly.
"Of course," said the first man. "You built your own boat, didn't you?"
"Sure," came the answer. "But I can swim!"

WOS' & SGT'S TV Raffle Winner

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The winner of the 26 inch color T.V. set drawn on New Years Eve at the WOS' & SGT'S mess was Mrs. E. Strain of 2694 Assiniboine. Mrs. Strain held ticket No. 905. Ticket sold by Mr. Loader who wins a weekend at the Winnipeg Inn. Congratulations!!!!

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TRAVEL

The lives of R.C.A.F. members will not be restricted to any one part of Canada. During the course of their training they will see the Pacific Coast and the Maritimes. They'll get to know the prairies as well as the towns of Ontario. The normal length of stay on any one station in peace-time will be two or three years and then comes a transfer to new stations and new experiences. If they are married, the Service pays the cost of transporting their families and household effects.

PENSION

There is no worry for the future in the R.C.A.F. After a prescribed period of service an airman is eligible to retire under a pension plan as generous as any in civil life or the Civil Service. Normally an airman will be pensioned in the neighborhood of his 50th year.

PREVIOUS SERVICE IS AN ASSET

There's a special place in the Regular Air Force for the experience and skill of former R.C.A.F. personnel, and their application receives special preference. Those selected for re-engagement in the rank of Flight Sergeant may be 30 years of age plus their length of war service.

Those re-engaged as Warrant Officers may be 35 years of age plus their war service.

Those who served more than 6 months become ACI immediately upon enlistment while those who have more than 18 months service are immediately reclassified to LAC.

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71 OLDS DELTA 88-455 CU. IN., 4 dr., ht. vinyl roof, P.S., WDW. 78,000 miles. New-radials, brakes, shocks, water and fuel pump. \$1,750. Exc. Cond. Phone 885-2106.
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PUBLIC NOTICES

WANTED: BABYSITTERS TO register for the C.F.B. Winnipeg babysitting list. We need names from North and South Site, on and off base. Please call Mrs. Carolyn Jopling at 832-2250.
N/C

ANNOUNCEMENT

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BAPTISM:
RICHARD ADAM GREENWOOD, SON of CPL and Mrs. D. A. Greenwood, on 16 January 1977.
MARRIAGES:
PTE. Edward Allen Lewis and Nancy Anne Hanisch, on 22 December 76.
BIRTHS:
Carl-Andrew, born to David and Ursula Poley on 9 January 77.

CARD OF THANKS

DALGLEISH: WE WISH TO EXPRESS OUR appreciation to our friends and neighbours who helped in any way, sent flowers, messages of sympathy, baking and donations during the loss of our dear husband and father Robert on November 24, 1976. Also for the kindness shown during his 6 month stay in the Deer Lodge Hospital. A special thanks to Padre McLean, Captain Razzell, Major Wilkinson and Lieutenant Gauvreau in their many acts of kindness. Olga Dalgeish and Family.

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Team "A" Pictured from (L to R):

- Bonni Ratushniak
- Betty Jenkins
- Sam Lung (Skip)
- Lil Belliveau



Team "B" Pictured from (L to R):

- Dinese Lebeau
- Malene Pringle
- Gloria Gordon
- Sylvia Thibodeau

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MISTEAKS

— please consider that, in this publication, they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes.

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