



NEW CFHQ GROWS UP — Located between the Laurier Avenue and Mackenzie King bridges adjacent to the east bank of the Rideau Canal is the new Canadian Forces Headquarters building in the foreground. In the background is the Chateau Laurier Hotel rising above the Ottawa River.

(Canadian Forces Photo)



December 2, 1970

CANADIAN FORCES BASE, WINNIPEG

Vol. 19, No. 23

Nine stories up and rising

OTTAWA (CFP) — Yes, it really is going up! The new National Defence Headquarters is pushing itself storey by storey into the Ottawa skyline.

After so many years in Ottawa's permanent temporary buildings, Ottawa servicemen and civil servants can hardly believe their eyes as they watch the construction site on Laurier Ave. next to the Rideau Canal.

Construction crews broke ground for the twin-tower 20-storey headquarters in November 1969. Now they're pouring cement for the ninth floor.

The new headquarters will contain one retail outlet — a cafeteria which will stretch over one complete floor and seat roughly 700. This feature will be somewhat of a luxury to servicemen and civil servants in the present CFHQ complex who are used to buying lunch in tiny basement canteens and spilling lunch crumbs over their own desks.

the vox poll

The Public Service Alliance has indicated that members of the Canadian Armed Forces would benefit by forming some kind of a union. Would you like to see a union for the CAF?



Sgt. D. J. Snell (Avionics)

Ridiculous. Unions imply the right to strike, picket, etc. Seniority plays a more important role in promotion than does merit under union thinking. Much better proposal would be an Ombudsman to right alleged injustices.

Lt. Col. D. J. Allan (BTSO)

An emphatic **no** in answer to the above question presumes we are referring to a union similar in function to that encompassing the civilian employees of DND.

One must isolate the disease in order to prescribe the cure. I fail to identify any ills within the Service today which could or would be improved by union activity. My talks with service members from countries experimenting with a union would indicate most members are far from satisfied with the results. We have staffs at CFHQ, continually studying methods of improving conditions and presenting these recommendations through the CDS to our civilian masters in the cabinet. There is no doubt that lines of communication could be improved and more widely used, however, the mechanism is there and I believe it is effective.

The implementation of unionism in the service provides some interesting points to ponder, e.g., who is management and who is labor. Since service regulations apply to all ranks I assume that all ranks would be members. Our management would still be the cabinet through the MND. Would our union leader not be the CDS presenting our views to cabinet. Perhaps we already have a union!

I believe the suggested need for a union in the service provides many idealists who have no military background a chance to practice their favourite hobby, that of providing theoretical answers to theoretical problems. I believe that unionism in the military service would create many problems and solve none of the existing ones.



M. Cpl. J. J. Holcek (Admin TCHQ)

I do not agree that the services should have a union. The efficiency would drop, if we didn't feel like fighting we could simply state, "It's against the union rules."

MWO B. G. Butler (NPF Accounts)

Union is not the right word to be used. Right off the bat the word implies strikes, work to scale, etc. Some system of representation in Ottawa is all that would be required. A system similar to that used by the U.S. would suffice.



Maj. G. H. Shorey (TCHQ Flight Safety)

No. The responsibility of looking after the problems of our personnel has been assigned to various military organizations and individuals. It would be sad to think that a union would be able to be more effective than the organization which is responsible for the defence of Canada in obtaining results.

Two launched in DDH program

Two of the four helicopter carrying destroyers under construction for the Canadian Forces' Maritime Command entered the water at Quebec shipyards last week.

The Athabaskan, DDH 282, was named and launched in the traditional manner at Davie Shipbuilding Ltd., Lauzon, Que., Nov. 27.

The Iroquois, DDH 280, which is being constructed by a method involving extensive prefitting of the ship's sections, was lowered into the water from a marine railway at Marine Industries Ltd., Sorel, Que., the following day. The vessel will be named at her commissioning ceremony in 1972.

Mrs. H. A. Porter, wife of Rear-Admiral Porter, Commander Maritime Command, was present to name and launch the Athabaskan.

The major systems for the ships have been designed and developed in the Canadian Forces and federal government depart-

ments, and by Canadian industry over the six years since the program was announced in December 1964. They include a gas turbine propulsion plant; computerized command and control system, improved sonar equipment for submarine detection and automatic weapons and com-

munications systems. Each ship will be equipped to operate two Sea King anti-submarine helicopters.

The ships will be 425 feet long, with a beam of 50 feet and displace 4,100 tons. They will carry a complement of 310 officers and men.

No change in payfields

OTTAWA (CFP) — There will be no re-allocation of trades from one payfield to another this year.

According to the directorate of plans, policy and control this decision applies to the period from Oct. 1, 1970 to Oct. 1, 1971.

A 30-man board consisting of officers and warrant officers representing all service environments submitted its recommendations to a senior board, which in turn reported to a joint treasury board-defence advisory group on military compensation.

The final decision was that no changes will be made in the allocation of trades to payfields for the next year. A special study will examine the present evaluation system including the appropriateness of the existing number of payfields.

One new trade was introduced during 1970 — TFC Tech 933 and allocated to payfield three.



EVEN IN A BLIZZARD the ground crews tow, start, refuel and take darn good care of the aging Gooneybird.

(photo by Hoover)

SERVICES

WILLING TO ... on weeknights ... (photo by Hoover)

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WEEK BEFORE ... six weeks to two ... 489-4630.

KET BOOKS, JIG- ... Please send ... orderly room.

UNISKINS by mac



The Third Page



Crusader... Infernal Machine

A telephone is not a pretty thing but its uses cannot be denied. Anyone as well accustomed as servicemen to squatting and upping...

The colour of the walls and the decor of the various rooms was apparently a matter of concern. My enquiries as to whether a shade of telephone was available that would match the packing cases I kept in the bedroom were met with a stony silence...

Suitable equipments could be rented at apparently minimum expense which would enable me to converse underwater, through my nose or while knitting, a hobby I enjoy only rarely. Dialling, they told me, can be accomplished with assorted extremities, at a little extra expense but having disappointed them with the knowledge that I was not handicapped, that I didn't mind the dial being visible, that I was colourblind and had no taste, we finally came to an agreement...

I was expressly forbidden to instal it myself which would not have been difficult since it already worked just fine. Anyway, a pleasant man arrived, wrote a new number on the dial and I was again in touch with the world at large. It has since then not always been a lovely thing. My teenager's friends have kept me fairly fit since several foot pounds are required to move me from the chesterfield to the hall. Girlish giggles and an ensuing attack tell me my 13 year old son was called. Occasionally my wife is called, and I have had my share — six to be exact. One was a lady, by all accounts involved in a fascinating survey of TV habits, who wanted to know how many sets we had and what everyone was watching. I replied with a distinctly personal question about her private life and although after her initial distress she did admit that by calling she was invading my privacy, in equal manner I was left with the impression that the whole nasty business was all my fault.

In this age of electronic wizardry I still surface after hearing a lot of dialling in the terror that my four year old has managed to disturb the mayor of Hamburg from his bed to my embarrassment and vast expense. There are those who when I answer, balk at giving their names in the vague suspicion that I might be some sort of a tyrant or might not concur in their association with my daughter. This is guaranteed to trigger my best tyrant reaction to the mortification of my womenfolk who then accuse me of having ruined a lovely friendship being a brutal militarist.

I am never given a chance to be intrigued by mysterious callers who might confide "The Big A at nine tonight — I'll be wearing a crimson dahlia". I'd certainly go. When I once answered "Hello" the caller said "Hello". I felt strongly that since I had said it first that he was then duty bound to continue the dialogue in another vein but since this failed to happen we parted amicably after a few more hellos.

I dread the day when video will accompany the spoken word. The prospect that a family friend, or even worse an enemy, may over my wife's shoulder, one day see me sitting up in bed in a domino, a little too rum in hand and playing Monopoly against myself is just too horrifying to contemplate. Surely some things are sacred?

Letters

continued

Voxair should provide a forum for those who wish to state their views and offer constructive criticism. No government or agency was ever hurt by constructive criticism and no policy can ever be changed without it.

Because a man wears a uniform does not mean that he is free from political thought, and convictions nor are his basic freedoms denied him. In a good deal of instances he is in a position of greater understanding than his civilian counterparts and is better equipped to offer suggestions for improvement. It is high time people started to take the serviceman for what he is... a highly intelligent individual capable of feelings and very aware of what goes on in the world around him.

J. Flaherty Private

Ed. Note: We repeat, Voxair does not strive to be controversial. If controversy develops, well and good... but life is too short to go looking for argument for the sheer sake of itself. We agree with reader Flaherty that we should offer a forum to base members. We're not aware that we ever denied it to them... within the bounds of the policy established for a service paper. We also agree that the serviceman is a worthy member of society in all respects. Although the author of Grains of Sand is grateful for the compliment... he prefers nonetheless to remain anonymous. This doesn't conflict with our policy of insisting on knowing the identity of writers. We know who he is.

Pollution Probe (3)

GASP! CHOKES! COUGH!

If Winnipeg were situated anywhere other than on a wind-swept prairie, it would experience stifling air pollution problems as serious as in any other major city. The common concept is that there is no air pollution on the prairies since the wind blows it all away and leaves little evidence behind. No one questions, however, where does it really go? Are we in fact passing our wastes on to our neighbours downwind? The air that we breathe, our atmosphere, has a limited capacity to absorb foreign air borne pollutants. But as in the life support system of a space capsule, our "space ship earth" cannot absorb forever the massive quantities of wastes that we inject into it.

Air pollution consists of a complex mixture of various chemicals and particulate matter, all cooked together by our sun. Medical studies have shown that these pollutants can be lethal in various concentrations. For example, the ratio of lung centered diseases is much higher in smoggy urban regions than in clear rural areas.

The major sources of air pollution in our urban environment are: automobiles, industries and refuse burning.

It is true that a great deal has been, and is being, done to reduce the quantity of pollutants emitted from the modern automobile, but as the number of automobiles produced and driven steadily increases, our pollution level continues to rise but at a slower rate. Diesel engines, such as those used in Metro buses produce fewer pollutants than an equivalent gasoline engine.

This fact, coupled with the much larger passenger load carried on buses, indicates that a marked drop in air pollution levels would occur if public transportation services were improved so that more people would use the system rather than their private automobiles.

Most industries avoid installing pollution control equipment until forced to do so by either public opinion or legislation, as the costs involved do not produce a better product for a competitive market. With the development and enforcement of uniform pollution standards on a provincial and federal level, the cost of purchasing and installing the necessary pollution control equipment is passed, on to the consumer in the form of higher product prices. Air pollution is very indiscriminatory; it affects people who have nothing whatsoever to do with the polluting industry; for example any of you who have visited CFS Falconbridge (near the heart of Sudbury) or CFB Chatham (downwind from the Pulp Mills) will understand.

Our local municipality allows the burning of refuse in apartment or home incinerators. When the refuse is burned in open uncontrolled incinerators (as most are) massive volumes of unburned hydrocarbons, various gases and particulate matter are released to the atmosphere. The city council should be requested to reduce this source of pollution by prohibiting the incineration of refuse and by improving the garbage collection system to remove all excess wastes.

One of the most serious problems regarding air pollution is its high hidden costs. We all pay for the indiscriminate use of our atmosphere as a sewer through the soiling and deterioration of our health, clothing, automobiles, gardens, and homes.

The rising level of pollution in our major cities is directly related to our expanding population and our ethic of "growth for growth's sake". With a reduction in our population growth rate and a distinct reversal to conservationism and the reuse of natural resources, scientists and engineers have some hope of saving the human race from poisoning itself.

For more effective air pollution control write to your elected representative in Ottawa, at the legislature, and on the city council. Remember it's your choice!

For further information contact:

Pollution Control Group 1 CEU Building 9 Local 327

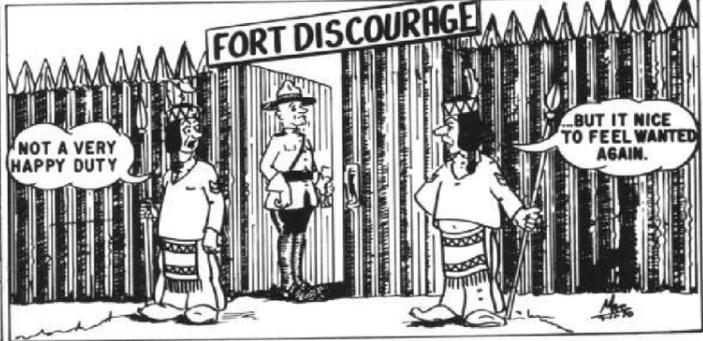
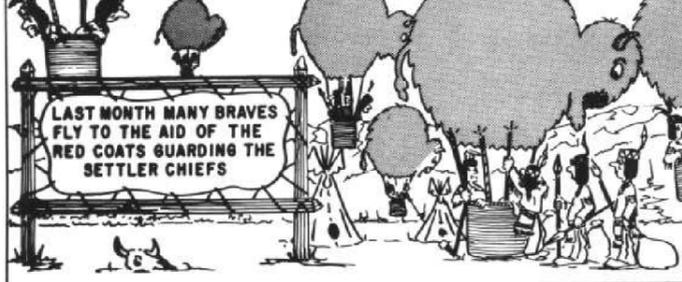


You'd be grinning too, under the circumstances. Lord Chumley at the Ascot races? The Earl of Westwin at Monte Carlo? No, it's our recently retired base operations officer, Squadron Leader Len Boucher, with friends at a wedding in England. We run this photo with the caption "typical retired air element member". Wot?

CHRISTMAS GIFT SALE. DECORATIVE Lamps with Silk Shades \$29.80. Italian Walnut coffee tables \$36.40. Swag Lamps Provincial Styles decorated with silk gold \$46.70. Save only at The Furniture Warehouse, 1030 St. James St., Open 9-9. Easy Terms.

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UNISKINS by mac



blew it this you are not ill-informed. only expresses lieve its called n. What Voxair enough of is not only does late discussion, ssitates action. on this base on Vietnam, ast, the War pollution and ies of the day. on page 3)

Defence in the House

COST OF YOUTH HOSTELS IN CANADIAN CITIES

Mr. Nystrom:

1. What is the estimated cost of providing youth hostels in twelve Canadian cities during the summer months?
2. In each city, how many young people used the youth hostel?

Hon. Gérard Pelletier (Secretary of State): \$155,000 to operate hostels in 12 D.N.D. armouries plus \$45,000 to operate hostels in an additional 11 private facilities in other centres.

2. St. John's	(approx.) 476 bed nights
Montreal	(approx.) 15,000 bed nights
Kingston	(approx.) 1,170 bed nights
Thunder Bay	(approx.) 2,564 bed nights
Calgary	(approx.) 7,600 bed nights
Edmonton	(approx.) 6,337 bed nights
Vancouver	(approx.) 20,000 bed nights
Charlottetown	(approx.) 1,000 bed nights
Hull	(approx.) 2,473 bed nights
London	(approx.) 1,089 bed nights
Winnipeg	(approx.) 10,000 bed nights
Revelstoke	(approx.) 1,493 bed nights

PAYMENT OF EXTRAORDINARY EXPENSES IN ASSISTING CIVIL POWER

Hon. J. A. MacLean (Malpeque): Mr. Speaker, I wish to direct a question to the Minister of National Defence. Can the minister assure the House that any extraordinary expenses which may be charged to the Department of National Defence arising from the rendering of assistance to a civil power will not come from the frozen budget of the department but will be provided by some other means?

Hon. Donald S. Macdonald (Minister of National Defence): I wish to thank the hon. member for giving me notice of this question. I think I can fairly confidently give him that assurance because otherwise there would not be funds available. In effect we would have to seek any additional funds that may be necessary to pay these costs beyond the budget which has already been set.

TABLING OF WHITE PAPER

Mr. MacLean: I have a related question which I hope Your Honour will accept as being supplementary. Will the tabling of the white paper on defence be delayed beyond the date of early 1971 suggested by the minister in order to give reconsideration to the implications for the defence forces of the present situation and possible recurrences of similar situations in the future?

Mr. Macdonald (Rosedale): I do not expect it will have to be delayed for that reason. An analysis is now under way as to the implications for force levels of the operation which at the present time is gradually being withdrawn, but I would not think that would delay the tabling of the white paper.

MILITIA SUMMER PROGRAM

Mr. Robinson:

1. Will the federal government consider the importance of continuing the Militia Summer Program and extend it for all students?

2. How many students took advantage of the Militia Summer training and what was the cost of the program?

Mr. J. A. Jerome (Parliamentary Secretary to President of the Privy Council): I am informed by the Department of Manpower and Immigration and by the Department of National Defence as follows: 1. In any discussion the government might have concerning students, no doubt the Militia Summer Program would be carefully considered in all its aspects.

2. Various programs were undertaken in support of the Government's decision to assist students in finding employment during the summer of 1970. These included: (a) Casual labourers employed at bases and stations; (b) Additional personnel on militia training; (c) Additional personnel on cadet training; (d) Personnel on trades training (pilot project); (e) Labourers employed on range clearance (bush and logs).

The final report on these programs, including actual expenditures, has not been completed yet, but approximately 7,750 additional personnel took militia training. The funds budgeted for Militia training were \$4,500,000.

HMCS BRAS D'OR

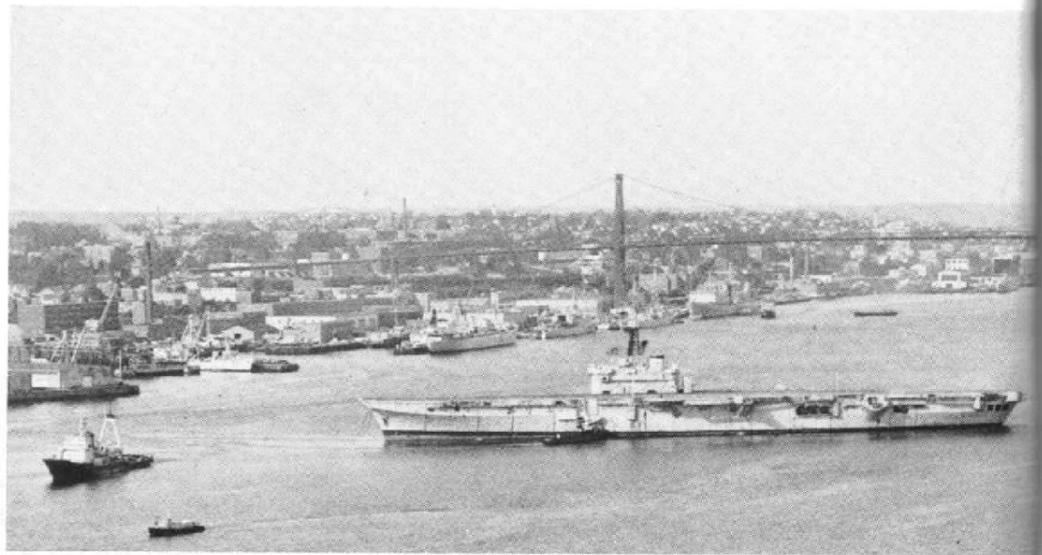
Mr. Rodrigue:

1. Are construction and development works on HMCS Bras d'Or completed?

2. What has been the capital investment for this ship to date?

Hon. Donald S. Macdonald (Minister of National Defence): 1. Construction was completed and the ship was formally delivered by the builder on 2 May, 1969. Formal acceptance marking completion of all calm water foiborne trials has not yet taken place. HMCS BRAS D'OR is a development model ship and as such will be the subject of continuing development work.

2. Funds committed to 31 October, 1970, amounted to \$51,448,821 of which approximately \$1,500,000 has not yet been spent. The authorized ceiling for the project is \$52,200,000 which includes \$2,200,000 for the replacement foil, other spares, as well as operating and maintenance costs until completion of the current trials.



VOXAIR CONTEST OF THE MONTH. How many razor blades will the Bonnie make? Shown here as she is being towed

from Halifax, the Bonaventure is on her last voyage; to Formosa and the melting pot.

(Canadian Forces Photo)

Chilliwack centre opens

CHILLIWACK, B.C. (CFP) — Servicemen at this west coast base will soon start enjoying new recreation facilities constructed with the help of a Central Fund Loan.

The Cheam Centre features a snack bar and cocktail lounge overlooking four sheets of curling ice, a 25-metre swimming pool, a squash court, a health spa complete with sauna baths and rooms for various community activities.

To complete this project CFB Chilliwack borrowed a \$410,000 interest free loan from the Canadian Forces Central Fund which they hope to repay in 15 years.



New Manager of the Bank of Montreal's branch at Portage Avenue and Whytewold Road is James D. Wiggins, formerly credit officer at another Winnipeg office.

Mr. Wiggins joined the B of M at Regina in 1961. After serving at branches there, in Winnipeg, St. Lazare and White-wood, he was appointed accountant at the Fort Garry branch in 1967. Two years later, he became credit officer.

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Bats Belfrey

After a flurry of foreign flying to such fine fabulous far out places like France a fortunate few flew home after a fun filled frolic in Europe. In other words some members of 440 Sqn. and wives were able to take up transport Commands offer of a trip to Europe for five days and return. From all reports they had a fine time. This whetted the appetite for foreign travel and two Training Trips were arranged for New Orleans, Louisiana and Texas. A third request for a trip to the sunny south was caught by some gimlet eyed staff officer in Trenton and he turned our eyes north again. So it's Inuvik here we come. At least they don't charge seven and half dollars for breakfast chaps.

Since we lost our VIP Dak to the other outfit on the base that flies Daks (no free plugs) it was natural somehow that we loose the occupants of the VIP's front office as well. Captain Marv Nordman retired to take up a career with a local political organization (still no free plugs) and Capt. (recently, congratulations) Pat Hirst was transferred to Ottawa to fly Falcons for 412 Squadron.

Captain George Waugh known far and near as "George of the North" is also retiring and plans to become "George of the West" in British Columbia; where else? Contrary to the popular rumour, George did not turn down his retirement. This rumour probably started after he was seen back at work in bird clothes and flying after a retirement Mess Dinner and a retirement Squadron party. George will in fact be leaving shortly after coming oh so close to 10,000 flying hours. His wife Jean was able to tear herself away from their new home on the west coast in time to attend the Squadron party and say goodbye to her daughter as well as members of the squadron. George and Jean's daughter Susan is married to Pat Hirst, so maybe this will clear up for the newcomers the CO's remarks about both a father and a son (in-law) leaving. George received a couple of



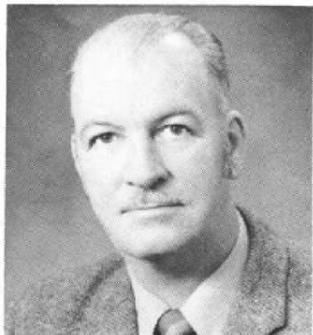
surprises during the Mess Dinner and Squadron party. A letter from "the Queen" was read at the Mess Dinner by the CO but George convinced us that wasn't authentic. At the squadron party he received a receptacle for his retirement fund from daughter Susan and it should keep him in parking meter change for quite a while. He also received a plaque from the Crewman Section that will provide an excellent conversation piece for his den.

Also leaving but not retiring is Warrant Officer Bruce Moose. Bruce was also honoured at our squadron party. Bruce will be leaving as leader of the Para Rescue Section of 4 Sqn. and going to Trenton to join the Air Evaluation Team. Consequently since Bruce will be coming back in this capacity from time to time, Capt. Perry Hutton who gave the official farewell, couldn't dredge up any choice anecdotes to relate about Bruce. However, some wag in the audience suggested his first job in Trenton would be to answer all the letters to Command that he originated here at 440 Squadron.

It's curling time again and we have been called upon to defend our Air Transport Command Curling Trophy at Trenton. Since we expect a strong challenge from the other squadron this year we are sending our young bloods. We hope they will have the fitness and stamina to survive the rigors of the annual Bonspiel. Captains A. Snyder and Stan Gitzel and Lieutenants Cliff Healey and Dave Smart make up our young team. Since Al Snyder recently returned from the Military Management Course, he was aptly named as the Skip.

Our Helicopter Section seems to do most of its searches on the weekend with the result that not too much is heard about their exploits around the squadron. We'll prevail on someone in the section to give us some news of their activity and in the next issue of Voxair, Bats Belfrey will have a sub column entitled Helicopter Happenings.

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Unique Lysander airborne again

OTTAWA (CFP) — "Lizzie" the Lysander is flying again. The ancient aircraft, built in Winnipeg three years ago, is appearing in a feature film production of the second World War escapades of Canadian airmen overseas. Now being shot in Ottawa, the film is roughly based around the real life derring-do of Lieutenant-Colonel Raymond LaBrosse of Ottawa.

Using some of Lt.-Col. Labrosse's exploits in Nazi-occupied France, the film, produced by William G. Poulis of Thesaurus Feature Films, Toronto, will be a fictional espionage thriller. Lt.-Col. LaBrosse's real life exploits were considered ideal as a model for the film. For instance, on Nov. 19, 1943 LaBrosse, then a signals sergeant, landed by Lysander in a

farmer's field at Chauny, France, 50 miles north of Paris and only 15 miles distant from Field Marshal Erwin Rommel's headquarters. His tasks — to organize and operate an underground network which would funnel allied airmen and secret agents back to England. That he did the job so well is evidenced by the fact that 307 Canadians, Americans and British were returned intact. This was his second time on French soil. Lt.-Col. LaBrosse, now special assistant to the minister of national defence, parachuted into France in March, 1943, to organize an escape network nicknamed "Oak-tree" which saw 175 allied airmen get back to England safely.



Lysander flies over Ottawa now.

For most of these escapades the allies depended on the cloak and dagger aircraft — the Lysander. It was dependable, capable of short take-off and landing, and slow cruising.

Now, after 26 years of inactivity, she is again air-borne. The "Lizzie" is the property of the Air Museum at CFB Rockcliffe, Ont.

Restoration of the aircraft was the Centennial project brainchild of 33-year-old pilot instructor Captain Bernard Lapointe of Pembroke, Ont., who is at the controls for the movie's air scenes.

In 1967 he, and a group of technicians at Canadian Forces Training Command, Winnipeg, after locating a derelict fuselage in a Saskatchewan farmer's field, and cannibalizing parts from two other wrecks lying idle in the Province, spent 11 months restoring the aircraft to flying status.

Now camouflaged, with RAF roundels emblazoned amidships, the Lysander, named after a Spartan naval commander who died 3,333 years ago, is the only one in the world known to be flyable.



ALERTNESS PAYS OFF. Cpl. P. A. Bergen receives his Certificate of Outstanding Achievement from Base Commander Col. Hugh Peters. Cpl. Bergen detected a badly damaged piston on a Dakota aircraft. Had it gone unnoticed it would certainly have caused the engine to fail at a later time.

(Base Photo)

Alaska site for joint test

EDMONTON, — Alberta-based units of Canadian Forces' Mobile Command will take part in a joint U.S.-Canada exercise in Alaska in early December.

The Canadian Airborne Regiment from Edmonton and CF-5 aircraft from 434 Tactical Fighter Operational Training Squadron at Cold Lake, Alta. will operate with elements of the U.S. Alaska Command on Exercise Acid Test III at Fort Greely, 100-miles southeast of Fairbanks, from Dec. 7 to 11.

Air Transport Command will lift the parachutists and support personnel of 434 Squadron to Alaska in Hercules aircraft of the Edmonton-based 435 Squadron and 436 Squadron from Ottawa. Also taking part in the exercise will be Edmonton-based Buffalo aircraft from 429 Squadron detachment, which

will be used as tactical transport aircraft supporting the Canadian Airborne Regiment.

Elements of the Airborne Regiment will practise a long range airborne assault with a pathfinder group on their deployment to Alaska dropping on Dec. 1. The remainder of the Regiment will parachute on the three following days.

The exercise is under the overall direction of Major General J. F. Hollingsworth, Commanding General, U.S. Army Alaska.

Acid Test III will train Canadian and U.S. Forces in joint cooperation in cold weather operations during Alaska's extreme winter.

The exercise will end December 11 when redeployment to Edmonton and Cold Lake will be carried out by Canadian Forces' Hercules aircraft.

Beaver becomes silent

SOEST, Germany (CFP) — After serving the Canadian Forces in Europe, Cyprus, Lebanon and Canada for over thirteen years "The Beaver", has gone to press for the last time.

The move of Canadian troops from Soest to Lahr closed out the newspaper's history. Its obituary read: Born: 3 May 1957 — Died: 9 October 1970 "May you find peace in the happy pressroom of the sky". "The Beaver" was published for the first time on 3 May 1957 with a circulation of 3,000 copies, under the direction of then Brigadier Roger Rowley.

The Hudson's Bay Company generously gave permission to use the name of their house organ for the new paper.

"The Beaver" not only informed the 6,000 soldiers of the Brigade serving in Soest, Werl and Hemer but also those stationed abroad in other countries, including Cyprus and Lebanon.

On November 6, the heir to "The Beaver", the "Sixth Sense", will be published for the first time. "Der Kanadier" is already being published in Lahr and Baden-Sollingen for the increased number of Canadian servicemen in those areas.



28 YEARS SERVICE. Mr. Charles Young, retiring after 24 years with DND and four years wartime service, receives his Certificate of Service from Major C. R. Morgan, BMaint Land Officer. Since 1946 Mr. Young has spent all his time in Winnipeg.

(photo by Hoover)

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Age	Initial Amount	Rate per \$1,000 Initial Amount	Annual Premium	Monthly Premium
20	\$59,800	\$2.74	\$164.00	\$14.07
25	56,380	3.08	173.80	14.91
30	52,400	3.59	188.20	16.15
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40	42,460	5.50	233.40	20.03
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ice Murphy, Linda
(photo by Hoover)



RAF VISITS. Col. Hugh Peters farewell to Air Commodore A. H. Mawer, Commandant of the RAF College of Air Warfare, while ANS Commandant Lt. Col. S. L. Kincaid looks on. The staff and students of the RAF group visited ANS recently after their three week American Tour. (Base Photo)



SIMMONS
there too



Canada are receiving swift indoctrination in prairie winters.
to Pay Level 3 company is conducting three week Field Training Course in flight. Forty can't fly the air element and are receiving instruction in how the crew survives in the W. R. (Bill) has been appointed as second course.

wives and families are looking forward to the beginning of the battalion exercise, if only to scope for our next

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SPECIAL — SWI- Reg. \$59.50. Sale \$29.90. Reg. \$97.40. Only at Warehouse, 1030

CFANS news corner

All navigators in CFANS have shown interest in having a column printed in Voxair so here goes. In this column we will dispel ugly rumours by the so called Flying Wing (pilots), and pass on to you interesting news, gossip, and forecast of upcoming events. We may even print the odd recipe for the pilots so they may use their spare time to advantage.

The past week has been quite hectic here at the school as we graduated course 7005 observers who are now on their way to Greenwood. Congratulations also go out to course 7004 (cross training) who graduated on the 25 November. We understand their instructors are happy to see them go as never before have they seen such a bunch of "skivers". In jest of course. The top floor was honoured as they had the privilege of host-

ing the RAF Aerospace Systems course from the United Kingdom. Our detachment to Colorado Springs was a tremendous success and pictures are forthcoming.

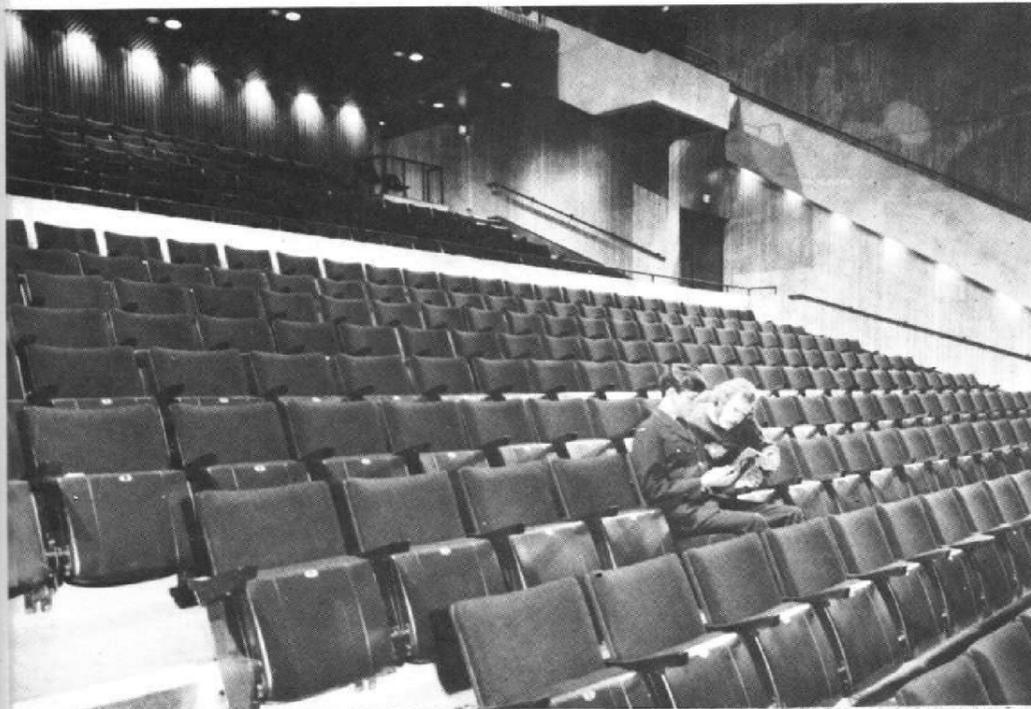
Going on to other news in the herd; our broomball team has fought its way to second place in the league. Good show! Captain Leo Lammers has made the big news this week by being invited to attend sessions of the "tops club" (take off pounds sensibly). Congratulations go out to Cpl. Williams of the Observer course who this past week invented a new 48 hour clock. Another tid-bit, Search and Rescue were almost scrambled as Cpl. Ross and his golden finger activated a survival beacon.

A reminder to all sections regarding the Foster Parent Plan. Please have your Christ-

mas letters ready so that they may be mailed out early. There will be a RAF "Nimrod" visiting CFB Winnipeg on the tenth of December and interested parties will be able to view the aircraft on static display. Everyone is reminded of the big Christmas Party to be held on the 14th of December. The cost is more than reasonable at \$5.00 a couple. So keep that date open. Flyers will be circulating all sections.

Pilots' thought for the week: "Here in Flying Wing do I sit Where there isn't too much wit. Today the Voxairs did arrive—The whole—place came alive."

Should anyone be interested in placing article, etc., into the column, please contact Lt. Doug Brazeau (CFANS AdminO) or Capt. Bruce Haavisto in Obs/Air. Until next week "Chimo".



BEST SEAT in the house. Members of the Armed Forces in the Winnipeg area helped to finance the Manitoba Theatre Centre by donating the cost of

one seat. Sitting in it is Pte. Larry Olason who is being shown a program by Christopher Banks, production stage manager. (photo by Hoover)

FOAM REST BOX AND MATTRESS. Reg. \$159.95. Sale Price \$97.35. Feather pillows only \$3.85. Quilted Lg. Bed Spreads, \$26.20. Save only at The Mattress Warehouse, 1056 St. James St. Open 9-9. Easy Terms.

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Radar bubbles blanket Canada

NORTH BAY, Ont. (CFP) — Important cogs of Canada's air defence system are 27 white bubble-like structures that dot the landscape and provide an electronic blanket that covers the country.

They are Canada's North American Air Defence Command's radar sites which search 24 hours a day, the year round for intruders they hope will never come. Their electronic fingers have tracked and identified, automatically, thousands of aircraft. They can just as quickly scramble 1,200-mile-an-hour jets to take a look-see.

One of the brains behind the bubble is IFF — identification friend or foe. It does just that. Unknowns are automatically rejected and it doesn't stop there. The signal is converted to digital form and flashed to semi-automatic ground environment (SAGE) computers to alert jets and ground missile units.

The chain, 27 sites from Nova Scotia to Vancouver Island, represents over 20 per cent of NORAD's long range radar. All provinces have one or more except Prince Edward Island. And all are plugged into SAGE, except a Gander, Nfld., station. Two are important links in the chain — they are Senneterre, Que., and St. Margarets, N.B. Both are BUIC (backup interceptor control) sites for SAGE. The two would direct most of Canada's defence should SAGE break down.

Alike, but!

The sites look alike but there the similarity ends. Only thing they have in common is the job. No one knows this better than the 4,000 men and their families who call them home.

For example, Barrington, N.S., almost boxed in by the sea, sits higher than remote Moosonee, Ont., which is 30 feet above sea level. The only way into isolated Armstrong, Ont., radomes is over a 143-mile gravel road. Radarmen do their year tour there without families. It is a 110-mile road trip to Chibougamau, Que., and Moosonee has no road — it's a rail, snowmobile or canoe trip.

Vancouver Island's Holberg is a bus-boat-bus affair compared to Quebec's Moise which sits on a spit of land between the St. Lawrence and Moise Rivers.

Contrasting Moosonee's low point is the lofty, 5,800-foot perch of Kamloops, B.C. Northern-most site is Beaverlodge, Alta., while the last constructed was Gypsumville, Man.

Stations have their ups and downs too. It's a 2,600-foot, uphill hike to the housing area from Kamloops' radomes and only four-wheel drive vehicles can navigate the hill between Holberg's housing and radar site.

Most stations adopt the names of nearby communities but a few have come up with originals. Baldy Hughes, B.C., for example, got its name from the man who ran the stage line's remount station there. It is a standing joke among radarmen that if the site a bit farther south had been selected they would have been assigned to station Sourbeans MacKenzie, the gentleman who ran the next remount station down the road.

Cut-up and compete

Competition is keen among sites and the people who man them. To make off-duty hours enjoyable the stations have their own "thing". Foymount, Ont., boasts a five-year, 1,200,000 safe driving record while the province's Sioux Lookout site recently was named air defence command's best radar unit. At station Falconbridge, Ont., they turned the radome hill into a ski slope.

In 1965, Ontario's Ramore was besieged by uranium-happy prospectors staking out crown land around the site. And in Quebec's Mont Pica, the tables are turned on security-conscious radarmen — they are searched by Laurentian Park guards for fire arms and fishing gear because the station is on park land.

Station people also enjoy fun and games.

These are Canada's white bubbles, identical yet unique in their own way. Canadians will never see the electronic blanket but they can feel a little safer knowing it is there.

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Captains Russ Wright and Ken Parker examine a simulator at the Academy.



The Canadians also had ample time to visit the spacious 20,000 acre campus. In the background is the Cadet Chapel and the Rampart Range.



The group was also taken on a tour of the Academy's navigation training division.

Gooneybirds and falcons may not get along, but the people associated with them sure do. This was demonstrated last week when five Gooneybirds touched down at Peterson Field. On board were 50 staff and students from the Air Navigation School in Winnipeg who were about to start a three day tour of the United States Air Force Academy.

The Canadian group; led by Winnipeg Base Commander Col. Hugh Peters, and ANS Commandant Lt. Col. S. L. Kincaid, was returning a visit by the Academy's Navigation section to Winnipeg last spring.

From the outset the visit was felt to be a success by all concerned, demonstrating the high degree of cooperation which has

existed between the two countries.

On the trip to the Academy from Peterson Field one marvelled at the beauty of the area. The towering Rampart Range forms the western boundary of the Academy, with the Academy grounds sloping eastwards in mesas, valleys, and ridges. Numerous deer were spotted

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A LARGE SELECTION OF TOYS STILL AVAILABLE

Two additional Base Exchange outlets now open. Visit the Snack Bar and Branch Exchange in Bldg. B12 South Site.

Exchange identification cards for dependents are issued at the base exchange, building 90, from 10 a.m. to 4:30 p.m. Monday through Friday and 10 a.m. to 6 p.m. on Saturday.

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The new Canadian green uniform stood out among the 45,000 fans at the Air Force - Colorado football game. Here Maj. J. A. Cann looks at the camera while the cadets march on to the field prior to being released to their seats.



Cadet Lt. Col. Gorman explains the cadet organization to Winnipeg Base Commander Col. Hugh Peters.

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to the Academy Field one mar- ty of the area. Rampart Range n boundary of th the Academy eastwards in and ridges. were spotted

CIAL — CAS- ders, \$29.90. 8 ers, \$39.90. 8 \$89.90. Porta- 3. Hitachi 20" 60. Only at The use, 1030 St. 9-9. Easy Terms.

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to ANS and USAFA

grazing only a few steps from the quarters.

On the first day the Canadian group was entertained by the senior class at a TGIF and smoker. A large number of quokies were answered on both sides. This exchange was carried on at dinner where the Canadians had an even greater opportunity to meet the cadets. Most impressive was the fact that the 4,000 cadets were all fed in 25 minutes. Dinner was followed by a huge pep rally for the Air Force football team who were to play the following day.

The next day the group was taken on an extensive tour of the 20,000 acre campus. The dormitories and cadet areas were shown by the senior cadets, who had an unceasing barrage of questions tossed at them. The academic section too proved most interesting as the Canadians viewed some of the modern classrooms and navigation teaching aids. The Academy, it was

learned, even has its own planetarium to aid in the teaching of celestial navigation.

It did not take long to observe that sports has a very high priority in cadet life. There is an indoor Astroturf almost the size of a football field, a huge indoor hockey arena, a 6,600 seat basketball area, and a 655 acre cadet recreational area high in the adjacent mountains.

The Navigation instructors and their wives hosted the Canadians to lunch at the Academy golf club. Then it was off to the stadium.

At the stadium the Canadians were welcomed by the 45,000 fans as they were introduced over the PA system. Before the game the mascots of the team, the falcons, were put through a magnificent ariel display. Unfortunately the Colorado team did almost as well in passing the ball and soundly trounced the Air Force despite the fact that their mascot, "Ralphie" the buffalo, was quietly absconded by the Academy Cadets the previous night.



MASCOT — The falcon is the Cadet Wing mascot.

After this humiliating defeat it was a good opportunity to visit the famous Cadet Chapel. This world renowned structure rises 150 feet over the campus in 17 spires. The all faith chapel is divided into Protestant, Catholic, and Jewish chapels and accommodates services simultaneously in all three chapels.

At the farewell dinner Col. Hugh Peters was able to start a new fad on the campus: Newfie jokes. He also presented Col. J. E. Pitts Jr., Deputy commandant Military Training, with a plaque which included the new Canadian Armed Forces Crest to mark the occasion of the visit.



FAIR EXCHANGE. Col. Hugh Peters presents a plaque commemorating the visit to Col. R. L. Davis and in return receives the only curling rock ever owned by the USAFA Curling Club.

In return Col. Pitts presented Col. Peters with the only curling Club as he recalled a few slips on the ice at Winnipeg last spring.

After dinner the camaraderie which had been evident the past days continued will into the night.

After breakfast with the cadets it was time for the Candians to say farewell and thank you. In all respects the visit was a tremendous success. Cadets met cadets, instructors met instructors and Canadians met Americans. Each gained a greater insight in the other.

Both Col. Peters and Col. Pitts found that there was so much value in the tour that they would strive to make it an annual affair. USAF exchange officer at ANS Maj. Bob Amrheim and USAF Academy Maj. Ken Hinkle received many thanks from all concerned for organizing the visit.

It was only after the Canadians landed back in the Winnipeg and saw two inches of snow on the ground that they really knew that they were back in Canada.

HOSTESS CHAIRS — \$16.80. Rockers, \$36.80. Space Savers, \$59.60. Davenport and Chair, \$116.40. All in 100% nylon covers. Save only at the Mattress Warehouse. 2 Locations — 930 Nairn Ave. or 1030 St. James St. Open 9-9. Easy Terms.

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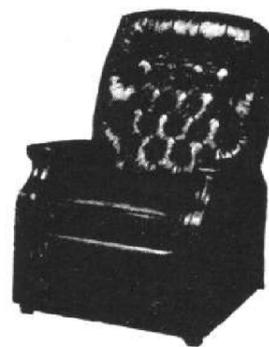


The Cadet Chapel was found to be most impressive. Rising 150 feet above the Canadian group, the chapel seats 1200 in the Protestant section alone.

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Mrs. Cryer new base librarian

The new face at the Base Library belongs to Mrs. Phyllis Cryer, wife of John, and mother of four, two boys and two girls. The Cryer family have just recently come from CFB Cold Lake and Phyllis is originally from Carstairs, Alberta. Her favourite pastimes are knitting and sewing, at which she ex-

cels. Mrs. Cryer and her assistant Mrs. Rita Love, wish to stress that the Library is back to regular hours and they will be happy to assist you in your selections, be it a work of fiction or research material.

Just glancing over the many selections available, there seems to be a good variety of fiction,

mystery stories, and a children's section. We hope that you will make good use of the Library and join with me in welcoming Mrs. Cryer.

Hours of operation are: 12 noon to 5:20, 6-8:50 p.m.

We wish to thank Mrs. G. W. Pauline for donation of books.

NEW BOOKS

The Director, Henry Denker, fiction; Part 35, John N. Lanuzzi, fiction; The Little Wax Doll, Norah Lofts, fiction; No Exit from Vietnam, Robert Thompson; The Flight of the Eagle, Per Olof Sundman; Assignment Sports, Robert Lipsyte; The Complete Real Estate Adviser, Daniel J. deBenedictis.

VOXAIR WOMEN

Wives hold vanity fair

The November meeting of the Officer's Wives Club was held at the Officer's Mess and took form as a "Vanity Fair" for members and guests. Those who attended had an opportunity to wander through displays contributed by the following people; Crochet and Knitting — Mrs. Una Ross; Nutri Metics — Mrs. Muriel Davis; Con Stan Fashions — Mrs. M. Fletcher; Cameo Embroidery — Mrs. Marlene Corbett; Feather Flowers — Mrs. Arlene McCulloch; Candles — Mrs. Sandra Cooper, Mrs. Diane Mural; Grape Clusters — Mr. and Mrs. G. Dymont; Sarah Coventry Jewelry — Mrs. Claire Gordon; London 71 Wigs — Mr. Richard Marcou. All the lucky girls who won in the raffles, heartily thank all the above for their generous contributions.

The bridge winners for October were: 1st, Connie Crawford; 2nd, Betty Welsby; 3rd, Jill Paquette. Travelling prize — Catherine Jones. Low — Mureille Reilander.

The bridge winners for November were: 1st, Lynn Ness; 2nd, Connie Crawford; 3rd, Leslie Robinson; 4th, Alice Keating. Travelling Prize Catherine Jones. Low — Gerry Anderson and Arlene Tatarchuk. Hidden — Jan Welsh.

There will be no bridge in December, therefore the next bridge is Tuesday, January 19th at 7:00 p.m. Reservations have to be made several days prior by calling Etta Fernisz — 832-0172 anytime or Judy Hareman — 888-8092 between 2-4 p.m.

Have a fire free Christmas

As the festive season draws near and a more relaxed atmosphere is taken on by all, let us remember a few worthy considerations which cannot be relaxed. These relate to the preservation of life and property.

- DON'T overload electrical outlets.
- DON'T use flammable Christmas decorations.
- DON'T carelessly store wrapping paper, packing material near the furnace.
- DON'T use faulty comfort aids, i.e., electric blankets, portable heaters, etc.

Remember no one is precluded by personal circumstances, be they the rich, the poor, the invalid, or the fortunate healthy, from the hazards of fire and accidents. (IT IS EVERYONE'S CONCERN)

For further information on fire or accident prevention over the festive contact WO Johnson at Loc 501.

Kiddies' Korner



NOT UNCLE VOX but six month old Kyle, son of Lt. Guy and Lois Bouchard, knows a good paper when he sees it.

Consumer's news and views

Do pennies count? When you are shopping for food, you bet they do!

One way to make them count is to shop the specials. Check the weekend ads — particularly for meat, poultry or fish at special prices and plan your meals accordingly. These items can amount to one-third of the average food bill.

Consumers' Association of Canada suggests that you let the specials decide what you will have for your family dinners and plan your menus with an eye on the ads.

Make a shopping list of the foods you'll need. Then stick to the list as much as you can. But should you spot an unadvertised bargain, take advantage of it. Shop alone if you can — you'll be better able to concentrate on what you are doing, (because Dad and the youngsters have a tendency to run up the food bill with those little extras they drop into your shopping basket).

Compare the brands. Try the lower priced grades and brands. Some stores carry their own "house" brand as well as many different brands of canned goods and other items and the prices can vary considerably. While grade size and cut may differ, nutritional values vary little.

Your food shopping is not complete until the food you have purchased is carefully and correctly stored. Food spoilage wastes money so take the little extra time needed to be a fussy consumer and make it pay.

SAVE! SAVE FOR XMAS — Special Pillow and Tufted Back Chesterfields in all colors, \$387.60. Spanish 3 pc. Bed Rm. Ste. From \$134.80. Only at The Furniture Warehouse, 1030 St. James St. Open 9-9. Easy Terms. Come and Compare.

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|----------------------|------------------------------|
| 1/3 cup butter | 1/2 tsp. salt |
| 1 cup sugar | 1 cup milk |
| 2 eggs | 1 cup coconut |
| 2 1/4 cups flour | 1/2 cup red glace cherries |
| 3 tsp. baking powder | 1/2 cup green glace cherries |

Cream butter and sugar, add well beaten eggs. Combine dry ingredients and add alternately with the milk. Add cherries and coconut last. Place dough into greased loaf pan and bake for about 1 hour.

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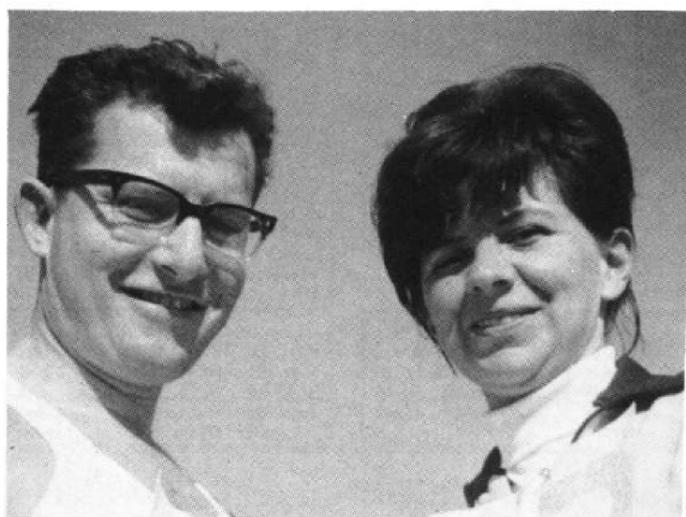
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Al and Denyse Taylor getting set for one of their many running events.

(photo by Hoover)

Al and Denyse make the scene

When the CFB Winnipeg Aerobics was in merest infancy it had need of many things. It needed money, members and moral support, plus a good reason to justify its existence. In short it needed someone who could give credence to its ideals and put it across convincingly to the unbelievers. About that time, Cpl. Al Taylor just back from Europe hove upon the scene and delivered the club from its dilemma.

Al started running and jogging in 1964 to help keep in shape for his big sporting love — tennis. Shortly thereafter he purchased a copy of Dr. Ken Cooper's "Aerobics" and applied it to his fitness program. Soon tennis and badminton took second place to running. He has competed in many distance running events in Europe and has an enviable collection of medals to show for his efforts. Combining his own personal experiences with Dr. Cooper's proven facts, Al puts forth an unbeatable case for physical

fitness, and does so in straight forward understandable language. To anyone who is at all interested in his health, Al's Voxair articles are required reading.

Among other things accumulated during thirteen years of service are a pretty wife and two energetic sons. Al's wife Denyse was once upon a time in the Air Force but forsook it for home and motherhood. Denyse not only approves of hubby's jogging habits, but is also pretty good at it herself. And like Al, she enjoys tennis, badminton and swimming. She loves to read good books, attend plays and listen to folk music. Denyse would also love to go back to Europe but thinks that such an eventuality is rather slim. The Taylors have two sons, Bud 6 and Ken 5. Although Dad's distances are a bit much for Bud right now, he likes to do laps of the 1/4 mile track. That's the trouble with this kind of family, they're so disgustingly healthy.

Mixed Winter Auto Rally

Your opportunity to show your wives your navigational talents will be during the Voxair-Delta Winter Auto Rally on Sunday, 6th of December. All you need is an E68 Computer, or a slide rule, rally tables or just a paper and pencil, depending on how well your maths are. Bring a clipboard, paper, a fairly accurate watch, pencils, and sunglasses. The rally will begin at the Base Winnipeg Curling Club at 10:30, and will proceed over maintained roads especially chosen for your rally enjoyment.

You don't need a "Super Snark" or some kind of GT Car for this event unless you feel that driving such a beast will enhance your chance of winning. In fact, we will welcome any type of vehicle that has four (two driving) wheels and is capable of finishing safely. No special equipment except perhaps a compass will be required, but it is always wise to carry more than you need.

The event will be approximately 120 miles in length, and will take about six hours time counting the gas and lunch stop. Checkpoints will be manned by some General Radio Service league members who obligingly volunteered their valuable services to Voxair-Delta for the event.

Timing during the rally will be at the half minute, no penalty occurring if the car arrives within twenty seconds of its expected arrival. Score cards carried by the competitors will be marked by checkpoint officials as to time of arrival and radioed to home base for "play by play" tabulation.

Trophies will be distributed for several classes and a special ladies' trophy will also be awarded to the top "chick" in the competition.

Entries for the auto rally can be obtained from Cpl. Gary Wilson at 10 hangar, or from Cpl. Jerry Curry in the Base Technical Library, 16 Hgr. Telephone your enquiries to Cpl. Dobrostanski at 888-8484 if you wish to know anything about the rally.

It should be a gas, and may prove that pilots are better at navigating than navigators think. Bring your competitive spirit and your driving gloves. Try out this exciting motoring sport, and enter the event.

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Aerobics: Now for the test

by Al Taylor

Wow, the Doctor has expressed his condolences and the Human Body is straining for its test. A lot of scientific study has been carried out in the formulation of the categories and within its structure, calculation on the part of the runner is at a minimum. This test will be the most major feat a body has to go through, to give the owner a factual idea of where he stands in the fitness category.

A running test using time and distance has been devised. Time is 12 minutes. Distance, whatever you can do. It is a maximum test for the body and to achieve the best result, it must be pushed hard. In 12 minutes the hearty soul runs until short of breath, walks until it comes back and runs again. After the distance is checked for that period, the fitness category is found:

1. Very Poor (Fitness Category, - 1.0 mile (Distance covered), - 28 ml's (Oxygen consumption).
2. Poor, 1.0 to 1.24 miles, 28.1 to 34 ml's.
3. Fair, 1.25 to 1.49 miles, 34.1 to 42 ml's.
4. Good, 1.50 to 1.74 miles, 42.1 to 52 ml's.
5. Excellent, 1.75 or more, 52.1 or more.

Once the level has been found, preparation can be made to follow an exercise program; run-

ning, swimming, cycling, walking, stationary running, handball/squash/basketball. It has been proven that these sports are the best for an overall fitness, maximum movement is gained over a shorter period of time for the correct effect. The onus is on the individual not on a team, which requires a longer period for any useful exertion.

The concept of Aerobics is not to have one stop other sport participation, it is an enhancement. The effect hinges on heart beat and oxygen consumption, most sports have a low oxygen rate of consumption which requires a longer period of activity for any benefit.

For sports which do not make the list of training-effect, there are two reasons; the exercise is only concerned with skeletal muscles which do not make any overt demand on the heart and lungs. The second reason is time, if the exercise is not done long enough to reach any useful effect, energy is wasted.

Isometrics are concerned with the build-up of muscles and are not for an overall effect. Isotonics are closely associated in muscle contraction and movement sports but still again have little to do with the heart or lungs. Anaerobics are concerned with oxygen in large intakes, "huff and puff" creates a oxygen debt. These exercises are not

long enough to be of sufficient help to the body.

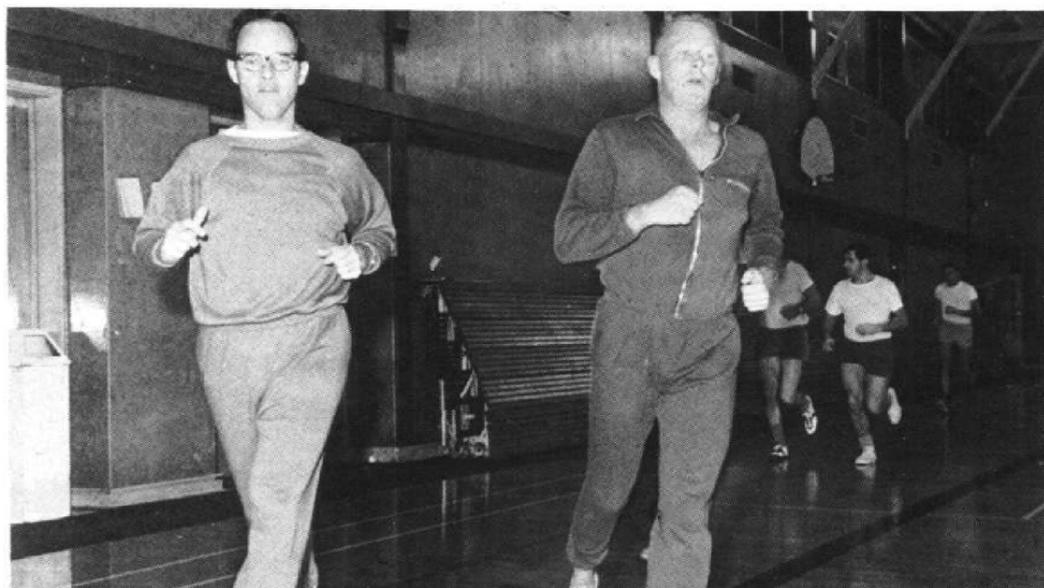
Aerobics, with oxygen. There are the sports which require oxygen without a large debt and can be continued for a long time for the most benefit. In this area of exertion, the whole body receives a training-effect. Muscle movement, heart rate, oxygen rate, all are affected to give the body's owner a healthier mode of life.

Golfers help the kids

85 "Holes In One" scored in Manitoba during the 1970 golf season have resulted in 85 camping experiences for crippled children. To make this possible, Molson's Brewery has contributed \$6,000.00 to the summer camp program conducted by The Society for Crippled Children and Adults of Manitoba.

Of the 85 "holes in one" registered, 67 were scored on Metro Courses and 18 in rural Manitoba. Glendale, with seven "aces", proved to be the easier course or else had the most accurate golfers.

The youngest qualifying golfer was 14 years old and the most senior golfer was 82. Female golfers were also represented by Mrs. Hazel Varey who scored her "hole in one".



Capt. J. Bulger and Maj. J. Beattie lead the jogging pack at noon hour in the Westwin Rec Centre.

(photo by Hoover)

BUNK BEDS BY SIMMONS, REG. \$219.50. Sale price \$178.60. Wagon Wheel Bunks, complete only, \$97.60. Spring filled Mattress, \$16.50. Army Bunks with new mattresses, only \$35.00. Save only at The Mattress Warehouse, 1056 St. James. Open 9-9. Easy Terms.

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Heart

The Manitob tion stands to when the M Hockey League the St. Boniface on December 4 Arena in St.

Sports perso and Mrs. I Dean of St. will take the p.m.

Plans for t were announc Vice-President proceeds of th

Stand

INTERN

Special

Training Command holds first spiel TC loses first since March '69



Brig./Gen. Graham presents trophies to winning rink, Maj. R. Goulding, Skip; Mrs. Judy Cowie, Lead; and Capt. Ken Johnson, Third. Missing from photo Cpl. Pete Vandermaiden.

(photo by Hoover)



Nobody can be a winner unless there is also a loser. These brave smiling chaps fill the necessary void.

(photo by Hoover)

JUNIOR BADMINTON CLUB

The Junior Badminton Club is now looking for new members. It is in the interest of our youth that this club is being formed; to provide a suitable, supervised activity for the younger set on the base.

Ages	Time
10-12	6:30-7:30
13-15	7:30-8:30
16 and up	8:30-9:30

Instructions are available to all members, free of charge, by qualified adults. These instructors are volunteers, and any additional assistance would be appreciated.

Membership for the club will be \$1.00 for dependents and \$1.50 for civilians. All members must be in possession of a Red Facility Card. Civilian members will be required to purchase a special membership card for 75c, entitling them the use of the Badminton facilities.

Racquets will be provided by the Base Community Council and birds must be purchased by the individuals.

If you have any members in your household who might be interested, however slight, please make them aware of the opportunity to play. They may be more interested than you imagined.

The club will meet on Wed. evenings, beginning 2 Dec. 70. All interested youth are welcome to attend, and if the interest is sufficient, additional time may be allotted.

Heart Foundation big winners

The Manitoba Heart Foundation stands to win hands down when the Manitoba National Hockey League Old-timers play the St. Boniface College Voyageurs on December 4th in the Bertrand Arena in St. Boniface.

Sports personality Jack Wells and Mrs. Lionel Frechette, Dean of St. Boniface College, will take the face-off at 8:00 p.m.

Plans for the hockey game were announced today by MHF Vice-President Ab Mallett. All proceeds of the game will go to

The Manitoba Heart Foundation. Tickets for the game will cost \$1.00 with no seats reserved, and are available from CKSB, CKY, CJOB, CFRW, Lance Publishing at Dakota and St. Mary's; Baldy Northcott's, 387 Portage Avenue; and from all Fort Garry policemen and St. Boniface College.

Mr. Mallett said the City of St. Boniface donated the use of Bertrand Arena for the game. Referees Bob Foulds and Gilles Girardin also donated their services.

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The first of three Spiels scheduled for personnel at TCHQ was held on 20 Nov. A total of 20 rinks competed during this first bonspiel. A two game point system was used to determine winners.

After the first round, the leading scorers with 10 points each were LCOL Smith, Cpl Holgate and Maj Goulding.

Following second round play, the scores were tallied and standings were declared.

1st: Skip, Maj Ried Goulding; 3rd, Capt Van Johnson; 2nd, Cpl Pete Vandermaiden; Lead, Mrs. Judy Cowie.

2nd: Skip, Cpl Laurie Holgate; 3rd, Sgt John Cryer; 2nd, Cpl Gil Tapp; Lead, WO Earl Lawrence.

The team with the lowest tallied points and awarded crying towels during the presentation were:

Skip, Maj Dave Surtees; 3rd, Cdr Albert Tassie; 2nd CWO Jim Jamieson; Lead, Capt Rick Diespecker.

Presentations were made following the final round by BGEN Graham.

The next bonspiel is scheduled for 5 Feb 71 at which time the TCHQ Curling Trophy will be presented.

Women's Curling

Westwin Ladies Curling Club are busy in their league. The first bonspiel on Sat. Nov. 7th saw Joyce Ridley and team win the Portage Shield and Marion Younker of Gimli, win the Gimli Challenge. Winnipeg's team unfortunately received the "Bum's Trophy".

The coming event will be a "Sadie Hawkins" evening with the Lady curlers bringing their husbands or boyfriends for a fun night of curling, eating, and dancing.

There is still time to get into the swing of curling. We have openings for two curlers in the afternoon and for a couple rinks in the Friday evening league. Please contact membership at 837-2711.

BROOMBALL

An unbelievable streak has come to an end. With a solid team effort 440 Sqdn upset TCHQ 3-2 to halt an unbeaten run of games that started 5 March 69 and carried into a third consecutive season. 440 fought from behind twice, countering Bennett's opening marker with a goal by Barton, from Cahill and Walker. Kevin Janes put TC in front with an unassisted goal to lead at the half but TC's rookie-laden group were unable to put it together, as they say, and in the second half gave up the tying goal to Bill Platt, and the game winner to George Walker, assisted by Wood and Herbert.

ANS has found an offensive power in the person of Hughes who came on strong in a 12 Nov. game. He scored twice and assisted on Voyer's goal in a 3-3 tie with 440 Sqdn. Voyer also contributed to the cause with two assists. Hugh MacKay, now second in the league scoring race, had an assist. For the para-rescue types Herbert had his first goal, from Ivan Wood, and two solo efforts, by Hill and Platt, gave 440 the tie.

Both teams couldn't be unlucky on Friday the 13th and Snipers came out second best in a rouser against TC. Patterson cracked in a pass from Grant Harrison to get the proceedings underway with Steve Higham tying the game for TC. The teams battled to midway through the second half when Higham took a Mollons pass and scored, giving TC a hard-earned victory.

ANS and Snipers continued their battle for second place with the fly-boys, coming on strong on 18 Nov. whipping the punchless Snipers 5-1. Hughes scored from MacKay, newcomer Tourigny got the second from MacKay and Hughes, and Brasseur, MacKay and Tourigny scored the clinchers in that order giving MacKay 5 points for the game. Lammers and Herbert also got assists. The lone Sniper goal was by Sept. from Hebert.

Snipers came back big on Monday 24 Nov. doubling the score on ANS 4-2. MacKay had started his team off with two goals, assisted by returnees Hopp and Doshen. Also in on the play were Tourigny and Parent. This upset the Sniper group and they came to life. Rundle scored his first, assisted by Nick Ignatenko and Pete Daigle. Daigle punched in the first of his two goals, aided by Henderson and Sept. to tie the game at the half. Henderson got the winner all by himself, and Daigle put the icing on the cake on a Nadeau pass.

Snipers moved ahead of ANS with a squeaker over 440, winning 2-1. Howard scored for 440 with Patterson getting both Sniper goals on assists from Pete Daigle.

The league now enters December, the month of jolly and holly, with ANS the team to watch. They are pressing a hot Sniper crew, having four games in hand, and may give TC fits before the season resumes after the New Year.

Standings at 24 November

	W	L	T	GF	GA	Pt
TCHQ	8	1	1	44	13	17
Snipers	4	5	3	17	23	11
ANS	3	3	2	17	13	8
440 Sdn	2	5	2	13	30	6

Scoring Leaders

	G	A	Pt
JANES, TCHQ	15	12	27
MacKAY, ANS	9	5	14
BENNETT, TCHQ	8	5	13
HIGHAM, TCHQ	7	4	11
DAIGLE, SNIPERS	6	5	11
LOGAN, TCHQ	5	6	11
HUGHES, ANS	4	4	8

New Regulations to govern Club Memberships

Recent new regulations require the Commanding officer to organize recreational programs for Service personnel and, where practicable, for dependents of service personnel and for civilian employees of DND and their dependents living in quarters on the base or station.

An effective way of promoting, organizing and administering some recreational activities is by the formation of clubs.

Ordinary Members

The following shall be eligible for ordinary membership in recreational clubs:

- Members of the Forces;
- Dependents of members of the Forces;
- Employees of DND living in quarters on the base; and
- Dependents of employees of DND

living in quarters on the base.

Associate Members

Subject to the approval of the CO, the following may become associate members of Forces Recreational Clubs:

- Retired personnel of the Armed Forces;
- Civilian employees of the Department of National Defence;
- Teachers, supervisors, inspectors, administrators, employed in schools sponsored by the department.

Other civilians employed at or in connection with the base, station or unit; and

Any other person for a term not exceeding one year (without prejudice to renewal of membership for further one year terms).

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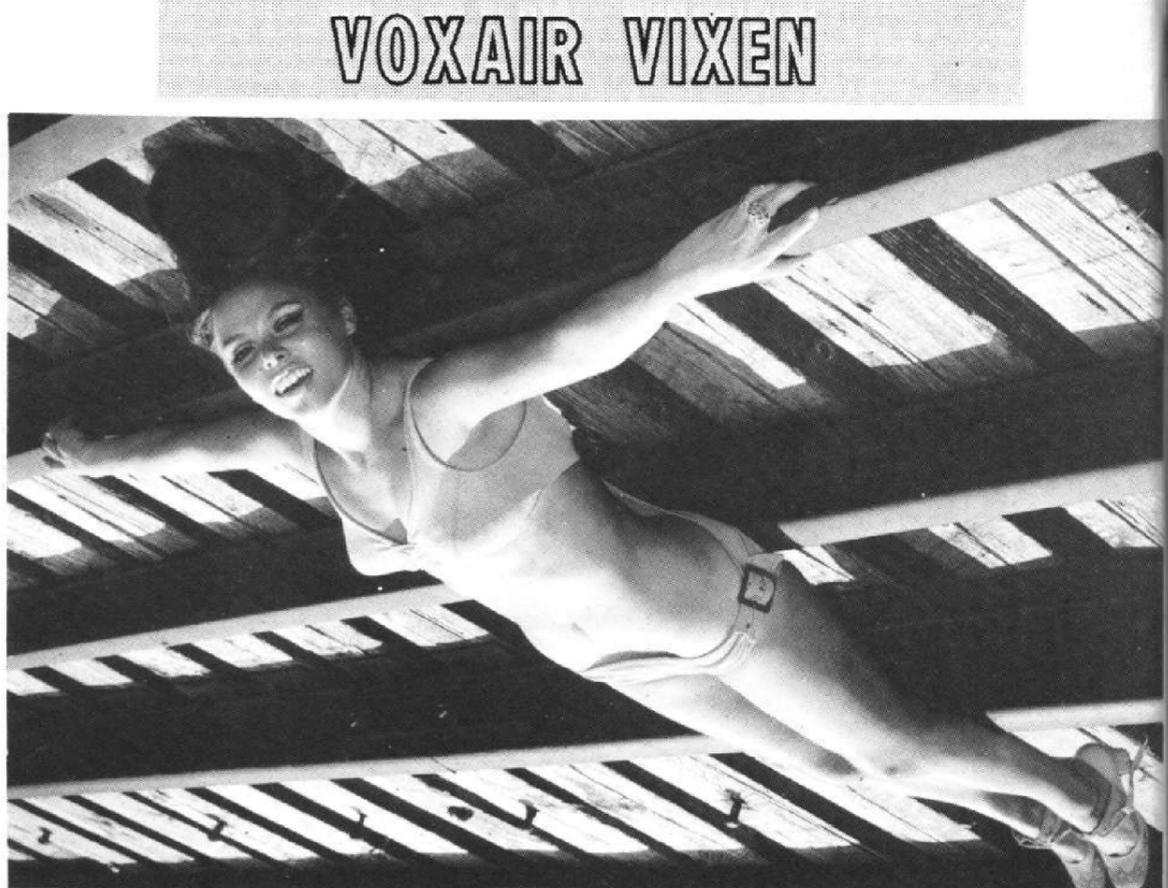
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(photo by Hoover)

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Donald, fresh bac
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In an eight-h
Training Comma
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