



The Canadian Red Cross has been in the life insurance business for twenty-eight years. They have a unique program in which everybody can participate, everybody can be a beneficiary.

The premium you pay is small. It's just one unit of your good red blood, and you won't even miss it. Your body will replace it within twenty-four hours. By giving it, you will have insured the life of someone who needs blood, someone who might die without it.

Someday that someone could be you, or someone you love. If you should need blood, it will be given to you. That's one of the special things about the Red Cross insurance program. You can collect even if you haven't paid the premium.

But somebody has to pay it. Just look at the facts for a minute. Every day in Canada, an average of one unit of blood must be collected every fifteen seconds of every working day to meet the needs of hospitals coast-to-coast. During holiday periods, when the accident rate rises, even more blood is required. It has to come from somewhere. So far, science has not managed to produce it synthetically. It is the stuff that life is made of, and it remains a natural miracle.

Your body produces it and only you can give your blood. So why not pay this special "premium" and insure someone's life? Be a blood donor. Red Cross blood donors are people who love life, so be a blood donor in building 21 on 5 Feb 75.

## GLOBAL TOUR



Master Corporal H. E. Gould of the Base Armament Section, CFB

Winnipeg was awarded the deserving serviceman's global tour for Training Command. This tour is awarded for continual outstanding service in the Canadian Forces.

The tour awarded to MCpl Gould was of two weeks duration (08 - 22 Jan 75) and took him to such places as Alaska, Japan, China, Taiwan, Australia, Hawaii and Fiji.

For the past three years at CFB Winnipeg MCpl Gould has been 2nd i/c Base Armament Section and is a voluntary member of Explosives Ordnance Disposal Centre Number 18 housed at CFB Winnipeg. Congratulations "Howie", keep up the good work.

## CANADIAN FORCES "DIS-INTEGRATE"

Ottawa (CFP) - Defence Minister James Richardson announced the formation of a new quote, Air Command, unquote to consolidate the functions currently being performed by three separate commands.

The conference was told the decision to form Air Command was based on the need for a single headquarters to control and co-ordinate the forces air activities, and thus decentralize functional responsibilities for the Canadian Forces to three major commands.

In announcing the location of the new commands headquarters, Mr. Richardson said, quote, most of our air training now takes place in western Canada and it seems appropriate that each command should be located in a major geographical region of the country, unquote.

Mr. Richardson said the new command's formation also acknowledged the need of the forces airmen to be able to identify themselves with a single command, while working within the context of a unified force.

He told the conference earlier that the government had agreed to increase the defence budget in both the current and next fiscal years and had reaffirmed the roles

and tasks of the forces as outlined in the government white paper, quote Defence In the 70s, unquote.

The minister said he intends to increase capital spending for new construction and equipment by approximately 30 per cent over the present level.

Additional land force equipment purchases are to include a replacement for the 3/4-ton truck fleet, a number of new wheeled general purpose armoured vehicles and a medium marginal terrain vehicle (MMTV). The MMTV will be designed and built in Canada for use in the far north.

The minister cautioned the CDA that there was a need to balance the tasks assigned to the forces against their numerical strength. He stated that the balance would be accomplished through adjustments to current establishments.

Quote, for the most part, it will simply mean eliminating unfilled positions, unquote, he said. Quote, in some other cases it will also mean the relocation or retraining of personnel to restore a workable balance between the jobs to be performed and the specialities of the personnel available.

Quote, while there are no changes in the assigned tasks of the forces, unquote, Mr. Richardson continued, quote, we will be making some adjustments to the level at which the forces perform some of those tasks.

Quote, for example, unquote, he said, quote, while we have agreed to maintain our contribution to the United Nations Force in the Middle East at its current strength for the next six months, we will be reducing our contribution to the UN Force in Cyprus to the level it was last summer.

In detailing the changes to be made, Mr. Richardson revealed:

- The fleet of seven Falcon Jet transport aircraft is to be retired next year

- The CF101 Voodoo jet interceptor detachment at CFS Val D'or, Que., is to be returned to its parent squadron at CFB Bagotville and the airfield operation turned over to the Ministry Of Transport

- The Radar Station at CFS Moosonee, Ont., is to be closed and

- The number of operational aircraft is to be reduced, with the Argus dropping from 34 to 26, the Voodoo from 56 to 44 and the CF5 close air support aircraft reduced from 27 to 20.

## R&R Established - FDA Up

OTTAWA (CFP) - A new rest and recreation program for Canadian servicemen on United Nations duty went into effect January 1.

Members on Foreign Duty Allowance (FDA) postings are now eligible for a new R&R system, originally proposed by the NDHQ Pay Studies Team. It was given treasury board approval just before the end of 1974.

Until acceptable United Nations facilities are established, Canadian UN contingent commanders will be given \$25.00 per month per man to be put into a special R&R fund.

The new program is designed to end a long-standing problem for service members during their "in-theatre level," in which they most often found themselves with little or nothing to do.

The study states that "in-theatre leave is essential in order to maintain high morale and efficiency."

The new R&R fund will be used to rent facilities to establish a leave centre where service personnel may stay at, public expense, and provide such other amenities as sports equipment and patrolled beaches. No cash payments are to be made to servicemen in lieu of R&R

facilities.

Members on 12-month foreign duty tours with UNTSO or UNMOGIP will continue to be reimbursed by their accounting units, the cost of return air fare to a designated leave centre.

OTTAWA (CFP) - Canadian servicemen on United Nations tours of duty are now eligible for new rates of, Foreign Duty Allowance (FDA).

As of January 1, the rates increased in accordance with a new military rating system, which takes into account such factors as living conditions, messing facilities, isolation, and other local conditions.

The new system, replacing one modelled on external affairs department scales, provides five allowance levels, plus a bonus system for foreign duty service of more than six months.

The new FDA also covers such duties as extended relief missions.

Members who completed their six-month tours of duty prior to January 1 will not be able to count that time toward the increased payments. However, any foreign duty tours completed after January 1 will be counted under the increased rates.

For instance, members of the Royal Canadian Regiment, serving in Cyprus since mid-December, will be able to count their full continuous tour prior to January 1 under the new rates. However, they will not be able to count previous tours toward the higher rate.

The following table lists new rates and levels for the various formations and theatres in which Canadians are now serving. There are, as yet, no areas providing sufficient amenities to qualify for classification as Level I or II postings:

Theatre Formation	Posting Level	Monthly rate first six months	Monthly rate in excess of six months
N/A	I	\$ 50	\$100
N/A	II	90	140
UNFICYP	III	105	155
UNEF(ME)	IV	130	180
UNTSO, UNDOF UNMAC (KOREA) UNMOGIP	V	150	200

# HOCKEY

FEB 28

WPG JETS

VS

SAN DIEGO MARINERS

The Jets Hockey Club is hosting military personnel for this game -

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# VOX POP

I don't know about you, but personally I'm fed up with strikes, strikers, and some of the tactics that strikers use to force their wants and views on the general public. I hope you noticed I didn't say management because in the long run it's the general public that suffers and not management. We foot the bill through higher prices or higher taxes and we also suffer through the inconveniences that a strike entails.

For the past three months we have been told that there is a coin shortage throughout the country. Not the coins you save but the coins you spend. It has been casually mentioned in or on the news, depending on whether you watch it on TV or read it in the paper, and then has been hammered into us from the first of the year. Even the chartered banks are suffering from a shortage and at the time of this writing are rationing coin to their customers. The only logical conclusion to this was of course a strike by the mint workers. They had to strike now before the new Winnipeg mint could start operating because if it was operating the coin shortage would be well on its way to being solved and a strike then wouldn't have as much clout.

To make matters worse, the Manitoba Federation of Labour suggested all union members hold back their coins so the shortage would be magnified and the government forced to give the striking mint employees what they want. It doesn't matter if it's what they deserve or are entitled to just so long as they get what they asked for. Another neat little trick is to make sure the picket lines are outside the new mint before the construction workers arrive. The construction workers, being good union men themselves, refuse to cross the picket lines to go to work which means a delay in the completion of the building. The longer they can keep the mint from operating the worse the shortage becomes. If you don't

think a coin shortage is too serious try operating a vending machine with a dollar bill or paying exact fare on a bus when there are no quarters to be had. How about paying a dollar for everything over eighty cents because no one has any change?

How about those wonderful 76 Olympics? Just when we're told that costs have doubled, the steelworkers decide it's time to knock off work and strike for higher pay. This brings up all kinds of possibilities which include everything from Montreal having to cancel out for lack of facilities to sharing some of the events across the country. Needless to say this means adding more to the already ballooning costs and if you don't think that the taxpayers are going to pay the deficit, or at least a good portion of it, you're only kidding yourself. When the steelworkers decided to go back to work they discovered there was no work for them to do because the groundwork wasn't complete. They had a perfect solution for this, beat up some of the people who were working because if the steelworkers can't work they don't want anybody to work. As soon as this problem appears to be solved, the piledrivers decide it's time for them to go on strike. It appears as though it's going to be a round-robin of strikes from now until the deadline for completion of the facilities has arrived. How's that for union solidarity and putting the squeeze on the public purse?

It's time for someone to step in and do something about the continuous strikes by every union in the country. It can either be done by legislation by the government or by responsible leadership in the unions themselves. There was a time when unions protected the workers from being exploited by management but the time has arrived when we need someone to protect the public from being exploited by the unions.

## Legal Ramblings

### SELLING YOUR HOUSE

Factors you must consider when buying a home at the place to which you have been posted. Retaining ownership to houses after you are posted has become much more complex than it used to be.

Until lately, many thrifty Servicemen bought homes and then kept them after being posted. The idea was that this non-resident home, would be an investment, or a place to which they would eventually retire. Outside of having an extra job, buying a second home is one of the few ways Servicemen can increase their assets beyond that of their wages.

This article will deal with the situation where you own a home at the place you are stationed and are considering buying a second home at the place to which you are posted. Until about 1971, you could keep your home and buy another, and you would pay no capital gains tax on either of them. However, now, capital gains tax is payable in most cases on a home you have left, but have rented out, and kept as an investment or for retirement. The capital gains tax is calculated on one-half of the profit, less expenses, plus the recaptured depreciation, on which you pay income tax at the rate applicable to your taxable income.

However, it is not generally known that if you move back into a house you own, after four years, you may have to pay capital gains tax on the "paper profit" unless you have followed certain procedures provided in the Income Tax Act.

To further complicate the matter, if you later try to sell this home, after it has been rented, you may be subject to heavy provincial taxation over and above income tax. In Ontario, this tax is 50% unless you meet certain requirements regarding time and improvements. It is expected that similar legislation will be passed in other provinces in the next few years.

The end result is that if you intend to retain the home you now have and buy another at the place to which you are posted, you should be in possession of all of the tax facts, and then give the matter long and careful thought before you decide to retain ownership of the home which you presently have.

I am no expert on tax law and, therefore, would suggest that you contact your local income tax office, and they will provide you with a bulletin "Income Tax - Principle Residence" serial number 1T-120, dated 14 September 1973. There is an additional booklet which is mauve in colour dated April 1974, entitled "Capital Gains and Valuation Day."

With regard to provincial real estate taxes, you should contact the Minister of Finance in your province.

This article is certainly not complete regarding the taxes you might have to pay, but is intended solely to alert you that there are some very significant tax implications in retaining a home after you have been posted.

This article has dealt with the disadvantages of retaining a home, and the second article will deal with the benefits of selling.

## Letters to the editor

Dear Sir:

I would appreciate it very much if you could put a public service announcement in the Voxair, prior to February 11/75, mentioning THE WINNIPEG CHAPTER OF SWEET ADELINES, INC., - "GUEST NIGHT", to be held on Tuesday, February 11, 1975, at 8:00 p.m. at the St. Francis Friary, 211 Edmonton Street.

We are inviting all gals who like to sing - to come and sing along with the chorus and hear some barbershop harmony.

Sweet Adelines Inc., is a non profit organization, with the aim of promoting an appreciation of barbershop music and spreading harmony in song throughout the country.

If you require further information please call me at - 889-3212.

Thanking you for your co-operation.

Yours in harmony,  
Arlene Mathieson  
Public Relations

Dear Sir:

As a paid subscriber to Voxair and the wife of a retired serviceman, I was very disappointed to read in Mr. Lauder's column, that Studio 22 had not come through with a production before the end of the year. Please find enclosed one of our tickets and a program for the Children's Pantomime; the Fairy Story (Mother Goose) 4 performances, Saturday and Sunday, December 21 and 22, 1974 at 2 p.m. and 7:30 p.m. each day.

Someone on your staff was aware that there was to be a show, because a lady made inquiries as to the cost of advertising it in your paper. Since the cost was quite high, we decided with the money we had, we would get wider circulation in Metro One.

Several children in the case are dependents of present and retired members of the Armed Forces. Maybe if you saw fit to publish their names, it would be a nice tribute to them and their parents, who were so wonderful and helpful during the preparation of the show. The show was by no means professional, but it was live, away from television and just for one hour, a land of make believe for the young at heart. Even the Senior Citizens who came in wheelchairs enjoyed the show. A story told, sung and danced to with audience participation. I would like to thank the members of Studio 22, Barb Endres, a wonderful artist, Bill Cordingly, for lighting, Mrs. R. Lacey, for music and many other things, and Captain L. Nicholson for all his help.

You are fortunate to have at your disposal a terrific theatre, and we did this show to help keep it going, but, unless some of you service people come forth and bring it back to life as it was in 1966, I'm afraid all our work may be in vain. So, if you read my letter, you don't have to be good, just willing. Please get out and make 1975 the year Studio 22 came alive. If you don't like drama, there are musicals, and even a good variety show.

see LETTERS  
page 6 column 4.

## editorial

### WHO ARE WE?

What's in a name? An age-old question that has been answered in many ways with varying degrees of identifying emotionalism.

Not so many years ago Canada was the possessor of three proud and famed names - those associated with the "old" Navy, Army, and Air Force. Canada progressed and adopted one name to collectively cover these three - the Canadian Armed Forces.

Then, due to internal pressures, and slightly misleading terminology, this name evolved into simply Canadian Forces, as the military organization is known as today.

But is it?

Wherever the topic of Canada's military is discussed - officially socially, or elsewhere - many terms are used to refer. The most common being Canadian Armed Forces, Armed Forces, and Canadian Forces. These names are used to refer to the military organization by not only the "civvy" populace, but by the serving members as well.

Why, when the one and only official name is Canadian Forces?

Watch TV, listen to the radio, read the newspapers, listen to our officials, and you will note the reasons. Even watch or read the recruiting advertisements; even they refer to the Canadian Armed Forces. But there must be a reason for this useage of an erroneous name(s).

All service newspapers receive the official DND news releases and messages. Many of these are direct statements made by, or are quotes of, Mr. Richardson, the Minister of National Defence. In his statements Mr. Richardson frequently refers to the military organization in three manners - the Canadian Armed Forces, the Armed Forces, and the Canadian Forces; and not is just one name used in any particular statement, but all three are sometimes utilized simultaneously.

It is of little amazement, then, that most everyone, including the servicemen, is confused as to the identity. If the "boss" doesn't know who we are, how can everyone else be expected to know.

As another service newspaper has noted, maybe the military organization should once again have his name changed to "RICHARDSON'S INSECURITIES."

**NEXT DEADLINE**  
**2 P.M.**  
**WED 5 FEB 75**



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Lieutenant Colonel J.R. Allingham, C.D.

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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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# Welcome

Welcome to the newest column in Voxair. VOX POP is an abbreviation for the Latin vox populi, or to put it in English, the People's Voice. The name is exactly what this column is all about. Putting the voice of the people into print where we can all see just what is on everyone's mind. If you have a pet peeve or would like to give some person or organization a pat on the back, let us know about it. If at all possible, we'll put it in print and if a bad situation is improved or someone gets some well-deserved credit, you will have the satisfaction of knowing that you had a hand in it.

Keep in mind that this column is not for rabble-rousing nor is it for passing on half-truths or innuendoes. We don't want to get people stirred up about things we really don't know much about ourselves. They do enough of that on some radio and TV programs already. Don't write in complaining that Jane/Joe Blow got promoted and you didn't or that you can't see why you or your husband/wife were posted to Winnipeg when you were quite happy at some other location like CFS Moosonee. That we can't do anything about and not only would we be wasting our time trying but would probably bring about a sudden end to the column. There are other things in your life besides the military environment you may or may not be satisfied with and we would like to know about them.

The life of this column depends on you the reader. If we don't hear from you then we can only assume that you don't want to hear from us. When you put down the paper, pick up a pen and write that letter you were always going to and never quite got around to. They say that one way of relieving your frustrations is to tell somebody about them, so tell us; we're good listeners, and we may be able to help.

## CFANS news corner-ASC SANC 7501



Ta-ran ta-ran ta-rarii with a flourish of strumpets and a truffle of rums, je vous présente: SANC 7501.

As I promised last column, here is their picture (even though I had to break Art Armstrong's leg to get it; with a name like that you don't expect a little guy like me to twist his arm, do you?).

But back to the heroes of this week's column, front row left to right: the guy practising transcendental meditation on the left is Grant Shewchuk. A scope wizard from 416 Squadron, Grant will be staying on staff at CFANS.

The next two are Don Best and Dave Murphy both Argus Navs, Don from the West and Dave from 415 in the East, but don't worry, Don served his penance on the Island just like the rest of us.

The next two are Bill Grey and Ian Snow, whirly boys from the mysterious East. You know those funny grey things that go wop wop wop off the back of ships. Ian also flew with 415 but this time he says it's "in the bag."

The first of the tall fellows is CFANS's own Dave Collings, another ex one-o-wonder. Dave

has had a few weeks practice downstairs before joining SANC.

The suave looking fellow next to Dave is Rob Dunlop, a young "old crow" who jams NORAD from the back seat of an old "Clunk" (CF-100 to the uninitiated).

The fellow with the Bomber command moustache is Pete Kendell who actually flies in Argeese with 404. Pete has had a little trouble with people misspelling his name. So remember folks, it's e-l-l, or was that a -l-l; or perhaps e-l; or maybe...

Al English navigates Herky birds decorated with Hefalumphs, which is why we are looking for his talents downstairs. And, in the other corner flying Hercules decorated with Chinthes (ithn't that thweet) is Jens (pronounce that YENS) Schoenrank. Jens has already made a name for himself as the SANC 7501 computer expert. He's spent so much time on the Aerospace Squadron Computer that John Plaxton is suing Hewlett-Packard for alienation of affection.

Meanwhile, back at ASC 27, off we go into the wild blue yonder (no Janice, that doesn't mean the boys are going on a movie tour of St. Catherines Street). ASC 27 begins their long Canadian tour with stopoffs at exotic Ottawa, where we visit Computing Devices, Leigh Instruments, and of course, the Cuckoos Nest (you know those funny towers on the Rideau where all the indecisions are made). After Ottawa it's beautiful downtown Montréal to visit Marconi, CAE, and the federal government's \$38 million toy, Canadair. And then we tiptoe to Toronto, by the turbo, 'til we go to see Litton and DeHavilland and DCIEM.

To show just how special ASC 27 is, CFANS even has a Herc laid on for us to speed us home. Actually it's the first Herc for delivery to 429 Sqn (but that's another story). To be told next column. 'Til then, Auf Wiedersehn.

D. Fliedermouse



## 429 Sqn. Bison Brew

Happy rest of the year to all and long life to the "Gooneys." By the way, the DC3 will be 42 years old this year. Since the bell of '75, many changes have occurred in the squadron. A new bison brewer is just sharpening his pen in this issue.

Five more of our wing-flappers have been caught for flying low and slow and were given a ticket to the Hercules OTU; they are Maj Brown, Csaba Hezselly, Hal Steffler, Art Jordan and Peter Van Haastrecht; the first three rejoice what will be left of the herd in April, with Art and Pete staying with 436 in Trenton. Also gone with out Atlantic sea bord "Ministry of Fisheries" Sqn (Trackers) is George Trottnr. Luckily four old faces are back in the good graces of Lady Gooney; Brian Fritsch, Willie Williamson, John Lumley and Don McDonald.

January also brought us back ICPS Frank Livesy from happy days in Dallas, and ICP student Bill Allen, the "A" Flight Commander not so long ago.

The Bisons were given longer than normal to grow their arctic fur this year but now everything is back to normal, weather-wise; and operation-wise too; well, at least as far as navigation is concerned;

the school is already "late," and pushing for weekend flying.

A black day in January was the seventh; by a hefty wipe of a rag, (HQ message, raggy message - choose accordingly) cutting again our extracurricular flying, four long range trips to East Thunderbay and Exotic Cold Lake were stricken off our adventure training curriculum. Even Dave Towns, then Ops 1, had to be deprived of a smooth ride to Cold Lake with his curlers. Experienced Yves Faucher is back in the "Operation" chair in these hectic reduction days. HERD AROUND: Bill Allan trying to convince Ops that he needs a training trip to the Mexico border.

FROM OUR ADD DEPT: Our first modern, smart, and stable new bison carrier will be here on the first of February; see it and believe it - be at 16 Hangar on that historic Saturday. For it's ETA, add one half the 'Dak time' from Trenton to a morning departure.

WARNING: To all bisons in the vicinity of Saskatoon around the first of Feb. - white monstrous bird killer armed with sickle will be migrating through the area, especially fond of Gooney Birds.

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## the future Planning for Retirement

One of the most significant phenomena of the past half century in North American society is the change in its older population. Better nutrition, a higher standard of living and advances in medical science have resulted in more people living to the so-called 'age of retirement'.

Furthermore, those that reach the age of retirement live for a longer period and are in better physical health in their twilight years. Along with this lengthening in the span of man's life there has been an accompanying extension of peoples' full mental capacity and a desire to live a fuller and more pleasant life. With adequate sources of continuing income, these involvements would normally create no problem. But many factors have combined to force this growing group of older citizens out of the work force to make room for younger people coming up. This removal of employment as a source of current income has left senior Canadians with only one alternative - to put aside enough funds during their earning years so that their savings dollars can provide the retirement income they need. This means careful planning of future needs and adequate financial preparation to ensure an acceptable standard of living when financially rewarding employment is no longer available or desirable.

Unfortunately, it is extremely difficult for most people to save money from today's income in order to use it for the tomorrow which will inevitably come. What most of us need is a safe place to hide some of our money from ourselves so that we can't get it

until we really need it, since the pleasures of today seem far more attractive than the problems of tomorrow. Much of the success that people have in saving is dependent upon the degree of sacrifice they are willing to make today in order to provide for tomorrow.

To further increase the difficulty of systematic saving, there are the complicating factors of higher taxes and continuing inflation eroding the value of our dollars and eating up the amount of disposable income available for savings and investment.

The tremendous growth of government-sponsored and tax-supported retirement plans serves as mute testimony to the failures of the past and the determination of the present day planners and decision-makers to ensure at least a minimum subsistence level for all older Canadians. Included in these government benefits are:

-Old Age Security, a tax-supported programme providing a monthly income to all Canadians at age 65

-Old Age Assistance, a tax-supported programme providing additional monthly income to those in need at age 65

-Canada Pension Plan (or Quebec Pension Plan), a contributory pension plan providing retirement, survivor and disability benefits to a majority of Canadian workers.

-An extra income Tax Deduction for all taxpayers over age 65.

Despite the existence of these universal government-supported benefits for senior citizens, there is, nevertheless, still a vital need

for individual and corporate savings and retirement plans. And even with the tremendous growth of Employer-operated Pension plans, the prudent employee should set aside systematic amounts of personal savings in order to end up with a reasonable amount of regular income after his working years have ceased. The benefits from the Canada (or Quebec) Pension Plan and Old Age Security provide a sound base on which to build and bring within the range of most Canadians an opportunity to adopt a plan of personal savings which they can afford.

Further evidence of government support of the principle of putting aside money for retirement can be found in specific provisions of the Income Tax Act, which provide for certain deductions from current taxable income of amounts which are deposited into Registered Pension Plans or Registered Retirement Savings Plans.

The problem for most individuals is to select the plan or method of saving most suited to their needs, and abilities. With the wide range of savings vehicles on the market today, the final choice often becomes a difficult and intriguing task. **BUT IN MOST CASES, THE CHOICE IS NARROWED DOWN TO A PLAN WHICH**

-has a high degree of safety

-can pay a high regular income when required in later years

-provides a reasonable opportunity for growth during the savings period

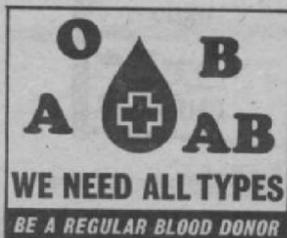
-is free of investment and management time and worry.

Many Canadians elect to solve their retirement income problems by purchasing an annuity, either by itself or in combination with a permanent or term life insurance contract. Annuity contracts provide a greater income than ordinary investments of equal security, by permitting the investor to live on principle, as well as interest; but without the danger of outliving the income.

They provide the advantages of widely diversified investments because they are backed by the entire assets of the Company. They eliminate all the trouble of investing and reinvesting at an advanced age.

Annuities have long been regarded as a sound method of providing regular income, and in recent years they have grown immensely in popularity. One reason is that more and more people have come to realize that a steady guaranteed income from capital is more important than the capital itself. Personal management of capital requires time and skill but the annuity owner has no investment or conservation worries provided he chooses the right team to manage his money.

Courtesy Baldwinson Agency



## CFANS news corner



There was little excitement in the Nav Squadron these past two weeks. No births, deaths, promotions, or graduations. The only big event occurred when one of our Daks was accidentally modified into a two-wheeler - but we'd best not say any more about that.

There was some social acitivity, however: 7407 had a Slay Ride. A Slay Ride, for those of you who don't know, is a sleigh ride during which a major course member attempts to throw his course-mates off the sleigh. Survivors adjourned to Jack de B's for refreshments and entertainment by "Stompin' Tom" Kruger.

As expected CFANS trounced 429 Sqn in the 1st annual Pilot-Navigator Curling Classic. After the straws and buffalo chips had settled, the final score was 14 to 3. The CFANS championship team consisted of: LCol Brittain, Capt Arnott, Capt Lott and Maj Shepard. The pilots' team consisted of: Maj MacIntyre, Capt Steffler, Capt Webster and Maj Brown. After three ends and an 8 to 0 lead for CFANS, Capt Towns was seen leaving the scene with a barf bag. Following the classic the pilots provided some welcome nourishment and Maj Brown was sent to the East for refresher training. Super Nav was last seen strolling down the flight line with his cape minus his hip boots, as the buffalo chip fallout has stopped.

Although this is truly all the news we have to tell, we can't leave this space blank for fear that some Bison Brew might accidentally leak in.

This seems an excellent time, therefore, to introduce a new feature - the CFANS BELIEVE IT OR NOT. The first of three lucky navs to be honoured this week is Capt Win Koch. Believe it or not, CFANS has the world's OLDEST, MOST JUNIOR NAV ever to receive a CD! According to computer records in the BOR, Capt Koch was born in 1918,

enrolled in the CF in 1968, and received his CD in 1970. Keep checking Win, maybe you went pilot training in 1954 and were posted here in error.

The second lucky nav is Gerry Kingwell. Believe it or not, Capt Kingwell would RATHER BE A NAVIGATOR THAN A SUBMARINER! He explained that what goes up must come down, but what goes down doesn't necessarily have to come up. He has a point there.

Last, but certainly not least, is Capt Doug Cantley. (Doug is acutally on ASC Staff but we won't hold that against him.) Believe it or not, on his lunch hour, Doug RUNS 10 MILES EVERY DAY! We asked Doug how he accomplished this incredible feat, but at press time he was still gasping for breath. Maybe next issue we'll find out. Pant, gasp. And, believe it or not, we even have space for the first five squares of "Student Navigator." This popular game is played by every course that trains at CFANS. It takes at least 6 months to complete and can be played by up to 14 people at once. To play this game on paper you will have to save the next 150 News Corners, and then draw up all the squares on a piece of bristol board. You will also require a set of dice, and a little carved, wooden replica of a navigator for each player. The dice you can get at the bar, the navs you will have to carve yourself. Everybody starts at "Commence Class" and rolls to see how many spaces to move ahead (or behind).

### STUDENT NAVIGATOR

1. Commence classes.
2. First Nav lecture. You do not really understand why a nautical mile is longer at the pole than at the equator. Fake it, and lose a turn.
3. First Nav lecture. You understand why a nautical mile is longer at the pole than at the equator, but you don't really care. Go back two spaces.
4. First Nav lecture. The instructor doesn't understand why a nautical mile is longer at the pole than at the equator. You explain. Move ahead one space.
5. Go back 5 spaces. (It's hard to win at "Student Navigator.")

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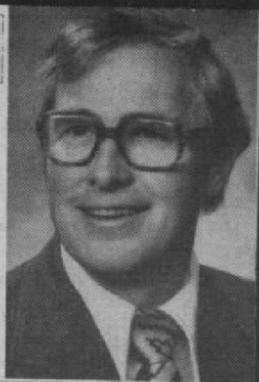
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10 lbs.  
**Pork Chops**  
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**Chicken**

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 to the first 50 customers

**SMALL FREEZER SPECIAL**  
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EXAMPLE  
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AT .70c \$105.00  
**Rib & Chuck** **70¢** LB.

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ALL ORDERS VARY IN SIZE AND WEIGHT

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# BASE TRANSPORTATION

## News and Views



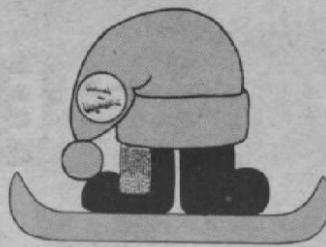
The students and Instructors of an Instructor Development Course held from 14-16 Jan 75, sponsored by the MSE Safety sub-section of Base Transportation, are: **Front Row left to right:** Sgt Melville (Inst), WO Tessier (Inst), Major Pare (BTNO), Lt Fraser (BGSO), Capt Maier (IAMU). **Centre Row:** Cpl Macdonald (2 PPCLI), M/Cpl Hubbs (2 PPCLI), M/Cpl Thompson (B Tpt), Sgt Allin (73 Comm Sqdn). **Rear Row:** Sgt Nill (18 Service Battalion, Thunder Bay), Sgt Kopp (2 PPCLI), Sgt Faulkner (LSSR, Thunder Bay), MWO Gledhill (17 Svc Btn, Minto), MWO Edwards (LSSR Thunder Bay). Base Photo

### SAFETY SAM SEZ

An IDC (Instructor Development Course) at CFB Wpg MSE Safety Section was carried out under the expert instruction of WO Tessier and Sgt Melville. These two DDC instructor trainers carried out a three-day instruction course to qualify personnel to instruct DDC. It must be pointed out that DDC instruction is a very important function of accident prevention, and attending an IDC

in itself does not mean a person is a competent DDC instructor. The prospective instructor once completing the IDC Course is required to participate in teaching two complete Defensive Driving Courses within six months of completing the Instructor Development Course. Those Candidate Instructors who have demonstrated a high level of competence as instructors are then recommended for classification as DDC Instructors.

Once qualified, instructors are required to teach two courses per year to keep their qualifications current. It is a proven fact that Defensive Driving Courses do have a marked impact on the attitude of the driver. Accident statistics before and after DDC attendance point out the fact that effective instruction in Defensive Driving does reduce the incidence of accidents. It is for this reason that the DDC Instructor must be highly motivated and a competent instructor.



## Festival du Voyageur

Bonjour.  
- The Festival du Voyageur Parade is to take place on Sunday, February 16th, 1975. The Parade will start at 2:30 p.m. from the Legislative Buildings and proceed to Provencher Park.

The Festival du Voyageur is pleased to announce that the internationally famous author-composer-singer Claude Léveillée will be giving a concert at the Playhouse Theatre on Monday, February 17 at 8:00 p.m.

Claude Léveillée was discovered in 1959 by Edith Piaf, and has already recorded 24 LP's. He has given more than 1200 recitals in Canada, and has also appeared in Europe, in U.S.S.R., in Japan, Asia, U.S.A. and in Sweden. He is also the author of a

book "L'Etoile D'DD'Am'érique" published by "Les Editions Leméac" in 1971.

Claude Léveillée, accompanied by four talented musicians, successfully completed a tour of Europe last year and is presently planning one in the United States.

The Festival du Voyageur is proud to offer an internationally famous performer of the calibre of Claude Léveillée for the reduced prices of \$2.50, \$3.50, \$4.50.

The tickets will be on sale soon at the Franco-Manitoban Cultural Centre, 350 Provencher Boulevard, at the Festival du Voyageur Office, 219 Provencher Boulevard or Al's Jeweller's, 130 Marion Street.

Salut!

### Letters (cont'd from page 2)

To Mr. John Lauder: I am a season ticket holder to the Royal Winnipeg Ballet and do appreciate the best. As a member of the Manitoba Dance Teacher's Association, who pays to advertize in Voxair, we turn out pretty good stock. The children in our show ranged from five to sixteen years old. Some of whom were good enough to win in Mayor Juba's search for talent and get a write up in Jimmy King's Night Beat, even a phone call from him. So, give the underdog a little credit and encouragement and not so much criticism. Who

wants to be called a quote "first class baked ham!" We have been approached about doing Mother Goose for Television, but that remains to be seen.

Hope my letter is printed, a somewhat offended reader.

Yours truly,  
Mrs. S. Jansen

#### MOTHER GOOSE

Written by: Mr. Cliff MacDonald

Presented by: Teachers and Students of the Jansen School of Dancing

List of Characters:

MOTHER GOOSE

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- MR. BLUE Patsy Jansen
- BOY BLUE Cathy Ferguson
- BO PEEP Cheryl Lacey
- BARON PEEP Maureen Willox
- BIMBLE Tannis Morton
- BUMBLE Connie Prichodko
- GUS Jo-Anne Musgrove
- SILVER GENIE
- Tannis Morton
- FAIRY Cheryl Lacey
- SKELETONS Roslyn Boyda, Jamie Kilberry, Vivian Hamill
- CHILDREN Cheryl Dobbie, Alana Ediger, Toni-Lee Jenkinson, Angela Jenkinson, Cathy LeBouef, Dandra Musgrove, Lisa Musgrove, Sandra Peterson, Vicky Ralf, Mrs. Barbara Endres, Bill Cordingly

Set Design  
Lighting and Sound

We would like to take this opportunity to thank Barbara Endres for all her work on the scenery. It is very much appreciated. A thank you too to all those who came out to help with set construction. A special thanks to the parents for bringing the children out to rehearsals and working so hard on costumes and advertising. Last, but not least, thank you to Bill Cordingly and members of Studio 22 for all the assistance with lighting, sound, etc.

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# From the Grooves

by Mark Cyluck

There are times in one's life that things begin to mount up and surpass the outgoing flow of things. Such has been case recently with myself so I am going to very quickly run over several of the new releases so that everything will be caught up-to-date.

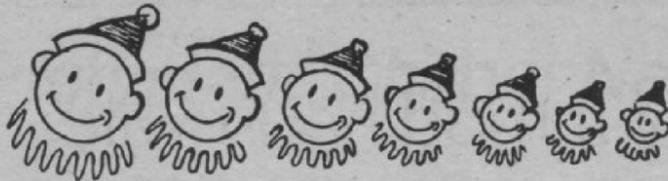
Dave Mason has been considered as the musical genius behind the talents of Traffic and, at times, much of the inspiration for Delaney and Bonnie. He has also had much success in his own way. Now to recap all of his many successful hits, Blue Thumb Records has released "The Best of Dave Mason" (BTS6013) which includes the likes of "Only You Know and I Know, In My Mind, Shouldn't Have Took More Than You Gave, and Here We go Again," with "To Be Free."

The Isley Bros. have also been kicking around for several years now since their first big hit in "Shout." Now they are on T-Neck Records (PZ-33070) with no loss of the explosive energy that they have always had, blending its strengths to form a tighter union for the LP "Live It Up" with such notables as "Brown Eyed Girl, Lover's Eye, Midnight Sky (part

land 2)" and Todd Rudgrent's "Hello It's Me."

Soul Friend, James Brown has been on and off the charts for as long as I can remember since "Papa's Got A Brand New Bag." More often than not he has been off the charts than on, as he isn't one to always be in the limelight. Taking upon himself the image of the "Godfather Of Soul" he is now presenting to the world "HELL" (Polydor PD2-9001). Here is "My Thang" and many more for a dynamite package of two records. "Papa Don't Take No Mess" is one of those soul numbers that takes a lot to get into, so "Soul Brother No. 1" uses all of side four to present it.

"What Ever Gets You Through The Night" is the latest big hit for the likes of John Lennon. Yes, he is back again to tickle your ear lobes with appropriate mood orchestrations, contrasted to make you delve into the LP and search for more. Backed by some equally good musicians, John bounces his way through No. 9 Dream (with a wild reverse tape ending (like that of Gentle Giant's final number). Also inspiring is "Going Down On Love." The album is called Walls and Bridges, produced by John Lennon for Apple Records (SW-3416).



## Laughing at Ourselves by John Semeniuk -

**SEXY SAILING(?)** A Minister was transferred to a new parish. Immediately after his arrival, the local Ladies' Guild asked him to give a sex education lecture. Although he wasn't keen on giving such a lecture, he decided not to offend any members of his new church and consented to give the lecture. Knowing that his wife held very strong views on the subject of sex and realizing that she would be unable to attend the lecture, he decided not to reveal the subject of his lecture to her. When his wife asked him what the topic of his lecture was, he vaguely indicated that it had something to do with sailing. The day after the lecture, one of the Ladies' Guild Members met the Minister's wife in the local shopping centre. "Your husband gave a marvelous lecture last night. He certainly knows his topic!" stated the young woman with obvious sincerity. Puzzled, the wife replied, "That's funny, he's only done it twice. The first time he got sick, and the second time his hat blew off!"

**HIGH-WAYS:** Recently, one of our tank jockeys (under the influence of incohal) was stopped by a policeman for driving his car the wrong way on a one-way street. "Where do you think you're going?" asked the officer. "Don't know," replied our blotto friend, "But I must be late, cause everybody is coming back!" "This is a one-way street," cautioned the policeman, "Didn't you see the arrow?" "Arrows?" replied the bombed one, "I didn't even see the Indians!"

**PASTORIAL POSTSCRIPTS:** One of our Padres was helping a group of hippies convert to his religion. The flower children were progressing well; hence the Padre complimented them, but he cautioned, "There is one thing I wish you'd stop doing." "Like what, man?" asked one of the group. "When you refer to Jesus Christ and the 12 Apostles," explained the Padre, "Don't say 'JC AND THE BOYS,' and when you refer to The Father, The Son, and The Holy Ghost, don't say 'DADDY O, LADDIE O, AND THE BIG SPOOK'."

**HE WENT THAT-A-WAY:** After an exhausting chase, the policeman finally caught and halted a car that had been travelling at excessive speed. Walking up to the car, the policeman said to the driver, "Well, Mr. Revere, are they coming by land or by sea?"

**THE MARRY GO ROUND:** An optimist showed up at the court house the other day to find out when his marriage license would expire.

**CREATURE FEATURE:** A farmer whose pet cat was showing obvious signs of a sluggishness telephoned the local veterinarian and (since the vet was to busy to come out) described the symptoms. Unfortunately, the veterinarian thought that the farmer had said "calf" instead of "cat" and prescribed a quart of casteroil while promising to look in on the animal the next day. The following day, the vet visited the farmer and asked how the "calf" was doing. "Calf?" exclaimed the farmer, "I phoned you about my pet cat!" "Good Lord!" exploded the veterinarian, "You didn't give that little cat a complete quart of casteroil did you? The poor animal will be going to the toilet every minute!" "You are so right," replied the farmer, "But that cat is very enterprising. See that bunch of cats over there. Well he's got three cats digging, three cats covering, and three cats scouting around for new ground!"

**UPS & DOWNS:** Two judges were taking a sea voyage. One judge became very sea sick and his travelling companion became concerned. "Is there anything I can do for you?" asked the judge whom the sea sickness had not affected. "Yes," replied the very ill legal beagle, "Over-rule the motion!"

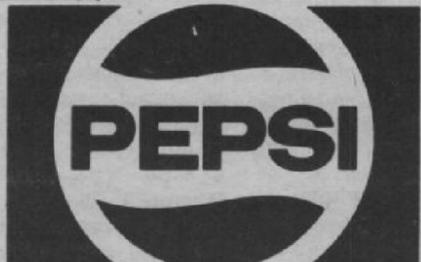
**TISSUE ISSUE:** Ottawa is the only place in the world where sound travels faster than light.

**SIGN LANGUAGE:** Sign on a restaurant: "TAKE HER OUT TO EAT. THE WIFE YOU SAVE MAY BE YOUR OWN."

Sign on a mobile home sales lot: "WHEEL ESTATE."

Sign on a general store: "STOP SHOP."

Sign on a local garage: "STOP AND FILL UP, YOU WILL BE TANKFULL."

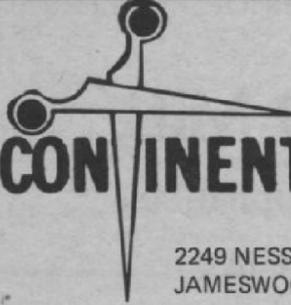


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## APPRECIATED



Capt Larry Klein is presented with a certificate of appreciation by Lt. Col. F. C. Brittain, Comdt CFANS on behalf of the director of Recruiting and Selection. Capt Klein is currently training on Air Navigation Course 7406. Base Photo



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# ...from the diary of a mod housewife

# Cadenza

By Sergeant L. Crawford

## ALIVE AND WELL...

Contrary to totally unfounded rumours, the Mod Housewife is alive and well, and still writing in Winnipeg. There may be times when this column doesn't quite make the strictly enforced deadline of high noon plus two Wednesday. (Can't you just picture it: the Mod Housewife arrives at the VOXAIR office at 1414 hours with her column and confronts The Editor, who looks at her sternly and says: "How many times have I told you that we cannot have you people bring in their copy late! We have deadlines to meet, too, you know. If I allowed all the others to come in late, we would never get this paper out.") One day, I'll get up enough nerve to tell him that I sometimes see the padres or the sports people make a late dash to meet the deadline and he always

puts *their* stuff in. But he is actually a very nice man who has his hands full and is doing a great job as editor of this paper.

What I am trying to say is that, in case you are looking for this column and can't find it in some issue, you will just have to read some of the other worth-while columns, like Voxair Variety, or the Editorial (if there is one), or Dateline Winnipeg, or the Church News, or something. . . .

\*\*\*

## THE BUTCHER'S PROBLEM

Working for a small newspaper like this has its rewards and its tribulations (like getting all sorts of recognition, but no pay). Let me tell you what happened the day the VOXAIR Christmas issue came out. It was late in the day,

and I happened to be the only person left in the office. Everybody else had gone to attend the TMPC Curling Championships, an event that would only be missed by someone with a severe headache combined with a sense of unflagging duty. Anyway, I was there when the phone rang, and an excited female voice asked to speak to the Editor, who, of course was not in, and I, as a matter of course, inquired if I could be of any assistance. She said that John the Butcher had not received his VOXAIR and he wanted some copies of it, as was his entitlement as an advertiser, and he wanted them *right now!*

Af first, I thought this female was John the Butcher's wife, but it turned out she was the secretary of the Base Commander, whom John the Butcher had boldly called. This secretary had strict orders to see to it that John the Butcher got his VOXAIR, and she had only me, the Mod Housewife, to pass these orders on to.

I tried to locate the advertising agent, who was, after all, the logical person to soothe this irate customer, but he could not be found. So, after sorting out the details, like where to find extra copies of VOXAIR, where exactly John the Butcher was located, and how one would get there, I decided that I might just as well do this errand myself, since some of the 'specials' sounded good, and I had wanted to find out about them anyway.

So I set out on my mission, picturing John the Butcher as an unreasonable man who couldn't wait for his papers another day, but a Base Commander's orders are not to be taken lightly, and I

see DIARY  
page 12 column 1

Here we are again, another cold beginning to a new year . . . in more ways than one. With the sad news that a further 45% of existing CAF bands is to be dispensed with "soon," the month of January augers chilly indeed. From seventeen fine regular force bands in 1968 we will soon have only five left in all of Canada and to many of us those dark clouds aren't finished yet. However, those of us in the Training Command Band are breathing much easier now that we've escaped the sythe of reduction once again. The incredible shrinking bands . . .

The T.C. Band had its annual party at the Hotel Fort Garry on Jan. 17th. We, our retiring members and invited guests enjoyed a nice dinner and evening with dance music supplied by the Ted Fraser orchestra. This was our first year to have a party off the base which was due mainly to our traditional facility being no longer available to us as a unit.

This writer feels that it is somewhat of a tragedy that suitable facilities which *everyone* in a unit would be proud to take their wife to and which everyone in the unit would be *allowed* to take their wife to seem sadly unavailable within our establishment. I could no more enjoy certain "convenient" facilities at the expense of certain members of our unit who may not enter therein than I could accept an alternative (even if still convenient) place which lacked much or most of all that a deserving wife should be presented with. As a unit we function and as such we go to our annual party. Thus our hard working entertainment committee looked to the outside world.

Our trial run outside the base for this year's band party proved highly successful, according to at least one member of the committee, who told this writer that expenses were very similar and problems fewer. So, this writer would like to take this opportunity to offer a "Well done!" to all those members of the band that had anything to do with putting the party on. Your

catchy song "We Will Overcome" apparently bore fruit!

The band is hard into the winter series of school concerts with CWO Jan Roberti proving to the kids of all ages that education . . . especially music education, which is the theme of our concerts, can be not only entertaining but mind developing as well.

We pack considerable variety into each concert maintaining no set package yet always performing exciting, and at the same time, instructive content which is both a challenge to us as well as the students as they endeavour to keep pace with Mr. Roberti's dynamic programs and to-the-point "mini-lectures"! We're blowing a few of the old falacies about military bands right out of the gymnasium windows these days. Blow the right things in the kids' ears and they'll follow you anywhere . . . and this points to their more than usual attention to the heavier works in the programs. There's nothing worse than a band that cries, "O Yes!" when the people cry, "O No!" (with apologies to Rev. R. H. Barham . . .).

Two new musicians have joined us from the School of Music in Esquimalt. They are Pte's Mike Dominy, clarinet and saxophone, who hails from Sarnia and (sampling his first real winter . . . he arrived, or tried to during the big blizzard); Larry Melnick, trombone, who comes to us from behind the Tweed Curtain (Victoria). Welcome, gentlemen, you're just what we need more of to help in covering our new soon-to-be much larger territory! Bon Chance!

It should be noted that WO Orville Voakes was first to get into action with his musician section of Sgts-cum-riflemen a couple of weeks ago as they sleepily mustered for, of all things, a roll call in the wee early hours. Another chapter in their ever-adventurous role as members of the BDF. Out of VIEW, chaps! It is sincerely hoped that whatever it was that was set out to be proven was so done . . . (yawn)!

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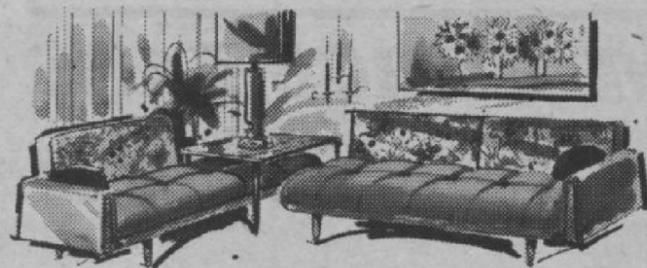
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CFSMET METEOROLOGICAL INSTRUMENT COMPOUND

When the Canadian Forces School of Meteorology moved to CFB Winnipeg in August 1974, one of the first requirements was a meteorological instrument compound where students could practice taking their weather observations. Shown above, are the thermometer shelters — officially known as Stevenson Screens, but more popularly referred to as “bee-hives” — which the students use for obtaining temperature and humidity values. Situated at the north-west corner of Building 84, adjacent to — coincidentally, but appropriately — Stevenson Park, the compound also contains six rain gauges, a snow gauge and cloud measuring instruments. The site is surrounded by a chain-link fence and is out of bounds to unauthorized personnel.

Base Photo

## PMQ(s) Council News

The most recent meeting of the PMQ(S) Council was convened on Tuesday, January 14, 1975. At this meeting two items of prime concern to the residents of the South Community were discussed.

### ICE RINK-HOCKEY

Complaints have been received concerning the playing of hockey on the ice rink. The purpose of the rink installation was to have its use restricted to pleasure skating ONLY. By the number of complaints received, and personal observation, this has not been the case, with numerous users monopolizing the ice surface for the use of “hockey” (shinny games, shooting practice, etc.). This presents a dangerous situation for those wishing to pleasure skate.

A sign has now been erected and prominently displays the solution of the Council. The skating rink is still to be utilized for free skating; however it is realized that some community members require a hockey stick to enable them to accomplish this feat, or so it seems. Therefore the sign and posted hours when ABSOLUTELY NO HOCKEY STICKS are allowed on the ice surface. They are: Monday through Friday, 6:00 p.m. to 7:30 p.m. and Saturdays and Sundays, 1:00 p.m. to 4:00 p.m. On a roster basis, the Council members will enforce these hours.

This does not alleviate the entire problem however. The

cooperation of all residents is required to enable the community members to enjoy the rink for the intended purpose. **PARENTS, PLEASE.** At other than the posted hours, free skating still takes priority for the use of the ice surface, and we ask that those who require the use of a hockey stick restrict their activities to one end of the rink to allow safe and enjoyable skating by our younger (and older) community members.

### PLAYGROUND — WARD 1

Ward One, located east of Kenaston and south of Corydon, has no play area for children. The children must cross either Kenaston or Corydon, both extremely busy roadways, to find suitable play areas.

A study of the possible erection of a fenced play area is being conducted by the Community Council. Two immediate concerns are the availability of a suitable area, and the desire of the Ward One residents.

The Council will study the location possibilities, and ask that the residents of Ward One contact one of their Councillors with their views on this subject. The Ward One Councillors are: Sgt Harry Stinson, 465 Corydon, 489-4450, and Cpl Howie Lancaster, 385 Corydon, 489-6061. It is your area, and your concern.

### NEXT MEETING

Please contact your Councillor prior to the next meeting, to be convened Tuesday, February 11, 1975 on this, or any other, community matter

## Protestant Chapel News

By Jim Kirby

In our last issue I made mention of our realizing the impact that the Energy Crisis (oil) was playing in our lives during the long winter months as we dipped even deeper into our pocket books in order to obtain the fuel for our homes and cars. If you followed the scripture passages, while catching up on your homework, you may have discovered that the picture looked somewhat gloomy. During some of my research I was fortunate to stumble across an article in Readers Digest (January 1975) which radiates a glimmer of hope as we ply ourselves against the problem of Energy shortage. I would now like to pass this information on to you.

“RECLAIMED OIL” Each year hundreds of thousands of gallons of oil are drained from automobile and marine engines, diesel locomotives and bus and truck fleets. Until recently the main methods of disposal have been dumping it in rivers and streams or burning it. Now Turbo Refineries Ltd. of Edmonton, has made a profitable venture of refining the used oil and marketing it as a quality lubricating material.

The recovery rate of the Trubo process is approximately 65%. Ten percent is also recovered in the forms of gasoline and light oil. The rest of the residue is about half waste and miscellaneous by-products, and half sulphuric-acid sludge. Turbo has developed a technique for turning this waste by-product into asphalt and roofing material.

Why has oil recycling been so slow to catch on in this country??? Possibly the greatest deterrent is the cost of collection. Used oil must be available in sufficient quantity to offset the costs of collection and re-refining. However, so convinced is Turbo of the economic potential of the recycling industry that the president, Robert G. Brawn, has travelled to Kenya, Nigeria, Brazil, Mexico and the Ivory Coast to discuss establishing recycling plants with government and industry representatives.

It seems to me, that even though this may not be a cure-all of our dilemma, it certainly must be a step in the right direction to alleviate this stressing factor. Why is it so slow to catch on in Canada??? We certainly have a right to know why. Instead of griping about our situation, why

don't we confront our government Provincially and Federally, by writing letters and asking what they plan to do to find out more about this matter. After all, we elected them to look after our affairs. We are the country — they are our representatives.

### CURRENT ACTIVITIES

Mrs. Mae Reeves, President of the Ladies Guild, would like to thank all of those who participated in the stock-taking at the Bay on January 14, 1975. This activity helps accrue funds for the Ladies Guild to carry on their work.

The annual meeting of the executives and wives of the Protestant Chapels was held on January 19, 1975, in the Annex of the North Site Chapel. The reports of the officers were most encouraging. The collections were up 35% over that of 1973. We were more than able to meet our commitments projected for the year 1974. A special thanks to the ladies for the fine meal we all enjoyed!

The combined Chapel Committees decided to start a Couples Club in 1975. We have many activities planned for this year. Now-a-days we hear about getting high on one thing or another. If you are interested about what we plan to get our highs on, why don't you join in with us on Tuesday, January 28, between 8-10 p.m. in Christian Fellowship? Single people are most welcome as well.

## 25th WPG GIRL GUIDES

The first meeting of the fall programme was held on October 2nd, with 16 guides and 9 tenderfoot guides in attendance.

The next 2-meetings held on Oct. 9 and Oct. 16 were utilized for study of tenderfoot material, and badge subjects, and on 23 Oct. elections were held, in which patrol leaders, and assistant patrol leaders were chosen,

On Oct. 30 the Company attended the “Disney on Parade” show, followed by an evening of fun and Halloween games.

The month of Nov was used for badge studies, and a candlelight service to mark the enrollment of tenderfoot guides, patrol leaders, and assistant patrol leaders.

During the month of December, a Saturday Morning Curling party was held, and two evenings were used for craft instruction in preparation for Xmas. On the evening of 19 Dec. the guides and Brownies toured Oakview Manor, and entertained the residents with Christmas Carols, after which they returned to their meeting place to exchange gifts and enjoy cookies and hot chocolate. This was the last meeting of the year and closed the activities for 1974. All parents are urged to take an interest in their daughters progress, and reminded that we welcome your support as testers or helpers.

Any questions regarding the Company may be directed to:

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889-5677

Mrs. Margaret Thompson  
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The members of the Somerville rink and the Shepard rink taken at the club 6 November 1974 while Bud Sommerville visited Winnipeg to participate in the "CBC Curling Classic" are: from left to right, Capt Frank Ruthven; MWO Don Nutley; Capt Tom Lott; Maj Bob Shepard; Bud Sommerville; Bob Nichols; Bill Strum; and Tom Lochen. **Base Photo**

Here it is the end of January and for those of you who have not yet begun to get the urge to swing the golf clubs, let us remind you that the curling season is barely half-way over. This is the time when all the rinks are being loaded (no pun intended) to enter the various spels in and around Manitoba. The largest, of course, being the MCA Bonspiel which started on 23 January and by this time it is almost past history. This year a record 704 rinks entered in this event and it's interesting to note that no less than 24 of them are from CFB Winnipeg. While it's

a known fact that curling is 99% skill and 1% luck, in the interests of the odd slim port to come through, we'd like to wish all the base entrants the best of luck to go with their boundless skill. Unfortunately, space does not permit us to print all the goings on at the club, but a couple of interesting events have taken place since the beginning of the season. One of these was when the club president (Maj Bob Shepard) took it upon himself to curl against the world famous Bud Sommerville rink. This occurred on November 6 when Bud's group were here to

participate in the CBC Curling Classic. Needless to say Maj Shepard's rink went down to defeat, but with a score of 8 to 5, they gave a pretty respectable account of themselves.

Another resounding success this year was the Holiday Bonspiel.

Results of first round play are in from the various leagues. The point spread in some of the divisions indicate some healthy competition is shaping up and judging by the way the second rounds are progressing it will probably go right to the wire to see the ultimate outcome.

Vimy Arena, at Vimy and Hamilton. We hope to see many parents and friends out to the event, as a number of Armed Forces dependants will be competing.

Dawn Baxter of the Wpg. Winter Club, will be competing in the "A" Ladies Singles Event, at the Canada Winter Games in Lethbridge. Dawn is the daughter of MWO and Mrs. Larry Baxter. Good Luck Dawn, the whole team, we are sure, will have an exciting time.

Practice time has been arranged for the NST level (Badges one to eight) at the Westwin outdoor rink, on Sundays from 12:00 to 2:00. There will be supervision, but no lessons. Any other figure skaters from the Westwin at a higher badge level, are welcome to come and use the ice and perhaps in some way, help with the little ones. Any parents with pre-schoolers taking lessons are also encouraged to use the ice time.

Westwin's National Skating Test Members affiliated with the St. James Assiniboia F.S.C., recently had a test day with an 80% passing average. Well done skaters, and keep up the good work. Congratulations to Laura McLean and Elizabeth Robinson in completing badge eight and moving up to the intermediate group.



**Jr. Bronze Dance**

Ten Fox - Suzanne Frenette, Crystal Patterson (Wpg. F.S.C.)

Sandra Weir and Crystal Patterson were Winnipeg's representatives at the 1975 Armed Forces Competition, which was held in Edmonton, Alberta on Jan 17th and 18th. Congratulations on participating girls and we hope you had a wonderful time.

St. James A. F.S.C. will be hosting the "South East Area" Competition on Feb 22nd at the

In the Canadian Figure Skating Association Test Day, on Dec. 15th, Armed Forces Dependents passed the following tests:

**Preliminary Figure**

Sandra Jack, Colleen Webber, Sandra Chester

**Preliminary Dance**

Canasta Tango - Sandra Chester

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**Voxair Variety**  
by John Lauder

My tennis elbow is being badly aggravated these days from patting myself on the back. On 8 Jan 75, three days before the Great Blizzard, and two days before the opening of *The Boy Friend*, I made two predictions: (1) cold weather would arrive in Winnipeg, and (2) that the Manitoba Theatre Centre would warm things up again.

Such spectacular success is not too common in the forecasting business, although most of the credit must go to those who shaped the events for me - i.e. Old Man Winter and the MTC.

The big and bright musical, directed by Alan Lund, is undiluted joy from start to finish. Dazzling sets and costumes, a competent cast and bouncy music all make for the artillery man's dream - a sure-fire direct hit.

Nationalists will be happy with the 100% Canadian content, while Winnipeggers can be proud of the local actors who fill many of the leading roles. Outstanding were Evelyne Anderson, Marilyn Boyle, Janis Dunning and Pamela MacDonald, with local boy musical director Victor Davis, also doing a fine job. However the balance of the cast, local or otherwise were consistently good. Not only were they pleasing the audience, but very obviously enjoying themselves as well. Rarely do MTC audiences give standing ovations, but the opening night spectators did just that. There are still a few nights left, so get out and give your own ovations to this great show.

\*\*\*

MTC's next effort will be at the Warehouse Theatre, when four special performances of *Almighty Voice*, a documentary theatre piece, will be presented on February 6, 7 and 8. This is the story of a young Cree Indian who becomes a fugitive from justice, and who stages a "last stand" near Duck Lake, Saskatchewan. This has given birth to a Prairie legend, which has since been turned into various types of productions. In this instance, a combination of song, dance and theatre will be used.

\*\*\*

Do you like your Shakespeare pure and undiluted? Then the STRATFORD FESTIVAL OF CANADA PLAYERS will be at the Playhouse Theatre next month with two plays - *Comedy of Errors* and *Two Gentlemen of Verona*. These will be presented on alternative evenings from the 10th to the 15th, with matinees on the 14th and 15th. Prices are from \$5.50 to \$8.50, with some student discounts for the Friday matinee.

\*\*\*

Meanwhile, earlier in time, the World Adventure Tours will offer the film and talk by Dewitt Jones "High Sierra" at the Concert Hall on January 30 and 31st. There are four shows in all, two on each day, at 6:10 p.m. and 8:45 on Thursday, and at 5:30 p.m. and 8:00 p.m. on Friday.

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# DIARY

Continued from page 8  
felt somehow responsible that this man got his papers.

When I got to the store, John the Butcher welcomed me and thanked me profusely for his VOXAIR. You see, his predicament was that he had advertised some items as specials, and had given the only copy of the specials to the advertising agent of VOXAIR. Now he didn't

## WO & SGTS MESS NEWS

Due to unforeseen circumstances, the first planned Saturday night function for this year (the Christmas Blues Bingo) did not take place. Any left over gifts will have to be used, or saved until next Christmas.

Friday 17 January was unlike any other TGIF seen in the mess for many a Friday. The 'Meet Your Boss' appeared to be enjoyed by both 'Boss' and 'Worker'. It does us all good to let our hair down once in a while - trust all participants enjoyed the little 'bash'.

The 'Telephone Dance' on the 18th saw a comfortable crowd in attendance - at least there was room to move on the dance floor. No 'fines' were levied at the door so all attendees must have settled their accounts with the Manitoba Telephone System prior to the dance.

In my last article, mention was made of all the festive season activities and accolades were handed many workers and organizers. One function mentioned was the New Year's Day afternoon 'Open House'. Thanks is due to the associate membership for assisting in financing this event.

This will be my last article, at least for the time being, for I am handing over pen and pad to another 'volunteer'. Thanks for the many comments about past articles. I now assume the position of Chairman of the Entertainment Committee and will now have to read what others have to say.

Future functions at the WOs and Sgts' Mess are:

- 31 Jan 75 - TGIF.
- 1 Feb 75 - No function planned.
- 2 Feb. 75 - Free Wine & Cheese Party, commencing at 1400 hrs. This function is sponsored by the Associate Members.
- 7 Feb 75 - TGIF
- 8 Feb 75 - Monte Carlo Night (Games of Chance), food and music. Free admission.
- 14 Feb 75 - TGIF
- 15 Feb 75 - Candle Light Dinner with band. \$15.00 per couple.

know what was on special in his own store!

He did have a problem, didn't he?

### COUNTING CALORIES AGAIN

In January, everybody is on a diet (almost everybody). Don't worry, I am not about to come up with another new infallible weight-reducing plan. I myself am working on a thing where you 'program' yourself to be the person you want to be: I am planning to project myself as slim and lithe, and maybe, miraculously, I'll lose my appetite for fattening foods, and, naturally, the pounds that are the unfortunate result.

When that happens, my readers will be the first to know. Meanwhile, you may have started your own tried standby of a diet. As supplementary information, here is a list of calories burned per hour when you engage in certain activities. This list is not complete, I think: you will just have to approximate your own favourite activities to the ones given here, and, combined with your own favourite diet, you should do wonders.

### CALORIES BURNED PER HOUR

This list tells how many calories you burn per hour at various activities. (If less than one hour, recalculate the number of calories according to actual time.) With this information, plus food calorie chart (available from book stores, health departments, insurance companies), you can control your weight by balancing calorie intake against expenditures. Remember that one pound of body fat equals 3500 calories.

Job Activities	Calories
Benchwork, Standing	125
Driving Truck	100
Driving Tractor	150
Dusting Furniture	150
Filing (Office)	200
Gardening	250
Hammering (Carpentry)	250
Mopping Floors	200
Preparing Food	100
Shovelling Snow	500
Sweeping Floors	150
Taking Dictation	50
Typing	50
Walking up and down stairs	800
Reading	25
Recreation	
Badminton, Singles	900

Boating, Rowing Slowly	400
Boating, Rowing Fast	800
Bowling	300
Calisthenics	500
Card Playing	25
Curling	300
Cycling, Slowly	200
Cycling, Strenuously	600
Dancing, Moderately	250
Dancing, Vigorously	500
Fishing	150
Golfing	350
Hiking	400
Jogging	750
Running, Fast Pace	900
Skating, Leisurely	400
Skating, Rapidly	1000
Skiing, Alpine	600
Skiing, Cross-Country	1000
Soccer	650
Softball	350
Swimming, Leisurely	400
Swimming, Rapidly (Crawl)	1500
Table Tennis	450
Tennis, Singles	900
Tennis, Doubles	600
Volleyball	500
Walking, Leisurely	200
Walking, Fast	400
Watching TV	25

### Officers Wives Club

The Officer's Wives Club's monthly meeting will be held Tuesday, February 4th at 8:00 P.M. in the Officers' Mess.

A representative from the Winnipeg Art Gallery will be present to explain to the members, the variety of programs that the centre offers.

Refreshments will follow.

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