

Roll up your sleeve to save a life...



GIVE BLOOD

Bldg. 21

Wed. 25 Feb. 76

9 a.m. - 4 p.m.

Voxair

Page 1 Vol. 25 No. 3 CANADIAN FORCES BASE, WINNIPEG February 11 1976

CF Helicopter Crews Assist Winnipeg Traffic Control



HELO SUPPORT - A family of Canadian Forces Flying Training School at Portage la Prairie. It is helping city police control traffic during the transit strike. Twice a day during rush hours, the helicopter crew fly the city's main routes to find out where traffic problems are occurring. Information is relayed to police on the ground who are then able to tow away stalled vehicles or redirect traffic to alternate routes. The Kiowa operates from the roof of a parkade next to City Hall.

development of a 20-year ship replacement program, based on current tasks and those anticipated in the future.

On the air side, Air Command headquarters will remain in Winnipeg, and no major changes are anticipated in air transport, Maritime Air or Air Training.

On the fighter-side, he said he believes that National requirements can be fulfilled from two major bases, Bagotville in the East, and Cold Lake in the West. However, dispersal bases also would be required, one of which should be in the Arctic, above the 60th Parallel.

Although he said that we have just begun to refine our fighter aircraft requirements, it was his opinion that there are aircraft that could be bought "Off the Shelf" to meet the requirements. He cited the F-14, F-15 and F-16.

Ultimately, he said, he would like to see the operational capacity of the CF-104, CF-101 and CF-5 replaced by a single new fighter. This would standardize spare parts, training and armaments, and at the same time save millions of dollars in annual operation and maintenance costs.

The selection process would be very thorough, he emphasized, and he anticipates that it will cost more than a billion dollars to procure the type and numbers needed.

Re-Org for army
Under the new structure, he sees the army being affected most. It would be better balanced geographically in Canada. Something that would work well could be along the following lines:

The Canadian Airborne Regiment relocated to form part of another formation, so that we would have three, rather than four, major army formations in Canada. Each would have its integral supporting arms and services. He cited a "Brigade West," probably located in Edmonton, with major units in Victoria, Calgary and Winnipeg.

Also included would be a "Brigade East," with headquarters at Valcartier, and Major units in Gagetown, Valcartier and the Citadel (Quebec City).

In addition, there could be a regimental combat group centre, a

highly mobile, rapid-reaction formation with headquarters at Petawawa. It could consist of an Air-Landed Battalion, and a major airborne unit formed from the current Canadian Airborne Regiment. In it would be command elements from the RCR, PPCLI and R22ER, which could be located either at Borden
See FORCES FUTURE

Page 6 **Winnipeg**

ENERGY CONSERVATION

"Help George Do It"

Everyone today is aware of the energy shortage we in Canada are experiencing in common with the rest of the world. Everyone is understandably concerned, the media and, indeed, our own everyday conversations include discussion on how to cope with the developments and what we as individuals can expect in the future. With all the information available, I think you will agree that the picture that emerges shows that we have very rapidly entered into an era where we must be good stewards of our energy resources and not necessarily that we do without altogether. It is clear that we must change our lifestyle and that this change must continue for the foreseeable future. If we do not make these changes then we ourselves and our children may have to pay an unacceptable price. We can start the necessary conservation by consciously changing our daily

habits to make small but significant savings when our combined efforts are considered: turning off unneeded lights, not idling our vehicles any longer than necessary to warm up the engine, conserving hot water, walking short distances rather than driving, and so on. These acts must become second nature to us. The way ahead must be one of community effort.

Our attitude towards energy conservation must NOT be "Let George Do it," George may be one of our own children and left without a choice by our lack of concern.

In the weeks to come there will be a series of articles in VOXAIR on how we can all "Help George Do It."

M. D. Gates
Colonel
Base Commander, CFB Winnipeg

Chief Outlines Forces Options For The Future



General Jacques Alfred Dextraze
CBE, CMM, DSO, CD

OTTAWA (CFP) - It was obvious from the outset that the man who has had to endure the armed forces "Ups and downs" over the past 40 months had some refreshing news to impart.

Before an audience of serving and former Military Officers - at the Annual Conference of Defence Associations here Jan. 16 - the 32-minute speech by the Chief of the Defence Staff, General J. A. Dextraze, added up to a clear insight into the direction the Canadian Armed Forces are heading.

Although he had something to brighten the horizons of sailors, soldiers and airmen alike, he cautioned that at this stage he was only sharing his ideas, options that had to be studied, before they became recommendations to the government.

As he said, "I have attempted to be frank and informative... for the first time in a long time we are beginning to achieve stability."

"I believe that both the government and the people of Canada understand and support our requirements."

It marks "Only the beginning of a five-year plan which will, through our re-posturing and equipment modernization permit the Armed Forces to achieve greater stability."

Ships, tanks and aircraft.

Some of that stability he was talking about was explained in the words: "We expect to make a decision soon on which tank we will buy. Also, we have begun to examine the detailed requirements for a new fighter aircraft and a ship replacement program."

He said he sees no major changes in the Navy. The headquarters will continue to be in Halifax, with a subordinate headquarters at Esquimalt. However, work has begun on the



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SCOUT-GUIDE WEEK
15-22 FEB 1976



The Honourable Rene Toupin, Minister of Tourism, Recreation and Cultural Affairs will be issuing a Provincial Proclamation which will declare February 15th to 22nd, 1976 Scout-Guide Week. The Girl Guide and Boy Scout flags will fly from the Provincial flagstaff at the Legislative Building. Radio and television stations will carry Scout-Guide Week announcements, and stores, libraries and shopping centres will feature special displays. In

Sunday, February 22nd, is the birthday of both Lord Robert Baden-Powell and his wife Olav. Lord Baden-Powell founded the Boy Scout Movement in 1908, and Lady Baden-Powell was Chief Guide in 1916. This special birthday is celebrated in almost every country in the world by over twenty million Scouts and Guides of different race, creed and background. It is reassuring to know that these young people, with their ideals and principles - of spiritual values, self-discipline and service to others, are
See SCOUT/GUIDE WEEK

A Message From The Base Commander



Letters to the Editor

AMU Passenger Comforts

Sir:

As a frequent visitor to the Air Movements Passenger area, I am very disappointed with the catering facilities available.

I refer mainly to the busy periods when passenger aircraft arrive and depart, when the Snack Bar is closed. Quite often personnel and dependents are required to remain in the area for a long duration, and although vending machines are provided, they are far too frequently out-of-order.

During my visits, I have observed on several occasions personnel depositing coins in machines and receiving nothing; machines that are empty, and machines with a sign indicating unavailability.

Realizing that it is not the responsibility of CFB Winnipeg to provide a catering service to transit or other personnel utilizing the terminal, and that the profit and loss factor must be considered, the present situation could be improved.

The canteen facility is open during normal working hours to provide a service for personnel working in the area, and with planning, arrangements could be made to extend the hours of operation.

Air Command should set an example and endeavour to make conditions comfortable for the hundreds of personnel who use morale factor, and if the present catering department cannot

provide full service, consideration should be given to allowing the facility to be leased on a concession basis.

The existing conditions are encouraging personnel to seek other open outlets supplying beverages in the near proximity of AMU prior to and after flights.

J. Spirito
Sergeant

St. James Collegiate 25th Re-union

Dear Editor:

The St. James Collegiate, Winnipeg, Manitoba will be celebrating its Silver Anniversary in the fall of 1976 with a reunion of students and teachers.

The event planned for October 22 and 23, 1976 will include a Tea, Open House and Variety Show at the Collegiate, followed by a Dinner and Dance at the Winnipeg Convention Center.

The Anniversary Committee is now seeking the addresses of all former students and staff of the Collegiate. Anyone who wishes additional information, please contact the Committee by writing:

S.J.C.I. 25 Anniversary Reunion
1900 Portage Avenue
Winnipeg, Manitoba
R3J 0J1

March is Red Cross Month in Canada

**Next
Voxair
Deadline
Wed. 18 Feb.**

Locally Yours

UNDE

TO ALL MEMBERS OF LOCAL 705

Please make note of the following dates for the Executive and General meetings. All meetings are held at 272 Sherbrook St. (War Amps committee room) at 7:30 p.m. If enough members show interest over the coming months we will arrange guest speakers to cover such topics as: Grievances, Superannuation, Retirement Benefits to name a few. Also to be included will be talks on alcoholism and drugs...

It is your union - to be effective we require your support.

- Executive:**
- 1 March
 - 7 June
 - 14 September
 - 1 November
 - 15 March
 - 21 June
 - 27 September
 - 15 November
- General Meeting:**
- (which will be election of officers)

DON'T FORGET THE VALENTINE'S DINNER AND DANCE SATURDAY, 14 FEB AT THE ROSEWOOD ROOM OF CORONATION HOTEL. Tickets (postage and purchased from any member of the Executive. For further information call Miss Shuper at Local 371.

Real men don't carry tape measures around with them.



Sergeant G. G. Hildebrandt of 14 Dental Unit Detachment is being presented with the C.D. by Colonel J. C. Brick, Commanding Officer, 14 Dental Unit. (BASE PHOTO)

Attention CANEX Customers

Please note that the Exchange Annex will operate out of the south end of Bldg. 52 effective 9 Feb 76. The entrance is accessible directly from Whytefold Road or from the base. The main exchange presently located in Bldg. 90 (Rec Centre) will also relocate to the south end of Bldg. 52 on the 15-16th Feb and will be open to serve you on the 17th Feb. Our Grand Opening Sale will commence 26th Feb and run for a week. Watch for all the details in the 25 Feb edition of your Voxair.

Sorry for any inconvenience caused by our relocation, however we'll all benefit as a result ... a better store ... better prices and better service.

Did you know our cigarettes are now only \$5.99 a carton - all brands - all sizes!!!

WANTED Voxair Assistant Editor

To assist in all phases of Voxair production. Military persons, DND employees or dependents are invited to apply. Contact Editor Loc 303



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Colonel M. D. Gates, (CD)

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Sports & Recreation Editor
MWO. L. WHITE
509

MWO. G. Vowles.

Opinions expressed by contributors do not necessarily reflect those of the Editor, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a service newspaper as specified in CFAO 57-5. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment.

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.

VOXAIR offices are located in Building 52 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0. Telephone 832-1311

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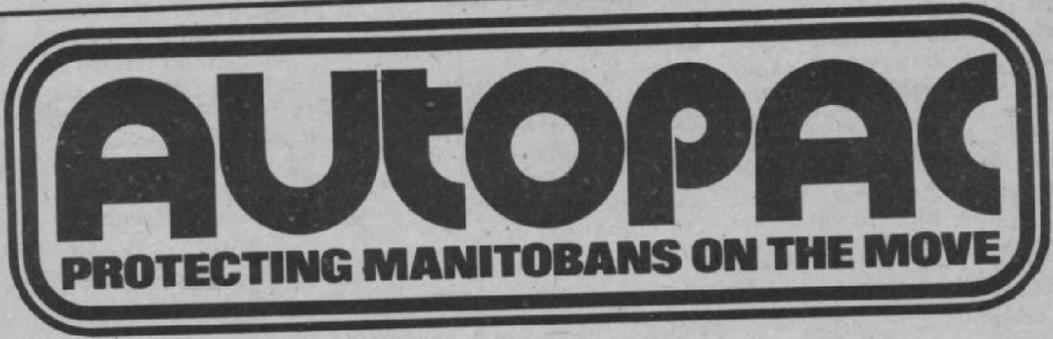
Publishing Dates VOXAIR

For the benefits of our Contributors and our Advertisers, the following is a list of our publication dates for the year ending December, 1976:

- February - 11 and 25
- March - 10 and 24
- April - 7 and 21
- May - 5 and 19
- June - 9 and 23
- July - 14 and 28
- August - 11 and 25
- September 15 and 29
- October 14 (Thu) and 27
- November - 10 and 24
- December - 8 and 22

Deadlines for copy is 2 p.m. the Wednesday preceeding the date of publication. All copy for publication is to be typewritten and double spaced, please.

VOXAIR is located in building 52 (CFTMPC) at CFB Winnipeg - Phone 832-1311 local 303 or 698.



1976 PLATES



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CFB Winnipeg North Site Teen Club

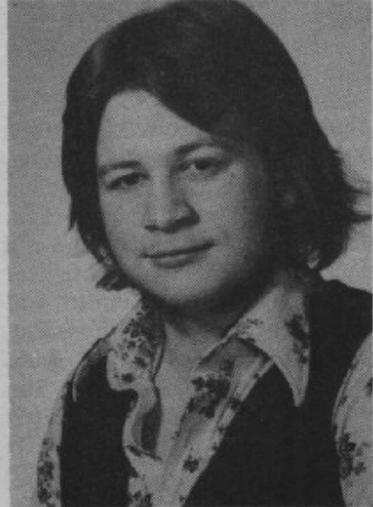
Well it has finally happened. We have succeeded in getting ourselves a "TEEN CLUB." The club will be housed in Building 90 where the present CANEX is. The CANEX is being moved to Building 52 and this section of the building is to be renovated for the Teen Club.

The Teen Council has been elected by a majority of teens that made it to the meeting held at the beginning of December.

Our President is Mike D'Amour, Vice President is Shelley Glover, Secretary-treasurer is Owen Shaffer and Social Convener is Wendy Davidson.

The Committee is pictured below with their home phone numbers. If you have any questions or ideas regarding the Teen Club please give them a call.

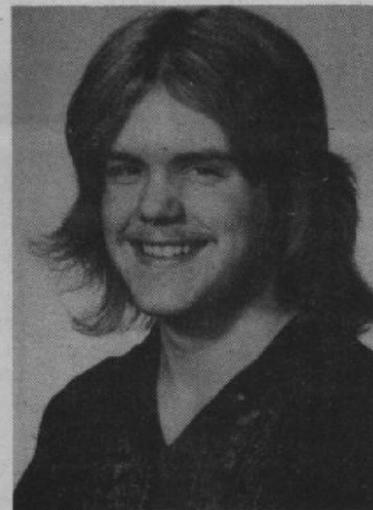
There will be a dance on 14 February, in Bldg. 24. We need all your support at this dance. So come and support your new North Site "TEEN CLUB."



President
Mike D'Amour
Ph. 837-3687



Vice President
Shelley Glover
Ph. 885-3230



Secretary-Treasurer
Owen Shaffer
Ph. 889-5148



Social Convener
Wendy Davidson
Ph. 885-1301



51ST Group Boy Scouts Of Canada

51st SCOUT TROOP
HOLD WINTER
OVERNIGHT CAMP

Scouters Bob Vass, Don Smith, Fred Bourgeois and Mike McDougall of the 51st Troop conducted an overnight Winter Camp at Richer, Manitoba on the weekend of 24/25 Jan 76.

Scouts attending were Chris Selwyn, Dan Burke, David Dupuis, Tom Helmlinger, Gene Kelly, Carl Martin, Steven McSween, David Smythe and Jeff Wardell.

With the co-operation of CFB Winnipeg Transportation Section a bus was provided to move the boys from the Base to Richer and return on Saturday and Sunday from the Scout building on the Base. The Scoutmaster reported a special thanks was due to both bus drivers on the runs who were most helpful in making the trip a success.

A Snow Shoe compass proficiency march was conducted with full participation of the troop. Map reading, the building of a lean-to shelter using raw materials and a minimum amount of rope, was constructed. Trail marking, followed by the new unexperiences scouts were laid out. Chris Selwyn taught the scouts axe and knife handling. The Scouts cooked a hunter's stew which was especially enjoyed by all.

A snowshoe race was conducted by the leaders.

All activities were conducted in temperatures ranging from -12°C to -20°C with a wind chill factor of -40°C. A great experience was had by all the leaders and scouts in this excellent outing under real winter conditions.

Congratulations go out to the leaders for their perseverance and hard work to accomplish one of the activities Scouting is all about, outdoor living - and in Winter too!

A special note of thanks is extended by the Group



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Committee to the 2nd Bn PPCLI for their assistance, expertise and support of this Winter Scouting Camp.

Annual Parent and Son Banquet
The Annual Parent and Son banquet is being arranged for Tuesday, Feb 17th 1976 at 1930 hrs. Scout and Cub mothers under the direction of Mrs. Martin of the ladies auxiliary will be asked to serve the banquet. Plans are underway to hold the activity on the Base possibly in the Junior Ranks Mess Hall.

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Bank Rates Financing



cfans news corner

By T. G. BREMNER

NAV

PCO NAV has struck again! This time, though, we got one new man into the organization before another was posted out. All we need now is another six or eight warm bodies and we'll be back to par. It would help an awful lot if a few were posted IN before the old hands go OUT. (Do you hear me in Ottawa, Ray??)

Ed Palmer has been going around in a fog (Just getting into the mood) ever since his posting to the UK came in. He and Sherley and the kids will be packing up sometime in May to make a reporting date of June 14th at RAF Station Finningley, Yorkshire. Ed will be joining the "Jet Set" flying jet Provost and Dominie trainers at the RAF Nav School where he will replace Rick Alp whom some may remember from his relatively short stay here at CFANS. The Palmers are looking forward with a great deal of relish to their new posting (Ed is returning to where he started a goodly number of years ago) and plan to make the very best of a glowing opportunity. Speaking of opportunity, I think that Ed may finally part with his ancient but trusty Volvo after the equivalent of SEVERAL round-the-world trips. Caveat emptor - I happen to know that the old crock has had a couple of wrinkles!! Of course, there will be the traditional ALOHA ceremony at a propitious time, but I would like to wish the Palmers a very pleasant stay "over there" where a snow shovel is seldom seen!

After several months of overworking our lonely Flight Commander, the relief troops have arrived! Major John Prendergast has moved into the "B" Flight Commander's office and is already up to his elbows in paperwork. Some of us have met up with John before in quite a variety of places; he flew in the Yukon with 437 Squadron, the Argus with 407 Squadron and the Lancaster with 408 Squadron back in the days when 408 was still in Rockcliffe, and also had the odd other job in between. John, his wife Claire and the children - Michael, Louise and Robert - have just returned from "down under" after attending the Royal Australian Air Force Staff College where they thoroughly enjoyed the upside-down climate. The only big problem they encountered was a restriction on aquatic activities in the briney. Apparently, there was a real shark problem at the time that precluded ocean bathing in many areas along the coast. (I wonder how "JAWS" is doing at the box office in Sydney.) Welcome aboard to the Prendergast family - sorry about the weather, but it's not my fault - the guys down at the other end of the hall look after that stuff!!

At the time of writing, resident courses 7501 and 7502 are away to the balmy, foggy east coast on their Motivational Visit under the tender care of Ed Palmer, Lou Gagne (incidentally, Lynn has

more than made up for that outstanding drink - the haute cuisine was fantabulous!!!!!!), Win Koch, George Simmons, Major Schenk, Major Kilpatrick and Lieutenant-Colonel Brittain. That's almost a one-to-one ratio of staff to students (don't get too excited - some of the people are looking after other business at the same time) so none of the sprongs are too liable to get into trouble. The Fighting 429th Tactical Warfare Initial Training Squadron provided drivers, oilers, chefs and freight handlers for the two aircraft for the mission - the very least that they could do after commandeering all the available aircraft the previous day for local training. Course 7503 had another mission pulled out from under them for that. Unfortunately, but those of us with previous Transport experience appreciate the importance of pilot trainers and having gone for almost two months without any at all, I guess they were entitled. (If you want any more good PR over there, Bill, get busy on that Long Range trainer to Hilo that you promised me.) Hopefully, we'll have a post-op report on the eastern trip in time for the next issue.

The student population has taken up the challenge made earlier and will meet the staff on February 13th for our next Squadron Sports Day. Competition will start in the morning and continue into the mid afternoon including: curling, volleyball, bowling, badminton and broomball. (I wouldn't be surprised if a boat race were thrown in to break the inevitable tie.) The official trophy presentation will take place in the Curling Club at 1530 at the conclusion of the games. Following the presentation to the winning side, all participants are invited to remain for a social gathering and refreshments. The staff will undoubtedly prevail! Doug Cantley will act as coordinator on behalf of the staff and Mike Muzzerall will represent the students. We do expect to see a little more resistance than was displayed in the hockey game. Good luck, Plugs!

A sumptuous repast is planned for the Nav Squadron "Dine The Ladies" night now being organized for the evening of Saturday, February 28th. This will be an excellent opportunity to take "Mommy" out for a gala evening, wine and dine her and catch up with all the folks that you haven't seen since the Christmas party. Barry Stannard is running the operation and requests that all who wish to attend advise him prior to 1200 hours, February 23rd. It promises to be another of our superb functions!!

The recent mess dinner was an enjoyable affair despite some rather strange wine of uncertain background. The guests for the evening were well received, well spoken and most convivial. In particular, Chief Norm Stewart of

Old Making Way For The New



While Lieutenant Colonel F. C. Brittain, Commandant CFANS, and Captain Wayne Crowell look on, a Basic Navigation Ground Trainer is started (cautiously) by Captain Terry Bremner, Instructor. The occasion, on January 15, marked the first use of the vintage trainers since their recent relocation within the Navigation School, and thanks to the efforts of Base CE and BAMEO Techs, all the lights, switches, and dials lit, flicked, and turned. Extensive modifications to the vacated trainer room will begin shortly to allow installation of a modern, Digital Air Navigation Procedures Trainer (ANPT). Captain Crowell is the CFANS Project Officer for the new trainer. The ANPT, currently being developed by Litton Systems (CANADA) Limited, will display real-time Synthetic-Navigation information independently to 16 students by means of Cathode Ray Tubes and simulated equipment representative of Modern Airborne Systems. By using the ANPT, Basic Navigator Students will be able to step into the computer age for the first time early in their training. The new trainer will also reduce the total number of costly airborne exercises by about eight missions per student. Final deliver of the ANPT is scheduled for the spring of 1977. (BASE PHOTO)

the Metropolitan Winnipeg Police Force proved to be a popular and entertaining public figure who took a good-natured ribbing in the same spirit. Most of the Nav Squadron staff attended, as usual, and a considerable number of our trainees joined in as well. It was noted that a few "allied trades" persons from another building expressed much relief when the dinner was terminated and they were permitted to dash downstairs after considerable agony over the period of one and a half hours. Such exemplary perseverance should be rewarded - perhaps another mess dinner?

Thanks a lot, Boss! Just thought you might like to know that your parking spot wasn't wasted while you were away down east. I took it upon myself to park there whenever possible just to make sure that it wouldn't get drifted in during the periods of high winds and blowing snow. My beast appreciated having the block heater assisted starts too. I didn't have to be too concerned about being ticketed with my garish new license plates - I'm

sure the MP's must believe they're foreign (some banana republic or other), after all, our staid provincial authorities couldn't possibly have even nightmares in orange and purple! For the appalling rates I'm paying for insurance I thought the very least I would get was a set of colour-coordinated plates. The issue colour scheme is hardly complementary to rally red and black vinyl, and I'm stuck with them until 1980. (I will not have the car repainted to match the plates!) For the rest of you that haven't dared to approach an agent yet, BITE THE BULLET! My rates went up another \$28.00 this year. (That's up a total of \$58.00 since 1974.)

Overheard in the coffee room: Anonymous Navigator: I wouldn't buy one of those, small foreign cars. You can't have any fun with one of them.

Anonymous Secretary: Oh, you guys are all the same. You don't even have one, and you think you know it all.

Rumour of the month: A provincial government may be

considering the purchase of an air force in order to have a guaranteed customer for airplanes, buses and milk products. Also available in the deal would be a lot of electrical power and assorted styles of telephones, in various colours, and special insurance rates for MSE.

According to my schedule, I'm supposed to be working so I'd best dash - Sayonara!

Moving to Trenton?



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Honorary Radio Officer



Moira Dunbar, right, head of the geotechnical section of the Defence Research Establishment at nearby Shirley's Bay, receives honorary radio officer's wings and a certificate of achievement for her flying more than 500 hours in Canadian Forces aircraft as a research scientist. An expert on Arctic ice, she is one of few women to fly on a long-range patrol flight. Major C. L. Chisholm of the Canadian Forces' Navigation School, Winnipeg, makes the presentation.

(CANADIAN FORCES PHOTO)

ASC news news news

By CAPT. MEL WALKER

Couth is alive and well and in permanent residence upstairs at Mawdesley Hall. What's the matter Bremner? Jealousy getting the better of you? To demonstrate the state of Aerospace Squadron's social consciousness my spies report that absolutely nothing untoward occurred on the Long Canadian tour. Oh, things looked a little black for a while for one course member and our glorious chief instructor played typhoid Mary handing out flu, sore throats and laryngitis to all and sundry. But sickness had nothing to do with the diplomatic politesse that is standard on ASC tours. (To be perfectly honest I don't believe it either).

One little story that came out of the tour courtesy 412 Squadron: What's yellow and black and thoroughly packed? ASC 28 enroute to Montreal! Montreal is supposed to be a cosmopolitan city but not this time!

While the boys were away, at least one of the wives decided that she just couldn't wait for Hubby to return. Early ayem on the 25th, Leslie Reinhart made a rush to the hospital and delivered an 8 lb. 12 oz. Aquarian sometime around 4 o'clock. After a delayed consultation with Bill, they decided to name the little gal Lindsey Ann. There is absolutely no truth to the rumour that Bill held a competition amongst ASC 28 to decide on an appropriate name (He's not the Maritime Commander, at least not yet). Anyway ASC 28 is back and Aimé is a bit worried about the American Tour.

SANC 7601 started their tour this Monday. Hercing up to Ottawa for a visit to the Cuckoos nest (It's getting harder each column to find a new name for that place). Anyway Chief Toole is keeping them in line and won't allow them to volunteer to the P.M. as Angolan mercenaries.

SANC 7601's picture still hasn't arrived so I can't tell you who's who. It seems that photo require the services of a typist. Perhaps we should offer them the services of two newly staff trained captain's couth course grads.

Claude Naud and Dave McCoubrey just got back from 11 weeks in the big city and have been seen spending the better part of this week straightening out travel claims. Just the training Claude needs to take over my Radio Aids course. Actually staff school was the very thing Claude needed since his secondary duty is sports officer and a postgrad course at volleyball U. is bound to improve Wednesday afternoon.

Between Bremner's bantering and Hezeley's Hash, one discerns a slight impatience with part of the contents of Hercules 307. Rest assured gentlemen that computers are not brilliant, they can only count to 1, and are fundamentally limited by the first law of computing: VIZ: GI = GO otherwise expressed as "thou shalt not program interesting but infinite loops". Perhaps if you gentlemen would like to come upstairs for lessons in the finer thing in life... After all even the met school is taking our computer course.

The one thing computers can't do is keep Hercs off the end of the runway. But give us time and we might even replace chubby chicken with a ROLM 1603. It would sure take a lot less box lunches.

Anyhoo it's time I went into the kitchen and took my collection of pills. Everyone in the Nav School should know what I mean by that. Everyone in the Nav School was over at MIR this morning. The galloping gripe has got to be pandemic when there's more Navs in building 61 than 84.

Anyway (sniffle) good nite (hack, koff, sniffle)

Mel

429 SQN BISON BREW



Howdy herd! "Hercs don't waterski worth a damn" to quote a saying. And, as a result, our Ops had a number of amendments to contend with as did the CFANS motivational tour. All our flying commitments, nevertheless, were carried out within the resources of the Squadron with a number of alterations in trip plans.

It also caused the end of Vic Charlebois' holiday in Edmonton with 307, as his assistance was needed in Major Ron Clayton's office to prepare the appropriate reports. As for Fastidious Eddie, (one of our anonymous engineers thought that fastidious - another big word for Mary Anne - would be an appropriate replacement for the misnomer "fast") he's probably tearing his hair trying to figure out how to stay three months ahead of being two months behind. If he doesn't pull it all out, he should be turning grey pretty soon.

Speaking of grey, the Muzzmobile was almost plowed away during the motivational tour. It seems that the paper bag on the antenna protruding through the snow tipped the snow removal crews and saved his car.

Gord 'Jasper' Johnston finally returned from his vacation in California. We understand that it's a fair haul by Greyhound to Colorado Springs. Speaking of the States, Ray McAnally, Vic Charlebois, Don McDonald (just

returned from Staff School), along with Wally Prokuda, Hart Kelley and Jim Tomlinson were scheduled for a trainer on the weekend of Feb 6. Brian Fritsch is replacing don at the three month Staff School Course in Toronto. Off in the not too distant future lies this year's NATO Exercise called Atlas Express. 429 will be providing four pilots, Major Ray Brown and Csaba Hezely to 435 Squadron in Edmonton; Warren Everett and John Lumley to 436 Squadron in Trenton; and two flight engineers, Roy Wood and Dan Jones, to augment the airlift during the deployment phase of the exercise. Hal Steffler will be in the Exercise Operations Centre in Northern Europe for the entire exercise.

Meanwhile, back in the Orderly Room, it's hair style change time - some with headaches, others not. Marg, may we recommend Sharon Moore, the most "imaginative" hair stylist in Western Canada today.

It looks as if our feature column ending special quote from Linda (not from 429 Squadron) will have to end soon as our stored quotes from 1975 have all been depleted. However, our research and development branch is presently stockpiling priceless gems which will be printed in the future under the pseudonym "Quotable Quotes from Candy (not from 429)." So long.

ATTENTION: Ex 434 Bluenosers

434 Tactical Fighter Squadron will be receiving their Squadron Standard in early July 1976. In conjunction with the standard presentation, the squadron is planning a three day all ranks reunion of ex-434 members.

Any ex-members who are interested in attending are asked to write to 434 Tactical Fighter Squadron, CFB Cold Lake, Medley, Alberta, TOA 2M0, and further details will be forwarded.



camera club

PHOTOGRAPHIC COURSE BEGINS 16 FEB BLDG 21

If you are finding many of your photographs are not turning out satisfactorily, perhaps it's time you did something about it. At today's prices for film and processing, who can afford the waste - and then there's the disappointment of missing out or ruining that once-in-a-lifetime shot.

The club is planning an instructional workshop on basic camera use beginning 2000 hrs Monday 2 Feb in our clubroom Bldg. No. 21 (N), and continuing on the seven Mondays following. This course will begin at the beginning with the aim of giving you the confidence and competence to produce good photographs every time.

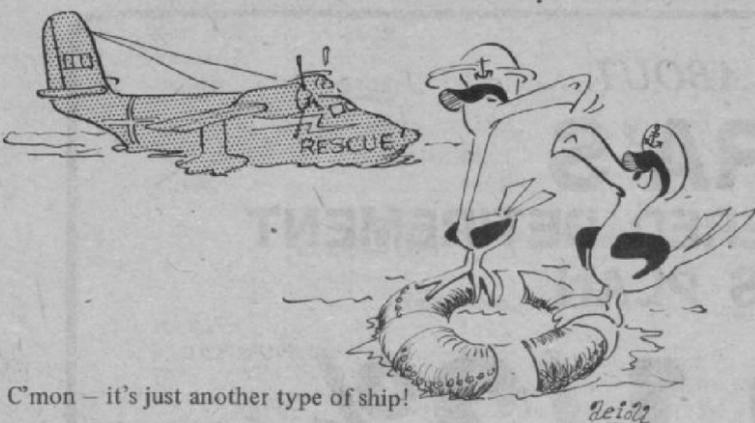
The cost is a measly \$5.00 and best of all, you can apply this charge toward club membership if you decide to join later on. To sign up contact any of the following:

- Doug Johnston Local 383
- Doug Pollen 888-3549
- Inez Paul Local 571

or be at the Club one half hour prior to start time on the second. Please have your \$5.00 available at that time, AND DON'T FORGET YOUR CAMERA!

The Club's logo was drawn by Master Vaughan Pollen, age 13.

More than 2,600,000 Canadians now suffer from some type of heart disease. ***



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Forces Future — Continued From Page 1

or Petawawa.

In this Hypothetical Scenario, he said he would see 3 mechanized commando in Europe being replaced by one of the Battalions in Canada. One of the resulting advantages of this Scenario, he said, would be 1,000 establishment position, to bring all units more closely to full peacetime strength.

He said that a fighting brigade, to be equipped and manned for war, must be organized at the fighting echelon with three infantry battalions of four companies, an armoured regiment of three tank squadrons, an artillery regiment with three batteries of eight guns each, and a squadron of combat engineers with three field troops.

Although the 4th Canadian Mechanized Brigade Group in Germany now is a credible force which could be fielded into battle, it does not now have all these necessary elements. It would require augmentation if it appeared that it was about to be committed to action.

In this event, he said, an additional company would be added to each infantry battalion, an additional squadron for the armoured regiment, and an additional field troop for the engineer squadron.

He said he plans to deploy to 4 CMBG, trained troops to man this equipment on a regular exercise basis. In addition, he would have a mechanized infantry battalion trained and earmarked to form the third battalion of 4 CMBG.

To give both 4 CMBG and CFB Europe the added flexibility they would require to ensure critical requirements are delivered when and where they are needed in operations, he intends to recommend the deployment of Chinook Helicopters to the Base.

Referring to a proposed new northern installation, he said that he sees an increasing need for one as each day passes. Primarily it would help open the North by providing both the infra-structure

to attract commercial interests and allow a physical presence on the ground from which sovereignty may be visibly exercised.

He sees the Arctic Base being developed under a Federal Department with active Northern interests.

It would be capable of accepting Jet-Powered aircraft year round, as well as providing harbor facilities for as much of the year as possible. He said inter-departmental discussions began recently, but that it was too early to discuss the matter further.

Closures and reductions.

He said that the forces now have too many housekeeping units, that is, "Too much tail and not enough teeth." The result, he said, is that it is costing the defence department millions of dollars to keep some bases which are not needed to do the job efficiently and effectively.

He said that these bases must be manned by personnel who otherwise could be employed in "sharp end" units. He intends to recommend to the government that a number of bases be closed or reduced in size. This would save on operational and maintenance costs, as well as identify surplus positions which then may be transferred to where they are urgently needed.

He said that his recommendations would be based on purely military requirements, without regard to other factors which must be considered by the government. Therefore, he said, the government may not necessarily accept all of the closure or reduction proposals he recommends. But in that case, he added, they should be prepared to adjust the department's budget so that we can maintain the agreed operational capability.

He reiterated a statement he made several weeks ago, to the effect that he could use an additional 1,500 men at the sharp end of the forces. But he said that

he couldn't go to the government with such a request until he had done everything possible to ensure that he is using every man in the most efficient way possible.

I must "Eliminate the merely desirable, and keep only the essential functions fully manned," he said.

After he has done that, and if he considers that he needs, for example, another 500 more men, he will approach the government to advise them of his additional requirements. He added that he is "Confident" that they would respond favorably to such a request.

Although he said that the DND financial picture now is much improved, he emphasized that "We still must get full value for every dollar we spend, and save dollars wherever we can."

He referred to the government's decision whereby money for personnel, operational and maintenance allotments would be increased annually to compensate for inflation, and the capital budget for equipment in the fiscal year 1976-77 would be increased by 12 per cent in real terms over the next five-year period.

"This will go a long way toward giving me the money I need to buy new equipment," he said.

However, he pointed out that calculations for the capital budget increases for 1976-77 are based on the figure of dollars 470 million, and that he would have to find the initial outlay of money for the new long-range patrol aircraft and tank from the non-capital part of the current budget, which may mean a total of dollars 50 million.

"This isn't an easy task," he said, but it will be found by in-house economies. This means cuts in travel funding and activity rates, further energy-saving measures, disposal of surplus assets, and a number of other money-saving expedients.

Up reserve quality

Addressing himself to the

reserves, he said his aim initially was to improve their quality, not their quantity. To do this he has increased the size of regular support staff to 1,150 positions across the country, and, wherever possible, reservists have been integrated with the regular force, both on training and operations. Also, he said that he has authorized the limited use of reserve personnel for service with our UN troops in Cyprus and the Middle east.

"It is my intention," he said, "To dress, equip, train, employ and pay the reserve force similar to the regular force." He said DND is working on a submission which, if approved, would guarantee job protection and leave of absence for reservists participating in call-out training. "I am a firm believer in the total force concept," he emphasized.

Concerning the air reserves, he said that on the recommendation of his senior reserve adviser, MGEN. Bruce J. Legge of Toronto, he intends to recommend approval of the formation of an air reserve group headquarters, which would be co-located with Air Command Headquarters in Winnipeg.

The new headquarters would be the focal point for all matters common to the air reserves, except operational control, which would continue to remain with the appropriate command groups.

The headquarters would be staffed by reserve and regular personnel, and commanded by BGEN. Richard Rohmer, the senior air reserve adviser. It will provide a link to integrate the

command control and administration of the air reserve into Air Command.

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Financial Counselling Income Tax Tips

Pension Income Deduction

Probably, the most significant change to the Federal Income Tax Act for the 1975 tax year for retired military personnel (and retired civil servants) on superannuation is the deduction which is allowed for pension income.

Any person in receipt of payments from a superannuation or pension fund or plan will be able, in 1975 and subsequent taxation years, to deduct up to \$1,000.00 of such payments annually. For persons aged 65 or over the following payments are also considered as pension income:

1. Payment under a deferred profit sharing plan;
2. The taxable portion of annuity payments, and
3. Payments from a registered retirement savings plan.

The following payments do not qualify as pension income and no deduction is allowed:

1. Payments under the Canada or Quebec pension plan;
2. Payments under the Old Age Security Act;
3. A retiring allowance; and
4. A death benefit;

Personnel who are now putting all their superannuation directly into an RRSP should ensure that they have sufficient earned income (less any deductible pension contribution) which will allow the above RRSP contributions to be charged against and still leave \$1000 of the pension income free as a deduction.

This statement will be illustrated by the following examples:

1. If an individual places all of his pension into an RRSP and has no earned income (he lives on dividends, interest or capital gains) then he will lose his \$1000 pension income deduction because in essence he has no pension left with which to take the deduction.
2. Assume the individual places all of his pension into an RRSP and has a salaried job of \$30,000 per year. If he contributes to a registered pension fund the maximum RRSP deduction that he can take is \$2500 minus his pension fund contribution (about \$2100) or \$400. This means that he will only be allowed a pension income deduction of \$400. If he does not contribute to a registered pension fund he is allowed to contribute \$4000 to an RRSP and this amount will be charged to his pension RRSP and thus he will be able to claim the full \$1000 pension income deduction.

Individuals who roll their full pension over into an RRSP and who contribute to a registered pension fund at work will lose some of their pension income deduction if the job pays about \$14,285 or greater per year. They will lose their whole deduction if the job pays greater than about \$35,715.

Earned income includes, among other things, your salary, net

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What to do?

Bundle up your bills, figure out what you owe, and see Household Finance about a Billpayer Loan. Up to \$10,000 to close ranks on too many active payments.

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- 513 Selkirk Avenue 586-8394
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- 137 Goulet Street 233-4911
(Goulet Shopping Centre)
- 3010 Portage Avenue 880-0942
- 1120 Grant Avenue 453-7637
(Grant Park Plaza)
- TRANSCONA: 107 Regent Avenue West 222-4283
(next to Snowdon's Hardware)
- SELKIRK: 218A Manitoba Avenue 482-6211
(next to "Janis Lynn Ladies Wear")



NOTICE

ROYAL CANADIAN NAVAL ASSOCIATION
(WINNIPEG WHITE ENSIGN CLUB)
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SERVING OR RETIRED

self-employment income, net rental income, royalties, alimony, RRSP benefits, and death benefits less the employment expense deduction, UIC deductions and Union or like dues.

Spouses Pension Income Deduction

Naturally the previous section applied if both the husband and wife have worked and qualify for superannuation, that is, they both get a pension income deduction up to \$1000 each per year.

Those whose spouse will not receive a qualifying pension income should consider taking out an RRSP for the non-working spouse. The tax law now allows one spouse to contribute to a plan of which the other spouse is the annuitant and still deduct the contribution in computing his own income. The amount deductible by a contributing spouse in respect of contributions to the other spouse's plan will be limited to what he could have contributed to his own plan less what he actually contributed to his own plan; (examples follow).

1. Self employed person with Income of \$15,000
Maximum eligible RRSP contribution is
 $20\% \times \$15,000 = \3000 .
Contribution to his RRSP - \$1000
Contribution to wife's RRSP - \$2000
2. Salaried employee with Income of \$15,000
Employee's contribution to company pension plan - \$ 750
Maximum eligible RRSP contribution equals
 $\$2500 - 750$ - \$1750
Contribution to his RRSP - \$ 500
Contribution to his wife's RRSP - \$1250

For maximum financial results one should not let all of the wife's RRSP go to maturity, i.e. 71 years of age. One should convert sufficient funds on 31 Dec. of the year in which the wife is 64 to give her a monthly annuity starting in the following January yielding \$1000 yearly. At the present annuity and life expectancy rates this is about \$10,000. So about the summer of the year in which the wife is 64 you should ask the trustee of your RRSP to put about \$10,000 dollars into an annuity which will start 1 Jan. next. A single survivor, no guarantee period, annuity will normally yield the greatest financial return. RRSP funds greater than that which will yield this \$1000 pension income deduction can be put into an annuity at any time up to age 71 at your discretion.

For those married couples who are unable to build up an RRSP for the spouse (because of no earned income) or where the spouse is already 65 years there is another procedure to get qualified pension income. The wife can roll-over the old age pension into an RRSP. This has the added advantage of giving either her or the husband larger exemptions for the current year. This roll-over can continue up to and including the year in which the wife is 70 and the annuity will commence the following January at which time up to \$1000 is tax free; (example follows).

Both Spouses 65 in 1975, wife receives OAP only

No roll-over	
	Exemptions
Husband plus 65 or over	1878
plus wife less OAP income	1174
	1878
	<u>1496</u>
	382
plus 65 or over	382
	<u>1174</u>
Total	4608

Roll-over OAP

	Exemptions
Husband plus 65 or over	1878
Wife plus 65 or over	1174
	1644
	<u>1174</u>
Total	5870

Note:

The rule of attribution concerning the inter-spousal transfer of funds does not apply when one spouse takes out an RRSP with the other spouse as annuitant. The income from this RRSP IS attributed to the annuitant and not to the spouse supplying the funds.

Promotions



CAPTAIN (NAVAL RESERVE)
W. N. FOX-DECENT, CD, ADC

The Department of National Defence is pleased to announce the promotion of Commander W. N. Fox-Decent, CD, ADC to the new rank of Captain (Naval Reserve).

Captain Fox-Decent is the Commanding Officer of H.M.C.S. Chippawa, Winnipeg's Naval Reserve Unit which recently won the Efficiency Trophy as the best Naval Reserve Division in Canada.

In civilian life Captain Fox-Decent, age 38, is a professor of Political Studies at the University of Manitoba. He resides in Charleswood with his wife and two children.

SPECIAL NEEDS DESERVE SPECIAL ATTENTION

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voxair sports

By Sports Editor - MWO. Les White

Area One Servicewomen's Playdowns



THE SWEET SMILE OF SUCCESS

Congratulations to Pat Mackinnon left and Sylvia Mackay on their doubles win at the Area One Service Womens Badminton Championships held recently at CFS Yorkton. Pat also took the single title.

The girls are presently sharpening their game skills in anticipation of the National Championships which will be held later this month at Greenwood.

GOOD LUCK - girls!

There was a hot time in the old town (or rather station) that week as approximately eighty-five servicewomen met at CFS Yorkton from January 19 to January 24 to compete in the sports of badminton, bowling and curling. Players from the West Coast points of Esquimalt, Holberg, Chilliwack and Penhold arrived in Winnipeg Monday evening after a two-hour hold-up in Vancouver, only to endure the six-hour bus trip to Yorkton. However, spirits ran high (in more than one sense of the word) with a few pit-stops to replenish supplies - it definitely was not a quiet trip. Upon arrival at the station cheers met the travellers and it sounded like old home week as friends from other Bases renewed acquaintances. Servicewomen from Cold Lake, Calgary, Alask, Moose Jaw and Shilo rounded out the complement of participants.

Competition was set up on a round-robin basis with each person or team playing against every one of the other Base representatives in their respective sports. From the total win points accumulated in the course of three days finalists were chosen from the elimination rounds on Saturday. Winners in each of the sports go on to represent Division One at the Nationals which are being held in Greenwood, Nova Scotia the latter part of February.

The calibre of competition that last day, when the cream of the crop came together, was excellent, yet always in the spirit of good sportsmanship. (When the last curling game of the day is won by a skip's last rock in the final end, you know it is a hard-fought battle all the way!)

Not to be forgotten is the social side of the week. Entertainment and music was provided in either the Junior Ranks or Sergeants Mess on alternating evenings and the warm hospitality extended by the station personnel to all the players made the week as enjoyable as it was.

Saturday night saw the wind-up dance and presentation of awards (not a good time to have forgotten your camera). Warm applause went out as each player or team accepted the trophies. An especially hearty round concluded the ceremonies to show everyone's appreciation for the time and effort that went into the planning and organizing of the event, thus making the week go as smoothly as it did.

Teams pulled up chocks at various times Sunday morning with goodbyes and "See you at the next one - then I'll beat you!" Thus, a hectic week came to an end and if I may say so - I think a good time was had by all!

IT'S ALL UP TO YOU

You are the gal who has to decide Whether you'll lose it or just let it slide.

You are the gal who makes up your mind

Whether you'll lead or just linger behind.

Whether you'll try for the good that's afar,

Or just be content to stay as you are.

Take it or leave it

There's one thing to do.

Just start eating less 'cause

It's all up to you!

VOXAIR

CFB Winnipeg Badminton Championships Westwin Gym Fri. 20 Feb. 76

Personnel interested in representing CFB Winnipeg in the Prairie Region Badminton championship, to be held at CFB Moose Jaw in mid March, are asked to contact the Recreation staff at local 511 or 573.

The Base play-offs will commence at 0900 hrs 20 February 76 with a round robin tournament in the following events:

- OPEN (30 and under)
- SENIORS (40 and over)
- Singles and Doubles

Deadline for entries will be 4 o'clock Wednesday 18 February 1976. No entries will be accepted after that date.

By CAPT D. CANTLEY



3 Mile Road Race

FRIDAY, FEBRUARY 20, 1976

7 P.M.

STARTING POINT

WESTWIN GYM

JUNIOR - UNDER 18

- OPEN -

SENIOR 40 & OVER

REGISTER TODAY
PHONE 573/511/509

The Base Recreation Staff has organized an impressive Schedule for 'Fitness Week'. One of the events will be a three mile road race, at 7 p.m., Friday, 20 Feb. The run will start on Whytefold, in front of the Rec Centre. It will then go up Whytefold and along Saskatchewan Ave. for a total of 1½ miles one-way. Then, to get back to the rest of the evening's activities, there is a remaining 1½ miles.

To encourage participation and to make this run relevant to the military, times at the half-way point (1½ miles) will be recorded and used for semi-annual fitness evaluation. The route will be sanded and it is hoped the weather will co-operate.

These are not Olympic Trials; the whole point of Fitness Week is to get people involved. Come on out and participate.

Cleanliness is a physical condition that is said to be next to godliness.

For a small boy it is also next to impossible.

Lipsett Hall Teen Club

SCHEDULE OF COMING EVENTS

FEB 13	*MARATHON DANCE	Music Man (2030 hrs 13 Feb to 1000 hrs 14 Feb)
FEB 28	*BOWLING	Lipsett Hall (1900 - 2100 hrs)
MAR 5	*DANCE	Music Man (2030 - 2330 hrs)
MAR 13	*POOL	1900 - 2030 hrs
MAR 19	*DANCE	Music Man (2030 - 2330 hrs)
MAR 27	*BOWLING	Lipsett Hall (1900 - 2100 hrs)

FOR FURTHER INFORMATION OR ANY QUERIES CONCERNING THIS SCHEDULE CONTACT MCPL BROWN AT 888-5021

Inter-Section HOCKEY Standings

	GP	W	L	T	PTS
CANUCKS	16	14	1	1	29
BRAVES	17	8	8	1	17
DOLPHINS	15	7	8		14
ARROWS	17	2	15		4

TOP 10 SCORERS

	G	A	PTS
WAYNE DOBSON	13	24	37
HEADON HENWOOD	22	14	36
JOHN SAWSON	12	22	34
MIKE O'LEARY	20	12	32
REG LANDRY	22	8	30
TIM BADOOR	12	18	30
SERGE ROY	15	13	28
JOE BURKE	7	18	25
DAVE THOMPSON	10	13	23
SWEDE THORSON	6	14	20

NOTICE

FIGURE SKATING - WESTWIN



The next Test Day for the Westwin Figure Skating group (N.S.T. Badges - Beginners to Novice II Level) will be held on Friday, February 20, 1976. All the skaters will be tested on their next badge level.

The St. James-Assiniboia Figure Skating Club will be holding a Competition on March 20 and 21 at the Civic Centre. Entry Forms will be distributed to the Westwin skaters on February 20. Deadline for entry in the competition is March 7, 1976. Entry forms are to be returned to the Westwin Convenors - Mrs. McSween or Mrs. Butler.

Canadian

Home Fitness Test

TO BE CONDUCTED DURING FITNESS WEEK -

A safe, simple, self-administering fitness test, which is motivational, designed for all age groups and fitness levels and enables each participant to classify himself.

Testing physical fitness can take many forms ranging from very simple to the highly sophisticated... no matter what technique is used, it is how well the heart and lungs respond to physical activity.

The Canadian Home Fitness Test is such a test, one that measures well the condition of your cardio vascular system.

The Canadian Home Fitness Test is one of several tests which is being conducted at the Westwin Rec Centre, Bldg. 90, during Fitness Week - 16-20 February, 9 am - 6 pm daily and following each evening's program.

Sir John Franklin Community Center

Bridge: A card playing program held for adults every Tuesday, 1:30 to 3:30 p.m.
Bingo: Penny Bingo starts at 7:15 p.m. regular Bingo starts 8 p.m. to 10:30 p.m.

Sir John Franklin C.C. Winter Carnival

- March 13, 1976
- Horse drawn sleigh rides
- Games of chance
- Tug of war
- Ringette game
- Old Timers Hockey game
- Tap and Baton display
- Figure Skating display
- Grocery Scramble
- White Elephant Sale - (May bring items to Club anytime before March 13. No clothing please)
- Skating Races
- And Much Much More

Physical Fitness Week 16-20 Feb 76

Sports Field

Schedule Of Events

Pool

Gym

Speed Skating

BY THE
ST. JAMES AND
RIVER HEIGHTS
SPEED SKATING CLUBS

TUESDAY - 17 FEBRUARY,
AT
7 P.M.
AT THE
WESTWIN COMMUNITY RINK
BEHIND THE GYM

BRING YOUR SKATES



Snowshoeing

CLINIC

TUESDAY, 17 FEBRUARY,
8 P.M.
WESTWIN REC CENTRE,
SPORTS FIELD.
REGISTER NOW AT
511, 573 or 509

SNOW SHOES WILL BE
SUPPLIED BUT PLEASE
REGISTER SO WE HAVE AN
INDICATION ON HOW MANY
TO ORDER.

COMPETITION

FRIDAY - 20 FEBRUARY,
8 P.M.
WESTWIN REC. CENTRE -
SPORTS FIELD.
REGISTER NOW,
PHONE 511, 573 or 509

AGE GROUPS -
MALE & FEMALE

THIS IS FUN,
HALF MILE RACE

JOIN IN!

CROSS-COUNTRY SKIING



CLINIC

A free Cross Country Ski Clinic
will be conducted in conjunction
with Fitness Week on Tuesday, 17
February, commencing at 7
o'clock at the Westwin Rec
Centre.

Register now by phoning 509,
511 or 573.

Ski equipment is limited and
on a first-come, first-served
basis. Reservations may be made
by contacting Mr. Andy Capek at
the Base Sports Stores.

COMPETITION

On Friday, 20 February, a 1 1/2
mile Cross Country Race will be
held, starting at 7:30 p.m. The
race will be against time.

Awards will be presented to
winners in various classes, girls,
ladies, boys, men, etc.

WESTWIN REC CENTRE - WHYTEWOLD

GYMNASIUM

Monday Feb 16 - 7 pm

1. Opening address by the Base Commander COL. M. D. Gates CD.
2. Dr. Victor Corral, University of Manitoba, Professor of Exercise Physiologist.
3. Film "Run Dick, Run Jane."
4. Winnipeg Limberettes School of Gymnastics - Mrs. Barbara Heaps.
5. High Jump demonstration. Mr. Pat Carrabre,
6. Madamoiselle School of Rhythmics - Mrs. Zatica Stauder.
7. Physical Fitness Testing
 - Canadian Home Fitness Test
 - Fit Calipers
 - Grip Strength Test
 - Flexibility Test

SWIMMING POOL

1. Synchronized Swimming. CFB Winnipeg's own "Skylarks," Dawn Whitten Instructor.
2. Competitive Swimming - St. James Seals - Mr. Wilf Strom Coach. Demonstration and Clinic.
3. Synchronized Swimming - Canadian Amateur Synchronized Swimming Association - Manitoba Section - Miss Bobby McCaslin.
4. Water Polo Competition and Clinic - John Taylor Collegiate Mr. George Bush. St. John Taylor Boys vs Neptunes.

Tuesday Feb 17 - 7 pm

SPORTS FIELD

- Snow Shoeing Clinic - Mr. Larry Switzer
 - Cross Country Ski Clinic - CAPT. Les Putland - CAPT. Robinson - PTE. Mike Geres
 - Speed Skating Clinic and demonstration Races - 25 Racers!
- St. James/River Heights Speed Skating Clubs

GYMNASIUM

Inter-section Volleyball - Regular League Play

Wednesday Feb 17 - 7 pm

GYMNASIUM

Badminton Clinic - Base Winnipeg
Badminton Club members

SWIMMING POOL

1. Synchronized swimming - CFB Winnipeg's own SKYLARKS - Dawn Whitten - Instructor
2. Competitive Swimming - St. James Seals - Mr. Wilf Strom - Coach. Demonstration and Clinic.
3. Synchronized Swimming - CASSA - Manitoba Section Miss Bobby McCaslin.
4. Water Polo Competition and Clinic - John Taylor Collegiate Mr. John Eaton. Madusa vs Wahoos.

Thursday - February 19 - 7 pm

LADIES KEEP FIT

1. Nutrition - Pat McCarthy University of Manitoba
2. Yoga - Mrs. Grace Brockington
3. Physical Fitness Testing for the Ladies.

Friday - February 20 - 9 am to 4 pm

CFB Winnipeg Base Badminton Championship

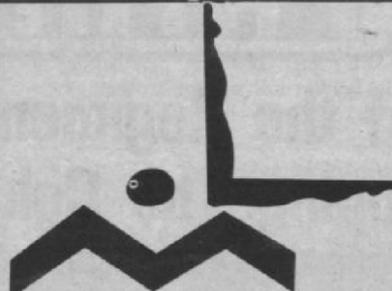
FITNESS FUN NIGHT COMPETITIONS

1/2 mile snowshoeing,
1 1/2 mile Cross Country Skiing,
3 Mile Road Race,
Toboggan Race,
Broomball,
Swimming Races,
Floor Hockey,
more to come - North Site Community Council sponsored.

NOTE:

Physical Fitness Tests will be conducted as follows:

MON	16 Feb	8:30 pm, approx. - after demonstrations
TUE	17 Feb	9 am to 4 pm (section appointments)
WED	18 Feb	9 am to 12:00 (section appointments) 2 pm at Lipsett Hall - Ladies Keep Fit Class
THU	19 Feb	9 am to 4 pm Section appointments



SYNCHRONIZED SWIMMING DEMONSTRATION

MONDAY, 16 FEBRUARY
AND
WEDNESDAY, 18 FEBRUARY.

7 P.M.
WESTWIN REC CENTRE

PRESENTED BY
THE CFB WINNIPEG
SKYLARKS AND
THE MANITOBA SECTION OF
THE CANADIAN AMATEUR
SYNCHRONIZED SWIMMING
ASSOCIATION



Competitive Swimming

MONDAY, 16 FEB. &
WEDNESDAY, 18 FEB.

WESTWIN SWIMMING POOL
7 P.M.

PRESENTED BY
THE ST. JAMES SEALS INC.
DIRECTED BY
MR. WILF STROM

THE SEALS WILL
DEMONSTRATE SOME SKILLS
AND CONDITIONING
REQUIRED IN THIS
DEMANDING SPORT



Water Polo

MONDAY 16 FEB. - 8:30 P.M.

JOHN TAYLOR BOYS
VS
NEPTUNES

WEDNESDAY, 18 FEB - 8:30 P.M.

JOHN TAYLOR GIRLS
MEDUSA
VS
WAHOOS

NOTE: AT HALF TIME, MON. &
WED., A WATER POLO CLINIC
WILL BE HELD FOR ANYONE
WISHING TO LEARN MORE
ABOUT THE SKILLS AND
RULES OF THE GAME.

JOIN IN!!

HOW FIT SHOULD YOU BE?

Fit enough to enable you to
sustain efficiency throughout
your working day and still have
sufficient reserve to meet any
emergency which may require
extended use of your physical
resources.

GYMNASTICS DEMONSTRATION

MONDAY, 16 FEBRUARY.
WESTWIN GYMNASIUM

PRESENTED BY
THE WINNIPEG LIMBERETTES
SCHOOL OF GYMNASICS



RHYTHMICS DEMONSTRATION

The Madamoiselle School of
Gymnastics, directed by Zatica
Stauder will enlighten us on a
relatively new sport in Canada.
Rhythmics, an all-female sport, is
competitive as well as
recreational. It requires
co-ordination, flexibility,
strength, movement expression
and an understanding and a
feeling for music. The girls use
ribbons, balls, ropes, scarves, clubs
and hoops in their demonstration.
There is no doubt that you'll
enjoy the "Poetry in Motion" of
this demonstration.



HIGH JUMPING DEMONSTRATION

Seventeen year old Pat
Carrabre one of Canada's top
Junior Track and Field athletes,
also a pole vaulter who tied the
Canadian Midget record in 1975,
will demonstrate his prowess in
the High Jumping event.

In 1973 Pat was the best in the
West and the youngest track star
at the Canada Games.

On January 24 at the Knights
of Columbus Track and Field Pat
set a new High Jump record for
his age group at 6 feet.

Ladies Keep Fit

OPEN CLASS
THURSDAY, 19 FEBRUARY,
7 P.M.

NUTRITION - PAT MCCARTHY
YOGA - GRACE BROCKINGTON

TESTING -
CANADIAN HOME FITNESS
TEST AS WELL AS STRENGTH,
FLEXIBILITY, FAT
CALIBRATION, ETC.

ALL LADIES WELCOME

Badminton Clinic

WEDNESDAY - 18 FEBRUARY.
7 P.M.

WESTWIN
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BADMINTON INSTRUCTORS

HOW'S YOUR SMASH?



PATRICIA REPORT



Traditions of the Regiment Part IV- Trooping The Colours

Presentations Parade



Queens and Regimental Colours of 2 PPCLI march past the saluting dias. (CANADIAN FORCES PHOTO)



LCOL. R. I. Stewart Presenting Clasps to the CD to (L to R) WO. Burke N.W., WO. Moore R.C., and SGT. Eagle J.M.



Receiving CD from LCOL. R. I. Stewart, CO 2 PPCLI are (L to R) CAPT. M. G. McKeown, CAPT. J. G. O'Brien, SGT. R. J. Monforton, and MCPL. T. G. Tennant.



LCOL. R. I. Stewart, CO 2 PPCLI presenting a Physical Fitness Achievement Award from CFE to MPCL. Pambrun G.W., MCPL. Parker D.C., PTE. Mattson H.F. and CPL. Webb V.J. received Bronze Medallions for swimming.

Many members of the Canadian Forces must on occasion wonder why we in the Infantry attach so much importance to our colours and the ceremonial trooping of them. Basically the colours are symbolic of the history of the Regiment and the responsibility present day members have of maintaining that history. The trooping of the colours is steeped in tradition and is considered to be the most difficult and important parade that an Infantry Battalion can be called on to perform.

The origin of the ceremony "Trooping the Colour," dates back to the 17th century in the British Army. It was the custom in those days for different infantry regiments to be distinguished by a particular

color. The facings on each soldier's scarlet uniform and the colour of the banner or flag of each regiment were one in the same. This served to identify the man, while the colours, (as they became entitled) were used as a rallying point in battle. It was important then, that each man learn to recognize his Regimental colour so that he could follow it in battle. The colour was therefore trooped or paraded through the ranks so every man could see it. The Regimental colour then, had a definite role in battle, for it moved to ensure that the regiment did not become separated. About it the entire battle moved: as the colour went forward, so the men advanced; as it stood still, so the unit stood. The capture of the colour was

more than a mere disgrace. Its loss usually meant defeat in battle, for without this central pivot, the unit soon broke up. The colour was therefore carefully guarded and on most occasions had its own escort to protect it.

On the regimental colour is embroidered the names of the battles in which the Regiment has distinguished itself. The colour therefore reminds the men of the history and traditions of the Regiment. It becomes more than a rallying point: it is a symbol of the Regiment's past achievements and victories. As such a symbol, the Regimental colour is the most prized possession of any regiment. It is respected and saluted by all soldiers and always moves under an armed guard.

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Korean Veterans

The 2nd Battalion of the Princess Patricia's Canadian Light Infantry will mark the 25th anniversary of the battle of Kapyong from Mar. 25 to Mar. 27, 1976, in Winnipeg. Ceremonies will include a trooping of the colors, a full scale military tattoo, an all ranks ball, a memorial service, and a veterans' reunion. Interested Kapyong veterans, who have not been contacted, are asked to get in touch with Major K. D. Lidgren, 2nd Bn., PPCLI, Letter Carrier Depot "M," Winnipeg, Man., R3N 1V9. □

PPCLI Report-Cont'd



MILITARY TATTOO PLANNED - Major Dave Martin of the 2nd Battalion Princess Patricia's Canadian Light Infantry (2 PPCLI) describes a scene from a military tattoo to be presented in Winnipeg March 26. Mr. Bill Smouter, (Left), and Mr. Keith Nash of the Bank of Montreal, and Ms Carol Black, marketing co-ordinator with the Winnipeg Convention Center, also heard other plans for a veterans' reunion being held March 25-27 to celebrate the 25th anniversary of the Battle of Kapyong.

The Bank of Montreal and other Winnipeg organizations including Great-West Life, Investors Syndicate and the Canadian Broadcasting Corporation, are assisting the battalion with donations of money and technical assistance.

The two and one-half hour tattoo, with more than 400 participants, will depict the history of 2 PPCLI from its formation until the present.

The battalion begins six months peacekeeping duties in Cyprus in early April.

(CANADIAN FORCES PHOTO)

2 PPCLI-Exercise "Rapier Thrust IV"



Williams Lake, B.C. - In late January, 1,260 servicemen of the Calgary-based 1 Combat Group and its support elements completed the largest military exercise to be held in Western Canada in 1976. Named "Rapier Thrust IV," the exercise was designed to train the Combat Group in its new commitment to NATO's Allied Command Europe (ACE) Mobile Force in Norway. Pictured above are troops of the Winnipeg-based 2 Princess Patricia's Canadian Light Infantry. They are preparing to attack 1 Combat Group with the help of a Lynx armoured reconnaissance vehicle.

(CANADIAN FORCES PHOTO)

Scout/Guide Week Cont'd From Page 1

contributing to the building of a better world.

Scout-Guide Week gives the community a chance to salute the Scout and Guide movements, and

to recognize the dedication of the volunteer leaders who encourage the young people in their personal development. These leaders take many training courses in order to

guide their young charges in the exciting facets of Scouting and Guiding. Programs are many and varied with the objective of "learning by doing". Perhaps "Camping" and "campcraft" are most popular with Guides as well as Scouts - all over the world.

Boys can be Beavers (5 to 8 years), Cubs (8 to 10), Scouts (11 to 14), and Venturers (14 to 17), and through the years progress from 'fun times' to the challenge of involvement in the life of the Community.

Similarly, girls progress from Brownies (7 to 10), to Guides (10 to 14) to Rangers (14 to 18) at which time they have developed initiative and self-reliance. At 16 they may become Cadets and train for leadership in the Guide organization.

Stamp News And Views

BY GEORGE APPS

February 6 was the date Canada Post set for the release of four medium value commemoratives. This release consisted of three stamps for the 1976 Olympic Games (values 20, 25 and 50 cents) and one stamp for the XII Olympic Winter Games, (value 20 cents).

The stamp for the Winter Olympics, (now taking place in Innsbruck, Austria) combines the official Innsbruck Olympic Symbol with a stylized snow crystal. The blue-grey background represents a cold winter sky and serves to dramatize the five colours of the Olympic rings. The three stamps for the 'summer' Olympics recognize the Arts and Culture section of the Olympics. The 20 cent depicts Communication arts, the 25 cent, Handicraft arts and the Performing arts are depicted on the 50 cent stamp. According to the information released by Canada Post, Concerts, pageants and exhibitions featuring all these disciplines will be held throughout the entire month of July.

If you are interested in the Olympic Stamp Sculptures, Canada Post has advised that the sale of Series 111 has been extended to 14 February. Your local Post Office should have full details.

If your philatelic hobby includes collecting stamps with aircraft as a theme, there have been recent releases by some African countries using the Concorde aircraft as the subject.

This will no doubt be the last of my stamp articles, I am now on rehab leave. I trust that I have been able to pass along some useful information in these articles. In closing I would like to wish you all a very successful and interesting stamp collecting hobby.

News From Your Base Library

The library has now been relocated in building 90 (just next to the Post Office). Hours of operation are from 1800 to 2030 hours Monday to Thursday.

With the financial assistance of the three North Site Messes we have been able to purchase some new books. In addition some of the books held by the RSS Prairie and Training Command library have been added. I would like to take this opportunity to thank these organizations for the support provided.

If you have any requests for books that you would like to read, why not drop into the library and add them to the list. The books we have bought were requested by the users.

We also have an active Pocket Book Exchange and we are just starting a Comic Book Exchange as well.

Drop in and look around. Any suggestions for improvement of service can be passed to the librarian or to the BTRGO at Local 531.

Two women were discussing a mutual acquaintance. "She has a very magnetic personality," said one. "She ought to have," replied the other, "everything she has on is charged."

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HANDY TO CFB WINNIPEG
NORTH SITE



Thank you letter from "Mike" Burns retiring PMC.

Six months have passed very fast, they have been busy and in most ways enjoyable. However, I am glad it's over and I have turned the reins over to MCpl "Bert" Van de Pol.

Before I fade entirely from the scene, I would like to thank the people who made my term an enjoyable experience. "Bert" Van de Pol, my Vice, worked hard and filled in when I was away on T.D. Cpl "Bob" Hull, the Housing Officer, he kept our house in good order with a lot of hard work. MCpl "Rene" Babineau, secretary, he was responsible for keeping the records straight. MCpl "Gil" Girard and Cpl "Bill" Spencer who ran the Bar in a very capable and efficient manner. While speaking of the Bar, I must thank the bartenders for a job well done.

Now, I come to a group of people who put in many hours of hard work, these are the people who plan, organize our entertainment. The Entertainment Committee, led by Cpl John Pike and MCpl Karl Mercer, Pte "George" McManus, Chris Steward, Rick Weaver, Morgan Ross, Marlyn Pringle, Karen Enge, Greg Newton, Debbie Heckman, Pauline Masters, Bonnie Ratushniak, Liz Kozakowski and Cpl Bob Bran who looked after Sports, Pte Roger Demers who made sure the members who were sick got their comforts, the custodians who helped keep the Mess running smooth on function nights. To these members I would like to thank you for all your time and effort you put out in behalf of the Mess and it's members. It certainly made my job much easier.

There are a few other people I would like to thank Captain "Wayne" Reaume, the Supervising Officer, for keeping me out of deep water with his advise and assistance. Mrs. Shirley Zachow, who kept it all together. Captain AA Bell-Chambers and WO "Norm" Penny who allowed me the time off to work in the Mess. Also, a thank you to my wife and family who put up with it for six months.

Finally, thanks to members who enjoyed the Mess during my term of office and to those who didn't come out and enjoy your self.

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North Site Community Council News

Council -1976

DON'T know the names of your Community Councillors? DON'T know how to contact them? DON'T know the addresses comprising each ward? To make it easier for you to get in touch, the following list should help:

- WARD 1:**
- MQs 58 to 155 Bourkewood Place; MQs 34, 36, 38, 43, 45, 49, 53, 57, 61, 65 and 93 to 109 Leicester Square; MQs 58 to 75 Jameswood Drive.
 - Councillors; MCPL. Renny Babineau Local 403 Home 888-8564
SGT. Gus Porter Local 236 Home 888-7327
- WARD 2:**
- MQs 2 to 57 Bourkewood Place; MQs 2 to 32 and 40, 44, 48, 52, 56, 60, 64 and 68 to 89 Leicester Square.
 - Councillors; CPL. Joe Daigle Work 888-1850 Home 832-3055
MCPL. Bob Nichol Local 240 Home 837-6221
- WARD 3:**
- MQs 509 to 565 on the east side of Whytefold Road; all MQs on Paisley Place; MQs 2 to 55 Jameswood Drive.
 - Councillors; MCPL. John Sokoluk Local 370 Home 889-0667
- WARD 4:**
- MQs 510 to 596 on the west side of Whytefold Road; all MQs on Cornwall Boulevard.
 - Councillors; SGT. Jerry Brown Local 222 Home 885-4330
SGT. Stu Adkins Local 659 or 885-5836 Home 837-7247
- WARD 5:**
- MQs 2271 to 2323 Ness Avenue; MQs 2 to 55 and 59, 63, 67 and 71 Baintree Crescent; MQs 2, 6, 10, 14, 18, 22, 51 and 55 Listowel Bay; all MQs on Silverwood Bay; all MQs on Ladywood Drive.
 - Councillors; CWO. Moe Blais

Local 611 Home 889-6070
CAPT. Terry Bremner Local 504 Home 888-2291

- WARD 6:**
- MQs 2331 to 2355 Ness Avenue; MQs 62, 66, 70, 72 and 74 to 191 Braintree Crescent; MQs 24, 28, 32, 36, 40, 44, 48, 52 and 56 Listowel Bay.
 - Councillors; CAPT. Rick Legault Local 363 Home 837-5253
- WARD 7:**
- 107, 109, 111, 113 and 114 Sabre Crescent; 108 Canso Street; 110 and 112 Argus Street.
 - Councillors; CPL. Wayne Craig Local 243 Home 889-3604
SGT. Bert O'Driscoll Local 549 Home 832-3959
- WARD 8:**
- 101 and 104 Sabre Crescent; 102 and 103 Comet Street; 105 and 106 Canso Street.
 - Councillors; SGT. George Tanner Work 888-3585 Home 889-8371
CPL Keith Rice Local 386 Home 837-4954
- WARD 9:**
- MQs 450 to 512 on the west side of Moorgate Street; all MQs on Conway Street.
 - Councillors; MCPL. Tommy Thompson Work 889-4043 Home 888-8653
CAPT. John Wonnacott Local 588 Home 888-9752
- WARD 10:**
- MQs 421 to 5111 on the east side of Moorgate Street; all MQs on Sharpe Boulevard.
 - Councillors; CAPT. Wally Gordon Local 605 Home 832-0237
CAPT. Wayne Crowell Local 474 Home 889-3359
- WATCH for the picture of YOUR Councillor in VOXAIR in the very near future!!

NOTICE

BASE RECREATIONAL LIBRARY

Now open Bldg. 90 (Westwin Rec Centre). Hours of operation 6 - 8:30 P.M. Mon - Thurs.

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WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Sun. 15 Mon. 16 THE TERRIFIC EXCITEMENT IS ROLLERBALL JAMES CAAN, NORMAN JEANSEN, JOHN HOUSEMAN, MADONNA, JONAS MEYER, JOHN HOUSEMAN, MADONNA, JONAS MEYER, JOHN HOUSEMAN, MADONNA, JONAS MEYER		Tue. 17 Wed. 18 THE NIGHT CALLER A psycho-dramatic film from Columbia Pictures		Wed. 11 TAKE A HARD RIDE	Thu. 12 DELIVERANCE	Fri. 13 TAKE A HARD RIDE	Sat. 14 TAKE A HARD RIDE
Sun. 22 Mon. 23 the RETURN of the Pink Panther Peter Sellers as Inspector Clouseau		Tue. 24 Wed. 25 The Trial of Billy Jack		Thu. 19 DELIVERANCE	Fri. 20 FLATFOOT	Sat. 21 TOM THUMB	Sat. 21 the RETURN of the Pink Panther
Sun. 29 Mon. 1 3 DAYS OF THE CONDOR AL PACINO		Tue. 24 Wed. 25 The Trial of Billy Jack		Thu. 26 DELIVERANCE	Fri. 27 BUG	Sat. 28 A BOY TEN FEET TALL	Sat. 28 3 DAYS OF THE CONDOR
Sun. 29 Mon. 1 ROBERT REDFORD / FAYE DUNAWAY / CLIFF ROBERTSON / MAX VON SYDOW		Tue. 24 Wed. 25 The Trial of Billy Jack		Thu. 26 DELIVERANCE	Fri. 27 BUG	Sat. 28 A BOY TEN FEET TALL	Sat. 28 3 DAYS OF THE CONDOR
COMING SOON							
Sun. 29 Mon. 1 ROBERT REDFORD / FAYE DUNAWAY / CLIFF ROBERTSON / MAX VON SYDOW		Tue. 24 Wed. 25 The Trial of Billy Jack		Thu. 26 DELIVERANCE	Fri. 27 BUG	Sat. 28 A BOY TEN FEET TALL	Sat. 28 3 DAYS OF THE CONDOR
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SELLING STARTS WITH NEWSPAPER ADVERTISING...

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On January 14th, Colonel M. D. Gates, Base Commander CFB Winnipeg, addressed this year's first regular meeting of the North Site Community Council. Listening are Councillors Captain John Wonnacott (Ward 9) and Sergeant Jerry Brown (Ward 4). The 1976 Council will start off by establishing a positive communications link with its residents. Remember, we're your Council, and we're going to talk to you! We can help best if you talk to us too! (BASE PHOTO)

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CWL (North) News

On Sunday evening, Feb. 1st, the CWL of Our Lady of the Airways Chapel met at the Protestant Chapel Annex with 10 members present. Father Cremona opened the meeting with our prayer and gave a short talk on the rosary in our busy life. Following the business meeting, our president, Mrs. Rita Spencer, introduced our speaker for the evening, Sister Lesley Sacouman from the Congregation of the Holy Name.

Sister Lesley, who teaches in north Winnipeg along with two other Holy Name sisters, one a lawyer, Sister Geraldine MacNamara, and the other a teacher at St. Mary's Academy, Sister Marilyn Gibney, look after the Drop-In Center at Immaculate Conception Parish Hall each Sunday afternoon. Along with help from various C.W.L.'s in the city and a few devoted volunteers, they serve food and coffee and try to offer comfort from the loneliness and provide a place for the most unfortunate in the north end to come. At present there are over 200 men, about 40 women and more than 20 children who have made this Sunday afternoon and the Drop-In Center a part of their lives.

These three Sisters also live in the core area and make their home available along with a hall as a "drop-in" for the children and teenagers, giving them a place to go, something to do and having someone they can trust. They work very hard with these children who live a way of life so unlike our own and we came away with something to really think about and so much to be thankful

for. Anyone interested in finding out more about Sister Lesley and her work may contact Father Cremona.

The weekend of Jan. 15 to 19, our President of the Military Vicariate of the C.W.L., Mrs. Pat Couvrette, along with her Vice-President, Mrs. Agnes LeBlanc were in Winnipeg, guests of Mrs. Phil Rogers, C.W.L. President on the South Side. They discussed and made plans for the upcoming Military Vicariate C.W.L. Convention to be held in Winnipeg from May 20 to 23. Some of our members attended a Pot Luck Supper hosted by the South Side CWL at Lipsett Hall that Sunday evening to meet Pat and Agnes.

On Feb. 25th, six of our members will help with the Blood Donor Clinic to be held on the Base.

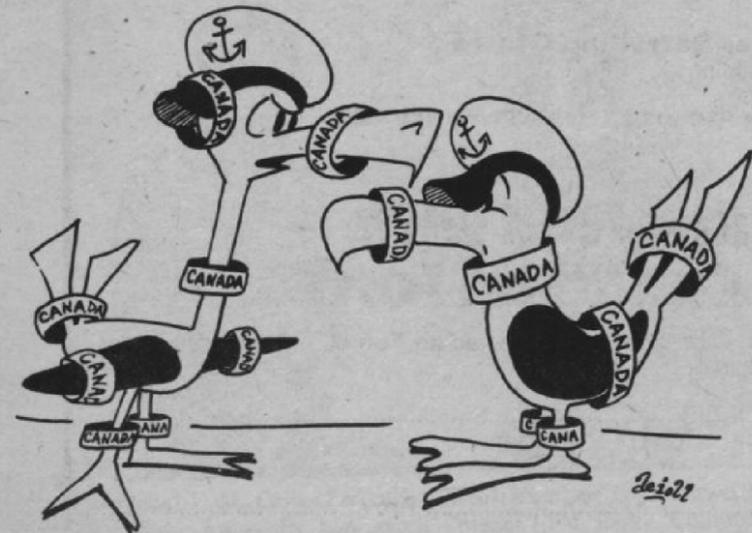
We would like to say "Good-Bye and "Good-Luck" to Mrs. Gloria Clendinning, our Secretary, who will be leaving for Gypsumville with her husband and family the end of Feb. Mrs. Rosemary Butler will fill in as Secretary until our elections.

Why not plan on attending our next meeting on March 7th. Father Cremona will have Stations of the Cross at 7 p.m. and our meeting will follow at 8 p.m. Mrs. Rogers and her members from the South Side will attend and Mrs. Rogers will discuss the upcoming Convention and will also show a film on the work of the C.W.L. We're in need of new members so why not come out to the meeting and decide for yourself if you would like to join us.

Chaplain's Secretary Honoured On Retirement



On Tuesday, December 16, the Chaplains said farewell to their secretary at the time of her retirement. Seen above, Base Commander, Colonel M. D. Gates is presenting a 23-year service scroll to Mrs. Doris Cawston on that occasion. (BASE PHOTO)



First ... Slip-ons for shirts, then coats - I wonder when they'll come out with slip-on Canada underwear?

Protestant Chapel News

Padre Mills invites you to join him in "A Prayer For Home" written by Larry Hard.

"Lord, I have heard a hundred times that the family that prays together stays together. But I know that it takes more than one good habit to have a happy home. That is why I come now to examine myself as a member of a family. It's hard to be honest in seeing how I perform whether it is as a father, as a mother, as a child. My patterns harden into habits, until it seems impossible to change.

"Help me, Lord, to change. By myself I do not have the resolution, the humility, the courage, to end childish games I play with others. I need to "grow up" and respond to others as people of worth, intelligence and reason. Too much I speak as a child, understand as a child, act as a child. Help me to put away that which is childish in me, and become mature in the way I talk with others, relate to others, reason with others.

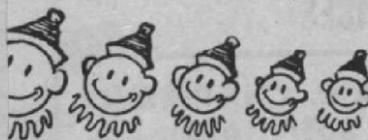
"Today I give you thanks for my home. Enable me to live my love in the family circle. Through Christ I pray." Amen.

If God Went On Strike

*It's just a good thing God above
Has never gone on strike
Because He wasn't treated fair
Or things He didn't like
If he had ever once sat down
And said, "That's it! I'm through.
I've had enough of those on earth
So this is what I'll do.
'I'll give my orders to the sun
Cut off your heat supply
And to the moon, 'Give no more light,
And run those oceans dry
Then, just to make it really tough
And put the pressure on /
Turn off the air and oxygen
Till every breath is gone."
Do you know He'd be justified
If fairness was the game
For no one has been more abused
Or treated with disdain
Than God. And yet He carries on
Supplying you and me
With all the favors of His grace
And everything for free.
Men say they want a better deal
And so on strike they go.
But what a deal we've given God
To Whom everything we owe!
We don't care whom we hurt or harm
To gain the things we like
But what a mess we'd all be in
If God should go on strike.
As read by Elwood Glover on
Radio Station CKEY Toronto.*

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AT OURSELVES



n Semeniuk

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DAN HODGERT NDHQ
dapperdan says
directorate of social development services

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It appears to me that we have no choice but to try to make the controls work. If the controls fail because of opposition from certain segments of society then who really wins and what would such a victory accomplish.

I know that the government has a tricky balancing act on its

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Military Police Fund For Blind Children



Captain A. Bell-Chambers (left) gratefully accepts on behalf of the Military Police Fund for Blind Children, a donation from Warrant Officer R. Reeves, (centre), Chairman of the Protestant Chapel Committee, "kicking off" the 1976 campaign. Major J. P. MacLean, (right), Senior Protestant Chaplain, ensures that everything is 'kosher'. (BASE PHOTO)

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North Site Community Council News Council -1976

DON'T know the names of your Community Councillors? DON'T know how to contact them? DON'T know the addresses comprising each ward? To make it easier for you to get in touch, the following list should help:

- WARD 1:**
- MQs 58 to 155 Bourkewood Place; MQs 34, 36, 38, 43, 45, 49, 53, 57, 61, 65 and 93 to 109 Leicester Square; MQs 58 to 75 Jameswood Drive.
 - Councillors; MCPL. Renny Babineau Local 403 Home 888-8564
SGT. Gus Porter Local 236 Home 888-7327
- WARD 2:**
- MQs 2 to 57 Bourkewood Place; MQs 2 to 32 and 40, 44, 48, 52, 56, 60, 64 and 68 to 89 Leicester Square.
 - Councillors; CPL. Joe Daigle Work 888-1850 Home 832-3055
MCPL. Bob Nichol Local 240 Home 837-6221
- WARD 3:**
- MQs 509 to 565 on the east side of Whytewold Road; all MQs on Paisley Place; MQs 2 to 55 Jameswood Drive.
 - Councillors; MCPL. John Sokoluk Local 370 Home 889-0667
- WARD 4:**
- MQs 510 to 596 on the west side of Whytewold Road; all

- Local 611 Home 889-6070
CAPT. Terry Bremner Local 504 Home 888-2291
- WARD 6:**
- MQs 2331 to 2355 Ness Avenue; MQs 62, 66, 70, 72 and 74 to 191 Braintree Crescent; MQs 24, 28, 32, 36, 40, 44, 48, 52 and 56 Listowel Bay.
 - Councillors; CAPT. Rick Legault Local 363 Home 837-5253
- WARD 7:**
- 107, 109, 111, 113 and 114 Sabre Crescent; 108 Canso Street; 110 and 112 Argus Street.
 - Councillors; CPL. Wayne Craig Local 243 Home 889-3604
SGT. Bert O'Driscoll Local 549 Home 832-3959
- WARD 8:**
- 101 and 104 Sabre Crescent; 102 and 103 Comet Street; 105 and 106 Canso Street.
 - Councillors; SGT. George Tanner Work 888-3585 Home 889-8371
CPL Keith Rice Local 386 Home 837-4954
- WARD 9:**
- MQs 450 to 512 on the west side of Moorgate Street; all MQs on Conway Street.
 - Councillors; MCPL. Tommy Thompson Work 889-4043 Home 888-8653
CAPT. John Wonnacott Local 588 Home 888-9752

enlightens the reader on many points of better health and flavour. She promotes very slow cooking for almost everything, especially meats, both for food value and taste. "Nothing can be in two places at one time," she says, "and the odor of cooking indicates that the food itself is losing flavour." I must admit, I had never thought of it that way.

We all know and read about food additives and how bad they are. She says that "more than a thousand food additives and contaminants have been shown to produce cancer in experimental animals." She goes on to state that "families using such food as packaged mixes, brown-and-serve rolls, cold meats, prepared mashed potatoes and bottled condiments, have been found to consume an average of 45 different chemicals daily." But, she consoles us, "the housewife who does her own cooking has relatively few [additives] to worry about."

And did you know that if "even the best stainless steel utensils are scoured only once with an abrasive powder, scratch pad, or steel wool, small amounts of chromium, nickel, and other highly toxic metallic

February 14th - Valentines Day

compounds dissolve into every food cooked in them thereafter"? Or that a glassware cooking utensil "allows the destruction of vitamin B-2 in foods by exposure to light"? Non-stick cooking utensils are all right, if not overheated, but, when a pan becomes too hot, "it gives off highly toxic sodium fluoride gas." Ms Davis recommends the use of lecithin preparations (like Pam or Mazola No Stick), which are, according to her (strangely enough) completely harmless.

The recipes are basic and straightforward - with a number of variations given - but methods are new and different in many of them. Potatoes, for example, are never peeled, only scrubbed (even for mashed or french fried), and no vegetable is ever drained, if cooked in water (the method preferred is waterless). Everything is used and preserved. Meat is roasted for hours and hours at very low temperatures, and dry beans and peas are never soaked, but dropped into boiling water, like macaroni, and still get done in the appropriate time.

Even if you are a conservative cook and can't conceive of unpeeled mashed potatoes, Adelle Davis's book *Let's Cook It Right* will give you hours of fascinating reading. I am glad I added it to my library.

Here is a sample recipe from the book. I have tried it and wouldn't make 'french fries' any other way now.

OVEN 'FRENCH FRIES'

- Cut into 1/3-inch sticks
- 3 or 4 chilled unpeeled potatoes
- Toss in salad bowl with:
 - 1 or 2 tablespoons vegetable oil

If a rich brown color is desired, sprinkle generously with paprika before tossing. Place on oiled baking sheet and put in hot oven at 450°F until brown, or about 8 minutes; lower heat and cook until potatoes are tender; sprinkle with:

1/2 teaspoon salt.

Let's Cook It Right by Adelle Davis is available in hard-cover edition and paperback.

Snowmobile Safety Tips

DID YOU KNOW it is illegal in Manitoba to operate a snowmobile towing a sleigh, cutter or toboggan unless it is connected to the snowmobile by a rigid draw bar no more than three feet in length?

DON'T tow a toboggan behind the snowmobile with a rope. Each winter accidents have occurred when toboggans being towed in this manner have swung sideways and hit an obstruction. Most often the victims of these accidents have been children. A toboggan towed with a rope can also continue forward and strike the back of the machine when the snowmobile stops or slows down.

DO be considerate of your passengers. High speeds over rough terrain can result in injury to a passenger because he hasn't the same field of vision as the driver who can brace himself against bumps. Warn passengers of low-lying branches or other obstructions. Be sure to check children riding on toboggans frequently to make sure they are not frostbitten.

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They told me it was wrong to wink at handsome men or even think about intoxicating drink—I don't

To dance and flirt was very wrong—I don't
Wild women chase men and wine and song—I don't
I kiss no men, not even one
In fact,
I don't know how it is done,
You wouldn't think
I have much fun—I don't!!

CFS Holberg,
Seagull Courier.

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Voxair Variety

BY JOHN LAUDER

Why do you celebrate St. Valentine's Day? Is it to remind yourself of hearts and flowers and chubby cupids or are you the hard nosed type who only remembers the mobster murders in Chicago in the old days? Regardless of your reasons, you will have plenty of opportunity as to how to do it this year, particularly in the field of live entertainment.

The Winnipeg Symphony is offering music and dance in the *Farewell Tour of the Fabulous Jose Greco and Nana Lorca*, while on various theatre stages there are three kinds of plays. MANITOBA THEATRE CENTRE is offering the musical *Company*, the humorous and entertaining Candian Mime Theatre is at the Warehouse, and the serious play *Gabe* is being presented by Confidential Exchange. So beat the mid-winter blahs by going out this weekend. There is much choice, and most of it is fine family entertainment.

Jose Greco and his troupe will dance to Spanish and Flamenco music. The orchestra will play a group of Spanish favourites such as Capriccio Espagnole, Espagna, Malaguena, Man From La Mancha and others.

Greco is considered to be the best in the business, but after some 25 years on the road he plans to settle in his native Spain and limit his performances in the future. It is hoped that this will only be the first of a series of "farewell" tours.

Company, which premiered on Broadway in 1970, was hailed as "dazzling and completely unconventional," and won two awards, followed by more awards when it opened in London the next season. It concerns the plight of a 35 year old batchelor and his dilemma in deciding if he is ready to marry and settle down. Stephen Sondheim, who wrote the music and lyrics, is noted for his work in other successful musicals, such as *West Side Story*, *Gypsy*, *A Little Night Music* and *A Funny Thing Happened on the Way to the Forum*. The MTC director, Dean Regan, has given Winnipeg several hits, including *Godspell* at MTC, and the Rainbow Stage productions of *Where's Charley*, *Hello Dolly* and *Brigadoon*.

The Canadian Mime Theatre, which gives its final show on February 14th, is a group of five very talented people who offer a series of skits under the "*Beyond Words*". These are all very funny and/or touching, and this is true family entertainment of the best kind. I saw the opening a couple of weeks ago and would recommend it highly.

Gabe, the Confidential Exchange play which is being shown at 160 Princess Street, is a more thought-provoking form of theatre. The play is about the problems of today's young Metis, and shows how their past history reflects on their present day lives. The dialogue would prevent recommendation for young children, but others would enjoy an unusual evening of Canadian theatre.

Footlight footnotes ... on Sunday the 15th the Winnipeg Symphony will present a special "Polish Concert" with guest artist pianist Witold Maluczynski, while on the 16th and 17th World Adventure Tours will offer "Israel" with Walter Sid Dodson. On the 19th there will be a choral and band concert presented by Daniel McIntyre Collegiate, followed by the Winnipeg Symphony's regular concert on the 20th and 21st. This will feature Martino Tirimo, pianist. On the 24th the film "San Francisco - Now and Then" will be shown as part of the Explorer's Club series. To wind up the month the Pennsylvania Ballet Company will appear as the guests of the Royal Winnipeg Ballet from the 25th to the 29th. All these events are in the Centennial Concert Hall.

Good Show For SGT. Colucci



Sergeant F. M. Colucci of 401 CFTSD Winnipeg is presented with a Head Show Award by Lieutenant Colonel F. M. Barke, Commanding Head of 4 CFTSA Lancaster Park, Alberta. HowGT. Colucci is a Quality Assurance Representative at Standard Aero

LAUGHING AT OURSELVES



by John Semeniuk

A FREUDIAN FLIP - While driving home from a fishing trip on a lonely country road, two Sergeants encountered problems with their car. They walked to the nearest farm house, and ... lo and behold ... their knock was answered by a very beautiful farm lady. She gave them supper and allowed them to remain overnight. Six months later, one of the Sergeants received an ominous-looking legal document - immediately after reading it, he phoned his fishing companion. "Stan, you remember when our car broke down on one of our fishing trips and we had to stay at that farm house?" stated the caller, "Did you, by any chance, have a romantic interlude with that beautiful farm girl?" "Why ... yes," replied Stan very sheepishly. "And did you, in a moment of maddening cunning, give her my name and address?" continued the caller. "Now, don't get angry about that!" exclaimed Stan, "Where is your sense of humour?" "I'm not the least bit angry," replied the other, "I just thought that you would like to know that I heard from the girl's lawyer. She died last month and left me the farm and \$50,000 in cash!"

ONCE-IN-A-LAUGHTIME - "Mother," asked Debby, "Do all fairy tales begin with 'Once upon a time'?" "No, Dear," replied her mother, "Quite often they begin with 'Sorry, Darling, but I have to work late at the office tonight.'"

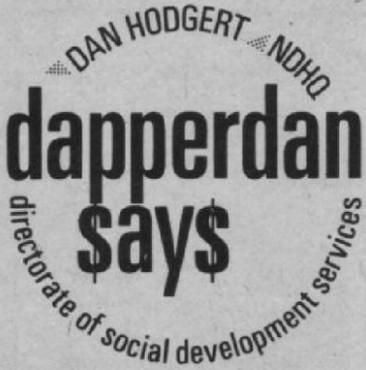
THE QUIPPING POST - Last month, when the buses were still running in Winnipeg, a very stout lady boarded a crowded Portage Avenue bus and trod upon the foot of an irritable man who was attempting to read his newspaper. "Madam," he said coldly, "Will you kindly get off my foot!" "Put your foot where it belongs!" snapped the lady. "Don't tempt me, Madam, don't tempt me," murmured the man.

F-F-F-FORE - The President of one of our Canadian Force Golf Courses felt that he had performed a particularly good deed when he paired off a young man who stuttered with a young lady who suffered from the same physical handicap. The two drove off the first tee and, as they walked toward their balls, the young man explained, "My name is G-G-G-George, but I'm not a S-S-S-Saint." The girl replied, "My name is M-M-M-Mary, but I'm not

a V-V-V-Very good golfer."

MOM'S THE WORD - "Your husband must have absolute quiet" cautioned the doctor, "Here's a sleeping pill." "When do I give the sleeping pill to him?" asked the wife. "You don't," replied the doctor, "You take it yourself!"

THE CHILDREN'S HOUR - First little boy: "I am five years



Financial Restraints Necessary

OTTAWA (CFP) - Ever since the government decided to implement a wage and price program last October, Canadians have been bombarded by advice from all segments of society. Some of the criticism has been constructive and helpful, some irresponsible and some downright financial terrorism.

The Prime Minister now tells us that the economic theories of the past can no longer be trusted to find a solution to today's crisis. A crisis which is referred to as being almost invisible because it has crept up on us as we have not been able to recognize its indicators.

Mankind's passion for self-destruction seemingly takes various forms - not the least of which is the current tendency towards financial suicide.

I contend that our present situation is a result of an accumulation of economic ills over several generations. It is a result of slogans such as "Buy Now, Pay Later," and "Low Interest, Easy Terms." A live-it-up today, forget about tomorrow philosophy based on the theory that there is plenty more where that came from. We have been living so high on the hog for so long in our frantic pursuit of the good life that we have forgotten our basic principles.

In my humble opinion, we have reached the stage, as Prime

Engine Ltd., at Winnipeg, Manitoba, who are engaged in the repair and overhaul of DND aircraft engines and components. Not normally engaged in inspection and surveillance of aircraft turbine engines, SGT. Colucci, while filling in for the regular Q.A. Representative in the engine overhaul department, noted that a T58 engine on dismantling had failed internally.

Investigating further he noted that the oil pump was missing and was recorded as "Removed to service another aircraft". Realizing that the removed oil pump would be in a contaminated condition, he immediately alerted the user unit of a possible failure of an engine in service.

Further investigation and action at the unit resulted in the engine on which the oil pump had been installed being removed from the aircraft and returned for repair due to contamination.

SGT. Colucci's prompt action and conscientious approach in a new and unfamiliar area of duty may have averted a serious accident.

(BASE PHOTO)

Have You Attended A Mess Function Lately?

old. How old are you?" Second little boy: "I dunno." First: "You dunno? Tell me, do girls bother you?" Second: "Naw!" First: "Then, you are four years old!"

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It appears to me that we have no choice but to try to make the controls work. If the controls fail because of opposition from certain segments of society then who really wins and what would such a victory accomplish.

I know that the government has a tricky balancing act on its hands. But it should be possible to find a mix of restraint, compulsion and persuasion to find

Sunday, February 22nd, is the birthday of both Lord Robert get across - that we have to come to an end of an era - that now is the time to tighten our belts and unless we make revolutionary changes in the way we live, and cool the "Doing Our Own Thing Bit" we may end up losing many of the freedoms we have taken for granted.

Up until now, the emphasis has been on the government, and what we expect it should be doing. Don't you think it is time to examine the other side of the equation. What should we the public be doing? What can the government expect from us?

In the next article in this series, the Old Dapper will deal with specific areas of the economy that must be changed. We will also look at the behaviour of individuals and how spending and saving habits must change so that we learn to live responsibly and help to eradicate the vicious spiral of inflation that is so dramatically eroding the value of our dollar.

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ROBERT F. RUTLEDGE

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had never thought of it that way.

We all know and read about food additives and how bad they are. It will be a tough message to the general public to this crisis.

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man,
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Love of all loves,
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Latest additions to the Canadian Armed Forces vehicle fleet are 1 1/4-ton commercial-pattern trucks by Chevrolet. About 600 were delivered to the Forces by the end of 1975, and another 2,848 will come off the assembly line at the rate of 24 a day between January and May. Two body styles are (top) as a troop carrier and (bottom) a specially-equipped van for use as a mobile office, communications van or workshop. The slightly modified commercial vehicle has a full-time, four-wheel drive, a 350 h.p. engine, auto transmission and power steering and power brakes.

(CANADIAN FORCES PHOTO)