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September 12, 1973 CANADIAN FORCES BASE, WINNIPEG Vol. 22, No. 17

MND Completes World Tour

Defence Minister James Richardson arrived back in Ottawa Wednesday 29th August from a global tour comprising talks with defence ministers and other officials in seven countries. He is the first Canadian Defence Minister to make such a global tour, visiting New Zealand, Australia, Malaysia, India, Tanzania, Dakar, Senegal, and Venezuela.

Discussions took place on the exchange or sale of equipment, personnel training, defence budgets, and defence department organizations. In particular, Mr. Richardson discussed the sale of Canadian built ships and aircraft with Australia, India, Malaysia, and Venezuela. In addition to equipment procurement, other areas of common interest discussed with the Australian Defence Minister were department organization, defence budgets, and international peacekeeping. During the talks, Mr. Richardson described the new emphasis that Canada is placing on the use of skills and training of Canadian Forces personnel to achieve non-military as well as military objectives. He cited environmental protection, communications, and engineering projects as examples where military personnel can use their skills and training to serve non-military objectives.

During the tour Mr. Richardson laid a wreath at Sai Wan War Cemetery in memory of the men of the Winnipeg Grenadiers and the Royal Rifles of Canada, a Quebec



FOLLOWING A WREATH-LAYING ceremony at Sai Wan military cemetery near Hong Kong, Defence Minister and Mrs. Richardson visit the graves

of Canadian war dead with the Canadian High Commissioner to Hong Kong, R. L. Wales, formerly of Winnipeg.

Canadian Forces Photo

Regiment, and other Canadians who died here during the Second World War. A total of 557 Canadian servicemen died during the fall of Hong Kong and its occupation. One of the men buried here is Company Sergeant-Major John Osborne, a former Winnipeg resident,

who won the Victoria Cross in the Hong Kong battle. Accompanying Mr. Richardson for the ceremony were Robert Wales, Canadian High Commissioner in Hong Kong, a number of commission staff, and members of the Minister's party.

Mr. Richardson said the primary objectives of the trip had been achieved, and that he had asked Canadian High Commissioners and trade officials in each country to follow up on negotiations and exchanges of information resulting from the visits.

Canadians Join in Nimrod Development

Engineers and technicians from Canada and Australia are to join forces with Britain's Hawker Siddeley group in the development of a new version of the Nimrod aircraft — already the world's only fully operational long-range maritime reconnaissance jet.

The Mark II Nimrod, which is expected to be in service by late 1977, is aimed at giving the plane clear leadership in its class until the end of the century. Each aircraft is designed for a working life of at least 20 years.

Three engineers from the Canadian aerospace industry are already in Britain to join in the development programme. Others will follow from both Canada and Australia at the invitation of Hawker Siddeley so that the industries of both countries can participate in the advanced technology going into an aircraft that has a multi-role capability ranging from search, rescue and fishery protection duties to carrying passengers and cargo and acting as an aerial tanker for refuelling in flight.

The Mark II aircraft is now on offer to Canada and Australia and if either country places an order a substantial part of the work on the planes will be carried out in those countries.

Hawker Siddeley has found that after 60,000 hours of Nimrod flying with RAF — the majority of which has been at low level — there is little need

for changes to the airframe, which is based on that of the Comet jetliner. Thus it enjoys the benefits of what was probably the most exhaustive fatigue testing programme ever carried out on an aircraft.

The Comet airframe is also ideal because it has a low wing loading that enables Nimrod to offer its 11 or 12-man crew comfortable travel for long periods at both high and low altitudes. Two of its four Rolls-Royce Spey jet engines, can be shut down once the high-speed jet reaches its patrol or search area. The plane can then fly with great manoeuvrability at low speeds and altitudes for long periods seeking its objective by means of its many electronic aids — whether it be a submerged nuclear submarine or the pilot of a crashed aircraft. Nimrod's sensors can also detect sea, land and air pollution.

The Mark II's main advantage over its predecessor will be in new and improved systems. Its computer will have greater speed and capacity while the search radar will have major range and sensitivity improvements. The auxiliary power unit will also be stronger, sonic and communication systems will be updated and provision is being made to increase still further the aircraft's range by using the bomb bays to carry extra fuel tanks.



CHANGE OF COMMAND — Rear Admiral Douglas S. Boyle, the new commander Maritime Command, inspects the guard of honor during change of command ceremonies in HMC Dockyard, Halifax, Aug. 21. Admiral Boyle, formerly chief of personnel at National Defence Headquarters, succeeds Rear Admiral Robert W. Timbrell who retires from the Canadian Forces after 36 years. Guard commander is Capt. Roy Smith.

(CANADIAN FORCES PHOTO)

U of M Plan under study

OTTAWA (CEP) — A proposal earlier this year that the University of Manitoba become a degree-granting institution for members of the Canadian Forces still is under consideration.

The plan is to devise a system whereby servicemen would be assisted in pursuing part-time studies for university degrees.

Col. Moffat says the department long has been aware of the problems encountered by servicemen in acquiring degrees, because of the highly transient natures of their careers.

Aspects of the plan include counselling for servicemen, recognition of training and competence inherent in rank and appointments, comparison of university courses to those in military life, provision for portability of programs and courses, special consideration for residency and increased opportunities for dependents.

Further word on the proposal may be forthcoming sometime this fall.

New heat for PMQs

CBF Winnipeg is in the process of upgrading P.M.Q.'s, and as part of this improvement it is hoped to replace worn and out-dated heating systems with modern gas furnaces. In preparation for this replacement the gas company is installing gas mains along streets in the south area P.M.Q.'s.

Approval has been obtained for a limited replacement of furnaces on an "As Required" basis. These furnaces will be selected from inspection reports.

It is intended to pursue this replacement policy further until all unserviceable and obsolete heating systems are replaced. This will however take time and is subject to availability of funds and approval from higher authority.



MAJOR FRANK BIRCHALL of Training Command Headquarters has been appointed Honorary Aide-de-Camp to His Honour W. J. McKeag, the Lieutenant Governor of Manitoba. Major Birchall assumed this position 30 July 73.

DOTS and DASHES

Beautiful British Columbia, La Belle Province, Keep it Beautiful, Home of the RCMP, and Canada's Ocean Playground are just a few of the provincial slogans visible on the license plates of cars driven by personnel posted to Winnipeg during the summer months. Voxair welcomes you to CFB Winnipeg and hopes that your stay here will be both happy and productive. I was going to say happy and prosperous, but what would be the point?

On the same key, the Province of Manitoba, Motor Vehicles Branch requires that you adopt Sunny Manitoba plates within 90 days of taking up permanent residence in this province.

Acting Police Chief Jack Webster of the Winnipeg City Police stated recently that his men are "stepping up traffic enforcement", and that "irresponsible drivers and those with defective vehicles will be removed from the roads".

Speeding, drifting corners on red lights, cutting back and forth across traffic lanes, racing the lights, and stopping past the stop signs are some of the traffic offences that will be more rigidly enforced in the future.

New arrivals particularly are reminded of two traffic regulations that will no doubt receive special attention (as they should) now that the children are back to school. They are: pedestrians have the right of way at crosswalks and uncontrolled intersections, and the speed limit within the city limits is 30 MPH unless otherwise posted.

Servicemen who motor to and from work via the Ness Avenue route are well aware that radar traps are a vehicular fact of life on that busy thoroughfare, a phenomenon that newcomers to CFB Winnipeg should bear in mind.

Voxair readers are reminded that the Voxair classified ad service is available to anyone.

Service personnel or DND employees and their dependants will be charged a flat rate of 50c for non commercial ads which may be reprinted upon request in up to three consecutive issues free of charge. Notices or lost and found ads are free. To receive this reduced rate, payment must be in

advance and accompanied by the name, local, and place of employment of the service or DND member.

Personnel who do not qualify for the rates quoted above, will be charged 20c per agate line, with a minimum charge of \$1.00 per issue.

Ads must be received by the deadline date listed on page two in clear hand written or typewritten form.

Voxair acknowledges with thanks the contribution of Mr. G. Van Caesele for the design and construction of a variable capacity headline filing cabinet. The addition of this piece of equipment to the Voxair inventory, simplifies the composition and layout processes involved in preparing Voxair for publication.

Artificial Respiration: This is a means of imitating the action of breathing. Before applying artificial respiration the patient must be removed from harmful environment (e.g., a gas-filled room) and any obstruction to breathing removed first, e.g., a foreign body from the throat, or a rope from the neck in hanging. Commence artificial respiration immediately; Do not delay; Every second counts.

If an assistant is available, tight clothing should be loosened, the mouth carefully cleaned and the patient made as warm as possible whilst artificial respiration is being administered.

Indirect manual methods of artificial respiration (Holger-Nielsen and Revised Sylvester methods, both methods of which the arms are lifted and physical pressure applied) cannot be

used in many situations where emergency resuscitation is urgently required. For example, in cases of severe chest and spinal injuries indirect manual methods cannot be used. Furthermore, a victim may be partly buried in a cave-in, trapped behind a steering wheel, or located in cramped quarters such as in a small craft, aeroplane, etc. In all these instances his survival will depend upon Direct Artificial Respiration.

Direct Artificial Respiration (mouth-to-mouth and mouth-to-nose methods).

1. Place the victim on his back immediately, unless trapped.

2. Loosen all tight clothing and clear mouth and throat of food, false or broken teeth, etc., without delay.

3. Tilt head back as far as possible by holding crown of head with one hand whilst pulling jaw up with the other hand to keep tongue out of air passage.

4. Take a deep breath and blow through victim's mouth, whilst pinching his nostrils to prevent air leakage.

5. If blowing into the victim's nostrils, keep his mouth closed.

6. Remove your mouth and watch for the patient to exhale.

7. Repeat blowing 10-15 times per minute, removing your mouth after each inflation.

8. If victim gurgles — sign of throat obstruction — or vomits, turn head to one side, clear mouth and throat and recommence resuscitation as soon as possible.

Turn into 3/4 prone position if patient still unconscious, lest he should vomit as consciousness is regained.

In the case of infants and small children tilt the head back fully, surround the mouth and the nose completely with your mouth and blow with only enough force to produce a visible rise in the victim's chest and no more. Repeat every two seconds.

Continue direct artificial respiration until the victim

breathes for himself, or until expert help is obtained.

If ventilation of the lungs by mouth-to-mouth or mouth-to-nose methods cannot be applied because of injuries to the face, or other reason, the revised Sylvester method may be used as this will allow external cardiac compression to be applied, if necessary, but this is not taught here.

In Cases of Suffocation by Smoke or Gases:

1. Don't become a casualty yourself. In a gas-filled room, the air near the floor is the purest, and therefore it is safer to crawl along the floor. Take several deep breaths before entering the room, and hold your breath as long as possible when in the room.

2. Remove the patient from the enclosed space, which is filled with the gas.

3. Perform artificial respiration, and treat for shock.

4. Send to hospital.

In Cases of Hanging, Strangulation and Smothering: Cut down, or, if no knife is available, support the patient until help arrives. After removing the obstruction, perform artificial respiration.

In Cases of a Foreign Body in the Throat Obstructing Breathing: Try to hook the foreign body out of the throat with the finger passed well back. Sometimes the obstruction may be dislodged by standing the patient on his head and slapping the back vigorously.

NEED A HELPING HAND? LOOK AT THE END OF YOUR ARM.

Winnipeg Girl Chosen Rep For Canada World Youth Program

Miss Christine Martin, 18-year-old daughter of Cpl and Mrs. Phillip Martin of CFB Winnipeg has been chosen as a Manitoba representative for the Canada World Youth program. Christine is at present in Quebec and will work at youth projects there as well as in British Columbia and the Maritimes before leaving in Jan 74 for a five-month stay in Tunisia.

While in North Africa Christine will work on community projects with the young people of that country, learning their traditions and their present way of life, in turn, giving them an insight into our Canadian life style. There are a total of 240 young Canadians involved in the program, 30 of them will be going to Tunisia, others to Yugoslavia, Indonesia, Malaysia and to various other countries around the world.

Christine attended Deer Lodge and Strathmillan Schools and completed her Grade 12 at St. James Collegiate in June of this year.

Community PMQ Meeting

All PMQ residents and interested Base personnel are urged to attend a meeting to be held at 1930 hrs on the 17 September in "Studio 22."

The purpose of this meeting is to continue discussion and the formation of a PMQ council commenced in June.

Cadenza

By Sergeant L. Crawford

The history surrounding and including the Battle of Britain has long been well documented by scores of men in an equal number of books and accounts. Two facts show clearly throughout all that has been written on the subject. The RAF with its brave and determined British and Allied airmen fought splendidly and in the end they had held and then won by only a very narrow margin. The other fact points to us all that it was perhaps the most important victory of the war. Those valiant "few" that Churchill so lastingly referred to saved the last bastion of democracy in Europe from being invaded and by so doing turned the tide, for the first time, against a seemingly invincible enemy. Had they not been successful our lives even here in Canada might have been quite different today.

It is with this in mind that the Training Command Band dedicates its forthcoming concert in Assiniboine Park on Battle of Britain Sunday (Sept. 16th) at 2:30 p.m. to the "few" and those who followed them. We hope that you will join us and enjoy a most interesting program of music.

Lately the band has been performing for reserve training programs here at CFB's Winnipeg and Shilo. Our "Soup Group", as we refer to our Salon Group has also been busy with several mess dinners as well. Even the new 5-piece dance band is on the road to such places as Grande Prairie, Alberta and Portage la Prairie while the full concert band, which includes all of us, has just returned from CFB Cold Lake where a parade and mess dinner were performed. All this coupled with the rehearsal schedule for the Sept. 16th Assiniboine Park concert is keeping the T.C. Band very much on the go these days.

Confligere by Bob Purvis

More or Less on Medals. Cdn Forces Personnel Newsletter of June 1973, Pages 11 and 12 contained a very interesting item

re the qualifying time for the CD and clasps. At the time of initiation of the CD, there were many questions as to how higher echelon decided upon the magical figure of 12 years of service with good conduct in the Armed Forces to qualify. It was suggested that the twelve year qualifying time was a gimmick to encourage a serviceman who had ten years service to sign up again for another hitch. In this manner, he would not only be eligible for perhaps his first (and one and only medal) but would think twice about taking his release after surpassing the 10-year period of service. It would appear far more logical to award the CD after a 10-year period and each clasp in increments of 10 years than the present system. Similar awards for other countries respective forces have a much shorter qualification period.

The paragraph stating that, "Making it easier to obtain would be unfair to those who already have qualified for it the hard way," is a real heart-breaker. What about the original 1939-43 Star and the many who were so proud of it? It was renamed the 1939-45 Star so that the many thousands of other servicemen who fought hard for their country during the period of 1944-45 would also justifiably be awarded (this star they so earnestly deserved).

Qualification time on a few of the U.N. medals was also reduced without any great panic. In no time at all, it was decided to strike a medal for serving members of the I.C.C.S.; qualification time, 90 days.

What about striking a NATO medal for the many thousands of our Armed Forces who have served in various countries for extended periods of time since the termination of WW-II? Some of these personnel have served several tours overseas and have nothing to show for it, except for some dust-collecting souvenirs they picked up whilst serving there. As these same souvenirs are now available to anyone through Canadian outlets, it hardly proves that one served overseas with NATO.

True! Medals don't make a man, however, Canada does appear to have some of the strictest and strangest rules and regulations regarding the award of the few that are available.

Speaking of unfairness to others regarding the presentation (or award) of medals — it appears that nobody even considered unfairness in the distribution of the "Centennial Medal." Every serviceman with at least one year's service during 1967 should have been the recipient of this medal.

Going back further to Coronation Medals, etc., it was always a mystery when you discovered who the recipients were.

Under no circumstances would we suggest that medals be issued with the rations. It is realized that many personnel do not have on their records copies of all the good or bad things they have done during their service. This of course does make choice of potential recipients a might challenging; meanwhile, we must all grin and bear it.

Voxair

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In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs.

VOXAIR offices are located in Building 17 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB WINNIPEG, Westwin, Manitoba R2R 0Z0. Telephone: 832-1311 (446).

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CURRENT CURRENCY

Speculation concerning a pay raise this 1 Oct 73, is not running rampant as it has over the last several years.

Service personnel have been watching the automatic digits flick over, chewing into their revenue, as prices for the cost of existing have soared. Clutching hopefully at their pay cheque of pennies, all eyes stare at the calendar for D-Day, Oct 1.

With strikes crippling the economy and creating a larger scoop into the governmental budget, we'll probably once again stand at the end of the meager line and hope for a reprieve 1 Oct 74.

Our branch is very quiet as the overload of the summer work has pushed heads under. If we were to receive time and a half for overtime, the idea of moonlighting would never pass from our lips.

A junior bookkeeping course this fall may keep the BCompts staff out of the sports arena, possibly for the remainder of 73.

BRANCH INSIGHT

Everyone should know or have a general idea of the workings of regular force pay and claims, but what do you know of reserve force pay? Reserve force pay, maintains the pay records for the tri-service reserves from Thunder Bay Ontario, Northern Ontario to the entire province of Manitoba. Pay records concerning Cadet instructors from Northern Ontario to Rocky Mountain House and up into the Northwest Territories are also scratched upon by the pens of the finance clerks of reserve pay. If your son or daughter received a free work dress, training and a fist full of dollars, they were probably on the SSEP or Summer Student Employment Program this summer. Their pay, pension, taxation and Unemployment contributions were all handled by the reserve pay section.

Invoices are our bread and butter people. At least from the point of view of paying bills for rations. Budgets are estimated and forecasted by each unit assigned to a base, but its up to invoices to check the contracts and local purchases and after amassing piles of papers, to raise a cheque in payment of all the numerous and various business transactions required by each unit to maintain a military base.

Another large section performing a necessary entity is the non-public funds. Regular force pay, claims, invoices are components of public funds. Public funds are controlled by NDHQ granting budgets, expenditures and once in awhile a pay increase.

Non-public funds are the monies that we spend on base; such as our messes, auto clubs, canex, bingos, curling clubs and various other means of relaxation and leisurely entertainment within the confines of the base that you are stationed at. Each activity creates revenue and expenses. These transactions are captured and recorded by the finance clerks or bookkeepers

of non-public funds. Their hours are long and tedious, tracing vouchers, checking print-outs from the NCR machine and believe it or not, a great boredom in counting stacks of money from the various institutions that make up the profit or losses that each base requires as an equity to function as a community. Occasionally between the rigors of raising cheques to pay the base employed, they also report those cheques that are returned because of non-sufficient funds. It could cost a civilian a severe fine up to 3 years in jail for such an offence. It could cost you your military career. So make like a bookkeeper every now and then and check your bank account, then if all is solvent, try pen and paper and buy a round for the table.

We also have a large audit staff composed of civilian and military members, who take their work very seriously and work together as a well organized team. You may refer to them as policemen or cops of the finance realm. You might refer to them as rats, squealers, finks or what have you. They make reports on their findings at your unit but not as rat finks but as a necessary entity to a properly functioning, professional armed forces. Their discoveries, reports and suggestions are welcomed by the educated, because they realize that base finance auditors are there to help you, to help your unit and to help the base. All in all to make your work easier. By doing so the base operations run smoother and more accurately. We prefer to call these gentlemen management auditors. Some may call them professional auditors or you may call them finks or financial cops. If you do, make sure your record cards and books are accurate or you'll be quickly labeled a liability and introduced to real cops; the military police.



PVT CAROL BEEKMAN has been appointed the TCHQ Voxair News Coordinator. Pvt Beekman has had previous experience in journalism prior to joining the Canadian Forces. TCHQ personnel are requested to submit items of local interest for publication in Voxair to Pvt Beekman, who may be contacted at the TCHQ Library, telephone 621.



KIDS GONE DURING THE DAY IS GREAT, MARGE, NOW HOW DO I GET GEORGE OUT AT NIGHT ??

Attention Curlers!

The CFB Winnipeg Curling Club Executive is now preparing for the upcoming curling year and welcomes back old members and looks forward to meeting new members, those who have been posted in during the summer and those who plan on taking up the "Roaring Game" for the first time.

There are one and two night mens' leagues, afternoon and evening ladies' leagues, Sunday mixed and junior curling after school, during the week.

By the time you read this notice it is hoped that unit orderly rooms will have received copies of this year's application forms for your convenience. Should you have any questions, please call Capt. P. J. Graves at local 320, Membership Chairman.



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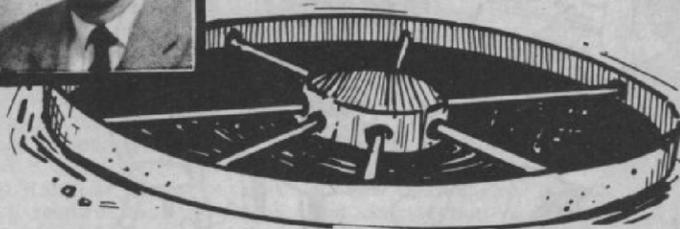
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VOXAIR SPORTS

Spinning the Sports Wheel

with John MacLeod
(Sports Editor)



Wouldn't you know it!! — Now that our favourite Football team is one and six all the so called experts or are they called "Fans" are crying for blood. Whose? — Well it really doesn't matter to them who it is as long as someone is to blame for the present situation. No one, whether it be player, coach, management or news media personality, has been able to explain how the Blue and Gold can be world beaters for fifty-five minutes and then roll over and play dead for the opposition in the last five to loose what appeared to be certain victory. True the loss of Mack Herron and Jim Thorpe changed the well laid plans of the coaching staff. Where recruiting had developed players for positions other than running back or wide receiver, the departure of these two all stars caused a change in plans with the Winnipeg Blue Bombers quickly looking for suitable replacements. In other words what appeared to be a strong rebuilding programme had collapsed and the team had to start from scratch.

What really bothers me is the fact that certain open-line broadcasters who really don't know the sport keep harping on the Herron problem. Mighty Mack is gone and whether the club's decision to cut him was right or wrong it has been done and now is the time to forget this personality and get on with the job of rebuilding the Bombers into a winning contender. All supporters should get behind the club and the management giving them all the moral support we can. They have many difficulties and fan loyalty is an important factor in bringing the club out of its present problems. It is great to be a winner but some times it takes exceptionally great players to be good losers. Many fans come away happy if it was a close and exciting game regardless of the final outcome, and no one can argue that the last four Bomber games have been anything but exciting.

Shades of Winter . . . September brings cold weather and the opening of training camps on all fronts of hockey be it professional or amateur. Locally, the Winnipeg Jets of the W.H.A. begin practices for their second season at the Arena. Also at the Arena the new Winnipeg Clubs, formerly the Junior Jets under new owners will begin what it hoped the comeback of Junior hockey in the Winnipeg area. They have many plans and hope to offer the hockey fan an interesting brand of hockey that will lead to a playoff position next Spring. The prices are reasonable and although they will be battling the Pro Jets for the paying customer, a winning team might just bring back the number of fans who use to fill the Arena for Junior hockey a few seasons back.

Stray Spokes — Our congratulations to the Base Fastball Royals who made the finals of the National Championships this year only to loose out to the Champion CFB Ottawa Falcons . . . During my absence from Winnipeg on leave during the month of August Pat McKelvey ably called the shots on sports and I cannot thank her enough for pinch hitting for me



Howie Meeker

The old master — Howie Meeker, will be seen each Wednesday, starting Sept. 19 at 7:30 p.m. on CBC-TV's **The Howie Meeker Hockey School**. Meeker will be seen putting 36 youngsters through their paces in a series of 26 lessons, and the viewer at home will be able to pick up a lifetime of hockey tips and experience by joining in the fun.

Base Fastball Royals Place Second in National Finals

The CFB Winnipeg Royals have finished another season in fine style. After being the Prairie Regional Champs in July they went on the Nationals in Toronto in August and placed an impressive second. The National Champs this year are the CFB Ottawa Falcons. Which, by the way, they won by defeating the Royals in the final game of the tournament. Both teams had a 3 won, 1 lost record going into this final game.

The calibre of ball at the Nationals was very good thus making individual honours very hard to bestow on players. The player voted MVP at the Nationals this year was R. Bernier, the catcher for Valcartier. One player who must be mentioned though is Cpl. Ken Kibblewhite from the CFB Ottawa Falcons, who pitched a perfect, and a two hitter on the final day of competition. It's this calibre of ball that makes the Nationals such a fiercely competitive and enjoyable tournament.

Our thanks to our three pickups who were CAPT. Don Brennan and LT. Randy Newell from CFB Yorkton and Cpl. Ron Reber from CFB Moose Jaw. Here are the rest of the Royals who played so well in Toronto; CAPT. Aime Boule; Sgt. Don LaVigne; M/Cpls. Dale Lamoureux and Mike MacCarthy; Cpls. Bud Burgess, Gilles Girard, Wayne Piper, Mike Savage, Tom Taylor, Jim Witty, Craig Skimming; and Pte. Rick Hamel. Good work lads.

Our thanks are extended to CFB Toronto for hosting an excellent tournament. Special thanks to their Rec Staff who, through their very hard work, kept the diamonds in superb condition.

So many thanks to the Base Commander, Base Rec Centre, Sections and Base personnel for their support throughout the '73 season.

See you all on the diamond next year.

Changing Faces in Base Recreation Centre

The Recreation Centre got a face lifting this summer and bade farewell to many of the familiar personalities around Westwin and Lipsett Hall.

We said good-bye to MWO McDonald who by this time is firmly entrenched in CFB Europe and happy I am sure. We poured Sgt. Jack McBride off to Yorkton, but doubtless he will return periodically for visits. Lost to the Canadian Forces and doing his thing in B.C. is Cpl. Les Orcutt who took his release after eight years for a better future on civvy street. (Good luck Les). Moving to the big city and taking up residence in Montreal is Cpl. Bud Burgess. Last, but not least, two sparkling personalities in the form of M/Cpl. Gord Priest, going to Goose Bay and Cpl. Al Burns to Barrington. They will I am sure light up the Eastern sea board.

Replacing, and filling the many holes left by transfer are the following personnel, either arrived or coming:

- MWO, Ted Hudson, from CFB Gagetown.
- Sgt. Harvey Reti, from CFB Moncton.
- M/Cpl. Doug Brown, from CFB Calgary.
- M/Cpl., Bob Pattison, from CFB Cornwallis.

Cpl., Wayne Dobson, from CFS Gander.

Cpl., Brandon, from CFS Chibougamau.

Cpl., Earl Conroy, from CFS Masset.

A warm welcome is extended to all new-comers from the remaining staff and as a section we hope to continue the valuable service to the Base and community.

Basketball Course

There will be a Basketball Coaches Course conducted at CFSPER Borden from the 29 October to 2 November 1973.

Base personnel wishing to attend are requested to contact the Rec Centre at local 511 as soon as possible.

Yes, Voxair does welcome letters to the editor

Base Recreation Notices

There will be a general meeting of all activity representatives on 17 September at 0900 hrs. in the Base Recreation Centre.

As budgeting is among one of the main topics, persons attending and representing an activity are requested to come equipped with an up to date budget of their requirements.

Badminton News

The Westwin Badminton Club will be opening for the 1973/74 season on Sunday the 16th Sept. at the Westwin Recreation Centre. Hours of play: 1900 — 2300 Sundays and Wednesdays.



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Junior Rifle Club News

On the 21 Aug. the CFB Wpg. Jr. Rifle Club held a BBQ at the skating rink shack. Not very many hot dogs were eaten but the fresh corn sure took a beating. We also took this opportunity to present the trophies and awards which the juniors won throughout the year. Winners of the C.I.L. .22 Sporting Rifle Competition pins pins:

GOLD MEDALS (for 10 targets of 98 or better)

Greg Filazek	Mike Pengelly	Ron Storry
Chuck Henley	Shiela Rice	Dan Thevenot
Larry Lockhart	Bill Scott	Roger Thevenot
Sharon Murray	Cam Spence	Laurel Winter

SILVER MEDALS (for 10 targets of 93 or better)

Jane Ayres	Shiela Rice	Dan Thevenot
Greg Filazek	Bill Scott	Roger Thevenot
Chuck Henley	David Scott	April Toset
Larry Lockhart	Cam Spence	John Toset
Sharon Murray	Richard Smith	Laurel Winter
Peter Nelson	Ron Storry	Tom Wilson
Mike Pengelly		Tracy Zachow

BRONZE MEDALS (for 5 targets of 85 or better)

Jane Ayres	Lisa Peggie	Cam Spence
Terry Brown	Mike Pengelly	Greg Spence
Tim Brown	Ian Pritchard	Richard Smith
Brian Burchat	Robert Rice	Ron Storry
Greg Filazek	Shiela Rice	Dan Thevenot
Bill Flight	Bill Scott	Roger Thevenot
Trent Graham	David Scott	April Toset
Barb Heaver	Ken Seavers	John Toset
Larry Lockhart	Lou Seavers	Laurel Winter
Leslie Mosher	Mike Seavers	Robert Winter
Sharon Murray		Tim Wilson
Peter Nelson		Tracy Zachow

For those of you listed here but have not received your pins yet, you can pick them up at the rifle range around the middle of Sept. when we should be starting the new season.

We also presented the Hunter Safety Course Graduate certificates and crests to those who successfully passed the tests but I haven't a list of those on hand.

Near the end of the ceremonies the juniors took the floor to wish Art Ayres farewell and thank him for his instructing and coaching which he had done successfully for the past seven years. We hope his transfer to Comox will be appreciated by the Junior Rifle Club there, if there isn't one there now there soon will be.

Remember now both Senior and Junior Rifle Club members, a notice will be posted on the bulletin board in the Rec Centre as to the exact date of our opening for the new season. The rates will be \$5.00 for seniors and \$2.00 for juniors.

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Bowling Banter

CFB Winnipeg's 5 Pin Bowling Association is about to start a new season of bowling at the Westwin lanes.

The leagues will be starting Sunday 16 September and nights of bowling are as bowling are as follows:

Mixed League Sunday Nite.
Ladies League Tuesday Nite.
Teen League 12 yrs. & over Monday & Wednesday Nite (early).

Intersection League Thursday Nite.

Junior 8 - 12 yrs. Saturday Afternoon.

Lanes are open for Casual Bowling 9 September thru 16 September.

Entry Forms for teams or individual are available at bowling lanes and Recreation office.

Entries may be phone in to Ron Dupuis at 837-9357 or 832-1311 local 734. Everybody is welcome.

Swimming Privileges

The policy in effect for signing in guests at both Lipsett and Westwin pools is: (a) current Parent/Service Personnel holders of swimming badges may sign any guest into the pool to a maximum of three times per month; or (b) current Parent/Service Personnel holders of swimming badges may sign "out of town" guests into the pool to a maximum of two weeks. The two week limitation may be extended by application to the NCO i/c of north or south site Rec Centres or the Base Physical and Recreation Officer.

Badge holders may sign in their guests at the Rec Centre Office during the regular duty hours.

Please note the fact that only Parents/Service Personnel may sign in guests and that dependants of local based servicemen will not be considered guests.

If anyone has any suggestions or complaints regarding the operation of the pools, please give the Rec Staff a call at local 511.

Rec Hall Winter Schedules

RECREATION CENTRES — HOURS OF OPERATION WESTWIN GYMNASIUM

1800-2100 Hrs.
Mon. Basketball
Tue. Open Recreation
Wed. Senior Badminton
Thu. Ladies Slim and Trim
Fri. Open Recreation
Sat. 1300-1600 hrs. — Open Recreation, Evening closed.
Sun. 1300-1600 hrs. — Jr. Badminton
1800-2100 hrs. — Sr. Badminton

LIPSETT GYMNASIUM

1800-2100 Hrs.
Mon. Open Recreation
Tue. Open Recreation
Wed. Open Recreation
Thu. Open Recreation 2000-2200 hrs. Manitoba Wheelchair Association
Fri. Open Recreation
Sat. 1300-1600 hrs. — Open Recreation
1800-2100 hrs. — Closed
Sun. 1300-1600 hrs. — Open Recreation
1800-2100 hrs. — Open Recreation

NOTE: Pool schedules to be printed in the next issue of Voxair.

CDN Cpl. wins archery championship

The world and European free style archery champion is 36-year old Canadian Forces Cpl. Alan Nordbye, who captured the twin championships in competition at Richmond, England. A member of the Baden Bowmen Archery Club, he came out on top in a five-day competition.

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LADIES EVENING LEAGUES

MIXED LEAGUES

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Operations this year will commence 8 Oct. With ice time available for casual curling. Come out and get the cobwebs off your broom and your muscles.

For last year's members, registration forms will be in the mail shortly. New members are always welcome.

For further information contact: Capt. P. J. Graves

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... from the diary of a mod housewife *by R. Kay*

Inflation — What We Can Do About It

Inflation is not a Canadian phenomenon. It is an almost worldwide situation. People everywhere, especially in Europe, are groaning under rising prices and are trying to blame someone or other, mostly the government.

Naturally, we cannot be passive about the ever-increasing prices — we are constantly confronted with the necessity of trying to deal with them — but we should use our energies and resources for positive action, not in fruitless whining and endless complaining.

Let's just examine some aspects of our daily lives. A recent statistic stated that the average Canadian household **THROWS AWAY 400 pounds of FOOD** per year. I must say that figure staggered me. Yet, how many times is your plate too full and you find you are not able to finish it? How many times do you think — "It's not worth saving that one potato, that bit of vegetable, that half cup of sauce"? How many times have you misjudged your actual need of a perishable food and found you had to throw a good deal of it out because it went bad on you?

If these things never happen to you, you are a model cook and shopper. But if you are one of those 'average Canadians', then your household's wasted food amounts to that shocking 400 pounds.

The remedies are obvious, but let's talk about them anyway.

Don't fill everybody's plate so full. Better still, put the food on the table for everyone to help himself (small children are an exception). This way, people will only put on their plates what they will want to eat. And don't worry if some of them take less than you think they should (unless under some special circumstances).

Now left-overs: *never throw away any left-over food*, no matter how little! Keep small plastic containers (the kind some margarines come in, for instance) for the little left-overs and refrigerate them. Then, once or twice a week, make a soup from all the vegetables, potatoes, gravy, bits of meat, whatever. Or use them with a bouillon or in combination with a 'new' soup. Here is where a blender is nice to have, but you can also chop and mash. This sort of thing cannot be made into recipes — you have to use your own imagination and know what the people you feed are fond of. Or surprise them. If you have larger amounts, combine several things to make a casserole, or use the left-overs as part of the casserole. Especially meat — roast, chicken, hamburgers, wieners — lends itself to combinations of this kind and a small amount of meat will go far in a casserole. Sprinkle some cheese on top or dress up some other way and bake in the oven. Great stuff!

Serve salad dressings separately from the salad (there are exceptions), again for people to serve themselves. That way, a left-over salad, properly stored, will still be appetizing the next day, and you won't have to throw out a soggy mess.

I am sure many of you have your own ingenious ways of dealing with left-over food. (Why not let us know?)

Most people in this country eat much more than they really need. I am not even talking about the compulsive eaters, the gluttons, but again the famous 'average Canadian', whether or not overweight. The amount of meat we consume surpasses by far the requirements of good nutrition. Everyone has heard (or told) the stories about the people during the war in Europe, how they had meat once a week (if that), lived practically on vegetables and had hardly any sweets? The fact is that they were a lot healthier, they didn't have heart attacks, and they did not have to diet because they weren't overweight.

Remember that meat boycott a while ago? If you participated, you know that *it can be done*. So think your menus over. Serve some meatless dishes — just several nice fresh vegetables with potatoes, or a variety of salads with an egg dish, or canned tuna or salmon, which is still much lower in price than meat, in combination with vegetables.

Now that vegetables are plentiful, we should take advantage of it. Visit a farmers' market (unfortunately, there are none in the St. James-Assiniboia area, but there are small farmers' stands, and there are, of course, the large markets in Transcona and on North Main, near Selkirk Avenue) and delight in the gorgeous displays of vegetables and fruits. Mind you, their prices are not as low as we would want them to be, but you do know that their produce is fresh and locally grown. They also sell fresh eggs and delicious honey — the latter in its natural state.

Cucumbers are a good buy right now and in plentiful supply. You may even be blessed with a supply from your own or a friend's garden and not know what to do with so many of them. There is more to cucumbers than salads. Here are some suggestions.

CREAMED CUCUMBERS

One very simple way of preparing cucumbers is to cook them as a hot vegetable similar to squash. You simply peel the cucumbers, scrape out the seeds (discard) and cut into chunks of about an inch thickness. Drop them into boiling, slightly salted, water and simmer for 8 to 10 minutes. Drain. Then make a simple white sauce, or a cream sauce. If you don't have your own favourite way of making one, you can find basic recipes for these in any good cookbook, or even use a canned cream soup, such as

celery or asparagus, season with a little dill or finely chopped parsley, and salt to taste. This really is delicious. The simmering time depends on whether you like your vegetables on the chewy or on the mushy side. (This basic preparation is used — up to a point — in the tuna casserole recipe, which follows, only you don't simmer the cucumbers as long, because they get the extra cooking time later in the oven.)

TUNA-CUCUMBER CASSEROLE

(For 3 to 4 people)

1 can of cream soup (celery, cream of mushroom, asparagus, etc.) or an equal amount of home-made thickish white sauce

salt
freshly ground pepper
dill weed (if you have)
grated cheese to sprinkle

Peel the cucumbers, cut in half lengthwise. Scoop out seeds and discard. Cut into inch-thick chunks. Drop them into 2 to 3 cups boiling, slightly salted, water and simmer for about 5 to 6 minutes. Drain. Mix cucumbers lightly with tuna, add salt and pepper to taste, sprinkle with dill weed and pour cream soup or your own sauce over it. Sprinkle with grated cheese and bake in preheated 325 degree F oven for 30 minutes.

P.S. This is also good with cauliflower.

STUFFED CUCUMBERS

(For 3 to 4 people)

1 lb ground meat (your choice)
1 egg
breadcrumbs
pepper
salt
4 large cucumbers
2 tablespoons cooking oil
1 medium onion
water or bouillon (chicken broth for instance)
flour for gravy (if desired)

Mix ground meat, egg, breadcrumbs, pepper, salt (and any spices you might like) to a consistency of hamburgers or meat loaf.

Peel cucumber, cut in half lengthwise, making sure to keep matching halves together. Scoop out seeds and discard. Fill ground meat mixture heaping full into four 'boats'. Close with matching half and tie each stuffed cucumber up with thread. In a skillet, saute a chopped onion in oil, place cucumbers into it and brown on all sides, being very careful when turning cucumbers over. When brown, add some water and braise on low flame for about one hour, adding water or bouillon occasionally. Lift cucumbers onto platter and keep warm while making gravy with liquid in skillet and flour mixed with water. Add seasonings to taste.

CUCUMBER SALADS

Then, of course, there is the all-time favourite, the cucumber salad. Try it sliced, chopped, grated, with a dressing made of sour cream, buttermilk, sugar and lemon juice. Or with grated onions, cumin seeds, sour cream and buttermilk. I am not giving exact proportions, because I never use them myself, but add a bit of this and that until it tastes right. That way, you can make it up to your own liking. Just experiment.

The Greeks make a beautiful mixed salad, with cucumbers as its main ingredient. They cut the cucumbers into big chunks, an inch or so, then add firm tomatoes, cut up to the same size, and cubes of their own Feta cheese. Then they pour generous amounts of olive oil over all. But it is very good without the olive oil, too. Even without the Feta, which is a goat cheese, and which can be bought at some of the cheese specialty places in Winnipeg. I usually use a simple oil-and-vinegar dressing for this salad.

A few seasons ago the 'English' cucumber was introduced to the Winnipeg supermarkets. (Actually, it is prevalent in *all* of Europe.) This is a very tasty variety with a thinner skin and very few seeds. It is not imported from England, as the name implies, but grown in

local greenhouses. Perhaps that is why the price is rather high (59 or 69 cents apiece) — although they *are* very long. You might like to try them (if you haven't already) in a salad for variety.

ANNIVERSARY

Corporal and Mrs. Phillip Martin, of CFB Winnipeg, celebrated their 25th wedding anniversary on 21 Aug this year. Some 30 relatives and friends attended a dinner held in their honour at the Viscount Gort Hotel. The dinner was hosted by their six children; Colleen (Mrs. A. Connelly, Edmonton, Alta), Kathie, Christine, Ken, Kellie and Connie. Presentation of gifts and a social hour followed at the home of Mr. and Mrs. H. Snuggs. Their daughter Christine was unable to attend as she is at present travelling with the Canada World Youth Organization in Eastern Canada.

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BAPTISMS

May be arranged by calling the Chapel office.

HOLY COMMUNION

Will be held 30 Sep according to the custom of the United Church of Canada.

CHAPLAINS

Major J. P. MacLean — Local 417
Captain J. I. Mills — 888-6025.

Announcements

O.W.C. COFFEE PARTY

The Officers' Wives Club of C.F.B. Winnipeg will open the Fall Season with an INFORMAL COFFEE PARTY on Saturday, September 22 from 11:00 A.M.-1:00 P.M. in the Main Lounge of the Officers' Mess. Drop in for refreshments, greet old friends and welcome new arrivals. Memberships will be available at the door.

ATTENTION: LADY CURLERS

A general meeting of the Ladies Curling League will be held at the Westwin Curling Club at 8 p.m. Monday 24 September. All ladies planning to curl are asked to attend and new curlers are especially welcome (and needed).

REGISTRATION WESTWIN FIGURE SKATING CLUB

Beginners and Juniors badges 1 to 8, Sept. 15, 10-12 a.m.; 1-3 p.m. in the Westwin Rec Centre Foyer. Pre School — Kindergarten-Adult Intermediate and Senior Badges 9 and up — Sept. 16, 1-5 p.m. at the St. James Civic Centre.

NORTH SITE BROWNIES AND GUIDES

Jameswood School, 6:30 p.m. 27 Sept 1973. All girls registering must be accompanied by their mother. Help wanted—Leaders, etc.

SOUTH SITE BROWNIES AND GUIDES

At Lipsett Hall Lounge 7:00 p.m. 17 Sept 1973. Mothers and teenagers who would like to help are asked to come to the Lounge during registration or telephone Mr. M. Johnson at 489-5196.

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Voxair Variety

by John Lander

Another day in the life of your entertainment editor . . . When I signed on for this Voxair job some time ago, I was told by my predecessor that one of the fine things about the position was that I would be asked to attend press conferences where beautiful sexy broads would ply me with champagne and caviar and give me full details on upcoming productions, large and small. Well, after 18 months, it finally happened. Last week the MANITOBA THEATRE CENTRE invited me for a drink and a sandwich to learn of their planned playbill for the coming season.

The sexy broads were there, okay. But so were their husbands, who were guys half my age, with beards as long as I am tall. The drinks were there too, along with 90% of the Winnipeg working press to ensure they disappeared rapidly. Besides, there had been a press release which stated that the MTC had suffered an increase in deficit of \$24,744 last year, and it made me wonder if it was fair to add another \$6.00 to this just to make it a round number. The sandwich was not quite caviar, but it was very good meat and meat by-product.

Best of all, Artistic Director Edward Gilbert was on hand to give a rundown on the upcoming season, and to make a polite request for everyone to buy season tickets. So think about it.

The playbill should be a good one. The CBC critics have already said they do not like it, so this may be a point in its favour. No Shakespeare or Ibsen this year, so instead of the best of British (English?) and Scandinavian theatre, we are to have the best of Yiddish and Irish theatre, plus comedy, drama, a musical and a revival of vaudeville.

The opening production in October will be the George Bernard Shaw comedy *You Never Can Tell*. This opened last spring at Niagara-on-the-Lake, and will move first to the National Theatre in Ottawa and on to Winnipeg. Next will come John Hirsch's *The Dybbuk*, with a cast of thousands, said by Mr. Gilbert to be "distilled from the best of Yiddish theatre over the past few centuries". January '74 will see the "black" comedy *A Day in the Death of Joe Egg*, which has plenty of human interest. Following in February will be (hopefully, copyright not yet fully secure) *Godspell*, the rock musical. Next comes the major Irish play, *The Plough and the Stars*, by Sean O'Casey, as timely to-day as it was when written in 1926.

To wind up the season, MTC plans a revival of vaudeville, being compiled under the title of *Flugle Street*, so named for a favourite routine used by many performers on the old vaudeville circuit. Top bananas, gorgeous girls, blackouts, songs and dancing will make up this offering. It should be a ball.

Incidentally the MTC is looking for volunteer ushers for the 1973-74 season. If interested, call Pamela Percy at 956-1340.

Events this month at the Centennial Concert Hall include the following . . . "Oldies But Goodies" on September 14th, David Steinberg on the 16th, a "Concert by Henri Mancini" on the 19th, and World Adventure Tour Films "London to Venice" on the 20th and 21st. The rock group "Chilliwack" appears on the 23rd, while from the 26th to 30th the ROYAL WINNIPEG BALLET present guest artist Margot Fonteyn.

If you missed *Jacques Brel* last winter at the Warehouse, be sure to catch it at the MTC Main Theatre this year. It opens on September 15th.

Service Family Information Centre

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Phone — 889-8322

Our aim — to contact and welcome all incoming military personnel and their families to Winnipeg. We have information regarding clubs, organizations, maps, etc., pertaining to Winnipeg. If you require assistance or just want a general briefing on your new surroundings, please call Janice Armstrong 837-3359 or Judith McLeod 489-4408.

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— Nous disposons de cartes de la ville et de la province — d'informations au sujet des différents clubs et organisations de Winnipeg.

— De plus, toute personne de langue française ou bilingue intéressée à la garde d'enfants peut communiquer avec nous.

— Pour de plus amples renseignements, veuillez téléphoner à Judith McLeod, 489-4408.



THE ACADEMY AWARD-WINNING MUSICAL MY FAIR LADY, from the stage hit by Lerner and Loewe, will have its world TV premiere on CBC television, **Sunday, Sept. 16, at 7:30 p.m.** The three-and-a-half-hour presentation stars Rex Harrison, recreating his Broadway role as Prof. Higgins, and Audrey Hepburn as the delightful Eliza Doolittle. The musical is based on G. Bernard Shaw's famous stage play, *Pygmalion*.

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Locally Yours by Dale Hibbard

Flexible hours was the main item on the agenda at the Sept. 7 labour-management relations committee meeting. The experiment has already been conducted in the personnel branch of the department of consumer and corporate affairs and, according to a detailed report, the project has been judged successful. Employees of the personnel branch were allowed the privilege of reporting to work any time between 7 and 9 a.m., and of leaving any time from 3.30 to 6 p.m., with a flexible lunch break of at least a half-hour. However, each employee was obliged of course, to work 7½ hours each day. In return for the privilege, employees were required to register time of arrival, departure and lunch. Approximately 50 employees were involved in the experiment and they strongly endorsed the system for the following reasons:

1. Able to accomplish more work and better organize the day in "quiet time" before 9 a.m.;
2. Greater ability to arrange travel to and from work to suit personal circumstances;
3. Able to adjust working hours to personal work rhythm;
4. Freedom from pressure by not being late and, therefore, more relaxed at work;
5. More human, more sense of responsibility for work;
6. Able to adapt hours to needs of children;
7. Better able to plan work;
8. Better able to arrange medical and dental appointments and personal shopping - outside work hours.

Results showed that absenteeism decreased and that productivity increased. A recommendation has been made to extend the plan to other parts of the department. Local 705 of the Union of National Defence Employees has requested management to consider the feasibility of instituting a flexible hours pilot project at CFB Winnipeg. . . . As of March 31, 1972, the total amount of money in the public service superannuation account was \$4,488,500,000, an increase of \$498,500,000 over the amount as of March 31, 1971. A figure for the fiscal year ended March 31, 1973 is not yet available. . . . Negotiations for the information services group began on Aug. 28. . . . Of the 2½ million women paid workers in Canada, only 500,000 are organized. While two-fifths of all men who are paid workers are members of trade unions, little more than one-fifth of all women who are paid workers are members of trade unions. . . . The president of Local 705 can be contacted daily at 889-7653 between the hours of 9.45 to 10 a.m., noon to 1 p.m., and 2.45 to 3 p.m. . . . General services workers have probably already noted that special leave has been deleted from the

new GS collective agreement. . . . Jurisprudence on the **Rand Formula** is available for perusal at the Local 705 union office in Building 52. . . . **Dorothea Smith, Walter Kiziak, and Joe Paul** have been added to Local 705's roster of shop stewards. . . . According to figures released in 1972, 91.7 per cent or 22 out of 24 federal civil service ST9 positions were held by men. The salary range was \$10,952 to \$12,024. . . . Summer help this year at CFB Winnipeg consisted of 32 students. . . . A recently conducted Gallup Poll shows that a family of four requires \$146 a week in order to make ends meet. . . . Local 705 annual election of officers will be held this year on Monday, Nov. 5. . . . The next regular meeting will be held Monday, Sept. 17. One of the agenda highlights will be the presentation of the new by-laws for membership approval. Members are urged to turn out en masse for this important meeting which will also provide them with the opportunity to discuss the idea of increasing the Local rebate for the purpose of hiring a full or part-time manager for Local 705. . . . Unionized workers in Canada are now putting the bite on employees for dental plans in new contracts. . . . The executive committee of Local 705 would like to organize a one-day CFB civilian employee conference for the purpose of providing members with a forum to ex-

press whatever views and opinions they might have in terms of assessing the civilian condition at the Base. Hopefully, all occupational groups and, in some cases, sub-groups as well would be represented at such a conference. The Base Commander has already indicated that it might be possible to provide a facility on the Base for the proposed conference. Anyone interested in the idea is asked to attend the Local 705 regular meeting on Sept. 17 when the matter can be thrashed out in detail. . . . Many thanks to **Gwen Owens** for taking the minutes at the Aug. 3 LMRC meeting. One of these days we'll get them sorted out. Only kidding, **Gene**. . . . Congratulations to **Bob Drummond** who finally managed to write — and mail — a letter to the editor of the **Argus-Journal**. . . . Local 705 has formally proposed to the Base Civilian Personnel Officer that an Alliance representative be permitted to attend Selection Board sittings. . . . Look for posters announcing the Sept. 17 regular meeting. . . . One of the greatest puzzles in life is how a fool and his money got together in the first place. . . . Incidentally, Germany is the birthplace of the bra. The modern-day **Bustenhalter**, that symbol of female suppression, was created in 1912 by three Stuttgart brothers who patented it and sold it under the brand name of **Hautana**.

CFB Winnipeg Winemaking Club

The CFB Winnipeg Amateur Winemaking Club will commence the new season with a meeting at Room 12, Building 61 at 2015 hours, Wednesday 19 September, 1973. A programme of special interest to beginner winemakers is offered during the remainder of 1973. Meeting dates and topics are as follows:

19 Sep 73 — Introduction to wine and beer making. A general talk on wines and an opportunity to sample some amateur wine and beer produced by club members, some of which won awards in the recent National Amateur Winemaking Competition held in Ottawa.

17 Oct 73 — Basic Winemaking 1. A presentation showing the equipment required, the reasons for having it and some basic rules to follow.

21 Nov 73 — Basic Winemaking 2. A presentation on the use of the Hydrometer and the Acid Testing Kit.

19 Dec 73 — Basic Winemaking 3. A presentation and discussion of winemaking ingredients and additives.

16 Jan 74 — Basic Winemaking 4. Filtering and bottling your wines.

20 Feb 74 — Winemaking 5. Sparkling wines. . . the procedure for making sparkling wines and champagnes.

Any persons interested in attending any of the meetings, or in joining the club, should contact Capt Jack Murphy at Local 590. Membership is open to civilians as well as the military. Ladies are very welcome. Membership dues are \$5.00 per year. Additional charges may be required on specific nights involving domestic or imported wines.



79 YEARS OF SERVICE ended for three technicians of Base Maintenance Land on Tuesday 28 Aug 73. Pictured receiving farewell wishes from BMaintLd are L to R, MCpl J. F. Reilly W Tech L, Sgt RL Sarvis Veh Tech, Capt A. B. Fuller BMaintLdO, and Pte C. K. Hayden Veh Tech.

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Winnipeg Hosts Rifle Course



C/PL LEROY WHITNACK accepting top Marksman Aggregate Award from Asst. Commissioner Paquette of the RCMP.

Fifty-five Western Canada Army Cadets from as far west as Vancouver Island and from as far north as Fort Simpson NWT assembled in Winnipeg in early July to attend the Western Canada Cadet Rifle Course. They ranged in age from fourteen to seventeen years.

The object of the course is to produce shooters capable of competing at Bisley, England — the Mecca of international full bore shooting and of helping to coach other cadets in the art of rifle shooting. The Commanding Officer, CWO Fred Dodd, assembled a competent group of experienced rifle coaches and technicians headed by Chief Instructor Major D. McDonald to instruct the cadets in the many phases of competitive shooting.

The course was conducted on St. Charles Rifle Ranges and consisted of lectures and many hours shooting to familiarize the cadets with all aspects of the shooting game. Practices were fired at all ranges from 200 to 900 yards.

On July 20, the 24 best shots visited Camp Dundern in Saskatchewan to take part in the Saskatchewan Provincial Association Matches. The boys shot very well, winning all but one of the Marksman Awards.

The following week-end the entire course fired the Manitoba Provincial Association Matches. Again the cadets shot well and behaved like gentlemen. Many compliments were received by the staff on the ability and conduct of the boys. One of the highlights of the meet was the winning of the Free Press Team Match by a team of four cadets: C/L/Cpl Jim Selinger, C/Cpl Grant McLoughlin, C/Cpl Rick Olsen, C/Sgt Ken Drader. To win this trophy, they defeated a team comprised of four of their in-

structors and five other adult teams. In all, the boys won eight trophies.

The top 20 cadets in the Grand Aggregate won the right to compete in the Dominion of Canada Rifle Association Matches, Connaught Ranges, Ottawa. The entire course was taken to Ottawa where the boys who were not shooting helped by marking targets and by assisting in the kitchen. Again the training the boys on the Ottawa team had received paid off, as they won four out of five team trophies.

When the matches were over and the powder smoke had settled, the Western Canada Cadets had placed eight boys on the 1974 National Cadet Bisley Team. This team is comprised of the sixteen boys with the highest scores in the Cadet Bisley Aggregate.

The success of the course was due largely to the facilities and services made available by all sections of CFB Winnipeg. The staff and cadets wish to thank the Base Commander and all sections for their cooperation and support.



THE WINNERS OF THE FREE PRESS TEAM TROPHY — Accepting their award from Asst. Commissioner Paquette (Rt to Lt) C/Cpl D. McLoughlin, C/Cpl R. Olsen, C/Cpl J. D. Selinger, C/Sgt K. D. Drader.



WINNERS OF THE BUELL TROPHY AT OTTAWA. Back row left to right: C/Cpl J. D. Selinger, C/Cpl D. McLoughlin, C/Cpl D. Burdeny, C/Cpl L. Whitnack, C/Sgt G. Squires. Front row left to right: C/Cpl C. M. Tutte, C/Sgt K. Drader.



MEMBERS OF THE WINNING CADET TEAMS at the Manitoba Provincial Rifle Association Matches at St. Charles Ranges, Winnipeg. Left to right: C/Cpl C. M. Tutte, C/Cpl W. A. Scarth, C/Cpl L.

Whitnack, C/Cpl G. McLoughlin, C/WOII A. R. Fraser, C/Cpl R. Olsen, C/POI A. Bidochka, C/Lt. J. A. Nijman, Cdt R. Bokstein, C/Sgt K. D. Drader.

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SGT "DUTCHY" DUCOIX is shown receiving the CD from Col D. G. Lewis, Commanding Officer Regular Support Staff (Prairie).

Base Photo



SGT JOHN MacAULEY is shown receiving the First Clasp to the CD from Col D. G. Lewis, Commanding Officer Regular Support Staff (Prairie).

Base Photo



MR. CLIFF BOYD (MWO Retired) is shown receiving a Suggestion Award Cheque from Major S. Beaudoin, Chairman of the Base Suggestion Award Committee. This cheque was a Supplementary Award to Mr. Boyd for savings realized during the second year of implementation of his suggestion. Mr. Boyd had suggested that a split type of seal be used for push rod packings on P & W aircraft engines.

Base Photo

Air Reservists Complete Training

WINNIPEG — Eighty-five young men and women from Air Reserve Squadrons in Montreal, Toronto, Winnipeg and Edmonton have completed seven weeks of trades training at Canadian Forces Base Winnipeg.

Recently recruited reservists trained as administrative clerks and aviation technicians while those with more experience completed a junior non-commissioned officer course. Most will continue on-job training with their home squadrons this fall.

The six air reserve squadrons across Canada operate CSR-123 Otter aircraft capable of providing resupply to ground troops and conducting photographic reconnaissance. The twin-engine plane can be fitted with pontoons or skis and carries seven passengers or 1,700 pounds of cargo. The Otter is often used in parachute training.

Squadrons conduct two weeks of concentrated training each summer. This year's training included environmental studies and airfield surveys from Churchill, Man. and Whitehorse in the Yukon for squadrons



MAJOR J. T. GOODALL, recently posted from Training Command Headquarters, meets Mr. Richardson in Tanzania during the Defence Minister's recent world tour. Lt. Col K. W. Joy of Ottawa and Kemptonville, Ont. is in the centre. Lt. Col Joy and Major Goodall are members of the Canadian Forces Team to Tanzania.

(Canadian Forces Photo)

from Toronto and Edmonton. Squadrons from Montreal and Winnipeg trained at La Macaza, Quebec, and Edmonton.

LAUGHING AT OURSELVES



by John Semeniuk

PLANE TALK: One of our jet jockeys crashed landed on the desert and was forced to walk a great distance before finally reaching a small farm at the edge of the desert. Crawling to the farmer, he asked for and was given water. As the farmer prepared to take the man into the house, he attempted to brighten the exhausted pilot's outlook by remarking, "Unlike all the jokes about farmers, I'm afraid that I'm one of those farmers who does not have a daughter." "How far is it to the next farm house?" croaked the physically drained, but still imaginative fly boy.

DOLLAR SIGNS: (Exchange between teacher and student). "Where is the capital of the United States?" "All over the world."

POLITICAL HONESTY (?): "There are many ways to make money", shouted a well-known politician, but there is only one honest way." "What is that one way?", asked his opponent. "Ah-ha", triumphantly shouted the first politician, "I thought you wouldn't know!"

LADY'S DAZE: (TELEPHONE CONVERSATION BETWEEN AN IRRATE HOUSEWIFE AND THE LOCAL BUTCHER) "I just received and paid the ransom on the roast you sent me. I want you

to know that I ordered a rolled roast not a Rolls Royce!"

WHEE THE PEOPLE: Nothing makes raking leaves more difficult than the suspicion that most of them are your neighbour's.

FOOT IN MOUTH DISEASE: (EXCHANGE BETWEEN TWO WIVES) "I finally cured my husband of biting his nails." "How?" "I hid his teeth!"

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Suggestion Awards



M/Cpl Bob MacDonald



M/Cpl Bob Fearnough

The joint efforts of **MCpl Bob MacDonald**, Base Air Workshops, and **MCpl Bob Fearnough**, Aircraft Servicing Section, resulted in the development of a device to hold aircraft engine oil filters during their assembly. The holding device provides a better gripping surface and has eliminated damage to the filter discs. Colonel CA Lafrance presented MCpl MacDonald and MCpl Fearnough with Suggestion Award cheques at a recent Base

Flight Safety meeting. During the month of Jun 73, \$8,480 was shared by Government employees. \$3125 of that amount went to DND employees. If you have any good ideas for improving DND operations why not try to corner some of that long green for yourself. It is frequently the simplest of suggestions which result in the highest returns. Think about it and submit your ideas to your Base Suggestion Award Committee.

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