

Para rescue meet here 8 - 12 September

Some people jump out of airplanes and some people jump out of airplanes. This September we'll find out which people jump the best.

440 Transport and Rescue Squadron have been selected by Air Transport Command to host the 1969 Para Rescue Competition here in Winnipeg. They were the 1968 winners.

Participants in the competition will be the para rescue teams from: 413 T&R Sqn. CFB Summerside, 424 T&R Sqn. CFB Trenton, 440 T&R CFB Winni-

peg, 442 T&R Sqn. CFB Comox and the Canadian Forces Survival School at CFB Namao. Although not eligible for the trophy a USAF Namao. Aircraft and team has been invited to participate.

The competition will involve live "spot" parachuting, parachute survival equipment drops, and free fall package drops of survival equipment by each team. An intricate marking guide has been established which is based on the distance from the target. The meet is planned for the

period 8-12 September with all jumps and supply drops within the confines of Winnipeg International airport and Lynncrest airport, fifteen miles to the southeast. The aircraft used will be search and rescue Dakotas and H-21 helicopters.

In addition to the competition the USAF team have been asked to provide a "STAR" demonstration. Basically this is the system of recovery of personnel from the ground by a low flying C-130 Hercules. The survivor on the ground inflates a large

balloon with helium and the balloon carries aloft a cable and anchor plate. The Hercules, complete with a device on the nose resembling a steak fork, flies over the survivor engaging the cable and anchor plate and carries the survivor aloft. He is then winched into the interior of the aircraft. It sounds rather "hair raising" but it does work and will be well worth seeing here in Winnipeg particularly in light of its possible application in our cold Canadian Arctic.

Voxair

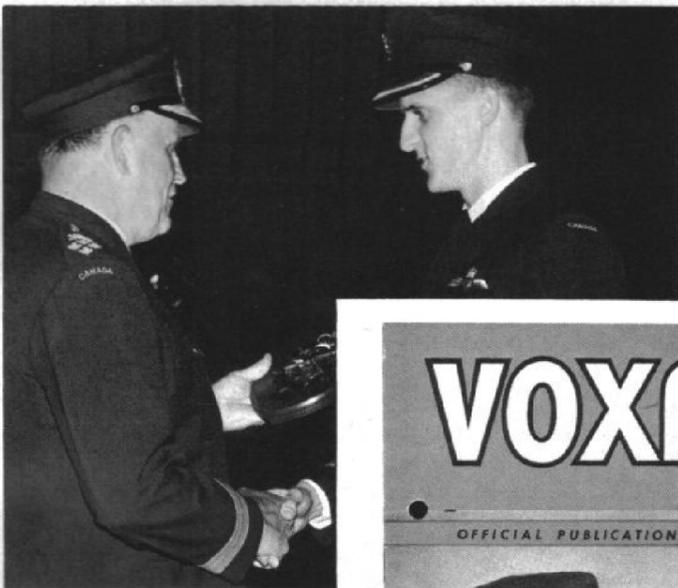


THE CANADIAN FORCES NEWSPAPER

Vol. 18, No. 16

CANADIAN FORCES BASE, WINNIPEG

August 20, 1969



1969 — Gen. J. V. Allard presents Honour Plaque to Lt. A. Oosterbrug who trained as an Officer Cadet.

Weston heads NORAD region

Brigadier-General Ralph C. Weston, 50, Saint John, N.B., has been named Commander of the 29th Division, Northern Region, North American Air Defence Command.

Headquarters of the 29th Division is in Duluth, Minn., and tending roughly from the Great Lakes to Hudson Bay and from Lake-of-the-Woods to the Quebec border.

Gen. Weston's appointment on September 15 coincides with the recently announced NORAD reconfiguration which assigns control of an additional 374,000 square miles of Canadian territory to the headquarters of Northern NORAD Region in North Bay.

Cadets snap 18 year era

The graduation of Long Range Navigator Course 6805A on the first of August marked the end of an era. They are the last course which included Officer Cadet direct entry students to be trained at the Air Navigation School here.

General J. V. Allard, Chief of the Defence Staff, was the Reviewing Officer and presented the graduates with their wings. The last five Officer Cadets to graduate from Winnipeg were also presented with their commissions. With the presence of the Training Command band and a large number of spectators, the parade became a fitting tribute to the many who have graduated under the cadet program and are now scattered throughout the

Canadian Armed Forces.

Since the opening of ANS in Winnipeg in 1951 the school has graduated over 2,000 Canadian Flight Cadets and Officer Cadets. In addition, 2351 NATO students were trained. They have come here from England, France, Denmark, Norway, The Netherlands, Belgium, Italy, Turkey and Portugal. But all this has now come to an end.

The Officer Cadet Mess is no more. The Saturday night parties have come to an end and the student nurses have sought new interests. Gone is the white flash in the wedge and the "sir" on the intercom.

Vol. 1 No. 1 of Voxair featured the first cadet to graduate from ANS in Winnipeg on its cover in May 1952. He was Flight Cadet H. Spikings who has since come full circle and is now with Navigation Standards at CFTTSU.

The end of the Officer Cadet at ANS does not, however, spell death for the school. They have been given the task of cross training a large number of Radio Officers and Airborne Interceptor Navigators. They are to a large extent very experienced and most are of Captain rank. The first complete course began late last year and will soon be graduating. Early indications show an extremely high success rate.

In addition each year there will be one course comprised of ROTP students who have just finished at university or military college.

Some ROTP Officer Cadets will also receive some limited navigation in the summer months.



1952 — First issue of Voxair shows Flight Cadet H. Spikings, Honour Graduate, receiving his wings from Rt. Hon. Hugh Montague, Viscount Trenchard, Marshall of the Royal Air Force.

Three supply depots and one base to close

The Hon. Leo Cadieux announced today that a government decision has been reached on a group of forces bases and facilities to be closed down or reduced in size as a result of defence reorganization. He indicated that a further announcement regarding a small number of other bases can be expected in the fall.

In today's statement he said that one base and three logistics depots will be closed and one other will be reduced substantially within the next two years.

The base to close is CFB Clinton, a radar and communications training center 45 miles north of London, Ontario, which

will be phased out by Sept. 1, 1971.

The logistics depots are at Ville la Salle (Montreal) and Cobourg and London, Ontario. The complex at Ville la Salle will be phased out by Sept. 1, 1970 and the other two depots by Sept. 1, 1971.

The base to be reduced in activity is the St. Hubert site of CFB Montreal. Regular force flying activity is scheduled to be phased out there by Sept. 1, 1970.

Mr. Cadieux said that factors leading up to the decision were a general reduction in size of the forces, a change in force priorities, and economies pos-

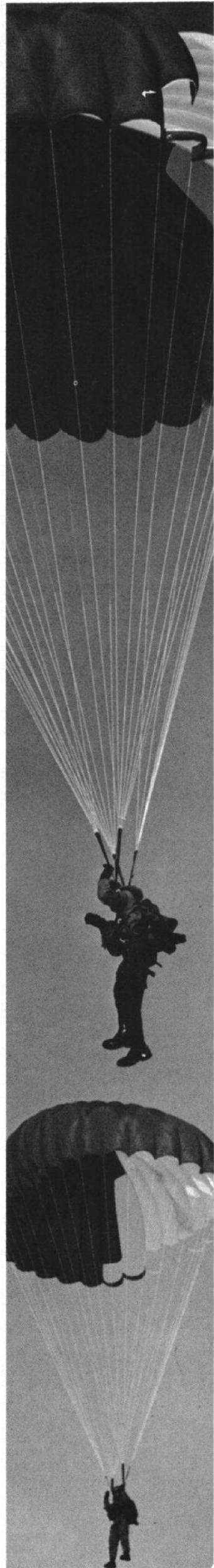
sible because of unification of the forces. He also said that they were in keeping with the announced intention of making forces cuts, as far as possible, in the administrative and support areas rather than in operational units.

There will be approximately 1100 military and 1500 civilian personnel affected by the announced changes. Military personnel will be transferred to vacant positions in other units and every effort will be made to find alternative employment for the civilians, either in vacant positions with the federal government or elsewhere.

The closings and reduced

activity announced in today's statement will result, when completed, in estimated annual savings of 19.3 million dollars.

Mr. Cadieux said that his department is working with other federal departments, provincial and local authorities and interested civilian bodies, to develop plans to minimize the disruptive effects on the communities concerned. He said that military establishments have traditionally been good members of the communities in which they were located and that while he regretted having to close the establishments he has directed his department to spare no effect to make the transition as smooth as possible.



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VOXAIR OFFICE: Canadian Forces Base, Winnipeg, Westwin, Manitoba, Telephone VE 2-1311, Local 446. Printed by D. W. Friesen & Sons Ltd., Altona, Manitoba.
 ADVERTISING RATES: 12c per agate line; \$1.75 per column inch.
 VOXAIR is distributed to every Canadian Forces Mess, Lounge, Reading Room and Library in the world. Subscriptions are priced at 1 year (24 issues) \$2.40; 3 years (72 issues) \$6.50. Postpaid anywhere.

NEXT ISSUE DEADLINE SEPT. 3

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Save somewhere else

It is not an easy time to be a defence planner. As everyone knows, the Canadian Forces have been placed on a severely limited budget. Expenditures will be held at \$1.8 billion dollars each year for the next three years or heads will roll. Canadian fighting men, if they are in the front lines nowhere else, are in the front lines in the battle against inflation. This certainly creates problems, and one can visualize the meeting of the force's ways and means committee as it attempts to do this year's job with next year's resources, a form of magic that has gained greatly in popularity in the past few years. "Well, gentlemen," says the chairman, "we are compelled to regroup — again. But it shouldn't be too difficult. Preliminary studies show that we have some redundant formations, and once we are rid of them, we just might be able to make the end of the year and the end of the money occur at roughly the same time."

Using the flow charts and critical paths beloved of top management, the chairman demonstrates his plan. "All we have to do, chaps, is close CFB Gopher Gullet, pull the Batwing Squadron out of CFB Rochnest, and abandon CFB Pumpkin Stem. I calculate that this will not affect our operational posture, and the saving will enable us to finish the year with 10c left over. Not only that, it will get us in good with parliament, because the three MPs in whose constituencies these bases are have all lately made speeches deploring the waste and extravagance of defence spending." So saying, the chairman, with stars in his eyes, left to await the acclaim that he was sure would follow.

And acclaim, or something, was not long in arriving. People who, the day before had been unalterably opposed to defence spending now looked upon it as the linchpin in the economy. Delegations that had been protesting the militarists in their midst were now protesting the cuts that would take the defence installations from their midst. The hue and cry was tremendous, and at the height of it, the chairman was named air attaché to Cambridge Bay and points north, with instructions to communicate with CFHQ annually, if at all.

And so it goes. If a person in Newfoundland, for instance is urging cuts in defence spending, he means cuts in defence in Comox. Similarly, a Vancouver Island speaker urging cuts in defence spending wants them made in Baffinland. There are, however, greater disadvantages to all this than the accelerated growth of some planner's ulcer. The greatest danger is that military spending will come to be looked upon primarily for its social impact, and only secondarily for its military significance. Such a thing could, over the years, mean a great deal of irrelevance in the Canadian Forces structure.

Ideally, the defence budget should be spent for defence purposes, and if military considerations dictate that some bases should be closed, then they should be closed. To attempt to bolster a sagging local economy by continuing the operation of a redundant base makes no sense militarily, and no sense sociologically. There are far better ways of helping depressed areas than by maintaining obsolete military bases in the middle of them. The defence budget is just about the largest non-statutory expense that the country has, and it is a very inviting target for an economy axe. But no one wants the axe to fall anywhere near them, which is rather a pity.

For the end of a defence base is not the end of the world. One can point, for instance, to Centralia, which has converted its phased-out RCAF station to a thriving industrial park. The disaster that was predicted when the air force pulled out never materialized. Instead, the local economy progressed on its own. So it can be with other areas.

Defence costs in this highly technical era are in themselves astronomical, and they don't really need some sociological help to get them into orbit. Defence spending should be done for defence purposes.

Or we'll never have that 10c surplus at the end of the year. (Totem Times)

Only you can give

Winnipeg has developed into one of the leading centres in North America for treatment and research of blood disorders. This is good news for all Manitobans as it means that, if needed, the best treatment available is readily accessible to them. New approaches to treatment of leukemia and some other bleeding disorders require the provision of increasing amounts of blood fractions. The drugs which are given to many of these patients destroy their platelets and unless they are replaced the patient will die. Because these blood fractions deteriorate very rapidly they must be collected from the donor, crossmatched, processed

and delivered in the space of three hours. Because of this time element all the blood from which the fractions are extracted must come from Winnipeg donors attending depot clinics. It has become increasingly important that all our mobile clinics should be successful, as the Red Cross looks to them to produce sufficient donors to look after other essential blood transfusion therapy. On Thursday, August 21, a clinic will be set up in the Old Drill Hall from 9.00 a.m. to 12 noon and from 1.30 p.m. to 4 p.m. We urge all who can to contribute on this day. Someone's life depends on you. Don't let someone die.



NEWS ITEM:
CANADIAN ARMED FORCES TO ASSUME NEW RÔLE IN THE NORTH — NO DIFFICULTIES ARE ENCOUNTERED IN ADAPTING TO THIS NEW CHALLENGE.

Une vie militaire bilingue

Capt. R. G. Bourget
 RC Chaplain CFS Gypsumville

Invité à offrir ma modeste contribution à "Voxair" et la proposition M'étant faite aux conditions suivantes:

- 1.) Je pourrais écrire en français
- 2.) Sur un sujet de mon choix, J'aurais mauvaise grâce de refuser, car c'était vraiment trop facile.

Je choisis donc un fait récent, qui me semble important pour le Canada et les Forces Armées Canadiennes, mais surtout pour tous les francophobes, originaires de la Province de Québec ou des autres Provinces.

Je veux parler de la décision encourageante pour ceux dont la langue maternelle est la française, de s'initier à la vie militaire dans cette langue. C'est en effet tout ce qui pourra se réaliser dans les faits d'ici quelques mois. Concrètement donc, les jeunes des deux sexes; mais surtout les jeunes hommes, plus nombreux, de langue française pourront débiter dans la vie militaire à CFB, St-Jean, Prov. de Québec, pour les trois éléments, Air, Mer, Terre.

C.F.B. Cornwallis sera à l'avenir réservée à la même fonction, pour les jeunes de langue anglaise.

Après que l'entraînement de base, ou du début, sera terminé, ces mêmes jeunes qui veulent continuer leur carrière, pourront se voir désigner, soit pour C.F.B. Valcartier, pour l'élément de Terre, soit à CFB, Bagotville, pour l'élément de l'Air, soit sur HMCS Ottawa, pour l'élément de mer.

CFB, Valcartier, sera sans doute en avant des deux autres endroits, pour ses réalisations, et pour plusieurs raisons. La très grande majorité des hommes et officiers sont de langue française depuis longtemps; et on avait instauré un régime d'exception pour la langue de communication du groupe, à l'intérieur de la base.

L'important pour le moment, c'est la démonstration concrète de bonne volonté et de juste respect des personnes, de la part des autorités. On mentionne parmi celles-ci M. P. E. Trudeau, premier ministre, M. L. Cadieux, ministre de la Défense, et le Général Allard, Chef des Etats-Majors Généraux.

Ceux qui voudraient maintenant s'intégrer aux Forces Armées Canadiennes et y faire carrière, peut-être, même si par accident ils sont nés dans la "belle" Province de Québec, ou dans un foyer de langue française en dehors de Québec, pourront le faire plus facilement et se sentant mieux chez-eux, au service de leur pays.

Un des reproches les plus fréquents fait Aux Forces Armées Canadiennes, pour les gens de langue française, à savoir qu'Elles étaient une force d'assimilation, vient de tomber à l'eau. Désormais cela ne sera plus vrai.

Dans les faits et la réalité, quel sera le résultat, disons dans 12 ou 24 mois????!! Bien chanceux qui pourrait y répondre actuellement.

Mais il fallait commencer par là: ouvrir des portes; faire surgir des opportunités et inviter à l'action.

La réponse viendra maintenant des faits, si jamais réponse il y a?! Et les faits dépendent surtout:

- 1.) des Officiers de langue française chargés de réaliser

ces expériences;

- 2.) des nouvelles recrues de langue française qui seront admis dans les Forces Armées Canadiennes. Si en effet, les psychologues - orienteurs - professionnels des centres de recrutement, acceptaient un trop grand nombre de partisans de l'indépendance du Québec, ce serait une manière de torpiller le projet.

- 3.) de la sympathie de l'opinion publique, et de ceux qui forment l'opinion publique, surtout des journaux quotidiens, de la Radio et de la T.V.

Il serait facile de donner des informations partissanes, d'écrire des critiques acerbes et peut-être malhonnêtes; d'apprécier trop subjectivement la valeur des "fruits encore verts".

Les jeunes qui pourraient utilement servir leur pays; qui seraient des militaires professionnels en puissance; qui auraient tout, pour faire brillante carrière dans les Forces Armées n'y viendront pas; ou même ceux qui y viendront n'essaieront pas vraiment. Et la Bonne volonté des gouvernants ne produira pas de miracle.

Dapper Dann says

Guard your credit cards

OTTAWA (CFP) — If your credit card is lost or stolen you can wind up with bills for thousands of dollars within a couple of days.

Changing Times, the Kiplinger Magazine, suggests you keep credit cards close at hand. Don't leave them lying around any more than you would ten-dollar bills.

Check often to make sure you've still got 'em all. Destroy those you don't want, or need. When you make a buy, make sure you get your card back.

Keep a record of all numbers and issuers of your cards. It makes it easier to notify them in case of loss, along with the where, when, why and how.

Report any loss immediately to the issuer by wire even if you lose a card over a weekend. By Monday morning you might be liable for a huge bill. All credit card companies require written notification of loss. Until you do notify of loss and sometimes for 24 hours after, you are responsible.

Consider credit insurance. Some insurance companies offer credit-card forgery insurance along with standard homeowners' policies, sometimes charging a little extra for it. Diners' Club offers a policy covering its own card and so do some others. (Contributed to CFP by D. C. Hodgert, financial counselling administrator for the forces).

BULLETIN — Gen. J. Allard is approaching the end of his term as Canada's chief of defence staff and a colorful military career. But he'll be around enough yet, he hopes, that the military estate he leaves behind is worth for the era of the 1970s.
 "I will stay until... as my job here... the husky six-footer... recent interview... on persistent reports... might quit in protest... the government's decision."
 He had told Defence... Leo Cadieux he was... continue in his job... necessary to see that... forces plan — still... lated — is launched in... ly fashion.
 "Then I will get out... said the sometimes... general whose milita... has spanned 33 years... ing two years ago in... ment as Canada's No."

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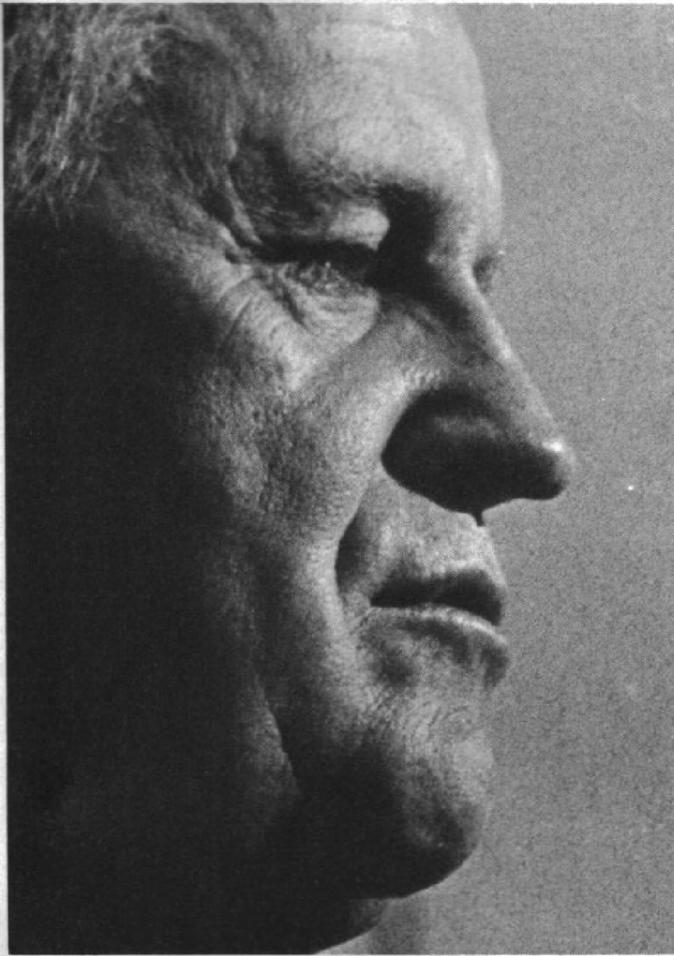
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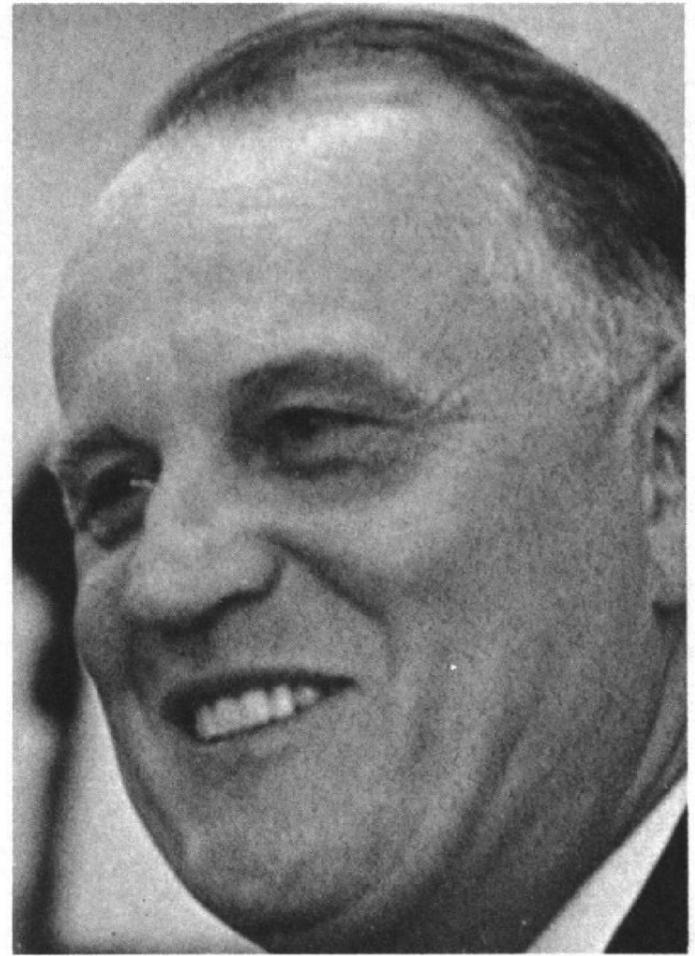
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General Jean Victor Allard the man in the middle



photos by Hoover

BULLETIN — Gen. J. V. Allard begins retirement leave Sept. 15.

OTTAWA — Gen. Jean Victor Allard is approaching the end of his term as Canada's chief of defence staff and of a long, colorful military career.

But he'll be around long enough yet, he hopes, to see that the military establishment he leaves behind is well poised for the era of the 1970s.

"I will stay until such time as my job here is finished," the husky six-footer said in a recent interview, commenting on persistent reports that he might quit in protest against the government's defence policy.

He had told Defence Minister Leo Cadieux he was willing to continue in his job as long as necessary to see that the new forces plan — still being formulated — is launched in an orderly fashion.

"Then I will get out happily," said the sometimes outspoken general whose military career has spanned 33 years culminating two years ago in his appointment as Canada's No. 1 soldier.

Gen. Allard, 56, becomes eligible for retirement leave in October. However, his is a Privy Council appointment, which means he can continue to hold it at the pleasure of the government.

Some months ago Gen. Allard bought a house at Ste. Adele, Que., north of Montreal. He expected on retiring from the service to take a corporate appointment in the metropolis, where two different companies have sought to sign him up.

More recently, he has been offered a job as the Quebec government's agent-general in New York. However, he is doubtful that his wife — who has not been well, he says — would be up to the social demands this job would entail.

So Gen. Allard is not certain which way to jump when his service tenure expires. While concerned about the problem, he gives the impression of having enough on his platter now to keep from getting over-anxious about it.

The controversial Gen. Allard has made no secret of where he

stands on Canada's role in the Western defence system and on maintenance of a strong military estate — questions that have been under cabinet review for the better part of a year.

ADVOCATES LOYALTY

He believes Canada should remain loyal to its alliances and should resist the temptation to save money through massive cuts in the armed forces.

Many observers here credit Gen. Allard, along with Mr. Cadieux, with preventing a complete collapse of service morale by standing up for the forces against a horde of detractors during the period of reappraisal ushered in by the government's review of its foreign and defence policies.

The uncertainty generated by the review, following closely on the unification trauma of a few years ago, was seen in some quarters as having a devastating impact on the spirit of Canada's career servicemen.

In recent weeks, Gen. Allard and Mr. Cadieux have been talking more and more like men who have won some sort of victory — after losing a

preliminary skirmish in the decision of the government to reduce Canadian forces in Europe.

The cuts, although heavy, will not be as drastic as some had feared. Mr. Cadieux announced June 23 that the armed forces will be reduced to a level of between 80,000 and 85,000 from the present 98,000.

Furthermore, Canada apparently is going to maintain a significant military presence in Europe.

TASK SELF-IMPOSED

Final disposition of the forces, at home and abroad, is what Gen. Allard now is working on. His self-imposed task: To keep force levels as high as possible within spending restraints imposed by the government and other financial limitations imposed by the continuing need for up-to-date equipment.

Though military men are supposed to be infinitely discreet in their public statements, Gen. Allard has been known to let fly with pithy comments on matters affecting the armed forces.

"I don't give a damn," he said in what may have been

his most famous utterance, April 26, 1969. "You tell the university professors they are not going to destroy Canada."

The occasion was an interview at London, Ont., where he had gone to inspect military installations. The object of his ire was a long parade of university professors who had gone before a House of Commons committee to call for a reassessment of Canada's place in NATO and NORAD.

The general's salty remark attracted enough attention to provoke an Opposition question in the Commons.

FIRST FROM QUEBEC

Gen. Allard is the first French-Canadian ever named to the top military post in Canada.

Born June 12, 1913, in Ste. Monique, Que., he began his career in 1933 when he was commissioned in the militia. During the Second World War he commanded the Royal 22nd Regiment in Italy and the 6th Canadian Infantry Brigade Group in The Netherlands.

From 1945 to 1948 he was Canadian military attache in Moscow.

He commanded the Canadian infantry brigade in Korea for 14 months, and represented Canada at the signing of the Panmunjom truce in 1953.

His decorations include the Distinguished Service Order with two bars. He is a commander of the Order of the British Empire, holds The Netherlands' Bronze Lion and the French Chevalier de la Legion d'Honneur and the Croix de Guerre avec palme.

His Korean service earned him the Legion of Merit from President Eisenhower.

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periences; nouvelles recrues de française qui seront dans les Forces Armées. Si en effet, les gues - orienteurs - profes- les centres de recrute- ceptaient un trop grand de partisans de l'inde- du Québec, ce serait ère de torpiller le

la sympathie de l'opinion et de ceux qui forment publique, surtout des quotidiens, de la Radio

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Restigouche conversions will cost \$50 million

OTTAWA (CFP) — Here's the plan for tendering through the department of supply and services for the remaining two ships in the Restigouche class modernizations.

In October of this year commercial shipyards across Canada capable of carrying out this work will be invited to tender on the last two of the four ship program. Interested yards will then view the ships in November.

Tenders will close on Jan. 21, 1970.

Conversion of the second of four Restigouche-class destroyer escorts will begin this summer at Esquimalt, B.C.

HMCS Gatineau will be taken in hand at the Esquimalt naval dockyard for extensive modernization designed to improve her anti-submarine warfare capability.

Contracts for conversion of two other ships of this class, HMCS Kootenay and HMCS Restigouche, will be awarded after tenders are called on a nationwide basis. Work on these ships will be carried out between May 1970 and October 1971.

Each of the three vessels will be fitted with variable depth sonar, a rocket assisted homing torpedo system and improved radar and electronic warfare equipment.

First ship of the class to be modernized, HMCS Terra Nova, has rejoined the Atlantic fleet after conversion at the Halifax naval dockyard.

As previously announced, the Department has allocated just under \$50 million for the four-ship program, which includes the cost of conversion and refit as well as the new equipment. The dockyard portion of Gatineau's conversion and refit will cost approximately \$3.3 million.

The modernization involves installation of a Canadian designed sonar system of variable depth (VDS) properties. The detection and fire control equipment are used to control an anti-submarine rocket tor-

pedo (ASROC) and a triple ASW mortar mount. A general purpose digital computer allows simultaneous tracking of multiple targets and instant reaction from both weapons.

New radar and electronic warfare equipment is included in the modernization and a redesigned mast to carry the various antennae, among other improvements.

Restructuring the hull for placing of the ASROC and VDS adds eight feet to the hull for an overall length of 374 feet.

Vanishing food trick

NICOSIA, Cyprus (CFP) — This is not a Ripley's "Believe-it-or-Not" column, however, it could be.

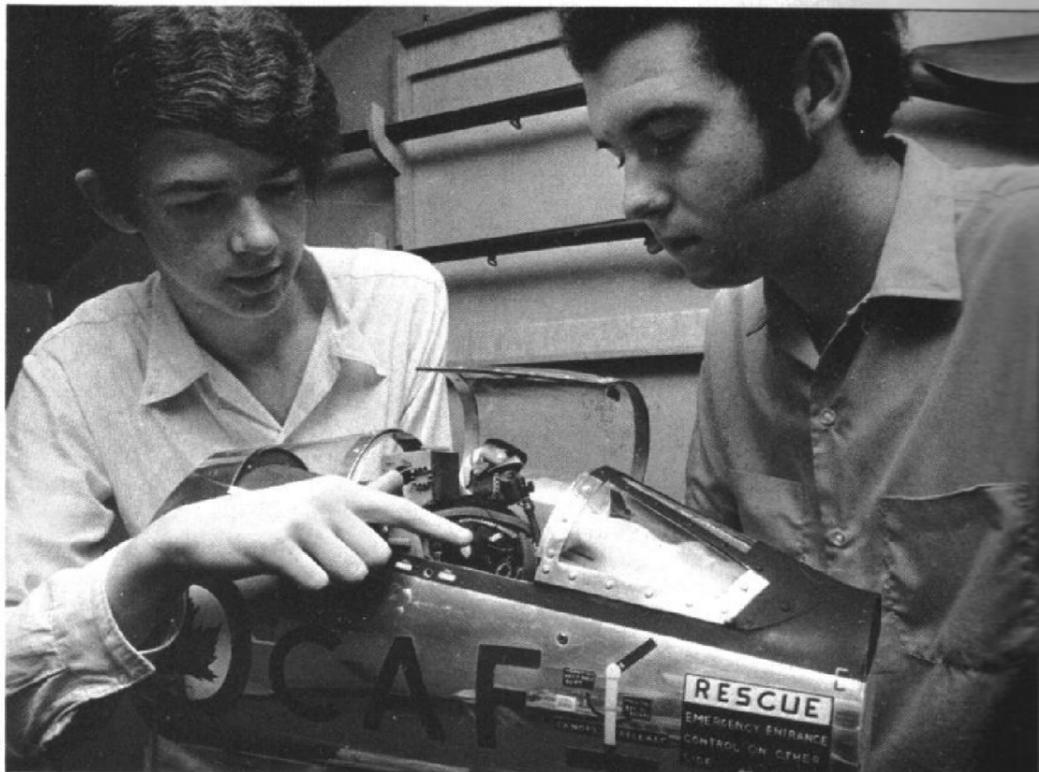
For example, would you believe Canadians serving in Cyprus could devour 34,500 eggs in a month or, despite the fact few are of Irish descent, they go through about 16,800 pounds of potatoes in 30 days? If you would like another statistic, just for good measure, they eat close to 13,000 pounds of bread a month.

Feeding such a large group, about 500 people, doesn't merely involve the preparation and serving of meals, it requires teamwork in the field of supply of bulk quantities and distribution to the various Canadian messes and the 2nd Battalion, Royal 22nd Regiment's observation company.

Roy Fox, a service corps warrant officer and senior cook for the Van Doos, made a seemingly dubious statement recently.

"We handle enough grub to cater to the needs of any of the largest hotels on the island."

Considering the amount of food eaten by the Canadians each month, maybe it's not much of an exaggeration after all.



Keen Teens Simulate Simulator. Stephen and Darryl Pajot became fascinated with the F-104 Flight Simulator located at Four Wing in Germany. Huddled around the family table, it was decided that Dad (Sgt. A. P. Pajot), would be in charge of the metal work while Mom did the sewing for the parachute pack and flying suit. Hours and days were spent in bending aluminum

and heating and moulding the plastic canopy. Next came the delicate meters and electrical system, and after three months their dream came true; a scaled model for the F-104 simulator seen during their European tour. Stephen, age 15, is still very eager to build jet engines; while Darryl, 18, plays rhythm guitar for a rock group known as the "Just Society."

(Photo by Hoover)

Goodpaster visits Canadian brigade

SOEST, West Germany, (CFP) — The new boss of allied forces in Europe, Gen. Andrew J. Goodpaster dropped in on Canada's NATO brigade headquarters early in August.

It was a brief, one-day visit but the howitzers of the formation's artillery regiment, a 50-man guard of honour from 2nd Battalion, The Royal Canadian Regiment under command of Capt. W. J. Aitchison, and the 2nd Battalion's Corps of Drums hailed the chief's arrival.

On hand to greet the general as he stepped from his helicopter was Brig-Gen. J. C. Gardner the brigade commander. Briefings and discussions followed at brigade headquarters in Fort Henry.

The 54-year-old military engineer said that he hoped to visit the brigade during fall manoeuvres when he would have more time to meet and talk with the troops.

Gen. Goodpaster became supreme commander allied forces Europe July 1 of this year after a stint as deputy commander of United States forces in Vietnam. He served as an adviser to the late Presidents Eisenhower and Kennedy, former President Johnson and President Nixon.

His Second World War exploits as an engineer battalion commander in North Africa and Italy earned him the Distinguished Cross and the Silver Star.

Brit soldiers to have MATE

LONDON (CFP) — British Aircraft Corporation, in conjunction with Ferranti Ltd., has been awarded a contract by Britain's ministry of technology for a project study on multi-system automatic test equipment (MATE).

MATE will be a mobile field automatic test equipment for use by electrical and mechanical engineers. Designed for service during the '70s it will ease the increasingly complex and sophisticated problems of test and fault diagnosis in army equipment.

Automatic test equipment, designed and built by BAC's guided weapons division at Stevenage, already is in use in the fields of aviation, avionics, electronics and space. It provides a speedy and accurate test and fault diagnosing service and allows lower skill levels to be used.

**GIVE BLOOD
DRILL HALL
THURSDAY
EXCEPT NOON**



Last cadet course. Course members of long range navigation course 6805A are Lt. A. Oostengrug, Lt. G. Balodis, Lt. J. A. Molloy, Lt. R. J. Lamothe, Gen-

eral J. V. Allard, Chief of the Defence Staff, Col. W. A. Hockney, Base Commander, Lt. B. L. Jossul, Lt. R. E. Alp, Lt. J. M. McCutcheon, Lt. W. F. G. Koch. (Base Photo)

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Sug



Col. W. A. Hockney for suggesting that a for Dakota Aircraft MWO Boyd retired

CAF h

OTTAWA (CFP) — the American superintendent hattan tries the northw sage later this summer have plenty of help fr ada.

The federal transport ment is providing a su icebreaker, CCGS John donald and, for ice re sance a special DC-4 by by a DC-3. In addi are providing an ice service from Halifax.

DND ACTIVE

The defence depart two observers from



Saves life. Priv CFB Wininpeg unit officer, Major Cha of an unidentified Grand Beach, Lake the shouts of a wo in trouble in six shore. Pte. Hill e brought the boy to ministered. A mem eight months. Pte. sonnel Selection U

MR. BOYD share with the House Selling Reputation of



Suggestion award program pays off



Col. W. A. Hockney presents MWO C. Boyd with a \$50.00 award for suggesting that a supplementary inspection of the main oil screen for Dakota Aircraft be carried out between periodic inspections. MWO Boyd retired on May 30.



Lt. Col. H. R. Janes A/BCOMD presents Cpl. Bill Campaigne with a supplementary award for \$730.00 for suggesting a method of waterproofing electrical connectors on Sarah beacon personal equipment.

CAF helps to seek NW passage

OTTAWA (CFP) — When the American supertanker Manhattan tries the northwest passage later this summer she'll have plenty of help from Canada.

The federal transport department is providing a supporting icebreaker, CCGS John A. Macdonald and, for ice reconnaissance a special DC-4 backed up by a DC-3. In addition they are providing an ice forecasting service from Halifax.

command in the John A. Macdonald and transport command is providing a navigator for the U.S. Coast Guard Hercules on its ice rescue and support duties.

Two Tracker aircraft of VS-880 at Shearwater, N.S. are deploying to Cape Dyer, Resolute and possibly Inuvik for ice rescue duties, bringing DOT ice observers with them. ATC Hercules flights will support the Trackers.

Operation Manhattan has been launched by three major U.S. oil concerns to see if super-tankers can bring oil from a rich find in Alaska (and perhaps later from other huge finds in the Canadian Arctic) to the U.S. Atlantic seaboard. If successful, one firm has said it will have six 250,000-ton tankers built just for this work.

At 150,000 deadweight tons, the Manhattan since 1962 has been the largest merchantman flying the U.S. flag. She has been fitted with a special icebreaker bow developed by the Massachusetts Institute of Technology and a girdle of sheet steel to protect other parts of her hull. The tanker draws 52 feet.

If the tanker has difficulty on her voyage to Prudhoe Bay on the north Alaskan coast, she will not attempt a return passage but will try to break out into the Pacific ocean and make a U.S. western seaboard port. If all goes well, she will go back through the passage and reach New York sometime late in the fall.

HIGH ROAD

A northwest passage to the rich East Indies was an obsession with explorers for centuries.

Sir John Franklin's ill-fated third expedition of 1845 sparked no less than 40 rescue parties and an enormous fund of knowledge of Canada's high northlands was thus quickly gathered.

But not until Amundsen's voyage of 1903-06 in his little Gjoa was a northwest passage actually negotiated, although relics of the last Franklin expedition indicated he had discovered that a passage was indeed likely.

The RCMP Schooner St. Roch, under then Sgt. Henry Larsen, made several passages — both ways — in the 40s. But it wasn't until the navy's Labrador went east to west in 1954 and then circumnavigated the entire North American continent and her later explorations of the high Arctic that its possibilities as a commercial route finally crystallized.

WAY SHOWN

The Manhattan leaves Philadelphia later in August and will try the route which is just below the Queen Elizabeth Archipelago. HMCS Labrador, when an RCN Arctic patrol ship, became the first ship of any appreciable size to conquer the northwest passage using much the same route. In three subsequent Arctic voyages for the RCN she discovered another route further south also with commercial possibilities.

The Labrador's captain on the latter voyages, Captain Thomas C. Pullen, RCN, Ret'd., will be Canada's principal observer in the Manhattan.

DND ACTIVE

The defence department has two observers from maritime



Saves life. Private Kenneth D. Hill, 17, a clerk at a CFB Winnipeg unit, is congratulated by his commanding officer, Major Charles A. MacLean, for saving the life of an unidentified four-year old boy from drowning at Grand Beach, Lake Winnipeg. Pte. Hill was alerted by the shouts of a woman, a non-swimmer, whose son was in trouble in six feet of water, about 15 yards from shore. Pte. Hill entered the water fully clothed and brought the boy to shore where resuscitation was administered. A member of the Armed Forces for the past eight months, Pte. Hill is with the Winnipeg-based Personnel Selection Unit. (CF Photo)

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(Photo by Hoover)

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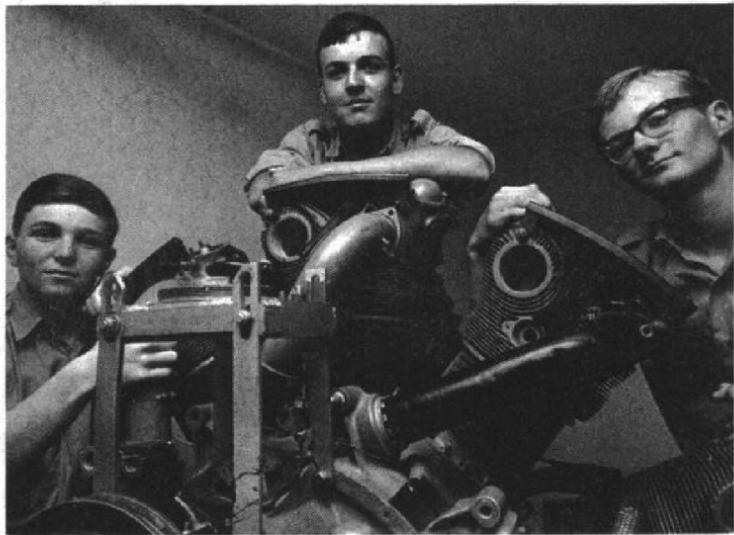
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Otter engine is now familiar for Peter Van Schan (Toronto), Yves Ferland (Montreal) and Kim Nightingale (Edmonton) who graduate August 22 from the Air Reserve Training School.

(Photo by Hoover)

ARTS graduation planned for 22 Aug.

On August 23 CFB Winnipeg will lose 90 personnel. They're off to civie street and jobs or school.

No, it's not a loss for the Canadian Armed Forces but a gain, an investment. They are all members of the Air Reserve here for the summer at the Air Reserve Training School (ARTS). A staff of 21 teachers and administrators the students in the seven week course. ARTS Commandant Maj. J. A. Zuzanski, a Winnipeg teacher, is more than happy with the over 90% pass rate.

Sixty of the students are taking the aviation technician course. This is a reserve trade which encompasses many regular force trades including; aeroengine, airframe, instru-

ments, electrical, safety equipment and telecom. Although vast in scope the reserve structure only includes groups one and two. At the end of the summer ARTS students will write their group one trade exams.

When they report to their home squadrons in September the students will learn to apply the theory they have learned. Each of the squadrons in Montreal, Toronto, Winnipeg and Edmonton has approximately five Otter aircraft. The reserve aviation technicians are responsible for the first line maintenance on their aircraft.

A graduation parade will be held on August 22. Presenting graduation diplomas will be Brig. Gen. St. John, Commander of 10 Tactical Air Group.

Then the next day staff and students alike will be winging their way home after having given up their summer holidays to devote time to the Air Reserve.



Cdre. D. S. Boyle

Naval NATO assignment for Boyle

A Canadian officer, Commodore Douglas S. Boyle, 45, Victoria, B.C. and Ottawa, has been named to command NATO's Standing Naval Force Atlantic in 1970.

The multi-national force, which operates under the overall command of NATO's Supreme Allied Commander Atlantic, Admiral Ephraim P. Holmes, U.S. Navy, is composed of member countries which normally operate their naval forces in the Atlantic. The force commander and ships assigned to the force rotate each year among contributing nations.

Commodore Boyle assumes command of the force in January and will employ as his flagship Canadian destroyers assigned to the squadron on a rotational basis by the commander of Canada's Maritime Command.

The squadron operates independently or with other NATO sea and maritime air forces in European and North American waters

Personnel deputy now a civilian

Charles S. Lafontaine has been appointed to the new post of Deputy Chief of Personnel (civilian) under the Chief of Personnel at Canadian Forces Headquarters.

The appointment is in line with reorganization of Department of National Defence civilian management which includes transfer of day-to-day operational aspects of civilian personnel from the Deputy Minister's staff to the Chief of Personnel.

No 1968 aviation award

There will be no award of the Trans-Canada (McKee) trophy this year. The Hon. Léo Cadieux, Minister of National Defence, and trustee of the trophy, acting on the advice of a joint civilian and military committee, has decided that none of the ten nominations received for the year 1968 fulfilled the conditions of the award.

Donated in 1927 by the late J. Dalzell McKee, the trophy is regarded as Canada's top aviation award.

The last winner, for 1967, was Lt.-Col. R. A. White of the Canadian Armed Forces who established the Canadian absolute altitude record of 100,110

feet while flying a modified CF-104 late that year.

The decision to make no award for 1968 is in keeping with the conditions of the award which state "The award should be made only in those years in which the award committee agrees the contribution of the nominees is deemed worthy of such recognition".

Alsask adds one to one

ALSASK, Sask. (CFP) — Corporal Ken Griffith turned the first sod July 15 for a station exchange-grocery-hobby shop complex being built at this forces station.

Overseeing the ceremony were the commanding officer, Lt.-Col. Russ Barber; the construction engineering officer, Captain Cliff Williams, and the project manager, CWO Bill Brecknell.

CPL Griffith was named the outstanding serviceman on the unit in June of this year.

The Butler building project will bring to the unit much needed outlets for groceries and hard goods as well as a beneficial hobby shop area.

Much of the construction labour will be provided by service personnel during off duty hours.

This is the second voluntary undertaking at Alsask in the last 18 months. Last year an indoor swimming pool was completed in a similar manner using self-help and a loan from the Canadian forces central fund.

One and one make two or, in another way, better living by servicemen and their dependents through their united efforts coupled with the assistance of personnel support programs.



At DRB helm — Heading the scientific arm of the defence department are recently appointed chairman, Dr. L. J. L'Heureux (left) and the new vice-chairman of the defence research board, Dr. Harry Sheffer.

(CFP)

NEW COUPLE DESTINED TO BE FAMOUS

Think of all the couples who have been famous in history — Adam and Eve, Anthony and Cleopatra, Romeo and Juliet, Arthur and Guinevere, Lancelot and Guinevere, Robert Browning and Elizabeth Barrett . . .

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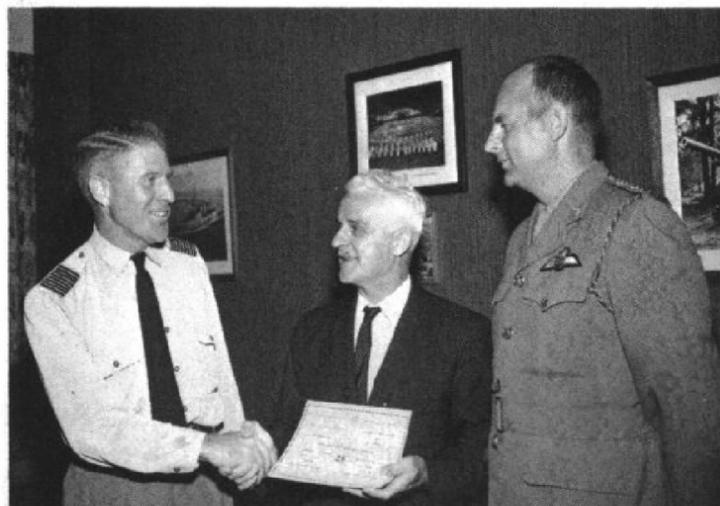
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Col. W. A. Hockney presents Mr. Francis McCallum with a 25 year service certificate and pin. Mr. McCallum served with the Canadian Army during WW II and then joined the reserve after the war. He was discharged with the rank of Sergeant in May 1962. He commenced employment with 10 Coy RCEME as a clerk I in 1961 rising to clerk 3 in 1963. Mr. McCallum was reassigned to the accounts staff in March 1968. Looking on is Capt. D. E. Hargest, Base Comptroller.

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CAF links Jamaica, Wainwright

The Communication Research Centre (CRC) at Shirley Bay, Ottawa, and elements of the Canadian Armed Forces will continue to participate in a NATO research program which has resulted in a number of Canadian communication firsts over the past year.

The signing of a Memorandum of Understanding sponsoring extension of the NATO research and development program in tactical satellite communications (TACSATCOM) was announced recently by the nine participants: Belgium, Canada, Federal Republic of Germany, Italy, The Netherlands, Norway, United Kingdom, United States and the SHAPE Technical Centre.

This latest phase is a cooperative test program using Lincoln Experimental Satellite (LES-6), launched from Cape Kennedy in September 1968, and a network of small tactical satellite communication terminals built and operated by the program participants.

During the past year, using the original LES-5 satellite, the Canadian Forces flew terminals into Resolute Bay and established the best communications ever from the Canadian Arctic. Terminals were set up in sub-zero weather at Wainwright, Alta. and in the tropical forests of Jamaica with good communication via satellite back to Ottawa.

CRC, using an airborne terminal, conducted a long range flight test to Churchill, Man. For the first time in Canada, voice communication was set up from the aircraft through the satellite back to Ottawa.

CRC operates three terminals — one truck mounted, one fixed terminal at Shirley Bay, and one airborne mounted in a Canadian Forces Dakota based at the Aerospace Engineering Test Establishment, Ottawa.

The Canadian Forces have two satellite communications terminals, both mounted on three-quarter ton trucks.

The initial NATO TACSATCOM Program was formalized by a Memorandum of Understanding signed in November 1967. This effort uses Lincoln

Experimental Satellite LES-5 with small ground-based, sea-borne and airborne terminals, built by each of the participants, plus truck-mounted shelter terminals fabricated in the United States for Belgium, Canada and Italy. Since that time, the NATO members have been conducting cooperative tests to evaluate the concept of tactical satellite communications as a dependable tool on the NATO environment. Based on test plans prepared

jointly by the NATO group, the many scientific aspects of such communications are being studied to confirm technical and operational feasibility. The success of the LES-5 tests and the mutually beneficial results led directly to the interest in further cooperative experimentation. It is hoped that the complete evaluation program will lead to the definition of a system that could be used to satisfy certain of NATO's tactical communications needs.



Second World War P-40.

Guns fully armed in wreck found in sea

HALIFAX (CFP) — The fleet diving school here pulled a Curtiss P-40 Kittyhawk from the waters of Bedford Basin this summer but its story is as murky as the water in which it lay for more than a quarter century.

Divers from the tender Granby discovered the wreckage of the famous second world war fighter during an underwater exercise in the basin.

A number, 406 33E-A Serial B 057 A (Diamond) A was read off the recovered wreck's Allison V-1710 engine. That was a confounding clue, it turned out.

FLYING TIGER

The CFHQ historians believe the P-40 is Kittyhawk AK-791 of RCAF 118 squadron based on Dartmouth, N.S. during the early years of the second world war.

The Kittyhawk was developed from the earlier Tomahawk but with a more powerful engine. It entered RCAF service late in 1941 for home defence squadrons and an RCAF wing in the Aleutians. It was designed to do 345 mph.

The wreck the divers found had its guns fully armed and the historians figure the tragedy began this way.

On March 19, 1942, AK-791 piloted by F/Sgt. Glen H. Isralson, took off from Dart-

mouth air base on a practice firing mission. He entered cloud at 7,000 feet and ran into a snow storm. Radio contact was lost and the Kittyhawk was believed to have ditched in the basin five miles from the air base.

F/Sgt. Isralson's body was found but the aircraft was never recovered. Whether it was even located is open to question.

Puzzle solved? Not quite. The engine number the historians have on record is 3890/206-106. Was the number the divers found used to identify a part, rather than the whole engine?

Forces information officials wrote Allison division of General Motors in Indianapolis for help.

Allison could furnish no concrete proof. Neither can the various technical files at CFHQ or at Shearwater, which is what Dartmouth air base became in 1948.

While the fate of 791 remains a bit murky despite recovery of wreckage circumstantially linked, a few facts about pilot Isralson were found in war service records at Ottawa.

He was 21 years old, born in Hanley, Sask., and had gone to normal school in Saskatoon before joining the RCAF.

Second World War P-40 flown by U.S., Canada and other allies. (CFP)



Lt. Col. H. R. Janes presents the Fire Prevention Trophy to Naval Reserve Unit Chippawa CO Cmdr. T. S. Durham. The trophy is presented quarterly to fire hazard free units or sections showing outstanding fire hazard control.

(Base Photo)

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Rare blood often needed

Until a few years ago Dale, a 15 year old Portage la Prairie boy spent several sessions of two to three weeks each year in hospital.

He could not play any of the games that children delight in because even a slight injury could set up severe hemorrhaging. Today, with a daily injection of a blood component called cryoprecipitate, Dale lives almost a completely normal life.

The cryoprecipitate is processed from whole blood and Dale needs 363 units to be collected for him alone each year. Measured against the difference that has been made to this child's life, the effort involved in keeping him supplied does not seem very great.

There are not many hemophiliacs in Manitoba, but most of them are children and their lives have been sad indeed. They have been forced to play the role of perpetual spectators at all youthful activities and forced into a state of constant anxiety about their health. Today, the picture has vastly improved

with cryoprecipitate enabling them to live more normal lives with an expanded life span.

Surgery presents a major problem to hemophiliacs and recently the Red Cross supplied a 35 year old father with over 300 units of this blood component, and his doctor reports that he has made a wonderful recovery.

A young mother with a rare blood condition received 45 units of cryoprecipitate and 67 units of blood after childbirth. She is now home looking after her two fine sons.

These are just three examples of what this particular blood component has meant in the life of three Manitobans and there are many, many more. It cannot be processed unless someone cares enough to donate their blood. Your opportunity will be here on Thursday, August 21, when the Red Cross will be operating a blood donor clinic at the Old Drill Hall. The hours are from 9 a.m. to 12 noon and 1.30 p.m. to 4 p.m.

Blood questions give answers

What is the Canadian Red Cross Blood Transfusion Service?

It is a service operated by the Canadian Red Cross Society to supply whole blood and blood products FREE OF CHARGE to any patient in any hospital in the area served. All blood is the gift of volunteer donors. Blood cannot be manufactured. It must come from people.

What does the free Blood Transfusion Service mean to me?

Whenever you, or a member of your family may be in hospital and needs blood or blood products, you will receive these FREE OF CHARGE.

What happens if I need transfusions in the U.S.A.?

Have your doctor notify your local Red Cross in Canada and arrangements will be made to replace the amount of blood necessary at no charge to you.

What happened before this free Red Cross service?

The patient paid approximately \$25 for each transfusion or frantically appealed to friends or the public for donors to replace two bottle for everyone received.

How are whole blood and blood products used?

To control hemorrhage — to combat shock — to speed recovery — to prepare patients for surgery — to save infants born with heart or blood defects — to assist burn victims through a long convalescence — to help mothers in childbirth — to assist victims of accidents and other emergencies.

Why should I be a donor?

If everyone gives there will be an ample supply of blood when you, or a member of your family needs it.

How many donations are needed to maintain the service?

An average of one bottle of blood must be collected every 15 seconds of every working day to maintain an adequate supply of whole blood and blood products. More than 800,000 bottles will be required for transfusion therapy for patients in Canadian hospitals during the year.

Is donating blood painful?

No. There is no discomfort experienced in giving blood donations. Every phase of the programme is under professional supervision. Specially trained nurses will take your donation.



"Stick with Kiddie's Korner Baby," says Vernon Davis "and you will go places."

(Photo by Hoover)



Fire prevention triumvirate. Joining hands are Fire Chief Miguez (St. James - Assiniboia), Col. W. A. Hockney, and Fire Chief Grykuliak (Department of Transport) showing the close cooperation which exists between the three departments.

(Base Photo)

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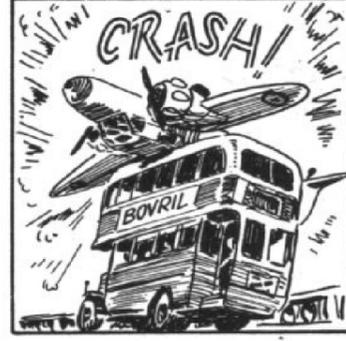
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what
 human
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FRIGHT'LY GOOD SHOW! All chaps in this strip guaranteed good types, went to a decent school, y'know *by G. G. G.*



The Roving I

"To one who has been long in the city pent, 'Tis very sweet to look into the fair And open face of heaven."

So begins one of the earliest sonnets by young John Keats, written "in the Fields, June 1816".

The days when Napoleon was on St. Helena and England at peace are long removed from our times, but I felt that the same impulse that stirred young John also stirred in me as I set out on leave for Canada's Lotus Land, Vancouver Island. I wondered fleetingly if "pent" were exactly the right word to describe life in the City of Winnipeg, but certainly the West Coast lay beneath the fair and open face of heaven. There I squandered in reckless idleness glorious sunlit days and cool nights. I'd like to report to former residents of Comox that the beaches are as inviting as ever, the sea warm and the oysters are abundant on the shore. It's my belief that the oyster doesn't know that July doesn't have an 'r' in it. I ate them raw, stewed, fried and barbecued. Lovely!

I know of no place in the world where the daily paper so meets the needs of the vacationer. Let the rest of Canada worry about labour unrest, student violence, separatism, inflation and the Armed Forces. The *Victorial Daily Colonist*, serene in its insular security west of the Rocks, carries on in the old tradition. Oh yes, it still has its concerns, but they're different. The *Coho* run is a bit light this year; it's time to break up your clumps of bearded iris; someone wants to open a nursing home near Government house. Truly the open face of heaven.

We barbecued a number of fresh salmon. I don't know what the recipe books say about this. I just blunder on in my own way. I cut the salmon in 12" pieces and split it down the back from the inside but leave the sides attached. Leave the bones in. I put these roughly foot-square pieces in the old-fashioned two-sided toasting racks. Oil the skin side and place over the coals skin down. I turn this frequently and baste lavishly on each turning with my own mixture. This is made by mixing equal portions of clarified butter and dry sauterne, finely chopped onion, salt, black pepper and rosemary. The rosemary is not for remembrance but I assure you, you will remember salmon done this way. One last thing — on the final turns, throw a couple of chopped garlic cloves on the coals. It scents the air of the patio in a most appetizing way and adds just a hint of flavour to our fish. How sweet it is.

Enough of leave and back to the harsh world of reality. And it's a bit harsher than we think or than it ought to be! Anyone who watched the late news August 12th and saw the pictures of naked, starving Biafran children had to be moved beyond tears. Surely something can be done to stop this most inhuman of inhumanities. I share a feeling with many, that to sit at ease before the TV, to see this and to do nothing, makes us guilty participants. Let us demand action from our government to protest through every channel. Let every newspaper throughout the land denounce our inaction and seek at the very least, to open a channel through which we, the common people, can give substantial assistance. If we can't stop the war, let's stop the words and feed these kids.

Flight Safety Officer is trained to save lives

(by Capt. E. I. Patrick — Flight Comment)

Change in the Canadian Forces brought about by continually improving resource utilization has resulted in a changing role for the FSO (Flight Safety Officer) and in his training . . .

The high accident rates of years back meant investigating serious accidents was a major part of the FSO's work. Nowadays, crash investigation is done by DFS investigators who receive special training for the work and another level of investigation is assigned to the FSO: coordinating the responses to minor accidents and incidents. This means that he is occupied with such problems as:

- Why did a part fail?
- What caused the fire-warning system to trigger falsely?
- Did the aircraft hydroplane off the runway or were the brakes not functioning properly?
- Did the pilot misjudge his landing from lack of training, or did he suffer from fatigue, or was there a white-out condition?

It is the answers to these questions that provide the preventive measures which preclude catastrophic accidents.

An understanding of man himself, the machine he operates, and the environment he works in, helps to condition his attitude toward potentially hazardous areas. By becoming familiar with the fundamental causes of accidents (most causes are of a recurring nature), a trained individual can detect trouble in the making. Thus, the training of flight safety officers involves a study of all three aspects: man, machine and environment.

The annual Canadian Forces FSO Course is sponsored by

the CFHQ Directorate of Flight Safety and is conducted by Training Command Flight Safety staff. Two weeks of a "total immersion" concept provides the maximum benefit for the minimum time. Candidates are normally pilots of major or captain rank who will be employed as FSOs on course completion.

Because of the scope of flight safety work, the first week of the course is exclusively the familiarization with the many background areas under study. Three major subjects which deal directly with the man/machine/environment/complex - accident prevention, aviation psychology, aircraft engineering - are handled by visiting lecturers from the University of Southern California's Aerospace Safety Division.

The accident prevention series deals with the historical build-up of accident data and how the interpretation of this data has led to universal concepts in prevention programming.

The aircraft engineering phase includes the aircraft structure and its limitations. Design concepts, maintenance practices, non-destructive testing are all touched upon in this broadening of the prospective FSO's knowledge. The medium in which the aircraft operates (referred to as the environment) is another important phase of being able to understand the total picture.

By the end of the first week, the course members have a good working knowledge of the basics required of any flight



Winnipeg BFSO Capt. Marv Nordman shows corrosion on Gooney Bird tail to Maj. M. F. Henderson, 440 Sqn. Operations Officer.

safety staffer. This leads naturally into the specifics — aviation medicine, life support equipment design and development — and such topics come within the purview of the FSO in one way or another. The effects of heat, cold, fatigue, boredom, drugs and disease all create stress — stress which when compounded with other factors can overwhelm a man and cause an accident. The clothing he wears and the equipment he handles all contribute to (or detract from) his capability to perform his mission successfully; after all, mission accomplishment is the end product.

Throughout the course, civilian and military guest speakers provide a cross-section of backgrounds from commercial aviation and from each of the Canadian Forces air environments. In this way, an appreciation of every type of flying operation is gained; also, the desperate need for greater communications among all flying organizations becomes readily apparent.

The practical aspects of flight safety work are handled

through a series of lectures, written exercises, mock occurrences and syndicate discussions. Active participation by the course members is encouraged throughout, for the work of the graduate FSO depends to a great degree on the initiative and interest of the individual, and on his capability to deal effectively with other people. Seminar-type classes encourage a give-and-take atmosphere because the "total immersion" principle requires maximum interchange of ideas and sharing of knowledge.

The course is predicated on the assumption that accidents can be prevented if someone somewhere with the training, the imagination and the foresight to recognize warning signs, comes up with a remedy before an accident occurs. That someone is the flight safety officer who has the training and the interest to monitor the whole operation for weaknesses and deficiencies, and who sponsors for his commander a systematic and aggressive program which should have the support of us all.

what size is MICRO FOD

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smallest dirt eye can see

white blood cell

aircraft filter

test stand filter

red blood cell

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says Vernon Davis

(Photo by Hoover)



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They die here, never knowing the world outside

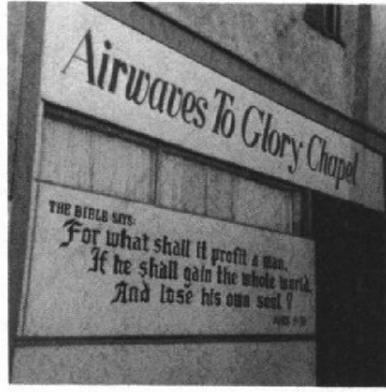
by Samantha J. Shirley

One of the worst slum areas in Canada is located in Vancouver, British Columbia. The sights one sees on Skid Row range from disgusting to sad to pitiful. It is a ghetto of human misery — a meeting-place for the poor, the lonely, and the desperate. The streets are dirty, the buildings old and run-down, and the people who exist here are hungry and often dressed in rags. A surprising number of them are youngsters, teen-agers and children who have grown up in an atmosphere of poverty and despair, who have never known the comforts of a soft bed and good food, of television and refrigerators, a clean cheerful school, or wholesome organized sport. Unemployment, drug addiction, alcoholism, and prostitution are accepted parts of their lives. They are born here, they grow up too fast here, and in most cases, they die here, never knowing the world outside.

Gruesome and hopeless as it may sound, there are a few people who care about these poor souls — who recognize them as fellow humans in need of kindness and help. Three of these who give of their time, energy and money to help the less fortunate are Kay J. Ginders, Margaret McLennan, and Evelyn C. Gaddis. With money from their own pockets, they rent an old building in the heart of the slums and use it as a centre for aiding both physically and spiritually anyone who is in need of food or an understanding person to talk to.

When I visited them, the "Sisters", (as they have their congregation address them) were in the process of painting and redecorating their building as best they could with their limited funds. They call it "Airwaves to Glory Chapel". Every evening they hold a prayer service, after which they serve a hot meal to those who attend.

"We serve nothing to our friends



that we would not eat ourselves," says Sister Kay, who is more or less in charge. "For many who come here, the meal we serve is their first one of the day."

The service is simple, usually about an hour in duration, and consists of prayers and hymns that cater to no specific denomination. On the wall are pictures depicting Bible stories, and up front is an organ which the Sisters play during the Service.

Asked if their work was not discouraging at times, Sister Kay replied, "These people are no less important than any other human beings. At times it is very discouraging, but this is a work of faith. It has to be. Sometimes faith is the only thing we have to go on."

It is heartening to know that there are still some of us in these troubled times who care about their fellow man — some who have the kindness and zeal to try to make a better life for those less fortunate than ourselves. Why can't more of us "put a little love in our hearts"?

Samantha J. Shirley

A tale of a tame chipmunk

by Hugh Halliday

Our garden this summer has a fair population of chipmunks, and these busy little creatures have a flair for becoming tame, especially when it is to their advantage. One little fellow, with a more colorful coat and extra personality, we named Chipper. If he is in sight of the door when I open it, he comes like a blue streak, uttering a string of high-pitched notes, as if shouting, "Don't close it, I'm coming!" Then there is only one way to get rid of him — fill his cheek-pouches with nut meats. When he can hold no more he is forced to go home.

Of course the other chipmunks in our garden would like to become tame too, but one really tame one is enough, especially when he is awaiting you at every turn, at every door and on every fence.

When I first encountered Chipper I thought he was just another of his kind, and I threw him a few pieces of peanut. But an hour later, when I opened the front door, he was on the doorstep. Leaving the door open I went to get him a piece of walnut, but he followed me into the kitchen, and soon had discovered my supplies. Then out the door and around the house he went, and when I saw him racing toward the back of the garden I felt relieved that I was through with him. But no, he was soon back again and he quickly learned that our house had three doors and if one didn't open he tried another.

When I refused to let him in he decided to try his wiles on

the Lindsells next door. Mrs. Lindsell wasn't expecting a visitor, and she neglected to use caution in closing the door; but a good healthy squeak saved Chipper from being cut in half.

Usually he is all business; indeed he is one of the best salesmen I know, for by his personality he will persuade you to part with your very last nut. When I see him coming I'll often reach into my pocket for a nut to throw to him, but just as often my pocket is empty even though I had just recently supplied it. Then he will sit on my shoulder in a sweet innocent attitude.

And there are times when he seems to want to just be friendly. He will run up the hoe or rake handle when I am gardening, and sit on my hand. Also he discerns between strangers and old acquaintances. When the postman came to the front gate, Chipper crouched for two or three seconds, and then scurried away.

Chipper is amazingly sharp-eyed and responsive to all the scents and sounds. After a gray squirrel buried a nut he went directly to the spot and dug it out. Though deep in his burrow he hears me coming along the path. The other day we missed him; he hadn't come around, and it was well into the afternoon. Then Mrs. Lindsell made a little extra noise in opening her door. Suddenly there was a string of squeaks, shouting in chipmunk language, "Don't close it, don't close it, I'm coming!"



Carpet buying is explained

by Consumers' Association of Canada

Carpet retailing is one of the most vicious sections of today's marketplace and a consumer must be "on his toes" every second when buying a carpet.

The purchase of a carpet is something that cannot be undertaken lightly, advises Consumers' Association of Canada.

The variety of brands, constructions, colors and fibres in carpets available today plus the varying widths, prices and confusing advertising all add to one's dilemma.

Because of the varying conditions of use and care in different homes, manufacturers are reluctant to set a minimum-life guarantee on their products. Carpets are made in varying grades to suit all requirements. This is once more a situation where the customer is best advised to rely on a knowledgeable salesman in a reliable store.

An experienced and conscientious salesman can be a great help to a customer in making a wise choice. However, not all carpet retail outlets have such salesmen and often, rather than lose a sale, a salesman will give the wrong advice, and knowing a customer's limited budget, will sell an unsuitable carpet. You will at least be partially protected if you shop at a reliable retail outlet; and you will have someone to talk to if future trouble occurs.

Selecting fibre for carpeting is a difficult decision. There is no single best fibre for all uses as each fibre has its advantages and disadvantages.

Three of the most widely used fibres are wool, nylon and acrylic but cotton, polyester, rayon and even paper are also used.

Wool is the oldest and most widely-used fibre for carpet. It is a long-wearing fibre with excellent texture retention qualities, resists soil, cleans well but stains are sometimes difficult to remove. The main drawback to wool carpet is that it fuzzes and lints, but the fuzzing rate drops off as the carpet grows older.

The Quiet Corner

Not until each loom is silent
And the shuttles cease to fly,
Will God unroll the pattern
And explain the reason why.
The dark threads are as needful
In the Weaver's skillful hand
As the threads of gold and silver
For the pattern which He planned.

From the Friendship Book of Frances Gay

"One hears much these days about happiness — so many folk are searching for it, trying to find it by demanding more

wages, by drowning their sorrows in drink, by dancing till they cannot keep on any longer, by singing weird songs or playing wild tunes or dressing in an outlandish way . . . always trying to find something that satisfies their longings, and robs life of its unkindness. But years ago, Abraham Lincoln said — in astonishingly few words — just this: 'Most folk are about as happy as they make up their minds to be'."

Helpful-Hints

— In order to make your garage doors stay open, cut two wooden sticks about one inch square and three feet long and attach with screw eyes to the door at the proper height. When the doors are opened these stakes drag, but when they attempt to close they catch in the ground. A nail at the proper distance is driven into the door so that the stick may be fastened out of the way when not needed.

— Home-made hand lotion: ½ ounce gum tragacanth, 4 oz. glycerine, 4 oz. cologne, 1 oz. tincture of benzoin (plain), juice of two lemons, and about 1½ quarts of soft water. Add the water to the gum, stand for 24 hours; add the other ingredients. Stir well. If too thick, add more soft water.

First-Aid Kit for Fido
Concentrated flea and tick solution to be mixed with water. All-purpose ointment for cuts, bruises, etc.

Eye-wash for possible irritation from weeds, etc.
Tweezers for thorns in feet, porcupine quills
A roll of three-inch bandage.
A snake-bite kit if you plan to be in areas where it may be needed.

A Wee Laugh

Wife at breakfast table to grumpy husband: "Look on the bright side. In 16 hours you'll be back in bed."

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bon appetit

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Lober Amantine

4 tbsps butter
3 tbsps flour
1 cup light cream
½ cup milk
½ cup beer

½ tsp salt
¼ tps pepper
2 egg yolks
2 cups cooked diced lobster
½ cup blanched almonds

Melt butter in saucepan. Stir in flour. Gradually add the cream, milk, and beer, stirring steadily to the boiling point. Simmer 5 mins. Lightly beat together salt, pepper, and egg yolks. Gradually add the sauce, stirring steadily to prevent curdling. Pour back into saucepan; add cooked diced lobster and almonds. Heat but do not let boil. Season to taste. Serve on buttered toast or in patty shells.

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Corporal's Cripples

As you probably really big things this H. . . . are YOU a

The Crippled Child 23rd is probably the year. Many of the raffled off at this d will all be donated to will having dancing of course excellent. As for the Monks much about it but I in to the Mess sonne a fun feature and is and put it on the goo are great!!

As for the rest of Sat., Aug. 23 — C Fri., Aug. 29 — Sat., Aug. 30 — B Skylarks

Fri., Sept., — T.O Sat., Sept., 6 — Fri. Sept. 12 — T Sat., Sept. 13 — P.S. If you want the Crippled Children 832-2358. Also, please NIGHTS BEGINNING

the

How passing str wonderful change — give you a brief on a conductor, composer who made German mous in America with ing versions of: U Deppeladler; Morger len and Auf Widerse with fantastic virt savoured in the one "B.V. SOUND".

Billy Vaughn was 12 Apr. 1919 in Glau tucky. Like Perry C commenced his ca barber, however, hi terest lie in his hobb WW-II gave him the to play in a small band. During his of military service h able to study musi velop as an arrange poser.

Finally released Army, he spent the years as a leader of aggregation playing and lounges. In 1951 "The Hilltoppers", ican Record Co., DC the group's first reco "P.S. I LOVE YOU en record mark was ly reached. After on with DOT, Billy was its musical director, and conducting for as Pat Boone, G Johnny Maddox, etc.

With the introduc New Sound of Music Billy Vaughn's own duced the all new Sound" with golden like: Sail Along Silv Blue Hawaii; Lapa Wheels. His Deuts "DOT Stereo" record Evergreens" is a cess.

Amazon

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Samantha J. Shirley

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Gradually add the ly to the boiling ther salt, pepper, e, stirring steadily epan; add cooked ot let boil. Season patty shells.



Corporal's Club



Crippled children's caper

As you probably noticed in the Entertainment list, the two really big things this month are the Crippled Children's Dance (Bob H. . . . are YOU a turtle???) and the Monkey Golf Tournament. The Crippled Children's Dance, to be held Saturday, August 23rd is probably the most worthwhile we, as a Mess, do each year. Many of the local merchants have donated articles to be raffled off at this dance so the proceeds from this and the door will all be donated to the Crippled Children's Hospital. The night will have dancing, food, door prize, spot dances, auction and of course excellent entertainment.

As for the Monkey Golf Tournament — I really don't know much about it but I would certainly suggest you get your name in to the Mess sonnest so as not to miss the boat. This is always a fun feature and is designed to take the pressure off the non-golfer and put it on the good golfer. If you are a non-golfer your chances are great!!

As for the rest of the month — here is how it stacks up!

- Sat., Aug. 23 — Crippled Children's Dance —
- Fri., Aug. 29 — Monkey Golf — Food — Prizes
- Sat., Aug. 30 — Back to School Dance — George Fields & The Skylarks

- Fri., Sept., — T.G.I.F. — Food
- Sat., Sept., 6 — Dance — The Impacts
- Fri. Sept. 12 — T.G.I.F. — Food
- Sat., Sept. 13 — Dance — Wine & Cheese — Vern Anthony

P.S. If you want to donate something to be raffled off for the Crippled Children please contact Terry Tooley at Local 404 or 832-2358. Also, please note — FOOD WILL BE LAID ON FRIDAY NIGHTS BEGINNING FRI., AUG. 29.

the new sound of music

BY AL GOLDING

How passing strange, this wonderful change — today we give you a brief on an American conductor, composer, arranger who made German music famous in America with his haunting versions of: Unter dem Deppeladler; Morgen; Lili Marleen and Auf Widerseh'n - played with fantastic virtuosity and savoured in the one and only "B.V. SOUND".

Billy Vaughn was born on 12 Apr. 1919 in Glasgow, Kentucky. Like Perry Como, Billy commenced his career as a barber, however, his main interest lie in his hobby — music. WW-II gave him the opportunity to play in a small after-duty band. During his four years of military service he was also able to study music and develop as an arranger and composer.

Finally released from the Army, he spent the next six years as a leader of a musical aggregation playing in clubs and lounges. In 1951 he founded "The Hilltoppers". The American Record Co., DOT released the group's first record and with "P.S. I LOVE YOU" the golden record mark was immediately reached. After only one year with DOT, Billy was appointed its musical director, arranging and conducting for such stars as Pat Boone, Gale Storm, Johnny Maddox, etc.

With the introduction of the New Sound of Music in Stereo — Billy Vaughn's own band produced the all new "B. V. Sound" with golden record hits like: Sail Along Silvery Moon; Blue Hawaii; Lapaloma and Wheels. His Deutsche Vogue "DOT Stereo" record "German Evergreens" is a great success.

Looking for music that truly offers a vital and thrilling sense of discovery? . . . then look for the "B. V. Sound" of LP's like: Alfie; Golden Gems; Golden Hits; Great Golden Hits; Golden Hits of Latin America; Golden Instrumentals; Golden Saxophones; Golden Waltzes; Music for Golden Hours; A Dozen Golden Hits; Melodies in Gold; Music for Dancing and Dreaming; Portrait in Music; Summer Place and a score of others.

Vivid, splendid book

Many thousands of Canadians (including the "retroactive" Canadians of the Old Colony) served in the Royal Navy in the world wars.

Here is a vivid book, Scapa Flow, written and compiled for them (and us) by Malcolm Brown and Patricia Meehan. They produced what must

VOXAIR BOOK REVIEW

have been a first-rate documentary film for the BBC on Scapa. Then, thank goodness, they wrote us a book about this famous, bleak anchorage of great fleets on the roof of the British Isles.

It's a splendid book, available from Longmans Canada Ltd., 55 Barber Greene Road, Don Mills, Ont., at \$9.25.

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Clear view by padres' padre



Dr. Edgar J. Bailey, chairman of chaplaincy committee of Canadian Council of Churches, left, calls on President Makarios in Cyprus.

NICOSIA, Cyprus (CFP) — "Romantic stories of Cyprus as an island of sunshine do not properly present a true picture of the ruggedness of its mountains, and inaccessibility of the many isolated outposts where Canadian troops serve the United Nations' peacekeeping force".

So says Reverend the Major Edgar J. Bailey, chairman of the chaplaincy committee of the Canadian Council of Churches.

Dr. Bailey arrived here July 1. He has visited the headquarters of the United Nations Force in Cyprus, the Canadian contingent at Camp Maple Leaf, and outpost soldiers of the 2nd Battalion, Royal 22nd Regiment in the Kyrenia mountains. He also visited President Makarios at the Presidential Palace in Nicosia.

DECORUM

"I am deeply impressed by the decorum of our soldiers and by their excellence as representatives of our country", Dr. Bailey stated, "and by their obvious appreciation of chaplains as persons, and to myself as a representative of the Canadian Council of Churches".

Top Canadian scout to see Europe troops

LAHR, West Germany (CFP) — Canada's deputy chief scout will visit forces scout and guide groups in Europe later this month.

J. B. Harvey, a retired RCAF air vice-marshal, will view scout activities in Soest, home of the 4th Canadian mechanized brigade group, then come to this base for conferences with air division commander. Major-Gen. Donald C. Laubman and chairman of the scout's Maple Leaf Region Lt.-Col. W. D. Stewart of Almonte, Ont. Canadian scout and guide organizations in Europe are grouped into the Maple Leaf Region.

During his Europe tour, August 12-29, the deputy chief will open the air division's scout and guide camp at Langenhard in West Germany's Black Forest. The camp is used by the air division's scout and guide formations.

Mrs. Kathlene Harvey, founder of the Canadian air ranger movement, will accompany her husband to the continent.

GIVE BLOOD THURSDAY

BASE BAND FORMING

Calling all brass, reed, and percussion players stationed at CFB Winnipeg.



Some band experience is necessary but not to a high professional standard, as

some coaching may be given. Instruments may be provided as required. Why not give Base band instructor Sgt. B. W. Hastings a call at local 774, or come in for a chat at building 24, office 4 upstairs over the snack bar. If you prefer it, ring him after duty hours at 334-4511.

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Sports 'N Things

with Russ Phillips

Many many people have asked me why it is I like to run so much. I try to explain it's not that I like to run, but more of a necessity created by a near tragedy. As most of you know, I was among other things, a top rated prize fighter. At one time I held wins over such notable ring specialists as John Diefenbaker, Tiny Tim and Phyllis Diller. Anyway, I had just finished decisioning Grandma Moses in 10, when my manager brought news of another fight he had for me. I was to go in against Bunny Lipton, a retired go-go dancer, in a few weeks. Well, that suited me just fine, and proceeded to go into my training routine. Come fight night I pranced confidently down the aisle and into the ring. Scarcely glancing at my opponent's corner, I busied myself getting ready for the oncoming conflict. Suddenly a mighty roar went up from the spectators, and what I saw coming into the opposite corner made my blood run cold. That bird brained, half witted, weak eyed manager had made the biggest mistake of my career. Instead of signing up Bunny Lipton, he had got SONNY LISTON!! At that instant the bell rang, and two things happened simultaneously. I retired from the ring and at the same time commenced my running career. To this day I still run a little faster when I hear a bell ring.

Around and about

Come the next issue, we hope to have the names of all our SPACE walk sponsors printed. Will anyone holding pledged money for this walk, please turn it over to Lois Carnegie or myself so we can finalize the program and put the money to good use.

Congratulations to the CFB Winnipeg Track team who represented us at the Zone 3 trials at Portage on Aug. 5th. Vic McLeod, who won the 100 yd. dash, plus distance men Dave Sproule and Bob Armstrong will be part of the Zone 3 team competing at CFB Uplands Sept. 12 and 13. Unfortunately Laurie Logan will not be competing because of a foot injury. This guy has got to be one of the best all around track men we have. He is a real threat at any distance from the 440 to 6 miles and the team could certainly use his talents at this time. **The big news** these days is the Sportsday to be held here on Sept. 6th. Capt. Don Breer is still looking to find an original name for this big hoop-de-do, so if you can come up with something good, call him at loc 537. Yours truly is the co-ordinator for the Teen dance to be held in the Tennis Court on that evening. Eldon McKiegan, President of the Westwin Teen Club and Wayne Hill, FOB Site President, together with their committees will do most of the planning and organizing. These young people are so competent at this sort of thing that I often wonder why they need an old geezer like me around at all.

Team Roster CFB Winnipeg Fastball Industrial League

Manager and Pitcher	Dick St. Louis
Coach and Pitcher	Brian Butler
Gord Heaton	Catcher
Russ Farrell	1st Base
Steve Onischuk	1st Base
Jack Stewart	2nd Base
Ross Caldwell	Centre Field and team Captain
Ed Regts	3rd or Short Stop and assistant Captain
Jerry Stunnick	Left Field
Ken MacDonald	Right Field
Paul Pettipas	Left Field
Garth Alders	2nd Base
Jim Holcek	Right Field
Garry Kirkham	Catcher
Ed Schalmé	Catcher
Jack McBride	Short Stop and Pitcher
Jim Levesque	Pitcher
Gus McKay	Pitcher

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Lacrosse teams set hot pace

5 Aug 69

The mighty St. James Greens were battered and bruised after sixty minutes of combat and suffered their first defeat of the season by Coach Hermann and his Pee Wee's by a 7-6 margin. Remarkable as one of the best games of the season the locals started strong and never faltered for their biggest victory of the year. Kevin Meers fired a long pass to Bruce Pounder at the 3:15 mark of the first to open the scoring. Bruce Gilmore made it 2-0 at the 9 min. mark and the Greens narrowed the gap 2-1 before the end of the first. Bruce Gilmore fired two more unassisted goals and with Murray Bannerman and Dan Thevenot adding singles the locals led 6-3 after two. The Greens who had never tasted defeat came on strong in the third and fired three unanswered goals to even the count. However, Bruce Gilmore who had a fine night, snared a loose ball at the 12:10 mark and made no mistake to give the jubilant locals the well earned win.

6 Aug 69

The hometown crowd rose from their seats, removed their hats as the bugler sounded the



Westwin Goalie — Murray Bannerman. Photo by Curry.

last post. The coach stared at the setting sun as his bantam team inched their way off the Kelvin battlefield dragging their weapons. As the bugler marched off the field the public address system announced the final score — Kelvin 21, Westwin 5. The coach barred the press from the dressing room after the game and left undetected with his troops for parts unknown to hold an immediate investigation. Bill Keech disturbed the Kelvin goalie for three goals while singles went to Bob Johnson and Brad Cunningham.

Why Worry About Bike Safety?

When I was a young man, I lived on a farm. One nice thing about this farm was that the traffic was very light. In the space of a week you might see as many as one car, two hayracks and an old stray cow passing our farm. Near our small farm was a small town, which only had heavy traffic on Saturday nights. Often on a particularly wild night you would be treated to the sight of two and sometimes three cars racing through this town at speeds up to 10 1/2 MPH. When I was a young man I owned a bicycle, and I don't have to tell you that traffic was no problem to me. As a result I probably had more fun bike riding than most kids do today. They're better riders, but I had more fun. Today's big city traffic does present a big problem to kids who have

no place to really get out and cut loose with their wheels. Everywhere they go they are out of their element. Sidewalks are taboo, the streets are heavy with vehicle traffic. So they must bear with it and do the best they can. Here are a few tips to the young cyclist which may help out.

1. Give pedestrians the right of way.
2. Ride at a safe distance from all motorized vehicles.
3. Make bicycle repairs off the road.
4. Learn to ride a bike well before you go on the road.
5. Watch for cars coming out of lanes and driveways.
6. Don't park your bicycle carelessly, or lie it on the ground. Someone may get hurt falling over it.
7. Don't make a right or left turn in front of moving cars.

DOWN THE MIDDLE — Capt. Don Cordukes of CFHQ won individual honours in first forces-wide golf competition at Base Uplands golf course July 23-25. Cordukes carded 147 over 36-hole event in which all nine zones had teams, making him only three over. Zone 4 (CFHQ, Uplands, Petawawa, Rockcliffe) won the championship based on how they placed in top seven scorers. Incidentally, Cordukes is shown giving the ball a blow on Uplands' fourth hole. (CFP)



LETTER TO EDITOR

Bust a gut for good 'Ole

by Dave Sproule

I was a member (one of three) of the CFB Winnipeg Track and Field Team that went to CFB Portage for the Zone III meet. The meet to me was an indication of how Track and Field has fallen into disrepute at least in this Zone. CFB Portage had the largest team of perhaps, 4 members, Shilo had 3 participants, Gimli 1 and from Winnipeg 3, my two other sweaty team mates Vic McLeod and Bob Armstrong plus Laurie Logan our trainer. Laurie would have participated had he not bruised his heel playing ball. If Portage had held the walking events Russ Phillips would have also been there. Russ will be going to Ottawa however for the Canadian Armed Forces meet in September. To cheer us on there were perhaps six spectators at the meet half of them being timers.

The team from Winnipeg got little support from anybody except the clerk who put the notice in DROs. There was no officer representing the Base or even a Recreation Specialist from Base Winnipeg at Portage. About the only support the team got during training was the use of a starting block for our lone sprinter Vic McLeod. We were told that there weren't any track suits available, but on investigating found sweat suits quite adequate to do the job in sports stores.

What I have related is indicative of the apathy that has taken hold of athletics (apart from golf and curling). Whatever happened to participation for its own sake — getting out there and trying one's best without fear of embarrassment or failure? Where have all the joggers gone? Puff, Puff.

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WINNIPEG TESTED



CFB Winnipeg strong, Capt.

In an effort to hosts CFB Portage perfect day, presented a track and all compete anyone show potential of the bases Shilo, and Portage a dozen or so track meet.

Those who this mini-meet the experience be of great for, and conditional Track Uplands 12-13



Sproule duel for 2 event.

With the sending long track the run with TCHQ finish of 10.9 sec. Vic intended Ottawa m

Out of t McLeod to Pte. Bedu ner of t year, and of the wa in the la past Lt. McLeod energy a step.

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EDITOR

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by Dave Sproule

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from Winnipeg got from anybody ex- who put the notice ere was no officer the Base or even a specialist from Base Portage. About the the team got during the use of a start- our lone sprinter We were told that t any track suits t on investigating suits quite adequate in sports stores. ve related is indica- pathy that has taken tics (apart from golf Whatever happened on for its own sake ut there and trying without fear of em- or failure? Where joggers gone? Puff.

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WINNIPEG TRACKMEN TESTED AT PORTAGE



CFB Winnipeg track reps left to right, Cpl. Bob Armstrong, Capt. Dave Sproule and Cpl. Vic McLeod.

In an effort to be the perfect hosts CFB Portage ordered up a perfect day, weatherwise, and presented a track ready for any and all competitors. But hardly anyone showed up. From a potential of thousands, Zone 3 bases Shilo, Gimli, Winnipeg, and Portage could muster but a dozen or so athletes for the track meet.

Those who participated made this mini-meet a success and the experience should prove to be of great value in training for, and competing in the National Track Meet to be held at Uplands 12-13 September.



Sproule and Hammond duel for 2nd place in 3 mile event.

With the early morning sun sending long shadows across the track the 100 yard dash was run with Cpl. Vic McLeod of TCHQ finishing first in a time of 10.9 seconds, a time which Vic intends improving for the Ottawa meet.

Out of the blocks at the gun McLeod took a good lead over Pte. Bedurftig of Portage, winner of this same event last year, and kept the lead most of the way. Bedurftig pulled up in the last few yards to push past Lt. Malcolm of Gimli but McLeod found a last source of energy and took the race by a step.

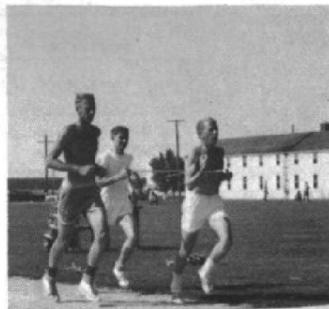
The highlight of the meet was the six-mile race, a true test of stamina and courage. Away at the starter's gun Cpl. Armstrong, Shilo, quickly sped into a half-lap lead and threatened to make it a one-man race, but the extremely fast pace proved to be too much, and after leading for laps he had to withdraw with severe stomach cramps.

The race settled into a pattern that was maintained till the closing laps. Capt. Dave Sproule, TCHQ, lead setting a

fairly good pace with Cpl. Bob Armstrong, CFB Wpg., a surprisingly strong second and Pte. Hammond, Portage, back a few yards in third. The moment of truth came in the second last lap when Hammond fell back a few paces to store up extra energy for the last lap, and his opposition failed to notice this. Had they done this they might have opened up enough to convince Hammond he did not have energy for a last lap sprint. But as they reached the end of the back stretch Hammond picked up the pace, sprinting past Armstrong and Sproule. Armstrong found extra strength and moved out in pursuit but Sproule, recovering from a temperature of 102 degrees the night before, could not overtake them and had to hang in for a close third. An exciting finish for Hammond, a satisfying effort for Armstrong, a heartbreaker for Sproule.

The 220 yard dash was taken by Lt. Malcolm of Gimli with a clocking of 24.3 seconds. At the turn Malcolm moved to the front, inches ahead of Portage's Bedurftig and closely trailed by McLeod of TCHQ, in the outside lane. Muscles straining the three pounded down to the finish line with Malcolm the winner in a near photo finish.

Prior to the lunch break the one-mile race was run, with only two contestants entered. Cpl. Corcoran of Shilo, fresh from a rigorous training schedule, opposing Winnipeg's Bob Armstrong, who had run the 6 mile a half hour before. Hammond of Portage had decided to sit this one out, in preparation for the 3 mile in the afternoon.



Armstrong, Hammond and Sproule in close 6 mile run.

(Photos by Logan)

Corcoran immediately took the lead and the race seemed

sure to be a foregone conclusion to the onlookers. But Bob Armstrong grimly hung on to push young Corcoran to his limit, finishing 7 seconds behind Corcoran's 5:48.

The final track event of the day was the grueling 3 mile run won decisively by Cpl. Corcoran of Shilo with a time of 19:54. Corcoran took an early lead closely followed by Capt. Sproule and Pte. Hammond. Bob Armstrong ran strongly for a lap then was hit with severe stomach pains and had to withdraw.

The race was made exciting by the duel for second place between Sproule and Hammond, who ran neck and neck till the last lap where once again the youngster's stamina enabled him to sprint ahead for a close finish over a game but physically beaten Sproule.

The times set in the various races did not meet the qualifying standards established as guidelines in CFSO's but with renewed vigorous training the Zone 3 athletes may reach Ottawa in a position to threaten other Armed Forces competitors.

It is the long-range dream of the track enthusiasts here at Base Winnipeg to create a year-round track team so that each summer this base might show the rest of the Zone what organization and dedication can do.

With this nucleus of fine runners as an inspiration those of us interested in track may now find the stimulus to exploit any hidden talents we might possess.

Ball Time Up For Grabs

BORDON, Ont. (CFP)—Softball teams from eight forces bases in Canada and Europe's Van Doo squad move in here Aug. 21 to decide the forces 1969 champion.

The week-long round robin tournament will see each team playing the other once.

It's the second forces national softball championship. Last year's winners, base Greenwood, N.S., didn't make it this year. They lost out to base Halifax in the zone eight playdowns.

Teams participating are bases Comox, B.C., (zone one); Cold Lake, Alta., (zone two); station Yorkton, Sask., (zone three); bases Rockcliffe, Ont., (zone four); Borden, Ont., (zone five); Bagotville, Que., (zone six); Chatham, N.B., (zone seven); Halifax, N.S., (zone eight), and 1st Battalion the Royal 22nd Regiment (zone nine — Europe).

In charge of the tournament is base physical education and recreation officer, Capt. C. C. (Pat) Patterson.

Rec Centre News

1. In recognizing the need for sports competitions above the unit and base level, the Annual Manitoba Bases/Stations Golf Tournament will be held at the Wasagaming Golf Course, Riding Mountain National Park (Clear Lake) on 13 and 14 Sept. 69.

2. Individual prizes will be presented and, although the competition will not lead to the national championship, a trophy and miniature will be awarded to the Base/Station with the 6 lowest aggregate scores for 36 holes recorded by serving Military personnel.

ELIGIBILITY

3. The tournament will be open to all serving personnel and permanent DND civilians at all Manitoba Bases and Stations. The Staffs at DTO, and Queen's Printer are also welcome. Retired servicemen and civilian gentlemen may be invited, but the approval of the committee will be required in each case.

4. ENTRY FORM, copy attached, is to be mailed to WO Gustafson. Prompt submission is suggested since there is a possibility that the tournament will be over subscribed. ENTRIES WILL BE ACCEPTED IN THE ORDER RECEIVED.

ENTRY FORM
ANNUAL MANITOBA BASES GOLF TOURNAMENT
(13 AND 14 SEP. 69)
CLEAR LAKE, MAN.

MAIL DIRECT TO:
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BASE RECREATION CENTRE
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WESTWIN, MAN.

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BASKETBALL COACHES COURSE:

A basketball coaches course will be held at CFS PER Borden 23 Sep. to 1 Oct. 69.

Personnel desirous of attending this course are requested to contact the Base Recreation Centre by the 20 Aug. 69.

Criteria for Candidates is:

- A. Must be physically fit
- B. Must possess knowledge of rules of Basketball and have demonstrated an aptitude for the sport.
- C. Must be prepared to participate in intensive drills.

Canuck Eagles In Bermadoo

DANIEL'S HEAD, Bermuda — CFB Bermuda has a golfing celebrity in Cpl. Jack MacPhee.

He is the only golfer to sink a hole-in-one at the Princess golf club's 12th hole. CWO Morley has also joined the elite by picking up his big one on the 15th at the Princess.

The news was carried in the latest Canadian forces supplementary radio system newsletter.

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This message provides information on the coming availability of life/disability insurance designed by servicemen vicemen.

During the past year a detailed analysis has been of the regular income Canadian Forces personnel dependants would in the event of a disability or death. Speaking in the case of dependants arising out of or connected with military service, the benefits of the Pension Act combined with the benefits of the Canada Superannuation Act and the Canada/Quebec Pension Plan (C/QPP) could provide a reasonable income. It is estimated that not more than ten percent of dependants suffered from peacetime a direct result of military service, when the benefits of the Pension Act are not a serious financial concern could result and in fill this gap, it was to design a special plan for servicemen.

The plan is called vicemen's Income Security Plan (ISIP) further action for implementation has been taken by the Minister of Defence and the Chief of the Defence Staff. Action being taken for final contract negotiations and implementation. The plan is designed to provide servicemen with a guaranteed income and/or dependants with a guaranteed income when they suffer disability or death. If a dependant is connected with military service, and in addition, the dependant's insurance is provided, as a vicemen's insurance plan. ISIP will be a non-public plan and reported by the members. It will