

# Postair

March 13, 1974

CANADIAN FORCES BASE, WINNIPEG

Vol. 23, No. 5



The combined forces of the Winnipeg Training Command Band and Calgary's Princess Patricia's Canadian Light Infantry Band together with the Winnipeg Philharmonic Choir presented a Salute to Winnipeg's centennial at the Centennial Concert Hall in Winnipeg on Wednesday (Feb. 27). Featured was the first public performance of a march entitled "Winnipeg 74" written especially for the Winnipeg Centennial by Sgt. Fred Greenwood of the

Training Command Band. Captains Terry Barnes and Calgary's Leonard Camplin took turns leading the combined group, and Stewart Thompson conducted the Choir. Manitoba's Lieutenant Governor J. McKeag, and military and civilian dignitaries were among the audience of 1600 attending the evening performance.

Canadian Forces Photo

## CANADIANS PARTICIPATE IN SAFE PASS

Ottawa—Eleven Canadian naval ships, including seven helicopter destroyers, two submarines, a supply vessel, auxiliary vessel, and four Argus aircraft will take part in Exercise Safe Pass March 5 - 13.

The combined NATO exercise in the Western Atlantic is the first multi-national NATO exercise off the east coast of North America since June, 1972.

The commander of the Canadian task group will be Capt. A. C. McMillin, Toronto. The Canadian component will include the supply ship HMCS Preserver, helicopter-destroyers, Skeena, Iroquois, Huron, Saguenay, Assiniboine, Annapolis and Nipigon, submarines Onondaga and

Okanagan and the auxiliary vessel Bluethroat.

The exercise force, under the command of NATO's commander ocean sub-area Atlantic, Vice-Admiral John G. Finneran, USN, who is also commander of the U.S. Second Fleet based in Norfolk, Va., will consist of about 15,000 men, 46 ships and eight aircraft squadrons based ashore and afloat.

Nations participating are Canada, West Germany, The Netherlands, the United Kingdom and the United States.

The exercise, part of NATO's continuing effort to bring navies of the alliance nations together for periodic multi-national training, will test the ability of NATO to protect naval task forces in the Atlantic from enemy surface, submarine and aircraft attack.

The total force will see mock enemy and friendly groups pitted against each other. The scenario unfolds along an ocean path beginning 300 nautical miles north of San Juan, Puerto Rico, and ending in the vicinity of Norfolk, Va.

Ships from each nation will exercise coordinated defence of the simulated convoy from submarines, surface ships, including high speed patrol craft, and aircraft playing the role of the enemy. However,

See Safe Pass

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## FAREWELL VISIT



OTTAWA — General Johannes Steinhoff, retiring chairman of NATO's military committee pays a farewell courtesy call on General J. A. Dextraze, chief of the Defence Staff at National Defence Headquarters, on Friday. Gen. Steinhoff, centre, flanked by Captain Donald Peterson, left, of the 2nd Regiment, Royal Canadian Horse Artillery, Petawawa, reviews the guard of honor in the main corridor of NDHQ. Following are Brig.-Gen. J.G. Mumford and Gen. Dextraze.

Canadian Forces Photo

## ARCTIC GEAR ASSESSED

Arnprior, Ont (CFP)—American Military officials have had their first look in three years at recent Canadian developments in Arctic survival equipment.

Fourteen military and civilian specialists from the U.S. joined 26 of their Canadian counterparts for a three-day cold-weather survival program here Feb. 26 - 28.

The conference was part of a continuing inter-action between Canadian and American scientific and professional staff in the development of operational clothing and combat equipment.

The Americans were particularly interested in recent Canadian developments relating to the Arctic and cold-weather environment, including a new proto-type short ski for use by airborne troops in cross-country skiing.

Apart from technical discussions on both countries material, the U.S. delegates had an opportunity to appraise Canadian equipment in a rugged two-mile trek to an Arctic tent group display. Delegates from both countries skied and snowshoed from the emergency measures college on Feb. 28 to a luncheon site in the field.

## PARACHUTISTS BEWARE

Information has been received from the Directorate Safety General NDHQ in regard to safety of commercial parachute harnesses.

Test results indicate a failure of cross connectors on commercial type reserve parachutes.

Any DND personnel who are members of private parachute clubs or possess commercial parachute equipment may contact the BGSO, local 609 for further technical details of the test results.

## DOTS and DASHES

Major M.A. Harvey, the Training Command Staff Officer - Regional Social Work Consultant, has submitted for publication a series of articles relating to the solution of problems often encountered in family relationships. The articles, written by Captain R.A. (Dick) Mullen, the Area Social Welfare Consultant at CFB Edmonton, relate to the husband, wife and children of the family unit. This should not, however, deter other members of the community who may not fall into this category at the present time from reading these articles. The situations described, or the points made are equally applicable to similar situations encountered every day by instructor/student, employer/employee, co-workers - probably everyone.

Those of our Voxair readers in the far-flung corners of the world will be pleased to hear that on arriving home from work one day last week I detected what must be the first signs that spring will soon be here. Oh joy! No, the crocuses are not in bloom, nor have the robins returned to Sunny Manitoba, but nevertheless there are encouraging signs.

First - a pussy willow on a tree in my backyard has burst its bud and, even more encouraging, my garage window was completely free of frost for the first time in four months. Our readers in the far North will

probably say - 'Man, you've really had it rough, but come up here for a while and see what winter is really all about' (thanks-but no thanks), while those in Europe, sunny Cyprus or Egypt will probably say 'Ha! rather you than me!' Those of us hearty souls out here in Winnipeg who have survived what must be one of nature's meanest tricks to manking, will agree that it's been a long COLD winter, possibly not as severe as some that have been experienced in these parts, but nevertheless still long and cold. You can't really blame us for grasping at any straw, can you?

As reported elsewhere in this issue of Voxair Cpl Jean Ste Marie, our Voxair Classified Ads Manager has retired from the Canadian Forces. Jean filled that position for the past two years, and is to be commended on a job well done.

Personnel wishing to place a classified ad in this paper are advised to first read the Classified Ad Rates as published in each issue of Voxair. The printed or typed ad, along with the required payment should then be placed in a sealed envelope and addressed to: Classified Ads, Voxair and left at CFTMPC (Bldg 52) or in the slot of the door to the Voxair office (Bldg 17) or, if you wish, it can be sent through the Base Central Registry.

## Letters to the editor

EDITOR VOXAIR

I think this an appropriate time to say thanks to the Scout and Cub Leaders in our Community for the work they have done with our youth over the Winter. These young, and not so young, men have given freely of their time and talents to attempt to deliver to our Community a generation of prepared, young citizens who are physically strong, mentally awake and morally straight. A youth's ideals and personal commitments are part of his development into maturity and manhood. A scout and cub learns the skill of living. He is tested on community living, conservation, camping, hiking, citizenship, swimming, first aid, communications, physical fitness, environment and family living. Last Sunday the leaders of the 51st Group and their scouts and cubs attended a Church parade at the Base Protestant Chapel and Our Lady of The Airways Chapel to commemorate their Founder's Birthday. At this occasion the boys proudly displayed their colors and participated in the various activities and ceremonies in the Base Chapels.

The Annual Parents and Son dinner was held in the Scout Building on the Base with visiting dignitaries from the Base, Provincial Headquarters and Bannatyne District being represented. Our Base Chaplains were represented by Capt J.I. Mills, Asst Base Chaplain (P).

The Leaders deserving a special thanks from our Community are Cpl. Ken WARNER, Scoutmaster, Mr. Mike MacDOUGALL, Assistant Scoutmaster. MWO Adriene DESBIENS, Cubmaster A Pack, Assistant Cubmasters Louis de Jaeger, Harold Guenther, Mike McSween, Debbie Smith, Douglas Martin and Lewis Martin. Cubmaster Fred GENEST, Cubmaster D Pack, Assistant Cubmasters George APPS, Robert LEBRUN and L GILSON.

Chairman of the Group Sgt Maurice ROADLEY deserves a special vote of thanks for his good work in running a very successful group; this has involved a lot of hard work and hours of his time over the winter.

Assistant Cubmasters are still required to assist with D Pack which meets from 6:30 to 8:30 Tuesday evenings. Sgt Fred GENEST has been posted to Shilo and leaves his pack in the hands of ACM Robert LEBRUN and George APPS. They need extra help and leaders to take the Cub Pack to Cub Camp this summer. Please call Sgt Maurice ROADLEY at 888-6400 or 832-1311 Loc 406 or CWO Jim JAMIESON at 888-8063 or 832-1311 Loc 470, if you can help.

Yours very truly,  
J. E. Jamieson, Secretary  
51st Group Boy Scouts of Canada  
Westwin, Manitoba

733  
comm  
-ent

The following article has been extracted from the Base newspaper of CFB Ottawa, "The Falcon." This article may be of interest to the readers of VOXAIR who have queried the significance of the organization represented by the crest with the blue lightning strikes and red maple leaves.

On CFB Winnipeg, Communication Command is represented by 73 Communication Group Headquarters, 733 Communication Squadron and 735 Reserve Communication Squadron.

### COMMUNICATIONS COMMAND COMES OF AGE

by Corporal Robert Russ

Communication Command marked another phase of its maturity on January 1 this year when its Commander, Colonel Lewis H. Wylie, was promoted to the General Staff. Brigadier-General Wylie will remain as Commander.

Canadian Forces communication Command (CFCC) was, until Jan 1, the only command of the Canadian Forces not directed by a general officer, and even with the addition of the 350 civilian and military personnel of the Computer Centre at Tunney's Pasture, remains, at once the smallest and the largest command in the Canadian Forces. At 4250 personnel it trails Training Command for weight of numbers and with regular force communication detachments, facilities or squadrons on every military base or station from Holberg to St. John's, it out-distances even Mobile Command in units of responsibility.

As commands go, Communication Command is just a youngster. In very first example of putting integration into practice in the Canadian Forces, all of the communication entities of the military joined together in 1964 to form a common communication operation. With Group Captain D.B. Biggs at its head, it was named the Canadian Forces Communication System and, just as CF Europe, Northern Region HQ and Canadian Forces Supplementary Radio System operate today, worked with a command structure. In what we can probably term the second phase of maturity, the system became a command in name as well as in operation in 1970 when, as a Colonel, the present commander, took the reins.

The role description for Communication Command is simply to provide strategic communication to the Canadian Forces and Emergency Government. In the accomplishment of that role, the command headquarters works to 5 group headquarters which are situated in Vancouver, Winnipeg, Trenton, St. Hubert and Halifax, and which are each responsible for the control of communication squadrons. The squadrons in turn, administer the various detachments and facilities on the bases and stations. While CFCC is involved in tactical communications to some extent it is recognized to a larger degree for its involvement in strategic areas.

For example, the message

See Comment  
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## Chloe in the Afternoon

A French language movie "Chloe in the Afternoon" will be shown in the Base Theatre on Tuesday evening 19 Mar 74, at regular prices.

"Chloe in the Afternoon", although a French language movie, has English sub-titles and is rated as a Mature film. It will be available in the Winnipeg distributors' office enroute to a showing in Saskatchewan, so the Base decided to show the film in

place of the regularly scheduled movie "Slaughters' Big Rip-Off", to see what the response would be.

Information on this film is as follows:

Type: Drama; produced in 1972 by: Pierre Cottrell; directed by: Eric Rohmer; Stars: Bernard Verley, Francoise Verley, Zouzou; plot: a young man's marriage is threatened by a platonic friendship with another woman.

Sir:

The St. James-Assiniboia Jaycees, a young men's organization, is offering self-development, fellowship, numerous individual development courses, countless development projects, etc.

One of the more recent projects undertaken by St. James-Assiniboia Jaycees, is the development of a community sports park. The local organization numbers some 50 young men interested in improving themselves and the community in which they live.

At present, the organization has no members from the Armed Forces and is keenly interested

in changing that situation. The Jaycees feel confident that the young men in the military would gain the knowledge and experience necessary to assist in more rapid advancement in their individual careers.

The organization is open to men under 40 and meets two evenings monthly.

Members of the Armed Forces interested in acquiring further information on the St. James-Assiniboia Jaycees, are urged to contact Russ Beirnes at 943-8425 or 832-1942.

Yours Truly,  
RUSS BEIRNES  
VICE-PRESIDENT-  
MEMBERSHIP

## IT'S A MIRACLE

How is a 260-lb bulldozer driver like a 109-lb college co-ed? If you expect the answer to be a joke, it isn't. It's a miracle.

Both can be blood donors, and each donation is of equal value. Size, strength or sex doesn't matter. Neither does race, creed or colour. Every blood donation is of equal value. Each can save a life.

So the next time you think about the state of the world, and despair that one person can change anything, remember the equality of blood donations. One donation *does* matter. Every donation matters. There is something you can do to make the world a better place in which to live. You don't have to be wealthy; you do have to be healthy. You don't have to be as strong as Tarzan; you do have to be between 18 and 65 years of age (17 if you're a boy and have your parents' permission). You don't have to be as beautiful as Helen of Troy; you do need a nice hemoglobin count. You don't need hours and hours of

spare time; you do need one-half hour each three months.

The Red Cross has been operating the blood transfusion service for 26 years and they haven't lost a donor yet! Being a blood donor isn't difficult or painful or costly (it's not fattening either!) You get a nap on a bed, a free cup of coffee, cookies, and the thanks of all of the clinic workers. But you get something else too.

There's no way to beat that warm inner glow you get from doing a job you *know* matters. During March, Red Cross month, be a part of the action. Support your local Red Cross.

### Soybean Nutrition

Consumers' Association of Canada reminds grocery shoppers that soybeans are an economical, nutritious source of protein, vitamins and minerals. Soybeans increase three times in volume when soaked and cooked for use in casseroles, soups or anywhere that navy or kidney beans are normally used.

*Voxair*

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

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# 429 Sqn. Bison Brew

Howdy Herd! Capt Leo Salminen and major Bob Newman were out skiing last week, so its a good sign that winter is still with us. They were doing their skiing without ski boots or poles, and apparently 905 handles really well without either, and from all reports should prove to be a valuable addition to our growing SAR capability. Last week saw two searches completed successfully by 429. In the first case an aircraft missing in the Steinback area was located by one of the spotters while on a track crawl search procedure. The second case involved an emergency locator transmitter triggered somewhere south of Winnipeg. Search procedures carried out by a 429 T-Bird and a 429 Dakota located the source of the transmission, which was found to originate from an aircraft hangared in the Fort Whyte area. This was an excellent proof of 429's capability to pinpoint emergency beacons and is further proof of the efficacy of these beacons in rapidly leading search crews to the beacon site.

On the 7th a large sudsy gathering took place to "mug-out" Capt Ed Hoffman and present captains scrolls to several people. Among the querulous quaffers were Capts Nick Rapagna (doubly quaffing because of his recent promotion), Hal Steffler, Bill Jack, Jim Humphrey, Bob Kozak, Dave Towns, and Mike Martinelli, all receiving their Dakota captain's scrolls. Welcome to the ranks of the Subsonic Supermen guys, and congratulations to you all on

your achievements. Lt. Don McDonald has successfully completed the requirements for long range captaincy and may be found poring over charts in the map room planning all sorts of jollies.

Capt Bob Stone has completed the Dakota conversion course and may now be found hanging around the ICP School where he is taking up instructional duties. While speaking of conversion training... Capt Tex Deagnon is now the conversion flight commander, taking over from Ed Hoffman. Tex has instructed in the past, and has an awful lot of hours in kerosene burners, so this should prove to be a very interesting and different job for him.

One of our crewmen, Cpl Ron Pinke, is sporting a cast on one arm following a disagreement with the boards during a hockey game. Cpl Chuck Johnson has surfaced in the crewmen's section after what must be a two year absence, and is getting used to all the changes that have occurred while he was gone.

Capt Pete Vanhaastreht has completed the ICP course and is now back on the line in A flight, sporting all sorts of new knowledge and insights into the IFR game.

Congratulations to Bill and Paula Learmond on the birth of their baby Bison Chad William, 9 lbs. 8 oz.

All of us in the Herd extend sympathy to Lt. Gary Wellstead and his family. Gary's father passed away quite suddenly while Gary was on leave in Ottawa.

Standards met with the training officers last week in the regular meeting to discuss methods, mistakes, and procedures, and the results of the meeting should filter thro' all the flights pretty soon.

The Bonspiel date has been changed to 22 March, in case any of you were wondering why the rink was empty on the 8th March.

**OVERHEARD** - Leo Salminen discussing Slalom and downhill techniques for 905.

**SEEN AROUND** - Dave Nicoll and Aime Boule checking the serviceability of their engine fire extinguisher in Thompson.

**RUMOR** - The APU is referred to by professionals as NO. 3 engine, and there is a recognized twin engine emergency procedure in case it fails in flight.

### A Fuel-Saver Tip

A portable electric heater can provide an efficient way of creating warmth in one area, while saving on fuel costs for the rest of the house. It shouldn't, however, be used as the sole source of heat unless the home, or room, meets the insulation standards of the provincial electric league for heating with electricity. There are three main types of portable heaters. Radiant heaters are people heaters. Fan-forced heaters are space heaters. Gravity or natural-circulation baseboard heaters are useful for reducing cold drafts from an outside wall. Price of heaters is determined by wattage, type of thermostat, design and safety features, says CBC Radio Consumer research.

# FATHER AND SON BANQUET

by J.E.Jamieson

The annual parent and son banquet for Scouts and Cubs of the 51st Group Boy Scouts of Canada was held on Friday night Feb 22nd in Building 24 CFB Winnipeg.

Honoured guests in attendance were Lieutenant Colonel G. J. Whitten representing the Base Commander. Captain (Padre) J. I. Mills Assistant Base Chaplain (P), Mr. George McKeever, Bannantyne District Chairman, Captain E. G. Steele District Commissioner Scouts.

Sgt Maurice Roadley, Group Chairman, welcomed the guests, parents and boys to the annual banquet and expressed the appreciation of the Group for the assistance given over the past year.

District Commissioner Steele was introduced to speak to the gathering. In his address he pointed out the continued value in the community of scouting and how pleased he was to see such a large turnout of parents

at the banquet despite the many other activities going on at the same time on the Base. He said that it was evident parents still cared greatly about their boys and that they must realize the value of scouting to the youth of the community.

A five year service pin was presented to Cubmaster Fred Genest by District Commissioner Steele as well as three year warrant certificates to Scoutmaster Ken Warner and Cubmaster Andre Desbien.

Parents and boys were adequately fed by the ladies of the Group Auxiliary under the Chairmanship of Mrs. Martin.

Scouts and Cubs also participated in Church parade service at the Base Protestant and Catholic Chapels on Sunday Feb 24 to commemorate their founder Lord Baden Powell's birthday. Padres LCol McCara and Major Glofcheski were the officiating chaplains for the services.



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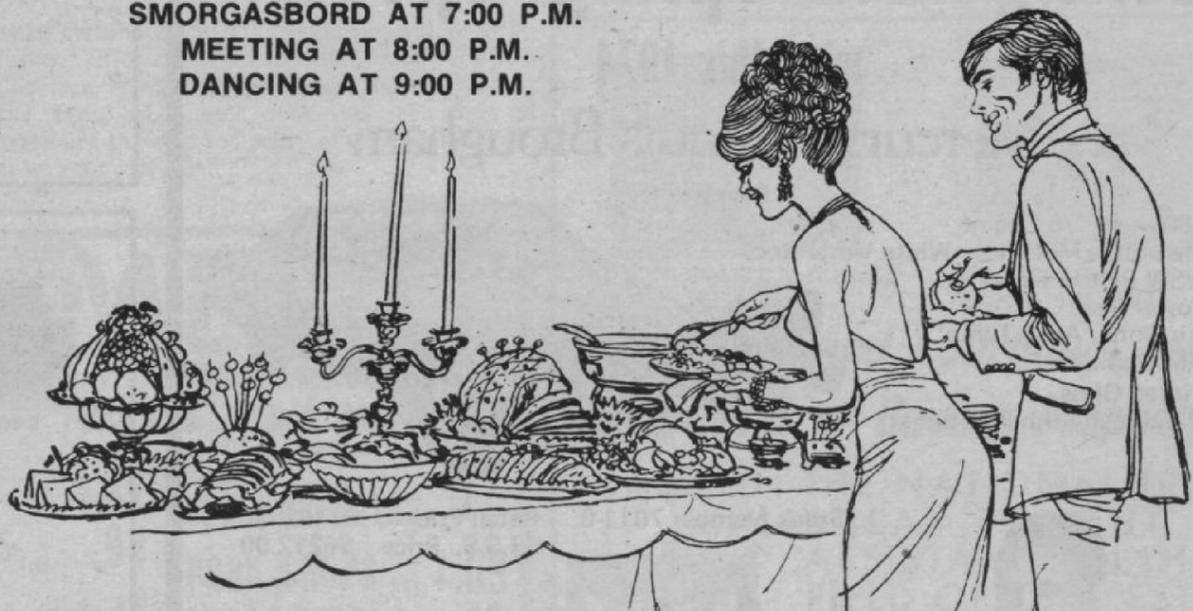
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# PATRICIA REPORT



## PAY LEVEL 6A TRAINING UNDERWAY

Battalion activities of late have been confined to sorting out unit courses, prior to becoming wrapped up in Shilo and Wainwright concentrations.

One such course is Pay Level 6A, for MCpls and Cpls. The course encompasses some five weeks of training, from student taught subjects such as drill and organization (for instructional ability assessments) to leadership training — the latter to be conducted under field conditions in Shilo from 11 — 15 March. One aspect of the course, learning how to march with a drill cane, proved to be amusing in the initial stages, but the candidates have since conjured up an adequate level of manual dexterity. The old maxim "Time passes quickly when you're having fun" really applies in this instance, but more news on 6A in forthcoming VOXAIRS.



Pay Level 6A course members are: 1st Row — left to right, MCpl Slater GDR; MCpl Kozlic S; MCpl Gobin CH; RSM Heyman; LCOL J. H. Allan; MWO Colbourne WA; Sgt Stevens RG; Sgt Moore RS; MCpl Lockhart JL; MCpl MacPhail RH.

2nd Row — left to right, Cpl Hoskins EB; Cpl Forbes GM; MCpl Deschamps BW; Cpl Gilbert LS; MCpl Clost NHJ; MCpl Hubbs PC; Cpl Naugler CL; Cpl Slaunwhite DW; Cpl Tucker LH; Cpl Descoteaux GM.

3rd Row — left to right, Cpl Ranni TJ; MCpl Barr IRA; Cpl Peters IAE; Cpl Pennock DR; Cpl Tanch RB; Cpl Kessler MJ; Cpl Haddow BC; MCpl Miller J; Cpl Haley RA; Cpl Larocque JC; Cpl-Saunders GW.

4th Row — left to right, Cpl Aymont WO; Cpl Morand JRW; Cpl Gallant JLO; Cpl Pratico RD; Cpl Porter BG; MCpl McInnis JL; MCpl Revoy WJ; Cpl Cote JIC; Cpl Atkinson AW.



Sergeant Don Barger (Left) lecturing students of Glen Lawn Collegiate, St. Vital on adventure training. The lecture encompassed the finer points of canoeing and trekking, with particular emphasis on the safety aspects of the foregoing. Sgt. Barger provided some helpful hints on what

to look for in purchasing a canoe, and also equipment to consider when planning a cross-country trek. The lectures were very much appreciated by the students, and might well be considered a worthwhile addition to school curriculums in general. (Base Photo)

### Hazardous Vapours

Consumers' Association of Canada advises parents to heed the warning of the Department of Consumer and Corporate Affairs which recently banned a toy consisting of plastic in a solvent mixture. By putting the plastic on the end of a short tube and blowing, a child can make balloons. But blowing exposes the child to vapours which can have a depressant effect. CAC urges parents to dispose of these toys should their children already have them.

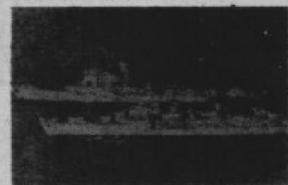
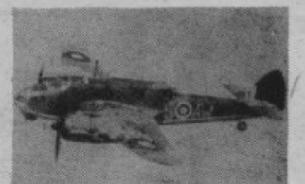
### SAFEPASS (cont from Page 1)

anti-submarine warfare will be the major emphasis of the exercise.

Included in the 46 ships participating will be the five destroyers and frigates comprising NATO's Standing Naval Force in the Atlantic, commanded by Commodore G. M. de Rosenroll of Edmonton and Calgary. The force comprises one ship each from Canada, West Germany, The Netherlands, the United Kingdom and the United States.



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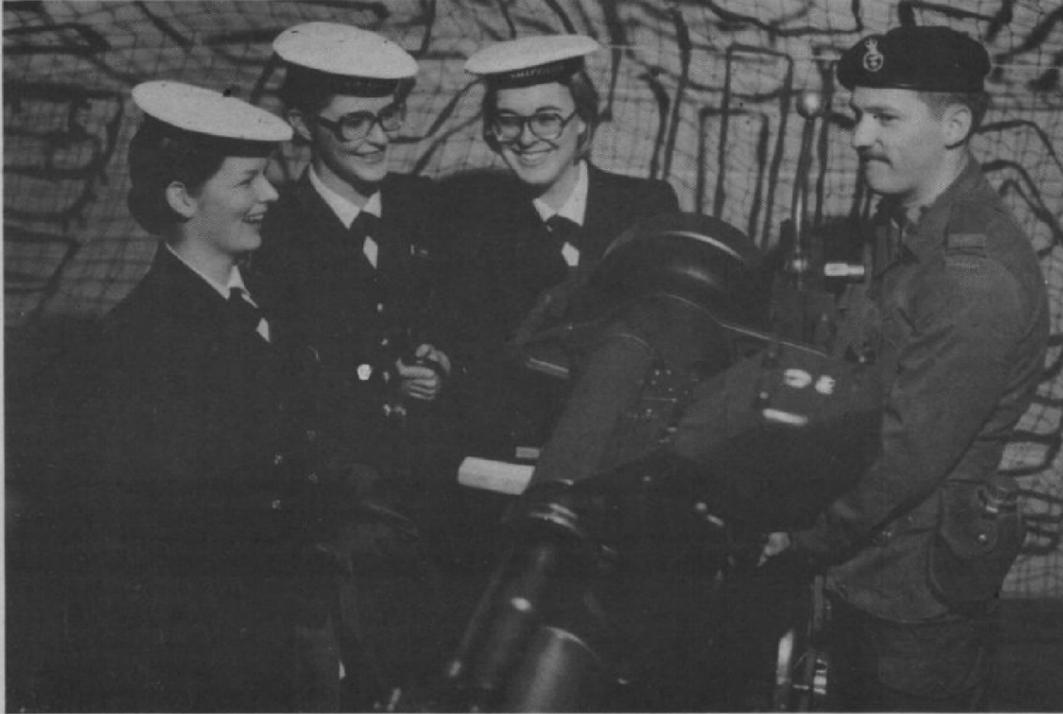
# HMCS CHIPPAWA HOSTED BY 2 PPCLI

On 19 Feb, the Battalion sponsored a display of infantry activities for HMCS Chippawa, Winnipeg's Sea Element Reserve Unit.

Recce Platoon was primarily responsible for the display, and special mention should be made

of the contributions made by Capt D. H. Martin, WO J. Clarke and Sgts D. Barger, G. Smiley, and L. Monforton. The display included a Command Post with radio communications in operation, a small arms display including the indoor range, a

signals section, a 106mm Recoilless Rifle, a Mortar Group, a recce patrol and observation detachment, and lastly a winter warfare exhibit (-tent, ski-doo, toboggan, and winter clothing).



Wrens from HMCS Chippawa display their approval of the equipment used by 2 PPCLI following a briefing of the 106 MM Recoilless Rifle by Private P. Cassi.



Corporal D. Pennock describes the operations and capabilities of radio equipment used in the battalion to CPO(W) S. Brown, CPO R. Grundy and AB R.J. Friesen.



Sergeant L. Monforton briefs (L to R) L/S E.R. Evans, A/B D.K. Moore and A/B A. Poltaruk on the characteristics of the 81 MM Motar.

## Base Commander Supports BDEC



The Base Drug Education Committee was given a shot in the arm by the Base Commander on Wednesday February 13th. Col. LaFrance addressed the meeting of the regular committee members and representatives from base units, giving his whole hearted support to the work

being done by the BDEC and encouraging all to further efforts. Capt. Stenton, Committee Chairman, Warrant Officer Nelson, Major Harvey and Padre Mills each spoke to the group explaining the aims and policy of the Committee as set out by CFAOs.

Base Photo

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# Base Transportation News and Views

## MSE DRIVER OF THE MONTH



Cpl J. R. Landry receives the February "MSE Driver of the Month" award from Major M. W. Drapeau, Base Transportation Officer.

Base Photo

In the last issue of the Voxair the "MSE Driver of the Month" award was introduced. The recipient of the MSE Driver of the Month award for February is Cpl J. R. Landry. He was selected over four other worthy

nominees. Cpl Landry is employed in the B17 General Purpose sub section and during the month of February was employed as a driver, despatcher and floor NCO. He willingly accepted all duties and in every

instance did an outstanding job.

While working as a despatcher he spent much of his off duty and week-end time rechecking despatch sheets and vehicle work tickets and accommodating user drivers requiring vehicles. As a driver he responded to duty requirements without hesitation whether at work or at home. His work as a floor NCO was excellent considering this mainly involved dealing with personnel of equal rank and often senior in time of service.

Cpl Landry has numerous commendations on file from VIP details reflecting a professional performance. He is always well dressed, courteous and eager to do a good job.

In recognition of his efforts Cpl Landry has been awarded the following:

- framed Alphonse Award
- 1 year Manitoba Motor League Membership
- Centennial Licence Plate
- free coffee for one week in any MSE garage
- two theatre passes.



### SAFETY SAM SEZ

#### Car Batteries Can explode

From discussions with manufacturers of Motor Vehicle Batteries, it is clear that a spark, cigarette or flame can cause a battery explosion. This is not a common experience, however, and there is no accurate record of the number of battery explosions that have occurred during a one-year period in Canada. Nevertheless, it is known that a number of explosions have taken place in the recent past. Automotive batteries generate explosive gas consisting of hydrogen and oxygen when it has just come

off charge and when it is on discharge. The following is an elementary description of what can occur. The gas escapes through the vent caps and it may hover over the battery. It can be ignited and cause the gas within the battery to explode.

Drivers should therefore regard the amateur use of Jumper Cables as hazardous. The Manitoba Safety Council strongly recommends utilization of professional service if a driver is unable to start his vehicle. Better still, keep your vehicle's ignition system in dependable condition and avoid every finding yourself in a hazardous situation due to mechanical failure.

#### Compressed Air Can Kill

Forty pounds of air pressure released from the nozzle of an air gun passing four inches from the ear can cause rupture of the eardrum and/or cerebral hemorrhage resulting in death. The same pressure passing this

distance from the eyes or mouth can cause blindness or rupture of the lungs, stomach or intestines. An estimated four pounds of direct air pressure will rupture the bowel.

The body openings are the most vulnerable. If workmen used compressed air for cleaning dust off their clothing, the slightest scratch or puncture in the skin will permit air to enter. The effected part immediately swells to huge proportions and becomes extremely painful. Once air gets into the blood stream, it can make its way to the small blood vessels in the brain and cause death.

Compressed air can cause injuries in other ways, too. If it is used to blow shavings, dust, filings or chips from machines, it can blow them into the eyes of workmen nearby, or even back into the operator's eyes. It has been estimated that metal chips with forty pounds of air pressure behind them travel at a speed in excess of 70 mph.

#### CONTINUING TRAFFIC HAZARDS

##### Pedestrians

Pedestrians have been observed walking on the right side of base roads in the same direction as traffic flow. Snow banks and snow covered sidewalks throughout the winter months cause pedestrians to

*Wagon-Express*

**LEST WE FORGET**

On the 6th of March 74, CFB Winnipeg Base Transportation personnel, led by the BTNO Major M. W. Drapeau, converted to the new LOGISTICS badge. A commemorative service was held in Building 17 to give final respects to the Royal Canadian Air Force and Royal Canadian Army Service Corps badges. Both Badges are steeped in tradition and the crying towel was freely passed around.

The fledgeling LOGISTICS badge, however, is no different to the retiring Air Force and Service Corps badge. It was up to the original service members to build a strong history and tradition for the Air Force and Service Corps badges. It is now up to us to not only remember the past, but also to build for a better future and make the LOGISTICS badge truly represent our motto "SERVICE SECOND TO NONE".

walk on traffic routes in various areas of CFB Winnipeg. The dark parkas and uniforms during darkness hours tend to make it difficult for drivers to see pedestrians using traffic routes as walkways. Pedestrians can decrease the hazard of being struck by walking on the left of the roadway facing oncoming traffic.

##### Directional Signals

Personnel continually fail to utilize turn signals when entering or while operating their vehicles within the confines of CFB Winnipeg. One of the most noticeable areas of this non-use of a safety feature is cars entering the Whytefold St. gate when approaching from the south. You can do your part in maintaining a smooth traffic flow - and comply with Section 118(3) of the Manitoba Highway Traffic Act - thus saving money on a possible moving violation charge.

##### Obstructed Intersections

Snow banks are certainly a serious obstruction during the winter months, however, with spring just around the corner we want to warn drivers of the various intersections on base which are obstructed by shrubbery. To maintain the beautiful appearance of our base it is not intended to remove this shrubbery but rather to warn drivers of the hazards. One of the main hazards is the intersection at the south end of Bldg 84, Westwin. If speed limits are maintained and drivers are aware of these hazards these shrubbery should present a minor problem.

##### MOTORISTS BEWARE:

Now is the time to watch out for school children - most of them are driving cars!

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\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$CURRENT CURRENCY\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$



A - event winners, from Chilliwack, receiving the MARITIME LIFE TROPHY. Skip-Maj Guy MacLellan, Third-WO Harry Brooks, Second-Capt Ken Sinclair, Lead-Pte Murry Lynch. Harry Brooks said that the ice threw them at first; that they are use to curling on wet grass.



B - event winners, from Winnipeg, receiving the ACME NOVELTY TROPHY. Skip-Sgt Al Palmer, Third-WO Leo Bruce, Second-Sgt Cliff Misener, Lead-Mr Jacques Deschamps. Al Palmer said that they could have won the A event if he could have kept his third awake. Base Photo



C - event winner, from Edmonton, receiving the ACME NOVELTY TROPHY. Skip-MCPL Doug Nelligan, Third-MCPL George Huhn, Second-Cpl Robbie Earle, Lead-Cpl Stan Barclay. Nicknamed the 'Outsiders'. They never went behind the bar once. Just stood outside. Base Photo



D - event winners, from RSO Winnipeg, receiving the B GEN MARKMAN TROPHY. Skip-Mr Bill Mehmel - missing, Third-Mr John Evans, Second-Mr George Rettig, Lead-Mrs Harriet Carroll. A winning combination welcome at any bonspiel. Base Photo

As you know from our previous editorials, CFB Winnipeg Accounts hosted the Western Region Finance Curling Bonspiel. Was it a good bonspiel? NO!

It was not a good curling bonspiel. It was great! fabulous! A credit to all those who participated as contestants and to those who worked very hard to make it such a terrific success.

We would like to take this opportunity to thank those certain persons who helped in making the accounts bonspiel a credit to CFB Winnipeg.

Many thanks to the BPADMO, LCol Whitten and base services officer Captain Sproule for providing building 24 exclusively for the use of our bonspielers. Administration was so quickly and efficiently performed that it eased the pressures on accounts personnel.

Base transport lost the use of one 40 passenger bus to mechanical repairs. Their quick recovery rendered the branch with the loan of two station wagons throughout the entire bonspiel. Finance clerks manned the vehicles and in the true traditions of transportation, adhered to the march past, "wait for the wagon".

Base Supply must also be mentioned and praised for their prompt issue of tables, chairs and chesterfields. The co-operation was gratifying, although we hope that we didn't upset the balance of records by removing the signs attached to the chairs; "serviceable, slightly damaged, unserviceable and LOOKOUT."

Base engineers' also aided in the success of our bonspiel with hurried renovations to building 24. One such repair was to cover a large hole in the floor blocking entrance to the mens' washroom. To the relief of us all, we thank you.

Canex provided a pleasing level of food throughout the entire spiel. Many compliments were received from gratified curlers who welcomed the ever present array of food.

The Base Comptroller and the entire accounts staff would like to take this opportunity to thank the entire base for their co-operation in accepting the skeleton staff on hand for emergencies.

I also feel that a standing ovation is in order from accounts curlers and committee members to those military and civil servants who remained in the offices to carry out the arduous accounts tasks.

Being the host unit is a large undertaking; requiring endurance, courage, impeccable manners and one hell of a great sense of humour. To our committee members, Capt (Chief) Dave Morreau, co-ordinator, WO Don Hinds, treasurer, WO Vic Erickson and WO Bruce, trophies and prizes, MCpl Howie Evans, Drawmaster, Lt Ted Sypowski, food Cpl Gene Legros, entertainment, MWO Desbiens, transportation and supply, Cpl Bill Churchill, intoxicating refreshments (bar), and all those curlers and bonspielers who worked so hard to make it such a huge success, congratulations and thank you. May you all be

posted to Moose Jaw to mastermind another great success in their '75 bonspiel.

To sum up the congratulations, the many thanks and the great cheer known throughout the spiel, the credit must be placed amongst you, the curlers. Our efforts may well be to the credit of CFB Winnipeg, but it was you, the bonspielers, from all the bases who participated, from Armstrong to Esquimalt. Your good manners and tolerance of a few difficulties presented you as great PRO people of your parent bases. We thank you for coming and helping us to enjoy a '74 CFB Winnipeg Western Region Finance Curling Bonspiel. See you on the ice at CFB Moose Jaw in 75.

Winners of the ticket draws: Pte Toby Dyson - CFB Edmonton - Colour TV FJ Lengyel - Winnipeg - AM/FM Radio Maj R. A. Glafcheski - RC Chaplin - Winnipeg - Texas Mickey

On the 16 March, Base Accounts will have a branch family curling funspiel.

On the 29 March, accounts and administration will have their play offs. The losers will be given snowblowers to clean off the golf courses.

Headphones Impair

Consumers' Association of Canada advises motorists not to impair their senses by wearing headphones while driving a vehicle. Headphones are best saved for a relaxed home environment, not for hazardous traffic situations.

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# VOXAIR SPORTS

## INTER-SECTION HOCKEY STANDINGS

	GP	W	L	T	PTS
2PPCLI	20	12	5	3	27
OTHER SECTIONS	20	10	7	3	23
AVIONICS	20	7	5	8	22
BAMEO	20	8	11	1	17
TCHQ	20	4	12	3	11

## FATHERS & SONS TIE

Western Community Club

Brisk winds, low temperatures and a sunny sky were the order of the day for Westwins 10 year old Olympics 3rd annual Father-Son game. Perhaps it should be more aptly called Parent-Son game as to show no sex discrimination the opposition was graced with a feminine line. Rushing Ruth McNutt, Dynamic Debbie Smith and Twinkle-Toes Elsie Tanner made up this fair line. Not to be forgotten was our expert referee Carol Hooper and Ravishing Ray Thevenot who was dressed in fashionable attire putting up a good front. Jim Hooper Jr. the captain of the Parents team lead his attackers to a 7-7 tie. Jim Jr. put forth great effort and helped his team with one goal and one assist. The "Big O" Bob Osemlak was the goalie for the Parents. The boys used Ricky Hooper and back-up goalies Tom Scott. After the game the boys were presented with autographed sticks from the WPG. Jets. The Parents in return received "The Cardiac Cup" (a baby potty) for their efforts. Christine Thevenot made a delicious cake which was taken to Shakeys Pizza where all the families gathered for a well deserved supper.

## GOLF LESSONS

Once again we are offering Golf Lessons to all service, DND, and RCMP personnel and their dependants.

This year we are proposing two types of instruction:

- classes for Beginners and
- classes for Advanced golfers

The **Beginner** classes will consist of 12 persons per class and will be held on Friday evenings, commencing 22 March at the following hours:

- 1st Class 1800 (6 pm)
- 2nd Class 1900 (7 pm)
- 3rd Class 2000 (8 pm)

Cost will be \$6.00 for six lessons.

The **Advance** classes will consist of 8 persons per class and will be held on Tuesday evenings commencing 19 March at the following hours:

- 1st Class 1800 (6 pm)
- 2nd Class 1900 (7 pm)
- 3rd Class 2000 (8 pm)

Cost will be \$9.00 for six lessons.

Interested persons may register at the Westwin Rec Centre Bldg 90. Fees must be paid at time of registration and once classes have commenced no refunds will be considered.

Mr Jim Meyer the Bell Acres Golf Pro will conduct the lessons.

For further information call local 511.

## FITNESS TESTING

It is time to start thinking about the 1.5 mile test. The present testing period ends on 30 April which leaves you just nine short weeks to stay out of trouble with your section Commander, not to mention the implications it could have on your career.

The PERI staff is available at the regular times and they'll even look after special group testing on appointment. Beat the crowd and do it early.

## POLLUTION STRUGGLE

Pollution has been a subject of much controversy in past years and little has been accomplished to combat it especially at an individual level. Very few people are pollution conscious enough to do anything really substantial to show their concern about our present and future environment. Being human, as we are, the majority of us give little thought of tomorrow.

The results are readily seen when one appraises the once crystal clear streams now running full of garbage, sewage or oil and other nature destroying elements.

Take a look at our so called fair cities where smoke and deadly fumes belch from factories, cars etc. Fair cities?? In most large cities it is not safe to breathe while in a downtown section. Then you can read reports where mine developers, in their worship of the "almighty dollar" pollute streams, killing fish and destroying the once beautiful green landscapes turning them into a virtual desert of blackened rocks.

We sit back with a smug look and silence! (Silence gives assent) Well done Charlie Brown.

On a drive on Sunday you throw your bottles, cans and paper wrappers etc. along side the road or take your household garbage and dump it in the woods. "Nice move McCosham."

As an individual I agree it can be a pretty difficult task to fight the pollution problem but at least one can do one's small part. This means saving your bottles, cans, gum wrappers etc. and putting them in the container at home and dispensing of them properly.

Be a good example to your children and teach them to be pollution conscious. Remember "Monkey see, monkey do" so if their big ape of a father or mother are hardened litterers what are those little monkeys going to do. That's one small part we can do.

Here is another: one of our country's main source of

pollution is the internal combustion engine, or cars, snowmobiles, boat motors - the works. Agreed, they seem to be a necessity at times but how many times do you drive your car when ten or twenty minutes of joyful and refreshing "striding" would have accomplished the same and plus given you a chance to get some exercise, view the surroundings you previously had obliterated with speed. So what can you do? You can start walking, you can start cycling, you can start running for your life."

What does all this exercise do for me/you? Well that is another story in itself. See the next issue for "What exercise will do for you."

## SERVICEWOMEN'S NATIONAL BADMINTON, CURLING, BOWLING

Hot off the wires are the results of the Servicewomen's Nationals held in Ottawa the past week.

The Prairie/Pacific Region made their presence felt in all events as they captured the team trophy in Badminton and Curling and placed a respectable third in Bowling.

On the Badminton court in Individual competitions M/Cpl Skavinsky of the Atlantic Region was Singles champion with our own Maj Greer of Winnipeg taking third place honours.

In Curling competitions it was the Prairie/Pacific team skipped by M/Cpl Hawco of Esquimalt who won the silverware and kept Curling supremacy in the Region.

Bowling was captured by the Quebec Region with the Prairies ending up after a very close competition in third spot.

## TEEN BADMINTON TOURNAMENT

On Thursday February 21 eight teenagers turned out to compete in a Badminton Tournament at Lipsett Hall. There should have been nine, but Gail Onions (the only girl) elected to not participate. It seems that more female competitors are needed.

The teens were shown how to set up the tournament and they took over from there. All went smoothly, with the

exception of the odd argument as to whether the bird was in or out of play.

The tournament was won by Gary Enokson with Marc Leclare being the runner up.

The general feeling was that we would like to see Westwin produce a few players and Lipsett will host another competition. What do you say Westwin. Give us a call at 888-5021.

## FIGURE SKATING

St. James-Assiniboia Figure Skating Club held it's 2nd N.S.T. test week in Feb. Westwin skaters were tested Feb. 15th, and again the results were excellent, with a 90% pass. Well done skaters, and a thanks to our coaches.

We can be proud of our two senior skaters who participated in the South East Area Competition in Steinbach, Man. Placing second in the Pre-Juvenile Ladies Event, was Sandra Weir. Congratulations on winning that silver medal Sandra, and lots of luck in the Inter-Area Competition, which will be held on March the 10th at Brandon, Man. Congratulations also go out to Kim Chester who placed third in both figures and free style in her flight of twelve, in the Elementary Ladies Competition. This put her in the finals with the result of placing 7th out of 24 competitors.

Sandra and Kim will be off to the Armed Forces Competition in Ottawa on the 4th and 5th of April. Other skaters from C.F.B. Winnipeg are: Terry Guptell, Linda Whiston, Kathy Little, and Suzanne Frenette, and Dawn Baxter, who will be entering the top two events. Good luck girls, and have a wonderful time in the Capitol City of Canada.

Hope to see many parents and friends of our skaters out to our Club Competition to be held at the Civic Center on Mar. 16th, from 9 - 12. And on Mar. 17th from 9 - approximately 4 P.M. As well as our finalists on Sun the 17th, the two top events will be held, and also exhibitions by some of the top Winnipeg skaters. In the dance exhibition we are fortunate to have as our guests, Allan and Anita Huppe. This brother and sister team were Manitoba's entry into the Canadian Novice Dance Championships in Moncton, N.B. earlier in the year. Along with these two very fine skaters, we will have a Free Style Solo by Dawn Baxter. Dawn is an exciting free stylist to watch, and is at the moment working towards her Gold. She has also coached for St. James this year, so is well known by many of our younger skaters.

Banquet tickets are still available from your convenors. For those of you not aware, the Banquet will be held on April 5th from 6 to 8 p.m. at Building 21. Parents also are welcome to purchase tickets, we hope to be able to accommodate all wishing to attend.

Good skating to all those entering the Club Competition, and again we hope for a reasonable turnout from our Westwin supporters.

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## LITTLE BUSY BODIES STILL BUSY

The Canadian Forces Base Nursery School in the Protestant Chapel (North Site) has been in operation since September 1973. The children are involved in many activities to promote social learning experiences, general physical and mental development, language skills, problem solving and many other important areas in child development. It is a "free environment where the child is free to choose and do what he likes and when he likes". The school is staffed by two qualified pre-school teachers, Deb Blower and Liz Wilson who are graduates of the Child Care Course at Red River Community College.

In the past few months the children have been involved in many interesting activities. A valentine party with all the trimmings was enjoyed by all. The children baked their own Valentine cookies (cooking plays an important part in the curriculum) and also made their own valentines. The addition of some new pets to the nursery school were welcomed by the children. A female guinea pig who was named Archie has

provided much interest for the children. Two gerbils named Mike and Walter are very funny and entertaining to watch. The nursery also has two fish. The children participate, if they wish, in the care and feeding of their pets. The pets provide much discussion between the children. Some field trips were taken during the fall and winter (ie. fire station, Pop Shoppe, pet shop, etc.) and many more are planned for the spring. A trip to the Tropical House and the Conservatory are planned for this month. The children will also see a movie this month entitled "Fairness for Beginners." The film is based on sharing at nursery school and at home. Along with the other activities in the nursery school spring is going to be a busy time for the children.

Anyone wishing to enrol their child in the nursery school please contact:

Mrs Deb Blower

or

Miss Liz Wilson

at 837-7156 (between 8:30 a.m. and 4:30 p.m.) for further information.

## JUNIOR WINTER GAMES

The Junior Winter Games Swim Meet will be held at Lipsett Hall pool of the Canadian Forces Base Winnipeg on Sunday 17 March starting at 1:30 p.m.

This meet is for all novice swimmers from 10 to 19 years of age, grouped in the following ages - 10 and 11 years, 12 and 13 years, 14 and 15 years old and the 16 and over in the last age group. The events for each age group are free style, backstroke and free style relay.

This Junior Winter Games meet is open to all boys and girls in the city of Winnipeg. For Entry Forms contact your local community recreation director or phone Lipsett Hall at 888-5021 or 888-3484 and ask for Bob Pattison.

For an afternoon of good family entertainment come out to the Junior Winter Games Swim Meet at Lipsett Hall on 17 March at 1:30 p.m.

## LES VINS

Les vins, en particulier les vins en provenance de France, ont toujours été particulièrement appréciés des Canadiens, ce qui m'amènera si les lecteurs expriment le désir, à donner quelques informations sur ce qu'est le vignoble Français, ces principaux crus, leurs qualités propre, la façon de les consommer, de les apprécier et pour cela de les servir avec les mets appropriés et à leur exacte température.

Dans cet article nous traiterons particulièrement d'un vin qui a dû laisser d'excellent souvenirs aux Canadiens qui ont séjourné en Europe.

L'ALSACE. Le vignoble alsacien s'étend sans interruption sur les coteaux du versant Est des VOSGES. Il englobe 440 communes, groupant plus de 30,000 familles de cultivateurs, et la production annuelle s'élève en moyenne à 13 millions de gallons.

Les vins d'ALSACE sont en principe des vins blancs plus connus par le nom des cépages et rarement par ceux des crus. Chanelas, Sylvaner, Muscat, Traminer, Pinot, Reising etc.

Seuls les vins de qualité sont vendus au dehors, car de tous temps la quantité de

production a été inférieure à la demande. Vins de l'Abbaye, Clos St. Odile, Sylvaner, Gewurztraminer sont les plus exportés.

Les vins d'ALSACE exportés sont des vins blancs et secs, se boivent frais mais non glacés, la température idéale étant de 45 à 50 degrés F.

Ils accompagnent, dans un repas bien ordonné, les premiers plats, huitres, hors d'oeuvre, poissons, et sont parfaits avec les crustacés et coquillages, tels homards et moules. Mais ils présentent suffisamment de fruités et de nuances pour accompagner un repas complet et conviennent parfaitement avec les entrées et la volaille.

Quant à la célèbre choucroute, dont le nom va émouvoir la sensibilité de bien des palais, elle ne s'accompagne pas uniquement de bière, les Sylvaner, Reising et Gewurztraminer lui font un digne accompagnement.

Les meilleures années pour les vins d'ALSACE sont 1961; 1964; 1966; 1969.

Il est bon d'ajouter en guise de conclusion que le Canada s'est hissé au cinquième des acheteurs mondiaux des vins d'ALSACE.

Dans le prochain article nous vous entretiendrons d'un des plus prestigieux vignoble Français 'le Bordeaux'.

## BOWLING MARATHON

Westwin Ladies Bowling League held their 2nd Annual All-Night Bowling Marathon. Thirty-five lively ladies entered the event, twelve hours later all thirty-five went home pooped, stiff, tired but still smiling. Each lady was given a pin as a memento of the evening. Kathy Cox won trophies for the high single, high five and high average. Team trophies went to Kathy Cox, Dany St. Pierre, Lynn Trotter, Sandy Pope and Gayle Smith for the highest pinfall of the night. Michelle Scott was the recipient of the "Dud" trophy. A number of prizes went to ladies for hidden scores.

It was a most entertaining evening and we all look forward to the same again next year.

A special thanks to Frank Kearns our alley manager who was able to survive the evening surrounded by a bevy of beauties. His help throughout the evening was most appreciated.

## Exercise Strengthens Personality

A number of recent studies have established that athletes tend to be more intelligent, more domineering and self-assured, more emotionally stable, more venturesome, and more extroverted than non-athletes. That being the case the question has remained, why?

Some authorities argue that people with these personality traits are attracted to athletics and the traits themselves guarantee success, while persons lacking these factors shy away from the competition, or fail when they try. Other authorities believe that exercise is the cause and personality the effect. But the weakness in both conclusions is that they result from pure speculation, not before and after tests of the same subjects.

In an effort to find out if exercise really alters the personality, A.H. Ismail and Robert Young, exercise physiologists at Purdue University, gave personality tests to 60 middle-aged, sedentary males before they began a fitness program, and again four months

later.

The volunteers met three times per week for 90 minutes. The program consisted of a 10-minute jogging warm-up, 30 minutes of calisthenics, and 30 minutes of swimming, or basketball, squash, or volleyball.

After four months of this gruelling program, the subjects not only showed marked improvement physically, but their personality scores were also higher.

Emotional stability, self-sufficiency, and imagination, all increased as a result of this exercise. Personality changes coincided with the individual's physical improvement. Those men in the poorest physical condition at the beginning of the program showed the most improvement psychologically, as well as physically. The men who were better physically fit at the beginning of the program also tested higher in the initial personality tests, and although they showed higher personality scores throughout, their improvements were less dramatic.



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# ...from the diary of a mod housewife

by R. Kay

### JOE'S TALE

Joe the tailor was indignant when I wrote about men not giving up their seats in buses for women. He asked me to tell the readers about his experience:

A chivalrous gentleman like Joe, a suave European, certainly could not sit calmly and comfortably in his seat while a member of the fair sex stands and is joggled about in a full bus. At least, that was his attitude until the day he offered his seat to an elderly lady, who pulled out a handkerchief and dusted the seat vacated for her by Joe before she sat down.

Having been insulted like that, Joe, however, did not give up his gallant ways. On another occasion, he offered his seat to a man who was apparently feeling not much pain, even though he was teetering precariously to and fro. This unfeeling person refused Joe's polite offer altogether, claiming that he could stand up as well as the next guy! That seems to have done it for Joe, the gentleman who became disillusioned. (He also does not believe in women's lib and thinks that women should wash the coffee cups. Every time I see him in the coffee room, however, he seems to be stuck washing his own!)

\*\*\*

### MISS/MRS/MS?

According to a small notice in the dailies recently, the United Nations Organization now officially uses the title 'Ms'. This seems like a good compromise to me.

Women in different countries and social structures are brought up in different attitudes towards marital status. It seems desirable for a North American woman to be called 'Miss', she feels flattered when she is so addressed. Is it, to her, an implication of youth, of freedom, of availability? Old movie stars, even though married many times, are still called 'Miss'.

On the other hand, over in Europe, no self-respecting German wife would want to be called 'Fraülein' (Miss): she feels it is an achievement to be the owner of a husband and wants everybody to know it. In Germany it has become a wide-spread custom to address a woman over 30 as 'Frau' (Mrs) whether she is married or not. This has caught on especially in professional circles. It would be a faux pas, for example, to address a letter to a spinster teacher or doctor with the appellation 'Miss'. She would feel humiliated and painfully reminded of the sad fact that she was not lucky or attractive enough to reach the desirable state of matrimony.

Perhaps it has something to do with numbers and population distribution. In North America's pioneer years there used to be an acute shortage of women, and Europe - through many wars - always had a surplus of them. It is an interesting sociological phenomenon, and the question now is: who is the new woman in the English-speaking world to advocate and welcome the title Ms? Is it the former Mrs who expects to regain a little glamour by not being tagged as a dreary old housewife? Is it the former Miss who hopes to achieve a more mature and independent image?

It is probably any woman, married or single, who thinks that whether she is single or married should have nothing to do with the way she is addressed, the woman who objects to be classified and categorized by marital status, in short - the new enlightened, liberated woman.

I am all for Ms - I only wish it would sound better when spoken.

\*\*\*

### ROSEMARY'S RECIPES

I hesitate to give this recipe, because its main ingredient is veal, and everybody knows how expensive that kind of meat is. But, for one thing, it is very very delicious, and for another, you can substitute pork if you are not exactly planning it for a special occasion - like the boss coming for dinner.

This recipe does not specify amounts, the method is the important thing. Count on about one pound for 3 to 4 portions. Asparagus or cauliflower in a cream sauce goes well with it, and fresh mushrooms or a green salad are great accompaniments.

### CORDON BLEU

Tender fillets of veal\* are well beaten and half of each is covered with a slice of ham, on top of which is placed a thin slice of Gruyere cheese, so as to leave 1/2 an inch uncovered around the edge. The edges are then brushed with white of egg, and the uncovered half of each fillet is folded over the covered half, the edges well pressed

together. The each 'turnover' is first rolled in flour, next in lightly salted and peppered egg yolk and lastly in bread crumbs. It is fried in deep hot butter until golden brown (about 20 minutes on low-medium heat). \* If you decide to substitute pork, use inch-thick chops, trim most of the fat off and cut a deep 'pocket' into each chop, in which you then stuff the next ingredients.

## Voxair Variety

by John Lauder

In the normal course of events, chronological order would seem to be best. Reporting on past events, mention of present happenings, and then looking to the future. But to a man who spends time forecasting the future always seems to be most interesting. Thus, we should tantalize with talk of \$50 per person Jack Benny Concerts, STUDIO 22s two big productions in May, the Beethoven Festival in late April, rather than discuss what is happening now.

This time of year seems always to be a climax on the entertainment front. Everyone has been rehearsing all winter and with coming of milder weather they are ready to come out and give out. For example, this week the MANITOBA THEATRE CENTRE is offering *You're Conna Be Alright*, *Jamie Boy* at the Warehouse Theatre, and next week comes up with Sean O'Casey's *The Plough and the Stars* on the Main Stage. If the history of the past season holds, these should both be hits.

\*\*\*\*\*

Also running this week, on Saturday afternoon, is the Actor's Shwocase "Story Teller Theatre" and this group is offering next week the Children's Theatre production of "A Dream of Sky People" at the Art Gallery. This is based on an Indian Myth, set to Beatle music and aimed at the 5 to 15 year old audience.

\*\*\*\*\*

On March 16 and 17 the WINNIPEG SYMPHONY "Pops" series will present Doc Severinsen, known for his work on the Johnny Carson Show, but a fine musician in his own right. The concert will be a balanced mixture of popular and semi-classical music.

\*\*\*\*\*

The ROYAL WINNIPEG BALLET is off on a short tour of the United States and Eastern Canada, but will be presenting the outstanding American dancer Edward Villella as a guest artist when they give their final performance of the season in early April. They have, of course, come up with the coup of the Centennial Year in arranging to have the Bolshoi Ballet from Moscow here during the summer.

\*\*\*\*\*

But to get back to what goes in the future, the Jack Benny Concert is really not all that expensive. 80 per cent of the cost will be tax deductible, and for the other 20% (\$10.00 per person) the Symphony is offering a "gala evening". Studio 22 has now completed casting for their spring play, *Plaza Suite*, but still could use helpers behind the scenes, if you are interested.

\*\*\*\*\*

Right now the Manitoba Musical Festival is pretty well occupying the Centennial Concert Hall full time, but there will be some variations later in the month. These include a return show by Reveen the hypnotist, a film club showing of "Africa - South of the Zambezi" on the 21st and the Parade of Barbershop Quartets on the 23rd. Later will come to O. Koshetz Memorial Choir, Bert Lucarelli in Concert, and on the 30th and 31st the Winnipeg Symphony-Philharmonic Choir presentation of Benjamin Britten's "War Requiem", written in memory of the Battle of Britain.

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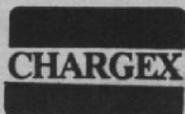
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# THE FAMILY

## "WE JUST DON'T COMMUNICATE ANYMORE"

By Capt Dick Mullen, ASWC

Frequently a husband or wife will label this as their problem — they don't seem to communicate any longer. Patterns that worked during courtship days and the early years of marriage begin to break down. Often I feel that if only they could stop communicating, things might not be so bad. But things aren't that simple. We're human beings and we communicate *all the time* in a great many different ways.

The simple inescapable fact is this — *you cannot not communicate*. You are always communicating. Basically, communications means "getting your message across to someone". We are all familiar with the most obvious ways of communicating — I'm communicating with you now through the written word. We communicate in speech every day. But there are many other ways in which we get our messages across. We communicate through gestures, friendly ones like the handshake, or hostile gestures like the clenched fist. Even when we sleep we communicate the message, "Do not disturb. I am not involved". We communicate through facial expressions, a smile or a frown give completely different messages. We get messages across in the way we shape our body positions. An open, relaxed, easy posture communicates comfort, but when we feel there may be danger for us, we sit with legs crossed and arms folded to protect ourselves. In a classroom we put our heads down hoping the instructor won't call on us when we don't know the answer we're expected to know. Body temperature gives off messages — do you take note of whether another person's hands are sweaty or dry when you shake hands? IF they're sweaty, what does this say to you? Whatever it is, you get a message. Communications are set up automatically. Like it or not.

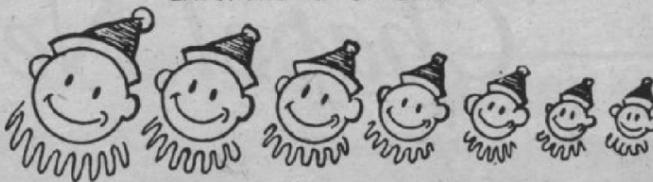
Human communications are very subtle, very complex, very real and very inescapable. Even

silence communicates. Silence can give a message of peace, religious quiet, anticipation, fear, anger or even intense hatred — all this with no words at all! If we are not tuned in to the messages of silence, things can get badly mixed. We become afraid, confused, embarrassed, annoyed, defensive, angry or even hateful if the silence continues unexplained for long. This often happens in families when one member becomes noticeably silent and another asks "What's wrong?" How often have you heard "Nothing!"? and you know that's a lie. There is obviously something wrong and you're told to "Butt out, it's none of your business!" but you know it is your business because you're involved in the silence. You can't ignore it. You can't break through it. You're caught!

What can you do now? You can leave the situation entirely for a while but you have to come back to it. You can become silent yourself and try to reverse the game so you're in control. You can persistently ask "What's wrong?" until someone's patience breaks but there's a risk this will start a fight. This adds new hurt without solving the disturbing silence. Or you can check it out and maybe break through the silence by dealing with it right on the spot. For example, you might say to the silent member, "You are being very quiet and you look angry. Are you mad at me? Have I done something to hurt you? Are you upset at something I did not do? Your message isn't clear. I don't understand your silence."

This then throws the issue back to silent partner. It becomes his or her responsibility to deal with it and clarify the message for you. Once this is done, then both of you must deal with the issues. They may be unpleasant but this is a risk both partners take — the partner who communicates through silence and the partner who seeks to clarify the message of silence.

### LAUGHING AT OURSELVES



by John Semeniuk

**Torrid Expectations:** When Alaska became part of the United States and thus became the largest state in the US of A (previously this honour belonged to Texas), one Texan was heard to remark, "Wait until all that ice melts".

**Wonderfully innocent:** While his church was being painted, Father O'Reily was forced to hear confessions in the gymnasium of the nearby school. A well-dressed lady attended confession and, as there was no one waiting after her confession, the Priest came out of his booth and began to converse with the young woman. During the course of the conversation, he asked what she did for a living. She replied that she was a professional acrobat. Upon seeing the disbelief on Father O'Reily's face, the young woman immediately began to give a gymnastic display — completely forgetting the fact that she was not dressed for the occasion. Two old Irish ladies observed this demonstration. "Good Heavens", cried one, "Just look what the good Father is giving out for penance, and me in me bloomers too!"

**Wifely Comment (about hubby)** "When Pink Elephants get drunk, they see him!"

**The Perfect Squelch:** Two hitchhiking US Marines, while awaiting a ride, encountered a young country lad leading a

mule along the side of the road. "Hey you all!", shouted one on the Marines, "How come yo' holding' you' brother so tight?" "To keep him from joining the Marines", was the blistering reply.

**Wish I'd Said That:**

1. Benjamin Disraeli (Famed Prime Minister of England): (When asked the difference between a misfortune and a calamity) "Well, if Gladstone (a political opponent) fell into the Thames that would be a misfortune; and if anybody pulled him out, that, I suppose, would be a calamity".
2. Herman Wouk (American Scholar and Novelist) "Income tax returns are the most imaginative fiction being written today".

**Biography:** Gin, Spin, Dash, Crash, Nurse, Hearse!

**Sign Language:** While awaiting the arrival of an incoming flight at the airport, two men decided to pass the time by attempting to guess the professions of the people seated around them. A stout man, however, baffled them. One thought that the man was a Minister of the Gospel, the other was certain that the man was a politician. Suddenly, the man got up, and passed by the two "guessperts" he said (with a broad smile), "I teach deaf and dumb children to lip-read."

## CFB WINNIPEG MSE RECEIVES AWARD

Ottawa (CFP)—Winners of the Chief of Defence Staff Mobile Support Equipment (MSE) Safety Plaques for Canadian Forces Bases have been announced by General J. A. Dextraze.

The plaques are presented annually to a base in each of Maritime, Mobile, Air Transport, Air Defence and Training Commands that attains the lowest accident rate in the special-purpose vehicle category. The special vehicle category includes such equipment as snow plows, graders and fire-fighting equipment.

This year's winners are Maritime Command, Canadian Forces Base Moncton; Mobile Command, Canadian Forces Base Shilo; Air Defence Command, Canadian Forces Base Toronto; and Training Command, Canadian Forces Base Winnipeg.

A similar award was presented to the First Regiment, Royal Canadian Horse Artillery, for having the lowest accident record in MSE operations of any component of Canadian Forces Europe.

The MSE safe driving program includes individual as well as formation awards. Individual safe driver awards are presented to vehicle operators for five, 10, 15 and 20 years of accident-free driving. A Master Driver award is given in recognition of 21 or more accident-free years.

In addition, an award similar to the CDS MSE Safety plaque is given by the Canada Safety Council for safety records in the passenger-cargo category.

Awards under this program are highly prized by MSE personnel and competition is keen. Whenever possible, Commanders of the Commands present the awards personally.

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## FROM THE GROOVES

by Mark Cyluck

By now probably all of you know that I am very much of a nostalgist when it comes to music. For me, that is music of the fifties — the time when a song had a melody and you could hear the vocals. To sum it up in three words — I love it! Finally a dream come true — a movie of such nostalgia has come forth — I am referring to the movie "American Graffiti" by George Lucas, which features the one and only, yowlin, prowl-in, Wolfman Jack. (When I was in Roland Heights, Calif. I had several chances of hearing his show from Mexico), and Ronny Howard (formally "Opee" on the Andy Griffeth show). Also featured is "Papa" John Phillip's daughter, Laurie. No, parents this is not a filthy movie as the name may imply, but one of laughter and memories of sock hops, cruising down the drag, souped up '58 Chev's, dragging and all of the momentous times of the 50's — especially the music. Music which includes (and I'm not going to mention all the usual stuff like Bill Haley's Rock Around the Clock), Mark Dinnings "Teen Angel," "Only You" by the Platters, "The Stroll" (Flash Cadillac and the Continental Kids), Lee Lorsy's "Ya Ya," "I Only Have Eyes for You" (The Flamingos), "Cryin' In the Chapel" (Sonny Till and the Orioles), "Smoke Gets In Your Eyes" by the Platters, and Del Shannon's "Runaway."

In all a total collection of 41 greats from the days of our youth. A great motion picture (to which the LP is the sound track). "That'll Be the Day" (Buddy Holly) when we have a chance to see something like this again. Really it is an opportunity of a life-time. GRT (9230-1040) Records.

If you will pardon me I would like to quote from the liner notes of this album as they are very implicit to my feelings and describe what I hope you will have the opportunity to hear. "Thousands of years ago Man discovered that hitting two sticks together again and again caused an exciting sound... and rhythm was born. Then he learned that by blowing into shells he could produce variable sounds... and melody was created. Later he realized that vines stretched and plucked produced new kinds of sounds... and harmony was invented. From there on man developed many more instruments — then electricity wrought miracles — adding to the music spectrum, new dimensions. Conversely, and

See Grooves  
 Col. 4 Page 16

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## FROM THE RC CHAPEL

Greetings!

The last three months were surely not an experience in smooth operation in the chaplains' shop. With annual leave, TD and sickness all taking their share of time, it was only one brief yesterday (4 Mar 74) that all chaplains were functioning on base and at TCHQ in what should be the normal pattern. We are all happy to note how wonderfully well Padre MacLean is progressing, after the serious surgery he underwent some time ago, and of course it's a pleasure to have Fr. Cremona back from Australia, all browned and looking rested. Tomorrow Fr. Bussey, the Command Chaplain, will fly off to some exquisite hideaway in Mexico or somewhere for a bit of rest. I mention this only because it affects the Base, insofar as one of the Base Chaplain's duties at CFB Winnipeg is to keep the TCHQ shop moving, in the absence of the Command Chaplain. However, this is not an unusual circumstance and we anticipate no real problems.

Now that LENT is here we ask you all to **THINK LENT!** Lent is a time of intensified prayer, fasting and good works. It's a time when we withdraw in spirit from worldly socializing, take stock of our spiritual living and take positive action to adjust our way of living to be more Christlike. Christ was very insistent on this, as you can see in the Gospels, and we cannot call ourselves Christians unless we try to live by this example. Lent is Christ's **WORKSHOP!** Here we update, revive and restore, or in some instances introduce, private and public prayer into our lives. Privately we consider how well do we say our morning and night prayers or the rosary. Regarding public prayer, we take stock of our attitude to Sunday and daily Mass, the family rosary and other forms, such as reading the bible in the home, or our acts of justice to those in our care, or the less fortunate.

Prayer has to do with good works, if our lives are to be meaningful. Here we have a multitude of needs to meet. They may be found with your neighbour next door, or with the so called "Third World." We are all acquainted with the "Share Lent Program" in support of the organization devoted to "Development and Peace". A very worthy program!!! In the Military Vicariate we have our Fr. Legault at CMR, former missionary to Haiti. Father has adopted and is raising a family of four Haitian children and has launched a project to build a school, a medical dispensary and a livestock feeding farm in an impoverished, illiterate, primitive area called St. Louis du Sud. This project aims to update

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HANDY TO CAF STN.

# Chapel News



World Day of Prayer well attended by members of twelve area churches, was hosted by the North Site Protestant Chapel.

Base Photo

and service the living standards of 52,000 people. The school alone, using a staggered timetable, will service 1000 children and 200 adults daily. This project has the approval of both the Canadian and Haitian governments, and works in conjunction with various development agencies. Cardinal Roy authorized the Military Vicariate to support it financially, and the chaplains have pledged themselves to contribute \$30,000.00. Tons of medical supplies, foodstuffs and building materials have been donated by Canadians and transported by our Hercules and the HMCS Preserver to the site, but the story does not end here. The people who work on the other end have to live too, and so many dollars and cents are needed for the success and maintenance of this project. This is a project that not only Chapel members could contribute to, but one that the entire Base could take on as a sacrifice and contribution to the less fortunate who are trying to better their lot in life.

which I feel we should recall some facts, is the CWL. The Catholic Women's League of Canada was organized nationally on 17 June 1920, under the sponsorship of His Eminence James C. Cardinal McGuigan, D.D. It was granted Federal Incorporation 12 Dec 1923, and again mandated by the Canadian Catholic Conference, 1 Jan 1948. Popes Pius XI, Pius XII, John XXIII, and Pope Paul VI have, on numerous occasions, blessed and commended this organization. In 1921 the CWL was affiliated with the International Union of Catholic Women's Leagues, now known as World Union of Catholic Women's Organizations. This made it a part of a world-wide federation of Catholic Women's Organizations, holding membership in the Conference of International Catholic Organizations, and having consultative status with agencies in the United Nations.

In Canada, the CWL functions in more than 1,500 parishes of 53 dioceses, with a membership of over 100,000 ladies. The CWL seeks the betterment of social action, the stimulation of effort in all peoples' lives, and it gives unremitting support to the formation of enlightened public opinion. Over the years the CWL has been a well appreciated

auxiliary and consultant to the Canadian Church, and it has been commended many times by federal, provincial and municipal authorities for its voluntary services to the Nation. (An example of this was the informative discussion the North Site ladies had 14 Feb 74 on the subject of euthanasia).

The patroness of the League is the mother of God under the title of "Our Lady of Good Council". By the way, the two Councils at CFB Winnipeg will celebrate the feast of their patroness on 28 Apr 74. Finally, The Catholic Women's League of Canada is organized, pledged and ever willing to serve all citizens of goodwill FOR GOD AND CANADA.

## Fire Extinguishers

Fires occur most often in homes in winter. Only contained fires should be fought with an extinguisher. There are three basic kinds of fires, each requiring a specific type of extinguisher. Class A fires of combustible solids (wood, paper, textiles) can be put out with a water-filled type. Class B fires of flammable liquid (oils, greases) require a pressurized can of CO<sub>2</sub> to blanket and smother the flames, or a dry chemical (water only spreads the fire). Class C fires occur with live electrical equipment (motors, wiring) and a dry chemical fire extinguisher will handle all types of fire (it works by interrupting the chemical flame chain reaction). The container will state what type of fire it is suited for and how large a fire it can handle (a 3A extinguisher handles a larger combustible solid fire than a 2A). Best bet for home use, advises CBC Radio Consumer Affairs, is a 6-lb. ABC dry chemical extinguisher, a size and weight which can be used by most family members.

## Chapel Services

### PROTESTANT

#### Sunday Services

1000 hrs South Site Chapel, Kenaston & Grant

1130 hrs North Site Chapel, Whytewold & Silver

**Baptisms:** May be arranged by calling Chapel office.

**Marriages:** Call the Chaplain well in advance of plans for wedding.

**North Site:** Junior Choir (ages 7-14) Thursday 6:30 p.m.

**North Site:** Senior Choir — Thursday 7:30 p.m.

**Sunday School:** South Site ALL AGES at 11:00 a.m.

**Sunday School:** North Site Grades 4, 5, & 6 at 10:30 a.m.

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Residence 837-4986

Padre J. I. Mills,  
Office 889-9173

Residence 489-3231

### ROMAN CATHOLIC

#### North Site: Masses

Saturday 7:00 p.m.

Sunday 8:30 and 11:00 a.m.

Mon to Thurs 4:45 p.m.

**Baptisms:** by appointment

**Marriages:** by appointment (one month in advance)

**Sunday School:** 9:30 to 10:30 a.m.

#### South Site: Masses

Sunday 9:00 and 11:00 a.m.

Weekdays 7:30 a.m.

Sunday School

9:45 to 10:45 a.m.

### CHAPLAINS

Father R. A. Glofcheski,  
Office 832-1311 loc 272

Residence 832-2970

Father E. Cremona,  
Office 889-9173

Residence 888-1331

## FROM THE PROTESTANT CHAPEL

Since our last column appeared, we have had our Annual Meeting for both North and South Chapels. The meeting got off to a good start with a delicious Pot Luck Supper. During the Business Meeting, the various reports from both Chapels were presented, and we were pleased to have as our guest speaker, Padre MacCara, Command Chaplain (P). Our Thank You to the members of South Site Chapel for hosting the dinner and meeting.

On Friday, 1 March, our North Site Chapel, with Doreen Kling as co-ordinator, hosted twelve Churches from this area for World Day of Prayer. The Service was very well attended, we appreciated very much the bus and driver supplied by C.F.B. Winnipeg, to transport Senior Citizens to and from the Chapel. Following the Service the ladies of the Guild served coffee and dainties, which was greatly appreciated, as was evident by the many kind remarks expressed by our guests. The Nursery facilities were well patronized during the afternoon.

A sincere Thank You to all who assisted in any way for the World Day of Prayer. We were very pleased to welcome so many visitors to our Chapel on that day.

At 9:30 A.M. Sunday, 3 March, twenty odd of us, assembled at the Snack Bar for a Family Breakfast, where we welcomed back Padre McLean, after his hospitalization and recovery at home. Good to have you back with us Padre! A goodly turn-out for the breakfast, but there is always room for others.

May we remind you again that the Ladies Guild will be hosting a childrens movie, *CINDERELLA* in the Base Theatre on 27 March. There will be two shows — 1 P.M. and 3 P.M. All tickets available at the Cinema Box Office at 35 cents for both children and adults.

Yes, we still NEED your HELP and SUPPORT in our Chapel activities. Now that the season of LENT is with us, please make an effort to attend at least one of our 11:30 A.M. Sunday Services. YOU will be WELCOME.

## Before you Sign

Consumers' Association of Canada urges consumers to study leases carefully before signing and refer to a lawyer if necessary. Insist on written not verbal assurances and refuse to sign a lease unless all blank spaces are filled in. Sign the lease immediately below the last clause listed, not on the dotted line.

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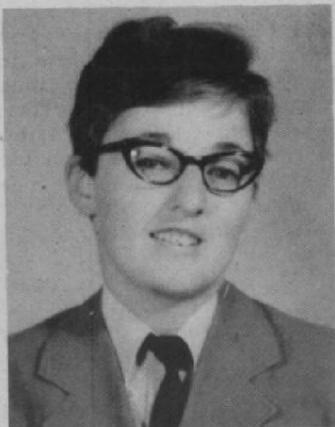
FAREWELLS



CPL. J. PAUL

On Friday, Mar. 1, the staff of Canadian Forces Training Materiel Production Centre gathered to bid a fond farewell to two of its service members. Cpl Jean Ste Marie of Dauphin, Man. and Cpl John Paul of Windsor, Ont.

Jean joined the RCAF in 1961 and received her Basic Training at RCAF Station St. Jean, Que. Once training was over she headed for RCAF Station Camp Borden to take the Admin Clerical Training Course. In July 62 Jean was posted to RCAF Station Greenwood. It was during her stay at Greenwood that Jean became the bride of Cpl Pete Ste Marie who is presently employed with Base Winnipeg Supply. In Sept 69 Jean departed for



CPL. M.J. Ste. MARIE

Station Chibougamau and remained there until Jun 71 when she left to join the staff at CFTMPC.

Cpl John Paul joined the RCAF in 1959 (having previously served with the RCN during the Second World War). John successfully completed the Radio Tech Course at RCAF Station Clinton, Ont., and remained at Clinton until July 64. In August of the same year he left Ontario and reported in for work at RCAF Station Gimli remaining there until May 71. John's final move was to CFTMPC where he has been employed in the Training Aids Workshops.

To Jean and John we say goodbye and good luck in their new endeavours.

The volunteers of the Canadian Red Cross Society come in all ages, shapes, sizes, races and colours, but they have one thing in common — they all agree that they get much more than they give.

Last year they gave half a million man-hours to make the programmes of Red Cross work. At the basic wage of \$2.00 an hour that represents a donation in time of one million dollars! But Red Cross volunteers are "skilled labour" in their field. Who can estimate the value of their services? How much is caring worth per hour? Can you really put a price on friendship?

Of course not, nor would the volunteers wish to. Because they get much more than they give. The Grade IV class of children which adopted an invalid widow as their grandmother have shared an experience beyond price. The family of the volunteer who drives wheelchair-bound patients on outings, takes for granted that Christmas falls on December 24, so mom can spend the 25th and 26th driving her "friends" to spend Christmas with their friends. The water safety instructor who teaches swimming on Tuesday and Thursday evenings to handicapped children wouldn't miss one of these dates for anything. The thousands of women who gather in Red Cross branches and their own homes around the country to sew, knit and make quilts for free distribution enjoy the companionship and social

MARCH IS RED CROSS MONTH

experience of their get-togethers as much as the knowledge that they are filling an important need in human relations. When earthquake, flood or hurricane strikes some corner of the world, the clothing and quilts made by these Canadian Red Cross volunteers is often the first assistance given to the victims.

Red Cross volunteers are proud of what they do, but they don't think of themselves as "special". They are people, just

like you — helping people just like you.

March is Red Cross month in Canada. It's a time to remember the many community services performed by Red Cross volunteers. A time to show that you care. When the Red Cross volunteer canvasser calls on you, please help by giving generously to support these vital community services.

1/2 PRICE CONTINENTAL STYLING COLD WAVES SALE ONE MONTH ONLY 889-9421

Ness Ave. at Whytewold — Uniperm Specialists —

Bingo

A reminder to the bingo players that the jackpot is already at \$425.00 in 55 numbers, and the top line, also at an interesting amount of \$55.00 in 14 numbers for this Wednesday 13th March. To-night, the Base Exchange supplementary door prize will be for a marvelous Silver Sheaffer ball point and pencil set.

Mrs. C. J. Tremblay of 429

Moorgate Ave won the \$5.00 door prize and Mr. M. J. Michalecki of 383 Sharpe Blvd was the lucky winner of the Base Exchange Store prize, a beautiful movie camera, on Wednesday 27th February. Mrs. F. Luce of 291 Ainslie Ave., won the \$5.00 door prize and Miss Lesley Luce of 291 Ainslie was the happy winner of the Base Exchange Store prize, a gorgeous Sony radio, Wednesday 6th March, a very nice coincidence for the Luce, with the mother and daughter winning both door prizes the same night.

OVERHEATING CAN SPELL PROBLEMS

OTTAWA (CFP)—Because motorists are becoming more and more concerned about the fact that overheating can spell real problems for the high powered air conditioned cars they drive, a number of so-called "miracle coolers" have been heavily promoted in the market place.

The plain truth is that there are no "miracle coolers", and the car owner who buys a cooler expecting miracles will not only learn that he has thrown his money away, but that because of being lulled into a false sense of security by the "miracle cooler" product claims, his engine may be damaged!

Here's why!

Cool radiator additives do not increase the boiling point of water or glycol.

Cool radiator additives do not increase the heat transfer of plain water or solutions of ethylene glycol base coolants when installed in an engine.

Late model cars are designed to use 44-55 per cent ethylene glycol which substantially increases the coolant boiling point and cooling index.

The engine overheating warning system is keyed to the boiling point of the

recommended ethylene glycol solution.

On these cars, if water mixed with a cool radiator additive is substituted, the red warning light will not come on when the solution boils, and thus, the cooling system may be emptied and the engine ruined with no warning to the driver.

Cool radiator additives containing oil and, or, soap will promote foaming with otherwise properly defoamed anti-freeze coolants.

Cool radiator additives do not improve the rust inhibition properties of a 50-50 mix of quality ethylene glycol anti-freeze.

A 50 per cent fill of quality anti-freeze and summer coolant is no longer just "solution in the radiator" but a full-time, vital, functional fluid essential for the proper operation of the automobile engine and related systems.

Perhaps more important than these established engineering factors is the economic factor.

Most of the "miracle coolers" contain up to about 50 per cent ethylene glycol (the base for quality anti-freezes on the market today,) and are sold for about \$2.00 in one-quart containers. To even come close to properly providing freeze and boil protection according to car manufacturer specifications, it would require a minimum of eight quarts of "miracle coolers." Eight quarts at \$2.00 per quart is \$16!

Two gallons of quality ethylene glycol anti-freeze will provide the car owner with adequate boil, freeze and rust protection in keeping with car manufacturers specifications.

MQ Residents

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# GUIDE FOR HOME SAFETY

## 733 COMMENT Continued from Page 3

Ottawa (CFP) — The development of safe habits and attitudes begins in the home. Learning to eliminate hazards in the home and doing things the safe way will encourage safety consciousness at work, driving a car or while participating in other activities.

### How Safe Is Your Home?

Assign a "Safety Committee" for your home to make a weekly check list of possible hazards — slippery throw rugs, toys on the floor, doors and drawers usually left open and poisons in medicine cabinet.

Hold regular drills so everyone will know exactly what to do in case of fire.

Prevent fires by frequent inspections — remove trash or oily rags from basement and garage, repair unsafe electrical wiring.

Keep proper equipment on hand for any emergency: flashlight, fire extinguisher, first-aid kit.

Get family up early for work or school so that they can take their time. Don't go dashing for the bus.

### HOME HAZARD HUNTING — Living Room

Do your small rugs slip, slide or crumple? are they all securely skid-proofed?

Are all electrical cords in good condition? (Good

condition means no frayed parts, etc).

Are all electrical outlets in good condition?

Have you any extension cords trailing across the floor where some one could catch a foot in them and fall?

If you have a fireplace, is it properly screened?

Is furniture placed so that it does not block normal walking areas or exits?

### Bedroom

Does anyone in your family frequently leave open drawers, or cupboard doors which can cause painful bumps and bruises?

Does anyone in your house ever smoke in bed?

Are all medicines and pills kept out of the reach of children — not left on bedside table or dresser?

Are bedside lights within reach of bed?

### Kitchen

Are pots and pans always placed so that the handles are parallel with the front of the stove or do your pot handles sometimes protrude?

Are insecticides, household cleaners, disinfectants, kept in a closet separate from food and out of reach of children?

If water, food or grease spills on the floor, do you immediately wipe up?

Do you know that water should not be poured on a grease fire?

Do you attempt to pry the lid from a can or jar with a knife?

Do you shield yourself from hot steam when removing covers from hot pans by lifting the far side first?

Do you use two or more electrical appliances on the same circuit before determining whether the wires have the capacity to carry the current required?

Do you wear loose, flimsy garments around sources of flame or heat?

When reaching into high cupboards do you use a step stool?

When using a knife do you cut with the sharp edge away from you?

### Bathroom

Has your bath and shower a rubber mat or skid-resistant bottom to prevent slipping?

Are electrical appliances or radios plugged into bathroom circuits?

Do you avoid using hair spray near open flames or when smoking?

Is there a hand grab rail for bath and shower to prevent falls?

Are medicine cabinets above the reach of small children and locked?

Are all medicines clearly labelled?

### Miscellaneous

Are all stairs and halls in good condition and do they have hand rails?

Are all stair cases and halls well lit?

Are your passageways clear of obstructions at all times?

Do you ever leave a baby or toddler in the bath while you answer a telephone or doorbell?

Are all "work" areas in your home properly lit? This includes kitchens, garages, tool sheds, cellars, etc.

Are chimneys and flues cleaned regularly and inspected for cracks?

Is your heating plant cleaned annually?

Have you had your fire department check your home for fire hazards?

Do you tell your baby sitter what to do in an emergency?

Where there are toddlers, are folding gates used at top and bottom of stairs?

Do you carry only small loads up and down stairs so that you

centre or communication detachment on your base in controlled by Communication Command but it is likely that the field communication operation in your area is staffed with personnel from Mobile Command under whose purview comes 1 Canadian Signals Regiment.

There are, of course, many cases where this is not true, as many of CFCC's squadron personnel who have spent any time in the mobile communication centres will tell you, but for the most part we would be most readily recognized in the traffic relay centre or communication detachment.

The Command has direct control over 5 communication groups, seventeen communication squadrons, 1 station (Carp), fifty-nine communication detachments and twenty-eight communication facilities. They also have under their responsibility, 1 Line Troop Kingston and 3 communication regiments and 9 squadrons of reserve personnel. While the word "reserve" is not officially correct at this stage as the orders haven't yet been amended, it is a term preferred by Communication Command as opposed to "militia" because it is separate and apart from the militia organization of Forces Mobile Command. As is the Air Reserve and the Naval Reserve; so is the Communication Reserve.

Those of you in the supply organization, will be interested to note that as of Jan. 21 this year the CF Supply System's Interim Communication Network (CFSS ICN),

sometimes erroneously referred to as the Devil Program, is now administratively responsible to CFCC, and accounts for an increase in Command strength of approximately 350 civilian and military personnel, most of whom work out of the Computer Centre at Tunney's Pasture.

Now, it is quite likely that many non-communicators have noticed the Greek Messenger, poised between two lightning bolts and perched upon the lapels of the fellows from the communication detachment or squadron and have decided that this is the way to tell the communicators from the rest of the forces. Well this is true enough; but as you have already learned, just as all drivers are not necessarily of Transport Command, so all communicators are not necessarily of Communication Command. The poised messenger identifies personnel of the Communication and Electronics Branch throughout the entire Canadian Forces and might just as easily be worn with an FMC command badge on the right breast pocket as a CFCC command badge. The CFCC badge consists of three maple leaves separated by two blue lightning bolts; and encircled by two concentric rings of red and blue.



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### Poisonous House Plants

The leaves of rhubarb, sumac, and potato plants are poisonous. The stem of Diefenbachia causes a temporary loss of speech, and the seeds of the Castor Bean plant are very harmful. The flowers of Lily of the Valley, Morning Glories, Sweet Peas,

can see where you are going?

Are children's swings, slides and other outdoor play equipment in good repair and safe?

Are the emergency phone numbers for police, fire, doctor and utilities posted at the telephone?

Are pesticides and weed-killers always used according to manufacturer's instructions; stored and disposed of safely?

Do you always keep garage doors open when running the motor inside?

Do you always keep guns unloaded and locked up?

Delphiniums and Buttercups are highly poisonous. And watch that no one eats the mistletoe and poinsettias at Christmas! For further information, suggests CBC Radio Consumer Affairs, write to Box 99, Ottawa, for a bulletin on Those Lovely Poisonous Plants.



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Voxair classified ad service is available to everyone. Charges for this service are: 20c per agate line with a minimum charge of \$1.00 per issue.

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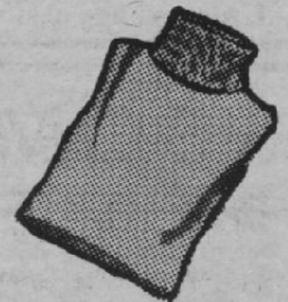
648-34/35/38 Imperial 10-Speed "Cyclotrol" Osterizer Blender

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Mountain Friday, April 19, 1974  
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## GROOVES

Continued from Page 11

in line with modern man's quest  
to find his beginnings in that  
dim and distant past, his music  
seeks the missing link with his  
origins ... the roots that lie  
dormant in each and every one  
of us ... the hidden desires that  
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This is just what Mandingo is,  
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back to "The Primeval Rhythm  
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strips away the flimsy veneer of  
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will show you that you are in for  
a very special treat, something  
you have never dreamed of, or  
thought that existed, but  
something alive and within you.  
You are actually part of the  
transition set down here, you go  
back ageless generations to  
almost your beginnings. Then a  
listen to "Medicine Man," will  
send life flowing through your  
veins like you have never felt  
before, the fire excites you,  
you're part of the ritual, faster  
and faster, your mind roams on,  
deeper into depths not yet  
explored, then you come down  
as the "Jungle Wedding"  
proceeds on with the "Chant of  
the Virgins" (which to me brings  
to mind many of the scenes  
from the movie ZULU). "Tiger  
In the Night," picture in your  
mind a tiger easily loping  
through the dense jungle or  
quietly walking (as the music  
holds two distinctive beats at the  
same time), then spying the  
prey, breaking into a run, the  
chase, then — the kill. "Black  
Fire" — the awesomeness of  
lighting a fire in the dead of  
night and it having black flames  
— the revival of ancient Mexican  
legend (and legend of the islands)  
when the "Grand Dios Blanco,"  
Quetzcoztal (Mexican) or Lono  
(islands) was killed and darkness

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ruled the earth for three days  
and nights. Truly an album I  
beseech every person to own and  
have. One that will always be in  
my collection of MUSIC and  
memories.

Two and a half years ago I  
got an LP called "Syrinx." I  
really couldn't describe their  
music or thoughts, all I had was  
emotion, feelings and warmth. A  
comforting feeling. Really  
different to say the least,  
especially with the type of music  
that is around today. Then a  
short while ago I got their  
second album called "Long Lost  
Relatives" on the Columbia label  
(TNX-5). Once again this  
confusion of expression for the  
group. But it seems as though I  
am not the only one who is  
feeling this way. With Peter  
Goddard's permission I would  
like to quote some of his feelings  
of their new album. "Syrinx —  
(is not) involved with stuff  
associated with pop. (Their)  
music is beyond any traditional  
musical syntax ... it requires  
concentration; a one-to-one  
reaction — an understanding far  
beyond the intellect ... into a  
felt reaction, where each phrase  
not only requires a mental  
understanding but some sort of  
intuition ... a musical no-man's  
land that (can't) be categorized  
readily. Syrinx (have) never been  
easy to understand. When you're  
listening to this LP don't  
imagine you're just sitting there,  
and something is being done to  
you and that you aren't doing  
anything ... For the fact is  
whether or not you want to,  
you're being involved in what  
they're playing. I don't mean  
this in any quise, each line, each  
curve has to be followed and  
understood. It will seem fully a  
part of you. It is truly an  
emotional feeling. Experience  
"String-Space" — composed of  
four pieces, "Syrinx, December  
Angel, Isbistix-Field Hymn  
(Epilogue) and Tillicum" (the  
former theme piece for the TV  
show "Here Come the  
Seventies." Other great  
selections in this musical  
odyssey are "Aurora Spinray"  
and "Tumblers to the Vault."