

THIS IS
SAFE DRIVING
WEEK
1 - 7 DECEMBER,
1975



DECEMBER 3, 1975 CANADIAN FORCES BASE, WINNIPEG VOL. 24 NO. 23

YES THERE ARE
ONLY
18 "SPENDING"
DAYS LEFT
UNTIL XMAS

University of Manitoba Graduates First Military Students

Christopher G. Pratt, a naval captain stationed at Maritime Command Headquarters, Halifax, N.S., where he is Director of Naval Reserve Forces, met the requirements for graduation from the University of Manitoba this fall without attending on campus classes; minimum residence requirements were met by correspondence study.

Capt. Pratt's Bachelor of Arts degree was no giveaway; it was earned in accordance with the university's program for Canadian Armed Forces personnel and dependants. He is the first armed forces member to make full use of the program's provisions - credit transfers from other universities, evaluated credit for military training and service.

Capt. Pratt began his university education in 1940 when he attended Victoria College (University of British Columbia), in 1941 he attended UBC itself, and in 1942 gained admission to Royal Roads Military College at Victoria. He has served in the navy since the 1940s and after transfer to the Maritime Command Headquarters, resumed his university studies in 1972, enrolling in courses at Dalhousie University and St. Mary's University in Halifax. In 1974 he joined the U of M program for Canadian Forces Personnel.

Under this program credit is

granted for work completed at other universities provided the courses selected are consistent with the degree the student wishes to earn. In addition, the armed forces student can obtain up to 24 hours of degree credit for courses offered through military training programs, which have been evaluated at the academic staff and determined equivalent to university level work. In Capt. Pratt's case, the courses he took at the National Defence College, Kingston, Ontario, were evaluated and on the basis of the evaluation he was granted credit toward a political studies major. An additional further six hours of credit are given in recognition of general military training and service. (In total a military student can qualify for up to 30 hours of credit through evaluated military instruction and military service). Finally, the armed forces program requires that students complete at least two credit courses directly with the University of Manitoba, which Capt. Pratt did by taking correspondence courses.

Capt. Pratt, who is attending Convocation this week, is the first person to take advantage of the evaluated military training credit provision of the U of M program for forces personnel and the first

See U of M page 16 col. 1

Forces Reduce Speed

OTTAWA—Defence minister James Richardson has announced that a maximum speed limit of 55 m.p.h. has been adopted by the Canadian Forces for its 11,000-fleet of vehicles using the nation's highways.

The move is part of an energy-saving program with implications throughout the Forces. Included is a gradual replacement of standard-size station wagons and staff cars by compact, sub-compact and intermediate-size vehicles.

Also under consideration are studies of aircraft and ships' performance to ascertain optimum fuel conservation methods, adjustment of air transport schedules, and more frequent cleaning of ships' hulls to reduce drag.

In addition, long-range studies are being conducted on design changes and new materials. The minister also said that Canada and other countries continue to search for alternatives to petroleum fuels.

The Canadian Forces are forming energy committees at all commands and bases to monitor the use of all forms of energy. The committees are to identify and eliminate causes of unjustifiable use. Recommendations of committees will be studied to identify methods to stimulate forces-wide fuel conservation practices.

Mr. Richardson said that short-term restraints adopted by the Forces during fiscal year 1974-75 resulted in savings of 2.9 million gallons of fuel and 26 million kilowatts of electrical power. This resulted in cash savings of \$1.7 million, the minister said, and that the new program will result in even more dramatic savings.

Mr. Richardson considers that the defence department, as a large user of energy within the federal government, should set a leading example of support for the federal government's energy saving program.

Gen "DE" Holmes Praises Mid-East Troops

OTTAWA (CFP) - The man known far and wide with respect and affection as "DE" says he's going to fold his tent, mount his camel and strike out across the civilian desert.

That's the way Brigadier-General Donald Ernest Holmes has of saying he's ending 35 "grand and glorious years" in the military.

The General, just back from 22 months of commanding Canada's troops with the U.N. in the Middle East, is winding it up with some pretty glowing words to say about Canadians and the people

General "DE" Packs Sandals



Brigadier-General Donald E. Holmes says goodbye to UNEF's Canadian contingent in Ismailia, Egypt, the organization he has commanded in the Middle East for the past 22 months. On return to Canada he was invested in the Order of Military Merit (Commander). He is retiring after 35 years of service. Right, background, is his successor, BGEN. J.P.R. Larose, formerly Director-General of Personnel Careers (other ranks) at National Defence Headquarters.

(CANADIAN FORCES PHOTO)

who have served under him.

And, according to people who should know, mincing words isn't one of DE's talents. It's been said, for instance, that he has a more expressive word for receptacles that repose under beds, and that he has never hesitated to apply the nomenclature on occasions to some of his less favorite people.

Stephen Scott, Ottawa military correspondent for The Canadian Press, sat down with DE the otherday, and here are some of the things the General had to say about his time in the Middle East:

- Canadians stand head and shoulder over other U.N. personnel for their professionalism. They have won the respect of Arabs and Israelis and other UNEF members. Men trained for war, he said, were efficient in peace.

- They were ambassadors who learned to keep their eyes and ears open and their mouths shut. They were objective and neutral and did a fantastic job, sometimes under difficult conditions. I've come out

of this with firm friends in Israel, Syria and Egypt, he said.

- Referring to the UNEF Polish contingent, who shared the logistics chore with the Canadians, he said they sent the right men for the job, and they were non-political. Relations were first class, and have been from day one.

- But the General didn't confine his remarks to the news media. In a message to NDHQ for relay to commanders while en route home, he said, "your support of the operation and the performance of all ranks you loaned to me to serve on the ground or in the air made the Canadian contingent second to none in the Middle East."

"The professional standard of all ranks, be they sea, land, air, reserves or servicewomen, was apparent for the multi-national conglomerate to see. I assure you they brought great credit to the Canadian Forces, and thus to Canada.

See MID-EAST page 16 col. 4

Wanted



WIRELESS AIR GUNNER WING

Anyone able to donate a WAG Wing (bottom right) to 429 Squadron for the Squadron Historical Album, contact SGT. Leo Quinlan at 429 Squadron - local 363.

(BASE PHOTO)

See 429 BISON BREW (Page 5)

South Site Community Council

The South Site Community Council met for the first time of the fall season on 9 November, 1975, at Lipsett Hall at 1500 hrs. Your council consists of six wards. Your wards and representatives on the council are as follows:

WARD 1 -		
All houses east of Kenaston	- Mrs. Irene Wolfe	347 Carpathia
	- SGT. A. E. Pyke	404 Kenaston
WARD 2 -		
South side of Corydon	- MCPL. V. E. Carson	344 Grenadier
West side of Kenaston	- SGT. J. A. Walters	1924 Corydon
Grenadier (west side of Blanche)		
WARD 3 -		
Blanche	- MCPL. D. J. Lewis	143 Blanche
Grenadier (portion running east and west)	- WO. K. T. Mattes	151 Blanche
WARD 4 -		
Doncaster	- LCOL. E. J. Grant	376 Maurepas
Maurepas	- MAJ. H. F. Leggett	328 Maurepas
Corydon (west of Doncaster)		
WARD 5 -		
North of Corydon		
Kenaston and Ubique (to playground at 272 Ubique)	- CAPT. L. M. Lashkevich	207 Kenaston
	- CAPT. J. T. Magee	244 Ubique

The meeting was convened to form your members into a council. The President or the Mayor of the council, LCOL. E. J. Grant, was appointed by the Base Commander.

MAJ. Leggett and CAPT. Magee volunteered for the positions of Deputy Mayor and Council Secretary. A committee was formed to co-ordinate the activities of the south site community rink. CAPT. Lashkevich and SGT. Boyes volunteered for this committee. It was decided to hold a meeting of the South Site Community Council on the second Wednesday each month. Citizens of the South Site Community are encouraged to let their Ward representative know what the needs of each ward are, so that they can be presented to council. The council can only function correctly with the full participation of the community.

The second meeting of the South Site Community Council was held on 12 November, 1975, at Lipsett Hall. The main subject of discussion was the hours of operation of the outdoor rink. It was decided that the following hours would be adopted on a trial basis:

MON to FRI - 1800 hrs to 2100 hrs
Weekends and Holidays - 1000 hrs to 2100 hrs.
No hockey sticks will be allowed on the ice from 1800 - 1930 hrs daily.

These hours of operation may be changed to meet the needs of the community when a usage pattern is established. All requests for the use of the ice by organized groups will be co-ordinated through CAPT. Lashkevich, during work hours 889-1666.

The next meeting of the Community Council will be held on the 10 December, 75.

ATTENTION: Ex 434 Bluenosers

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

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

**NEXT VOXAIR
DEADLINE
2 P.M.
Wed 10 DEC**

The Truth About SISIP LAST OF A SERIES

SISIP - Post Retirement Continuation Plan

The Post Retirement Continuation Plan (PRCP) offers non-expiring decreasing term insurance at group rates to retiring service personnel who were SISIP married participants at the time of release.

The significant point in this development is that with the introduction of the PRCP a career serviceman may not obtain personal insurance at group rates to satisfy the basic needs of his entire lifetime commencing on the date he joins the Canadian Forces. SISIP insurance in its various phases now includes long-term disability, dependant's coverage on wife and children, survivor income benefits, escalation clause, and conversion privileges on retirement including the non-expiring decreasing term insurance at group rates.

Within the PRCP there are three optional plans. Plan 1 costs \$20.00 per month and is available to all qualified SISIP members without evidence of insurability; Plan 2 costs \$30.00 per month but requires "short form" evidence of insurability; and Plan 3 costs \$40.00 per month and requires evidence of insurability supported by a full medical examination. A sample schedule of amount by age for each of the three plans is listed at the end of this article.

Should an applicant be unable to meet the medical standards for Plan 2 or 3 he or she will still be eligible for Plan 1.

Requirements for eligibility under the PRCP are:

- the member must be leaving the Force;

"Ask Voxair"

Voxair intends to start a question and answer column. Questions submitted to Voxair for publication must be of local interest not national as NDHQ newsletter now covers these.

If you have a question and have not been able to find the answer through the normal channels, write Voxair and we will try to find the answer and publish in a following issue.

WRITE:

Editor - Voxair
CFB Winnipeg
BLDG. 52
Westwin, Manitoba
R2R 0T0

- the member must have been a participant in SISIP for at least two years immediately prior to the date of release; and
- the member must have served a minimum of 15 consecutive years in the Canadian Forces.

It will be recognized that the PRCP may be treated as an adjunct to the current conversion privileges. For instance a member may participate in this new option, the PRCP, and also be eligible for the balance of his conversion entitlement under the current plan. In many cases the total amount of insurance eligible for conversion may exceed the amount of coverage available under this new option. Any excess could be converted on the regular basis.

The application forms for the PRCP and the regular conversion privileges must be submitted simultaneously within the normal thirty-one day period after date of release. To record participation in the PRCP a certificate only will be

issued by the Insurer as this part of the conversion remains a part of the SISIP group plan. An individual policy will be issued for the regular conversion portion if this option is exercised.

	\$20.00	\$30.00	\$40.00
AGE	PLAN 1	PLAN 2	PLAN 3
35	50,000	75,000	100,000
38	47,000	70,500	94,000
40	45,000	67,500	90,000
42	43,000	64,500	86,000
45	40,000	60,000	80,000
50	35,000	52,500	70,000
55	25,000	37,500	50,000
58	19,000	28,500	38,000
60	15,000	22,500	30,000
62	9,000	13,500	18,000
64	5,000	7,500	10,000
65 and after	3,500	5,250	7,000

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Voxair

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

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Opinions expressed by contributors do not necessarily reflect those of the Editor, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a service newspaper as specified in CFAO 57-6. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment.

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

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

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Cadenza

By Sergeant L. Crawford

Your writer, cruising at plus 30,000 feet somewhere over the Atlantic in one of our 707's with little table down and pen in hand, continues the further adventures of the AIRCOM Band as the remaining five of us return from three weeks in Europe.

The band played its first engagement under the baton of CAPT. Terry Barnes in Baden-Baden's world famous Kurhaus and from there on we broke into two separate entities: the concert/parade band and the "Commandairs" 6-piece dance combo going our separate ways due to so many identically timed and varied "gigs".

A mess dinner at the CFB Europe's Black Forest Officers' Mess by the majority of the concert band was followed by their leaving for Vimy, France the following morning. Here the band took an honoured part in the 58th anniversary of the capture of this most tenaciously defended ridge.

As the band's hymns drifted over the now peaceful slope on this cold, bleak day on the 9th of November many thoughts of those in attendance at this year's ceremony must have reached back to those bitterly cold sleet-filled days in early April of 1917 when four divisions of Canadians did what no one else before them had been able to do... They took the ridge. Costs were great on both sides but in so doing what the defenders... and others thought impossible, those wet, bone-tired but very brave men from a homeland so far away proved to the world for all time that Canada was indeed a nation second to none in the quality of her fighting men.

Indeed an army was born at Vimy Ridge and the spirit that rose with it went on to show the world that Canada could do more than her share whenever called upon to do so and wherever that might be.

While at Vimy members of the band toured the ridge, trenches, tunnels and gazed at the still prominent shell craters everywhere. Many must have wondered, if only a little, what it was like in that indescribable horror-filled hell and perhaps they also wondered about the fear and sacrifices their forefathers faced each and every step of the way to gain the ground that became the first major British victory in WWI.

That this victory went unexploited and its vital lessons in adequate artillery-supported infantry assaults went totally unheeded by the far-removed, unimaginative and stoic Chiefs of Staff makes this no less a victory for Canada in her growth as a nation and in particular to those who fought and won it. Lest we forget -

A whirlwind tour through Paris for three hours followed the band's appearance and performances in the neighborhood of Vimy and then came the long, long bus ride back to Lahr and the November 11th parade there the following morning.

While the majority of the band

was away in France the "Commandairs" took the 130-plus Kph Trans-European Express to Brussels and from there on to Mons where we entertained at a most lavish and truly magnificently prepared "Canada Night" at SHAPE. The dance band's treatment there by all concerned was absolutely first class and in particular we'd like to mention Colonels Harris and Groggan and Major Gibbon for all the assistance par excellence throughout our stay at SHAPE. Truly a high point in our careers. And special thanks must go to General McAlpine who got us back in his "Cosmo" when we became "socked in" at Chieves.

Perhaps the most unusual part of our function at the gala "Canada Night" at SHAPE was the appearance of the 6-man "Commandairs" with no less than two of its members on crutches!! SGT's Tyson and Crawford were up to their usual musical standards if somewhat immobile and General McAlpine's head-shaking wonderment upon our "grand entrance" up and onto the bandstand was soon (we hope) dispelled after the group went into the first few bars of Marty Paich's "Dance For Daddy". We appeared to be and were certainly told that we were very much of a success that evening and it was a certainty that everyone of the guests seemed to enjoy themselves.

As this column reaches its end the "Commandairs", having missed our connecting flight to Gatwick to return with the main part of the AIRCOM Band, are gradually making their way back to Winnipeg. Once you miss reserved connections it's a brand new ball game, we find out (again). Now is we can just get a "flip" out of Port Aux Basques!!! (We may not be quick of foot but at least we're out of SHAPE...?)

Updating prior to presstime, the AIRCOM Band extends a hearty welcome to PTE Tony Woodley who joins us from the School of Music in CFB Esquimalt, B.C. Tony, originally from Toronto, plays flute and guitar (albeit not both at once) and if this writer be permitted to say, it is a happy day to again have a colleague in the flute section (if 2 guys qualify such description). Just think, folks, right in the midst of austerity, cut backs, attrition and rising costs... TWIN WHISTLES...!!

In closing we must thank SGT. Frank Burke for his most informative talk last week on "The History of Modern Jazz in Northern Siberia". Though it wasn't a long talk, Frank, it certainly was enlightening and showed room for much improvement in this region. Frank's next lecture (Dec. 19th, 8:00 p.m.) will be on "Jazzmen of the Himalayas". Sounds abominable but interesting, Frank. We hope your very privileged interview with the most illusive but heavy Ed 'Yeti' Philp will be a part of this much looked forward to talk.

Stamp News And Views

BY GEORGE APPS

Normally this is the time of year that I can mention some of the items that Santa could give to stamp collectors, beginner or advanced. Due to the mail not getting through I do not know what goodies are available this year. Best suggestion is to visit your local stamp dealer and get his suggestions.

One item I always obtain is the United Nations Souvenir folder. Actually there are two folders, one contains the New York releases and the other the Geneva releases. These colourful folders contain mint stamps of each issue released during the past year, spaces to mount the stamps and information about the release. This year's folders are available from, United Nations Postal Administration, United Nations, New York, N.Y. 10017, USA. The folders cost \$2.30 for the New York releases and \$2.70 for Geneva releases, plus postage of 28 cents for one folder, 45 cents for from 2 to 4 folders. It is wise to add a few more cents when making your remittance to cover the fluctuating exchange rate of the Swiss stamps. If you do remit more than is required the U.N. make the refund in mint U.N. stamps.

Have been unable to find out if Canada Post has released any of the Legion stamps. They are held in the depots but that is where they seem to be staying until after the strike.

As far as I know, Canada post has not announced the stamp program for '76. If the strike continues there will be no need for a program. Come to think of it, it must be getting near time for another Olympic release, so the strike will soon be settled.

If you searched the last issue of Voxair for information on a stamp club meeting, bet you didn't find any details. Sorry about that but I missed the boat, sorry, deadline. There was a meeting and it was decided to get things underway in the New Year, after the festive season. The date, time and place will be announced in the first 1976 issue of Voxair.

For Teens

Keep cool, but have a warm heart.

Hang tough, but know the difference between a dream and a useless ambition.

Get in the groove, but have the courage to be yourself.

Do your thing, but not by hurting others.

Turn on, but be aware of the consequences.

Split the scene if it's not your bag.

Make love not war, but remember that immorality leads to social decadence.

Move with the times, but time your moves according to that cat named Conscience.

No one digs a cop-out - don't begin what you don't intend to finish.

Those who can't hack the pace, should not be in the race.

PASADENA BOUND



MCPL. Bob Mackay, Military Police Section, CFB Winnipeg, the only Regular Force member of the City of Winnipeg Massed Pipe Band of over 200 members, has been fortunate enough to have been one of 68 members of the band selected to play in the Tournament of Roses Parade, 1 Jan 76 in Pasadena, California. The band will be part of a Canadian section of the parade as a tribute to the American Bi-Centennial. As well as the parade, the band will be engaged in other activities in the Los Angeles and San Francisco areas. Bob was also with the band for the 1974 Rose Parade and the Worlds' Fair in Spokane, Washington. Bob is the base drummer for the Army, Navy, Air Force Veterans, Unit 60 Pipe Band and has been active with them since joining in 1972. He is also a member of the City of Winnipeg Police Pipe Band having been invited to join them in 1974. The band leaves Winnipeg 27 Dec 75 and returns 5 Jan 76.

tell voxair



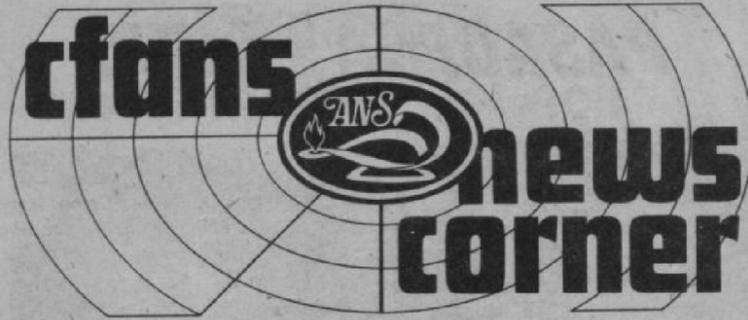
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By T. G. BREMNER

NAV

SQN

SAR (Search And Rescue) must be a household word around Winnipeg these days. At one point recently there were three, simultaneous searches in progress in northern Manitoba with Winnipeg personnel involved in two of them. At the time of writing one search has been concluded successfully (survivors healthy and happy) and the other two have been terminated with no signs of survivors or wreckage having been sighted. I heard what I took to be a bit of criticism of our methods on a local TV station that there was no reason why we should fail to locate a downed aircraft. Perhaps we should invite the guy to volunteer his body next time we need spotters and let him try his hand at the game.

I think it is well worth a few lines here to describe the outstanding co-operation between units that has been almost "SOP" the last few weeks. An excellent example was the Sunday when I was detailed as one of the navs for the search when our two crews were drawn from FOUR different units: pilots from 429 Squadron; pilots and crewmen from 402 (Reserve) Squadron; navigators from CFANS; and spotters from 220 (Red River) Squadron, Royal Canadian Air Cadets. The twelve teenagers (including four young ladies) gave up half of their weekend to assist in the search and really worked at the tiresome but necessary task of peering out of the "blisters", in shifts, for almost eight hours in the assigned search area. November 11th was much the same except that this time the spotters were from Met Tech (TL6B) Course 7502. They were another enthusiastic group that gave up a holiday to lend a hand. Some of our own Nav Trainees were able to spare some time too - they got to ride around in air-conditioned comfort in the Herc while I sweated it out in a Dak. (There oughta be a law against that sort of thing!) At any rate, the job got done as well as could be under the circumstances. It is unfortunate that the results weren't all that we hoped but just the same, a hearty "Well Done" to all the volunteers!!

While I'm passing out bouquets and nosegays I have one for the guys in 16 Hangar that keep the works in the Hercs all oiled and

tight. They've been doing a great job of it lately! No matter what shape the aerodyne is in at the end of the detail, it's almost invariably ready to go again at the crack of dawn the next day.

We ARE having problems keeping our flying schedule on the rails with only two aircraft available, but without such whole-hearted support from the "Snags" and "Servicing" teams we would be in dire straits indeed!

Nav Course 7501 recommenced flying training on Nov 18th and flew four consecutive details that week; 7502 began flying again on Nov 24th; and 7503 will get their first go at the '130 in the very near future. In between flights a lot of previously taught lessons are being reviewed and the old procedures trainers are kept busy almost every day to get everyone back in the mood for aviating. (ANYTHING is better than sitting behind that clanking, grinding grey box.) By the time this issue goes to print the review sessions should be all over with and the students ready to get back to some REAL work. That's going to be a shocker!!

I didn't have any volunteers to take my tour of BDO so had to do my own penance the other night. Wouldn't you just know it? I got the night that SF 712 pooped out again and left me with a gaggle of left-over pax with no place to rack out. Right at the head of the line were an even half dozen Padres who threatened "Fire and Brimstone" if they didn't get some rooms, then invoked a little "Peace and Tranquillity" in return for their room keys. (The "Fire and Brimstone" were rerouted to 437 Squadron to pay 'em back for not making their ramp time.) Just when I thought all the snags were straightened out, another call came in announcing that a "Special" had been tasked to bring "THE BIG BOSS" home in time for some important business. Naturally, the remaining seats in the Cosmo were filled with MORE passengers for Winnipeg. I dutifully stood by at 0045 (-10°C outside) while they all ambled in, gathered their baggage and disappeared into the night - NO ONE EVEN SAID "HELLO"! Crushed, I slinked (slanked?, slunked?) back to the barrack block (at 0115) and called the

Forty Eight CF Personnel Receive Order Of Military Merit

OTTAWA - Forty-eight members of the Canadian Forces were invested with the insignia of the Order of Military Merit at a ceremony at Government House, on 5 November.

Those honored received their decorations from the Right Honorable Jules Léger, Governor-General of Canada, and Chancellor of the Order of Military Merit.

The order was created July 1, 1972, to recognize meritorious service and devotion to duty by members of the Canadian Forces. There are three grades of membership in the order: commander, the highest grade; officer and member.

At the investiture, four members of the Canadian Forces received the badge of commander. Nine the badge of officer and 35 were invested as members of the order.

MAJOR Hebert G. Harzan, 32, of Winnipeg was amongst those receiving the grade of officer.

SPEAK TO PEOPLE

- there is nothing as nice as a cheerful word.

telephone operator just to hear a friendly voice. (I could have cheerfully strangled her when she called back at 0658, but then, the wake-up call WAS my own, dumb idea.) At any rate, I made it through the night and so far haven't heard that I'm in trouble for anything. I suppose the next BDO assignment memo will be dropped into my "IN" basket any day now. (Thanks a big bunch, George!)

Just for Lynn: LOU GAGNE - LOU GAGNE - LOU GAGNE! In case you didn't know it, Lou Gagne is a very important person: He is the Team Responsible Officer (TRO) for Celestial Navigation; Course Director of Course 7503; Celestial Navigation Instructor; avid bridge player; general all 'round good fellow; Daddy of the little Gagnes; and naturally, the husband of Mrs. Gagne. Mrs. Gagne is a bit narked that her famous husband has never been officially recognized by the previous penners of this illustrious column (one cannot call a passing mention in "that other" column recognition) so I herewith remedy that unfortunate situation with a swell swish of the quill. (You can buy me a drink at the Christmas Bash, Lynn.)

That reminds me - the annual CFANS Christmas Party is just around the corner and it sounds like it will be as great a bash as last year! I understand that at least 100% of the staff plan to attend and any remaining students will probably be there too. Now, that's Participation!! See y'all there (Santa Claus is not to be



By CAPT. MEL WALKER

"Hey Ishmael!"
 "The name's Rodney: idiot."
 "That's not what you said in your last column."
 "That was a literary allusion."
 "You mean something like the ASC reports on LRPA?"
 "No, that's illusion."
 "New Fighter Aircraft?"
 "Delusion."
 "B'nB?"
 "Collusion"
 "B'nB's the perfect way to improve ones bibulousness."
 "That's a hell of a sneaky way of getting to mention next Friday's ANS Christmas party."
 "Yeah, well, Terry and his Pirates can write about that. What I need are some ideas for this weeks column."
 "You should give them another Ratman and Bobbin skit. Even though I strongly object to being called Ratman."
 "Can't, SANC borrowed all my comic books."
 "How about an article on Navigators?"
 "Nope I'm an R.O. besides which Rick Young has first dibs for Polaris."
 "Great Canadian novel?"
 "Same thing."
 "Sex, Politics and Religion?"
 "I'd stand a better chance of buying the December Penthouse than getting something like that through the Editor of Voxair. You realize he even censored Bremner for complaining about spelling errors."

"How about giving it to them straight?"
 "And destroy my image?"
 "You could mention that Rick Young carried the Aerospace Squadron colours to the Second Canadian Symposium on Navigation, bravely showing the green to all those civilians, (and bravely accepting all that contractor hospitality singlehandedly)"
 "You think anyone besides Fran would be interested?"
 "The boss would be; it came out of his TD funds"
 "You know, come to think of it, ASC had one of the boss's favourite type of visits. Everyone trooped like lemmings over to Air Command. No travel claims no Herc, no . . . No, I guess they did have a visit report. How about this for headlines 'ASC corner Air Commander'"
 "Want some advice . . . Don't apply for employment at the Trib"
 "How about 'P' branch to visit ANS"
 "Shush you don't want to lower morale any further"
 "How about 'Major Toole to become Nav Star'"
 "Say good night to the people Mel."
 "You know Ratman. It's dammed difficult to write a column when there's nothing to report."
 G'nite

M.

pelleted with dinner rolls or olives. You know what happens to people that do no-no's - a few weekends of "you-know-what".)

Here are a few more definitions for the girls:

FLAPS - large, extendable sections on the trailing edges of an aircraft's wings. Flaps are used to increase the lift of the wing at low airspeeds for safer, easier landings.

FLAPS(2) - what all "the wheels" get into whenever the poo-poo hits the props.

CSD - Constant Speed Drive. A specially designed gear box used to convert the variable speed of most types of aircraft engines to a constant speed required to drive some specialized accessories such as constant frequency, alternating current generators/alternators. Stable, constant frequency power is essential for the efficient operation of some of the delicate electronic equipment in most aircraft.

AVIONICS - a combination of AVIation and electRONICS. A general term that usually encompasses most of the

navigation and communication equipment in the aircraft. (e.g. radios, Tacan, VOR, DME, Doppler, Radar, Loran, Omega, etc, etc.)

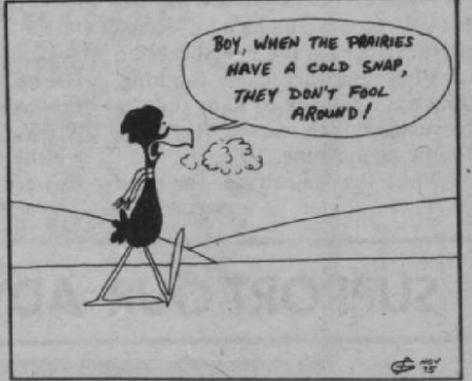
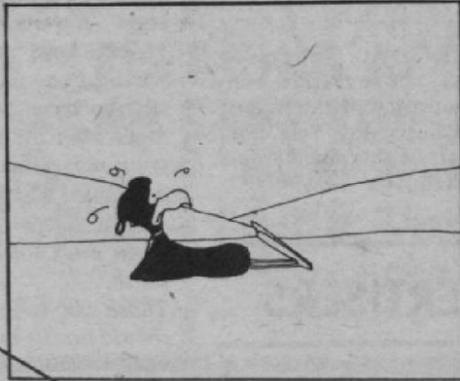
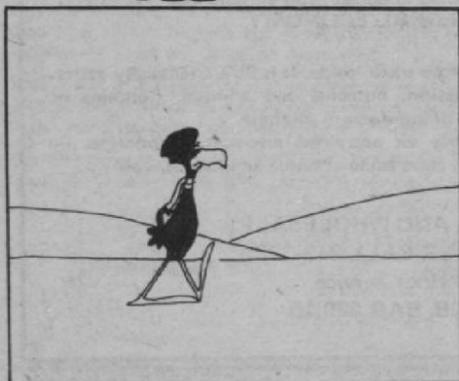
FLAPS(3) - what all the guys in the cockpit get into whenever a critical CSD packs up and wipes out all the AVIONICS. (Navigators, especially, become very upset when this sort of thing happens out in the middle of "the pond" on one of those dark, hairy nights when you can't find your own armpit with both hands and a flashlight.)

I fear that I'm a little short of time this week so must close here and get some trips marked before the students graduate.

The mornings are pretty snappy these days, so give the old beater a few extra minutes to warm up before you drive it away to work and for goodness sake, scrape the frost and ice off ALL the windows and mirrors! The boss may yell at you for being a few minutes late, but at least you'll be there to hear his fine verbiage!!

CHEERS!!

GUDGEY STEW by Rick St. Germain



429 SON BISON BREW



Howdy herd! Based on the number of names appearing in the last Bison Brew we understand that the extra Squadron personnel would be going to Montreal next summer to help out with the Olympics. While everyone is holding their breath wondering who the Games Hostess Supervisors are going to be - the 429 Squadron Historical Album is short one RCAF Wireless Air Gunner (WAG) wing. (See Pic. Pg. 1) If someone in the reading audience knows of the whereabouts of one that could be donated to the Squadron, Sgt Leo Quinlan would be overjoyed to hear from you. (The donor of the WAG wing will be acknowledged in the album). Our thanks to Joanne (who we hope never has to leave for Trenton on five minutes notice) who was instrumental in manufacturing the wings. You'll notice the bottom right wing is the one we're missing in the collection - it has Wireless Air Gunner (WAG) printed, not embroidered on it - trick photography.

It's Hercules nav module testing time in Edmonton. the program that's been going for weeks with indications that it might go for months. The same one that has the crews playing home again, back again. The old "it'll be ready to fly tomorrow" trick that you hear every day but the airplane never flies.

To give credit where credit is due, the original flight test program, proposed by the civilian contractor working on our nav module, was unsuitable for Armed Forces requirements and was redesigned with the help of AETE (Aerospace Engineering and Test Establishment) in Cold Lake which resulted in a three week delay. Then the fun started. the parts for the airborne computer didn't arrive on time - a further delay. When they did, the computer wouldn't work. So again AETE expertise was brought in to help solve the computer programming problems. At last word, the computer has been checked in the avionics lab so now Jim Anderson, Vic Charlebois, Wally Prokuda and Cal Breum along with the project navigators are set to test the system in the air. It's unfortunate that the cadre of CFANS literature writers for the nav module are unable to be in Edmonton to learn the nuts and bolts about it from Square One, but then they tell me that war is hell.

Back at the Squadron, pilot training requirements may soon take priority over details for a day or three as the Aircraft Servicing System cannot cope with a constant day/night "keep the airplanes in the air" operation. The priority, even to a navigator, is hardly obvious. More crews in servicing would sure help - especially when there's a BDF. It sort of grinds the flying operation to a halt. It even affects crewmen enroute to Saskatoon - right Shorty?

In the world of Dakotas, 2924 was beginning to develop wing cracks so it was recently ferried to Ottawa for "burial" on a pedestal.

In the Orderly Room, it's standing room only but René doesn't want to show any movies. We're still waiting.

On the volleyball court Jim, "Operations Group" Tomlinson and the Bisons somehow always manage to defeat the official opposition.

Over by the Hercules, it's Hart Kelley vs the GTC door. The GTC won and Hart received a bunch of attention from some nurses.

On the super operational side, 429 recently ferried a boeing engine to Trenton for further shipping to one of our Boeings stranded in the Middle-Far East.

Down in 16 Hangar, a person with minimum scruples misplaced the propellor that Dan Jones was refinishing for his biplane. The propellor was specifically designed and built for that biplane and was firmly attached. We hope the propellor makes a nice mount for your clock on the rumpus room wall, whoever you are, and that you sleep nights with a clear conscience - sort of like Joe Davidson. We also hope that you've enjoyed your lark and have at least one scruple left to consider returning the wall mount - with or without the clock. The Squadron Ops local is 363.

A tip of the hat to all the crews, spotters, and support personnel from Winnipeg, Edmonton and Western Canada who worked SAR Jaffray and SAR Kreuger in the Hercs, Daks, Otters and Twin Hueys. Over 600 flying hours were flown in support of these two searches.

Quotable Quote from Linda (not from 429 Squadron): "I think you should listen to me. I have far more experience." Seen about 1: The BWO turning in his pace stick for a baseball bat. Overheard: Empress is beautiful.

Don't forget the Squadron Christmas Party on 18 December. So long.



SMILE AT PEOPLE
- it takes 70 muscles to frown,
only 14 to smile.



Back in 1972-73 when I was in California, was the first time I heard of the Eagles and their first single "Take It Easy" shortly to be followed by "Witchy Woman." One thing that really impressed me about the group was its tight harmonies. In fact I have heard some comical records making fun of this point, because it was so good.

More recently however we have been treated to "One of These Nights" of which the L.P. version differs from the 45 slightly. The L.P. which lists many contributors, one of which is Al Kooper, is almost a Neil Young-type album even by way of some of the vocals, especially on side two: "Too Many Hands" really is a downer of a piece, as it doesn't hold much to be impressed by. "Hollywood Waltz" - is a very gentle Neil Young vocal with soft accompaniment. The piece I really enjoy from side one the most, is really effective, and haunting to the listener, very intriguing to say the least - "Journey of the Sorcerer." A most imaginative instrumental.

"Lyn Eyes" is most definitely Neil Young and anyone hearing it for the first time would wager it was him. Once again the Eagles demonstrate their prowess on harmonies to enhance an already most enjoyable selection. Again the group slows down with "Take

Visibility

Never drive with clouded or snow covered window glass. Clean all glass thoroughly so that nothing will interfere to any extent with your vision. Remember, you must see danger before you can avoid it, and the quicker you see it, the better your chances of avoiding it.

It To The Limit" for a gentle waltz number. The L.P. is a great one to go to sleep to as it is relaxing and quiet, though definitely not boring. A taste of plain rock is experienced in "Vision," again nothing too spectacular.

The last two cuts "After the Thrill Is Gone" and "I Wish You Peace" are both soft waltzing types. Very comfortable music to say the least.

CF To Switch To Improved NAV Systems

OTTAWA - Aerial navigation around the world, including the Arctic, is to be streamlined for Argus, Boeing 707 and Hercules aircraft in the Canadian Armed Forces with the installation of the Omega system, latest in radio aids to long-range navigation.

The Omega system will replace the LORAN (long-range navigation), a device using time-difference measurement techniques. The Armed Forces will buy 78 units of the Omega system from the Canadian Marconi Co., Montreal, at a cost of \$3,759,815. Deliveries begin in December and end next July.

The Omega system uses radio signals broadcast from transmitters strategically located in eight locations around the world, so that an aircraft always is within range of at least three of them.

The system permits aircrews to determine latitude and longitude within an accuracy of two nautical miles or better, anywhere in the world.

Transmitters are situated in Australia, Japan, Hawaii, North Dakota, Argentina, Norway, Liberia and on La Reunion Island in the Indian Ocean.

The American-developed system, also applicable to ships, eventually may be installed in Canadian Forces search and rescue aircraft, and the Tracker, used in coastal surveillance and anti-submarine roles.

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The Chapel Committee (P) & (RC) Presents

The Annual CFB Winnipeg
Carol Festival

Sunday, 21 Dec 75
Building 21 - Sharp Blvd gate

featuring the
**AIR COMMAND
BAND**

Musical Prelude 1:30 pm
Carols & Lessons 2:00 pm

everyone welcome

Protestant Chapel News

Christmas and Music and YOU!
I wonder how many people are inspired by beautiful music as I am?

This is especially true, in my case, at Christmas. However there is more than music which provides the inspiration at this Joyous season. The words set to the music instills many pleasant thoughts.

Think of the tune of "Silent Night"; how peaceful. Yet the words excite in that the peace and joy arise from the fact that something really happened. Christ was born into this world, to a man and woman such as we ourselves, and that because of this we have found favour with God, and eternal peace and joy are ours, if we reach out and take it. The Carribean Folk Carol says it best:

Long time ago in Bethlehem
So the Holy Bible says
Mary's Boy Child Jesus Christ
was born on Christmas Day
And man can live in Peace
forevermore

Because of Christmas Day.

In our world of uproar, upset, misplaced values, it is much comfort that we all can receive from Music if we would only let ourselves really listen to both time and words. Christmas could be a real season of Peace, Joy and brotherhood.

I draw to your attention once again, the notice of the Carol Festival on this page, and command it to your thoughts. It can be a valuable effort if we truly accept it in the Spirit in which it is offered.

Also the Chapel services in the Protestant and Catholic Chapels for Christmas appear on this page. We encourage everyone to Worship at Christmas - at the church of your choice.

N.B. Even with the Carol Festival on December 21st, Services will be held at the regular hours on that day.

Ladies' Guild

The Ladies of the Protestant Chapels will be holding their last Pre-Christmas meeting on December 8th at 8:00 p.m. in the Chapel Annex. Anyone interested in becoming a member of this organization should turn up at that time.

Also, these ladies would like to let people know that again this year they have Santa Claus suits for rent. For booking of dates and other information please telephone 888-7441 or 888-7802.

Special Christmas Services

Chapel of the Good Shepherd (P)

24 Dec 75
11:30 p.m. - Carol Singing and Holy Communion

St. Andrew's (P)

24 Dec 75
7:30 p.m. - Carol Service

25 Dec 75
9:30 a.m. - Holy Communion.

**Christmas Visit
To a Shut-In**

*A wind blew over the city
As they lay in their white
covered beds,
You could hear the hum of the
engines
Of the planes like birds
overhead.
The snow was falling down
from heaven
Making a blanket of scenes,
When they looked from their
hospital windows,
It was a shut-in's dream.
Somewhere great old veterans,
Of World War 1 and 2
Some expectant mothers
Or maybe an invalid too.
They probably dream of the
future,
Or heartaches of the past,
As they lie with a nurse at their
bedside
Or maybe a limb in a cast.
We give a salute to the doctors*



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for
unto us
a Child
is born...

*To white capped nurses too,
But for a Merry Christmas
It's up to people like you.
So remember all dear*

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CHAPEL SERVICES

PROTESTANT CHAPELS

St. Andrews Chapel (P)
Corner Grant & Kenaston
Tel: 889-9173

10:30 a.m. - each Sunday,
DIVINE WORSHIP
4th Sunday - COMMUNION.

9:15 a.m. - 2nd and 5th Sundays -
Holy Communion (Anglican).

Chapel of The Good Shepherd
(P)
Corner Whytewold & Silver
Tel: 832-1311 Loc. 417.

11:00 a.m. - each Sunday,
DIVINE WORSHIP
4th Sunday - COMMUNION.

9:15 a.m. - 1st & 3rd Sundays
- HOLY COMMUNION
(Anglican)

Occasional services are to be
arranged by contacting one of
your chaplains and making the
proper arrangements.

Maj. J.P. MacLean
Base Chaplain (P)
Tel: 832-1311 Loc. 417

Capt. J.I. Mills
Chaplain (P)
Tel: 889-9173

Capt. J.J.A. Tyrrell
Chaplain (P)
Tel: 832-1311 Loc. 417

**RC CHAPELS
SERVICES SCHEDULE**

St. George's Chapel (RC)
Kenaston Ave.
Tel: 888-1331 or 889-9173
(home)

MASSSES:
Saturday - 5:00 p.m.
Sunday - 11:00 a.m.
Weekday (Wed. and Fri.) -
4:45 p.m.

SUNDAY SCHOOL
Saturday from 4:00 p.m. to
5:00 p.m.

CAPT. (Rev.) H. E.
Nowakowski Chaplain (RC)
Our Lady of The Airways (RC)
Silver St.

Tel: 832-1311 Loc. 272 or
885-2715 (home)

MASSSES:
Saturday - 7:00 p.m.
Sunday - 11:00 p.m.
Weekdays (Tue. and Thur.) -
4:45 p.m.

SUNDAY SCHOOL
Sunday from 9:30 a.m. to
10:30 a.m. at CFANS Bldg. 86
CAPT. (Rev.) E. Cremona Base
Chaplain (RC)

Occasional services and
sacraments are arranged by
contacting one of your chaplains.

BAPTISMS and MARRIAGES
by appointment (Marriage courses
are taken whenever possible,
contact your pastor four months
ahead of time.)

A Date To Remember

21 December 75
Annual Carol Festival
2:00 p.m. Bldg 21
Sharpe Blvd. Gate

From The Chaplain (RC)

ADVENT AND CHRISTMAS FESTIVITIES RC CHAPELS

Christmas is, for us Christians, a very special time. We celebrate the human birth of Jesus the son of God. Jesus was always God, but He became man when he came on earth and lived among us, so He took flesh like ours. Jesus was born in Bethlehem, a little town close to Jerusalem, about 2000 years ago. His birth was announced by the angels to the Shepherds watching their sheep at night. He came to teach us Love and He showed to us with His own life that Love means giving, and to prove it, He gave Himself for us when He died on the Cross. Now to show that we love Him we celebrate His Birth Day by giving ourselves back to Him. The following is a program to help us to become better Christians:

December

- 15 - 7:00 p.m. Penitential Celebration (North Site)
 17 - 7:00 p.m. Penitential Celebration (South Site)
 18 - 6:00 p.m. Penitential Celebration for Children only (North Site)
 19 - 6:00 p.m. Altar Servers Special Rehearsal (North Site)
 23 - 6:00 to 7:00 p.m. Confessions without a Special Celebration (NORTH SITE and SOUTH SITE).
 24 - 7:00 p.m. Special Christmas Folk Mass (North Site) Children please do come!
 24 - 11:30 p.m. Christmas Carols followed by Midnight Mass. (NORTH SITE and SOUTH SITE).
 25 - 11:00 a.m. Christmas Mass. (NORTH SITE and SOUTH SITE).
 31 - 5:00 p.m. New Year's Mass. (Mass of Obligation for 1st Jan) (NORTH SITE and SOUTH SITE).

January

- 1st 1976 - 11:00 a.m. Mass of Obligation. (NORTH SITE and SOUTH SITE).

A Word from the South

This is your newest Base Chaplain reporting. Please hear my few words.

I arrived here at C.F.B. Winnipeg less than three months ago. I came as a new recruit, my first exposure to the Regular Armed Forces. These first months have been most pleasant. The genuine help of Fathers Bussey, Cremona, Padre Mills and so many others have made the entry very, very easy. For the most part, I am now well settled at St. George's Chapel on the South Site.

I think I have been here long enough to make several observations. My first impression would have to be a sweeping one. I am most impressed with Service People and how they work with one another, co-operating and generally giving of themselves, their time and talent. They are truly "service" people. I have witnessed this most vividly at St. George's Chapel. The numbers forming this community might be small but the involvement is high. I must confess, it is very easy being a chaplain here.

My second observation would have to be directed in the direction of 2PPCLI. Since coming to the "Gateway to the West", I have spent considerable time with this Battalion both in

Air Command Chaplains' Seminar



From CFB Shearwater to CFS Holberg and all Air Command Bases between, twenty-seven regular Chaplains (RC) converged on Winnipeg for the Air Command Chaplains' Seminar held at the Viscount-Gort Hotel 18 - 19 Nov. BGEN. Fernand Boucher, C.D., Chaplain General from NDHQ presided the seminar.

After the address of welcome by LGEN. William K. Carr, DFC, CD, the Chaplains under the direction of LCOL. R. E. Bussey, C.D., Air Command CHRC - studied the ordained and non-ordained ministries of the Church today and their respective relevance to the serving military personnel and their dependants.

Visiting lecturers included Rev. Bud Paré, CSB, Associate

Professor of Biblical Literature, St. Thomas More College, Saskatoon, the Very Rev. Ward Jamieson, Vice-Chancellor and Secretary to the Cardinal Archbishop of Winnipeg, Rev. John Currie, Co-ordinator of the Permanent Diaconate Training Program, Winnipeg, Rev. Sister Sheila Madden, Directress of Religious Education, Catholic Pastoral Office, Winnipeg and Rev. Sister Veronica Dunne, Pastoral Counsellor and Parish Facilitator, St. Augustine Parish, Brandon.

The program of Lectures and study groups probed into such topics as Community, Ministry and the Ordained Priesthood, the Permanent Diaconate, the Catechist and the Pastoral

Counsellor.

Archbishop Antoine Hacault, Archbishop of Saint-Boniface presided the closing Eucharistic Celebration at Our Lady of the Airways Chapel. In his homely at this mass invoking God's blessing upon the personnel and goals of Air Command, Archbishop Hacault encouraged the Chaplains to work towards the development of personal and communal harmony while striving to attain universal peace in the family of man "True peace" he said, "is the attainment of the Christ ideal."

Following the Eucharistic celebration a Mess Dinner was held at the Officers' Mess. Having introduced the head table guests LCOL. R. E. Bussey expressed his personal thanks to Air Command,

his co-organizers, the lecturers and chaplains - congratulating them on "The outstanding success of the seminar." BGEN. Theriault, OMM, CD, representing the Commander, Air Command, addressed the chaplains on the important daily and on-going role they must fulfill on their respective bases in order that the Command be able to carry out its function while respecting the dignity and aspirations of the individuals that compose it.

BGEN. Fernand Boucher, CD, CHAP GEN (RC) then addressed the group stressing the need of on-going studies particularly through seminars of the type just terminated.

garrison and at Dundurn. I am most impressed by Colonel Stewart, his Officers and men. I have enjoyed being a part of this group.

I ask myself, "What contribution can I make to the Service and particularly to the men, women and children who are in my spiritual care?" In the monthly report for September, R. C. Chaplains were asked to list the priorities they were setting for themselves for the coming season and year. I listed as my top priority the teaching of the Truth as it is found, although hidden, in the Bible. This, I feel, more than anything else, is what I can give to people. The greatest teacher who ever lived made the statement, "The Truth will make you free." I trust I can be an instrument of freedom by teaching the Truth.

This goal I have set for myself. I pray that I shall achieve my aim.

Henry Nowakowski, CAPT
 St. George's R.C. Chapel,
 South Site

In Memoriam

MAJOR (RET'D)
 NORMAN D FRASER

World War I Veteran and long-time associate member of the Officers' Mess, recently passed away on Remembrance Day, November 11, 1975, at eighty-five years of age.

Born in Quebec City on February 27, 1890 Major Fraser moved to Winnipeg at the age of

fifteen and attended Gladstone and Winnipeg Collegiate High Schools.

In 1914, at the outbreak of the First World War, he enlisted in the Fort Garry Horse and then saw action overseas with the Lord Strathcona Horse.

Serving in Belgium and France, he was wounded in May 1915 and returned to Winnipeg that year as a Sergeant. In May of 1916 he was medically discharged due to his war injuries.

In 1922 Major Fraser received his commission in the Fort Garry Horse Reserves and was later transferred to the Regimental Department Depot of the Fort Garry Horse as a Major. Activated from the Reserves in September 1939, Major Fraser served as District 10 Records Officer at Fort Osborne during World War II

from September 1941 to September 1946, and was deactivated in December 1946.

Between wars and since World War II, he worked in automobile sales at a local dealership, where, as Sales Manager, he was still actively selling cars at the age of eighty-five.

Major Fraser's outside interests included horses and he was a well known and very active horseman in the Winnipeg area. He also made a point of regularly attending the annual Red Chevron dinner. (This dinner is attended by those Canadians who served overseas in 1914 and is held in various centres across Canada).

Major Fraser is survived by two daughters living in Quebec.

SERGEANT (RET'D)
 MARTIN JOSEPH KLYNE,

Suddenly on November 20, 1975 at Grace General Hospital, Martin Joseph Klyne aged 48 years, beloved husband of Virginia of 827 A Sturgeon Rd., Winnipeg.

Marty was a member of the Royal Canadian Legion, Kenora, Ont. Branch. He served in the Canadian Armed Forces from 1951 until his retirement in August, 1974.

Beside his wife, he leaves to mourn his passing: son, Richard, daughter, Megan, his mother and father, Mr. and Mrs. Dave Klyne of Kenora; two sisters, Mrs. Henry La France (Alice) of Pine Falls; Mrs. Leonard Moore (Lorraine) of Kenora and one brother, Leonard of Oliver, B.C.



Lieutenant-General W. K. Carr, DFC, CD is shown presenting the Canadian Forces Decoration to Major C. J. Campbell during the Air Command Chaplains' Conference. Father Campbell was transferred from CFB Borden to Air Command to become Assistant Command Chaplain (RC) 4 November.

(BASE PHOTO)

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Base Aircraft Maintenance Stages Massive Presentations Parade

Another first for Base Aircraft Maintenance, its very own parade, was held in the lavish surroundings of 16 Hgr, North on 30 Oct 75, under the firm control of MAJ. I. J. Wilkinson, BAMEO.

Reviewing Officer for the occasion was LCOL. J. E. McNeil, Base Technical Services Officer. Unfortunately, the Air Command Band was unable to attend due to a lesser engagement elsewhere; therefore, much to the chagrin of the participants, it was decided to dispense with the usual march past and advance. Better luck next time chaps.

In conjunction with the parade, LCOL. McNeil, LCOL. J. R. Allingham, Co 429 Sqn, LCOL. G. J. Whitten, BADMO and LCOL. F. C. Brittain, COMDT. CFANS, presented Canadian Forces Decorations, First and Second Clasps and special awards to members of their respective organizations.



LCOL. J. E. McNeil, Reviewing Officer, accompanied by Major I. J. Wilkinson, Parade Commander, CWO. A. A. Bartley, Squadron Chief Warrant Officer and CWO. F. S. Dodd, Base Warrant Officer are shown inspecting the parade.

Presentations Include:
Canadian Forces Decorations, UN Medals And Special Awards

ALL PARADE PHOTOS BY BASE PHOTO

Second Clasp To Canadian Forces Decoration



LCOL. J. E. McNeil, B.T.S.O. congratulates CWO. A. A. Bartley, Base Aircraft Maintenance following presentation of the Second Clasp to the Canadian Forces Decoration.

CWO Bartley enlisted in the RCAF in 1943 at Winnipeg, Manitoba. Following technical training at TTS, St. Thomas, Ontario, he spent a great length of time at western units including MacDonald, Manitoba, Vancouver, BC, Winnipeg and Rivers, Manitoba.

In 1953 he was transferred to London, England and then to No. 4 (F) Wing in Baden, Germany. Upon returning to Canada in 1956 he went to CFB North Bay, Ontario, 1962 to CFB Trenton, Ontario and 1969 to CFB Greenwood in Maritime Command. Chief Bartley also spent one year with the Canadian Armed Forces Training Team in Dar es Salaam, Tanzania, East Africa, in 1968.

In June 1974, he was posted to CFB Winnipeg and is presently A/AVSO in the BAMEO organization in 16 Hangar.

CWO Bartley married Edna Furtney in May 1950 and they have three daughters, Janis in Ottawa; Jean attending University of Manitoba and Dianne at Deer Lodge Junior High School. They reside in Sunny St James on Conway Street.



LT COL J. E. McNeil, B.T.S.O. is shown congratulating MWO C. P. Nielsen, following presentation of the Second Clasp to the Canadian Forces Decoration. MWO C. P. (Red) Nielsen enlisted in the RCAF in May 1943 at Calgary, Alberta. He received basic training at Edmonton and trade training at Medicine Hat, Alberta and St. Thomas, Ontario.

The next eleven years were spent at various stations in Alberta and Manitoba. In 1956 he was transferred from Portage to Camp Borden where he instructed and supervised Airframe trade training for three years. MWO Nielsen was posted to St Hubert, Quebec where he remained for six years prior to going to 4 (F) Wing, Baden, West Germany in July 1965. He arrived at CFB Winnipeg in July 1969 and was Deputy Aircraft Servicing Officer until recently, when he became the Maintenance Standards and Safety Superintendent for the BAMEO organization.

MWO Nielsen married Midge Sewell at Winnipeg in October 1946. They have two children, a daughter Judie married and living in Charleswood and Kris attending Morse Place Junior High School. The Nielsen's reside on Munroe Ave in East Kildonan, Manitoba.

United Nations Medal Presentations



CAPT. MCINTYRE W. T.



CFANS CPL. CAMPBELL B. M.

BFOODS

FIRST CLASP TO CANADIAN FORCES DECORATION



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CPL. CARSWELL D. J. BAMEO



CPL. GREEN G. BAMEO



CPL. MARTIN C. L. BAMEO



CPL. MORTON R. W. BAMEO



CPL. SWANSON J. K. BAMEO

CANADIAN FORCES DECORATION



CAPT. CREMONA E.
RC CHAPLAIN/BADMO



CAPT. PUTLAND L. M. 429 SQN



CAPT. STONE R. W. 429 SQN



CAPT. LINDBERG E. D. CFANS



MAJOR SCHENK J. W. USAF CFANS

LCOL. F. C. Brittain, Commandant of CFANS congratulates Major J. W. Schenk, USAF Exchange Officer on staff of CFANS, following presentation of the U.S.A.F. Commendation Medal. Major James W. Schenk distinguished himself by meritorious service as an Instructor Navigator, Air Operations Officer, and Chief, Scheduling Branch, Deputy Commander for Navigator Training, 323d Flying Training Wing, Mather Air Force Base, California, from 7 January 1971 to 19 May 1975. During this period, the outstanding professional skill, leadership, and management techniques of Major Schenk resulted in exemplary achievements and success in the accomplishment of the Wing's training mission. The distinctive accomplishments of Major Schenk reflect credit upon himself and the United States Air Force. (BASE PHOTO)

**Parade Continued
on Page 14**

voxair sports

By Sports Editor - MWO. Les White

Fitness And You

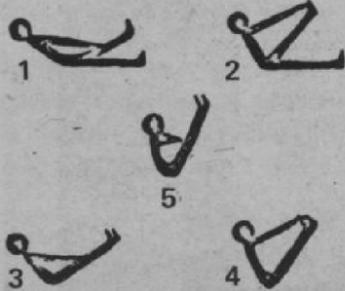
As mentioned in the last issue of Voxair there are some exercises that are more detrimental than beneficial if not properly performed.

The accompanying chart demonstrates a progressive series of exercises which will help you strengthen and condition (as well as slim and trim) the vital abdominal area. Regardless of your interest - sport, fitness, or improving your figure - you should give a top priority to developing the best set of stomach muscles you can.

This is the Jackknife Series

Abdominal exercises done with this action (bringing the upper and lower body together) have been proven particularly effective.

If you are really out of shape, start with exercise number 1 and gradually progress as far as you can. If you are an athlete you can start with number 3, trying to get to number 5 as soon as possible.



Number 1: Lie on your back, arms out over your head; then sit up, lifting one leg at the same time, touching your knee. Return to the starting position and repeat, lifting the other leg. Do 10 repetitions to start, building up to 20, then try the next exercise.

Number 2: This is done exactly as number 1, only here you touch your toes instead of your knee. Same repetitions apply.

Number 3: This is done the same as number 2, only lift both legs at the same time and touch your knees.

Number 4: Same as number 3, only progress by touching your toes. Repetitions on same basis as for 1 and 2.

Number 5: Do this "toughie" by lying on your back with your hands clasped behind your head and bring your upper and lower body together, touching your elbows to your knees. Same repetition system.

METHOD: The best plan, once you have done the exercises for a few days is to see how many you can do. Then, for your workout, do only one quarter of this number, rest for 15 seconds and then repeat, doing as many sets as you can.

Once a week check to see how many you can do and start the work/rest method all over again.

NEXT WEEK: Stretching Exercises

Notice

Bldg. 90 Snack Bar hours have been extended to coincide with BX hours.

NOW OPEN 0900 - 1730
Mon Tues Wed
 0900 - 2100 Thursday
 0900 - 1900 Fri Sat
 1100 - 1900 Sunday

Westwin Gym

Family Fun

1:30 to 3:30 Sundays at the WESTWIN GYM. Children must be accompanied by a parent.

Open Recreation

HEY KIDS!
 The North Site Community Council is sponsoring a Saturday Afternoon Open Recreation period at the Westwin Gym.
 Times: 1:30 to 3:30

BASKETBALL

Prairie Region Basketball

CFB Portage La Prairie will host the Prairie Region Basketball Championships during the period 2 - 6 Dec 75.

Contact your PE&R staff for further information at local 511.

CFB Winnipeg Ceramic Club

By JAN THOMPSON

Greeting from your friendly neighbourhood claypit. Seeing as Xmas is slowly creeping up on us, holidays are called for, the Ceramic Club will close on the 19th Dec., 1975 and re-open on the 12th Jan., 1976. So get those gift ideas in motion, the 19th Dec., isn't that far away.

Need people?

Our next issue will be devoted to the many clubs and organizations which exist here. To accomplish this we need your help. If you belong to a club, team, organization, or other group and you want more members or you need volunteers let us know and who to contact so that we can let our readers know next issue.

- R - Reducing delinquency
- E - Education for democracy
- C - Community solidarity
- R - Releases from boredom
- E - Enriched living
- A - ABC's of citizenship
- T - Team work and tolerance
- I - Investment in youth
- O - Opportunity for achievement
- N - New community happiness

By CAPT D. CANTLEY



All of us 'run' the mile and a half; most of us 'jog' to prepare for it. What is the difference between jogging and running? Better yet, what is the point in doing either? In answering the second question, I am giving my own interpretation of recognized authorities such as Dr. Cooper. It is a bad time of the year to launch a recruiting drive for new joggers, but, hopefully, a bit of discussion will remind a few of the readers of the positive benefits of regular exercise.

First of all, dictionaries define jogging as 'moving with a slow, jolting, monotonous pace or trot'. While this might apply to the novice in mukluks, most experienced joggers are relaxed and smooth. Many people think of jogging as an alternation between running and walking in order to continue at a reasonable average pace for a long time. This comes closer to what the jogger thinks of his activity. To him (her), jogging means running at a relatively slow pace so that a long distance can be covered without exhaustion limiting the activity.

In this context, jogging is running; running at the other end of the scale from the all-out sprint. It is aerobic exercise or activity that uses only as much oxygen as is supplied by the heart and lungs. Jogging speeds vary from one individual to the next as do sprinting speeds. So, rather than being categorized as running at a pace of so many minutes per mile, jogging should be thought of as a relaxed run which enables the runner to continue for a long time.

The value of jogging lies with the importance of fitness of the heart and lungs. The person who disclaims any requirement for cardio-vascular fitness because he has no intention of ever running in the Boston Marathon forgets how prone the 'unfit' are to heart and lung problems. Keeping the heart and lungs fit by regular exercise has the beneficial side effects of strengthening muscles, improving posture and burning calories.

When the heart is regularly caused to increase its rate to supply more oxygen to working muscles, it is made stronger and more efficient. Simultaneously, blood carrying vessels are made larger and more numerous to increase the efficiency of delivery.

If this distribution system functions properly, then there will necessarily be a requirement for the lungs to deliver oxygen faster. Cardio-vascular exercise develops those muscles which expand the rib cage to draw air into the lungs. At the same time, lungs become more efficient at transferring oxygen to the blood. The cardio-vascular system will become most efficient when it is worked for a long duration.

NOTICE

BASE RECREATIONAL LIBRARY

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

COME IN AND BROWSE AROUND

NOTICE

FIGURE SKATING - WESTWIN



The Convenors of the Westwin Figure Skating group (Badges 1 to 8) remind parents that the first test day is December 5th, 1975. The children were pre-tested on November 28th and those who are ready will be tested on December 5th. All the children are progressing in the program and that is what should be kept in mind. Another test day will be held in February.

Remember parents that there will be skating lessons on December 12th and 19th. There will be NO classes on December 26th and January 2nd. Classes resume January 9, 1976.

The volunteer convenors are Mrs. Helen McSween (889-0248) and Mrs. Rosemary Butler (837-3722). The convenors say a big thank you to the volunteer coaches who make the program a success.

If you dial a certain telephone number in Dayton, Ohio, you might get this answer:

"Main gate, St. Peter speaking."

According to the United Press International, it isn't a joke.

The number is the Dayton Air Force Depot. A civilian guard at the depot's main gate is named Jay St. Peter...

A LEADER

A leader is best when people barely know he exists
 Not so good when people obey and acclaim him,
 Worse when they despise him.
 Fail to honour people, they fail to honour you,
 But of a good leader, who talks little
 When his work is done, his aims fulfilled,
 They will say, "We did this OURSELVES."

The exercise of any muscles which increases oxygen consumption will increase heart rate. The most practical and efficient exercise is one which uses the largest amount of oxygen, (ie, the largest muscles). The largest muscle set is, of course, that which supports and propels the body; the leg muscles.

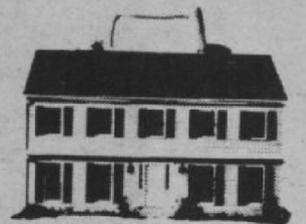
Walking uses these muscles but seldom pushes the system. Sprinting pushes the system so hard that duration is limited and the system needs to rest between exercises. Jogging exerts a steady push on the system and is of sufficient duration to cause it to become stronger and more efficient.

Most sports activities use the leg muscles and, generally, the degree to which they use the leg muscles determine their value. The amount of conditioning depends on how hard and how long the system is pushed. The most efficient exercise is one which causes the heart-lung system to work hard and continue working hard for a long time. In this respect, jogging is the most efficient exercise in terms of time and effort. Jogging one mile is the equivalent aerobic activity to walking three miles (at a good pace), bicycling six miles or swimming 750 yards. After trying each of these, I find jogging much easier and less time consuming.

Service Womens' Sports

The Area One Servicewomen's Badminton, Bowling and Curling championship will be held at CFS Yorkton, 20 - 24 January 1976.

For further details contact your Recreation staff, Westwin gym, local 511 or 573.



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LIPSETT HALL

Swim Meet

A pre-Christmas fun swim meet will be held at Lipsett Hall pool on Saturday December 6th.

Races will be held at all age levels. Competitive card holders are not allowed to enter.

Entry is open to everyone in our community. There will be a small charge of .50-cents for this program, to cover refreshment costs.

Parents are reminded that two lengths of the pool are required in order to enter.

No pre-entry is necessary, just show up at Lipsett Hall at 8 a.m. on 6 December.

Swim Classes

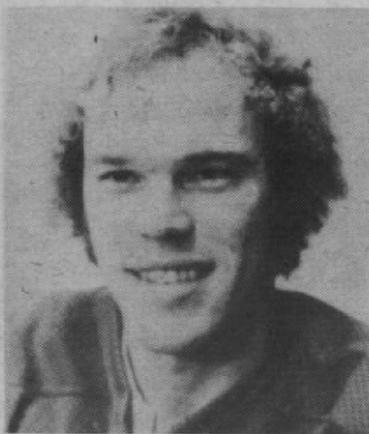
All Levels

Registration for the second session of Red Cross swim classes will take place on 10 January 76 from 0800 - 1000 am at Lipsett Hall.

Adults

Adult classes will commence on 1 December 75. Times have not changed and will continue Monday nights from 8:30 pm at the Lipsett Hall pool.

Meet The...



3

Mike Ford

BORN: Ottawa, Ont. - July 26, 1952

HEIGHT: 6-1 - WEIGHT: 180 lbs.

POSITION: Defense - Shoots right

SINGLE

SECOND SEASON AS A JET

SEASON	TEAM	LEAGUE	GP	G	A	PTS	PEN
1970-71	Winnipeg Jets	WCHL	1	1	0	1	0
1971-72	Winnipeg Jets	WCHL	27	6	12	18	43
1971-72	Brandon (c)	WCHL	28	8	17	25	85
1972-73	Port Huron	IHL	66	3	35	38	195
1972-73	Virginia	AHL	5	1	3	4	2
1973-74	Port Huron	IHL	72	13	34	47	107
1974-75	Winnipeg Jets	WHA	73	12	22	34	68

(c) Drafted from Brandon Wheat Kings by Detroit Red Wings in Eighth Round of 1972 Amateur Draft.

Sir John Franklin Community Centre

By H. Falk

BINGO-BINGO-BINGO is held every Thursday night at the Centre which is located at Renfrew and Corydon Avenue. Penny bingo starts at 7:15 and regular bingo at 8 p.m. Minimum prizes for regular bingo is \$320 plus two accumulating \$100 jackpots plus 10 door prizes. Admission is \$1 which includes 2 cards. Come out and support this program and maybe even win.

A Christmas party is being planned for Saturday, Dec. 20 for children 12 years and under. Parents must register their children by phone before December 6. For further information contact the centre or watch further news releases.

Gymnastics registration for the winter season will be held at Lipsett Hall Saturday, Dec. 6 at 1:30 p.m. Fee is \$7 for 10 lessons for children 5 yrs and up.

The Centre's Executive is planning a New Years Eve Party so don't make any other plans. Contact the centre for more information.

Children's Movies are held each Friday night from 6:30-8:30 p.m. at the centre. Admission is only 35-cents.

TEEN CLUB

New Executive for 1975 - 76

President	Miss Nola Campbell	489-6189
Vice President	Mr. Kelly Brown	489-6397
Secretary Treasurer	Miss Lorraine Savliner	489-6991
Teen Co-ordinator	MCpl Doug Brown	489-6397

PRE-CHRISTMAS ACTIVITIES

SUNDAY 7 Dec 1:30 to 3:00 p.m. Open House Lipsett Hall (Members only)

FRIDAY 12 Dec 8:30 to 11:30 p.m. Dance (Music Man) Cost Members .75-cents Guests \$1.50

CHRISTMAS DANCE DATES AND TIMES TO BE ANNOUNCED LATER.

PHYSICAL FITNESS EVALUATION TEST RESULTS - WOMEN PERSONNEL

1.5 MILE STANDARD TEST

Under 30	Pte Pare E	10:10	(BOPS)
30 - 34	Maj Clay WA	13:20	AIRCOM HQ
35 - 37	No entries		
40 - 44	Cpl Jenkins BM	13:58	BPADMO

OPTIONAL

No entries in 45 and over age categories

2 MILE WALK

STANDARD TEST AND OPTIONAL TEST

No entries

750X SWIM

Under 30	No entries		
30 - 34	No entries		
35 - 39	No entries		
40 - 44	No entries		
45 - 49	Maj Corkum UN	19:10	BSURGO
50 - 54	No entries		
55 and Over	No entries		



4

Lars-Erik Sjoberg

BORN: Falun, Sweden - April 5, 1944

HEIGHT: 5-8 - WEIGHT: 179 lbs.

POSITION: Defense - Shoots left

WIFE: Christina - CHILDREN: Magnus and Anna

SECOND SEASON AS A JET

Season	Team	League	GP	G	A	PTS	PEN
1974-75	Winnipeg Jets	WHA	75	7	53	60	30

Played with the Swedish Nationals—no scoring record available.

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HOURS OF OPERATION

Monday	1200-1530 hrs 1800-2100 hrs
Tuesday	1200-1530 hrs 1800-2100 hrs
Wednesday	1200-1530 hrs 1800-2200 hrs
Thursday	1200-1530 hrs 1800-2100 hrs
Friday	1200-1530 hrs 1800-2100 hrs
Saturday	Closed
Sunday	Closed

Information regarding the Snack Bar - Contact Jan 889-5487, during afternoons only.

Notice

The Base Exchange in Bldg's. 90 and 52 Will be open during the following hours To assist you with your Xmas shopping.

Monday thru Friday 10:00 A.M. to 9:30 P.M.
Saturdays 10:00 A.M. to 5:30 P.M.
Sundays (7-14-21 Dec.) 1 P.M. to 5:30 P.M.

Please note we will close at 4:30 P.M. on Dec. 24.

PRAIRIE REGION SPORTS CHAMPIONSHIPS 1975/76

MEN'S COMPETITIONS

SMALL BASE			REGIONAL		NATIONAL	
HOST	DATE	HOST	DATE	HOST	DATE	
Bowling *	2 wk Jan 76	Cold Lake	2 wk Jan 76	Cold Lake	9-12 Feb 76	
Curling *	20-25 Jan 76	Shilo	20-25 Jan 76			
Broomball Alsask	21-23 Jan 76	Moose Jaw	1 wk Feb 76	Shearwater	8-13 Mar 76	
Hockey Yorkton	2-6 Feb 76	Edmonton	16-20 Feb 76	Borden	22-28 Mar 76	
Badminton *	1 wk Mar 76	Moose Jaw	1 wk Mar 76	Winnipeg	26-29 Apr 76	
Volleyball *	25-29 Feb. 76	Calgary	25-29 Feb 76	Esquimalt	5-9 Apr 76	
Basketball		Portage	4-6 Dec 75			
Judo		TBA Invitational	TBA			
Skeet (invit) *	May 76	Alsask	May 76			
P R Meeting		Portage	Apr 76			

*COMBINED WITH LARGE BASES

PRAIRIE & PACIFIC REGIONS COMBINED AREA 1 SERVICE WOMEN'S CHAMPIONSHIPS

AREA 1 HOST	DATE	NATIONAL HOST	DATE
Bowling Yorkton	19-23 Jan 76	Greenwood	25-28 Feb 76
Curling Yorkton	19-23 Jan 76	Greenwood	25-28 Feb 76
Badminton Yorkton	19-23 Jan 76		25-28 Feb 76



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**CREST
TOOTHPASTE**

100 ML REG & MINT
BX REG PRICE \$1.15
RED SEAL SPECIAL

94¢

**MEN'S
DARWIN WATCH**

BY TIMEX WHITE-RED-GREY FACE

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**HEAD &
SHOULDERS**

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DATELINE: WINNIPEG

• by R. Kohlberg •

COOK'S NIGHT OUT

You step through the door on thick carpeting, and the maitre d' greets you with a wide smile: "Two? Please to follow." He leads you to a small table covered with red linen, gleaming silverware and a carnation in a bud vase. At least you assume it's a carnation — you can't be sure, because it is rather dark. Intimate lighting, they call it. A flock of young lads in green and brown knee-pant outfits with aprons can be seen circulating among the tables, dispensing ice water to newly arrived guests. In time, a waiter arrives, clad in a similar mediaeval costume — a little more elaborate to show that he is a cut above the youthful water bearers. He takes your order and tells you that he will send the wine steward along presently. This magnificent individual wears a gold chain around his neck, and on the end of the chain dangles a gold cup the size of a large thimble. In his charming European accent, he answers questions about the wines and at last saunters forth with your order. So far, four staff members have been at your service, but you guess it will be a good while before you will get anything to eat or drink aside from ice water.

You look around at the gilt-framed 'old masters' on the walls, the bookcases with formidable tomes, the genuine fireplace, the lush carpeting, and you are glad you brought your Chargex card, because the prices on the menu are well in keeping with all this opulent decor. A slender blonde girl in a flowing white gown picturesquely plucks at a gilded harp . . .

Just before you become restless, the wine steward returns, cradling a bottle of wine in his arm, lovingly. He sets it down gently after he has shown it to you for two seconds. Then he deftly uncorks the wine, frees the cork from the screw, waves it ecstatically under his nose and hands it over, encouraging you to do the same. You feel a bit awkward and put the cork down. Now he daintily picks up the little toy cup at the end of his neck chain, pours a little wine into it, and your eyes follow his every move with fascination as he sniffs and tastes and rolls the wine around in his mouth with closed eyes. When he pours the obligatory small amount into a glass for you to taste, what can you do but go along with his ceremonial spiel? Everyone around can see that in this first sip all your years of tasting the great vintages of Europe have been recalled and are about to culminate in a pronouncement that he, the steward, awaits like the prisoner about to hear the judge's verdict. You nod your head, he sighs with relief and, smiling, fills your glasses, at last, for real.

The food? Not bad, although they gave you the wrong kind of potatoes, and the mushrooms, proclaimed as fresh on the menu, had made a detour through a tin. When you really think about it, you could have cooked this dinner at least as well yourself. And, naturally, a lot cheaper. So, why bother to eat out at all?

People go out to eat for various reasons: to celebrate a special occasion, to treat out-of-town guests, to conclude an afternoon or evening at the theatre or concert, or simply to taste somebody else's cooking.

People in the first two categories sometimes have the notion of picking a restaurant with 'class' or 'atmosphere'. They fall for the phony brick walls (so authentic!), the exaggerated wine-tasting ceremonies, the 'charming' European accents of the waiters, and they are obviously quite willing to pay for it. It would be justifiable if, at least, the food were worth it. Often, it isn't. For me, a good dinner in a restaurant is one that is better than I could have cooked it. I return to a place whose chef I can admire as someone who consistently surprises and dazzles me with his culinary skill and art. So what if the place is small? The same waiter or waitress takes your order and brings your food and drink (no wine steward, no water carriers). The pictures on the walls are slightly faded murals, done by local talent years ago. Soft music comes from a discreetly hidden speaker. Maybe there is no music at all. They give you paper napkins instead of linen ones folded artistically like bishops' hats, and the table cloths are blue-and-white checkered. The menu is not bound in heavy leather; it features not just the standard 'turf and surf' dishes, but suggests some real European or Eastern specialties, at surprisingly moderate prices.

The wine list is somewhat limited, but adequate. The waitress, in her innocence, may ask you if you want your wine with your meal, and then gets the man at the bar to open the bottle for her. She just sets it on your table without ceremony, and you are on your own. You don't wait for hours to get served, and when your meal is brought, it is cooked to perfection, and there is usually lots of it. And so you plan to return, and you tell your friends about this 'great little place' you discovered.

Winnipeg has a number of such great little restaurants. They don't advertise — their reputation is passed on by word of mouth. Often they are run by immigrants, and they feature four or five genuine ethnic dishes of their homeland. You will find the usual steaks on their menus, too, in some places (as a concession to those who don't know better and think they must eat steak when they eat out). Forget the steak! Try the Wiener Schnitzel, the Souvlaki, the Chicken Kiev, the Veal Cordon Bleu, the Sauerbraten, the Moussaka, the Curry. You will be rewarded with a gastronomic experience to remember.

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Locally Yours
UNDE

UNDE LOCAL 705

The supper meeting held 3 November, in Building 61 for the election of Officers was well attended by the membership although there was sufficient food left to feed an additional 20.

Your new executive for 1976 are as follows:

- | | | |
|---------------------------|--------------------|----------|
| President | Frank Martens | 889-9174 |
| Vice-President | Doug Johnston | |
| Recording Secretary | M. Wescott | |
| Corresponding Secretary | Agnes Ward | |
| Treasurer | Everet Ogren | |
| Chief Shop Steward | Mike Koster | 889-7653 |
| | | or |
| | | Loc 344 |
| Publicity Chairman | Fred Essers | |
| Social Committee Chairman | Stephanie Shuper | |
| Sick and Welfare | Thelma La Fontaine | Loc 207 |
| Sergeant at Arms | Red Dielschneider | |

It is each member's responsibility to notify sick and welfare chairman, Thelma La Fontaine at Local 207 when any of their fellow workers are away sick for any extended period.

A telegram is being drafted in support of PSAC counter-proposals to Bill C73 (wage and price controls) it will be passed around the various sections by shop stewards for members to read and sign if they wish. It will then be forwarded to Mr. D. McKenzie, M.P. for Winnipeg South Center, and Mr. J. Richardson, Minister of National Defence.

The next general meeting will be held on Tuesday, 9 December at 7:30 in the War Amps, 272 Sherbrook Street. All CRs, OEs, EDs and PRs are urged to attend.

Speak Gently

Speak gently! — It is better far
 To rule by love than fear —
 Speak gently — let not harsh words mar
 The good we might do here!

Speak gently! — love doth whisper low
 The vows that true hearts bind;
 And gently Friendship's accents flow —
 Affection's voice is kind.

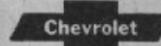
Speak gently to the little child!
 Its love be sure to gain;
 Teach it in accents soft and mild,
 It may not long remain.
 Speak gently to the young, for they
 Will have enough to bear;
 Pass through this life as best they may,
 'Tis full of anxious care!
 Speak gently to the aged one,
 Grieve not the careworn heart;
 The sands of life are nearly run,
 Let such in peace depart.
 Speak gently, kindly to the poor —
 Let no harsh tone be heard;
 They have enough they must endure
 Without an unkind word!

Speak gently to the erring — know
 They may have toiled in vain;
 Perchance unkindness made them so:
 Oh, win them back again!

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BAME Parade Continued From Page 9

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Junior Ranks Christmas Dinner

The annual Christmas Dinner is deeply rooted in the histories of our Canadian military services, and in the brief history of the Canadian forces. Time marches on (toe-tic-toe-tic, not left-right-left-right), social structures wheel about, and technology advances, but one thing does not change; military organizations are founded on a pyramidal structure, with the overall stability and effectiveness of the structure dependent upon the strength of the base. The Canadian Forces are good: the personnel are well trained, motivated to do their best, and they do an excellent job.

The traditional Christmas Dinner is one of those opportunities where the senior military staff can, in a relaxed and carefree atmosphere, meet many of the men and women who provide the basic strength of the CF. Of course, Officers, Warrant Officers or Sergeants are aware of the efforts of their own group, but they seldom have the opportunity to say "Thank You" to the other groups. At the Christmas Dinner, they do:

Today's modern transportation facilities and family locations are such that most persons can get home for Christmas, but Service requirements dictate that not all can do so. Although appreciation is expressed for the efforts of all Junior Ranks, financial constraints impose a limit upon the number of personnel who can be accommodated at this year's Dinner. As such, and unfortunately, guests must be limited to single servicemen and servicewomen, and married persons on TD over the Christmas season.

This year, the afternoon of Friday, December 19th has been chosen as the time for the Christmas Dinner. The Junior Ranks Dining Hall will be beautifully decorated, the tables will be bountifully supplied with seasonal tidbits, senior military ranks will provide excellent table and steward service, and YOU may be a guest of honour.

Start planning now! Get your section head's approval to attend. Talk to your mates and rearrange work schedules. Keep your S3's pressed and neat. December 19th is your day. Enjoy it!

Public Relations Award

OTTAWA (CFP) — Ken Roberts, 53, of Ottawa, director of defence exhibitions and displays, has won a Canadian Public Relations Society award for developing a 16-mm. dual-track optical sound system, capable of producing two languages for an audience watching a single screen.

Considered a "new breakthrough in the use of 16-mm. sound film" by the society's awards jury, the combination of twin-track film and projector, equipped with dual sound pickup cells, is capable of providing French and English or other languages simultaneously, individually, on push-button demand, or in a display situation with directional speakers.

The 1973-74 Annual Report on Official Languages comments that "DND also pioneered the use of dual sound tracks for the projection of films in both English and French at the same time; this system could be of use to many private and public institutions."

The multiple track optical system, pioneered by Chester Beachell of the National Film Board, was used in the defence department's mobile theatre last year at the Canadian National Exhibition, Toronto; Pacific National Exhibition, Vancouver, Quebec Provincial Exhibition, Quebec City; and the Calgary Stampede.

The modified projector was designed by Mega System Design Ltd., of Toronto while the National Film Board produced the dual optical soundtrack film negatives.

Mr. Roberts, a former editor of the Canadian Forces Magazine Sentinel, retired from the Canadian Forces as a major in 1971 following a career as a wartime RCAF bomb-aimer and post war career as an RCAF public relations officer in Canada and abroad.

A Carleton University journalism graduate and former editor of the magazine Saturday Night, Mr. Roberts took up his current post as DND director of exhibitions and displays in 1973.

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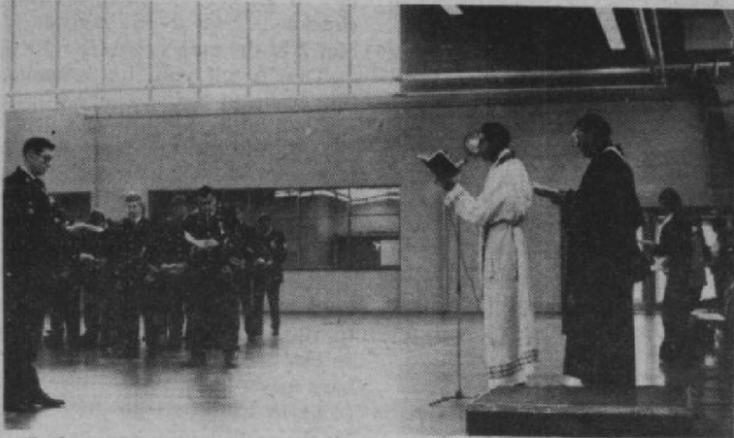
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PATRICIA REPORT



Father H. E. Nowakowski RC Padre for 2 PPCLI reading the scripture with Padre J. I. Mills watching.

Memorial Day Services

November the 11th was marked this year with a Battalion Drumhead Service in the unit's drill hall. 400 officers and men attended the service which included the firing of volleys and the playing of the Last Post.



The Last Post being played during 2 PPCLI's Remembrance Day Drumhead Service.

The French Grey Cup



The Opening Kick-off - French Grey Cup 1975. COL. Paul-Duddy, DCOS Region Ops does the honours while LCOL. R. I. Stewart CO 2 PPCLI holds.

November the 14th saw the top two teams (A and HQ Coy), from the battalion's inter-company flag football series play off in the Annual French Grey Cup. The game was preceded by a parade of Company Floats surmounted by the unit's beauty "Queens". A Company took the prize for the best float and Beauty Queen Competition.

The game itself saw the Headquarters Company team sustain a resounding 17 - 0 loss at the hands of the A Company Team. A Coy scored two touchdowns, one by Lt M. J. Diakow and the other by Pte R. W. Vilchovsky, both were converted successfully to raise the score to 14 - 0. The remaining points were kicked home by MCPL F. Bootle in a successful field goal attempt.



The Headquarters Company Entry - a thing of grace and beauty to behold.



The winning float in the Float/Beauty Queen Contest. The A Coy "Queen" PTE. Kitt is seen talking to one of his/her admirers.

In Memoriam



The Battalion was saddened last week by the death of PTE. Jimmy Mascoulis of C Coy in a car accident near Portage la Prairie on Sunday 14 Nov 75. Jimmy was a good soldier who was well respected by all ranks of the battalion. He will indeed be missed. The following poem is dedicated to his memory and was written by one of his fellow soldiers, PTE. Hebbard of HQ Coy 2 PPCLI

*Oh let me live Almighty Master,
Such a life as man should know;
Tasting triumph and disaster,
Joy and not too much of woe.
And when I am beneath the clover,
Let this be my epitaph;
Here lies one who took his chances in this busy world of men.
He was only human and he*



COL. Paul-Duddy DCOS Region Ops presents the French Grey Cup to the victorious A Coy team. Accepting on behalf of A coy is the team Captain, LT. M. J. Diakow.

*loved his fellowman,
He played the life 'til it was finished;* *and lived and died a soldier,
to the end.*
PTE. Hebbard HQ Coy

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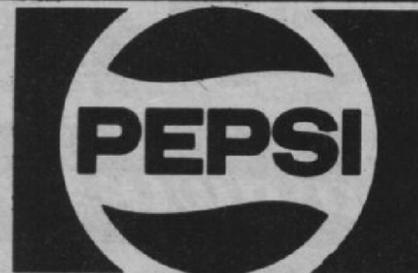
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Base Transportaion

As of the end of October, CFB Winnipeg has taken on strength two female MSE OPs on completion of their initial training. Newly arrived here are Privates Pauline Masters, Burin, Nfld and Pat Nagle from South Hampton, Ont. These girls are the first females ever to be regularly employed by this Transportation Section as driver/operators. Both Pauline and Pat have had 11 months' service to date, most of which has been spent training at CFB Borden.

At present, PTE. Masters is employed in the General Purpose Vehicle Section of Bldg 17 driving an assortment of passenger vehicles in the normal performance of her duties. PTE Nagle is now working out of Bldg

87 on the North site, also driving passenger vehicles. Both of these girls will undergo a variety of training on different vehicles while on their OJT with Base Transportation. As for all other MSE OPs, they will experience operation on all sorts of heavy equipment, cargo vehicles, ambulances, refuelling tenders and general passenger vehicles; in short, on everything from front end loaders to limousines.

A warm welcome is offered to our two new driver/operators as they embark on what will be an interesting career. We are sure that Pauline and Pat will enjoy their stay here in Winnipeg and will pave the way for the posting in of other female MSE OPs in the future.



PTE. Pat Nagle (left) PTE. Pauline Masters (right) receive a warm welcome to the Base Transportation section from the BTNO, Captain S. F. Crooks. (BASE PHOTO)

U of M

continued from page 1

graduate to attend convocation. In addition, four other members of the Canadian Forces completed their degree requirements as part-time students this year, taking advantage of the six hours of credit in recognition of military service; graduating in May 1975 were Captain John D. Stewart (BA), Warrant Officer Wilfred Jones (B Music) and Sergeant Dieter Conrad (B Music) (Wpg), while Corporal Olgierd C. Dobrostanski (BA) graduated in absentia this fall.

The armed forces program commenced on September 1st,

1974. It was established by the U of M with financial support from the Department of National Defence. Mike Piercy, who retired from the Canadian Forces (Air) with the rank of major after 26 years of service, is the full-time program co-ordinator and works out of the Registrar's Office; however, he is actually on staff of the Continuing Education Division.

In excess of 400 applications for admission have been received to date with approximately 300 personnel registering for courses. Forty-six of the applications have been from dependants of service personnel.

The intent of the program is to assist serving personnel and their

dependant families to obtain a university education outside the formal plans operated within the Canadian Armed Forces. Transfers from base-to-base, province to province causes great difficulty in meeting graduation requirements at a single university. In general, credit from all Canadian universities transfer from one institution to another; the difficulties arise when service transfers cause members to encounter differing program structures among campuses, or find residence requirements which cannot be met. Recognizing this, the U of M will, once a serving member of the armed forces (or a dependant) has registered for studies through any of its faculties, provide continuing counselling as to choice of courses at this university and at other institutions in Canada to ensure that degree requirements are met.

MID-EAST

continued from page 1

"It follows that the professional approach to the not-so-easy task by the troops reflects great credit on your command. I consider this to be no accident. In my opinion, I attribute the performance of your troops to be a by-product of our Canadian society, coupled with your leadership, the fact we are a voluntary force, proud to stand up and be counted as sea, land or air, and trained for war.

"Regrettably, during my tenure of command, a price tag was attached to the mission. The cost was 14 of our number who died in the service of Canada, in support of peace in the Middle East.

"As I told your troops in my farewell address, 'we honor their memory by doing our best every day. To do less, their lives would have been in vain.'"

Last of the "characters"

There's a large audience still in uniform who could regale readers with the trials and escapades of DE through the years, but their versions wouldn't fit this kind of newspaper.

But you can be sure that wherever the subject of DE comes up in a conversation, a fond chuckle or two always precedes a litany of the man's characteristics.

They'll tell you, for instance, that some of the antics he's been credited with over the years either induced "brass" to fits of rage or helpless laughter. Sometimes both.

They'll also say that the usual textbook qualities of a leader fit him uneasily; he was, and is, "the kind you follow because you want to, not because you have to."

For those who don't know, or have never met DE, they're just going to have to take their word for it.

The country he served as a Second World War paratrooper in Europe, an RCR Company Commander in Korea, and CF Attaché in Poland, along with a long list of other appointments, has seen fit to formally recognize his contributions over 35 years.

A few days ago the Order of Military Merit, in the degree of Commander, was pinned on him at Government House in Ottawa.

And next day, Defence Minister James Richardson called Mr. Speaker's attention to have his presence recognized in the House of Commons.

But a tribute that probably would go down best with acquaintances of DE was heard around the bar the day they pinned the OMM on him:

"If anybody ever finds the mould DE came out of, bring it back. The infantry and the Canadian Forces can use all they can get of his kind."

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Sun. 30 Mon. 1 THE FOUR MUSKETEERS ALEXANDER SALKIND Presents CLAUDE RAIN - ENZO ANGILERI MICHAEL CHAMBERLAIN and MICHAEL YORK in STYLISH BRAND FOLLY CHRISTOPHER LEE - GERALDINE CHAPLIN JEAN PIERRE CAUILLON in a BRILLIANT LUTHER FILM	Tue. 2 Wed. 3 Thu. 4 LYNN REDGRAVE and KATHERINE HOLLANDER The Happy Hooker THE BOOK THE MOVIE RESTRICTED ADULTS	Fri. 5 Walt Disney The APPLE DUMPLING GANG LEWIS CLARK KNIGHT IN.	Sat. 6 FILM THE FIFTH HOUR BORN FREE SERIAL	Sat. 6 Walt Disney The APPLE DUMPLING GANG LEWIS CLARK KNIGHT IN. SERIAL	Sun. 7 Mon. 8 Tue. 9 warren beatty julie christie - goldie hawn SHAMPOO "Shampoo is the most virtuous example of sophisticated kaleidoscopic farce that America's movie-makers have ever come up with." "The 'a dicker vita' for the 80's." WILLIAMS PICTURES PRESENTS	Wed. 10 Thu. 11 Walt Disney The APPLE DUMPLING GANG LEWIS CLARK KNIGHT IN.	Fri. 12 BURFORD PUSSEY'S OWN TRUE STORY PART 2 WALKING TALL WALTON BRIDGES PRESENTS	Sat. 13 The Biggest Heart Ever Unleashed DIGBY THE DOG WHO SAVED THE WORLD SERIAL	Sat. 13 BO SVENSON as Burford Pussey PART 2 WALKING TALL WALTON BRIDGES PRESENTS	Sun. 14 Mon. 15 The story Burford Pussey wanted told... PART 2 WALKING TALL WALTON BRIDGES PRESENTS	Tue. 16 BO SVENSON as Burford Pussey PART 2 WALKING TALL WALTON BRIDGES PRESENTS	Wed. 17 Every Room is a Living Tomb THE HOUSE ON SKULL MOUNTAIN A BRITISH FILM WALTON BRIDGES PRESENTS	Thu. 18 Walt Disney THE WORLD OF JULIUS ROODER 20th CENTURY FOX PRESENTS IMMORTAL MOTIONS WALTON BRIDGES PRESENTS	Fri. 19 it seemed like a good idea at the time WALTON BRIDGES PRESENTS Anthony Newley Stefania Powers - Lane Hayes - John Phillip Love - John Phillip Love - John Phillip Love	Sat. 20 Walt Disney Tess of the Storm Country SERIAL	Sat. 20 Walt Disney Tess of the Storm Country SERIAL

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Voxair Variety

BY JOHN LAUDER

To quote an old showbiz cliché "The Price is Right". In this case I am talking about the MANITOBA THEATRE CENTRE's second play of the season, *The Price*, by Arthur Miller, which opened last week and runs until December 13th.

The critics of the two dailies in their comments re opening night were hung up on the story told in this drama, and could only find short space to mention the performers. To obtain a true outline of the story you have to either see or read the play, so I have no intention of giving a resume here, and would suggest you go and see it for yourself. It is a worthwhile theatrical experience.

Plaudits are in order for Len Cariou, who chose this work as Artistic Director. It offered a nice contrast to *Cyrano*, the season opener. Praise is also due to Robert Bilheimer, who made his debut MTC director a successful one. In the cast of four, old pro Milton Selzer was outstanding as the aged philosopher cum furniture dealer. While he was provided with the best comic lines, he gave us timing, gestures and facial expressions which were right on.

Robert Benson, in a part where he hardly ever left the stage throughout the play, had to carry most of the continuity, and did very well. Roland Hewgill, a flamboyant actor most of the time, held himself in check and performed credibly in the difficult part of an excusable bad guy. Angela Wood, the only woman in the cast, had a small part, but was good enough to make one want to see her in a bigger role in the future.

Not that the whole was entirely perfect, but possibly playwright Arthur Miller can be blamed for most of the flaws. Supercritic, the girl who sits next to me, thought that the second act dragged, except when Milton Selzer was on stage. She also felt there were some breakdowns in the logic of why family communications had failed in the past, and in the way the characters accepted them. But life is not simple or logical, so why try to make it so? It is the kind of play which requires reaction from the audience, and one of the best of its kind. If you see it, you should both enjoy and experience it.

Opening too late to make this issue is another MTC presentation, *The Collected Works of Billy the Kid*, at the Warehouse Theatre, which also runs until December 13th. This was commissioned originally for the Stratford Festival in 1974, and qualifies as Canadian content under the Warehouse policy of showing one or two Canadian efforts each year. Tickets are \$4.00 for adults and \$2.50 for students.

If you do not have season tickets to the WINNIPEG SYMPHONY, yet would like to hear pianist Van Cliburn, then you will have a chance. A special extra Sunday concert is planned for December 7th, with details available at the usual outlets. Also in the field of music, a new musical *With Love*, is scheduled to run at the Art Gallery from December 12th to 20th.

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ATC Band

OTTAWA—A new name has been adopted for the Canadian Forces band based in Kingston, Ont. Formerly known as the Air Transport Command Band, it now reverts to a name it held four years ago, the Canadian Forces Vimy Band.

The change comes about as a result of the disbandment of Air Transport Command, and the absorbing of its functions by the newly-formed Air Command.

Vimy Band, one of nine major Canadian Forces' bands serving across Canada, was formed in 1968. It has performed in a number of major functions in Canada and overseas, including the 1974 ceremonies in Normandy commemorating the 30th anniversary of D-Day.

It has also welcomed visiting royalty and foreign dignitaries to Canada, and its fanfare trumpeters have played at many state occasions.

Another of its major engagements has been performances on Parliament Hill in Ottawa for the summertime "Changing the Guard" ceremony.

The Canadian Forces' eight other bands are the Stadacona Band, Halifax; the Royal Canadian Regiment Band, Gagetown, N.B.; La Musique du Royal 22e Régiment, Quebec City; the Royal Canadian Artillery Band, Montreal (St. Hubert); the Central Band of the Canadian Forces, Ottawa; Air Command Band, Winnipeg; Princess Patricia's Canadian Light Infantry Band, Calgary, and the Naden Band, Esquimalt, B.C.

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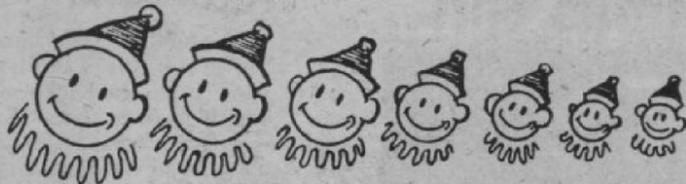
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by John Semeniuk

THE WRECKTORY - In a small Italian village, the Parish Priest completed his remarks to a hushed crowd of attentive parishioners by saying, "Now remember, you must not use the pill!" A lovely signorina stepped forward, shaking her finger, "Look!" she chided, "You no play-a da game, you no make-a da rules!"

A TURN FOR THE VERSE - I crept upstairs, my shoes in hand just as the night took wing, And saw my wife, four steps ahead doing the same damn thing.

SPECIAL DELIVERY - The spiritualist seance neared the climax; contact was about to be made with the departed. The little widow, a bundle of nerves, tensed herself for the first message from her late husband. Finally it came through, transmitted by the medium. The departed one requested that he be sent a box of fifty-cent cigars. "But", protested the tearful widow, "How do I know where to send them... I don't have his address!" "Well, my dear," answered the medium, "He didn't ask for any matches, did he?"

LOST BY A SHADE - On the first morning of the honeymoon in Niagra Falls, the bridegroom pulled up the shade and looked out... it was raining. "No use going out to see the falls today, honey," he said, "It's raining." They decided to stay in their room. On the third morning of the honeymoon, the bridegroom



There were more attendees than usual at the bingo on 15 Nov - but the jackpot did not go. The jackpot will go at the next bingo. It will be worth \$150.00. At this same bingo 13 Dec 75 we will hold the PMC draw. So, why don't you all come out and join in the fun. Dancing to the music man after the bingo and draw.

Maybe the Grey Cup isn't of so much interest or are there more 'home parties'? Anyway the turnout for the dance was small but all there had fun - judging for Mrs East and Mrs West took place and Mrs Jackson and Mrs (Bunnie Gravel) were chosen as representing the East and West. Both were presented with bouquets. During the evening a farewell tribute was paid to associate member Bill Ferguson and his wife, Iris. They are leaving to take up residence in Edmonton.

Grey Cup Day - East & West TV's and less than usual Grey Cup attendance. East and West supporters cheered their

wearily went to the window, took hold of the shade, pulled with his remaining strength, and went up with the shade!

FREUDIAN FLIP - Why is that the fickle finger of fate inevitably outdistances some of our lifetime goals. Take the poor kid who could never get to use the toilet because the bathroom was always occupied by one of his eight sisters and six brothers. Now he is fabulously wealthy and has six bathrooms - but he CAN'T GO!

STANDING ROOM ONLY - The General's wife barged into his office unannounced one day and found his secretary sitting on his lap. Without batting an eye, the General started dictating rapidly: "Memo to the Supply Officer. Shortages or no shortages, how long do you think I can run my office without additional chairs?"

NOT AMONG THE MISSING - When Miss Pattie Bottom died a spinster at the age of 70, one clause in her will caused an admiring twinkle in the eyes of her friends... the clause was: "I don't want anyone to put the word 'Miss' on my tombstone - I haven't missed as much as some people think!"

ASSORTED NUTS - A visitor at an insane asylum asked an attendant if it was necessary to keep the women and men separated. "It certainly is!" replied the attendant, "They're not that crazy!"

respective teams and when it was all over Mrs West (Bunnie Gravel) was presented with the Mrs Grey Cup by Ralph Fleming on behalf of last years winner Ida Bennett. As the end of the year draws

Base Maintenance Land Promotions



MCPL. W. G. Manser being congratulated by Captain J. D. Dunsmore on his recent appointment to Master Corporal. MCPL. Manser is employed as a weapons technician in Base Maintenance Land.

(BASE PHOTO)



Sergeant D. R. Christopherson is congratulated by Captain J. D. Dunsmore on his recent promotion. SGT. Christopherson is a new arrival on the base from CFB Petawawa and is employed as the weapons section supervisor of Base Maintenance Land.

neigh, interest starts regarding festive activities. They are all listed in the calendar below, one main item is the New Year Ball. Tickets go on sale 1 Dec during noon hour Monday to Friday. Initial sales will be for dues paying members and one guest couple. From 15 Dec remaining tickets will be for additional guests. The cost - members \$18 and guests \$25 per couple. This price includes reserved seats, cold

buffet with wine, served between 9 and 12. Music for dancing by Len Hunchak plus all the usual New Year's Eve noise makers, streamers, hats, balloons and a corsage for the ladies.

Entertainment calendar for December is available in the mess. Some have been mailed to orderly rooms.

The mixed TGIF originally planned for 5 Dec, then postponed until 12 Dec will now

MND's New Assistant In House Of Commons

OTTAWA-Defence minister James Richardson's new right hand man in the House of Commons, 39-year old Maurice A. Dionne, is described as "a personable individual who exudes that informal 'down home' charm."

The freshman Liberal member for the central New Brunswick riding of Northumberland-Miramichi, where Lord Beaverbrook grew up, was appointed parliamentary secretary to Mr. Richardson by Prime Minister Pierre Trudeau Oct. 14.

Like his predecessor in the job - Len Hopkins from the Ottawa Valley constituency of Renfrew North Nipissing East - Mr. Dionne is a former school teacher and principal, having spent 18 years in the education profession.

In an interview in his House of Commons office, Mr. Dionne said "I am here to assist the minister and, hopefully, bring problems of the forces before my colleagues and the public generally, in whatever capacity the minister wishes."

He said that he's had a long-standing interest in public affairs, and when the seat in his constituency became vacant with the retirement of Liberal Percy Smith, he decided to contest it.

He told his supporters that, despite his name, he spoke English only, although he reads French. They told him "We don't care what language you speak, as long as you speak to us." Following a tough battle he won the nomination and was elected in July, 1974, general election.

Mr. Dionne was born in Bath, NB, and educated at Woodstock High School, the N.B. Teachers' College and St. Thomas University, Fredericton, where he earned a bachelor of arts degree.

He is the son of George Dionne and the former Mary McLaughlin. He is married and has five children, but despite his name, they're not quintuplets. He is married to the former Precille Babin of Charlo, N.B.

be held 19 Dec. This second change was due to obtaining entertainment.

DECEMBER ENTERTAINMENT CALENDAR

- Dec 4 MESS DINNER
- Dec 7 MEMBERS CHILDREN'S CHRISTMAS PARTY
PUPPETS - GAMES - SANTA
FOOD AND DRINKS
STARTS 2:00 PM GOODIES FOR 12 YEARS AND UNDER.
- Dec. 13 CHRISTMAS BINGO & PMC DRAW
BINGO GAMES START AT 8:00 P.M.
ADMISSION \$1.00 EXTRA CARDS 5 FOR \$1.00.
BINGO GAMES INCLUDE GARBAGE AND SHARE THE WEALTH
JACKPOT OF \$150.00 WILL GO. PMC DRAW TAKES PLACE BETWEEN GAMES.
MUSIC FOR DANCING AFTER BINGO.
- Dec. 18 AT HOME TO OFFICERS 15:30 TO 1700
- Dec 19 CHRISTMAS MIXED T.G.I.F.
FOOD AVAILABLE AT 7:00 P.M. MUSIC STARTS AT 8:00 P.M. (TED FRASER'S BAND.) ADMISSION CHARGE OF 1 TOY TO BE DONATED TO CHILDREN'S ORGANIZATIONS
- Dec 24 MESS CLOSED FROM 1700 HRS.
- Dec 25 MESS CLOSED
- Dec 26 MESS OPENS 1200 HRS
- Dec 31 NEW YEAR'S BALL
MUSIC BY LEN HUNCHAK ORCHESTRA
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New BCEO Takes Charge



Major J. R. Orlando takes Command of the Base Construction Engineering Section from Acting BCEO, CAPT. L. G. Wild. Major Orlando took command on 20 Oct 75 and came from 1 Construction Engineering Unit, Winnipeg. (BASE PHOTO)

Promotions Announced



WO. V. L. Stiles is congratulated on his promotion to that rank by CAPT. L. G. Wild. WO. Stiles promotion is effective 01 Dec 75. He is the Water and Sewage Treatment Plant Supervisor. (BASE PHOTO)



MCPL. E. C. Cantfell is congratulated on his promotion to that rank by CAPT. L. G. Wild. MCPL. Cantfell's promotion was effective 01 Nov 75. He is employed in the contracts cell of the CE section. (BASE PHOTO)

BCE Medal Presentations



LCOL. J. E. McNeil, Base Technical Services Officer, CFB Winnipeg presents the First Clasp to the Canadian Forces Decoration to WO. J. A. Stroud, the Acting Administration Officer with the Base Construction Engineering Section. (BASE PHOTO)



LCOL. J. E. McNeil, Base Technical Services Officer, CFB Winnipeg presents the Canadian Forces Decoration to CPL. G. N. Morgan, a Fire Prevention Inspector with the Base Construction Engineering Section. (BASE PHOTO)

Canadian Olympic Coin Offer

OTTAWA—The Treasury Board has authorized a subscription offer to Federal Government employees for the purchase of Canadian Olympic Coins. This subscription offer allows employees to purchase Canadian Olympic coins through the convenience of monthly payroll deductions.

The coins will be issued at intervals in series numbered I through VII. Each series consists of four coins, two of five dollar and two of ten dollar denominations. There are four purchase plans available to employees:

Plan A — Set of seven Series I to VII;

Plan B — Set of six Series IV to VII plus any two of Series I, II or III;

Plan C — Set of five Series IV to VII plus any one of Series I, II or III; and

Plan D — Set of four Series IV to VII.

Payroll deductions will

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commence 1 January 76, for a twelve month period ending 31 December 76. Rates of monthly deduction are as follows:

- Plan A — \$31.20;
- Plan B — \$26.75;
- Plan C — \$22.29; and
- Plan D — \$17.83.

Applications for members of the Canadian Forces will be available in local paying offices. Applications completed by members will be submitted through the Accounting Officer to NDHQ/DPS no later than 10 December, 75.

In completing the application, it is essential to indicate the postal address to which the coins are to be delivered. It is the responsibility of the member to notify the Olympic Coin Program of any subsequent change of address. All notices of queries concerning the coins shall be directed to the Olympic Coin Program.

The coins will be mailed directly to the employee by the Olympic Coin Program as each series is completely paid for. A 28 coin presentation case will be included free of charge with the first series of coins mailed to the employee.

Applicants will be able to cancel their subscription at any time and will obtain a refund of the amounts collected in respect of any series not yet completely paid for. The refund will be made directly to the employee by the Olympic Coin Program.

ADDRESS:

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P.O. Box 6376
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The first Midnight Madness (bonspiel) this winter was held on the 21 and 22 Nov 75 and was a great success. The committee wishes to thank the members for their participation and hopes they enjoyed the fun and games.

After the long hours of curling (etc.) some team players were too tired (?) to attend the club on Saturday night to pick up their prizes. They can be picked up at the office during normal working hours.

Our next Midnight Madness will be held in February. (More info in the new year.)

Now for the December entertainment calendar:

Friday, December 5
TGIF NIGHT

Music services from 9-1 by Rudy Wetyk

Saturday, December 6
SATURDAY NIGHT DANCE

Music services by Rudy Wetyk. Dancing from 9-1

Sunday, December 7
CHILDREN'S CHRISTMAS PARTY

Building 21 from 1330 hrs. to 1630 hrs. Santa Claus will be there with gifts and candies for the little ones. Uncle Bob and Archie will put on a show starting at 1400 hrs. So, Mom and Dad don't forget this important day.

Christmas party for children up to ten years old.

Friday, December 12
TGIF NIGHT

Music Man from 9-1 by Garry Robertson.

Saturday, December 13
BAND

To be announced.

Friday, December 19
TGIF NIGHT

Music services by "Pro Sound" 9-1

Saturday, December 20
SATURDAY NIGHT DANCE

Music by Garry Robertson. Dancing from 9-1

Thursday, December 25
MERRY CHRISTMAS

Friday, December 26
BOXING DAY

Sunday Routine Saturday, December 27 SATURDAY NIGHT DANCE
Music services by John Nelson

Wednesday, December 31
NEW YEAR'S EVE BALL

Information on the New Year's Eve Ball: members' tickets will go on sale 1 Dec 75, at a cost of \$10.00 per couple. They will be sold by signing the acquittance roll.

If there are any tickets available from the 15-22 Dec 75, they will be sold as guest tickets at a cost of \$25.00 per couple.

There will be no tickets sold after the 22 Dec and no refund on tickets.

There are only a limited number of tickets. Pick yours up early during normal working hours at the office.

The entertainment for New Year's Eve: candlelite dinner served from 8-10 in the dining hall. Dancing to "Mosaic" from 8:30 to 2. Wine will be served with dinner, two commemorative wine glasses passed to couples as keepsakes. Corsage for your lady - plus all the noisemakers, hats, horns, streamers and balloons that go along with the New Year.

Dress for the occasion will be semi-formal.

NEW YEAR'S DAY FUNCTION

This great day starts off at 1100 hrs. with refreshments being served by your entertainment committee and bar staff. Three great bands for your dancing pleasure: Pryde from 1-5, The Country Tigers from 5-9; Together from 9-1. Admission for the day - \$2.00 per couple for members. \$6.00 per couple for guests. Relaxed dress for the function.

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Fowl Tips

Turkey time is fast
approaching so here's a few tips
from Consumers' Association of
Canada. Thaw frozen turkeys in
the refrigerator or in an unopened
freezer bag under cold running
water. Thawing takes
approximately five hours per
pound in the refrigerator or about
one hour per pound or less under
cold water. Never stuff a bird
until it is time to put it in the
oven. Otherwise, dressing becomes
chilled and cooking time would
need to be extended in order to
heat the dressing sufficiently (165
degrees) to ensure any food
spoilage organisms are destroyed.
Thus, you may end up
overcooking the meat. Turkeys
are excellent sources of high
quality protein as well as iron,
thiamin, riboflavin and niacin. A
breast quarter of turkey supplies
approximately 260 calories; leg
quarters approximately 290.

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