

EQUAL OPPORTUNITY WITH EQUAL COMMITMENT



Colonel Mary G. Vallance
Canadian Forces Photo

OTTAWA — One of the strong defenders of equal opportunities for women in the Department of National Defence has been promoted to colonel and becomes the second woman to hold that rank in peacetime.

Col. Mary G. Vallance of Ottawa and Atwood, Ont., director of women personnel, added the fourth gold stripe to her sleeve March 1.

Colonel Vallance is responsible for promoting the Equal Opportunities Program for both military and civilian women. Although not a "militant women's libber", the colonel says she believes strongly in "equal opportunity with equal commitment" for women.

Since becoming involved in the Program on Equal Opportunities for Women, Colonel Vallance has been assessing the employment situation of women in the department and has been exploring ways and means of implementing the recommendations of the Report of the Royal Commission on Status of Women.

Postair

April 24, 1974

CANADIAN FORCES BASE, WINNIPEG

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MAY PREVIEW

Cool northerly breezes and frosty nights will give way to more sunshine and warmer days in May.

In May last year 293 hours of bright sunshine were observed at Winnipeg — imagine almost 10 hours of sunshine per day! Normally the number of hours of sunshine received during May is 244 (approximately 8 hours per day) an increase of 34 hours of sunlight from the month of April.

On the first day of May the high temperature averages 57 degrees Fahrenheit and the last day of the month the high temperature averages 70 degrees Fahrenheit. The lowest May temperature ever recorded at Winnipeg is 11 degrees above on the second day of the month in 1907. The highest May temperature on record was observed on the thirtieth in 1934; it was 100 degrees above zero on the Fahrenheit scale. Daily high temperatures in the low nineties occur occasionally; for example, the maximum temperature on the sixteenth and the eighteenth of May last year was 92 degrees. More often high temperatures reach the eighties but mostly daily high temperatures are in the sixties.

Long term normal minimum (over-night low) temperatures vary from 34 degrees in early May to 46 degrees by the end of the month. Daily minimum temperatures frequently drop below the freezing point. The risk of frost damage to tender plants is high till about the twentieth of May but diminishes toward the end of the month.

The prevailing wind direction is from the north. Strong winds, speeds greater than 30 miles per hour, are from the northwest 40% of the time and from the

TIP OF THE TAP

On the 10th of January 1974 the Base Commander Colonel C.A. LaFrance received the "TIP OF THE TAP" Tribute from radio station CFRW in recognition of CFB Winnipeg being awarded a Canada Safety Plaque for achievement of the lowest accident rate for highway vehicles. Colonel LaFrance expressed his thanks to Base

Transportation and all the MSE Ops whose professionalism behind the wheel made this award possible. In recognition of their fine efforts, Colonel LaFrance presented to the MSEO Cap Baker a most suitable gift of five cases of Heidelberg refreshments to be used at the next Base Transportation section party.



Colonel C.A. LaFrance and Capt Baker admire the scroll that was presented to Colonel LaFrance by Radio Station CFRW. Base Photo

south 21 percent of the time. The strongest mean wind speed on record of more than one hour duration is 50 mph from the northwest. The strongest gust on record is from the northwest at 68 mph.

The average amount of sky covered by cloud is 6-tenth of the sky. Eight to 10-tenth of the sky is covered by cloud about 52% of the time in May. Thunderstorms occur on the

average two days in the month.

The average amount of snowfall during May is .9 inches. The yearly variation for May is from nil to 13 inches. Slightly more than 2 inches of rain are normally received at Winnipeg during the month of May. The largest amount of rain, six and one-quarter inches, was recorded in May 1911. The average number of days with precipitation is nine.

MSE DRIVER OF THE MONTH



The MSE DRIVER OF THE MONTH for the month of March is Cpl Adair. Cpl Adair is employed in the Base Transportation Cargo sub-section as a driver.

He is employed mainly as a tractor trailer and highway bus operator. His duties entail frequent out of town trips and numerous hours overtime. Cpl Adair has at all times carried out his duties in a very conscientious and professional manner. He has received numerous appreciations for his driving ability and helpful and co-operative attitude. He was commended by the BAMEO for the expert and professional manner in which he contributed to the recovery of the B25 Mitchell Bomber from Kamloops that will be displayed during the Centennial Year.

Cpl Adair has been employed in Base Transportation since 1967 and has a 22 year accident free driving record. Congratulations from all members of Base Transportation are extended to a most worthy recipient of the DRIVER OF THE MONTH AWARD — CPL ADAIR.

TRUCKS TO GO

Ottawa—Defence Minister James Richardson recently announced that Armed forces bases and Militia units in Canada, along with peacekeeping elements in Cyprus, will get new commercial-pattern trucks this year to replace some of their 20-year old military-pattern models.

The present requirement is for 432 cargo trucks and 65 ambulances, costing \$3,085,000. Contract for the replacement trucks has been let, and tenders for the ambulances were called for Jan. 31.

Mr. Richardson said purchase of standard commercial-pattern trucks resulted from a re-examination of the requirement for military-pattern vehicles and a decision to utilize commercial vehicles for bases, training establishments and militia units.

Chrysler Corporation has been awarded the contract for the cargo trucks and will supply 1974-75 one-ton W200 models. They are equipped with four-wheel drive, troops seats and safety belts for eight passengers, towing hitches, mud-snow low pressure tires and flameproof tarpaulin covers, the minister said.

Mr. Richardson said commercial vehicles offer advantages over military-pattern ones in acquisition, speed of delivery and operating costs, eliminating the need for prototype testing and stocking of parts. Time and money also will be saved by eliminating the requirement to repair and maintain 20-year old trucks.

TEMPORARILY INCAPACITATED



A Canex driver and vehicle, in a desperate effort to save the newly installed Ex Gas Bar on Whytefold Road from disappearing into quagmire of mud and sand, becomes hopelessly mired down, and must patiently await mother natures assistance in drying things up in that area. Numerous loads of sand and gravel dumped in an effort to keep the pumps in operation proved ineffective as the soft base gave way in the spring thaw.

Service personnel appreciate the efforts made to keep the Gas Bar in operation, and look forward to its early re-opening! Base Photo

CANADIAN FORCES ART AND PHOTO COMPETITION

The 1973 Canadian Forces Art and Photo competition revised its scheme with judging being done in October 1973 and the exhibition being mounted in April 1974.

A total of 205 entries were received from 74 different entrants representing 23 bases and stations.

In the art phase of the competition awards were presented as follows:

Amateur — Artists Choice:
First: Capt G.B. Bennett - CFB

Greenwood; Second: Mrs. Leleivre - CFB Bagotville; H.M. Maj G. Diamond - CFB Europe; H.M. MWO A. Blondell - CFB Chilliwack.

Amateur — Military Life:
First: Maj G. Jameison - CFB Gagetown; Second: Capt G.B. Bennett - CFB Greenwood; H.M. Mr. S. Woods - CFB Ottawa.

Best in Show Award — Maj G. Jamieson - CFB Gagetown.

All artists are urged to prepare for the next chance to winning a prize while satisfying a creative urge.

CANADIAN ARMY WELFARE AND EDUCATIONAL BURSARIES

The Board of Directors of the CAWF has established, on an annual basis, the CAWF Bursary Program to encourage and assist children of former members of the Canadian Army who served between 1 Oct 46 and 31 Jan 68. For the school year 1974/75, \$35,000.00 will be awarded in educational bursaries in amounts of up to \$1,000.00 each. These bursaries will be

granted primarily for tuition and books at Canadian universities or colleges, or at technical schools and community colleges requiring at least two years of study that lead to a certificate, diploma or degree.

Detailed information and application forms may be obtained from Capt S. Rollwage at 888-5472. The closing date for application is 1 Jul 74."

R.C.A.F.A.

'An Aerospace and Community Service Organization of Air-Minded citizens based on the traditions of the Royal Canadian Air Force' - The Royal Canadian Air Force Association.

By Capt W. McLeod (Retired)

In this year - the GOLDEN ANNIVERSARY of the Royal Canadian Air Force, commemoration ceremonies will be held across Canada at various times to celebrate the founding of the RCAF. With the associated functions taking place for this auspicious occasion, it will be an opportunity for potential and new members to participate with the old.

Like many service organizations, the RCAF has remained contemporary to provide a continuing incentive for support from the community at-large. Over the past three years many changes have taken place within the Association, including the streamlining of the National Executive Council and reorganization of National Headquarters.

The most recent change came with the confirmation by Federal Department of Consumer and Corporate Affairs of the revised AIMS and OBJECTS and Integral Missions of the Association as follows:

AIMS & OBJECTS

To maintain unity of purpose and effort among serving and former participants in military aviation and their contemporaries in civil aviation by:

- A. Maintaining the traditions of the Royal Canadian Air Force
- B. Maintaining the traditions of Canadian civilian aviation pioneers
- C. Commemorating significant anniversaries in Canadian military & civilian aviation
- D. Providing a common bond for all aviation personnel

To sponsor and encourage aeronautics in all its branches by:

- A. Encouraging improved aviation legislation
- B. Providing support for all forms of aeronautics

To participate in local and civic programs, especially those designed to develop the physical,

mental and moral well-being of our nation's youth, particularly Air Cadets and to undertake charitable projects of both a National and Local character by:

- A. Sponsoring Air Cadet Squadrons
- B. Undertaking local community projects
- C. Undertaking charitable projects

To work with the RCAF Benevolent Fund and various veterans organizations toward the attainment of their objectives by:

- A. Encouraging procurement of improved equipment
- B. Encouraging improved veteran's legislation

To promote and encourage an adequate and effective aviation component to meet the needs of National defence by:

- A. Encouraging procurement of improved equipment
- B. Encouraging improved personnel policies

To promote and encourage responsible citizenship among Canadians by:

- A. Working for unity in Canada
- B. Assisting in citizenship programs for youth

With the broadened base, the Association is now able to offer everyone involved in Canadian aviation the opportunity to participate in the Aims and Objects of the Association. Eventually the resulting increased membership will enable the Association to be even more effective in the pursuit of its various projects.

The remarkable thing about the recent evolution of the Association at the National level is that it achieves the primary need of expanding the Association in times when all associations are experiencing problems in maintaining strength, it does this without violating the principles upon which the Association was initially founded, those of having "Air" people interested in and support "Aviation", and it preserves all of the traditional

NORAD BAND IN CENTENIAL CELEBRATIONS



NORAD's "Cavalcade of Music", the musical ambassadors of the joint Canadian-United States North American Air Defence Command visits Winnipeg to assist in the city's centennial celebrations. The associate Director of the Colorado Springs based band is Captain Keith Swanwick (centre). For Capt Swanwick it was a return visit to Winnipeg, as he was director of music of the Training Command Band prior to joining NORAD. The band played to a near capacity audience at Winnipeg's Centennial Centre Thursday evening, April 18th.

(Canadian Forces Photo)

activities in which the Association has been involved.

Notwithstanding that the Aims and Objects have, of necessity, been generalized to achieve wider support, the traditional objectives have been maintained and strengthened as is evident in the new motto - "An aerospace and community service organization of air-minded citizens based on the traditions of the Royal Canadian Air Force". The Association has now set the stage for a wider spectrum of younger people to assist the traditional members in promoting the good work in which the Association has been involved for 25 years.

In addition to the traditional members, the eligibility criteria for regular members now includes all current members of military aviation regardless of whether they were initially Navy, Army or Air Force; DND civilian employees whose employment is in support of military aviation; air cadet officers, civilian air cadet instructors and ex-air cadets; civilian pilots, navigators or air engineers; any person directly involved with the flying or maintenance of civilian aircraft; and persons employed by the civil aviation branch of a Federal or Provincial Ministry - and of course, persons who have honorably terminated such employment are equally eligible.

In addition any citizen who supports our aims and objects may become as associate member either as a Wing member upon invitation of a Wing, or as an Associate member-at-large affiliated with National Headquarters.

500 Wing RCAF Winnipeg, is presently accepting membership - further information in this regard may be obtained from the President Al Dowling at 256-0405 or the writer at 889-2641.

For a first hand view of 500 Wing Activities, plan to attend the "Pool and Dance Party" at Lipsett Hall, 26 April 74. Proceeds are for 220 Red River Cadet Squadron and Manitoba Wheel Chair Society activities. Next issue watch for the History of the Royal Canadian Air Force Associations!

THE HIGH COST OF SMOKING

The price paid by "Smokers" continues to rise, but unfortunately for many, the price paid will not end there.

The potential health hazard is ignored by "Smokers" and, in many cases, the fire hazards also are not considered. Almost 50% of fires in Canadian homes are caused by careless smokers, and in order to reduce the terrible and often tragic results cause by carelessness, an outright effort must be made by all concerned. It is essential that "Smokers" develop and practice good personal habits for their own safety and for the safety of others.

1. Never smoke, or allow anyone else to smoke in bed.
2. Never dispose of ashtray contents with smouldering cigarettes or hot ashes in a waste basket or garbage can.
3. Use only an "Approved Type" ashtray.
4. Check all rooms and furniture particularly armchairs and Chesterfields, before retiring for the night, to make sure no one has left a cigarette burning.
5. Keep matches and lighters out of reach of children, and use only safety matches.
6. Be sure your match is out before discarding same.

Let the price you pay for the packet be the final one.

IN YOUR LIFETIME

Once again there is a hopeful theme for the American Cancer Society's April Crusade: "We want to wipe out cancer in your lifetime."

Is there substance to this hope? The trend over the last four decades shows that there is a real basis for cautious optimism. In the late thirties less than one in five cancer patients was being saved. Twenty-five years ago it was one in four. And today one of three who get cancer is saved.

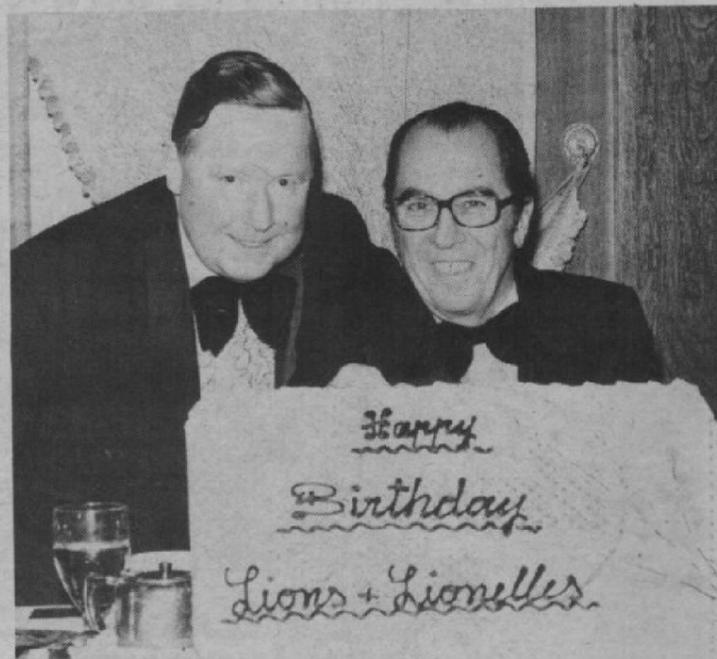
Medical experts believe that with present methods of treatment one out of two cancer patients could be saved, providing detection and treatment come in time.

Advances in the treatment of cancer have come from research and improvement of surgical and radiation therapy. In a slow but steadily growing number of cancers, drugs have been effective.

But there can be little difference of opinion about what is needed for the final conquest of this ancient enemy of mankind. The scientific effort has to be broadened and stepped up. This means more money is needed for brain power and manpower, more equipment and research facilities.

When an ACS volunteer comes to your home in April, remember the goal: "We want to wipe out cancer in your lifetime."

ANNIVERSARY OBSERVED



More than two hundred people gathered at the Fort Garry Hotel on Friday the 29th of March to celebrate the 20th anniversary of the founding of the St. James Assiniboia Lions Club. The guest speaker was the president of Lions International, Tris Coffin, leader of over one million Lions throughout the world. Captain Bob Jackson (Left) President of the St. James Assiniboia Lions Club and Mr. Coffin (Right) anticipate with delight the serving of the anniversary cake following the dinner.



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429 Sqn. Bison Brew

Howdy Herd. Spring are sprung and the birds is back. Why, just last week, while we were out on route thirty-five, four thousand ski-equipped geese passed us heading north. Obviously they had taken no notice of the fact that the local nest of overwintering gooney birds have rid themselves of skins in expectation of better climes and have donned their interim plumage for sallies beyond the earth.

For something a little less farfetched, there have been two more postings announced for the Bisons. Captain Larry Berry, C Flight Commander, has been posted to 442 squadron in Comox. Larry has been with the Herd for about three years, and is well known for being the teller of the tallest tales in the pasture. He'll be on his way in October. Captain Chuck McCrea, formerly of C flight, and lately the squadron flight Safety Officer and T-33 standards pilot, has been posted to TCHQ, effective July 1st. Chuck is well known for doing things twice as well as the average guy, and will be close enough to home on the posting to pop home for dinner. Best of luck to both of you when you depart, and thanks for your company while you were in

the Herd. Your mug party will be arranged just as soon as Gary Carter can locate some two gallon mugs.



LCol J.H. Roddick, C.O. of 429 (COMP0 Sqn since 9 July 71, has been promoted to Colonel effective 1 July 74. He is subsequently posted to a Canadian Air Group in Baden-Soellingen upon completion of a CF104 refresher course in July.

A couple of issues ago it was erroneously reported that the Bison birth rate had dropped so much that we had run out of free cigars. It didn't take long for Aime Boule to set the record straight by announcing 7 lb. 6 oz. Marc, born on March 8th to Aime and his wife Madelaine. Our apologies for missing the announcement (if we did. There's a lingering suspicion that Aime is pulling a fast one on us just to prove us wrong). Congratulations to you both from the Herd.

Congratulations to Captains Bill Jack and Jim Humphrey on joining the jaded ranks of the Long Range Drivers. They are now qualified to venture beyond visual range of the pasture and lead into strange places where cups runneth over, etc. . .

That's about it for this week's news. Remember, April 30 is your last chance to get you money back.

Seen Around: A new sign in the OPS Shop.

Overheard: Gone deaf this week.

Rumour: George Hamilton is going on six months TD for the Armed Forces water-skiing and golf championships. George Trattner is going along as caddy and boat driver.

CFANS NEWS CORNER

CFANS Super-Boss, LCol Ivan Webb, will be moving across the field to TCHQ in July. We are all very sorry to see him go, however his posting should provide a great excuse for a fantastic farewell party.

Our new Commandant will be LCol Brittain. LCol Brittain comes to us from the CF-101 in Bagotville and should find the C-47 a drastic change from climbing skyward on twin pillars of flame. Welcome to ANS, sir.

Air Defence Command is particularly generous with its people this year, next month three of ADC's finest will join the Nav Squadron. Welcome to Captains Mel Felts, Gordie Dow, and Win Koch. At this rate, we may yet see Daks doing

Front-Stern Re-attacks. Navy Squadron personnel are extremely busy at present, revising everything in sight. It is remoured that there are even people revising the revisions. A number of us are working on a new system for training navs on the Dak, after a 20-year study we found that too many people were getting lost. Those that aren't involved with this project are busy planning for the arrival of that great new nav trainer, the Hercules. It could be here sooner than we think.

But its not all work and no play, at least not for "A" Flight. On Easter Sunday the "A" Flight Commander, Maj George Waite, hosted flight members and wives at a cocktail party.

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\$ CURRENT CURRENCY \$

The summer of seventy-four offers more for many accounts personnel. More in the way of money that is, as they leave the high taxes of Manitoba behind on posting to other areas of Canada.

MCpl Claude Noisseux of the claims office has gone to Borden to become a junior leader. Upon his return he'll begin his clearance for his native province of Quebec. Moise says Claude.

MCpl York, has closed his cashiers cage, grabbed his kit bag and trudged off to Borden for a little spit and shine. Upon his return he'll be making preparations to move his prairie schooner to Dana, Sask.

"Go westward young man," Cpl Don Reynolds nodded, tossed his claims into the air and began preparations for Baldy Hughes, B.C.

Our vibrant Newfie, Cpl Kevin Janes form NPF is going home. Passport in hand, he'll check into Gander, Nfld.

Cpl Joe Boivin of claims, after a career of service in Winnipeg is changing taxes and going to Moose Jaw, Sask.

Cpl Mill Churchill, the caustic author of this column, from financial management, has also received a radar site. After a career of requesting a western posting, I've had my drem fulfilled. I've been posted to Lowther, Ontario.

Sergeant Ken Murphy of the audits section is collecting his tax charts and plans on setting up an office in Edmonton.

Capt Fred Lucky, BASO, is returning to his old base as aide-de-camp to the naval reserve at HMCS Chippawa.

Capt Dave Morreau, BMSO, has had his replacement announced but has yet to receive his posting instructions.

MCpl Wilf Debow is pounding the parade square in Borden. Upon his graduation from Jr Leaders Course, he returns to Winnipeg, sentence yet to be served.

The finance, administration bonspiel played, ended in a free party for all participants. As you can see, the losers took snowblowers and helped spring arrive.

There are more postings yet to come, with those there'll be more smiles.



Lucille Ball, TV's First Lady, wants everyone to support the American Cancer Society's three-fold, lifesaving programs of research, education and service. "There are more than 1 1/2 million Americans of all ages, cured of cancer, who are living happy, normal lives today," says the comedienne. "To cure more, give more to the American Cancer Society."

PROTEIN ECONOMY

Ground beef labelled "lean" or "extra lean" may not be the best buy nutritionally, reports Consumers' Association of Canada. The additional price consumers pay is often is high that regular ground beef actually provides more lean, therefore more protein, for your money.

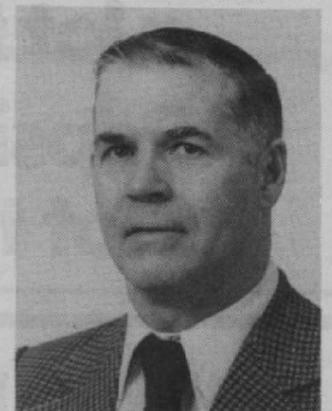
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PATRICIA REPORT



TRAINING CONTINUES FOR WAINWRIGHT CONCENTRATION

Another round of training has begun with D Coy. Two new platoons, Kapyong and Ypres have begun training after a short pause for Korea platoon which had to move to Calgary and a warmer climate. They don't know how lucky they are.

Many of the Staff have trained previous serials, the trainees are all enthusiastic and the prognosis is good. All their enthusiasm, hard work and long hours are being used to train these recruits just out of Cornwallis to a standard that

will enable them to participate in and learn from the annual concentration in Wainwright. It is not easy in the three or four weeks available but the co-operation from all ranks, training is going well.

A heavy diet of range work, fieldcraft and battle craft is moderated for both Kapyong and Ypres platoons by regular Wednesday and Friday afternoon broomball games in addition to sports in the gym on Tuesday and Thursday nights. So far, Kapyong has by far the

strongest broomball team ad they remain undefeated. Ypres has yet to record a win although Company Headquarters was hard pressed to gain a 4 - 3 victory in the last game. It seems however, that not even the experience of Company Headquarters can stop Kapyong's drive for the broomball pennant.

During the week (01 Apr - 05 Apr), the trainees are looking forward perhaps somewhat apprehensively to battle fitness testing and patrolling with the gas chamber thrown in for spice.



LCol J. H. Allen, takes the salute, as Infantry Pay Level 6A course marches past during a parade marking their graduation on 22 March.

INFANTRY COURSE GRADUATES

On 22 Feb 74, Graduation Parade was held for soldiers of Infantry Pay Level 3 courses 7308 and 7310. The Commanding Officer of 2 PPCLI, LCol J. H. Allan was the reviewing officer, and LCol

Allan welcomed the graduates to the Regiment and Battalion during the parade.

Presentations were made to Ptes L. W. Broderick and J. K. McGregor, who were the top trainees from each platoon.



LCol J. H. Allan inspects the graduates of Infantry Pay Level 3 courses 7308 and 7310.

INFANTRY PAY LEVEL 6A COURSE GRADUATES

On 22 Mar 74, twenty Junior NCOs of 2 PPCLI marked the end of their Infantry Pay Level 6A course with a graduation parade. LCol J. H. Allan, Commanding Officer 2 PPCLI was the Reviewing Officer. This course is a major career course as it qualifies Junior NCOs for promotion to Senior NCO rank. The top candidate was Cpl G. M. Descoteaux of Recce Platoon.

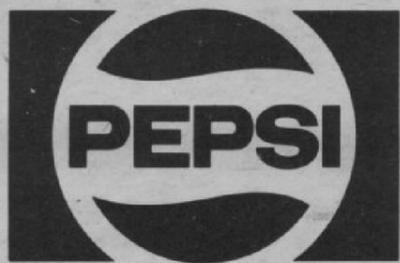
Infantry Pay Level 4 courses: Driver Wheeled, Driver Trac od, Infantry Communicator, and Assault Pioneer were also conducted during Feb and Mar 74. A total of 120 soldiers have completed these courses for qualification and career progression.



Pte L. W. Broderick is presented with the top trainee award for Vimy Platoon.



Pte J. K. McGregor is presented with the top trainee award for Agira Platoon.



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MINISTER OF NATIONAL DEFENCE VISITS BASE

The Minister of National Defence, James A. Richardson made a one-day visit to Training Command Headquarters and

Canadian Forces Base Winnipeg on Friday, March 29.

The Minister was met at Hangar 11 by the Commander of Training Command, Rear Admiral Stephens and the Base Commander, Colonel La France. Following the inspection of the CFB Winnipeg Guard of Honour and the Training Command Band, Mr. Richardson presented to Capt Terry Barnes, Director of Music, Training Command Band the second clasp to the CD.

On completion of a briefing at Training Command Headquarters the Minister returned to the flight line where aircraft used in aircrew training by Training Command were on display. Mr. Richardson is no stranger to the cockpit, having logged over 1,000 hours as a bomber-pilot in WWII. Major Miller and Captain Murphy, from the snow bird aerobatic team were on hand to answer questions on the Tutor, Captain Deacon from CFB Cold Lake displayed the CF-5 and Capt Fox of 429 Sqn was the host for a tour of the Dakota.

The flight line tour was followed by luncheon at the Officers' Mess. Mr. Richardson spoke briefly, emphasizing the importance of the military in the community. After the luncheon, R/ADM Stephens presented the Minister with a plaque from TCHQ.

A visit to the Canadian Forces Air Navigation School was next on the agenda. There, Col La France briefed the Minister on the role and operation of CFB Winnipeg and L/COL Webb, Commandant of CFANS, outlined the training role performed at the Air Navigation School. Col La France presented the Minister with a suitably inscribed plaque commemorating his visit to CFB Winnipeg.

An inspection of the units and facilities located in Hangar 16 followed the CFANS briefings. Before his departure the Minister made an informal visit to the Juniors Ranks Club.



Following a luncheon at the Officers' Mess, R/ADM Stephens presents the Minister a plaque as a memento of his visit to Training Command Headquarters. **Base Photo**



Captain Deacon, a CF-5 pilot based at CFB Cold Lake was on hand at Winnipeg during the Ministers visit, to discuss the operation and flight characteristics of the CF-5 aircraft. The CF-5 is used for advanced pilot training and in a ground support role with the Canadian Forces.



Captain Greg Fox, from 429 Squadron is introduced to the Minister of National Defence prior to escorting him through the Dakota aircraft. The Dak is used by 429 Sqn for the Instrument Check Pilot Course, and by CFANS for Navigator and Observer Training.



Col LaFrance presents the Minister with a Plaque commemorating his visit to CFB Winnipeg. **Base Photo**



In a brief speech following a luncheon in the Officers' Mess, the Minister re-emphasized the vital role of the Canadian Forces to Canada and NATO. He stated that in addition to the known contributions made by Forces Personnel to Canada, a significant contribution is made to society and industry by personnel who were trained and received vital experience while in the Forces.



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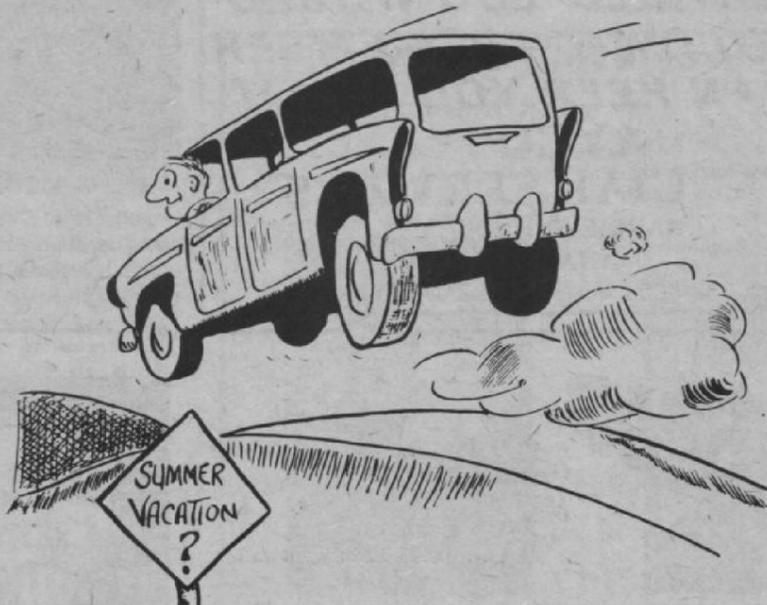
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LEARN TO SWIM CLASSES

There will be two sessions of Unstructured Swim Classes held at Lipsett Hall Pool, Kenaston and Grant.

The First Session will be conducted from 2 Jul to 26 Jul 74, Mon to Sat from 0900 hrs to 1200 hrs.

The Second Session will be conducted from 6 Aug to 30 Aug 74, Mon to Sat from 0900 hrs to 1200 hrs.

The maximum registration will be 100 candidates per session.

Cost Civilian 60c per lesson
DND Dependants 30c per lesson

Registration Date First Session
DND Dependants 10 - 14 Jun 74
0900 - 1600 hrs

Civilians 17 Jun 74
0800 - 1200 hrs

Registration Date Second Session
DND Dependants 15 - 19 Jul 74
0900 - 1600 hrs daily

Civilians 22 Jul 74
0900 - 1200 hrs

Due to the increase in wages for Lifeguards and Instructors the cost per lesson has been increased.

The ticket system will be

used as has been in the past. Minimum number of tickets - 10 per session. Maximum number of tickets - 22 per session.

There will be no refund on tickets sold.

Those not familiar with the Unstructured Swim Programme may contact Sgt Reti or M/Cpl Pattison 888-3484 for further information.

WINNIPEG PLACES IN PLAYOFFS

The following are the results of the Prairie Region Volleyball Championships held recently in CFB Moose Jaw:

Total points after the Double Round Robin are as follows: Cold Lake, 26 points; Moose Jaw, 22 points; Winnipeg, 19 points; Portage La Prairie, 12 points; Edmonton, 11 points; Inuvik, 0 points.

The Semi Finals are as follows: Cold Lake 2 wins, Winnipeg 0 wins; Moose Jaw 3 wins, Portage La Prairie 0 wins.

The Final results are as follows: Cold Lake, 3 wins; Moose Jaw, 1 win.

SOFTBALL MEETING

There will be an Inter-Section Softball meeting Mon., 29 Apr. at 1400 hrs. in the Westwin Bowling Alleys.

All sections interested in entering a team are asked to send a team representative to this meeting.

Any inquiries, contact Cpl Dobson Rec Centre at local 511.

8 P.M. APRIL 24
BINGO
REC HALL

\$400 JACKPOT
IN 54 NUMBERS

CANADIAN ARMED FORCES NATIONAL BADMINTON

From 4-7 April CFB Winnipeg hosted the 1974 CAF National Badminton Championships. The tournament was, to all those who participated and watched, run successfully.

Many of the players were happy to see the end of the tournament, "It had been a long week." This did not seem to be the case with those in the winners position, when you are

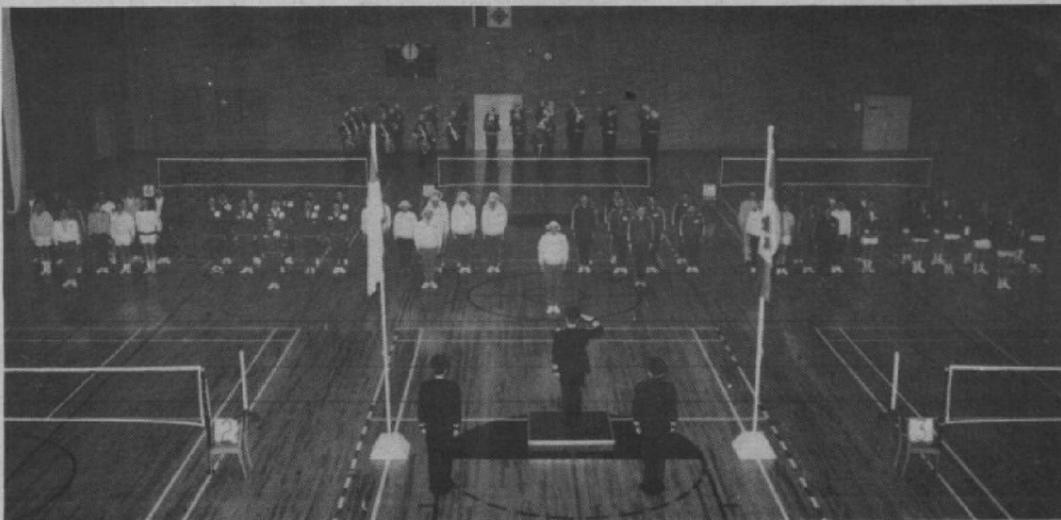
winning you don't notice the fatigue as much, at least it seems that way. Over 200 spectators showed up for the finals on Sunday afternoon, some of you readers missed good competitive plays.

Spirits were good at the wind up banquet where awards were presented to the National winners. The Quebec Region 72 points, Prairie Region 56 points, Pacific Region 54 points,

Atlantic 48 points, Europe 4 points.

In the Individual competition the winners were: Open Singles, Bob Arbour; Senior Singles, Ed Legace; Open Doubles, Bob Arbour/Ernest Arseneau; Senior Doubles, Ed Legace/Rick Bourgon.

These were all from the Quebec Region. Maybe next year we could change that to the Prairie Region.



Opening ceremonies held on April 4th, marked the prelude to the fast action that followed in the Canadian Forces National Badminton Championships held in Lipsett Hall at CFB Winnipeg. Colonel C.A. LaFrance, Base

Commander of CFB Winnipeg took the salute and welcomed players from across Canada & Europe to the competitions. CFB Winnipeg hosted the play offs as part of the City of Winnipeg Centennial celebrations being observed this year. Base Photo



The 1974 Canadian Forces National Badminton Champs from the Quebec Region contemplate the transportation & security problems they will certainly encounter in relocating the trophies to their home base in Quebec. Team members are:

Back Row L - R: R.J. Thebeault, Capt Roszel, R. Bourgon, J.E. Arseneau, J. Arbour, R. Fillion, R. French. Front Row L - R: R.P. Morin, Cpl Goth (Team Whip), L. Higham, E. Lagace.

Base Photo

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WESTWIN SKATERS PLACE IN COMPETITIONS

St. James Assiniboia F.S.C. held its second CFSA test day on Sun. March 24th. Armed Forces dependants passing dance tests were, Linda Whiston, the Willow Waltz, and Colleen Webber, The Canasta, Congratulations girls.

Congratulations go to Sandra Weir for her fine efforts at the Armed Forces Competition in Ottawa on the 4th & 5th of April. Sandra placed first in figures in the pre-juvenile ladies event, and second overall in the event after free style. The three Winnipeg skaters competing in events were, Sandra, Terry Guptell, and Linda Whiston. We understand a wonderful time was had by all, in spite of the usual difficulty of getting there and back. Two of our skaters were unable to attend, because of the large number of entries in some events. A draw was made, unfortunately eliminating some entries. Hopefully, this disappointment won't be repeated next year. The 1975 Armed Forces Competition will be held in Edmonton.

A fun night was held on our last N.S.T. skating night. Eleven mothers and 7 fathers donned their skates to join in the races.

Needless to say, a couple of fathers executed fantastic form in "the spiral race". The coaches were presented gifts and all of our skaters received treats. Special thanks to our recreation staff for making all of this, plus scholarships towards spring

skating school possible, by their financial aid.

The skating season came to an end with the presentation of trophies at the annual banquet. The St. James F.S.C. annual general meeting will be held on Mon. May 6th at 7:30 p.m. at

the Civic Center on Ness Ave. All interested parents of skaters are urged to attend.

Co-convenors Mrs. Phyllis Weir and Mrs. P. Chester wish Mr. & Mrs. P. Phelan, Westwin's new N.S.T. convenors all the best for the 1974-75 season.



With trophies in hand, winners of the St. James F.S.C. Competition pose for a group picture following the annual wind-up banquet. Two Westwin winners are Colleen Webber, (First row - first on right), third place winner in the Senior

"B" event, and Sandra Jack, (First row - fourth from right), second place winner in the Junior "A" event. Missing from the picture are, Sandra Weir, second place, Juvenile Ladies event. Karen Easton, third place, Beginner "A" event. Base Photo

LIFE JACKET CARE

Buyancy is an important factor in a life jacket. Consumers' Association of Canada reminds consumers that life jackets should not be used as seat cushions or kneeling pads. To ensure that a jacket remains in top condition, it should be dried in a well-ventilated area or in the open air, not in front of a radiator or other source of direct heat.

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BINGO NEWS

A number of new faces have been appearing at the Wednesday Night Base Bingo. All new arrivals, old ones as well, are invited to attend.

The Bingo is held in Bldg. 21, the old Rec Centre located on the Sharp Blvd. side of the Base. Bingo commences at 8 p.m. Admission cards sell for \$1.00, with extra cards available after game 6 (first intermission) for 50 cents and after game 13 (second intermission) for 25 cents.

The games consist of: 15 regular games, 1 Top Line Progressive Jackpot game, 1 special game, 2 full-house games and the progressive Jackpot (full-house).

In addition there is a door prize draw, a prize of merchandise donated by the Base Exchange and a lucky card draw.

Winners of prizes on 27 of March were: door prize - M.J. Michalecki, 383 Sharp Blvd.; Canex door prize - J. Thomas, 332 Moray St.

3rd of April winners were: door prize - Mr. Contrable; Canex door prize - Mrs. Goul, 101A Sabre Cres.

10th of April winners were: door prize - R.N. Hill, 78 Dellwood Cres.; Canex door prize - Mrs. Kowarchuk, 1304 Spruce St.

Come out and try your luck -- You may be a winner too!!

CURLING CORNER

Curlers having T.V. tickets to sell please do so and turn in books at either curling club bar or contact Al Gleadall at 832-6598.

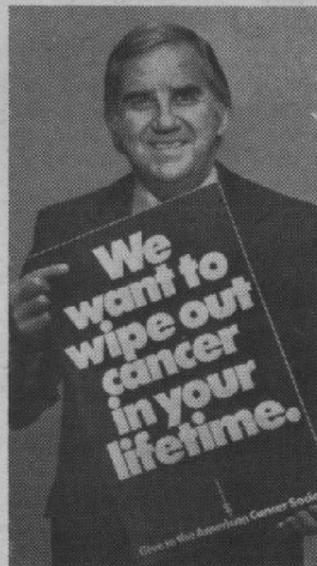
Our windup banquet is being held at the International Inn on the 17th May. Tickets are

available at both bars and priced at \$2.25 ea. for members and \$4.50 ea. for guests. Attendance will be restricted to 600 so obtain your tickets early.

For further information contact Al Gleadall at 832-7698 or 889-1387.

FOR OUTDOOR USE

Charcoal briquets are convenient, inexpensive, generate heat quickly and have no detectable odour. Left outdoors to cool and die they are safe. However, Consumers' Association of Canada reminds consumers that warm briquets may produce a dangerous accumulation of carbon monoxide if used as a source of heat in a confined space such as a tent.



Popular foil on the Johnny Carson "Tonight" show, cheerful Ed McMahon is enthusiastic about supporting the American Cancer Society's nation-wide programs and urges all his friends and fans to dig down deep and give generously. "The fight against cancer is everybody's fight," says the genial announcer.

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STUDIO 22

CFB Winnipeg's Drama Club, Studio 22 will be producing "Plaza Suite" by Neil Simon 9, 10, 11 and 16, 17 and 18 of May 74.

This production, Studio 22's first this year will expose several new members to the limelight. Some of the actors come to us with a long list of past acting experiences, others are making this play the first on their future list. No matter, the important point is that they have become active in Studio 22 and have enabled this production to become a reality. All our new support, however, with the exception of Dave Neil, has come souly from the civilian community. To enable Studio 22 to continue to operate as an NPF sponsored club, we need your support not only as an audience, but as an active member who may wishes to try his or her hand at acting or as a member of the large technical support team that is required to put on a play. At present, there are only two military and one dependent members on our Studio 22 role. Come out and join our theatrical fellowship and ensure an illustrious future for your Base Drama Club.

Anyone interested in Studio 22, contact Bob Ross loc 271 or drop by any Sunday at 1400 hours or Wednesday and Friday at 2000 hours.

FROM THE GROOVES

by Mark Cyluck

K-Tel Records seems to have found the sure method of developing million selling records, and I am sure that their latest endeavour will not be an exception. Their present release is calle "Sound Explosion" (TC-213). To actually give a detailed synopsis of an all hit LP is quite a challenge as each single in its won right has made the tops of the charts. Basically all one can really do is mention what is included and state that FOR THE MONEY, IT IS BY FAR THE BEST BUY. It definitely is cheaper than buying 20-30 singles, when they come on one album for the price of five singles. Included are - B.T.O.'s "Blue Collar". Ian Thomas' "Painted Ladies", Lighthouse's "Pretty Lady",

Chapel Services

PROTESTANT

SUNDAY SERVICES

South Site 10:00 a.m.
North Site 11:30 a.m.

SUNDAY SCHOOL

South Site, all ages 11:00 a.m.
North Site, grades 4, 5 and 6 10:30 a.m.

CHOIR PRACTICE

(North Site only) - THURSDAY

Junior, ages 7-14 6:30 p.m.
Senior 7:30 p.m.

BAPTISMS

May be arranged by calling the chapel office.

MARRIAGES

Call the Chaplain well in advance.

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Residence: 837-4985

Padre J.I. Mills
Office: 889-9173
Residence: 489-3231

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North Site
Saturday 7:00 p.m.
Sunday 8:30 and 11:00 a.m.
Monday-Thursday 4:45 p.m.

South Site
Sunday 9:00 and 11:00 a.m.
Weekdays 7:30 a.m.

SUNDAY SCHOOL

North Site 9:30 to 10:30 a.m.
South Site 9:45 to 10:45 a.m.

BAPTISMS

By appointment.

MARRIAGES

By appointment, one month in advance

CHAPLAINS

Father R.A. Gloczeski
Office: 832-1311, local 272
Residence: 832-2970

Father E. Cremona
Office: 889-9173
Residence: 888-1331

"Smokin in the Boys Room", "Spiders and Snakes, Heart-beat, Its A Love-beat" by the DeFranco Family, and Wednesdays', "Last Kiss", an old rehash job of the 50's. Also the Stampeders' "Runnin Wild" is found.

Chapel News

We worked and strived hard all year,
For the things, that for us, are so dear

Our ladies of the Catholic Womens' League,
Are always ready to help those in need.

Our projects and activities were galore,
To raise funds to help the poor.

We begged, sewed, knitted and baked
and made sure nothing was late.

To get things on the go,
for we knew we had to make that dough,
To give to those who were in need
and would be helped by our League.

We visited the sick and cheered them with flowers,
Also a card to help pass the hours.

We made sure there was no delay,
When the church needed flowers for a special day.

At church we gave new faces a friendly greeting
And finally invited them to attend our meeting.

Parish parties played a great part,
For they brought happiness to each and every heart,
To see our loved ones laugh and cheer
Because we are the Ladies that they love so dear.

So, ladies of our parish, come one and all
To meet our girls this coming fall.
Don't stay home and feel in doubt,
Come join us and find out what it's all about.

You don't really know what you have missed,
Until you get your name on the membership list.

Now we are preparing for our feast day,
And a very special day, I must say.

Sunday, April 28, at 2 p.m.

We will meet at St. George's Chapel to sing and pray,
To celebrate "Our Ladies Feast Day".

OUR LADY OF GOOD COUNCIL "PRAY FOR US"

OFFICERS' WIVES CLUB

Don't forget to reserve the evening of May 7 for the Officers' Wives Club. Meet us in the main lounge of the Officers' Mess at 8:00 p.m. and we promise you an enjoyable evening. Following the elections for your next year's executive, there will be a demonstration by Continental Styling Beauty Salon and an opportunity to purchase tickets for the Mother and Daughter Tea on May 11, the Wind-up Dinner on June 4 and at long last - the cookbook. Please come and bring a friend.

BADGE FAIR AND TEA

The Guides and Brownies of the Strathcona Division, St. James are holding a badge and tea on April 20th at Deer Lodge United Church from 1:30 p.m. to 4:30 p.m.

There will be a display of Brownie and Guide Handicrafts, Test Work and a Bake Auction. Everyone welcome, please come and bring your friends.

LA CHORALE DES INTREPIDES

CONCERT ANNUEL

Le concert annuel de la Chorale, annoncé plus tôt pour les 3 et 4 mai, est reporté en novembre '74.

Il aura lieu alors trois soirs de suite, le mercredi et le jeudi pour le public en général; et le vendredi comme ouverture de la rencontre provinciale de Mélo-Mani. Mélo-Mani et la Chorale des Intrépides vous promettent une fin de semaine de tonnerre en novembre!

AUDITIONS
Vu les changements d'horaire du concert annuel, la Chorale veut de nouveaux membres immédiatement. Si vous aimez chanter et s'il vous fait plaisir de devenir membre de la Chorale, téléphonez à Marcien Ferland, 253-4175 ou à Gilberte au C.C.F.M. 257-3340, et faites un rendez-vous pour une audition. Les répétitions de la Chorale se termineront la première semaine de mai et reprendront la première semaine de septembre.

Calendrier Français

27-28 avril

Au 100 NONS à 20h30
Spectacle de fin de saison dans le théâtre du Centre

Billets en vente au Centre Culturel: \$2.00 pour adultes et \$1.50 pour étudiants.

28 avril

La Société Historique de St. Boniface présente "Exploration '74 Rivière Rouge" à St. Pierre, de midi à 20 heures.

30 avril

Au 100 NONS à 20h30
Cercle Molière présente le Pièce "LES VILLAINS"

UN PROJET POUR LES FEMMES...

En collaboration avec l'Office National du Film et la S.F.M., (projets féminins), le C.C.F.M. projette un atelier de films pour les femmes, dans l'optique de programme "En tant que femmes" de Société Nouvelle.

Il S'agirait de visionner les quatre films - "A qui appartient ce gage" (le problème des garderies) "J'me marie, j'me marie pas" (la femme face à l'amour, au mariage), "Souris, tu m'inquiètes" (le malaise de la femme-ménagère), et "Les filles du Roy" (l'évolution de la femme canadienne depuis 300 ans) - puis ensuite d'en discuter par rapport à nos vies à nous.

Il y a deux possibilités de dates pour cette rencontre, qui nécessite deux jours - la fin de semaine du 4 - 5 mai, ou celle du 11 - 12 mai.

Si vous êtes intéressée, faites part de vos idées à Gilberte au C.C.F.M. (257-3340) ou à Louise à la S.F.M. (233-4915).

La date précise du projet sera annoncée plus tard, mais il faudra s'inscrire à l'avance.

C.W.L. NEWS

"The C.W.L. will hold their April meeting on Thursday, April 25th, at 8:00 p.m. in the RC Chapel Annex. Members are reminded that memberships are now renewable for 1974-75 year. We hope for a good turnout of Parish ladies and hope to see many new faces.

PUBLIC INVITED

Of interest and concern to all will be a talk "What to do in the event of your husband's death" by Capt. S. Lucky of the Base Accounts office, on Sunday, May 5th at 8:00 p.m. in Our Lady of the Airways Chapel (RC). Coffee and an informal question and answer period will follow. The public are invited to attend this important and informative talk.

Cinema Theatre

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Wed., April 24 "SHAFT IN AFRICA" Adult: Parental Guidance	Thu., May 2 "SPOOK WHO SAT BY THE DOOR" Adult: Parental Guidance
Thu., April 25 "LADY CAROLINE LAMB" Mature Entertainment	Fri., May 3 "CHARLY VARRICK" Mature
Fri., April 26 "JESUS CHRIST SUPERSTAR" General	Sat., May 4 (Matinee) ALICE IN WONDERLAND Disney General
Sat., April 27 (Matinee) "REVENGE OF THE GLADIATORS" General	Sat., Sun., Mon., May 4, 5 & 6 CHARLY VARRICK Mature
Sun. & Mon., April 28 & 29 "JESUS CHRIST SUPERSTAR" General	Tue., May 7 "SAVE THE TIGER" Mature
Tue., April 30 "THE OUTSIDE MAN" Mature Entertainment	Wed., May 8 "BOOK OF NUMBERS" Adult: Parental Guidance
Wed., May 1 "LOVE SWEDISH STYLE" Restricted	Thu., May 9 "SACRED KNIVES OF VENGEANCE" Mature

Eves. Mon. thru Sat. 19:00 hrs.
Sat. Mat 13:00 - 15:00 hrs.
Sun. Eve. 19:00 - 21:00 hrs.

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THE FAMILY

HOW IS YOUR FEEDBACK?

By CAPT. DICK MULLEN, ASWC

What exactly is feedback? Do you get it? Do you give it? Or both? Is it good or bad?

Feedback is simply a reply about a communication. For example, an answer to a question is feedback. By replying, you tell the questioner that you received the message. Feedback also tells you how well or how poorly you delivered your message, and it tells you how closely your partner was listening.

Even if you get an answer to a question you did not ask, that is feedback. It is a message about your message. In this case, it tells you that the two of you are not on the same wave length — your communications are not working smoothly.

Similarly, if you ask a question and get a question in reply, that is feedback. Your partner is saying to you, "Your topic is not important. I want to avoid it. I have a more important question so let's deal with mine. I want to be in control!" Again you are getting a reply to your original communication which feeds back signals that tell you your messages are not getting through.

Silence can be feedback too. Silence can give you the message that your partner will not communicate with you on that subject. This silent "reply" says "Drop it, if you want to communicate with me." You have been given a message about your message. A reply has been fed back to you.

Feedback is very important. If you go without feedback for long periods of time, you can go crazy. Feedback tells you that other people know you are alive, that you are a human being. When people carry on a conversation with you, that is

feedback that says, "You are alive. I am interested in what you have to say. I value your company enough to spend some time with you." Feedback tells you that you are important, that you matter. And we all need to know that.

Feedback can be pleasant or unpleasant. Naturally, we all prefer pleasant replies to our messages. Yet even unpleasant feedback can be valuable. It can serve to let you check yourself out on the way you come across to others. For example, if your feedback seems hostile most of the time, maybe you come across to others as if you are looking for a fight. The key here is to balance pleasant and unpleasant feedback so you can grow with your partner, without always having to be on your guard, getting frustrated and mad.

Feedback can be clear or confusing. When you get a clear reply to your message, that is good feedback. It finishes the communication and lets you move on to other things. Confusing feedback blocks good communication. You cannot move on to new topics until the old one is finished between you because it will always creep up on you somehow. If you get the message that your communications are confused — stop! and clear them up before you change the subject, or, if you have a feeling you've covered this ground before — stop! you are giving feedback to yourself that this topic has not been cleared up.

You get feedback and you give feedback. Watch for it and listen to what it tells you. Feedback tells you whether your communications are OK or NOT OK.

...from the diary of a mod housewife

by R. Kay

How many lobsters are on your conscience? * * *

Most people I know would shrink appalled from putting a lobster to death like this, yet they would eat it with great pleasure, unless they happen to dislike seafood. Most of us would not even want to know details about how chickens and cows and pigs are slaughtered, let alone do it ourselves. And yet, we eat and enjoy steaks and roasts and chicken breasts without guilt feelings. Perhaps most of us have a psychological block-out mechanism built into our human make-up. If we didn't, we would all be vegetarians. * * * *

Ending on a vegetarian note, here are some vegetable recipes — easy to make and good to eat, even on festive occasions.

CREAMED BROCCOLI BAKE

- 2 packages frozen broccoli, partially thawed (or equivalent amount fresh)
- 1 large onion, chopped
- 1 cup grated cheese
- 1 can celery soup (or cream of mushroom soup)
- 1 cup sour cream
- salt
- breadcrumbs

Place broccoli in buttered baking dish or shallow casserole. Sprinkle with salt and chopped onion. Add grated cheese. Mix can of soup with sour cream and spread over broccoli mixture. Top with breadcrumbs and bake at 350°F for 45 minutes to one hour. Six servings.

TURNIP WHIP

- 2 cups turnips, cooked and mashed
- ¾ cup soft breadcrumbs
- 3 tablespoons melted butter or margarine
- 1 tablespoon sugar
- salt and pepper
- 2 slightly beaten eggs (optional)

Mix all ingredients well and put into greased one-quart casserole. Bake at 375°F for about 40 minutes. Six servings.

BAKED CARROTS

- 4 cups shredded carrots
- 1 tablespoon grated orange rind
- ½ cup orange juice
- salt and pepper
- 1 teaspoon sugar
- ¼ cup butter

Combine carrots, orange peel, juice, salt and pepper and put in well-buttered casserole. Dot with butter and bake at 350°F for about one hour.

THE AGONY OF A LOBSTER

From a book called *The Forgotten Senses*, by Donald Carr, I have selected a passage that deals with the pain of lobsters being scalded. Read on.

"... we should not assume because pain is a complex nervous phenomenon that it is the privilege only of highly developed animals such as man or other mammals. The neurologists who specialize in the study of the invertebrates are very cautious about this matter. Since a lobster or an octopus cannot tell you when you are hurting him and cannot scream in agony like a human being burning at the stake for some idiotic religious reason, most people therefore blandly assume that a lobster or an octopus suffers from neither religion or physical pain. The invertebrate neurologists infer that something equivalent to pain is present if an animal shows "behavioral reactions resembling those of a man under pain." What does a live crab or lobster do when he is being scalded to death? He goes through hideous convulsions of movements exactly like a man being scalded. He doesn't scream because he doesn't have screaming equipment. Yet people who ought to have more sense and sensibility, such as the unflappable Julia Child, maintain that a large crustacean is put to a painless death by scalding. Heaven knows what excruciating torments of how many lobsters and crabs she now has on her conscience! This sin of torture is all the more inexcusable, since it can be avoided by another means of killing the crustacean that gives no visible sign of causing any pain at all. Nearly all marine animals are living in water in the summertime which is very close in temperature to their lethal upper limit. Just as certain antarctic fishes cannot even survive in what we would regard as cool water, the crabs and lobsters that we eat cannot survive water at 96°F. Thus if you put the crustacean in the pot with a low burner under it and heat slowly, the animal will die a painless death (rather similar, apparently, to death by freezing in warm-blooded animals) before the water has scarcely become more than lukewarm. The dead crabs and lobsters are perfectly limp, because death from the heat has occurred before coagulation of the proteins that takes place at a much higher temperature. The contention that crabs are not good unless they have been scalded to death is ignorant superstition and, in fact, the situation may be the precise opposite. Agony in any creature with nerves and glands may suffuse the flesh with the poisons that the extreme emergency of dying a horrible death calls forth. It would be deserved retribution for the lobster or crab, having been mercilessly tortured to death, if he could give you at least indigestion in return for your senseless cruelty." * * * *

MANAGING YOUR CHOICES

We will always be surrounded by conflicting messages about drinking. For some of us, all drinking is always wrong. For others, drinking is a pleasurable part of sociability. Each of us chooses the message that is right for him; but most of us can probably agree with this statement:

- Each person —
- should feel free not to drink at all or
- should learn to handle alcohol responsibly, to drink without drunkenness.

Most important are the family's attitudes. Teenagers may not necessarily follow their parents' pattern of drinking or not drinking; but what the parents say and do about alcohol will strongly affect their children's feelings about using it.

Here is a set of rules for parents who feel they want to teach their children how to drink:

Watch your drinking the way your children watch it. If you show them you sanction drinking, also show them you do not over-drink or encourage your guests to do so.

Tell teenagers why people drink. Drinking can be social but it can also be dangerous if used as an escape route.

Point out the dangers of alcohol in the here and now. Telling teenagers that alcohol abuse could endanger their health in later years will not impress them, but they may not want to risk being denied the chance of using the family car if they drink unwisely.

With other parents and youngsters show a film or hold group discussions on drinking. Private lectures may not take root, but a discussion with friends will give them a chance to ask questions.

Get closer to your kids. Giving your kids your attention and love is the best way to keep them out of trouble.

Get expert help. If a youngster's drinking becomes a problem some kind of professional treatment may be in order.

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SAFETY SAM SEZ

During FY 73/74, CFB Winnipeg experienced a total of 131 accidents as reported through the General Safety Program accident investigations system. The accident total includes all non-disabling and disabling injuries incurred by both civilian and military base personnel. Non-disabling injuries are those which do not keep an employee away from his place of employment longer than a day.

The seriousness of these accidents ranges from broken limbs to minor cuts or bruises. No fatalities resulted due to employee involvement in a DND activity and the serious accidents were restricted to a minimum.

Causes	No. Accidents	Percentage
Overexertion	28	21.5
Slip	24	19.0
Struck-Against	17	13.1
Struck by Falling or Sliding Object	14	11.1
Fall Same Level	10	7.6
Fall Different Level	10	7.6
Caught in or between	9	6.4
Struck by flying Object	8	6.1
Contact with Toxic Substance	4	2.8
Sports	4	2.8
Contact with Temp Extreme	2	1.4
Contact with Electric Current	1	.7
	131	100%

The serious accidents which did occur could be attributed to very negative weather conditions which we experienced over the past few months. Serious slips and falls caused broken limbs and strains which resulted in suffering and manhour losses. An accurate and punctual accident reporting system enables the Base Safety Officer to analyse causes of accidents, pinpoint trouble spots and implement preventive measures, on a priority basis, through the various unit/section Safety Officers and supervisors.

CFB Winnipeg FY 73/74 Statistics

The following statistics categorize the causes of all non-disabling and disabling accidents which military and civilian personnel of CFB Winnipeg become involved in.

SAFTY CHECK

Latest figures show that of nearly 13 thousand accidental deaths in Canada in 1972, one half involved traffic mishaps and 10 percent of these can be traced to mechanical defects.

"Do it yourself" is one of the primary themes in this year's Car Check Campaign sponsored by the Canada Safety Council, and the emphasis is on maintenance.

Numerous points can be checked visually and quickly by any driver but of course the Council recommends the services of a mechanic to correct any faults noted.

The Council suggests visual checks be made on tires, steering and ride control, exhaust system, electrical system, safety group and the cooling system.

Harsh northern Winters automatically suggest early Spring as an ideal time to promote "Car Check" campaigns, and for many years the Canada Safety Council has done just that. However, the Council stresses that preventive maintenance should be a year-round concern.

The following diagnosis can be made by any motorist while at the wheel of his car. It helps detect dangerous mechanical faults, each of which can cause fatal or injury crashes if left unattended. These car ailments can be cured only by competent technicians.

- Brake pedal sinks to the floor under light foot pressure —
 - worn brake linings;
 - a leak in the braking system.
- Car pulls constantly to one side when stopping —
 - wheel alignment is off;
 - brake lining worn on one side or oil-soaked on one side, both due to wheel cylinder failure.
- Excessive play in the steering —
 - worn or faulty steering box;
 - worn or faulty steering ball joints, tie-rod ends, relay rods or idler arm.
- Car vibrates at 50-65 mph. —
 - defective tires;
 - wheel balance is off.
- Steering column shimmies at high or low speeds —
 - looseness in front end;
 - weak or worn shock absorbers;
 - out-of-round tires with some flat surfaces.
- Rear-wheel locking upon light application of brakes — the ailment — faulty or leaking oil seal.
- Poor roadability (requiring constant steering to keep it on the road) —
 - improper tire inflation;
 - faulty front or rear suspension.
- Excessive noise or whistling in the exhaust system — the ailment — a faulty exhaust system which could lead to dangerous emissions of carbon monoxide fumes inside the car.
- Unusual odours inside the car — a general alarm that all is not well with your car and an immediate check is required.
- Directional signal lights inoperative —
 - bulb burned out;
 - defective flasher.

LES VINS

LE BOURGOGNE

Les vins de Bourgogne sont-ils supérieur aux autres vins de France?

On n'oserait prendre position. Dans ce domaine le Chauvinisme n'a du reste jamais provoqué d'autres batailles que celles des mots.

La production du vignoble Bourguignon est répartie sur quatre départements. Pour plus de commodité nous allons premièrement étudier la répartition de la production en vins blancs, et du Nord vers le Sud, et en suite nous aborderons la production en vins rouges.

Les vins blancs: Sont beaucoup moins nombreux que les rouges et se caractérisent par leur parfum et leur richesse en sève. Le département de l'YVONNE: produit principalement des CHABLIS: blanc sec a saveur distinguée, capiteux. Se conserve très bien et l'âge lui apporte des qualités.

En descendant vers les départements de la côte D'Or et en Saone-et-Loire on aborde ici les grands crus.

La côte de Nuit — Clos Vougeot Blancs — La Côte de Beaune dont l'appellation d'origine est Côte de Beaune Village — parmi les "Côte" nous avond les MONTRACHET - Corton - Chassagne - donnent en général des vins blancs généreux, secs, avec une saveur d'amande, extrêmement fins et parfumés.

Plus au sud, dans la SAONE et LOIRE ont trouve les vins du Mâconnais Mercurey - Montagny - Rully - Le célèbre Pouilly - Fuisse au gout original et au parfum de noisette et de miel.

Passons maintenant à ce qui fait la renommée du Bourgogne, les vins rouges, les grands crus sont concentrés entre Dijon et Chagny, remarquables par leur arôme bien détaillés, une grande finesse et beaucoup de noblesse.

Quatre appellations contrôlées sont délivrées:

- Bourgogne: Cépages de Beaujolais - Mâconnais, Pinot
- Bourgogne Passe Tout-Grains: exclusivement rouge, protégé des vins légers, alcoolisés à 10° mélange de Pinot et Gamay de 1/3 - 2/3.

3) Bourgogne ordinaire
4) Bourgogne Grand ordinaire: L'appellation exige des vins fins, plus alcoolisés, de grande qualité, réputés.

Du nord au sud nous trouvons les "Côte de Nuit", vin capiteux, puissant, se bonoifie et se corse très lentement.

Qui comprennent toute la palette des Vosne-Romanée, Romanée-Conti, Romanée, Vougeot, et le prestigieux Gevrey-Chambertin, les Nuits-st-George, Muzini.

Plus au sud le Côte de Beaune qui en plus du Côte de Beaune Village comprend les Corton, Savigny, Pommard, vin remarquable par sa finesse, charnu, au bouquet volumineux - Bolnay.

Plus au sud c'est le domaine des vins de la côte Chalonnaise et de Mâcon qui comprennent le Mercury, les Morgons, Julienas, Moulin à vent, Brouilly qui sont des Beaujolais. x Ennumérer toutes les appellations des Bourgognes rouges est une tâche hardie par la variété et la richesse de cette appellation. Sachons que l'on peut aisément (si on en a les moyens) faire un repas complet en ne consommant que du Bourgogne.

Avec les huitres, les crustacés, les poissons prendre un vin blanc sec type Chablis, Meursault, Corton-Charlemagne ou Montrachet.

Avec les viandes et le gibier, le fromage vous n'avez que l'embarras du choix parmi tous les vins rouges, mais il est bon de commencer par les légers: Pommards, Nuits, et ensuite les plus corsés, Corton, Vougeot, Musigny, Chambertin.

Avec les desserts vous pourrez apprécier les Bourgognes Rosés, Mousseux, ou les grands vins alcoolisés.

L'important pour apprécier pleinement les subtilités de ces crus est de ne jamais transgresser la règle qui dit que "la bouteille que l'on boit ne doit pas faire regretter celle que l'on vient de boire..."

Dans notre prochain article nous vous entretiendrons des vins de "Côte du RHONE".

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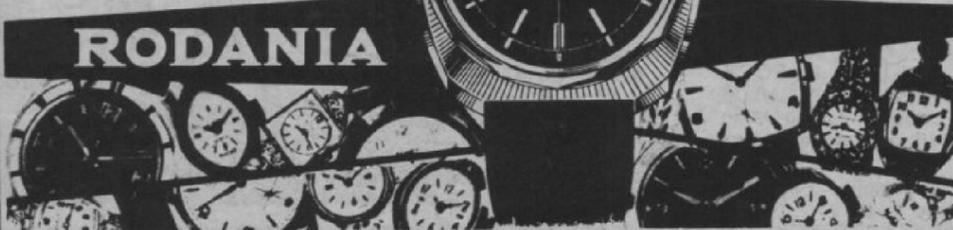
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