

Corair

October 27, 1976

Vol. 25 No. 18



Canadian Forces CF-5 fighters refuel from a 437 Squadron CC-137 (Boeing 707) based at Trenton, Ont. These precision tactics were used in Long Leap III on 4 Oct., from Canada to France.

(CANADIAN FORCES PHOTO)

Gas Station At 20,000 Feet

WINNIPEG—Four Canadian Forces CF-5 jet fighters and a CC-137 tanker aircraft flew the Atlantic to Europe Oct. 4 to test air-to-air refuelling procedures and train in NATO air operations with Allied Command Europe.

The operation, Long Leap III, calls for the five Air Command aircraft to start the trans-Atlantic flight at Goose Bay, Labrador, and land at Nancy-Ochey, France. The return trans-Atlantic flight, October 29, will start at RAF Lossiemouth, Scotland, and end at Goose Bay.

The CF-5 tactical fighters will operate from Nancy-Ochey, France, and from Baden-Soellingen, Federal Republic of Germany, during

their October stay in Europe.

Air support for NATO is one of the roles assigned to the CF-5s of 433 Squadron home-based at Bagotville, Quebec. Use of airborne CC-137 tankers of 437 Squadron based at Trenton, Ont., gives the CF-5s the capability to move rapidly to Europe.

The six-hour trans-Atlantic flight involved several in-air refuelling opportunities. Training flights while in Europe ensures the CF-5 pilots will become familiar with operational procedures there.

Previous trans-Atlantic air exercises in the "Long Leap" exercise series involved CF-5s and their "airborne gas station" flying to Denmark in 1975 and to Norway in 1973.

CDS Tours UN Peacekeeping Fronts

OTTAWA—Canada's Chief of the Defence Staff, General J. A. Dextraze, left Ottawa on the night of (Oct. 12) to observe operations of Canadian troops assigned to U.N. peacekeeping duties in the Middle East and Cyprus.

While there he will also meet with senior military and diplomatic officials in Cairo, Ismailia, Damascus, Tel Aviv, Jerusalem and Nicosia. He is scheduled to return to Ottawa Oct. 29.

More than 1,000 Canadian troops, including 150 members of the reserve and 50 servicewomen, are assigned to duties with the United Nations Emergency Force in Egypt, and the U.N. Disengagement Observer Force in the Golan Heights.

Richardson Resignation "Forces Loss"



Ottawa - "I know that you will realize from the news reports that my resignation from Cabinet had nothing to do with my responsibilities as your Minister of National Defence. My resignation was based upon wider considerations that affect the future of Canada.

I deeply regret having to give up my duties as Minister of National Defence, but I leave my post with the satisfaction of knowing that Canada's Armed Forces are stronger today than when I became your Minister. You are better equipped - better paid and above all, you have greater fighting capability than you did four years ago. In leaving I also have the satisfaction of knowing that Canada is today regarded as a stronger partner in the NATO Alliance.

As well as looking back on all that we have accomplished together, I want to say that I have greatly enjoyed the past four years serving with you. I have particularly welcomed the opportunities to meet many of you on your bases in Canada, in Europe, and on Peacekeeping duty. My respect and admiration for the Canadian Armed Forces, which has always been high, has been still further increased by my close association with you.

When I look today at our increased budget and our new equipment, some now here and much more on the way, I am proud of what we have been able to do together. Although I am no longer your minister, I will be watching the continuing progress of the Regular Force and the Reserves with deep interest and concern in the years ahead.

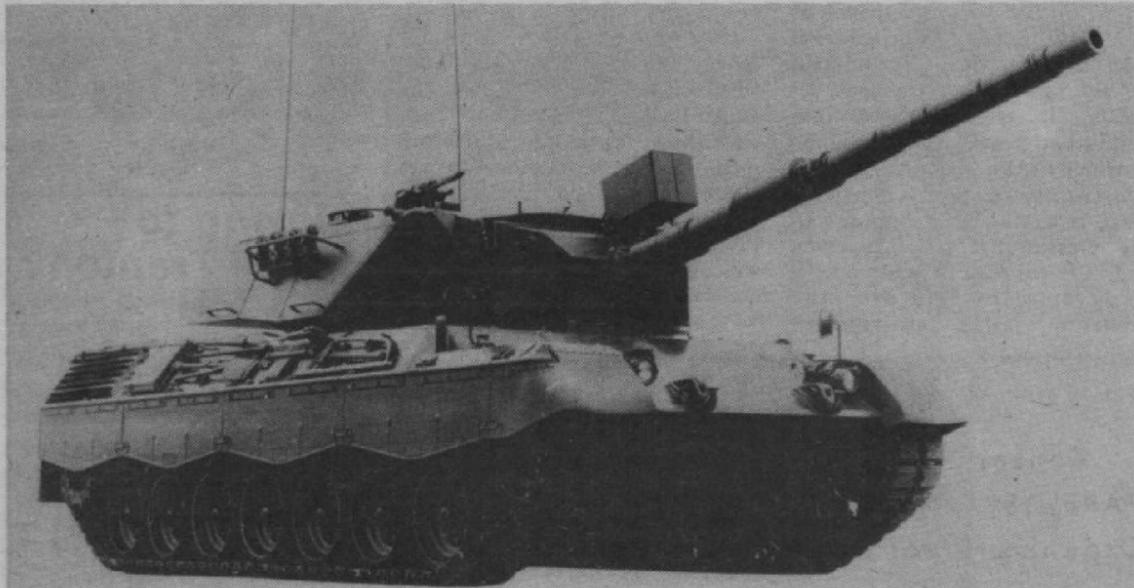
In whatever capacity we work, we are all serving Canada. I will be continuing to serve the best interest of our country as I understand it, and I know you will also.

In saying farewell as your Minister, I wish you good luck and continuing success in the performance of your duties."

Signed: James Richardson

Editor's Note: Mr. Richardson's Replacement Had Not Been Named At Press Time

Leopard Tank Contract Finalized (See Story Page 6 Column 1)



Canadian's NATO land formation in Europe is to be equipped with the German-built Leopard C-1 tank, rated as superior in battlefield mobility to all other tanks now in production. Total program cost for 128 tanks is \$187 million, 40 per cent of which is to result in industrial offsets in Canada. Delivery of the 46.2-ton tanks will begin in July, 1978. In the meantime, to provide an immediate improved operational capability for the Canadians in Europe, 35 will be loaned by the German Army for a two-year period. In the interest of standardization of equipment, six other NATO countries now use the Leopard I. It is also being built for the Australian Army. Manufactured by the Krauss-Maffei company Munich, the Leopard I travels at speeds of 40 m.p.h. on roads and 25 m.p.h. cross-country.

(CANADIAN FORCES PHOTO)

**EDITORIAL
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RICHARDSON'S RESIGNATION REGRETTABLE

Certainly no Service member is unaware by now that Mr. James Richardson has resigned as Minister of National Defence. For the Department it is a regrettable loss. Mr. Richardson will be missed. During his tenure as MND, Mr. Richardson could certainly not be accused of being the most flamboyant or controversial cabinet minister ever to serve the Trudeau administration. Rather it was his demonstrated qualities of perseverance, stubbornness and courage that served him well on those occasions when seemingly insoluble problems appeared. Mr. Richardson's accomplishments as Minister of National Defence were considerable. During his time in office the Canadian Forces gained much in the way of new equipment, pay and a more positive sense of purpose both domestically and internationally. Although Mr. Richardson chose to resign at this time, he did not do so because of any perceived personal inability to further serve the interests of the Department of National Defence. Rather, Mr. Richardson resigned on a point of principle that he felt could seriously affect Canada's future. He left with honor. Goodbye and Good Luck Mr. Richardson.

**North Site
Community Council News**

After a long, hectic summer the whole base is finally returning to some semblance of normality: the PPCLI has returned from Cyprus; the personnel tasked for Olympic support have come home; and the summer leave schedule has come and gone. The North Site Community Council has also resumed normal operation after being temporarily suspended due to many members being absent on TD and a considerable number of postings to other bases.

Council's first sitting of the new season was held on Wednesday, September 8th with the Base Commander in attendance to welcome new Council members and to discuss the progress of on-going community projects. Also, during this meeting, the President and Council tendered their thanks to Captain Rick Legault (Vice-President) and Sergeant Gus Porter (Treasurer) who were attending their last meeting prior to retiring from Council.

The next Council Meeting was held on Wednesday, October 6th. At this time, more new members of Council were introduced and the new members of the Executive Committee were appointed. The new Executive and the entire Council will be introduced in a forthcoming VOXAIR article as soon as photographs are completed. During the meeting, Captain Crowell (President) gave a brief report on the "Back To School Fun Day" which was attended by more than 300 community residents. A more complete report on this activity will also be prepared for VOXAIR when photos of the day's events are received.

A report from the Base Physical Education and Recreation Office advised Council that the Saturday afternoon "Fun Days" in the gym would resume on the 9th of October and continue throughout the winter months, every Saturday from 1330 to 1530. All families are most welcome to participate as often as possible.

The President gave a brief report on the present activities of the Base Energy Conservation Committee which include an item of interest to the occupants of PMQs: It is anticipated that within two years, all PMQs will be provided with metered utilities (That is, the residents will pay for what is consumed as opposed to the present flat rate payment); and, CE expects to undertake a program to improve the insulation, install new/improved

storm doors and windows, etc. The President expressed his concern in this matter and will discuss the situation with the appropriate authorities in the hope that the building improvements will be made before the utility metering is begun.

Captain Crowell expressed his regret that the Teen Club experiment had not worked out satisfactorily and that the effort had, of necessity, been terminated. However, he assured Council that support for specific, special functions for North Site Community teenagers would continue. Parents and/or teenagers who would like to plan an activity should contact the Teen Councillor, MWO Milton Pelley for Community Council support.

Both Council meetings (September and October) heard continuing complaints of community problems regarding the control of pets. Until this time Council has attempted to deal with this matter in a relatively informal manner, counting on the responsible behaviour of pet owners to correct an undesirable situation. Apparently, it is not working. New administrative procedures are being prepared for early implementation to deal with repeated offences. This will entail Council keeping a registry of reported infractions of PMQ/MDPR/BLHU housing regulations as regard the control of household pets, providing offenders with a written warning, and in the case of repeated warnings, turning the matter over to the Base Commander for disciplinary action. Council regrets the necessity for harsh measures but the "gentlemanly" approach has not succeeded.

A brief report was presented on behalf of Captain Glenn Nelson, Director of Westwin Minor Hockey. This report advised Council that the proposed amalgamation with other clubs had been completed and that the Westwin club is now linked with the Silver Heights and Deer Lodge clubs. After hearing the report, Council received and approved a motion that provided approximately \$90.00 to the hockey club for the purchase of new equipment.

The next meeting of Council is scheduled for November 10th (Wednesday) at 0900 in the CFANS (Bldg 84) Conference Room. As usual, all interested members of the community are welcome to attend. If you would like to sit in on the meeting (All residents over the age of 18 are welcome.), please give Captain Crowell a call (Local 474) and we'll save a seat for you!

**FIRE PREVENTION
IS OUR BUSINESS**



**TEACHING YOUR CHILDREN
FIRE PREVENTION**

Teaching fire prevention to children is largely a matter of developing attitudes and habits. A child may know all the safety rules but may not apply them unless corresponding attitudes and habits are developed.

Desirable habits are taught when there is an opportunity to practice desirable actions. Habits formed in make-believe situations, such as exit drills in the home and escaping from fires, are necessary objectives in fire prevention education.

Attitudes, however, are more difficult to develop. Direct teaching of information alone will not necessarily establish attitudes. These are developed largely when one has an opportunity to explore, to experience, and to evaluate.

Fire prevention education is not confined to a specified period per week, month or year. It should be taught when situations arise and interest is high.

Special programs such as Fire Department Annual visits to schools and fire prevention week are supplementary activities, and must not be considered as the total fire prevention program. Fire prevention must be taught in the day-to-day living and learning process, by the parents. The destructive aspects of fire should not be over-emphasized. Instruction should not arouse a high degree of fear in the learner. As far as fire is concerned, children should be led to recognize the value of fire as well as the dangers of fire, and how to cope with dangerous situations when they arise.

Although it is necessary to stress the "nevers" in safety education, the positive approach of "what to do" is preferable to "what not to do".

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representing present and former units at CFB Winnipeg for installation
at the National Aviation Museum and Memorial in Ottawa.

Notice

Auto Club - (East side of airfield) open Mon-Fri 0900-2100 hrs.
Gas Bar - Whytefold Road open Mon-Sat 1000-1730 hrs and
Sunday 1200-1730 hrs.
Take advantage of the low gasoline and oil prices (Regular gas at
77.9c).

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

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Base Aircraft Maintenance Announces Promotions



SGT. D. Bainbridge of BAME Organization is shown receiving congratulations from CAPT. M. G. Gainer AMCRO, on his recent promotion to that rank. Well done Dennis.



All Photos by Base Photo

Motorists-Watch Out For Those Little Goblins And Ghosts On 31 Oct.



MCPL. G.E.A. Harrison, AE Tech from BAME Organization is congratulated by MAJ. I.J. Wilkinson, BAMEO, on his recent promotion to that rank. Congratulations from us all.



SGT. R. MacDonald of BAME Organization Safety Systems is congratulated by CAPT. V.V. DeWield, ASO, on his recent promotion to that rank. Congratulations Bob from us all.



MAJ. I. J. Wilkinson, BAMEO, congratulates MCPL. J.W. Nicol from Safety Systems on his promotion to that rank. Well done.

New Commander For Communications Command



Major-General Lewis H. Wylie formally ended his five-and-a-half year tenure as the commander of Canadian Forces Communication Command on September 18, this year. The change of command parade, the first for Communication Command, took place on the Vimy Barracks parade square at Kingston. Personnel from every reserve and regular force regiment and squadron in CFCC attended. There are 34 such units spread across the country from St John's, Newfoundland to Nanaimo, B.C.

General Wylie's successor is Brigadier-General Russell N. Senior who is seen here with his executive assistant, Captain Cliff Hearndean.

Watching the signing ceremony with interest is Major-General Rupert H. Burris, USAF, the commander of the Air Force Communications Service. General Burris, returning a visit made to his headquarters at Richards-Gebaur AFB in May by General Wylie, had been specially invited to the ceremony.

General Wylie came to Communication Command, a colonel, in 1970. He was promoted brigadier-general in 1974 and major-general in June, 1976. He is now the chief of engineering and maintenance for the assistant deputy minister (materiel) at NDHQ.

General Senior comes to Communication Command from NDHQ where he had been the director general of communications and electronics engineering and maintenance.

He is a native of Verdun, Quebec and a graduate of McGill University where he was a member of the RCAF reserve squadron.

HAWAII

This year, stretch your summer in the Pacific Islands. 14-night holidays depart every Sunday, October 31 through November 21, non-stop via Wardair 747. Sunday departure November 28 for 19 nights.

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CFANS NEWS CORNER

NAV By T. G. BREMNER SQN

I blew it!! Once again, it has become perfectly clear that one should not publicize things on the basis of a program schedule. If y'all recall from the last issue of VOXAIR, I prognosticated on the events of the evening of the annual CFANS "Wives Night" and went out on a limb to describe the family trip that the ladies were supposed to have - wouldn't you know that the bloody beast would turn recalcitrant at the last minute? The girls did the briefing and all at the school then headed over to the flight line, climbed aboard, strapped in and listened in on a "STOP START" procedure. The technicians tried the 20 pound sledge and 8 foot pry-bar method but nothing would coax the offending engine to rotate. Experienced in these matters, the Nav escorts led our comely crew back to Building 84 and provided some alternate diversion to fill out the evening. It is hoped that another flight can be programmed in the near future and that, perhaps, a few more staff wives will be able to attend on that occasion.

The updating of CFANS staff "JUNGLE WARFARE" qualification continues unabated - Fast Eddy has finally sorted out, with CFSAT, the proper HAI course and qualifications that we are all supposed to have. Commencing on October 19th a series of HAI (Transport crew type) refresher courses will be held to recertify all staff members to the appropriate level. Small arms qualification testing is STILL in progress. I guess there a few weak-eyed old coots in the woodwork somewhere as BK has scheduled at least three re-re-runs on either the FN or the Browning 9mm pistol. Apparently, though, the minimum score has been elevated recently, necessitating more judicious casting of the weapon after discovering that one of your buddies has short-loaded your last magazine. The mile and a half torture test is almost wrapped up for the season. Unfortunately, Wayne Crowell is going to have to run it all by himself - he's been away so often, visiting the Litton people in Toronto, that he just never made it to the track when one of our herds hit the turf.

It has become patently obvious that the broomball and hockey seasons are off to a good start - hardly a week into the schedules the injuries are piling up. Welled and stitched eyebrows, purple splotches about the hands and shoulders and the odd arm sling or limp identify the participants in these uncivilized activities. I did notice that the new UFSO, Dave Collings has so far managed to escape the mangle - does he wear his "Jet Jock" nat to the arena?

Course 7602, the last of the CC-130E program trainees, is coming down to the wire at long last. The four members of the course are still in there fighting

with only two or three missions left before graduation which is scheduled for November 19th. Meanwhile, 7603/04/05 are now all flying on the CC-130NT program and "loving it". "Big Bad John" (JP4) Plaxton keeps trying to make up new game rules as his course progresses but due to our innate cunning and rapid revision procedures, we have been able to hold him in check by modifying the assessment forms between the flight and the debriefing. Don't fight it, John, we gotcha. Speaking of gotchas, did anybody see John madly hacking a huge hole in his back fence the day that his new trailer was delivered? Must have been lots of fun!

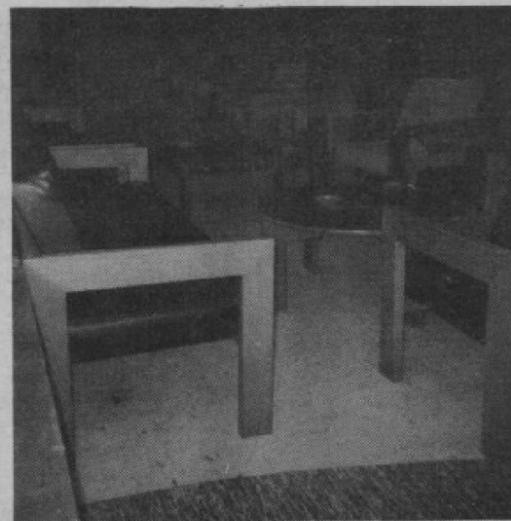
Coming up quickly now, in progress as you read this, is the annual Command Visit to CFANS. (I'd better watch it - I'm forecasting again, aren't I?) The "powers" from Air Command will be amongst us from October 25th until October 29th, assessing our training program from top to bottom. They will observe the staff, equipment, training aids, programs, publications, etc., and make recommendations to improve our product - if necessary. (Since no one is perfect, it is probably safe to say that some areas may be found where improvement is possible. However, considering what we have been through in the last year or so, I think that every staff member in the school has done a bang-up job!) Bring on the lions!!!

Our indefatigable Major Toole is at it again! Not satisfied with the amazing improvement wrought by his recent re-programming of the NT computers, Stan (if I may, Sir.) is going through the whole issue one more time to get rid of the last couple of wrinkles in the software. What a glutton for punishment - anyone not familiar with the ins and outs of computer programming will likely find it difficult to believe the hours upon hours that are required to write a program, especially one that employs spherical trigonometry. (The Earth are not flat, you see.) Another friendly body, whom I consider to be somewhat of an expert on a wide range of topics, estimates that Major Toole's efforts have probably saved us from approximately two years of substandard performance of the computers. How's that for performance?

Finally found out why Mel (Upstairs Rat) has been having trouble making his press deadlines lately - he had, along with Mommy Walker, an impending expansion on his mind. Now that junior, Craig Devon Walker, has made his debut maybe Mel will get back to business. Come to ponder 'pon it, though, I s'pose the midnight and four A.M. feedings will be on for a while. CONGRATULATIONS MEL, MOM and CRAIG!!

TA-TA must run.

All Ranks Lounge Officially Opened



Colonel M.D. Gates, Base Commander of CFB Winnipeg, officially opened the newly renovated lounge in Building 90 (Former Bx) on Fri, 15 Oct 76 and "dubbed" it "The Hercules Lounge". At present this All Ranks room will be open 1200-1330 hrs Mon-Thurs and 1200-2300 hrs Fridays. The adjoining snack bar will also feature a food special each Friday. Expanded service and longer hours will follow in due course. The initial response has been extremely good and gives every indication of a very successful facility.



TRICK OR TREAT?---
ANYTHING FOR GOBLINS?---
'SHELL OUT'---
'HALLOWEEN APPLES'



Whatever the cry, it means the same thing when the kids come to call on Halloween - GIVE WITH THE GOODIES!

Then there is the story about the two Scotsmen who were trying to get into the movie on the same ticket on the grounds that they were half-brothers.

Flowers and Fruit Baskets

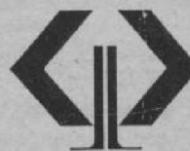


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429 SQN BISON BREW



Howdy Herd! This instalment of the Bison Brew is coming to you direct from the 429 Operation desk, at which I have been a prisoner for the last month. (A dollar a day and free tobacco). By the way, it is not true that Terry Bremner did not verbosely write the last issue of the ANS News corner. Speaking of double negatives; two navigators just walked by!

PEOPLE IN THE NEWS:

LCOL Tettelaar and Joe Gottfried are still in Trenton learning to fly the Herc. Jim Anderson enjoyed some R and R in Calgary. Old Home Week! Ray Moore, Vic Charlebois and Cal Breum are participating in the Nav Trainer AOI Conference in Trenton. MAJ Brown, Bill Stenberg and Claude Mikkelson have just returned from a week in the sun. They were in Edmonton being worked to death in the C-130 Simulator. Hart Kelly is still on leave and Leo Quinlan has just returned from leave looking good after his brush with food poisoning. Glen Morgan has recently taken up residence in Her Majesty's Permanent Married Quarters. Lou Paproski is selling Canada Savings Bonds so fast that he's thinking of going into the business.

JAM TRIP OF THE MONTH AWARD

Jim Humphrey/Fred Pratt/Dan Jones/Lou Lewellyn/Wayne Harker received the award for their sojourn to San Francisco to airlift 407 Demon Squadron to Comox.

RUMOURS

Wayne Harker wants to cross train to the Flight Engineer trade and Ben Corbeil has decided to become a NAV. There are no rumours concerning Vic Charlebois this month (Air Canada??) Bernie Danson will be the next MND. Warren Everett's paranoia is clearing up!

SQUADRON HAPPENINGS:

On the 15th Oct, 429 Sqn held a Flight Safety Ground Training Day, organized by Ray McAnally (A/BFSO). The menu included a cold weather operations lecture, a

medical lecture featuring Dr. Spindler, Sweet Karen and her travelling meteorology show and a lecture hosted by the Safety Equipment Section. All in all, an informative and interesting day.

Immediately following the Flight Safety Day the squadron adjourned to Bldg 61 for a Mug Party to say goodbye to five departing squadron members. Bill Jack (Commander 15th Training Group) wins the "Entertainer of the Evening" award for his sparkling introduction of his Deputy Chief of Staff Dave Cunninghame. Dave leaves the CAF after 25 years, 38 days of service. He's into the plumbing business in Winnipeg. Give Dave a call and ask him for a deal on plumbing repairs.

Brian Fritsch and Ernie Canivet delivered widely differing speeches after receiving their squadron gifts. Brian rocked us back on our heels and Ernie brought us back on to our toes. Rick Legault's job with Air Canada finally came through. Rick will be on as second Officer in 727s. As Rick says "If you are flying Air Canada check the cockpit for crew members. You may want to change flights." Rick was presented with half of a RAMP sign from CFB Greenwood.

Willy Williamson leaves the service again after a long and distinguished career. Willy is working at the Chrysler Truck Centre here in Winnipeg. Call Willy if you need a good deal on trucks.

The Squadron A/Sports O, Jim Tomlinson, reports that participation in the inter-section volleyball league has been great. (429 Sqn 3 - Others 1). The 429 Sqn Curling Team has been formed (Hal Steffler, Jim Anderson, Jim Tomlinson, Bob Hawes, Marg Desjardins) and we find that five people on the team provides that extra sweeping that is required to stay on top.

Did you hear the one about the man who had a dog with no legs? He took him out for a drag every evening.

See you next time!

New Recruiters Indoctrinated



Recruiting Zone Headquarters (Western) hosted a Recruiters Indoctrination Course at CFB Edmonton during the week 27 - 30 Sep 76. Candidates were from all Canadian Forces Recruiting Centres between Thunder Bay, Ont. and Victoria, B.C. Names are from Left to Right - Top to Bottom: SGT. Bob Misener, SGT. Al Novak, SGT. Roy Carswell, SGT. Norman Woods, SGT. Jim Pittendrigh, CPL. Barry Skogen, WO. Gerry LaPierre, CPL. Lloyd Harris, SGT. Doug Fraser, CPL. Roger Fournier, CPL. Kelly Henson, CPL. Lillian Bran, CAPT. Tom Adkins, CAPT. Win Hunter, CAPT. Don Norrie, CPL. Andrea Langstaff, PTE Cherie Pemberton, CPL. Louise Chaif, SGT. Mike Heron, SGT. Ken Moyes, CAPT. Barry Monk, CAPT. Gord Stinson, CAPT. Bill Heighway, Instructor CAPT. Ken McLeod, Co-ordinator MAJ. Keith Carpenter, CAPT. David Hanna, CAPT. George Sykes, CAPT. Cameron Diggon. To the above we wish you continued success at your new assignment as recruiters within the Canadian Armed Forces.

(CANADIAN FORCES PHOTO)

Cape Dorset Airstrip Readied

CAPE DORSET, NWT—Air Command four-engine Hercules transport aircraft and all other planes that need only a 4000-foot airstrip, can now use the airfield here.

It's brand new and operational as of October 2.

Defence and Transport officials on that day gathered at the edge of the airstrip, braced against bone-chilling winds and blowing snow, to sign papers officially marking completion of construction. Senior military

participants were COL. D.G. McClellan, director general military engineering operations at National Defence headquarters, Ottawa, and LCOL. A. T. Downs, commanding officer of 1 Construction Engineering Unit. Transport Canada's top representative was Mr. Bruce Foy from the Winnipeg regional office.

The Cape Dorset community was well represented by, among others, Melia Padlug, Mathew Saveyakjuka, Simeonie Oshutsiaq and Kelly Peeshooktee.

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Defence Contracts

OTTAWA—The department of national defence has announced that more than \$11 million in military construction and repair contracts were awarded across Canada in August.

Defence Construction (1951) Ltd., reported that the 58 contracts approved totalled \$11,632,453, and varied from an \$8,000 improvement in electrical facilities at CFB Valcartier, Que., to a \$3,675,715 contract for new construction at CFB St. Jean, Que.

Quebec firms were awarded 15 contracts valued at \$4,992,778. Nova Scotia received 11 contracts totalling \$2,958,318; Alberta, six at \$1,365,057; British Columbia, six at \$906,125; Ontario, 12 at \$647,006; New Brunswick, five at \$366,358; North West Territories, one at \$274,900; Manitoba, one at \$87,944 and Prince Edward Island, one at \$33,967.

Next in size to the contract for CFB St. Jean were two contracts in Nova Scotia; \$1,171,965 for prefabricated housing units at Camp Debert, N.S., and \$1,006,900 for roadways and house foundations at that unit.

The N.W.T. contract is for an addition to the operations building at CFS Inuvik.



Cape Dorset residents were employed during construction by the Canadian Forces, of a 4000 foot packed gravel airstrip. (left) Oqsuralik Ottokie receives pay cheque from Lieutenant Michael Bolohan of Military's 1 Construction Engineering Unit. LT. Bolohan, is a military engineer home-based in Winnipeg and is from Tilbury, Ontario.

(CANADIAN FORCES PHOTO)



RIVER HEIGHTS

\$46,900

2 storey, 3BR home. Oak trim and leaded pane windows on main floor. Att. garage plus parking pad. Just 5 minutes from Polo Park and less than 5 minutes from Army Base on Kenaston. A must to see if you are looking for a good buy. Phone Marion Davis at 489-5968 or days at Aronovitch & Leipsic Limited 889-7263.

Leopard Tanks By 1978

Ottawa — Acting defence minister Barney Danson confirmed the signing of a contract in Germany to buy 128 German-built Leopard C-1 battle tanks for the Canadian Armed Forces, at a total program cost of \$187 million. The contract was signed Tuesday, in Munich, by a representative of the minister of supply and services.

Most of the new tanks, 85, will go to the armoured regiment of the 4th Canadian Mechanized Brigade Group on NATO duty in Europe, replacing outmoded Centurions in service since 1952. The remaining 43 new tanks will go to the bases at Gagetown, N.B., and Borden, Ont., for training purposes.

Delivery of the Leopard C-1 tank, manufactured by the Krauss-Maffei company of Munich, will begin in July, 1978, and be completed in August, 1979.

The tank replacement program, under study for the past year, will be funded from within the defence department's approved capital budget.

Mr. Danson also announced an associated program by which the German Ministry of Defence has agreed to lend to the Canadian Forces in Europe 35 Leopard tanks for a period of two years, beginning in the first three months of next year.

Cost of the loan arrangement, for fair wear and tear of the tanks, training and logistics support, amounts to \$2.7 million, and is included in the total program cost of \$187 million. The loaned tanks are to be returned to the German army at the end of the two-year period.

The arrangement will provide the forces in Europe with an immediate, improved operational capability, as well as facilitate a smooth and effective transition when they receive their own Leopards.

Loan cost, it was explained, largely will be offset by the smaller expense in operating the Leopards, compared with the cost of maintaining and operating the current inventory of outdated Centurions over the next two years.

A breakdown of the total program price of \$187 million works out to \$115 million for the tanks, \$2.7 million for the loan of 35, and \$69.3 million for logistics support, training, ammunition and associated material requirements.

Canadian Forces in Europe will get 77 gun tanks, four bridgelayer tanks, and four armoured recovery vehicles. The remaining 37 gun tanks, two bridge-layers and four recovery vehicles, will be used in Canada.

The Leopard C-1, described as a tried and proven tank, has been in production since 1965. More than 4,000 currently are in service in Belgium, Denmark, Germany, Italy, the Netherlands and Norway. It is also being manufactured for the Australian army.

Industrial Offsets
The tank contract provides for substantial industrial benefits for Canada. The manufacturer has given an undertaking that orders will be placed in Canada equalling 40 per cent of the total contract price. It also was agreed that he will use "best efforts" to increase the amount of these purchases, or investments, by another 20 per cent, bringing the total industrial benefits to as much as 60 per cent of the total contract price.

These benefits are to be realized within a 10-year period from the date of the contract signing. The program will be managed by the department of industry, trade and commerce, and is expected to result in long-term trade benefits for Canada.

In a situation where the heavily mechanized forces of the Soviet Union, and its Warsaw Pact partners, enjoy considerable numerical superiority, the defence department release adds, it is only prudent to equip NATO forces in Central Europe with the most effective tanks available.

The Leopard C-1 tank travels at speeds of 40 m.p.h. on roads, and 25 m.p.h. cross-country. It has a normal range of 375 miles, a fuel capacity of 200 gallons, and fuel consumption of two m.p.g.

It can climb obstacles 3.75 feet high and cross trenches 6½ feet wide. With 10 minutes

preparation, it can wade in water 14.6 feet deep.

Combat weight of the Leopard C-1 tank is 46.2 tons, which makes it 10 tons lighter than the current or modernized versions of the old Centurian. Its battlefield mobility is superior to all tanks now in production, surpassing the Centurion by a wide margin. The Leopard mounts a British 105-millimeter, high-velocity main gun, coupled with a Belgian-made computerized fire-control system, using a laser range-finder.

It has a lower silhouette, presenting a smaller target. This, combined with its agility and speed, officials say, substantially reduces its chances of being hit.

Canada's European allies have been phasing out their stocks of Centurion tanks, and it would have been operationally incompatible for Canada to continue to use them. It would also present high-cost logistics problems in the future.

Neither the U.S. Army's XM-1 tank, or the German Leopard II, will be available for off-the-shelf procurement until the mid-1980s, and Canada's requirement for a new tank is more immediate.

Long-term leasing of a tank was ruled out as uneconomical and impracticable, and eventually would have exceeded the cost of outright purchase. Also, there would be serious legal and political problems in an arrangement whereby ownership of Canadian combat equipment was vested in a foreign agency.

Canada's Centurions have reached the end of their useful and economical lives, and unacceptable expense would be involved in continuing to maintain them in an operational state.

Another factor supporting the acquisition of the Leopard C-1 was the principle of standardization of equipment in NATO. This has been a long-sought goal in the alliance, and one Canada has endorsed over the years.

The contract for the Leopard also provides for the sale of Canada's entire fleet of Centurion tanks, and associated equipment, to the German Krauss-Maffei company, in the event they can find a buyer acceptable to Canada.

Editors Note:

Watch your next Voxair for a resume of the Leopard Tank Program.

**NEXT VOXAIR
DEADLINE**

**2 P.M. TUES.
2 NOV. 76**

**(Remembrance Day
Issue)**



LONDON, ENGLAND—(10 Oct 76). Apparently to light up the London stage this year you have to be either (1) Nostalgistic, (2) Loaded with sex and nudity, or (3) written by Chekov, the Russian.

The big hits are "CHORUS LINE" the American import and "Irene" which is another American musical, that was written in 1919 and is now being revived for the umpteenth time. It has such hit songs as "ALICE BLUE GOWN" and "I'M ALWAYS CHASING RAINBOWS" — songs mother used to sing.

On the sex side the successor to "OH CALCUTTA" the nudie "CARTE BLANCHE" has just opened to mixed reviews. It apparently leaves nothing to the imagination but it is not alone in this. One play we did catch was called "FUNNY PECULIAR" which was called by the critics to run forever. It was to me both crude and nude, and really so full of old burlesque jokes that it was not either funny or peculiar.

On the other side of the coin, there are no less than three Chekov plays now on. Alan Bates is in "THE SEAGULL" while "THE SISTERS" and yet another Russian drama are also available. I suppose it is a reflection on our times, that revivals are beating out new writing. Anyway the pound continues to fall, so North American tourists can all smile.

J.R.L.

**IF YOU HAVE A
CAPTAIN'S TASTE BUT
A PRIVATE'S BUDGET...**



COME ON IN.

That new stereo system looks mighty good, but you just don't have the money right now. Come on in to Household Finance and apply for a Shopper's Loan. With a Shopper's Loan from HFC that stereo system, or TV could be yours right now. You know what you want, and a Shopper's Loan could be the way to get it. Come on in to HFC. Where people use our money to get the most out of life.

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- 513 Selkirk Avenue 586-8394
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- 137 Goulet Street 233-4911
(Goulet Shopping Centre)
- 3010 Portage Avenue 880-0942
- 1120 Grant Avenue 453-7637
(Grant Park Plaza)
- TRANSCONA: 107 Regent Avenue West 222-4283
(next to Snowdon's Hardware)
- SELKIRK: 218A Manitoba Avenue 482-6211
(next to "Janis Lynn Ladies Wear")

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OCT. Program

Eves. Mon. thru Sat. 19:00 hrs.
Sat. Mat. 13:00 - 15:00 hrs.
Sun. Eve. 19:00 - 21:00 hrs.
REGULAR ADMISSION:
ADULTS \$1.00 — CHILDREN to age 12 .50c
STUDENTS to age 18 with Student Card .75c

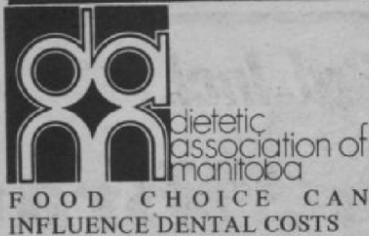
Cinema Theatre
CANADIAN FORCES BASE

Telephone 888-6290

WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
		Coming		Thu. 28	Fri. 29	Sat. 30	Sat. 30
				NO SHOW			

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION



FOOD CHOICE CAN INFLUENCE DENTAL COSTS

Did you know that the frequency of sugar intake and the form of sugar are more important for good dental health than the total amount of sugar you eat?

Did you know that if a baby is permitted to suck on a bottle containing sweetened juices or sweetened milk long after he has learned to drink from a cup that chances of tooth decay are greatly increased?

Did you know that you should take your child to the dentist by 2½ years of age?

Can you name at least ten snacks for good dental health? If not, read on... Sugar is often thought of as the cavity culprit, but sugar alone does not cause dental problems. Both tooth decay and gum disease (loosening teeth and bleeding gums) are caused by the activity of a sticky colourless film of bacteria that is always forming on the teeth. This thin layer of bacteria is called dental plaque (pronounced "plack"). Plaque is formed from the germs that are found even in a healthy mouth under normal conditions. Certain bacteria in the plaque change sugar into acid, which in turn attacks tooth enamel, eventually leading to decay.

The decay effect of foods containing sugar is dependent on a combination of:

- frequency of intake
- stickiness of food
- total sugar content of the food

Research has shown that the frequency of sugar intake is far more important in causing cavities than the amount eaten at one time. Why? Each time the dental plaque on the tooth surface is exposed to sweets, acid is produced for 20-30 minutes. Therefore, if 5 chocolates or cough drops are eaten one after another within a space of 15 minutes, they will produce acid for about 35 minutes. On the other hand, if they are eaten 20 minutes apart, they will produce acid for about 100 minutes. This is the reason why it is best to restrict sugar intake to mealtime and decrease the number of between meal sweets.

Highly retentive or sticky forms of sugar such as jams, caramels, sugar-coated cereals, and glazed doughnuts are more damaging than solid sweets like hard candies, cough drops and life savers. The reason for this is that sticky products cling to the teeth and give the bacteria more time to produce acid which eats at tooth enamel.

Solid sweets in turn, are more harmful than sweets in solution like soft drinks, chocolate milk, sugared tea or coffee. However, nibbling a hard candy or sipping a sweet drink, such as cola, steadily over a period of time is also damaging because sugar is continually "dripped" onto the teeth. Fruit juices have a low decay potential but when a baby continually sucks the juice through a bottle for a lengthy period each day, a great amount of decay may result.

Snacking, a regular part of today's lifestyle, can be of benefit in meeting energy and nutrient needs, but poorly chosen snacks such as candy bars and soft drinks

WO & SGT'S Mess

ENTERTAINMENT CALENDAR

Sat-30 Oct. Bingo

Jackpot tonight is \$300.00 in 53 numbers or less. Don't forget the Garbage Can Bingo (a can a card). Added Bonus again this year is the clothes line full of money. Share the wealth game. Food and dancing follows the Bingo. Entrance cost \$2.00 per person which covers the price of your 1st card and your food and dancing. Dress - informal.

November
Fri 12-19

T.G.I.F. - games - good - prizes

Fri 5 Nov
Mess Dinner (Retirement Dinner)

Sorry if we missed your name on the list. If you're interested in attending check with the mess manager for last minute cancellations and we'll see if we can fit you in.

Sat 6 Nov

No function, make your own party.

Thur Nov. 11
Remembrance Day

Following the solemnity of the morning parades, the mess will observe the traditional festivities commencing at 2 p.m. Both the upper and lower lounges will be open with entertainment both "upstairs and downstairs"! Commencing at 2 p.m. sharp. Be entertained upstairs by the melodic sound of "Chuck and Angie" for your listening and dancing pleasure. And just in case you can't get a seat upstairs, don't go away 'cause we will have the "Dixieland Duo" in the lower lounge at the same time (2 to 6). Still with us. Now that you have the kids organized for the evening, come back and dance the rest of the evening away to the fabulous sound of the "Commandaires" from 7 to 9 p.m. in the upper lounge. We plan on serving clam chowder and cold cut supper later on in the evening.

Sat 13 Nov
Upper Mess Lounge Grand Opening
Candle Light Dinner

Here's the big evening you've all been waiting for! By now we will have completed the renovations to the upper mess lounge and we plan on celebrating the event with a good dinner and dance. (How about a filet with all the trimmings before you start snuggling up to that favorite "gal" in your new club)? Since the air conditioner is working, we plan on using the fire place too. (Hang the expense)! If you were able (unable?) to make over during the evening of the 11th then you will appreciate why we brought the Commandaires' back so soon. The evening kicks off with cocktails at 7:30 p.m. with dinner at 8 sharp. Sorry, but only 100 couples will be accommodated. Advance ticket sales from 1 to 10 Nov at \$15.00 per couple available at the mess office from 1300 to 1600 hrs except for the weekend. Business units for the men, gowns for the ladies dancing from 9 to 1.

Sat 20 Nov
Bingo

Tonight, instead of money prizes we plan to hold a "blanket bingo"! Not that cash won't be available too. If the jackpot didn't go last month, you'll be playing for \$350.00. In 54 numbers or less. The clothesline, share the wealth and garbage can bingos are added features. Cost to you is \$2.00 per person. The blanket bingo consists of bedding prizes, such as blankets, pillows, sheets, etc. We promise you won't go away disappointed (unless you don't get a seat). Dancing and dining follows the bingo.

Fri 26 Nov
Annual Grey Cup Dance

(Where did the year go)? Ms Grey Cup, east and west selection-champagne and flowers. Silver trophy bowl to Ms Grey Cup (hers to keep). Start the noise early by planning on attending this one. Your lady doesn't have to be sixteen to enter contest!!! (Last year Ralph came second). Dancing from 9 to 1. Food. Cost \$2.00 per couple. (Casual dress or football uniform)

Sat 27 Nov
Grey Cup Game

T.V. sets upstairs and downstairs come out and cheer for your colors. Usual food, refreshments, noise (and lies about your favourite team) provided. Crowning of Ms Grey Cup. Dancing follows game - Entrance Free! - Guests must be signed in.

Coming events - Christmas and New Year's (save some of your pay raise and check December calendar).

can increase tooth decay. The best snacks are those from the four good groups which are low in sugar - milk, all cheeses, meat, sunflower seeds, hard cooked eggs, fresh fruits and vegetables, are all great. Try to confine sugar intake, especially the sticky sweets, to mealtime.

Eating correctly is one thing you can do to prevent tooth decay, but it's also important to brush with a fluoridated toothpaste, use dental floss, and have a regular dental check-up every six months. In the long run this care will pay off financially and also ensure a bright healthy smile.

Jr. Ranks Mess

JR. RANKS CLUB
ENTERTAINMENT CALENDAR

OCTOBER

Thursday, October 28 to Sunday, October 31.
Dancing to the "Al Weldon Trio" Dancing from 9 - 1 except Sunday from 8:30 - midnight.
Price 29 & 30 October:
Members - \$2.00 per couple on 30 Oct. - Guests - \$2.00 per couple on 29 Oct. and \$4.00 per couple on 30 October.
Dart League
Any members of the Mess interested in playing darts - male or female - are asked to contact Al Stephens, Local 243 or Gloria Gordon, Local 331. Teams will be formed to play in a Legion League downtown, sponsored by the Mess.

NOVEMBER

Friday, November 5
TGIF from 1630 to 1800 hrs. Food served at 1730 hrs. Dancing to Rick Enns from 9 - 1. Price: Guests \$2.00 per couple.

Saturday, November 6
Dancing to Music Man from 9 - 1. Price: Guests \$2.00 per couple.

Friday, November 12
Dancing to Pat Blyth Show from 9 - 1. Price: Guests \$2.00 per couple.

Saturday, November 13
Dancing to Pat Blyth Show from 9 - 1. Price: Guests \$4.00 per couple.

s+4, Wednesday, November 17
Associate Members' Meeting in the Main Lounge at 8:00 p.m. Please attend.

Friday, November 19
TGIF from 1630 to 1800 hrs. Food served at 1730 hrs. Dancing to Rick Enns from 9 - 1. Price: \$2.00 per couple for guests.

Saturday, November 20
Dancing to Prairie from 9 - 1. Price: Guests \$4.00 per couple.

Friday, November 26
Dancing to Calabash from 9 - 1. Price: Guests \$2.00 per couple.

Saturday, November 27
Dancing to Calabash from 9 - 1. Price: Guests \$4.00 per couple.

Midnight Madness Bonspiel - November 26 & 27
Midnight Curling Bonspiel starting at 2400 hrs. 26 November at Westwin Curling Rink. Enter names on the Bulletin Board at the Mess. Good food, good prizes, good curling and GOOD LUCK! Entry fee: \$12.00 per rink.

Dart League
Any members of the Mess interested in playing darts - to possibly play against Portage and Shilo - are asked to contact Al Stephens, Local 243; or Gloria Gordon, Local 331.

CONTEST - JR. RANKS MESS - WIN A MESS JACKET & CREST
THE BEST DESIGNED CREST FOR THE JR. RANKS MESS WILL WIN A MESS JACKET AND CREST. ANY MEMBER WISHING TO SUBMIT AN ENTRY IS TO DO SO THROUGH THE JR. RANKS OFFICE BY 30 NOVEMBER 76.



Locally Yours UNDE

Notice to all UNDE members: The Annual Dinner and General Meeting for the election of Officers will be held on November 15th, 1976 in the new Canex

Recreation Facility - Bldg. 90. Cocktails at 1830 hours and a steak dinner with wine at 1930 hours. A door prize will be drawn and there will be music provided for those wishing to dance once the business portion of the meeting has been dealt with. Nominations may be submitted to the Nominating Committee Chairman, Mr. Everett Ogren - IN WRITING - to his home address: 23 Stilwell, Winnipeg, Man: R2Y 0M6. An agenda of the meeting will be published at a later date.

Tickets for the dinner may be obtained from Mr. Mike Koster (Local 344); Mr. E. Ogren (889-1441) or Miss Shuper (889-7653) ... and Mr. Ben Eisner (Local 477). Price is \$2.00 per person.

Remember You Read It First In Voxair

BY LAND —
BY SEA —
BY AIR —



Welcome to the "BIG A" - Entertainment and Dancing 9 p.m. to 1 a.m.

Your Host: Norm Webb

ASSINIBOINE GORDON HOTEL

1975 Portage Avenue

Phone: 888-4806

Prices Effective Oct. Oct 29th - Nov 3rd Incl.

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Good things are Happening

At Your



Braun Slice

BX REG. PRICE 48.79

SAT 30th OCT ONLY

SPECIAL

45

Ladies come in for our demonstration of BRAUN appliances on Sat 30 Oct/76 from 10³⁰AM - to 5PM



Braun Coffee Mill

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SAT 30th OCT ONLY

SPECIAL

15⁹⁷

Timex Darwin Watches With Sweep Hand

BX REG. PRICE 11.97

RED SEAL SPECIAL

8⁷⁷

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Braun Kitchen Center

AS ILLUSTRATED

BX REG. PRICE 174.99

SAT 30th OCT ONLY

SPECIAL

159⁹⁷



LIMITED QUANTITIES RAINCHECKS WILL BE TAKEN IF NECESSARY

Quasar

18" 47 cm diagonal Solid State Color TV

- "Mini-Maintenance" 100% Solid State Chassis
- In-Line Matrix Picture Tube
- "Insta-Matic" Color Tuning
- Picture Control
- Low energy Consumption

This personal size portable is ideal for bedroom, den or rec room. Cabinet molded of high impact plastic with Modern Walnut grain finish and black and silver color trim. 16 1/2" (42 cm) high, 24 3/8" (62 cm) wide, 17 3/4" (45 cm) deep.

Model WT4622NW

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439⁹⁹



**Wash
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Blues With
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To
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**Teens
Suede Jacket
With
Pile Lining**

BX SALE PRICE 39.77

RED SEAL SPECIAL **30⁷⁷**

**Teens
Suede
Jacket**

BX SALE PRICE 29.97

RED SEAL SPECIAL

22⁷⁷

**Teens
Suede Jacket
Fur Trimmed
Collar**

BX SALE PRICE 34.97

RED SEAL SPECIAL

25⁷⁷

Please Note

Xmas Hours

Effective Nov 1st Your Base Exchange

Hours Will Be

Mon - Friday 10 am - 9 pm

Sat 10 am - 5.30 pm



BX HOURS OF OPERATION

MON - WED 10 AM - 5:30 PM
THUR 10 AM - 9:30 PM
FRI - SAT 10 AM - 5:30 PM

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UNADVERTISED SPECIALS

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TOYS - TOYS - TOYS

SHOP NOW FOR A GOOD SELECTION AT OUR EVERY DAY
LOW PRICES. WE HAVE COMPARED PRICES WITH THE BIG BOYS
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THE MANAGER





Dr. Cooper's Coming To Winnipeg!

AEROBICS CLINIC
 BY DR. KENNETH COOPER M.D.
 AUTHOR OF AEROBICS, THE NEW AEROBICS
 AND AEROBICS FOR WOMEN

Heart disease is North America's number one killer. It's causes are heredity, stress, diet and inactivity. Some of these cannot be changed - but patterns of inactivity definitely can be changed.

Dr. Cooper will discuss how regular daily exercise can reduce or delay the onset of heart disease and add years to your life.

Date: Monday, January 16, 1977

Time: 0900 - 1200 hrs. - 1345 - 1700 hrs.

Luncheon: 1200 to 1330 hrs.

Place: International Inn, 1808 Wellington, St. James - Assiniboia

Fee: \$15.00 including lunch

Register with MWO White - Rec Centre - Local 509.

CROSS-COUNTRY SKIING



**MEETING
 THU 28 OCT
 1900 HRS
 IN THE BASE THEATRE**

ARE YOU INTERESTED

If enough people are interested a Cross Country Ski Club can be organized. Individuals and families are encouraged to take up this healthy activity or, if already skiers, then join with others in the formation of a club.

ADVANTAGES

- Affiliation with the Canadian Ski Association (CSA)
- Club Identification
- Group Instruction
- Equipment purchase discounts/rentals
- Organized tours and outings
- Racing cards for competitors

MEETING

Thursday 28 October at 7:00 p.m. in the Base Theatre. Contact Captain Les Putland Loc 344.

WOULD YOU LIKE RECREATIONAL ICE TIME?

Commencing 27 October, ice time is available each Wednesday from 1400 - 1600 hrs for unit/section recreation. Units/Sections wishing to use the ice for hockey, broomball or skating parties may call the Rec Centre loc 511. Equipment arrangements may be made at that time as well.

Westwin and Lipsett Hall Rec. Swimming

Mon., Wed., Fri.
 6-8 p.m.
 Sun.
 1:30 - 3:30 p.m.

BADMINTON CLUB

Meets at:
 Lipsett Hall * Sundays
 Westwin * Wednesdays
 7:00 to 11:00 p.m.
 Phone: WO. Gary Wolfe for more information

THINK OF FITNESS AS FUN!

Air Command 100 Hour Swim

1300 HRS TUE 2 NOV - 1700 HRS SAT 6 NOV

AWARDS:

- AIR COMMAND TROPHY - FOR BASE/STN WITH MOST LENGTHS

$$\frac{\text{No. Lengths} \times 100}{\text{Base/Stn. Strength}}$$
- BASE/STN WITH MOST 12 MILE SWIMMERS
- CFB WINNIPEG INTER-UNIT TROPHY FOR UNIT/SECTION WITH MOST LENGTHS (USE SAME FORMULA)
- UNIT/SECTION WITH MOST 12 MILE SWIMMERS
- DIPLOMA FOR EVERY 12 MILE SWIMMER

NOTE - WE'LL BE OPEN 'TIL 2400 EACH NIGHT



AIR COMMAND TROPHY FOR THE BASE/STN WITH MOST 12 MILE SWIMMERS.

WON BY CFB WINNIPEG IN 1975.
 WE CAN KEEP IT - WITH YOUR HELP.
 GET YOUR FEET WET!

Once again its the time of year for the Air Command 100 Hour Swim. Last year CFB Winnipeg captured the trophy awarded to the greatest number of 12 mile swimmers. This year it is hoped CFB Winnipeg will not only keep this trophy but add to its credit, the most miles accumulated.

This goal can only be reached by the full support of each and every swimmer in CFB Winnipeg. Come out and support your Base.

In conjunction with the Air Command 100 Hour Swim, and during the same time period, it has been decided to institute an inter-unit competition. A trophy will be purchased and presented to the unit or section accumulating the most lengths of the pool. Scores will be pro-rated to the REMAR strength of each unit. This system will present an opportunity for units not attached to Air Command to enter the competition. Also, a trophy will be awarded for the unit/section with the most 12 mile swimmers.

Get in the swim of things!

Remember you don't have to be a long distance swimmer. Every single length counts. Leave the 12 mile swims to the pros. We can win the competition for CFB Winnipeg by contributing on a one-lap-at-a-time basis.

For registration and information call the Rec Centre Local 511 Westwin or 888-5021 Lipsett Hall.

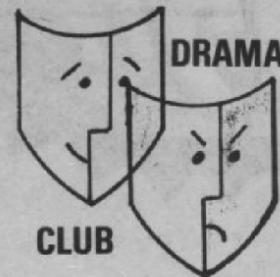


BASE BASKETBALL TEAM

A Base basketball team has been formed and will be playing in the Manitoba Intermediate Mens League. Games will be every Sunday morning at various gymnasiums throughout the City of Winnipeg, commencing 17 Oct 76. Practice times for the team are every Monday and Thursday from 4:30 - 6:00 p.m. in the Westwin gymnasium.

Contact the BPERO at local 509 for more information.

STUDIO 22



CLUB

INTERESTED ?

CONTACT

MCPL MURIEL MYMKO

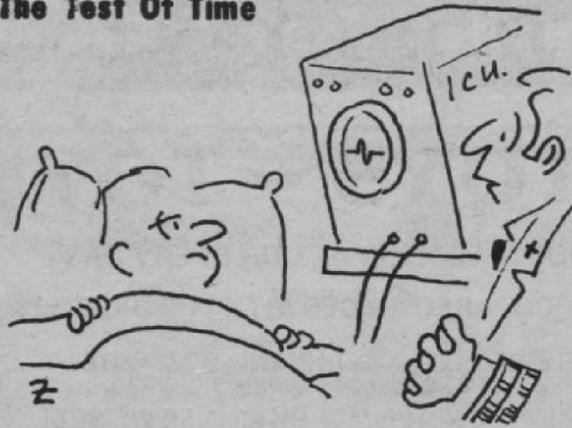
AT 985 - 368 OR EVES 338 - 4320

LET'S PUT STUDIO 22 BACK IN THE SPOTLIGHT

10 Steps To Fitness

1. Get Started - Do not gun the motor or scorch the tires. You took a long time getting in your present mis-shape, so shape-up slowly, avoiding strain, stress, and sore muscles.
2. Progress Slowly - Develop a work-out level that is safe, pleasing and beneficial. You do not have to knock off a second every day or add to the number of laps or lengths. After you have adjusted to a routine is the time to shift towards a higher area.
3. Overload - A routine that does not challenge, does not improve fitness. As one becomes better conditioned one should strive for more speed or more resistance.
4. Regularity - Work for at least a half an hour, three times a week, work a day, rest a day - is good advice. Recovery and rest are important.
5. Warm-up - Warm-up means just that. Before exercising vigorously the temperature should be raised. Get the blood flowing and the joint flexible. Wear suitable clothing, but avoid outfits that artificially stimulate sweating. This can be dangerous.
6. Relax - Relaxation and better performance are team-mates. Deep breathing and stretching may be helpful.
7. Fun and Satisfaction - To take exercise like bitter medicine is poor motivation. Have fun. Play something. Seek the satisfaction that comes from keeping track of waist measurements and waist.
8. Tailor your Program - Exercise is like a suit of clothes. It should be fit to wear. What do you want to accomplish? Get the advice of an expert.
9. Diet - Are you digging your grave with your teeth? You are what you eat. Exercise itself is not a magic cure for all your ills. Your library can help you.
10. Finish in a Walk - You do not drive into your garage in high gear. Likewise, finish your exercise by tapering off. Part of this could be a leisurely shower. If you have been running, end with a bit of jogging. Cool off physically, emotionally, and mentally before tackling whatever comes next.

The Test Of Time



.....You made an excellent time for your age group.....

THE ARGUS



Classes At The Westwin Gym.

Mon. & Thur. 8 - 10pm.

LIPSETT HALL NEWS

Pre Para Course



Top - Left to Right - CPL. Milbery, SGT. Jarvis, CPL. Quilty, MCPL. St Pierre, PTE. Mercer, LT. Lewis.

Bottom - Left to Right - PTE. Armstrong, MCPL. Priest, CPL. Taylor (Instructors) CPL. Usipeck.

PARA JUMP COURSE
EDMONTON ALBERTA 18 OCT - 12 NOV 76

The PT staff at Lipsett Hall was kept very busy this past week with eight candidates from 2PPCLI training for a Para Jump Course to be conducted in Edmonton Alberta.

Their Pre Para Training here consisted of running, (average 6 miles every morning) Endurance Swimming, Battle PT and Obstacle Training, Circuit Training along with a variety of hard games of skill, to get in top shape for the tough course ahead.

All candidates attending this course proved on Friday 8 October that they were physically ready, by passing all three of the Pre Para Tests:

- a. 1 mile run - under 7½ minutes
- b. 33 sit ups - bent knees - 1 minute
- c. 8 chin ups - full arm extension

The average time for the one mile run was just under 6 minutes with the fastest time being recorded by LT Lewis, 5:20. It should be noted that all these tests are done continuously with no rest in between.

Learn To Swim Classes At Lipsett Hall

Registration for the following swim classes will take place on 6 November 1976:

Program "A" - twice a week Mon & Wed (12 lessons) 4:30 - 5:10
Pre-Beginner No. 1 - Beginner No. 1; 5:15 - 5:55 Pre-Beginner No. 2 - Junior No. 1.

Program "B" - twice a week Tue & Thu (12 lessons) 4:30 - 5:10
Pre-Beginner No. 3 - Beginner No. 2; 5:15 - 5:55 Pre-Beginner No. 4 - Senior No. 1.

Registration date - 6 Nov 76 (Sat); Time - 10:00 - 12:00 DND 12:00 - 2:00 civilian; Cost - \$6.00 military - \$8.00 civilian. For further information call 888-5021 Lipsett Hall.

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Stay kissing sweet with Dentyne,
Stay alive with filters,
Make friends with Ban,
Adjust stomach on Tums,
Write exams on benzedrine,
Relax with tranquilizers,
Stop aches with kidney pills,
Sleep with Nytol,
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Registration 1400 hours
16 Oct 76.

51ST Group



Beavers of Canada

North Site

BEAVERS IN BUILDING 81

Beavers have recently been sighted in the immediate area, in Building 81 to be exact. On Monday, Oct 18th, at 6:30 p.m. the 51st Colony sponsored by C.F.B. Winnipeg held it's first meeting. The beaver philosophy emphasizes team work, sharing, creativity, positive group experiences and an awareness of God, nature and fellowmen. That sounds complicated but what it boils down to is a lot of fun for a group of boys between five and seven and a half years old (5 and 7½). We meet every Monday evening for one hour in Building 81 to share games, songs, stories, crafts, and special outings to all kinds of places. If you and your boy would like more information please call Tia Halstad at 832-1125 or Lynda Mosley at 837-2145, there's still room for a few more Eager Beavers to join our colony.

NOV. Program

Even. Mon. thru Sat. 19:00 hrs.
Sat. Mat. 12:45 hrs.
Sun. Eve. 19:00 - 21:00 hrs.

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WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Oct. 31 Nov. 1 BILLY ELLIOTT A UNIVERSAL PICTURE TECHNICOLOR MUSIC BY ROBERT ROSS DISTRIBUTED BY UNIVERSAL PICTURES Nov. 1	Nov. 2 Nov. 3 H.G. WELLS' MASTERPIECE OF SCIENCE FICTION THE FOOD GODS A UNIVERSAL PICTURE DISTRIBUTED BY UNIVERSAL PICTURES Nov. 2	Nov. 4 NO SHOW	Nov. 5 W.C. FIELDS and ME A UNIVERSAL PICTURE DISTRIBUTED BY UNIVERSAL PICTURES Nov. 5	Nov. 6 THE MOON IS CAPTURED... The world is next! BATTLE IN OUTER SPACE CENTRAL Nov. 6	Nov. 7 Nov. 8 IN THE BEGINNING OF THE END... IS THE OMEN CREGGORY PECK, TEE REEVEK RESTRICTED ADULT Nov. 7	Nov. 9 Nov. 10 BREAKING POINT Nov. 9	Nov. 11 NO SHOW
Nov. 12 Nov. 13 It's a hilarious outrageous road race. THE CUMBALL RALLY A UNIVERSAL PICTURE DISTRIBUTED BY UNIVERSAL PICTURES Nov. 12	Nov. 14 Nov. 15 A Thrill and Star Comedy Mother, Jugs & Speed BELL COBBY RAQUEL WELCH HARVEY KEITEL Nov. 14	Nov. 16 Nov. 17 A Thrill and Star Comedy Confessions of a Window Cleaner MARTIN DONOVAN LINDA LATHEN BILL WARRNER GARY HOOKS DOLLY MADT UNIVERSAL PICTURE A Universal PICTURE DISTRIBUTED BY UNIVERSAL PICTURES Nov. 16	Nov. 18 NO SHOW	Nov. 19 NO SHOW	Nov. 20 NO SHOW	Nov. 20 NO SHOW	

Unfit is blah.



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in vino veritas

by R. KOHLBERG

URZIG REVISITED

This year's holidays took us to our favorite Moselle spot again — Ürzig, home of the famous *Ürziger Würzgarten* (featured at the Manitoba Liquor Commission's select wine store — behind glass — at a price of \$17.20). Our Ürzig friends live next door to a winery, and so we obtained a price list and bought a small case of the above-mentioned *Ürziger Würzgarten*, speculating that we might take some of it back home to Canada with us. Needless to say, the prices of wine in Germany are much lower than here, what with freight, taxes, overhead, duty, shipping, inflation, profit, mark-up, handling, or whatever inflates the prices on their way over. Depending on the year, and the quality rating (Kabinett, Spätlese, Auslese), the *Ürziger* wine ranged from \$1.33 to \$4.56 per bottle. The years ranged from 1973 to 1975, and, according to the price list, 1974 was not such a terrific year, but 1975 definitely was. In defence of our Manitoba Liquor Commission I will say this: The *Ürziger Würzgarten* they sell for \$17.20 is a 1971, which was an excellent year, according to my sources, and which is not for sale anymore in Germany. Our friends, however, presented us with a rare vintage 1971 bottle from their own cellar, to be enjoyed at a special occasion.

I have digressed: I was saying that we had contemplated bringing some of this splendid wine back home with us. This is perfectly legal. The Manitoba Liquor Control Act was amended recently to allow importation of liquor over and above the duty- and tax-free quantities. But you can't have it shipped by mail: you — the tourist — have to carry the stuff with you — within your luggage weight restrictions — and you pay a fee to the Liquor Control Commission, which will be collected at the point of entry into the province. That, however, is not all. Customs will also collect from you duty and federal sales tax, which varies with strength and type of product and your initial cost. This means, for example, if you buy a bottle of wine in Europe, say, two dollars, you pay 13 cents federal duty, 26 cents federal sales tax, and a Liquor Commission fee of \$2.66, which brings the total to \$5.05 — more than double the original price — but, in some cases, still worth it. In the case of our own precious Moselle, it would have been worth it from a financial point of view, but the winery people strongly advised us against carting this wine around with us all over Europe and 'shipping' it like that. It would almost certainly 'turn', they said. They were quite worried about their product's undergoing those kinds of torture tests. We followed their advice and drank and enjoyed this marvellous wine while we were there, in the company of friends and relatives, and decided to live on memories later, back in Canada . . .

Back in Canada, we returned to some of our old favorites — *Zeller Schwarze Katz*, *Schmitt's Liebfraumilch* (now also called *Gloria*, for some reason), and *Blue Nun* — and they all were still quite good, with their light, but agreeable vinous tinge, making perfect accompaniments to pork roasts, chicken, and fish.

And then I noticed a new one and took it home to try. It is a *Liebfraumilch*, produced by the winery of Louis Guntrum, well-known for some previous classics, and it is called, of all things, *Seagull*! Does that name remind you of anything? Of course: birds of a feather — Baby Duck, Gimli Goose, et al! Were Guntrum's aiming for The Birds? Were they trying to be associated in the minds of the pop-wine generation with fuddle duck and friends? If they were, they did not succeed on that score: *Seagull* is not bubbly or 'moussant', nor is it sweet or pink. It is a medium dry, light wine, devoid of any bouquet and with a pleasant enough, but rather pronounced acidic taste that soon vanishes from the palate. You have to have another sip to confirm your first impression, and then another, because the impression refuses to linger. Soon, the bottle is empty, and you still haven't found much to say about its contents.

One reason may be that its alcohol content is only 9.7%, while most good table wines have 10 to 12%. (I was shocked to find, subsequently, that my all-time favorite, *Zeller Schwarze Katz*, now has only 8%. I don't know how long that has been going on.)

For wine connoisseurs, \$2.90 is too much for this particular bottle of wine. For pop-wine lovers, \$2.90 is too much for any bottle of wine.

Let me end on a positive note, however. Another 'New Arrival' we tried is a 1975 *Martinskeller* (this is the winery's name: it is also found on several other bottles in several higher price ranges — one of them behind glass, with a price to match that distinguished location). The smaller label near the top of the bottle proclaims this as a 1975 *Weinheimer Sybillenstein*, a white Rheinhessen wine, with 10% alc/vol (\$2.40). The label also advises that this wine is "Excellent with all foods. Serve cool but not too cold." I am not sure about 'all foods' — I think this wine could be overpowered by a robust steak; but with lighter fare, such as chicken or fish, it unfolds a delicate bouquet, and the flavor of the second and third sip keeps the promise of the preliminary tasting . . .

Remember that 1975 was an excellent year, and maybe it would be a good idea to put a few bottles away in your cellar (or basement) to mature and become even better in years to come.



177
Air Canada
Air Cadet
Squadron

SPECIAL EVENTS

By CPL. R.A. LOWE

On Sunday the 12th of September, six members of our Squadron were selected to assist the wheelchair veterans in attendance at the Commonwealth Wartime Aircrew Reunion. This was the second Aircrew Reunion held in Winnipeg in the past three years. Approximately 3,000 airmen and aircrew members from World War II all from the Commonwealth and other countries attended this special event. On Sunday morning everyone gathered at the Winnipeg Convention Centre for a march to the Cenotaph where a Memorial Service was held. The gentlemen in the wheelchairs were pushed by the selected members from our Squadron. A flypast was performed by current Armed Forces aircraft honoring the occasion after which wreaths were laid by several outstanding airmen such as Sir Douglas Bader, General Adolf Galland and General Doolittle. After the services the six members from our Squadron assisted in other capacities at the reunion. The participating cadets felt proud to have been given the opportunity to assist the airmen and aircrew members who played such an important part in the history of our country. The members of 177 Squadron take this opportunity to salute the participants of the reunion and their colleagues who were unable to attend, but will be long remembered.

On the 2nd of October, members of the Squadron had their second gliding session this year, at Portage la Prairie. On this occasion nine cadets had the opportunity to fly under the capable piloting of SGT. P. Gittel, LAC. G. Johnston and LAC. M. Guthgel, members of 177 Squadron. A milestone was reached in that SGT. Gittel had made his 200th flight as a glider pilot on this occasion, a record that any cadet would be proud of. Several of the cadets flew in the glider for the first time and they all found it exciting. Needless to say it is expected they will be back for more. This was also the occasion of our 2LT. V. Brown's first flight. Generally, the weather was good, however the strong winds offered a new dimension in gliding, in that, the cadets experienced the concept of controlling a glider in gusty winds.

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Television In Review

by Ken Bernard

"... AND THEN THERE'S PARLIAMENT"

When struck by the occasional wondering virus, or by surprising pain from ageing muscles . . . or maybe just by a conflict in our bio-rhythms . . . a day of sick leave comes in handy. It also allows the day-time worker to ease the discomfort by plunging into the oblivion of day-time television (a rare experience!).

Still there are the unexpected treats on day-time TV, and one of these was the recent opening of the Second Session of this our 30th Parliament by Governor-General and Madame Leger . . . not that it was such an extravagant event in itself, for the pomp and ceremony were restrained and routine . . . nor was it an extraordinary TV experience, as it was seemingly reluctantly squeezed into the tight schedule of afternoon game shows and soap operas.

Still, the three networks carried the event: CBC, Radio-Canada and CTV, each with their particular style and commentators; and they each did a credible job. A couple of observations pushed themselves to the fore as a result of this afternoon viewing.

Firstly, there is no doubt that TV is at its best when it is live . . . (as an aside: it is strange that radio has maintained its live, here-and-now quality, while TV has bound itself into the pre-recorded box). When TV is live it is generally observing an event which is taking place, rather than creating the event itself; when TV is live it is more subdued and less slick, more friendly and less violent; when TV is live the announcers and commentators are less polished and rehearsed, more natural and spontaneous. In this kind of situation TV functions much more as a means of communication, binding people together in the sharing of a common event. And thus did it function as it observed the Speech from the Throne.

Secondly, TV is a very revealing instrument . . . it seems to see through things in a rather piercing way. In observing the event of the opening of Parliament, one couldn't help but be struck, through all the ceremony and ritual, by the contrast of the permanent structures in our society with the more transitory ones. The Throne Speech was read in the Senate Chamber by the Governor-General, in the presence of the Supreme Court Judges, with ecclesiastical and military personnel in attendance. At the entrance of the Chamber were the members of the House of Commons, standing, crowded, shifting uncomfortably from foot to foot . . . members and cabinet ministers alike.

The House of Commons with its governments and politics, while being the true battle ground of day to day activities, seemed so transitory, so changeable, and thus somehow less important, less crucial. While the Commons is where the political power lies, that power seemed (for a moment) smaller, when confronted by larger more stable traditions.

The Speech itself, while introduced by Governor-General Leger and closed by him was actually read by Madam Leger . . . and she did a superb job, reading with sense, shifting with ease from language to language. At this point it can be stated that CTV did a better job of simultaneous translation than did both CBC and Radio-Canada; both these have the obnoxious habit of cutting out the other language when offering a translation; CTV on the other hand, superimposed the English translation of some passages, while always keeping the voice of Madam Leger clearly in the background (just a small acknowledgement that there are some people in this country who can handle more than one language).

Governor-General Leger, still suffering from a speech defect since his stroke, humbly admitted his problem in the introduction, and thus didn't speak at any length; still he was very much at ease, very human, very much the "wise man" . . . and this helped recall that, within living memory, we have had a number of rather extraordinary people as Governors-General . . . no small achievement amid the shaky world of politics.

And though the news commentators pounced on the remarks about bi-lingualism and inflation in the Speech, there were a few small gems scattered here and there that seemed to go either unnoticed or unappreciated: like the updating of family law in Canada . . . and the extending of Canadian jurisdiction 200 miles beyond our shores . . . and the settlement of land claims with the Native Peoples around James Bay . . . and the promise of continued Canadian involvement with the developing nations of the Third World . . . and federal Human Rights legislation to match that of the provinces . . . not bad for a mere Second Session!

Television does have a way of putting us in touch with our world and helping us see a little beyond the hubub and noise . . . it doesn't seem to do that very often, mind you, but it can do it!

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Catholic Women's League

North

"FOR GOD AND COUNTRY"

This is the motto of the Catholic Women's League, a world wide movement of Catholic Women, established in 65 countries. The objects of the League are to promote true ideals of Catholic family life and to further the Catholic education on all levels.

At Our Lady of the Airways Chapel, we meet the second Thursday of each month at 8 o'clock in the Church Annex. We start our meetings with a Mass, our League prayer and a small spiritual talk by Fr. Cremona, our Spiritual Director. A short business meeting follows. We try to make our meetings interesting and appealing with maybe a speaker one week, a film, or just an interesting group discussion on a controversial topic. We hope to be able to have a speaker on Insurance, wills etc... from the women's point of view. A Religious Retreat is planned for the 5-7 Nov. The Ceramic Hobby Club on base may give a demonstration and tempt us to join their Club, especially with the Christmas gift list appearing in the back of our minds. For our 14 Oct meeting we have a speaker from the Macramé Hut.

We had a very active Spring, Communion, Confirmation Luncheon, CWL Convention, Installation of new executive and a few smaller events. For the benefit of those ladies newly arrived here at CFB Winnipeg and for anyone who would like to get in touch with us, the president is Mrs. Rita Spencer, 113H Sabre Cresc. 832-6188; Vice-President, Mrs. Lucille Riendeau, 94 Braintree Cresc. 889-0370; Secretary, Mrs. Marie O'Leary, 443 Davidson St. 888-3755; Treasurer, Mrs. Beverly Dinn, 108G Canso Cresc. 837-8759; Church Life Convenor, Mrs. Grace Reid, 470 Ainslie St. 889-6359; Publicity Convenor, Mrs. Lucille Riendeau; Social Convenor, Mrs. Katherine Russel, 492 Conway St. 889-0758; Membership Convenor, Mrs. Lorraine Kelly, 10 Bourkewood St. 889-9790.

At our September meeting, Father H. E. Nowakowski, Chaplain at the South Site gave us a very interesting demonstration of hand-writing analysis.

Our Council is involved in several large and small projects. At present we have a drive on for good, clean, used clothing, children's skates and children's reading material to send to Father Darveau's Indian Mission at Brochet, Man., 300 miles from The Pas. We would appreciate anyone dropping donation off at the RC Chapel or phoning Ext 272 and we'll see they are picked up. We would like these by Nov. 25.

We try to help many ways in our parish, some small but we think important. We help at the Blood Donor Clinic and serve coffee after Sunday mass as a general get-together. We maintain the religious articles counter at the back of the Chapel. We hope we've let you know a little about our work in the Parish and hope we can count on you to join us and help make our council more active. All Catholic ladies and older teenagers are welcome. The membership fee is \$3.00 per year and this provides you with a subscription to the Canadian League, the C.W.L. Magazine.

South

This year's activities got off to a great start with our first meeting, which was held September 19th at 8:00 p.m. Most of our regular members attended, which we considered a good turn-out for this busy time of year. We would be very happy to welcome new members even on an occasional basis.

Regrettably our President, Antionette Daniels, could not be present at this meeting. First Vice-president, Lucille Granger, filled in. We had a very interesting and informative meeting with the usual amount of business, new and old. New business included projects dealing with the Veterans at Deer Lodge Hospital, activities planned for our community as well as fund raising activities to come to the aid of the missions. The meeting ended on a social note with a human interest story on the origin of the wedding ring followed by a friendly discussion. After the meeting along with the usual refreshments we participated in a word game to test our mental skills.

September 28th, 29th, and 30th our ladies were busy picking up the census cards which had previously been distributed to all the residents of the PMQ area. These cards will help the Chaplains to set up their records and will also serve as a reference for future community activities.

On Friday, October 1, several of our ladies served at and baked for a supper sponsored by the Good Neighbour Club of Winnipeg.

A Get Acquainted Social was held at Lipsett Hall on Sunday, October 3rd. It was a Pot Luck Supper with each family bringing a casserole, salad or dessert. There was a beautiful assortment of food with plenty for everyone. The wine and cheese served before the meal as well as other refreshments were provided courtesy of the St. George's Chapel Committee and were served by the ladies of the CWL. Many residents of the South Site were in attendance.



music reviews and syndicated columnist

MUSICALLY SPEAKING
SPOTLIGHTS GORD LIGHTFOOT

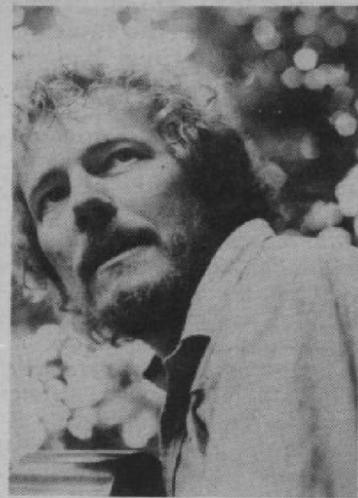
When one thinks of talent in the terms of greatness, then one must also think of the superb talent of Gord Lightfoot in terms of excellence. He's the epitome of perfection who many years ago spearheaded the folk singing boom in Canada that carried with it, such luminaries, as: Neil Young, Joni Mitchell, Ian and Sylvia Tyson.

INFLUENCE

Just as Lightfoot has been an influence, not just on the record buyer, but, also on the aspiring singers and songwriters, Gord was influenced in his early career by a folk group known as The Weavers.

After his graduation from high school in Orillia, Ontario, Gord saw an advertisement in Downbeat magazine which offered a course in contemporary jazz, orchestration and harmony. The unknown Lightfoot spent fourteen months in Los Angeles where he recalls it, as "an interesting experience, but I didn't enjoy living in Los Angeles."

Upon his return to Canada, Lightfoot worked at various jobs, including driving a truck and working in an office during the day and spending his spare time trying to break into the music business. He picked up some money as a copyist, worked as a choral performer on TV shows,



and formed an act with Terry Whelan, known as The Two-Tones.

The Two Tones were together for about three years. They cut an album, "Live At The Village Corner" and Gord wrote and recorded "Remember Me I'm The One", which broke open for him in Canada. After the Two Tones split-up, Gord became one of the featured performers in the Toronto area coffee houses. He lived in England for a year where he was the main artist for a TV summer replacement series and upon his return to Canada, expanded his TV work to include Oscar Brand's "Let's Sing Out".

THE EXPLOSION

To move quickly through the highlights of Lightfoot's career... Gord started to work steady at Toronto's 'Purple Onion', 'Steel Peg', 'Steel Tavern', and the 'Riverboat'. His material received more and more attention, Ian and Sylvia recorded "Early Morning Rain" and "That's What You Get For Loving Me". Peter, Paul and Mary climbed the charts with "For Loving Me" and Lightfoot was on his way.

Today, it's easy to look back on Gord's career and lose track of the hard times, which were many. Today, Gord Lightfoot is established as one of the greatest talents of our time, his songs have been recorded by everyone from Bob Dylan to the Irish Rovers and his singles and albums are global favorites, always selling in the millions.

GORD'S GOLD

Gord is currently clicking with two packages on the charts, both red hot, both representative of his

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triple-threat talents. "Gord's Gold" (2RX 2237) is a two record set that includes such heavy hits, as: "Cotton Jenny", "Canadian Railroad Trilogy", "Bitter Green", "Sundown", "If You Could Read My Mind" and "Summer Side Of Life".

The second album "Summertime Dream" (MS 2246) is another collection of perfect sounds. This one includes his latest single, "Wreck of the Edmund Fitzgerald" along with such potent material, as: "I'd Do It Again", "Spanish Moss", "Protocol" and "Race Among the Ruins". These two packages of Lightfoot at his finest offers yet another milestone in the living legend that is known as, Gordon Lightfoot.

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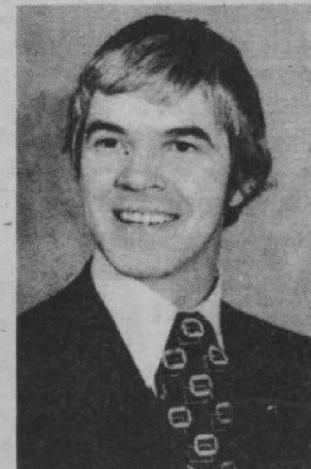
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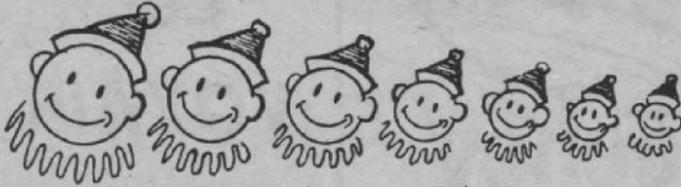
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LAUGHING AT OURSELVES



by John Semeniuk

FROM SEX TO SIXTY: Mrs. Wolfe found her husband packing and asked him where he thought he was going. "To Ottawa", replied hubby defiantly, "I read in the papers that men are so scarce, women are paying five dollars for each loving." "Be sensible", said Mrs. Wolfe, "How in the world are you going to live on ten dollars a month?"

THE CHILDREN'S HOUR: The little girl, clad in pajamas, started upstairs to bed. She turned and said to her family, "I'm going to say my prayers now. Anybody want anything?"

BOTTOMS UP: During a drive through the country on a very warm day, a city girl spotted a very inviting stream and decided to go for a swim - since this was an unplanned action, needless to say, she was not in possession of a bathing suit. Just as the girl was about to come out of the water, she noted to her horror that one of the local men was perched on the bank near her clothes. Try as she would, the girl could not get the man to go away. Finally, she spotted a plastic baby bath tub that had been discarded and, in desperation, grabbed the tub and held it in front of her while she advanced out of the water. As the girl approached the man, she said in an acidic tone, "Do you know what I think?" "Yes", replied the yocal, "You think there's a bottom on that there tub!"

THE PRESSURE WAS ALL HIS: A young woman stalled her

car and the motorist directly behind her kept honking his horn impatiently. Finally, she got out of her car, walked to the honking driver, and said, "I'm sorry but I cannot start my car. If you will go up there and start my car, I'll stay here and lean on your horn!"

WALE OF A TALE: Did you hear about the near-sighted whale who fell in love with a submarine? Everytime the submarine fired its torpedos, the whale handed out cigars.

LADY'S DAZE: "Lady", said the mechanic, "I've found the trouble with your car. You've got a short circuit in the wiring." "Well for goodness sake, lengthen it!", exclaimed the lady.

GUYS AND DOLLARS - An efficiency expert received his cheque for services rendered and noticed that it was one cent short. A stickler for detail, the efficiency expert called his client and insisted that the one cent be paid. When the cheque for one penny arrived, the expert took it to his bank. The teller carefully studied the cheque, then leaned forward and whispered in a confidential tone, "How would you like it . . . heads or tails?"

THE IMPORTANCE OF BEING OSCARLESS: The late great Oscar Levant once attributed his successful marriage to one thing that he and his wife both agreed on; namely, (said Oscar) "Neither of us can stand me!"

The social drinker is one of the leading causes of traffic accidents



Most of us like to entertain and be entertained. Sometimes we stop for a drink on the way home from work or we go to a friend's house to watch a hockey game on television and have a few drinks. Occasionally we have our colleagues from the office out to the house. Or we may have a party for the bridge club or a family gathering. If you drive after drinking, here are the facts: The social drinker is one of the leading causes of automobile accidents in Canada. Alcohol is involved in approximately 50 per cent of the fatal automobile accidents which occur in Canada. There are some 6,200 deaths and 215,000 reported injuries in traffic accidents yearly. And alcohol plays a role in causing other types of accidents in the home, when skiing, boating, in private flying and in many other activities. These mishaps bring the total accidental death toll in Canada to some 12,000, and the injuries to more than 4,000,000. The economic loss from accidents is estimated at two billion dollars.

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CDS Commendation Awarded

OTTAWA-Major Charles L. Miller, a 37-year old United States Air Force officer formerly on exchange duties with the Canadian Forces at 437 Transport Squadron, Trenton, Ont., has received a commendation from the Chief of the Defence Staff, General J. A. Dextraze.

Major Miller, of Chicago, Ill., an aeronautical engineer and pilot who enlisted in the USAF in April, 1961, was commended for outstanding contributions to the Canadian Forces air refuelling program.



He has developed and refined air refuelling procedures and training programs for the Boeing 707 and CF-5 fighter aircraft, resulting in a high level of operational efficiency in air operations.

Major Miller's performance as a pilot is typified by an incident that occurred in September, 1975. He was aircraft commander of a Boeing 707, conducting a refuelling mission with two CF-5 fighters over northwestern Hudson Bay, when the starboard refuelling boom and hose assembly of the tanker extended unexpectedly and violently. Efforts to retract the assembly proved unsuccessful, and it remained jammed with 32 feet of refuelling hose extending from the starboard wing.

After refuelling the fighters from the port refuelling store, he escorted the fighters back to their base at Bagotville, Que., before proceeding to the home airfield at Trenton.

After exhausting all possibilities to retract the extended boom and hose, and verifying the safe handling characteristics of the aircraft at approach speeds, MAJ. Miller alerted emergency facilities at Trenton, in the event that residual fuel in the hose would ignite when the assembly contacted the ground on landing.

He landed the aircraft on the right side of the runway, allowing the starboard wingtip and refuelling hose to extend over the grass, touching down so that the hose and refuelling basket did not make contact with the runway. The skillful emergency landing conducted by Major Miller resulted in no damage to the aircraft, refuelling hose assembly or aerodrome lighting facilities.

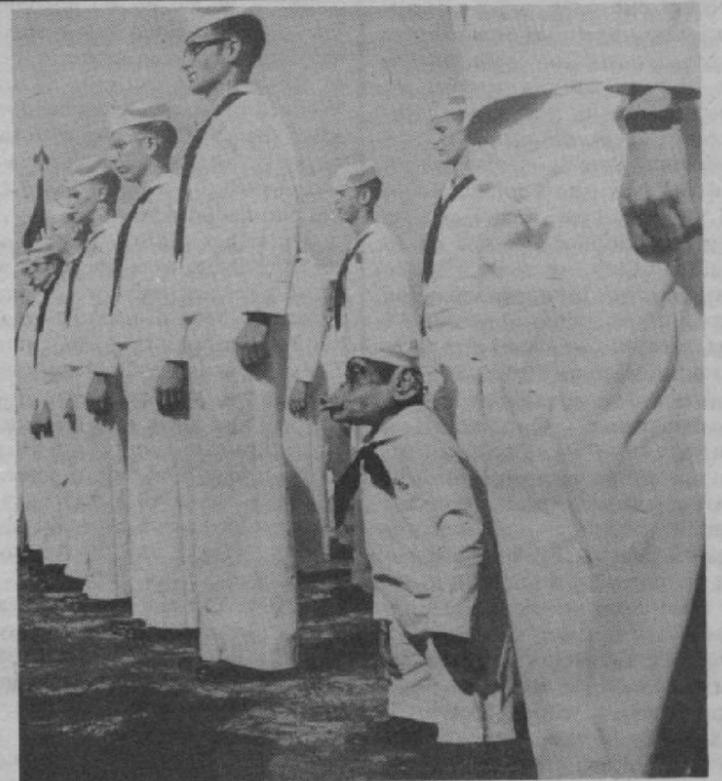
Major Miller is now posted to Tinker Air Force Base, Okla., as an engineering officer.

If people cannot write well, they cannot think well, and if they cannot think well, others will do their thinking for them.

Advertisement for LING REALTY featuring Mary Ling and Justin Ling. Text includes 'BUY-ING SELL-ING RENT-ING', '837-7553 24 HOUR', and 'MEMBER MULTIPLE LISTING SERVICE'.

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Advertisement for Baldwinson Agency. Text includes 'New Arrivals! Puzzled about Manitoba License Plates? Fire Insurance - contents? - house? - pleasure items? Life Insurance? Obtain them at your Base Insurance Office in Main Rec Centre'.

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Know Your Responsibilities As A Baby Sitter

Your employers, the parents, pay you to be in full charge of their home while they are absent. You must know what to do, not only in normal situations, but in emergencies.

How you act on your first few jobs will establish your reputation as a babysitter in the neighbourhood. Word gets around quickly.

You are in business for yourself, and like any business company, if you want customers you must give good service.

Be thoughtful, dependable, unselfish and industrious and you'll have more offers of jobs than you can take. On the other hand, if you can't be counted on or trusted you'll wonder where all the customers went.

Here are guidelines to your responsibilities. They'll help you understand what is expected of you and what, in return, you should be able to expect from the parents who hire you.

YOUR PRIME RESPONSIBILITY

is the safety of the children:

- Never leave them alone in the house even for a minute. Never leave before the parents arrive home no matter how much later they are than you expected.
- Make frequent checks on the children during the evening to make sure they are safe in their beds.
- In case of fire, get the children out of the house immediately. Don't wait to call the fire department. Call for help AFTER the children are safe.
- Call police if you suspect there is a prowler.
- Lock the doors and don't let anyone into the house unless you know he is a friend or relative or the parents told you he was expected. If a stranger is persistent call police.
- Don't give out information on the telephone about the family. When you take a message write it down to give the parents on their return.

TO DO A GOOD JOB

- you should know all you can about the children.
- Know their names and ages and where they sleep. If you are expected to feed them, ask for full feeding instructions including any particular foods they may or may not have and about any special attention or medicine they need.
- Find out where the parents can be reached and write down the telephone number. Ask also for the names and phone numbers of the family doctor and a relative or neighbour to call in case of emergency. Put this list beside the telephone.

FOR THE SMALL BABY:

- Ask the mother where the diapers are kept and to show you how to change the baby. When you change him, don't leave him unattended on a bed or bathtub. Even a small baby can roll off

while you get the baby powder.

- Ask if he gets a bottle, where it is kept, what time and where to warm it. Ask if you should wake him for the bottle if he's sleeping peacefully.
- Ask if he sleeps on his tummy or his back and how many covers he should have. Check often to see if the sleeping baby is covered but not tangled in the bedclothes or his toys.
- Ask about his crying habits. If he cries for more than a few minutes, there's a reason. Is he wet? Are all diaper pins closed? Is he hungry or thirsty or needs to be burped? Maybe he simply woke up and feels lonely or misses his parents. Try cuddling, rocking or talking softly to him.
- If the cry is high and shrill and different from an ordinary cry, he is trying to tell you he is in pain. Get in touch with the parents. They'd rather be called home unnecessarily than let a serious condition go unattended.

FOR THE TODDLER:

- Ask about his bedtime routine and stick to it. Find out the time he goes to bed. Ask if he usually hears a story. You'll make a real hit telling a story without a book or from one you brought with you. Ask if he is allowed a drink or a snack and what it should be. Ask if he takes a toy or the family pet to bed with him. Ask if he says prayers.
- Armed with this information, you can be prepared for the "con" game you are sure to get at times. Children have wonderful imaginations and can think up any number of excuses for postponing bedtime.
- Use your own discretion to decide which are real and which are for your inconvenience.
- Most youngsters enjoy a playtime before bed. But rough-house, noisy games or scary television shows get the child too excited.
- Look through a magazine with him or talk about his day's activities. He'll probably be satisfied because all he really wanted was to find out who you are and to get to know you a bit.
- A "sitter's kit" you make yourself can be a help. It might contain paper, pencils, crayons, straws, string, empty spools and pipe cleaners.
- Never strike or shout at a misbehaving child. If he's giving you a hard time, show your authority by being firm, kind and self-confident. Distract his attention by suggesting something else to do. Use force only to keep him from harming himself, the other children or the house.
- Don't leave him to play unsupervised in another part of the house. It takes only seconds for a child to swallow throat-burning cleansers or a bottle-full of pills.

FOR THE OLDER CHILD:

- He may be more independent but he needs attention too. Often

he can be convinced to help you look after the younger ones.

- But he may also be more adept at taking advantage of you. Don't let him. Give him a fair share of your attention. Help him with his homework if you can. Find out from his parents what his regular bedtime is and enforce it. As with the toddler, be firm, kind and self-confident. Don't let on you are annoyed by any of his delaying tactics. Trying to get your "goat" is sometimes part of his game.

PARENTS HAVE RESPONSIBILITIES TOO:

- When they put you in charge, they should know certain things about you. They're not being nosy when they ask.
- They should be explicit about directions to their home and be prepared to take you or have you driven home afterwards.
- They should pay the wage you ask and not try to shortchange you. The amount you charge should be arranged in advance.
- They should take time to give you all the information you need to do a good job.
- They should inquire about your health, asking if you have a cold, have been exposed to any infectious diseases recently and if you've had a medical check-up and a chest X-Ray. Infection of small children with tuberculosis can often be avoided if parents are careful to hire only healthy sitters.
- They should make sure you are mature enough to handle the job. For a small infant and older, a responsible sitter (preferably over 16) is needed. For the active toddler, an agile person able to move quickly is a must. For older boys, especially those 10 to 12 years old, the best sitter may be a boy. He'll know the games boys like and have fewer discipline problems.
- They should tell you about any special household problems. Can you let the family pet out alone?
- They should be home when

they say they will or if an unexpected delay crops up, let you know. They should remember you have parents too who'll worry.

YOU ARE JUDGED

by how you look and act:

- Be on time. It gives your employers a chance to relay last minute instructions. They have the right to expect promptness so they won't be worried, rushed or irritated by your late arrival.
- Let them know if you are sick and can't come. Help them find a replacement if you can. Be neat. Slacks or pant suits for girls are comfortable and practical when playing with children. A simple dress or skirt and sweater are fine too.
- Show your affection for children. Any child is aware whether or not you like him and he'll probably be better behaved if he considers you his friend.
- Don't pry into personal belongings in the house. Would you want anybody rummaging through your cupboards or dresser drawers?
- Mind your manners. Speak politely to your customers and to those who call on the telephone.
- Use the television, radio or record players only if you have been given permission. If you have, make sure you know how to operate them.
- Don't tie up the telephone. An important call could be missed while you chatter.
- Don't entertain any guests without the full permission of your employers.
- Don't help yourself to food unless you've been invited to do so. If you think you'll get hungry, take along your own snack such as an apple or a candy bar. If you do snack, clean up afterwards.
- It's quite all right to take along your homework, a book or your knitting if you know you'll have time on your hands while the children sleep. But don't become so preoccupied you neglect your young charges.

CF Olympic Games Coordinator Retires



OTTAWA—Defence minister has announced that Major General R. A. Reid, 56, of Montreal, will retire in December, ending a military career spanning 35 years.

His most recent appointment was chief of National Defence Olympics coordination, responsible for the various activities assigned to the Canadian Forces in support of the 1976 Olympic Games. He also provided the link between DND and the many agencies involved in staging the games.

General Reid described the Canadian Forces contribution to the Olympic Games as "substantial." He said this was "not only in the area of security, with more than 9,000 troops employed in support of the RCMP and provincial and municipal police forces, but also in the actual staging of the Olympics."

He pointed out that "almost 5,000 troops worked directly in support of COJO, the Olympics Organizing Committee, and played a major role in transport, telecommunications, supply control and warehousing, medical services, the results system, flag ceremonies and protocol, as well as the yachting events in Kingston."

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"UNFLAPPABLE"

A soldier stood with his company for inspection. The inspection was being conducted by a colonel who was a stickler for details; he had a penchant for spotting a speck of dust on a boot, a piece of lint on a tunic.

Everything was proceeding smoothly until the colonel came to this particular soldier — a naive farm boy.

The officer stopped briskly, looked at the man from head to toe and brusquely snapped, "Button that pocket, soldier!"

The soldier, more than a little rattled, struggled to maintain his composure. He stuttered with some embarrassment, "You mean right now, sir?"

"Certainly, right now!" barked the colonel. And so the trooper very carefully reached out and buttoned the flap on the colonel's tunic pocket.

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**- RETIRING MISS -
Standard Time - 31 Oct. 76**



Courtesy: Florida Sunken Gardens St. Petersburg Florida

Manitoba Returns To Standard Time

Manitoba clocks move back one hour in the early morning of Sunday 31 Oct. 76, when standard time returns to the province.

Under the Official Time Act, enacted in Manitoba in 1967,

uniform daylight saving time is in effect in all parts of the province for a six-month period, beginning the last Sunday in April and ending the last Sunday in October.

This year the reversion to standard time occurs precisely at 0300 hrs 31 Oct. at which time clocks are turned back to 0200 hrs.

**IF YOU FIND
MISTEAKS**



MISTEAKS

- please consider that, in this publication, they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes.



The End

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Christmas Mailing Dates

1. The latest dates to post mail in Canada, intended for Christmas delivery to Canadian Forces personnel in the locations listed below are:

Location	Letters (Including Sealed Christmas Cards)	Printed Papers and Other Articles Including Unsealed Christmas Cards		Parcel Post	
		Air	Surface	Air	Surface
Britain	15 Dec	15 Dec	26 Nov	8 Dec	26 Nov
European Continent	8 Dec	8 Dec	26 Nov	3 Dec	26 Nov
Cyprus	8 Dec	8 Dec	26 Nov	26 Nov	26 Nov
Ghana	8 Dec	8 Dec	5 Nov	26 Nov	13 Oct
India and Pakistan	8 Dec	8 Dec	10 Nov	26 Nov	15 Oct
Middle East	8 Dec	8 Dec	26 Nov	26 Nov	26 Nov

Dates are for items of mail addressed to CFPO's.

2. Particular care should be taken to ensure that mail is properly addressed and fully prepaid at the authorized rate.

3. Customs declaration forms must be completed and affixed to all packets and parcels.

**Classified
Ads**

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FRIENDS OF THE LATE BILL Wilson and Doctor Bob who are interested in following their steps and traditions at CFB Winnipeg are asked to contact Jim at 489-2470 after 1700 hrs. N/C

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