

***WELCOME***

**to**



***Canadian Forces Base***

***EDMONTON***

**INFORMATION BOOKLET**



Troops from the Canadian Airborne Regiment make a mass drop from Hercules aircraft from 435 Squadron.

## FOREWARD

I would like to take this opportunity to welcome you to Canadian Forces Base Edmonton.

This booklet has been prepared to assist you in becoming familiar with the clubs and facilities of this Base in the hope that your move here will be easier and less disruptive.

I wish you a pleasant stay in the Edmonton area and hope that your tour is both a happy and a memorable one.

Base Commander

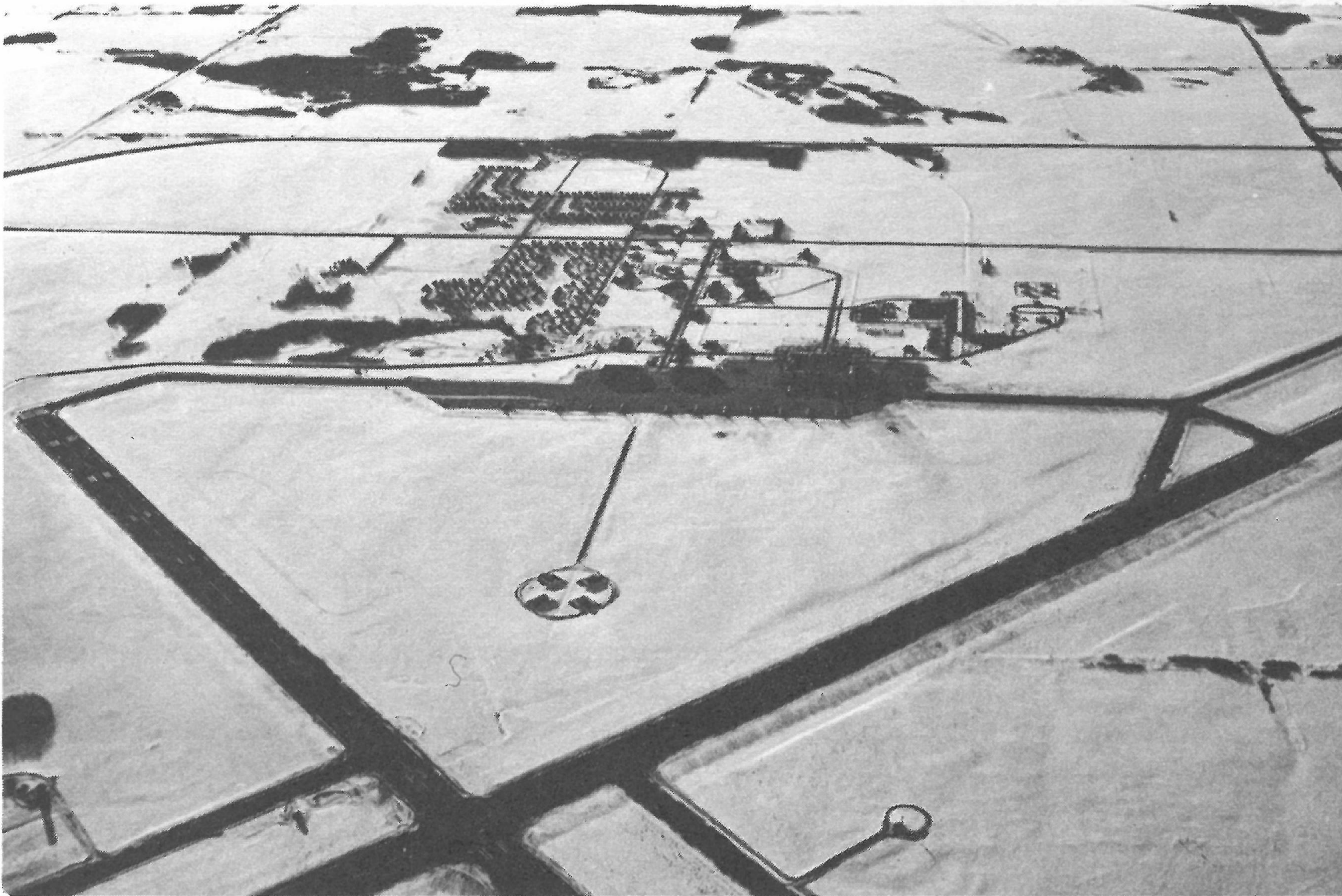
# HISTORY OF CFB EDMONTON

CFB Edmonton is an Air Transport Command Base and provides administrative support not only for elements of ATC but also for those units located in Edmonton from Canadian Forces Headquarters, Training Command, Mobile Command and Communications Command.

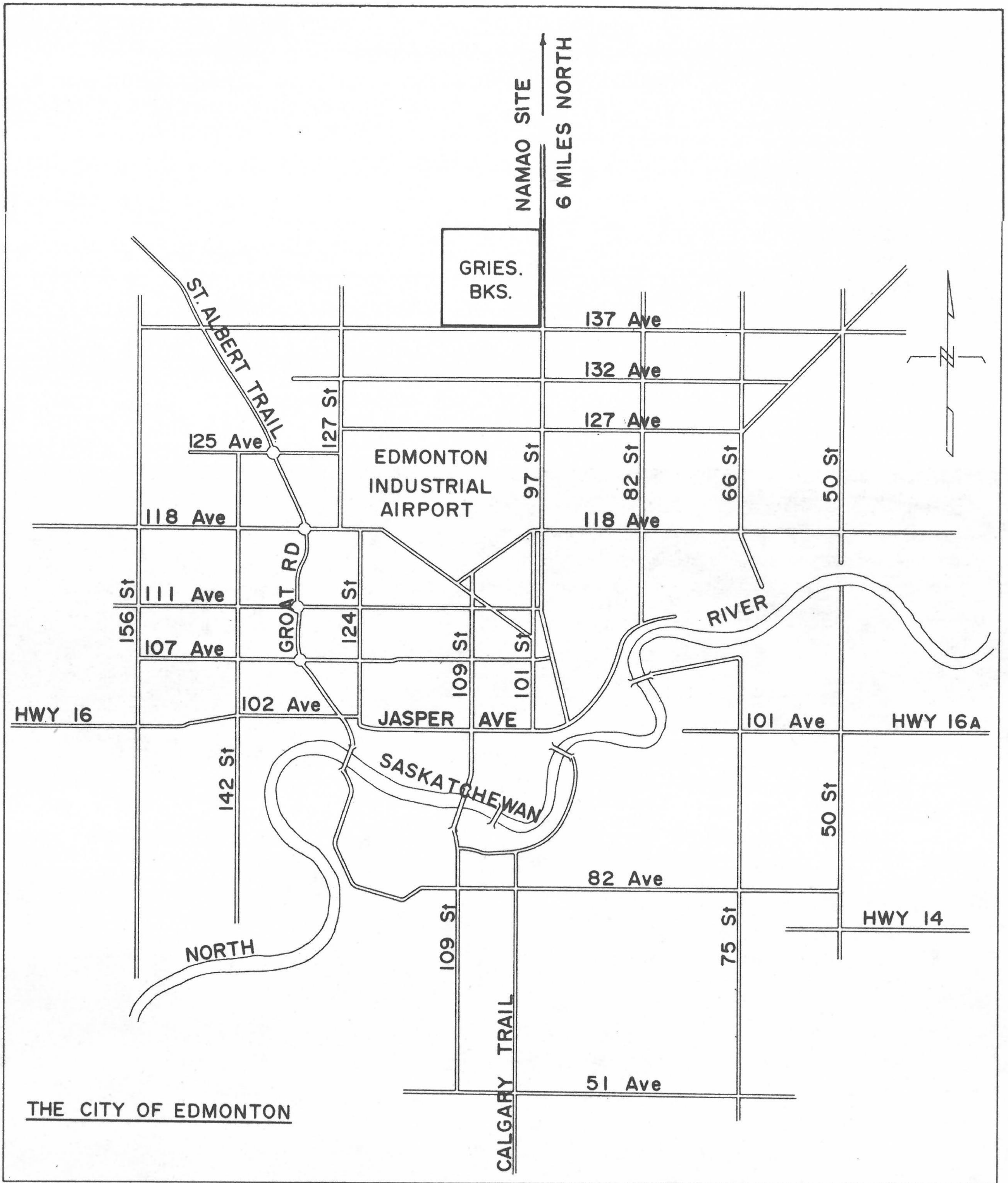
The Base was formed on 1 April 1966 by combining RCAF Station Namao and the Canadian Army's Griesbach Barracks. There are currently some 4,000 military and civilian personnel at CFB Edmonton working for the Department of National Defence.

The Namao site, located six miles north of the Griesbach site, first came into being in 1942 when it was built by the United States Army Air Corps as a staging base for ferry flights on the Northwest staging route to Alaska and beyond to Russia. In 1951, the RCAF established Namao as an Air Force Station. The airfield has a 14,000 foot runway and is capable of handling any aircraft. Four hundred PMQs were built at Lancaster Park to house service personnel.

Griesbach Barracks, founded in 1950 as a supply depot and covering 640 acres, is located at the north end of the city on 137 Avenue and 97 Street (Highway No. 28). The last buildings were completed in 1959. Within Griesbach Barracks are "Hamilton Gault Barracks" named after the founder of the Princess Patricia's Canadian Light infantry. The Barracks became the home of the PPCLI. They are now occupied by the Canadian Airborne Regiment.



An aerial view of the Namao airfield.



# MAYOR'S WELCOME

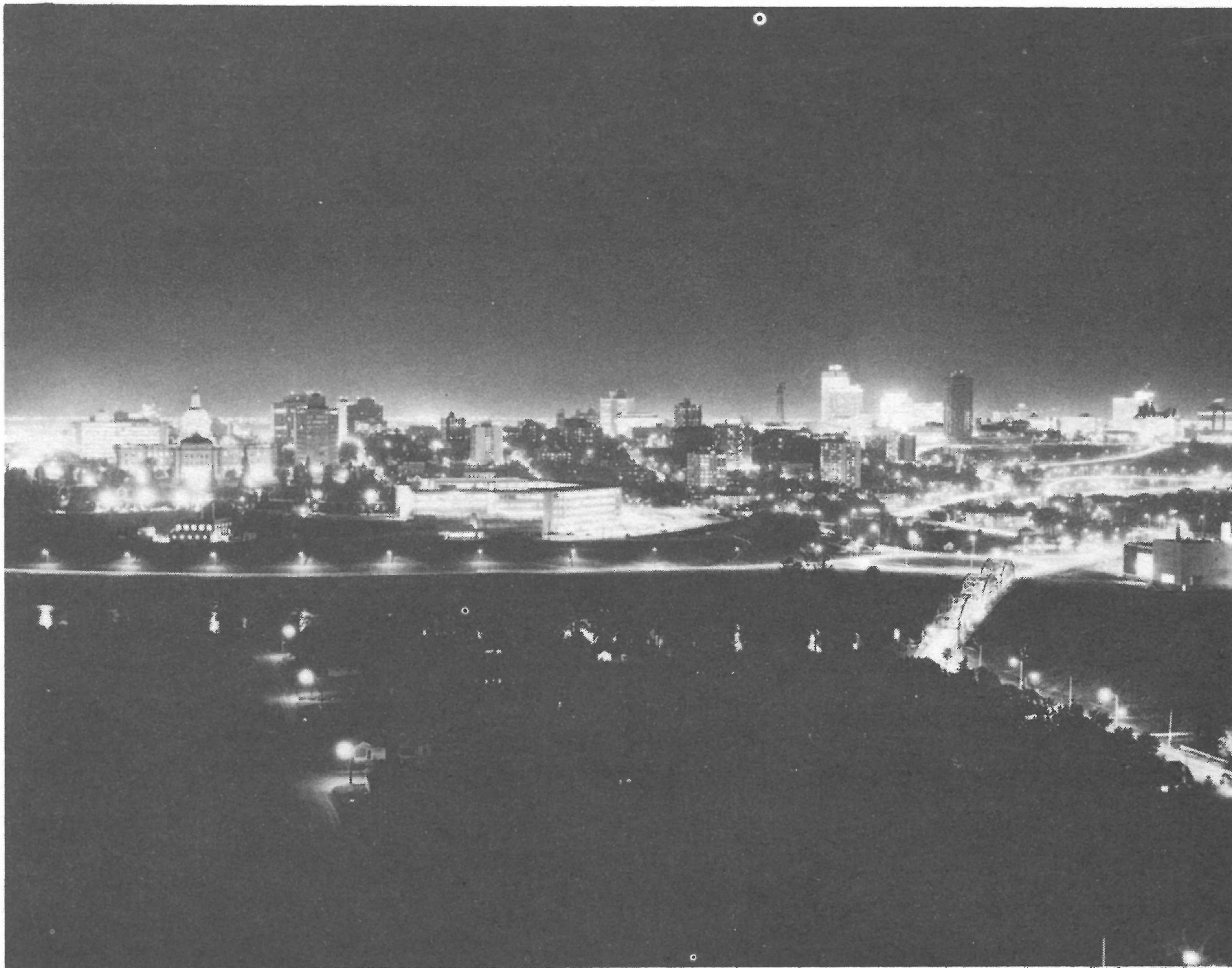
On behalf of the citizens of Edmonton, City Council, and the Commission Board, it is a pleasure to welcome all service personnel with the Canadian Armed Forces to Canadian Forces Base Edmonton.

We are honoured by the presence of the military personnel in our area and especially welcome all of you who are new to our vibrant and friendly City.

Edmonton is Canada's fastest growing metropolis, gateway to the vast riches of the far north, and home of Klondike Days - an annual summer fair depicting the era of the gold rush during the Gay Nineties.

Our urgent wish is that all military personnel newly stationed at Canadian Forces Base Edmonton join us and enjoy the good life we in Edmonton take for granted.

The Mayor



**NIGHT SKYLINE** - If an intriguing night skyline is the metropolis status symbol, Edmonton has it. This is a night view of the downtown heart of Alberta's Capital City. Fifteen years ago only Alberta Legislative Building dome, left, reached for the sky. Now even it looks up to the exciting Civic Centre development to the right.



**BREATHING ROOM** - Although Edmonton's population has quadrupled in 20 years, foresight left room to breathe in the way of 6,600 acres of parks and recreation spaces. That is better than 15 acres of park for every 1,000 Edmontonians, one of the best park-population ratios in the urbanized world. Above is Coronation Park with its geometric beauty and high-use recreational factor. The foreground is landscaped public park, the geometrics leading to the Queen Elizabeth Planetarium, Canada's first public planetarium. The background contains Coronation Park indoor artificial ice rink, one of four built by the City Parks and Recreation Department, lighted football and soccer pitches with grandstand, along with full track and field facilities, ball diamonds, tennis courts and practice fields. Right top is Ross Sheppard Composite High School, one of 15 such modern senior secondary education complexes in the city.

## POINTS OF INTEREST

Edmonton, capital city of Alberta, and gateway to the last frontier - the North - is Canada's fastest growing major city with a metropolitan population of 490,000 persons.

One reason that Edmonton is the natural door to Canada's north is because Alberta's population is spread in a north and south direction, as compared to the rest of Canada, where the population is spread in a narrow band running east and west just above the International Boundary.

Edmonton owes its beginning to the fur trade industry. In the early days Fort Edmonton was strategic for the traders, located as it is on the banks of the mighty North Saskatchewan River which served as a rough divide between the northern Cree Indians and their war-like relations to the south.

Oil discovered in nearby Leduc in 1947 established Edmonton as an oil and gas capital and triggered a period of rapid growth and prosperity. This discovery made Edmonton the Canadian terminus for refineries and pipelines, as well as the major centre for oil field equipment and supply.

Adding to Edmonton's growth is the new Yellowhead Route, a second Trans Canada route through the magnificent Rocky Mountains, through Edmonton, Jasper National Park and Kamloops, British Columbia. The low grades, comparatively light snowfall and magnificent alpine valley scenery make it an economic, aesthetic hit with truckers and tourists alike.

Edmonton's cultural focal point is the Northern Alberta Jubilee Auditorium. In 1955 Alberta celebrated its 50th Anniversary and as a gift built identical auditoriums in both Edmonton and Calgary which stand among the finest in the world. The Jubilee Auditorium seats 2,700 persons and is kept busy by ballets, musicals, films, operas, variety shows, and performances of the Edmonton Symphony Orchestra.

The city is also home to a lusty and year-round professional Theatre, the Citadel, as well as a number of other amateur playhouse groups.

The \$8 million Centennial Library in the Civic Centre is held up in North America as an example of what a modern public library should be, and is the heart of a 37-branch library system.

Canada's first public planetarium is here along with the new \$5 million Provincial Museum and Archives and a new Art Gallery. Storyland Valley Zoo, where children by the hundreds of thousands go each summer to play with the animals in a storybook setting, has attracted world-wide attention by zoologists. Also there is Mayfair Park, where trout fishing and sailing in a beautiful man-made lake is restricted to children without parental help or interference.

Alberta Game Farm, ten minutes from city limits, is another major tourist attraction with its animals from all over the world. Here animals run free, in natural surroundings while the people are fenced in.

Auto racing and motor car industry are big businesses in Edmonton. Speedway International (situated on 251 acres of land) is the most modern racing complex in the world, offering facilities for every conceivable motor car race known, including the Grand Prix.

Horse-racing is even more popular with Edmonton having the highest per capita pari-mutuel betting of any city in North America.

Edmonton hosts a professional football team, The Edmonton Eskimos, in the nine-team Canadian Football League. Almost every sport played in North America thrives in Edmonton, but none compares to hockey. The city has more than 1,100 hockey teams playing on a couple of hundred outdoor rinks and on six enclosed artificial rinks.

There are more than a dozen curling rinks to accommodate the 15,000 curlers in the city.

The only municipal field house in North America, the Kinsmen Field House, provides year-round facilities for such things as track and field, soccer, and hosts of other games confined to summer. It has 21 golf courses, and 13 acres of parkland for every 1,000 persons.

The tourist industry (more than 2,000,000 visitors yearly) is a vital part of Edmonton's success story both at home and abroad, despite its somewhat remote location as the "Doorway to the Last Frontier."

Situated on 35 miles of unspoiled river bank scenery, 400 miles north of the United States border and midway between neighbouring provinces of Saska-

atchewan and British Columbia, this most modern city in North America stresses livability.

It is fortunately well planned and offers an unusual number of cultural activities, unsurpassed sporting facilities, in fact everything to be found elsewhere in Canada with the exception of a National Hockey League Team.

Edmonton is the only city in the world that provides free motor scooter guide service for touring motorists from the city's outskirts to unfamiliar destinations.

Edmonton's Klondike Days celebration is now an international tourist attraction, attracting 500,000 people each July and involving the entire community for ten uproarious days and nights.

Summers are beautiful with an average temperature of 71 degrees F. Edmonton has never experienced a tornado or hurricane. The average winter temperature is 13.3 F, although it occasionally dips down to 30 or 35 degrees below zero. Average snowfall during winter period of December - March is 54 inches a year, or slightly more than 13 inches per month.

The average price of a new three bedroom house on a 6,500 square-foot lot now ranges between \$30,000 and \$40,000. However, homes in certain districts range from as high as \$50,000 to \$250,000.

Edmonton citizens pay the lowest property taxes in Canada and the cost of living is one of the lowest of any Canadian city. It is the most inexpensive major city in Canada in which to live. Food in Edmonton stands at 98 points compared to Vancouver's 101 points, using Ottawa's cost of living index, which takes the price of necessities and other elements based on Winnipeg prices being arbitrarily valued at 100 points.

Alberta has no sales tax, amusement tax, nor estate tax.

The University of Alberta, is the Province's largest university, and has an enrollment of 18,500 and a daily population of 35,000 persons. It instructs persons in everything from Medicine and dentistry to petroleum engineering and agriculture. When fully developed the University will have an enrollment of 30,000 and a daily population estimated at 60,000.

Edmonton's 13 hospitals (5,570 bed capacity) and more than 300 general practitioners offer medical services equal to any in North America.

Edmonton's metro population of 490,000 is served by seven radio stations, one French language, three television stations, CBC (Canadian Broadcasting Corporation), CFRN-TV; and MEETA (Metropolitan Edmonton Educational Television Association and French language programmes), one major newspaper (The Edmonton Journal), and eight weekly newspapers including English, French, Italian, German and Ukranian.

The city boasts one of Canada's richest ethnic mixes as 36 different national backgrounds are represented. Edmontonians are completely integrated and grouped together like a large family.

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Edmonton is a city of slogans -- "Oil Capital of Canada," "Gateway to the North," "Doorway to the Last Frontier," "Crossroads of the World," and "Home of the Bush Pilots." Its history, its background, its present and its future manages to live up to all of those.

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# REPORTING-IN PROCEDURES

## Base and Lodger Unit Personnel ( EXCEPT THOSE POSTED TO A UNIT OF THE CANADIAN AIRBORNE REGIMENT )

### DURING WORKING HOURS

All personnel are to report to the Namao Headquarters Orderly Room/  
Receipt and Despatch, Building 181, Room 108.

### DURING SILENT HOURS

1. Report to the Guard House for a temporary meal card;
2. Report to the following applicable Duty Personnel for accommodation:

(1) Orderly Officer - BB 204 Room 103 or Officers Mess Phone 799-8577  
or 799-8564

(2) Orderly Sergeant - BB 211 Room 205, Phone 799-8575

(3) Orderly Corporal - BB221 Room 110, Phone 799-8630

(4) Female personnel will report as follows:

Officers - Building 201, Top Floor, Phone 799-8176

Other Ranks - BB 214, Phone 799-8566

All personnel are to report to Namao Headquarters Base Orderly Room/  
Receipt and Despatch, Building 181, Room 108, the morning of the first working  
day following arrival.

## Canadian Airborne Regiment Personnel

Personnel posted to a unit of the Canadian Airborne Regiment shall report:

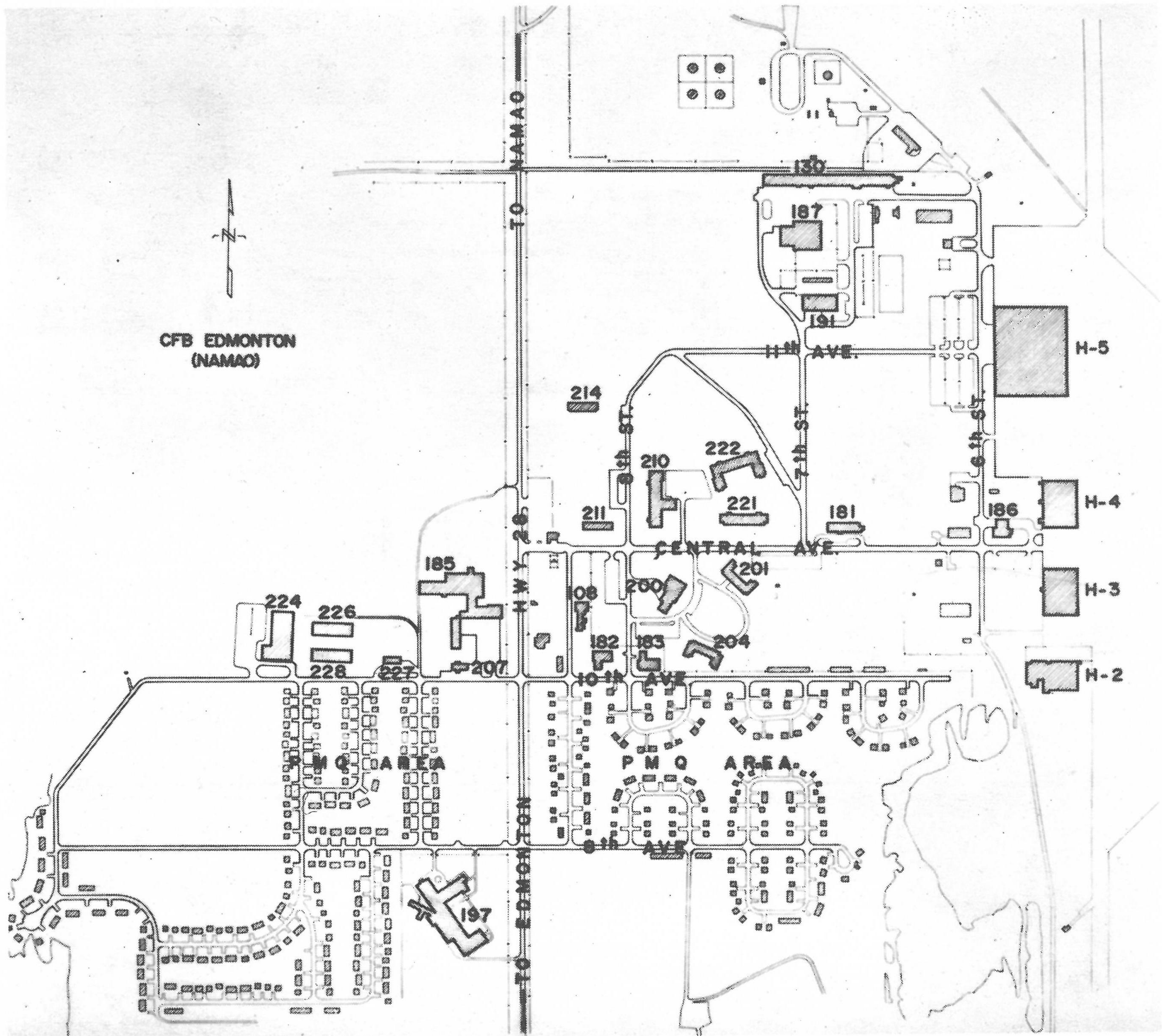
### DURING WORKING HOURS

To the Reception and Despatch office of 1 FSSU in Building J-3, Griesbach.

### DURING SILENT HOURS

To the Canadian Airborne Regiment Guard Room, Building H-1, located on  
108 Street between 140 Avenue and 146 Avenue.

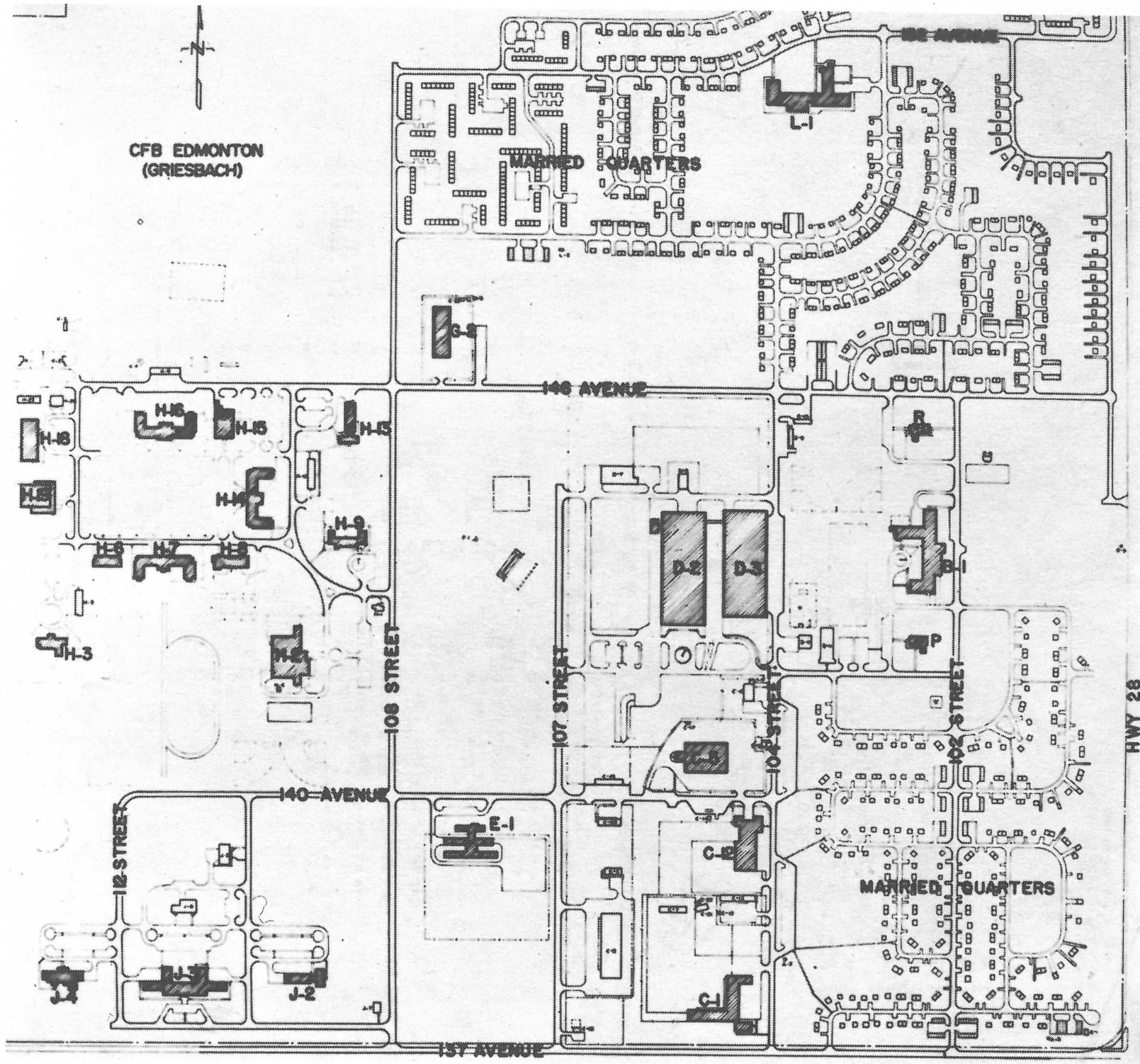
# NAMAO AREA



181 - HEADQUARTERS  
 185 - REC CENTRE  
 187 - TRANSPORT  
 200 - OFFRS MESS  
 201 - HOSPITAL  
 204 - OFFRS QUARTERS  
 210 - JR. & SR. NCO's MESS

211 - SR. NCO QUARTERS  
 221 - JR. NCO QUARTERS  
 224 - ARENA  
 197 - SCHOOL  
 P - CHURCH (PROT.)  
 R - CHURCH (R.C.)

# GRIESBACH AREA



B 1 - SCHOOL  
C 1 - CE SECTION  
C 12 - TRANSPORT  
E 1 - POLICE  
H 2 - REC. CENTRE  
H 8 - JR. NCO MESS  
H 9 - HEADQUARTERS

H 13 - SR. NCO MESS  
J 3 - HEADQUARTERS  
J 4 - OFFRS MESS  
L 1 - SCHOOL  
P - CHURCH (PROT)  
R - CHURCH (R.C.)

# BASE SERVICES

CFB Edmonton has a growing number of services for military personnel and their dependents. The following is a list of services with a brief description of their location and their hours of operation. This list is intended only to be a guide to the user with some details, such as the hours of operation, subject to change:

## PROTESTANT CHAPELS



**St. John's Chapel, Griesbach**

**LOCATION:** Lancaster Park

**CHURCH SERVICES:** Sunday 1100 hrs.

Communion ACC - 0900 hrs - 2nd & 4th Sunday  
1145 hrs - 1st Sunday  
Communion UCC - 1145 hrs - 3rd Sunday

**SUNDAY SCHOOL:** 1100 hrs. - Kindergarten  
Place: Guthrie School

1000 hrs - Grades 1 to 7  
Place: Guthrie School

Nursery - Chapel Annex

YOUTH  
GROUP: Sunday  
0945 hrs - Junior Youth (Gr. 8 and 9)  
Place: Chapel Annex

Senior Youth (Gr. 10, 11, 12) to be announced.

CHAPEL  
GUILD: Meetings 2000 hrs - first Tuesday of each month  
Place: Chapel Annex

JUNIOR  
CHOIR: 1600 hrs (after school) every Thursday  
Place: Chapel

SENIOR  
CHOIR: 2000 hrs - every Thursday  
Place: Chapel

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LOCATION: St. John's Chapel, Griesbach

CHURCH  
SERVICES: Sunday - 1100 hrs.

Communion UCC - 1145 hrs - 4th Sunday  
Communion ACC - 0900 hrs - 1st & 3rd Sunday  
1145 hrs - 2nd Sunday

SUNDAY  
SCHOOL: 1100 hrs - Kindergarten  
Place - Major General Griesbach School

1000 hrs - Grades 1 to 7  
Place - Major General Griesbach School

Nursery - Chapel Annex

YOUTH  
GROUP: Sunday  
0945 hrs (Grades 8 and 9)  
Place: Chapel Annex

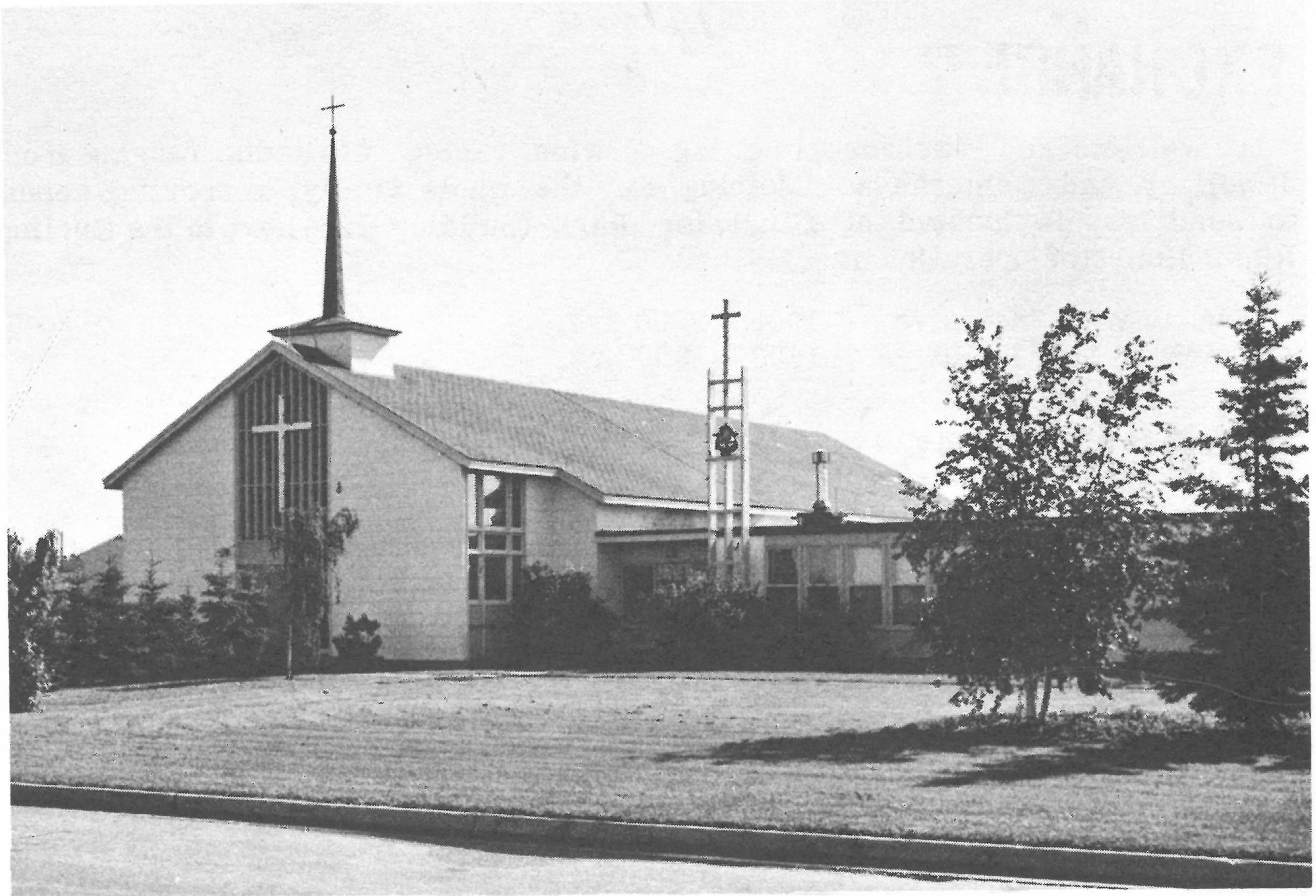
CHAPEL  
GUILD: Meetings 2000 hrs - last Tuesday of each month  
Place: Chapel Annex

JUNIOR  
CHOIR: 1600 hrs (after school) every Wednesday  
Place: Chapel

SENIOR  
CHOIR: 2000 hrs - every Wednesday  
Place: Chapel

- BAPTISMS AND WEDDINGS BY APPOINTMENT -

# ROMAN CATHOLIC CHAPELS



Our Lady of Fatima Chapel at Griesbach.

There are two Catholic Chaplains for the Base and one for the Canadian Airborne Regiment.

The two Catholic Churches are: Our Lady of Loretto Chapel at Namao and Our Lady of Fatima at Griesbach. The Chaplains' quarters and offices are located at the Chapels in Namao and Griesbach.

Sunday Masses are held at 0900 and 1100 hours in English in Namao and in Griesbach, and 1000 hours in French in Griesbach.

Each Chapel has its own Chapel Committee and its own Catholic Women's League Council.

Namao Chapel has a junior and a senior choir.

Baptisms are performed by appointment.

For weddings, you are requested to make appointments at least a month ahead of the date you intend to marry.

Religious instructions for children are given twice a week, during school hours, in the three schools of the Base.

All the Chapels' activities - from the liturgy to the religious instructions - depend on Christians' co-operation and goodwill.

# BASE EXCHANGE OUTLETS

## EXCHANGE

A well-stocked exchange, selling a wide variety of items, ranging from Jewellery and Cameras to Clothing for the whole family, to sporting goods to sundries, is located at Lancaster Park (building 226) next to the Curling Rink. Hours of Operation are:

Mon. to Wed. inclusive      1200 - 2000 hrs.  
Thurs. to Sun. inclusive    1200 - 1800 hrs.

## GROCETERIAS

There are two Groceterias at CFB Edmonton. Groceteria No 1 is located at the Griesbach site in building B-10. Groceteria No 2 is located in the Recreation Complex at Lancaster Park. The Hours of Operation for both are:

Mon. to Sat. incl.      1000 to 2100 hrs.  
Sunday                    1300 to 2100 hrs.  
Holidays                 1300 to 1700 hrs.

## SNACK BARS

Snack Bar No. 1 is located at the Griesbach site in the Headquarters Building (J-3). Hours of Operation are:

Mon. to Fri. incl      0800 to 1330 hrs.  
                                 1400 to 1530 hrs.

Snack Bar No. 2 is located at the Griesbach site in the Leonforete Building (bldg. H-2). Hours of Operation are:

Mon. to Fri. incl.      0800 - 1500 hrs.  
and Sunday             1800 - 2200 hrs.  
Saturday - closed

Snack Bar No 3 is located in #7 CFSD. Hours of Operation are:

Mon. to Fri. incl.      0700 to 1500 hrs.

Snack Bar No 4 (bldg. 185) is located in the Recreation Complex at Lancaster Park. Hours of Operation are:

Mon. to Fri. incl.      0800 to 2300 hrs.  
Sat., Sun., & Holidays 1200 to 2300 hrs.

Snack Bar No 5 is located in Hanger No 5 at the Namao site. Hours of Operation are:

Mon. to Fri. incl.      0700 to 1530 hrs.  
Sat. & Sun. - as required.

Snack Bar No 6 is located in the Base Arena (bldg. 224) and is a Seasonal Operation.

## **THEATRE**

The theatre is located in the Namao Recreation Complex (bldg. 185), shows start every evening at 2000 hours. Matinees are held on Saturdays and Sundays; shows commencing at 1330. A monthly schedule of movie features is distributed and published in the Sealandair.

## **AUTO CLUBS**

Auto Club No 1 (building 227) is located west of the Post Office in Lancaster Park. It provides gas pump service, a parts department, four bays for rental which includes a car wash area. The Auto Club does not employ mechanics, however, if requested, will obtain a mechanic for the patron. Hours of Operation:

Mon to Fri incl. 0700 to 2100 hrs.  
Saturday 0830 to 1800 hrs.

Auto Club No 2 is located at the Griesbach site in building B-10. It provides gas pump service, lubricants and minor parts. Hours of Operation:

Mon to Fri incl. 0800 to 2100 hrs. Sunday 0830 to 1800 hrs.  
Saturday 0830 to 1800 hrs.



Auto Club No 1 at Lancaster Park.

## **BASE NEWSPAPER**

A Base newspaper, the Sealondair, is published every second Thursday, to keep personnel and dependents informed of happenings in the forces in general and of community activities on the Base.

A yearly subscription costs a nominal fee of \$1.30 per year or copies may be purchased for 5 cents from snack bars or exchange outlets on the Base.

Subscriptions may be obtained by writing or phoning the Editor, Sealondair, Lancaster Park, Alberta.

## **BARBER SHOPS**

In the Lancaster Park area, one barber shop is located in the Recreation Complex. It has two chairs available by appointment and is open Mon to Fri, 0800 to 1700 hours and Sat 0900 to 1300 hours. The other is located in Hangar #5 and is open Mon to Fri from 0800 to 1600 hours.

In Griesbach Building J-5 - available by appointment and is open Mon to Fri from 0830 to 1730 hours. Also in Building H-19 (Kapyong Building) - available by appointment and is open from 0800 to 1630 hours Mon to Fri.

## **BEAUTY SALON**

The Beauty Salon is located within the Recreation Complex Namao and is open Mon to Fri from 0900 to 1730 hours; Sat 0900 to 1700 hours (by appointment).

## **BANK OF MONTREAL**

The Bank of Montreal is located in the Recreation Complex, Namao. Normal banking services Mon to Fri, 1000 to 1500 hours; Fri to 1800 hours.

## **CREDIT UNION**

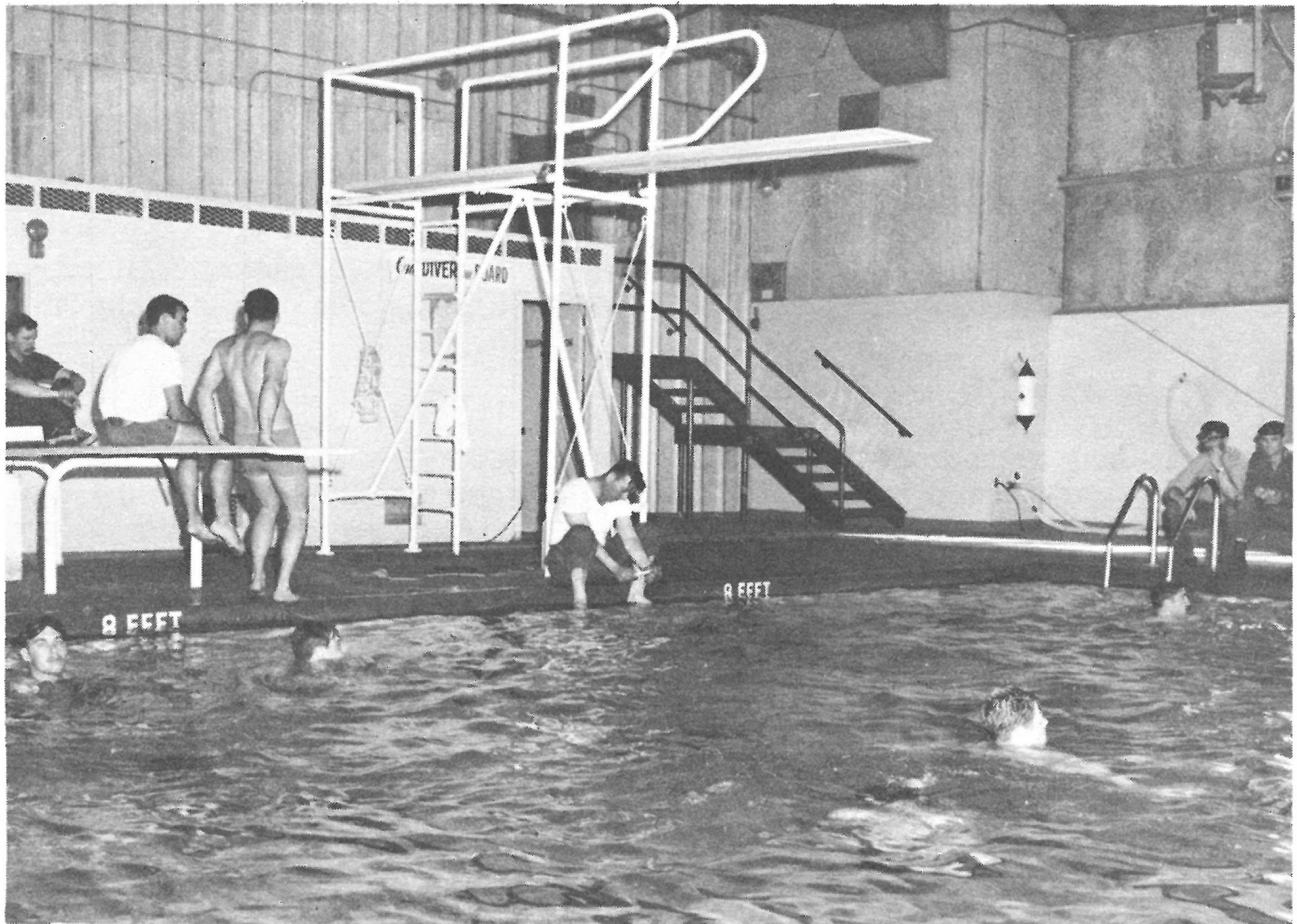
The Edmonton Amalgamated Credit Union has two offices at CFB Edmonton. One is located at Namao in the Recreation Complex and the other is located in Building J-3 in Griesbach. The hours of operation are: 1000 to 1600 hours Monday to Friday.

## **BASE LIBRARIES**

One base library is located at Namao in the Recreation Complex and its hours of operation are: 1600 to 1700 hours, and 1800 to 2000 hours, Mon to Fri.

The other base library is located in Griesbach in Building B-5 and its hours of operation are: 1800 to 2100 hours Monday to Friday.

# RECREATION FACILITIES



Activity at the Namao Pool.

There are three gym areas with associated recreation facilities. In addition, there is an arena, two curling rinks, a golf course, tennis courts and playing fields. Many clubs use one or more of these facilities regularly. However, there are still many times available for any clubs needing space.

The Namao Recreation Centre contains a swimming pool, a six-lane bowling alley, a rifle range, a judo/boxing room, a weight room, snack bar, theatre and social centre.

The Kingsway Recreation Centre is located in the vicinity of the Industrial Airport on Kingsway Avenue. The swimming pool, gym floor, bowling alleys and meeting areas are used by Service personnel, dependents and 700 Wing Air Cadets.

Admission to pools is gained by purchase of a swim membership card available at the Namao Recreation Centre. The programme varies from season to season, but usually there is a class programme in progress for all swimming levels. There are also casual swim periods open to Service personnel and dependents, during the following times:

Mon thru Fri	1930 - 2130
Sat	1400 - 1600
Sun	1400- 1600
	1930 - 2130

At the Leonforte gym, (Building H-2 in Griesbach), there is a gym floor area, weight room, snack bar and teen lounge.

## GOLF

There is a nine-hole golf course at Namao, located on the East side of 97th Street, South of the MQ area. Although a harsh winter makes early conditions difficult, the course conditions improve as the season progresses. Memberships are very reasonable.

## ARENA

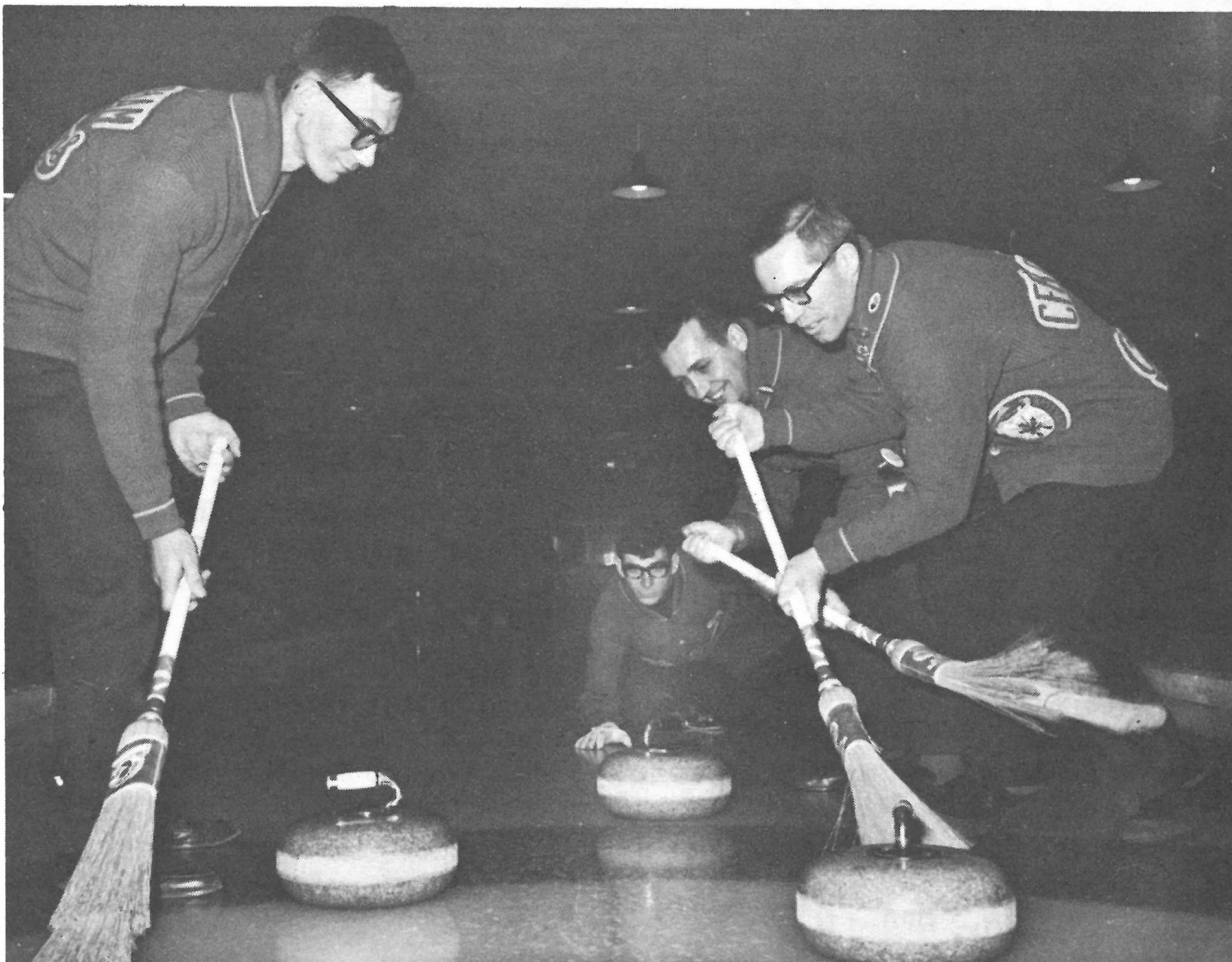
The arena at Namao is one of the more heavily used recreation facilities on the Base. It is located in the Northwest corner of the Lancaster Park MQ area. Open skating periods are provided for family convenience. Hockey, broomball, figure skating, and hockey practice sessions dominate the schedule.

## BOWLING

The six-lane Namao bowling facility is for league and casual bowling. Service groups may arrange recreation bowling. Alleys are also available at Kingsway for the same purpose as above.

## CURLING

Both Namao and Griesbach have four sheets of ice, with active clubs which reflects the popularity of the sport at CFB Edmonton. There are mixed, men's, ladies' and teen leagues. Season rates are very reasonable.



Action at the Namao Curling Rink.

# CLUB ACTIVITIES

**JUDO CLUB** - CFB Edmonton has an excellent judo programme, with advanced instruction and competition for youngsters. The club teaches values and stresses individual fitness. Regular meetings and practices are held in the Namao Recreation Centre.

**BADMINTON CLUB** - The Badminton Club meets at Griesbach and Namao. Competition is keen and skills are improving all the time. Edmonton clubs frequently are invited to compete at the Base.

**PARACHUTE CLUB** - The president of the CFB Edmonton Sport Parachute Club is Capt Mike Svoza of 28 CFPMD. They have their own aircraft a Cessna 182.

The pilot roster is made up of members serving on the base. They use the runway with permission from Base Ops and also a portion of DZ Whiskey. They conduct meetings and training in Building J-6 in Griesbach Clubhouse on Monday and Wednesday evenings.

Joining members are requested to pay \$30.00 dues; \$15.00 of which goes to the Canadian Sport Parachuting Association (National Body). Student training and equipment is provided free of charge. Advanced students are encouraged to purchase their own gear to allow new students the same opportunity to participate.

Jumping is conducted during daylight hours on weekends and during after duty hours on weekdays when there are enough jumpers to meet aircraft operational expenses.

**FIGURE SKATING** - Using the facilities of the ice arena at Namao, the Ptarmigan Figure Skating Club has a very successful operation. Interest grows season by season in this sport. Membership fees provide professional instruction, ice time for practices and an ice carnival.

**SCUBA CLUB** - CFB Edmonton has a small but active Scuba club, with several qualified instructors capable of teaching novices. The club meets every Sunday morning from 0800 hrs. to 1200 hrs. at the Namao Pool and all service personnel, civilian personnel, and their dependents are welcome.

**ANTIQUA AUTO CLUB** - The Antique Auto Club has a membership in excess of 20 personnel. Although obtaining working space is a problem, the club remains active and is continually recruiting new members. Projects include restoration and displays.

**CAMERA CLUB** - The Camera and Photo Club meets at the Social Centre, Griesbach (Building J-2), where they have their equipment installed. The club will assist any club requiring photo services and individuals as well. The club enters the Canadian Forces Photography Competition each year.

**SADDLE CLUB** - In keeping with Western surroundings, a large number of Base personnel own horses. The Saddle Club is located at the "X" Depot area north of the Namao site.

**CUBS AND SCOUTS** - As part of the Youth Development programme, the scouting movement is active at CFB Edmonton. Volunteers are always welcomed to help with this worthwhile programme.

BROWNIES AND GUIDES - The social centre at Namao is used weekly by the young ladies of the community. The Guides and Brownies at Griesbach meet weekly in the Brigadier Hamilton Gault School.

TEEN CLUB - Both Namao and Griesbach have teen groups. In the philosophy of developing responsible young adults, the teens set up their own executives and discipline committees. Adult advisors assist the teens, making suggestions on projects and policy.

RIFLE CLUB - The Rifle Club operates in the range in the basement of the Namao Recreation Centre.

SQUARE DANCING - The Square Dance Club meets Wednesday evenings at the Social Centre, Griesbach. The club offers instruction to beginners and welcomes new members.

TOPS - LADIES FITNESS, JOGGING CLUB - For any lady interested in improving her shape or physical condition, there are three clubs presently active. They can all supply information on dieting and helpful exercise leading to better fitness.

RADIO CONTROL AIRPLANE CLUB - This club is one of the most interesting in terms of technical accomplishment. A free-flying, motorized airplane can perform tricks like the full-sized models. New members are welcomed to accept the challenges of radio control flying.

GOLF ASSOCIATION - The Griesbach Golf Association offers members an opportunity to play on downtown courses by paying a reduced rate to the Association.

**NOTE:** for further information on any club or recreational activity, contact the Base Physical Education and Recreation Officer at 799-8167

# AMU SERVICES

#1 AMU passenger terminal is located on the east side of #5 Hangar. It provides flight information service, reservation service, passenger reception and processing, and baggage handling. Hours of passenger terminal operation are:

Mon to Fri: 0700 - 2100 hrs.  
Sat: 0700 - 1700 hrs.  
Sun: 0700 - 1800 hrs.

Service flight information is available at 799-8512. Scheduled flight itineraries are contained in #1 AMU FLIGHT INFORMATION BOOKLET available at #1 AMU information counter.

Altogether there are six scheduled Boeing flights weekly. They consist of three eastbound flights one on Monday, one Wednesday, and one Friday; three westbound flights one on Sunday, one Tuesday, and one on Thursday. There are three weekly scheduled Hercules flights, two eastbound one on Thursday and one Sunday; also one westbound on a Tuesday. There is one weekly northbound scheduled Hercules flight on a Thursday.

Flight reservations for Duty (Priority 2) travel are arranged by the Base Movements Office located in Griesbach, building J-3, telephone number is 475-3611 Local 392. For passengers originating at 1 AMU reservations for Leave (Priority 5) travel may be sent by message, telegram, or letter to:

Commanding Officer, 1 Air Movements Unit, CFB Edmonton, Lancaster Park, Alberta, Attn: Passenger Reservations.

Such reservations are accepted up to 14 days before flight departure. Verbal reservations are accepted up to 48 hours before flight departure. For passengers originating at other AMU's, reservations are arranged by the Base Orderly Room, telephone number 799-8529. Priority 5 travel is on space available basis and cannot be confirmed by 1 AMU until approximately one hour prior to flight departure.

All personnel travelling on service flights are to be in possession of a permanent type I Card. In addition, personnel travelling on duty must have a Travel Claim and personnel travelling on leave must have an approved Leave Pass that has been stamped by their Unit Orderly Room.

The baggage limitation is 40 lbs. per person.

Reporting times at 1 AMU for scheduled Boeing flights is not later than one hour before flight departure; for scheduled Hercules flights not later than one half hour before flight departure.

## ACCOMMODATION

### LOCAL HOTEL/MOTELS

MacDonald	424-5181
Caravan	424-0011
Midtowner	429-5111
Rosslyn	476-6241
Sands	474-5476
Mayfair	424-7265
Coachman	429-2861
Edmonton Inn	454-9521
Greenbrier	424-0841

Corona 422-7106  
Kingsway 479-4266  
Bonaventure 454-6576

#### COMMERCIAL TRANSPORTATION

##### AIRLINES

CP 429-6371  
Air Canada 429-5461  
PWA 455-7121

##### RAILWAYS

CP 422-2822  
CN 429-8581

##### TAXIS

Yellow Cab 422-3456  
City Cab 429-5151  
Barrel Taxi 489-7777

##### BUS LINES

Greyhound 429-4751

## BASE MEDICAL FACILITIES

The Base Hospital (22 beds) and MIR are located in Bldg 201, Namao. In addition there is an MIR serving Griesbach Site personnel at Bldg J-3, Griesbach. Personnel reporting on sick parade to either MIR must report between 0800-0830 hours, Monday to Friday; on weekends and holidays all personnel must report to the Ward Office, Base Hospital at 1030 hours. Emergency sick parade will be handled at both MIRs during working hours. After working hours personnel must report to the Ward Office, Base Hospital. Emergency phone number is 799-8615.

The Public Health Nurse for CFB Edmonton is located at Bldg J-3 Griesbach, telephone 475-3611 local 373.

Details regarding immunization and medical appointments are published regularly in CFB Edmonton Routine Orders.

## VEHICLE REGISTRATION

A vehicle registration system is in effect at this base, and your motor vehicle(s) must be registered with the Military Police within 96 hours of reporting for duty. You will be required to produce Alberta registration and proof of financial responsibility (minimum PL and PD coverage). Hours of operation are 0800 - 1630 hours, Monday - Friday.

The Province of Alberta operates a Highways Building at 106 Street and 97 Avenue, Edmonton. Existing inter-provincial agreements allow you to exchange your current licence plates and driver's licence for Alberta ones at a small nominal fee. Hours of operation are 0800 - 1630 hours, Monday - Friday.

A trailer storage area is operated at 104 Street and 142 Avenue, Griesbach Site, for seasonal or short-term storage. The duty commissioner will assist you.

# PMQ & HOUSING INFORMATION

The Base Housing Office is located in Room 5 of Building J-3, Griesbach. All of the 1,314 Married Quarters, which are located at Griesbach, Namao and at five locations in the City of Edmonton, are administered through this office.

Members arriving on the Base, who want information on MQs or civilian accommodation should contact the Housing Office as soon as possible after arrival. Business hours are from 0800 hours to 1630 hours Monday to Friday inclusive; the telephone number is 475-3611, local 362.

If MQs are not available, information on civilian rents and leases and leads on civilian accommodation will be provided.

## DEPENDENT SCHOOLS

Four schools have been established on the Base for service dependents. Except as specially provided for grades 9 and above, and when otherwise authorized, all school children living on the base must attend these schools. Two schools provide schooling from Kindergarten to Grade 6 and two schools include classes to Grade 8.

All students beyond the above grades attend City of Edmonton Public and Separate schools. DND Transportation is provided daily for the conveyance of students to city schools or to the nearest city bus route.

Parents of children who have special school problems requiring special educational provisions may refer such questions to the School Principals or to the School Business Administrator who is located in Building J-3, Griesbach Barracks.

City of Edmonton schools provide many types of educational programs and no reasonable effort is spared to make these available to servicemen's dependents.

All dependents attending schools off the bases must be registered with the Business Administrator. Failure to do so will result in the payment of non-resident school fees by the parents. Similarly, students who cease their courses at such schools, must notify the Business Administrator, or parents face the possibility of an Administrative deduction to recover the costs.

## COMMUNITY COUNCILS

Griesbach and Lancaster Park each have a Community Council whose members are elected by popular vote. All PMQ residents twenty-one and over are eligible. Each PMQ household is expected to contribute one dollar per month to their respective council. A partial list of activities supported by these councils follows.

CFB EDMONTON LITTLE LEAGUE BASEBALL - is one organization supported by both councils and provides an opportunity for all boys in Griesbach and Lancaster Park to play organized baseball. The boys are assigned to divisions according to age and ability. Normally the season is April to early October with summer holidays excluded. Parent meetings and registrations are usually held in March of each year.

CFB EDMONTON MINOR HOCKEY - is another organization supported by both councils to provide an opportunity for all Griesbach and Lancaster Park

boys, ages six to eighteen, to play hockey regardless of ability. The season is from October to April; parent meetings and registrations usually take place in September of each year.

Both of the above sports programmes are entirely dependent on volunteer help. Previous experience can be an asset but there is a continuing requirement for more parental help, mothers included. A registration fee helps offset the cost of equipment. Watch the Sealandair for dates of meetings and registrations.

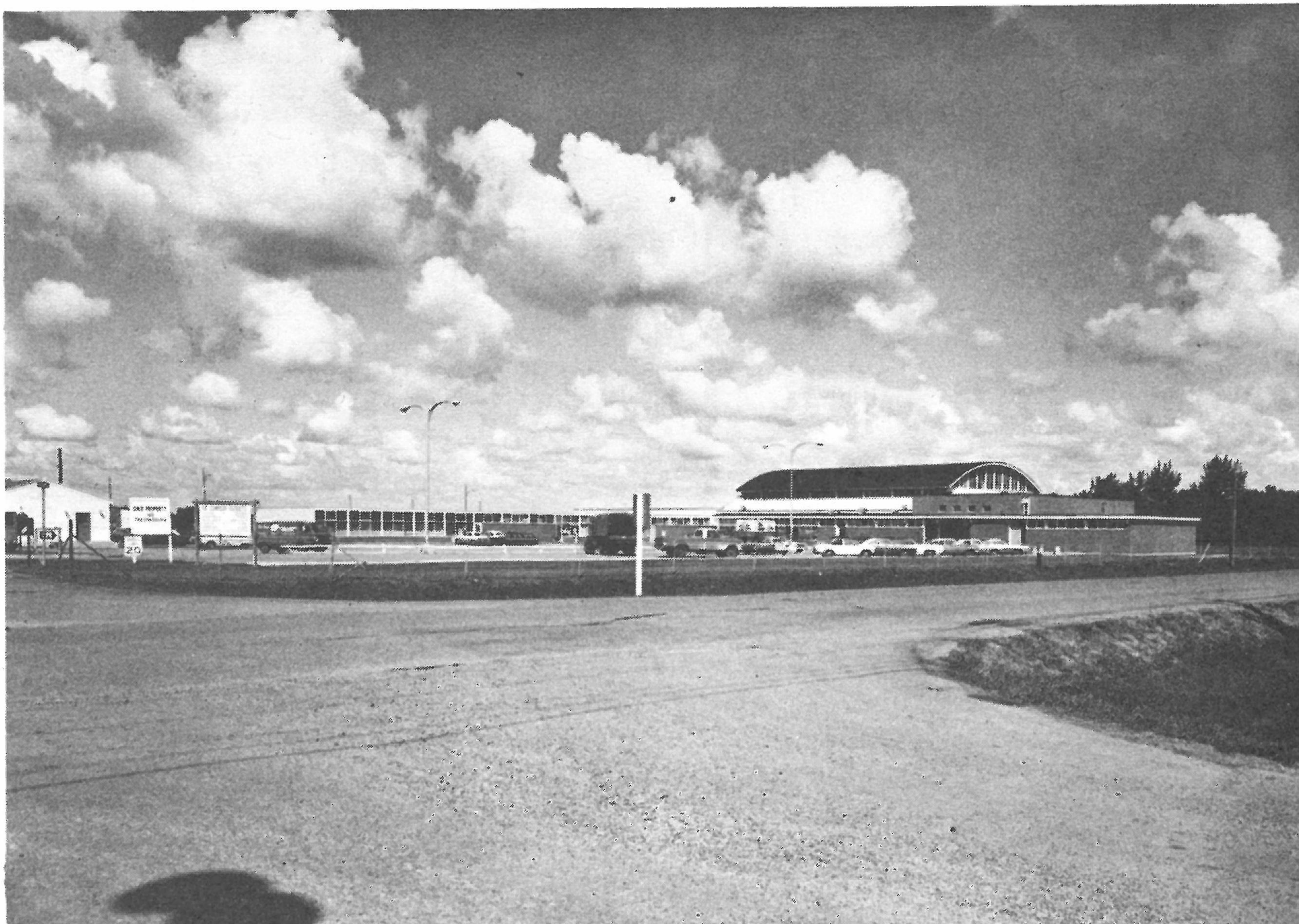
**SUMMER PLAYGROUND PROGRAMME** - Both councils conduct a supervised summer playground programme consisting of sports, arts and crafts and tours to local points of interest. Normally the activities take place at two playground in both Griesbach and Lancaster Park. No advance registration is necessary. Simply send your children to the playgrounds on the dates announced in the Sealandair.

## PET REGULATIONS

Pets of any nature are not allowed in Single Quarters.

Pets may be kept in Married Quarters, but owners are advised that all dogs and cats must be leashed at all times and must be vaccinated against rabies.

Dog licencing is compulsory under Provincial Law, and the Military Police have been authorized to licence your dogs. However, the pet must have received the necessary inoculations before registration. Hours of operation are: 0800 - 1630 hours, Monday to Friday.



Recreation Centre Complex, Namao

# REGIONAL SOCIAL WORK OFFICER

"The Regional Social Work Officer for the Province of Alberta is located at CFB Edmonton (Griesbach) in Building J-3 Room 276, phone 475-3611, local 552. Services concerning family problems, child welfare and information about other agencies are readily available for servicemen and dependents from a trained social worker. Appointments can be made with the secretary at local 552."

## INFORMATION AND COORDINATION

The Base Personnel Selection Officer is responsible to the Community Services Programme Committee for the supply of information about and co-ordination of the Base and City of Edmonton Community Services.

If any Community Services are required and they cannot be located through the use of this book, one's superiors, or the City telephone directory, then personnel and their dependents are encouraged to contact the Base Personnel Selection Officer (Headquarters Bldg., Namao; telephone 799-8464)

All military personnel and their dependents can obtain guidance in the welfare field through the services of the Regional Social Work Officer. Thus any of the following agencies concerned with welfare (i.e. those not concerned with education or housing) should be contacted through the Social Work Officer.

The following list will be of assistance to personnel and their dependents who want professional help, information or just want to talk about any matter affecting their plans in going ahead in learning or effective living:

1. ALBERTA COLLEGE -- 429-2851 -- Counselor (Extension 234)  
---service to present and prospective day or evening students which is particularly experienced with high school, after-high-school, business skills, music and speech arts education. Tests on achievement, aptitude, and interest patterns are available for help in educational planning or choosing a career. Hours: 8:30 A.M. to 3:30 P.M. weekdays.
2. APPRENTICESHIP AND TRADESMEN'S QUALIFICATION BRANCH, ALBERTA DEPARTMENT OF LABOR AND INDUSTRY -- 429-7311  
Regional Supervisor  
---advice to present and prospective tradesmen. Tests of achievement to show school grade level are available for qualifying to enter an apprenticeship or trade. Hours: 9:00 A.M. to 4:30 PM weekdays.
3. ALBERTA VOCATIONAL CENTER COUNSELING DEPARTMENT  
- 423-3531  
---service to present and prospective students in sponsored upgrading programs including nursing orderly, secretarial training and academic upgrading. Tests of achievement, aptitude and interest patterns are available for help in educational planning. Hours: 8:00 A.M. to 4:30 P.M. weekdays.
4. CANADA MANPOWER - 429-2621  
---assistance in job placement, occupational choice, and assessment for sponsored upgrading program. Ask to see a counselor. Tests of interest patterns are available for help in occupational choice. Hours: 8:30 A.M. to

4:30 P.M. weekdays.

5. COMMUNITY PSYCHIATRY, Edmonton Board of Health - 424-0211  
---consultation service for public agencies. Tests of aptitude, interest patterns and personality are available upon referral.

6. CORRESPONDENCE SCHOOL BRANCH ALBERTA DEPARTMENT OF EDUCATION - 482-4461  
---service by mail to present and prospective students in educational planning. Application form and information bulletin available upon request. Hours: 8:30 A.M. to 5:00 P.M. weekdays.

7. COUNSELING CENTER, Department of Educational Psychology, University of Alberta - 432-3746  
---service to students and non-students of all ages which is staffed by supervised graduate university students. Tests of ability, achievement, aptitude, interest patterns and personality are available for help in educational and personal planning. Hours: 9:00 A.M. to 5:00 P.M. weekdays, and Saturday mornings.

8. COUNSELING SERVICES, Northern Alberta Institute of Technology (NAIT) - 479-8471 (Extension 320)  
---service to present and prospective day or evening students who are particularly concerned with technical education. Tests of ability, achievement, interest patterns and personality are available for help in educational planning. Hours: 8:00 A.M. to 4:30 P.M. weekdays, and 6:30 to 9:00 P.M. Mondays to Thursdays.

9. DEBTOR'S ASSISTANCE BOARD - 423-3471  
---a free information and counseling service regarding the handling of one's debts. Hours: 8:30 A.M. to 5:00 P.M. weekdays.

10. DEPARTMENT OF EXTENSION COUNSELING, University of Alberta - 439-2021 Counselor-Psychologist (Extension 36 or 38)  
---individual, couples or group counseling directed towards enriching self and effective living, and encompassing personal, vocational and educational concerns. A modest fee is charged, adjusted according to income. Hours by appointment.

11. DIVISION OF ALCOHOLISM, Treatment Center, Alberta Department of Health - Supervisor of Treatment - 424-1141  
---source of counseling for individuals and groups and for medical assessment. Hours: 9:00 A.M. to 5:00 P.M.

12. EXTENSION SERVICES COUNSELING, Edmonton Public Schools, - 429-5621  
For appointment or factual information only, - 429-6461  
---service to present and prospective adult students who are particularly concerned with high school and after-high-school education and career choice. Tests of achievement, aptitude and interest patterns are available for help in educational planning or choosing a career. Hours: 8:30 A.M. TO 4:30 PM., weekdays, Wednesday and Thursday evenings, 7:00 to 9:00 PM.

13. LEGAL AID PLAN - 423-3311  
---a lawyer referral and representation service for those unable to pay for

the service of a lawyer. Hours: 8:30 AM. to 4:30 PM., weekdays.

14. PRIVATE PRACTICE SOCIAL WORKERS - 429-0008

---The fee charged is according to the type of interview. Hours by appointment.  
---or phone 424-2647---A fee is charged, adjusted according to income. Hours by appointment.

15. REHABILITATION SOCIETY FOR THE HANDICAPPED - 482-4416 - Director of Rehabilitation and Personnel or Vocational Counselor

---service of assessment, work adjustment, training, education and counseling. Hours: 8:30 AM. to 4:30 PM., weekdays.

16. STUDENT COUNSELING SERVICES, University of Alberta - 432-5205

---service to present and prospective students at the U of A including assessment for adult trial entry. Hours: 9:00 A.M. to 4:30 PM., weekdays.

17. STUDENTS' HELP 432-4358

---a first-contact counseling and referral service chiefly for university students, staffed by university students. Hours: 9:00 AM. to 12:00 PM., weekdays, 7 - 12 PM., weekends.

18. STUDENTS' LEGAL SERVICES - 429-1197 or 432-5329

---a first-contact and referral service staffed by supervised university students. Hours: 7 - 9 PM., weekdays.

19. SUICIDE PREVENTION BUREAU, Salvation Army - 422-2727, Case Worker

---a first-contact counseling and referral service. Hours: 24 hours, 7 days a week.

20. TRUST - 452-2335

---a first contact counseling and information service and emergency medical clinic for drug users. Hours: 24 hours, 7 days a week.

#### HUMAN CONCERNS

An information and referral service to do with welfare concerns and general social service is provided by the Welfare Information Service - 429-6227

#### HOUSING

In addition to PMQ information, the TOWNSITE OFFICE keeps an up-to-date listing of civilian accommodation available in the vicinity of the Base.

The "EDMONTON CITIZEN'S FOR BETTER HOUSING; HOUSING INFORMATION BUREAU" (423-1549, #301, 10182 - 103 Street) provides information on housing and on tenant's rights and obligations besides producing an extremely helpful booklet entitled "Tenant Handbook".

NOTE: DND will not necessarily pay any bills for consultations and other welfare services supplied by these agencies.

## BASE CHARITY FUND

The Base Charity Fund is a perpetual body which depends on pay allotments and cash donations of all military and civilian personnel. It provides

a prompt response to appeals for funds from approved charitable organizations in our area. In addition the Base Charity Fund has provided A/B Pers Adm O and the REGT ADJT, CAR with a quick source of money to help military and civilian personnel who are in need of financial assistance due to a tragedy in their personnel lives. In short the Charity Fund helps through your contributions.

## UNION ACTIVITY

Since this base has approximately 1,000 civilian employees, the majority of whom belong to unions, this section is included to provide all newcomers both service and civilian, with a general description of the manner in which unions function.

It is at the local level that unions are first organized, and it is there that they perform their most basic function, collective bargaining. Collective bargaining simply means that workers form a group or organization and deal collectively with their employer in discussing and agreeing on wage rates and working conditions.

The first step in the formation of a union is its organization. The group of workers that the union is to represent must be identified - the plant workers, the office workers, the maintenance workers, people in a particular trade, or a combination of these.

An invitation is extended to the people in the unit asking them to become members of the union. Those who wish to join sign an application form and make an initial payment of dues or an initiation fee to indicate their seriousness. This is usually required by the labour laws.

When the organization has the support of a majority of the people in the unit an application is made to the appropriate Labour Relations Board seeking certification. Certification means that the union is granted official recognition by the government body and is entitled to enter into collective bargaining on behalf of the people in the unit. The law also requires the employer to negotiate with the union and to "bargain in good faith."

The members of the local union elect their own officers - president, vice-president, secretary, treasurer, etc. The members pay dues, part of which remain in the local and part going to the international union to pay for the services and assistance it provides to the local.

Once the local union is established, has proven that it has the support of a majority of the workers concerned, and has been officially certified, then the stage is set for collective bargaining to begin.

The most common procedure is for the members of the local union to hold a meeting, or more often a series of meetings, to decide on proposals which will be made to management. They also select some of their members to act on the bargaining committee. They may decide to ask the union to which they are affiliated to provide the assistance of an experienced negotiator, or a specialist on such technical subjects as pensions.

In the vast majority of cases voluntary agreement is finally reached between management and the workers. The terms of the agreement are then written into a contract and this governs the wages, hours and other conditions of employment in that particular company for a specified period - normally one, two or three years.

If the two parties find it impossible to reach agreement then methods are provided in the labour laws of the various provinces, and in federal legislation, for government assistance. The form this takes varies somewhat in the various provinces.

Once the contract is in effect, one of the most important sections is that

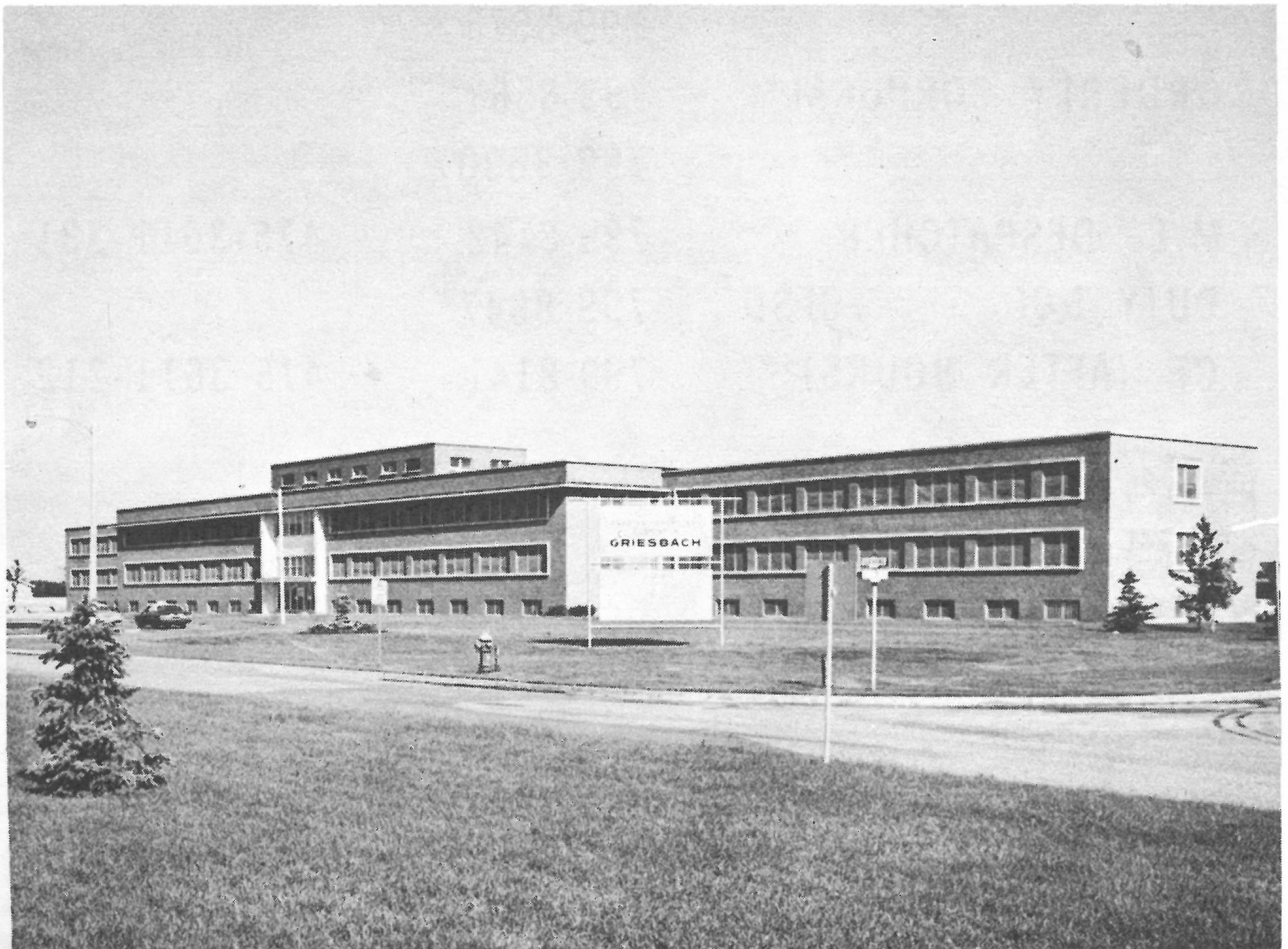
concerning a method for the settlement of grievances. The contract is intended to provide an orderly plan for dealing with most employee-employer relationships, and thus particularly true as far as grievances are concerned.

The worker's grievance may have to do with any one of a great number of matters. He may feel that he is not receiving the proper rate of pay for the specific job he is working on; that he is not being allowed the vacation that he is entitled to; that he was not paid for overtime he had worked; or that there is something wrong with the conditions under which he has to do his job. If he has a complaint he has the right to file a grievance.

The contract sets forth the course to be followed in processing the grievance. As a rule, at the first stage, an effort is made to settle it in the department where the worker is employed. In this step the key people may be the foreman of the department and the union shop steward. The shop steward is one of the workers who has been chosen by his fellow-employees, through the union, to represent the interests of those who work in his section.

If a settlement is not reached there, then the matter is taken to a higher level; and so on up through the ranks of the management and involving more senior union officers or officials. If after this process has been exhausted, no agreement is reached, then the whole matter is usually placed before an outside third party, called an arbitrator, or before several people on an arbitration commission and the decision then given is binding on the company, the employee and the union representing him.

It is thus obvious that many of the most important functions of unions take place at the local level and are determined solely by the workers concerned.



Building J-3, the Headquarters Building, Griesbach.

# **EMERGENCY NUMBERS**

	<b>NAMAQ</b>	<b>GRIESBACH</b>
FIRE	799-8133	475-3611-333
MEDICAL	799-8615	
DENTAL	799-8615	
MILITARY POLICE	799-8400	475-3611-294
TOWER & CRASH	799-8108	
ORDERLY OFFICER	799-8564	475-3611-453
	799-8577	
ORDERLY SERGEANT	799-5026	475-3611-284
	799-8575	
ORDERLY CORPORAL	799-8563	
	799-8630	
M.E. DESPATCHER	799-8142	475-3611-331
DUTY NCO - 7CFSD	799-8647	
CE (AFTER HOURS)	799-8141	475-3611-212

## USEFUL TELEPHONE NUMBERS

Officers' Mess - Namao -	799-8564
Officers' Mess - Griesbach -	475-3611-396
Sergeants' Mess - Namao -	799-5026
Sergeants' Mess - Griesbach -	475-3611-397
Junior Ranks Club - Namao-	799-5027
Junior Ranks Club - Griesbach -	475-3611-596
Townsite Office	475-3611-362
Barber Shop - 5 Hgr. - Namao	799-6218
Barber Shop - Rec Centre - Namao	799-5192
Barber Shop - J-5 - Griesbach -	475-3611-370
Beauty Parlor -	799-5053
Bank of Montreal - Namao -	799-3092
Credit Union - Namao -	799-6515
Credit Union - Griesbach -	475-3611-558
Post Office - Namao -	799-8572
Post Office - Griesbach -	475-3611-357
Library - Griesbach -	475-3611-455
Thrift Shop - Griesbach -	475-3611-596
Base Exchange -	799-3392
Theatre -	799-6268
Hobby Shop -	799-3583
Chaplain (P) -	475-3611-533
(After Hours) -	476-0271
Chaplain (RC)	475-3611-535
(After Hours)	475-3611-535
Base Warrant Officer -	799-8514
Base Orderly Room -	799-8170
Rec Centre - Namao -	799-8160
Rec Centre - Griesbach -	475-3611-427

# NOTES