



# Framfari



Volume 1 Number 5

C.F.B. GIMLI, ASPEN PARK, MANITOBA

Friday March 6, 1970

## 'OLAF'



**RACONTEUR INCROYABLE**



**INSPIRATION**

Major George Shorey, Staff Officer Flight Safety, TCHQ, has as his Saturday morning hobby, cartooning. Last weekend, while sharpening his pencils and getting down to business, he had a copy of the Framfari, Vol. 1, #1, kicking around. It didn't take long for inspiration to strike, and soon 'OLAF' (while you can), made the scene. Sometimes jovial sometimes stern, this little character wandered into our office late Wednesday afternoon. "So, I'm too late to get into your columns this week, I'll settle for the front page." We were flabbergasted taken aback, stunned, and caught off guard, (not to mention ecstatic about a good front page idea.) As you can see, he's a fellow of diverse interests and will attempt to even broaden his scope in the future. Watch for him: We think you will enjoy him.



**STAUNCH MESS SUPPORTER**



**SWINGING**

**'MAN ABOUT TOWN'**



**'GALLOPING GOURMET'**

## Editorial

"Don't I wish the spirit was like this all year". How many times have you uttered, or heard uttered, that same faith and yet despair in human behaviour, usually during the festive season.

We may very well echo the same sentiment when considering our winter carnival. It is not that we are saying our unit is without spirit, cooperation, esprit de corps and all the other qualities which combine to make us equal to any within the phalanx of the armed forces. We are, however, convinced that each and every one of us could utter the same with regard to our individual messes, sections, or even the station as a whole when considering our own inter-personal relationships with others. Generally speaking at this time of year, a telephone call, a friendly gesture, or an honest request stirs even the average drone into more cooperation, even though by his status or alphabetical placing he happens to be one of the opposition.

We fully realize that by the very nature of our profession, we are, and must, be subjected, day to day, to the existence of the status echelon and quadruplicate request forms. However, we contend that our personal attitudes have contributed to the praxis and therefore we are the only ones who can reverse the trend before we all become automatons, cursorily addressing humans and yet complying as serfs to the computer age.

Perhaps if each and every military person remembered the following we might have made the first step toward being the truly modern armed force and yet remain compassionate and sympathetic towards our fellow men. Our suggestion is that each of us remember every day this simple philosophy, whose author is anonymous. "In

## SOUND OFF

Colonel J. F. Dunlop  
Commander  
Canadian Forces Base Gimli  
Gimli, Manitoba

Dear Colonel Dunlop:

I have just read your first issue of Framfari with a great deal of interest.

It is doubtful if any organization has put as much thought as CFB Gimli has into the selection of a name for a newspaper. The result, I feel, more than justifies the effort and the inclusion in your first issue of a copy of Vol. 1, No. 1 of the first Framfari is most appropriate.

Please accept my congratulations and my best wishes for a long life for Framfari. All of us here at DIS look forward to reading succeeding issues.

Yours sincerely,

L. A. Bourgeois  
Brigadier General  
Director General Information

**DEADLINE - 2 pm MONDAY**

any organization, where one man is subordinate to another, the former should never forget it, the latter never remember it, and neither give the other reason to act or think adversely to this".

Perhaps even industrial complexes and consequently the cities they create, and in turn pollute, may learn a lesson. "Don't we wish the spirit was like this all year".

-- Voodoo Drums

Dear Sir:

I...puff! puff! just finished puff! my run around the gym. Nineteen and a half laps in twelve min. puff! I guess I'm in good condition, puff!

What do you mean almost everybody can do it? I'm supposed to be in good to excellent shape; one of a small percentage of Canadians who are. So, my legs ache for the next two days and maybe I'm coughing just a bit, but hell, you don't run a mile and a half every day!

What's all this talk about standing and lying - still pulse rates, recovery rate, metabolic rate and all this other stuff? Do you seriously mean that if I didn't measure these things before and after my run I didn't measure a thing? After all, nineteen and a half laps in twelve minutes! That must mean something. Or does it?

In afterthought, maybe if we are really going to be concerned about physical fitness in our jet jockeys, maybe we should be concerned about how we measure it and test it. Let's not take a good physical fitness programme like the Aerobics method and only use the parts of it that are convenient. If we need medical orderlies to take pulse rates, maybe we can't afford the personnel to do it, but how much training is required to take a pulse and measure a recovery rate!

Don't create a tempest in a teapot you say. Maybe you're right. After all, I don't have to run again for a year... Like most of the other guys, I didn't do anything special to prepare for the run. Hell, I did run 19 and a half laps in twelve minutes...

Yours, cough! truly,  
A concerned runner.

- The key phrase is "you don't run a mile and a half every day". If you had read the book, "Aerobics" by LCOL Cooper, you would realize that the program calls for just that or its equivalent in swimming, bicycling, walking, etc. The goal is to gain 30 points each week, and each activity you do gains you points toward this goal. The Aerobics program was instituted in Training Command last year, and it was expected that personnel would have conditioned themselves during the ensuing period so that running the 1 1/2 miles in under 12 minutes should have been a breeze. As for taking your pulse rate, you can do this yourself, check with the hospital staff and they will show you.

FRAMFARI is published weekly for distribution on Friday. Opinions expressed are those of the writers and do not necessarily reflect Official Canadian Forces Policy. The Editor reserves the right to edit all copy and advertising to suit paper policy. All correspondence should be addressed to:

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CFB Gimli  
Aspen Park, Manitoba  
Phone: 642-5151--L126R2

Deadline for all copy: 2 p.m. Monday

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# CARNIVAL QUEEN CROWNED

Last Friday at 7:30, following the opening parade, Col. J.F. Dunlop, DFC, CD, crowned the Gimli Winter Carnival Queen, Marilyn Smith, who was sponsored by the Pit. Runner's-up to the queen were first princess Jo-Anne Arnason, sponsored by Taylor Pharmacy and second princess Lynda Bahry, sponsored by the Gimli Kinsmen Club. Judges at the contest were Mayor Daniel Sigmundson of Gimli, Major R. Holden CFB Gimli Base Administration Officer, and Lieutenant J.R. Anslow, Winter Carnival Chairman.

The Carnival Committee wishes to thank the following local merchants, service clubs, and groups for their generous support of the Carnival Queen Contest. The following gifts were donated for the Queen.

\$10.00 Gift Certificates from:

- Robinson's Stores Ltd.
- Ted Jenkin's Mens & Ladies Wear
- Gimli Construction Ltd.

\$5.00 Cash from:

- Ted's Solo Store
- Tip-Top Clover Farm

- Bon-Bon Dish Clock
- Americana Perfume Cologne
- Hair Wash and Set
- Prince Matchabelli Gift Set

- Kardy's Hardware
- Marshall-Wells Hardware
- MacLeod's Stores
- Penthouse Hair Boutique

- California Girl Moisture Cream
- Bouquet

- Taylor Pharmacy

- Two Smorgasbord Dinners
- Dinner for Two
- 6 pr. Nylons
- Sterling Charm Bracelet
- Engraving for Bracelet

- Falcon Restaurant
- Viking Motor Hotel
- Target Store
- Jr. Ranks Club
- Cronshaw's Jewellers

Each princess received a corsage donated by Gimli Florists, a box of chocolates donated by Wayne's IGA, and Gimli Tomboy, and a Sterling charm bracelet donated by CFB Gimli Officers' Mess and WO and Sgts. Mess with engraving by Cronshaw's Jewellers.

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Friday 10 to 1

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**GIMLI HOTEL RESTAURANT**  
New Proprietor-  
Mrs. Christeen Arden  
BEST HOME COOKING IN GIMLI

# Chapel News

## THE PROTESTANT CHAPEL

Rev. D. W. Hilton Ph: 156R2

### SUNDAY - 8 MARCH

- 1000 hrs. THE SERVICE OF CONFIRMATION.

Seven young people will be confirmed. The Rev. Jack Cameron will deliver the sermon.

Sunday School - The Sunday School children are to attend church. - This is a Family Sunday.

Youth Club - meets Sunday evening at 6:30 in the Chapel Annex. It is open to youth 12 to 15 years old and who have reached a minimum of Grade Seven.

TUESDAY - 1300 hrs. Chapel Committee meets in the Chapel Annex.

THURSDAY - 6:30 p.m. Junior Choir Practice  
7:30 p.m. Senior Choir Practice

OUR LADY OF LORETTO CHAPEL  
CFB GIMLI, ASPEN PARK, MAN

YOUR CHAPLAIN: Major (Rev.) J. Georges Savoie, B.A., LPh., BTh.  
Phone: 156 Ring 1  
\*\*\*\*\*

MASSES: Sunday - 0900 hours  
- 1115 hours  
Weekdays - 1700 hours

#### CONFESSIONS:

Saturday - 1600 to 1700 hrs  
Before each Mass and whenever you feel like it. We will try to accommodate everyone.

BAPTISMS: By appointment. Usually on Sundays.

MARRIAGES: 1. Give two months notice to your Chaplain.  
2. FOR A MIXED MARRIAGE - Four months notice would be preferable since the Non-Catholic party needs to take a few instructions about the Catholic party.

C.W.L. - Meeting every third Tuesday of the month, at 8:00 p.m.

ALTAR SERVERS: Meeting every second Wednesday of the month, at 4:15 p.m.

\*\*\*\*\*

# Objective: 1,000,000 Canadians

As we enter into another season of Lent it is well for us to think of it in a positive way.

More can be done to identify with our unfortunate brothers and sisters who are illiterate and living in unbelievable poverty. And happily more is being done by concerned Christians like Romeo Maione.

As director of the Canadian Catholic Organization for Development and Peace, Romeo Maione has seen the problems at first hand and has been striving with his organization to bring about some unity in Canada as a means of helping in a real and lasting way underdeveloped countries. In its simplest terms his plan is to recruit one million Canadians who will agree to pledge one percent of their income to help the poor in underdeveloped countries. And of course if it can be shown that one million Canadians are already pledging one percent of their annual income to help the world's poor then the government of Canada will surely agree to boost the present one half of one percent of the gross national product to a full one percent.

Mr. Maione hopes to interest the churches of Canada and volunteer organizations such as trade unions and welfare councils in his scheme to promote a global justice. It is truly a noble cause and one that warrants careful consideration. At present the Anglican, the Presbyterian, the United and the Catholic Churches have agreed to cooperate in this ambitious campaign. The 1970 theme for Development and Peace is -- "The Second Hunger". By this course is meant basic education, which is such an important tool in helping people reach the stage where they can help themselves. This is not education as an end in itself but rather education as a tool for social betterment. For example, in Volivia, Peace and Development has set up radio schools. While the people are being taught to read and write they are at the same time being exposed to important social principles as well. During the days ahead we hope that you will give this plan careful consideration. Mr. Maione hopes that a collection will be taken up in all the churches on the fifth Sunday of Lent to get the campaign off to a good start. Two thoughts that we might dwell on during the next forty days are: "AM I MY BROTHER'S KEEPER?" and "WHATEVER YOU DO FOR THESE MY BROTHERS YOU DO IT FOR ME".

## 3 WING REUNION

OTTAWA (CFP) -- Now hear this!  
Calling all Three Wingers.

A reunion open to all ranks is planned for Thanksgiving weekend in Ottawa for those who served at 3 Wing, Zweibrucken between 1953 and 1969.

The reunion will be a mixed function featuring a German-type band, German refreshments and other assorted festivities familiar to

all who served at the NATO base. Information concerning hotel and motel accommodations will be supplied on request. Those interested are urged to contact Master Warrant Officer G. Westwood at 698 Cummings Ave., Ottawa, Ont., or MWO T. W. Scott, 57 Bayswater Ave, Ottawa 3, Ont. using a self-addressed stamped envelope.

# GIMLI AUTO BODY

## Any new car on the lot at Auto Club prices

Call Lawrence 642-5137



## Yours, Fredd

Dear Sir:

I was leafing thru this magazine a few weeks ago...a magazine on how to decorate rooms and refinish homes. I was filled with wonderment at how lovely some of the rooms were and I wished that my meagre abilities were even half-sufficient to re-do my own house (I grant you that almost anyone could improve upon a basic PMQ...but CE isn't too keen on self-help these days). Anyway, I came upon a two-page spread entitled 'Budget Bedroom'...my pulse quickened as I stared at this gorgeous child's bedroom labelled 'Budget'. I read on!

The architect/designer had built a small bed out of a sheet of hardboard and 6 hunks of two-by-four and covered it with a piece of foam. Great!! Also, he had designed and built a storage shelf of 3 cardboard boxes piled one on top of another with holes in the sides. Gee!! Also, he had...done nothing else. I said to myself, 'Self... what about all the other lovely things in the picture?' A footnote in microscopic print announced that the \$95 hanging lamp, the mod chair (\$65) and the shag rug @\$15.95 per sq.yd. were borrowed from a boutique and the toys and knickknacks neatly arranged on the shelves were from an exclusive import shop. BUDGET, anyone? BEDROOM, anyone?? Can you imagine how lovely a 12' by 12' by 12' PMQ bedroom would look with a 1' high bed of boards and 3 cardboard boxes piled into it? For that matter, can you imagine 3 cardboard boxes serving as a shelf for a child's toys???? TIMBER, on day one.

Just for kicks, put on your cynical spectacles the next time you are drooling at one of those pictures of an "Inexpensive, do-it-yourself room designs". Mentally eliminate the flowers, smiling people and all other items which would not normally be in the room if you were it's owner. Dullsville? You bet!

Anyhoooo...this brings to mind an episode long since past in which my wife and I decided to buy an old house and renovate it ourselves. The first thing we did, was to make a den for me, off the master bedroom; we made it by cutting a new door to the bathroom and removing all the bathroom fixtures. We had always wanted a large bathroom with a sunken tub. So, we decided to turn the dining room into a magnificent showplace of bodily cleanliness. The tub, we made by cutting a large oval hole in the floor, laying heating pipes throughout the basement and filling the basement completely with hot water.

Now, it didn't seem proper to have the kitchen right next to the bathroom, so we moved it upstairs to a second bedroom, turned the third bedroom into a dining room and put the children's bedroom into the old kitchen. Next, we moved Knight 3 to Bishop 7, swapping a pawn for a rook, and...oops, wrong game. And so on and so on.

We lived for two and a half weeks in this completed mansion before the floorboards of the living room rotted away from the sunken tub water. Ever since then, we have lived in PMQ's. I guess they aren't so bad, after all, sir...especially if you like basketball.

Yours,  
Fredd

? WHAT ?  
IS  
YOUR  
CENTENNIAL  
PROJECT  
? ? ?

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- Overnight accomodation
- Free T.V.

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**Dairy Produce**  
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### Saving money on food??!

CHECK OUR REGULAR PRICES!

CHECK OUR MEATS FOR BARGAINS!

PHONE US AT 642-5418.

CHECK OUR WEEKLY SPECIALS!

STOCK UP FROZEN FOODS AND MEATS  
AT REDUCED PRICES!

## Notes From Goulding School

On Thursday, March 10, Goulding School will dismiss classes for the day. Parents are invited to come to the school to pick up their children's report cards and to discuss with the teacher their children's general progress to date. We are asking that at least one parent from each family attend. If you cannot attend between the hours of 9 and 3:30, please call the school and every effort will be made to see you before or after this time.

### Family Life Films:

Thursday, March 5, 7:30 p.m.

Boy to Man  
Girl to Woman

Thursday, March 12, 8:00 p.m.

Reproductive System

Thursday, March 19, 8:00 p.m.

Human Growth  
Human Heredity

## Venture Into 'Venturing'

To all boys 14 - 17 years old who are interested in forming a Venture Company in the Gimli area (Gimli Town, Aspen Park, or Evergreen Development).

A Founding meeting will be held at 2:00 p.m. Sunday, 8 Mar 70 in the home of Mr. Fred Dunk at 60 -5th Ave., Gimli, to give you an opportunity to plan future events and projects of the Company.

Venturing is a new and exciting program for those who like to do their own things. Pass this invitation around to your Buddies or come alone and meet people who share your desire for adventure. Get in on the ground floor and make this YOUR Company.

For further information  
call: Mr. F. Dunk  
642-8853

*Ted Jenkins*

LADIES and MEN'S WEAR

33 CENTRE STREET

GIMLI

PHONE 642-8250

—THEY'RE HERE—

**SWEATERS and SHELLS**  
from **ST. MICHAEL KNITWEAR**

— SWEATERS of PURE BOTANY WOOL, COURTELLE  
or TRICEL NYLON

— SHELLS of NYLON with MOCK TURTLE NECK  
or ROLL TURTLE NECK

**SWEATERS \$9.00 to \$12.00 each**  
**SHELLS \$5.00 each**

# CFB GIMLI AUTO CLUB

MON-FRI 0815 - 2100

SATURDAY 0900 - 1700

OFFERS COMPLETE SERVICE STATION FACILITIES

AT REASONABLE RATES

—————+—————  
Mechanic on duty daily - Phone Loc 23 for appt.  
6 bays available for personal work.  
Towing service available.  
Gas Oil at most reasonable rates in town.  
Parts available for most cars within 24 hours.  
Cold weather starts.

◆  
SERVICE RESTRICTED TO AUTHORIZED PATRONS  
OF BASE EXCHANGE.

# GIMLI TOMBOY

*Dot West*  
our  
HOME ECONOMIST  
COMING TO  
GIMLI



Dot West, who graduated from the University of Manitoba with a Bachelor of Science in Home Economics degree in 1954, brings invaluable experience and time-saving homemaking advice to our shoppers.  
She was home service director at Winnipeg City Hydro for seven years, spent three years on the dietetics staff at St. Mary's Hospital in Rochester, Minn., and has lectured to many adult education classes.

GIMLI TOM-BOY STORE  
IN CONJUNCTION WITH  
TICKETS FROM **KINETTES** 35¢  
PRESENTS

## COOKING SCHOOL

FOR THE WHOLE FAMILY WITH

*Dot West*

— OUR HOME ECONOMIST —

IN THE **VIKING MOTEL**  
GIMLI, MANITOBA

WEDNESDAY, MARCH 11th, 1970

8 P.M.

*Dot West* WILL ALSO MAKE A PERSONAL APPEARANCE IN OUR STORE ON  
THURSDAY, MARCH 12th, 1970  
9 A.M. TO 12 NOON  
COME and MEET "DOT"  
IN PERSON AND TALK ABOUT  
**RECIPES AND MEAL PLANNING**

- GRAPEFRUIT** red or white 12 for \$1.00
- McINTOSH Apples, Ont.** 4 lbs for 89¢
- POTATOES** Manitoba red washed 20 lb bag 89¢
- CELERY STALKS** California 29¢ each.
- Frying CHICKENS** Canada Young Grade A 2½ to 3½ lb av. 38¢/lb
- CHICKEN PARTS** LEGS 69¢/lb wings 39¢/lb Breasts & thighs 59¢/lb
- PORK SPARERIBS** 79¢/lb
- BEEF** Prime Rib Roast 95¢/lb

- EGGS** Grade A large 2 doz for 99¢
- BATHROOM TISSUE** better buy pink white 8'c for 99¢
- BLEACH** CALA 128 oz 59¢
- CANNED DRINKS** ZING zip top orange, root beer, cola, ginger ale lemon lime 10 oz 10 for 99¢

Prices effective March 5-6-7

## Westfair Products

# SALE!

BETTER BUY  
WHITE or COLORED  
MARGARINE

1 lb. PKGS  
**4 89¢**

SEVEN FARMS  
POWDERED  
SKIM MILK

5 lb. BAG \$**1.79**

MALKIN'S  
BEANS WITH  
PORK

14 FL. OZ. TINS  
**5 89¢**

MALKIN'S  
APPLE  
JUICE

48 FL. OZ. TINS  
**2 79¢**

This TRADE MARK is your ASSURANCE of QUALITY Equal to or Better than Competing National Brands.



## Westfair Products

Presents AN OPPORTUNITY TO  
**WIN ONE OF 8 DATSUN CARS!**



### OFFICIAL RULES

1. Deposit entry form in official entry form box in the store.
2. Each entry must be accompanied by 5 cents of face value from any Westfair product.
3. All entries must be registered by the close of business Saturday, March 28, 1970.
4. The contest is open to all persons who are 18 years of age or over. Employees of all divisions of Westfair Foods and all participating stores and members of their immediate families are ineligible.
5. Cars cannot be exchanged for cash or traded for merchandise.
6. The qualifying conditions will be required to answer a second draw being held.

NEW 1970 DATSUN 2 DOOR SEDAN 1600 SERIES

ENTRY FORMS AVAILABLE AT THE STORE... Enter Today!

## From The DISTAFF Side

Ladies! The response to our request for contributors and letters to the women's pages has been so overwhelming, that we have decided to initiate a campaign to name the women's page.

Thank you to "Proud to be a Woman" for a very thoughtful and provocative letter on woman's attitude toward her role in society. She expressed everyone's views succinctly and unanimously (must have; no one's written to express any other view or add to hers).

Conme

Come on, girls. We all know you have opinions and ideas. Try and drag yourselves away from "Doctor's Diary" and "As The World Turns". Put pen to paper and communicate!

And while you're at it, the women's page needs a name.

## Announcements

Announcements:

Baptism: At the Protestant Chapel March 1st, Padre Hilton baptised Tonia Elaine Doerksen, daughter of Ken and Sue. The service also served as an instructional baptism for the Sunday School. Tonia was born July 8, 1969 at Teulon.

Birth Announcements can be phoned to Betty Bennet - 7964.

## Gardening

Elizabeth

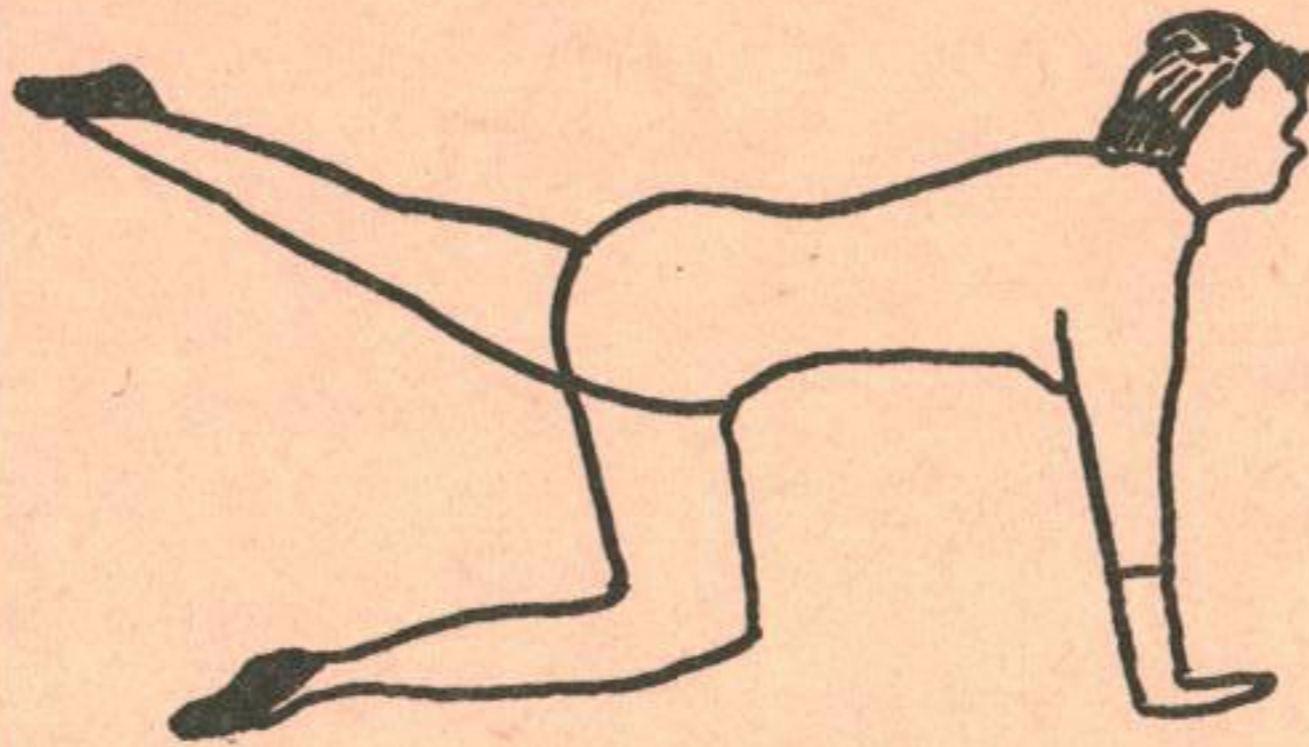
MANITOBA CENTENNIAL VARIETIES  
... Part 11

The Centennial evergreen grows to 12 to 20 feet, and is known as the Brandon. Pyramidal Cedar.

Sister Justina Lilac and Miss Canada are the two lilacs featured in the array of Centennial plants. The Centennial apple tree produces the large Carroll apple.

Vegetables chosen include the baseball-size PeeWee Cabbage, and the Manitoba tomato, which grows to 2 1/2 inches in diameter.

These varieties have been chosen for Centennial Year of Manitoba and may be a pleasant surprise for the gardeners that try them out this season.



## Trim 'n' Fit

The "MULE KICK" is fun to do and it catches the back of the hips very nicely. Let's have plenty of "pepper" in this one.

Get down on your hands and knees. Hold your head up high. On the count of one, kick the leg to the rear as high as you can. Straighten that knee and point those toes. On two, return to the starting position. On three, kick the right leg out...On four, return and repeat. Do 8 or 10 with each leg and gradually work up to 20 reps.



Save money on lubricants and fertilizer. The earlier you order the more you'll save!

DAVE ROBB

Farm Home Fuels Gimli

642-5235

642-8192

Early cash purchases earn substantial discounts on Engro fertilizer. Even bigger savings on bulk!

Your Esso Agent offers a big 5% discount on all cash purchases made before March 31st. And a somewhat smaller 2% discount from April 1st through May 31st. As you can see, the earlier you purchase your fertilizer the more you'll save. Bulk Engro fertilizer helps you save even more! Bulk is now \$7.00 a ton cheaper than the bag price. Add on the cash discounts and you'll pocket the big saving.



## EINARSON REALTY

FOR SALE GIMLI

Large 3 Bedroom Home-Kitchen Living Room- 1 1/2 Bathrooms Full Basement - 2 Bedroom Self Contained Suite - Utility Room - Cottage - 2.65 Acres Of Land. 2 Miles N. Of Gimli #9 Highway.

PRICE \$22,500

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Phone: 642-5585

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DIANE'S BEAUTY SALON at 41 Second Ave. is open for your convenience Tuesday through Saturday. I am also open after supper. Tints, Perms, and Wig Styling are our specialty.

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THE *falcon lounge*  
OF FIRST AVENUE  
GIMLI, MAN.

# MARIHUANA - Yes or No ??

Marihuana is the dried flowering tops of the female plant *CANABIS SATIVA*. It has a grey brown color, and is a mixture of crushed, dried leaves and flowers, and may contain numerous small round seeds. The plant grows wild in temperate climates and is cultivated for the plant fibres which are used for hemp. Marihuana has many popular names, e.g. "pot", "grass", "tea", "Mary Jane", "Hash" and "rope".

The active constituents of the plant are concentrated in the resin which when extracted from the flowering tops is called "Hashish".

Smoking marihuana as a cigarette is the usual method of use. Cigarettes are hand rolled from the dried plant parts and sometimes mixed with tobacco which acts as a binder and facilitates slower burning. Marihuana cigarettes, known also as reefers, joints, weeds, and sticks, are usually thinner than an ordinary cigarette, and twisted at the ends to keep the Marihuana from falling out. Marihuana smoke has a smell like that of burning rope. Often Marihuana is smoked in small groups and the cigarette is passed from person to person resembling a "peace-pipe" ritual. The smoke is inhaled along with plenty of air and held in the lungs as long as possible to ensure maximum absorption into the lungs. Usually one to two cigarettes are smoked to produce the desired effect. By limiting their intake, most users avoid the unpleasant hallucinating effects of a high dosage. Confirmed users take Marihuana at least once a day, however, many others indulge occasionally.

Injection of the crude resin produces similar effects to those obtained from smoking, though they are produced more slowly and are much more pronounced and cause more serious mental complications.

Use of Marihuana results in effects which occur within a few minutes and endure for one to three hours. The user tends to speak freely, daydream and finally become drowsy. From five to ten minutes after smoking, there is a feeling of restlessness and anxiety which fades into calmness. The user's body feels light and walking seems easier. Speech becomes rapid, time appears to travel slowly, memory deteriorates and attention becomes confused. Colorful hallucinations appear after about one-half hour and often the user is asleep in several hours.

Smoking is the method of choice since the user can control the dosage he receives and reduce the incidence of the intense side effects. The effects of Marihuana are dependent on the personality of the user, the amount of drug, and specific circumstances in which the drug is used.

The physical effects produced by Marihuana involve dilation of the blood vessels of the eye causing inflammation which results in "a bloodshot" appearance, increase in the heart rate, urinary frequency, dryness of the mouth, nausea and vomiting and a marked increase in appetite (especially for sweets).

Some degree of tolerance to the effects of Marihuana smoking does develop, but it is not associated with physical dependence, withdrawal symptoms or cravings. A psychological dependence may result from the use of Marihuana is which the user prefers the distorted dream world it produces to his normal state of mind and awareness. Marihuana is not addicting in the same way that the opium derivatives are.

Marihuana is presently controlled by the Narcotic Control Act in Canada. It is illegal for all unauthorized persons to possess, traffic in, import or grow Marihuana in Canada. Conviction will result in a heavy fine and/or a jail sentence.

Many people are quite outspoken about the legalization of the sale of Marihuana, contending that its use is no worse than alcohol.

However, although it has not been proven that Marihuana is a stepping stone to "harder" drugs, the majority of Heroin (a most potent addicting narcotic) users started with Marihuana.

I personally believe that the use of Marihuana itself, although used for centuries, is mainly a product of our discontent society.

Question -- When some of the most intelligent people of our nation condone the use of Marihuana, where do we go from here, and what's next?

- njt -

**GEORGES'**  
**TIP OF THE WEEK**

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ANY  
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## Consumers News And Views

Are you in the market for a new stove? If so, the first thing you must decide is whether you want an electric or a gas unit. Then you must choose between the various brands and features that are available today.

Do you want a free-standing stove, a built-in unit, counter elements with a wall oven, or the type that has an oven above and below? These are the questions you must settle before making your purchase.

Take time to compare prices. The price of stoves can vary from store to store as well as from brand to brand.

Besides the initial cost, you you might have to consider financing it. The least expensive method of paying of any appliance is to pay cash. If you can get a discount, so much the better. If, on the other hand, you plan to buy it on credit, check what it will cost to borrow the money (in dollars and cents as well as in per cent of interest), from such sources as banks, credit unions and finance companies and then compare these rates with those being charged by the store.

The majority of free-standing gas and electric models are 30

inches wide but they also come in 24-inch widths. Some smaller ones are also available in the 20½-inch and 22-inch widths. Features such as oven light, oven window, oven timer, minuteminder and raised edges to prevent spills are generally considered standard equipment nowadays.

The elements, the porcelain drip bowls and the chrome rings should be conveniently removable for easy cleaning.

Automatic oven timers are now commonplace. These allow you to place food in the oven, set it to start at a certain time and leave the house knowing things will be all right in the oven department.

The oven timer is almost universal and can be set to warn you when things are "done".

Warning lights when the elements are on and for oven pre-heating are a necessity.

An appliance outlet is most convenient -- especially when it can be timed so that your coffee can be ready and waiting when you awaken.

Interior oven finishes can be of either porcelain, enamel or stainless steel. Some brands have removable oven doors and wall panels for easier cleaning.

Removable liners of aluminum foil or Teflon-coated side panels can assist in oven cleaning. The disposable foil liners are quite expensive, but can prevent build-up on the oven walls. They have to be replaced from time to time. The Teflon panels offer easy removal of oven grease -- they are removed and washed in the sink. Care must be taken not to scratch the surface coating.

Self-cleaning ovens promise to dominate the market in the next few years. At the moment, a self-cleaning oven costs from \$40 to \$130 more than the conventional style.

The current method of self-cleaning uses temperatures of up to 900 degrees for a two-hour cleaning cycle and requires only the occasional removal of a resulting fine ash. There is a safety lock to prevent opening the oven while it is dangerously hot. It costs from five to nine cents per cycle to clean but this is less than the usual oven-cleaning chemicals.

Many appliance guarantees will use simpler, more straightforward language in the future but in the

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----- BREEZE 5 lb. BOX

----- DRIVE 5 lb. BOX

----- AMAZE 11 lb. BOX

**ALSO**

**RECORDS & TAPES**

**2 doz. RAYOVAC BATTERIES**

meantime find out what the guarantee actually includes. Does it cover the entire product or only parts? For how long is it in force? Who pays the labor charges? Does the guarantee cover delivery and hooking up of the appliance? What charges are you responsible for? Keep your guarantee handy for easy reference.

It is advisable to purchase only stoves that have either the approved label of Canadian Standards Association or the Canadian Gas Association.

Most manufacturers of kitchen stoves have their own service outlets in cities across Canada. Check this out before calling in a repairman. Read the instruction book carefully to avoid unnecessary repair calls. (It has been known for a consumer at hand -- it can help you get more value for your money if you study it.

Before you invest in your new stove, it might be wise to get all the available information you can from various sources. Utility companies have home economists on staff to help you. Also get the facts from the retail stores who handle appliances. There is also a buying guide on stoves available on request and free in single copies only from Consumers' Association of Canada, 100 Gloucester St., Ottawa 4.

**ARE YOU CONCERNED**

**WITH MENTAL HEALTH**

The Canadian Mental Health Association will have a meeting on Friday, 6 Mar, at the Baptist Church in Gimli (next to the theatre). Mr. David Dollis will be the quest speaker and will be followed by a short film. All adults are welcome to attend.



CUBS ON TOUR...DARRYL SYLVESTER (right) and NORMAN PONSFORD (left), members of Black Six, Second Gimli Cub Pack, inspect a Tutor during their tour of CFB Gimli on Monday.

**Cubs Tour CFB Gimli**

Mr. Bernie Stock from Calvert's Distillery Gimli, Cpl. Jack Thompson, and Cpl. Chuck Shaffer, from CFB Gimli, take a very active interest in the boys who belong to their Second Gimli Cub Pack. As well as giving of their own time at the weekly meetings, they make it a point to take the boys on various tours.

In Cpl. Chuck Shaffer's words, "The purpose and aim of these outings is to encourage the Cubs to take an active part in all activities and further each boys knowledge of the environment in which he lives." Cpl. Shaffer went on to say, "Our past tours of CFB Gimli Base were both enjoyable and informative. The boys from civilian families gained more insight into what the Armed Forces are doing, and the boys from Service families gained a much broader picture of where dad's job fitted into the whole scheme and that he is a pretty important guy. All boys left feeling a little prouder to be Canadians. We try and arrange a tour each month for a Six selected on a point-system based on each boy's and each Cub Six's performance at each meeting."

CFB Gimli was happy to have been able to help the leaders of the Second Gimli Cub Pack sponsored by the Gimli Branch Royal Canadian Legion, No. 182, help their Cubs.

**GIMLI FLYING CLUB**



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EVENINGS, WEEKENDS AND HOLIDAYS.

**CONTACT OUR MANAGER**

Box 122, C.F.B. Gimli - 642-5151, Local 120R3

This is your Framfari press correspondent reporting from the Winter Carnival 70 scene. By the time this report clears the censors and reaches the press, most of the battle will be over with only the darts, bridge, cribbage, and the car rally left. However, the competition is so close that the final results will not be known until the completion of the Car Rally. Saturday nite at the big Wind-up dance all the prizes and trophies will be awarded. The dance is free, there will be several bars and the station band will provide the music. Those under 18 years of age will not be allowed.

The Framfari will carry a detailed breakdown of all the Carnival competitions and winners next week.



CARNIVAL QUEEN, Marilyn Smith, pictured with three ladies of the Betel Home.



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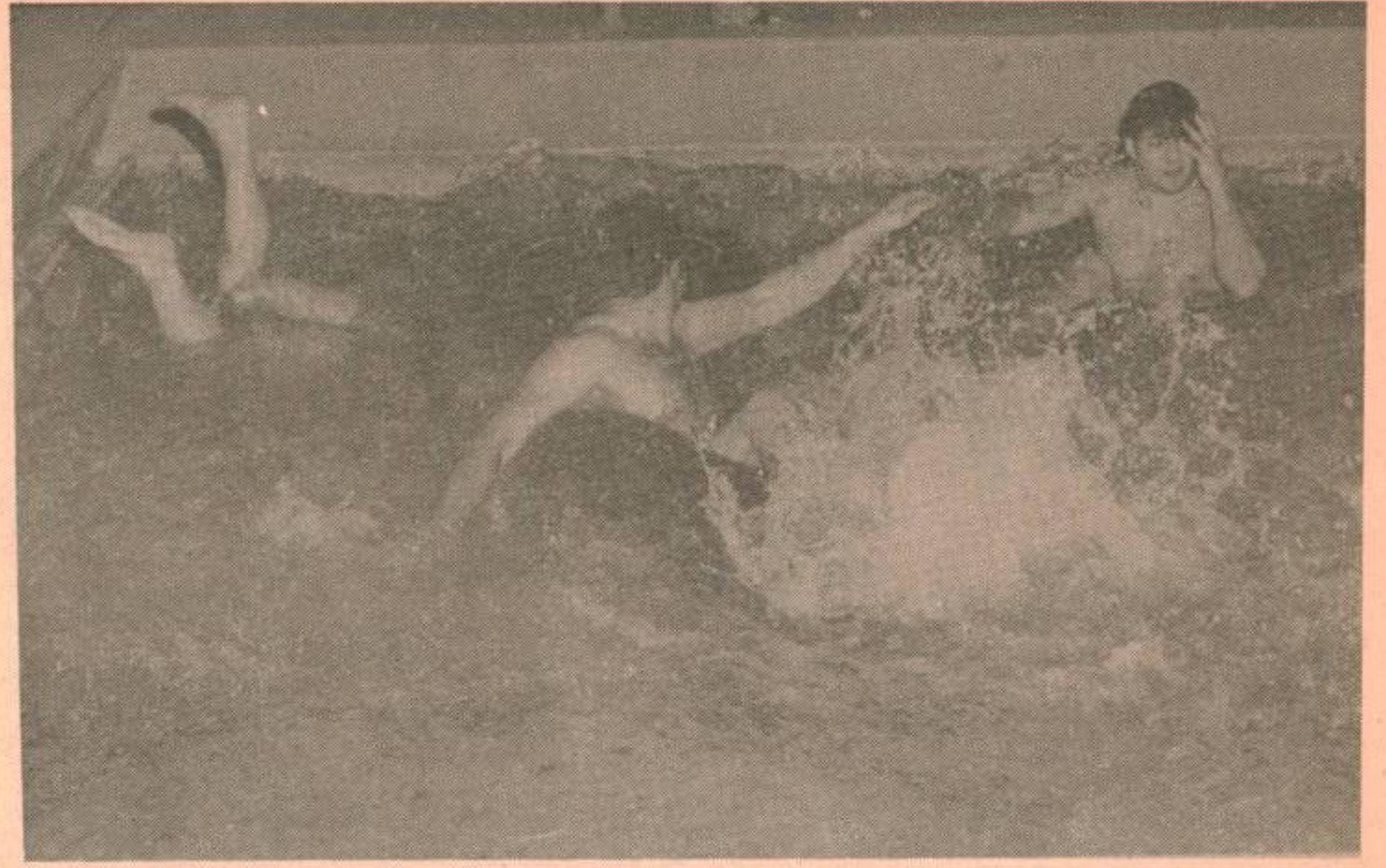
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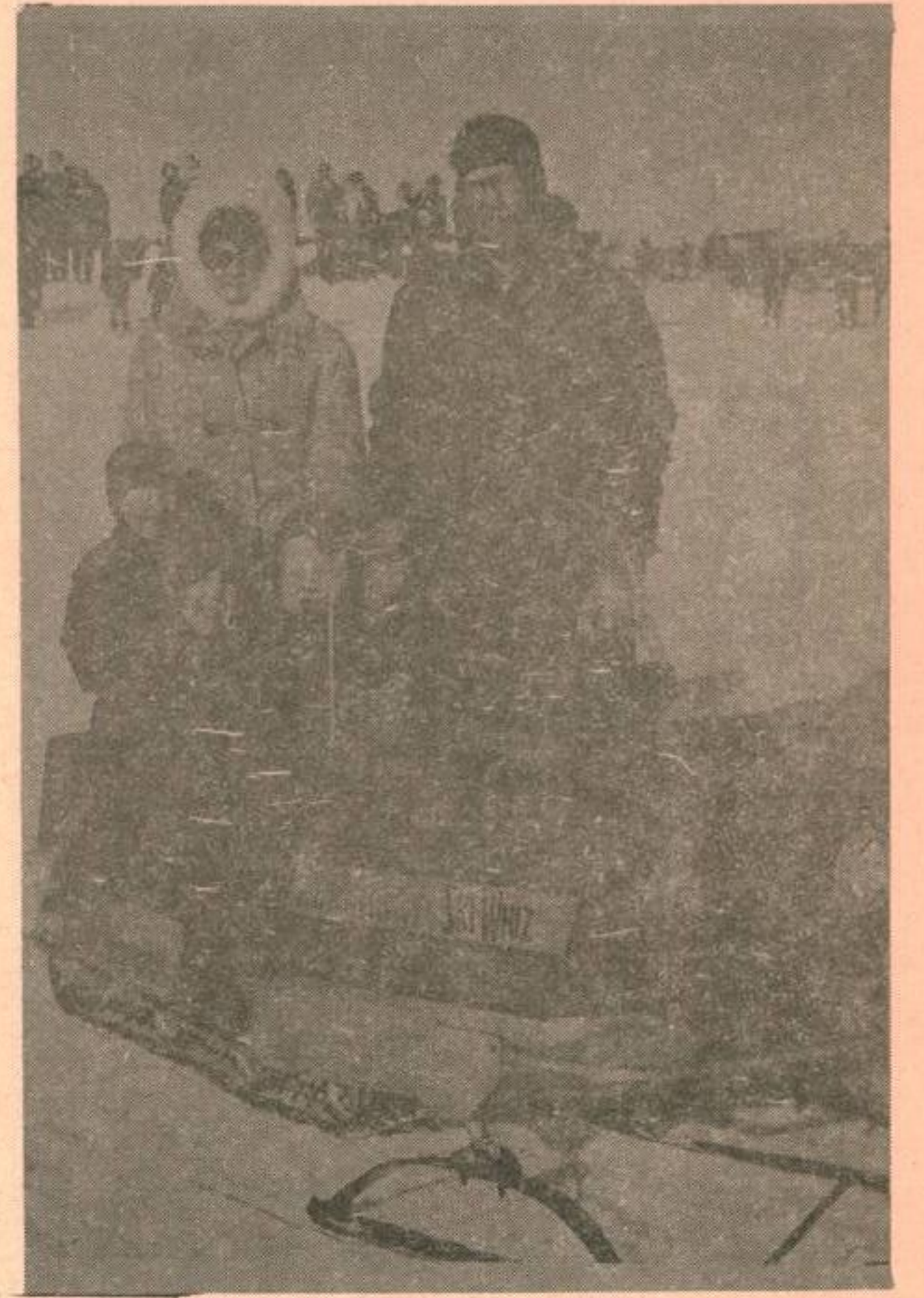
TEL. LOU AT 642-5133



"HE FLIES THROUGH THE AIR WITH THE GREATEST OF EASE"

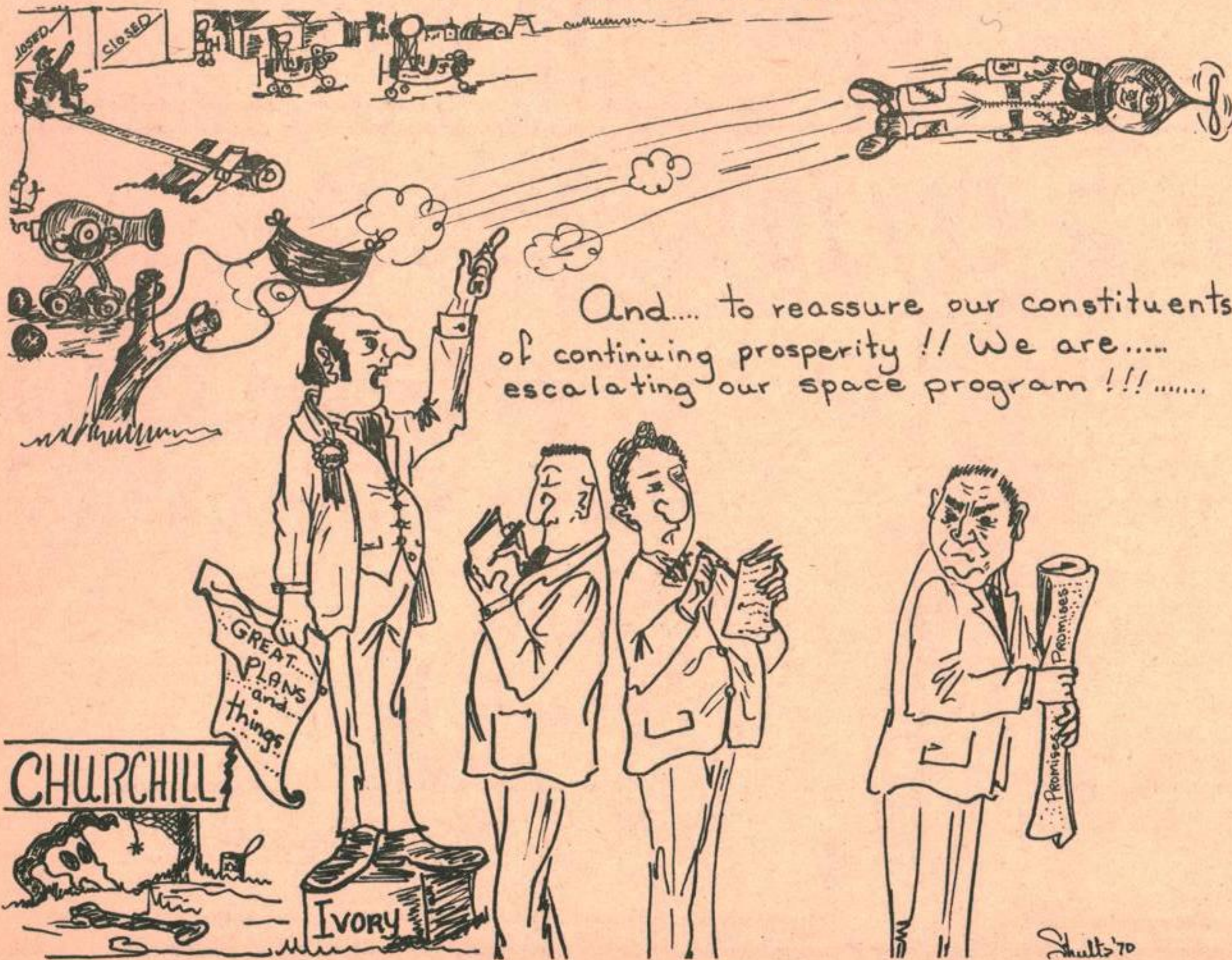


"BLUB, GLUB, GLUB" - Who'd believe it's rougher than hockey???



"OF COURSE IT'S COLD, WISE GUY!!"

HAPPY FAMILY enjoying the sunshine and fun.



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# MINOR HOCKEY

Stan Robinson

In both house league and All Star hockey last week the goal scorers bombarded the goalies for some very large scores.

On Mon. night in Tom Thumb, Leafs beat Greens 4 to 1, with Larrivee getting three for Leafs. In the second game Boston took Canadians 4 to 2, Dale Martin got 2 for Boston, Andy Glover 2 for Canadians. Tuesday night in Bantam, Leafs and Blacks put on a scoring spree with Leafs coming out on top 9 to 5. Lorne Smith got 5 goals and 1 assist for Leafs Lorne Kasupski got 2 goals. For the losers, Cliff Narfason scored 4 goals and 1 assist, Blain Knapi had one goal and 4 assists. On Thursday in WeeWee, Boston White won again; this time 4 to 2 over Greens, Mark McLoughlin had two goals for White. In the second game Red Wings over Canadians 5 to 3. Dwayne Gemmel had two for Red Wings along with Brent Solmundson, Scott Valgardson scored the 3 for Canadians. In the third game Boston Blacks 4 to 2 over Leafs with Garry Pearson scoring all 4 for Blacks. On Saturday in Tom Thumb, Canadians over Leafs 3 to 2 with Melvin Biluk getting two for Canadians in the second game. Boston 4 to 1 over Greens with the scoring spread around.

In WeeWee, Scott Valgardson continued his scoring ways getting seven goals as Canadians thumped Boston Blacks 10 to 1. In the second game Maple Leafs and Greens fought to a 1-all draw. In the last game Boston White squeezed past Red Wings 3 to 2.

Saturday afternoon two teams came up from St. James to do battle with our WeeWee and Tom Thumb All Stars. The St. James teams took both games. In the first game our boys tried hard but went down 4 to 2 in a clean, fast game. In the Tom Thumb, St. James completely out-classed our boys to the tune of 13 to 0.

Sunday, in Arborg, our boys fared better. WeeWee took their game 4 to 0 with Dwayne Arnason playing an outstanding game in goal for Gimli. Melvin Biluk got two goals.

In the second game Gimli Tom Thumbs came from behind twice to tie the score at 3 all after 5 minutes of overtime. The tie assured Gimli of first place. Keith Tucker

twice tied the score.

In the Third game, the Bantams were leading 2 to 0 going into the third period, but Arborg fought back with 2 fast goals and tied the score, though both teams had some great chances to score. Both goal keepers kept them out; sometimes on impossible saves. Bruce Sylvester in goal for Gimli stopped a three man break away on one occasion. I should also mention the goal keeper for the Tom Thumbs, Peter Parkinson, played a very strong game and without him Arborg would have won going away.

In the GART League our WeeWee came in first, Tom Thumbs in second and our Bantams in third. The play-off will be announced shortly. Watch for it!

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1 USED FRIDGE, 32 in. wide, 60 in. High.  
1 USED STOVE, 22 in. wide.  
1 Used Wringer Washer



## BIG 'G' ZONE 3 CHAMPS

The week of Feb. 23 - 27 saw the CFB Gimli Volleyball team journey to Moose Jaw for the Zone 3 Championships.

Despite Moose Jaw's apparent attempts to make the tournament one of endurance rather than skill, the local yokels, who were introduced in Framfari two weeks ago, set about to shorten the week's work as much as possible.

To do this the Big "G", after dropping its opening game to Moose Jaw, won 23 games straight to move 11 games in front. By Thursday night, with a won/lost record of 36 and 3 the team required only one victory to assure a ticket to Esquimalt, April 15th - 18th. This was accomplished in the first game Friday morning, and all teams agreed to terminate the tournament and an all star game was played, with CFB Gimli placing 4 members on the two teams.

An Awards Banquet was held Friday evening at which Cpl. "Big Fat Albert" Dennison received the Zone 3 Trophy, and Capt. "Snack Time" Potter was awarded the "Best Spiker" Trophy.

The team is playing in the Manitoba Centennial Tournament at Lipset Hall, Winnipeg, on March 7th.

*The recent Endurance Competition at Moose Jaw did more for Coach Janzen than provide a ticket to Esquimalt: It drove home the fact that in heavy competition over 3-4 days, seven players is insufficient to play top calibre ball in the latter stages. To this end it is requested that anyone who feels he can be of assistance to the team, and can cope with 5 weeks of dedication to learning the team patterns, please contact WO Janzen at 135 or Capt. Potter at 37.*

## '400 CLUB'

Sign up NOW; not too many tickets are left. The first draw takes place on the 11th... so, don't delay.

For information, contact Capt. John Vos at 125.

## Dry Cleaning Claims ??

Persons having Dry Cleaning claim settlement problems with Scotts Cleaners are requested to state so in writing to the BAdO. A brief description of the article lost, value, and action taken to date is to be included.

# Rockcliffe Captures U.S. Trophy

PEE WEE TEAM  
WINS IN STATES

OTTAWA (CFP) -- A forces pee wee hockey club has captured its division title in a United States' invitational hockey tournament Feb 12-14 in Washington, D.C.

Base Rockcliffe's pee wee Jets, selected this year to represent Canada at the event, drew a bye in the first round; defeated a Rhode Island club 2-1 in their first game and bested Philadelphia's Young Flyers 7-0 to capture the tournaments pee wee trophy.

The Canadian youngsters played only two games as U.S. officials seeded the Rockcliffe club in the double A class, placing them with the top pee wee clubs in the tournament.

The tournament is the biggest of its kind in the U.S. Forty teams, mosquito to juvenile, from Mexico, the U.S. and the single Canadian entry, took part.

The boys received Washington's "red carpet" treatment. They toured the city's many historical sites including Arlington cemetery.

Two of the Canadian lads, Wayne Hickey, base Rockcliffe, and Robert MacFarlane son of Lt. and Mrs. R.J. MacFarlane, base Uplands, placed a wreath at the grave of the late President J.F. Kennedy. The boys were escorted to the graveside by a U.S. Marine colour guard.

The team, coached by Doug Barclay and Cpl John Martin of base Rockcliffe, paid their own way to Washington. They travelled by car, which, according to Coach Barclay was a hectic ride because of road conditions.

The Rockcliffe youngsters recently took part in the Quebec Carnival international boys' tournament and were matched against the top pee wee clubs in Canada's largest cities. They lost in their first game to the Montreal entry, 3-2.

## PARTICIPATE

# Get on the Broom

• Bud Wilds

On the competition scene, our ace competitor Andy Anderson and his rink came through again by winning the CFS Beausejour Annual Mens Open. Supporting Andy were Ray Gagnon Third, Al Lutomski Second and Bill Bowen Lead. According to reports Beausejour provided our boys with hospitality supreme. As a matter of interest, this is the second time in three years that Andy has won their Bonspiel.

More on the local scene, the base Sgts Mess held their annual mixed spiel on Saturday and according to the noise factor it was a howling success. The winners of the Sgts were: Chuck Coolens first, Jack Rogers, Second, Al Moon Third and Hugh Kumpula Fourth. I understand that the Sunday sick call at the Mess was even longer than Dr. Meyers Monday AM flu parade. Carnival curling is off to a good start with the mixed side of this sport having been wrapped up on Sunday.

The mens and ladies Carnival curling will be part of history at time of printing and FTS will have won all events - (YES?)

Printing time will see the MacDonald Laukard competition in its final Draws and with luck I will have seen most of the games. I expect to bore you with the details over the next several weeks, be prepared.

Don't forget the Base and Town Combined Mixed GUY'S 'N' DOLLS spiel for next weekend, this has been the best bonspiel in the Interlake region so get your name in early. Good curling 'till next week.

## 'CHIMO'

# SIMPSON-SEARS

## CATALOGUE

### ORDER

### OFFICE

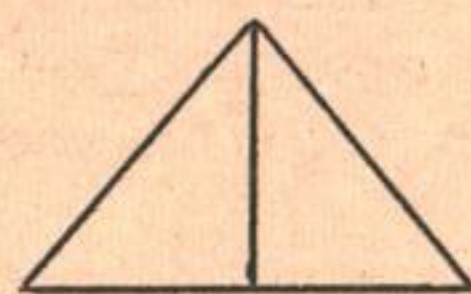
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### GIMLI

## DEFENCE

in



the

## HOUSE

Mr. MacLean (Malpeque)

Question:

1. How many aircraft pilots were prematurely released from the Canadian Armed Forces from 1963 to 1965, inclusive?
2. What was the total amount of special payments paid to these pilots as a result of their premature release?
3. What is the Total cost to date of the preferential pay scales for aircrew since its introduction over and above what would have been the total pay costs had the preferential pay scale not been introduced?
4. Is there a surplus of pilots or other aircrew in the Canadian Forces at the present time?
5. Are preferential pay scales paid to aircrew who are employed on non-flying tasks and on a permanent basis?
6. Has the Department of National Defence a plan for premature release of aircrew in the near future?

Answer:

1. 284. 89 of these pilots were serving on short service commissions, many of whom would not have accepted or been offered permanent commissions. Of the 195 pilots with permanent commissions who were released, not one was below 43 years of age; 31 of them were actually over age having previously been given extensions beyond compulsory release age; 72 were within one year of compulsory release age and 92 within two years of compulsory release age.
2. Total amount paid to pilots as special benefits was \$843,768.
3. From 1 February 1966 to 31 December 1969 - \$7,117,205.00.
4. At the present time there are no surplus aircrew officers in the Canadian Forces. As implementation of the new forces structure progresses a small temporary surplus will most likely appear in both the pilot and navigator classifications. Steps have already been taken to reduce training so as to minimize this surplus

and to utilize aircrew officers in areas where their special qualifications are required.

5. To qualify for aircrew rates of pay an officer must meet prescribed flying proficiency and medical standards, and he must be under continuous obligation to fly. Therefore, an officer remains eligible to receive aircrew rates of pay not only during the periods in his career when he is employed on non-flying tasks, provided he continues to meet the prescribed standards and he remains under continuous obligation to fly.
6. No, there is no plan for premature release of aircrew. However, as aircraft are retired from inventory a number of aircrew who are presently serving beyond their normal compulsory retirement age will be released. All are being given at least six months' advance notice.

# 'The Canadians At War'

A SET FOR  
EVERY HOM.

## Book Review

You say that greying type over there was a bomber man in the second world war? Young man, I suggest you treat him with extra respect.

"One quarter of all Canadians killed in World War II were bombermen -- nearly 10,000 of them". You'll find that in the Canadians at War: 1939-45. Don't let the two volumes throw you or the paperbound companion book on weapons of that war. They read so well you'll find it hard to put them down. It took Reader's Digest editors three hard years to piece it all together.

Talk to the man with second world war ribbons up. Chances are he'll tell you he's found events and "sideshows" in these books that he never knew before.

Cherish these veterans. Death in battle thinned their ranks then, age has got at many of the survivors. We owe them much.

Birth of a nation they said as Canadian soldiers became the shock troops of the allies in the Great War. In the second world war the RCAF was blooded for the first time in the Battle of Britain. The Battle of the Atlantic was a challenge met and overcome by the RCN which became the third largest among the allied navies.

All in all in the second great conflict, we had a million men and women under arms. It is often said, with truth, that Canada is a nation because of these world wars. If you are doubtful, read The Canadians at War.

If I had to reduce my library to half a dozen books, they'd be the Bible, a dictionary, a one-volume encyclopedia, and all three books of The Canadians at War. At \$18 for the three volumes, no family need do without this fine work of the Reader's Digest. My only regret was that it didn't come a few years sooner. (CFP)

**DON'T FORGET !!  
DEADLINE  
FOR ALL MATERIAL  
IS 2 P.M.  
MONDAY**

# Byelection April 13th

There is a Federal Byelection coming up on the 13 April for the constituency of Selkirk. This constituency includes the areas of Aspen Park and Evergreen. In the case of Canadian Forces electors, the men are able to vote only if this is their place of "ordinary residence", as shown on the statement made by them in the Canadian Forces Voting rules and recorded in Headquarters.

For example; Cpl. John Doe may be stationed at CFB Gimli and a resident of Aspen Park or EHD, but his "ordinary residence" is recorded as London, Ont. Therefore, he is not a qualified elector. However, if his "home town" is in the Selkirk constituency, then his "ordinary residence" would be so recorded and he would be a qualified elector. The situation is different in the case of wives or dependents of Canadian Forces personnel.

The wife or dependent is a qualified elector if:

- (1) she is a resident on or before 2 Dec 69;
- (2) she is 21 years on or before polling day;
- (3) she is a Canadian citizen or other British Subject and has been ordinarily resident in Canada for 12 months prior to polling day.

So the majority of qualified electors on polling day at Aspen Park and Evergreen will be wives and dependents. And if you have this privilege of exercising your vote, please do so! Long ago, a group of women worked very hard to get the female vote... So get to know your candidates for each party and when it comes time to vote, you'll know for whom to vote.

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REASONABLE RATES



ENTERTAINMENT

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BAKED FRESH DAILY

Seed Bread - Irish & Rye Bread

16 oz. loaf, 24¢ each or 10/\$2.20

Sliced Bread - 5/\$1.10

Pan BREAD - 5/\$1.00

**Homemade Breads, Buns, & Cakes  
Imported Chocolates & Cheeses**

HOT PIZZA TO GO - Baked to your order in 15 min.

# Navy Vets Plan Reunion



DAUPHIN, Man (CFP) -- The naval veterans organization here is planning a reunion to coincide with their province's centennial celebrations.

The reunion, planned for June 12-14 will be open to all former and serving members of both the Canadian Navy and the Royal Navy plus members of the merchant marine.

Reunion secretary, F.H. Seeley, in a letter to the forces Sentinel

magazine, stated that not only was the invitation open to all former and serving Canadian and British seamen, members of the women's naval services, and merchant marine but to their husbands, wives and girlfriends.

Information on the reunion may be obtained by writing F.H. Seely, corresponding secretary, Navy Veterans Reunion, Box 129 Dauphin, Man.

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IN THE GIMLI  
Medical Arts Building.

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**THIRST MATE**

*Canned Drinks*

10 for 99¢  
24 for \$1.99

**NICE 'N' EASY**

*Hair Colour  
Regular \$2.25*

**SPECIAL \$1.49**

**SECRET DEODORANT**

*Roll-on or Spray  
Large size*

**SPECIAL 99¢**

**FRENCH FORMULA**

*Hair Spray*

**SPECIAL 88¢**

**MODESS NAPKINS**

*Package of 48*

**SPECIAL \$1.49**

**SCOPE MOUTHWASH**

*Family size*

**SPECIAL \$1.19**

**CLAIROL QUIET TOUCH**

*Hair Spray  
Regular 99¢*

**SPECIAL 66¢**

**ULTRA-BRITE**

*Toothpaste  
Family size*

**SPECIAL 88¢**

**JERGENS LOTION**

*Family size Reg \$1.75*

**SPECIAL \$1.39**

**ROWNTREES**

*Chocolate Bars  
all 10 for 88¢*

**FACT TOOTHPASTE**

*Super size*

**SPECIAL 99¢**

**BENYLIN COUGH SYRUP**

*8 oz. Reg. \$2.05*

**SPECIAL \$1.19**

Norm. J. Taylor B.Sc.(Ph)

Pat. L. Taylor B.Sc.(Ph)

# CENTENNIAL FLASHBACK

## Tribute to Settlers of Gimli Area

### CENTENNIAL FLASHBACK

Reminiscences of Simon Simonson  
Translated by W. Kristjanson  
Edited by Col. J.F. Dunlop

#### TRANSLATOR'S FORWARD

Simon Simonson tells his story. It is obviously written without thought of publication; it is highly personal, and does not attempt to tell a comprehensive story of the settlement.

Since it is written from the autobiographical and not the broad historical point of view, other accounts of the time and place must be kept in mind in order to obtain a true final impression. The author is at times justly critical of the leaders. It should be borne in mind that at the time when the site of the settlement was chosen, it was proposed to build the main line of the Canadian Pacific Railway through Selkirk, that among the few buildings erected in the fall of 1875 there was a school-house, and that about the New Year Carrie Taylor was teaching a class of approximately twenty-five pupils; that despite the devastating small-pox epidemic of 1876-77, the settlers organized in February of 1877 a local government, and a formal and impressive constitution set forth clearly and concisely the duties of officials and made provision for collection of taxes, building of roads, sanitation, maintenance of records, and arbitration of disputes; that in 1878 FRAMFARI had six hundred subscribers, three hundred in Canada and three hundred in Iceland. It should be noted here too, that some members of the first group brought nets from Iceland, only the mesh proved too large for lake fishing.

This translation has been a labor of love and is a small tribute to the memory of the pioneers to whom we owe so much.

----

On the tenth of September, 1874 at half past one o'clock, the ship moved down the fjord. Outside Drangey, the view was dimmed and the seas ran high. Everybody was sea-sick. This was on the eleventh, a Friday. Then a direct course was set for Quebec, where we arrived, safe and sound, on Wednesday the twenty-third, although two of the

days at sea had been very bad. The ship's speed varied from seventy-five to 265 miles a day. The distance to the St. Lawrence River was 2194 miles.

After a considerable wait, we proceeded to the Immigration shed. Sigtryggur Jonasson met us there, and immediately assumed the role of guide and interpreter. This gave the people a momentary uplift of the spirit.

That night we moved into the coaches, which the majority thought a considerable novelty, so very different from anything at home. We proceeded to Montreal, where we had a meal, and then went on to Toronto. On the evening of the twenty-fourth we moved into the Immigration shed. We had a long stay there. Our fare was good; at least, there was sufficient beef, but it proved unsuitable food, being too heavy, and the people generally became considerably indisposed, especially the children. However, during all this long journey our family was in good health.

We left Toronto at night. We had to proceed on foot through the city for about three miles carrying our luggage. I carried my little Gudrun, but my Gudmundur walked. I thought the buildings so high and the streets so narrow that the street was like a narrow ravine at home in Iceland, but the travelling was different, for the streets were paved with stone. We arrived at the railroad station about day-break.

The railroad ran north, about eighty miles, to Coboconk, where we had our midday meal, at three o'clock. The town was newly built. The landscape there was becoming much more unattractive and more stony.

October 9, 1874. Before us lay a journey of fourteen miles, by horsedrawn wagons, over stones and brambles and wet ground. That was a trying journey for the children, who were sick or ailing, and for the women. The jolting of the clumsy wagons on the rough road was fearful. Anybody with sense would have known the effects of this journey would be anything but good, and such proved to be the case. Many of the children collapsed and also some of the grown-ups, chiefly the old folks.

About midnight the people were dumped out of the wagons, under the trees, in darkness such as I have scarcely seen the like. We knew not where to go, and had the sick children on our hands. At last, after a long and distressing wait, with the people milling about in the mud, two of our countrymen came, bringing a faint light.

Tired and hungry, we arrived at our miserable quarters. There was some food on the table, but only the strongest secured this, while the weak and the sick received nothing. Each thought of self, and of no one else. I could not bring myself to act like a wild beast.

Our family, and eight others, were assigned to number four hut. It will be left to the imagination what the atmosphere was like inside.

The walls and gable ends of the house were of logs, and the roof of boards. The beds were one above the other, with end to the wall. It was scarcely possible to sit upright in the side-beds.

Sigtryggur's plan was to have a communal table, with all alike sharing expenses. This system, however, did not last. There were those who tried to cook and did not do so well, and there were those who pilfered supplies. I do not care to describe it now, after twenty years; this was an unhappy period of my life. Also, we had to wait for our bed-comforters several days. All this was hard on the children, who were continuously taking ill. As for the men, they were unused to the work, and all were ignorant of the language. Most bitter of all, for me, it was to see my little Gudrun suffering intensely and to be unable to ease her suffering. She kept nothing down. There was little milk to be had and what little there was, was not good. About nine days from the time Gudrun became ill, God took her to himself, in his merciful embrace. She died at ten o'clock in the evening of Saturday, the eighteenth of Oct. Jon Ivarson made the coffin. She was buried on the twentieth in Kinmount cemetery. Jon and Jakob Espolin dug the grave and were pall-bearers. Gudrun was a lovely and pleasant child, well developed for her years, and appeared to be endowed with good intelligence, I shall mourn the loss of my loved one as long as I live.

**GIMLI & CFB GIMLI  
 GUYS 'N DOLLS  
 — MIXED —**

**BONSPIEL**

**64  
 RINKS**

**4 EVENTS**

**ENTRIES  
 \$20.00  
 (Accepted with Entry)**

**THURS. NIGHT, FRI. AFTERNOON THRU SUNDAY  
 MARCH 12-15**



**BANQUET SATURDAY EVENING**

**(NO CURLING DURING BANQUET)**

**Entries to: Bill Cormack, Ph. 642-5238 - Eddie Berzowski, Ph. 642-5260 or 642-5065  
 or Write to Box 421, Aspen Park, Manitoba**

# Uplands Accepts Our First 707

SEATTLE, Wash. (CFP) -- A forces aerospace engineering establishment team from base Uplands has taken delivery of the first of four Boeing 707 jet transports at nearby Boeing Field. Acceptance of the remaining three by the AETE team is expected to be completed by mid-March.

The team, Maj. Glen Personius (USAF exchange officer) and Capt. Walter Dennis, both pilots, Capt. Fred Johns, navigator and WO Robert Neve, flight engineer, put the big jet through its paces. The team has been here since Feb. 10.

Four forces air crews and ground personnel have already begun training on the 707 here at Boeing Field. Flying crews receive seven weeks training while ground crews require a month's training.

Three of the four big jets are scheduled to fly into base Trenton, Ont., April 10. The fourth will stay at Boeing to complete crew training.

The 707 can carry 188 passengers and 14,100 pounds of freight or 91,000 pounds of cargo at a cruising speed of 600 mph. The turbo-prop Yukon carries 134 passengers or 54,000 pounds of freight at a cruising speed of 370 mph.

It will cost just under \$10 million a year to operate the four 707s compared to \$16 million for the 12 Yukons. The Yukon fleet will be phased out of service by March, 1971.

The 707 is not only a passenger/cargo aircraft -- it also has an inflight refuelling capability for short-range fighter and tactical aircraft.

The \$55.9 million Boeing programme includes spare parts, ground support equipment, training, spare engines and ground maintenance support. The man behind the program in Ottawa is Col. Paul F. Peter, director of aerospace engineering at Canadian forces headquarters.



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THINKS MILITARY



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# THE ETERNALS IN ACTION

PLACE OFFICERS' MESS  
 CABARET NIGHT  
 TIME + DATE 21:00 14 MAR 70  
 WINE CHEESE

JUNIOR RANKS CLUB

Sunday, 8 March 70

Movie: "THE NAKED RUNNER"

2:00 p.m. at the Jr. Ranks Mess

Come out and try the cocktails.

The regular meeting of the Jr. Ranks Wives Club will be held on Tuesday, March 10th, at 8:30 p.m. in the Social Centre.

There will be a demonstration on the care and styling of wigs by the ladies from the Penthouse Hair Boutique.

Come out, bring a friend, and -- oh, Yes! Don't forget your WIG.

WARRANT OFFICERS

and SERGEANTS MESS

Friday, 6th March...

1600 hrs: Photographer will be present to take pictures of all beard growers (the scruffy ones).

1700 hrs: Judging of the beards - presentation of prizes, Food..pieces of Gold (4)

# ICE STAMPEDE



14  
M  
a  
r  
c  
h



7.P.M.



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3/4 miles West of Airport on the Fraserwood Road. Partly furnished. Hot and cold water - available immediately. Ph: 642-5687.

## MISCELLANEOUS

1966 Suzuki Motorcycle 80 C.C. in good condition. Also 1953 Mercury in good condition, radio, winter tires, V-8, best offer. Phone 642-5350.

For Sale: Baby carriage in good condition. Phone 642-8231.

1969 Eaton's Tent Trailer. Sleeps 6, mattress and two spare tires. Call 642-5488 after 5:00 p.m.

One Brass Bed (single size) - asking original price of \$40.00. Phone 642-5038 after 4:00 p.m.

For Sale: 15" portable TV, Kroehler platform rocker, Two 7.35x14 whitewall tires, car top carrier, child's moulded rubber rocking horse, child's stove and sink set. G.E. portable hand mixer, assorted airman's uniforms size 5'7" 140 lbs. Small tricycle, child's desk table and stool, telephone table, and swing set. Phone 642-8184.

For Sale: 17! Glastron Fiber glass Deep V windshield steering control, Brand new - \$1295. 22' Shephard Runabout Inboard. Brand new naughahyde interior. Radio, almost new V8 engine (100 hours). \$12,000 replacement 4500 - Boat - 500 - Trailer. Ph: Wpg WH23331 or 642-5329.

WANTED: A 14 or 16 ft aluminum boat, also a sidewalk bike - phone 642-8216.

LOST - Last Saturday at the Cpls' Club - Black patent shoes. Please call 642-5452.

REQUIRE full time Mess Secretary for Officers' Mess, CFB Gimli. Must have working knowledge of typing and accounting. Salary based on experience. Apply to Major B. Giffin, PMC Officers' Mess, CFB Gimli, Aspen Park, Man.

# Starlite Theatre

SUN - MON MAR. 8-9  
GENERAL - 105 mins



Doris Day and Brian Keith in  
"With Six You Get Eggroll"

THUR MAR 12  
GENERAL - 105 mins

With apologies to Willie Sutton, Jesse James and Bonnie and Clyde...



FRI MAR 13  
GENERAL - 118 mins



HOWARD HAWKS PRESENTS  
RED LINE 7000  
TECHNICOLOR  
JAMES CAAN - DEVON HIRE - HOLT CRAWFORD - HILL WARD - ALDEN

SAT MAR 14  
GENERAL - 132 mins

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## THE FRAMFARI X-WORD

F D A N O I T C U R T S N O C  
R A D M I N I S T R A T I O N  
G E N G I N E C I L O P N U O  
D O B A R A E N A C A T N T I  
A U L M N O C A E B R O E E T  
R I O F A T S O L O R W R R A  
A A R L T H G I L F I E N S T  
T I P K C O C L E U F R Y P R  
S N O W B N E M I N T G L O O  
R A D A R R O W U C S E P H P  
E O S A A M U I M N E C P S S  
V E I D U A L N T H E O U K N  
L N I L M I G D W A A L S R A  
I O M O C E L E T A T D P O R  
S N F R E Q U E N C Y S D W T

Listed below are the words that you will find hidden in the puzzle above. These words are spelled out in all directions - so - look very carefully. By assembling the letters that remain, in order, you will find today's hidden words which will be published next week. This week's hidden words have 15 letters.

LAST WEEK'S ANSWER:

### POPULATION EXPLOSION

#5 CFB GIMLI

- |                |                |
|----------------|----------------|
| ADF            | INNER          |
| ADMINISTRATION | ME             |
| AE             | OUTER          |
| AIR            |                |
|                | PLENUM CHAMBER |
| BAR            | POLICE         |
| BASE           | RADAR          |
| BEACON         | RADIOS         |
|                | RAIN           |
| COCKPIT        | RUNWAY         |
| CLOUD          |                |
| COLD           | SILVER STAR    |
| CONSTRUCTION   | SNOW           |
| CONTROLLER     | SOLO           |
|                | STATION        |
| DUAL           | SUPPLY         |
| ENGINE         |                |
|                | TACAN          |
| FLIGHT         | TELECOM        |
| FREQUENCY      | TOWER          |
| FTS            | TRANSPORTATION |
| FUEL           |                |
|                | WIND           |
| GIMLI          | WHEEL          |
| GOLF           | WORKSHOPS      |