



Framfari



Volume 1 Number 6

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

Friday March 13, 1970

Town and Maintenance Tie for Trophy

This is your Framfari press correspondent reporting from the scene of the Winter Carnival 70 conflict. The smoke is settling, wounds are healing, tempers are cooling, and peace reigns supreme, at least for this year. The victors; Maintenance and Town, united in a coalition, with FTS and HQ close behind the leaders. Saturday evening at the wind-up dance, Carl MacDonald presented the Falcon Trophy to Ken Orford for Maintenance and Danny Sigmundson, Jr., for the Town.

A summary of Manitoba's longest Carnival:

The opening, officiated at by Col. J.F. Dunlop, Base Commander, and Danny Sigmundson, Mayor of Gimli, was attended by over 400 people. After the parade from Tomboy to 1st Avenue, Marilyn Smith was crowned Queen of the Carnival with Joanne Arnason and Lynda Bahry as her princess. Following the crowning, the out-door novelty events, organized by John Williams,

took place and FTS was the overall winner of these events. Various sports occurred during the next eight days, with water basketball and broomball proving the most exciting and often the most controversial of the team sports. The Town easily overcame all competition in water basketball and HQ won the broomball tournament.

Novelty Night, organized by Chuck Coolen, was a new innovation in the Carnival, and was attended by hundreds of partisan supporters. FTS and the Town were the major winners during Novelty Night.

Friday night, the Legion hosted the darts, bridge, and cribbage competitions until well after midnight. The Town easily won most events, taking 4 of the 6 1st place points. By Saturday all that remained was the car rally and snow sculpture to win or lose the trophy for each division. Tom Nevison and Bill McMullen took 1st place in the rally with FTS being the overall winners. The Town won 1st place

in the snow sculpture and thus a tie for 1st place in the Carnival.

Most people agree this year's Carnival was the best so far; the participation was high, enthusiasm was evident in every sport, and those that did not win still enjoyed themselves immensely.

A great deal of thanks goes to Jack Anslow and his Committee for the time and effort they spent over the last three months; to the co-ordinators of each sport; to the merchants and business people that encouraged or allowed many many posters to be posted on their buildings; to the Queen contestants; to Jerry Westphal and his skiers; to Bill Springstead and his divers and to Maintenance for the organization and decoration of the Windup Dance. However, my biggest thanks goes to you, the participators, without whom, the Carnival would never have been the tremendous success it was.

See you at the Carnival next year!!

Recruiters and PSUs Unite

OTTAWA (CFP) -- Enlistment in the Canadian Armed Forces has been simplified.

Previously, potential recruits were required to visit a recruiting centre before being sent to a personnel selection unit for further documentation and testing. Now the 15 Canadian Forces Recruiting Centres and 13 detachments in Canada will be known as Canadian Forces Recruiting and Selection Units, performing both functions at the one location. The re-organization will result in considerable savings in applicant travel and increased convenience to the potential recruit, which in turn will enable the Forces' recruiting organization to compete on a more favourable basis with civilian manpower recruiters.



Carl MacDonald presents the Carnival Trophy to Maintenance rep., Ken Orford and Town rep., Danny Sigmundson Jr. Coordinator Jack Anslow looks on.



"TOP O' THE MORNIN' TO YE"



Editorial

BREAK RADIO SILENCE

Last June this paper suggested that the Canadian Armed Forces public relations weren't all that they should be. Once a year--on Armed Forces Day--we exert ourselves and the public responds dutifully, then the whole thing is dropped for another year.

With the continuing attacks upon unification which are made in the daily press, the Public is becoming confused over the exact state of the armed forces. John Citizen is told one thing by the government and something altogether different by the detractors of unification.

We submit that the public should be jofferred more day to day human value news of the armed forces.

In this respect, why not a radio feature of, say, fifteen or thirty minutes weekly? There are certainly adequate service personnel in the southern Manitoba area to warrant it. Not only five bases, but a good number of reserves and cadets. Add the dependents and associated civil service personnel and you have a pretty big group of interested people.

But the aim of a radio outlet would be to present the people of the CAF to the public. Let them know what we're doing in our daily routine--perhaps using "minitorial" interviews with everyone from private to general.

Radio today attends to the needs of age groups, religious and ethnic groups and in general caters to the cultural spectrum of Canadian society.

Servicemen, let's break radio silence. --Voxair.

"STAY TUNED" TO THIS SPACE FOR UNISKINS

Dis-'comforting' News

APPEAL

To all housewives in Aspen Park (PMQs and Evergreen) and in the town of Gimli, and surrounding areas.

The undersigned has had the misfortune of dealing with "Scotts Cleaners" and is now missing two valuable "comforter covers" of white cotton damask. The first cover was sent for laundering in November 69 and was not returned to me. Upon investigation, Scotts drivers claimed that said cover was delivered somewhere in the Gimli area, obviously to the wrong address, and recovery attempts have not been successful to date.

On the 10th of February my second and last comforter cover was sent for laundering and, much to my distress, was lost again. Upon numerous telephone conversations with Mr. Selby, Manager of Scotts Cleaners in Winnipeg, I was finally informed that my second comforter cover was delivered to a householder in Evergreen and the recipient accepted at the same time, \$5.00 CASH which was to be the claim settlement for my first missing comforter cover. Again, recovery attempts by Scotts drivers have been without success.

It is due to the latter that I am using our newly founded "FRAMFARI" for a cry of help. It is my opinion, that, if indeed the cover and \$5.00 were delivered in Evergreen, the recipient may have had a claim against Scotts Cleaners also and accepted the cash in good faith for their own loss. I am therefore making no attempts to regain the cash settlement, but, am begging you to notify me if one or both comforter covers should be in your possession. Identification of the covers should be relatively easy as both are of unusual size: approximately 105" wide by 90" long, the lower end being closed by cotton ties. The material is a fine, all white, cotton damask with an embossed sunflower pattern. It took 10 yards of 52" wide material to make one cover and their value is \$25.00 each. I am further able to prove ownership of the covers with left over pieces of material which will match that of the covers.

I am hopeful that the readers of "FRAMFARI" may be able to help me in my plight and that I will hear from at least one of you in the near future. I may be reached at the Base Hospital, 642-5151 local 104 R 2 during the day and at 642-8294 after working hours.

Roni McKee

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: Editor, Framfari

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

Deadline for all copy: 2 p.m. Monday

PUBLISHER

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Base Commander

BUS. & PROD. MGR.

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DEADLINE:
2 p.m. MONDAY
PLEASE TYPE
SUBMISSIONS IF
POSSIBLE.
OTHERWISE,
BE NEAT.

CARNIVAL '70 SCOREBOARD

Complete Summary

	FTS	MAINT.	TOWN	HQ
Smooch - Ladies	8	6	6	7
Mens	6	8	7	5
Mixed	6	8	5	7
Snow Shoe - Ladies	8	7	5	6
Mens	7	5	6	8
Tug-0-War - Mens	6	6	8	7
Rifle - Mixed	8	7	6	5
Volleyball - Mens	8	5	6	7
Ladies	8	8	0	6
Water Basketball - Mens	7	6	8	5
Ladies	7	6	8	5
Table Tennis - Mens	7	8	5	7
Ladies	6	8	8	6
Sack Race - Men	8	7	5	6
Egg-Carrying - Men	8	5	7	6
Tug-0-War - Men	7	6	8	5
Ladies	6	5	8	7
Egg-Toss/Catch - Men	5	8	6	7
Beer Drinking - Men	6	8	5	7
Wine Drinking - Ladies	8	6	7	5
Badminton - Mens	8	6	5	7
Ladies	5	6	8	7
Mixed	8	6	5	7
Sack Race - Ladies	5	6	7	8
Egg-Carrying - Ladies	6	8	5	7
Egg-Toss/Catch - Ladies	7	6	5	8
Curling - Ladies "A"	5	7	8	7
"B"	5	7	8	6
"C"	5	6	8	7
- Mens "A"	5	6	7	8
"B"	7	7	8	7
"C"	7	8	7	7

"you
can't
tell the
winners
without
a
scoreboard"

**TOWN
363
MAINT.**

- Mixed "A"	5	6	7	8
"B"	8	8	8	5
"C"	5	6	7	8
Broomball - Ladies	6	5	8	7
Mens	6	6	7	8
Bridge - Ladies	7	5	8	6
Mens	8	5	7	6
Cribbage - Ladies	8	7	6	5
Mens	6	8	8	5
Darts - Ladies	6	5	8	7
Mens	6	6	8	7
Snow Sculpture -	15	21	24	18
Car Rally -	24	18	21	15
Bowling - Mixed "A"	8	6	5	7
"B"	6	7	5	8
- Ladies "A"	6	8	5	7
"B"	6	8	5	7
- Mens "A"	5	8	6	7
"B"	7	8	5	6
FINAL TOTAL	361	363	363	357

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Chapel News

PROTESTANT CHAPEL

Rev. D.W. Hilton - Phone: 156r2

SUNDAY - 15 MARCH

- 1000 Hrs. Divine Worship
Sermon "Life is Precious"

SUNDAY SCHOOL

- 1000 Hrs - Goulding School

CHAPEL GUILD

- 2015 Hrs - Chapel Annex -
Wednesday - 18 March

CHOIRS

- 1830 Hrs - Junior Practice
Thursday - 19 March
- 1930 Hrs - Senior Practice
Thursday - 19 March

SPECIAL SERVICES - 27 March

- Good Friday - 1000 Hrs.
A joint Service with the
Congregation of St. August-
tine's Anglican Parish in
the Chapel.
- Easter Sunday - 29 March
0830 Hrs - Holy Communion
1000 Hrs - Divine Worship

R.C. CHAPEL

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

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- 1115 hours
Weekdays - 1700 hours.

CONFESSIONS:

Saturday - 1600 to 1700 hrs.
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BAPTISMS: By appointment. Usually
on Sundays.

MARRIAGES:

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your Chaplain.
2. FOR A MIXED MARRIAGE - Four
months notice would be pre-
ferable since the Non-
Catholic party needs to take
a few instructions about the
Catholic faith.

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

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

A Victorious Life

Joseph Hromadka, the great leader of the Reformed Church in Czechoslovakia, died on December 26th 1969. When the Nazis overran his country in 1938-39, Dr. Hromadka was forced to leave and came to the United States. There he organized Czech resistance and during the Second World War was known and admired for both his courage and his dedication to those principals he believed to be right.

After the war, Dr. Hromadka returned to his teaching position in Prague. He was the foremost leader of Czech Protestantism at the time of the Communist takeover. It was both uncomfortable and dangerous to be a Church leader in Czechoslovakia at this time. Dr. Hromadka elected to remain and endeavoured to build a bridge between Church and government. Gradually he was able to gain the respect of government officials and, in time, exerted a great deal of influence over such men as Alexander Dubcek and other liberal thinkers. Hromadka did not seek to destroy communism as a political system, but he sought to temper communist philosophy with Christian hope. At the time his labours seemed to be bearing fruit, the Russians occupied Prague in August 1968. Shortly after, Hromadka suffered his first severe heart attack.

I first met Dr. Hromadka in 1954 when I was a student-delegate to the World Council of Churches. When asked why he elected to remain in Czechoslovakia under the Communists, he replied, "I never asked to be born in Czechoslovakia; God placed me there. I never asked to live in the Twentieth Century; God placed me there. As long as God placed me in Czechoslovakia in the Twentieth Century, I shall endeavour to proclaim the Gospel in Czechoslovakia in the Twentieth Century, no matter who is in power."

Joseph Hromadka lived a victorious life. His influence will long outlive him. The Christian Faith has survived because there were people who were not afraid to proclaim the Gospel under the most adverse circumstances. Joseph Hromadka was one of these people.



Seven young people confirmed Sunday in the Protestant Chapel are shown with their fathers after the service. L. to R. front row are Cathy Hilton, Carole Penny and Laurel Fehr. Back row L. to R. Clifford Penny, Mike Zinman, Darrell Fecteau and Paul MacLean.

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Yours, Fredd

Dear Sir;

Well, Winter Carnival is over for another year ... in fact, my muscles should just about be back in shape by next year! Hopefully, my Excedrin Headache #29 will repair itself a bit sooner. All in all, though I think Carnival arrived this year ... most people got involved in one way or another and everywhere I went people were talking about "last night's volleyball game" or "the results of yesterday's curling" (or, in my own section, "Did you go and watch Fredd make a fool of himself last night?") Yes, after four years of Carnivals, the people of the town and Base have come to expect it as surely as they expect 40° below and fish flies and pot holes. And that's good.

Especially noteworthy, I thought, sir, was the intense competition at some of the events. Particularly memorable was that great brawl in the Men's Broomball when the game ended early with the presentation of the "Ted Greene Cracked Skull" Trophy. I also enjoyed the near-drowning and the hair-pulling in the Women's Water Basketball. It was great fun and added just that extra touch of competitive flavor so necessary in a friendly game. Kinda makes you wonder, sometimes!!!

May I, on a rare serious note, congratulate Jack Anslow and his very hard-working Carnival committee for a job extremely well-done. Sure, there are always complaints, but this year they reached a minimum. And to all the participants ... wait, till next year!! Fredd'll whomp you all!! (If you guys from the section don't whomp Fredd first)!!!

Yours

Fredd

A HOME OF YOUR OWN

Don't rush out and buy a plot of land on the strength of it but studies are presently being made regarding the feasibility of assisting the serviceman in buying a home on retirement by making use of part of his superannuation pension. This study is in a very early stage and when the full implications are examined it may be dropped like a hot potato as being of no value to either the serviceman or the Department. How many would be interested? How much would it cost? Where would the Department lay its hands on the millions of dollars required? What would the interest charges be? All of these factors must be considered before any decision for or against can be made. We expect the study will take a full year and we will keep you informed of developments.

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Pollution

- Dix

The Planet Earth is very sick and the symptoms of this disease are all around us -- in our air, our water, and even our food. Many of our scientists believe that pollution may have gone too far, while others fear that if we don't act very soon -- this decade -- the end of life is a certainty.

In some of the past issues, concerned citizens have submitted articles on pollution - but - "What did we do?" Did we act on the advice given or did we just talk about it. NOW IS THE TIME to do something.

In the next few issues I will try to deal with some of the different areas of pollution and attempt to show you some pretty frightening facts on what could be our biggest killer. At the end of the series I will sum up everything I have mentioned and try to suggest some ways in which we could improve each area ourselves. If any of you are interested and have any ideas or comments - please write in. Also if you have any photos of pollution at work we will try to fit them into the articles.

Lately, we have been hearing a lot about pollution - mercury pollution contaminating tons of fish daily in the lake right beside us, - oil spillages in England, California and now on our East Coast. - Pollution from supersonic transports - cyclamates in our soft drinks - sulphur in Sudbury - and who knows what industrial waste in Lake Ontario.

There are other types of pollution too - and we have one right here at Gimli - Noise pollution from Jet aircraft. But just as damaging, scientists say, is music - Our youngsters stand a good chance at being hard of hearing by the ripe old age of 30 due to the culprit of highly amplified rock and roll music.

These are just some of the subjects I will deal with in the next few issues.

Address any articles or comments to Pollution - Framfari, CFB Gimli, Aspen Park, Manitoba.

ATTENTION: HORSE LOVERS

There will be a practical handling demonstration of horses at the MacPherson's Stables, Winnipeg Beach on Sunday 15 March at 2 P.M. (1 mile WEST of Highway #9 ... Park Street). Everyone welcome. See you there.

CFB GIMLI AUTO CLUB

MON-FRI 0815 - 2100

SATURDAY 0900 - 1700

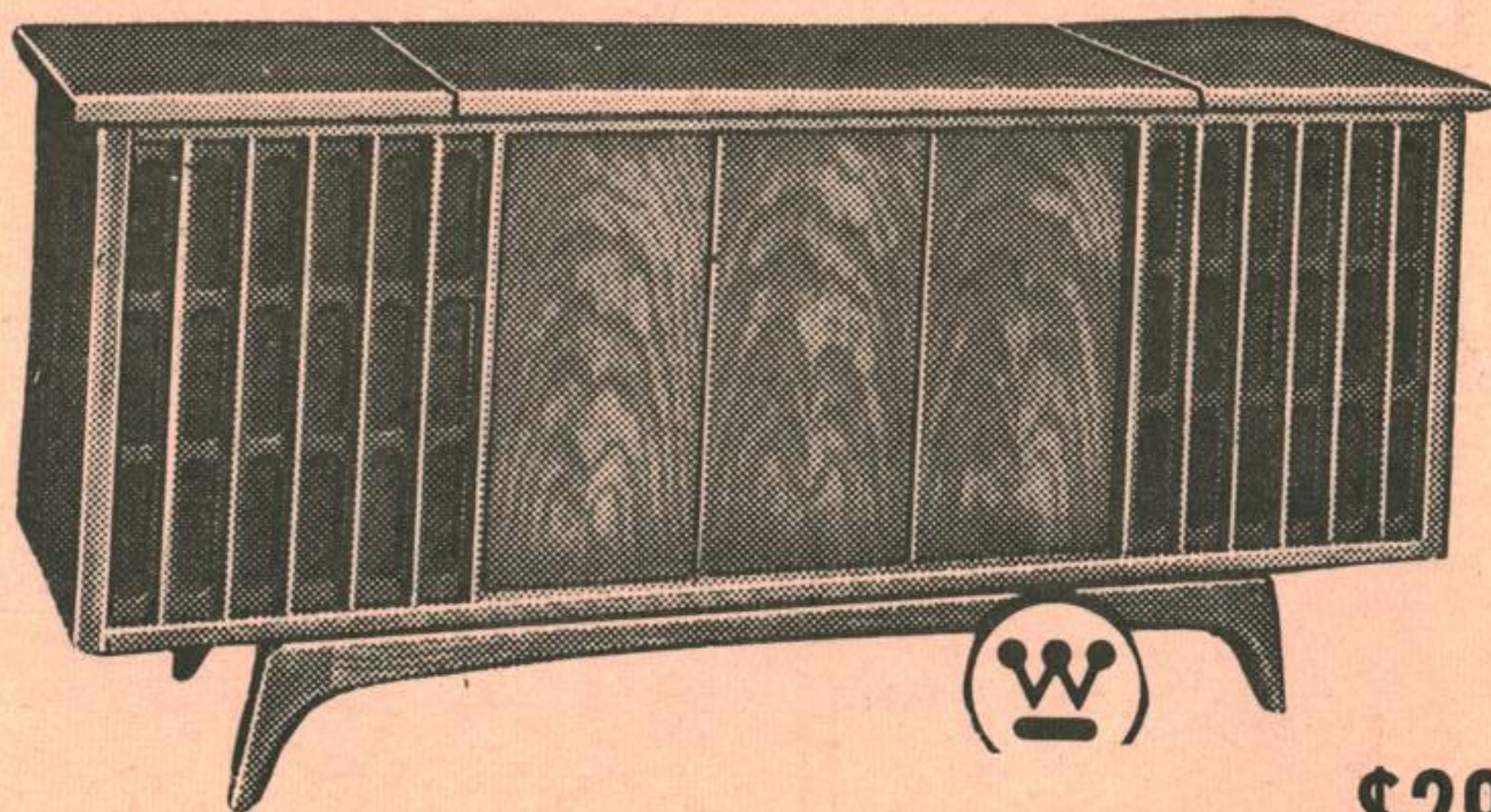
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Trim 'n' Fit

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Lie on the floor with legs straight and hads slightly under the body. On the count of one, raise both legs to the vertical position. On two, cross the legs one way. On three, cross the legs the other way. On four, bring legs together. On five, lower the legs to the starting position. On Six, rest. In other words, the count will go like this RAISE, CROSS, CROSS, TOGETHER, DOWN, REST, ETC. Keep those knees straight, start with only 4 routines and gradually work up to 12.



And here's a hint from one of our readers, for all you lady snow-shovellers. Shovelling can be a beneficial exercise if done properly. The secret is to bend your knees and not your back. Bend your knees 'way down and you'll be spared that miserable shoveller's backache. Look at snow-shovelling positively - a chance to get out of the house and get some exercise.

Gardening

Elizabeth

Here we are in the wintry weather again, away below zero and now is the time to sit down and plan changes to the surrounding garden and lawn areas, especially the view from the windows of the house. Shrubs, and trees, for those in their own homes, can be planted to give joy in the winter and other seasons as well. Some of these have colored bark and leaves that last long after the flowering types are finished.

If your yard is a short cut for everyone, a thorny hedge or prickly roses will give you some privacy. Barberry, hawthorn and the caraganas will keep intruders on the walkways. Be careful not to plant too close to corners where the view will be obstructed for drivers of motor vehicles. Planning pleasant yard areas can lead to planting in the early spring to make our living areas beautiful for everyone to see.

GIMLI



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89¢

3 14 fl. oz. TINS

Announcements

The Gimli Hospital Auxiliary is sponsoring a St. Patrick's Day Tea and Bake Sale on Sat. Mar. 14th, in the Gimli Hotel Dining Room. Time: 1:00 to 4:00 P.M.

The Protestant Chapel Guild will hold its regular meeting Mar 18th at 8:15 in the Chapel Annex. Members are asked to remember their donations for the work basket.

YOUNG PEOPLE CONFIRMED

Seven young people were confirmed according to the Rite of the United Church of Canada in the Base Protestant Chapel on Sunday March 8th at the regular hour of worship. The Service was conducted by the Reverend D.W. Hilton, Base Protestant Chaplain and the Sermon was delivered by the Reverend J.S. Cameron of St. Augustine's Anglican Church Gimli. The Elders who assisted the Minister were Messers Keith Watts, Jack Rogers and Frank Stacey. Those confirmed were;

Catherine Anne Hilton
Laurel Gail Fehr
Carole Ann Penny
Clifford Lewis Penny
Allen Darrell Fecteau
Paul David Maclean
Michael Robert Zimmer

MARRIAGES

Gordon Leslie Parker of CFB Gimli and Cassandra May Reid of the town of Gimli were united in marriage by the Rev. D.W. Hilton on Saturday Mar 7 at 2:00 p.m. in the Base Protestant Chapel. The reception was held at the home of Lt. Neil and Mrs. Griffith following the Marriage Service. The Maid of Honour was Vera Kopiski and the Groomsman was David Warner

Robert Wayne Hewey of CFB Gimli and Patricia Jane Lomenda of the town of Gimli were united in marriage by the Rev. D.W. Hilton on Saturday Mar 7th at 7:00 p.m. in the Base Protestant Chapel. The reception was held in the Viking Room following the Service. The Maid of Honour was Donna Sinclair, the Groomsman was George Mitchell.

Beauty Spot

Here is a "tuned-to-winter" beauty question and answer series.

- Q. Soap's my all-year round cleanser. But if we have an old-fashioned winter with lots of outdoor activity, my skin dries right out. I've noticed this increasing over the past few years. Any solution?
- A. At a time when you need every possible bit of natural oil and moisture in your skin, you're eliminating it with soap and water cleansing. Get into the habit of cleansing cream for dry skin, followed by a skin freshener as a rinse. That combination will make skin feel cleaner and smoother in a very short time. As skin matures, it tends to become dryer, so don't forget regular use of a rich night cream.
- Q. My lips tend to be dry most of the year, but in the winter, they are really impossible. I go to bed slathered with lip-healing salve and still they chap. What can I do?
- A. Night-time care is not enough. Get yourself one of those slick sticks to use as protection before applying lipstick; put another coat over your lipstick. This does double duty by softening and protecting your lips.



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ENGRO

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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. For appointments call 642-8850

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IS YOUR CHILD USING NARCOTICS

IT IS POSSIBLE to save a user of narcotics from a life of horror if detected early. There are not enough doctors in this world to examine each and every possible user, but there are enough parents.

This chart is prepared to alert parents to the various symptoms that drugs produce. Observe your children and note unusual changes in normal behavior.

IF YOU SUSPECT your child is using narcotics and have any information as to where it is being obtained, call your local Police Department.

SEVEN SYMPTOMS COMMON TO ALL NARCOTICS

- (1) Rapid disappearance of clothing and personal belongings from home.
- (2) Sign of unusual activity around hangouts and other buildings.
- (3) Loitering in hallways or in areas frequented by addicts.
- (4) Spending unusual amounts of time in locked bathroom.
- (5) Inability to hold job or stay in school.
- (6) Rejection of old friends; taking up with strange companions.
- (7) Using jargon such as pot, tea, grass, speed, bennies, sticks, acid, bumper, LSD, STP, downs, goof balls.

IDENTIFICATION CHART

Drug Used	Physical symptoms & Behaviour Pattern	Look for	Dangers
Glue Sniffing, Airplane glue, Plastic cement, Gasoline, paint thinners, Ether, Nail Polish Remover, Lighter fluid.	Violence, sneezing, coughing, antisocial acts, drunk appearance, enlarged eye pupils, dreamy or blank expression, slurred speech, irritability, drowsiness, unconsciousness, weight loss.	Tubes of glue, glue smears, large paper or plastic bags, handkerchiefs, pieces of cloth, various volatile products.	Brain, heart, lung or liver damage. Death from suffocation. False sense of safety. Long physical & mental suffering.
Morphine, Heroin, Codeine.	Stupor/Drowsiness, watery eyes, loss of appetite, running nose, pin-point eye pupils.	Needle & hypodermic syringe, needle marks on body, cotton, tourniquet string, rope, belt, blood on shirt sleeve, burnt bottle caps or spoons, glassine envelopes.	Physical addiction, painful withdrawal symptoms. Mental deterioration, Destruction of brain and liver, death from overdose.
Cough medicine containing codeine.	Drunk appearance, lack of coordination, confusion, possible itching, pin-point eye pupils, drowsiness.	Empty cough medicine bottles.	Physical addiction, painful withdrawal symptoms.
Marijuana, Pot, Grass, Tea.	Talkativeness, laughter, sleepiness or excitability, wandering mind, lack of coordination, craving for sweets, increasing appetite, hallucinations.	Strong odor of burnt leaves, small seeds in pocket linings, cigarette paper, discolored fingers.	Possible inducement to take stronger narcotics. Recent medical claims — chronic exposure may injure organs.
LSD, DMT, STP.	Impaired judgement of ability to think clearly, severe hallucinations, goose pimples, chills, vomiting, trembling incoherent speech, cold hands, nausea, laughing & crying, enlarged eye pupils, impulsive behavior.	Cube sugar or animal crackers with discoloration in centre, unusual body odor, small bottles or tubes of liquid, hypodermic syringe and needle, tourniquet, cotton.	False sense of safety. Unpredictable behavior. Chronic exposure causes serious mental changes. Brain damage. Potential for birth defects.
Amphetamines, Pep Pills, Ups.	Enlarged eye pupils, aggressive behavior, giggling, silliness, rapid speech, confused thinking, no appetite, extreme fatigue, dry mouth, shakiness, hallucinations, sleeplessness.	Pills of varying colors, chain smoking.	Aggressive and anti-social behavior. Bizarre mental effects. Death from overdose.
Barbiturates, Goof Balls, Downs.	Incoherency, depression, drowsiness, dullness, slurred speech, drunk appearance, vomiting, quick temper, unconsciousness.	Pills of varying colors.	Potential for physical addiction painful withdrawal symptoms. Coma with convulsions, possible death.

Bilingual Tests in May

OTTAWA (CFP) -- Interested in proving your bilingual proficiency? For English to French testing dates for writing are May 4 through 15 and French to English testing will be done from May 19 to 29. Those wishing to qualify should contact their base education officer. This year 600 servicemen are expected to write the French to English test and 300 the English to French test.

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APOTHECARY'S NOTEBOOK - Drugs in Pregnancy

The following recommendations are offered as a common sense approach to be followed by pregnant and potentially pregnant women, and by nursing mothers to avoid needless risks to health.

- . Take no drug unless there is a specific medical need for it.
- . If the need exists, and if your doctor prescribes a drug to meet that need, take the drug in the amounts and at the times prescribed. Your unborn baby's health can be adversely affected by your failure to take a needed drug as well as by your taking unprescribed medication. If you are potentially pregnant, be sure to tell your doctor this whenever he prescribes a drug for you. If he refers

you to another physician, be sure to tell him if you are potentially pregnant or pregnant.

Curtail the use of over-the-counter drugs (such as aspirin) vitamins, and prescription drugs; during pregnancy and potential pregnancy. In all cases, follow your doctor's advice and do exactly as he tells you.

In addition to oral preparations and injections the term "drugs" includes lotions and ointments containing hormones or other drugs that may be absorbed through the skin: vaginal douches, suppositories and jellies; rectal suppositories; medicated nose drops; etc.

Some drugs exert their adverse effects upon the fetus during the first few weeks following a missed menstrual period. Therefore, discontinue all self-prescribed remedies after a few days after an expected menstrual period fails to occur, and check with your doctor regarding previously prescribed drugs.

If you breast feed your baby, continue to exercise prudence until weaning time. Many drugs taken by the mother are excreted in her milk and may effect the nursing baby.

PRENATAL CLASSES

Any ladies interested in prenatal classes please phone Gimli Health Unit 642-5985 afternoons.

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Emergency phone

E Stefanson 642-8359

R Keeler 642-5253

DENTAL IQ

Your diet and dental problems are very closely related. A supervised diet such as that seen in 'Canada's Food Guide,' published by the Department of National Health and Welfare, will help in reducing dental decay. This brings us to this week's question:

What foods are the most harmful to the teeth and why?

Answer: The foods most harmful to the teeth are those foods that contain a lot of sugar and stick to the teeth for long periods. Some of our common foods have been given numbers indicating their degree of harmfulness to the teeth. The higher the number the more harmful the food:

Toffee.....	30
Caramel	27
Honey,	
Bread and Butter	24
Other Candy	22
Honey	18
Cookies	18
Marmalade	10
Ice Cream	9
Jelly	4
Cheese	0

It is interesting to note that cookies are twice as harmful as ice cream. This is because pieces of cookies remain in the grooves of the teeth, long after they are eaten. The amount of tooth decay resulting from eating these foods is directly related to how often they are eaten, and at what time of the day. A study has shown that children who have four or more between meal snacks per day average 9.8 decayed - filled teeth. The children who had no snacks averaged only 3.3 decayed - filled teeth.

EDUCATION FORUM

SHOULD WE CHANGE OUR EDUCATIONAL METHODS?

On Saturday 14th March, at the Leadership Training Centre (N. of Gimli on 3rd Ave.), there will be a meeting held to discuss the need for a change in educational methods. A four member panel will discuss the subject and then the panel will be open to questions from the floor. The hours will be between 10 am to 5 pm, and everyone is welcome.

Women's World Day of Prayer

On Friday, March 6th, a special Church service was held in St. Michael's Catholic Church to observe the Women's World Day of Prayer. Church women of all denominations in over 130 countries worshipped together on this special day.

In Gimli, the service was ecumenical in that 75 women from seven different churches worshipped together. The theme of the Service was "Take Courage" and at one point these words were spoken by members in at least 10 different languages. Mrs. Rosina Malcolmson gave a most appropriate address, relating the messages of courage from the program, to our own lives here in Gimli.

A quartet of ladies comprised Mrs. Veronica Holly, Mrs. Yvonne VanBuckenhaut, Mrs. Betty Waller and Mrs. Eleanor Borody sang "Thank You, Lord" to the tune of Edelweiss. Mrs. Eleanor Stack and Mrs. Oakley were the organists.

After the Service a lovely lunch was served by the ladies of St. Augustine Anglican Church and the Sacred Heart Church. All women took the opportunity to enjoy this fellowship together and to get to know each other better.

DEADLINE - 2pm MONDAY

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GIMLI H.S. NEWS

The past two weeks have been busy ones for most of the students of G.C.H.S. On Thursday, Feb 26, the boys basketball teams played R.B. Russel High School from Winnipeg. The Juniors were defeated but the Seniors revenged the loss by a narrow victory.

On Wednesday of the following week, the parents took the student's place by going to school and meeting the teachers. This event was to benefit the students in their work.

As if one day away from school was not enough the Grade 10 and 11 Metric classes (the University Entrance Course) along with a few Grade 12's took the following day off. These students left Thursday for the Planetarium in Winnipeg. The day proved to be very interesting, as well as educational.

On Saturday the Senior girls and boys basketball teams played two close and exciting games against Arborg, and once again Gimli came out on top. Winning these games gave our team the Divisional Championship, and this weekend they will be playing in the Zone Finals. Good luck fellas.

Lastly, we would like to add our congratulations to those already given to one of our students, Marilyn Smith, who was crowned Queen of the Gimli Carnival.

Rings are for love.



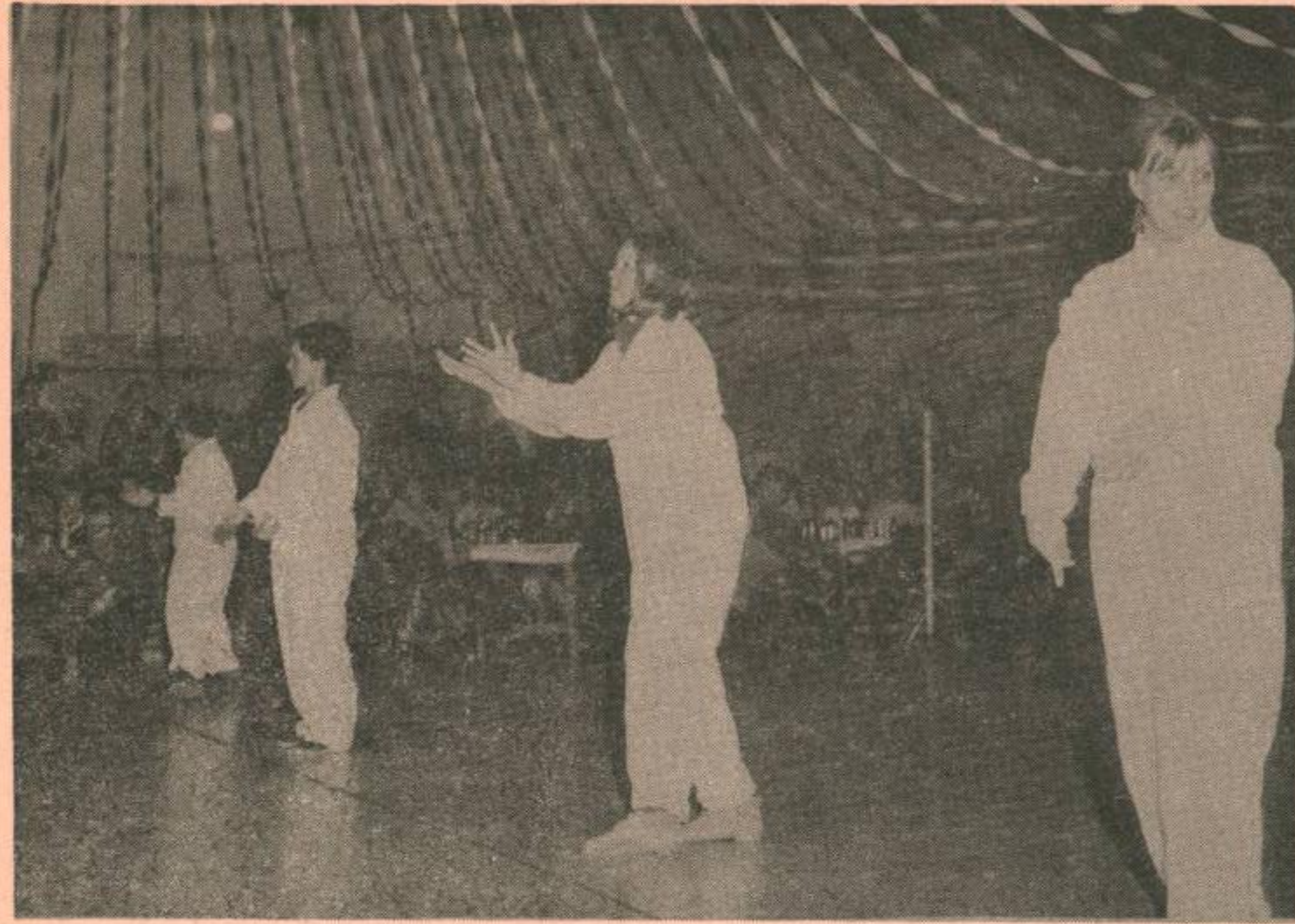
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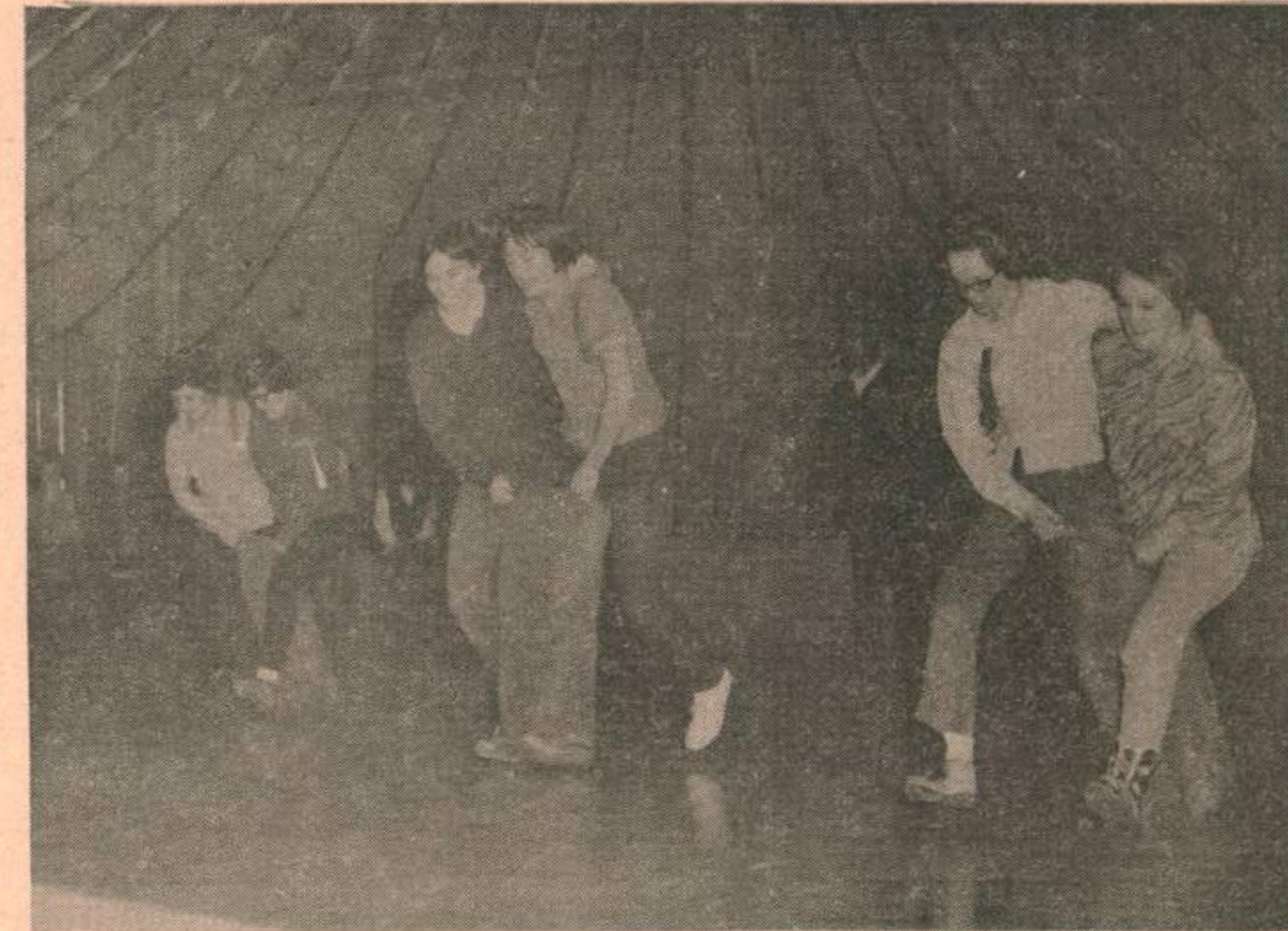
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CARNIVAL WEEK



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THE BIG ONES



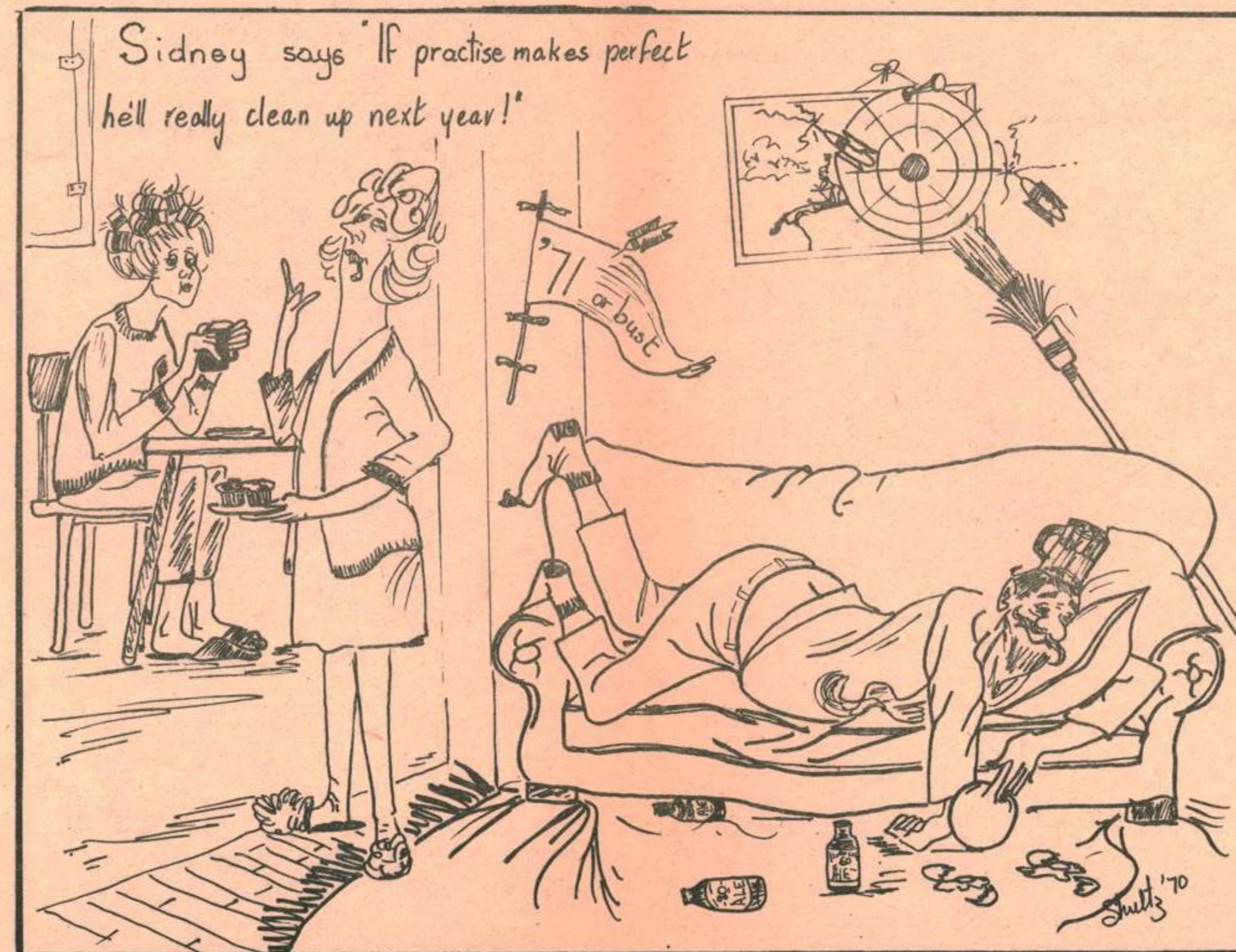
"OKAY GIRLS, THAT'S THE PRACTICE ROUND"



THEY'RE OFF!



SHE WANTS TO CHECK MY BEARD????



SATURDAY MORNING AT THE STOCKYARDS

MINOR HOCKEY

Stan Robinson

Minor hockey last week saw the only undefeated team in the house league go down to defeat. Boston White was leading the Wee Wee league with 8 straight wins but Scott Valgardson of the Canadians put a stop to it almost alone as he scored 6 goals on the way to a 7 to 3 win. Mark McLoughlin had 3 goals for Boston White.

In other games on Monday night, Canadians squeezed past Green 1 to 0 with Peter Parkinson and Russell Wilson combining to get the shutout. In the second game Boston took Leafs 4 to 1 with Dale Martin getting 3 goals for Boston.

On Tuesday in Bantom, Canadians outlasted Black. Kernstead had 3 goals and 1 assist, Ronnie Krulicki had 2 goals and 1 assist for Canadians. Blain Knapik had 3 goals, James Prise had 4 assists for Black. On Thursday in Wee Wee Boston White beat Boston Black 5 to 1 McLoughlin and Troy Valgardson each had 2 goals for Boston White. Green out-classed Red Wings 5 to 1; Allan Lukiw with 3 Ronnie Warcimaga had 2. In the last game Canadians took Leafs 3 to 2. Scott Valgardson scored all 3 for Canadians.

On Saturday in Bantom, Black won 8 to 3 over Leafs. Gliff Narfason had 3 goals and 3 assists; James Prise had 3 goals and 1 assist. In Tom Thumb, Leafs swamped Canadians 7 to 0, Don Larrivee and Conrad Pinsonneault each with 2 goals. In the second game, Boston over Green 4 to 2. Grant Knapik had 2 goals for Boston. Dale Martin had 3 assists. In the Wee Wee league Green swept past Boston Black 7 to 1 Warcimaga had 3 goals, 1 assist; Lukiw 2 and 1; Darin Crouch 2 assists.

In the second game Dwayne Gemmel scored 6 as Red Wings upset Leafs 7 to 2. Darrell Klym had the 2 goals for Leafs.

The GART League playoffs are on Saturday the 14th. The Wee Wee travel to Fisher Branch. Tom Thumbs to Arborg and Bantoms to Tuelon. Let's wish our boys well. The house league will go as scheduled for the 14th.

ANNOUNCING

GIMLI HOCKEY CLINIC
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Calling All Amateur Photogs

TRAINING COMMAND CANADIAN FORCES PHOTOGRAPHIC CONTEST

GENERAL

1. The subject competition will be held at CFB Moose Jaw Recreation Centre on 5th April 1970.

CATEGORIES

2. Amateur or Professional - Personnel employed as Photo Technicians Graphic & Commercial Artists are classified as Professionals.

(a) Type of Prints

1. Black & White Prints
2. Colour Prints
3. Colour Slides 34 MM.

(b) Prints shall be of the following subjects:

1. Military Life (Unclassified subjects only)
2. Scenic
3. Sports
4. Portraits

3. There will be an Entry Fee of fifty cents (.50¢) per submission up to a maximum of two dollars (\$2.00) per exhibitor.

ADMINISTRATION

4. All entries must arrive at CFB Moose Jaw by 31 March, clearly marked:

"PHOTO CONTEST - RECREATION CENTRE"
All entries must contain pertinent information mentioned in Categories above.

5. All Command Winners will be used as the Training Command entry for the National. These works will be forwarded direct to CFB Rockcliffe by CFB Moose Jaw.

6. Judges and Judging

Judging will be done in accordance with the Royal Photographic Society.

Judges:

Mr. G. Froese (Professional Artist)

Mr. A. Stobbs (FRPS)
Mayor - City of Moose Jaw.

REC CENTRE HOURS

Friday	27 March	- CLOSED
Saturday	28 March	- CLOSED
Sunday	29 March	- CLOSED
Monday	30 March	- Open
		1300-1600 Hrs
		1830-2130 Hrs

Badminton Tourney

There will be a singles handicap Badminton Tournament held on Monday evening March 16th. All players will be graded and given an appropriate handicap. It will be a double knock out Tournament with a "A", "B" and "C" winner for men and the same for women. The cost is \$1.00 per person if you are not already a member of the Gimli Badminton Club. For further information contact:

Lt. Bill Joughin Local 52

or

Cpl Tom Wade Local 123
(prior to March 13th)

SWIMMING POOL HOURS

Friday	- 27 March
	- Casual - 1800 - 2100 Hrs
Saturday	- 28 March
	- All children's classes cancelled.
	- Casual - 1800 - 2100 Hrs
Sunday	- 29 March
	- Casual - 1300 - 1500 Hrs
	- Casual - 1800 - 2100 Hrs
Monday	- 30 March
	- Afternoon - CLOSED.
	* Evening - Adult Classes (Instructors to notify classes if cancelled).

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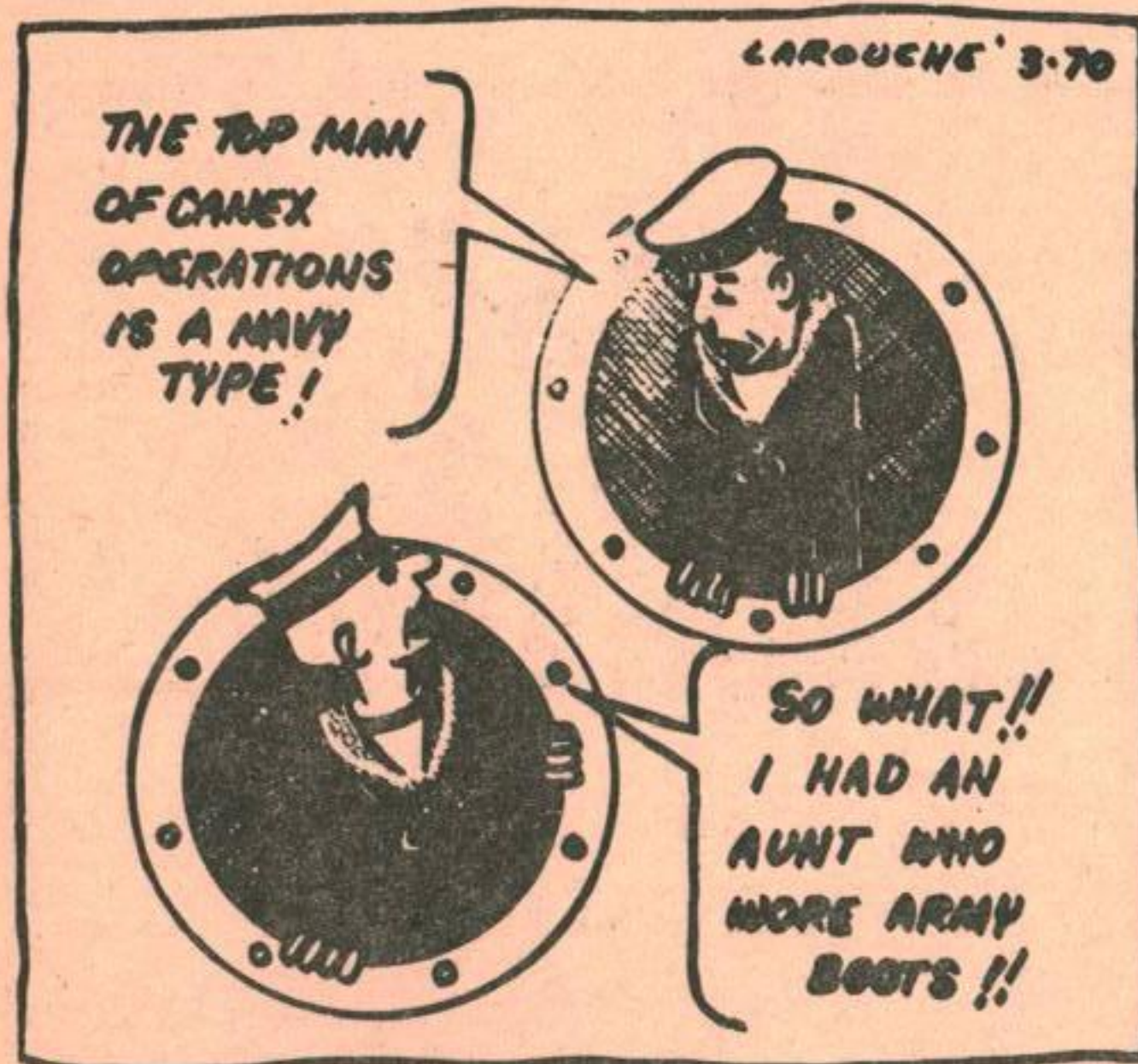
I. Chamish

219 Kennedy St. W.,
Winnipeg, WH. 3-1526.



THE "ASPENETTES", a team from CFB Gimli, won the Ladies Special Event at the 43rd Annual Winnipeg Bowling Tournament held last week. The team is comprised of (L. to R.) Mary Mason, Marion McLeod, Pat Gemmell, Joyce Hentig and Janet MacDonald. A special thanks to Cpl. Bruce Olson who took time from his leave to take the girls' picture as they were unable to journey to Winnipeg for the winning team pictures.

PFS to PORTAGE



The Primary Flying School at Canadian Forces Base Borden, Ont., will be transferred to CFB Portage Man., this spring as part of the restructuring of the forces announced last September by Defence Minister Leo Cadieux.

The move from Borden will eliminate forces' flying training in the heavy air traffic density region of Toronto and will consolidate all armed forces flying training in Western Canada. Other more advanced instruction is carried out at Moose Jaw, Sask., and Gimli, Man., as well as at

Portage itself.

Approximately ninety personnel composing the staff of the Primary Flying School, together with twenty Chipmunk training aircraft, will be involved in the move to Portage. They are scheduled to arrive at the Manitoba base in June. The school will re-commence instruction this summer and will train 235 student pilots each year. The Primary Flying School, which provides initial flying training to all Armed Forces pilots, has been located at Borden since September, 1966.

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Get on the Broom

- Bud Wilds



Getting on the broom was just the problem that some of the 'Brier' participants were having. It was Hec Gervais' wide and heavy shot, his last in the twelfth end of his first game against Don Duguid, that cost him the Canadian curling crown. Don Duguid went on to almost blow it, by being narrow in the last end of his final game against Pee Wee Pickering. (I don't feel all that bad anymore, now that I know even the champs miss now and again.)

For anyone who missed seeing at least one draw of the Brier, I can only say for shame. I personally managed to see 10 of the 11 draws and each was worth the total cost of all the draws. There were some outstanding shots and shot makers, not all of whom will be remembered. One game that was lost in the shuffle of the final draw was the game of Bill Kent (Quebec) vs Lyall Dagg (BC). They were playing one of the better draw games of the Brier on the outside sheet beside the Duguid/Pickering match. Of their twelve ends it was a see-saw from the beginning with some ends having up to 10 rocks in play after the final stone. Several times it required draws to the button to win the end. It was probably Bill Kent's best game of the Brier; BC won on last rock in the last end.

My selections for the Canadian all star rink were - Lead: Gary Ford, Sask; Second: Leo Hebert, BC; Third: Jim Carson, N. Ont; Skip: Hec Gervais, Alta. This selection agrees with the sports writers' selections in all except Hec Gervais - they chose Don Duguid, a logical choice since he did win the Brier. The choice of Dr. Ed Steeves the N.B. third, as the best all around curler in the 'spiel, was a very popular choice even among the 9500 plus spectators who were present on Friday evening.

As for local curling news, the Brier sort of took precedence over Gimli. However, I can say that FTS did NOT win all the curling! So much for divided loyalties.

Don't forget the Guys 'N' Dolls this weekend - come out and see all that new-found Brier strategy put to use.

'CHIMO'

Redmen to Colorado

RMC HOCKEY
TEAM TO PLAY
USAF ACADEMY

KINGSTON, Ont. (CFP) -- The hockey Redmen from Royal Military College will travel to Colorado Springs, Colorado March 14, to play the United States Air Force Academy Hockey club. It will be the first of what may become an annual match between the two colleges.

If approved, the game would

alternate, yearly, between Kingston and Colorado Springs, complementing the PMC-West Point series. It would give the Redmen one home and one away game each year against U.S. military college teams.

The Redmen host the West Pointers March 7, in Kingston during a week of rifle and pistol competitions, a debate and parade. RMC cadet teams have been scrimmaging with West Point puksters since 1923 and are out this year to break a three-game losing streak.

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Girl Guides receive training for their Fire Brigade Badge at the Base Fire Hall. Rear row (L. to R.) Tammie Wilson, Karen Tucker, Darlene Samagalski, Debbie Hovey, Barbara Donkersley. Front (L. to R.) Mary Anne McGrath, Juanita Hovey, Cheryl Cameron. Instructor: Cpl. R.P. McKinnon.

New Job in Cyprus

The Canadian contingent serving with the United Nations Force in Cyprus has been given a new assignment.

The Canadians, who have patrolled the Kyrenia district in northwestern Cyprus since 1964, replace the Danish and Finnish contingents deployed around the capital city of Nicosia.

The move, part of a general re-deployment of UN contingents now underway, is designed to increase the operational effectiveness of the Cyprus peacekeeping force.

The Canadian reconnaissance platoon, which has supervised the daily convoy of Greek Cypriot vehicles through the Turkish enclave between Nicosia and Kyrenia, and handled patrol duties in the Kyrenia area, will man observation posts in the Nicosia region.

The re-deployment will not affect the strength of the Canadian contingent in Cyprus. The Canadian force now on the island is the Gagetown-based 2nd Battalion, The Black Watch (RHC), with a strength of approximately 500 officers and men. The unit is commanded by Lt.-Col. W.B. MacLeod, of Charlottetown, P.E.I.

The Finnish contingent will move to the Kyrenia area; the Danes will relieve the Irish contingent in the Lefka district and the latter will move into the Larnaca and Kophinou areas.

BASE SAILING CLUB

The first meeting of a new CFB Gimli Sailing Club is to be held Tuesday, March 17th, 1930 hrs in the FPT (OFT) Conference Room. The Club hopes to acquire a modest fleet of dingy-type sailboats for recreation, racing and instruction. All those interested in sailing are urged to attend on Tuesday evening. Absolutely no experience is necessary, all that is required is your enthusiasm: all "old salts" are most welcome.

If you are unable to attend but are interested in joining your Club, contact Capt. Graham Hunter at Local 116.

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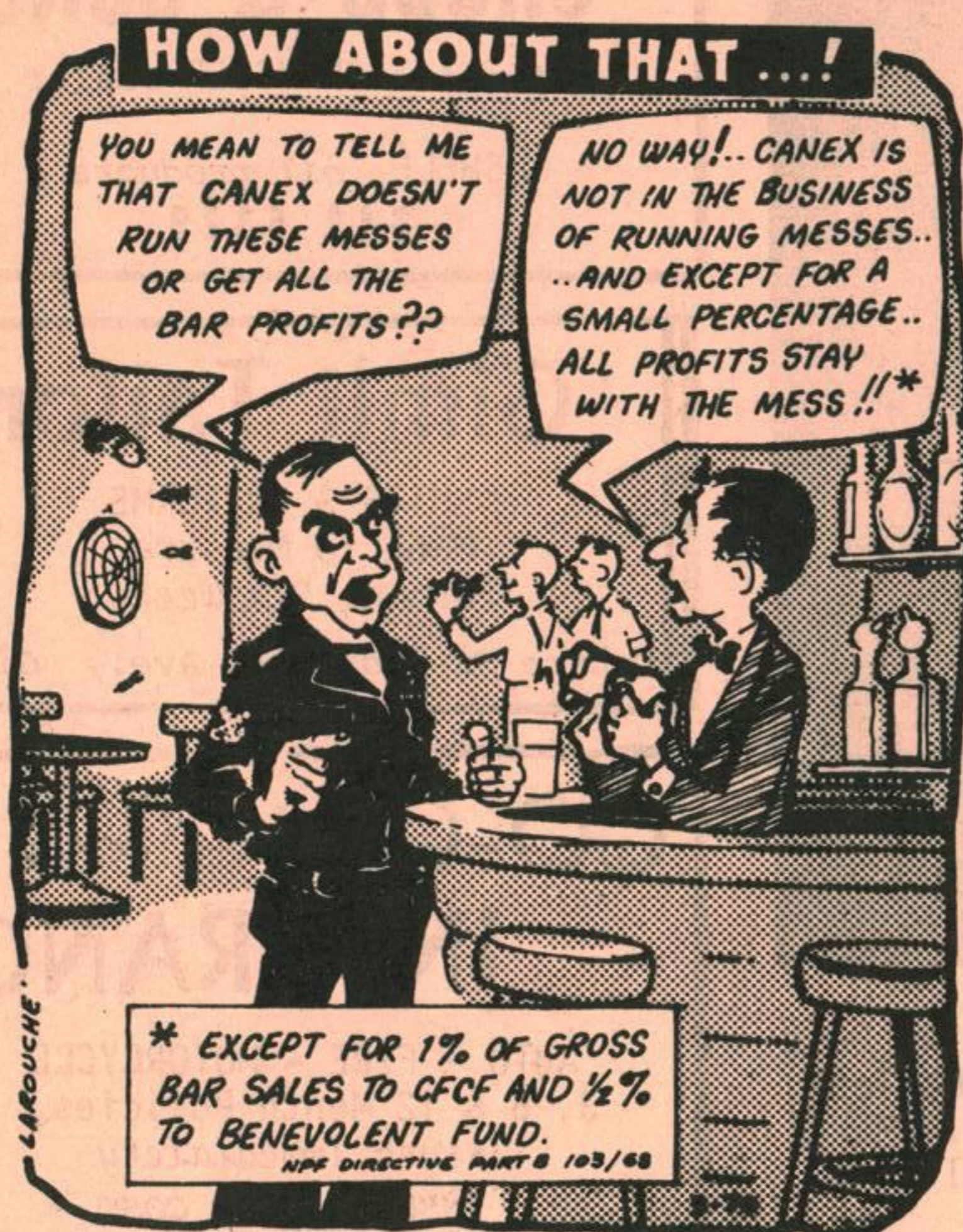
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SISIP Form for Recruits and Newlyweds



OTTAWA (CFP) -- Servicemen's income security insurance plan application forms are now available at all unit orderly rooms. The directorate of personnel benefits here has assumed some of the responsibility for administering the plan until a permanent administrative agency is named. Also, the surgeon general has authorized unit medical officers to examine SISIP service subscribers requiring proof of health. Details of both the form distribution and medical service procedures were included in separate Canforgens issued in January.

The new enrolment procedures apply mainly to recruits and those who are planning to get married. Those in these categories are urged to complete an enrolment form, certificate of insurance and pay allotment forms and submit them to their pay accounts officer within 30 days. If the forms are not submitted before 30 days of change in status difficulties arise. For one thing, a subscriber will have to produce evidence of insurability including a doctor's report. Recruits and servicemen changing their marital status should notify their accounts officer of their intentions concerning SISIP enrolment without delay.

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CENTENNIAL FLASHBACK

Tribute to Settlers of Gimli Area

CENTENNIAL FLASHBACK

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

PART II - KINMOUNT ONT. 1874

The weather was extremely hot and it was often with a most painful effort that I kept at work, but I forced myself to do so.

The pay was one dollar a day, till the New Year, and ninety cents thereafter. It appears that I worked thirteen days in October; 19 3/4 days in November; twenty-four days in December; 16 1/2 days in January; 14 1/2 days in February; and twelve days in March. During that period I earned \$95.45.

We suffered no real mishap during the winter, apart from the grievous infant mortality. Upwards of thirty children must have died, and also upwards of ten grown-ups, chiefly old people. It was a sad time for the bereaved among us.

A few families now decided to pull stakes and move to Lindsay. We bought two teams, and set out on a journey that was not comfortable, for we were perched on top of trunks and chests and a general litter of luggage. The distance would be about fifty miles or more. However, the road, which through woods, was well travelled.

We paused at noon, and arrived quite late in Lindsay, at the house where we were to lodge for the night, a cold, tumble-down shack. We stayed there three or four nights, and were required to pay for our lodging. Then we obtained a room at a hotel, owned by a Mr. Bell. Mr. and Mrs. Bell were a very elderly couple, and their grown-up children, two sons and two daughters, for the most part managed the place.

We fared rather well, even if we made little money. Wages were exceedingly low, from 50¢ to a dollar for whatever arduous toil

there might be, but many things were rather cheap, except flour and clothes. The work was chiefly at saw-mills, digging gardens, and heavy farm work.

The town, which was small, was rather pretty. A river ran through it. Drawbridges permitted steam-boats to ply back and forth on the river. There were several saw-mills. Perhaps four of these were destroyed by fire during that summer.

The work which I first obtained was hauling logs to the saw-mill, and clearing away from the saw. This work was hard, and the employment uncertain. I also worked on a farm, six miles out, and did not like it there. Consequently, I did not complete my time and was done out of my pay, small as it was -- fifty cents a day.

My boss from the previous winter offered me work far to the west in the province, stating that some Icelanders were employed there. I agreed to go, and we left towards evening. On arrival at our destination, I was directed to a fine hotel. I did not sleep that night, for I discovered that I had not been told the truth. In the morning I started back, for I feared that I would be defrauded of my pay. I walked fast to the vicinity of Uthall and then took the train to Lindsay, paying 75¢ for my fare. I was dead-tired, after walking all day along the railroad, hungry and a little poorer than when I set out.

That same summer, five delegates, Sigtryggur, Kristjan, Skapti, and two others, proceeded out West, to Manitoba, to prospect for land for the settlement of our people. They selected New Iceland, territory that has not proved up to expectations.

On the twenty-first of September, late in the day, we set out from Lindsay.



The Cobra's Comment

"The spring POMV safety check is not too far away."

Is your car ready??"

The 1 FTS COBRAS

I.O.S.
CANADA

Fortunes flow Through your Hands

If Your Average Monthly Income is \$600.00. Your Total Earnings in 30 Years Will Be

\$216,000.00

PART OF IT IS YOURS TO KEEP

How much have you kept so far?

Your I.O.S. Representative is:



C. E. (Chuck) Keating — Maj. Retired

He will be available in the Base Library on the second and fourth Friday of each month, from 1:00 p.m. to 5:00 p.m. to discuss your financial planning.

**INVESTORS
OVERSEAS SERVICES**

383 York Ave., Winnipeg, Manitoba
Bus. Phone: 942-3177—Res. Phone: 284-1102

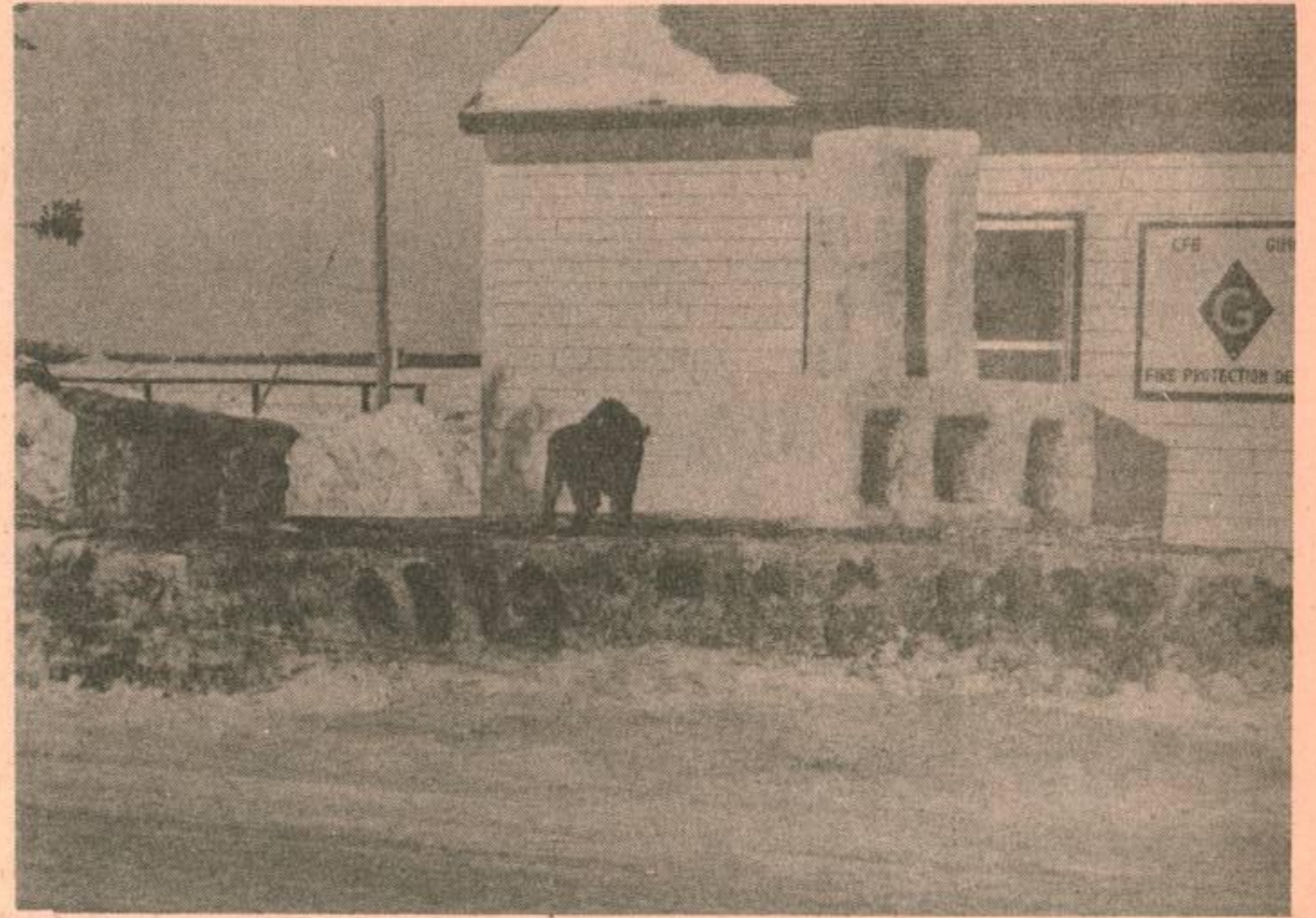
ANOTHER BULLETIN

FROM TCHQ.....

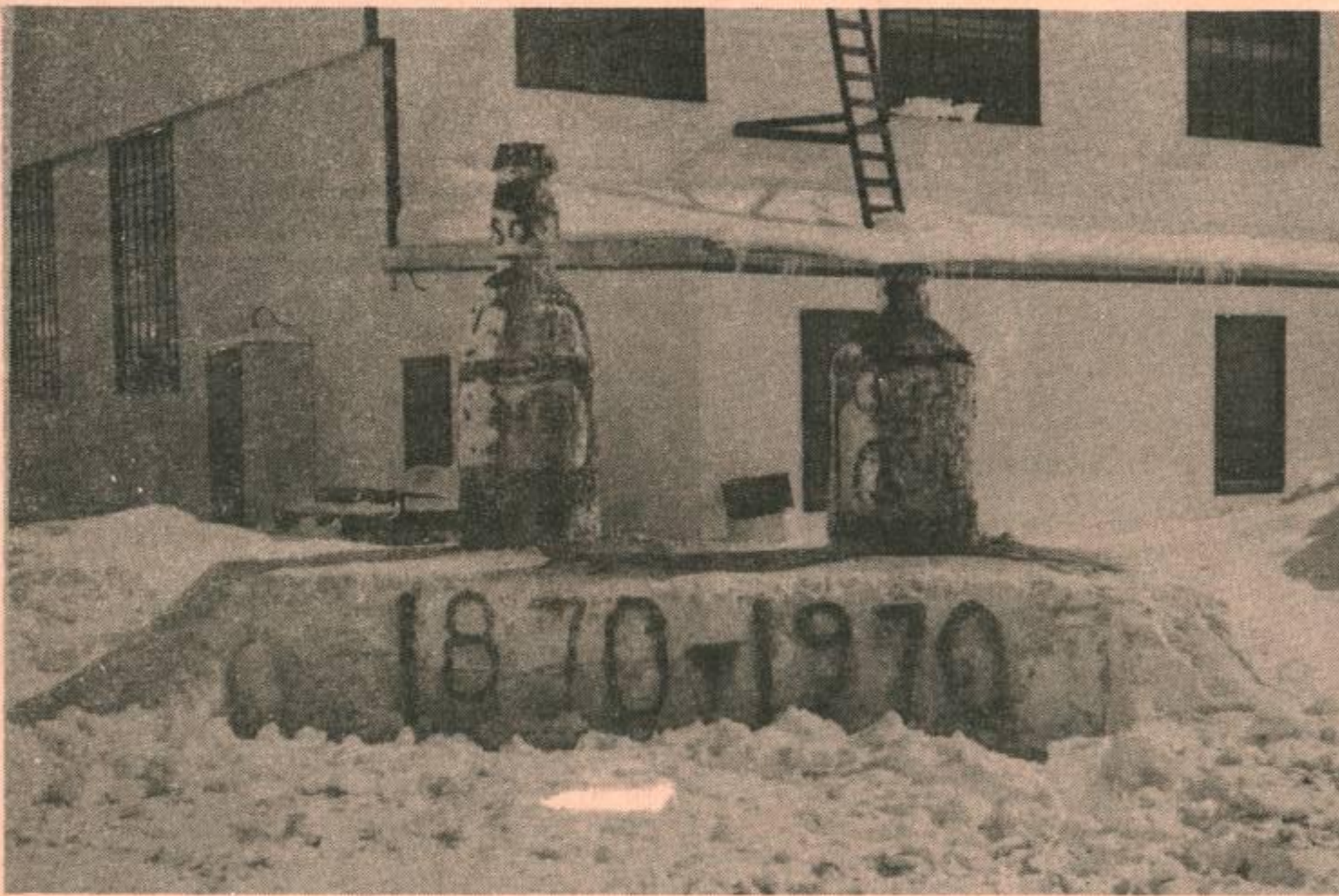
'MASTERPIECES' IN SNOW



MAINTENANCE



FIREHALL



1 FTS



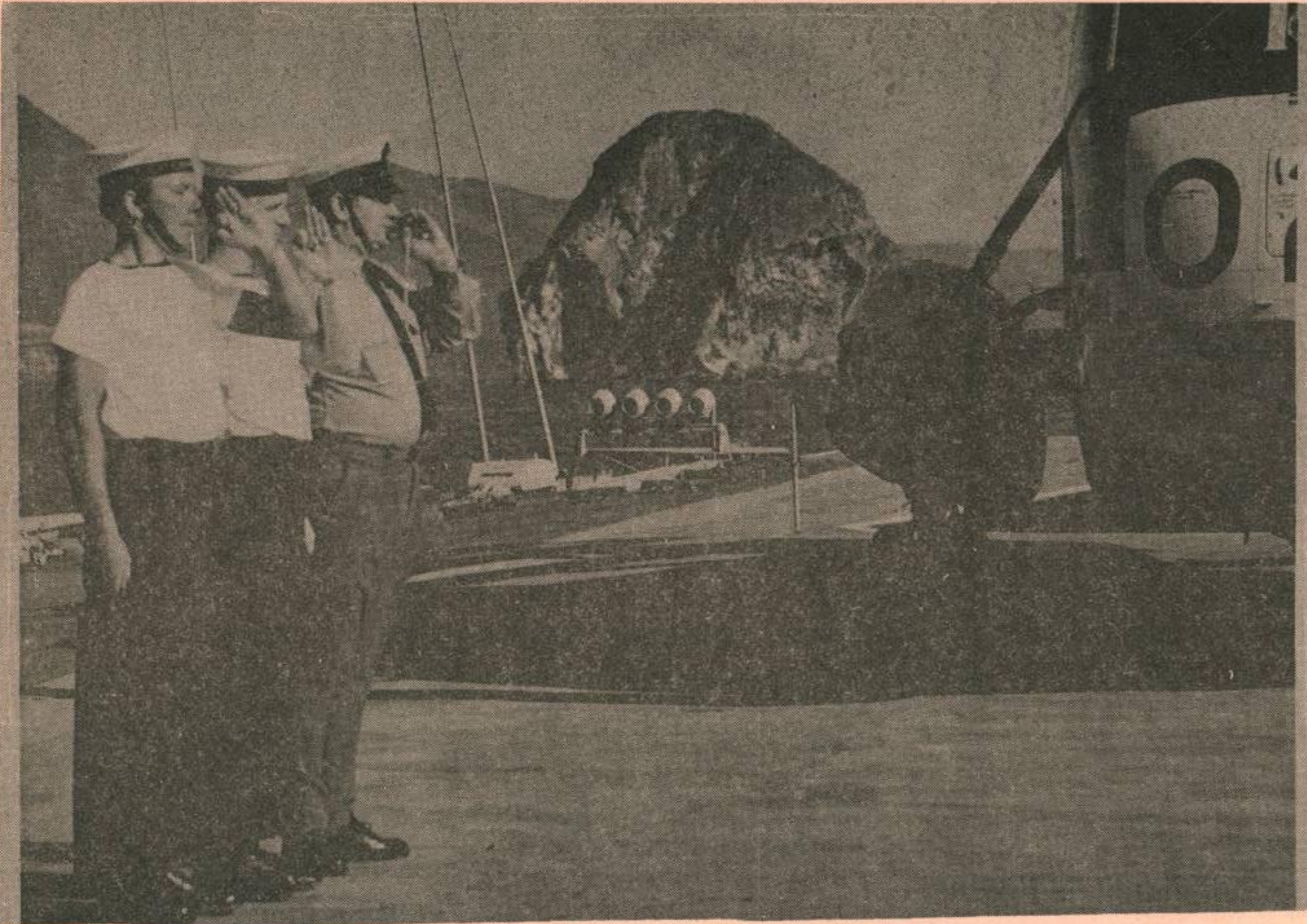
TELECOM



THE *falcon*
OF FIRST AVENUE
GIMLI, MAN.

Reserve now for The Falcon Smorgasbord - Sunday March 22nd

Featuring 5 hot Oriental dishes plus the usual cold cuts, salads etc. Served 4pm - 8pm. Phone 642-8868 for reservations.



PIPES THE ROCK -- A Bos'n pipe team and a Sea King helicopter on the carrier Bonaventure frame HMS Diamond Rock, off the south-east coast of Martinique, as she steams by. It is a tradition that all commonwealth warships pay proper respect to the rock which is still on the British Navy's record books as a sloop of war. Its historical significance dates back to the Napoleonic wars when 120 British sailors manned five cannons, hoisted from the deck of HMS Centaur, to ward off attacks on Martinique by French warships. (Canadian Forces Photo).

Art Show in June

OTTAWA (CFP) -- Ever wish to emulate the Great Masters? Here's your chance. The Canadian Forces Art Exhibition will be held this year at CFB Winnipeg from June 15 - 21 inclusive.

Submissions may be in three classifications; paintings of either oil or water colour, drawings, pencil, crayon, chalk, or pen and ink, and prints, which can be woodcuts, or silk screen. Exhibitors are allowed two entries per classification. Rules governing all entries are contained in CFAO 50-8 and CFSO 457/69 dated Dec. 12, 1969.

Water colours should be approximately 15 by 22 inches in size but not exceeding 60 inches in length and width. Entry forms, available from your base welfare section, should be accompanied by a cheque for \$1.50 per entry. All entries should be properly wrapped to reach your base welfare section by May 11 for onward shipment to CFB Winnipeg.

INTERLAKE AGENCIES Ltd.

Real Estate Auto Fire and
Casualty Insurance phone

DICK ARNASON

6428859

General Store With Living Quarters

This established general store for sale is located in Camp Morton, Manitoba - a beautiful tourist area, plus Air Force, commercial fishing and farming. Serving 75 families with a yearly turnover of \$45,000 plus good potential due to a distillery being built locally - a fine opportunity at a good buy; owner retiring.

Two-storey building 30'x 60', frame construction, new oil furnace, newly shingled roof, fluorescent lighting, own pressure system with a 100' well. Living quarters on premises consist of living room, kitchen, bathroom, utility room and one bedroom on main floor, plus 2 bedrooms on second storey. Warehouse 16'x 20' with new floor, 2-car garage 16'x 24' with concrete floor, oil shed. Situated on 2 acres of land with 300 feet of highway frontage.

Equipment includes: cash register, safe, scale, shelving, dry pop cooler, meat slicer, 6' meat display counter, water softener, 2 Shell gas pumps with two 1,000 gallon storage tanks, a big deep freeze, plus other items.

**THIS STORE WOULD BE IDEAL FOR A SUPPLEMENTARY
RETIREMENT INCOME**



THE ETERNALS IN ACTION

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

JUNIOR RANKS CLUB

- will host the Guys 'N' Dolls Bonspiel from 12-15 March.
- On Saturday 14 March will hold their annual dinner to be followed by dancing to Stereotone. All mess members are welcomed to the dance.

WARRANT OFFICERS and SERGEANTS MESS

Saturday 14 March 1970
 St. Patrick's Dance
 BAND - 5 piece TC Band
 FOOD - Baron of Beef
 ADMISSION - 75¢ per person
 RESTRICTED DRESS

Sunday 15 March 1970
 MOVIE - "Sweet November"
 DRESS - Semi-Casual
 TIME - 1400 Hours
 COME OUT AND TRY THE COCKTAILS!

Ted's Solo

SPECIALIZING IN

- * MEATS
- * GROCERIES
- * FRUITS
- * WE DELIVER

642-5337

WAYNE'S IGA

The Store That Cares

Specializing In

Table Rite Redbrand

Steer Beef

&

Table Fresh Produce

ICE STAMPEDE



14
M
a
r
c
h



GIMLI ARENA

SELKIRK LUMBER COMPANY LIMITED

Complete Building Supplies - Concrete Block Manufacturing

SELKIRK 482-3141

WINNIPEG BEACH 389-2024

GIMLI 642-8255



ROBINSON STORES

OVER 200 STORES
OPERATING FROM THE LAKEHEAD
TO THE PACIFIC

PHONE 642-5420

GIMLI

PRE-EASTER Sale

Homespun Bedspreads

A good serviceable quality homespun bedspread, woven in a lively multi-colored plaid design. Ideal for general use. Sizes: 70" x 100" and 80" x 100" — take your pick. Truly an outstanding buy at this low sale price.

YOUR CHOICE OF SIZES:
70" x 100" and 80" x 100"

Reg. 5.98 Each
SPECIAL

4.88



HAWAIIAN PRINT

Reg. 1.29 Yard
SPECIAL
88c

SHOP AND SAVE!



ROBINSON STORES

PHONE 642-5420
GIMLI



Sale Starts: **Thursday, MARCH 19th**

PRE-EASTER Sale

Save on Home Needs

Bake-Mix-Serve Bowl Set

Smart looking, durable all white overproof bowl set. Set consists of 3 bowls — 6", 7" and 8" sizes. Substantial price reduction for this sale event — 80c savings. Hurry!

Reg. 2.59 Set
SPECIAL --- **1.77**



High Pile Chenille Mats

A long wearing, high pile chenille mat in a large size — 24 by 48 inches. Choose from assorted colors. Suitable for any location. Safety back Washable! Here is luxury underfoot at low cost.

Reg. 2.98 Each.

2.44



Disney Inflatables

Bright and colorful Disney Inflatables. Year 'round indoor-outdoor favorites. Your choice — Mickey Mouse, Pluto, Donald Duck and Dumbo. Average size 20". Each with a pump.

Reg. 1.19 Each

SPECIAL --- **88c**

Sale! Bobby Pins

Roundly Bob Pins, regular size 2" long. Brown or black — 500 in plastic reusable container. Buy now and realize a substantial saving.

Reg. 1.00 Value

SPECIAL --- **64c**



Daffodils for Easter

An exceptional Pre-Easter Sale offer! Long stem and Yellow Daffodils for Easter decorating. A special purchase enables us to offer these lovely flowers at a substantial reduction. Shop early for this timely sale value.

Reg. 39c Each

SPECIAL --- **28c**



5-String Corn Broom

The quality Corn Broom with 5 string binding. All purpose broom, made for house, basement, porch or driveway. Priced to save you 50c. Shop and save!

Reg. 2.29 Each
SPECIAL --- **1.48**



SHOP FOR EASTER NEEDS NOW AND SAVE!

Easter & Spring Fashions

SHOP NOW AND SAVE!

Ladies' Cotton and Fortrel BLOUSES

Reg. 5.99 Each

SPECIAL

4.99

Pretty springtime blouses in minimum care fabrics of cotton and Fortrel. Long sleeve styles, frilly fronts, frilled large collars prevail for a very feminine look. Choice of three exciting styles. White and assorted fresh spring shades. Sizes: 12 to 20. Hurry!



Select Early!



Junior Misses' and Little Girls' FORTREL DRESSES

A timely pre-Easter value in pretty dresses for junior misses and little girls. Machine washable Fortrel reflecting this season's latest styles and colors. Be sure to shop early for this exceptional March Sale special.

Sizes: 7 to 14

Reg. 8.99 Each, SPECIAL --- **6.99**

Sizes: 4 to 6X

Reg. 6.99 Each, SPECIAL --- **4.99**

JR. MISSES' PANTS

Heavy weight cotton drill, fashioned with all the popular, wanted features. Choice of two styles — straight or flare leg. Colors: Green, Gold, Orange, in Junior misses sizes 7 to 14.

Reg. 3.99 Each

SPECIAL --- **2.99**

BOYS' BOXER PANTS

Fine quality polyester fibre, boxer pants. Full elastic waist, two western print front pockets. Zipper front closure. Black only. In sizes 3 to 6X. Outstanding value at this low price.

SUPER

SPECIAL --- **88c**

Ladies' Satin Finish TRICOT BRIEFS

Reg. 1.00 Each

67c

Choose with 100% nylon briefs with the feel and look of terry. Great for the office, home, or travel. Black, Tan, Blue, and more.



Misses' and Girls' FANCY NYLON KNEE HIGHS

100% nylon knee high, fancy patterns. Available in Canada, White and assorted spring shades. Stretch sizes 7 to 14 and 9 to 11. Super Special! Be value-wise. Shop Closing Sale Day, save!

Reg. 79/1.00 Pair

SPECIAL **57c**

Youths' and Boys' STRETCH NYLON DRESS SOCKS

Stretch nylon dress socks, some interlined with cotton, assorted colors. Plain rib and rib with fancy self panels. Assorted popular shades. Stretch sizes to fit 7 to 9 and 9 to 11. Pre-Easter Special.

Reg. 79c Pair

2 PAIR **99c**



Brassieres By "Smart" Reg. 1.00 Each **84c**

Live Long Leg PANTY GIRDLE Reg. 4.00 Each **2.99**

Men's Perma Press SPORT SHIRTS

A pre-Easter shirt value! Neatly tailored, long sleeves, in a choice of popular shades and smart patterns. Regular collar, front pockets and back yoke. Permanent Press machine wash, dry and wear. Sizes: S-M-L-XL. Sale special!

Reg. 3.99 Each

SPECIAL --- **2.77**

Boys' Mock Turtleneck PULLOVERS

Boys' fine quality acrylic fibre pullovers. Mock turtleneck style. Short sleeves, rib knit neck, cuffs, waistband. Assorted wide stripe patterns, and plains. Sizes: Small, Medium, Large, Extra Large.

SUPER

SPECIAL --- **2.44**

Men's Permanent Press Casual Pants

A smart slack, in a perfect blend of fabric — Fortrel and cotton. Slacks meet always with the Permanent Press finish. Pull out, regular waist, belt loops, Canadian made! Colors: Brown, Pewter, Tan, in sizes 30 to 44. Big value!

Reg. 6.99 Each

SPECIAL --- **4.88**

Boys' Tailored BOOT PANTS

Outstanding March sale value! 52% polyester, 48% polyamide fibre. Permanent Press! Two front pockets, two back pockets, belt loops, zipper and button front closure. Washable! Assorted colors — London, Blue, Navy, Green, Antique.

Size: 8 to 14

Reg. 3.99 Each

SPECIAL --- **2.99**

The MART

HOUSES FOR SALE

3 large bedrooms, utility room - new gas furnace. House size 1,072 sq. ft. 2 storey shed 16' x 22'. For further information phone: 642-5102 - open to offers.

3 bedroom bungalow, large lot, fully fenced private yard, large garden, storage shed, reasonably priced. Located close to park and beach. Phone 642-8849 or 642-5151 Local 16 - Sgt J. Burns.

38' x 26', six year old, 3 bedrooms, wall to wall in large living room & hall - spacious kitchen, ample cupboard space - gas heat - recently redecorated - aluminum siding - 22'x16' garage - 124' x 66' fenced lot. See at 139 5th Ave. Ph: 642-5115.

AUTOMOBILES

65 Ford Galazy, auto trans, power brakes, power steering, radio, 2 door hardtop, good condition Call 642-5411. Can be seen at 48 Third Ave., Gimli.

PERFECT SECOND CAR - 1968 Envoy Epic SL automatic, radio, custom interior, still under warranty. Call 642-5995.

MISCELLANEOUS

1 man's 28" bike
1 folding playpen with pad
1 rocking horse sit in type
Contact Jim Rodgers 642-5955.

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, GE portable hand mixer. Assorted airman's uniforms size 5'7" 140 lbs. Small tricycle, child desk table and stool, telephone table, swingset, Ph: 8184.

SACRIFICE - 1 set of Olympic drums without cymbals, chromium plated snare drum, Ludwig high-hat stand, premier snare drum stand, Gretsch floating action foot pedal. Phone - 642-7785.

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

Personnel wishing a ride to London, Windsor, Toronto and Camp Borden - leaving 26 Mar, contact Cpl Scheer, Local 63 or 642-8122.

THE FRAMFARI X-WORD

#6 SPRING

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

AIR	GRASS
APRIL	GREEN
BASEBALL	INCOME TAX
BEAUTY	JUNE
BIRDS	KITES
BUDS	LEAVES
BUGS	LOVE
CALF	MAY
CFFTSU	MUD
CLEANING	PLANTS
COBRAS	RAINY
CROCUS	ROBINS
DAFODIL	SEW
DIRT	SING
EASTER	SLUSH
EQUINOX	SPORTS
FISCAL	SPRING
FLOODS	SPRING FEVER
FLOWERS	SUNSHINE
FRESH	TULIP
GARDENING	WARMER
GEESE	WATER
GIRL	WEED
GOLF	

Listed below are the word 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 weeks hidden words have 20 letters.
LAST WEEK'S ANSWER:
TRAINING COMMAND

Starlite Theatre



STEVE
MCQUEEN
AS
'BULLITT'

BULLITT comes to this theatre soon. That ought to shake up the place pretty good. Not many freaky cops like BULLITT around. You look at the Italian slices and the turtles and you have to wonder: You listen to the official book about 'personal misconduct,' 'disruptive influence,' you figure he's got to be up for trade.



JANE FONDA

SEE
BARBARELLA
DO HER THING!

THUR MAR 19
ADULT - 105 MINS

SUN - MON MAR. 15-16
ADULT - 120 MINS

A Fine Pair

Claudia Cardinale

Rock Hudson

FRI MAR 20
ADULT - 100 MINS

He had a way with women and machines!

She didn't share her man with anybody!

Cars and cuties were in his blood!

He handled cars and dames the same way!

It was always open season on men!

THUNDER IN CAROLINA IN COLOR

THE WORLD SERIES OF STOCK CAR RACING! Filmed on the spot!

RORY CALHOUN

SAT MAR 21
GENERAL - 100 MINS