



Framfari



Volume 1 Number 11

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

Friday April 17, 1970

4FTS Moving to Portage

(RIVERS) The CFB Rivers Base Information Office revealed Wednesday that 4FTS would be moving its 85 man complement to Portage la Prairie, July 1st. With an aircraft establishment of twelve helicopters and four L19's the school trains approximately 75 'chopper' pilots and 20 forward observers, who direct front-line artillery fire, every year.

Colonel Hanna, Base Commander at Rivers, also indicated that

the Air Support OTU is to move to Edmonton in June. Following close on the heels of the demise of 408 Tactical Squadron, these moves leave virtually no operational flying activity at the base, and a great deal of doubt as to its future. Colonel Hanna said that either the units will be replaced or the base will be closed, depending on recommendations of the study now being carried out.

Mayor Frank Taylor, who said that he had been aware of these

developments for some time, is still hopeful that new units will be posted in, to keep the base alive. The recent reductions in numbers of personnel will have a marked influence on the economic situation in the town. Mr. Taylor felt that, if the base were to close, the Federal government would be normally obligated to attempt to attract industry to the area, to help soften the severe economic blow a closing could inflict.

SOD-TURNING FOR NEW HOSPITAL COMPLEX



Pictured at the sod-turning ceremony for Gimli's new \$1.5 million hospital are members of the Hospital Board. The ceremony was on Tuesday afternoon, and initiated a 320 day building program which should be completed early next spring. Contractor for the new unit replacing the present hospital, which will become a Provincial Health Unit, is Malcolm Construction of Winnipeg. Shown are (L to R) Mr. Bill McGregor, Mrs. B. Olafson, Mayor of Riverton; Mr. Phil Thorkellson, Mr. Stan Lupinski, Mr. Valdi Arnason, Mrs. Sawyer of Winnipeg Beach, Mr. Adam Franz, Reeve of R.M. of Gimli; Mr. Joe Franz, Councillor for town of Gimli, and Mr. Jack Huckstep, Hospital Administrator. (Photo by Olson)

Editorial

What Do We Know of Our Finances

We sat down last week for a friendly chat with a very charming lady about news and views in Gimli in particular, and life in general. One of the turns the conversation took, led us to talking about the 'protected' life of a serviceman and his family.

Protected, that is, from many of the seemingly unimportant, but necessary, tasks, which are done for us daily by someone else. She was speaking from experience, as her husband had been out of the service for 10 years after the war; by all accounts, a very trying 10 years. But that wasn't really her point, not the rough times in general. What she wanted to emphasize was the simple fact that many of us aren't really aware of all our affairs and very likely wouldn't be able to handle them ourselves.

For instance, what do we know about income taxes, pension funds and benefits, and SDBP? Can we account, right now, for all of our other pay assignments? Do we know how much we pay for, and what our family could expect from any life insurance we own? How much is left to go on that bank loan, and what has it cost us in interest? All too often, these details are skipped over in the grey blur of "Just sign here and we'll take care of it for you".

It's OK now, but how will it grab us when, after 25 years of coddling, somebody dumps the whole mess in our lap!

Even our rent is quietly handled, with no nasty landlord knocking on the door every first of the month. Now, we take for granted the security of not being

able to spend the rent money, before it can be collected; will we be able to maintain the will power, that is now being exerted artificially for us, after retirement. Will we be able to understand and wade through all the paperwork which will face us? Or will we long for somebody to take it all off our minds with 'just sign here'.

We even have a fairly simple 'Pro Forma' will which we've all filled out somewhere along the way. All the details are looked after quite nicely, thank you. And that will is probably a good idea; studies show that the average life expectancy after retirement is none too long, and one of the main reasons is probably the rush the new civilian finds himself in, a rush in which he'd never have time to stop and think about drawing up a will!

We're neither blaming anyone for the situation, nor condemning it as entirely wrong. Being relieved of all these responsibilities during a service career is certainly a 'nice' fringe benefit. What we do want to point up are the problems it can lead to, suggesting that one solution is to take time to find out about your complete financial picture well before you have to handle it yourself. Ask the experts who are available to help you, and get some advice that will stand you in good stead when you walk into your 'second life'.

Don't be forced into wasting that precious time, buried under a mountain of previously unthought-of figures. Life is too valuable for that; give yourself a break.

SOUND OFF

The 'Peter Principle'

Strikes Home

Sir:

To accompany your recent guide to "255" writers I thought you might be interested in a chapter in The Peter Principle by Dr. Laurence J. Peter and Raymond Hull. The chapter in point is a discussion of the idiosyncracies people adopt when they have reached their level of incompetence. It is quite possible that when glancing around you might be able to see some of these symptoms and thus act accordingly.

The first place one looks is at the employee's desk for it reveals much about his abilities. A perfectly clear desk indicates the employee is reminded of all the work he is incompetent to handle by the paper on his desk. He hopes to create the impression he despatches all his business with incredible promptitude. The exact opposite is the desk covered with paper. This chap is hoping to give the impression he has too much to do and it is humanly impossible to do it all.

Then there is the chap who is continually filing everything. The file system is his goal for he can handle it. The business going on around him is way above his head.

There are several psychological symptoms evident as well. There is the Auld Lang Syne Complex where the employee feels persecuted insecure and longs for the good old days (working at a lower rank and at a level of competence). Several other guises are used which might not be so obvious. There is the chap who hides himself in flow charts graphs and organizational procedures. Or the boss who always keeps his employees off balance, asking for a verbal report and expecting a written one and so forth.

Finally you have the "Teeter-totter syndrome" where the chap continually weighs the pros and cons of the question so as to avoid making a decision. Then there is "Cachinatory Inertia" which is the habit of telling jokes instead of getting down to business.

I cringed a bit when I saw the list as no doubt you did because it hit close to home. However, there was one consoling thought. Maybe the person is attempting constructive incompetence to avoid further promotion above the level of competence. Sure sounds neat don't it (oops!!)

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Pollution

-Dix

Noise, like smog, is a slow agent of death and in fact, if it continues to increase in the next 30 years, as it has in the past 30 years, it could be very lethal.

Since 1930 the overall loudness of environmental noise has doubled every 10 years! In some cities the noise level has increased 32 times since 1940!!

Our youth are affected by noise pollution to an alarming degree. Highly amplified Rock and Roll music will render them hard of hearing by the age of 30, as a result of the shrivelling up of a high percentage of cells in the sensitive inner ear.

But, what happens when you hear a loud noise?---"The blood vessels constrict, the skin pales, the pupils dilate, the eyes close, you wince, you hold your breath, your voluntary and involuntary muscles tense, your gastric secretion diminishes, the blood pressure increases, adrenalin is secreted into your blood and you feel tense, ner-

vous, and irritable." Now if you multiply this a hundred times a day or a million times per lifetime you are leaving yourself wide open to multiple chronic illnesses. Furthermore, noise effects are cumulative; you can forgive noise but your arteries will never forget!

Many Psychologists and doctors firmly believe that noise can also lead to mental disorientation, and illness. Studies made by a team of doctors and statisticians near Heathrow Airport in London, England, showed that women over 45, living alone, suffered more than twice the incidence of neurotic and mental illness if they lived near the landing path of the aircraft.

Have you ever sat by yourself and simply listened to the noise - radios, TV's, horns, squealing tires, motor bikes, jet engines, jackhammers, rivetting guns----. Today, with our cities sprawling across the country, our industries expanding, our population growing, and now such things as the Super-Sonic Transport, are we all doomed to a lifetime of constant discomfort???

Checked Your Pension Plan Lately?

PENSION CHANGE
AFFECTS FORCES

OTTAWA (CFP) -- Extra pension benefits are in store for retired servicemen as a result of a government decision to overhaul civilian and armed forces pensions.

The Statute Law Amendment Act became law April 1 and introduced healthier pensions for retired members of the forces along with a slight increase in pension contribution to serving personnel.

Reaping immediate benefits from the new provisions will be pensioners 60 years of age and over, widows and children regardless of age, the medical pensioner released disabled under 60, and retired people under 60, who have, since retiring, become disabled.

The increase will cost serving personnel one-half of one percent more of their pay beginning April 1 bringing them into line with what public servants contribute. That's about \$3 a month for those in the salary area of \$7,200 a year.

Pension increases will range from two percent for those retiring in 1969 to 42.8 percent for service people who retired before 1953.

But a healthy pensioner under age 60 will not receive an increase now!

Personnel-benefits officials here state in a forces-wide message (Canforgen 064 of March 26) that although all pensioners will not receive the increase on April 1, they will get the full escalated value of their pensions at age 60. For example, a serviceman who retires now at age 50 with a pension of \$4,000 a year would have to wait 10 years to collect the supplementary benefit. His pension then, provided the cost of living rose a steady two percent a year, would be \$4,880.

Confused? Well, on May 14th and 15th, the personnel benefits directorate at CFHQ will be sponsoring a seminar in Winnipeg, to discuss Canadian and forces pension plans and the Serviceman's Income Security Insurance Plan (SISIP).

CFB Gimli's representative will be Capt Lou Pinsonneault. If you have any questions you want answered, give him a call at L179. If he doesn't know the answer, he'll find out.

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Winnipeg to Host 1970 Forces Art Show

The 1970 Canadian Forces Art Exhibition will be held at CFB Winnipeg from 15 Jun to 21 Jun 1970 in accordance with CFAO 50-8, and CFSO 457/69 12 Dec 69.

This Art Exhibition is open to:

- a. Serving members of the Canadian Forces (Reg.),
- b. Serving members of other nations who are attached to or on exchange duty with the Canadian Forces (Regular), but excluding those personnel of other nations who are under formal training,
- c. Civilians employed by the Department of National Defence,
- d. Dependents of those members listed in subparas a and b who are over the age of 16 years before 1 Jan 1970.

The exhibitor's work should be entered as amateur or professional. Personnel employed in the graphic arts trades or as commercial artists are classified as professionals.

The following classes of work may be submitted:

Classification - Media

- a. Paintings - Oil colour or water colour
- b. Drawings - Pencil, crayon, chalk, or pen and ink.
- c. Prints - Woodcuts, linocuts, or silk screen.

There will be two subject classifications for the exhibition, viz:

- a. subjects dealing with any aspect of service life; and
- b. artist's choice.

Generally, exhibits should conform to the following standards:

- a. Water colours should be approximately 15x22 inches in size, and shall not exceed 60 inches in length.
- b. Entries may be framed or unframed, but must have an attachment to facilitate hanging,
- c. Unframed entries must be on stiff mounting board, and "fixed" if necessary to prevent smudging,
- d. All works must be orig-

-inal and completed between 1 Jun 69 and 1 Jun 70,

- e. A maximum of 2 each of paintings, drawings or prints may be submitted by each entrant, and woodcuts and lino blocks etc. must accompany each print.

All entries will be placed on display at Canadian Forces Base Winnipeg, and at the Winnipeg Art Gallery.

Judging will be conducted by Winnipeg Art Gallery personnel, and awards made as follows:

- a. Best entry in the entire exhibition,
- b. Amateur - Service Life - 1st, 2nd, 3rd,
- c. Professional - Service Life - 1st, 2nd, 3rd,
- d. Amateur - Artists Choice - 1st, 2nd, 3rd,
- e. Professional - Artists Choice - 1st, 2nd, 3rd.

Entries from CFB Gimli will be submitted as one package, with the Base Rec Staff coordinating the entire effort. They have shipping labels, entry forms, and any further information you may require.

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Yours, Fredd

Dear Sir;

Ever had an April Fool's joke backfire? Well, old Fredd did. Last April First, I came home for lunch (that wasn't the joke) and announced to my better-half that I was going to take her to the City for a day of shopping, dinner (not at the A&W) and a movie. I could tell by the way she peeled the pancakes off the ceiling that she had taken it as a joke so I didn't even bother to say "April Fool's".

Thus, on Saturday morning, I was surprised to see her getting up so early and dusting off the credit cards. My heart sank!! My eyes closed!! My wallet leaped off the dresser and tried to hide under the bed!! I was had...a victim of my own sadistic sense of humour. I forced a smile, sat up straight and resolved never to play an April Fool's joke on anyone, ever again. Also, appreciating my good health and my marital bliss, I resolved to go through with the whole thing.

Needless to say, we set the "fight against inflation" back 15 years in one day. Shopping was bad enough...the dinner (a la candle-light) was traumatic (even if a bit tasty)...but the movie was enough to raise even the lowest of blood pressures. I'll tell you why.

We arrived for a very popular movie at 8:15 pm for the 9 pm show. We purchased our tickets (by hocking my watch) and were ushered into the waiting lounge...a misnomer if I ever heard one. Oven would better describe it...or sardine can. Anyhoo, we stood until 8:55 pm waiting for the earlier show to let out and were finally seated at 9:05. At 9:20 I began to get curious about whether this was a movie theatre or a bus depot, because there was still nothing flickering on what I took for a screen. I walked out to the lobby and there was a line up of some forty (40) people waiting to buy...you guessed it...popcorn. At 9:40 the show started. So, for \$2.50 per head, my wife and I had waited one hour and 25 minutes for the start of a show which, in itself, was 40 minutes late in starting.

To add insult to fury, there was an intermission so that every one could rush out again to pay 50¢ for 5¢ worth of popcorn. An otherwise enjoyable movie was ruined, all for the almighty buck!!

You laugh, sir...I didn't. But, a sequel to my plight is in order, I think. This weekend, I decided to go to "The STARLITE THEATRE" to see a recent movie of some note. The price was increased 50¢ but was still a good deal...or, so I thought. Until, after one hour and 10 minutes of running time, the projector stopped in the middle of a conversation on the screen for...right again...popcorn break. I was livid. In order to make, perhaps, an extra \$3 on popcorn and drinks, we had a one hour and 50 min. movie broken rudely into 2 segments, completely contrary to the designs of the director. I give up!! NPF will, in future, lose \$2.50 from me because I refuse to return while this policy is in effect. Let them wallow in their popcorn.

Sir...TV is supposedly the biggest enemy of the movies these days. It seems to me that the movies can remain one up on TV by not succumbing entirely to station breaks and product sales. I for one would welcome it. Don't you agree?

Yours, Fredd

RAFFLE

Coffee Party and Bake Sale

RAFFLE

Time:
May 1st
0900-1200

COME AS YOU ARE

Place:
Social Centre

FREE

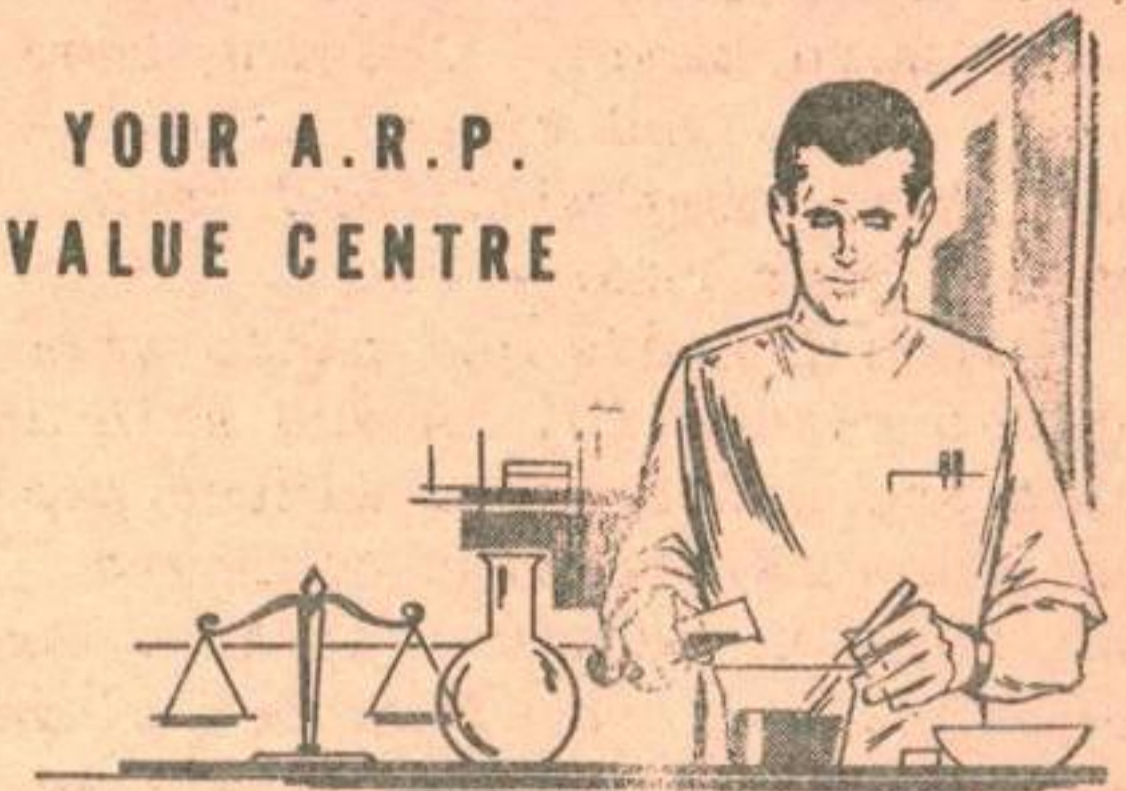
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Because we value and appreciate each customer, there is no service we can ethically perform for you that we will not willingly do. You are never an interruption to our work but the purpose of it.

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Beauty

-Anne Landry

Ah, warmer weather here at last. Time now to trim up for summer and divest yourself of your heavy winter clothes -- including those fur-lined gloves and mitts. Take a long look at those poor winter worn hands. Imagine them brown, lean, and tipped with lovely shimmering nails and then get out your repair kit.

Though hands and nails will improve naturally, as dry skin and splitting nails are a winter problem, now is the time to begin your regular weekly manicure, and the Janatical use of rubber gloves.

BASIC MANICURE STEPS

- Removal of all old nailpolish with a good remover, full of moisturizing oils to help neutralize the chemical action on nails and skin.
- Shaping the nails into rounded ovals should be accomplished only with an emery board, filing in one direction only. Leave about 1/6" beyond flesh of finger on both sides to prevent breakage.

Spot

- Apply cuticle remover and leave it on for five minutes. Before removing the cuticle, soak hands in warm soapy water and then gently use an orange stick.
- Now, for the finishing touch, nail enamel. A long-lasting manicure begins with a base-coat and ends with sealer. For problems nails, the base can be a nail-hardener, one or two of which on the market, are incredibly efficient.
- Finish off with a generous application of your favourite hand cream.

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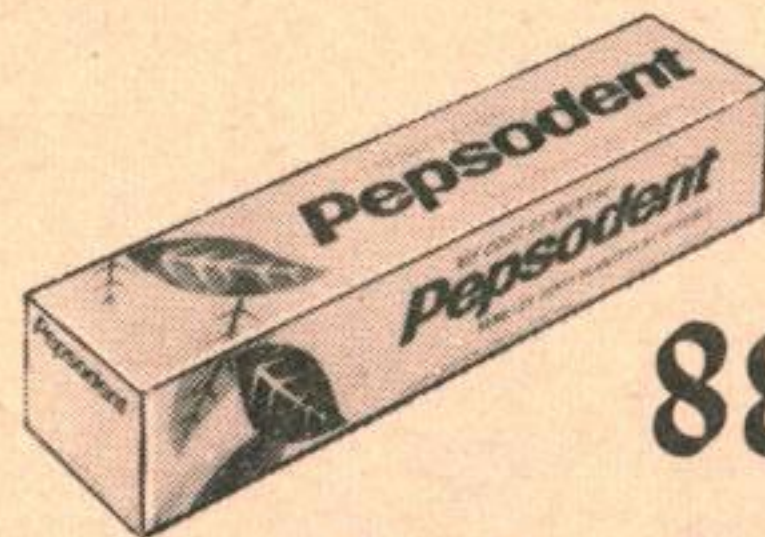
Bath size bar

10¢



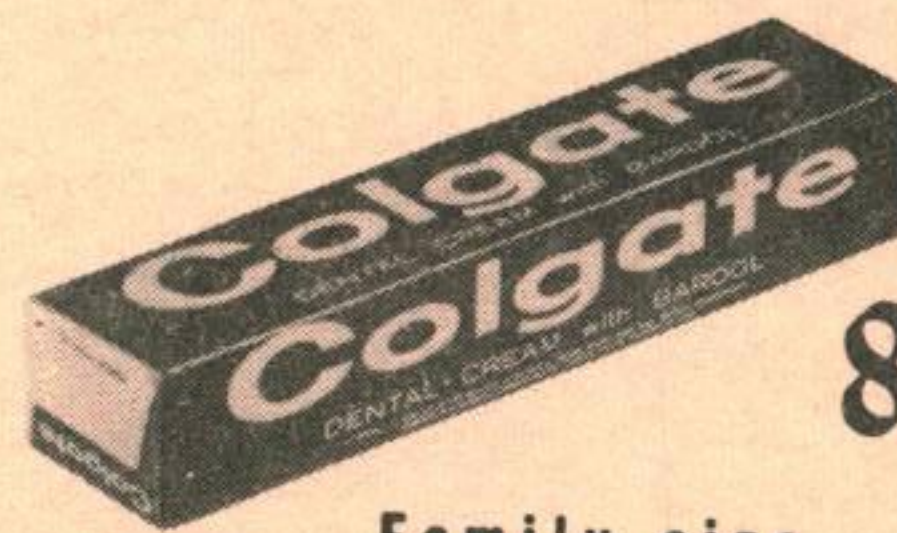
98¢ size

79¢



Family size

88¢



Family size

88¢



10's

89¢



Family size

1.19



59¢



2.09



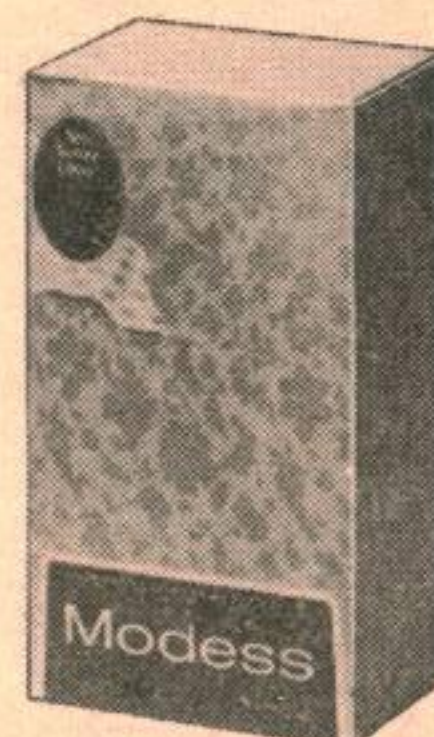
100's

69¢



16 oz reg 1.99

1.39



48's

1.59



Reg 1.25

89¢

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Evenings and Emergencies 642-5810

Trim 'n' Fit



The 'SITTING LEG OUT' slims the tummy and shapes the hips and legs.

Sit on the floor with hands behind you. Now draw your left knee up to your body as tightly as you can. This is your starting position. On one, extend the left leg and bring up the right leg at the same time. On two, extend the right leg again and bring up the left knee. Do 10 repetitions to begin with....rest and then do a few more. Gradually work up to 30 or even more if you can.

Announcements

....On Saturday, 2 May 70, the Protestant Ladies Guild, will be holding their "Annual Rummage Sale." Please bring any rummage you may have to the Protestant Chapel at any time.

....The Protestant Chapel Guild will be meeting April 22, at 8:15 in the Chapel Annex. Remember your work-basket contribution.

The Cooking Nook

An old-fashioned spring dessert seldom seen is Snow Squares. It is a delicate, white gelatin confection served with a flavorful orange sauce.

SNOW SQUARES

1 pkg. unflavored gelatin
1/4 tbsp. cold water
1 3/4 c. hot water
2 egg whites
1/2 c. sugar
Dash of salt
12 graham crackers finely crushed

Soak gelatin in cold water for five minutes. Add hot water and stir until dissolved. Cool. Add gelatin, sugar and salt to unbeaten egg whites. Beat with rotary or electric beater until mixture holds firm peaks when beater is removed.

Pour into 8x13 cake pan lined with waxed paper or plastic or foil wrap. Two smaller containers may be used but mixture should be at least 1 1/2 inches deep.

Chill until firm. Turn out on waxed paper. Remove lining paper and cut gelatin into squares or fingers of serving size.

Roll in graham cracker crumbs and arrange on serving plate. Serve with orange sauce (see recipe below). Yield 12 to 15 servings.

ORANGE SAUCE

1 c. orange juice
1 tsp. lemon juice
1/4 tsp. grated lemon rind
Dash of salt
1/3 to 1/2 c. sugar
3 tbsps. cornstarch
2 egg yolks
1 c. whipped cream

Place juice and rind in saucepan. Combine sugar, salt and cornstarch thoroughly and stir slowly into juice.

Sitting constantly, heat slowly to boiling point. Reduce heat and continue to cook, slowly stirring until thickened.

Remove from heat, add some of mixture to beaten egg yolks. Return mixture to saucepan and cook and stir one minute longer. Cool.

Just before serving, fold into 1 cup of whipped cream and serve with Snow Squares.

Pioneer Committee

Please Note --- Next Meeting to be held Friday, April 17th, 8 P.M. at the Betel Home. All Members - Students, and any interested people please attend.

SPECIAL FILM COMING SOON...

Entitled "ONE HUNDRED YEARS OF ICELANDIC SETTLEMENT IN NORTH AMERICA", this film will be especially interesting to everyone in this area.

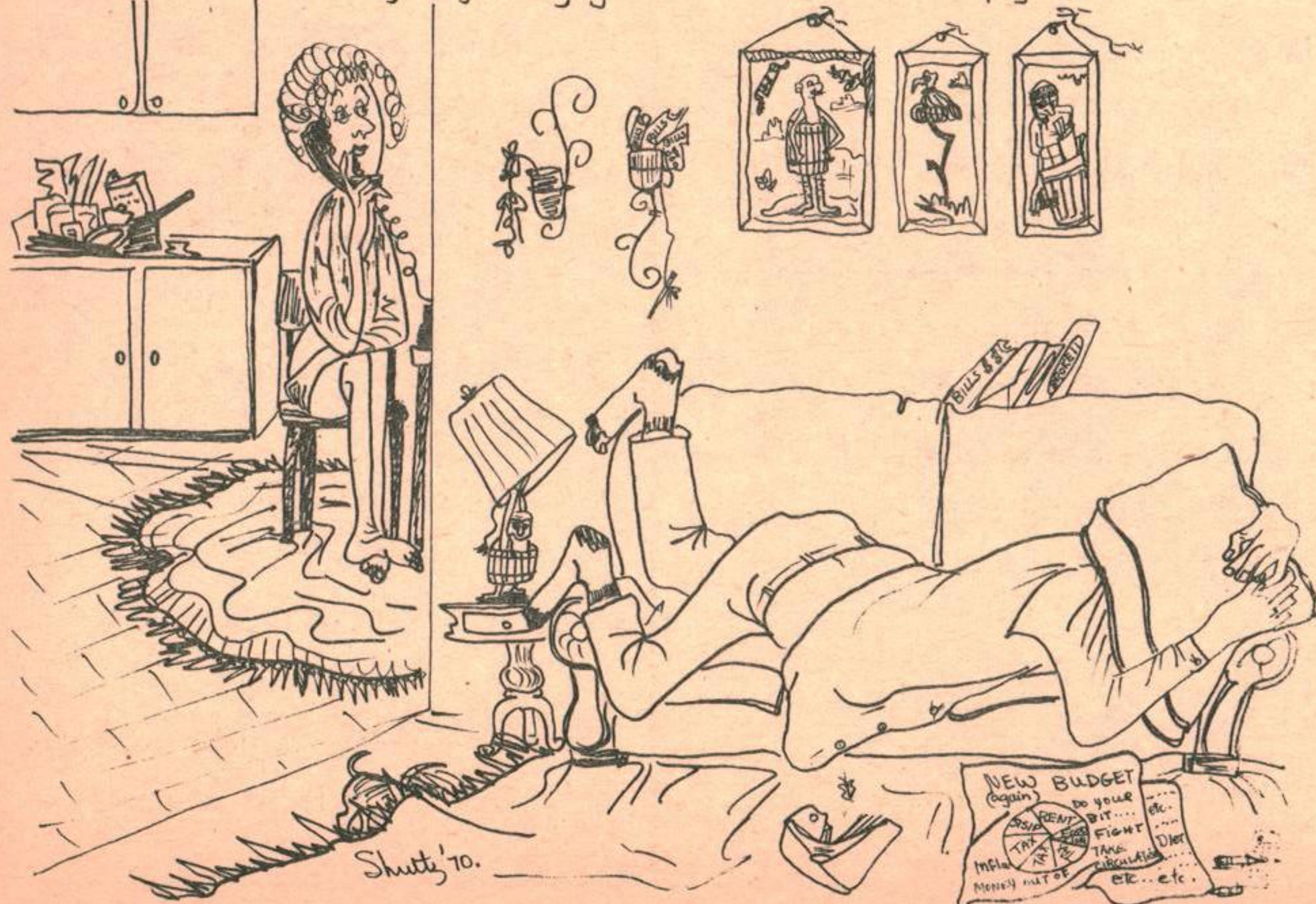
Sponsored by the Icelandic National League, and supported by the Centennial Pioneer Committee, it will be shown, Friday, April 24th, at the George Johnson School Gymnasium.

A silver collection will be taken to help defray costs.

Everyone Welcome!!

More details next week. Save the 24th for this enjoyable event.

The housing officer says that raising the rent is an anti-inflationary measure! but Sidney says, they just want his incentive pay back!!!



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Credit and Loans

Betty

Did you know that as of March 1st, 1970, in Manitoba - all companies are obliged to tell you how much your credit is costing - in both percentages and dollars?

- that when a loan company buys your loan contract from a department store, they now also buy the responsibility for the guarantee?

- that loan companies can now only repossess goods to the value of your unpaid balance?

These were some more hints mentioned by Mrs. Glenora Slimmon when she visited Aspen Park two weeks ago. She pointed out, however, that if the consumer does not realize this legislation exists for his benefit, he can still be taken in. The most important thing a consumer can do is ask questions. Don't feel apologetic about it. Everyone, from the car salesman to the bank, is trying to sell you something, and there is no reason why you should know less about the credit you are buying than you

should about a car.

Mrs. Slimmon also recommended a list of reference material for consumers. Consumer's Report, she suggested, should be obtained from the library, as a guideline for the how to buy an article, not for what to buy, as the models tested usually differ from the Canadian ones. The Canadian counterpart is Canadian Consumer, available in libraries and at the address below. Also available are the following books:

Buy Now - Pay Later - Hillel Black
The Waste Makers - Vance Packard
The Big Sell - Pierre Berton
The Plot to Make You Buy - John Fisher - This is the best Canadian book on the list and tells the tricks employed by the marketing trade to entice the unwary consumer.

Many banks, insurance companies and loan companies also publish pamphlets on budgeting, credit and money management, and these are available on request.

Persons interested in joining Consumers' Association of Canada should send \$3.00 to Consumers' Association of Canada, 100 Gloucester Street, Ottawa 4, ONT. The \$3.00 is the yearly membership fee and entitles the member to all copies of Canadian Consumer.

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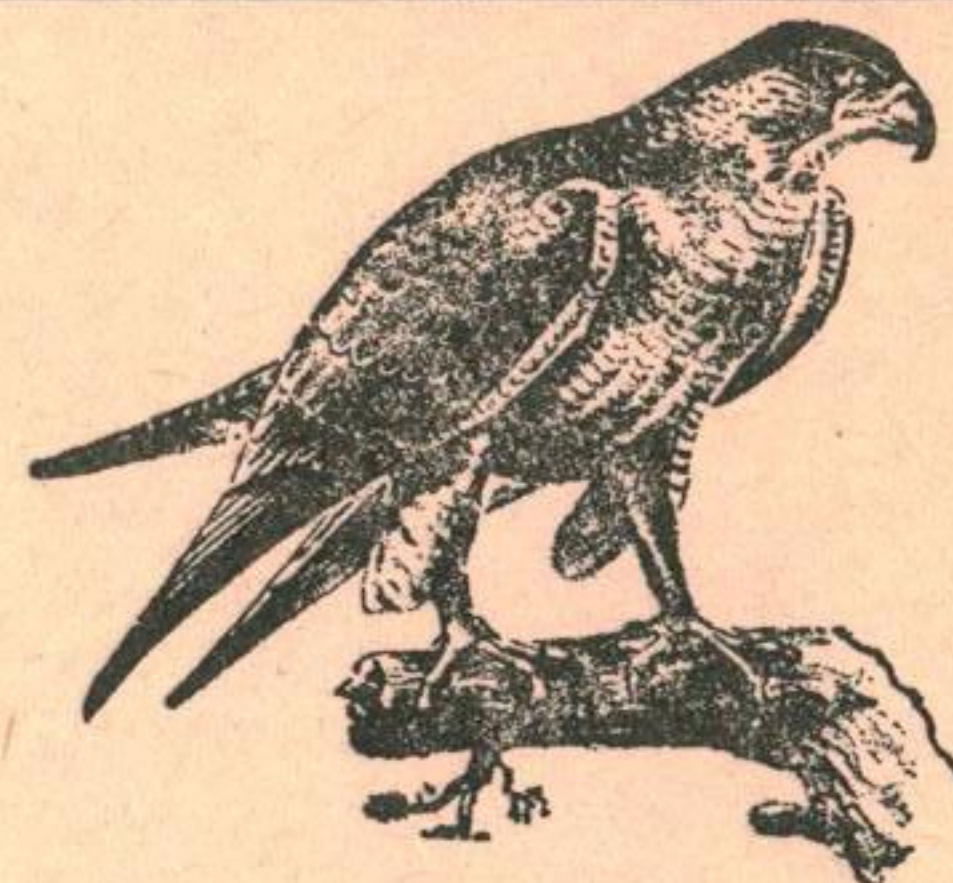
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MALKINS Prunes - large 2lbs.
78¢

AYLMER Soup Tomatoe vegetable
10 oz...9 for 88¢

PAULINS Soda Biscuits - plain
and salted 2's....85¢

TOP CHOICE Dog Food 72 oz...1.58

MALKINS Apple sauce 14 oz.
4 for 88¢

ZING Canned drinks - zip top -
Orange, Root Beer, Cola, Ginger
Ale, Grape and Lemon Lime
10 oz...9 for 88¢

MEXICAN Tomatoes 3 lbs for 1.00

CALIFORNIA Green onions
2 bunches for 29¢

CALIFORNIA Lettuce
2 for 39¢

CALIFORNIA Radishes
2 bunches for 29¢

CUT RITE wax paper refills
100 foot roll 2 for 58¢

SHAKE N'BAKE Chicken, Fish, Pork
and Veal Italian Hamburger 2 oz.
28¢

MINUTE MAID Orange Juice
6 oz tins...4 for 1.00

RUPERT Fish Sticks 8 oz each 39¢

T.V. DINNERS Banquet Beef, Chicken,
Turkey 11 oz. pkgs... 59¢

PRIME RIB ROAST Short Cut...99¢/lb

PORK TENDERLOIN Roasts end cut
average 3½ lb...79¢/lb

SWEET PICKLED Cottage Rolls
½'s in C.O.V...73¢/lb

FRESHLY GROUND MINCED BEEF
69¢/lb or 3 lbs - 1.99

SMALL LINKS BREAKFAST SAUSAGE
59¢/lb

BURNS Side Bacon - double smoked
or 7 FARMS - 1 lb packages
89¢

WE RESERVE THE RIGHT TO LIMIT
QUANTITIES

Consumer's News And Views

"Credit cards have been the debt of me, I charged when I should have retreated."

Are those innocent-appearing little cards which promoters claim will "uncomplicate" our lives a blessing or a curse? Are they an aid to keeping track of our finances, or an open invitation to disaster?

From a rather slow start less than 10 years ago, these plastic cards are today bulging wallets across the entire continent. Consumers' Association of Canada became concerned when hundreds of letters flooded in to protest the receipt of unsolicited credit cards through the mail. Their efforts to control this by legal means or through post office regulations were unsuccessful.

So now the Association advises you to destroy or deface, at once, any card you do not wish to use. A useful follow-up is a letter to the issuer, stating your objections to this means of advertising and enclosing the mutilated card.

But if you feel you need such cards, to help you live with them and stay solvent Consumers' Association of Canada suggests the following precautions:

Guard your credit cards well; never leave them in glove compartments or other spots from which they may be easily stolen. Check frequently to make sure they have not been lost if you make limited use of your credit cards and if you find they've disappeared, be sure to notify the issuer at once -- by registered mail. Most companies will not charge for purchases made on an unsolicited card if you have never used it, but once you have used or signed the card, you are completely

responsible for all purchases made with it, unless the issuing company is notified. Keep a record of your card numbers and the address to notify.

If you make many purchases at a store which promotes the use of credit cards you may wish to obtain and use one. You are paying for credit on each purchase and by using a card will gain a month's interest on the money you have on deposit in the bank. Use it for large purchases. You gain not only a month's use of your money, but the opportunity to inspect the purchase and have any defects remedied before you are required to make payment. The wise use of a credit card will also help you establish a good credit rating.

Never impulse-buy just because it is so easy to charge a purchase. Remember the bill will always arrive with the first of the month. Don't let your credit cards become the "debt" of you!

To prevent unpleasant surprises at the end of the month, try keeping a list of the amounts charged. This way you can be more certain that you have not charged more than you can pay when the bills come in. Check your bills when they are received to make sure they are accurate listings of your purchases. Even computers make mistakes!

If you have questions regarding your account, or if charges are recorded after a card has been stolen, get in touch with the issuing company immediately to state your case and have an investigation made. One of the greatest dangers of credit cards is that the holder must assume legal responsibility for all debts incurred in their use, whether or not authorized. To avoid mistakes in billing, notify all companies of your change of address immediately when you move.

Whether credit cards are good or bad depends on the uses to which you -- the consumer -- put them. Consumers' Association of Canada suggests that you remember that careless use of credit cards can lead to serious personal debt. It may be a factor in continuing inflation and can be a severe shock at the end of the month. But, carefully employed to make the best use of your money, they can be a useful family financial tool.

So it's up to you -- don't let credit cards become the "debt" of you!

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'YOU HAVE CONTROL'

Yes, that's right -- we do have control of products on the market here in Gimli. If the consumer patronizes particular harmful or ineffective items, then the manufacturer will continue to produce and the merchants continue to sell such items. Conversely, if the consumer avoids purchasing these items, they will soon fall off the market and be replaced by a better product.

Lately there has been a lot of talk and publicity concerning the finding of large percentages of phosphates in detergents and the discovery of their contribution to water pollution. What does this all have to do with us -- the consumer in Gimli?

Alot! It means that we must help force the manufacturers to decrease the phosphate content in their products. One of the most effective ways to let them know what we think is to boycott their products. They will be interested when their sales decrease. We really can't afford to settle for less -- our waters are getting polluted.

The findings of the Pollution Probe (printed in Framfari issue

February 20th) reveal that all of the laundry detergents are high in phosphate; WISK, with 10.5% phosphates being the second lowest of the twenty five detergents surveyed. The lowest, TEND MASK-INTVATT (distributed by AB Helios) with 8% does not appear to be on the western market. Unfortunately a lot of western name brands were not included in this eastern survey; but the phosphate content of western brands is now being tabulated and results will be made known within one month. (Consumers Association of Canada is doing the survey). Hopefully this survey will offer some substitutes for laundry detergents other than Soap flakes...Yes, laundry soaps are low -- very low in phosphate content.

INSTANT FELS 9%
LUX less than 1%
MAPLE LEAF SOAP FLAKES less than 1%

IVORY.SNOW less than 1%
And that's quite a difference, as compared to:

AMWAY 52.5%
CHEER 44.5%
TIDE XK 43.5% etc.

We can guess your reaction -

-Over Manufactur

"You mean I should maybe go back to soap flakes when I like all these high powered detergents? Impossible! -- They don't clean as well!" Well, we too like these great detergents, but we don't like water pollution. DO YOU?

So for the time being we strongly suggest that you purchase detergents with low phosphate content, and if you possibly can -- buy soap flakes. To assist you in your shopping we surveyed eight grocery stores in Gimli to find out what they had available in the line of detergents with low phosphate percentages.

WISK is available at:
K&K's - 32 oz for \$1.05
IGA - 32 oz bottle on stock for \$1.09

MARKUSSON - 64 oz. for \$1.65
INSTANT FELS is available at:
MARKUSSON - 2 lb. 10 oz - 99¢
LUX is available at:

MARKUSSON - 1 lb for 57¢
2 lbs. for \$1.07

KLONDIKE - 2 lbs. for \$1.02
MAPLE LEAF Soap Flakes at:
IGA - 1 lb. 12 ox. \$1.05
KLONDIKE - 1 b. 99¢

EATONS

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Four Piece Bathroom, Basement,
Fenced Lot and Garage
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Approx 38 ft x 10 ft

\$2600.00

For your Auto, Fire and Casualty Insurance needs

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CLAIM SERVICE*

phone DICK ARNASON 642-8859

ers' Marketing Policy

IVORY SNOW at:

TGA - 2 lb. 2 oz. \$1.13

MARKUSSON - 2 lb. 2oz. \$1.15

KLONDIKE - 1 lb. 60¢

TOMBOY - 1 lb. 59¢

4 lbs. \$1.99

By the way, all the merchants showed great interest in the phosphate problem and expressed a desire to have available, products that you want to buy. So please let them know if you want to see more WISK, Soap Flakes, etc. If you are confused about phosphate contents of certain products, please ask your merchant for he should be aware of what he is or isn't offering. If you are interested in learning more about the Pollution Probe analysis done in Toronto -- write for a free copy to:

POLLUTION, CONSUMERS' ASSOC.
of CANADA

100 Gloucester Street,
Ottawa 4.

Let's go on to a few other discoveries we made. Water softeners seem necessary in Gimli, especially if you are going to use soap flakes. Did you know that SAL SODA has been proven

to be a very effective water conditioner and it has less than 1% of phosphates. On the other hand CALGON water conditioner has 75.5%. Will those percentages influence you in your buying...? Actually, you can't afford not to buy SAL SODA for we discovered that the average cost per wash using SAL SODA was 5 - 6¢; however, using CALGON, the cost was 20-23¢ (going by package instructions for usage.) ARM & HAMMER SAL SODA can be found on the shelves of every grocery store in Gimli; the lowest price in town being 20¢ at Brodies, K&K, and MARKUSSON. There appears to be only one major handicap. At present, SAL SODA is available in very small packages; however, it is our intention to encourage the Consumers' Association of Canada to request larger packaging of this product.

Likewise another discovery - BIO AD, AMAZE, and BORATEEN all claim to be effective in pre-wash cleaning, whitening, brightening, and removing stains. Look at the phosphate content:

BIO AD 49%

AMAZE 27%

BORATEEN less than 1%

We are not certain of the comparable effectiveness of Borateen, but it does look like its worth a try. In town we found the average cost per week with:

BIO AD is 13.2¢ - 17¢

AMAZE is 13.3¢ - 21¢

BORATEEN is 11.6¢ - 14.8¢

Your best bargain for BORATEEN in Gimli is:

3 lb. 7 oz. box for 81¢ at

K&K's -- 11.6¢ wash

or 6 lb 4 oz box for \$1.69 at
Cloverfarm -- 13.5¢ wash.

Remember, again that all calculating has been done according to package instructions for usage.

Hopefully our survey of the Gimli grocery stores will assist you in your purchasing and influence you to think in terms of low phosphate content. As soon as the Consumers' Association of Canada reveals their findings concerning western brand detergents we will let you know what the Gimli stores are offering in these lines.

Two Concerned Consumers,
Jane Giffin
Leslie Reinhart

TARGET STORE

Complete Family

Clothing

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Tues. to Thurs. 9am-6pm

Friday 9am-7pm

Saturday 9am-6pm

Portage Wing Ding?

Last Friday, amid the true Training Command pomp and glory, 3FTS parted the ranks and took its place beside the axe of austerity.

Among those present to witness this somber ceremony were 44 pilots from Moose Jaw, and 10 pilots from Gimli. Despite their small number, however, 1FTS did put on a good showing (didn't they Ed) as everyone "Did Their Thing" to mourn the event.



The Cobra's Comment

"Sorry to see the last

Tutors go. We're all going to

miss the pilot's sports car."

The 1 FTS COBRAS

BASE EXCHANGE

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Mother's Day cards

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Wigset	100% HUMAN HAIR "TOM JONES" HAIR FALLS	Clean and
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	-REG. \$65.00 SPEC. \$55.00	
	-REG. 18.95 SPEC. \$14.50	

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ALL TOP LINE TOP LINE PERMS ON SPECIAL... 9.50

COLORS : Touch-up...: Reg 6.50 SPECIAL 4.50
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Bleach & Frosting Reg 25.00 SPECIAL 14.95

(The above perms & colors also include your set & styling)

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LOCATION - THE COMMERCIAL BLDG.
CENTRE STREET - GIMLI

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AND OF COURSE A FREE CONSULTATION IS ALWAYS AVAILABLE.

MEET YOUR NEIGHBOUR

- John Bryson



CPL. & MRS. HENNIGAR & FAMILY

Mert was born in Hortonsville, N.S. in 1937 and attended Canning Jr. High School. He joined the RCAF in 1959 and, after basic training, went to Aylmer Ont to work in the Accounts Section. In 1960, Mert married a childhood sweetheart, Evelyn Sherman, from his hometown. In 1961, they were transferred to Winnipeg and then, in '65 to Portage la Prairie. In '69 Mert began to get a little tired of working in Accounts and decided to remuster to I&E Tech. He was sent to Clinton Ont. for a 5 month course and then to Borden for a further 6 months. This was where their daughter, Susan, was born. After completing training, the Hennigars were posted to Gimli and now live in the Evergreen Housing Development. Mert and Evelyn are both ardent fishing enthusiasts and are now eagerly awaiting opening day.



MR. & MRS. J. DUDAR & FAMILY

Jim was born in Winnipeg. He moved to Gimli in 1934, and went to school here. He worked with his parents on a farm west of Gimli until 1953. After this, he came to work at the Base. Jim worked for six months in the CE section, then he worked in the Recreation centre for seven years, and is now employed in the Officers' Quarters. Jim married Elsie Oneschuk, of Beausejour, in 1953. In April of 1954 a daughter, Shirley, was born, and in January 1956 a son, Andy, arrived. The Dudar family lives on the Government Road, south of Gimli. In their free time the Dudar's are all power-toboggan racers; last winter their 2 snowmobiles were in many events in Gimli and the surrounding area.

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CONTACT OUR MANAGER

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

MINOR HOCKEY

Stan Robinson

On Monday, in Tom Thumb, Canadians took Boston 4 to 1, with Melvin Biluk getting 3 goals and a single going to Randy Martin. Dave Henry got the lone goal for Boston. Russel Wilson played an outstanding game in goal for Canadians. In the second game, Leafs squeezed past Green 1 to 0, after a hard-fought battle. Bob Gretchen scored for Leafs. Both goal-tenders, Dwayne Arnason for Leafs and Green's Bohemier played well.

Tuesday night, in Bantam, Leafs took their second game over Canadians, 5 to 4. Lorne Smith had 2 goals for Leafs, as did James Prise, with Blain Knapik picking up 3 assists, and Darrel Gottfried rounding out the goal-scoring. Ken Kernestead had 2 goals and 2 assists for Canadian. Glen Aldwinckle had 1 goal and 1 assist and Ron Krulicki got the other goal for the losers.

On Thursday in WeeWee, Greens and Red Wings maintained their perfect records, Green over Leafs 5 to 1, and Red Wings over Boston White 3 to 2. For Green, Allen Lukew had 2 goals and 1 assist, with other markers tallied by Ron Warcimage, Dave Gagnon and Edwin Greenberg. Darren Kucey got the lone goal for Leafs. Gilroy turned in a good performance in the net for Green. Red Wings held on for their victory over Boston White. Dwayne Gemmel scored twice and Paul Bourier had a single for the victors, with Mark McLoughlin getting both goals for White. In the week's final game, Boston Black took Canadians 3 to 1, with Garry Pearson scoring all 3 goals for Black. Scott Valgardson got the lone reply for Canadians.

This Saturday, April 18th, the WeeWee All-Stars are playing a team from Portage, coached by a former Gimli-ite, Hank Snow. That game goes at 2 P.M. That evening, the Bantams will be playing a Winnipeg team. Both games should yield exciting hockey action.

Don't forget to get your banquet tickets from your coach. To clarify any misunderstandings which may exist, the banquet is limited to coaches, players and their fathers.

Bowling News

SPRING BOWLING LEAGUE

This League will be starting Sunday, 10th of May (Vice 3rd of May).

Base personnel and townspeople over 18 years of age are invited to participate.

Information and applications for this league are available at the Bowling Alleys - CFB Gimli, Rec Centre, and most business establishments in town.

For further information please contact Ron Dupuis at CFB Gimli Local 143 or 7943.

There will be a meeting for all persons interested in the Spring League, held in the Viking Room at CFB Gimli, on Monday the 20th of April at 7:30 P.M.

LADIES LEAGUE

-Joan Truax

*For our General Meeting the following have volunteered to run for your next years Bowling Committee. So come on girls, come out and vote. We need your support. Date: Thursday, April 30
Time: 8:00 P.M.
Place: Groulding School*

PRESIDENT - Gabe McKinder
Janes McDonald

V/PRESIDENT - Helen King
- Sandy Duckworth
- Louise Berger

SECRETARY - Helen Cutts
Connie Wilson
Rosemary Pinsonneault

TREASURER - Jasmin Murtough
Betty Snutch

STATISTICIAN - Diane Warren
Mary Lou Garriock
Barbara Cramer

If there is anyone else wishing to run for office, for the Ladies Bowling League please contact your executive committee before our meeting on April 30.

Local Archers Compete in Portage

On April 12th Jim and Shirley Williams of Aspen Park attended the Manitoba Archery Indoor Championships held at CFB Portage. There were about 60 archers attending from all over Manitoba.

John Johnson of CFB Shilo took 1st place in the Men's Free-style with a total score of 589 out of a possible 600. Harvey Hart of CFB Shilo took 2nd place with a total score of 587 and Steve Braunstein, CFB Portage, was third with 586.

Women's Free style was won by Marie Hart, CFB Shilo, with 518, Fran Ure of Winnipeg was 2nd, 503, and Shirley Williams of CFB Gimli placed 3rd with 500.

Shirley feels she did very well for her first competition and hopes next year she can bring the trophy back to Aspen Park.

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Get on the Broom

- Bud Wilds

"Birthdays come and birthdays go, but none will be remembered more than my 39th!!

My sincere thanks to all my friends who made last March 29th a day never to be forgotten!"
Ross Hambly.

Well all that remains to be said after Ross' message is: "It was a pleasure, and such a young looking 39." I would never have guessed that Ross and I were the same age.

The Shirt Sleeve spiel is over and becomes a page in the club's record book, but to the participants it will be long remembered. Once more the CFB club can be proud of its perfect record as a Bonspiel host. Of the 32 rinks entered in the 3 event spiel, I don't believe there was an unhappy person among them. Everyone appeared to enjoy himself (herself). As a casual observer who only participated in the bonspieling, I thought it was a smash hit. Friendship was the order of the day (and night). There was goodwill in each handshake.

If dancing and enjoying oneself is an indication of acclaim to the musician, then Paul and his trio win the prize. They were great, even if they didn't play a frug.

The Bonspiel winners proved that any mother's son can win with Mom at his elbow urging him on. Bobby Malinowski was the winning skip with his mother, Rose, playing third. Belle Christenson played second with her son Pete as lead. It's tough to beat a team like that. They just out psyched the runner up, Steve Cherniak of the Gimli Club. Also rans in the first event were the J. Zackarian and Dick Arnason rinks. Second event went to Gilbert Sigurdson's rink with Raymond Sigurdson third, Gus Finson second and Betty Finson lead. Runner up was Charlie Mason's rink (There is no truth to the rumour that Charlie is going to take up bowling). Also in the money were the Ross Hambly rink from CFB, and Marve Bruce rink from Transcona. They'll be back.

Third event was won by Jack Hentig's rink. Playing for Jack were Myrt Biddiscombe at third, Doug Tucker second and Jack's wife, Joyce, lead. Third event runners up was Ron Dryden rink of Selkirk. The guys in the show money were Ken Sylvester and Ben Kaminski.

This week will see the club wrap up its curling season with a few final games in the mixed league remaining. The annual Inter-Mess Bonspiel is slated for Thursday evening, and a couple of section spiels on the weekend. Then off the switch, out the golf clubs, and the next words a guy hears is "fore", that's just before he digs someone's little white devil out of his ear.

Don't give up yet Folks, the club has the granddaddy of all the social events program med for Saturday, April 25. The Annual Club Banquet - Cocktails at 7:00 P.M. - You may get tickets from Yours truly at the Salt Mine - not home - from Sgt Charlie Mason at 5 hangar Log Control, or WO Andy Anderson at Base Finance - Plan to attend - without you, Your Club is Nothing.

'CHIMO'

C.F.B. GIMLI CURLING CLUB
— ANNUAL —

Curler's Banquet

at the
SARGEANT'S MESS

to be held on

Saturday, April 25th, 1970

Cocktails 1900 Dinner 1930

Tickets: Two Dollars Per Person



Curling Club President, Hank Funk, bestows the "presidential buss" on one of the owners Mert Biddiscombe.



FIRST EVENT WINNERS, Pete Christenson and his mother, Belle; Rose Malinowski and her son, Bobby, who skipped the team.

'Shirtsleeve' Bonspiel Winners 8



SECOND EVENT WINNERS, Betty and Gus Finson, and Ray and Gib Sigurdson.



THIRD EVENT WINNERS, Joyce Hentig, Doug Tucker, Mert Biddiscombe and Jack Hentig.

SPORTS SPOTLIGHT...

Linda Hall

Caryl Potter



This week Framfari's Sports Spotlight is focused on Linda Hall, Manitoba's only representative on Canada's British Commonwealth Games Swim Team.

Linda, fifteen year old daughter of WO Eric Hall, was selected as a member of Canada's thirty-one member team. The Games this year are being held in Edinburg, Scotland, in July.

Although her final selection was based on the results of the Canadian Winter Nationals and Commonwealth Games Trials held in Winnipeg at which Linda received two bronze (third place) medals, the selection committee has probably been watching potential members for some time.

According to Linda's father, her initial involvement in serious swimming was somewhat of an accident --- It seems that while enjoying the outdoor pool at RCAF Station Greenwood in 1965, a gentleman came up and requested that Linda swim a couple of lengths. Though not knowing exactly why, Linda obliged and it was then that Capt Ted Bowman asked her if she would like to join the Greenwood Dolphin Swim Team.

During the next four years with the Club, she improved to the point where she not only set Nova Scotia and New Brunswick records, but she was also named as the outstanding swimmer in the Maritimes.

Even though Linda is quick to point out the effect that the Bowman's of Greenwood have had on her successes, it is evident that her personal drive and ability is outstanding. Since coming to CFB Gimli, she has trained almost entirely alone: she and her ten year old sister, Connie, spend one and one-half hours, four days a week at the base pool building up endurance and practicing her turning technique.

The shortcomings of training alone, and training in a pool both too short and too shallow at one end, led in January of 1970 to Linda's joining the Cardinal Swim Club of Winnipeg. Every Saturday, her parents motor in to Winnipeg where both Linda and Connie can receive coaching as well as competition, both vitally important to any athlete's success.

Considering that Linda has only just turned fifteen (which made her ten years old when she first started in 1965), her feats are even more impressive. At the age of twelve she attended the National Meet in Montreal during Expo 67, receiving the silver medal in the 100 meter free style, and the bronze medal in the 100 meter breaststroke.

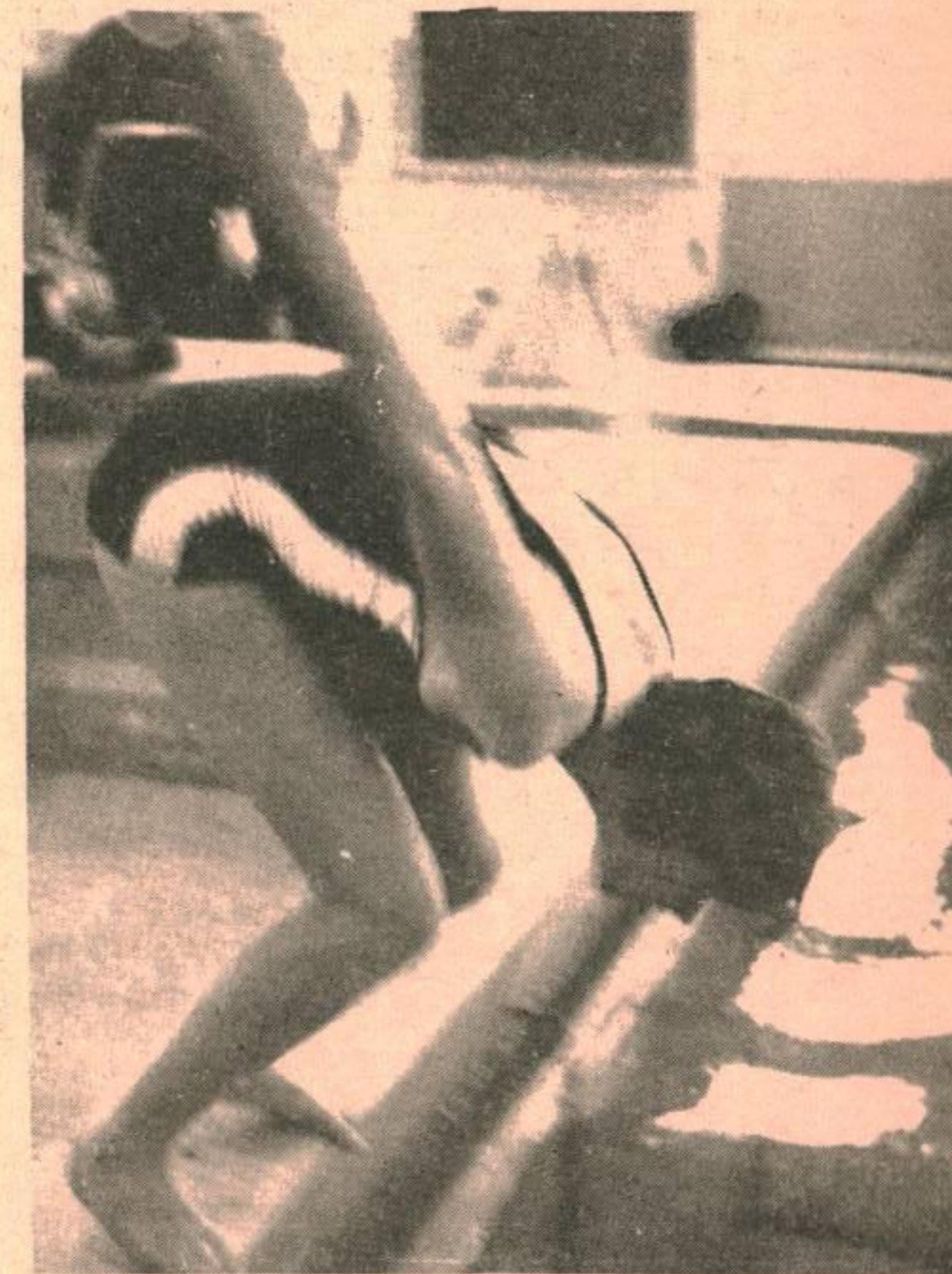
In 1969 (age 14), she competed in the Canadian National Short Course Championships in Vancouver at which the New Zealand National Team participated. Later in the same year, Linda swam in the Canadian Summer Nationals in Montreal, and in the First Canada Summer Games held in Halifax.

After joining the Cardinal Swim Club, Linda competed in the Canadian Dolphin International Swim meet at Vancouver, March 7-8, picking up a gold medal in the 13-14 age group.

Considering this impressive showing, it is quite evident that her selection to the B.C.G. Team was no fluke. But special mention must be made of Linda's parents, without whose backing in the form of praise, criticism, and managerial tasks, the road to the Games may not have been so smooth.

One point that is always of interest is the academic abilities of athletes. Does athletics hinder, or help? Linda feels that in her case it has definitely helped, and this supported by one of her teachers, who called her a "top-notch student".

Linda, perhaps the best we could promise you is a new pool, but all we offer (and you've probably heard this quite often of late) is our sincere congratulations, and best of luck at Edinburg.



Using the edge of the pool as her starting box, Linda demonstrates her start technique for the 100 meter free style.

You can't afford to miss our Spring savings
on all items in stock.

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Guiding

A hike and cook-out officially opened out-door activities for the Guides of the 2nd Company.

Commencing at 11:00 A.M. at the Evergreen, the girls hiked two miles to Camp Gilwell where they practised lighting campfires. Later, over one large campfire, weiners and other tasty morsels were cooked.

Surrounded by the Beauty of Nature, the girls delighted in the velvety green moss, the prickly burrs and the irregularity of the "frozen waves".

Many socks were damp, but spirits were not, as songs reechoed over the homeward stretch.

The meeting of April 13th will include a tour of Gimli Hospital.

"WOULD-BE" CUBS

Any boys, ages 8 to 11, or who will be eight before 15 Jun 70, and who wish to join Cubs are asked to come to Baden-Powell Hall on Monday or Wednesday at 6:30 P.M. A registration fee of \$2.00 is payable as soon as possible and the following information should be brought to the first meeting:

NAME OF CUB

ADDRESS

BIRTH DATE

HOME PHONE

CHURCH AFFILIATION

PARENT'S FIRST NAME & INITIAL

FATHER'S OCCUPATION (SECTION)

FATHER'S BUSINESS PHONE

G.C.H.S. NEWS

School started again on Monday April 6, and everyone is back in the full swing of things.

The basketball season is over and the next main sport is Track and Field which will start shortly and we'll keep you up to date on its progress when it begins.

Our school is very proud of one of our students, Linda Hall, who is on the Canadian swimming team which will be going to Edinburgh, Scotland, this summer. Linda is in Grade 9 at school. We wish her the best of luck this summer and in the future.

The Grade 12's have been writing exams during the past week to prepare them for the final exams they are required to write in June.

April 28th will be a red letter day for students, who will find out the results of their work during the past term, when report cards are sent home.

GOULDING EVENING INSTITUTE ANNOUNCES EXAM PROCEDURES

Application forms must be filed for both the School and Departmental Examinations at June. If you have not already done so, please come to the school and in 54 seconds complete such. This must be done prior to April 24, the day that such are being forwarded to the Department of Education. Otherwise, a \$2.00 late fee is charged.

FINAL EXAMINATIONS, SCHOOL & DEPARTMENTAL TIMETABLE

ENGLISH 300 I---Monday, May 11,
7:00-10:00 P.M.
Annex

ENGLISH 300 II--Monday, June 8,
7:00-10:00 P.M.
Annex

ENGLISH 300 (Dept.) - Wednesday
June 24, 9 - 12 A.M.

BIOLOGY 300 (School) - Wednesday,
June 10, 7 - 10 P.M. Annex

BIOLOGY 300 (Dept.) - Friday,
June 26, 9 - 12 A.M.

NATO Tanks In Shoot Off

OTTAWA (CFP) -- Competition will be keen this year when the top tank gunners from Britain, Germany and Canada shoot off May 20 to 22nd at the NATO ranges in Bergen-Hohne, Germany.

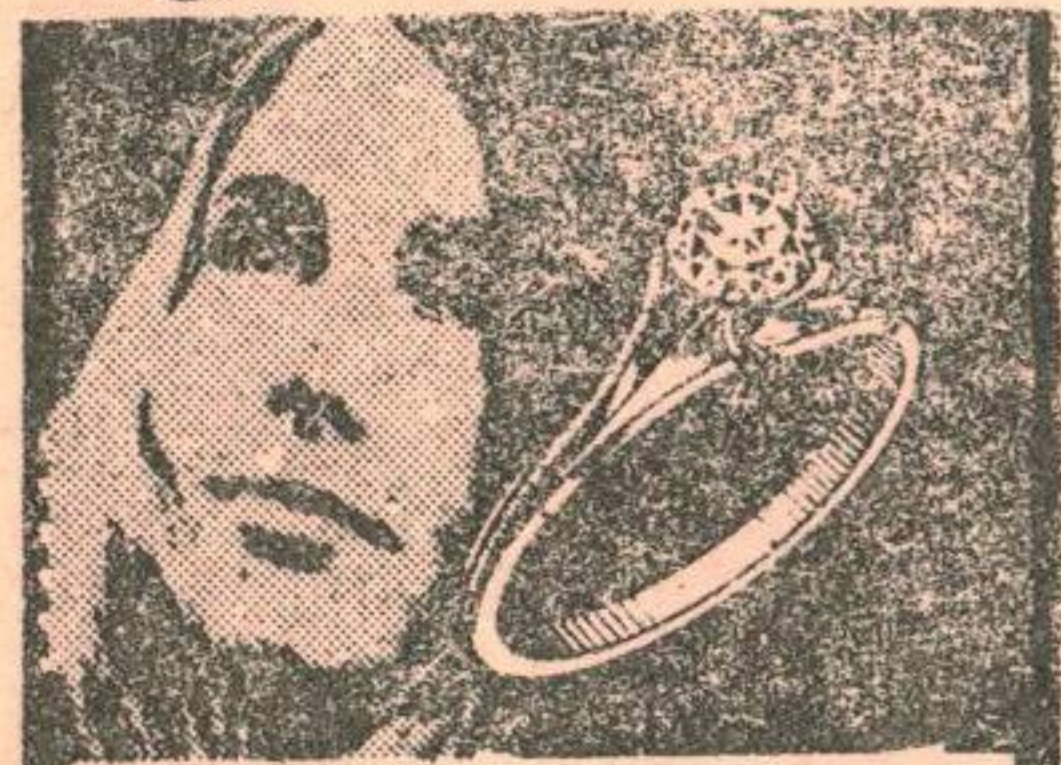
To the winner goes the Canadian Army trophy, a silver replica of a Centurion tank.

Sponsored by headquarters Allied Forces Europe (AFCENT) and hosted this year by the 4th Canadian Mechanized Brigade Group, the competition will feature firing from Chieftain, Leopard and Centurion tanks.

Realism will be injected to a greater degree this year through the practice of fire and movement with the tanks firing in pairs.

General Jeurgen Bennecks, Germany Army, commander-in-chief of AFCENT, will present the award to the winning country.

Rings are for love.



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and General Insurance.

Visiting Base Library,
CFB Gimli, on Mondays.

G.F. (Kelly) Laliberte

I. (IKE) Chamish

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



LCOL D.J. Allan, Base Technical Services Officer, shown with five of CFB Gimli's Maintenance Team, whom he presented with a "Good Look" award during the last Wings' Parade. The recipients are (L to R) Cpls L. Stuber, D.B. Hickling, H.M. Lachance, D.C. Comeau, and R.A. Mickelson.

DENTAL IQ

by Capt D.M. Hodges

PETAWAWA BASE POST -- Many people are concerned when the dentist is going to restore decayed front teeth and a common question is asked.

QUESTION:

What is the best filling for front teeth?

ANSWER:

When the dentist places a filling in the front teeth he looks for a material that will have the same color, expansion rate, and strength that the teeth do. The material should also be resistant to the saliva and prevent new cavities from forming. Unfortunately such a material does not exist. The plastics and silicates come in good tooth colors but falter in the other requirement. The silicates tend to breakdown in the saliva while the plastics do not maintain a good seal with the tooth surface. Either of these materials are doing well to last for five years, although some stay in place for many more years. The exact duration depends upon the original size of the cavity, how well the filling is looked after, and the formation of new decay.

Gold fills all the requirements except colour. It is also more difficult to work with,

more time consuming and more expensive. A well placed gold filling in a clean mouth will last twenty or more years.

When a front tooth is badly broken down, the gold can be extended into a crown shape and over all of the remaining tooth. Porcelain can be placed on the front of the gold crown to provide a pleasant tooth-like color, or entire crowns of porcelain may be made.

As an ideal filling material for front teeth does not exist, it is extremely important to prevent cavities from forming in these teeth. Adequate use of fluorides may reduce the number of cavities in the front teeth by as much as 85 percent.

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Res: Paul Firman 8857

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OVERNIGHT ACCOMODATION

REASONABLE RATES

ENTERTAINMENT

WED THURS FRI SAT

CENTRAL BAKERY

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.

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 VII

After this the men began generally to build on their lands, which they had selected, mostly sight unseen. Some of these lands were miles away, and the snow was very deep. I think that no one had the least idea what he was doing, not even the leaders, except for the one purpose in mind: to settle along the lake.

As for the worth of the land, there was no thought given to that. All could see that the land was wooded, but no one thought about the quality of the soil, or about the mud. Indeed, the soil proved rather poor.

The houses were built on snow, located in many instances where they should not have been, and they were but roughly constructed. The majority were keen to get on their lands as soon as possible, and set about clearing the forest, so that there might be seeding in the spring. Meanwhile, Taylor continued with his urging.

Those who secured the lake front lots were the best off. Their lands were more accessible and comparatively dry. It was thus easier to move about on them. Also, they were conveniently located for fishing.

I was unlucky and was not able to secure land less than a mile or 1½ miles from a landing place. As yet we did not possess the boats, but certain tub-like craft materialized the following summer. Also, we acquired some fishing nets. My land was fully six miles south of Gimli, up from Skapti Arason and Indridi. Erlendur Olafsson was nearer the lake.

Our choice of lands was not of the best, as may be expected, since no one knew how to appraise them, and, furthermore, they were covered with snow. Our farms were difficult to reach, and the buildings on them were not erected without painful effort.

Of course, we cooperated with each other in the building of our homes, but what trudging there was, and what toil there was, straining to move the logs and all our other necessities! Also, the food was insufficient and not of the best.

Valdis, although not at all well, undertook a journey to Winnipeg on February the twenty-sixth (1876), to obtain work. She travelled on one of the flat-bottom sleds used for freighting goods. With her went Kristbjorg Sigurbjornsdottir, then a young girl. They both gave an unfavorable account of their journey, what with the cold and the character of their overnight accommodation.

I took ill on the sixteenth of March and was confined to my bed for a few days. What little nursing was possible. Ingibjorg, Erlendur's wife gave me.

A letter arrived from Valdis on the nineteenth. She had been obtained work in domestic service.

The time had now come for us to move on our lands, or, to be more precise, for lands which we hoped would be ours, for in many cases full possession was never acquired. Erlendur and I had built a house together, for we owned the cook-stove in common, and Ingibjorg prepared the meals for me and my Gudmundur. We moved in on the first of April, or shortly after. The weather was cold and the snow still lay heavy on the ground. Because of this, and because of our lack of the requisite equipment, the move was accomplished only with difficulty. Of course, it was possible for the sleds to travel on the lake, but they were so heavy, being made of green wood, and so poorly constructed that all that one person could do was to pull them empty.

Many small sleds had also been built, and at this time almost every person seen on the move had a sled in tow or a pack on his back.

How to shop from Simpsons-Sears Catalogues



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Anatomy of an Accident

Picture yourself, for the moment, in the following situation.

You are doing the driving.

Bumper-to-bumper traffic, a 15 minute delay - and you and your wife are already 25 minutes late starting out. Your mind begins to whirl; what excuse will sound the best to your boss? He said that dinner was important - and he's always picky about punctuality. Now -- a break in the traffic. You are soon barreling along at 55 miles per hour.

A fine rain begins to fall. Should you slow down? No- this is a good road, the speed limit is 50. Anyway, you're almost there. You wish your wife would be quiet. Who cares about how her makeup looks... Your boss's face fills your mind... Uh, oh, where's your wallet? In the other suit. Your heartbeat quickens. You reach for your handkerchief to wipe your face just as your wife insists you slow down. You quickly respond by giving the accelerator an extra push -- when suddenly an oncoming car skids out of control and swerves into your path. Instinctively, you turn sharply to the right, never seeing that solid, immovable tree.

You've had it! Collision! But

it wasn't your fault, the other driver skidded, you turned to avoid him. Right? Dead right. And very dead.

What happened?

Take a look -- in slow motion, full color and wide screen. Instantly upon impact, the front bumper and grillwork collapse. Slivers of steel penetrate the tree. The hood rises, crumples and smashes into the windshield. Spinning rear wheels become airborne. The fenders are driven into the tree, forcing the auto's rear parts out over the front doors. But it wasn't your fault, was it?

You and your wife continue to move forward at the vehicle's original speed (developing 20 times the normal force of gravity, 3600 pounds for you, 2400 for your wife). Your legs ramrod straight and snap like toothpicks at the knee joints. Your body is lifted off the seat (no time for seat belts tonight), torso upright, broken knees crushed against the dashboard. Your grasp on the steering wheel has convulsed into a terrible death-grip. The plastic and steel frame of the steering wheel buckles under the pressure. Simultaneously, the tendons and ligaments in your hands and wrists are stretched beyond their limits. Your head is now near the sun visor, heading on a tragic trajectory. Your chest is just above the steering column, about to be impaled. But it wasn't your fault.

It has only been 4/10 of a second since the impact. Your car's front 24 inches have been demolished and the rear end is still travelling at about 35 miles per hour, pummeling and compressing the rest of your car into its already accordion-pleated front end. Your body, still conscious, continues hurtling forward at 55 miles per hour. The half-ton motor block -- that screaming monster which used to gratify your ego - crunches into the tree and is then driven backward, about to crush you like a raw egg in a vise. But it wasn't your fault.

Your fear-frozen hands bend the steering wheel into an almost vertical position. The law of inertia impales you on the steer-

ing wheel. Bones are shattered, not broken. Jagged steel punctures lungs and intercostal arteries. Your lungs collapse. Your head shatters the windshield. The rear of your once shiny car begins its downward plunge, spinning wheels digging into the ground. But nobody will blame you.

The entire body of the car is twisted out of shape. Hinges tear, doors spring open. In one last convulsive crush, the seat rams forward and the massive engine bulldozes backward, cementing you against the cruelly cold steel of the steering shaft. Still, it wasn't your fault!

You are now dead. All this occurred in less than one second -- 7/10 of a second to be exact.

Your wife, that lovely little girl whom you had once continuously dreamed about, has likewise been transformed unrecognizably. She had been sitting in the "death-seat", next to the driver. Almost immediately after impact, she rocketed through the windshield as if shot from a cannon (seat belt lying idle - it would have wrinkled her dress). She is dead.

The police arrive. But it is hours before they can identify the car (which had subsequently burned). The bodies were beyond recognition. Though forewarned, one policeman, fresh from the academy, fainted. Decapitated, dismembered, burned bodies were too much for him. He'll have to get used to it, he's going to see hundreds more.

Your children had been allowed to "wait up" for Mommy and Daddy. They loved to do that. But this would be a long, horrible night for them - one which would be indelibly branded on their innocent memories. Who would tell them? And how? What will they think? One thing sure. Your children will never be the same again. They will soon learn what life without parents is all about. They will have to grow up fending for themselves, personalities being progressively hardened by a cruel, parentless world. Your darling children are now orphans. Oh, yes, we almost forgot - it wasn't your fault!

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Chapel News

PROTESTANT CHAPEL

Rev. D.W. Hilton
Phone: 156r2

SUNDAY - 19 April 1970
10:00 A.M. - DIVINE SERVICE

SUNDAY SCHOOL
10:00 A.M. - At Goulding School

FRIDAY - 17 April 1970
7:00 P.M. - Gap Club Party in the Chapel Annex.

WEDNESDAY - 22 April 1970
8:15 P.M. - Guild meets in the Chapel Annex

THURSDAY - 23 April 1970
6:30 P.M. - Junior Choir Pract.
7:30 P.M. - Senior Choir Pract.

R.C. CHAPEL

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

Major (Rev.) J. Georges Savoie
B.A.; LPh.; BTh.
Phone: 156

MASSES
Sunday - 9:00 A.M. & 11:00 A.M.
Weekdays - 5:00 P.M.

CONFESSIONS
Saturday - 4:00 P.M.-5:00 P.M.
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 Faith.

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.

GRACE BAPTIST CHURCH

76 - 2nd Avenue
Pastor D.B. Adkins
Phone: 642-5510

SUNDAY - 19 April 1970
10:00 A.M. - Sunday School
11:00 A.M. - The Miracles of Jesus

On Sunday evening, April 12, at the Grace Baptist Church in Gimli, Miss Mary Taylor, Missionary on furlough from Nigeria, gave an interesting and enlightening talk with slides, making us more aware of the problems and needs of the people in the area where she works. Having worked for the Lord in Nigeria for 23 years, Miss Taylor has come to know many second and third generation Christians. She will be returning there in December after further study at the Winnipeg Bible College.

The Christian Ladies Fellowship Group of the Grace Baptist Church of Gimli met Monday evening, April 13th, at the home of Mrs. Lyttle, Camp Morton. Eleven members were present.

Interesting letters from Missionaries in Nigeria, Ethiopia and Korea were read and enjoyed. Extra time was spent in prayer for Missionary friends and the work of the Inter-lake Crusade for Christ, to be held in the Gimli Elementary School Gymnasium for five evenings; April 27th to May 1st. A lively discussion was held on Proverbs, Chapters 1 - 6.

A delicious lunch was served by Mrs. Waystaffe.

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DOCKSIDE FISH PRODUCTS

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The Patterned People

*I watch
the patterned people
the proud patterned people.
I watch them
sitting in cushioned chairs
sipping their cocktails
quietly questing
dreams,
while their children
yelp the
warnings.*

*I hear the patterned people pray
they pray patterned prayers
and children
can't compete with
patterned prayers
and patterned prayers come prepared
in plastic packages
and still
the children
yelp the
warnings.*

*I feel the patterned people's
clammy skin
goose pimples grossly growing
and their lips
move more quickly --
the patterns wearing
thin
minus life threads
to darn the damned
and I feel the patterned people's pain
as I run toward
their yelping children
to witness the
warnings.*

Ted's Solo

SPECIALIZING IN:

- * MEATS
- * GROCERIES
- * FRUITS
- *

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BIG PLANS? No matter what you're
LITTLE PLANS? borrowing for, ask your
 local manager for a
 Commerce Bankplan loan.

bankplan

A.W. Smalley

Manager



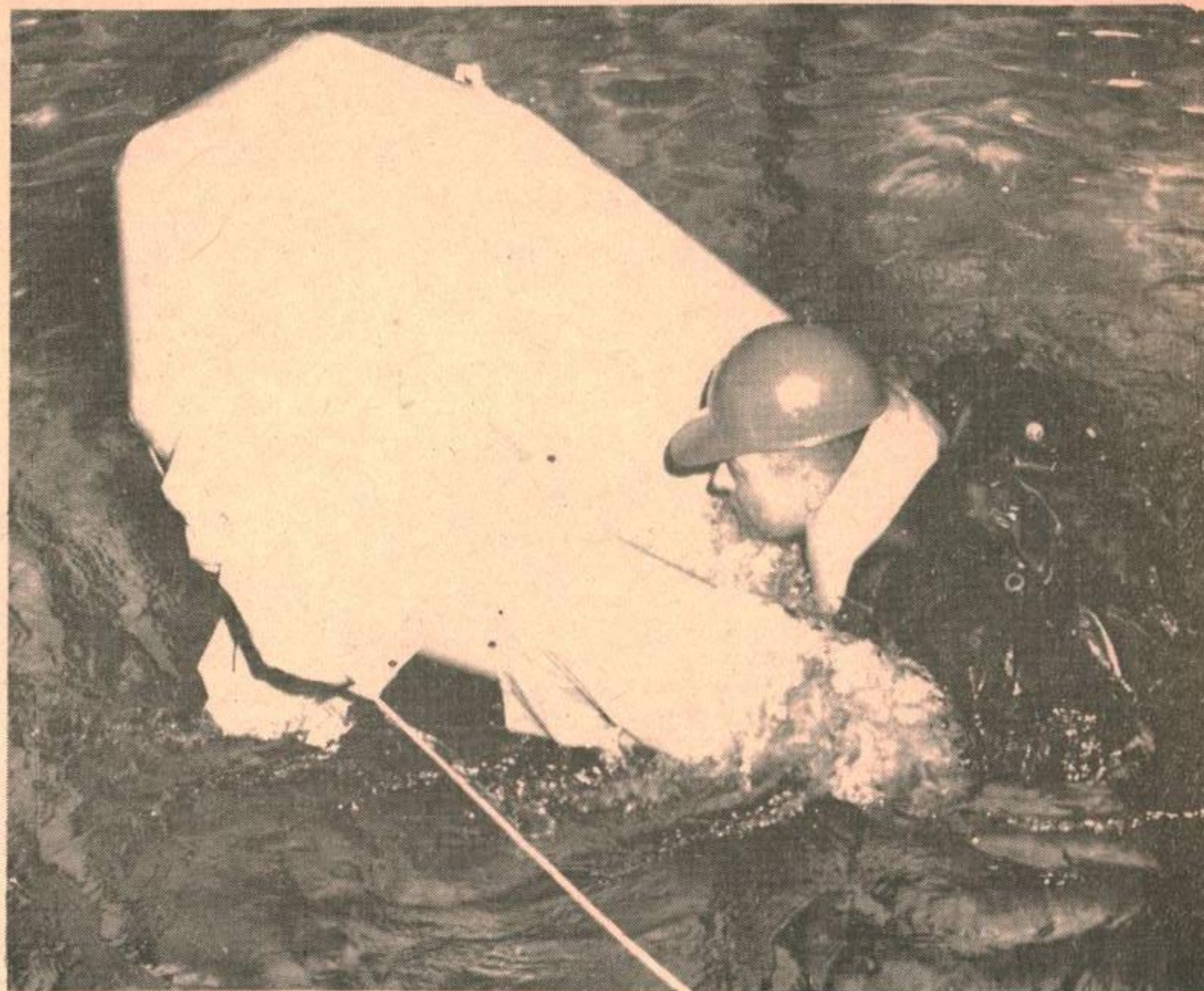
CANADIAN IMPERIAL
 BANK OF COMMERCE

Gimli, Manitoba

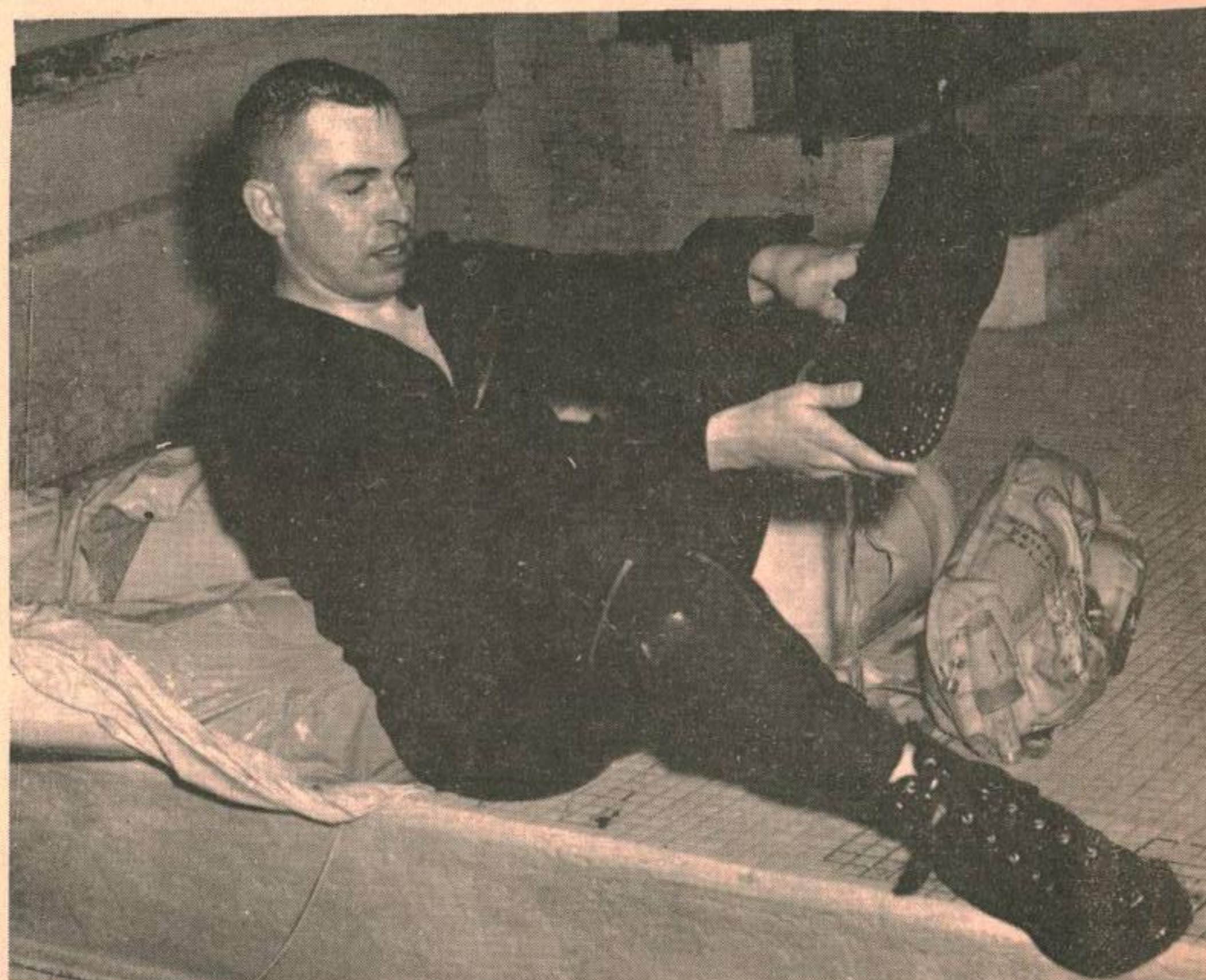
Branch

Can you Survive in a Swimming Pool ?

Jim Shultz Can



Capt Jim Shultz scrambles into his life raft after an emergency descent into the Rec Cent-re swimming pool. All FTS instructors are undergoing this dunking as part of a Flight Safety preparedness program. Observers report that so far, everyone has been able to make it through the hole in the roof on their paradrop, but feel that sooner or later, one of them is going to miss and make an awfully loud "splat" on the road.



Jim unloads an extra five pounds of water from his boots, and thinks happy thoughts about the BFSO and his smart ideas!

What is the Royal Canadian Legion?

The RCL is a Veteran's, ex-serviceman's/women's and present servicemen's/women's organization, dedicated to improve the overall conditions of Veterans and Servicemens welfare, and maintenance of war widows and disabled veterans.

The RCL is also involved in many community services, e.g., youth activities, minor hockey, sports foundation, scholarships and charities. The RCL also works in co-operation with other service clubs to promote a spirit of friendship and goodwill through the community.

There is also a feeling of belonging to a worthy organization that has healthy inter-Command, - District, and -Zone competitions in curling, darts, golf and various other sports. It would be folly to say that one doesn't have to volunteer his services in various projects; as in any other organization the members should be prepared to be called on to assist the various committees that are organized and needed to run the Branch.

At present the Royal Canadian Legion has a membership of approximately 300,000, or better than 1/4 of a million. In order to belong to this organization, you need only ask yourself:

1. Am I willing to do a bit of work?
2. Do I qualify?

and then

1. Find out if you are qualified by contacting Jack Rickett, Ray Sisk, Bill Fecteau, Vic Reynolds, or any other Legion member.
2. Fill in an application which is voted on by the membership.
3. Be duly initiated.

MUST WE BE IN A HIGH INCOME BRACKET TO BE CONSIDERED AS ADOPTIVE PARENTS?

No. All that is required is that you have a steady income, sufficient to cover the family budget and to provide financial security for the child.

STARLITE THEATRE

CAN ANYONE BE A PAPER LION?
Numbers 1, 3, 5 and 6 think they can.



1, 3, 5 and 6 have no place on the football field. But neither did George Plimpton. Yet he went out and played pro-football with the Detroit Lions. Never was there a man so completely equipped to get creamed.

Stuart Millar presents **"PAPER LION"**

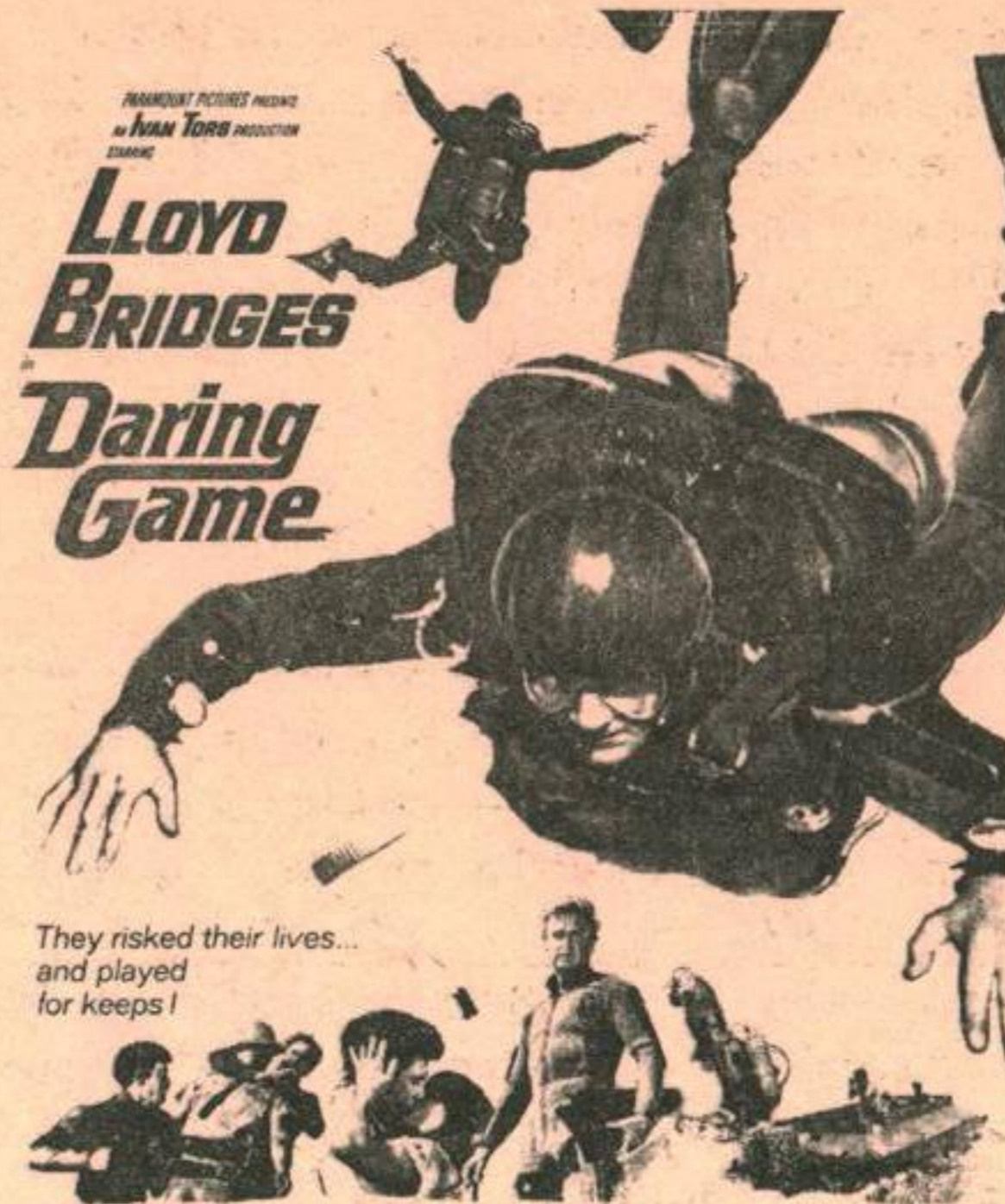
Alan Alda
The Real Detroit Lions Running Coach Joe Schmidt, Alex Keras, John Conly, Mike Lucci, Pat Studahl, Roger Brown, and the Detroit Lions.
Produced by Stuart Millar. Directed by Alex March. Screenplay by Lauren Hutton. Based on the book by George Plimpton. Technicolor. United Artists.

SUN - MON 19 - 20 APR
GENERAL 8 P.M. 110 MINS

The Germans forgot one little bridge. Sixty-one days later they lost the war.



THURS ADULT 23 APR
8 P.M. 120 MINS



They risked their lives... and played for keeps!

FRI 24 APR
GENERAL 8 P.M. 110 MINS



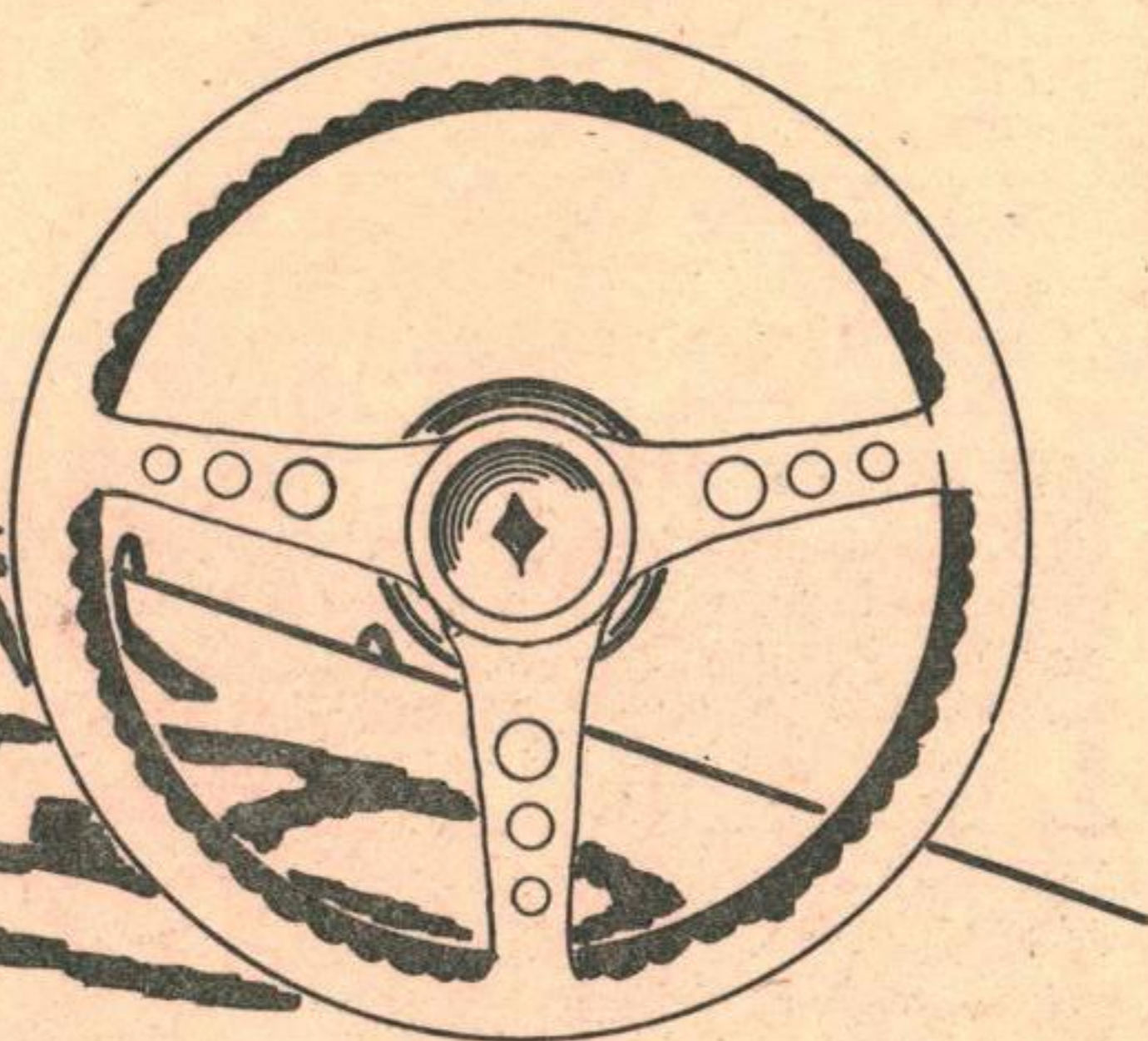
THE GREATEST COMEDY TEAM
IN AN ALL NEW COLLECTION!
OF THEIR FUNNIEST MOMENTS FROM THE RIP-ROARING 1920's!



SAT MATINEE 25 APR
GENERAL 1:30 P.M. 105 MINS

Defensive Driving Course

APRIL '70



ANNOUNCING
The Defensive Driving Course

Ground Training School - Class Room 4 0800 WEEKDAYS 0830 SATURDAYS

Dates: 18, 21, 23, 25

Read R.O.s for further information Phone 135 for Registration

Canadians Attend Dutch Freedom Rites

OTTAWA (CFP) - A Canadian delegation will fly to Holland next month to take part in ceremonies commemorating its liberation from German occupation. Main ceremony involving the Canadians will be held at Grosbeek, Canadian war cemetery near Nijmegen May 3. Canada will also be represented at ceremonies in Amsterdam, The Hague, and Wageningen May 4, and in Deventer and Zutphen May 5.

The Canadian group will be headed by Minister of Veterans' Affairs, J.E. Dube and Alfred Pick, Canadian Ambassador to the Netherlands. The Senate, House of Commons, National Council of Veterans Associations in Canada, the Royal Canadian Legion, the RCN, RCAF and the Canadian army will also be represented. Nearly 5,000 Canadian servicemen who died in battles to free Holland are buried in cemeteries in Holten, Bergen-op-Zoom and Groesbeek.



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NEXT WEEK

THE FOUR SHARPS - Wed - Sat - Sat aft.

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The MART

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3 large bedrooms, utility room, new gas furnace, house size 1,072 sq. ft., 2 storey shed 16'x22' For further information phone 642-5102. Open to offers.

Gimli cottage for sale or rent 34 First Ave., fully modern. Very reasonable. Phone Winnipeg 772-7288.

HOUSES FOR RENT

WANTED - To rent - 3 bedroom house Have 3 children ages 11 to 15. Wanted as soon as possible. Ph: 642-5284 or Local 61

AUTOMOBILES

For Sale 1961 Simca sedan, good shape. Ph: 642-5840.

1965 Comet 4 door sedan, 6 cyl, std trans - radio. Ph 642-5815.

1965 Pontiac Parisienne, 2 door hardtop, autom, P/S, P/B. Good condition. \$1200.00 or best offer. Contact Lt Dowler 8327 or Loc 36.

MISCELLANEOUS

For Sale 1966 Honda 90cc. Good condition. Best Offier Contact

For Sale 1966 Honda 90 cc. Good condition. Best offer. Contact Lt Dowler 8327 or Local 36.

8 track Stereo tape deck - hand rubbed walnut finish. 2 1/2 mos old. \$100.00. Contact Larry, Barber Shop, Local 51.

For Sale - A four track, three speed portable Philips stereo tape recorder plus fourteen extra tapes. \$200.00 Phone 7967 after 4:30.

For Sale 19" floor model TV recently serviced and conditioned Phone 642-5883.

FOR SALE- Tickets for 12th Annual Meeting of the ASTRA Credit Union on Friday, 24th April, 1970, at 7:00 p.m. at the HIGHLANDER, Winnipeg, Wine & Dine, then Dance to the music of "The Bluetones". Reservations must be made by 21st April at your Branch Office. \$3.00 per person.

For Sale - one colored wringer washer used one year. Price \$130. one dryer used one year \$150.00. one frig freezer on top holds 100 lbs, 18 cubic foot frig. frost free \$220.00. All in excellent condition. May be seen at Gimli Moving and Storage. If interested please write Box 83, Pineimuta, Manitoba.

For Sale - one high chair, one carrycot, and one child's push chair, reasonable price, phone 642-5247.

For Sale - RCA B&W television 19" portable - 1967 model - excellent condition, like new \$85.00 or best offer. Phone 642-5510.

For Sale - 1969 Eaton's Truline Camper Trailer, sleeps 6, mattresses and spare tires included For info call 642-5488.

For Sale - Brown frosted wig, head form and case. Never cut, synthetic. Phone 642-7215.

Retriever puppies for sale \$5.00 each. Phone 642-5584.

SEWING - DRESSMAKING - alterations - drape making - Phone 5438 or 5055.

WANTED

Wanted - Boy's medium size bicycle also, sleeping bags and air mattresses. Phone 5537 or Loc 52R2.

Wanted - Large crib and baby carriage in good condition. Phone 642-8385.

Wanted - one large dining room table - Phone 642-5289.

Wanted a home for a 2 year old male Black Lab. Completely house trained and very gentle with children. Phone: 642-5804.

Extended to 31 May 70

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- * No early withdrawal penalty

9%

Keep your money in your community

THE FRAMFARI X-WORD

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

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 weeks hidden words have 20 letters.

LAST WEEKS ANSWER:
AN ICELANDIC SETTLEMENT

MARITIME COMMAND

ARGUS	NAVY
ASH (2)	OCEAN
ATTACK	OKANAGAN
BONAVENTURE	OTT
CAPTAIN	PATROL
CREW	PILOT
DDE	RETRO
DDH	RO
DESTROYER	SEA KING
ECM (2)	SHEARWATER
ELK	SONOBUOY
ESO	SONAR
ESQUIMALT	SUB
FLIGHT	SUBMARINE
HALIFAX	SUBEX
JAM	SQUADRON
JEZEBEL	SSK
JULIE	TACCO
LEAD	TACNAV
MAD	TRACKER
NAVIGATOR	WATER

HOW TO FEEL FIT AT ANY AGE

KENNETH H. COOPER, M.D., M.P.H.

Major, USAF Medical Corps and Physical Education Adviser to the Astronauts

This condensation of a book by LCol Cooper is included in this weeks Framfari so that people not familiar with the term "Aerobics" can get an introduction to the subject. The book is available from the library, the Base Commander's circulating copies, and the BX is attempting to get paper back copies for sale. Persons interested in a healthy life are urged to read the book.

AFTER one of my lectures to a group of physicians a few years ago, a listener stopped me in the corridor.

"I always tell my inactive patients that they should get more exercise," he said earnestly. "And I usually suggest something mild, like walking, to get them started. But when they ask me *how much* or *how long*, I'm stumped. I don't know how much is enough. Do you?"

I didn't, but the problem had bothered me, too. I had specialized in exercise physiology after graduating from medical school, and the more I thought about it, the more I felt that what we needed was a catalogue of all the popular forms of activity reduced to measurable amounts, so that one could pick and choose among them and know that *this* much exercise would produce exactly *that* amount of benefit.

It was the U. S. Air Force that finally gave me the opportunity to solve this problem. After entering the service, I was assigned to do research on exercise, especially as it affects pilots and astronauts. I had at my disposal the most modern and sophisticated testing equipment, including some inherited from space-age technology. I also had an almost unlimited supply of the most priceless research commodity of all — the human body.

At this writing, we have evaluated more than 5000 subjects — officers and airmen, the active and the inactive, the well and the unwell, men and women — both in the field and in the laboratory. The breakthroughs made in these tests, and the refinements in existing data, have immeasurably increased our knowledge about the ways exercise

—or the lack of it—affects the body.

In our program, all popular exercises have been scientifically measured for the amount of energy it costs the body to perform them. These amounts have been translated into points, and it has been firmly established that a basic minimum of 30 such points each week is necessary to produce and maintain the essential health of your body. Earn those 30 points every week, by whatever assortment of exercises you like, and you will have answered the question; "How much?"

The Key. The best kind of "fitness" is what we call endurance fitness: the ability to do prolonged work without fatigue. It has to do with the body's *overall* health, the health of the heart, the lungs, the entire cardiovascular system and the other organs, as well as the muscles. The key to the whole thing is oxygen.

In simplest terms, any activity — breathing, digesting, even the beating of the heart — requires energy. The body produces this energy by burning foodstuffs, and the burning agent is oxygen. The body can store food at each meal, using what it wants and saving some of the rest for later — *but it can't store oxygen*. We breathe in and out every minute of our lives to keep the supply coming in, for if it were suddenly cut off, the brain, the heart, everything would cease functioning.

But, you might argue, if we need more oxygen, we can just breathe more; so what's the problem? The problem is to get enough oxygen, which is carried in the blood, to *all the areas* — the small, hidden, almost infinite number of areas in this wonderful mechanism we call the human body — where food is

stored, so the two can combine to produce energy when it is required.

Most of us can produce enough energy to perform ordinary daily activities. As the activities become more vigorous, however, some of us can't keep up. This is because, in some bodies, *the means for the delivery of oxygen* is limited. This is what separates the men from the boys, the fit from the unfit.

The best kind of exercise, therefore, is that which demands oxygen and forces your body to process and deliver it. *Even if you've been inactive or sick, these exercises may be good therapy — but you must have your doctor's permission*. If you follow the point system and get enough of the right kind of exercise, our studies have shown, many wonderful changes will take place in your body. I call these changes the "training effect." Some highlights:

- The lungs are conditioned to process more air with less effort.
 - The heart grows stronger, pumps more blood with each stroke, reducing the number of strokes necessary. Thus a conditioned man may have a resting heart rate 20 beats per minute slower than a deconditioned man, saving as many as 10,000 beats in one night's sleep — or up to 30,000 beats every day of a man's life.
 - The number and size of the blood vessels that carry the blood to the body tissue are increased. So is the total blood volume, by as much as a quart in some men!
 - The tone of muscles and blood vessels is improved, and blood pressure is often reduced.
- Pick Your Points.** The best exercises are running, swimming, cycling, walking, stationary running, handball, basketball and squash —

in just about that order. Isometrics, weight lifting and most calisthenics don't even make the list. An explanation of three basic categories of exercise explains why:

Isometric exercises generally tense one set of muscles against another, or against an immovable object. Examples: pushing against opposite sides of a doorjamb or pulling up on the chair you're sitting on. Such exercises can increase the strength of skeletal muscles, but cause no appreciable increase in oxygen consumption. Consequently, they have no significant effect on lungs, heart or blood system, or on overall health.

Isotonic exercises contract muscles to produce movement, but again without demanding much oxygen. Popular examples are calisthenics and weight lifting, and some of the mild participant sports like archery, bowling and horseshoes. These, too, are aimed almost entirely at the skeletal muscles, and they cannot qualify as primary conditioners.

I get some arguments, of course, especially about calisthenics. There are some all-muscle calisthenics that will make your chest heave, your heart pound and your blood race. But the huffing and puffing end too soon to do you much good. (A notable exception is running-in-place, which can be kept up non-stop for a considerable length of time.) I do calisthenics myself, but I earn my points elsewhere.

The foundation on which any exercise program should be built is *aerobic* ("with oxygen") exercises. These are exercises which demand oxygen and which you keep up long enough to start producing those wonderful training-effect changes in your body.

How much is "long enough"? When do the benefits begin?

Our research indicates that if the exercise is vigorous enough to produce a sustained heart rate of 150 beats per minute, the training-effect benefits begin about five minutes after the exercise starts and continue as long as it is performed. If the exercise is not that vigorous, it must be continued considerably longer, the total period depending on the oxygen consumed.

But how in the world can any man figure out his heart rate while in the act of exercising? That is the

beauty of the point system; we've done all the figuring for you. We selected exercises that we know demand oxygen and measured them for the exact amounts they require. Then we translated these amounts into points. The only principles we've laid down are that you must maintain a minimum of 30 points a week and exercise at least four times a week, or every other day. The training-effect benefits start dropping off if you fall below either minimum. Don't, for instance, try to earn 30 points in one day and then forget exercise for the next six. But the choice of how you earn the points is yours. Find the point value of each exercise you plan to do, and do enough to earn 30 points.

The 12-Minute Test. Before you start exercising, however, you may want to know what kind of shape you're in now.

To determine this in our tests, we rely mainly on the power treadmill. The treadmill, combined with oxygen-measuring equipment, is the ultimate, at this state of the art, in measuring total fitness. It permits an accurate measurement of a subject's maximum oxygen consumption, and correlates it with his heart rate and blood pressure. It also enables us to determine how many milliliters (ml.'s) of oxygen a body consumes per kilogram of body weight per minute of exercise — and this is the figure we have translated into points.

Scientific and thorough, the treadmill test is also expensive and time-consuming. What we have done is to translate it into a simple 12-minute run/walk test. All you need is a place where you can run a measured distance of up to two miles. (Of course, if you have any clinical condition that requires treatment, get your doctor's permission before you try the test.) Your local high school or YMCA may have track facilities. If not, use a nearby park or a quiet stretch of road. You can check the distance by using the odometer in your car. When you're ready to run, dress in loose clothing and bring a watch with a sweep second hand. The idea is to get as far as you can comfortably, in 12 minutes. Many men get their wives to follow in the car and toot the horn when time is up.

Try to run the whole time, at

a pace you can maintain without excess strain. If your breath gets short, walk for a while until it comes back, then run some more. But keep going for a full 12 minutes. Then check your distance on this chart:

DISTANCE COVERED	FITNESS CATEGORY
Less than 1 mile.....	I. Very Poor
1 to 1¼ miles.....	II. Poor
1¼ to 1½ miles.....	III. Fair
1½ to 1¾ miles.....	IV. Good*
1¾ miles or more.....	V. Excellent

*For men over 36, 1.4 miles is Good; for women, 1.3.

If you fall into one of the first three categories, you fail the test. But don't be too discouraged; about eight out of ten people rate there.

Charting Your Health. The categories are important because they place you in different conditioning programs — a 16-week program for Category I, 13 weeks for Category II, 10 weeks for Category III. If test results place you in Categories IV or V, you're already fit. Keep up a 30-point week and you'll stay that way. (If you prefer to omit the test, simply put yourself in Category I and take the full course.)

For the conditioning period, we've worked out six different, progressive courses, based on a variety of activities. (See following charts.) Select whichever activity you prefer and start in.

The running program (Chart 1), without equivocation, is the best. It's quick, sure and inexpensive. I can recommend it to anyone of any age, assuming that there is no physical impairment. It exercises the arms and legs, and has a firming effect on muscle groups throughout the body, notably the abdomen. Running can be done alone or in groups, indoors or out, at any time of day.

Swimming (Chart 2) is a close second. Swimming exercises most of the large muscle masses, especially the arms and legs, although not in the same way as running. You can't expect the same firming effect on abdominal muscles.

The disadvantages with cycling (Chart 3) are that you need a bike, and that weather — icy streets, wind — can play havoc. Also, cycling doesn't benefit the muscles of the upper body as much as running

To use this and other charts: Find your category (as determined by the 12-minute test) in one of the three columns at left. Under the category, find the appropriate week, then read across to see what you should do that week.

1. RUNNING PROGRAM

CATEGORY			Distance (miles)	Time (mins.)	Times a week	Points a week
I	II	III				
WEEKS						
1st	1st		1	13:30	5	10
2nd			1	13	5	10
3rd	2nd	1st	1	12:45	5	10
4th	3rd		1	11:45	5	15
5th	4th	2nd	1	11	5	15
6th	5th	3rd	1	10:30	5	15
7th	6th		1	9:45	5	20
8th		4th	1	9:30	5	20
9th	7th	5th	1	9:15	5	20
10th	8th		1, 1 1/2	9, 16	3, 2	21
11th	9th	6th	1, 1 1/2	8:45, 15	3, 2	21
12th		7th	1, 1 1/2	8:30, 14	3, 2	24
13th	10th		1, 1 1/2	8:15, 13:30	3, 2	24
14th	11th	8th	1, 1 1/2	7:55, 13	3, 2	27
15th	12th	9th	1, 2	7:45, 12:30	2, 1	30
16th	13th	10th	1 1/2, 2	11:55, 17	2, 2	31
Note: Start program by walking. Then walk, run, or run, as necessary, to meet the changing time goals.						
To maintain fitness after completion of conditioning program, follow any one of these alternatives:			1	8	6	30
			1	6:30	5	30
			1 1/2	12	4	30
			2	16	3	30

2. SWIMMING PROGRAM (Overhand Crawl)*

CATEGORY			Distance (yards)	Time (mins.)	Times a week	Points a week
I	II	III				
WEEKS						
1st	1st		100	2:30	5	6
2nd			150	3	5	7 1/2
3rd	2nd	1st	200	4	5	7 1/2
4th	3rd		250	5:30	5	10
5th	4th	2nd	250	5	5	10
6th	5th	3rd	300	6	5	12 1/2
7th	6th		300	6	5	12 1/2
8th		4th	400	8:30	5	17 1/2
9th	7th	5th	400	8:30	5	17 1/2
10th	8th		400, 500	8, 10:30	2, 3	19
11th	9th	6th	400, 600	8, 12:30	2, 3	22
12th		7th	500, 700	10:30, 15:30	2, 2	24
13th	10th		600, 800	12:30, 16:30	2, 2	25
14th	11th	8th	600, 800	12:30, 16	2, 3	29 1/2
15th	12th	9th	700	15	5	30
16th	13th	10th	1000	20:30	4	34
To maintain fitness after completion of conditioning program, follow any one of these alternatives:			500	8-12	8	32
			600	10-15	6	30
			800	13-20	5	32
			1000	17-25	4	34

*Breaststroke is less demanding and so is backstroke. Butterfly is considerably more demanding.

and, especially, swimming; it does toughen up the legs and hips more. However, the aerobic benefits—the training effect—for the inter-

nal organs are identical to those of running and swimming.

Walking (Chart 4) is the bottom half of running. It consumes more time, but it's quite valid. Its overwhelming advantage is that it can be done by anyone, anytime, anywhere—and it doesn't even look like exercise. Don't underestimate stationary running (Chart 6). It can be substituted for other exercises on rainy or cold days when you can't get outdoors. You can do it while you're watching the morning news on television; then shower, and you're through exercising for the day.

Handball, basketball and squash (Chart 5) are almost identical in their benefits. They have the advantage of competition.

With all the basic conditioning

3. CYCLING PROGRAM*

CATEGORY			Distance (miles)	Time (mins.)	Times a week	Points a week
I	II	III				
WEEKS						
1st	1st		2	7:45	5	10
2nd			2	6:45	5	10
3rd	2nd	1st	2	6:15	5	10
4th	3rd		3	11	5	15
5th	4th	2nd	3	10	5	15
6th	5th	3rd	3	9:15	5	15
7th	6th		4	15	5	20
8th		4th	4	13:30	5	20
9th	7th	5th	4	12:30	5	20
10th	8th		4, 5	12:30, 16:30	4, 1	21
11th	9th	6th	4, 5	12:30, 16	3, 2	22
12th		7th	4, 6	12:15, 19	3, 2	24
13th	10th		4, 6	12:05, 18:30	3, 2	24
14th	11th	8th	5, 6	15:30, 18:30	3, 2	27
15th	12th	9th	6	19	5	30
16th	13th	10th	8	25:30	4	32
To maintain fitness after completion of conditioning program, follow any one of these alternatives:			5	15-20	6	30
			6	18-24	5	30
			8	24-32	4	32
			10	30-40	3	30

*The points are based on use of a single-speed bike, following an equal uphill and downhill course, equal time with and against the wind. For a one-way course constantly against a wind exceeding 5 m.p.h., add 1/2 point per mile. If using a racing bicycle, use the highest gear as much as possible and deduct 1/2 point per mile.

courses, be prepared for sore muscles. This soreness is temporary, and only indicates that you're beginning to use muscle groups which have been dormant too long. Nevertheless, do not plunge headlong into the Category I running program, for instance, convinced that you can speed up the conditioning process. The running program starts with walking. To try to get going faster is likely to lead to trouble with the feet, the ankles and other joints. So stick to the charts

4. WALKING PROGRAM

CATEGORY			Distance (miles)	Time (mins.)	Times a week	Points a week
I	II	III				
WEEKS						
1st	1st		1	15	5	5
2nd			1	14	5	10
3rd	2nd	1st	1	13:45	5	10
4th	3rd		1 1/2	21:30	5	15
5th	4th	2nd	1 1/2	21	5	15
6th	5th	3rd	1 1/2	20:30	5	15
7th	6th		2	28	5	20
8th		4th	2	27:45	5	20
9th	7th	5th	2	27:30	5	20
10th	8th		2, 2 1/2	27:30, 33:45	3, 2	22
11th	9th	6th	2, 2 1/2	27:30, 33:30	3, 2	22
12th		7th	2 1/2, 3	33:15, 41:30	4, 1	26
13th	10th		2 1/2, 3	33:15, 41:15	3, 2	27
14th	11th	8th	2 1/2, 3	33, 40	3, 2	27
15th	12th	9th	3	41	5	30
16th	13th	10th	4	55	4	32
To maintain fitness after completion of conditioning program, follow any one of these alternatives:			2	24-29	8	32
			3	36-43	5	30
			4	48-58	4	32
			5	60-72	3	30

verbatim. They've been tested and retested, and are safe and sure.

Once you've worked your way back into condition, the idea is to stay there. And the way to do it is with a 30-point weekly program consisting of any combination of aerobic exercises. As long as you get 30 points a week, you can be assured that you are getting a scientifically measured minimum to keep in active and productive health. But 30 points is the *minimum* for any age above 10, whether you are 19 or 90. The 90-year-old shouldn't earn fewer, but

5. HANDBALL, BASKETBALL, SQUASH PROGRAM

CATEGORY			Duration (mins.)*	Times a week	Points a week
I	II	III			
WEEKS					
1st	1st		10	5	7 1/2
2nd			15	5	11 1/4
3rd	2nd	1st	15	5	11 1/4
4th	3rd		20	5	15
5th	4th	2nd	20	5	15
6th	5th	3rd	20	5	15
7th	6th		30	5	22 1/2
8th		4th	30	5	22 1/2
9th	7th	5th	30	5	22 1/2
10th	8th		35	5	26 1/4
11th	9th	6th	35	5	26 1/4
12th		7th	35, 40	3, 2	27 1/4
13th	10th		35, 40	3, 2	27 1/4
14th	11th	8th	30, 45	2, 3	29 1/4
15th	12th	9th	40	5	30
16th	13th	10th	50	4	30
To maintain fitness after completion of conditioning program, follow any one of these alternatives:			40	5	30
			50	4	30
			70	3	30

*Continuous exercise. Do not include breaks or timeouts.

the 19-year-old should earn considerably more. In fact, for those in their teens I recommend as many as 50 a week. Fat people, too, should get more than the 30-point minimum. And they should diet.

For anyone who is serious about athletics, I'd recommend a bare minimum of 50 points per week during the off-season. For those involved in endurance sports such as boxing, basketball or soccer, the minimum should be as high as 100. Distance runners score up to 500 points a week. Think of them if you're ever tempted to complain about your weekly 30. And what about women? Women used to cite as their argument for not exercising the fact that they outlive men. However, heart disease is increasing among the weaker sex, and inactivity probably shares the responsibility.

Some of the Women's Air Force contingent participated in our research program. Before training, only 20 percent made it into the Good category. Forty-five percent made it afterward. They showed that women can cope with the point system as easily as men—they need between 25 and 30 points a week—and receive identical training effects. What pleased the girls most was the way they changed fat weight to lean weight, and lost inches off their waistlines, all the while improving their health.

The Most Important Muscle. Any discussion of the benefits of aerobic exercise must deal with the most important muscle in the human body—the heart.

The heart is a remarkable engine. Ironically, it usually works faster and less efficiently when you give it less to do. A conditioned man, who exercises regularly, will have a resting heart rate of about 60 beats per minute or less; the average office worker, about 80.

What's your rate? Sit still for five minutes, then take your pulse and count the beats per minute. If you're 80 beats or above, you are not in top condition. The thing to do is to get up off that chair and get to work exercising. You might save your heart some of those 20,000 to 30,000 extra beats you've forced on it every day.

As your heart grows stronger in response to training, more exertion

6. STATIONARY RUNNING PROGRAM

CATEGORY			Duration (mins.)	Steps per min.*	Times a week	Points a week
I	II	III				
WEEKS						
1st	1st	2:30	70-80	5	4
2nd	2:30	70-80	5	4
3rd	2nd	1st	5	70-80	5	10
4th	3rd	5	70-80	5	10
5th	4th	2nd	7:30	70-80	5	11½
6th	5th	3rd	7:30	70-80	5	11½
7th	6th	10	70-80	5	15
8th	4th	10	70-80	5	15
9th	7th	5th	12:30	70-80	5	18¾
10th	8th	12:30	70-80	5	18¾
11th	9th	6th	15	70-80	5	22½
12th	7th	10 (in am),	70-80	2	25½
			10 (in pm),	70-80		
			15	70-80		
13th	10th	12:30 (in am),	70-80	2	28½
			12:30 (in pm),	70-80		
			15	70-80		
14th	11th	8th	12:30 (in am),	70-80	2	28½
			12:30 (in pm),	70-80		
			15	70-80		
15th	12th	9th	20	70-80	5	30
16th	13th	10th	20	80-90	4	32
To maintain fitness after completion of conditioning program, follow any one of these alternatives:			10 (in am),	70-80	5	30
			10 (in pm)	70-80		
			15	70-80	7	30
			15	80-90	5	30
			20	80-90	4	32

*Count only when left foot hits the floor. Feet must be brought at least 8 inches from the floor.

is necessary to tire it. This will be quite noticeable. During the first few weeks, or even months, of regular exercising you are likely to feel tired each time. Eventually, however, there comes a time when you get all the exercise you need (30 points) without feeling it.

One of the most remarkable effects of aerobic conditioning is vascularization: more blood vessels open up in the muscle tissues, creating new routes for delivering more oxygen. This vascularization is a vital factor in the health of the heart. When its tissue is saturated with healthy blood vessels, this considerably reduces the chance of

POINT VALUES FOR OTHER ACTIVITIES

	POINTS*
Golf..... 18 holes.....	3
Rope Skipping..... 5 minutes.....	1½
Skating..... 15 minutes.....	1
(ice or roller)	
Skiing..... 30 minutes.....	3
(snow or water)	
Tennis..... 1 set.....	1½
Volleyball..... 15 minutes.....	1
Football..... 30 minutes.....	3

*BASED ON CALORIC REQUIREMENTS.

cardiac failure. And, even if such a failure should occur, the extra vessels can "go around" the stricken area, outflanking it to keep the surrounding tissue healthy and im-

proving the chances of a speedy recovery.

If you haven't done anything for your heart lately, start now. Exercise it.

A Few Final Tips. Any time of the day is fine for exercise. But don't go to bed immediately after strenuous exercise. Give the body at least an hour to unwind first.

Don't exercise right after a meal. Wait at least two hours. (On the other hand, exercising just before a light meal is a good way to combine exercise with diet.)

Be prepared for "going stale"—for a period when you begin to wonder why you ever started a training program. It happens to everyone. Just sweat it out. Go through the motions. Your enthusiasm will return. *Don't quit.*

As a doctor who has specialized in physical fitness, I'd like to see the consequences of our affluent society and its inbred inactivity reversed. I'd like to see our basic fitness figures reversed—four out of five of us *in* good aerobic condition, instead of *out of*. I'd like to see us become doers again instead of spectators.

I hope this Aerobics program leads that revolution. And I hope you're one of the revolutionists.