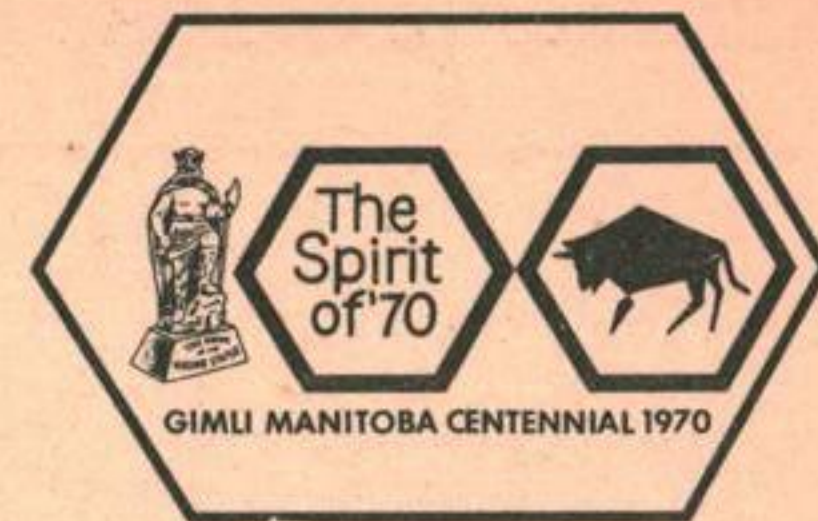




# Framfari



Volume 1 Number 14

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

Friday May 8, 1970

## CF-5 Sets New Cross-Country Record

(GIMLI) Last Saturday, the 2nd of May, a CF-5 of 434 Squadron, Cold Lake, Alberta, set a new cross-country record of 4 hours, 23 minutes, and 53 seconds, on a flight from Vancouver to Halifax, with stops at Gimli and Val d'Or, Quebec. Piloted by Captain Jake Miller, of CF-101 solo-aerobatic fame, as a member of Canada's 1967 Golden Centenaire Tour, the "Freedom Fighter" streaked across the Canadian skies at speeds just slightly slower than supersonic. The new record surpasses another, which was set in 1958 by now Major General Annis, in an F-86 Sabre, a previous RCAF jet fighter on NATO duties in France and Germany, by approximately 35 minutes. "Bluenose Alpha", Captain Miller's aircraft, was backed up in the attempt by another CF-5, piloted by Captain Ron Small, also of 434 Squadron.

Contributing tremendously to the success of the flight was the excellent effort put forth by the groundcrews both in Val d'Or and here in Gimli. Two servicing NCOs were down from Cold Lake, and bore the major brunt of the quick turnarounds, but they were greatly assisted in their tasks by the cooperation of Gimli's ASO, Captain Neil Griffiths, and his highly competent servicing crew. The following is the text of a message received by the Base Commander, Colonel Dunlop from the Commander; Training Command:

"I have received from CANMOBTAG St. Hubert an expression of sincere appreciation for the assistance provided by yourself, the Officers and Men of CFB Gimli on 2 May to the crews of 434 OTS on their turnaround during their record breaking flight from Vancouver to Shearwater. Their assistance made the feat possible and I would be grateful if you would extend to all those involved both the thanks of CANMOBTAG and myself for an excellent job well done."

"Bluenose Alpha" landed on runway 14 left, deployed the drag chute,

and was cleared for a 'quick 180' back to the button of the runway, where the turnaround crew went into action. Pressure refuelling was employed to speed up the operation, a new drag chute was installed, and the aircraft was given a thorough external check. The captain, after having reported 'No problems' to the crew chief, had a quick snack of sandwiches and milk, and after a fantastic elapsed time of only 6 minutes and 50 seconds

(taken from 'touchdown' to wheels-in-well), was on his way to Val d'Or and another efficient reception.

The setting of the record demonstrates a fine spirit of cooperation and professionalism within the Force and is a fitting tribute to our newest acquisition in the fighter aircraft role. Congratulations are due everyone who put forth maximum effort helping "Bluenose Alpha" on her way to a new Canadian record.



Sgt. Gord Harding offers encouragement; Cpl. Dennis Heide refuels.

# SOUND OFF

TO: Concerned for us all.

In reply to your well written message, and as a couple who have arrived at this so-called retirement age, this is to reply to your urgent queries.

On most bases, the person to retire soon, is given some type of written test to see what area of industry he would be most suited for, or might have definite leanings to, other than his Air Force type of employment. This is arranged by an Education Officer in his field and is a free, useful service. One man we know, after a long Service life was indicated as a man "certainly not suited to Service life in any role" and various other amusing items, some of which were truer than most of us would admit. Also, about twenty-five years ago, at Rockcliffe in Ottawa, some of the men of these forces had an officer with this very item in mind and he arranged for all techs in his trade to go and try the Department of Labour exams to determine how much they would need to put in to obtain their licenses in that Province. Some of them got full licenses, others were told how many more years to put in for their full apprenticeship and obtain clear papers in their trade. This could be done in any province at any level for trades adaptable to civilian life, just contact the Department of Labour in the capital city of your province.

However, there is also the sentence where you say "his wife may or may not be able to work" - how true! How many of us prefer to work, are well qualified in many fields, and yet, with a pocketful of diplomas, ratings, exam results, experience enough to choke a mule, we are still not required in today's market whether we are or are not able! We have a youth-oriented society - efficiency

doesn't matter - not a whit! If you do not make good scenery for the work area and are not available for any form of social (?) life, at any time, then you are unable to work, no matter what obligations you may have to fill.

We are granted half of the husband's pension when he goes to his reward(?) so we can continue to live in the usual scanty way we have had to accept whether we want to or not.

Let us not forget though, every one of us, that the majority do reach retirement age, get a little bald and rotund in the wrong places and have many years to contemplate why, what and who did or didn't prepare for this delightful time of life known as retirement. Now is there someone who can offer how we will manage till 65? Canada Pension time for us.

Few years to go.

We hear about all types of topics on pollution, such as clean up our lakes, ponds, rivers and even air, so that the fish, birds and all God's creatures will survive. WHY?! So that the young children with BB guns, 22 rifles and fire crackers can maim and shoot them down? Yes Sir!! Moms and Dads and it's happening right here too! In Aspen and Evergreen Parks, our own children have been noted doing all these gruesome things. I'm wondering if it has the approval of the parents if so - Whatever happened to the words "Thou shalt not kill" in the good book. Obsolete??

These small creatures have no protection whatsoever from these--- Shall we call them evil children? Is that not what our society calls wanton killers? EVIL!

I do hope all you parents are as concerned as I am about this. I wish to see wild animals in the flesh, not read about them in books or see them in a zoo. McGM

Sir:

Your April 24 issue of Framfari has come to our attention. The feature story on page one and four other items in your magazine refer to our province's Centennial. We in the Manitoba Centennial Corporation are pleased that you are helping to extend news of our 100th birthday to your readers. However, the real "winners" are members of the local Gimli Centennial Committee who must find their duties greatly helped by your interest and assistance.

Thank you once again and keep up the good work!

Yours sincerely,

R. Keith Smith

Manitoba Centennial Corporation

## From the CDS

I am very pleased to tell you that I have recently received letters from the Hon Don Jamieson, Minister of Transport and Dr. P.D. McTaggart-Cowan, head of task force on Operation Oil. Both gentlemen highly commend the Canadian Forces for the large and important role they have played in dealing with the clean-up arising out of the grounding of the tanker arrow in Chedabucto Bay, Nova Scotia. Dr. McTaggart-Cowan in his letter said, "The entire Maritime Command and Canadian Forces Base Gagetown gave immediate and vital support which has continued unabated. No words of praise are too high to describe their participation". Mr. Jamieson used the phrase, "They have been extraordinarily helpful in so many ways". He further went on to say the following with regard to the Navy divers . . . "They have worked in near-arctic conditions through extraordinarily rough weather, have developed competence with entirely new equipment with high morale and a dedication of purpose that has gone well beyond anything one would have a right to expect".

To these remarks I wish to add my personal congratulations and thanks for the excellent manner in which those responsible have performed this unique task. All members of the Canadian Forces are justified in being proud of this demonstration of our capability to respond when and where needed.

Gen. F.R. Sharp

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**PUBLISHER**

....Col. J. F. Dunlop  
Base Commander

**BUS. & PROD. MGR.**

....Maj. A. C. Platz-L57

**EDITOR**

....D. B. Hartley-L126R2

**ASS'T EDITOR**

....G. D. Kenny-L154

**SPORTS EDITOR**

....C. Potter-L37

**WOMEN'S EDITOR**

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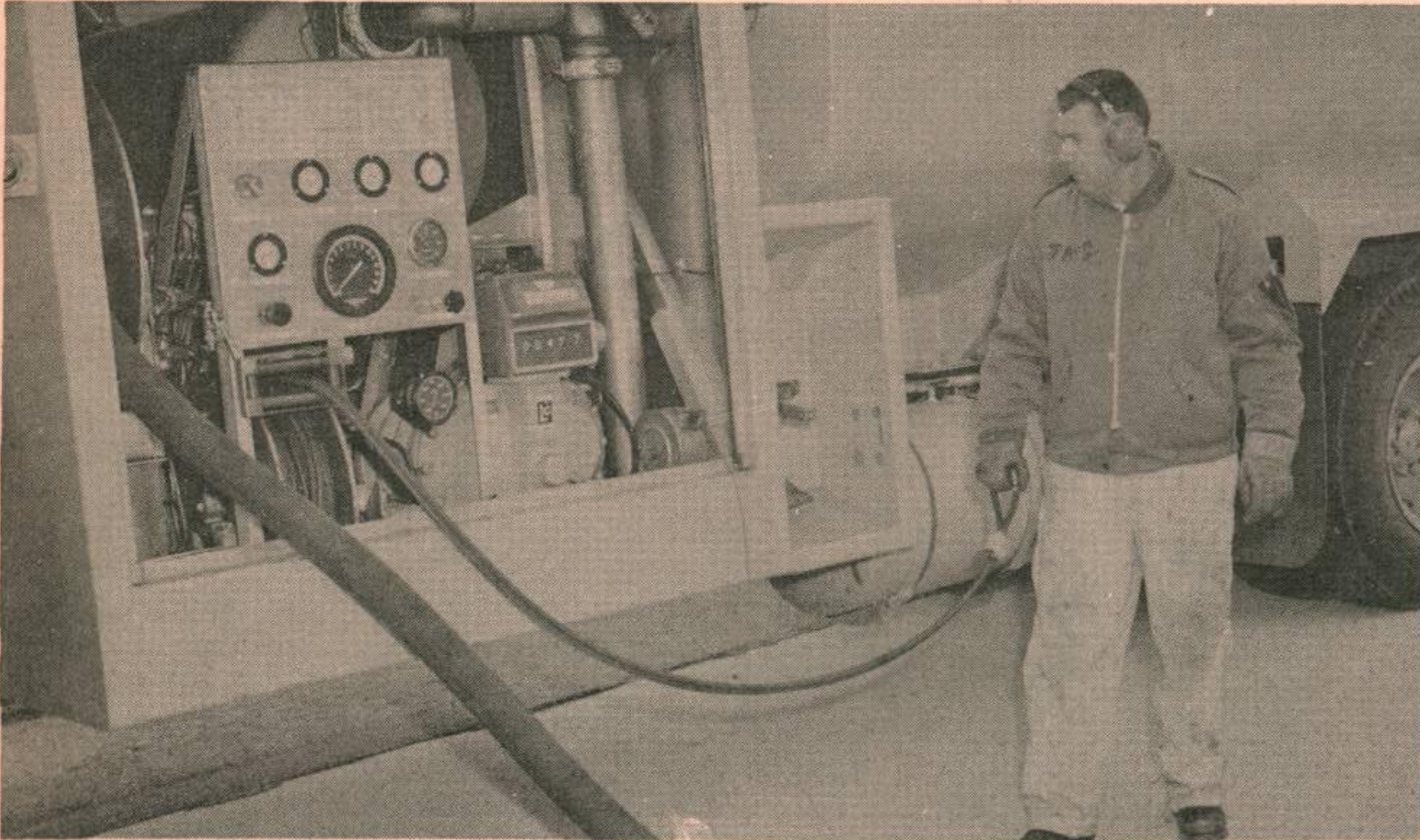
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....P. D. Sharkey-L154

**ASS'T AD. MGR.**

....J. F. Bennett-L154

# Anatomy of a 6 minute, 50 second turnaround



John Gottfried monitors the bowser...



...while Dennis Heide gases 'em up.



Dennis Heide and Gord Harding pack a new drag chute...



...while Jake Miller has a quick snack.



Gord gives thumbs up - cleared to go...



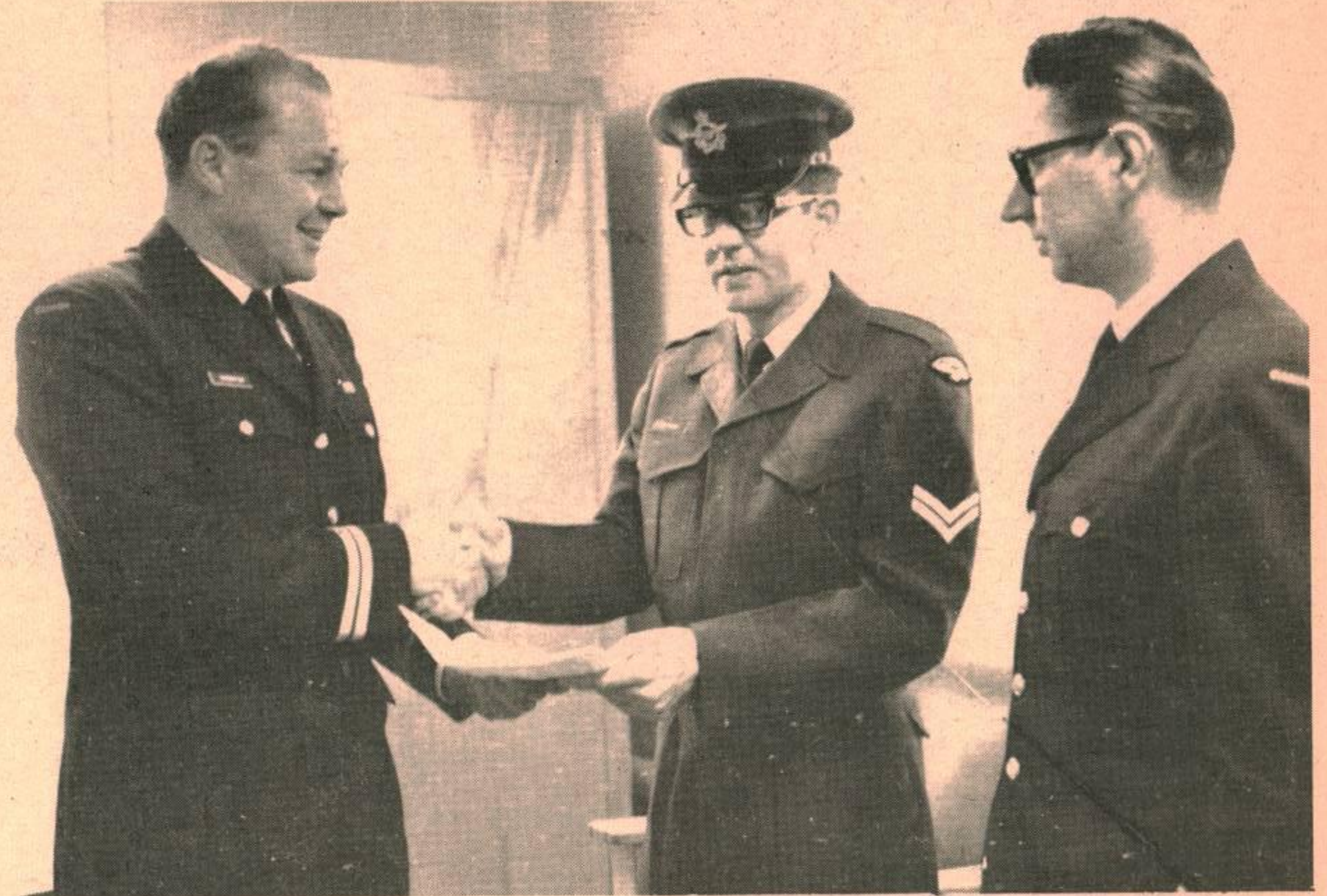
...while Jack Anslow keeps time.

# ADOPTION QUIZ

IS THERE AN AGE LIMIT FOR ADOPTING PARENTS?

There is no set age limit for adopting parents. This may vary according to the circumstances of the applicants and the age of child in which they may be interested. Parents do not normally have children of their own in their late forties, and probably would not be interested in assuming responsibility for the care of an infant at that age. They may be interested, however, in adopting an older child who would presumably be independent by the time the parents reach retirement age. Our main concern is to ensure that an adopting family offers a reasonable chance for a child to develop through childhood in a normal two parent family.

# Suggestion Award



Last Thursday, April 30th, Cpl. Jim McIntosh was presented with a Suggestion Award cheque, in recognition of a suggestion he made last October ("Better late than never", says Jim, "and just in time to cover my wheel alignment job!"). He designed a relay substitution box for test purposes in the Argus simulator in Greenwood, and explained that his concept of relay substitution could be used in any situation to ease test procedures. Presenting the cheque was chairman of the Gimli Suggestion Award Committee, Capt. Reg Shrimpton, while secretary of the committee, Lt. Jack Anslow, looks on. (FramFoto)

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# Yours, Fredd

Dear Sir,

Now, don't get me wrong....I like cookies as well as the next guy. In fact, I especially like milk and cookies just before going to bed. Just like a big kid, my wife says and maybe she's right (my boss might even agree with my wife, although I know he has never agreed with his own wife). Also, I like Brownies and Guides (though in a different sort of way than cookies...they're just the neighborhood kids dressed up in neat uniforms trying to learn about life). But I kind of wonder at the strange combination of Brownies and Guides selling cookies door-to-door.

Now, before the "I Hate Fredd" fan club calls an emergency meeting, let me explain...please? It seems to me that Brownies and Guides have, as their purpose, the learning of citizenship and self-reliance plus a whole lot of neat household and outdoorsy type skills essential to all women (excluding, of course, the New Feminist Movement). This being the case (as I am led to believe by the Brownies and Guides being closely affiliated with church and working hard to earn badges which declare them proficient at cooking and sewing, etc.), it seems strange to me that these same girls should have to go around door-to-door peddling commercially made cookies just to make 5¢ per box.

Rather than becoming just middlemen (or is it middle-girls?) to some cookie company, wouldn't it be more rewarding for the girls themselves (and isn't this the aim of the game?) to bake the cookies themselves, put them in bags, plan the distribution of same and then sell them door-to-door? But no, it seems that the best way to teach children responsibility is to have several hard-working adults import prepared boxes of prepared cookies, give them to the girls to peddle and then collect the money, send it away to their headquarters and, in a few months, receive a small cheque. Think about it!!

Even worse, are the Boy Scouts and Cubs who are given a pile of stickers (prepared by some commercial outfit) and told to come back with 50¢ for each one. They are neat stickers, granted, which say "Boy Scout Supporter". But what does the boy get out of it? A better appreciation of the crass business world and a few bucks (after all the percentages are taken by district, area and HQ levels). And I thought Cubs and Boy Scouts were supposed to learn how to fend for themselves in life (be it in the woods or the cities).

Yes sir, Baden-Powell really started with a neat idea and some neat ideals. I wonder just how many turns he would do in his grave if he could see today's efforts. At least I like to eat cookies...but stickers?? Yecch!!!

P.S.

At great personal expense I hired a statistical analyst to wade through the vast pile of returns from the Starlite Theatre Questionnaire in the Framfari. As always, the local populace responded in overwhelming fashion and it has required all of two weeks to complete and compile the results. So, here goes:

- |  |             |             |
|--|-------------|-------------|
| 1. Do you like the idea of a short intermission during movies at the Starlite Theatre? | Yes<br>8.3% | No<br>91.7% |
|--|-------------|-------------|

(Comments to this question included..."You'll lose one customer if you start intermission!", "On longer movies an intermission is warranted, i.e. Dr. Zhivago", and "1 1/2 hours isn't that long to go without a smoke").

- |   |              |             |
|---|--------------|-------------|
| 2. Do you favour the present show days and times? | Yes<br>83.3% | No<br>16.7% |
|---|--------------|-------------|

(Those in the 'No' column generally favoured a Saturday nite movie, some specifically an Adult movie on Sat. night...just think, Sir, you could probably sell booze at these and have 4 or 5 intermissions!!)

- |                              |           |            |
|------------------------------|-----------|------------|
| 3. Is the popcorn too salty? | Yes<br>0% | No<br>100% |
|------------------------------|-----------|------------|

(Cont'd on p. 6)



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## Consumer's News And Views

Amateur photographers in Canada buy a lot of cameras and equipment. They also use a lot of film. "Some of the time they pay reasonable prices for the equipment and services they buy but very often, they don't," says freelance photographer Freeman Patterson writing in Canadian Consumer magazine, published by Consumers' Association of Canada. Mr. Patterson is well-qualified to offer advice to the camera-consumer and here are some tips and suggestions from a professional to assist the amateur in getting what he wants without ruining his financial standing.

Most camera lines on the market are of excellent quality but the prices can vary. The 35mm single-lens reflex camera, for example, is about the most popular on the Canadian market and the prices fluctuate from less than \$200 to almost \$600 and this is without the lens. The question the camera-consumer should ask is: "For my use, is this huge price differential merited?" For the "snapshotter" there are much less expensive cameras that are extremely popular and are the essence of operating ease. However, such cameras are built with limited uses in mind. The amateur who is interested in photography as a hobby would be well advised to go directly to a model in the lower price range of the better cameras. The cheaper, less versatile cameras are not intended as training or teaching instruments for the more versatile models. And remember -- if you want versatility in a camera and lots of fun, buy a camera which permits you to change lenses.

There is no reason to buy the

lens that is on the camera body, if you don't want it. For example, most cameras come equipped with very fast standard lenses and you will pay more for these than a 3.5 lens. "As a working professional," says Mr. Patterson, "I find the slower lens covers nearly all the situations I am called upon to photograph." If you have one camera and want as few extra lenses as possible, you should consider settling on just two: a standard focal length macro lens (which takes overall scenes, yet permits you to do closeup shots of flowers and the like) and a zoom lens which covers from 85mm to 210mm. The zoom lens allows you to move closer to, or farther away from, the objects you are photographing without moving your body. Wide-angle lenses are limited in use, and an amateur should not be in a big hurry to get one.

When you buy a camera make certain that you get a copy of the warranty. The warranty and the assurance of good repair service from the manufacturer (or his agent) are as important as the camera itself. Under no circumstances should you buy a new camera at any price without them.

It pays to buy film in quantity and to ask for a discount. If a store won't give you a progressive discount on five or more rolls, don't buy, because another store will. When you buy a lot of film at once, pop it into the deep freeze, where it will keep practically forever.

Film that is slightly out-of-date is usually offered at greatly reduced prices and is quite often a good buy. This is especially true of slow and medium-speed film that

is less than six months past expiry date. And remember, once you buy it, keep it frozen until use.

Never accept poor prints from a processor -- any processor -- provided you have given him good negatives or transparencies to start with. You are paying for good quality, so make sure you get it. If you do not develop your own black-and-white film, when you take it to a processor ask for developing and a contact sheet, but not for developing and a print of each negative. When you examine the contact sheet, you may decide to have only three or four negatives printed. Thus, you save considerable money. Many stores offer a "free" roll of film with every roll brought to them for processing. Such offers are usually more valid when made directly by a processing firm, and less valid when made by a store which must send the film on to a processor. In other words, by eliminating the middle-man the cost of the offer can be cut. But be careful -- some very out-of-date film has been used in some of the "free" offers.

Most amateurs waste money because they never take a little time to study their cameras and to learn about film. Courses in photography are usually a good investment, because they teach the proper use of equipment, develop skills and thus in the end save you a lot of money. This also holds true for memberships in camera clubs and photographic associations. The simple fact of the matter is that the best way to beat the high cost of photography is to learn how to make good use of the equipment you own.

## HOME STUDY IN ELECTRONICS :

Brian Goodman --  
Manitoba Representative  
for  
Continuing Education Division  
McGraw-Hill of Canada

**National Radio Institute (NRI)**  
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-available at the Aspen Park Library May 13th, 1970,  
during the afternoon & evening  
- will discuss HOME STUDY PROGRAMS in ELECTRONICS

# From the Distaff Side

**LADIES:**

Having returned from my annual sabbatical, away from the sunny shores of lovely Lake Winnipeg, I looked with dismay upon the last few editions of the Framfari. True, it's a very fine well-edited paper, however, I was amazed at the lack of original articles from you, the readers. Even my Herbie could notice, after sharpening his senses on West Coast beer. I think we can all give the Framfari staff the benefit of our varied talents ladies.

While leafing through the May 2nd Weekend Magazine, I came across an excellent article on woman's new place in society. Did you know that it was Rudyard Kipling who said, "A woman is

only a woman, but a cigar is a good smoke." The article goes on to explain how we are forced, as children, to accept a built-in sense of our own limitations. There is a long list of inequities in the treatment of feminine rights, even by the higher courts. The antiquated idea of woman's sex role being secondary is slowly fading, but the seeds it has sown in society's standards are deeply lodged. Changes are few and agonizingly slow in coming. However, unless those changes are pressed for, none will occur; and more intelligent, creative personalities will be stifled in housewifery.

Bye for now,  
Harriet

## DENTAL IQ

by Capt DM Hodges  
(Petawawa Base Post)

Fluorides in the water, in toothpastes or painted on the teeth by the dentist often give rise to many questions. How much does this fluoride help? How does it work? and do fluoride paintings prevent cavities?

Answer:

It is generally agreed by Scientific Organizations and Health Officials throughout the world that fluorides are effective in preventing tooth decay when they are present in the water. When there is 1 to 1.5 parts per million fluoride in the drinking water, tooth decay is reduced by 60-65%. The fluoride is deposited in the outer layer of the teeth; the enamel. This fluoride containing enamel is more resistant to acid breakdown and resulting decay than enamel containing no fluoride.

The fluoride can get into the enamel when applied to the outside of the teeth, in higher concent-

rations. As less fluoride is taken up, the reduction in tooth decay is not as great as when the fluoride is in the water. During the last 10-15 years, hundreds of studies have been conducted using several different fluoride solutions at various strengths, at different time intervals. As a result of all these studies one can generalize the effectiveness of fluoride paintings to about a 30-35% reduction in tooth decay when the paintings are done about every 18 months. The children with the cleanest mouths will receive the most benefit. Children who eat too much sweet foods and have a high decay rate, may need fluoride paintings every six months.

It is interesting to note that in communities with fluoridated water, fluoride paintings give an added reduction in decay, as does regular use of a fluoride containing toothpaste. Use of all three methods produces an overall reduction of about 85%.

## Women's Fitness Classes

Thursday, 14 May will be the last day for womens fitness classes for the season. Keep an eye on

the FRAMFARI for commencement of classes in the Fall.

See you ALL next Fall!

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# Pollution - DIX

(Strasbourg, France) - Western Europe is threatened. The danger this time is not from without - Communist aggression - but from within. It is Europe's own prosperity that is threatening to swamp the continent under a swelling tide of pollution and make The Rhine, the "Sewer of Europe".

The air in Europe rivals even that in the United States. Madrid and Milan are in the role for the honour of Europe's "smog capital". In Milan, heart of Italy's industrial North, smog is so bad during the winter that some residents go about with their handkerchiefs around their heads to cover their noses and mouths. All across Italy, art treasures are being irreparably damaged by industrial air pollution and auto exhausts.

Europe's waters are reeling under the industrial expansion. Most of Switzerland's big lakes are polluted. Lake Zurich, once clean and productive is now "an evid smelling muddy sewer". The cause being Swiss Chemical and Textile industries. In Finland, contrary to what people might expect, there is a very poor drinking water supply and already 10-15% of that is polluted, because the many lakes are shallow and subject to rapid pollution.

Helsinki is supplied with drinking water from a lake 160 miles away'

In Italy, most of the rivers have been changed into reservoirs of sewage and industrial waste. These rivers can no longer be used for irrigation. Here, household and industrial liquid waste is dumped into waters with virtually no treatment. In the whole of Italy there are only 32 purification plants - one plant for every 1000 communities.

And so the story goes.

How can you stop it? West Germany, for example is not likely to sacrifice its industrial growth rate to solve Europe's environmental problems unless France, Italy and every other European competitor did likewise. This can be compounded further since Europe as a whole will not likely sacrifice its industrial growth - industrial night, means international power and prestige - unless its two chief world competitors, the United States and the Soviet Union do likewise.

Perhaps what we really need now, is a world government - a government that stands above the conflicting selfish interests and wasteful pursuits of men and nations.



## The Cobra's Comment

THUNDER BAY WEEK-END  
AT C.F.B. GIMLI  
22 - 24 MAY  
LAKEHEAD CIVILIANS WHO  
RESCUED MILITARY  
PILOTS IN 1968 WILL  
BE VISITING OUR BASE.  
LET'S MAKE THEM WELCOME!

THE #1 FTS COBRAS

a wave well. Care will include two sudsings once weekly and daily brushing. Oily hair requires shampooing every 3 or 4 days to remove surplus oils and prevent dandruff forming. Like oily skin, oily hair collects dirt and dust which invite other scalp ailments. Dry hair tends to lighten and the hair appears dull and lifeless. Constant massaging is necessary for the scalp plus regular shampooing.

Proper hair treatment means cleansing, lubricating, stimulating and protecting.

## Beauty Spot

- Anne Landry

Summer's coming and so is summer havoc for the hair. From experience, you probably know the damage that this season's sun and wind can do to hair, along with continual exposure to water.

But there are many rinses, conditioners and rich shampoos that will help hair. To really look after it well, a woman has to be familiar with her hair type and structure.

The living portion of the hair is beneath the scalp surface. The visible portion is actually "dead", with the entire growth process having been completed under the surface of the scalp. The texture of the visible hair can vary as much as can skin texture and even vary in different sections of the head. Normal hair is less porous than poor hair and thus will hold

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**HONORARY DEGREES AT RMC GRAD**

Honorary degrees will be conferred on four distinguished Canadians in Kingston, Saturday, May 16, during the Royal Military College's 84th graduation ceremonies.

They are:

Dr. Wilder Penfield, honorary consultant, Montreal Neurological Institute and Hospital who will receive the honorary degree of doctor of science;

Arnold D.P. Heeney, chairman, international joint commission, Canadian section, the honorary degree of doctor of laws;

Msgr. Jacques Garneau, associate director, association of universities and colleges of Canada, the honorary degree of doctor of laws, and

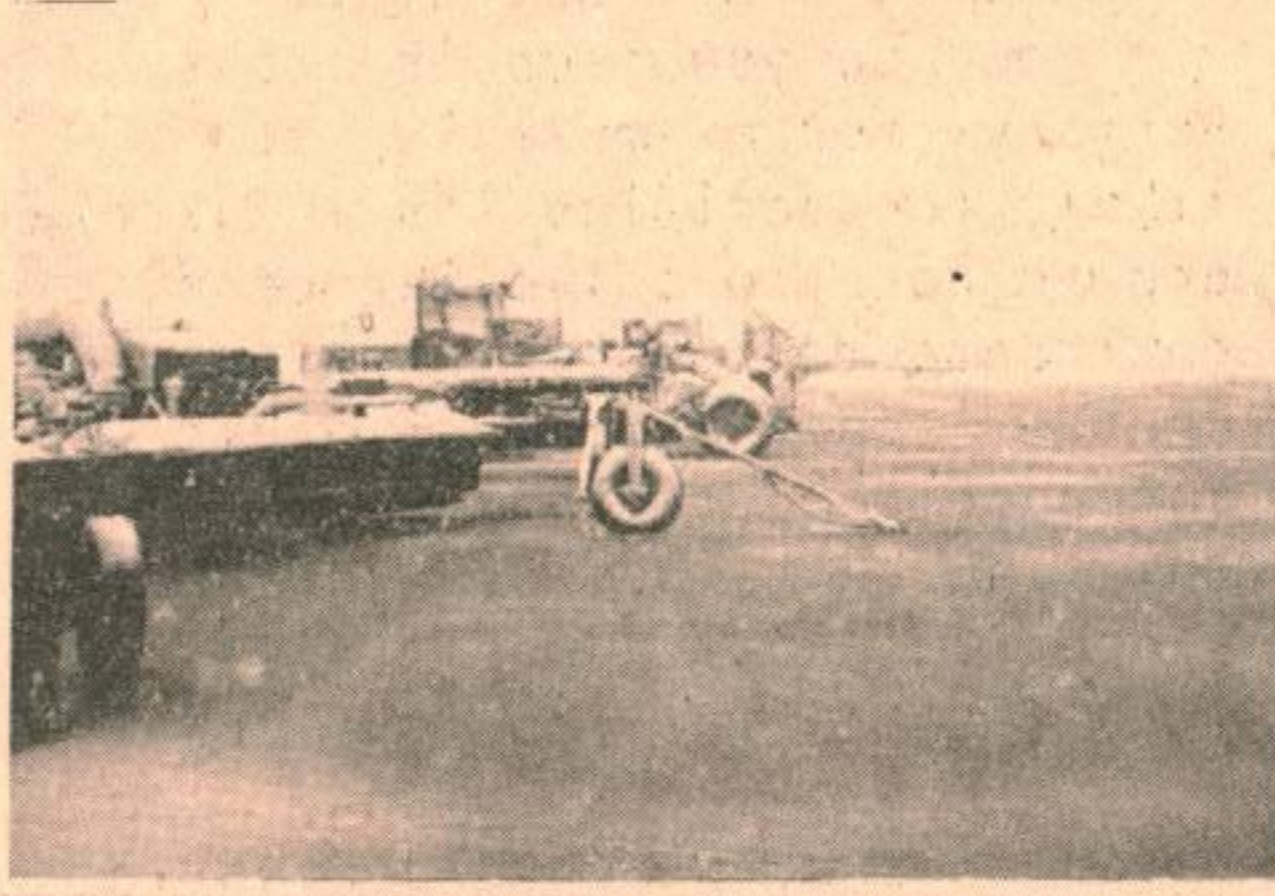
General J.V. Allard, retired chief of the defence staff, now against general for the province of Quebec in the United States, the honorary degree of doctor of military science.

Defence Minister Leo Cadieux, president and chancellor of RMC, will make the presentations at the 10 a.m. convocation. Dr. Penfield will deliver the convocation address.

Mr. Cadieux will present scrolls to more than 175 cadets of this year's graduating class, all



**April Showers Bring May...SNOW?**



of whom will be commissioned as lieutenants in the Canadian Armed Forces. The graduating cadets will be awarded bachelor degrees in arts, science or engineering.

In the afternoon 425 cadets

commanded by cadet wing commander Robert Mitchell of Copetown, Ont., will parade before Mr. Cadieux. The day's events will conclude with the graduation ball for cadets and invited guests.

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## New Defence Publication

TORONTO (CFP) --The Baxter Publishing Company of Toronto has announced plans to begin publication this fall of a quarterly on defence and foreign affairs. John Gellner, well-known defence analyst and editor of The Commentator, will be the editor of the new publication to be called The Canadian Defence Quarterly.

The publisher, William Baxter, says the quarterly will feature articles of particular interest to members of the Canadian forces, regular and reserve, and he is soliciting articles from members of the forces. Articles will be published in the language in which they are written, either English or French, and will be paid for on a sliding scale.

Although an independent publication, the defence minister and the chief of the defence staff have assured the publisher of the department's cooperation as they believe the publication will provide a useful forum for discussion of military affairs.

Subscriptions will be \$8 a year with a 25 per cent discount for bulk subscription of 25 or more. Additional information can be obtained from the publisher at 220 Bloor St., West, Toronto.

## RCR Band to Tour Europe

SOEST, Germany -- One of Canada's oldest and best known military bands, the band of the Royal Canadian Regiment arrived in Germany Apr 23 to begin a six-week musical goodwill tour of Europe.

The 59-piece RCR band, directed by Capt. J.D. Collins of Chilliwack, B.C., will play at more than 20 engagements in Belgium, Germany and The Netherlands during the tour.

In northwest Germany where Canada's NATO-assigned brigade is located the band will play at three ceremonies -- in Iserlohn, Soest and Werl -- when these cities bestow the ancient honour of freedom of the city on three Canadian regiments.

From May 1 to 6 the band was in Holland where they performed at ceremonies marking the 25th anniversary of the liberation of the Netherlands including one to be held in the city square of Amsterdam.

In Belgium the band will play at the international music festival in the city of Mons and participate in the 700th year anniversary ceremonies of the city of Virton.

One of the band's last engagements prior to returning to their home garrison in Wolseley Barracks, London Ont., will be to play at the 50th anniversary of the founding of the famed Harmonie Royal Ypriana in the city of Ypres.

## Mini-Parade

10:00 A.M. - 12:00 A.M.

For any student who wishes to decorate anything that will run, roll, or can be pushed etc.

There is no entry fee.

All that is required is their interest and imagination.

Please encourage your child to be there. Prizes will be awarded.

## Pet Show

2:00 P.M. - 4:00 P.M.

Open to any interested student. This show will take place at the pavillion at the park.

Each pet entry must be accompanied by owner at all times.

Cages are required for animals normally kept in a cage, cats and dogs on leashes, etc.

Please, try to encourage your child to turn out for this event. Prizes will be awarded.

You will be notified through the school of the parade route.

Individual entries only in both events.

Tuesday 12 May

The Gimli Centennial Celebrations Committee is promoting this for the School holiday - but the committee in charge is made up of school teachers, chaired by Mrs. Shebeski.

## CRONSHAW'S JEWELRY ENGRAVING

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WAGON WEST - Base Portage's contribution to Manitoba's centennial, a replica of the old Red River cart, gets a work-out on Parliament Hill with the country's top man at the reins. With Prime Minister Trudeau are Winnipeg Liberal MP, E.G. Osler, left, and Minister of Supplies and Services James Richardson, right. The cart is being horse-drawn to Portage La Prairie from Joliette, Que., Portage's sister city. Handler, Bruce Strand, right, and a stable attendant lead Dolly, and cart under the peace tower arch. Insert: Cpl Ron Strand, a cook at base Portage, presents Prime Minister with Manitoba Centennial ash tray.

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# GCHS News

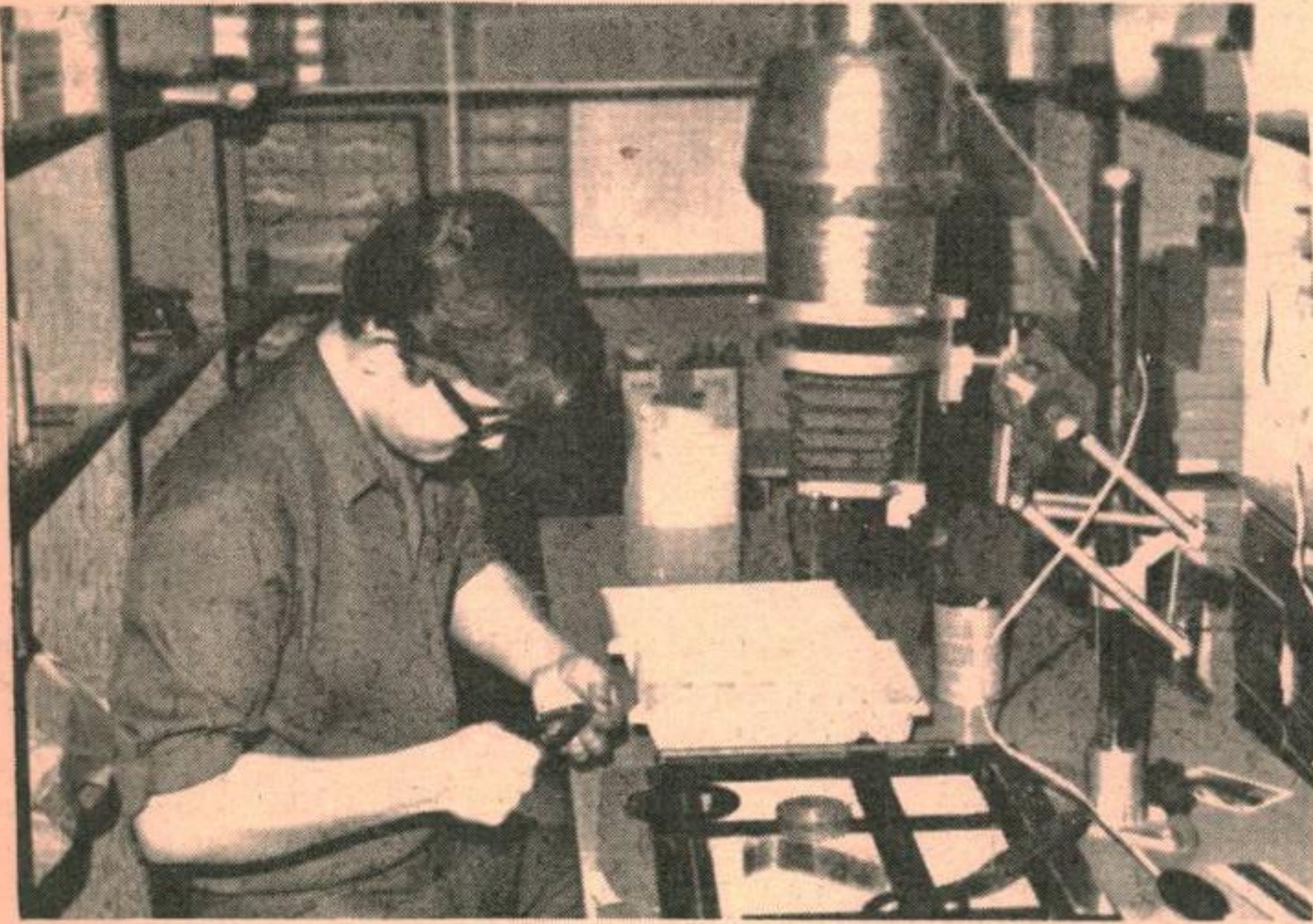
The month of May marks the beginning of Track and Field at G.C.H.S. The school Track and Field meet will be held on a fine day, sometime previous to May 20. On May 20, the Divisional Track meet will be held at Gimli, when our athletes will be competing against those from Riverton and Arborg. Those successful in the Divisional will be competing in the Zone finals on May 30, at the University of Manitoba. From there the winners go to the Provincial meet which will also be held at the University on June 6. We hope our teams will be successful in these meets.

The social highlight this

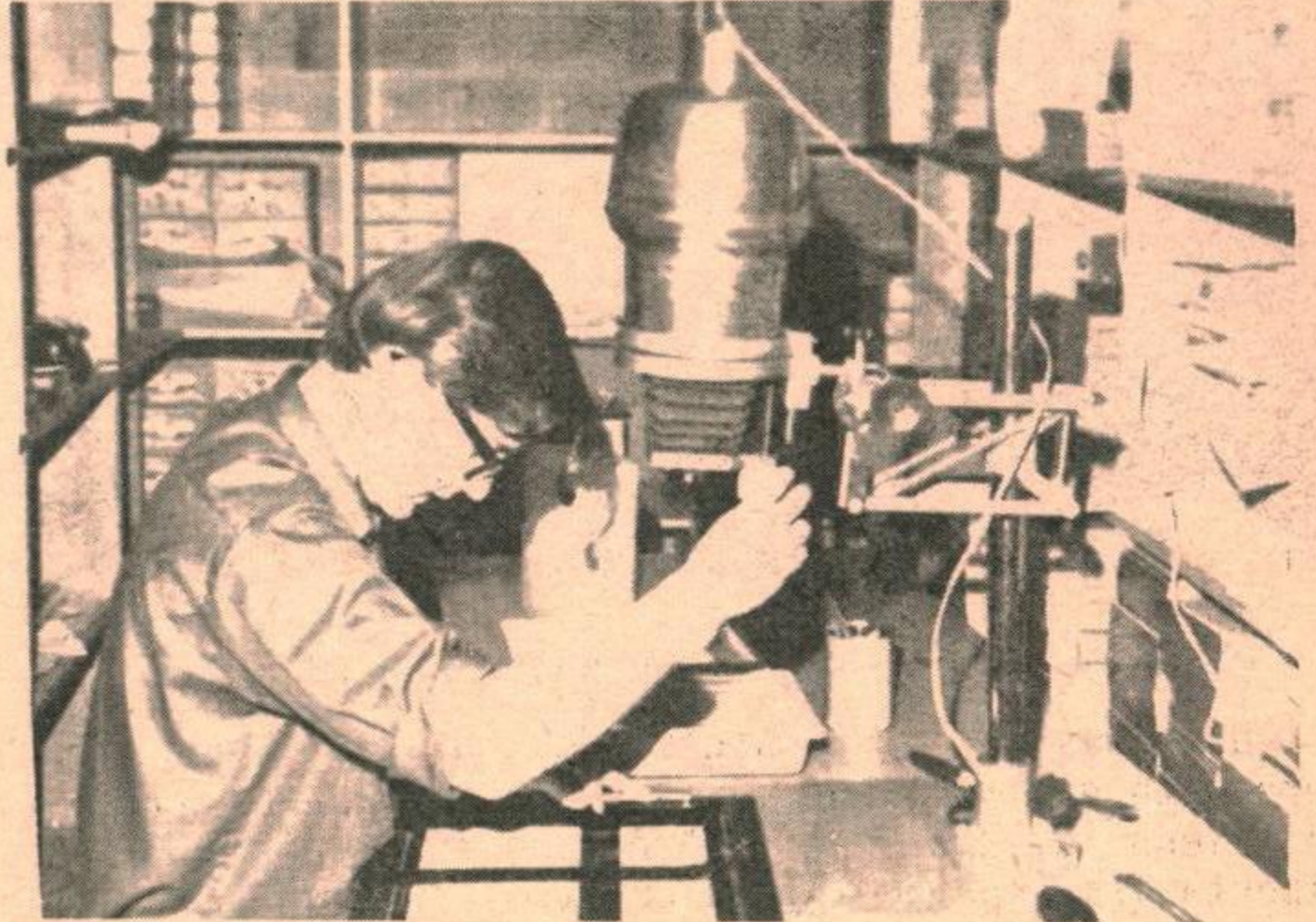
month is the Spring Prom, on May 22. The "Third Version" will be playing and we hope it will be a great success!

Lately we have been able to have a number of pictures to accompany the school articles. This week I am introducing our student photographer and photofinisher, Garth Curtis, whose talents have made this possible. Garth was born in Calgary, Alberta and is presently living in the Evergreen Development of Gimli. He is 16 years old and in Grade 10. Garth became interested in photography when he attended a camera club with some friends. He joined the club and attended the meetings until his

family was posted. Garth bought some developing equipment from an airman, who was also a member of the club, and had been posted overseas, and continued to do photo work at home. Besides doing his own personal work he has done pictures for friends. At present, Garth has his hands full producing photographs for the School Yearbook and for Grade 11 local history projects. Garth plans to join the Canadian Armed Forces after finishing school to become a photo technician. I hope you will join with me in wishing him the best of luck. The accompanying pictures show Garth working in his developing room at school.



Some equipment needs a bit of repairing, which Garth sees to before continuing.



"Now to see if the equipment works" says the Genius after the repairs are finished.

Rings are for love.



## BEN MOSS

JEWELLERS EST. 1910

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# MEET YOUR NEIGHBOUR

ARNOLD B. OLSON



SGT. AND MRS. DUNC GALBRAITH AND FAMILY

Dunc was born in Churchbridge, Sask and is pictured here with his wife Betty and their three sons Douglas 14, Glenn 12, and Alan 1. Arriving from Cold Lake, Alberta last spring the Galbraith's took up residence in the Evergreen Apts near C.F.B. Gimli where Dunc is employed as a Communications Systems Tech. After two years with the RCAF during World War II Dunc returned to civilian life until 1950 when he rejoined the RCAF and has enjoyed military life to the utmost since that time. The Galbraith's are no strangers to Gimli as Dunc saw service at CFB Gimli from 1954-59. An active member of the Canadian Legion Dunc enjoys wood working and drafting during his leisure hours.



THE REV. AND MRS. JACK CAMERON AND FAMILY

Jack pictured here with wife Lois, son Dory 16, and daughters, Bev. 14, and Linda 11, was born in Brandon, Manitoba. He joined the R.C.A.F. in 1944. After the war he returned to school and later moved to Edmonton where he worked for a firm of consulting engineers until 1964. At that time he moved to Saskatoon and attended the College of Emmanuel and St. Chad - graduating in 1967. Moving to Winnipeg in the summer of 1967, Jack became curate at St. Aidan's Anglican Church until August 1969, when he moved to Gimli.

Jack is Rector of St. Augustine's Gimli; St. Bartholomew's, Winnipeg Beach and All Saints, Whytewold.

He is an active member of Rotary Club, Centennial Choir and Ecumenical Council.

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

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Saturday, May 16, 1:30 p.m.

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**COFFEE & DOUGHNUTS**

# YOUTH BOWLING LEAGUE BANQUET



**BANTAM 'B' ROLLOFF WINNERS**



**BANTAM 'A' ROLLOFF WINNERS**



**BANTAM LEAGUE CHAMPS**



**SENIOR LEAGUE CHAMPS AND ROLLOFF WINNERS**



**BANTAM INDIVIDUAL WINNERS**



**SENIOR INDIVIDUAL WINNERS**

The Annual Bowling Banquet for the Youth Bowling League was held last Friday evening in the Viking Room. The presentation of trophies by Capt. Ken Orford, Father Savoie, and some very proud mothers and fathers, climaxed a very successful year for league members.

Congratulations go out to all the winners, and a special "Thank you" to all the parents who came out to keep score, and to the mothers who served at the banquet. Also, a big bouquet to Sgt. and Mrs. Bill Gemmell, who did a wonderful job coordinating the league this year. We hope to see more of the gang out at the alleys next season for an even bigger and more successful year.

## CONGRATULATIONS

## WANTED : Regatta Crews

The Canadian Forces Sailing Association will be hosting a regatta in Halifax, 31 July to 2 August and has called for contestants. CF Bases across Canada are being asked to contribute crews, and a selection of thirty will be made to compete in the regatta. A "crew" consists of "a racing skipper of demonstrated sailing ability" and one crew member. Any base may send more than one racing crew. Although the CFSA is organizing the regatta there is no requirement to belong. CFB Shearwater will be the host base and will be providing all

accommodation and transportation. Service air travel with Priority Two booking on TD has been authorized to Halifax.

The regatta will be held using Canadian Yachting Association rules and the applicable regulations will be sent to the selected crews.

Since there is a deadline for contestant applications all those desiring a spot in the regatta must register soon. Arrangements will be made through B REC 0. Capt Joughin loc 52. Final selections will be made and crews notified by 19 June.

## Summer Casual Swim Hours

18:00 to 21:00 hrs. Mon - Sun  
(Inclusive)

Effective: July & August

The pool will be closed Sunday afternoon.

## Badminton Entries Invited

NOON HOUR MEN'S DOUBLES TOURNAMENT

11-14 May

Registrations; Recreation Centre  
All games to be played between  
1145-1245 (noon) - Entry Deadline  
8 May - Nil entry fee - Prizes  
awarded - If sufficient entries  
(3 events) - Draw will be posted  
11 May

## Recreational Running Results Revealed

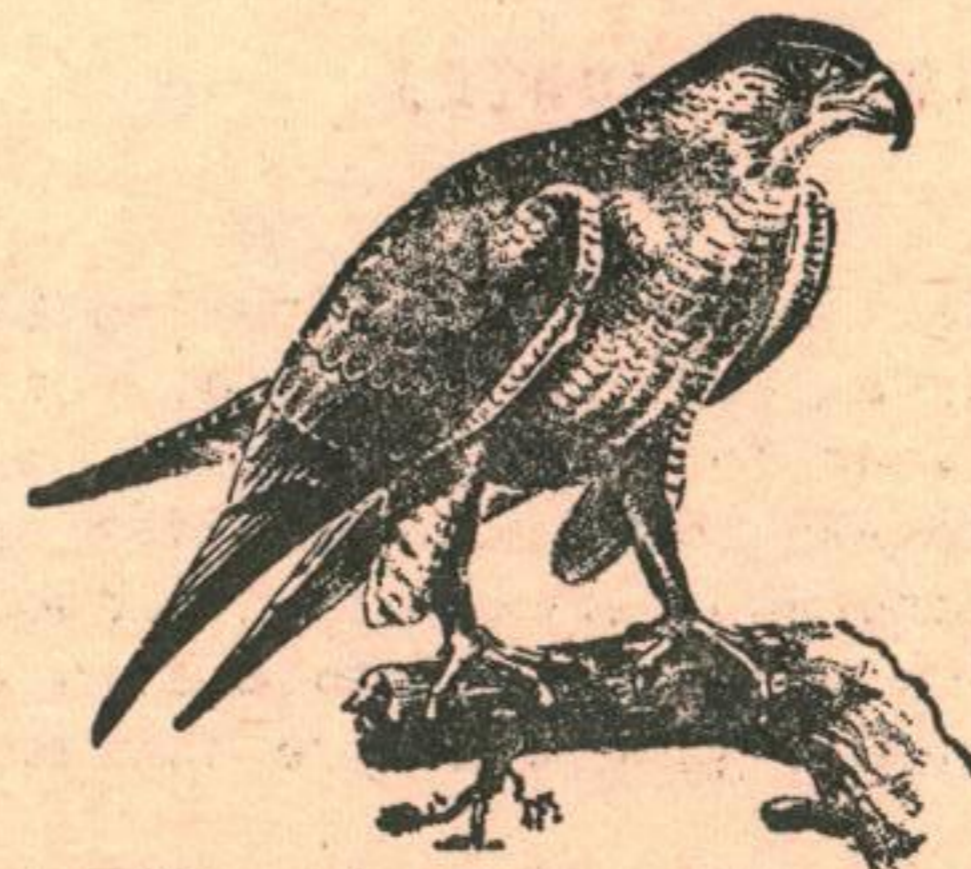
As of April 28, 1970 the following are the current results of the Centennial Run. The aim of every runner is to maintain fitness through running and condition. The run will continue through out 1970.

R. Bushe	467 miles
M. Passant	189 miles
A. Watson	177 miles
K. Ennis	136 miles
J. Harrison	114 miles
P. Plewes	107 miles
J. Charron	100 miles
H. Wagstaffe	89 miles
J. Andre	87 miles
J. McIntosh	82 miles
P. Hilson	81 miles
J. Astley	79 miles
S. Crooks	77 miles
	<hr/> 1785 miles

## Getting together for the 'Stanley Cup' play-offs?

Why not complete the evening with  
a Party Tub of **CANUCK FRIED CHICKEN**  
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A recent survey of the golf course does not give one a very happy outlook as to the possibility of an early opening. With the amount of moisture still in the ground and the absence of good drying weather an opening delay can be expected. However, if one can take a hopeful view of the situation, temporary greens are in the process of being cut and will be used until the regular greens take a firm hold.

Memberships are available at the Rec Centre and from your golf committee. All fees may be signed for on an acquittance roll and payable in two installments.

#### PRO TIP

Develop a feel for distance.

The most important thing to be re-acquired when beginning to play golf again, is feel in the hands, especially in the fingertips. The best place to restore this sensitivity, is around the practice putting green. Instead of hitting buckets of drivers and irons, try something that may sound a little strange, but will get you off to a better start. Throw or roll a lot of balls at a hole some 20 to 50 feet away as though you were tossing a softball underhanded. This motion is

basically the same as when you actually hit shots with a club, so you not only get a good swing "action" going, you also develop a feel for distance. Then begin chipping with a club, and you will find that it is only an extension of your hands stretching to the ground.

#### WHAT'S THE RULE:

Situation: Joe's ball was away on the ninth green, giving him a 15 foot putt. He holed out his putt, and, while his three playing companions continued to putt he strolled over to the practice green which was located between the 9th green and 10th tee and took some practice putts. Bill, one of the players in his foursome, pointed out that Joe had violated the rules by practising between holes, and in competition would have been penalized. Does Bill understand the rules? No. Joe would not be penalized for hitting a practice putt as long as he did not delay the game. The rule states that between the play of two holes, a player shall not play a practice stroke from any hazard, or on to a putting green other than that of the last hole played. One purpose of this rule is to prevent

practice on greens to be played. A violation of the rule calls for a two stroke penalty in stroke play and a loss of hole in match play.

#### DUFFERS CORNER:

Conversation overheard at the 10th hole Aspen Park Golf Club:

"I've been waking up in a cold sweat the last few nights. I dreamt that I was playing in the National Open and all I had to do was chip close - to win. But the ball kept rolling and rolling and never stopped! Do you think I should see a psychiatrist?"

Said his partner: "Definitely, you need help - but before you do, why don't you try it just one night using your putter."

## Zone 3 Softball Officials Clinic

CFB Portage la Prairie will host an Officials Softball Clinic 13-14-15 May 70. Entries are unlimited but must be submitted to the Rec Centre by Fri 8 May. We would like to send as many personnel as possible. Entry fee will be \$3.00 per man to include cost of Rule Books and Spring Sports Banquet which all personnel are cordially invited to attend. Rations and Quarters will be available. Don't forget, softball is just around the corner.

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## DND Buys Bells

The government has authorized the Department of Supply and Services to purchase on behalf of the Department of National Defence 74 Bell light observation helicopters. Procurement of the turbine-powered helicopter increases the operational effectiveness of land forces by providing them with a high degree of operational mobility and flexibility with less manpower. The Bell OH-58A, delivery of which will be at the rate of five a month beginning in mid-1971, will be employed with the combat groups in Canada and the land forces in Europe. Its role will embrace visual observation, target acquisition and adjustment of fire, armed reconnaissance, command and control, limited aerial photography, and transport of personnel and cargo.

The OH-58A is a single turbine helicopter that can be flown by one pilot. Its useful payload is 727 pounds excluding the pilot and fuel. It can carry three armed troops as well as the pilot and, in an emergency, four. Its cruising speed is 110 knots and its endurance more than three hours. The new helicopter will replace an obsolescent fleet of 44 small heli-

copters and fixed wing aircraft including the CF-112 helicopter, L-19 and L-182 light planes which now perform some of these functions in the Canadian Forces.

The OH-58A is an "off-the-shelf" buy of a military version of the Bell Jet Ranger and is in its second year of production. It is fully supportable through Canada's cooperation with U.S. Military logistics in North America and Europe. The OH-58A was selected by the U.S. Army in 1968 and they have ordered 2,200 OH-58As on a multiyear procurement program. Deliveries commenced to the U.S. Army in 1969.

The total program cost to Canada, including ground support equipment, training courses, and equipment, publications, spare engines and mission kits is \$23,700,000. The contract will be negotiated through the U.S. government. The aircraft, associated spares and equipment will be produced on the same line as the U.S. Army's aircraft.

The light observation helicopter is an integral part of the composition of Canadian land forces as will be 50 CUH-1N twin-turbine utility transport helicopters on order for delivery in 1971-72. This order was announced

Sept. 19. Shipborne helicopters already form a vital part of Canada's anti-submarine warfare capability. The ASW role is carried out by the heavy, all-weather Sikorsky CH-53 Sea King. Other helicopters in the forces are employed in transport and search and rescue.

## Bowling News

By Joan Truax

We the executive of the Ladies Bowling League wish to thank all the women bowlers for the lovely gifts that were presented to us at the general meeting. They will be forever cherished. For those who were unable to attend the meeting, an election was held and following are your executive for next season.

President - Gabe McKinder  
V/President - Helen King  
Secretary - Connie Wilson  
Treasurer - Jasmin Murtough  
Statistician - Mary Lou Garriock

Also I wish to congratulate all the women who were trophy winners this year. For we losers, I guess the only thing to be said is, "Better luck next year".

P.S. Any women still wishing banquet tickets for their husband, please contact Sgt. McKinder.

## ASPEN PARK GOLF CLUB

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**LUCKY DRAW**

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WILL WIN  
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# MINOR HOCKEY

-Stan Robinson



**BANTAM CHAMPS  
MAPLE LEAFS**



**TOM THUMB CHAMPS  
MAPLE LEAFS**



**WEE WEE CHAMPS  
REDWINGS**

The Kinsmen held their second annual hockey wind-up banquet on Thursday evening in the Viking Motor Hotel with 326 people in attendance. After a fine meal served by eleven mothers the program got under way.

The head table was introduced by Doug Smith, Chairman of Kinsmen sports. He then called on Eddie Mazur to introduce the guest speaker, Charlie Raynor, long time goaltender for the New York Rangers. He gave a very interesting talk on hockey life in the N.H.L. and had the boys breathless as he explained how he is the only goaltender in the N.H.L. who scored a goal while a goalie. He scored it in Alten Cup play while a member of the Navy in 1942. After a lively question period the program carried on with the presentation of awards and crests.

Doug Smith and Stan Robinson were presented with a Kinsmen appreciation certificate by Al Smalley, President of the Kinsmen.

President Al then presented the Kinsmen Trophy to the Red Wings of the Wee Wees for winning the playoffs. Ray Hobin presented the McLeod Trophy to the Maple Leafs winners in the Tom Thumb. Carl McDonald presented the Falcon Trophy to the Leafs, winners in the Bantam division. The Gimli Wolves donated three trophies for the scoring leader in each league during regular season play, plus a small replica for each winner to keep. Scott Valgardson was the winner in Wee Wee, Grant Knapik in Tom Thumb, and Ken Kernsted in the Bantams.

The final presentations of the evening were the three awards for each team. In Wee Wee Troy Valgardson received the Most Valuable Player, Vernon Bahuud Lady Byng, Arthur Barker, Most Improved for Boston White. For Greens Darin Crouch, Russell Harrison, Andrew Rogers. For Canadians, Geof Gouthro, Murray Arnason, Bradley Krulicki; Boston Blacks, Garry Pearson, David Adkins, Bruce Benson; For Leafs, Donald Klym, Mark DeSmedt, Terry Hudson.

In Tom Thumb the winners for Boston were Steven Gemmell, Most Valuable, Allen McKinder, Lady Byng, Randy Boutlier, Most Improved. For Canadians Russel Wilson, Don Pearson, Raymond Menard; For Leafs, Bob Gretchen, Conrad Pinsonneault, James Younker. For Greens, Blair Chudd, John Kearley, Ricky Powroznik.

In Bantam, the Canadians, Scott Rogers was Most Valuable, Kevin Fredborg Lady Byng, Larry Markusson Most Improved. For Leafs it was Garry Magnusson, Bradley Erickson and Michael Dell.

And the last awards were to the three all-star teams. In Wee Wee, Melvin Biluk was Most Valuable, George Shaw, Lady Byng and Dwayne Gemmell, Most Improved. For Tom Thumb, Reid Kuzik, Most Valuable Dale Martin, Lady Byng, Grant Knapik, Most Improved. For the Bantams, Lorne Smith was the Most Valuable, Blain Knapik, Lady Byng and Glen Aldwinckle, Most Improved.

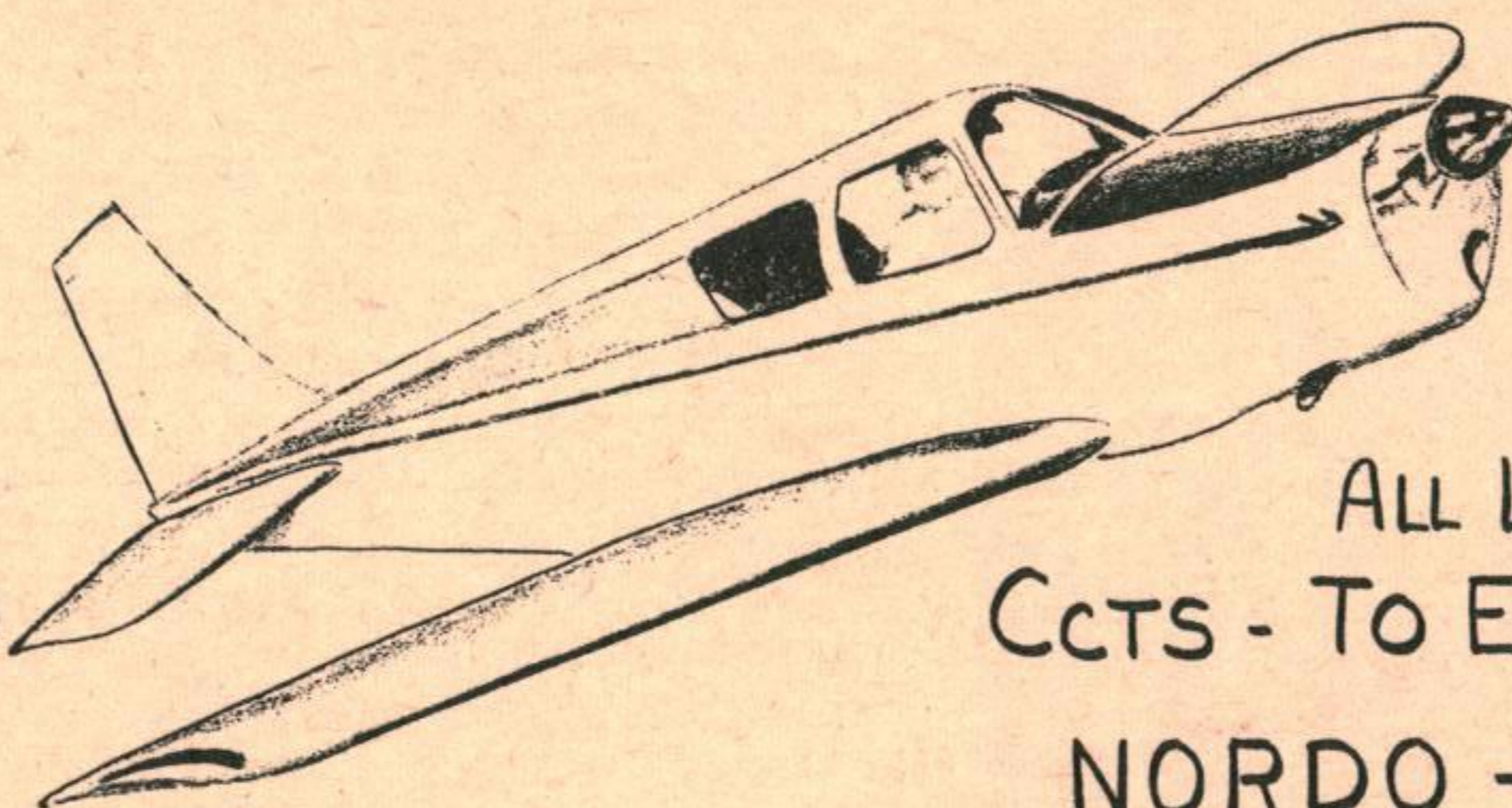
This will be my last write-up for Minor Hockey for this season. But watch for more pictures of the award winners as space permits in the weeks ahead. would like to wish all boys and parents a successful ball season.

# GIMLI FLYING CLUB

## OPEN HOUSE

# FLY IN

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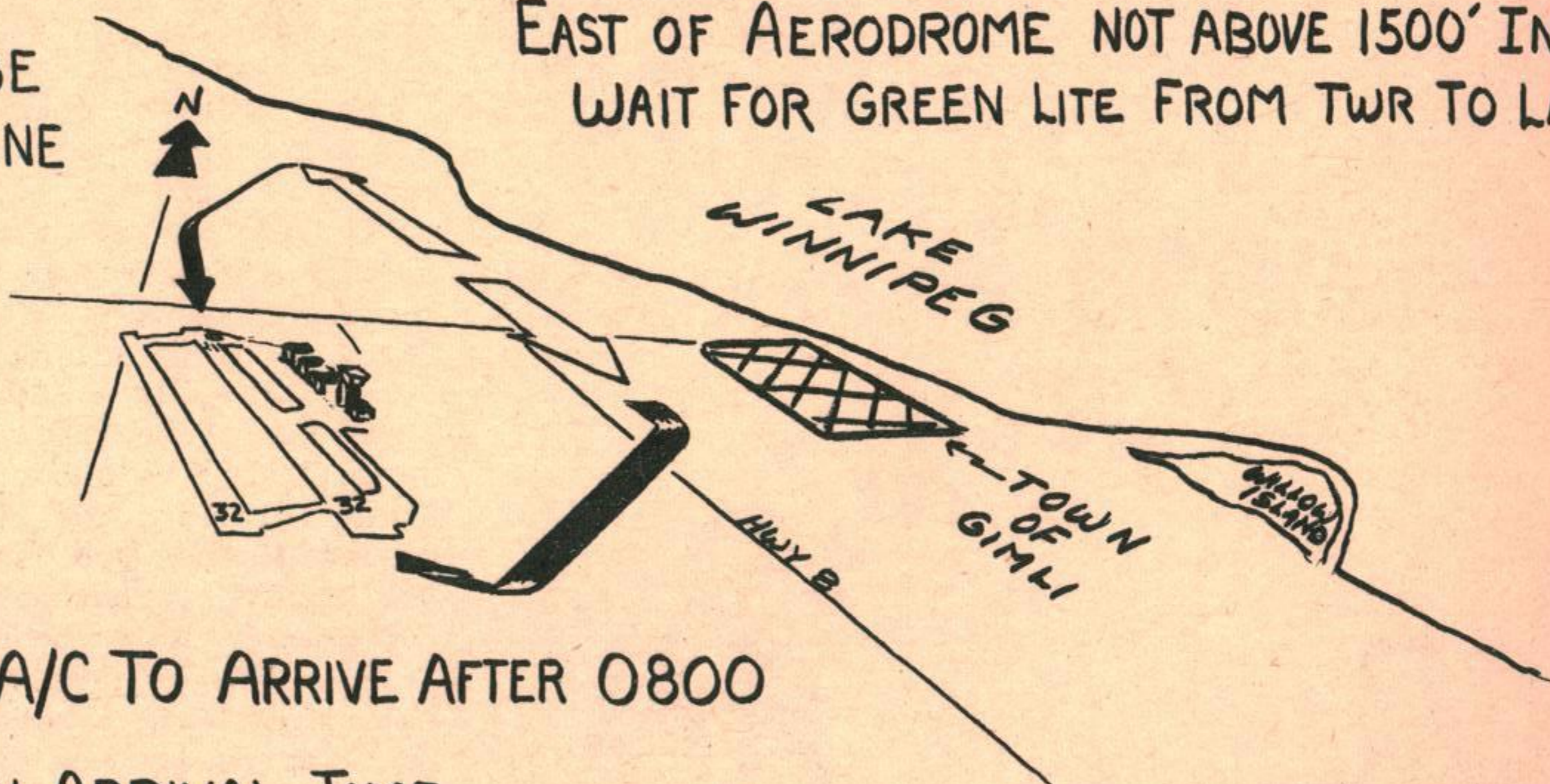


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- B.- HIDDEN ARRIVAL TIME
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# SUN 21 JUN

# 0800 - 1700

# 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 X

Towards the end of July, 1877, the cows arrived, 250 of them. They were brought from Minnesota, no trifling distance. We were required to meet the herd and to assist driving it through the woods. We had been without milk for two years and I was not loathe to help. Our journey took three days, for the road was bad. By the time we got through to Willow Point, we were considerably fatigued.

The cows were allotted at Willow Point. The men were separated into groups according to their number of children, or according to the difficulty of their circumstances, but mostly on the former basis. Then each in turn was allowed to select one cow. I was in the fourth or fifth group and when it came to our turn much more than half the herd was gone. At this point I did not like the look of things. All the cows which I had fancied and had a drop of milk in them, were gone. I was certainly feeling badly about it when I spied a broken-tailed five or seven year old, of a good average size. She was red on the flanks; had rather fine horns, and a white star on her forehead. The flaw was that she was virtually dry and gave a mere cupful on arrival at home. However, her yield increased and went up to three pints, and the good creature became one of my staunchest household pillars. She was beautiful in appearance, docile, and sagacious. We called her Bubot, (freely, Bountiful).

Late in the following month of August, Jon of Laufas loaned to me the price of a cow which I purchased from Skapti. She cost thirty dollars, but proved sterile, so we slaughtered her and sold half the carcass to Magnus and Rosa.

Haymaking was difficult. Only small natural openings here and there in the forest were fit for cutting, and there the grass was full of sticks and other rubbish, and the ground was wet. The hay had to be carried on forks, or on barrows, carried by two persons.

It was stacked in hummocks, on the spot, and then brought in during the winter. It was not possible in my case to use horses or oxen, even if I had possessed them, which I did not, but in some few places elsewhere the hayland was more accessible.

I did not bring my Bible or my PASSION HYMNS from home, and the first winter I was able to buy only Dr. Peturs' three books, which Sigfus bound, and the Old hymn book, and three lays. In addition, I subscribed to FRAMFARI (Progress). This was all our provender for mind and spirit, but we were happier then than later, when we had acquired more.

On the twenty-first of August my Valdis went to Winnipeg for work, but her stay was short and on the twenty-eighth of September Arni Sveinson and I left on our trip to bring her home.

The journey to the city took us a day and a night, the best time in which I ever made it. On the thirtieth, which was Sunday, we started for home. We stayed overnight at a point on the river a little below Monkman's place. The three of us slept in the boat and had a cowhide for cover. The weather had turned colder, but the wind did not blow through Arni's hide. On the following days we reached home.

During this period we had two cows, but their yield was small.

Life was different now, although we did not possess plenty, indeed, we lacked many things. Our attempts at raising crops often failed, because of the host of destructive creatures in the woods. The potato crop was an exception. On one occasion I harvested about 150 (pailfuls?) of potatoes. I was not able to sell any of this crop, but we required a great deal of potatoes to go with the fish, and potatoes served as fodder for the cow.

The soil was a tangle of roots down to clay and was difficult to cultivate with the one implement available, the hoe. One worked hard all day, with but little to show for it. The roads were impassable, so that draught animals were of little use. In any event, these were possessed by only a few, and their use was chiefly in winter.

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Saturday 9am-6pm

# Mental Retardation Week      May 10-16

May 10 - 16 is Mental Retardation Week in Canada. This week has been set aside each year to promote better understanding of mentally handicapped children and adults. The Flowers of Hope fund raising campaign is nation-wide and always starts on Mother's Day. By purchasing these flower seeds, a seed of hope is planted for the brighter future of our mentally handicapped. Here in Gimli, our local Association does not use the Flowers of Hope campaign. Instead a 10-mile Walkathon is planned for the Fall to raise funds for our next year's activities.

Our local Association for the Mentally Retarded helps to support special activities for the children in the special class at Winnipeg Beach which is comprised of students from Arnes, Camp Morton, Gimli and Winnipeg Beach. The children are taught swimming at the Canadian Forces Base pool every other Wednesday and a special Cub Pack has been established for the boys. On May 31, a variety show, Centennial Capers is being presented in the

Centennial Hall in Winnipeg. As this show is one of the Centennial projects for the Provincial Association, it is comprised of songs, skits and dances and displays the talents of our mentally handicapped children and adults across the Province. Our own gang from our area are putting in two numbers. If anyone is interested, all seats are rush seats and it starts at 2:30 p.m.

Recently two members of the local Association have visited all the families of mentally handicapped children and adults in this area. It appears quite evident that an Industrial Workshop or Occupational Centre will have to be established in Gimli in the very near future. This means that some form of employment will be available locally for our handicapped adults. It also means that these kids can still stay at home and work rather than be sent to the Workshops in Selkirk or Winnipeg.

Other projects for the coming year include a float entry in the Centennial Parade and Icelandic

Celebrations Parade, Camp for some of the boys and promotion of the Walkathon in the Fall. The Aspen Park Rangers have been very willing helpers and assistants for our many projects and we wish to give them a big vote of thanks for their help.

Remember, then, that May 10-16 is National Mental Retardation Week in Canada and that a small seed planted is a seed of hope for our mentally handicapped.

## HOLDOVER HAPPENINGS

Latest 'Duff Gen' from the  
-- VAMPIRES --

*Indications are that Holdovers are to commence OTU for the F-4J Phantom II at Nellis AFB with subsequent posting to Stockholm, Sweden to commence Advanced OTU on the SAAB Viggen before commencing the Chipmunk FIS at Portage la Prairie.*



## SMORGASBORD      at VIKING MOTOR HOTEL

Starting Mother's Day, every Sunday thereafter  
- bring the whole family.

Make Reservations for Mother's Day 642-5181

# DOMESTIC 707 SCHEDULE

OTTAWA (CFP) -- Air transport command's first CC-137 jet transport (Boeing 707) goes to work on the forces sked runs May 22. Its inaugural passenger flight takes it to Halifax, then cross-country to Vancouver and back. Skeds affected will be SFs five, six, seven and eight which operated weekly, on Thursdays, Fridays, Saturdays and Sundays, respectively. The new runs go to Halifax (SF-5) then west on Fridays (SF-6), back to the east coast Saturdays (SF-7) and into Trenton Sundays (SF-8). The big jet will make the western hop in less than seven and one-half hours flying time, some three hours faster than the Yukon.

The CC-137 will not stop at base Greenwood, N.S., as did the Yukon. According to operational readiness officials here the Annapolis Valley base was dropped from the sked run for operational reasons.

Here is the CC-137 schedule as carried in Canforgen 84:  
SF-5 (Fridays)

Place:- Trenton - Lve 7:00 am(EDT)  
- Ottawa - Arr 7:35 am  
- Lve 8:05 am  
- Shearwater - Arr 10:40 am(ADT)

## SF-6 (Fridays)

Place:- Shearwater - Lve 11:25 am(ADT)  
- Ottawa - Arr 12:10 pm(EDT)  
- Lve 12:55 pm  
- Trenton - Arr 1:30 pm  
- Lve 2:30 pm  
- Winnipeg - Arr 3:55 pm(CDT)  
- Lve 4:40 pm(CDT)  
- Edmonton - \*Arr 4:35 pm(MST)  
(Namao) - Lve 5:20 pm(MST)  
- Comox - Arr 8:00 pm(PDT)

## SF-7 (Saturdays)

Place:- Comox - Lve 9:00 am(PDT)  
- Vancouver - Arr 9:30 am(PDT)  
- Lve 10:15 am(PDT)  
- Edmonton - Arr 11:35 am(MST)  
(Namao) - Lve 12:20 pm(MST)  
- Winnipeg - Arr 3:50 pm(CDT)  
- Lve 4:35 pm  
- Trenton - Arr 7:40 pm(EDT)  
- Lve 8:25 pm  
- Ottawa - Arr 9:00 pm  
- Lve 9:30 pm  
- Shearwater - Arr 12:05 am(ADT)  
(Hfx) - Lve (Sundays)

## SF-8 (Sundays)

Place:- Shearwater - Lve 12:35 am(ADT)  
- Trenton - Arr 1:30 am(EDT)  
\* Edmonton(Namao) on standard time year round.

Jim and Adeline Keith announce the arrival of Jane Alexandra on the 29th of April in Teulon, Manitoba. Jane is a sister for Lynn, Gail and Robert.

## Messin' Around

### JUNIOR RANKS' ENTERTAINMENT

Saturday, 9 May - Dance Plus (the nurses will be up!) Semi-casual dress. Admission 75¢.

Sunday Movie - 8:00 p.m.

Attention all personnel who were on funeral parade last week. Please check your raincoats for an ID wallet which has gone missing.

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## Had your brakes and shocks checked??

(A good thing to do after every winter season.)

# CFB GIMLI AUTO CLUB

WE WILL BE CLOSED ALL DAY MONDAY,  
MAY 11th FOR STOCKTAKING.

## Getting Green Gradually

OTTAWA (CFP) -- The switch-over to the new green uniform is going smoothly according to a supply services report released here in late March. And it gives credit to forces supply and tailor staffs. Since general issue began in August 1969 more than 19,000 troops have received the new uniform. This doesn't include CANEX and private buys. Officers commissioned since November 1968 and recruits enlisting after Aug 1, 1969 have been kitted, as have personnel in special jobs outside Canada -- attaches and exchange officers to mention a few. Bases St. Jean, Cornwallis, Petawawa and Valcartier have been converted, with Esquimalt and station Masset, B.C., now being outfitted. Formation in Europe have been moved up the list. The brigade and air division will begin conversion this summer instead of 1971/72. Rounding out the 1970 issue will be the outfitting of bases Halifax-Shearwater, Comox, Chilliwack and Greenwood, and stations Holberg, Kamloops and Baldy Hughes, all in British Columbia, as well as stations Barrington and Sydney in Nova Scotia.

Troops in possession of the new greens can hang up their khakis or blues! But forces-wide Canforgen (078 of April 8) states the functional commanders may authorize old-style uniform wear as an option for "ordinary occasions of duty on base and unit in Canada". Interim dress policy is spelled out in CFSO 124/70.

The 12-page document states that the early issue plan -- buying from service stocks before base conversion -- is still in. But it cautions other ranks who buy early that they have to foot the financial bill. Some have already bought early, through CANEX or privately, and are vainly looking for free issue of other dress items or a cash return.

But clothing officials here say such a move would throw the phased issue program out of whack and cause administrative and financial problems. Selling old style uniforms half price to thread-bare troops well down the priority list was considered but again, administrative and supply problems and the continued paying of the clothing upkeep allowance during the change-over were effective road blocks. The report dispels the rumors that officers

are getting the better of the deal. Most officers have received a \$200 cash grant (about two-thirds) the cost of uniform) to buy early, through CANEX or privately. They won't get a free issue and don't have a clothing upkeep allowance to keep old style uniforms in shape. It's an out-of-pocket expense. Talks indicate that all ranks may have common uniform regs when the conversion program is completed early in 1972. If approved, officers and men will get a clothing upkeep allowance and all new entries will pick up the green uniforms from service stocks.

The program has had its share of troubles. Overcoats were scarce for a while - but there are plenty in stock now. A water-proofing problem has delayed the lightweight raincoat -- it won't be ready for some months yet. Officials aren't concerned as there are plenty of gabardine coats in stock. Another hang-up was a shortage of uniform jackets but contract deliveries now are larger than expected.

The khaki summer uniform is still in the trial stage and officials say they don't know when it will be available for issue. The women's ensemble has been approved and stocking of fabrics and accessories is underway. It's expected to be ready for issue later this year. Cloth for the winter weight uniform (nine-ounce) has arrived in stock. It's an optional uniform and not a free issue.

The report (L18400-503 of March 23) issued by the director general of supply at CFHQ, gives more detailed information on the program, including the approximate issuing times for all forces bases, stations and units.

## Card of Thanks

We wish to thank most sincerely our many kind friends and neighbours for their many acts of kindness, beautiful flowers, cards and expressions of sympathy in the recent loss of our beloved son Peter. To Dave and Clara Sneddon, Padre Hilton, Capt. Crooks, Mr. Smalley and so many more - thank you - your personal help and vigil sustained us during this trying time.

Gerry and Belle Christensen

## How to shop from Simpsons-Sears Catalogues

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# Chapel News

## R.C. CHAPEL

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

### MASSES

Sunday - 9:00 A.M.  
- 11:15 A.M.  
Weekdays - 5:00 P.M.

### CONFESSIONS

Saturday - 4:00 - 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.

## PROTESTANT CHAPEL

Rev. D.W. Hilton  
Phone: 156r2

### SUNDAY - 10 May 1970

10:00 A.M. - DIVINE WORSHIP  
10:00 A.M. - Sunday School at  
Goulding School

### THURSDAY

6:30 P.M. - Jr. Choir Practice  
7:30 P.M. - Sr. Choir Practice

As Padre Hilton will be on Course  
from 10 MAY to 17 JULY 1970, Rev.  
J.S. Cameron of St. Augustine's  
Anglican Church will be replacing  
him during that period.

## GRACE BAPTIST CHURCH

The Christian Fellowship ladies'  
group of the Grace Baptist Church,  
Gimli, will have their monthly  
meeting on Monday, May 11, at 8:00  
p.m. at the home of Mrs. Oddny  
Sigurdson, 91 - 4th Avenue.

Ladies are reminded to bring  
colored bible pictures for Korea  
and old sheets for making bandages.

All ladies are invited. For  
information please phone 642-5813.

# Communion in the Hand

Newspapers and other media have  
announced lately that the Pope had  
given authority to the Canadian to  
authorize a new rite (actually the  
restoration of an ancient one) in  
the distribution of Holy Communion  
at Mass.

For the information of our  
Catholic readers who would like to  
understand the reasons behind this  
change we reproduce an article by  
Father Barry Glendenning, Liturgi-  
cal specialist, from London, Ont.

Our Non-Catholic, but ecumeni-  
cally oriented readers will no doubt  
find this article of great interest.

It has to be noted that this new  
rite is an option, a personal choice  
of the communicant, and will not be  
imposed against anyone's wish.

### 1. The Ancient Practice

In the Western Church,  
Communion was received in the hand  
until the ninth century. The manner  
of receiving the Eucharist was as  
follows: the communicant cupped his  
right hand over his left, and  
extended them to receive the Euchar-  
ist under the species of bread; he  
then partook of the Eucharist by  
raising his cupped hands to his  
mouth.

This manner of receiving  
Communion was, of course, in no way  
indicative of a lack of respect  
toward the Eucharist; indeed, in the  
East particularly, where the custom  
was the same as in the West, the  
cupped hands were seen as a veritable  
throne to receive the Eucharist. It  
leavened bread that was prepared for  
the celebration and, accordingly,  
the Eucharist has to be chewed. Here  
again, however, there can be no  
question of a lack of respect; the  
Lord himself had commanded that they  
should take and eat.

### 2. The Change From the Ancient Practice

From the ninth century onward,  
a change in Eucharistic practice set  
in within the Western Church. The  
bread prepared for the celebration  
was henceforth unleavened, and baked  
in such a way that it was not longer  
necessary to break the Eucharist  
before Communion, nor to chew it  
during Communion. The Eucharist was  
to be placed in the mouth of the rec-  
ipient, no longer upon the hand.  
(A step in this direction had already  
been made when women were required  
to place a linen cloth over the hand  
before receiving). The Eucharist  
was to be touched by the Priest alone  
whose hands had been consecrated for  
this purpose. Soon the priest was

required to pinch his fingers from  
the time of the consecration, and  
by the eleventh century, he was  
required to do so, at least in  
some localities, from the Lavabo  
onward. This trend reached its  
logical conclusion in the thirteenth  
century, when, in some places, the  
priest himself was required to take  
the Eucharist directly from the  
paten without touching it with his  
fingers. Such care was to be taken  
even in the very preparation of  
the altar breads that in the early  
fifteenth century, the Bishop of  
Constance suspended a priest for  
dropping an unconsecrated host.  
The Lambert Council of 1281 provides  
a typical example of legislation  
against chewing the Host:  
Instruant etiam eosdem, sumptum ore  
sacramentum, non nimis dentibus  
cominuere, sed tritum modice sorbere  
perfecte, ne particula eveniat in  
dentium interstitiis, vel alibi  
remaneat.

### 3. Reasons Behind the Change

The above mentioned changes in  
Eucharistic practice were clearly  
symptomatic of a changed attitude  
toward the Mass itself. Among the  
factors underlying this new approach  
the following are perhaps the most  
significant:

The Arian conflict has led,  
in orthodox circles, to a  
strong assertion of the divinity  
of Christ. The very strength of  
this emphasis was bound to affect  
the attitude of the faithful  
toward the Eucharist and its  
reception.

In fact, the Arian conflict,  
along with the mass conversion of  
the barbarian tribes, the changing  
perspective of the cult of the  
martyrs, and the iconoclast  
struggle in the East, had a very  
unhealthy effect on the popular  
approach to the Mass.

In the patristic period, the  
Mass had been seen as a grat action  
in which, through participation in  
the Eucharist, the congregation  
became and was the Body of Christ.  
The end of the celebration was  
the establishment and edification  
of the Body of Christ, the Church;  
the means toward that end was  
participation in the Body and  
Blood of the Lord. The emphasis  
was clearly upon the action (the  
eating and drinking of the  
sacred Food and Drink) and its  
effect (unity together-Communion-  
in the Lord: the establishment

(Cont'd on p. 26)

(Cont'd from p. 25)  
and upbuilding of the Church,  
the Body of Christ).

But in the ninth century, the perspective began to change. Everything became centered upon the consecration, the making present of Christ in the Mass as the abiding presence of God in our midst. It is this Eucharistic presence which seemed to become the very purpose of the Mass: the means tended to become the end. Less and less attention was paid to Communion, with its communal effect; more and more attention was paid to the precise way in which Christ is present in our midst. For a time there was a wave of exaggerated physicalism, which left a trail of aberrations in its wake. Many ordinary people thought that in chewing the Eucharist they actually broke the Body of Christ. Reports of miracle hosts multiplied, reaching their height in the fourteenth century. As a direct result of this emphasis upon miracles, a number of practical abuses set in, the most common of which in connection with the sick; a member of the family, or a friend, would sometimes carry home the Eucharist from the Church and apply it to the sick or injured person as a healing poultice. It should be noted in this regard, however, that such abuses were neither frequent nor the actual cause of the abandonment of the giving of Communion in the hand; rather, they followed in the wake of the unhealthy approach to the Eucharist which characterized the popular piety of the age.

The result, in terms of Eucharistic practice, of the trends indicated above, was two-fold. There was, first of all, too exclusive an emphasis on reverence toward the Eucharist, which showed itself in a rapid decline in the reception of Communion, and in the introduction of new ways of receiving Communion, such as receiving on the tongue, kneeling for Communion, such as receiving on the hand and genuflecting before and after, receiving Communion without chewing the Host, etc. Secondly, there was a real loss of the popular understanding of the importance of receiving Communion, since what really mattered was the making present of Christ on the altar. This attitude, too, led to a drastic decline in the number of Communion, and there are even records of Masses at which the celebrants themselves did not communicate. Along with this, a very personal approach toward the reception of the Eucharist set in among the people, since they no longer shared a strong understanding of

the end of the Eucharist, the building up of the Body of Christ.

4. Reasons for returning to the Ancient Practice

Modern liturgical theology has already lead us back to a dynamic view of the Mass, in which it is emphasized once again that the entire celebration moves forward toward the establishment and upbuilding of the Body of Christ through communal participation in the Body and Blood of the Lord. Eucharistic practice is bound to feel the effects of this theology. The return to frequent Communion and to Communion standing are indicative of a new direction in Eucharistic practice. A further consolidation of this trend would be represented in the return to the reception of Communion in the hand.

# Guiding

Guiders from Interlake Area attended a training session at Camp Arnes from Friday, May 1st to Sunday May 3rd.

Blue Guiders received instruction in theory and practical aspects in the basics of Guide Camping. This included tent pitching, care of canvas, use and care of tools, making of camp gadgets and camp-fire safety. Mrs. Crow of Gunton was the trainer.

Brown Guiders learned new Brownie games and songs and especially benefited from the handicraft sessions. Mrs. Grandt of Selkirk was the trainer.

At the outdoor Guiders' "Own" on Sunday afternoon, Padre D. Hilton was present to give his stimulating message. Mrs. Hilton and Cathy accompanied him.

Area Commissioner, Mrs. Meredith, thanked all who attended. Training sessions such as these give ideas and enthusiasm for guiders to carry into their own packs and companies.

## Thank You

*The Brownies and Guides wish to thank the people of Aspen Park, the Evergreen, and the men on the Base, for the wonderful support on Cookie Day.*

*Special thanks to the Framfari for the advance publicity.*

# INTERLAKE AGENCIES

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Producers by STAN MARGULES / Executive Producer DAVID WOLPER  
Music - WALTER SCHAEFER  
Guest Stars - ...  
Senta Berger / John Cassavetes / Joan Collins  
Vittorio De Sica / Douglas / Anita Ekberg / Ben Gazzara  
Verna Lee / Lisa Martinelli / Catherine Spaak / Robert Vaughn

50 United Artists

FRI 8:00 PM MAY 15  
GENERAL CARTOON 110 MINS

## 'The Boys of Paul Street'

Cartoon

William Burleigh - Tony Kemp

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# Scoutoree '70

"Scoutoree 70" was the name of the greatest scout show seen in Winnipeg in a long time, held at the St. James Civic Centre on May 3. Cubs, Scouts and Venturers from Greater Winnipeg, N. Dakota, Minnesota and parts of Manitoba, combined their talents to put up 44 different displays depicting the various facets of cubbing, scouting and venturing to the public.

The 1st Gimli Scout troop's contribution to the show was a display of Kayak building in which our scout Mike Archer, Ron Cairns, Jamie Dunlop, Donald Nickerson, Garry Wilson and Jim Whitehead built a complete Kayak to the amazement of the viewing public. For their effort they were awarded the "Best Out of Town Canadian" award for the show.

It was not an easy show to prepare for as the scouts have been working for the last four weeks to pre-fabricate the frames and assemble the Kayak so all parts would be cut and fit ready for assembly at the show. Unfortunately not all went as planned and quite a lot of readjustment had to be made during the final assembly of the display.

Other displays included model rocketry, archery, winter camping, conservation, safety and handicraft.

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Two bedroom house for sale or rent. Large kitchen - living room. Garden. Phone; 642-5222.

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1965 Ford Comet, standard trans. radio - Good condition. Very reasonable - Phone: 642-5815.

1966 Chevelle Convertible 283 - P/S - P/B - P/Top - Radio - New Tires - New Brake Lining - White with Red Interior. \$1400.00 or Best Offer. Ph: 642-8256.

1968 Olds. Cutlass 442 Spts. Coupe 350 H/P - Low mileage - loaded with extras - priced to sell - Phone: 389-2012 evenings.

Must Sell: 1968 Epic S-L - automatic - radio - custom interior - call 642-5995 - Lt Radigan.

**MISCELLANEOUS**

For Sale: Honda 90 c.c. scooter - Excellent Condition - 180 MPG - Ideal for economy commuting - \$150 For information call: 642-5206.

For Sale: "Praying Hand Pens" - \$1.00 only. (Guaranteed) Lovely gift for Mothers Day. Help your Centennial Committee (Pioneer) raise money for student and pioneer awards. Pick up office at Norseman Motel or Phone 5850.

For Sale: Lovely buy in a Lowery Electric Organ. "Holiday" model with extra reverberating rhythm section. Complete pointer instructor course included. 1½ years old. Sacrifice price \$1300.00 (New & Taxes \$1900). For further info phone 5850.

Your Fuller Brush Representative for PMQ and Evergreen is Mrs. Joan Hoy - 642-7930.

Wanted: Lady or gentleman wanted for Fuller Brush. Areas are: Loni-Beach, South Beach - Sandy Hook - Winnipeg Beach. Please contact Mrs. Joan Hoy at 642-7930.

For Sale: 17" portable B&W T.V. Used for one year. \$100.00. Contact: John Bryson 95 - 3rd Avenue 642-8310.

Sewing - Dress Making - Alterations - Drape Making - Call Daniele at 5055.

.7 week old kitten to give away. Call 642-5987.

Chain Link Fence - 42" X 100' long Posts included. \$15.00. Boy's Oxfords, brown, 10½, Like New - \$3.00 - Phone: Cpl Briand J.H. - Local 66.

60' X 12' House Trailer with ½ lot - 3 bedrooms, washroom, living room and kitchen with small porch. Call John Bryson 642-8310.

Wanted: ROTOTILLER - Rent or Buy. Phone: 5553.

Wanted: TOP SOIL - good loam. Phone: 5553.

For Sale: 1 Bedroom Suite - 48" Bed & Headboard - Box Spring and Mattress (new) - Triple Dresser and Highboy - \$170.00. 1 Wooden Playpen - \$5.00. 1 Baby Feed & Play Table - White - \$20.00. Phone: 642-8282.

3 or 5 piece Dance Band available for bookings - Contact Sgt Rausch Local 35 or phone 389-5521 for further information.

Wanted: Treadle sewing machine in working order. Ph: 642-8256.

For Sale: 2 studded snow tires (used one winter) and 2 normal snow tires (used 2 winters). Size 7:75 X 14. One frame trailer hitch with ball. Phone 642-8154 or Loc 173.

For Sale: One 22 cal. hornet rifle with approx. 950 rounds of ammunition - \$100.00 - Phone: 642-8154 or local 173.

For Sale: Ace Tone #8 Musical Organ - just one year old - barely used - if interested call Lt Raymond Dube Loc 119 from 0830 - 1700 week days.

Wanted: A used Divan or Hida-Bed suitable for Rec. Room. Contact 642-8821.

For Sale: (or will trade for Hida-Bed) - 48" Bed with spring and mattress. Ph: 642-8821.

For Sale: One wooden Play Pen (Std. size without mat.) Ph: 642-8821.

**HAPPY MOTHERS' DAY**

**This Sunday,**  
**take a Mother to lunch.**

**She'll love it. (and you!)**

FRAMFARI X-WORD

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

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 letter that remain, in order, you will find today's hidden words which will be published next week. This week's hidden words have 23 letters.

LAST WEEK'S ANSWER:  
 SLIM IS IN BUT FATS WHERE ITS AT.

GARDENING

BEANS	PEAS
BEEF	PLANT
BIRD	POTATOES
CABBAGE	RAKING
CARROTS	RAINING
CELERY	SEED
CORN	SHOVEL
CROP	SOIL
DIRT	SUMMER
FERTILIZER	SUN (2)
FLOWERS	STRAWBERRY
	SPADE
GROW	TOMATOES
HEAT	TOOL
HOE (2)	TURNIPS
HOSE	VEGETABLES
LEAF	WORM
LETTUCE	WARMTH
GARDENER	WATER
MELON	WEEDS
ONION	WHEELBARROW