



# Framfari

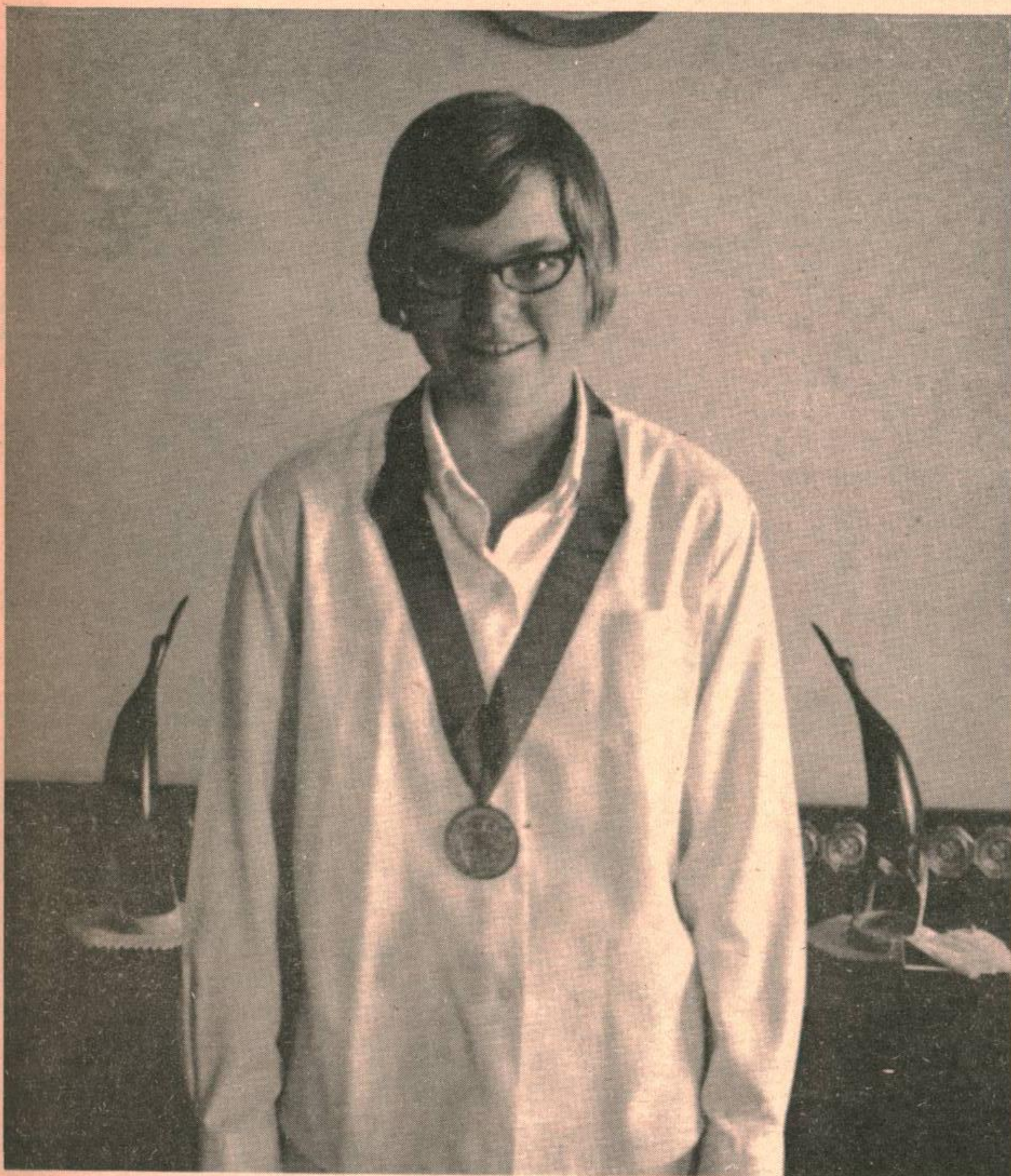


VOLUME 1 NUMBER 27

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

FRIDAY AUGUST 7 1970

## Linda Hall Brings Home the Silver



Linda Hall is the proud bearer of a Silver Medal won at the Ninth Commonwealth Games in Scotland. Linda won her silver competing in the 400 metre free-style relay.

(Framfoto)

Fifteen-year-old Linda Hall of Gimli came through with a Silver Medal for Canada at the Ninth Commonwealth Games in Edinburgh, Scotland. Linda was one of a team of four girls who completed the women's 400 metre free-style relay in 4 minutes, 12.16 seconds. First place in the event went to Australia.

Linda was also entered in the 100 metre free-style, but unfortunately did not make the finals. However, she certainly attained a special honour, in that she was the only medalist from Manitoba.

The competition began July 17 with the Canadian team arriving early enough to take in some sightseeing between training periods. Linda enjoyed Scotland, and particularly the many athletes she met from the Commonwealth.

Linda is now looking forward to a well earned holiday for the rest of the summer. Her vacation will include a trip to British Columbia with her family.

Linda began swimming when she was six years old and swam competitively at the young age of ten and one half years. Her training program includes 1½ hours a week at the Pan-Am pool in Winnipeg as well as evenings at the base pool. Linda also enjoys other sports, and placed fourth in the 880 yard dash in last year's provincial track and field meet.

Linda's future plans include university, the Pan-Am games in Columbia next year and the '72 Olympic Games. We wish her every success in all her ventures



## SOUND OFF

### From Contact:

The Memorial (need we say more?) has been Trenton's "Thing" since its conception. Not all servicemen are convinced that it is necessarily desirable as shown by the following letter to the Editor of Comox "Totem Times".

Sir:

I would like to take this opportunity to voice my criticism of the RCAF memorial fund. First, let me say that I am in favor of some sort of a memorial but I don't think that much thought was given to the feelings of the general population of the Air Element when this project was launched. During the recent briefing we were told that a survey had been taken and that of the people polled, most were in favor of Trenton being the site of the memorial. Who did they ask? The staff at Trenton? I have not been able to find anyone at Comox that was asked to give an opinion.

The list of names that are behind this project is most impressive. I was unable to find one name belonging to an O.R. but I don't suppose a corporal or a sergeant would be able to offer anything of any use except his money.

The design of the building doesn't suit me at all but I am broad minded enough to realize that you can't please everyone. I partic-

ularly enjoyed your description of a "squashed pyramid with a sunken living room". The part about the non destructive laser beam pointing the way to the stars really turned me on. I guess its there for the benefit of those who don't know which way is up. The description "tombstone" is most apt. Perhaps we should start a fund to resurrect the RCAF instead of burying it.

The financing of this project has caused much concern among those that I have talked to. I read that Trenton has already contributed over \$13,000 and is leading all bases in contributions. Big deal! I talked to some troops from 6 R.D. who said that only one guy made a contribution in their hangar when they were shaken down by a fund representative. To collect the kingly sum of one and a half million dollars (the air element's share) from the financially strapped airman, the fund is going to have to appeal to something a little more tangible than his sentiment. I would suggest that they start raffling things that an airman would like to have. How about a trip for the entire family to some exotic place all expenses paid. They could even use an old Yukon for the purpose. Cars, T.V.'s even a months free groceries would be useful. 'How about' a transfer of your choice?

Collecting the fund by a dollar down and a dollar a week was an original idea, but most of the troops will never see the thing that they are asked to pay for. Many of the people I have talked to fear that this will turn into another of those forced contributions that have happened so often in the past. Forced in the sense that you don't have to, but you will certainly wish you had.

Perhaps the whole thing is a little too rich for our blood, but we might be able to pull it off by involving the guy on the hangar floor a little more. It would be a great help if the man on the floor could be convinced that the memorial will be something more than just something to employ retired senior officers.

Respectfully yours,  
T.A.J. Mahal, Cpl.

P.S. If they ever do start a fund to resurrect the R.C.A.F. put me down for a hundred dollars.

How do you feel? The "letters" column is open for discussion. Let's hear from you!

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

Aspen Park, Manitoba  
Phone: 642-5151 - L126R2

Deadline for all copy: 2:00 pm Monday

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


BUS. & PROD. MGR.  
....Maj. A.C. Platz -L57

EDITOR  
....J.F. Bennett -L154

SPORTS EDITOR  
....C. Potter -L37

WOMEN'S EDITOR  
....Mrs. Betty Bennett -7964

ADVERTISING MANAGER  
.... K.C. Birch -L 37



**ASTRA**  
Your Financial Centre

NO  
HIDDEN  
CHARGES

NO  
PENALTIES

- ATTRACTIVE SAVINGS PLANS  
(Doubled in event of Death)
- TERM DEPOSIT CERTIFICATES  
(no penalty for premature withdrawal)
- FREE CHEQUING FACILITIES
- CHARTER FLIGHTS
- LOW COST LOANS
- INTERNATIONAL CREDIT CARDS  
(including Travellers Cheques)
- RETURN OF PROFIT TO MEMBERS

**ASTRA CREDIT UNION**



FLAGPOLE DEDICATION.. Corporal Ron Ranger, left, of Canadian Forces Base Gimli, assists The Honorable Howard Pawley, Manitoba Minister of Urban Development and Municipal Affairs, and Mayor Archibald Harrison, right, Mayor of Winnipeg Beach, as the Canadian Flag is broken at a Winnipeg Beach Ceremony on Sunday. Several hundred spectators looked on while, Mr. Pawley dedicated a 66 foot flagpole marking the location of the Northern Manitoba Boundary in 1870. Official guests included The Honorable Doug Rowland, M.P. Selkirk, Mr. William Green, Executive Director of The Manitoba Historical Society and Lieutenant Colonel John Ayres, Acting Base Commander at Gimli. Additional colour was provided by the Canadian Forces Base Gimli Band and Honour Guard.

(CF Photo)

## Kardy's HARDWARE

Your FIRST STOP STORE for

HOUSEWARE-GIFTWARE-PAINT

642-8838

## CFB GIMLI AUTO CLUB

### TIRES

EXCELLENT SELECTION  
ON HAND.

W/W AND BLACK.

REASONABLE PRICES.

GOOD LINE OF ACCESSORIES

## CADETS

7-70

GET THE MOST  
FROM YOUR  
SUMMER CAMP  
BY KNOWING  
THESE POINTS  
ABOUT

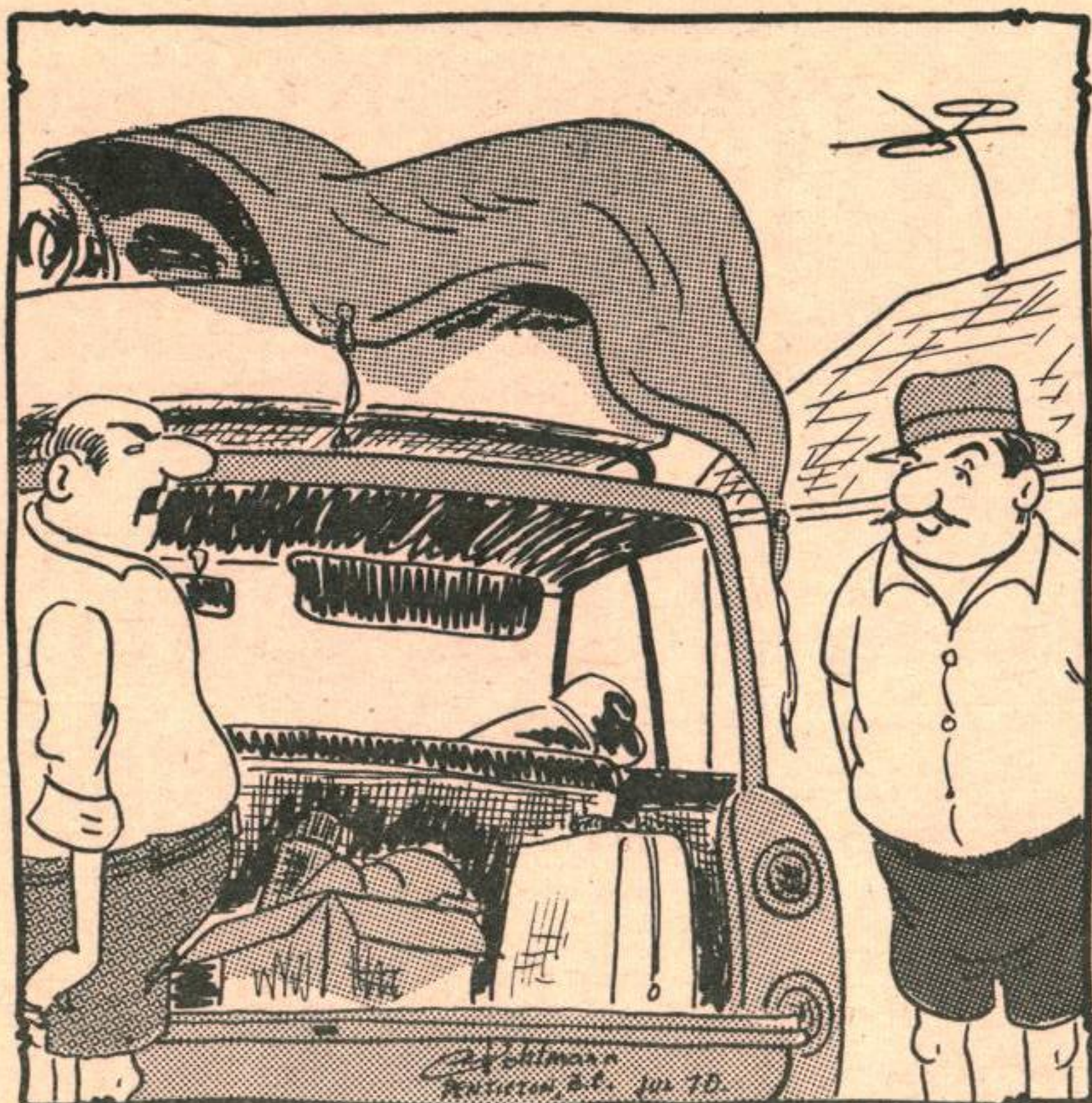
### Smoking



- MAKES YOU COUGH.
- LEAVES YOU SHORT-WINDED FOR GAMES.
- DISCOLOURS FINGERS AND TEETH.
- PRODUCES BAD BREATH.
- ENDANGERS YOUR PALS IN CAMP AS A FIRE HAZARD.
- CAUSES INDIGESTION, STOMACH DISORDERS AND...
- CONTRIBUTES TO CANCER.. SO..

## WHY SMOKE?

THIS MESSAGE IS PRESENTED FOR YOUR WELFARE BY YOUR EXCHANGE OFFICER.



WELL-IF YOU CALL SIX PEOPLE, ONE DOG, A BIRD AND A PET TURTLE, IN A NINE BY NINE TENT, FOR A WEEK, HAVING A GOOD VACATION - THEN I GUESS WE HAD A GOOD VACATION.



"I SEE YOU Sea Element Chaps haven't received your Green Uniforms either, Admiral", says Col. Nichols during a recent informal discussion on defence matters. "I have no intention of ever giving up the traditional sea wardrobe" replied Admiral Frank Ney, Lord High Admiral of the Nanaimo Bath Tub Fleet. Admiral Ney's Bath Tub fleet is fast becoming the mainstay of maritime defence on the Pacific Coast. (A MacPhoto)

**EATONS**

---

CATALOGUE SALES OFFICE

**FASTEST SERVICE**  
IN GIMLI

Phone  
**642-5158**

Catalogues available

CATALOGUE  
& RETAIL SERVICE

---

**GIMLI CAFE**

VISIT US FOR  
CHINESE SPECIALTIES.  
WE HAVE  
ORDERS TO TAKE OUT.  
CENTRE STREET 642-9278

**GEORGE'S TV 70**

NEW STORE HOURS

JULY THRU AUG MON-FRI 5-10PM  
SAT 10AM-6PM

**GIMLI DRIVE INN**

NOW OPEN  
TO SERVE YOU THIS SUMMER

TRY OUR -Chili  
-Tubby Chicken  
- Hot Dogs & Nips  
-Deep Fried Perogies

642-8355 FOR PICK-UP ORDERS

## Where the Jobs Are

**DON'T WASTE  
REHAB LEAVE**

The Outside World -----

OTTAWA (CFP)-- Thinking of rehabilitation leave as a grand excuse for a holiday? The swing through the United States visiting relatives can be very tempting when one is drawing full pay without responsibilities. You could be wrong to think this way. Let me explain.

During the final months of your service, while completing the preparations and planning for retirement, a momentum is built up which we label a job campaign. There are letters to write, contacts to be made, interviews with employers and a hundred other details to be completed. You are organized and in high gear, mentally ready for the challenge of finding the right job in the outside world.

Break this momentum with a holiday and what happens? The pattern of your planning is now lost, since you have to re-establish all of

your former contacts. Remember you have been away from your friends for several months and are starting from scratch without the firm base of your present employment.

The use of a telephone even can be a problem when working out of your home, especially when your wife wants to run the vacuum cleaner. Finally, the greatest danger is that panic will set in when no job seems in sight, your leads have turned sour and rehabilitation leave is running out. Faced with a fifty percent drop in income some take the first job that is offered.

The answer. Don't waste a single month of your rehabilitation leave. Keep up the momentum of your job campaign. Rehabilitation leave is like an insurance policy and who knows, the holiday the year after may be better than you think.

Servicemen approaching retirement are invited to participate in the Civilian Employment Assistance Programme as outlined in CFAO 56-20. Consult your Base Personnel Selection Officer or Base Personnel Education Officer for further details.

## Consumers' News and Views

by  
CONSUMERS' ASSOCIATION OF CANADA

Science and industry have worked hard to bring consumers many products to remove soil and prevent it from sticking to household surfaces; so many, in fact, that housecleaning today is a job for the head as well as the hands. It is becoming hard to keep track of what each product does best and even harder to remember the damage that can be caused if the product is misused.

The first rule for any cleaning job should be: always read the label. The labels on cleaning products should provide information on their use, handling, storage and disposal as well as listing first aid information and antidotes.

Unfortunately, all manufacturers of chemical products have not adopted adequate cautionary labels, so do not use cleaners carelessly. The chemical qualities that make them cleaning agents also make them potentially dangerous.

Beginning June 1 of next year, all consumer chemical products must be labelled according to a new system developed by the federal Department of Consumer and Corporate Affairs. The Hazardous Products Act, passed by parliament last year, gives the Department authority to ban certain hazardous products and to regulate the sale, distribution, advertising and labelling of others. The new regulations will ensure that you are told about the hazards, right on the product but until then, it is up to you to be careful and heed the instructions that are provided.

The second rule when you clean is to use the gentlest product and procedure possible.

Scouring powders that act fast and clean deep are great for an old, dulled sink, but in time will mar the surface of a shiny new one. Scouring powders make surfaces clean and bright mainly by abrasion. They should never be used on a material that scratches such as on the plastic laminate counter surfaces, chrome or any other plated or highly polished metal surface. It is wiser not to use the fast-action powders on new sinks, bathtubs or stoves. Detergent on a damp sponge is all you need.

Oven cleaners may be either a spray or the "paint-on" kind. These strongly alkaline products clean the oven beautifully but can damage al-

## CENTRAL BAKERY

BAKED FRESH DAILY

Sliced Bread

Seed Bread  
IRISH & RYE

Pan Bread

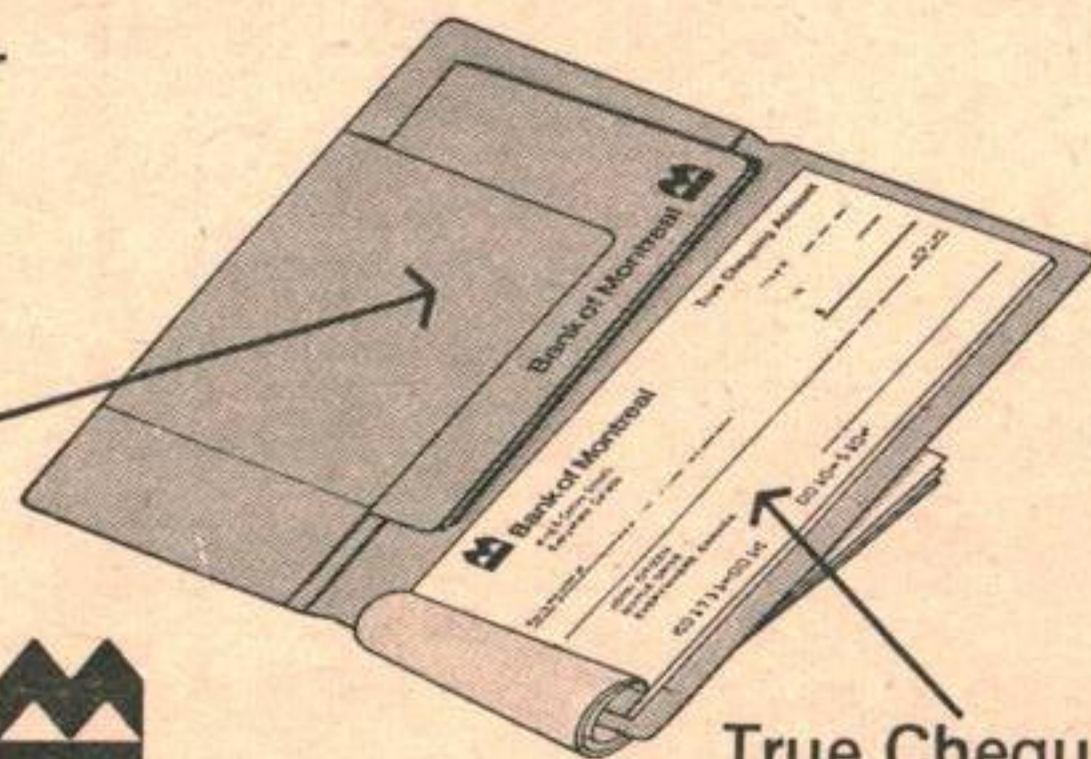
Homemade Breads, Buns, & Cakes  
Imported Chocolates & Cheeses

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

### the money planner

True Savings  
(pays an attractive  
interest rate)

Get your money planner at  
**Bank of Montreal**  
The First Canadian Bank



True Chequing

CENTRE ST GIMLI

MANAGER: KEN BETTESWORTH

## Small Arms

### DEPARTMENT OF NATIONAL DEFENCE

More than 600 armed forces riflemen will be firing in the fifth annual Canadian Forces Regular Small Arms competition at Connaught Ranges Ottawa, August 4 to 9.

Teams from all commands in Canada and Europe, and Canadian Forces Headquarters, will compete for the General Vanier Trophy, for the highest aggregate score firing the FN rifle, 9-mm pistol, 9-mm submachine gun and the 7.62 light automatic rifle.

Other trophies include the Letson Trophy to be presented to the championship command rifle team which will represent the Canadian Forces at Bisley, England in 1971; the Queen's Medal, the classic award to the individual marksman posting the highest grand aggregate score with the 7.62 FN service rifle, and the Tyro Marksmanship trophies for the best new competitor in rifle, submachine gun and pistol matches.

Presentation ceremonies are scheduled to begin at 4:15 p.m. Sunday, August 9.

The Dominion of Canada Rifle Association matches, involving 400 participants will start the following week.

## How To Ham It Up

OTTAWA (CFP) -- A hobby that is catching on with Canadian servicemen stationed around the world is "Ham" radio.

How do you become a "Ham"? First, find a club or organize one yourself at your unit. Civilian clubs in your area will no doubt lend an enthusiastic hand to get you started.

Most radio clubs run short courses for new members, where the novice learns fundamental radio theory and operation, and morse code. The candidate must pass a Department of Communications examination on basic theory and practice before he can operate his own set.

In a matter of a few months, the radio operator has the world at his fingertips. He can travel around the world in the comfort of his own club room.

One such club at CFB Gaagetown has been in operation for nine years and boasts 16 members. Known to "Hams" as VELJO, the club was originally formed to give New Brunswick soldiers serving in Egypt the chance to talk to their families in Gaagetown. When the soldiers returned, it just kept going.

"We talk to people thousands of miles away as if they were sitting right beside us," said 3 Signals Squadron Sergeant Clair Bostwick. "We've talked to Norway, Africa, New Zealand, Egypt and even to Canadian warships near Gibraltar," he added.

Servicemen on duty in distant places can talk to their families by "phone patch". To do this the serviceman contacts a "Ham" near his location who in turn transmits to the Canada-side club. The club then telephones the serviceman's family - and presto! instant communication.

In time a national emergency, radio clubs can play a vital role. Amateur radio operators have established a radio network covering North America for use if other communication methods fail.

So, if there is a radio club on your base why don't you become a member. If there isn't, why not organize one?

## BINGO - BINGO

CFB GIMLI BASE RECREATION CENTRE

EVERY WEDNESDAY EVENING COMMENCING

AT 20:30 hrs (8:30 pm)

14 GAMES & JACKPOT

ALL CASH PRIZES.

MINIMUM 15 00 PER GAME

FOOD AND REFRESHMENTS  
AVAILABLE

OPEN TO ALL ADULTS



## The Cobra's Comment

THE NEXT TIME YOU  
ARE AT THE BAR ASK COBRA 8  
HOW TO DO AN ADF #1.....

THE #1 FTS COBRAS



All the Queen candidates gathered around the Fjallkona for this group picture.

(Framfoto)



Jo Ann Arnason, centre, won the Icelandic Festival Queen Contest Monday night. Jo Ann, from Gimli was chosen queen over six other candidates.

(Framfoto)

GM  
CHARGE CARDS

# TAYLOR PHARMACY

CENTRE  
AND  
SIXTH  
GIMLI

YOUR A. R. P. VALUE CENTRE

FRENCH FORMULA  
HAIR SPRAY  
SPECIAL 99¢

NOXEMA ANTIPERSPIRANT  
ECONOMY SIZE  
REG \$1.59 SPECIAL \$1.19

BAND AIDS 60's  
REG 98¢  
SPECIAL 59¢

PRETZELS  
REG 39¢  
SPECIAL 33¢

FIRST AID KITS  
REG \$3.49  
SPECIAL \$2.88

SUDDEN BEAUTY  
HAIR SPRAY  
SPECIAL 89¢

NICE N EASY  
SPECIAL \$1.77

JERGEN'S LOTION  
REG \$1.75  
SPECIAL \$1.39

TAMPAX 40's  
SPECIAL \$1.49

-Pharmacists Pat and Norm Taylor

Bus. phone 642-7470

Evenings  
642-5810

**WE DELIVER**

to GIMLI, EVERGREEN  
and ASPEN PARK

OPEN until 900 PM daily until end of summer

## Hang On Snoopy !!

WINNIPEG -- It's enough to make Snoopy blow his mind. First, there'll be the top two fighter aces from the Second World War, from both sides. On top of that, there'll be the biggest collection of wartime pilots, air gunners, bomb aimers, navigators and observers ever assembled under one roof.

And if that isn't enough to turn on the high-flying pooch, of Peanuts' comic strip fame, there's also the celebrated legless ace of the Battle of Britain, Douglas Bader. Other wartime aviators on hand will go back as far as 1914 days.

They're all gathering in Winnipeg September 24 - 27 at something never tried before, a reunion of flyers of all ranks who flew in any war for any British Commonwealth country.

The organizers, a unique band of Winnipeggers called the Wartime Pilots and Observers Association, call it "a giant nostalgic happening." And the way things are shaping up, it could be the biggest blast for the aerial veterans since VE-Day.

It started off a little over a year ago at a quiet meeting of the Association, as "just something to do for Manitoba's centennial year." But in the typical gung-ho tradition of wartime flyers, the idea mushroomed from the start.

They've had about 3,000 inquiries so far, from all parts of Canada, the U.S., Britain, Australia, and even Hawaii, all representing more than 150 Second World War squadrons.

Roughly paraphrasing an historic expression of about 30 years ago, reunion official Jack Johnstone says "never will so many war stories be re-told in so short a time by so many pot-bellied, bald-headed eagles."

The top two fighter aces of the Second World War attending are Britain's Air Vice-Marshal J.E. (Johnnie) Johnson, and Germany's Lt.-Gen. Adolf Galland. Of equal fame is the legless Bader, who dined with Galland after being shot down and taken prisoner during the early part of the war.

Another, although his exploits are lesser known, is Canadian Air Commodore J.E. Fauquier of Toronto. He's credited as "the man who saved the city of London," for knocking out Germany's V-1 rocket sites at Pennemunde.

Officials say they will extend the registration deadline to September 10, to ensure full participation in all events. By that time, they hope the word will have got around to all interested air veterans.

Inquiries may be directed to Commonwealth Air Reunion, P.O. Box 1702, Winnipeg, or any branch of the Royal Trust Company in Canada.

The reunion will also tie in with Manitoba's Centennial Airshow, a two-day event featuring aerobatic acts, modern and vintage aircraft and extensive ground displays.

Most of Canada's serving air generals also will be on hand, including the current chief of the defence staff, General F.R. Sharp, a wartime bomber leader. Another will be the man who heads Canada's NATO forces in Europe, Maj.-Gen. D.C. Laubman, who is Canada's top living air ace of the Second World War.

Site of the reunion event is Winnipeg's biggest and newest hotel, the Winnipeg Inn. Activities will include four days of luncheons, dinners, a giant ball and commemorative service and fly past at Winnipeg's

downtown cenotaph.

Also included is a giant, western-style breakfast at nearby Canadian Forces' Base Winnipeg, where many of the British Commonwealth aircrew underwent wartime training. Host at the breakfast will be another wartime pilot who won the Distinguished Flying Cross flying Spitfires out of Italy and Malta. He is Maj.-Gen. William K. Carr, who now heads the Canadian Forces' Training Command in Winnipeg.

## Navy Going to the Bay

BOUND FOR HUDSON BAY - Three ships of Maritime Command will leave Halifax on Monday for Hudson Bay to take part in the North West Territories centennial celebrations.

The operational support ship Protecteur and two helicopter destroyers, Annapolis and Skeena, will spend two weeks in northern Canadian waters visiting five coastal communities.

Residents of Churchill, Manitoba; Rankin Inlet; Coral Harbour; Wakeham Bay and Frobisher Bay will have an opportunity to go on board the ships when they visit those communities.

The submarine Ojibwa will join the group in Frobisher Bay in mid-August.

While adding their presence to the northern activities the task group will have an opportunity to gain experience in northern operations.

The three ships under the operational command of Commodore W.P. Hayes, Commander Canadian Flotilla Atlantic, will be the first naval task group to sail in Hudson Bay since the early 1960's.

### GIMLI TAILOR

SUITS  
and  
UNIFORMS

Made to Measure  
four to six weeks



### Perth's

CARRY & SAVE STORE

For house pick-up PHONE PERTH'S 642-5326

81 1st Ave.

THIS WEEK'S SPECIAL AUG 8 - AUG 14

- Pillows
- Raincoats
- Sleeping Bags

ONLY \$1.99

Dresses & Cloth Coats

99¢ each

Plain Sweaters  
2/99¢

SHOE REPAIRS

Men's heels  
replaced \$1.39

Ladies' Lifts  
replaced 99¢

# Central Fund Approves Loans

OTTAWA (CFP)-- Servicemen are more concerned about family welfare than mess or recreation if loan figures released by the forces' central fund are any yardstick.

At the 25th annual committee meeting, May 26, officers approved loan applications totalling \$6,006,939.26 for a variety of projects at 36 forces' establishments. More than five million will be funneled into construction and renovation of shopping centres, groceries and base exchange facilities.

Biggest loans approved were \$1 1/2 million for base Cold Lake's new shopping centre and \$900,00 for Kingston's proposed exchange groceries complex.

Well down in second place was a series of loans to troop mess facilities. More than \$464 thousand was approved for 18 messes, mostly for renovation and refurnishing.

Base and station ski projects got \$31,000 in loans while forces' auto clubs received \$30,000. The committee also approved a \$25,000 loan for Comox's golf course project and several stations shared \$44,000 for automatic pinsetting equipment for their bowling alleys.

Community recreation centres received aid ranging from \$700 to \$115,000 and six loans of less than \$3,000 were approved by the committee for smaller projects.

The forces' Bisley team received a grant of \$750.00 from the fund.

## Why Be a Blood Donor ?

BECAUSE..Through voluntary donors Red Cross supplies blood and blood products free of charge to any patient in any hospital in Canada. All blood is the gift of the volunteer donors. Blood cannot be manufactured. It must come from people

BECAUSE..An average of one unit of blood must be collected every 15 seconds of every working day to maintain an adequate supply of whole blood and blood products. More than 900,000 units will be required to transfusion therapy patients in Canadian hospitals during the year.

BECAUSE..Whenever you or a member of your family may be in hospital and need blood or blood products, you will receive these free of charge. If everyone gives there will be an ample supply of blood when you or a member of your family needs it.

BECAUSE..There is no discomfort experienced in giving blood donations. Every phase of the program is under professionals' supervision. Specially trained nurses will take your donation.

BECAUSE..You give only one-twentieth of the average body content. Three quarters of a pint. This is replaced within 24 hours.

BECAUSE..It takes so little time. Only 30 minutes from start to finish, including time for testing, registration, rest and refreshment. The actual giving of your blood takes only four to five minutes.

### K&W RENTALS (McLEODS STORE)

- WE RENT**
- FURNITURE
  - CAMP TRAILERS
  - WHEEL BARROWS
  - ELECTRIC DRILLS
  - LADDERS
  - APPLIANCES
  - SANDERS
  - ETC..

## YOU CAN BUY \$100,000 OF LIFE INSURANCE AT THESE ROCK BOTTOM RATES!

### Annual Premium for Decreasing Term Insurance

AGE	10-YEAR TERM	15-YEAR TERM	-Also issued for 20, 25, and 30 Year terms. -Minimum issued, \$100,00. -Issued at ages 16 to 63.
30	\$178	\$179	
35	\$233	\$234	
40	\$329	\$333	
45	\$480	\$497	

Convertible to age 65, -plus option to change to level term insurance, without medical examination.

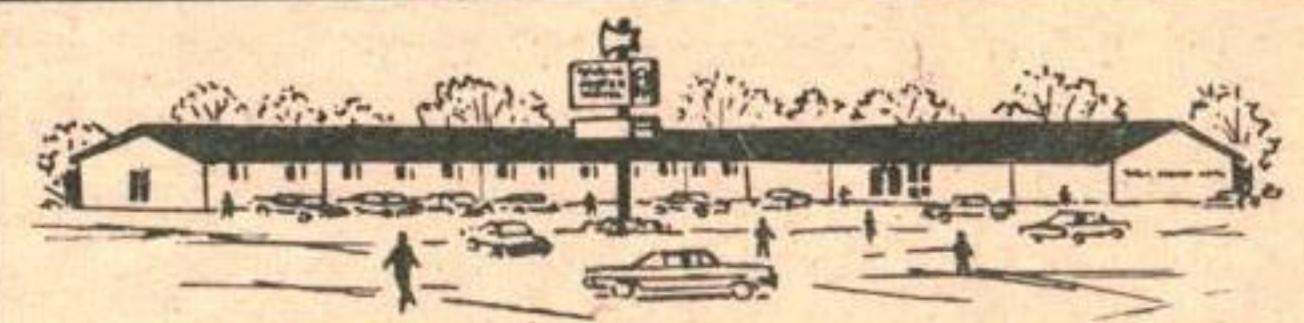
## FOR FULL PARTICULARS OF THESE AND OTHER TERM PLANS CALL

JACK CAMERON

ASST. BRANCH MANAGER

Occidental Life, Winnipeg

BUSINESS 786-5636 RES. 233-6957



### Viking Motor Hotel LTD

PHONE 642-5181

P.O. BOX 131

- 21 Units -
- Air Conditioned -
- Cocktail Lounge -
- Sauna Baths -
- Dining Room -
- Banquet Facilities -
- Beverage Room -

Exotic Dancer Monday & Tuesday

BAND Wed, Thr, Fri, & Sat.

Smorgasbord Sun & Mon.



Phone for reservations



# What Can I Do?

From Chatair:

The Conservation Council of New Brunswick states there are a number of things you can do to help prevent pollution!

## TO PREVENT WATER POLLUTION

- 1) Use low phosphate liquid laundry detergents or soap flakes.
- 2) Write to the Honorable J.J. Greene, Minister of Energy, Mines and Resources (a) expressing your support for his proposed phase-out of phosphate detergents by 1972, and (b) asking him about arsenic (very toxic) content of presoaks and household detergents and citing the article by E.E. Angino et al, Science 168 (3929) 1970.
- 3) Start a compost heap for your garden. Household quantities of coffee grounds, juices leftover from cooking vegetables and the like will enhance the action in the heap. The usual procedure of dumping these down the drain contributes to water pollution.
- 4) Do not use a garburator on your kitchen sink.

## TO PREVENT PESTICIDE POLLUTION

- 1) Do not buy or eat in grocery stores or restaurants that have Lindane vaporizers on the wall for fly control. Lindane is absorbed from the air by foodstuffs and human bodies. Lindane has been circumstantially linked with blood diseases. Tell the management why you are leaving.
- 2) Make sure that your drycleaning does not use sanitone, sanex, milo or tripruf as his mothproofing agent. All of these contain DDT (Sanitone is 100% DDT) which can be absorbed through the skin.

3) Debug your garden with the force of a hard spray of water. Refrain from using modern pesticides, particularly when they are sold as pest preventatives. Applying a pesticide to prevent pests frequently kills natural predators and ensures that a pest infestation will follow.

4) Use only botanical pesticides like pyrethrums, allethrins and rotenone.

These are short-lived, non-toxic residues and do not kill as many desirable species as do modern chemicals. Green Cross Garden Guard is pure rotenone-- an excellent pesticide.

5) Do not buy pesticides for household or garden use that have high concentrations (50% etc.) of DDT, aldrin, dieldrin, chlordane, lindane, aramite, malathion or sevin (carbaryl). These chemicals are broad spectrum. The first five are very persistent.

6) Do not use herbicides containing 2,4-D or 2,4,5-T around your home! Use a shovel or weed fork. Both chemicals cause birth malformations in mice and rats. We do not know yet what they do to humans.

7) Weed-o-spray kits are unsafe for home use. Do not use them.

## TO PREVENT AIR POLLUTION

1) The automobile is a main source of air pollution. Whenever possible walk or ride a bicycle. A well-tuned car engine causes less pollution.

2) Do not burn leaves, grass etc. By burning you lose considerable amounts of nitrogen and sulfur in the smoke. These elements can be kept in your backyard and the air can be kept cleaner by composting such refuse.

## TO PREVENT OTHER KINDS OF POLLUTION

1) Our society produces too much garbage and our technology of garbage disposal is very poor! You could help by (a) not buying soft drinks in disposable bottle or cans.

Insist on returnables. (b) returning coat hangers to your dry cleaner and (c) resisting overpackaging of your groceries etc.

2) Photograph blatant littering and polluting and send the pictures and stories to the Conservation Council of New Brunswick, Fredericton for publication.

3) Make sure the environmental problems are discussed in your childrens' schools. Beef up your own education. Go to the bookstore. There are many books for the layman on ecology and the environment.

4) Report any pollution or misuse of resources or threat to our environment to the C.C.N.B. so that action may be taken!

# Bond Buyers

## SHOULD REPORT ADDRESS CHANGE

OTTAWA (CFP)-- Don't delay, write today. Buyers of 1969/70 Canada Savings Bonds who bought under the employees instalment purchase plan, and have since moved should send their old and new addresses, to: Securities Deposit Division, Department of Supply and Services, Room 145, East Block, Parliament Buildings, Ottawa 4, Ontario.

Failure to advise could result in considerable delay in receiving paid-up bonds, especially when Christmas is just around the corner.



## Selkirk Funeral Chapel

- \*\* serving the Interlake Area with dedicated service
- \*\* 24-hour Ambulance service

Phone 482-6284

Res. 482-5419

209 DUFFERIN AVE.  
GARTH CLARY, DIRECTOR SELKIRK, MANITOBA

DANCES, BANQUETS, PARTIES, WEDDINGS



Men of Note  
Orchestra

Jim Glover,

Gimli - 642-8167 or Loc 143

For GOOD Food, and  
Good Service  
VISIT THE

Lake Inn RESTAURANT

TIRED OF COOKING??

WHY NOT TRY OUR  
NEW TAKE-OUT SERVICE

Next to Gimli Tailor, Gimli

## CRONSHAW'S JEWELRY ENGRAVING

( One Day Service )

WATCH REPAIRS  
JEWELRY REPAIRS

642-5039



Some of the over 1800 paid attendance at the Icelandic Festival last Monday. (Framfoto)



The most important "member" of the Gimli Centennial Choir is Doug Tesch our meteorological medicine man babysitting the younger members of the choir. (Framfoto)

# VIKING PHARMACY

PHARMACISTS: Ernest Stefanson, Russ Keeler

**PHONE 642-5504**

Say 'CHARGE IT' with your GM charge card.

Emergency phone 642-8359 642 5253

**We Deliver**

**'Tabu' GIFT SETS by Dana**

2 oz. COLOGNE REG \$6.50

1/2 oz. PERFUMED OIL **SPECIAL \$3.49**

**KOTEX**

REGULAR 48's

REG \$1.99

**SPECIAL \$1.69**

**SUDDEN BEAUTY HAIR SPRAY**

REG \$1.09 **SPECIAL 89¢** 10 oz.

**COLGATE TOOTHPASTE & MFP**

SUPER SIZE REG \$1.49 **SALE 99¢**

**RAPID SHAVE AEROSOL SHAVE CREAM**

REG \$1.25 **SPECIAL 89¢**

**BUFFERIN 100's**

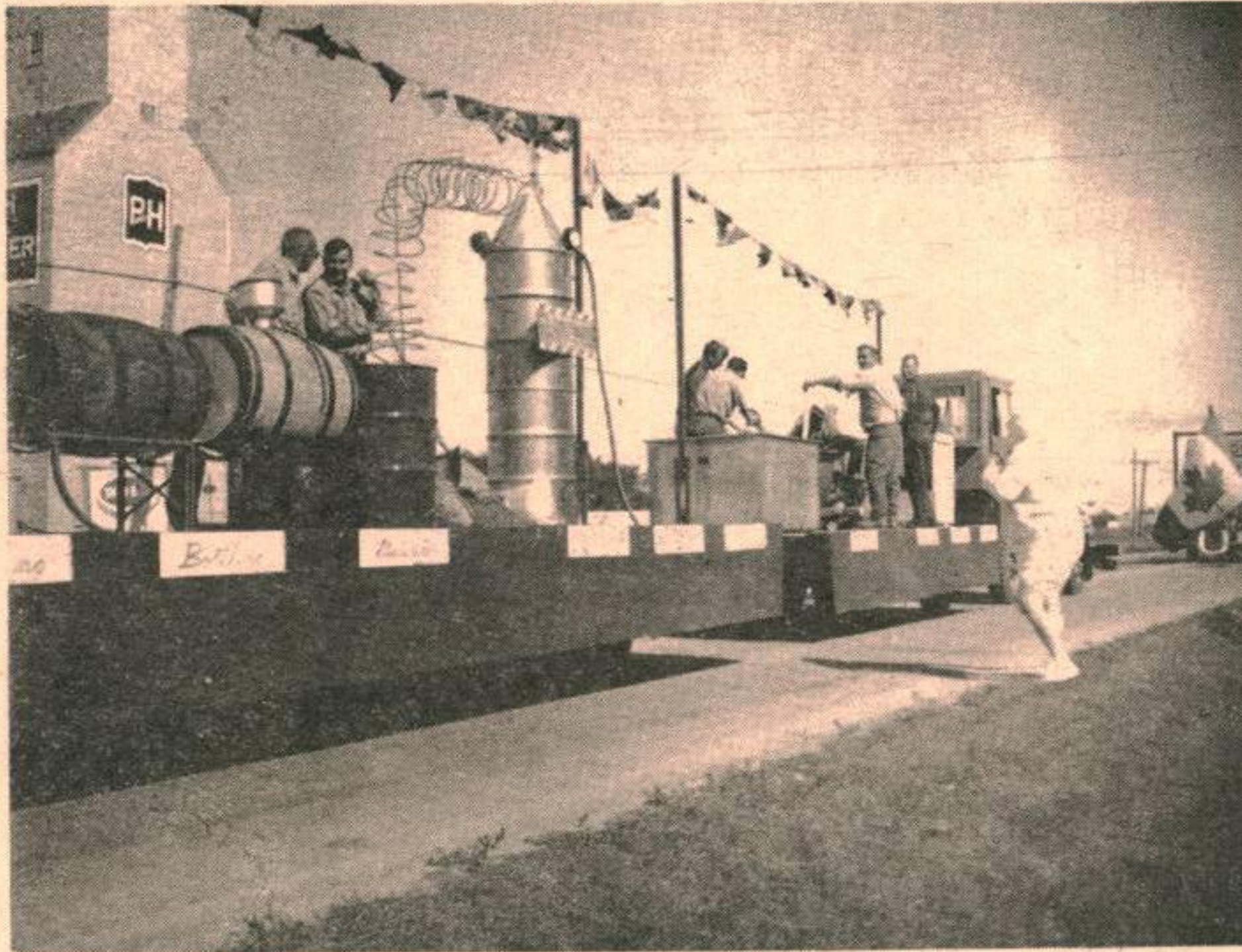
REG \$1.69 **SALE \$1.39**



Adding to the Viking motif



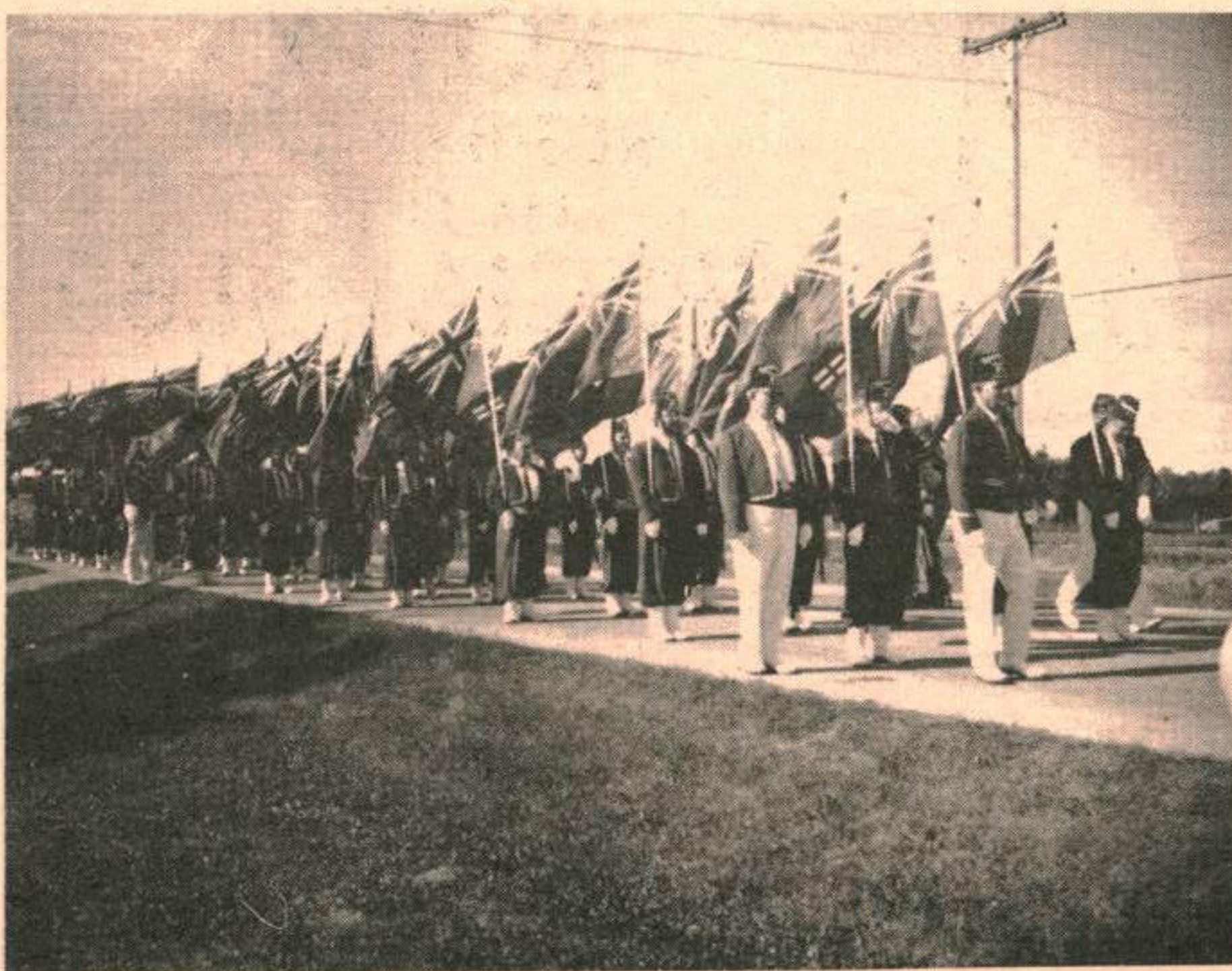
The volunteer Fire Dept. had its two trucks highly polished for the parade.



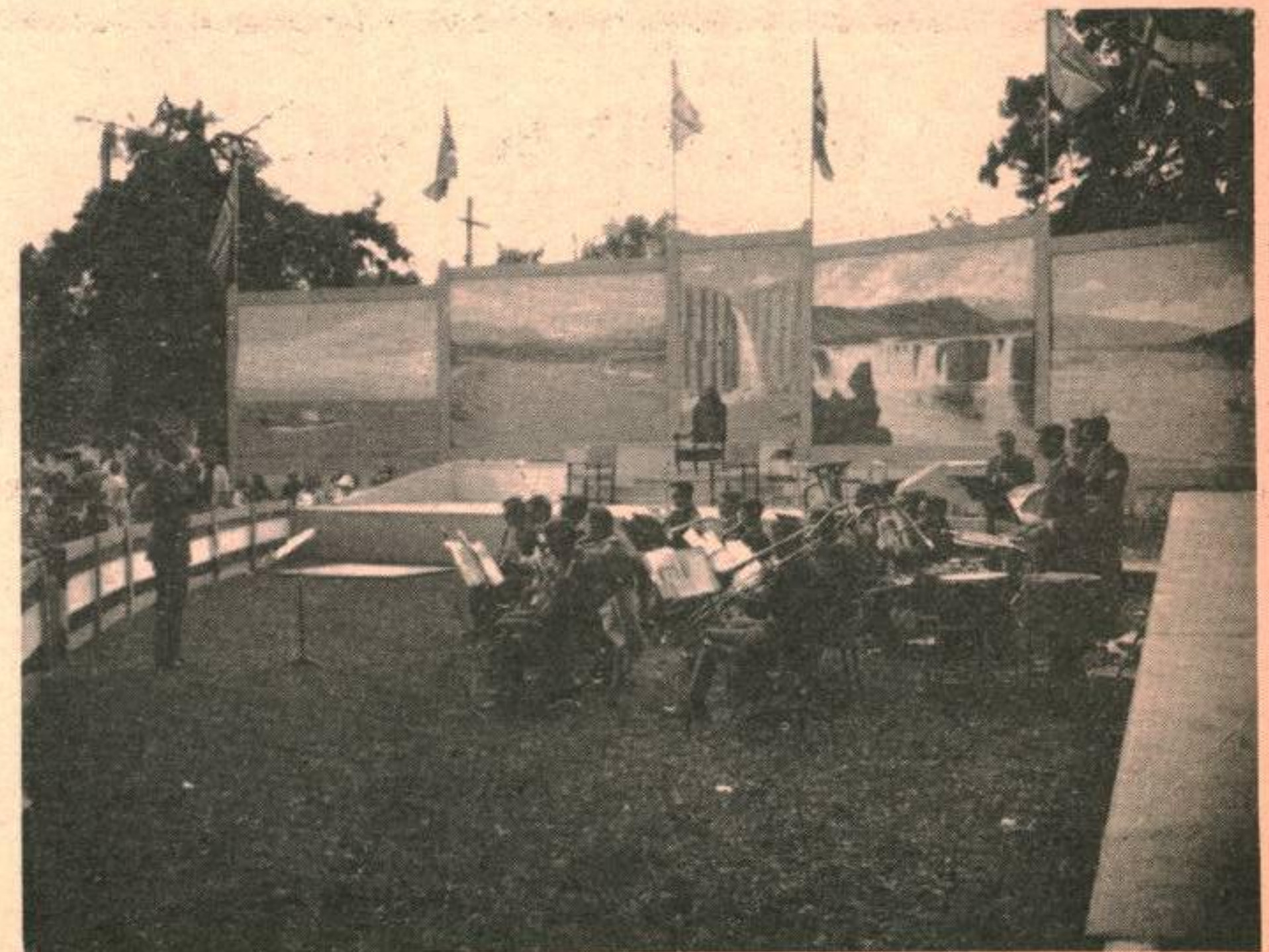
The boys from the Distillery "still" working as hard as ever.



The Gimli Art Club added a colorful float.



A colour guard of Shriners from Kartum.

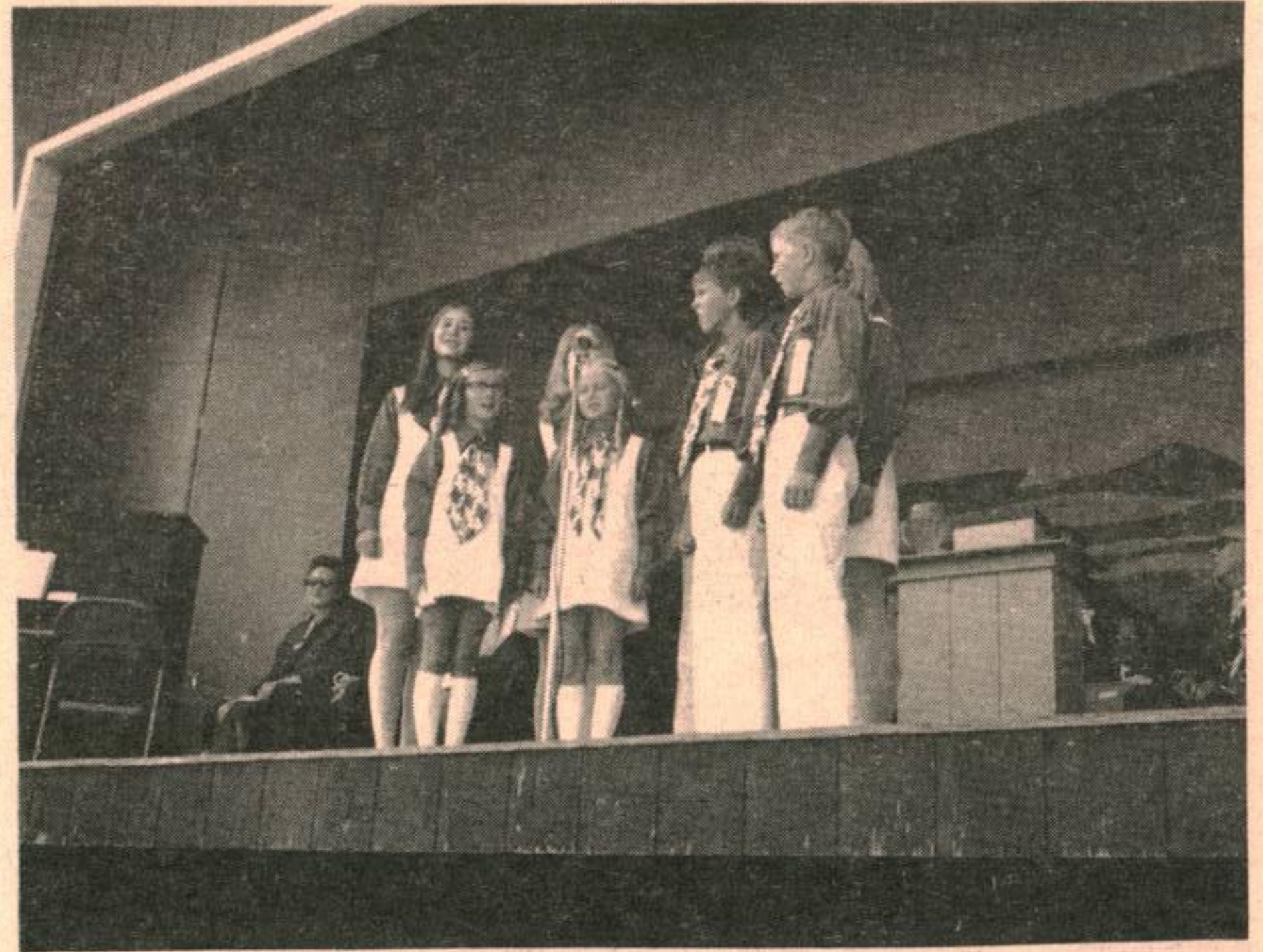


The Gimli Base Band gives a concert on Monday to the more than 1800 guests of Islendingadagurinn. In the background, a mural portrays various scenes of Iceland.

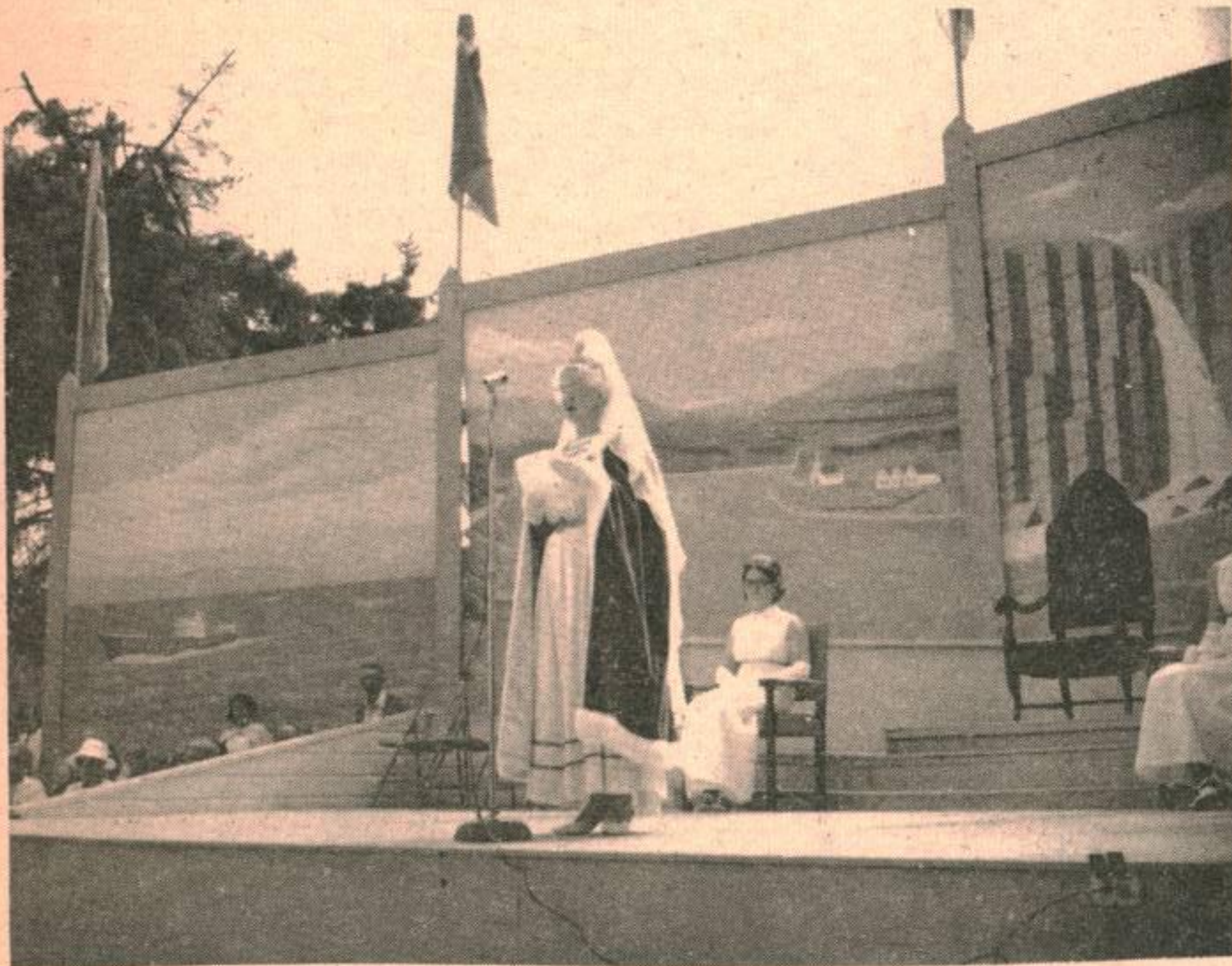
# Islendingadagurinn

The oldest festival in Manitoba, Islendingadagurinn started Saturday morning with the running of the Western Canada 10 mile Road Race and the Icelandic Festival 10 mile Road Race. On Sunday brief visits were paid by His Excellency Magnus V. Magnusson, Ambassador of Iceland to monuments and shrines in the Gimli Area. Sunday afternoon a chill breeze from the West welcomed athletes to CFB Gimli for a track and field meet.

Monday morning dawned bright and clear for the parade which marched to the Icelandic Park. Here an afternoon of festivities culminated in the crowning of the Festival Queen.



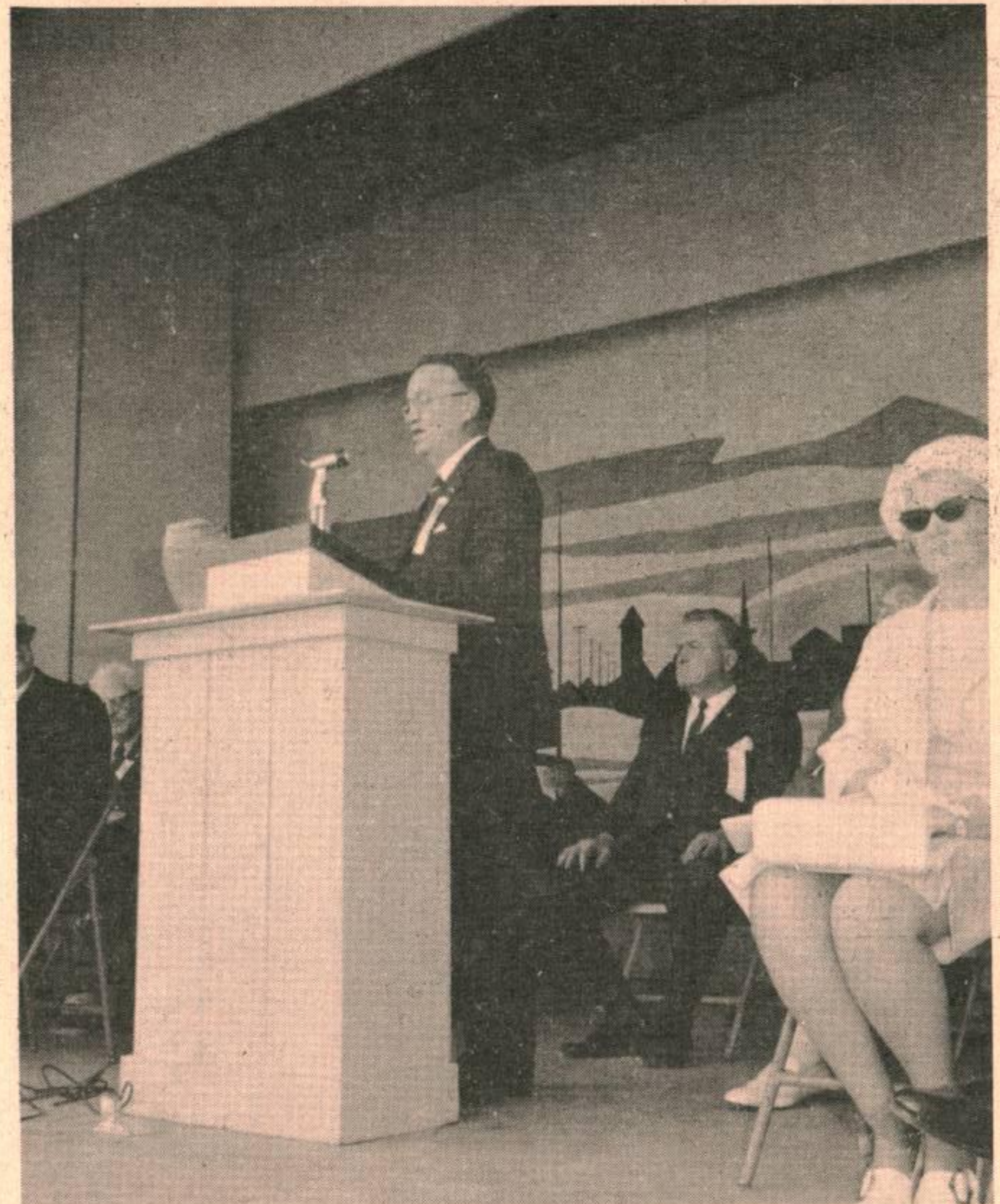
Giving a rendition of a traditional Icelandic lullaby - The Singing Jakobsons.



The Fjallkona (Maid of the Mountain) gives her traditional address.



The honourable Richard S. Bowles, Lieutenant Governor of Manitoba proposed the Toast to Canada



Proposing the Toast to Iceland is the Ambassador of Iceland, His Excellency Magnus V. Magnusson.



Gimli and was supported by some big batting from his team mates. Ray Gagnon again was the leading batter as he had two doubles and a single at three times at bat. Ron Beattie also collected three hits on two singles and a double. Rick Buchanan had a triple and a single.

The first game Friday was a one sided affair as CFB Shilo crushed Gypsumville 9-0. The second game proved very interesting as Sioux Lookout came close and was edged out by a close 4-3 score by CFB Shilo.

The final and deciding game saw CFB Gimli clinch the title as they squeaked out a 4-2 win over a determined Shilo team. Paul Chellew was the winner again as he went the distance. There were no big hitters in this game as the hits were split at one each among five players.

Trophy presentations were made immediately after the tournament and a favorite for the MVP award was Russ Gillies of CFS Gypsumville who was presented a trophy from CWO Hector, who was mainly responsible for choosing the MVP. Plaques were presented to each member of CFB Gimli Falcons by Capt. W.H. Joughin the Base BPERO.

CFB Gimli will now represent Zone III in the National Fastball Championships to be held at CFB Greenwood on 6 to 12 September.



(Back Row-L-R) Paul Chellew, Tom Wadey, Ray Gagon, Conrad Morneau, Doug Tucker, Bert Graham, Rick Buchanan. Front Row - Ron Beattie, Claude Joannette, Bill Springstead, Ken Tappay, Eldon Jaroine, Doug Gagnon.

STATION BALL TEAM - ZONE III CHAMPS

**ZONE III FASTBALL CHAMPIONSHIPS**  
CFB GIMLI 29 - 30 JULY 1970

Last week the CFB Gimli Falcons captured the Zone III fastball with wins of 5-0 over Gypsumville, 14-1 over Sioux Lookout and a close 4-2 win over CFB Shilo in the final game.

In the opening game of the Tournament Paul Chellew earned a 5-0 shut-out over CFS Gypsumville. Ray Gagnon was the leading batter of the game as he got a single and a double off Morrissey of Gypsumville.

CFS Sioux knocked off CFB Shilo in the second game by a lop-sided score of 7-1. Russ Gillies was the big gun for the Sioux as he allowed only three hits.

The final game of the day saw CFB Gimli crush Sioux Lookout by the score of 14-1. It might have been a closer game had Sioux Lookout been allowed a rest as Gillies again was called to the mound and looked very tired in the 3rd inning. Tom Wadey went the distance for

**LAKEVIEW**  
**Coin Laundry**

& DRY CLEANING  
66 First Ave.

**GIMLI HOTEL**  
**(The Whitehouse)**

OVERNIGHT ACCOMODATION  
REASONABLE RATES

ENTERTAINMENT  
WED TO SAT

**SELKIRK LUMBER COMPANY LIMITED**

Complete Building Supplies - Concrete Block Manufacturing

SELKIRK 482-3141

WINNIPEG BEACH 389-2024

GIMLI 642-8255

## Do you know baseball

L. J. Burns

We have a 5-5 tie in the top of the 8th inning, two are out, when the next batter doubles to left field and advances to 3rd on an infield single. The next batter swings and misses a 3rd strike, a bad pitch which bounces on the ground in front of the plate. The batter missed it completely, the umpire called a strike, and the catcher snags the ball on the first bounce and rolls it back to the mound. The batter runs to 1st base, the runner on 3rd crosses the plate and the runner on first goes to 3rd. The offensive team insist there was no 3rd out, because the ball hit the dirt and the batter was never tagged or thrown out.

Quest: If you were the umpire would you rule that the strike was legally caught?

Ans: This was not a legal catch, the run counts and the runners are allowed to remain at 1st and 3rd bases. The playing rules committee has held that it is impossible for the catcher to make a legal catch of a missed strike which hits the ground either before or after passing the batter.

The score is 3-2 for the visitors bottom half of the 9th inning, two out. The next batter hits a triple to right center field. The next batter laces a line drive down the 3rd base line that hits the runner standing on the base and caroms into left field. The runner scores and the batter reaches second. The visitors promptly claim that, the runner on 3rd is out and the side is retired. The umpire refuses to call the runner out and orders play resumed. The visitors register their protest and leave the field. The umpire forfeits the game to the home team. But the manager of the visitors is right, the runner is out regardless if he was on the bag or not.

Quest: If you were the league president, would you uphold the visitors protest, who won the game on the field or the umpire?

Ans: The forfeit stands. Had the visitors resumed play when ordered, their protest would have been upheld and they would have been awarded the game. But when the umpire order is flouted regardless of the circumstances, the forfeit must be supported.

Only 16 working days left to get "RESTORED".



Dick Arnason, president of the Gimli Chamber of Commerce, (right), presented His Excellency Magnus V. Magnusson with a replica of the Viking Statue at the Viking Park Sunday morning.

(Framfoto)

# The Exciting **NEW** HOVEROVER



The HoveRover **2** Seater is a true Air Cushion Vehicle!



Carries you over Land, Water, Swamps, Tidelands, Ice and Snow opening a NEW Concept in year 'round recreation. Will climb grades and into areas that are inaccessible by boat or wheels...

The Vehicle for **WORK...SPORT...YOU!**

OVER LAND

OVER WATER

**\$3,995.**

GIMLI HOVEROVER SALES

BOX 1046, GIMLI

OFFICE 642-7275

RES 642-5206

FOB OTTAWA





# THE 10th HOLE

Aspen Park Golf Club



practice. The length of the back-swing determines the length of the short. I suggest the backswing terminate when the hands pass the right knee on the backswing -- and on the follow through when the hands pass the left knee.

**What's the Rule?**

**Hitting from Outside the Tee Area**

The "teeing ground" is defined by the rules as a "rectangular area two club lengths in depth, the front and the sides of which are defined by the outside limits of the two markers". If a player tees his ball outside this area, he may be required by his match play opponent to replay the shot from within the markers. There is no penalty. In medal play, the golfer must replay his tee shot, including any strokes he has already made on the hole, under penalty of disqualification.

**The 10th Hole by Sandy Herrick**

The response to the Junior Tournament held on the 29 July was encouraging for the tourney organizers and they are expecting their wind-up event on Wednesday, 26 August to host an even larger group of competitors

The kids enjoyed themselves and are looking forward to their final event.

**Tournament Results:**

<b>A Flight</b>		14 to 18 years
Low Gross -	Al Newport	
Low Net -	D. Levesque	
<b>B Flight</b>		13 years & under
Low Gross -	A. Williams	
Low Net -	T. Burns	
Longest Drive No. One Hole -	W. Pinsonneault	
Closest to Hole, No. 7 Hole-	D. Henry	
High Hidden Hole -	"Miss" E. Joughin	

Low Hidden Hole - G. Aldwinckle  
 Most Honest Golfer G. Galbraith  
 ----"DON'T FORGET THE MEN'S OPEN ----  
 9 AUGUST ---- THAT'S THIS SUNDAY  
 ----POST ENTRIES WILL BE ACCEPTED ON  
 THE TEES.

**PRO TIPS**

**Keep the Chip Shot on the Track**

Because even the pros do not hit every green in regulation, chipping to get pars and sometimes birdies is a vital factor in everyone's golf game. Effective chipping does not just happen, you have to work at it, but rewards are worth it.

To chip effectively, you must start the ball on the correct line. You can practice this by forming a track of two golf clubs placed on the ground about seven inches apart and chipping within the clubs, making sure you keep the club within the track as you follow through.

These shots require a delicate touch, which can only come through



**CENTRE ST. WEST,  
GIMLI**

**PAUL FIRMAN**

**642-5007  
642-8857**

**SALES & SERVICE**

## ASPEN PARK GOLF CLUB

**HIS N HERS MIXED 2 Ball Foursome.....Aug. 16**

*Prizes - Good Time*

CUT OFF FOR ENTRIES - 12 AUGUST. WE WILL HAVE TO CANCEL THIS TOURNAMENT IF INSUFFICIENT ENTRIES ARE RECEIVED.

**JUNIORS WINDUP TOURNAMENT.....Sept. 19**

*Prizes - Good Time*

**LAST CHANCE CLUB TOURNAMENT.....Aug. 26**

*Men's - Ladies - Junior's Flights* *Open to all Club members.*

Registration book in Pro Shop for the Early Birds. Phone 642-5151 LI5IR2.

DUFFER'S CORNERGOLF GOOF

Beginner Sue had joined our three  
 And we were on the green.  
 She'd turned her back and left her  
 ball  
 Right in the path of Jean.  
 I picked it up and marked it with  
 A bright and shiny dime,  
 Then stepped aside, and waited for  
 Each girl's own putting time.  
 Jean's putter poised, all eyes  
 intent,  
 With silence most profound,  
 When Sue leaped out and snatched the  
 coin  
 And screamed, "Look what I found!"



Chris McCubbins,  
 winner of the West-  
 ern Canada 10 mile  
 Road Race, crosses  
 the finish line  
 with a time of  
 52 minutes, 7.1  
 seconds.

(Framfoto)

## The Ten Mile Road Races

The Icelandic Centennial Festival got under way on Saturday with the running of the Western Canada 10 mile Road Race and the Icelandic Festival 10 mile Open Road Race. These two events drew a talented field of athletes from Western Canada and the United States.

Leading the runners for the Western Canada Road Race was Chris McCubbins, 24, who turned in a time of 52 minutes 7.1 seconds for the 10 miles. For those followers of the Pan Am games in 1967 you will remember Chris McCubbins as the gold medal winner in the steeple chase event. Chris is presently stationed with the U.S. Army in Fort Sam, Houston Texas, and came to Gimli on leave to run in the Western Canada ten mile championship Road Race.

Chris, who will be returning to Manitoba in the fall to take his Masters Degree in Philosophy at the U of M, is training in Texas for a pentathlon event including Equestrian riding, fencing, pistol shooting, swimming and cross-country running.

Ernie Wilson of the Galaxy Club in Winnipeg placed second in this race with a time of 53 minutes, 10.1 seconds. Placing third was Lyle Myers from Carman with a time of 55 minutes 16.4 seconds. These men deserve hearty congratulations for a race well run.

The best time in the Icelandic Festival race was turned in by juvenile runner, Ron Melnychuk whose time was an impressive 57 minutes 36 seconds. Young Ron has a sparkling future ahead of him in long distance running.

A resume of the standings in the race are as follows.

In the open class the winner was KEN PARKER with a time of 67 minutes 16.3 seconds followed by BOB REEVES, 68 minutes 48.6 seconds and ARNIE KOODIN, 76 minutes 15.4 seconds.

Leading the juveniles was Ron Melnychuk at 57 minutes 36 seconds, followed by Garry Swanson at 69 minutes 0.4 seconds and Ron Romanowski at 69 minutes 7.2 seconds.

The midget class was won by 14 year old Ed Romanowski whose time

was an impressive 60 minutes 9.4 seconds. Closely following Ed was Randy Snyder with a time of 61 minutes 37.4 seconds. Both these boys show lots of potential in this event. Young Craig Mukai placed third with a very respectable time of 67 minutes 38.6 seconds.

The awards were presented by the MLA for Gimli, John Gotfried in the Gimli Recreational and Leadership Training Centre. Mr. Gotfried in his address to the runners remarked on the stamina and perseverance shown by the participants and likened it to the drive and hard work put in by the early Gimli settlers. Those present extended with Mr. Gotfried their hearty congratulations to the runners and the organizers of the race.

## VACATION TIME!!

NEW MUFFLER !

OIL CHANGE !

NEW SHOCKS !

Come in and see us...

WHERE? — — —

BASE AUTO CLUB!

INSECT STRIPS AND CHARCOAL NOW AVAILABLE!

## CHUDD & SONS

Gimli's CHRYSLER Dealer

SHELL oil products

- 642-5329



YOU'LL LOVE THE DIFFERENCE OF FRUIT AND VEGETABLES AT YOUR TOM-BOY STORES, ALWAYS CLEAN, FRESH AND BETTER QUALITY.

**TOM-BOY EXCELS IN PRODUCE!**



CALIF. CANADA N°1 MIX OR MATCH ASSORTED VARIETIES

**PLUMS**

3 LBS. **89¢**



TOM-BOY "BIG T" FEATURE!

DUTCH OVEN **FLOUR**

\$ **1.39**

20 LB. PAPER BAG

YOU RATE MORE AT A TOM-BOY STORE

TOM-BOY "BIG T" FEATURE!

MALKINS NEW PACK PURE STRAWBERRY

**JAM**

\$ **1.19**

48 Fl. Oz. TIN

YOU RATE MORE AT A TOM-BOY STORE

**WHERE FRIENDLY PEOPLE SAVE YOU MORE!**

**GRAPES**

CALIFORNIA CANADA N°1

RED CARDINAL OR GREEN SEEDLESS

LB. **39¢**

**MEAT MAKES THE MEAL!**

TOM-BOY "BIG T" FEATURE!

TRAY PACK 2 1/4 to 2 3/4 LB. AVERAGE **FRIGASSE FOWL**

LB. **29¢**

YOU RATE MORE AT A TOM-BOY STORE

CROSS RIB VALUE CHECK'D

**ROAST**

RED OR BLUE BRAND BEEF

LB **89¢**

**SOUP MUSHROOMS**

AVLMER

TOMATO OR VEGETABLE

GARDEN GATE

STEMS+PIECES

8 <sup>10Fl. Oz.</sup> TINS **1**

2 <sup>10Fl. Oz.</sup> TINS **79¢**

**FROZEN FOOD**

**T.V. DINNERS**

SWANSON

11oz. PKG.

TURKEY-CHICKEN-BEEF

**69¢**

PRICES EFFECTIVE AUG 7, 8+10, 1970.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Gimli Tom-Boy  
Gimli, Manitoba



**TOM-BOY**

1870 MANITOBA CENTENNIAL 1970



**WATER SAFETY TIP OF THE WEEK**

A good life jacket, correctly used and properly cared for will help save a life of a potential drowning victim.

To be a good life jacket, it must meet the specifications set by the Department of Transport, Ottawa. So any life jacket you buy should bear the "D.O.T." approved stamp. But that is only the beginning.

When buying a life jacket, it should be tried on. It should fit right and be reasonably comfortable. At the first opportunity, it should be tested by wading out to chest-deep water and raising the knees. The life jacket should float you in a face-up position.

Life jackets should not be used as boat bumpers, cushions or pillows. During the periods when they are not needed, they should be stored in a cool, well-ventilated place or they will deteriorate more rapidly than normal.

With good care, a life jacket should last from six to ten years, perhaps longer. In any case, it should be tested periodically to see that it still has its buoyancy properties.

The most important point about a life jacket is that it can not help save a life if its stuffed out of the way under the hull of a boat or if it is left on shore. You have to wear it.

**ED MANDRYK C. D.**

THINKS MILITARY



Reducing Term for 25 Years-

Initial coverage of \$40,600.00, or \$200.00 per month for 25 years.

20 YEARS OLD	5.37
25 YEARS OLD	7.37
30 YEARS OLD	9.17
35 YEARS OLD	12.37

or

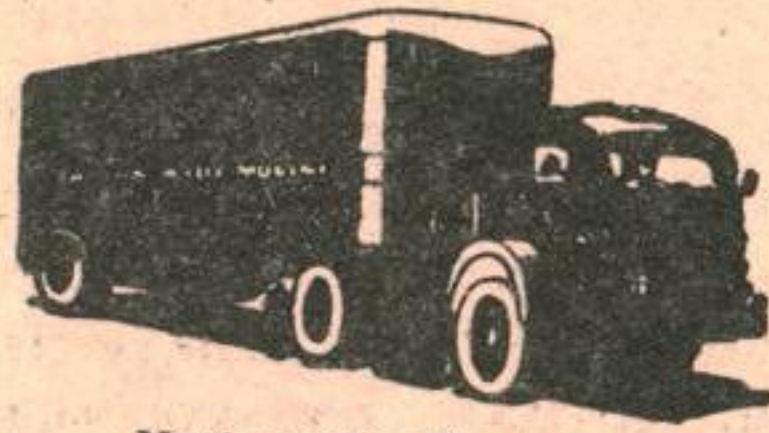
Initial coverage of \$28,380.00, or \$200.00 per month for 15 years.

40 YEARS OLD	8.77
45 YEARS OLD	12.57
50 YEARS OLD	20.57

This insurance is non cancellable, and you have the right to convert with medical five years prior to expiration date of the policy.

NEXT TIME  
YOU THINK INSURANCE  
THINK OF  
**ED MANDRYK C. D.**  
1831 NESS AVE.  
WINNIPEG 889-2928

**VISITING BASE LIBRARY**  
on First & Third Wednesday



Nationwide Moving

# **GIMLI MOVING and STORAGE**

PHONE 642-5269

**Across the Street - Across Canada**

**Anywhere in the U.S.A.**

**- PACKING - MOVING - STORAGE -**

**-OVERSEAS PACKING & MOVING**

**Winnipeg Branch**

**BEAVER MOVING & STORAGE**

**2190 Notre Dame Ave.**

**Phone 786-6081**

**Member**

**ALLIED VAN LINES LIMITED**

# Jet Jocks Must Have HAI

## HAI COURSE IMPORTANT FOR JET RIDERS

TORONTO (CFP)-- It's a one day school -- and nobody goes to sleep.

The students might be journalists or generals, nurses, movie directors, flight line mechanics, or photographers.

For one reason or another, they are about to be passengers in Canadian Forces jet fighters.

So they check in to High Altitude Indoctrination at CFB Trenton, Cold Lake, or Toronto, for the eight-hour cram school on how to survive in the cockpit.

It's a pretty important eight hours. As a student, you've got to learn how to live out of an oxygen mask, how to recognize danger symptoms from gas expanding in your body, and how to eject (without breaking your back).

Then you ride in the high altitude chamber to experience the effects of altitude. The chamber is a metal cylinder just like the decompression chambers for divers, except the doors are reversed.

When you get inside, they start pumping the air out and mechanically take you up to 30,000 feet.

There's eight men with you and no room to move. Eight sets of reddened eyes star out of a khaki jungle of oxygen masks, hoses, caps, earphones. Pinned to the chamber's roof is a pink rubber glove.

As the air leaves the chamber, the pink fingers swell and distend. The air in your stomach swells, too, the eustachian tubes crackle in the back of your throat, and you may feel a twinge in an old cavity.

It's a little scary, and the instructors leer through the portholes of the chamber like mad scientists about to carbonize you. But all of a sudden you realize it's fun. That your're getting the fear over with.. in the chamber, where it's safe, where nothing can go wrong.

And later, when you're locked in a cockpit somewhere in the clouds, watching the oxygen regulator blink, your're thankful that you've left the fear behind. And that you didn't go to sleep.

**GIMLI THRIF-T CAR WASH**  
104 - 6th Ave.  
**NOW PAVED LOT**  
7 DAYS A WEEK 8AM - 10PM

# TARGET STORE

Complete Family

Clothing

642-5246

Tues. to Thurs. 9am-6pm  
Friday 9am-7pm  
Saturday 9am-6pm

### MEAT!!!

BUTTERBALL TURKEYS *Grade A, 8-10 lb. av.* .....53¢ lb.  
MINCED BEEF .....65¢ lb.  
ROUND STEAK or HIP ROAST .....\$1.09 lb.  
CROSS RIB ROAST .....85¢ lb.

### MIX OR MATCH

AYLMER SOUPS  
- CHICKEN WITH RICE  
- CHICKEN NOODLE  
- MUSHROOM

TEN OZ. TINS.....6/\$1.00

### FRESH FRUIT & VEGETABLES

TOMATOES .....2 lbs./39¢  
BANANAS .....2 lbs./29¢

## GORD'S SOLO OPEN DAILY 9 AM - 9 PM

WATCH FOR MANY MORE SPECIALS  
IN THE WINNIPEG FREE PRESS AND TRIBUNE.

INSTANT COFFEE NESCAFE.....10 oz. jar....\$1.99  
PEACHES BRIGHT'S.....halves 14 oz. tin....4/\$1.00  
SPAGHETTI LIBBY'S.....14 oz. tin....4/75¢  
BRIQETS KINGSFORD.....10 lb. bag....85¢  
TOMATO JUICE BRIGHT'S.....48 oz. tin....3/\$1.00  
CREAM CORN DEL MONTE.....14 oz. tin....5/\$1.00  
EVAPORATED MILK CARNATION.....1 lb. tin....4/75¢

**DIANE'S**  
BEAUTY SALON

will be closed

AUG 10 - AUG 24

# GIMLI FLYING CLUB



3 Cessnas  
1 Cherokee

D.O.T. APPROVED  
Private  
Pilot Training

COMMERCIAL  
Pilot  
Training

INSTRUCTORS AND AIRCRAFT ARE AVAILABLE  
EVENINGS, WEEKENDS AND HOLIDAYS.

CONTACT OUR MANAGER

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

# Water Safety Program

## SCHEDULE FOR WATER SAFETY PROGRAM August 10 to August 28, 1970

08:30 - 09:30	Senior
09:30 - 10:30	Intermediate #1
10:45 - 11:45	Intermediate #2 (Reg. Available)
13:00 - 13:45	Junior #1
13:45 - 14:30	Junior #2 (Reg. Available)
14:30 - 15:15	Beginner #1
15:30 - 16:15	Beginner #2
16:15 - 17:00	Pre Beginner (Reg. Available)

Instructor: Miss Dianne Cairns.

### BEGINNER NO. 1

Jeff Gemmel	5947
Michael Thom	8381
Lyn Archer	5407
Janet Kemp	7207
Timmie Kemp	7207
Robert Haslam	5165
Kimberley Haslam	5165
Ricky Popowich	8348
Cheryl Popowich	8348
Kelly Squires	5526
Rhonda Symonds	8324

### BEGINNER NO. 2

Glen Wlosek	5666
Liane Wlosek	5666
Kent Dietrick	8385
Peter Anslow	8302
Jack Anslow	8302
Stephen Pickford	5320
Cathy Therrien	8284
Derek Therrien	8284
Shirley Hudson	7208
Terry Hudson	7208
Catheryn Hall	5014

### PRE BEGINNER

Todd Grant	
Jean Anslow	8302
David Marshall	8173
Carolyn Hall	5014
Glen McIntosh	389-5396

### JUNIOR NO. 1

Philip Takach	8101
Suzanne Fontaine	8892
Jo Anne Robinson	7435
Jimmy Hentig	5195
Mary Zomar	7959
Tim Zomar	7959
Nancy Naylor	5507
Garth Bechamp	5375
Michael Bechamp	5375
David Cherniak	5507

### JUNIOR NO. 2

Martyn Hall	5014
Royce Chambers	5566
Darlene Webster	7427

(Open to candidates who passed Beginners in Session 2. Registration is limited).

### INTERMEDIATES NO. 1

Peter Parkinson	7419
Paul Parkinson	7419
David Parkinson	7419
Cathy McLaughlin	8165
Lori Takach	8101
Glen Takach	8101
Dwayne Gemmel	5997
Carol Coolen	8318
Cathy Hentig	5195
Judy Bechamp	5375

### INTERMEDIATES NO. 2

Lorene Cherniak	5057
Diane Aldwinckle	8205
Michelle Hall	5014
Carl Webster	7427
Mark Webster	7427

(Open to candidates who passed Juniors in Session 2. Registration is limited).

### SENIOR NO. 1

Mark McLaughlin	8165
Steve Gemmel	5947
Sandra Archer	5407
Ken Archer	5407
Carolyn Aldwinckle	8205
Janice Adlwinckle	8205
Gloria Harrison	5019
Paul McLean	7405

The Mart continued.....

### MISCELLANEOUS

For Sale: One upright freezer and one clothes dryer. Phone: 642-8109.

For Sale: 25 inch Westinghouse Console T.V. Has swivel base and rapid on picture. Only \$75. Can be seen by calling - 642-8348.

For Sale: Clarinet with case, good condition - \$50. Polaroid land camera "Little Swinger" Model 20. Phone 642-7248.

For Sale: Uniform - Lt., green \$150. one tunic, 2 pr. pants, 2 shirts, 1 tie, 1 raincoat, 1 cap. All have been tailored with braid and buttons. Height 5' 10 1/2", weight 165 lbs, waist 34", leg 30" - 32", sleeve 33", neck 15 1/2". Contact Lt. Barratt (Winnipeg) at CFANS/FW, 832-1311, Local 377 or Home 667-1380.

LOST -- female cat - giger markings -- three months old. Vicinity of North 6th Ave. Contact Capt. Ringland 642-8161 or Local 63.

BICYCLES REPAIRED: All makes, parts available - all work guaranteed. Phone: 642-8247 or call at PMQ 29.



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

## FINLEY TV — Service —

26 6th Ave, Gimli 642-5386

**I.O.S.**  
CANADA

## Fortunes flow Through your Hands

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

**\$216,000.00**

**PART OF IT IS YOURS TO KEEP**

**How much have you kept so far?**

Your I.O.S. Representative is:



**C. E. (Chuck) Keating — Maj. Retired**

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

## INVESTORS OVERSEAS SERVICES

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

uminum, linoleum, painted surfaces, baked enamel and wood as well as your skin. The cleaners which work so well on the procelain enamel inside the oven, can damage the finish on the outside of your stove.

Oven coatings are not cleaners but are actually a silicone spray to coat the oven surface and keep spatters and food spills from sticking. When sprayed on a clean oven and allowed to dry, spills and spatters wipe off with a wet cloth.

Drain cleaners can be either caustic soda (lye) or acid. The caustic product generates heat when added to water and removes grease by combining with it to form a soluble soap. It must be flushed away with hot water before it solidifies. Acidic drain cleaners dissolve grease. Both can damage procelain and other metals and burn the skin, so should be used very cautiously.

Toilet bowl cleaners substitute chemical action for scrubbing. They disinfect and remove stains from toilet bowls which are made of vitreous china but they can mark less acid-resistant procelain, so be careful not to place the container on the lavatory or tub where it might spill.

By the way, never mix a toilet bowl cleaner or an ammonia product with chlorine bleach or with a scouring powder that contains bleach. The chemical reaction releases poisonous chlorine gas.

These are only a few of the special purpose cleaners on the market today. They are intended for specific tasks and they do make a homemaker's job easier but everyone must be alert at all times to the possible hazards.

Consumers' Association of Canada reminds you to use discretion in the choice of storage area for these housecleaning aids. The cupboard under the sink is too dangerous a place for many of these potentially hazardous chemicals. Remember to keep all cleaning products out of the reach of children. Every day, somewhere in Canada, a toddler is poisoned by these household helpers.

*the  
store  
for people  
in love.*



Bring in this ad when you are purchasing a star brite diamond and we will give you a \$10 gas allowance. We're nothing without your love.

**Ben Moss Jewellers**

Westwood Shopping Centre

Mall Centre 477 Portage

NEW — Portage & Donald

IN WINNIPEG

## CO-OP INSURANCE

AUTO - FIRE - MOTORCYCLE  
3, 6 & 12 Month Policies,

*Issued Immediately*

*INSURANCE AT COST*

*PLUS EXTRA BENEFITS*

All military personnel  
insurable.

Agent: J.B. Heidinger

85 5th Ave.

642-8347

Shop and Save at

## WAYNE'S IGA

The Store That Cares

*Groceries*

*Table Rite*

*Redbrand Steer*

*Beef & Table*

*Fresh Produce*

CENTRE STREET GIMLI

## CENTENNIAL HORSE SHOW

sponsored by the LAKESHORE LIGHTHORSE ASSOC.

15 AUG 9 AM

at MacPherson Stables, Winnipeg Beach

CONTESTANTS AND GENERAL PUBLIC WELCOME

CLOSING DATES FOR ENTRIES — 14 AUG 6 PM

Post Entry Fees Double

EVENTS INCLUDE HALTER CLASSES, WESTERN PLEASURE, JUMPING,  
BARREL RACING, ENGLISH SADDLE HACKING,  
POLE BENDING, KEYHOLE RACE, TRAIL HORSE.

RIBBONS and TROPHIES

REFRESHMENTS AVAILABLE

for further information contact Club Secretary at 642-5627

NORTH AMERICAN

LIFE ASSURANCE COMPANY

A Canadian Mutual Company

*Providing programing,  
consulting and service*

FOR

ALL TYPES OF INSURANCE

*Visiting Base Library,  
CFB Gimli, on Mondays.*

G.F. (Kelly) Laliberte

I. (IKE) Chamish

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

## Protestant Chapel

Rev. D.W. Hilton  
Phone: 156r2

SUNDAY - 9 August 1970  
10:00 a.m. - DIVINE WORSHIP

## 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. and  
11:15 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  
Sunday

### 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.

### CHRISTIAN FAITH AND

### REVERENCE FOR LIFE

Life is something to be admired and marvelled at, even the life of a plant. Much more so the life of an animal, which is closer to man, and is sentient. The higher the type of animal, the more clearly is it a prefiguration or a reflection of humanity. Hence our attitude to animals is a reflection of our love for men. We may not kill, much less inflict pain, without due cause. We must avoid such actions for the sake of the animal itself, otherwise this attitude will not help to civilize or educate man.

Our reverence for life is shown most strongly in our respect for human life. -- Men avoid what is harmful to life; cold, heat, damp, bad air. Medical science has developed the means of hygiene. Our expectation of life is longer. A remedy has been found for very many illnesses. All this is excellent. God's sympathies are on the side of life, as the miracles of Jesus show. Health is a magnificent blessing.

The effort to provide enjoyable externals, good food, well-fitting clothes, comfortable housing and also mental hygiene is part of the proper care of life. But we must bear in mind throughout what is the real point -- life itself. Jesus stated this very bluntly: "Is not life more than food, and the body more than clothing?" (Mt. 6:25). Otherwise such things enslave us.

Care for life is deeply implanted in us. Like God, man, or the best in man, has a care for all that lives. All this is comprehended in the commandment, "You shall not Kill" It does not just forbid murder. It comprises all that should be done for the preservation of life. It forbids wounding, from the malicious injury to the effects of carelessness or stupidity. It also condemns everything that makes life less agreeable for ourselves and others; pollution of the air, dirt, breaches of traffic laws, the sale of bad goods, working too hard for one's living -- ruining one's life and the life of one's family in order to live! It can also be contrary to the due care for life to work too little -- keeping oneself and others at too low a standard of living. Drinking too much destroys a man. Narcotics are particularly dangerous, because they begin by making life apparently more intense. They leave behind them tormenting needs. They must never be begun, not even out of curiosity. -- Noise has ruined many people's nerves. There is no protection. One can shut one's eyes, but not one's ears. -- There are many other harmful agents that could be mentioned, including those on the mental level. The bitter word, the direct insult -- Jesus links such things with murder (Mt. 5:2). He extends the commandment -- "You shall not Kill" to include "You shall not even Hate" -- a precept that we cannot fulfill of our own strength.

Christian Faith does not go against Life, it goes For It in its truest sense. Christians take a stand against abortion, because it is a sin against Life; The murder of an innocent without trial and defense lawyers.

Would you cold-bloodedly kill an innocent, unborn child, because your husband, or father or friends are not supposed to know he ever existed?

Is grand-scale abortion the ultimate of civilization?

Of understanding?

Of humanism?

Of Christianity?

OR the apex of a mechanized barbarism?

## How to shop from Simpsons-Sears Catalogues

By phone



GIMLI

SIMPSON-SEARS CATALOGUE

ORDER OFFICE

642-5161

## Saving money on food?

- ✓ CHECK OUR WEEKLY SPECIALS!
- ✓ CHECK OUR REGULAR PRICES!
- ✓ CHECK OUR MEAT BARGAINS!

Stock up on frozen foods and  
meats at reduced prices.

# TIP TOP CLOVER FARM

PHONE US AT 642-5418

# The MART

## HOUSES

Three bedroom house for sale in Gimli. Garage and well-treed yard. For further information call 642-8296,

## AUTOMOBILES

For Sale: 1966 Mercury Comet Caliente, two door hardtop. 6 cyl. standard--like new condition. Phone: 642-5284 or Local 61.

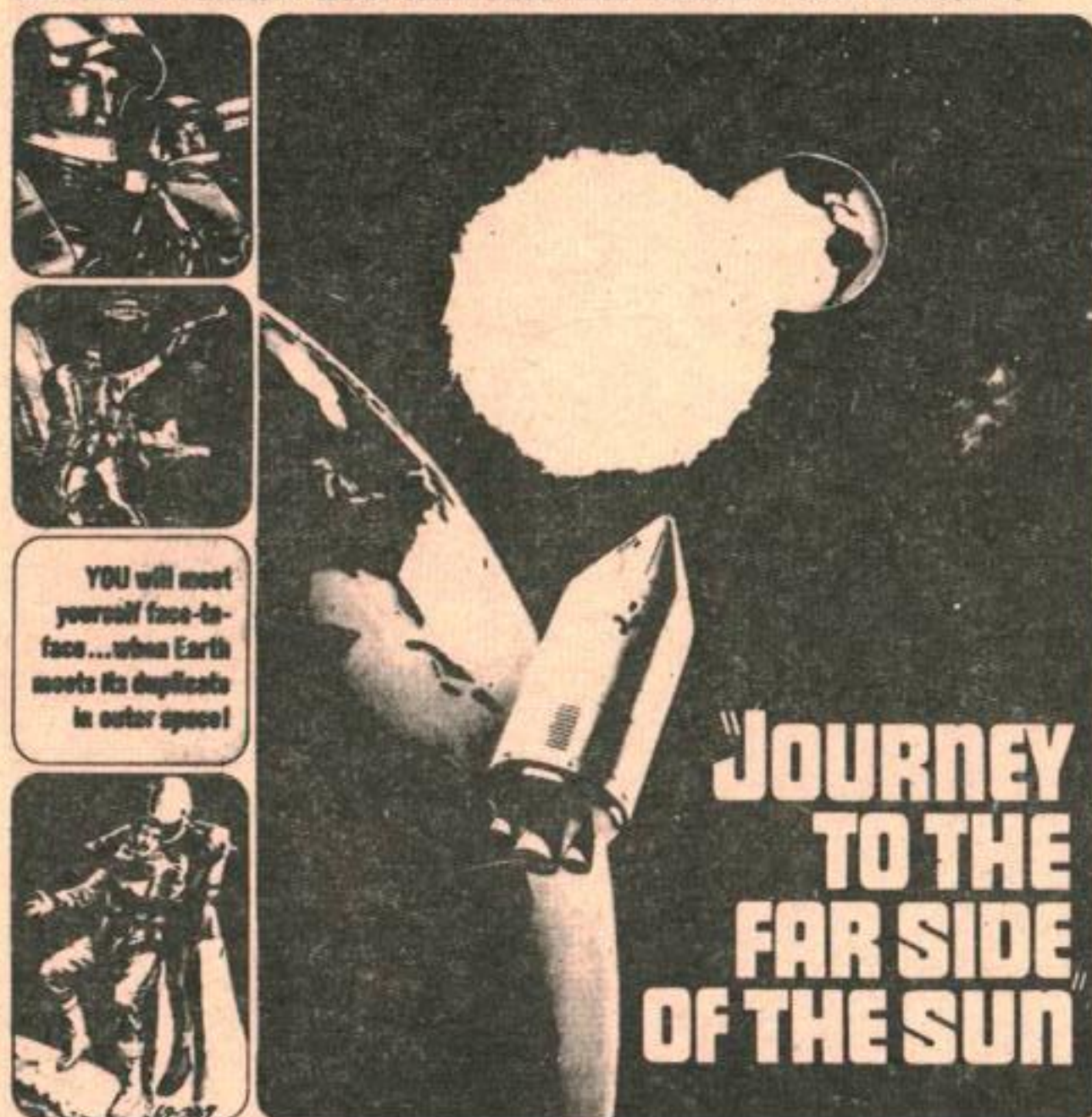
For Sale: 1968 Cortina, 1600 GT. 21,000 miles, radio. Excellent condition. Phone: 642-8485 or can be seen at 34-5th Avenue, Gimli.

For Sale: 1968 Dodge Charger. 383-4 BBL automatic. Many options. Balance of factory warranty. Phone: 389-5527 or Local 116.

More Mart page 21,....

# Starlite Theatre

MAN HAS CONQUERED THE MOON WITH THE EPIC APOLLO 11 FLIGHT! NOW TAKE ANOTHER MOMENTOUS JOURNEY!



Starring ROY THOMAS - IAN HENRY - LYNN LORING - PATRICK WYMARK - LONI FRIEDL - HERBERT LOM  
 Screenplay by GERRY and SYLVIA ANDERSON and DONALD JAMES / Directed by ROBERT PARRISH / Produced by GERRY and SYLVIA ANDERSON  
 A UNIVERSAL PICTURES LTD. PICTURE in TECHNICOLOR®

Thursday Aug. 13 General

105 minutes

# The 7 Voyages of Sinbad

Tuesday August 11  
 90 minutes  
 General

# GIMLI HAPPENINGS

A community calender of events in and around Gimli provided as a free Centennial service to the people of Gimli Town and Base.

If your club or organization wishes to announce an upcoming event call or write B10, CFB Gimli, Aspen Park, Manitoba. or Phone: 642-5151, Local 26.

- Fri.7 Aug. TGIF-SUBSIDIZED DRINKS  
..Sgts.Mess
- Sat.8 Aug. OFFICERS GOLF TOURNAMENT  
a.m. Lt.Dowds Memorial Trophy  
C.F.B. Gimli.
- Sat.8 Aug. BEST GOLFER OF THE MONTH  
p.m. Jr. Ranks Mess.
- Sun.9 Aug. MENS OPEN TOURNAMENT  
0830 hrs. C.F.B. Gimli
- Sun.9 Aug. MOVIE-"GOODBYE COLUMBUS"  
2000 hrs. Jr. Ranks Mess
- Sun.9 Aug. AIRCADET GRADUATION  
1930 hrs. C.F.B. Gimli
- Sat.15 Aug. CAR RALLY (BBQ)  
1800 hrs. Officer's Mess.
- Sat.15 Aug. MIXED 2-BALL FOURSOME  
Sgts. Mess
- Sun.16 Aug. HIS AND HERS TOURNAMENT  
C.F.B. Gimli
- Sun.16 Aug. MOVIE - "THE ODD COUPLE"  
2000 hrs. Jr. Ranks Mess
- Wed.19 Aug. JUNIOR TOURNAMENT  
C.F.B. Gimli
- Fri.21 to PRAIRIE OPEN  
23 Aug. C.F.B. Gimli
- Sat.22 Aug. HAYRIDE/BARN DANCE (BBQ)  
Officer's Mess.
- Sat.22 Aug. MIXED COUPLE GOLF  
Jr. Ranks Mess  
C.F.B. Gimli
- Sun.23 Aug. MOVIE- "ROSEMARY'S BABY  
2000 hrs. Jr. Ranks Mess.
- Sat.29 Aug. DANCE AND NOVELTY NIGHT  
2000 hrs. Free, Open. Rec Centre,  
C.F.B. Gimli.
- Sun.30 Aug. MOVIE-"GUNS OF NAVERONE"  
Jr. Ranks Mess.
- Sun.30 Aug. "SUMMER CARNIVAL"  
Town & Base,  
C.F.B. Gimli
- Sat.26-27 CENTENNIAL AIR SHOW  
September St. Andrew's Field.

## THE FRAMFARI X-WORD

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

Listed below are the words that you will find hidden in the puzzle above. These words are spelled out in all directions - so look very carefully. By assembling the letters that remain, in order, you will find today's hidden words which will be published next week. This week's hidden words have 14 letters.  
 LAST WEEK'S ANSWER: One hundred years old.

## THE WEATHER

- |             |           |
|-------------|-----------|
| ACTIVE      | LIFT      |
| ANTICYCLONE | LIGHTNING |
| ALTO        | LOW       |
| BACK        | MIST      |
| BAND        | MOISTURE  |
| BAR         | MUD       |
| BELT        | NICE      |
| BREEZE      | NOT       |
| CALM        | POUR      |
| CELL        | RAIN      |
| CHINOOK     | RIME      |
| CONVECT     | SKY       |
| CONVERGENCE | SHONE     |
| COLD        | SHOWER    |
| COOL        | SMOG      |
| CREST       | SMOKE     |
| CLOUD       | SNOW      |
| DRAIN       | STATE     |
| DROUGHT     | STAY      |
| DRY         | STORM     |
| ECHOES      | SUN       |
| EYE         | SUNNY     |
| FOG         | TAN       |
| FREEZE      | THUNDER   |
| FRIGID      | TIME      |
| FRONT       | TIROS     |
| GALE        | TORNADO   |
| GUST        | TOY       |
| HAIL        | WARM      |
| HALO        | WET       |
| HIGH        | WIND      |
| HUT         | WINTER    |
| HUMID       |           |