



Framfari

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VOLUME 1 NUMBER 33

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

FRIDAY SEPTEMBER 18, 1970

WEST GERMAN STAFF COLLEGE VISITS GIMLI



GERMAN GENERAL VISITS GIMLI.....The Base Commander at CFB Gimli, Colonel J.F. Dunlop (left) and Lieutenant J.J. Boucher (right) give Brigadier General Waldhecker his first look at the Canadian designed CL 41 Tutor jet trainer Tuesday afternoon. General Waldhecker is Chief of the Air Force Department of the German Armed Forces Command and General Staff College. Thirty-one officers of the college were hosted at a luncheon and then after a Base briefing, toured the aircrew training and maintenance facilities. The visit to Gimli was part of a tour of Department of National Defence establishments. General Waldhecker was to leave Winnipeg for Toronto Wednesday on his way back to Germany.

CF Photo

SOUND OFF

PROMOTIONS

I would like this opportunity once again to thank my friends and neighbors for the surprise baby shower that was ably hosted by Belle Christansen.

For the many lovely gifts and delicious lunch which climaxed the evening.

Earling Scott and I say Thank You.
Clarice Chambers.

KOKORO-E JUDO CLUB

Senior Judo classes (17 years old or over) Monday and Wednesday 8:00 p.m. to 10:00 p.m., Sunday 8:00 p.m. to 10:00 p.m. self defence and free randori for those interested. Classes already underway.

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Junior Classes for Canadian Forces Personnel and those civilian who are paying their recreation dues to the Base. Junior classes starting Wednesday 30 September 1970, Sunday and Wednesday 7:00 p.m. to 8:00 p.m.

FEES: \$1.50 per month.

ALL CLASSES WILL BE HELD AT THE... JUDO CLUB in the Recreation Centre. For further information telephone Cpl Desveaux - 642-5151, Local 58.



PROMOTION TO CAPTAIN... Captain Brian Dowler, son of Mr. and Mrs. L.A. Dowler of 204 Milton Street, Flin Flon, recently received his "Second Stripe" at CFB Gimli, Manitoba. Captain Dowler has served as the IFTS Adjutant

since coming to Gimli in July 1968.

Joining the RCAF in August 1967, he was commissioned as a Lieutenant on receiving a Bachelor of Science Degree from the University of North Dakota.



PROMOTED TO SERGEANT.. Sergeant R.A. Whitehead, 42, of Morris, Manitoba recently received his "Third Hook" at Canadian Forces Base Gimli. Sgt. Whitehead has helped run "trouble calls" at the Base Construction Engineering Section since coming to Gimli in August 1968.

DANCES, BANQUETS, PARTIES, WEDDINGS



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Why Store CF-5's?

OTTAWA (CPF)--Why is the defence department storing some of its new CF-5 aircraft?

The suggestion has crept into some newspaper accounts that the department is "mothballing" several million dollars worth of new fighters because it does not have a role for the aircraft.

The CF-5 has always had a clearly stated role. The fighter was ordered five years ago, in line with the 1964 White Paper, as a tactical air support aircraft for land unit.

In 1968 however, the government placed a freeze on the 1.8 billion dollar defence budget. Obviously, with rising personnel, equipment and maintenance costs, cutbacks had to be made within the forces. These have included a reduction in our NATO forces in Europe, disposal of Air Transport Command aircraft and paying off of HMCS Bonaventure. Instead of the planned four squadrons of CF-5's, the department could afford to operate only two.

It has been suggested that the department should have terminated the 115-aircraft contract to fit the reduced requirement. If this step had been taken the department would have had to pay very close to the full contract price in any case.

Some reporters were under the impression that the CF-5 was ordered for peacekeeping operations, when in fact the originally-planned four squadrons were designated for close-support operations with Mobile Command.

The defence staff is now studying possible options for use of the surplus CF-5's in the aircraft's assigned role. In the meantime they are being placed in storage as they come off the line. This information has been available for months to anyone who asked, contrary to reports in some newspapers alleging that the department withheld the information.

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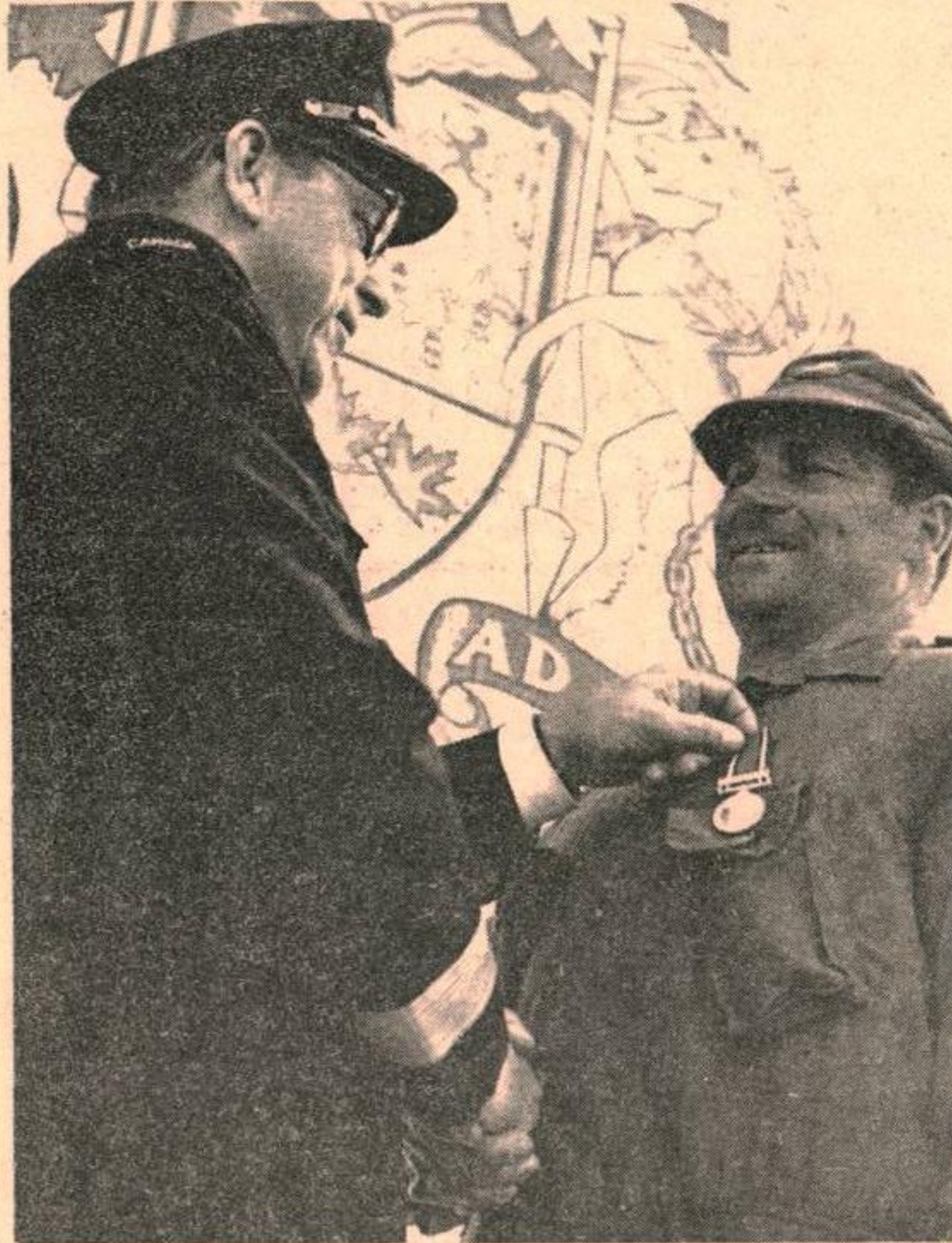
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DEPARTMENT OF NATIONAL DEFENCE

THREE-TIME WINNER -- Winning the forces top shooting prize -- the Queen's Medal -- is old hat to Sgt. Joe Daigle of St. Charles, N.B. A member of Valcartier's third Battalion, Royal 22 Regiment. The veteran marksman won the medal in 1963 and 1966. Here he receives the award from Major-General R.J. Lane deputy commander Mobile Command, at the Connaught ranges near Ottawa after beating out his nearest opponent, Sgt. Ed Zwolak, 1 PPCLI, 661 to 649. More than 200 forces marksmen competed in the week-long meet, August 4 to 9.

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SEPT 21 - 30

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3. Mr. Washburn	100
4. W.D. Janzen	100
5. Cpl Bahaud	100
6. Cpl Leonard	100
7. Lt. Greenough	100
8. Mr. Washburn	100
9. L. Thwaites	100
10. Cpl Woolgar	100
11. Cpl Murtough	100
12. Cpl Lewis	100
13. Cpl Richardson	<u>1000</u>
14. Pte Compton	100
15. Cpl Affleck	100
16. Mr. Reichert	100
17. Cpl Richardson	100
18. Cpl Bouchey	100
19. Mrs. Olyarniuk	100
20. Maj. Holden	100
21. Pte Adams	100
22. Capt. Ross	100
23. Pte Carson	100
24. Capt. Olson	100
25. Cpl Sears	100
26. Cpl Leeuw	<u>1000</u>
27. Lt. Lowenberger	100

NOTICE: Due to recent postings, memberships are now available. Contact WO Anderson, M&I..... Accounts at Local 71. Still 25 draws and \$6,300 to go. JOIN NOW and be a WINNER.

Where the Jobs Are

The Outside World.....

OTTAWA (CFP) -- Have you ever looked back over your shoulder and thought about changes that have taken place during your service career? Change seems to have been our way of life. For the serviceman approaching retirement the biggest change of all could be the move to the outside world.

No question about it, change can be an unsettling experience; and if we are not prepared -- downright unpleasant.

One way to prepare for this change is to return to school to obtain qualifications which open the doors wide for a rewarding second career. Across Canada adult education courses have never been more numerous. It is easy enough to talk about this approach, however, but to make it pay off requires guts and determination. For example:

- The chartered institute of secretaries in Canada offer a programme of training for administrative positions in government and industry. Courses are by correspondence or at certain colleges in evening classes. The gold medal winner in 1969-70 for highest standing in there examinations was a member of the Canadian Armed Forces.

- An instrument technician serving in Europe was offered a position with a mining firm. He had realized that service qualifications alone would not

be enough to work in industry so he completed a course offered by International Correspondence Schools.

- A former accounts NCO is now working as a southern Alberta secretary-treasurer. He had completed the certified general accountants correspondence course to help him get the job.

Going back to school before retirement can be tough. It made a lot of sense to these three as well as to hundreds of other members of the Canadian Armed Forces.

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.

THRIFT SHOP NEWS

Opening October 14 1:30 to 3:30 in the afternoons and 7:30 to 9:00 evenings. Donations are needed, can be dropped off at 91 Cedar or 98 Willow. Will also pick up any donations. Phone: 642-8180 or 642-8207.ALL SORTS OF ITEMS NEEDED.....

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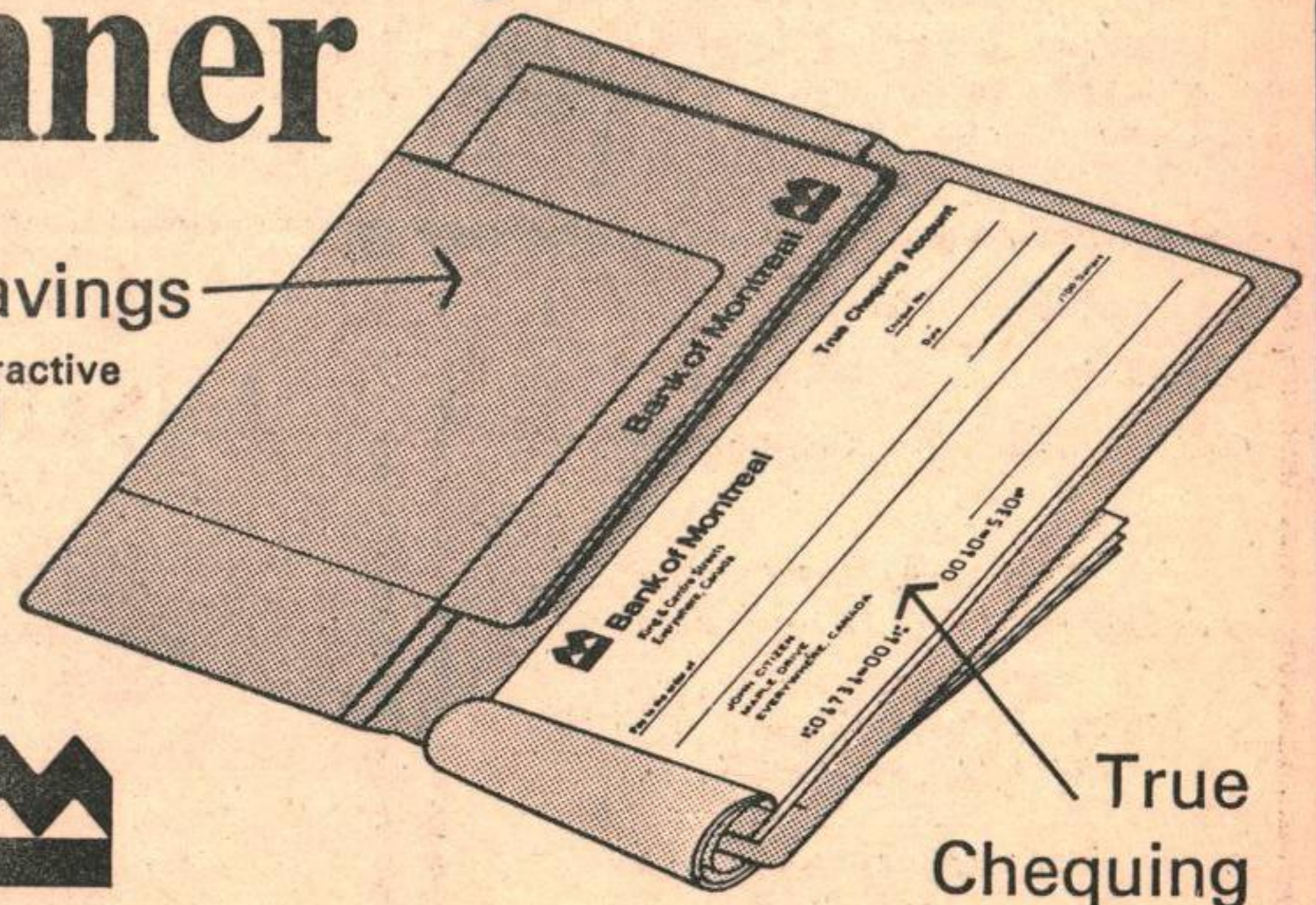
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History of CFB Gimli

The history of Gimli's association with the R.C.A.F. began in September 1943 when Number 18 Service Flying Training School opened to train pilots from the British Commonwealth Air Training Plan (B.C.A.T.P.). The school built up to a strength of one thousand three hundred and thirty seven (1,337) officers, airmen and civilians (including two hundred and forty trainees) and was the largest in Manitoba. In fact, it was one of the largest in the B.C.A.T.P. From September 1943 until June 1945. Six hundred and twenty-two (622) pilots graduated from 18 S.F.T.S. for the war effort.

Early in June of 1945, 18 S.F.T.S. was disbanded and it reformed at Souris, Manitoba. Gimli was then chosen as the site for Number 1 Pilot Conversion School to train Captian-Pilots for the Pacific phase of the war. However, the project barely got airborne when it became unnecessary as hostilities had ceased. This left one unit at Gimli - Number 1 Winter Experimental and Training Flight which was moved to Edmonton on October 1, 1945. It then became a Reserve Equipment Maintenance Satellite first for Number 3 R.E.G. unit at Carberry, which cared for twenty-seven B-25 Mitchell bombers stored there and then of Number 10 Repair Depot (10 R.D.) at Calgary.

In the post war period Gimli was used as a summer camp for auxiliary squadrons (flying various aircraft) and for Air Cadets. The base was continually occupied by a maintenance staff, which explains that despite their age, the buildings at

Gimli are sound and in good condition. The expansion of the R.C.A.F. as a result of the growing tension in the international situation made it necessary to form additional flying training schools. Gimli reactivated in October 1950 and Number 2 FTS (Flying Training School) was formed to train pilots on the Harvard, a single engined, tandem trainer. The first of the pilot trainees arrived at Gimli on January 5, 1951 and graduated on September 7, 1951. The first course consisted solely of sixty-two Canadians but the second course which graduated in October of 1951, contained five Royal Air Force Trainees from Britian. In succeeding courses trainees arrived from Belgium, Denmark, France and Italy, the Netherlands, Norway and Turkey. Some R.C.N. pilots were also trained at Gimli. In more recent years Canadian Forces Base Gimli has trained many Danes and Norwegians and a smaller number of Malaysian Pilots.

In June 1953, Number 2 F.T.S. moved with its Harvards to Moose Jaw and Gimli became the centre for Advanced Flying Training on jets. Number 3 A.F.S. (Advanced Flying School) received its first T-33 Silver Star jet trainer on August 21, 1953 and on February 5, 1953 and on February 5, 1954 the first NATO course to graduate received their wings. To meet the need of trained personnel necessary to repair and maintain the T-33, Number 7 Field Technical Training Unit (F.T.T.U.) was formed at Gimli on October 15, 1953.

Throughout the fifties and

early sixties, Gimli trained pilots in the advanced phase using the T-33. Pilots had already completed courses in basic flying utilizing piston aircraft and Gimli provided their first training on jets. In the late fall of 1964, all-jet training was introduced into the Canadian Forces.

In August of 1964, the "Tutor" basic jet trainer arrived at Gimli. As Gimli was no longer solely concerned with advanced training and the base was now assuming a role in basic flying training, it became Number 1 Flying Training School (1 F.T.S.) the name it retains today.

In April 1970, Gimli lost its basic squadron of Tutors to Moose Jaw with the occasion to again consolidate all Advanced Jet Training on the T-33 at Gimli. Then in July 1970, the Flying Instructors School at Portage la Prairie split. The Tutor section was relocated in Moose Jaw and the T-33 section became a Flying Instructors Squadron at Gimli.

Today's trainees include Officer Cadets recruited from High School graduating classes across Canada, Direct Entry and R.O.T.P. (Regular Officer Training Plan) officers from Military and civilian Universities plus many experienced officers undergoing Cross Training from other trades in the Forces. Trainees arrive at the school after undergoing flying training at Portage la Prairie and Moose Jaw. Three courses of approximately 17 students each are undergoing training at any one time; one course graduating every 18 - 24 weeks producing approximately 115 new jet pilots a year for the Canadian Armed Forces. The school has a complement of 92 instructors which will be reduced to 63 in the coming year. The aircraft strength is presently 56 T-33 Silver Stars.

The total cost of operation, maintainance and staffing of CFB Gimli is 9.2 million dollars. The Base has a military strength of eight hundred and employs two hundred civilians from the surrounding area. Its annual payroll for military and civilian personnel is 7.3 million dollars. There are one hundred and ninety-three permanent married quarters on Base with a further one hundred and fifty-two families in the Evergreen Development. In addition, two hundred and fourty service families live in the town and local areas.

In August 1970 the Department of National Defence announced that CFB Gimli would be phased out by September 1, 1971. No. 1 Canadian Forces Flying Training School will be moved to CFB Cold Lake prior to that date.

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<p>HEAD N SHOULDERS SHAMPOO Eco size SUPER SPECIAL \$1.39</p>	<p>BAYER ASPIRIN 100 tab size SUPER SPECIAL 61¢</p>	<p>SHICK RAZOR BLADES 5's SUPER SPECIAL 39¢</p>	<p>KLEENEX 400'S SUPER SPECIAL 3 for 93¢</p>
<p>GARBAGE BAGS SPECIAL 10 for 44¢</p>	<p>RUB A-535 SUPER SPECIAL 59¢</p>	<p>JERGENS LOTION lge size SPECIAL \$1.39</p>	<p>SUDDEN BEAUTY HAIR SPRAY SUPER SPECIAL 79¢</p>
<p>WOODBURY SHAMPOO OR CREME RINSE SUPER SPECIAL 66¢</p>	<p>CHOCOLATE BARS 10 per poly bag SUPER SPECIAL 79¢</p>	<p>MAGNOLAX Large Size SPECIAL \$1.09</p>	<p>POLAROID SUN GLASSES 25% off REGULAR PRICE</p>
<p>NICE N EASY HAIR COLOR SUPER SPECIAL \$1 49</p>	<p>CONTACT-C 10'S SPECIAL 99¢</p>	<p>HERSHEY BARS 3 giant bars reg 1.17 SPECIAL 89¢</p>	<p>DOVE SOAP 2 BARS SPECIAL 39¢</p>

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Dugald Fashion Review

A good sized crowd, predominantly feminine, braved the rain on Friday, September 11 to enjoy the outstanding Dugald Fashion Review. It is certain that they all enjoyed it, even the handful of men who attended, for everyone applauded spontaneously and frequently as the models from the little farming community of Dugald, 15 miles East of Winnipeg, appeared on stage in their priceless and authentic costumes of the past 100 years. These ladies started the show in 1953 intending to present it once only for the Women's Institute and it has continued and grown in popularity until this, their 183 performance. They are all volunteers and proceeds after expenses are given to charity or church. The models were all ages and sizes and personalities, giving interest by their variety. The commentator, Mrs. C. Holland, ex-teacher

and farmer's wife, described each gown and accessory in detail, with quiet humour. Mrs. F. Van Slyck, originator of the show, won acclaim with her grace and dignity as she modelled some of the finest gowns in the collection. Mrs. Charles Cook, short and elderly, was comedienne of the group, with her comical costumes and the way she modelled them. Other models were charming young ladies, including one who danced the Charleston off the stage in her short, shapeless dress of the ROARING TWENTIES. A little girl of six modelled a group of children's pastel hand-made dresses, with black stocking and boots. This collection of clothing must be worth hundreds of dollars and it is a marvel how the ladies have managed to keep them in such fine condition through so many showings. Many of them are made of

fine wool broadcloth and most of them are sewn entirely by hand. Period hats, parasols, beaded handbags, etc. are included as well as the strange shoes and boots worn at each period.

Sponsors for the show were the Gimli Women's Institute and guests were pioneers 75 years and over - a dozen or two of whom braved the rain to attend. The Gimli Women's Institute extends its grateful thanks to Col. Dunlop for permission to use the Base theatre free of charge for this event and for his personally extending the welcome to the audience and the performers on our behalf. Much thanks is due also to Major Ron Holden who was extremely helpful in looking after many details and assisting with arrangements. Mr. Allan Sargeant kindly looked after the lighting on short notice and Mr. Charlie Degare, theatre manager, was very helpful. Also Sam Greenberg did a fine job advertising the show via sound car. Mrs. Wilson and Mrs. Yunker assisted by getting girls to sell tickets at the Base and the Girl Guides to usher and take tickets at the show. To these and all others who helped make the evening a success, the Women's Institute extends grateful thanks.

MINCED BEEF 3lbs \$1.89 1lb. 65¢	LEG OF LAMB 79¢ LB.	SUGAR 10LB \$1.09	FRASERVILLE FISH & CHIPS 65¢
SIDE BACON MAPLE LEAF 1lb 85¢		DILLS BICK'S 32oz 55¢	
		DRESSING MIRACLE WHIP 32oz 79¢	FRASERVILLE MIX OF MATCH PERS, CORN MIXED VEG 2lbs/55¢
		TEA BAGS PRIOR PACK 100 65¢	
		DINNER VARIETY 6 for \$1	
		TOMATOES UTOPIA 17oz 2 for 55¢	

meal-time favorites

BREAD 24 OZ LOAF 4 for \$1.00	LOIN LAMB CHOPS 85¢ LB.	ROUND STEAK 99¢ 1lb
ROBIN HOOD FLOUR 25lbs \$1.89		HIP, RUMP ROAST 99¢ 1lb
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CANADA VINEGAR 123oz 89¢		JUICE LIBBY'S TOMATO 28oz 2 for 69¢
 	BLUE MTN. PINEAPPLE 45¢ 2 TINS	PRODUCE
RISE & SHINE ORANGE CRYSTALS 85¢ 1lb		PEARS BC. BARTLET 8lbs 69¢
SECRET SPRAY DEODORANT 6oz 99¢		B.C. PRUNE PLUMS 11lb CASE \$3.49
ULTRA BRITE TOOTHPASTE 65¢		APPLES MAC'S 4lb bag 69¢
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SUGAR CRISP 13oz 51¢		POTATOES #1 RED 10lbs 53¢
HONEY COMB 9oz 47¢		
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Brass Gets Raise

ANNOUNCEMENT BY THE MINISTER OF NATIONAL DEFENCE

An increase in pay has been approved by Treasury Board for senior officers in the Armed Forces. These pay increases of up to five per cent are effective January 1, 1970.

The salary revision applies to brigadier generals and above. The new scale for brigadier general is \$22,920 - \$24,360; major general \$25,560 - \$27,000; and lieutenant general \$28,680 - \$29,880.

The Department of National Defence will apply on January 1, 1971 the same salary ranges as now apply to senior executives 1, 2 and 3 who are their counterparts in the public service. The same merit principles which are followed in the public service will be used in determining salaries within the approved ranges.

FINLEY TV

— Service —

26 6th Ave, Gimli 642-5386

Winter Parking of Trailers

As the Base Standing Orders and PMQ Regulations do not permit the parking of trailers and campers in the PMQs, the Base Commander has again approved a suitable fenced and lighted area for winter parking of travel and camper trailers owned by service personnel who live in PMQs, Evergreen Development or Barracks. There will be accommodation for approximately 35 spaces to be assigned on a first come first served basis.

Personnel wishing to make use of these facilities must:-


- a. register the trailer with the Military Police and be assigned a lot;
- b. agree to store the vehicle at his own risk;
- c. agree to remove the vehicle on reasonable notice; and
- d. not perform any maintenance on the vehicle while it is in this storage area.

The trailers may be moved into the storage area during the following two periods:

15 to 18 September and 13 to 16 October 1970, between 0800 and 1600 hours daily, under the supervision of a Military Policeman, who will ensure that the vehicle is registered in the appropriate manner.

The proposed date for removal will be promulgated in ROs and will be governed by the weather conditions. A trailer, once it has been positioned in the storage area, may not be moved from the area until spring unless the owner is posted.

Personnel wishing to make use of the above mentioned facilities should contact Sgt. J.G. McLeod, at the Military Police section and register their trailer not later than 14 September 1970.



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Scouting Around

SCOUTING AROUND OR WHAT DID YOUR SON DO THIS SUMMER

June 27 saw 17 scouts and four counselors depart Gimli for Lake St. George, about 100 miles due north, for our annual summer camp. Because of higher water and considerable erosion since last camp held in that area, an alternate site had to be found.

The selected site, on the east side of Lake St. George, provided most of the essentials for a successful camp such as good drinking water, excellent swimming, boating and fishing areas, etc.

Emphasis this year was on self reliance, conservation and prevention of pollution. Considerable success in these areas was achieved by allowing the scouts to provide their own leadership and self discipline, with the scout counselors in the background attempting to provide a sense of competition and comradeship by more subtle means than direct involvement.

Many thanks to Danny Oakes and Robbie Christianson for their help in transportation and in running the fishing derby.

Thanks also to the parents who showed up at the scout hall to lend a hand before departure for camp and on return.

One observation you may be interested in is that to observe these young men around the Base and PMQ area and even at some scout meetings, one can get the impression that the youth of today are almost a hopeless lot not really worth the sacrifices that some of us make as counselors. After spending nine days with these same lads living under conditions that were sometimes quite adverse such as steady rain and high winds for three days, patching cuts and burns, sharing their joy at catching pike from a kayak or joining in a campfire sing-a-long watching their faces light up, when you tell them how much you enjoyed the supper they cooked for themselves and you as their invited guest, you can only conclude that youth of today are made just as good as in our day, the only difference being perhaps that we do not always provide the same opportunity for our kids to develop the sense of responsibility and self reliance that our parents provided us.

The Base Scouting Organization would like to conclude this article by simply inviting all parents to the Baden Powell Hall on 1 October

1970 between 7:00 p.m. and 8:30 p.m. to register their young men in the Boy Scouts of Canada.

Oh yes, if you would like to share in the priceless experience of helping and watching young boys developing into young men, we desperately require more leaders to provide our boys the opportunities mentioned above, you do not need much qualification to be of service, a desire to help will do for a start - you will not be alone. The scout counselors in this organization are merely parents like you, concerned about today's youth and determined to "light a single candle rather than curse the darkness".

P.S. For any information on scouting contact your Group Committee or any of the following:

Bob Scheer, Local 63 or 8122,
Troop Scouter

Wan Danforth, Local 7 or 5581,
Counselor

Bob Ashwood, Local 77, Counselor
Bob Daye, Local 10r2 or 8325,
Counselor

There will be a meeting of parents of boys interested in the Second Gimli Cubs and Scouts at 8:00 p.m. September 22, 1970 in the Gimli Legion Hall.

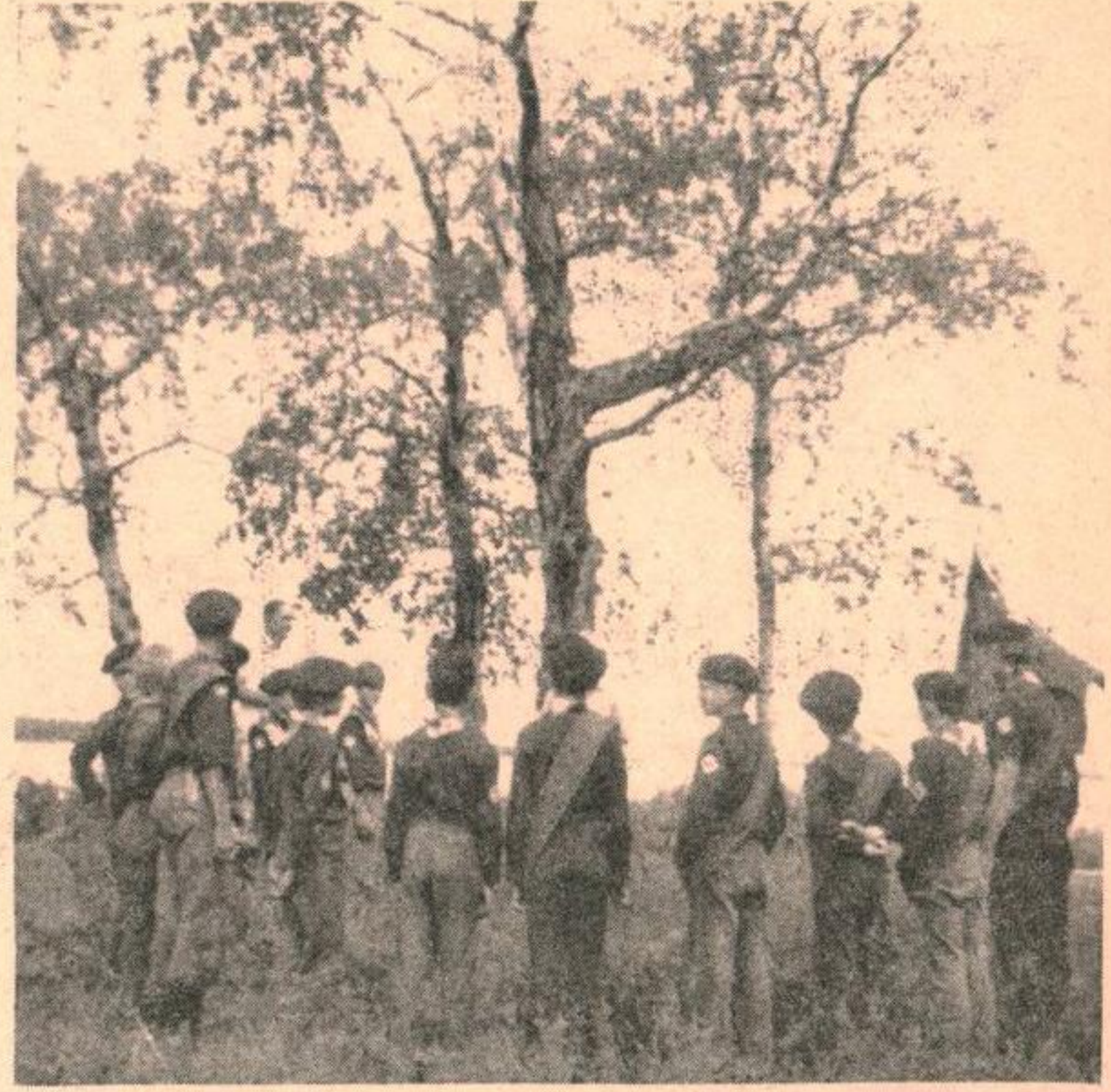
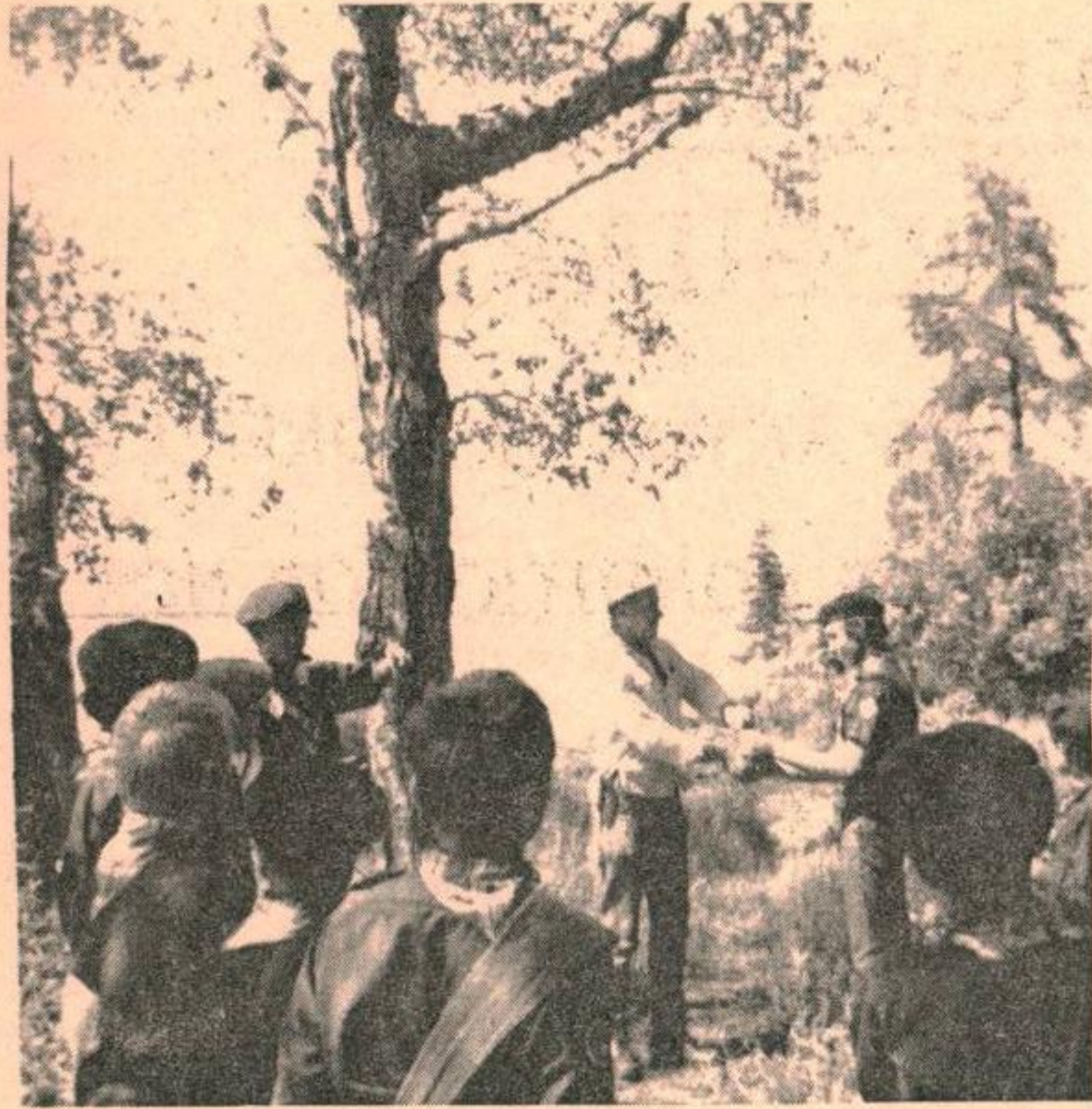
All interested parents are urged to attend.



Bar-B-Q pike and pickerel provided many a fine snack.



Water Rat Patrole - youngest in camp win honor flag for most merit points during morning inspection of campsite. Troop Scouter Don Zubeski makes presentation.



Closing ceremonies are highlighted by the presentation of prizes awarded for competition in Kyack racing, woodcraft, swimming and fishing contest etc.

Final flag lowering and moment of Scouts' silence provided opportunity to reflect on the achievements and friendships shared during the camp.

EATONS
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Catalogues available

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Exotic Dancer Monday & Tuesday
Smorgasbord Sun
 BAND Wed, Thr, Fri, & Sat.

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Cor. Hwy. No. 9 and Centre St.

GIMLI Manitoba Canada

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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

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WEEKEND SPECIALS

- EGGS 35¢ DOZ
- BREAD 4/95¢
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- COOKIES Paulins 3/89¢
- BANANAS 14¢/lb
- ORANGES 49¢ DOZ
- COTT DRINKS Cart of 6 48¢
- OLD DUTCH CHIPS
Twin Pac 69¢

BRODIES

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WILL TAKE TRADES ON ANY 17 OR MORE JEWEL
WATCHES. IN RUNNING CONDITION OR NOT.

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GIMLI MAN

GOLKO'S HARDWARE - *Specials to Clear*

	SUGGESTED FACTORY PRICE	TO CLEAR
1 COBRA C.C.M. Bicycle	\$ 92.95	\$ 72.95
1 MUSTANG C.C.M. Bicycle	74.95	59.95
IDEAL CHRISTMAS GIFT		
1 Only Model 200 Snow Cruiser	931.00	810.00
5 1970 Models. Lawn-Boy Lawn Mower 10% off. Save \$10.00 to \$18.00.		

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Snow Cruiser Frigidaire Appliances
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Remington Guns..... Rifles..... and..... Amunition

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FOLLOWING PRIZES.....

FIRST PRIZE.... From Golko's Hardware.... a \$12.50 Gift Certificate.

SECOND PRIZE... From Brodies a \$10.00 Gift Certificate.

THIRD PRIZE.... From Cronshaws Jewellery a \$7.50 Gift Certificate.

BABY PHOTO CONTEST

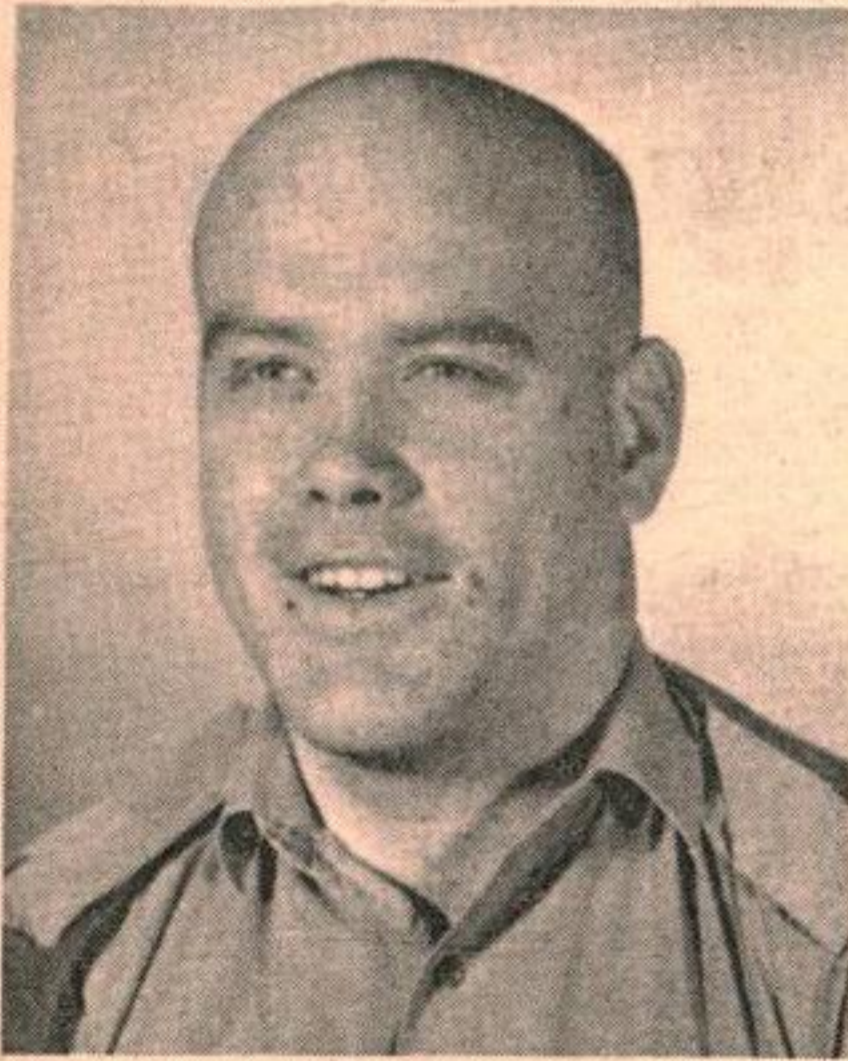
WIN PRIZES



-1-



-A-



-2-



-B-



-3-



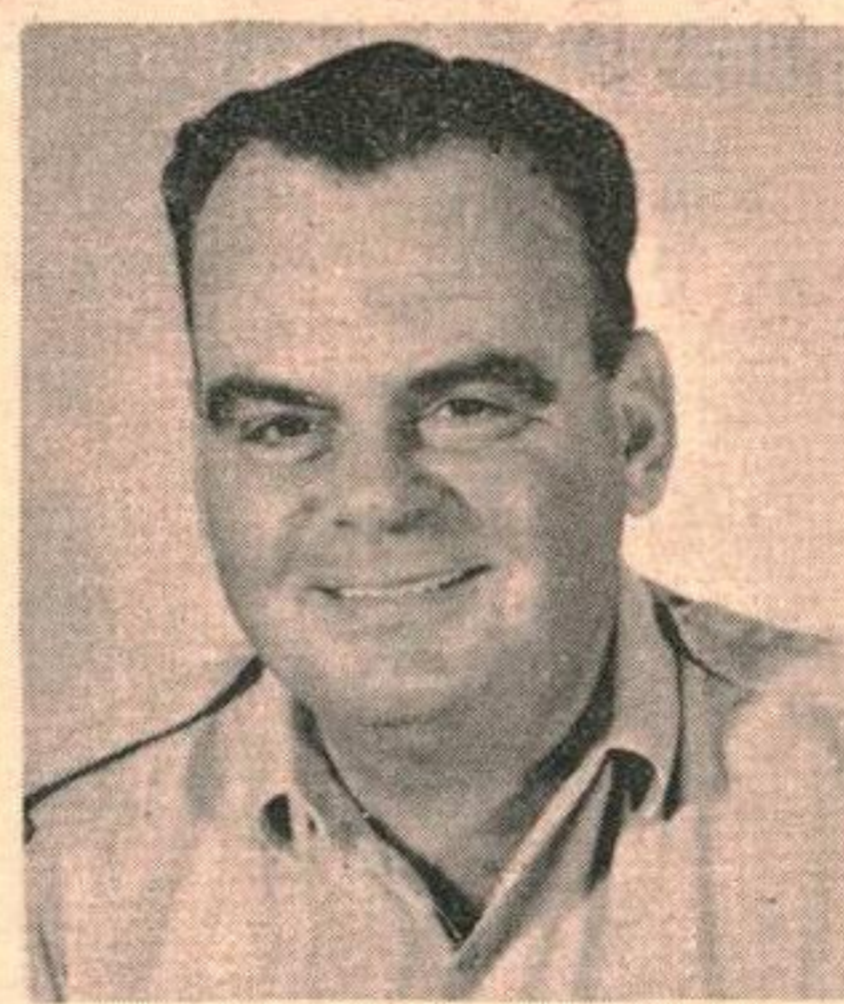
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-4-



-D-



-5-



-E-

CONTEST RULES

1. All entries must be mailed to: Framfari Contest, Box 530, Aspen Park, Manitoba. Aspen Park-post-marked on or before 24 September 1970.
2. Open to all Framfari readers, except Framfari staff their families and subjects pictured in the contest.
3. Decisions of the judges will be final.
4. Winners will be published on 2 October 1970.
5. Entries limited to one per person.

OFFICIAL ENTRY FORM (or Reasonable Facsimile).

I Have Matched The Photographs.....

1. _____ 2. _____ 3. _____ 4. _____

5. _____

NAME: _____

ADDRESS: _____

PHONE: _____

MAIL TO: Contest-Framfari-Aspen Park, Manitoba.



FALCONS FALTER IN FINALS

Following are the Final results of the Canadian Forces National Softball Championships:

	GP	WON	LOST	POINTS
CFB Chatham	7	7	0	14
Valcartier	7	4	3	8
Borden	7	4	3	8
Baden	7	4	3	8
Comox	7	3	4	6
Petawawa	7	3	4	6
Cold Lake	7	2	5	4
Gimli	7	1	6	2

Valcartier declared second place finishers as they defeated Baden and Borden

Do you know baseball

by L.J. Burns

In the bottom half of the 8th inning, the visitors leading 3-2. The batter singles, he breaks for second on the first pitch to the next batter. The batter hits a drive to left center field. the outfielder makes a fine running catch and throws hard to the first baseman in an attempt to make a double play. The runner, already past second base, races back and slides head first into the base to beat the throw. The ball bounds away from the first baseman toward the fence where the catcher is covering the play. Just as the catcher reaches for the ball, a fan leaning from the stands pulls the ball away from the catcher and stuffs it in his pocket. The runner has just now arisen to his feet.

Quest: Place the runner?

Ans: Hold the runner at first base. This is an umpire judgment call, as to whether the runner could have advanced. In this case, he obviously could not.

Top half of the 8th inning, 1-1 tie, the batter singles to right field, after two strikes on the next batter he attempts to bunt, and the

runner is off with the pitch to second. The batter bunts a foul pop fly to the right of the plate. The catcher takes the ball on the fly and fires to the first baseman, before the runner can return to the base. It is a double play or is it? The home team charge out of the dug-out claiming that only the batter is out for bunting foul on a third strike. They argue that the ball is then dead and the runner may return to first base without jeopardy.

Quest: If you were umpiring, how would you rule?

Ans: It is a double play. The batter is out for bunting foul on a third strike, but the ball is never dead when caught on the fly fair or foul.

BOWLING NEWS

ATTENTION BANTAM BOWLERS

There will be casual bowling for Bantam Bowlers only Friday the 18 from 6:00 p.m. until 9:00 p.m. Cost per game 10¢.

We also require more bowlers, both Bantam and Senior. Parents -- we also need your help -- score-keepers are needed for Friday nights. If you can help please phone Pat or Bill Gemmell at 642-5947.

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PHARMACISTS: Ernest Stefanson, Keith Eyolfson

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MALLORY 'AA' Batteries
4's

REG \$1.20 SPEC 89¢

PRISTEEN
Feminine Deodorant Spray

REG \$2.49 SPEC. \$1.89

J&J Baby Powder
Economy

REG \$1.19 SPEC. 99¢

MAGIC MOMENT
Hair Color

REG \$3.49 SPEC. \$2.49

our winter hours

FRIDAY 9AM - 9PM

SATURDAY 9AM - 6PM

SUN, MON 12NOON - 6PM

TUES. WED, THURS 9AM - 6PM

MODESS Regular 48's

REG \$1.99 SPEC. \$1.69

LISTERINE Lozenges

REG 89¢ SPEC. 69¢

COME IN AND SEE OUR SELECTION OF VITAMINS FOR THE WINTER SEASONS.

LEARN TO SWIM CLASSES

The fall learn to swim classes will commence this Monday 21 Sept. The classes, times and names of instructors are as follows: The classes will be the same time each day once per week as they appear on the nominal roll.

21 SEPTEMBER - Monday 1630-1730 hrs. BEGINNER-4. Instructor: Mrs.D.Passant.

Christine Horsman	Karen Nesbitt
Jean Anslow	Stephen Anderson
Linda Grant	Kerrine Isfjord
Douglas Funk	Lori Sargent
Lorraine Boylan	Carolyn Hall

21 SEPTEMBER - Monday 1830-1930 hrs. SENIOR. Instructor: Mrs. Lynch.

Marilyn Funk	Paulette Everett
Debra Funk	Brenda Weinberger
Elaine Pickford	James Holden
Deborah Fecteau	Suzette L'Arrivee
Margaret Hall	Barbara Smith

21 SEPTEMBER - Monday 1930-2030 hrs. BEGGINER. Instructor: Lt. Ker

John McLoughin	Cindy Kroeker
Gwynne McLoughin	Elsie Burns
Joyce Sangster	Francine Levasseur
Jo Kemp	Claudette Webster
Jean Grant	Louise Scally

21 SEPTEMBER - Monday 2030-2130 hrs. JUNIOR. Instructor: Cpl Timbers.

Margaret Small	Mrs Gernack
Burrell Downing	Mrs Higgins

21 SEPTEMBER - Monday 2130-2230 hrs. INTERMEDIATE. Instructor: Mrs.McInnis.

Pierrette Charron	Doedy Charmichael
Michael Archer	Stella Reynish
Susan Anderson	Lucille Kenny
Margaret Anderson	Ernie Friesen
Charles Ollenberger	Debra Vonchorus
Richard Popowich	

22 SEPTEMBER - Tuesday 1830-1930 hrs. SENIOR-2. Instructor: Mr. Watts.

Mark McLoughlin	Diana Chambers
Nancy Ennis	Sandra Archer
Peter Ennis	Kenny Archer
Gary Wilson	Ken Samagalski
Carl Charron	Darlene Samagalski

22 SEPTEMBER - Tuesday 1930-2030 hrs. SYNCHRONIZED SWIMMING. Instructor: Mrs. Struthers.

Leone Ruckpaul	Donna Anderson
Tammie Wilson	Barbara Rafferdy
Leanne Wislon	Wendy Nevison
Sharon Cairns	Marlene Greenough
Jan Struthers	Berit Brown

22 SEPTEMBER - Tuesday 2030-2230 hrs. BRONZE CROSS. Instructor: Cpl Passant.

Jack Charron	Cpl McFadden
Glen Small	Doreen Passant
Sharon Cairns	Mae Burns

22 SEPTEMBER - Tuesday 1630-1730 hrs. BEGINNER-5. Instructor: Mrs.D.Passant.

Robert Rice	Glen Wlosek
Sandra Rice	Garry Gillis
Klaus Vonchorus	Debbie Gillis
Donna Popowich	Karen Dombosky
Marie Cairns	Don Stacey

23 SEPTEMBER-Wednesday 1630-1800 hrs. INT.LIFE SAVING. Instructor:Cpl Sesak.

Terry Robinson	Patty Holden
Paul McLean	

23 SEPTEMBER-Wednesday 1630-1800 hrs. ELEMENTARY RLSS. Instructor:Cpl Sesak.

Michael Sheppard	Connie Hall
Conrad Passant	

26 SEPTEMBER-Saturday 0800-0900 hrs. INTERMEDIATE. Instructor:M/Cpl Williamson.

Cathy McLoughlin	Brian Williamson
Marcia Corkum	Bernard Small
Patti Corkum	Gail Williamson
Ron Gagnon	Kevin Charron
David Gagnon	Corrine Small

26 SEPTEMBER-Saturday 0900-1000 hrs. INTERMEDIATE-2. Instructor:M/Cpl Williamson.

Barbara Whitehead	Cheryl Cameron
Richard Fecteau	Marie Cameron
Lynn Archer	Joanne McLean
Vernon Gwin	John Harrison
Janet Tratt	Sheri Lutomsky

26 SEPTEMBER-Saturday 1000-1100 hrs. INTERMEDIATE-3. Instructor:Cpl Small.

Debbie McLeod	Tammie Wilson
Jim Hentig	Leanne Wilson
Cathy Hentig	Elizabeth Rodgers
Terry Burns	Tim Weinberger
Nancy Naylor	Donald L'Arrivee

26 SEPTEMBER-Saturday 1100-1200 hrs. INTERMEDIATE-4. Instructor:Cpl Small.

David Cherniak	Joanne Robinson
Lorene Cherniak	Cathy MacDonald
Michelle Hall	Debra Dombowsky
Sheila Rice	Beverley Cameron

26 SEPTEMBER-Saturday 1200-1300 hrs. JUNIOR. Instructor: Cpl Charron.

Joanne Pearson	Blair Passant
Gary Pearson	Ricky Popowich
Jimmy McLean	Cheryl Popowich
Andrew McCarthy	Arthur Barker

26 SEPTEMBER-Saturday 1300-1400 hrs. JUNIOR-2. Instructor: Cpl Charron.

Jamie Dunlop	Liane Wlosek
Paul McLoughlin	Mark Samagalski
Lise Leblanc	Stephen Pickford
Jack Anslow	Gregory Brown
Janet Kemp	Paula Boylan

26 SEPTEMBER-Saturday 1400-1500 hrs. JUNIOR-3. Instructor: Mr. Hudson.

Thomas Holden	Judy McGough
Katheryn Hall	Nancy Downing
Martyn Hall	Sharon L'Arrivee
Chery Symonds	Shirley Gillis
Donna Henry	Russell Harrison

26 SEPTEMBER-Saturday 1500-1600 hrs. BEGINNER-1. Instructor: Mr. Hudson.

Donald McLeod	Brian Weinberger
Jimmy Caldwell	Karen Henry
Donna Caldwell	David L'Arrivee
Beverly Barteaux	Rhonda Symonds
Kevin Barteaux	Andy McCarthy

26 SEPTEMBER-Saturday 1600-1700 hrs. BEGINNER-2. Instructor:Cpl McFadden.

Terry Dunlop	Wanda Hunter
Steven Horsman	Timmy Kemp
Gary Horsman	Cheryl Shepherd
Peter Anslow	Todd Grant
Vaughan Hunter	David MacDonald

26 SEPTEMBER-Saturday 1700-1800 hrs. BEGINNER-3. Instructor:Cpl McFadden.

Gail Samagalski	Lynda Nesbitt
David Marshall	Terry Lutomsky
Ross Forbes	Christine Sargent
Pat Watson	Wayne Pineau
George Harrison	Steven Black

All those names being held on the "Holding List" will be contacted if space becomes available. If their name does not appear on swim list or they are not contacted their name will be held for the "Winter Swim Classes" commencing in January 71.

LADIES CURLING CLUB

General meeting to be held for all interested lady curlers at 8:00 p.m. on the 29 September 1970 at Goulding School.

Please bring application form to this meeting. For information or to register for curling phone Joyce Wray at 642-5281 or Dallys Leduc 642-7985.

LADIES CURLING CLUB.....ENTRY FORM	
NAME	_____
NUMBER of YEARS	_____
ADDRESS	_____
POSITION PLAYED LAST YEAR	_____
POSITION DESIRED	_____
SPARE.....YES	NO



THE 10th HOLE

Aspen Park Golf Club



LADIES WINDUP TOURNAMENT

Although weather last Saturday was not what might be called conducive to an enjoyable round of golf, the ladies were there in force to brave the climate and finished nine holes of play before being rained out. Retiring to the Tutor Lounge their spirits were lifted with the presentation of the many beautiful prizes and the excellent banquet that followed. Helen King as tournament chairman with the help of Lila Tucker, Lorna Henry, Jean Boucher and Shirley Bechamp can be proud of their efforts in making the event the success it was.

TOURNAMENT WINNERS

GROSS	NET
1st H. King	C. Atkinson
2nd I. Wray	V. Griffiths
3rd M. Crooks	J. Boucher
4th M. McInnis	G. MacKinder
5th L. Tucker	S. Bechamp
6th B. Cramer	L. Poulin

Most improved golfer of the year - Jean Boucher, Ringer Board Winners - Lila Tucker and Verna Griffiths - tied at 28 (gross).

LOW HOLES

Dot Strickland
Joyce Sangster
Edie Herrick

HIGH HOLES

Marlene Greenough
Lorna Henry
Moira Bell-Chambers
Most honest Golfer - Beth Barnes

Intermess Golf

An eagle on the 294 yard par 4,18 hole gave Pete Brown a 71 and individual honors as he led the Officers Mess to second place in the Intermess golf played here last weekend. For the fifth consecutive year the Junior Ranks Mess posted the low team total to edge out the Officers and Senior NCOs Mess.

Results

Junior Ranks - 637
Officers - 641
Senior NCOs - 643

Individual presentations were made to the low member of each mess with Maj. Platz winning the V.I.P. Flight.

Low for the Officers Mess was Capt. Morris with a 73. Senior NCOs, Fred Chorney - 75. Bruce Ross was presented with a bucket of practice balls for his 100% effort.



WHERE THE PRIZES WENT

Front Row (L. to R.) Dot Strickland, Marlene Greenough, Jean Boucher
Back Row (L. to R.) Lorna Henry, Joyce Sangster, Moira Bell-Chambers, Col. Dunlop, Edie Herrick, Jim Greenough and Beth Barnes.



TROPHY LINE-UP

Col. Dunlop presents the ladies with their trophies. (L. to R.) Col. Dunlop, Verna Griffiths - 2nd low net, Helen King - low gross, C. Atkinson - 1st low net, J. Wray - 2nd low gross.

CANADIAN FORCES BASE WINNIPEG COMMUNITY COUNCIL PRESENTS

OPEN MARKET AND AUCTION

BUILDING 21 - SHARPE BLVD. SUNDAY 4 OCT 70
10AM TO 6PM

OPEN MARKET

Bake Sales, Fish Pond, Garden Produce, Rocks, and Minerals, Coins and Stamps, Antiques, Odds and Ends.

AUCTION of Bicycles, Toys, Antiques,

Books, Furniture, Clothing, Auto Supplies, Odds and Ends too numerous to mention.

SPECIAL DISPLAYS AND EVENTS

Fabulous Display of MILITARY MEDALS

-----MANY FREE CHILDREN MOVIES-----

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Original Paintings by Van Heusen

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BEER GARDENS and SALE of BEER MUGS

YOU MAY DISPLAY AND/OR SELL YOUR ARTS AND CRAFTS, OR WHAT HAVE YOU BY RENTING AN EIGHT FOOT DISPLAY TABLE FOR THREE DOLLARS; OR YOU MAY DECIDE TO PUT SOMETHING UP FOR AUCTION (a maximum of eight items) WHERE YOU WILL REALIZE 85% OF THE SALE PRICE. YOUR REQUIREMENTS, AUCTION LIST AND FURTHER INFORMATION SHOULD BE DIRECTED TO J.M. JOHNSON, CFB WINNIPEG, WESTWIN, MANITOBA (c/o CE SECTION) PRIOR TO 25 SEPTEMBER 1970.

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Good Service
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Lake Inn RESTAURANT

TIRED OF COOKING??

WHY NOT TRY OUR
NEW TAKE-OUT SERVICE

Next to Gimli Tailor, Gimli

BASE PHYSICAL RECREATION PROGRAM SEPT

Swimming	Place	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Contact
OPEN	B P	1800-1930	1800-1930	1800-1930	1800-1930	1800-1930	1800-1830	Open	Norm Passant
ADULTS WITH CHILDREN	A O S O	1930-2030	1930-2030	1930-2030	1930-2000	1930-2030	1930-2030	Open	at
ADULTS ONLY	E L	2030-2100	2030-2100	2030-2100		2030-2100	2030-2100	Open	Local...66
Scuba	Base Pool				2000-2300				George Pitman at Local 77
Bowling Casual	Rec Centre	1800-2300							Cpl Pike at Local 28
JUDO JUNIORS	Rec	1900-2000		1900-2000				1900-2000	Cpl Desveaux
SENIORS	Centre	2000-2200		2000-2200				2000-2200	at Local 58
GYMNASIUM	Rec Centre	0800-1630 1830-2130	0800-1630 1830-2130	0830-1630 BINGO	0830-1630 1830-2130	0830-1630	CLOSED	1300-1630 1830-2130	Recreation Centre 0/R

HOURS of OPERATION of BASE FACILITIES

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exchange Hours	1130-1730	1130-1730	1130-2100	1130-2100	1130-1730	1130-1600	CLOSED
Snack Bar Hours	0930-2200	0930-2200	0930-2200	0930-2200	0930-2200	1000-1700	1500-2200
Library Hours	1300-1700	1300-1700	1300-1700	1300-1700	CLOSED	CLOSED	CLOSED
Hoby Shop Hours	1900-2200	1900-2200	1900-2200	1900-2200	CLOSED	1000-1300	CLOSED
Auto Club Hours	0800-2100	0800-2100	0800-2100	0800-2100	0800-2100	0900-1700	CLOSED

FITNESS—ITS NOT A FOUR LETTER WORD

During the previous week fitness testing has taken place at the Base Recreation Center. Contrary to popular opinion something of value has resulted. This test period has emphasized the misconceptions concerning fitness which exist. One misconception which predominates is that fitness necessarily means pain. In fact it should be the reverse. Fitness means pleasure. Fitness means the ability to experience a wide range of physical activities. Fitness is a sense of well being.

Initially some discomfort will occur if an individual has been completely inactive for a lengthy period of time. This discomfort can be minimized by gradually progressing through a specifically designed program. Lt.Col K.H. Cooper M.D. has developed a new concept designed specifically for the majority of people who are inactive and who knowingly or unknowingly follow this inactivity. He calls it "Aerobics".

If there are questions about aerobics or fitness in general please direct them to the recreation centre and they will be answered in the following issue. If you are interested in an individual program con-

tact the recreation centre and one will be arranged.

Fitness Testing to date for Base personnel has shown the following results.

EXCELLENT	15.4%
GOOD	52.9%
FAILURE	16.9%
EXCUSES	14.8%

Flag Football

FLAG FOOTBALL OFFICIALS CLINIC

A Flag Football Officials Clinic will be held at the Recreation Centre Thursday, September 17. The Clinic will commence at 0900 hours and all are asked to report to the Recreation Centre Conference Room at 0845 hours. Representatives of the Manitoba Officials Association will conduct the Clinic. Anyone interested in participating in the Clinic should contact the Base Recreation Office at Local 52.

FLAG FOOTBALL BASE LEAGUE MEETING

A meeting will be held Monday 14 of September at 1500 hours in the Conference room of the Base Recreation Centre for anyone interested in playing, officiation or coaching intersection Flag Football.



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Complete Family

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

St. Andrews Airshow

WINNIPEG--Armed Forces aircraft from six operational and training bases across Canada will swoop over Winnipeg's St. Andrews Airport September 26-27 as part of the biggest airshow ever staged on the prairies.

They will be performing modified aerobatic manoeuvres as part of the Manitoba Centennial Airshow with a total of 29 aircraft.

Included will be the newest machine on the armed forces' inventory the CF-5 Freedom Fighter, the CF-104 Starfighter and the CF-101 Voodoo. Biggest of the lot will be the maritime reconnaissance and anti-submarine warfare aircraft, the Argus, from Greenwood, N.S.

Aircraft in the training category will include the Tutor jet, the T-33 Silver Star and the three-man Nomad helicopter.

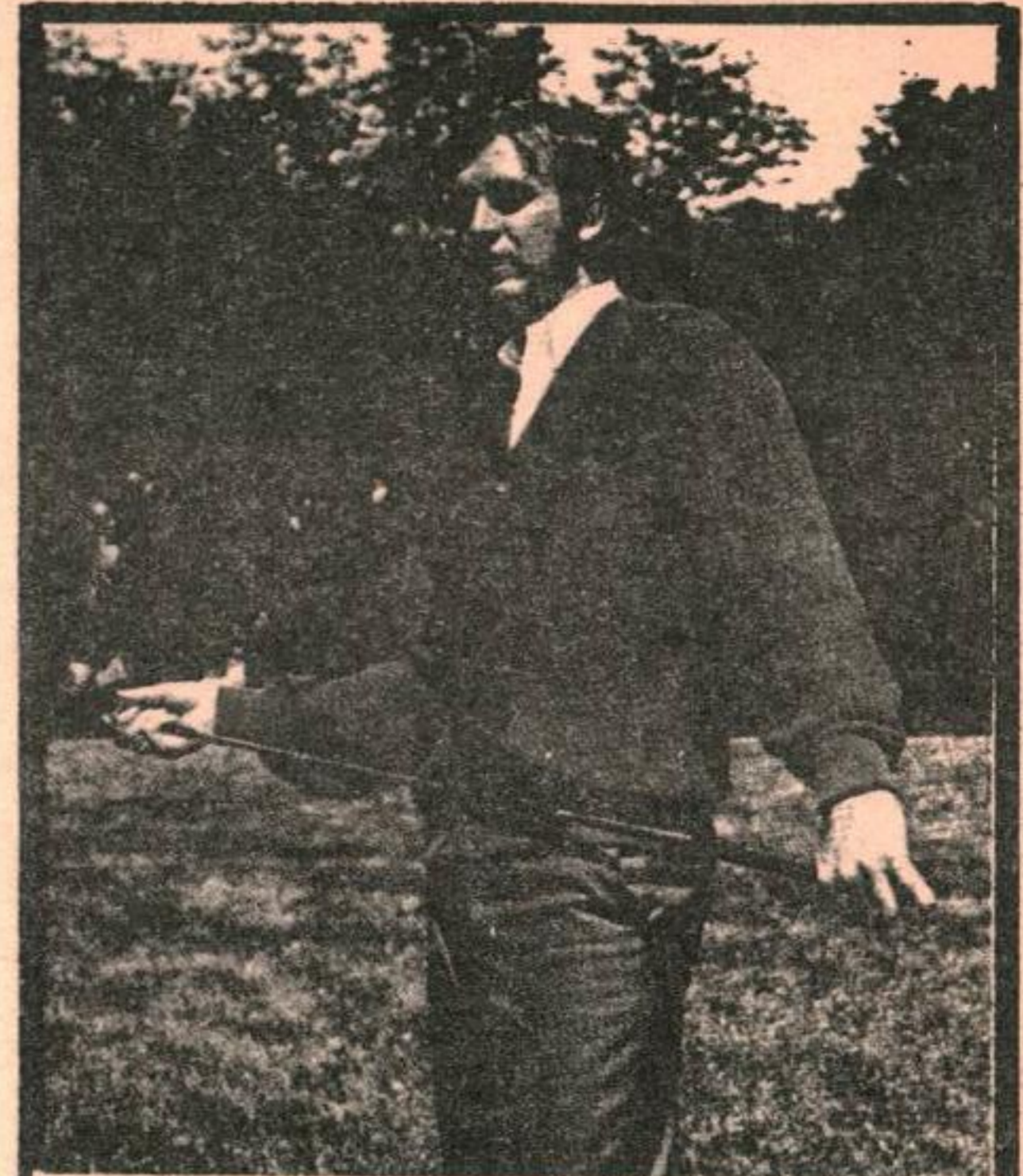
Coordinator of armed forces participation, Major Bruce Giffin, from CFB Gimli, says that the military aircraft will come from bases in Bagotville, P.Q., Cold Lake, Alta. Moose Jaw, Sask., Portage la Prairie and Gimli.

Although spectators will get as close a view of the aircraft in flight as regulations permit, only six Nomad helicopters will be able to land before the crowd. The rest, because of runway limitations, will operate from armed forces bases at Winnipeg and Gimli.

The air show also coincides with another event attracting world-wide attention on Winnipeg, The British Commonwealth Wartime Aircrew Reunion, September 24 to 27.

Wartime celebrities attending include the two top fighter aces from the British and German sides in the Second World War. They are Britain's Air Vice Marshall J.E. (Johnnie) Johnson, and Germany's Lt.-Gen. Adolf Galland.

Also on hand will be Canada's foremost aerial veteran of the war, retired Air Commodore J.E. Fauquier of Toronto. He is credited as "the man who saved the city of London," for knocking out Germany's V-1 rocket sites.



Ted Jenkins

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MEN'S SWEATERS

Sleeveless Pullover \$8.00

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Shetland Wool Long Sleeve Crew Neck Pullovers \$13.00

Mohair and Wool

Vee Neck Pullover \$14.00

Raglan Sleeve Cardigan \$16.00

SEE THIS SUPERB COLLECTION IN ALL THE LATEST FALL COLOURS AND STYLES

GIMLI MOVING & STORAGE

FAST FREIGHT AND EXPRESS TO WINNIPEG BEACH, GIMLI
 ** PACKING ** FURNITURE ** SHIPPING **
 GOODS INSURED * ANYWHERE IN CANADA * RELIABLE SERVICE
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-Snow Tires

-Antifreeze

-Excellent Tire Selection

WHERE? _____

BASE AUTO CLUB



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

Facts About Alcohol

The alcohol in beverages is ethyl alcohol or ethanol. It can be produced naturally (by allowing certain fruits, vegetables, or grains to ferment) or synthetically. In Ontario, the alcohol content of beer is five per cent by volume and of distilled spirits (whisky, rum, gin, etc.) 40 per cent. The natural alcohol content of wine ranges from seven to 14 per cent; fortified wines (sherry, port, vermouth, etc.) contain 12 to 20 per cent alcohol. Roughly speaking, a pint of beer, a 4-oz. glass of wine, or a 3-oz. glass of fortified wine contains about the same amount of alcohol as a drink containing one and one half ounces of spirits.

--Short term Effects:

Alcohol depresses the central nervous system to a degree that depends on amount drunk, the rate of drinking, amount and kind of food in the stomach, and size, tolerance, and emotional state of the drinker. Generally speaking, one or two drinks reduce inhibitions in such a way as to make talk and emotional expression come more easily. Emotions expressed - e.g. pleasure, anger - depend on preceding mental state and the drinker's surroundings.

Taken over a short period, three or four drinks usually produce flushing, dizziness and poor coordination. Still larger doses alter perception and have an even greater effect on behaviour. When body content of alcohol is equivalent to about eight drinks, staggering, blurred vision and loss of balance are likely. Extremely large doses can kill by knocking out the process that controls breathing. However, this rarely happens. Consciousness almost always disappears before a lethal dose is consumed.

--Long-term Effects:

Most people can use moderate amounts of alcohol throughout an entire adult lifetime without apparent damage to physical or mental health, job performance or family life. However, about 3.5 per cent of Ontario drinkers (about 120,000 people) are victims of alcoholism -- dependence on alcohol that is harmful physically and/or psychologically.

--Hazards of High-risk Drinking:

Some authorities use the terms low-risk and high-risk to distinguish behaviour unlikely to lead to alcoholism from behaviour likely to do so. Statistically it appears that the dividing line comes at, or slightly below, six drinks per day. Signs of developing alcoholism in-

clude irregular or unsatisfactory performance at work, loss of interest in work, hobbies or family; frequent hangovers, blackouts (periods the drinker cannot later recall); and a pattern of alcohol-related traffic accidents (heavy drinkers are much more likely than others to be involved in automobile accident).

Many heavy drinkers are seeking to escape through the use of a chemical, alcohol, from the responsibility of facing and solving problems. Unfortunately, heavy drinking tends to increase the number and severity of the drinker's problem. Increasing difficulties may cause him to drink to escape becomes greater.

Alcoholism is a major factor in loss of employment, disruption of family life and mistreatment or neglect of children. It costs millions of dollars in lost production, accidents and personnel turnover. Research studies suggest that the children of alcoholics tend to become maladjusted themselves; if such people use alcohol they are more likely to do so in a hazardous way.

Many heavy drinkers suffer from loss of appetite, vitamin deficiencies, gastritis, infections, skin lesions and sexual impotence - conditions that can usually be corrected by a period of abstinence from alcohol under medical treatment. Some also develop peripheral neuritis, liver damage, or cardiovascular disorders. Severe cases may be characterized by Wernicke's syndrome (mental confusion) or Korsakoff's psychosis (loss of memory). In physically dependent persons, withdrawal reactions ranging from shakes to delirium tremens (tremors and hallucinations) occur. Some of these conditions can cause death. Fatal accident and suicide rates are higher for heavy drinkers than for the general population.

--Consequences of Low-risk Drinking:

For some people who stay well below their danger point, drinking is a source of social enjoyment and relaxation. Nevertheless, use of alcohol can sometimes create problems even for people who are in no immediate danger of becoming alcoholics.

When inhibitions are markedly reduced, people may say or do things they otherwise would not; sometimes these are a source of embarrassment or worse. Young people are especially vulnerable. Anyone who drinks a great deal over a short period may suffer headache, nausea and other symptoms of hangover next day. Weight-conscious people must con-

sider that whisky, gin and rum contain about 105 calories per one and one half ounce drink, plus any calories in mixers. A four ounce glass of dry white wine contains about 90, a three ounce glass of dry sherry 120, a 12 ounce bottle of beer 144 calories, some cocktails much more.

Many traffic accidents are related to use of alcohol. A blood alcohol level of .05 per cent or higher produces driving impairment in most people. In a 160 lb. person this level is usually produced by two ordinary-sized drinks if they are consumed in a short time. The less experience a person has with either drinking or driving, the less alcohol it takes to produce impairment. Many pedestrians hit by cars have high blood alcohol levels.

Combining alcohol with tranquilizers, antihistamines, or barbiturates and other sedatives can be dangerous. These drugs add to the effects of alcohol; some may intensify them. Many accidental deaths have been caused by taking too many barbiturate capsules after drinking. Combining alcohol with amphetamines may offset sleepiness produced by alcohol without counteracting other effects of intoxication.

--Treatment:

Medical treatment can help alcoholics who are in severe withdrawal states or who have physical illnesses arising out of their alcoholism; however, most therapists believe that treatment for alcoholism must also take psychological and social factors into account.

CONT - PAGE 21

**NORTH AMERICAN
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FACTS ABOUT ALCOHOL - CONT

WHAT IS NOT KNOWN ABOUT ALCOHOL?

--Why do some people become alcoholics? (Although we have a fairly good understanding of the physical processes involved, not enough is known about the psychological aspects).

--What determines the dividing line for a particular individual, between low-risk and high-risk drinking?

WHO USES ALCOHOL? WHY?

--In our society, people commonly drink to celebrate important events relax and promote sleep, relieve social or physical discomforts, quench thirst, increase appetite for and enjoyment of food, or make a get-together more enjoyable.

--In Ontario, for instance, about three quarters of the population over the age of 15 uses alcoholic beverages to some extent. A 1968 Addiction Research Foundation study indicates that some people under 15 also use alcohol. Of Grade seven students surveyed, about 23 per cent said they had used alcohol at least once a month during the preceding six months. For Grade nine, the figure was nearly 42 per cent.

--The vast majority of Ontario drinkers in the over-15 group-about 82 per cent of them-drink no more than an average of three pints of beer a day, or their equivalent in wine or spirits. About 11 per cent drink three to six pints or their equivalent, about three and one-half per cent consume six to nine, about one and one-half per cent nine to 12, and about two per cent more than 12 per day. As a group men are heavier users of alcohol than women, boys than girls.

ALCOHOL AND THE LAW

--Many laws regulate manufacture, possession and consumption of alcohol. The most relevant of these are well known.

--It is illegal to drive with a blood alcohol level of .08 per cent or higher. It is also illegal for a driver to refuse to submit to a breathalyzer test. Refusal can result in the same punishment as driving with a .08 level. This law does not however, make it legal to drive while impaired even if blood alcohol level is lower than .08.

**ED MANDRYK C. D.
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on First & Third Wednesday**

**How to shop from
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Chapel News

Protestant Chapel

Rev. J.S. Cameron
Phone: 156r 2

SUNDAY - 20 September 1970
10:00 a.m. HOLY COMMUNION

THURSDAY

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

Padre Hilton is away on Annual Leave and will not resume duties until the 28 September 1970. Rev. J.S. Cameron of St. Augustine Anglican Church, Gimli is taking over for Padre Hilton.

Sunday School Registration will be held on SUNDAY 4 OCTOBER 1970 at 2:00 p.m. in Goulding School for children four years old to Grade 4 inclusive.

A Meeting of all Sunday School Teachers will be held at 7:30 p.m. MONDAY 28 SEPTEMBER 1970 in the Chapel Annex.

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.

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

ALTAR SERVERS - Meeting ever second Wednesday of the month at 4:15 p.m.

IS THERE A WAY OUT

Whether we look at our own plight of difficulties that confront us here in our own community, or on a global scale we are seeing the great distinctive problem of man's situation in History and how that situation, which is one of contradiction and suffering presents itself in our own time and our own circumstance.

The urgent stressful question invariably arises "is there a way out?" It is not asked by people who are torn with curiosity to know how John Smith of the Middle Ages dealt with the problem of living (or any other age) they are concerned with the problem NOW. "Is there any way to get out of this Mess Now?"

In different terms, we are asking the self same question posed by St. Paul, St. Augustine, Luther, Nietzsche, not forgetting that bearded old grouser Karl Marx. ----Is there a way out? ----Please realize that this is a theological question first and foremost.

It would be highly satisfying if, in answer to this question, there was an unhesitating, unqualified affirmative answer. A neat, pat cure-all would be great. It would also be untrue and misleading.

What doctor is there who can offer an immediate cure for any disease from housemaids knee to cancer. Whether it is a doctor, a politician or a theologian the treatment is often the same ----"Take these pills ----vote Socialist (etc.) ----read the Bible and do not smoke drink or swear ----and everything in the garden will be lovely.

What do we mean by the question, "Is there a way out". Do we mean --is there a way that civilization can be deprived of its contradictions, its frustrations, its crises? Do we mean ----is there a way by which society can be assured of the pursuit of unending material progress without calamity, without personal tragedy and suffering? Is there a way that sunshine can be guaranteed without shadow? ----In short, can we have our cake and eat it at the same time? If that is what we mean by the question "Is there a way out?" Then the answer is an absolute "No" and that is, by and large, what our generation often means by the question.

Behind the question there lies the assumption that Christianity is an instrument of civilization in the world and that God's purpose for man

in the world is maximum material consumption. It is the assumption that the New Jerusalem is providentially ordained to be the domestic servant of the old Babylon.

Well, in the Name of the Holy God, it isn't. Christ did not die on Calvary to establish a universal bourgeois civilization under any label whatsoever. Such a misconception has to die before one can begin to appreciate what the Christian Gospel has to offer. It does have a gift. Don't make any mistake about that. That much I would personally guarantee. Years ago, the Christian Faith was derided by a satirical song that has its origin in a once powerful labor organization. It was called - "You'll have pie in the sky when you die". They in turn preached a gospel of boiled beef and carrots on earth before you die. It preached - get Capitalism off your backs and the world will become a paradise. By now most will recognize that, that particular gospel has been dispelled. I am not knocking labor unions, nor pushing capitalism. Neither have that much to boast about. I am advocating abandonment of the cruel delusion that by any human device whatsoever, science, socialism or what-not civilization in this world can ever become a permanent joy-ride.

The way out, offered by the Gospel of Christ, is a way of escape not from individual or social problems but from personal bitterness, frustration and futility that consequent upon trust and confidence in the world and its trappings which are self-will organizations that form many social institutions. The remaking of society, which has become an obsession of modern times, will re-arrange the surface of life here and there and at the same time open new doors- to evils and horrors.

This does not mean that we should indulge in any abandonment of social activity or planning of a better society. But don't be hood-winked into thinking that any of it is going to guarantee a way out from the radical contradiction of our situation, from the dilemma that our civilization finds itself. This is the first step in the Christian way out ----a refusal to put ones whole trust in man's invention. It is with the realization of this truth that you can begin to listen to Christianity.

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- LADDERS
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- SANDERS
- ETC. -

Starlite Theatre

LOOK FOR FREE THEATRE PASSES IN THE 'POP CORN'

With the world getting ready to blow itself up, look who's minding the store.

The MADWOMAN OF CHAILLOT

"See that diamond-crested, double-breasted bird over there?..."

...that's mother. She wants to meet you."

20th CENTURY-FOX presents RAY FORNHELD PRODUCTION
DECLINE AND FALL OF A BIRD WATCHER
Based on Evelyn Waugh's novel "Decline and Fall"

Thursday, 24 September
135 Minutes

Adult
8:00 p.m.

Friday, 25 September
120 Minutes

Adult
8:00 p.m.

IN **TECHNICOLOR** AND **WONDRA-SCOPE**

Out of the mists of a dark Mystery
Flames the Tale of a Hero's Mightiest Hero

METRO-GOLDWYN-MAYER PRESENTS A KING BROTHERS PRODUCTION

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...his Greatest Love... his Deadliest Challenge... his Most Dangerous Conquest!

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GUY WILLIAMS · HEIDI BRUHL · PEDRO ARMENDARIZ · ABRAHAM SOFAER
SCREENPLAY BY SAMUEL B. WEST and HARRY RELIS · DIRECTED BY BYRON HASKIN · FRANK KING and HERMAN KING

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An epic drama of adventure and exploration!

YOU ARRIVE AT MAN'S COLONY ON THE MOON. A Whole New Generation Has Been Born And Is Living Here. ... A Quarter-Million Miles From Earth.

MGM presents a STANLEY KUBRICK PRODUCTION

2001: a space odyssey

STARRING KEIR DULLEA · GARY LOCKWOOD · SCREENPLAY BY STANLEY KUBRICK and ARTHUR C. CLARKE · PRODUCED AND DIRECTED BY STANLEY KUBRICK
SUPER PANAVISION and METROCOLOR

Saturday, 26 September
100 Minutes
Admission: Adults 75¢ Children 25¢

General

Sun. & Mon. 20 & 21 Sept.

155 Minutes

General

8:00 p.m.

Admission: Adults \$1.25, Children 50¢

The MART

HOUSES

For Rent: Furnished three-bedroom house in Winnipeg Beach for period from 1 Oct. to 31 Dec. 70. Phone: 389-5298.

For Rent: One bedroom home at 70-3rd Avenue, Gimli. Phone 642-5403.

AUTOMOBILES

For Sale: 1968 E-Type Jaguar Roadster in very good condition with 25,000 miles. British racing green with radial tires, stebro exhaust system, chrome wire wheels. Extras include mechanics service manual and two extra radial tyres. Reasonably priced. Phone: H. Russell at Local 37 or Gimli 642-7974.

MISCELLANEOUS

For Sale: Fridge and stove set, white Moffat Coronado, one year old. Reasonable price. Phone: Local 113r2 or 642-7937.

For Sale: Parker Hale 303 sporter rifle. Al shape \$50.00 - firm. Phone: 642-7277 after 5:00 p.m.

For Sale: one genuine maple crib - 27' x 52'. linner spring mattress, very good condition \$20.00. One large very well made baby carriage, makes into a car bed \$20.00. Phone: 642-7990. May be seen at PMQ 88.

Will Swap: one ladies bike, very good condition for Junior size girls bike. Phone: 642-7990 or may be seen at PMQ 88.

Gowns made or Altered to your specifications at reasonable prices.... Phone....642-5832.

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

S-T-R-E-T-C-H and SEW - SEWING COURSE

The first stretch and sew -- sewing course to be held in Gimli this fall will start on Monday October 19, 1970 Sewing on all types of KNIT fabrics, on tops, pants, dresses, skirts etc. for all your family, will be demonstrated in this eight-week course. FEES: \$17.00. For more information Phone: Mrs. A.M. McCloskey 642-8135 after 4:00 p.m.

GIMLI HAPPENINGS

If your club or organization wishes to announce an upcoming event call or write B 10, C.F.B. Gimli, Aspen Park, Manitoba or Phone: 642-5151 - Local 26.

- Sat. 19 Sep. DANCE - CASUAL
2030 hrs. Officers' Mess
- Sat. 19 Sep. DANCE to "THE REBELS"
Music to Please All Ages. Jr. Ranks Mess.
- Sun. 20 Sep. MOVIE "WATER HOLE #3"
2000 hrs. Jr. Ranks Mess.
- Wed. 23 Sep. GIMLI DART LEAGUE
2000 hrs. Initial Meeting-Open Gimli Legion Hall.
- Wed. 23 Sep. GIMLI DISTRICT BAND
2000 hrs. Meeting will be held Elementry School Music Room, Gimli.
- Sat. 26 Sep. DANCE
John Nelson's Stereo Jr. Ranks Mess.
- Sat. 26 Sep. FALL.....BALL
"Blue Tones" Orchestra Sergeants' Mess.
- Sat. 26-27 September CENTENNIAL AIR SHOW
St. Andrew's Field.
- San. 27 Sep. MOVIE "INPCRESS FILE"
2000 hrs. Jr. Ranks Mess
- Sun. 27 Sep. HUNTER SAFETY COURSE
To be held at....THE BASE RECREATION CENTRE from 10:00 to 12:00 a.m. and 1:00 to 5:00 p.m. Loc. 52.
- Mon. 28 Sep. ALL SUNDAY SCHOOL TEACHERS - Meeting will be held in the Chapel Annex at 7:30 p.m.
- Fri. 16 Oct. GRADUATION.....6905
C.F.B. Gimli.
- Sat. 24 Oct. GERMAN FASCHING NIGHT
Base Recreation Center All Ranks.

THE FRAMFARI X-WORD

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

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 24 letters.

LAST WEEKS ANSWER:

The Bible of the Forces.
BASE PHOTO SECTION

APERTURE	LIGHT
ASA	METERS
CAMERA	MOVIE
CAP	NEGATIVES
CHEMICALS	PAPER
COLOUR	PHOTO
CONDENSER	PHOTOGRAPHIC
CONTRAST	POSE
DARKROOM	PROJECTOR
DIM	SCREEN
DIN	SHUTTER
ENLARGER	SLIDES
FAST	SLR
FILM	SPEED
FILTERS	STUDIO
FIXER	THERMOMETER
FLASHBULBS	TONG
FOCUS	TRAY
F STOP	TRIPOD
IMAGE	WASH
LENS	

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