



Framfari



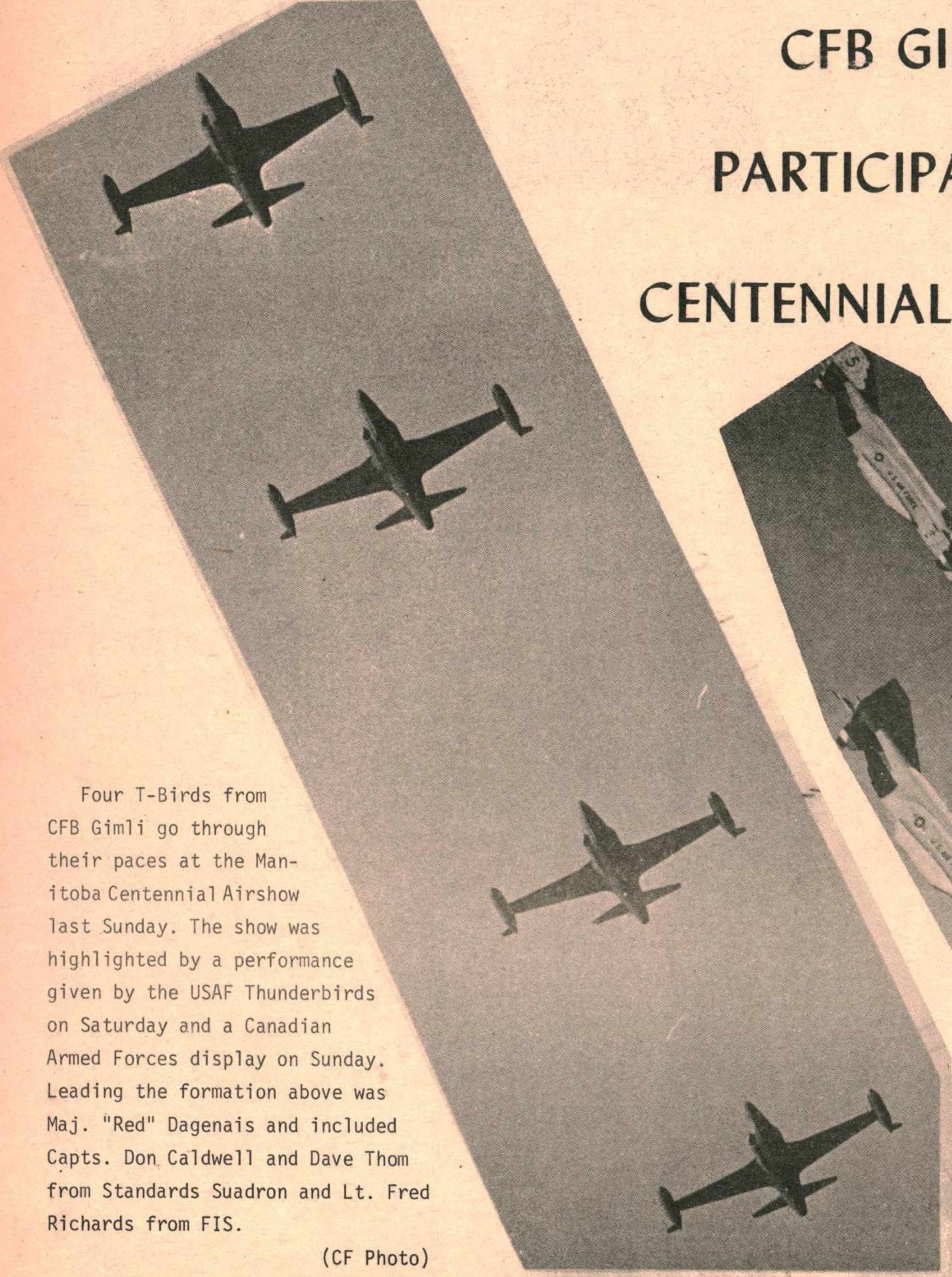
VOLUME 1 NUMBER 35

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

FRIDAY OCTOBER 2, 1970

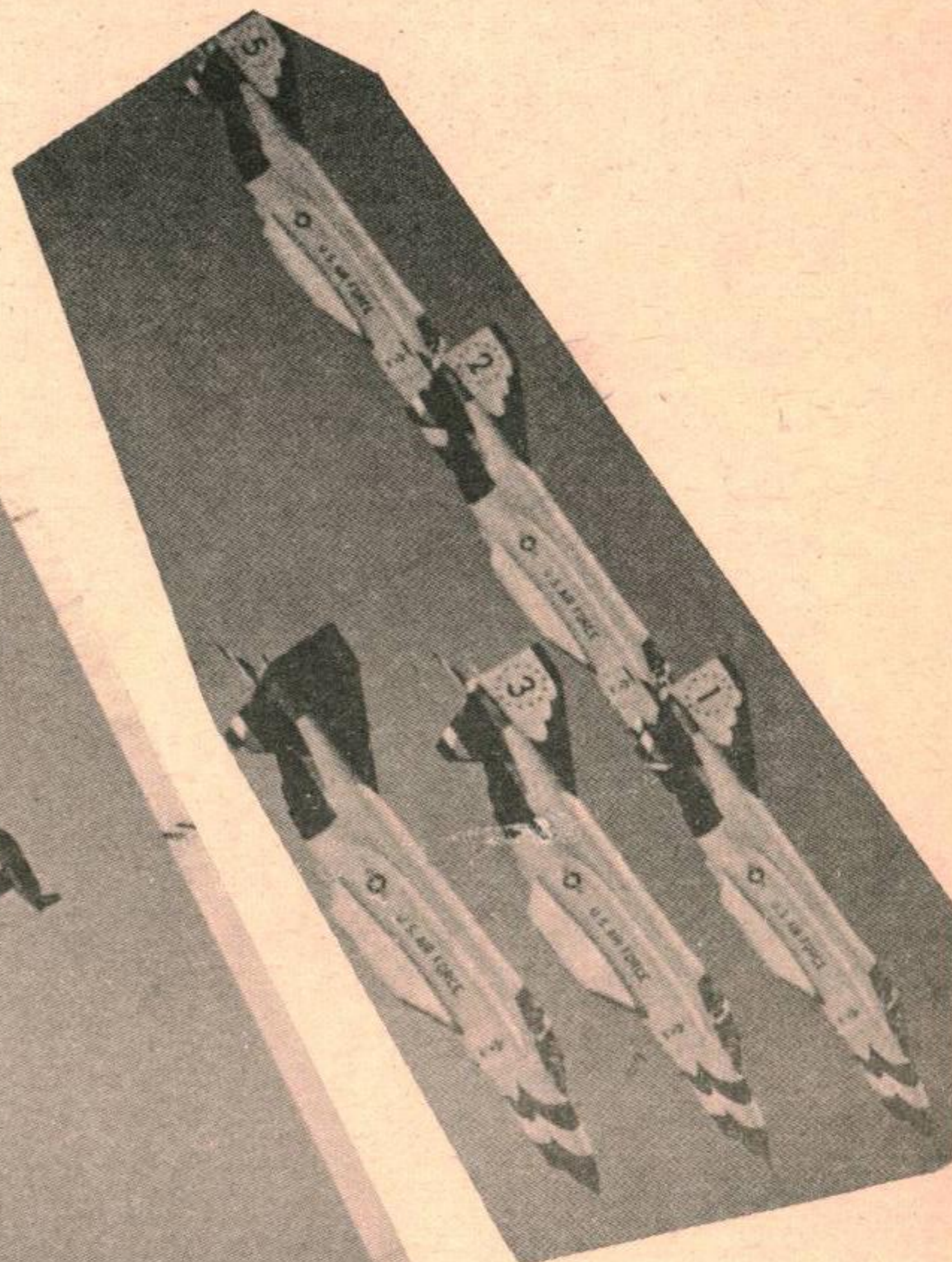
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CFB GIMLI

PARTICIPATES IN CENTENNIAL AIR SHOW



Four T-Birds from CFB Gimli go through their paces at the Manitoba Centennial Airshow last Sunday. The show was highlighted by a performance given by the USAF Thunderbirds on Saturday and a Canadian Armed Forces display on Sunday. Leading the formation above was Maj. "Red" Dagenais and included Capts. Don Caldwell and Dave Thom from Standards Squadron and Lt. Fred Richards from FIS.

(CF Photo)



USAF Thunderbirds

GIMLI INSTRUCTOR COMMENDED

22 September 1970

Captain J.G. Regimbal
Canadian Forces Base Gimli
Aspen Park, Manitoba.

Dear Captain Regimbal:

I take this opportunity to personally congratulate you on the commendable manner with which you effected the recovery of T-33 21266 following the serious in-flight emergency at CFB Gimli on 5 May 70. Your immediate analysis of the aircraft malfunction and the good judgment and precision with which you handled the emergency reflected professionalism of the highest order.

Your actions in the face of this emergency displayed a thorough knowledge of the aircraft and its performance. The fact that you recovered the aircraft from a critical distance away from base indicates your sound knowledge of procedures and your ability to cope with unforeseen situations.

The minor damage that was incurred on landing is considered insignificant when compared with the consequence that could have resulted had the aircraft been abandoned, not an unjustifiable decision under the circumstances, or had you not been successful in negotiating the recovery procedure.

My sincere congratulations and thanks for a job "well done".

Yours sincerely,

W.K. Carr
Major-General
Commander Training Command



ASSUMES DUTIES AT GIMLI....Lieutenant-Colonel R.F.M. (Bob) Walker, 48, of Victoria, B.C., has arrived at Canadian Forces Base Gimli, Manitoba, to assume the duties of Base Technical Services Officer. In this capacity, one of the key positions of the base, Lt.-Col. Walker is responsible for the entire technical arm of the operation at CFB Gimli.

Lt.-Col. Walker comes to Gimli from Canadian Forces Station Goose Bay, Labrador, where he served a tour as Station Commander.

CF Photo

POSTED TO GIMLI.....Major Don C. Gilliland, 30, of Cobourg, Ontario, has recently arrived at Canadian Forces Base Gimli to take the position of Base Aircraft Maintenance Engineering Officer. This office is responsible for the repair and servicing of the T-33 aircraft flown by pilots of No. 1 Canadian Forces Flying Training School in the advanced flying training role.

Major Gilliland reports to Gimli after serving a one year tour at CFB Summerside, P.E.I. where he was the Base Telecommunications Officer.

(CF Photo)

APACHE Rumour of the Week

Hey Terry, I Hear That
This Week You're
Flight Commander---

Announcements

OFFICERS WIVES BRIDGE CLUB

Anyone willing to substitute or spare in the club please contact:
Arleen Hartley - 642-5456
Delores Siegner- 642-5452

The Residents, Matron and Staff of the Betel - Gimli Home extend a cordial invitation to attend a SILVER TEA to be held at the Home, First Avenue, Gimli on October 4, 1970 from 2:00 to 5:00 p.m. HANDICRAFTS, HOME BAKING, NOVELTIES.

Tom and Meryle Storey wish to announce the birth of Thomas Edward, 7 lbs. 5 oz. September 23 at Teulon. A brother for April and Anne.

AN ECONOMIST IS A MAN WHO KNOWS A GREAT DEAL ABOUT VERY LITTLE, AND WHO GOES ALONG KNOWING MORE AND MORE ABOUT LESS AND LESS, UNTIL FINALLY HE KNOWS PRACTICALLY EVERYTHING ABOUT NOTHING

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Aspen Park, Manitoba
Phone: 642-5151 - L126R2

Deadline for all copy: 2:00 pm Monday

PUBLISHER
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Base Commander

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

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



BASE COMMANDER BUYS FIRST BOND....Colonel J.F. Dunlop (right) buys the first bond of C.F.B. Gimli's 1970-71 Canada Savings Bond Campaign from Captain B. Dowler, Base Organizer for this year's campaign.

CANADA SAVINGS BONDS SERIES 1970-71

This year's Canada Savings Bond Campaign officially commences 5 October 1970 and ends 13 November 1970.

The new bonds yield average 7 3/4% a year when held to maturity. Bonds also pay interest upon interest so that each investment of \$100.00 more than doubles to \$227.50 in just 11 years. When compound-interest bonus feature of 1970 issue is added to yield calculations, purchaser will get slightly higher yield than 1969 issue if interest coupons are held for the life of bond.

Bonds will be available to a maximum of \$25,000 for each purchaser. Bonds may be purchased by individuals, adult or minor; Estates of deceased persons, trusts, Religious Institutions, Charitable Organizations and other non-profit associations provided they are bona fide Canadian residents.

CFB Gimli Base Organizer for the Canada Savings Bond Campaign is Captian B. Dowler. Section canvassers are as follows:

Mr. J.G. Malcolmson	- all Base civilian employees
Sgt. J.R. Hurens	- Base headquarters and military police
Cpl. J.L. Gramlich	- GTS building
Capt. J.P. Auclair	- CE section and fire hall
Lt. G.E. Buchanan	- No. 1 hangar
Lt. T.W. Collins	- "B" flight
MWO J.O. Morrice	- Servicing No. 2 hangar
Capt. C.W. Potter	- "A" flight
Capt. J.A. Ruckpaul	- "C" flight
WO A.J. Knapik	- No. 5 hangar
Lt. M. Rafferty	- No. 4 hangar
Lt. R.W. Malcolm	- Supply building
Capt. B. Dowler	- Tower, FTS headquarters and misc. sections
Capt. T.C. Ringland	- Dental clinic and hospital
Lt. B. Ker	- Recreation centre
Capt. J.G. Parkinson	- OFT building
Lt. J. Anslow	- Central warehouse

Anyone with any questions concerning the bond campaign are urged to contact their canvasser or Capt. B. Dowler at Local 36.

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FACTS ABOUT CANNABIS

WHAT IS KNOWN ABOUT CANNABIS?

Marihuana and hashish are obtained from the plant cannabis, whose name comes from the Greek word KANNABIS, meaning hemp.

--Appearance:

Marihuana is composed of the flowering tops and upper leaves of the female hemp plant. Hashish is obtained from the resinous material exuded by these tops and leaves.

Marihuana ranges in color from greyish green to greenish brown and in texture from a coarse substance that looks like oregano to a fine substance that looks like coarse pepper. Seeds and pieces of stem may be found.

Hashish is sold in solid-looking cakes or blocks. Its color ranges from light brown through medium brown to nearly black. Its texture varies from crumbly to hard.

The smoke of marihuana or hashish smells a little like burning leaves or rope.

--Active Ingredients:

The active ingredients are a group of substances called cannabinoids. The characteristic action is due to some of these which are called tetrahydrocannabinols (THCs), of which Delta 1 seems the most active. Pure THCs have only recently been synthesized. Hashish contains a higher proportion of cannabinoids than marihuana.

--Methods of Using:

Marihuana is usually smoked in hand-rolled cigarettes. These are thinner than ordinary cigarettes and have twisted or folded ends. Marihuana can also be smoked in a pipe or brewed into a tea.

Hashish is generally smoked in a pipe or placed on the burning tip of a tobacco cigarette and the smoke inhaled through a tube.

Both Marihuana and Hashish can be consumed in cooked foods.

--Short-term Effects:

These depend on the user, the dose, and the setting. The most common effects are a feeling that tiredness has vanished, a sense of exhilaration, feelings of perceptiveness and self-confidence, talkativeness, outbursts of laughter. With heavier doses, there is generally some perceptual distortion and even hallucinations (the latter with high doses). Appetite is often stimulated and there may be a reddening of the eyes.

Inexperienced users generally report fewer and less intense effects. However, such users sometimes have panic reactions, particularly if they are apprehensive.

In the process of "coming down" from a high, a user may feel lethargic and sleepy. He may suffer from slight nervous irritability the next day.

--Duration of Action:

This also depends on the user, the dose, and the setting. One marihuana cigarette for instance, may affect the user for one to several hours.

--Hazards:

Many users of marihuana also use other drugs, particularly stimulants and hallucinogens. In a 1968 study of 350 Toronto marihuana smokers who volunteered for the project or were referred by the courts, three out of four had had some experience with these other drugs.

Another danger is that users may retreat into chronic cannabis use in order to avoid having to cope with everyday problems.

WHAT IS NOT KNOWN ABOUT CANNABIS?

--Effects of long-term use:

Some researchers believe that long-term use of cannabis may result in psychic dependence, chronic lethargy and (when smoked) lung damage. It is not certain, however, what proportions of any large group of users will suffer such consequences. It is also not clear whether the damage seen in some countries is due to the use of cannabis or to the type of life with which it is associated.

--Proportion of Cannabis Users Who Also Use Other Drugs:

Although it is known that many marihuana users also use other drugs, there is no reliable information about the proportion of marihuana users who do so. It is also not certain which drug is most often used first.

WHO USES CANNABIS? WHY?

--In Canada and the United States, cannabis appears to be in more common use among young people (especially those of college age and in hippie subcultures) than among people over 30. In a 1968 Addiction Research Foundation study of 6,447 students in Metropolitan Toronto intermediate grades and high schools, 6.7 per cent reported using marihuana at least once in the preceding six months.

--Marihuana is often used in groups especially by beginning smokers. It appears that becoming a member of such a group is a prime motivation for many.

--In other parts of the world, cannabis has been widely used among some segments of the population as a social drug.

CANNABIS AND THE LAW

--Except under authorization of the Minister of National Health and Welfare, possession of marihuana or hashish is an offence under the federal Narcotic Control Act. Cultivation of the marihuana plant is also such an offence.

(Possession covers much more than having a drug in one's possession). It also means (1) knowingly having it in the custody of another person, (2) keeping it in any place, and (3) being part of a group in which one is aware of and consents to the possession of a drug by another person. --Importing, exporting and trafficking in marihuana or hashish are also forbidden. (Trafficking includes selling, giving, sending, transporting and distributing). Possession for the purposes of trafficking is also an offence.

Making a genuine offer to traffic is also an offence, as is trafficking in any substance represented to be marihuana or hashish. --Unlawful possession or cultivation can result in a prison sentence of up to seven years.

--Under new legislation which came into effect recently, persons accused of possession of drugs covered by the Narcotic Control Act may be prosecuted in one of two ways: by way of indictment or by way of summary procedure. On summary conviction, maximum sentences are somewhat less severe than on conviction by way of indictment, the only procedure formerly allowed. (Where a

person is accused of possession for the purpose of trafficking, however, prosecutors must in all cases proceed by way of indictment).

--Importing or exporting marihuana or hashish calls for a minimum sentence of seven years. The maximum is life imprisonment.

--Trafficking in marihuana or hashish, or possession for the purpose of trafficking, can result in sentences of up to life imprisonment.

--Even if sentence is suspended, a convicted person will carry a criminal record.

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SISIP OFFICER REWARDED

OTTAWA (CFP)-- A naval officer who saw the need for forces family security and did something about it was cited by the public service's incentive award board, here September 4.

Lt.-Cdr. S.F. (Stan) Mitchell of Ottawa, a staff officer with the directorate of personnel benefits at CFHQ, received a \$1,000 merit award for his efforts in developing the servicemen's income security protection incorporating federal government programmes with insurance.

The 44-year-old sailor not only did the groundwork but carried the plan's message to troops across Canada and in Europe.

It was a personal victory for the veteran naval supply officer who, as personnel officer at CFHQ a few years ago, saw many cases where service families hit by tragedy had to survive on a small income. It was then he decided to enter the personnel benefit field.

The merit recommendations read, in part; "The dedication of this officer to the service and the problems associated with the development of a sound benefit programme, recognizing conditions in the military environment, developed into complete immersion in his duties, working long hours under stress."

Lt.-Cdr. Mitchell worked alone on the plan but still found time, at the request of the American Management Association, to lead seminar workshops in New York City and Chicago on the development of employee benefit insurance.

About the award, he said it had to rank with the best kept secrets in headquarters. "I had no idea it was coming until Admiral Hennessy presented it to me."

And what's he going to do with the money? "Have a party -- at Christmas time", he said.

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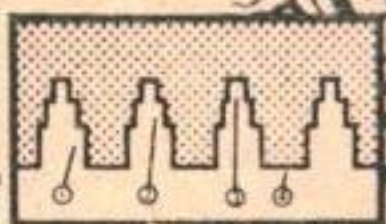
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BABY CONTEST WINNERS

First Prize: Blair Crooks, Aspen Park
 Second Prize: Mrs. Mary Duchesne, Aspen Park.
 Third Prize: Mrs. Susan Magnusson, Gimli.

These were the first three correct answers drawn. If you still have the pictures here is the winning combination: 1-D, 2-B, 3-C, 4-A, 5-E. Thanks to all who took part in the contest--especially those who mailed their entry at the post office complete with stamps.

ATTENTION FRAMFARI READERS

This space is yours for the asking.

If your club or organization would like to publish its activities just drop us a line (clearly written) and we will do our best to see that it gets in. The Framfari tries to provide a service to our readers but we need your support.

If your section has some news of interest to our readers drop over and we'll try to work something out. We're approachable....

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TEETH CARE STRESSED

OTTAWA(CFP)-- Remember the old days when a visit to the dentist was an exercise in stark terror?

Well, nowadays things aren't so bad. No longer do you see servicemen cringing in the corner of dental waiting rooms, clutching a three-month old edition of Time magazine, while trying to make themselves invisible.

High speed drills and anaesthetics have taken much of the misery out of dental repair. But service dentists aren't satisfied with that; they want to eliminate treatment altogether.

Today it's not enough for dentists to poke away at suspect fillings, freeze gums, drill and fill decayed teeth and pop the patient out of the chair. That's only part of their treatment.

Service dentists everywhere have embarked on a preventive dentistry program. Visit your base dentist these days and he'll probably line you up for a "brush-in" (a scrub session using fluoride paste), arrange to have your teeth painted with a fluoride solution, check for cavities, instruct you on the correct teeth brushing methods, recommend a certain tooth brush, stress the value of dental floss in teeth care and all the while gently cajole you into keeping your teeth up to the dental A-okay mark.

Why the recent emphasis on teeth care? Simple, the 187-man dental corps found itself fighting a losing battle trying to keep the forces' teeth up to optimum standards. But with the preventive program, dentists hope by 1977 that every serviceman will be red (colour-code red) or dentally fit.

So, next time you visit your base dentist and he clucks and says, "tsk, tsk" under his breath while dislodging a piece of bacteria from one of your molars, remember, that's the name of his game -- to help you help yourself to high dental standards.

APTITUDE TESTS HELPFUL

OTTAWA(CFP)-- A clean break with the past?

Some jobs available as a second career are only remotely connected with your past training and experience. Should you take that job as an insurance salesman or look for something else? These are the sort of questions that must be answered. The stakes are too high to leave to chance.

Vocational tests are one way of searching out guidelines. These objective tests measure an individual's interests and abilities. A profile reflects occupations to be avoided and compares your interests to those successful in a chosen field. Perhaps selling insurance is not your cup of tea; these tests will tell you.

Interested in vocational tests? A battery of such tests are readily available from your base personnel selection officer or personnel education officer responsible for the Civilian Employment Assistance Programme. They have the Strong Vocational Interest Blank, Minnesota Vocational Interest Inventory, two forms of the Kuder Preference Inventory and many others.

The number of tests taken can be tailored to your requirements. Of course, these tests are only part of the picture. You must also consider job opportunities, location, qualifications and past experience. But these tests can be a help in planning that move to the outside world.

Servicemen approaching retirement are invited to participate in the Civilian Employment Assistance Programme as outlined in CFAO 56-20. See your base personnel selection officer or base education officer for further details.

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MOSQUITO!

THE WOODEN WONDER AIRCRAFT

OF WORLD WAR II

If you remember Victory Bonds... the Dam Busters Raid....the City of Edmonton Squadron....in fact, if you remember Canada in Wartime, then this book is for you.

It's also for anyone who flew in the war; for anyone who fought in the war; for anyone who loves planes and flying; and for anyone who enjoys Canadian history.

Joe Holliday worked during the war at the De Havilland plant in Downsview (Toronto) which was desperately racing to turn out as many Mosquitoes as possible. Now, thirty years later, he has written a book about this remarkable plane, from its beginning as a "crazy" idea to its dramatic success in a variety of roles throughout the war.

Although the original design of a fighter-bomber made of plywood was scoffed at by the experts, the

first Mosquito broke the world speed record and was promptly put into mass production in both England and Canada. The story of how the tiny Toronto branch of the De Havilland Company was turned into a huge plant turning out hundreds of these aircraft is a stirring testimony to the wartime spirit of unity, as is the gripping combat record of Mosquito squadrons from England, Canada and other allied nations in such daring missions as the raids on Gestapo Headquarters in Copenhagen and The Hague.

Complete with wartime photographs and an appendix of the contractors who helped build this versatile plane - MOSQUITO! is a tribute to a heroic aircraft and the heroic men who fly her.

MOSQUITO! by Joe Holliday. Publication: October 23, 1970. Price: \$7.95

NATIONAL DEFENCE

The appointment of the Honourable Donald S. MacDonald as Minister of National Defence was announced today by the prime minister.

Mr. MacDonald, member of Parliament for Toronto-Rosedale has been President of the Queens Privy Council of Canada and Government house leader since July 6, 1968.

Mr. MacDonald was born in Ottawa on March 1, 1932 and after preliminary education in Ottawa schools, graduated from the University of Toronto (B.A.), Osgoode Hall Law school (called to the Bar of Toronto), and Harvard law school (LL.M.). He completed his studies at Trinity Hall, Cambridge University, England, under a Rowell fellowship of the Canadian Institute of International Affairs. After practising law with the Toronto firm of McCarthy and McCarthy, Mr. MacDonald was first elected member of parliament for Toronto-Rosedale in the general election of 1962 and was subsequently re-elected in the general elections of 1963, 1965 and 1968.

Prior to his appointment to the ministry, Mr. MacDonald acted successively as parliamentary secretary to the ministers of justice, finance and industry and to the secretary of state for external affairs. In the latter capacity, he represented Canada at numerous international meetings, including the united nations general assembly, the organization for economic co-operation and development (O.E.C.D.) and the council of Europe.

Mr. MacDonald is married to the former Ruth Hutchison of Ottawa and they have three daughters.

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SNAP AND -DOUBLE SNAP!

It's a snap to use your automobile safety belt. Just a quick snap and a snugging up--and that buckled belt could prove to be the one slender connection that keeps you and the rest of your natural lifetime from parting company abruptly!

We heard about one driver who had made an unusually solid habit of using his safety belt. One day he left his car at a garage and drove off in a loaner that was beltless. He parked downtown, unbuckled, stepped out on Main Street and his pants fell down.

But it's better to be embarrassed than dead or getting your spinal cord snapped and dying from the neck down. Yet there are diehards (and some of them may die hard, long before their time) who ignore the facts and refuse to buckle up. Why?

Some people have the mistaken notion that your chances are better in a crash if you're thrown clear. This might be true in extremely rare cases, but consider the odds. Studies of thousands of smash-ups prove that you are FIVE times safer remaining in your car, surrounded by its protective shell. Most of those thrown clear are hurled into the path of another car, or are shattered against unyielding objects or the unyielding pavement.

There are motorists who have unreasonable fears of being trapped in a burning or submerged car.

Again, consider the odds. Less than half of one percent of crashes involve fire or submersion. And if it did happen, and you were belted in, you would be far more likely to remain conscious and able to escape from a flaming or sinking car.

Some people fear injury from safety belts. This won't happen unless belts are improperly positioned or worn too loosely. Wear your lap belt low, like a bikini, around your hips instead of your midriff. The strongest part of your body is the pelvic cradle, and that's where your lap belt should be worn. Tighten it as snugly as you can and still be comfortable. Wear the shoulder strap a little looser; after adjusting it you should be able to insert your clenched fist between the strap and chest. Then you'll be well protected and still have adequate freedom of movement.

Your lap belt, worn alone, offers considerable protection but in a crash your head still might strike the dash or steering assembly. The greatest protection is gained by wearing both lap and chest straps. Never wear the chest strap alone, as it could then injure you on impact. Wearing both straps may seem like a bother at first, but it soon becomes merely an easy adjustment followed by a quick snap-and-double-snap. It's much faster and simpler than knotting a necktie or buttoning a sweater. Ask an accident victim, wheel-chair-bound for the rest of his life, how much "nuisance" it is to take the few seconds necessary to snap-and-double-snap each time you enter a car.

Some people are in danger of being trapped by the fatal illusion that safety belts are only necessary for the highway, and not for city driving. Again, they aren't facing up to the facts. Nearly half of all fatal smashups occur at impact speeds of only 40 miles per hour, or less. It's just as important to buckle up for city streets as it is for the open road.

Make it snap-and-double-snap, and see that your passengers do the same. Then you'll keep your lifelines secure; you'll keep a vital space cushion between yourself and your car's interior. Make it a solid habit. And even if you embarrass yourself someday, like that driver of the beltless car, far better to lose your pants than your life!

After emerging from a lighted building it takes about 15 minutes before a person's eyes are fully adjusted to the dark. A substance sensitive to low illumination must build up in the back of the eye, a substance that is bleached out by light. For safety, a 17-year-old should wait two or three minutes before driving off after leaving the bright lights; over-60's need at least five minutes to accustom their eyes to the dark.

DANCES, BANQUETS, PARTIES, WEDDINGS



Men of Note
Orchestra
Jim Glover,

Gimli - 642-8167 or Loc 143

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Private
Pilot Training

COMMERCIAL
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Training

INSTRUCTORS AND AIRCRAFT ARE AVAILABLE
EVENINGS, WEEKENDS AND HOLIDAYS.

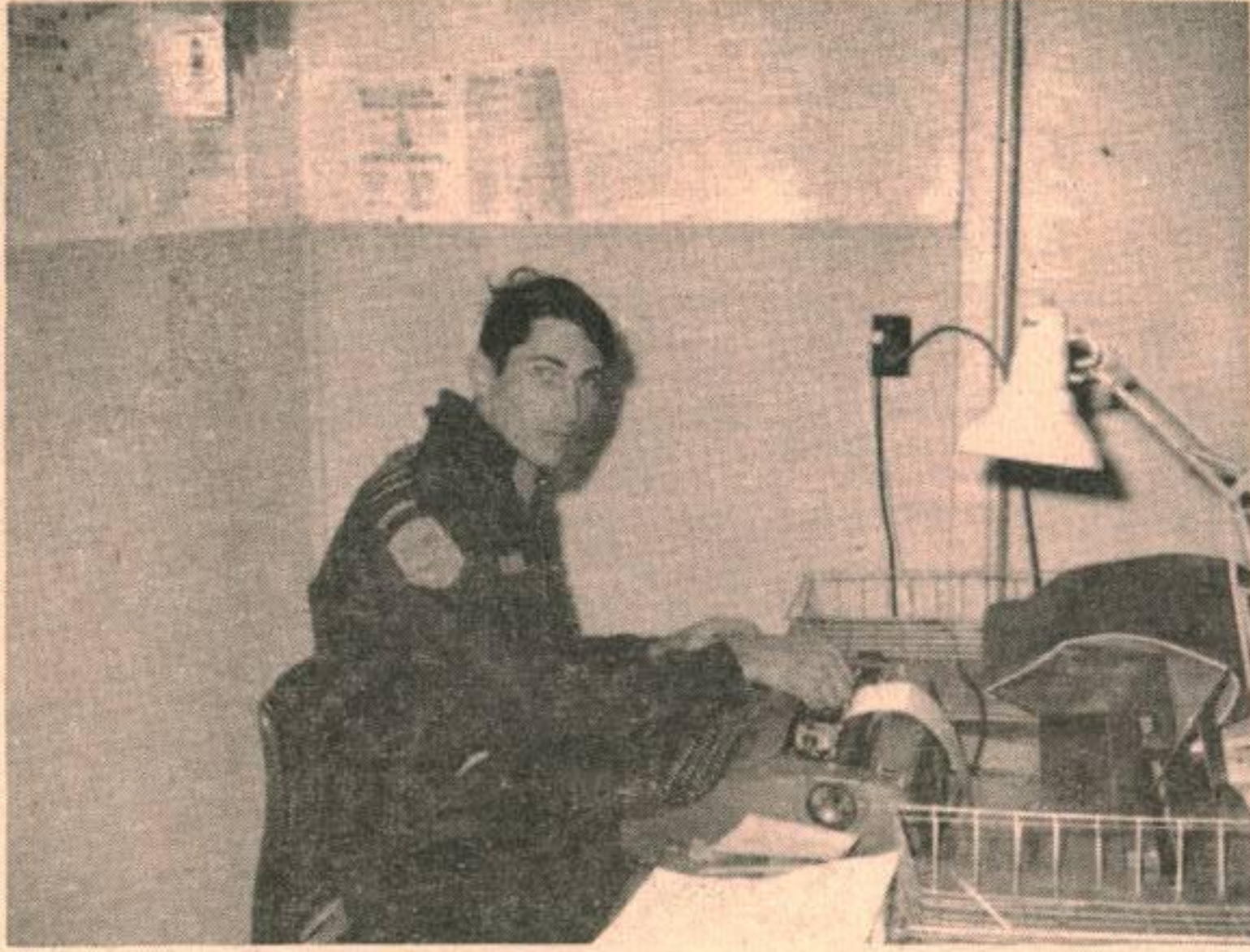
CONTACT OUR MANAGER

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



3 Cessnas
1 Cherokee

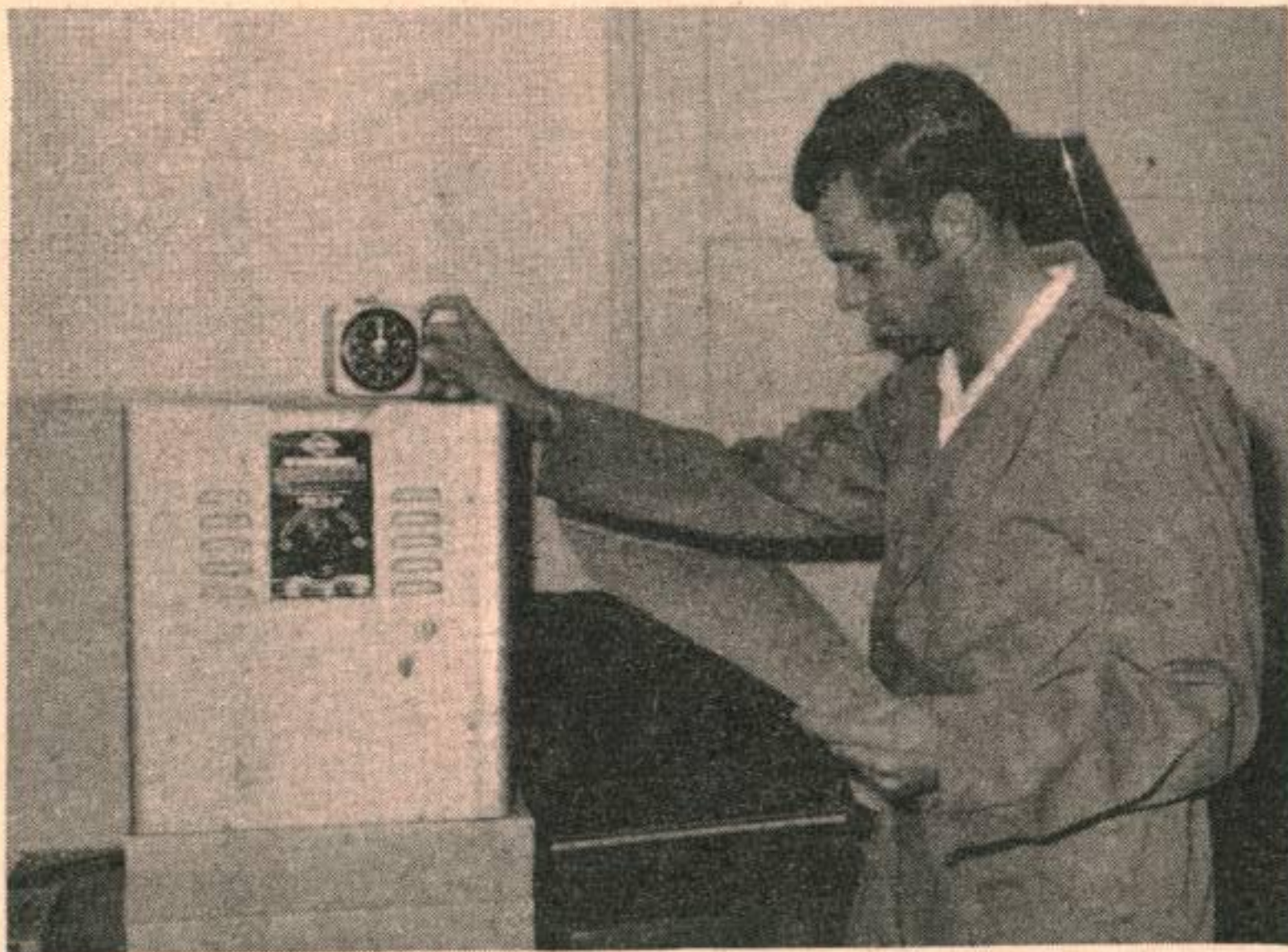
FRAMFARI STAFF AT WORK



"If you could'nt type before you started you sure learn fast," says our editor Capt. John Bennett.



Capt. Dale Cavanaugh is one of the three hard-working members of our advertising staff.



Capt. John Vos admires his handiwork after "burning" a plate. The resulting etched aluminum plate is the master copy from which the pages are printed



Always smiling at his work is Capt. Vern Horning who puts together the jigsaw puzzle resulting in each week's Framfari.



Keeping the press rolling sometimes calls for a lot of patience and a pound a week of cigarette tobacco. Just ask our pressman Sgt. Ev Hovey and he'll tell you all about it.



Things are always developing in the darkroom where Lt. Jim Ongman works. Each page and all the pictures must be photographed to produce a negative of each page.



His Excellency The Governor General of Canada is shown presenting the 405 Squadron Standard to the Standard bearer, Captain E. A. Barker, during the ceremonies held at Canadian Forces Base Greenwood

(CF Photo)



The Cobra's Comment

COBRA 1 IS GOING ON A WELL EARNED SABBITICAL TO EUROPE. WE ALL WISH HIM A SAFE JOURNEY.

THE #1 FTS COBRAS



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

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.

FIRE IS SO FINAL

FIRE PREVENTION WEEK

A message from your Fire Department. Again this year Fire Prevention Week will be observed the week of October 4-10. Your local Fire Department are planning a full week of activities. Open house is planned at the Fire Hall for Tuesday, October 6 starting at 7:00 p.m. This will give the people of the Town and R.M. of Gimli a look at what equipment they own and how the Department is operated. It will also give you a chance to visit our new Fire Hall which I am sure you will be very impressed with. Firemen will be in attendance to explain the equipment and operation of the department. Also we will have on display Fire Prevention posters drawn by Grades 1-6 of the Gimli Elementary School. There will be a variety of fire extinguishers of different types and sizes on display which can be purchased from the department. This is another service provided by your department in which we sell and service all types of extinguishers. Starting at 8:00 p.m. a friendly competition is planned between C.F.B. and Gimli and R.M. departments. The object of the game is to move a barrel over a goal line using a 1 1/2 inch water line. During the balance of the week the department will be carrying out fire inspections in the commercial area. Also planned is a staff demonstration of the use of portable extinguishers at the Betal Home.

Tradition has it that Mrs. O'Leary's cow kicked over a lantern starting a fire that ravaged Chicago on October 8 - 10, 1871, causing 250 persons to lose their lives with an estimated loss of \$175 million. Since that time a

week has been set aside each year to commemorate that tragic fire.

October 4 - 10 has been designated "Fire Prevention Week" for 1970, during that week the following activities are planned by the C.F.B. Gimli Fire Department.

SUNDAY 4 OCTOBER at 1330 hours - Fire vehicles displaying banners will drive through the PMQ area.

TUESDAY 6 OCTOBER at 2000 hours - The C.A.F. Fire Department will take part in a friendly competition with the volunteer Fire Department in the Town of Gimli. This event will take place outside the town fire hall, an area will be roped off and an empty drum will be placed in the centre. Each team consisting of a nozzleman and a back up man using a hose line with 40 pounds pressure will try to push the drum over the opposing goal line. This promises to be an exciting event for the participants as well as the spectators.

THURSDAY 8 OCTOBER at 1600 hours An open house will be held in the fire hall with fire equipment on display. Coffee and doughnuts will be served.

During the Week a fire prevention drawing and colouring contest will be held at the Goulding school and annex. Prizes will be awarded for the best poster.

The C.A.F. statistics on fire losses for the year 1969 have been released and once again there are few surprises with Smokers Carelessness rated at the top as the fire cause:

- Falling asleep while smoking
- Careless disposal of smoking material.

After reviewing the following photos and their causes, check your house to ensure that fire hazards don't exist. If you are not sure ask your fire department.



Ash trays emptied into a cardboard box - a direct contravention of fire safety regulations.



Fire dangers RISE as temperatures DROP

CENTRAL HEATING

- Clean the filters • Oil motor bearings • Clean out cold air registers • Check smoke pipes and flues for soot.

COOKING FATS

- Watch your stove • If there's a flare-up, turn off heat • Smother flame by a lid • Watch out for yourself and clothing • Don't use water on grease fires.

PORTABLE HEATERS

- Use only safety equipment, CSA or ULC • Keep away from curtains, beds, etc. and hands of playful children. Pets, too! • SPACE heater—clean regularly.

HOLIDAY SEASON

- Lights — Check frayed wires, broken sockets.
- Decorations — use flame-proof materials.
- Tree-base in water, exits unblocked.
- Wrappings — dispose of safely.
- Screen fireplace.

Store flammable liquids outside!

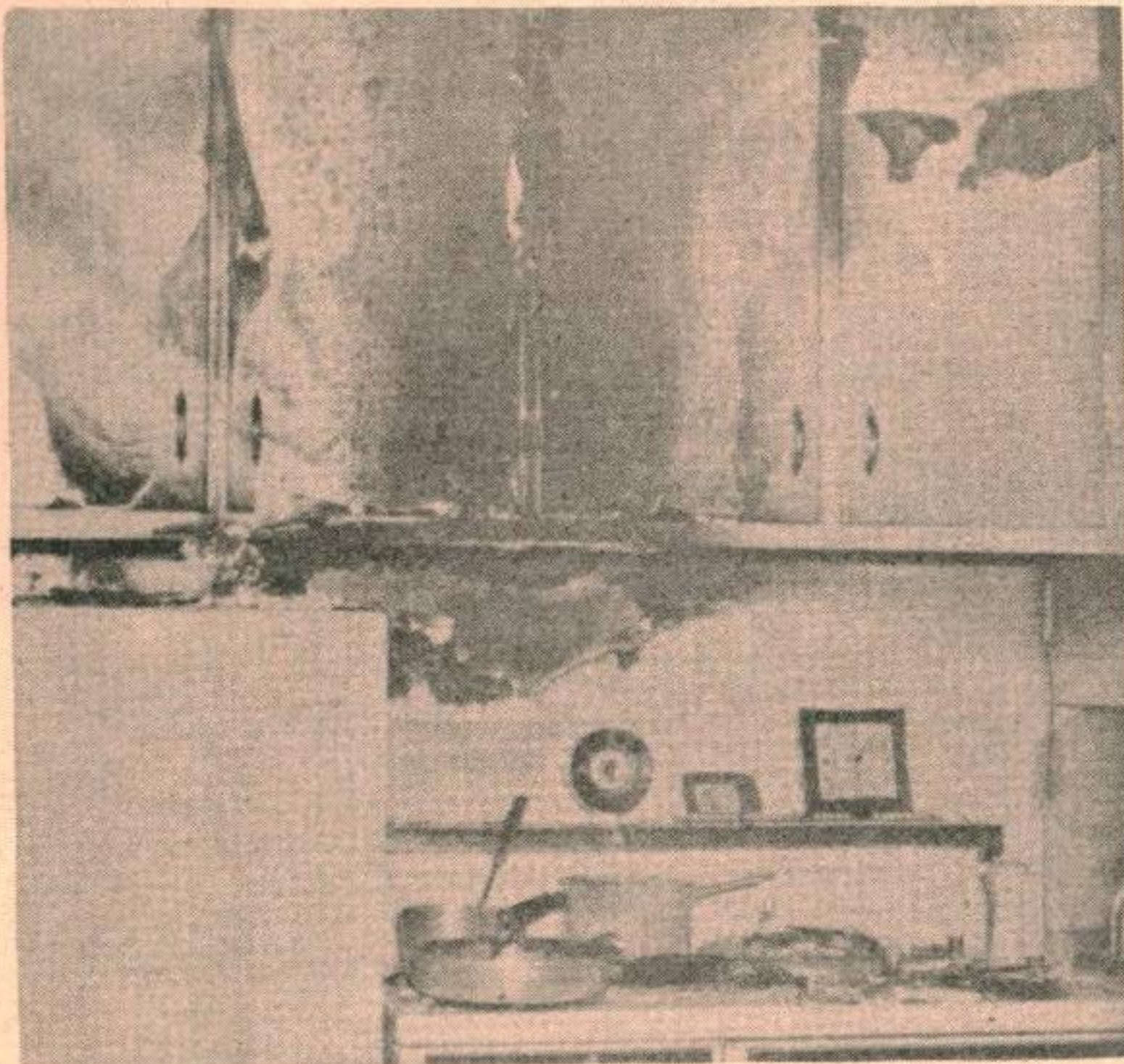
PROTECT YOUR FAMILY FROM FIRE



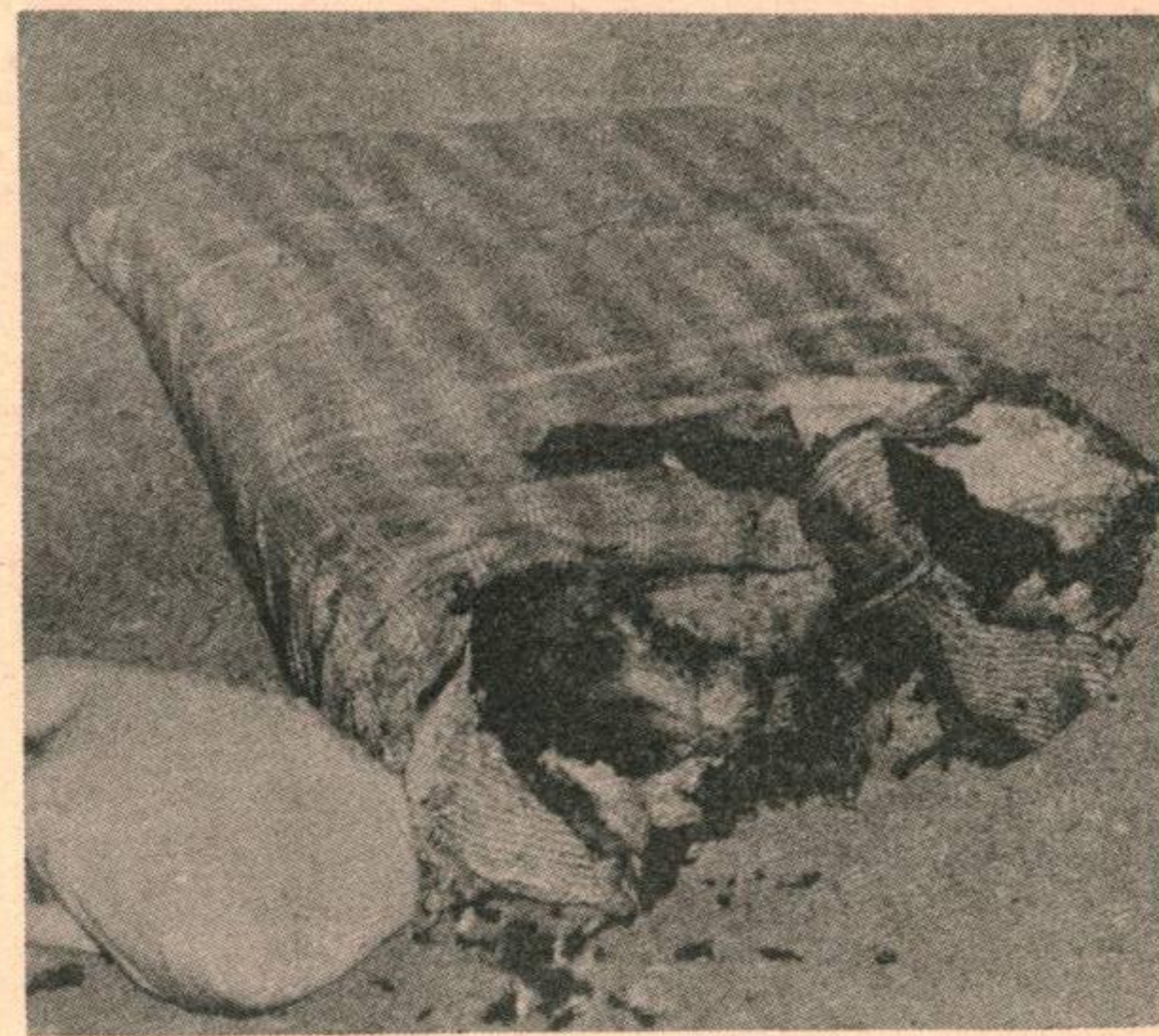
A father and two children died and two children were hospitalized as a result of this grease fire. The occupant was preparing a midnight snack and left the grease unattended.



The result of two "left-ons" - the pot of grease and the burner.



1. Use a proper deep fry utensil with lid.
2. Do not substitute shallow pans or pots.
3. Do not use excessive heat while cooking.
4. Do not leave utensil unattended.
5. Do not use an excessive amount of oil or fat.



After falling asleep while smoking, the occupant was removed from his smoldering bed seconds before the mattress burst into flames.



An electric blanket was wrapped around a five gallon glass jug for the purpose of heating home-made wine. The blanket shorted and fire resulted.



Heat radiated from a toaster to cloth pot holder hanging on the wall.



AEROBICS-AGAIN

Fit for what! I can do my job! I never wanted to be a miler.

The above are some of the comments most often voiced by those people who are inactive and who are fighting to remain so.

Aerobics is a program stressing regular exercise. It is designed to improve the endurance of the heart, lungs and vascular system. But you still ask why do I need endurance? The people that should be concerned are those who are both inactive and overweight.

These people should recognize some of the symptoms which Dr. Cooper outlines in his book:

"Yawning at your desk, that drowsy feeling all day, falling asleep after a heavy meal, fatigue from even mild exertion like climbing stairs, running for a bus or shoveling the snow. You can become a social cripple, 'too tired' to play with the kids 'too tired' to go out to dinner with your wife, 'too tired' to do anything except sit at your desk or watch television and maybe you are getting tired doing that. And the final clincher 'I guess I'm getting old'."

I can't help but think that people are out to get life insurance companies by making them pay as early as possible. Exercise is probably the best type of life insurance and should be treated as such with the premiums being paid regularly.

LADIES VOLLEYBALL

Ladies....are you bored with sitting home on Sunday afternoon in your messy living room watching three or four football games and listening to the kids scream and fight? GET OUT...GET AWAY.....from it all.....join the ladies volleyball team and live it up. All girls, women, ladies etc. are invited.....at one o'clock till three every Sunday afternoon and 7:30 - 9:30 Thursdays at the Recreation Centre. GET IN SHAPE for the winter carnival. No experience necessary. Phone: 642-7953, Trudy Shaffer.

P.E. MEN AND PROS Flag Football

OTTAWA(CFP)-- A half dozen service physical education instructors are busy these days helping professional hockey players get into shape for the forthcoming season.

In Toronto's Maple Leaf Gardens, Sgt. Bill Hayward, Halifax and Ldg. Seaman Earl Thompson, Sackville, N.B., both of CFB Borden's school of physical education, conduct daily sessions in calisthenics, weight lifting and track work, using the Garden's lobbies for their training area.

CWO L.T. (Babe) Mason from the Royal Military College, a former army welterweight boxing champion, is helping out at the Buffalo Sabres' camp in Peterborough, Ontario.

Warrant Officer Mason's assistant at RMC, WO Dennis Bradley, is putting the Pittsburgh Penguins through their paces at their Bradford, Ontario training site.

Out West, Base Winnipeg, Sergeants J.M. (Jack) McBride, Winnipeg and Dick St. Louis, Kingston, Ontario split the Minnesota North Stars' conditioning sessions at the Winnipeg area.

Handling Leaf skating sessions and doing some refereeing during scrimmages is a big help to Hayward and Thompson, who work with young hockey players in Borden. Hayward is also playing coach of the Borden Flyers.

The physical education instructors normally take leave during the hockey training season to help condition the pros.

The Flag Football league commenced play Tuesday 22 September and was very successful from the players point of view. In a game played on "A" field the Colts defeated the Riders 21-0. The other game played the same evening was much closer even though the scoreboard showed 19-7 in favor of the Packers.

Thursday evening proved to be disastrous for both teams. In game one the Riders were crushed by a score of 40-0 by the Packers, while the Colts were upset by the Rams, 25-7.

LEAGUE STANDINGS - As of 28 Sept. 70

TEAM	GAMES				
	PLAYED	WON	LOST	TIED	PTS
Colts	2	2	0	0	4
Rams	2	1	1	0	2
Packers	2	1	1	0	2
Riders	2	0	2	0	0

FUTURE GAMES

Monday Oct. 5 - Field "A" Riders vs Packers.
Field "B" Rams vs Colts.
Tuesday Oct. 6 - Field "A" Riders vs Rams.
Field "B" Packers vs Colts.
Thursday Oct. 8 - Field "A" Playoff Game, Semi-Final third place finisher vs second place finisher.

ALL GAMES start at 1730 hours. Field "A" located behind guard house. Field "B" across from hospital.

GIMLI ARENA

Season Tickets for skating and activities at the Arena are now on sale at the Arena. Season tickets must be purchased before October 15, 1970 or regular nightly rates will apply. Purchase your season ticket now and save!

LEGION DART LEAGUE

MEETING ALL TEAM CAPTAINS SGTS MESS GAMES ROOM MONDAY, 5 OCTOBER AT 2000 HOURS.

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Gimli's CHRYSLER Dealer

SHELL oil products

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DO YOU

KNOW BASEBALL?

By Leo J. Burns

Last half of the eighth inning. The visiting team is leading 2-1. With one out, runner on second base, the batter hits a triple scoring the runner and tying the score. The next batter gets the squeeze signal. However, his attempted bunt is a puny pop-up a few feet in front of the plate. The batter made no attempt to run, but holds his bat in such a position that the catcher cannot field the ball. The umpire calls the batter out for interference. Just then the runner, coming from third base, crashes into the mixup at the plate. Up goes the umpire's arm and he calls the runner out along with the batter.

Quest: The home team manager protests, Why?

Ans: The ball becomes dead, when the umpire rules interference by a batter. That makes the out on the runner from third impossible and the proper move is to send him back to third base.

Top of the fifth inning, score tied 2-2. Bases are loaded, with one out, the batter grounds sharply to shortstop who throws to second for the force out, the second baseman relays the ball to first to make a double play, but the first baseman drops the ball. The runners from third and second score, the batter holds first. The first baseman meanwhile retrieves the ball and throws to the catcher in a futile effort to get the runner from second, the catcher noting that the retired runner from first, standing between second and third, throws to the third baseman in the ensuing rundown this runner is tagged out for the second time on the play. As the teams change sides the manager of the offensive team queries the umpire and is told that "a player who is out cannot continue to run the bases, therefore he is out".

Quest: Was he right?

Ans: The umpire grabbed the rule. Not the retired runner made the third out, but the batter runner should be called out for the actions of the retired runner.

WORLD SERIES

COMING UP NEXT WEEK



SUGGESTIONS BRING CASH AWARDS

Two Gimli based men, Corporal H.M. (Mike) Foreman (left) and Captain C.T. (Tom) Ross (centre) are presented with Certificates of Award and cash awards by Colonel J.F. Dunlop (right), Base Commander of Canadian Forces Base Gimli, Manitoba. The awards were presented in appreciation of their constructive suggestions for improving the efficiency of the public service.

Corporal Foreman received \$20.80 for a safety orientated modification which he proposed to the electrical system of Tutor aircraft.

Captain Ross was awarded \$16.64 for his suggestion to modify

the Daily Aircraft Maintenance Form to allow for recording of additional but necessary information.

The Department of National Defence Suggestion Award Programme was instituted in 1958 to encourage interest in greater efficiency and effectiveness in the functioning of DND by military and civilian personnel. Cash awards are authorized for adopted suggestions from all members of the Regular Force up to and including the rank of Lieutenant-Colonel and civilian employees up to Administrative Services level six or equivalent.

(CF Photo)

JR RANKS MESS ENTERTAINMENT

SAT 10 OCT 2100 HRS

Dance To The Music Of 'THE CARMEN LAROSA FOUR'

- All Ranks Invited
- Admission \$1.00 To Non-members
- Limited Subsidized Drinks From 2030 Hrs
- Dress Restricted
- Door Prizes

SAT 31 OCT 2100Hrs DANCE TO 'THE FOUR SHARPS'

- Dress Restricted
- Admission \$1.00 TO Non-members
- Door Prizes
- Limited Subsidized Drinks From 2030 Hrs

BASE PHYSICAL RECREATION PROGRAM OCT

Swimming	Place	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Contact
OPEN ADULTS WITH CHILDREN ADULTS ONLY	B P A O S O E L	1830-2230 Adult Swim Classes	1830-2230 Adult Swim Classes	1800-1930 1930-2030 2030-2100	1800-1930 1930-2000	1800-1930 1930-2030 2030-2100	0800-1800 Children's Swim Classes	1300-1500 Open	Norm Passant at 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

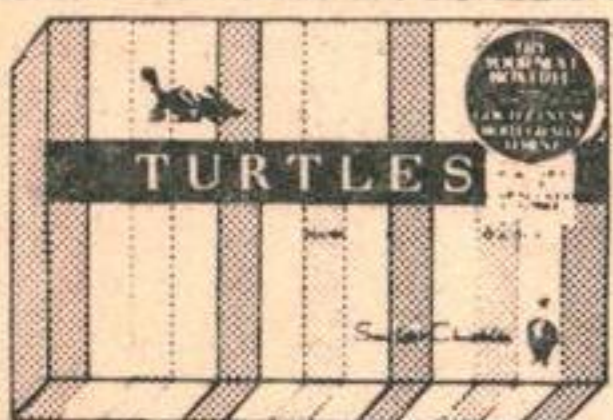
HOURS of OPERATION of BASE FACILITIES

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

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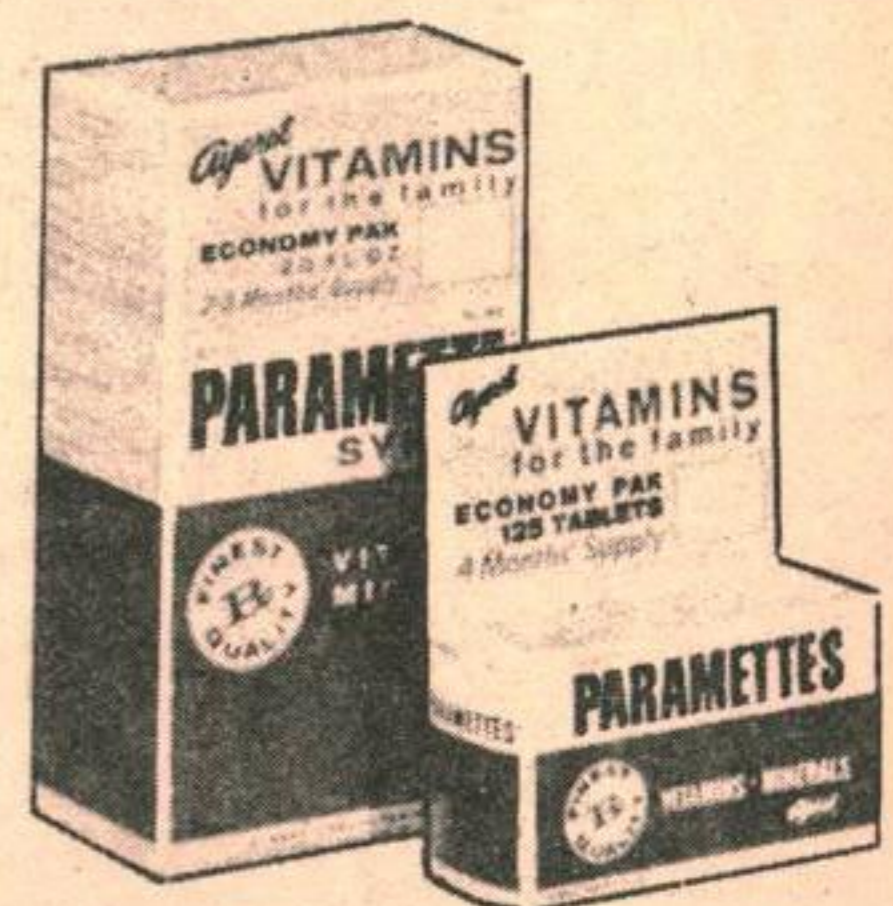
TRY EITHER OF THESE TASTE TEMPTING PACKAGES AND REDEEM

THE SPECIAL BONUS COUPON

(plus \$1.00 for handling and postage)

FOR ANOTHER VARIETY.

ALL DETAILS ARE ON THE COUPON ON THE PACKAGE.



PARAMETTE TABS & SYRUP

125 tablets or
20 oz. syrup.

3.95
each

our winter hours

FRIDAY 9AM - 9PM

SATURDAY 9AM - 6PM

SUN, MON 12NOON - 6PM

TUES, WED, THURS 9AM - 6PM

See Your ARP Flyer For Many More FALL VALUE SPECIALS.

**OPEN LETTER TO STUDENTS WHO ADOPTED
PIONEERS FOR 1970**

Yesturday at a gathering of pioneers at the Betel Home, we all enjoyed a party and singsong. I asked some of the pioneers, who earlier in the year were adopted by you, how much they had enjoyed your visits, thoughtfulness and help.

Everyone of them glowed and said that knowing you had brought them great happiness. Then their faces became sad, as they told us that after the Pioneer Recognition Tea, "their" grandchildren had not been to see them again.

We explained that some families had gone away. These had come to say goodbye, they told us.

1970 is not over yet. Those of you who have been on holiday or busy all summer, will probably be leaving Gimli within a year. Could you find time to go and see "your Grandparents" again. It takes so little to make them happy -- just a few minutes of your busy lives.

October 30 is the deadline for three student awards:
No. 1. The most interesting pioneer story.
No. 2. The best written pioneer story.
No. 3. The pioneer you have chosen with the most decendents.
All material will be fairly judged. Please bring it to the office of the Norseman Motel.

Your Gimli Pioneer Committee.

SCOUTS.....
REGISTRATION Second Gimli.....
Cubs and Scouts at 7:00 p.m. Tuesday, 6 October. Gimli Legion Hall.

HOW OLD IS OLD IS OLD ENOUGH

How old is old enough for your boy or girl to handle firearms? Usually youngsters are ready to start shooting when they have shown a sense of responsibility in other fields. This may be at 12, 13 or 14 years of age.

How do you know when a boy has this sense of responsibility? Ask yourself these simple questions:

Would you trust him to carry the neighbor's baby across the street, or take a twenty dollar bill to the grocery store, carry a really important and confidential message or look after the house while you are away for the day?

Your answer to these and similar test questions will help guid your judgement in the right direction.

BE SURE THAT HE OR SHE IS READY

The C.F.B. Gimli Rifle and Pistol Association will initiate its fall program for junior shooters 14 years or over 1 October 1970.

**How to shop from
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Catalogues**

By phone



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Groceries
Table Rite
Redbrand Steer
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Fresh Produce

CENTRE STREET GIMLI

**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
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ED MANDRYK C. D.
1831 NESS AVE.
WINNIPEG 889-2928

VISITING BASE LIBRARY
on First & Third Wednesday

HOLIDAY SKED RUNS PLANNED

OTTAWA(CFP)-- Extra sked flights will be pressed into service to handle Christmas and New Year's service travellers.

Special Yukon flights will originate at CFB Trenton, fly East to Shearwater, West to Victoria and back to Trenton and the Maritimes. Special Hercules flights will go West from Ottawa to Winnipeg via Downsview and return.

A forces bus service will carry passengers from terminals to nearby service or civilian facilities.

Blocks of seats will be allotted to commands and CFHQ for each flight leg. From there, seats will be allotted to units on an award system controlled by formation commanders.

Here are the schedules as carried in canforgen 198 of September 16.

- Spl-5140 (Yukon) Dec. 22-24
- Spl-5142 (Yukon) Dec. 27-29
- Spl-5144 (Yukon) Dec. 29-31
- Spl-5146 (Yukon) Jan. 3- 5

Arrival	Place	Leaving
	Trenton(Tues)	7:00 a.m.
10:15 a.m.	Shearwater	11:15 a.m.
12:25 p.m.	*Fredricton	1.25 p.m.
2:40 p.m.	Trenton(dinner)	3:40 p.m.
6:00 p.m.	Winnipeg	7:00 p.m.
8:35 p.m.	Edmonton	9:35 p.m.
10:35 p.m.	Vancouver	11:20 p.m.
11:50 p.m.	Victoria(Wed)	1:00 p.m.
1:30 p.m.	Vancouver	2:30 p.m.
5:20 p.m.	Edmonton(dinner)	6:20 p.m.
9:35 p.m.	Winnipeg	10:35 p.m.
2:25 a.m.	Trenton(Thurs) (dinner)	3:25 a.m.
6:25 a.m.	Fredricton	7:10 a.m.
8:10 a.m.	Shearwater	9:00 a.m.
10:40 a.m.	Trenton	

(All times standards)

- Spl-5141 (Yukon) Dec. 22-24
- Spl-5143 (Yukon) Dec. 27-29
- Spl-5145 (Yukon) Dec. 29-31
- Spl-5147 (Yukon) Jan. 3- 5

Arrival	Place	Leaving
	Trenton(Tues) (breakfast)	8:00 a.m.
10:25 a.m.	Winnipeg (lunch)	11:25 a.m.
1:00 p.m.	Edmonton	2:00 p.m.
3:00 p.m.	Vancouver	3:45 p.m.
4:15 p.m.	Comox(Tues) (Wed)*	7:00 a.m.
7:30 a.m.	Vancouver (breakfast)	8:30 a.m.
11:20 a.m.	Edmonton (lunch)	12:20 p.m.
3:35 p.m.	Winnipeg (dinner)	4:35 p.m.
8:25 p.m.	Trenton	9:25 p.m.
12:25 a.m.	Fredricton (Thurs)	1:10 a.m.
2:10 a.m.	Shearwater	3:00 a.m.
4:00 a.m.	Trenton	

(All times standard)

- Spl-6476 (Hercules) Dec. 22-23
- Spl-6477 (Hercules) Dec. 27-28
- Spl-6478 (Hercules) Dec. 29-30
- Spl-6479 (Hercules) Jan. 3- 4

Arrival	Place	Leaving
	Ottawa(Tues) (lunch)	12:00 a.m.
11:30 p.m.	Downsview	2:30 p.m.
5:00 p.m.	Winnipeg (Wed) (dinner)	5:00 p.m.
9:00 p.m.	Downsview	9:45 p.m.
10:45 p.m.	Ottawa	

GOOD LUCK

GIGANTIC FALL WIG SALE PENTHOUSE HAIR BOUTIQUE & WIG SHOPPE

COVENTRY GIRL Reg \$39.95

THE SWINGER THE SOPHIA Special \$31.50
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THE CONTINENTAL
Nature Blend BY HELENE CURTIS
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FOR MEN NOW AVAILABLE

THE NEW INCREDIBLE PARTED STRETCH WIG And THE NEW FEMINIQUE
(SHAGGY STYLE) Reg 49.95 Special 39.50

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OPEN MON OCT 5th

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Canada

Till we Meet Again

Since being stationed here over six and one-half years ago, my wife and I feel we are leaving a lot of good friends and good times behind.

However, there is that old saying, we all have to go sometime and with all things going right, we hope to settle down in Chatham, Ontario and hope if any of you are in that vicinity you will look us up -- to say Hello again.

Not liking good-bye's, we will just say so-long for now, till we meet again.

Again with all sincerity, Murray, Marion and family.

THE MCLEODS.

HIGH FLIGHT

Oh, I have slipped the surly bonds of Earth
 And danced the skies on laughter-silvered wings;
 Sunward I've climbed, and joined the tumbling mirth
 Of sun-split clouds--and done a hundred things
 You have not dreamed of--wheeled and soared and swept
 High in the sunlit silence; hov'ring there,
 I've chased the shouting wind along, and flung
 My eager craft through footless halls of air.
 Up, the long, delirious, burning blue
 I've topped the wind-swept heights with easy grace
 Where never lark, or even eagle flew--
 And, while with silent lifting mind I've trod
 The high untrespassed sanctity of space,
 Put out my hand and touched the face of God.

John Gillespie Magee, Jr.
 September 3, 1941.

FRANFARI

FRIDAY OCTOBER 2, 1970 19



NATIONAL BRANDS SALE

TOM-BOY "BIG T" FEATURE!
 KRAFT VELVEETA - PROCESS
CHEESE
 \$1.39
 2 LB. PKG.
 YOU RATE MORE AT A TOM-BOY STORE

Wonders of the **FREE** ANIMAL KINGDOM ALBUM
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 FIRST WEEK A FREE PICTURE ALBUM AND A PACKAGE OF 40 PICTURES IN FULL COLOR
 ANOTHER PACKAGE OF 40 PICTURES EACH WEEK FOR 8 CONSECUTIVE WEEKS
 Fascination for Your Children Now...
 A Family Treasure for Years to Come.

TOM-BOY EXCELS IN PRODUCE!
 CABANA GOLDEN YELLOW
BANANAS
 6 LBS. \$1.89
 BE SURE AND ENTER YOUR NAME IN THE "HAIRY HARRY" MONKEY DRAW
 MANITOBA CANADA NO. 1 RED DRY POTATOES "GOOD SO MANY WAYS" 20 LB. BAG 89¢
VALUE Check'd BEEF
 CANADA YNG. GR. A-EVISC. 5-10 LB. AV.

TOM-BOY "BIG T" FEATURE!
 "MAC" HANDI PKGS
APPLES
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 YOU RATE MORE AT A TOM-BOY STORE

WHERE FRIENDLY PEOPLE SAVE YOU MORE!
 WEST VEGETABLE - 20¢ OFF 128 FL. OZ. CONT. \$1.99
 LUNCHEON MEAT BURNS 12 OZ. TIN \$1.39
 "OCTOBER CHEESE FESTIVAL"
 CHEEZ WHIZ KRAFT 2 LB. JAR \$1.49
 COTTAGE CHEESE MODERN DAIRIES 16 OZ. CREAM CONT. 43¢

TURKEYS
 LB. 39¢
 ROAST RED OR BLUE BRAND BEEF PRIME RIB - VALUE CHECKED - SHORT CUT LB. 89¢
 PRICES EFFECTIVE - OCTOBER 2, 3 & 5, 1970.

FROZEN FOODS
 MEAT PIES YORK 3-VAR. 3 8oz. PKGS 79¢

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TOM-BOY
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20 FRIDAY OCTOBER 2, 1970

FRANFARI

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Friday 9am-7pm
Saturday 9am-6pm

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Good Service
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WHY NOT TRY OUR
NEW TAKE-OUT SERVICE

Next to Gimli Tailor, Gimli

PIPER GETS GREEN

OTTAWA (CFP)-- A distinctive service dress of traditional Highland pattern is being introduced into the Canadian Forces for pipe majors and drummers who train regular force pipe bands.

The new dress may also be approved for Canadian Forces pipe bands which do not already have a regimental or clan tartan.

The uniform includes a maple leaf tartan kilt, light green shirt, dark green tie and the green Canadian Forces dress tunic. The head dress is a glengarry with the Canadian Forces badge. The jacket, or doublet, is of the new forces' green material with a leather sporran, green lovatt hose, coloured garter flashes and a skean dhu -- the dagger which is carried in the stocking -- and black brogues.

The bands of the second and third battalions, The Royal Canadian Regiment, stationed at Canadian Forces Bases Gagetown and Petawawa, respectively, are now being outfitted with the new uniforms.

There are six pipe and drum bands in the Canadian Forces, all of them organized and maintained on a voluntary basis by the units to which they are attached. The other four are located at Royal Military College, Kingston, Ontario, CFB Trenton, Ontario, Canadian Forces Europe and CFB Rockcliffe, Ontario.

They are wearing their own tartans at present but could change, upon request, to the maple leaf tartan at a future date.

OPERATION OIL

NEARS FINISH

HALIFAX (CFP)-- Operation Scour, to recover the last oil from the sunken Liberian tanker Arrow in Chedabucto Bay, N.S. is now underway.

The operation is commanded by Lt.-Cdr. Don Hope, acting as salvage master for the joint Department of Transport - Department of National Defence project.

This operation is a follow-up of Operation Oil, which removed most of the Bunker C fuel from the sunken tanker last February. At that time, the water temperature was about 30 degrees

The "Bunker C" oil in the tanker was steam heated to about 140 degrees before it could be pumped. The cold water around the tanker caused some of the oil to remain in the bulkheads and in the corners of the Arrow's tank. Now, with the Atlantic at its warmest temperature, Operation Scour will remove most of this remaining fuel.

On September 1, Lt.-Cdr. Hope and 14 men on board a Maritime Command diving tender began to pump this oil into the barge Esso Cornwall. Oil will also be removed from several large pipes on the deck of the Arrow which were used to move the oil from one hold to another.

Operation Scour is the last oil recovery operation for the Chedabucto Bay area, and it is expected to be completed by the end of September.

BASE EXCHANGE CLOSES

8th OCT

HOWEVER WE ARE RE-OPENING

OCT 13th IN THE FORMER OWLS NEST

DURING THE WEEK OF OCT 5th - 8th

ONLY A REDUCED INVENTORY WILL BE AVAILABLE

Chapel News

Protestant Chapel

Rev. D.W. Hilton
Phone: 156r2

SUNDAY - 4 October

10:00 a.m. DIVINE WORSHIP

THURSDAY

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

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.

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 every second Wednesday of the month at 4:15 p.m.

MASSES IN NEIGHBORING PARISHES/RC

ST. MICHAELS' CHURCH, Gimli. Sunday Masses at 10:00 a.m. and 7:30 p.m. Saturday at 7:30 p.m. One half-hour of Confessions before Masses.

FRASERWOOD: 3:00 p.m. first Sunday of the month.

WINNIPEG BEACH: 3:00 p.m. second Sunday of the month.

FINNS: 3:00 p.m. third Sunday of the month.

KOMARNO: 3:00 p.m. fourth Sunday of the month.

CAMP MORTON: 10:00 a.m. every Sunday.

COMPLAINING ANYONE?

Everybody does it sooner or later. If you have to, why not consider some of the following recipes:

1. Complain to the person you think is harming you and to him only.
2. Do not object to your spouse's behavior in front of anyone else. To most persons, being criticised is being personally attacked. Indifference to your spouse's comfort will be taken at least as seriously as the content of what you say. In fairness to him and for your own sake, wait till you are alone with him.
3. Don't compare the person's behavior with that of other people. Tell a man that your former boyfriend would not have kept you waiting so long and you are almost sure to start a fight. No one wants to be rated as inferior. Comparisons predispose others to ignore you, even when your complaint is justified.
4. Make your complaint promptly, that is, as soon as you can when alone with the other person. Speaking up becomes more difficult when postponed. Waiting allows your anger to grow and precipitates irrelevant comments. You will seem like a brooder and the other person will feel less comfortable with you afterwards.
5. Don't repeat a point once you have made it and the other person has carefully considered it.
6. Object only to actions that the other person can change. You may ask a person not to shout but if you ask him not to be angry with you, you are probably asking too much.
7. Make your complaints vocally, not facially. A yawn has ended many a party and a hangdog look has made many a husband wonder what he did wrong.
8. Make only one complaint at a time. If you make more, you will demoralize the other person and perhaps obscure your major point.
9. Don't preface your complaint: "This may hurt you but don't feel offended", OR "I want to tell you something for your own good". With prefaces, you convince your listener and yourself that your complaint is to be monstrous and that probably he won't be capable of receiving it with the same friendly spirit that you feel while making it.
10. Don't apologize for your complaint after making it. This imposes an unnecessary burden on your listener: it will detract from the merit of your accomplishment in your own mind and renew your conflict about whether you had the right to say what you did.

11. Avoid sarcasm. Motivations for sarcasm are contempt and fear. Your complaint will predispose the other person not to heed you and because you choose not to confront him directly you are intensifying your fear of him. Sarcastic people are undignified, cowardly.
12. Don't ask people why they are doing something to which you object. Many people regard serious questions about their motivations as obnoxious invasions of privacy. Tell them simply what they are doing; and if it is relevant, why you feel they ought not to do it.
13. Avoid words like "always" and "never", they contain implicit references to the past.

14. If you never compliment the other person, do not expect him to remain open to your criticisms.

HOPING THIS WILL IMPROVE YOUR
COMPLAINING!!!!

GIMLI HOTEL (The Whitehouse)

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MONTHLY NEWS

OCTOBER 1970

TIPS ON USING MEDICINE

YOUR PRESCRIPTION IS ACTUALLY "MEDICAL TREATMENT," IN PRODUCT FORM. YOU MUST VALUE IT JUST AS YOU DO DIRECTIONS FROM YOUR PHYSICIAN TO EAT CERTAIN FOODS, OR RESTRICT CERTAIN ACTIVITIES.

TAKE THE WHOLE PRESCRIPTION

DON'T STOP TAKING A MEDICINE AFTER YOU BEGIN TO FEEL BETTER UNLESS YOUR DOCTOR APPROVES. IF HE DOES SAY "STOP", DESTROY THE REMAINING PORTION FOR IT WILL PROBABLY LOSE IT'S POTENCY.

NEVER SHARE YOUR MEDICINE

DO NOT GIVE ANYONE ELSE SOME OF YOUR PRESCRIPTION JUST BECAUSE THEIR SYMPTOMS MAY BE SIMILAR, AND DO NOT TAKE MEDICINE INTENDED FOR SOMEONE ELSE. THIS CAN BE A DANGEROUS PRACTICE AND COULD RESULT IN SERIOUS HARM. FOR MANY ILLNESSES HAVE SIMILAR SYMPTOMS, BUT REQUIRE WHOLLY DIFFERENT TREATMENTS.

OBEY A PHYSICIAN'S REFILL

INSTRUCTIONS

THERE ARE SOME PRESCRIPTIONS THAT ARE NOT REFILLABLE AT ALL. SOME CAN BE REFILLED AT THE DIRECTION OF YOUR DOCTOR. WE ALWAYS FOLLOW HIS INSTRUCTIONS AND WILL TELL YOU IF THERE IS A RESTRICTION ON REFILLING OR HOW IT CAN BE REFILLED.

NEVER TRANSFER CONTAINERS

THERE IS A NUMBER ON EVERY PRESCRIPTION THAT WE DISPENSE. THIS ENABLES US TO IDENTIFY IT QUICKLY. NEVER PUT TWO MEDICINES IN ONE CONTAINER. IT COULD CAUSE AN ERROR LATER ON.

TAYLOR

PHARMACY

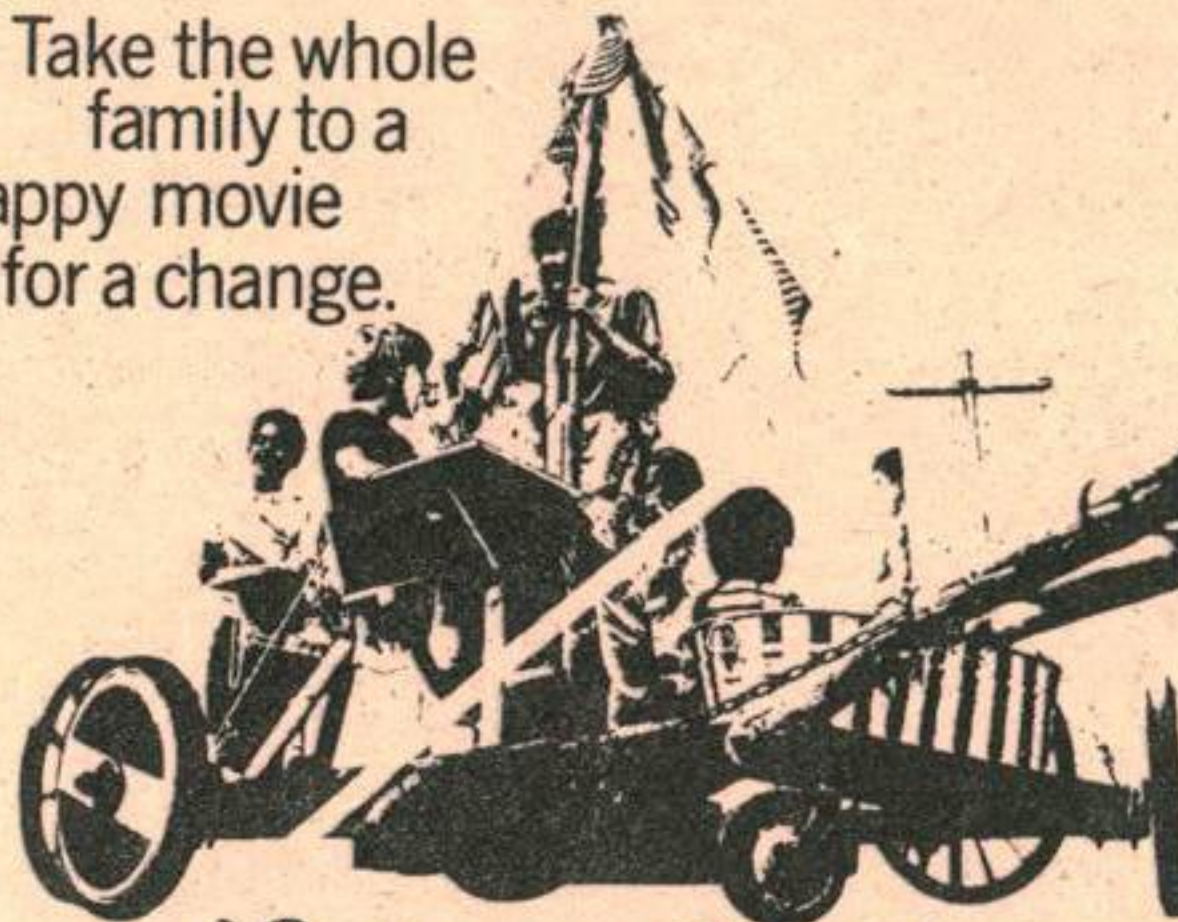
-Pharmacists

Pat and Norm Taylor

Bus. phone 642-7470
Evenings 642-5810

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Take the whole family to a happy movie for a change.



80 Steps to Jonah

it's **G** whiz willikers wonderful

It's family-sized entertainment.



Wayne Newton America's Singing Sensation
Mickey Rooney SAL MINICO TECHNICOLOUR FROM WARNER BROS. PICTURES
JO VAN FLEET KEEMAN WYNN CAROL EDWARDS

Friday, October 9
115 minutes

General
8:00 p.m.

FOUR FRAGMENTS OF PARCHMENT



Saturday, October 10

General

80 minutes
Adults-.75¢

8:00 p.m.
Children-.35¢

LAST OF THE MOBILE HOTSHOTS

Staring JAMES COBURN
- LYNN REDGRAVE

Thursday, October 8
112 minutes

Restricted
8:00 p.m.

ACADEMY AWARD WINNER! BEST ACTRESS!

BARBRA STREISAND



Sun. & Mon. 4 & 5 October
160 minutes
Adults-\$1.00, Children-.50¢
Intermission at half time

General
8:00 p.m.

LOOK FOR FREE THEATRE PASSES IN POPCORN

SATURDAY

PATRONIZE OUR ADVERTISERS

The MART

HOUSES
For Rent: Self contained, heated and furnished apartments. Good rates. Apply Norseman Motel, Centre and 6th Ave., Gimli. Phone: 5234.
AUTOMOBILES
For Sale: 1965 Ford Stn. Wagon, Country Squire, 8 cyl. power breaks, steering and rear window. Two studed tires avec. Can be seen at 60-6th Ave. Gimli. Phone: 642-8259.
For Sale: 1969 Ford LTD. Power Brakes and Steering with all possible options. Has been driven 15000 miles-\$3000. Phone: 642-7466.
For Sale: 1964 Chevy II, 6 automatic. Phone: 642-8121, Sgt. Rice.
MISCELLANEOUS
For Sale: Poloroid land camera, nearly new. Best offer - phone J. Chic at 642-5151, Local 43.
For Sale: Nikon Super 8 Movie Camera, Bolex Super 8 projector Splicer - \$350. Call Capt. Voss 642-5151 - Local 126r2.
For Sale: Are you moving soon? How about a steamer trunk with five large drawers and wardrobe space. How about a roof top carrier - fairly large - will hold barrack box in one section and carry a large tent in the other. Also trailer jacks and mirrors all for a very reasonable price. Phone: 642-5850 or Local 163.
For Sale: Coffee table, occasional tables and chairs, lamps, beds, large crib, record cabinet, men's skates-size 7, other misc. articles --105-3rd Ave., Gimli, Phone: 5573.
OPENING.....SOON.....IN GIMLI..... "HOUSE OF FABRICS" In the Commercial building..... specializing in knits and stretch fabrics.
Wanted: One TV Antenna-multi channel. Must bring in 6 & 7. Phone: 642-5046.
REWARD.....Missing swords and medallions belonging to Viking Lodge. Reward for information leading to the recovery of these lost items contact S.J. Greenberg or E. Chudd.
NURSERY SCHOOL...Space still available in Evergreen Nursery School - Mon. Tues. and Wed. mornings. Phone: 642-5882.
PLAY SCHOOL...in town to be held Mon., Tues. & Wed. mornings. For more information Phone: 642-7253.
CLEANING LADY - available. Phone Winnipeg Beach - 389-5440.

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

- Now till 14 Oct. MAN. SOCIETY OF ARTIST Art Display. Evergreen Library, Gimli.
- Fri. 2 Oct. 1830 hrs. MESS DINNER Officers' Mess.
- Sat. 3 Oct. 1030 hrs. RUMMAGE SALE..... Lutheran Church, Gimli.
- Sat. 3 Oct. 2100 hrs. DANCE..... Dress - Casual Jr. Ranks Mess.
- Tue. 6 Oct. 7:00 p.m. CUBS AND SCOUTS..... Registration, Gimli Legion Hall, Gimli.
- Sun. 4 Oct. 2:00-5:00 p.m. SILVER TEA Betel Home, 1st Avenue Gimli.
- Oct. 4-10 FIRE PREVENTION WEEK Activities published in Framfari.
- Sun. 4 Oct. 2000 hrs. MOVIE.....PSYCHO Anthony Perkins Jr. Ranks Mess.
- Tue. 6 Oct. 8:30 p.m. JR. RANKS WIVES CLUB Meeting at new Club Everyone Welcome
- Sat. 10 Oct. 2100 hrs. DANCE All ranks invited.... Jr. Ranks Mess.
- Sun. 11 Oct. MOVIE.....DINNER !!Prime of Miss Jean Brodie!! Officers' Mess
- Sun. 11 Oct. 2000 hrs. MOVIE-GUESS WHO'S COMING TO DINNER-Spencer Tracy. Jr. Ranks Mess.
- Tue. 13 Oct. GIRL GUIDES FIRST MEETING-1st Aspen Park Co Please be on Time.
- Fri. 16 Oct. 1830 hrs. GRADUATION.....6905 CFB Gimli, Rec. Centr
- Sat. 17 Oct. 2000 hrs. BINGO AND DANCE..... Dress - Casual Jr. Ranks Mess
- Sun. 18 Oct. MOVIE-SHIP OF FOOLS-Lee Marvin. Jr. Ranks Mess.
- Sat. 24 Oct. OKTOBERFEST ... Base Recreation Centr All ranks invited.
- Sun. 25 Oct. MOVIE-BAREFOOT IN THE PARK-Jane Fonda. Jr. Ranks Mess.

THE FRAMFARI X-WORD

E S D U C M V D S U R P R A S
 L E Y R A O U I P R W O U R O
 Y W I E A R N P N O A T E T L
 T H T D A O E V R T O C C N D
 S S C N R R B R E M A H H O S
 Z G T A C O A G O R E G L S M
 T T R L O E F B N V T D E D O
 U H A E C C I L R I B A E U B
 T S F R B L O O E A N P B H I
 S R E U E N L W T D H N I L L
 N I I S X E E T L A O G U E E
 P C E E T A E S E L B M U R T
 K I S O N R E T S D A O R O I
 D S T O Y F O R D U P M U A R
 E U Q I T N A F O R D R P D 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 24 letters
 LAST WEEK'S ANSWER: SUPERSONIC JET TRANSPORT

ANTIQUÉ CARS

ANTIQUÉ AUTOMOBILE	OLDSMOBILE
BATTERY BUICK	PHAETON PIERCE ARROW
CARS CHEVROLET COACH CONVERTABLE COWL LAMP	ROAD RACERS ROADSTER RUMBLE SEAT RUNNING BOARD
DIESEL DURANT DUSSENBERG	STEAM STUTZ STYLE
ESSEX FORD (2)	TIRE TOUR TOP
HUDSON	UPPER CLASS VINTAGE
MODEL T FORD OLD	