



Framfari



VOLUME I NUMBER 40

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

FRIDAY NOVEMBER 6, 1970



APPLE FOR THE BASE COMMANDER..... Danny Dagenais, 7, a member of the Gimli Wolf Cubs, Sioux Pack, sells a Boy Scout apple to Colonel J.F. Dunlop, base commander of Canadian Forces Base, Gimli, Manitoba, during the "Boy Scout Apple Day". Nearly 100 boys, ranging in age from seven to 16 years, members of the C.F.B. Gimli Cubs, Scouts and Ventures, were out on Friday, 30 October, selling apples on their traditional fund raising campaign. This event will be the last apple day for the C.F.B. Gimli packs as they will be disbanding prior to next fall, due to the base closure.

(CF Photo)

Captain Griffiths, chairman of the First Gimli Group committee, has indicated that there is a continuing need for supervisory personnel to assist with the boys and girls of Gimli's Cubs, Scouts, Brownies, Guides, etc. If you are interested in keeping these worthwhile youth groups together for as long as possible, please contact Captain Griffiths at Local 70.

Lieutenant-Colonel R.F.M. Walker, BTSO, a Spitfire pilot with 411 Fighter Squadron in Southern England 1941-44, buys a poppy from Mrs. Bell Sinclair, right, of the 182nd Branch, Royal Canadian Legion, Gimli. Her husband Laurie Sinclair, left, a veteran of World War II, also a Legion member, looks on.



SOUND OFF

Dear Sir:

Nine months ago we put pen to our paper and film in our camera with the enthusiasm of producing the very best in a service newspaper. Quite frankly, I think we, in fact, managed to do just that. When Gimli's own newspaper managed to fill 24 pages and often 28 with good local content.

What has happened now? Our paper has dwindled to a scant 20 pages of mild news.

I suspect that interest has fallen off -- not your interest but the interest of the people who work on the base and who really have a moral obligation to support the Framfari. Many hours of work are spent by the staff of the newspaper trying to give us something more than F.O.D., but no matter how much work is done, the paper will collapse without support from the readers.

If you, the reader, took time to read this letter, take time to write a reply on an article, because now, our paper is little more than a proverbial "Rag".

G.D. Kenny

LADIES FITNESS CLASSES

Ladies Fitness Classes are now being held in the base Recreation Centre. Times are from 1330 to 1500 hours Tuesday and Thursday afternoons. Come out and trim down for that new New Years dress! For more information contact Corporal Ron Beattie at Local 52.



ASSUMES COMMAND..... Lieutenant-Colonel John M. Ayres, 39, of Montreal, assumes command of No. 1 Canadian Flying Training School at Canadian Forces Base Gimli, Manitoba. As commandant of the school, Lt.-Col. Ayres takes on the responsibility for the advanced phase of flying training to wings standard for all Canadian Forces pilots.

In his past, Lt.-Col. Ayres has extensive flying and administrative experience, making him highly qualified for the duties he now assumes.

Enlisting in 1948, Lt.-Col. Ayres was commissioned in 1952 and promoted to his present rank on 27 July 1970 when he arrived at C.F.B. Gimli, Manitoba. Since his arrival at Gimli, he has been receiving flying instructor training which he completed recently.

Lt.-Col. Ayres replaces Major Bob Fraser, 46, of Winnipeg, Manitoba, in the position of commandant of #1CFFTS. Major Fraser, scheduled to retire early in 1971, will now assume the duties of base operations officer at C.F.B. Gimli.

(CF Photo)



EX-CENTENNAIRE TO COLD LAKE..... Major R.C. (Red) Dagenais, 34, of Ottawa, Ontario, has recently moved from Canadian Forces Base Gimli, Manitoba to C.F.B. Cold Lake, Alberta.

He leaves his position at Gimli, officer commanding, ground training squadron of No. 1 Canadian Forces Flying Training School, to head the advance party from the flying school on its future move to Cold Lake, Alberta. The flying school at C.F.B. Gimli is scheduled to move to C.F.B. Cold Lake prior to the base closure at Gimli which is set for 1 September, 1971.

Following a flying tour with the Golden Centennaires, the famed Tutor aerobatic team which thrilled thousands during Canada's Centennial year, Major Dagenais moved to C.F.B. Gimli in November 1967 where he has served since.

Captain Bill Naylor, 36, of Pictou, Nova Scotia, will fill the position that Major Dagenais has vacated at the Gimli based flying school.

(CF Photo)

ROYAL CANADIAN LEGION (Branch 182, Gimli) COMING EVENTS

Wednesday, November 11 - Remembrance Day Parade and service at the Cenotaph.

Wednesday, November 18 - General Meeting for elections for 1971 committee. All members are urged to attend. Attendance draw.

Saturday, November 21 - Doubles dart tourney at Legion Hall.

Friday, November 27 - DUES DANCE - 71 paid up membership is your entry fee.

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

Aspen Park, Manitoba
Phone: 642-5151 - L126R2

Deadline for all copy: 2:00 pm Monday

PUBLISHER

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

BUS. & PROD. MGR.

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

EDITOR

....J.F. Bennett -L154

WOMEN'S EDITOR

....Mrs. Betty Bennett -7964

ADVERTISING MANAGER

.... K.C. Birch -L 37

BABY-SITTER

SERVICE



CANADIAN FORCES DECORATIONS (CD).....Seven Canadian Forces Base Gimli, Manitoba, personnel received decorations recently from Colonel J.F. Dunlop, seated, base commander of C.F.B. Gimli.

Decorated were, left to right, Corporal M.W. Barteau; Corporal D.R. Burley, Corporal K.D. Dietrich, Captain F.T. Woodhouse, Corporal E.E. Zylenko, Corporal B.W. Borthwick and Corporal A.F. Lautsch. The first six received the CD, presented for completing 12 years of efficient service, while Corporal Lautsch received the first clasp to his CD for completing an additional ten years of qualifying service.

(CF Photo)

NAME & AGE	ADDRESS	PHONE
Beverley Cameron (15) and Doug Cameron (16 ½)	80-4th Ave., Gimli	7437 7437
Gary Esling (16) and Alan Esling (14)	3F West, Evergreen Apts.	7461 7461
Gloria Harrison (13)	PMQ 192, Elm Circle	5019
Cathy Hilton (13)	PMQ 156, Birch Crescent	8172
Susan Hovey (15) and Juanita Hovey (13)	4E West, Evergreen Apts.	5005 5005
Debbie Passant (12)	PMQ 54, Willow Drive	5386
Judy Pitman (14)	38 Willow Drive. PLEASE NOTE: For Friday, Saturday and Sun- day only on account of school	8842
Debbie Snedden (13)	PMQ 110 Cedar Crescent. School nights up till 10:00 p.m. and weekends (late).	5408
Valarie Valgardson (16)	Gimli, Available all day Sat- urday and any night except Friday.	7242
Maureen Williams (16) and Allen Williams (14)	PMQ 114, Cendar Crescent	8223 8223

GENERAL MEETING

FOR ALL MEMBERS OF THE

GIMLI FLYING CLUB

TO DISCUSS AND DETERMINE THE CLUBS FUTURE.

WED. 18th NOV. 70, 8PM GTS BUILDING CFB GIMLI





Nationwide Moving

GIMLI MOVING and STORAGE

PHONE 642-5269

**Across the Street - Across Canada
Anywhere in the U.S.A.**

- PACKING - MOVING - STORAGE -

-OVERSEAS PACKING & MOVING

Winnipeg Branch

BEAVER MOVING & STORAGE

2190 Notre Dame Ave.

Phone 786-6081

**Member
ALLIED VAN LINES LIMITED**

Outside World

OTTAWA (CFP)-- Have you ever noticed how often luck is mentioned when talk shifts to friends who have recently found jobs in the outside world?

Of course, if you stop to think about it you come to the conclusion that Lady Luck plays a very small part in the job finding process. Planning, careful preparation and hard work, in other words, those factors which helped you in your service career, are required to gain employment in the outside world. No one can count on luck alone to find a civilian job, especially during tight economic conditions such as exist in Canada today.

What do we mean by planning and preparation? Information is one of the main features of any planning. For example:

- Collect facts and information on the employment market, before your move into the outside world.
- Build up a file of firm names, telephone numbers, names of contacts.
- Read newspaper careers and want ad sections with great care and attention.
- Keep interesting ads for future reference.
- Learn job description language and relate military skills and experience to the needs of the civilian market.
- Study yourself; look at yourself; look at yourself as a civilian employer would.
- Draft your career resume and add this to your file.
- Settle the question of where you intend to locate.
- Collect information on cities by writing to chambers of commerce and other organizations.
- Learn what jobs are available in the city of your choice. (The fact that Kamloops, B.C. has a new pulp mill, for instance, will mean more jobs of all kinds throughout the community).

Your second career is much too important to you and your family to leave to chance. If you start your job planning early enough, however, your files will start to bulge and your chances of success will grow.

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

From The House Regional Economic Expansion

Departmental Study Of Implications of National Defence Base Closures:

Mr. Doug. Rowland (Selkirk): Mr. Speaker, this question is addressed to the Minister of Regional Economic Expansion. In light of the effect upon a number of Canadian communities of Canadian base closures I should like to ask the minister whether his department has made a study of the regional economic implications of base closures? If so, does he intend to make the report available to the House and to the public in general?

[Translation]

Hon. Jean Marchand (Minister of Regional Economic Expansion): Mr. Speaker, there is no question of making a public report. Nevertheless, this question is under consideration since the cabinet decided to close the two bases and, by the way, I shall be going to Manitoba very soon to review with the Manitoba Government the best means of correcting the unfortunate consequences of these two base closures.

House of Commons Debates.

TARGET STORE

Complete Family

Clothing

642-5246

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

N SHUCKETT B.A. LL.B

BARRISTER AT LAW

GIMLI HOTEL Every Thur 9 to 12 AM

Ph 642-5276

WINNIPEG RES

Ph 474-4093

SALE of NORDIC SOUVENIRS AND GIFTS

• MON. NOV. 9th through to NOV. 30th... at,

— THE NORSEMAN MOTEL OFFICE —

• REDUCED PRICES ON MANY ITEMS

• SOME, 'MADE IN GIMLI'

• SEE OUR LOVELY XMAS CANDLES AND CORSAGES

• BUY YOUR XMAS GIFTS NOW

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.

WILLIE'S WORD

I feel sorry for the editor of the Framfari. I really don't know why I feel sorry for him because he has intimidated me. However, after absorbing the pathos in his editorial last week, I had a lump in my throat. The poor man was almost pleading with his readers to state their views in articles or letters so that the base newspaper could be the voice of the people.

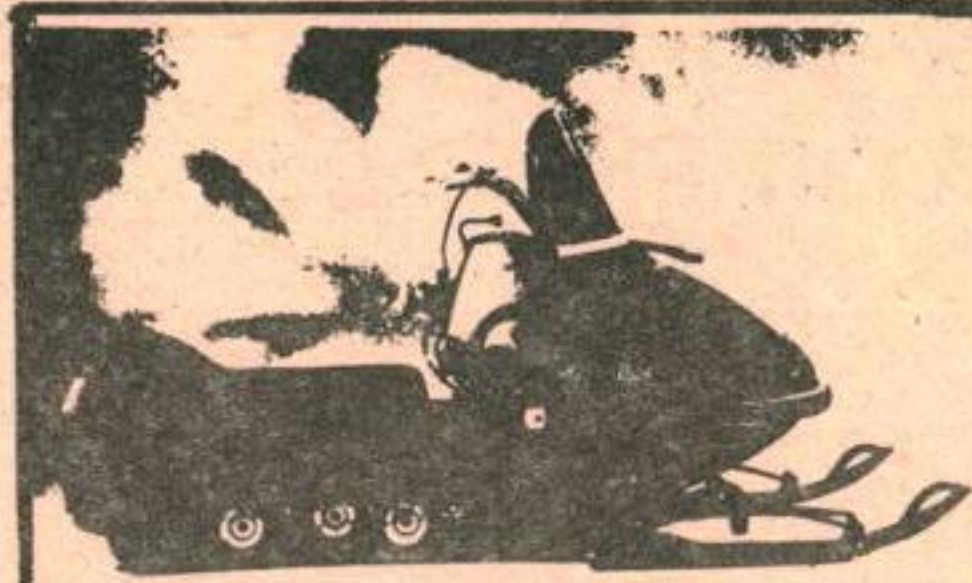
He didn't have to plead with me. As I said before, I was intimidated. One day, I was wandering through what is left of three hangar when a vice-like hand gripped my shoulder. A stern voice, an authoratative voice, a commanding voice, growled in my ear, "write for the Framfari".

At first, I was startled. Then a second reaction set in. I summond up my courage, drew myself up to full height and gazed steadfastly at the editor. It is most disconcerting if your steadfast gaze reaches only to the level of your opponents' navel. I stared maliciously at my opponent's midrift; he gazed dreamily at the COBRA sign high over my head. My resolution weakened and I now find myself writing articles for the Framfari.

You know, it's not such a bad experience writing for the Framfari. As the editor said to me, "Any fool can write, even you". It gives you a sense of creative fulfillment to be able to put your thoughts and ideas down on paper.

Many intelligent people have contributed excellent articles. Just to name a few, the base commander, Ken Doerksen, Bud Wilds and Stan Robinson. There have been articles on everything from base policy to sports activities. Few of us are professional journalists but all of us have the capacity to contribute our own thoughts. What about you?

Visit any section on this base and you will find articulate people. The other day, I was having coffee with my irritible friend (M.I.F.) and he expounded on numerous subjects with his usual vigour and wit. However, M.I.F. scoffed at the idea of submitting his views in writing to the Framfari. This was a shattering experience for me because M.I.F. has views that should be shared with the Framfari readers. How can our base newspaper be the voice of the people if the people refuse to use it?



PRICES EFFECTIVE: Nov 5 - Nov 11

RIB OR BUTT PORTION
PORK LOIN ROAST 69¢
LB

CENTRE CUT
PORK LOIN CHOPS
OR ROAST 85¢
LB

BURNS'
SIDE BACON 85¢
LB

BURNS'
COIL GARLIC 65¢
LB

BURNS'
WEINERS 57¢
LB

PORK LEG
ROAST
WHOLE OR HALF LB 49¢
CENTRE CUT LB 69¢

SMOKED
PICNICS
55¢
LB

CHICKEN PORTIONS
LEG OR THIGH
59¢
LB



WIN A SNOW PRINCE SNOW MOBILE WORTH \$620.00

CONTEST RULES
1. OPEN TO CUSTOMERS 18 AND OVER EXCEPT EMPLOYEES.
2. SIMPLY WRITE YOUR NAME ADDRESS AND PHONE NO. ON BACK OF CASH REGISTER RECEIPT AND DEPOSIT IT IN BOX. CLOSSES NOV. 14/70

CEREAL ALPHA BITS 100% 43¢
COFFEE MAXWELL HOUSE 100% \$1.79
DRINK ALLEN'S APPLE 48 OZ TINT 3 \$1.
SALMON PARAMOUNT OR ARROW 2 TINS HALVES 89¢

SPECIAL
TOQUES ASST COLORS \$1.99
BALACLAVAS AND PATTERNS \$2.59
HEAD BANDS .69

DRESSING MIRACLE WHIP 32 OZ 73¢
SOUP MIX LIPSON'S CHICKEN NOODLE 2 PKGS 49¢
CRYSTALS TANG 4 PKGS 89¢
BISCUITS CADBURY'S ASS'T 2 PKGS 89¢

TALL values at LOW Prices

Gord's Solo.
STORE HOURS
MON. TUES. WED. 9AM-7PM
THURS. FRI. SAT 9AM-9PM
SUNDAY 12 NOON-6PM
WE RESERVE THE RIGHT TO LIMIT QUANTITIES



FARM FRESH PRODUCE
GRAPES CALIFORNIA RIBIER LB 29¢
POTATOES CAN #2 RED 20 LBS 89¢
BANANAS SWEET MELLOW 2 LBS 29¢
GRAPEFRUIT FLORIDA RED OR WHITE 10/85¢

MC LEANS REG OR MINT TOOTHPASTE 55¢
BAN. SPRAY DEODORANT 85¢
BUCKLEY REGULAR COUGH SYRUP 59¢

LIBBY'S FRUIT COCKTAIL 4 TINS \$1.14 OZ.

FLOUR ROBIN HOOD 20 LBS \$1.59
CATCHUP LIBBY'S 18 OZ 29¢
BEANS DEL MONTE GREEN OR YELLOW 4 TINS 75¢
CR. CORN AYLMER 10 OZ 4 TINS 59¢
SOUP MUSHROOM CHICKEN NOODLE CHICKEN RICE 6 TINS \$1.

Everyday all over the base, people are discussing everything from moving dates to the F.L.Q. Some people have some pretty legitimate questions, while others do an awful lot of complaining. Why not submit your views, questions, that have been bothering you for weeks.

DANCES, BANQUETS, PARTIES, WEDDINGS

Men of Note Orchestra
Jim Glover,
Gimli - 642-8167 or Loc 143

Framfari Produces Book

On The Lamp Of Learning

School In Ghana

THE LAMP



by Joseph O. Aheto

Colonel J.F. Dunlop, DFC, CD
Base Commander
Canadian Forces Base Gimli,
Aspen Park, Man.

Dear Jim -

The purpose of this note is to ask you to express to your personnel the sincere thanks and appreciation of all the people in Training Command for the magnificent contribution your people have made once again through the production of Joseph Aheto's book, "The Lamp".

It really is a magnificent effort and one I am sure your people are proud of. I have written a letter to Joseph, given him your address and told him that you and your people voluntarily donated the time, effort and money necessary to produce the book. I expect you will hear from him in the not-too-distant future.

Again, many thanks and also sincerest thanks for your outstanding hospitality to Elaine and me during the Wings Parade ceremonies on 16 October.

Sincerely,

W.K. Carr
Major-General
Commander Training Command

**WINTER IS NO TIME
FOR CAR TROUBLE**



**SPECIAL
WINTER TUNE-UP \$6.95**

Check & Adjust plugs & points

Check & set timing

Adjust engine belts

Check generator & battery

Adjust carb

test compression

Check exhaust control valve

Check fuel pump & filter

Check cooling system

Tighten hoses

AUTOLITE BATTERIES 25% OFF

PRESTONE ANTI-FREEZE \$2.59

LARGE SAVINGS ON WINTER TIRES

Example - 825x14 W/W 4 PLY \$21.00

UNTIL NOV. 15th

GIMLI AUTO BODY



GETTING TO KNOW YOU.....Recently appointed defence minister Donald S. Macdonald listens to fire orders being issued during his recent visit and familiarization tour of Canada's largest military training centre C.F.B. Gagetown, N.B. He is wearing the intercommunication earphones inside an M-109 self-propelled howitzer. (CF Photo)

CO-OP INSURANCE

AUTO - FIRE - MOTORCYCLE
3, 6 & 12 Month Policies
Issued Immediately
INSURANCE AT COST

PLUS EXTRA BENEFITS

ALL military personnel insurable

Agent: J.B. Heidinger
85 5th Ave.

642-8347

For GOOD Food, and
Good Service
VISIT THE

Lake Inn RESTAURANT

TIRED OF COOKING??

WHY NOT TRY OUR
NEW TAKE-OUT SERVICE

Next to Gimli Tailor, Gimli



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

TAYLOR

PHARMACY

YOUR A. R. P. VALUE CENTRE

CENTRE AND SIXTH GIMLI

MAGIC MOMENT

FOAM IN HR. COLOR

REG. \$3.49

SPEC. \$2.77

BAN SUPER DRY

REG \$1.79

SPEC. \$1.19

PRETZELS

REG 39¢

SPEC. 33¢

TAMPAX REG OR SUPER

BOX OF 40

REG \$1.97

SPEC. \$1.49

OLD DUTCH CHIPS

TWIN-PAC

REG 79¢

SPEC. 63¢

AQUA NET

HAIR SPRAY

REG 99¢

SPEC. 77¢

HOUSE OF FABRICS

COMMERCIAL BUILDING
CENTRE STREET

SALE on Plaids & Stripes

suitable for Children's
jumpers, slacks and skirts.

UNISKINS by mac



YOUTHS IMPRESSED..... Corporal Terry Kluth, 33, a meteorological technician at Canadian Forces Base Gimli, Manitoba, explains the operation of the weather teletype transmitter/receiver used at the base to send/receive weather information used in aviation. He explains the machine, a portion of the most advanced computer controlled weather system in the world, to Mark Weherle, standing, 14, of Lockport, Manitoba and Peter Tomko, sitting, 16, of East Selkirk, Manitoba. The two youths are part of a group of grade nine students from Selkirk Collegiate Institute, Selkirk, Manitoba, who toured the base facilities recently. (CF Photo)



Viking Motor Hotel LTD

PHONE 642-5181

P.O. BOX 131

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

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

Party Ice For Sale

Phone for

Cor. Hwy.
No. 9 and
Centre St.

reservations

GIMLI
Manitoba
Canada



CENTRE ST. WEST,
GIMLI

PAUL FIRMAN

642-5007

642-8857

71 MODELS

AS LOW AS \$535.

SEE PAUL FOR BEST BUYS

BEST SERVICING

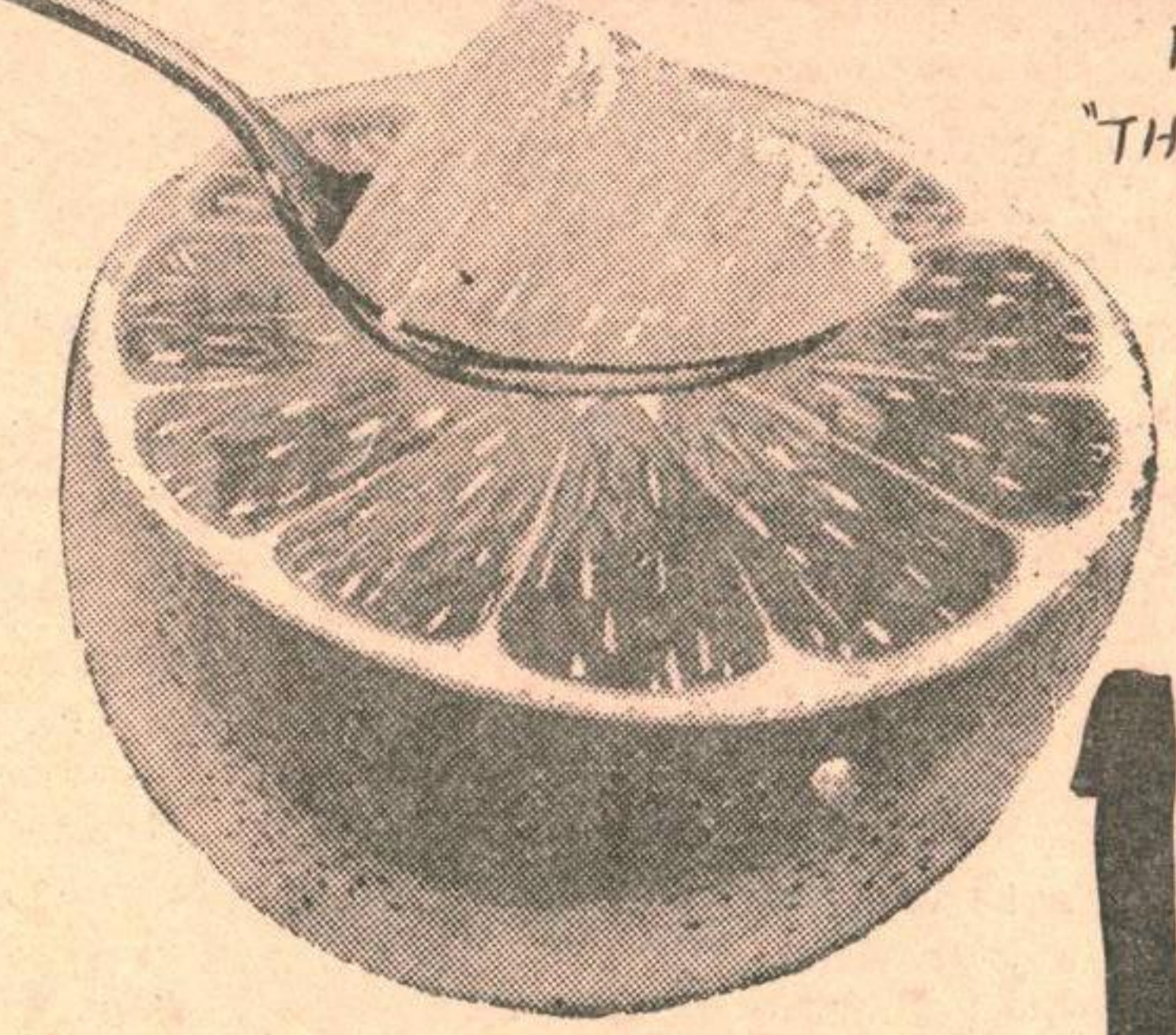


IT PAYS TO

BUY BRAND NAMES

TOM-BOY EXCELS IN PRODUCE!

FLORIDA RED or WHITE
"THIN SKINNED" 48's



GRAPEFRUIT

10 FOR 89¢

CALIFORNIA CANADA No. 1 'SNAPPY WITH FLAVOR'

TOMATOES 4 LBS. 98¢

FROZEN FOODS

PEAS 2 LB. PKG. 49¢

FRASERVALE
CANADA FANCY

MEAT MAKES THE MEAL!

FOWL ROAST 2 1/2 - 3 LB. AV. LB. 29¢

TRAY PACK - FRESH FROZEN
"FOR FRICASSE" - CUT UP

45¢

"SELECT YOUNG PORK"
PORK BUTT - BOSTON STYLE LB.

PRICES EFFECTIVE - NOVEMBER 6, 7 & 9, 1970.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

GARDENLAND MIX or MATCH

PEAS 6 14 FL. OZ. TINS \$1

CANADA CHOICE ASSORTED OR CORN CREAM STYLE

SOUP 4 2 1/2 PKGS. \$1

LIPTON'S CHICKEN NOODLE MIX

TOM-BOY "BIG T" FEATURE!

HEINZ-TOMATO KETCHUP

2 25 FL. OZ. BTL. \$1

YOU RATE MORE AT A TOM-BOY STORE



"FREE"

SIX-10oz TINS ZING DRINKS
WITH A \$1.00 OR OVER PURCHASE
LIMIT ONE DEAL PER CUSTOMER

HEALTH & BEAUTY AIDS

LADY PATRICIA - SOFT, FIRM, EXTRA FIRM
HAIR SPRAY 10 FL. OZ. TIN 69¢

COLGATE - 6¢ OFF
TOOTH PASTE GIANT SIZE TUBE 59¢

LISTERINE - ANTISEPTIC - BONUS PACK
MOUTHWASH 15 FL. OZ. BTL. 99¢

GIMLI TOM-BOY GIMLI, MAN.

Wonders of the



FREE

WITH \$10.00
FOOD PURCHASE



ANIMAL KINGDOM ALBUM

A PACKAGE OF 40 PICTURES
COMPLETE DETAILS AVAILABLE AT THE CHECK OUT COUNTER

Fascination for Your Children Now...
A Family Treasure for Years to Come.



TOM-BOY



Westfair Associate



PHYSICAL FITNESS

ACHIEVEMENT



Physical Fitness Achievement Award CFB GIMLI

This is to certify that
..... has completed
..... in the CFB Gimli
Manitoba Centennial 100
Mile Club. Congratulations

ASSISTANT

CHAIRMAN

DATE

Physical Fitness Achievement Certificates will be awarded to those individuals having run more than 100 miles in the CFB Gimli Manitoba Centennial 100 Mile Club. Certificates will also be awarded to those who have exceeded 25 miles. Personnel are eligible for these achievement awards throughout the Centennial year.

Members of the club who have exceeded the 100 miles are:

Captain J. Astley
Captain P. Brown
Corporal R. Bushe
Captain T. Crooks
Corporal J. Charron
Major Ennis
Corporal R. Gagnon
Sergeant J. Harrison
Warrant Officer R. MacDonald
Corporal J. MacIntosh
Sergeant P. Plewes
Corporal N. Passant
Corporal I. Tappay
Major L. Pinnoneault
Corporal A. Watson

Those members who have run more than 25 miles around the less than ideal recreation centre track are:

Corporal Andre
Corporal Barteaux
Corporal Berger
Captain Hanks Drielsma
Corporal Chellew
Sergeant P. Reiss
M/Warrant Officer R. Daye
Captain K. Birch

The physical education and recreation staff would like to congratulate those who have shown such perseverance in maintaining a high level of fitness. We would also like to congratulate Corporal N. Passant who has run 718 miles to date.

RUNNING NEVER GETS YOU ANYWHERE

Many people doubt the validity in exercising beyond that done at the dinner table. Their come back is always that "I can do my job," "I'm happy the way I am," "I'll get by," "My father lived to be 119." What most people want is proof. Exercise

physiologists are attempting to supply scientific answers to the questions about fitness. We on the North American continent are in the wake of a jogging fad. Service personnel are required to attempt a test involving the running of 1.5 miles or a comparable swim. All of this brings us to the "Jogging Question".

The following are excerpts from the University of California Explorer radio program.

Dr. Jack Willmore, an exercise physiologist summarized the findings from a ten week study of over 75 joggers.

A loss of 2% in body weight.

A loss of 8% in body fat (an indication of the conversion of some fat to muscle).

An increase of 10% in the maximal amount of oxygen consumed during heavy exercise.

A 13% increase in the amount of oxygen supplied to body tissue during heavy exercise.

A 16% increase in the amount of heavy exercise performed before reaching a state of exhaustion.

A 12% decrease in the resting heart rate.

You might feel justified in saying that these figures are just that "a lot of numbers and nothing more". But you're wrong. What these figures amount to is a far greater feeling of well being.

Now that winter is here people tend to be even less active. Now is the time to start a program which fits both your time, talents and pleasures. Jogging is one of the best ways of keeping fit but there are many activities which if done on a regular basis would give you a sense of physical well being thought unattainable.

JR RANKS MESS ENTERTAINMENT

DANCE 14 NOV, 21.00 to 01.00

to

'THE REBELS'

A GOOD SOUND TO BRIDGE THE GENERATION GAP

• Admission \$1.00 to Non Members

• Limited Subsidized Drinks

• Door Prizes

Gimli Figure

Grid League

Youth Bowling

Skating Club

Nearing Close

SENIORS - OCTOBER 31, 1970

Teams	Total Points	Standing
1	23	4
2	34	1
3	28	2
4	25	3

H/S for year: Pentti Karkainen - 334
 Gail Cormack - 289

H/T for year: Allen Williams - 672
 Gail Cormack - 631

Bowlers of the Week: Glen Aldwinckle - 636
 Sandra Cormack - 558

BANTAMS - OCTOBER 31, 1970

Teams	Total Points	Standing
1	18	8
2	32	1
3	26	5
4	29	4
5	21	6
6	20	7
7	30	3
8	32	1

H/S for year: Donald L'Arrivee - 187
 Janice Brass - 230

H/D for year: Jim Hentig - 334
 Janice Brass - 414

Bowlers of the Week: Ronnie Hoy - 300
 Barbara Smith - 327

The instruction classes are going well on Friday nights and the practise sessions on Sunday nights are improving all the time. The instruction periods have been set out in half-hour periods with all the younger skaters taking the times from 4:00 p.m. to 6:00 p.m. From 6:00 p.m. to 7:00 p.m. the older and more advanced skaters are on the ice and younger ones are requested to leave the ice at this time.

It goes without saying that this instruction timetable has been set up in this manner so that there is a maximum amount of safety and learning for each skater.

Last week a "Mother Duty List" was sent home with each skater. Due to the large enrolment it is only necessary for a mother to be on duty once during the year. The duties will include such things as helping to tighten up skates, ensuring that youngsters do not go upstairs with skates on, that there is a minimum of fooling around in the changing area and a minimum of congestion in the doorway. If your particular day is a bad one for you, mothers, please feel quite free to switch with someone else. The executive will be most grateful for your help and cooperation.

Don't forget to come out to practises on Sunday night, skaters! There will be someone there to help you with your skating and learning. Make good use of it.

OTTAWA(CFP)--Forces football fever has hit Ottawa as the National Defence Football League regular season came right down to the wire for the league championship. The league, playing a 20 game schedule, opened the 1970 season August 30 and will end on November 1.

The CFHQ Trojans won the 1970 NDFL league championship trophy by defeating the Trenton Broncos 7-1 in the final game of the season Sunday, October 18. The Trojans lost only one game over the season, they won seven games to finish with 14 of a possible 16 points. The R.C.M.P Huskies were right behind the Trojans in their drive for first place with a record of 6-1-1 and 13 points.

Rockcliffe Riders, with a 4-3-1 record finished third followed by the Trenton Broncos with their 2-6-0 finish. The Uplands Falcons, with no points but great determination, will sit out the playoffs this season.

The 1970 season has been the most successful ever for the NDFL, their season attendance has been over 12,500 fans to date. The game results, at least in Ottawa, receive good coverage on both radio and television. A full house is expected to be on hand for the NDFL final scheduled for November 1.

A "Last Huddle Dance" and "Awards Banquet" on November 7 will officially close the season.

SELKIRK LUMBER COMPANY LIMITED

Complete Building Supplies - Concrete Block Manufacturing

SELKIRK 482-3141

WINNIPEG BEACH 389-2024

GIMLI 642-8255

GIMLI FLYING CLUB



3 Cessnas
1 Cherokee

D.O.T. APPROVED
Private
Pilot Training

COMMERCIAL
Pilot
Training

INSTRUCTORS AND AIRCRAFT ARE AVAILABLE
EVENINGS, WEEKENDS AND HOLIDAYS.

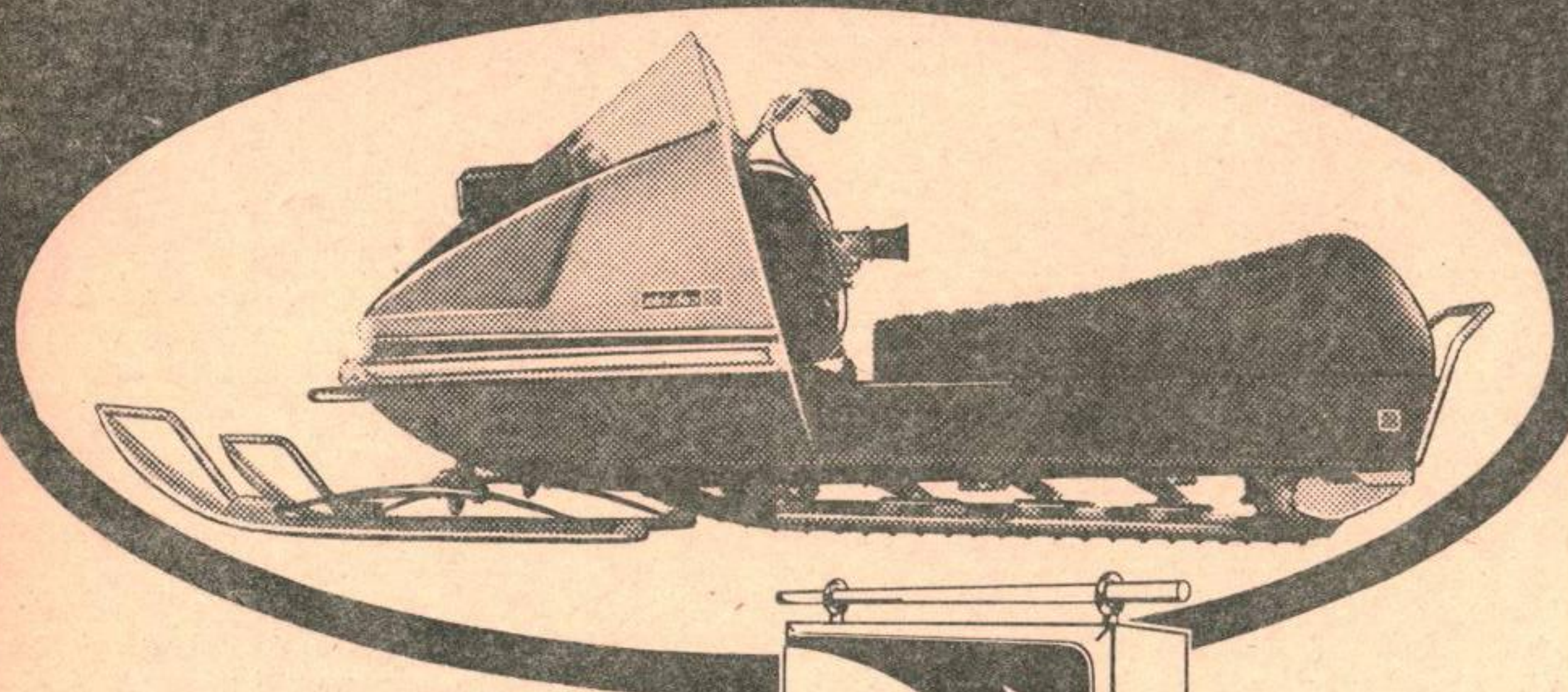
CONTACT OUR MANAGER

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

Ski-Doo value isn't just a small price tag. It's a lot of features wrapped up in one big economy package. **Value is the Product:** Ski-Doo saves you money because it's the most reliable machine on the snow. Dependability proven at the North Pole. **Value is the Service:** Free 24 point pre-delivery checkup. Free inspection after 15

SKI-DOO OUT-VALUES THEM ALL!

hours on the snow. Ready service all season long. And always — factory trained mechanics using genuine Ski-Doo parts. **Value is the Price:** You won't get a better snowmobile deal anywhere. Take the compact, fabulous, all-new Elan — only \$620. does it. If it's value you're after, get the machine that out-values them all.



Vigfusson Bros Skidoo Sales and Service
16 Kernstead rd. Winnipeg Beach
389-2722 642-8345



How to shop from Simpsons-Sears Catalogues

By phone



GIMLI

SIMPSON-SEARS CATALOGUE

ORDER OFFICE

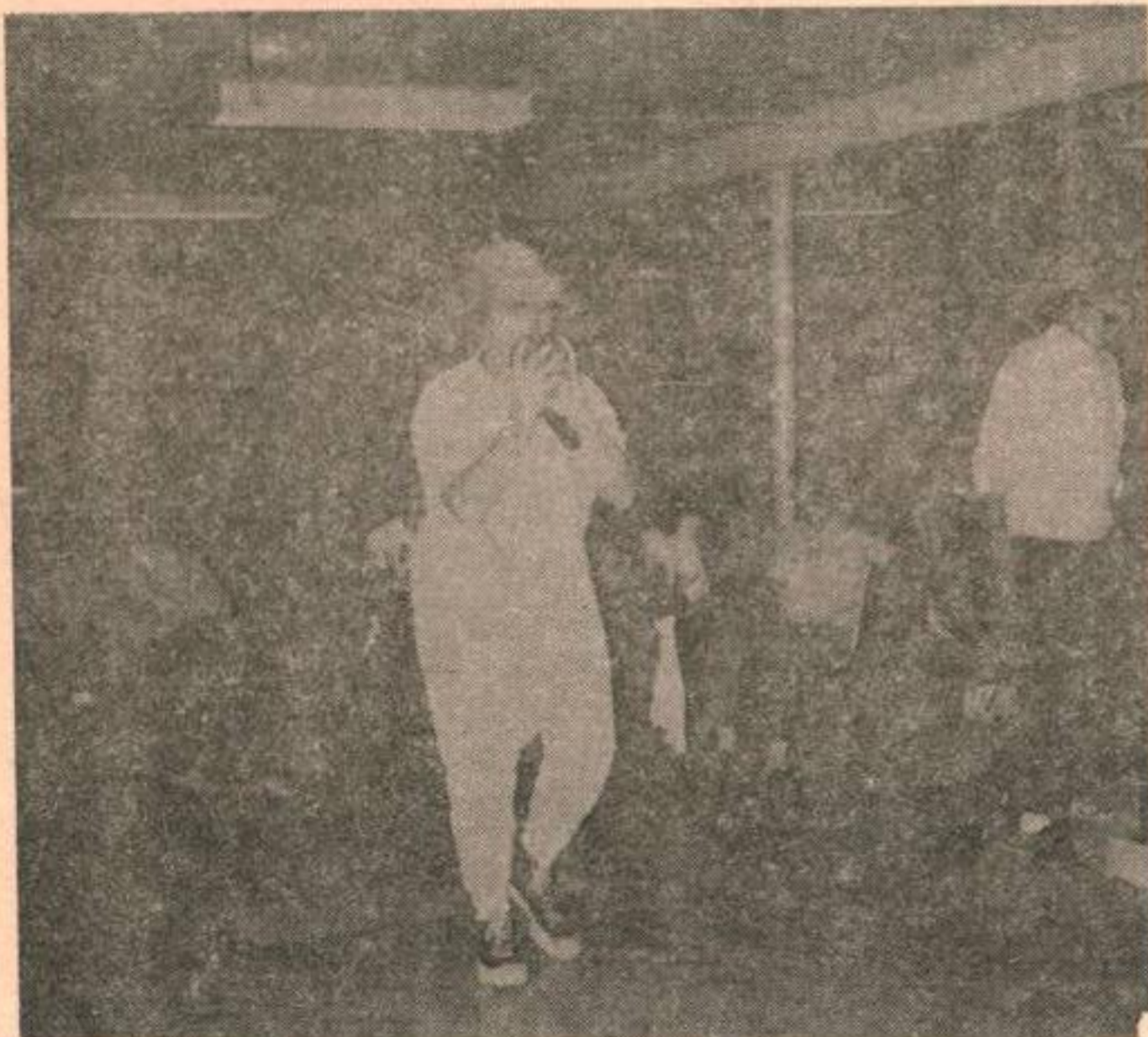
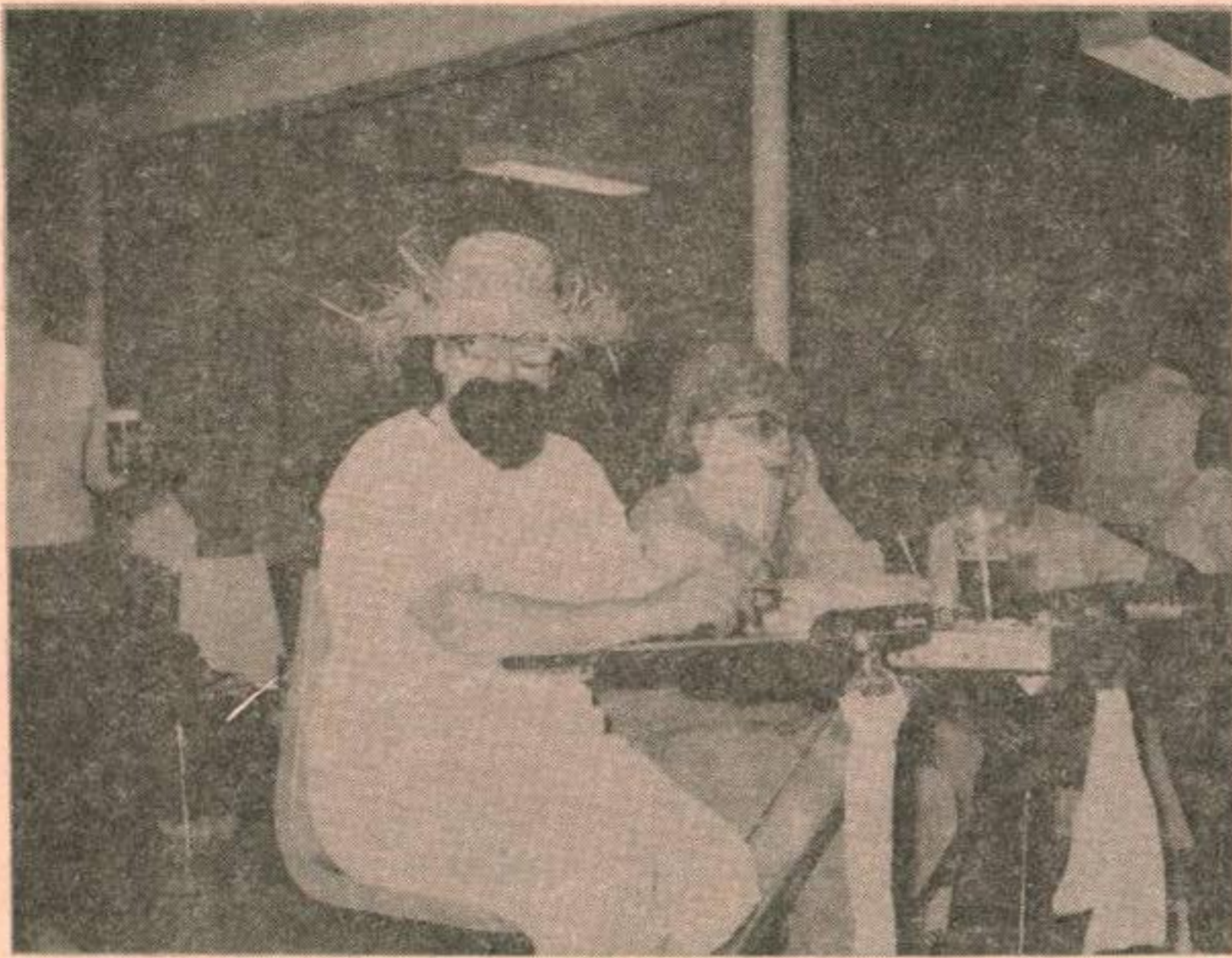
642-5161

VIKING PHARMACY

PHARMACISTS: Ernest Stefanson, Keith Eyolfson

PHONE 642-5504 Emergency 642-8359/642-5900 WE DELIVER

<p>BAND AIDS 60s reg 98¢ spec 66¢</p>	<p>SCHICK SUPER KRONA-CHROME INJECTOR BLADES reg \$1.69 spec \$1.39</p>	<p>STERISAL MOUTHWASH 14oz. reg \$1.49 spec \$1.19</p>
<p>KOTEX REGULAR 48s reg \$1.99 spec \$1.79</p>	<p>FACELLE ROYALE FACIAL TISSUE small box super special 5/89¢</p>	<p>McLEANS TOOTHPASTE family size reg \$1.29 spec \$1.09</p>
<p>our winter hours FRIDAY 9AM - 9PM SATURDAY 9AM - 6PM SUN, MON 12NOON - 6PM TUES, WED, THURS 9AM - 6PM</p>	<p>SECRET SUPER DRY DEODORANT reg \$1.98 spec \$1.49 SHOP AT THE A.R.P. VALUE CENTRE NEAREST TO YOU</p>	<p>HEAD & SHOULDERS SHAMPOO reg \$1.39 spec \$1.09</p>



LADIES LEAGUE BOWLING

FUN NIGHT RESULTS

The following are the results of the fun night held on Thursday 29 October 1970:

High Single Left Hand - Joan Hoy-148 (early bowling)

Right Hand - Una Pitman-127 (late bowling)

High Single Left/Right Hand - Lila Tucker - 184 (early bowling)

High Triple - Joyce Hentig - 579 (early bowling)

- Barb Kramer - 495 (late bowling)

Hidden Scores - Jane O'Donnell, Pat Gemmell, Alice Chorney and Helen Cutts.

Red Pins - Lila Tucker, Jane O'Donnell, Jo Kemp.

Best Costume - Belle Christenson.



Support Your Exchange

Saving money on food?

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

Stock up on frozen foods and meats at reduced prices.

TIP TOP CLOVER FARM

PHONE US AT 642-5418

Family Pins



Custom made by



A beautiful gift for Mother or Grandmother with a birthstone for each member of the family. Gold Filled or Sterling Silver.

from \$13.50 Gift Boxed.

Allow approximately three weeks for delivery.

Cronshaw's

Box 188

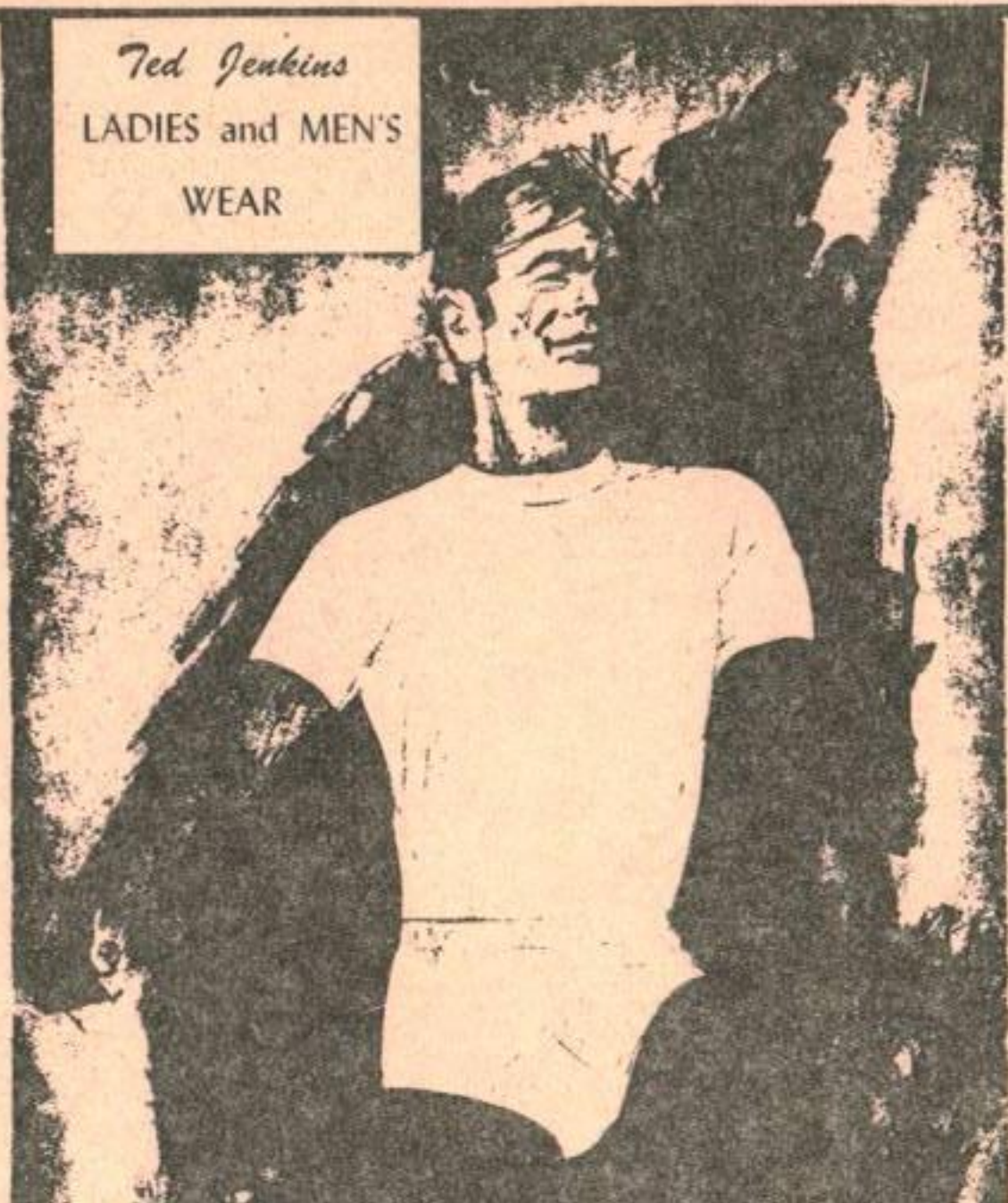
Gimli Man.

Girl Guide News

Monday, November 2 was a special night when Jill Griffiths was enrolled as the newest member of our Second Aspen Park Girl Guide Company. Jill, an ex-Brownie, has been very interested and active in passing her Tenderfoot requirements and we are happy to welcome her into Girl Guides.

The Golden Hand Brownies from Monday Pack were visitors at our meeting and we hope they enjoyed themselves. Any Guide Company would be happy to have such eager happy girls when they graduate from Brownies.

Sunday, November 8 is Church Parade at the Protestant Chapel at 10:00 a.m. for all Rangers, Guides and Brownies. The "Dedication" of our Canadian flag for Aspen Park Girl Guides will take place during the service.



Ted Jenkins

33 Centre Street

**YES! WE NOW CARRY THE
WORLD FAMOUS JOCKEY
BRAND UNDERWEAR IN A
WIDE VARIETY OF COLOURS
AND STYLES.**



Selkirk Funeral Chapel

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

Phone 482-6284
Res. 482-5419

209 DUFFERIN AVE.
GARTH CLARY, DIRECTOR SELKIRK, MANITOBA

**NORTH AMERICAN
LIFE ASSURANCE COMPANY**
A Canadian Mutual Company

*Providing programing,
consulting and service*

**FOR
ALL TYPES OF INSURANCE**

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

G.F. (Kelly) Laliborte
I. (IKE) Chamish

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

GIMLI HOTEL (The Whitehouse)

OVERNIGHT ACCOMODATION
REASONABLE RATES

**ENTERTAINMENT
WED TO SAT**

DIANE'S BEAUTY SALON at 20
Sixth Ave. is open for your con-
venience Tuesday through Saturday.

I AM ALSO OPEN AFTER
SUPPER ON TUES. AND WED. NIGHT!!

TINTS, PERMS AND WIG STYLING
ARE OUR SPECIALTY.

For appointment call
642-8850

DIANE'S BEAUTY SALON

Kardy's HARDWARE

Your FIRST STOP STORE for

HOUSEWARE-GIFTWARE-PAINT

642-8838

ANNOUNCEMENT!

BASE AUTO CLUB

• NOW AN OFFICIAL GARAGE
OF THE....

over sixty years

the respected voice

of Manitoba motorists



it pays
to belong

Chapel News

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 last Friday of the month at 7:00 p.m.

MASSES IN NEIGHBORING PARISHES-R.C.

ST. MICHAELS' CHURCH, Gimli, Sunday Mass at 10:00. One half-hour confessions before Masses.

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

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

FINNIS: 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.

Protestant Chapel

Rev. D.W. Hilton
Phone: 156r2

SUNDAY - 8 November 1970

10:00 a.m. "FAMILY SUNDAY"
2:00 p.m. Confirmation classes
in the annex.

THURSDAY

6:30 p.m.-Junior Choir practice
7:30 p.m.-Senior Choir practice

BAPTISMS - by appointment only.

MARRIAGES - One months notice is requested by the Chaplain.

Brother for Brother

The God/man relationship which is the Christian life is situated in a community. God approaches man in a community; man finds God in community. In this the particular character of the Christian life follows the ordinary pattern of human life. Man is a person, but a person in community. He is born into the varied context of human relationship; he creates himself as a fully mature and developed person in and through these relationships. This being surrounded by others, of other people happening to be where he is. It is the simple fact that life in community makes man everything that we know him to be. He owes to the community his attitudes and institutions, his ideas and language, his values and ideals.

Man's life in Christ follows a similar pattern. He is baptized into the community of God's people, he receives the faith of the believing community, he prays with the worshipping community, he returns for forgiveness of sin to the redeemed community. Christ's own life was that of a man among men, concerned with their needs corporal and spiritual. In setting out to alter the destiny of the community of mankind he made common cause with man and was himself caught up in their destiny.

If to a great extent Christian life is community life, then to the same extent Christian virtue is community virtue. The terms between which the full range of community virtue may be plotted are charity and justice. These set the tension of community morality. Charity is the ideal or theme of the Christian life. It is an open, flexible, generous virtue. It moves action wherever it observes need; it does not count the cost; it does not expect a return. Justice is a closed, rigid, minimal virtue. It takes account only of the actual rights of another; it draws a clear line between thine and mine; it requires that everyone get his strict due, neither more nor less.

In comparison between the "open" virtue of charity and the "limit" virtue of justice the latter generally suffers. The former paints the broad sweep of an inspired community morality, while the latter appears more earthbound and tends to haggle about details. But both are essential for responsible community action. Moral responsibility must take account of all the values

of the situation. It must take account of the fact that man is an incarnate being surrounded by other similar beings in a material world. All this qualifies the pattern of charity among men. Unless charity is underpinned by limit virtues, such as truth, justice, chastity, it becomes a vague, vagrant, formless attitude. If it does not take human nature and the given context of human action seriously, it is not realistic and does not take human nature and the given context of human action seriously, it is not realistic and does not deserve the name of virtue.

You precept of love with this double term is a single commandment, the new commandment, the message of Christ for Christian living. It is spelled out in the radical demands of the Sermon on the Mount, it is recalled to the apostles' memory in the Last Supper Discourse, it is underlined in the teaching of the apostles, above all in the epistles of St. John. This commandment was personified in Christ. He loved his Father in the identity of a single principle of life. "I and the Father are one". He loved his human brethren to the point of becoming one with them. "As you did it to one of the least of these my brethren, you did it to me."

Christ gave to Christians this same mission of love. It is not simply a matter of changing old attitudes, it is a matter of changing old natures. It is not a "Thou shalt", it is a "Thou art". The message is contained in his action of a drawing the human race into the love-life of the Trinity and making of them there a single family. In virtue of this action one addresses God as Father and Christ as brother, and in Christ one calls all men brethren. There is no point in using these terms unless one acts in accordance with them by having for God a love similar to that of a child for parent and for one's fellowman a love similar to that of brother for brother.

CANCELLED

Sunday School classes are CANCELLED and children are to accompany their parents to church. In place of the sermon, there will be a teaching session for parents and children.

Also at 10:00 a.m. there will be a Guide and Brownie parade. A new Canadian flag will be dedicated.

WEDNESDAY - 11 November 1970

Remembrance Day service at the Cenotaph in Gimli.

That's what everyone from IFTS says!! But paint the door, plant a few flowers and it will be just like a P.M.Q!!



Airmen Win

' Good Shows '

TRENTON (CFP)--Two Trenton airmen will receive "Good Show" awards for their part in "talking" down two civilian aircraft in difficulty near here recently.

Corporal K.R. (Ken) Cotter of Stirling Brook, N.S., an air traffic controller and Private R.J. Heisler of Halifax a radar technician, combined talents to bring one aircraft down safely. And two days later Cpl. Cotter carried out a similar operation.

The U.S. owned Cessna 172 was caught in heavy rain with only five minutes of gas remaining in its tanks. Cpl. Cotter picked up the aircraft 20 miles West of here on his scope. Despite a poor scope signal, he directed the pilot to a Toronto runway.

Before Cotter could complete his directions however, his scope failed. Cpl Heisler quickly repaired the trouble to allow Cpl. Cotter to finish his "talk down".

Two days later, Cpl. Cotter guided a Toronto-bound civilian aircraft lost in fog with little gas remaining to a safe landing at Trenton. For his efforts he received another citation.

"The calm and efficient manner in which these two men went about their duties is commendable and resulted in the successful recovery of an aircraft which was in grave difficulty," stated the commendation.

EATONS

CATALOGUE SALES OFFICE

FASTEST SERVICE

IN GIMLI

Phone 642-5158

Catalogues available

CATALOGUE & RETAIL SERVICE

FINLEY TV

— Service —

26 6th Ave, Gimli 642-5386

NO HIDDEN CHARGES

NO PENALTIES

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

ASTRA CREDIT UNION

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

GIMLI BONSPIEL

Twenty-eight rinks played off recently at the Gimli rink, October 28 to November 1.

Winners were:

First in First Event

Charlie Mason Al Lutomsky
Bonnie Bowen Audrey Lutomsky

Second in First Event

Andy Anderson Doug Tucker
Ann Kumpula Joann Truox

First in Second Event

Rod Oberg Chuck Coolen
Jean Bouchey Brenda Coolen

Second in Second Event

Raymond Sigurdson Barney Sigurdson
Alma Sigurdson Elaine Sigurdson

First in Third Event

Al Smalley Norm Greenburg
Ann Rudd Sophie Kristjanson

Second in Third Event

Joe Malinowski Jerry Christensen
Rose Malinowski Ruby Gottfried

BE SURE SITTER KNOWS WHAT TO DO
IN CASE OF FIRE

Are you planning to employ a babysitter during the holidays? If so, be sure your sitter knows what to do in case of fire, the Canadian Underwriters' Association says. Make sure the sitter knows that in case of fire she is to get all of the children out of the house quickly.

Under no circumstances should she and the children re-enter the building.

Keeping the children together, she should go to a neighbour's to call the fire department

SITTERS!

Fire Protection ground rules for parent and babysitter.

* Sitter has sense of responsibility, likes children, preferably lives in neighborhood.

* Instructions in writing: How to reach you; Fire department number.

* Exit locations.

* Furnace or stove operation.

Flashlight handy in power failure.

* If there's a fire, get the kids out. Don't wait to dress them.

* Call for help. Say exactly where you are.

* If you can, turn on the front lights to attract attention.

* Don't re-enter the place.



COMELY CLERK.....An integral part of every militia unit is its dis-taff side. Accross the country courses are being held to qualify new entries into the Canadian Women's Army Corps. For Susan Archer of Florence, N.S., it's an administrative course at Canadian Forces Base Petawawa, Ontario. (CF Photo)



COMPASS CAPERS.....Like many girls accross Canada who enroll in the Militia's Canadian Women's Army Corps part of the training year involves courses at a regular force camp. For Janet Witt of Ottawa it's field training, involving the use of a compass, while at Canadian Forces Base Petawawa, Ontario. (CF Photo)

Starlite Theatre

Show Times

8 PM Sat Mat 1:30 PM

Sun. & Mon. 8 & 9 November
130 minutes

General

The Undefeated

CAST

John Wayne - Rock Hudson

Thursday, November 12
95 minutes

General

Cervantes

CAST

Gina Lolaridgida - Jose Farrar

Friday, November 13
95 minutes

Adult

Stranger Returns

CAST

Tony Anthony

Saturday Matinee, Nov. 14
95 minutes

*Darby O'Gill
and
The Little People*

(Plus - Cartoon) General

The MART

AUTOMOBILE
For Sale: 1970 MGB Convertible, 8,000 miles, positive steering burnt orange - Phone: Winnipeg 253-1577 after 6:00 p.m.
For Sale: 1969 G.T.O. AT.PS.PB. (disc) radio, 23,000 mi. GM warrenty, winterized - studs. Phone: Lt. Holtslag - Local 174 or 37r3.
For Sale: 1969 Fort LTD with power brakes, steering and all other options. Excellent condition. Owner must sell due to posting. Phone: 642-7466.
For Sale: Pontiac Strato Chief. Black with grey interior. 6 cyl., standard trans. For further information phone 642-8860 or see at 25-7th Ave., Gimli.
MISCELLANEOUS
For Sale: Motorcycle, 1970 Kawasaki 500 cc, 3 cyl. "World's fastest production motorcycle", 3,000 miles. Phone: 7964 or Loc. 37, Ken Birch.
For Sale: One portable stereo record player - \$25.00 and for FREE - one treadle sewing machine (singer). Phone: Cpl Zalusky-642-5545.
For Sale: 120 Bass Titano accordion three switch treble. Phone: 642-7466.
For Sale: All glass aquariums. 15 gals. \$10.00, 25 gals. \$15.00. Heat ers, filters and pumps can also be supplied if required. Phone: 8134.
For Sale: Retriever puppies \$15.00 Phone: 642-5584.
For Sale: Harmony Master guitar, \$35.00, like new--string Bass \$250.00. Phone: L. Leonard-5355. Wanted: baby walker, Phone-5355.
Wanted: One crib, preferably large size in good condition. Phone: 5509.
WANTED: All Legion members to attend DUES DANCE on Friday, 27 November.
Are you tired of living with a drinking problem in your home? Contact Gimli AL-ANON group. For information write P.O. Box 1265, Gimli, Manitoba
IS A.A. FOR YOU Do you have a personal drinking problem, is it effecting your work or your home life. Maybe A.A. has an answer for you. If you have a drinking problem and would like help or more information phone 642-5151 day or night and the operator will get you in contact with an A.A. member.

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

- Fri. 6 Nov. TAKING OVER.....PARADE
1530 hrs. #1 CFFTS Lt.-Col. Ayres
Base Recreation Centre
- Sat. 7 Nov. BINGO.....DANCE
\$50.00 JACKPOT
Sergeants' Mess
- Sat. 7 Nov. DANCE.....CASUAL DRESS
2100 hrs. Junior Ranks Mess
- Sun. 8 Nov. MOVIE..TIME FOR KILLING
2000 hrs. With.....Glenn Ford
Junior Ranks Mess
- Sun. 8 Nov. MOVIE.....DINNER
"True Grit"
Officers' Mess
- Wed. 11 Nov. REMEMBRANCE.....DAY
"Lest we Forget"
Parade - Town of Gimli.
- Fri. 13 Nov. XMAS BAZAAR & BAKE SALE
7:00-10:00 Lutheran Church Womens
Auxiliary, Church Auditorium,
Gimli
- Sat. 14 Nov. FALL.....FORMAL
2000 hrs. Officers' Mess
- Sat. 14 Nov. DANCE..DRESS RESTRICTED
2100 hrs. Junior Ranks Mess
- Sun. 15 Nov. MOVIE..IS PARIS BURNING
2000 hrs. With.....Kirk Douglas
Junior Ranks Mess
- Sat. 21 Nov. DANCE.....DRESS CASUAL
2100 hrs. Junior Ranks Mess
- Sun. 22 Nov. MOVIE.....DINNER
"Illustrated Man"
Officers' Mess
- Sun. 22 Nov. MOVIE.....CAPE FEAR
2000 hrs. Greg. Peck & Bob Mitchum
Junior Ranks Mess
- Sat. 28 Nov.GREY CUP.....
1200 hrs. Dress.....Casual
Officers' Mess
- Sat. 28 Nov.GREY CUP.....
Free Refreshments
Sergeants' Mess
- Sat. 28 Nov. DANCE..DRESS RESTRICTED
2100 hrs. Junior Ranks Mess
- Sun. 29 Nov. MOVIE.....THE KILLERS
2000 hrs. With.....Lee Marvin
Junior Ranks Mess

THE FRAMFARI X-WORD

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

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 six letters.

LAST WEEKS ANSWER: Going to Beat Seventy in Manitoba.

LA POLITIQUE

- | | |
|----------|---------|
| ACTIF | GRUPE |
| ACTION | HAUTE |
| ACTUEL | INTERNE |
| AGE | |
| ATTITUDE | LIBERAL |
| | LIMITE |
| CADRE | LOI |
| CALME | |
| CAS | NEUTRE |
| CANADA | NOMBRE |
| CARRIERE | NOTE |
| CHAMBRE | NULE |
| CHEF | |
| CHOIX | PACTE |
| CREDIT | PARTI |
| | PASSE |
| DEPENSE | PRESENT |
| DEVOIR | |
| DOMAINE | RARE |
| DROIT | REFORME |
| | ROLE |
| ECHEC | SAIN |
| ENNUI | SENAI |
| ESPRIT | SOUCI |
| EXPERT | TANE |
| | |
| FAVEUR | URNE |
| FORCE | UTITE |

CHUDD & SONS

Gimli's CHRYSLER Dealer

SHELL oil products

642 - 5329