



Framfari



VOLUME 1 NUMBER 41

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

FRIDAY NOVEMBER 13, 1970

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Private Wesely G. Pearson of C.F.B. Gimli at reverse arms during Remembrance Day ceremony at the Gimli Cenotaph.

C.F. Photo
Story on Page-19

SOUND OFF

Sir:

This article is directed to the article about physical fitness in your Sports Shorts column. BOO to whoever wrote the column written below. Quote

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. Unquote.

Enclosed is a article I cut out of the October 15, 1970 Tribune paper which I would like you to print.

RUN, DON'T JOG IS MD'S ADVICE

VERNON, B.C. (CP) -- Stop that jogging and start running.

That's the advice of a British Columbia doctor, Raymond Duncan, who spoke on a fitness panel at the 70th annual meeting of the B.C. Medical Association.

Dr. Duncan said a healthy heart requires exercise to the point where the pulse rate increases to 150 beats a minute.

"The only exercise that will do this is running," he said. "I'm against the current jogger, sweat-suit symbol."

Dr. Stewart Madill of North Vancouver, another panelist, added a note of caution, however.

If you are under 30, he said, you should have a medical checkup no more than a year before taking on a lot of activity. If you are 30 to 39, a checkup no more than three months previously, and over 39 a checkup immediately before.

The medical staff and the physical education instructors should work hand in hand by borrowing the V.M.C.A.'s instruments they use to tell what kind of shape you'er in. They prepare a schedule of exercises to get a person in shape in his weak areas. So my advice to all you JOGGERS is - RUN DON'T JOG.

G.J.C.A.

Sir:

I think you would be doing this base with all the personal at heart a great service by publishing a few articles on the different types of transfers and the allowances paid to the individuals to compensate for expenses occurred in moving. If you have ever tried to untangle the mumbo-jumbo that is written on this subject you would have to be a lawyer to understand what allowances you can claim and what you can't.

With the base closing this will be my first transfer since being married here six years ago. Serving seven out of my eight years in the Canadian armed forces at Gimli.

So, as you can see there are probably many more of your readers who are just as much in the dark as I am.

An In The Dark Corporal.

[A very good point. Among our readers there must be someone in the know. How about giving us a call and we'll work something out.]

Sir:

I have been prompted to put pen to paper in reply to both a letter from G.D. Kenny and also the author of 'Willie's Word' in your November 6 edition.

I disagree with G.D. Kenny in one respect, when he states that Framfari is turning into a 'Rag'. He has obviously never read a Rag Magazine published by British Universities to support charity during their 'Rag Weeks'. I can assure you the Framfari is very conservative compared with these journals. This is, however, only my opinion and comment.

My main reason for answering your plea for support affects many readers who have voiced their complaints in my hearing but, as you suggest, we have all sat back on our laurels and suffered in

silence. We all, when we pick up a newspaper, turn to our favourite subject and greedily digest that first. With some it may be the comics, with others the advertisements or the financial page, some may even read the editorial! My weakness, I confess, is the X-word. All else stops until it is complete but unfortunately things stop for a considerable time most weeks. I am so amazed when one week it is correct that I have to re-check it to make sure I haven't 'boobed'. I do not wish to point a finger specifically at the compiler, the type setter, or the checker of Framfari for they all do a wonderful job but may I suggest that you work the puzzle out first before you go into the final printing stage? It would relieve so many people in the Gimli area and I could digest the remainder of Framfari, return to my household chores and maybe prepare Friday supper on time, for a change!

So from all the 'Frustrated Framfari X-Word Fanatics' (like me!) please heed our plea and complete our Fridays by giving us a X-word we can complete.

Yours sincerely,
Mrs. C. McKenna.

NOTICE

Gimli Oktoberfest commemorative beer mugs have arrived. People who wish to exchange the beer steins they received at the door for a commemorative mug may do so at the Lake Inn Restaurant, Gimli, up until November 21, 1970 only.

OFFICERS WIVES CLUB

OFFICERS' WIVES CLUB

Presenting a HAIR SHOW by Larry of the PENTHOUSE HAIR BOUTIQUE.

There will be tips on hair care, both for yourself and for your wigs, falls and hair pieces.

There will be several ladies modelling wigs of numerous styles and colours. You'll be able to try on wigs and ask any questions about them or about your own wigs. Bring along your problem wigs and hair pieces with you and Larry will try to help you out.

See a hair cutting and blow styling done before you.

16 November 1970, Cocktails at 8:00 p.m.

Members - FREE and non-members .75¢.

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 - Local 126r2

Deadline for all copy: 2:00 p.m. Monday.

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CONSUMERS NEWS AND VIEW

In spite of the apparent savings offered by some of the "in-store" brands of canned goods, do you hesitate to spend your housekeeping money on an unknown product? Well, here is something you might find interesting.

The research committee of Consumers' Association of Canada conducted a nation-wide study to compare national advertised brands with private label brands of canned goods and come up with some surprising results.

This particular study was based on two items -- canned peach halves and cut green beans in both choice and fancy quality (14-ounce size). In all, 27 different brands were evaluated by some 17 panels.

It was found that in the taste ratings, personal preference played such a large part and the contents of a can varied so much -- even under the same brandname -- that in almost every case individual ratings ranged so wide that the averages were almost meaningless.

Price was no indication of quality either. Prices varied in every brand, from one part of the country to another, tending to be slightly cheaper in the West.

In peaches, the more expensive brands did not contain more for the money. Naturally, the size of peach has a bearing, but they varied from three and one-third to 11 portions, so the number of servings is an important consideration in buying this product. As well, the syrup volume showed wide variations in every brand. The panelists measured the total volume in each 14-ounce can and were surprised to find a total volume of less than the stated 14-ounces in some samples of every brand but one. One of the cans contained only 12 ounces.

In evaluating cut green beans, it was found that again individual taste preference played such a large part in the acceptability of the product that other criteria had to be used for judging value.

Private label brands, on the whole, rated better than the nationally advertised ones. The highest priced beans were not judged consistently as of better appearance, flavor and texture than the lower priced cans. Again the total volume of solids and fluids varied -- with the fancy grade tending to contain more solids, but again many contained less than the stated volume of 14-ounces.

This study was undertaken because of questions directed to Consumers' Association of Canada for information about comparative ratings of nationally advertised brands with store brands of canned foods. In setting up the tests, the products were purchased and evaluated by panels from the area in which the product was bought. The study proved that price was no indication of neither quantity of solids or quality of contents. In fact, very often the panelists gave the best rating to the cheapest brand.

Results of the study suggest that you make use of "specials". Price does not necessarily indicate quality in canned goods. Variations in both quality and price (and the fact that the processor may market his pack under a number of different labels) indicate that your chances of obtaining satisfactory quality are as good in the choice grade as the fancy and in private labels as national brands.

So, judging by this report, it would appear that your best approach to buying a satisfactory product at the best price might be to try every brand on your grocer's shelf, particularly if the price appears to be low. Then if one brand is not accepted by the family, it could be ignored in future purchasing. However, you might be fortunate enough to have an inexpensive brand turn out to be the family's favorite.

Consumers' Association of Canada conducts such surveys on behalf of all consumers in the land. If you have any ideas on survey subjects, write: "Surveys" Consumers' Association of Canada, 100 Gloucester St., Ottawa 4. Contact - Eric Luxton, Consumers' Association of Canada, 100 Gloucester St., Ottawa 4. In the West, Mrs. D. Anderson, 126 Cobourg Avenue, Winnipeg 5, phone: 533-3204.

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Captain Donna Cowan, right, of Simcoe, Ontario, serving at Gimli, Man., meets in Winnipeg with senior armed forces' nursing officers for talks on administration, leadership and personnel management. Left is Major Anne E. Harman, nursing staff officer at Winnipeg's Training Command Headquarters and Lieutenant-Colonel Joan Fitzgerald, armed forces' director of nursing, Ottawa. Lt.-Col. Fitzgerald wears the new, green armed forces' women's uniform, soon to be on general issue.

CF Photo

Some Bad News About Middle Age

The Bad News about middle age is that it can begin at the tender age of 26. Beyond this point the body has ceased to build and becomes satisfied with maintaining or replacing. Deterioration can result if left unchecked. This deterioration is only too physically evident.

There have been suggestions that this physical deterioration can result in psychosomatic or mind induced physical difficulties. A person becomes overly concerned with ease and bodily comfort resulting in an indisposition to do anything except be entertained. Willingness to participate in any activity involving exertion progressively declines.

Results of this inactivity soon becomes painfully apparent in the form of:

- a) high blood pressure
- b) headaches
- c) general fatigue
- d) ulcers
- e) obesity

Most of these disturbances can be alleviated by progressive interesting, fun associated regular physical activity of a challenging, endurance and rhythmic type.

Cont. on Page 11

TAYLOR

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Outside World

BUSINESS OWNERSHIP CHALLENGING

OTTAWA (CFP)--The outside world provides many opportunities for the serviceman approaching retirement. If you are looking for a challenge you might well be interested in operating your own business.

The service sector of the business world has many business opportunities for the retired serviceman. It is also one of the easiest fields to get started in because investment in equipment and/or inventory is usually minimal.

However, the risks are great. The number of small business failures each year is evidence enough of this fact. Nevertheless, many servicemen accept the risk and take the plunge as independent businessmen.

The following are examples of small business opportunities available:

- Service Stations - if you like people and don't mind getting your hands dirty, maybe this is the business for you. The owner/manager of a small gas station is likely to spend a good deal of his time pumping gas. But he'll do a lot of other things besides. A gas station owner is a merchandiser, promoter, advertiser and bookkeeper all rolled in one. If he knows something about automobile mechanics, so much the better.

- Resort and Travel - during your service career no doubt you have travelled widely in Canada and other countries. Perhaps you could put your knowledge to use as a businessman in the travel industry. Maybe you are a camping buff. You might be interested in running your own campgrounds.

- Franchises - the franchise industry runs through almost every aspect of business from doughnut stands to employment agencies. Some franchises require large investments. However, franchise dealers usually offer support in training, inventory, location and business methods. Maybe owning a franchise is your cup of tea.

- Imaginative Businesses - put your imagination to work and maybe you'll come up with a unique business. A recent service retiree noted that holiday travel was on the increase and more people were spending time away from home. He asked himself if these people would feel better if someone were looking after their property. He now has a thriving business checking furnaces

air-conditioners, cutting lawns, watering plants, looking after pets and providing security checks for holidayers.

If you decide to take the gamble and enter business on your own do everything possible to maximize your chances of success. Prepare yourself well in advance by taking courses, reading books, getting experience and asking a lot of questions. One question you have to answer is whether you really want all the headaches of being your own boss.

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.



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WILLIE'S WORD

There have been quite a few articles about aerobics in the Framfari. At first, I read these articles with a great deal of interest as I have had a consuming passion, in recent years, for such things as aerodynamics, aerobatics, aero-engines, anything. However, I was terribly confused about aerobics until my irritable friend (M.I.F.) came into the bar one day. His countenance was gloomy, his voice wavered as he ordered a triple vodka on the rocks.

"Whats the matter?" I asked innocently.

M.I.F. took a long pull on his drink.

"Aerobics." he said dejectedly.

"Aerobics?" I questioned, "You should be interested in that."

M.I.F. gave me a look of utter disgust. "Don't be an idiot," he said. "Aerobics means running. Running round and round that damn gym. Running and puffing and wheezing and half killing yourself. It's that boss of mine. He's on a health kick. He likes to run, so he says to me, 'Your're unhealthy, you've got to start running.' So here I am stuck running day after day."

I remained thoughtful after he ordered his second triple vodka. Maybe this running thing had something going for it. After all, the healthiest people on the base are the air traffic controllers, they're healthy because they have to run up and down those stairs to the control tower every day. They must have strong hearts. I've heard some pilots mention 'hearts of stone' but maybe they're just 'stout-hearted men'. Anyway, I began to think that aerobics might be good for the heart.

A few weeks later, I was sitting at my desk reading 'Escapade' when M.I.F. came bursting into the office.

"You've got to try it!" he roared.

"Try what?" I meekly asked.

"Running!" he thundered. "Come on down to the recreation centre at 11:30 and run."

I was dumbfounded and speechless. How does one get himself out of a situation like this?

"I've got fallen arches, an aching back. logus on the bogus!" It was all to no avail. M.I.F. was determined that I should run and run I did. Round and round and round the gym, every aching inch of me running around the gym. Death would have been a welcome release but there was no escape.

Five weeks have gone by and I feel like a new man, healthy, hearty, full of vim, vigour and vitality. Every morning, I jump out of bed at six o'clock sharp ready to meet the day head-on, bursting with energy. Today is Saturday ----- I wanted to sleep-in today. Last night at beer call, I tried my best to insure that I would sleep-in 'till nine-thirty this morning. It's no use. It is now six-forty-five on a dull Saturday morning and I am just completing "WILLIE'S WORD". Oh well, "C'est la vie". A learned man once made this profound statement, "It feels great to feel great".

MINOR HOCKEY



Bill Fecteau presenting a cheque to Sergeant Glenn Newport.

The Canadian legion donates \$500.00 for the development of midget hockey in the Gimli area.

Legion president Bill Fecteau is shown presenting the \$500.00 cheque to Coach/Manager of the Gimli midget hockey organization Sergeant Glenn Newport. A midget hockey fund in trust for the Gimli branch was put into effect last season by Sergeant Newport. This method, through the Bank of Montreal, was found to be successful in accounting for the operating expenses of the clubs endeavors. Young hockey players of this category are fortunate to receive this type of assistance from the Legion. Lets hope the players are able to respond favourably.

GIMLI CURLING CLUB

GIMLI CURLING CLUB will accept tenders for the food concession bar to be operated during regular curling draws and for bondspiels, from Nov. 30/70 to Nov. 31/71. The highest tender not necessarily accepted. Tenders close Sunday Nov. 22. Apply in writing to Mr. Gill Finsson, Gimli, Manitoba

The Gimli midget hockey club will give the residents of their town and surrounding area an opportunity to observe some of the effort expended when they present the first "UNGLINGA SAMKEPNI" tournament. A first in the new facility, a first because it involves the G.M.H.C. in assisting promotion bantam competition within the midget organizing and co-ordinating effort. At times this type of assistance is forgotten when advancement to a more senior club takes place. ONE HUNDRED AND TWENTY EIGHT hockey players of bantam and midget category will MOVE in on the town of Gimli at the beginning of the "UNGLINGA SMAKEPNI" Friday 20 November at 7:00 p.m. at the Gimli arena and continuing over SATURDAY and SUNDAY 21 and 22 November. The visiting teams are coming from greater Winnipeg and represent some of the finest young hockey players of their category. Accommodation for all visiting teams has been obtained through the co-ordinating efforts of G.M.H.C. coach/manager and Mr. Gerry Maurice, Mrs. Marion Krulicki of the provincial recreation leadership training centre in Gimli.

Secretary of the G.M.H.C., Aidine Newport provides all the necessary scrutinizing to the final preparations of all the clubs activities before "ice time". A particular effort that means, GO or NO GO to the success of the club.

The word is GO, team GO. The place, Gimli arena, the dates 20 and 22 of November inclusive. First game time 7:00 p.m. Friday 20 November.....19 games later the final game schedule permitting8:00 p.m. Sunday, 22 November. Make it a point to see some of the action for a token fee of 25 cents for students and 50 cents for adults. We feel sure you will enjoy every minute of play, after all hockey is a Canadians' way to PLEASURE.

by Miss Stefanson.....UNGLINGA SAMKEPNI.....YOUTH COMPETITION

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Guide News

Canadian Flag Dedicated

A flag dedication was part of the service at the protestant chapel on Sunday, November 8. Brownies, Guides, Rangers and Guiders were in attendance. Special guests were Colonel Dunlop, members of the group committee and Commissioners, Mrs. Meredith, Mrs. Manion and Mrs. Gilroy.

The colour party, consisting of Faye Griffith, Cheryl Mackinder and Laurine Younker, presented the flag to Padre D. Hilton who spoke the solemn words of dedication.

Guides Caroline Aldwinckle and Cheryl Cameron read the scriptures. Ushers were Sandra Cormack, Barbara Donkersley, Judy Lugg and Tammie Wilson.

The flag was purchased earlier this year by the group committee for the two Guide companies.

Company leader, Laurine Younker, was in charge of arrangements. This was one of her gold cord projects.

Twelve Guides Complete First Aid

Oral resuscitation, control of haemorrhage and management of fractures are a few of the skills learned by twelve girls from the Second Company.

During the past three weeks, Corporal Baynton, a qualified St. John's instructor from the base hospital, gave instruction in theory and practice. With patience and humour, he commanded the interest of the girls so that the average attendance in the evenings was 98%.

On Wednesday evening, Mrs. Meredith, a qualified St. John examiner in the area, tested the girls. She found that all twelve were successful in the written and practical exam. Thus each girl will receive her Junior St. John First Aid certificate, her Girl Guide First Aid badge and her first aid requirements on the first class badge.

Well done, girls! Thanks again to Corporal Baynton for making this course possible.

Candidates were:

Cheryl Cameron, Marcia Corkum, Sandra Cormack, Colleen Cramer, Barbara Donkersley, Gloria Harrison, Debrah Passant, Darlene Samagalski, Karen Tucker, Patty Wilds, Tammie Wilson and Darla Wray.



New Brownie Pact Formed At Hodgson Manitoba

The First Pequis Brownie Pack formed this season at Hodgson, Manitoba, officially became members of the Girl Guides of Canada in the Interlake area, Evergreen Division, on 27 October 1970 at their first enrollment ceremony. The meeting was attended by Interlake area and deputy area commissioners, Mrs. C. M. Meredith and Mrs. W.J. Manion and Mrs. R.B. Cameron of the Evergreen division.

The Tweenies came down the stream on lily pads of Good turns, Brownie Motto, etc., to the Toadstool where they were met by Tawny Owl, Mrs. Doug Whittingham and enrolled as Brownies by Mrs. Manion and Mrs. Cameron. Enrolled as Brownies were: Terry Olson, Judy Stevenson, Denise McCorrister, Beverley Stranger,

Cheryl Stevenson, Ardell Cochrane (Fairy Queen for the evening) Karen McCorrister, Rhonda Olson, Valerie Boisjoli, Anne Thomas and Rosa Walker. Mrs. Meredith welcomed the Guiders, Brown Owl, Miss Barbara Church and Tawny Owls, Mrs. Doug Whittingham, Mrs. McCorrister and Miss Hamrlich with their new pack into the Interlake area, wishing them much happiness, fun and adventure through their Brownie Law and Promise. Many of the little girls travel from four to six miles to join in the weekly activities of the pack.

All joined in singing and games following the enrolment ceremony and the pleasure to see and meet many of the mothers and other members of the community at this special event.

Burn The Bra

When the earth, the sea, the sky and time were created women stood in the shadow of the dominance of their male counterparts. And so they remained, 99.99% of them until the evolution, or revolution, of Mrs. Pankhurst, who dreamed up the idea that women should be allowed to vote. That was all it took to set the precedent for millions of women from then on to join the cause of the down-trodden weaker sex and prove to all those miserable high minded males that they are their equals. Their cause -- liberate! liberate! liberate! and most important of all; BURN THE BRA!!!

Well, aren't those the headlines we see the most of? If any man has read on this far he is probably by now spitting "outrageously!" Outrageous is right until you dig a little deeper and find the basic principles that liberation was founded on.

1. Women should be able to abandon their posts behind the dust mop, the dish cloth and the stove to take up jobs equal with those of men with no discrimination on the wage scale.
2. Every woman should have the right to make her own decisions on child bearing. To be more specific; the right to an abortion because she is not prepared for a child, does not want more children or any other reason for not wanting a child. Women are people first, child bearers second.
3. Almost everyone has heard that the smart woman is one who allows the man to think he is more intelligent than she. Question: Should women continue the facade of flattering the male ego?
4. Let women be respected, responsible and competitive with men in an equal world. A basic humanitarian cause.

Hey man, were does your wife stand? Did she write this?

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STEAK WING OR CLUB \$1.25 LB.
SUGAR PLUM HAM WHOLE OR HALF LB 69¢
MINCED BEEF LB 69¢

YORK CHICKEN BEEF TURKEY 24 OZ LOAF 3/85¢
MEAT PIES 2/55¢ BREAD 3/85¢
HIGHLINER 2/69¢ PUREX 4/63¢
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GIMLI TECHNICIANS RECOGNIZED....

Three aircraft technicians of Canadian Forces Base Gimli, Manitoba, were recently recognized for their outstanding contributions to aircraft maintenance efficiency and/or flight safety, when they received maintenance award citations from Major Don C. Gilliland (right) the base aircraft maintenance engineering officer.

Corporal Pat A. Burke (left) 31, of Vancouver, B.C., an airframe technician, was cited for his alertness and vigilance in performing his duties in that he detected a fuel leak from a tip tank while towing an aircraft and that he detected a hydraulic leak at night while performing as an aircraft starting crew. In both instances, Cpl Burke's keen observations were not a part of his assigned duties. Two potential air incidents were thus averted by Cpl. Burke's professional performance.

Corporal Ken J. Tappy (centre) 29, of Natal, B.C., a safety systems technician, received his citation for dedication to duty in that he, on many occasions and of his own volition, worked during his lunch hours and after normal duty hours to complete jobs and, on numerous occasions, assisted other servicing and maintenance crews in performing their tasks thereby contributing to efficiency and esprit de corps in the aircraft servicing section.

Master Corporal A.E. Fraser, an administrative clerk, was also cited but was not available for the presentation as he is now attending the University of Manitoba under the University Training Plan for men. He will be commissioned and promoted to lieutenant upon successful completion. M/Cpl. Fraser was cited for his outstanding service in that he commanded a thorough knowledge

of applicable orders and regulations and that he possessed exceptional organizational abilities and that he was ever ready to lend assistance in any way possible thereby contributing to efficiency in his section.

C.F.B. Gimli presents maintenance awards each month to deserving personnel in the aircraft maintenance and servicing sections.

(CF Photo)

ATTENTION TO ALL GIMLI SERVICEMEN

We officially announce that you now have the best physically fit base commander on the prairies.

BRAVO COLONEL DUNLOP

D.M. Meyer
Major

ABOUT THE BATH

With winter coming on, drying skin problems arise.

Bath oils are becoming a growing need. They serve the purpose of a moisturizing skin conditioner and water softener.

Bath oils come in two basic types -- spreading and dispersing. Both serve the same purpose of providing an all-over oil coating that smooths dry, scaly outer layers of skin and prevents the body's water supply from evaporating too rapidly. They are then, truly essential products in any woman's struggle against dry skin.

The major difference in the two types is that the spreading oils spread over the surface of the water, while the dispersing types are suspended throughout the bath. Dispersing oils give more all-over coverage in the tub, but the spreading types have the advantage of being concentrated on the surface so the bather can give more intense application to particularly dry areas.

The foaming bath oils are not to be forgotten. These give an emollient action and fragrance, also the luxury of bubble bath. They are suitable for all but those with the driest skin conditions. If a bath oil in your favorite scent is not available try using an unscented oil and add a few drops of cologne or toilet water to the bath.

Cassie Parker.

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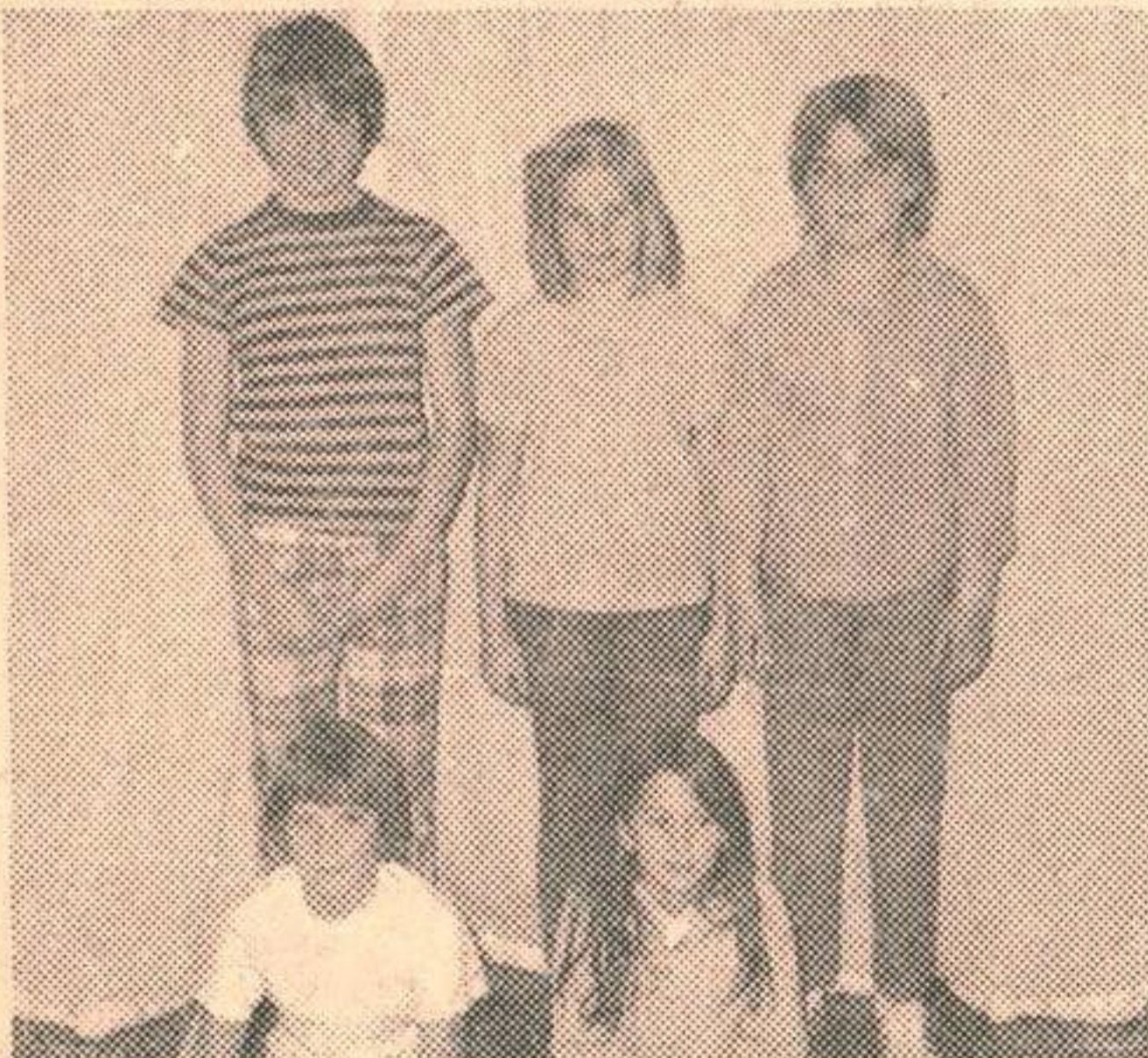
VOLLEYBALL



"A" Division-girls-first place. Back row, left to right, Suzette L'Arrivee, Nancy Luschinski, Debbie Franz and Margo Matrachuk, front row, left to right, Sherril Scherbain, Cindy Josephson and Doreen Sigurdson.



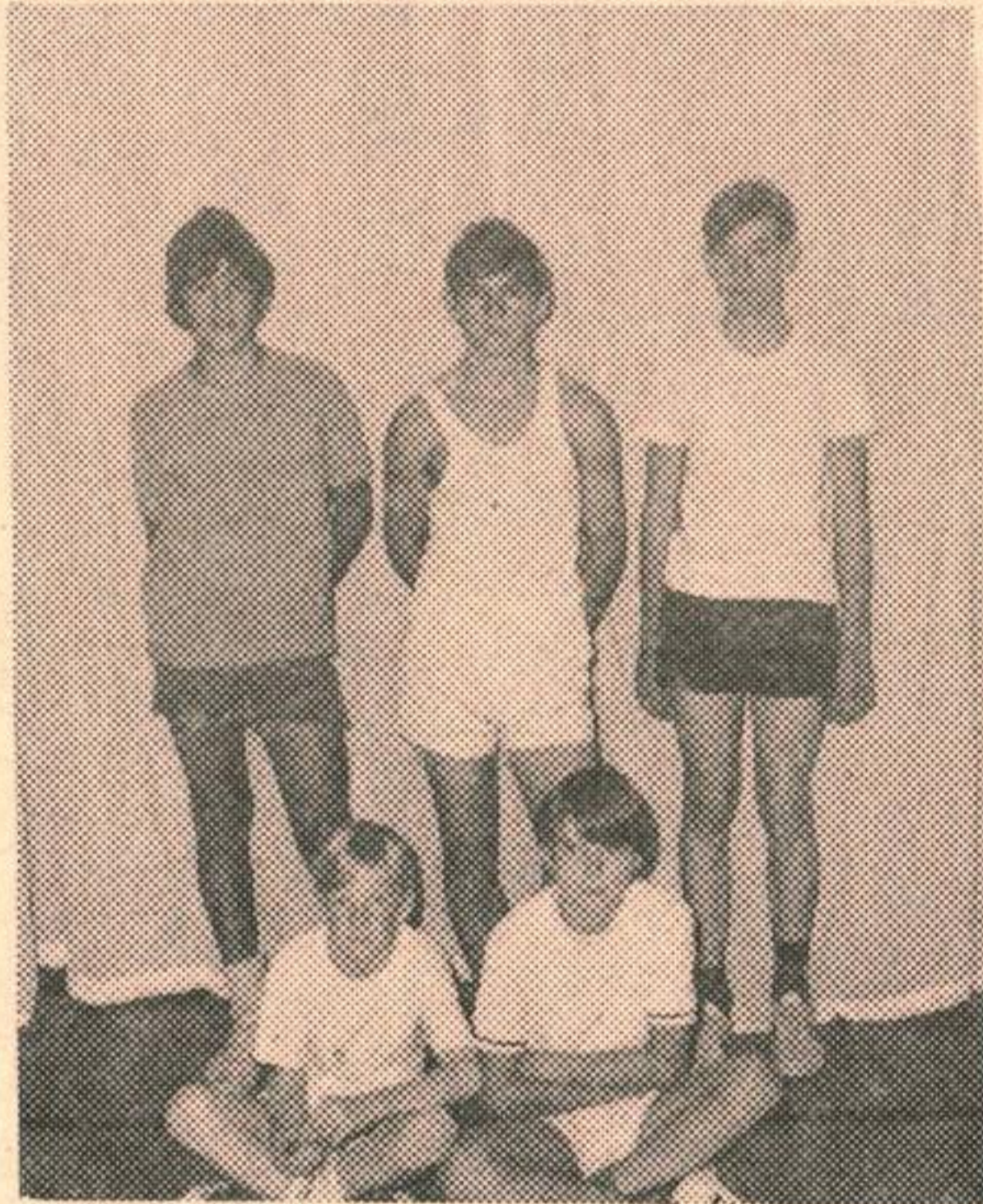
"B" Division-girls-first place. Back row, left to right, Kathy Scribner, Jamie Magnusson, Sandra Green, Lynn Benson and Tamara Bragg, front row, left to right, Penny Porquet, Margaret Warcimaga and Donna Stuber.



"B" Division-girls-second place. Back row, left to right, Donna Henderson, Lianne Wlosek and Dorothy Thordarson, front row, left to right, Tanis Benson and Beverley Barteaux.

RESULTS OF VOLLEYBALL TOURNAMENT HELD AT THE GIMLI ELEMENTARY GYMNASIUM ON MONDAY, NOVEMBER 9 1970

"B" Division - grades 4, 5 and 6
 "A" Division - grades 7, 8 and 9
 180 students participated.
 Organized and conducted by two faculty of education students practise-teaching in Gimli, Mr. D. Luprypa and Mr. R. Arnason.



"A" Division-boys-first place. Back row, left to right, Dave Bechamp, Bruce Sylvester and Reid Kyzik, front row, left to right, Lennard Walton and Glen Albertson.



"A" Division-boys-second place. Back row, left to right, Rick Boutilier, Richard Waller, Martin Mohan and Larry Markusson, front row, left to right, Tom Thordarson and Mickey MacPherson.



"B" Division-boys, first place. Back row, left to right, Glen Harvey, Donald Tomchak, Jimmy Larham and James Brass, front row, left to right, Blair Chudd, Dwayne Arnason.



"B" Division-boys-second place. Back row, left to right, Gary Hor Horsman, Michael Martin, Brian Orford and Steven Connors, front row, left to right, Randy Connors, David Oakley and Daryl Sylvester.

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TAKING OVER CEREMONY.....At a recent ceremony held at Canadian Forces Base Gimli, Manitoba, Lieutenant-Colonel John M. Ayres (seated) 39, of Montreal, took command of Number One Canadian Forces Flying Training School. Relinquishing command was Major Bob Fraser (right) 46, of Winnipeg, Manitoba. Colonel James F. Dunlop (left) base commander of C.F. B. Gimli, looks on as Lt-Col. Ayres signs the taking-over certificate. (CF Photo)

Cont. from Page 4

The intent of this article is not to make exercise a cure-all or have people run out and begin exercising at a furious rate. This effect could be disastrous and possibly fatal. Inactive people should be checked medically before entering any type of physical exercise. Those beginning a program should do so progressively. A minimum period of six weeks of progressive exercises is recommended before any type of vigorous activity be undertaken. The physical education staff would readily prepare such a program.

Some people find it impossible to worry and exercise at the same time. Try it: Much of the contents of this article came from a lecture entitled "Need for Optimal Activity in Middle Age", by Dr. John T. Powell.

Early Morning Jog? For anyone interested in an early morning jog they are encouraged to do it in the recreation centre from 0800-0900 daily to the music of some of the top recording artists in the business.

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GET ON THE BROOM



by Bud Wilds

It's week two of regular curling. To the casual lookers-on, it appears to be anything but enthusiastic. I assume it is due to the fair autumn weather and it is hoped, that the cloud of apathy will lift with the first blanket of snow.

I attended an M.C.A. luncheon in Winnipeg last Saturday and by way of comparison with other clubs, Gypsumville has 18 rinks in its men's league and 20 odd in its mixed - compared to our 16 and almost 18 respectively. It is perhaps unfair to compare a military base club with a local community club since we on the military clubs do expect and get a lot for nothing expended. However, the basic difference between the military club and local community clubs is primarily who does what. The military club prevailing attitudes are, "That's not my job" while in the community club it is, "Can I lend a hand". I have heard members of our club saying, "If I had known that our ice (or our this or that) was going to be so bad I would have joined downtown". I wonder if those people realize that "downtown"

is the way it is because the "people" have a common goal and work toward it. They made it better. If our people want it better, then all our people have to do is convert, the energy expended in the creation of "hot air" to muscle power and lend a hand. The formula is simple, "Shut up and work".

To all you keen curlers who aspire to world championships, the road to success is via the M.C.A. British Consul playdowns. We the base club have four berths in the zone three playdowns. The zone winners must be declared by 27 January 1971. Therefore, if you

are in competitive mood, or just feel like giving the champs a rough time, why not enter your name with the club secretaries concerned. Club playoffs will have to be finalized by late December in order that zone competitions can get underway by early January 1971. This year's play may vary slightly by having the northern zone members playing off at Gimli and the South at Selkirk followed by the two winners playing the best of three finals at a neutral ice. Any team in order to be eliminated must suffer two losses.

The base club is planning its usual December bonspiels with the annual club turkey spiel planned for mid December and the open old crocks spiel over the Christmas/New Year period. Watch for dates.

There is still space available for curlers, new or old, in all leagues. Anyone interested in joining may do so by getting in touch with Corporal "Bill" Cormack at No. 5 hangar at local 66 or phone the club secretary W.O. "Andy" Anderson at base finance, local 71.

Remember even if you can't play the sport you can always be one -- The Name of the Game is PARTICIPATION.

-CHIMO-

YOUTH BOWLING

SENIORS - NOVEMBER 7, 1970

Teams	Total Points	Standing
1	33	3
2	35	2
3	36	1
4	28	4

H/S for year: Pentti Karkainen - 334
 Gail Cormack - 289
 H/T for year: Glen Aldwinckle - 714
 Gail Cormack - 631
 Bowlers of the Week: Glen Aldwinckle - 714
 Gail Cormack - 586

BANTAMS - NOVEMBER 6, 1970

Teams	Total Points	Standing
1	22	7
2	37	4
3	30	5
4	39	2
5	22	7
6	27	6
7	39	2
8	44	1

H/S for year: John Theriault - 225
 Janice Brass - 230
 H/D for year: John Theriault - 367
 Janice Brass - 414
 Bowlers of the Week: John Theriault - 367
 Carolyn Aldwinckle - 403

GIMLI DART LEAGUE 1970-71

- Team No. 1 - Sergeants' Mess
- No. 2 - Viking Motor Hotel
- No. 3 - Officers' Mess
- No. 4 - Junior Ranks' Mess
- No. 5 - Legion
- No. 6 - Gimli Hotel

PLACE	TEAMS	TIME	DATE
Junior Ranks'	2 & 3	2000	17 Nov.70
	4 & 1	2000	17 Nov.70
Legion	5 & 6	2000	17 Nov.70
Sergeants' Mess	1 & 6	2000	24 Nov.70
	3 & 4	2000	24 Nov.70
Legion	5 & 2	2000	24 Nov.70
Viking Hotel	1 & 2	2000	1 Dec.70
	4 & 6	2000	1 Dec.70
Officers' Mess	3 & 5	2000	1 Dec.70

TEAM STANDINGS

No. 1 - Sergeants' Mess	23
No. 2 - Viking Hotel	25
No. 3 - Officers' Mess	15
No. 4 - Junior Ranks' Mess	8
No. 5 - Legion	27
No. 6 - Gimli Hotel	31
High Scorer: M. Scott	143

BASE HOCKEY LEAGUE

STANDINGS as of NOVEMBER 1970

Teams	Games- Played	Won	Lost	Tied	Points
Wings	2	2	0	0	4
Giants	2	2	0	0	4
Hawks	2	0	2	0	0
Bruins	2	0	2	0	0

GAME RESULTS

2 November 1970		5 November 1970	
Wings 10		Wings 8	
Hawks 2		Bruins 1	
Giants 6		Giants 9	
Bruins 1		Hawks 0	

Top Scorers to Date	Goals	Assists
J.P. Dutrisac	8	2
Bill Boran	4	4
Rick Buchanan	4	3
Bob Malcolm	3	0
Connie Morneau	2	1
Doug Meyer	1	2
Cragg	1	2
Sam Reed	1	2

SCHEDULED GAMES

Monday 2 Nov.	Thursday 19 Nov.
1900 hrs - Hawks vs Giants	1900 hrs - Hawks vs Bruins
2100 hrs - Bruins vs Wings	2100 hrs - Giants vs Wings

The rumor that a certain intersection hockey player cannot get over the red line is completely unfounded. "He tripped over it twice this week."

Sheriff Speaks Again

THE BRANDON SUN, Tuesday, Nov. 3, 1970, by Dave Campbell, Sun Staff Writer.

Chief Constable David A. McNamee, of the Bradon City Police, sees "no reason" why changes in provincial laws to open juvenile trials to the public and the news media "couldn't work" to reduce Manitoba's juvenile delinquency rate.

"I am in favor of it being looked at, with serious consideration being given to inaugurating this kind of treatment," the chief said in an interview Monday.

The interview followed a noon hour address on juvenile delinquency by the chief to the Brandon Kiwanis Club at the North Hill Motel yesterday.

Mr. McNamee has been Brandon's police chief since September 1.

He told the Kiwanians of resulting drops in juvenile crime in Helena, Mont., after a juvenile court judge in that town--Lester H. Lobel--instituted open trials:

Chief McNamee quoted a statement made by Judge Lobel after his election to the bench in 1957:

"If a youth is old enough and

tough enough to topple a tomb stone, wreck a church or school-house, hold up a service station, snatch a women's purse, or beat up an old man, he is old enough and tough enough to have a public trail with his parents in the front row and full newspaper coverage."

The chief said these are "revolutionary words" from a "revolutionary judge" who has watched a "generation of parents protect their children into criminality."

Judge Lobel's court is "one of the most talked about and successful arenas in the combat against juvenile delinquency," he said.

"Investigation has shown that for every delinquent appearing in court for a major offence, there is a parent at fault...."

"Lobel says that what these kids have is usually all negative --no supervision, no home base, little love, no discipline except in the height of anger, and mechanical handouts in the form of pocket money, allowances, use of the family car, or a 'birthday hot-rod.'"

"They were given in lieu of time and love."

Chief McNamee said Judge Lobel's court is open to the public and the news media only when a juvenile is charged with a major offence. He submitted that this would affect only a small portion of the youth population, and quoted from FBI statistics of 1960 which state that three per cent of the U.S. juvenile population committed 47 per cent of the country's major crimes.

Four main benefits have been derived from Helen's open court system, the chief said:

--a restoration of confidence in the courts:


--a law which is now "fair to the youngsters. Prior to this law, a whole townful of kids was smutted by the dirty action of a single unknown offender."

--a large number of parents "who never cared about their kids before, or at least never paid attention or acted firmly when they saw the danger sign, "are now " good juvenile probation officers;"

--and the juvenile tried in open court "is better for it."

Many Brandonites and people across Canada "are of the opinion that there is no need for radical change and reconstruction in our juvenile court procedure," Mr. McNamee said.

Cont. on Page 19



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Base '400' Club Aids Charities

1. The Base "400" Club was established in February of this year and memberships were available at \$1.00 per week to service personnel and D.N.D. civilian employees. Prizes were divided into 48 of \$100.00, three of \$1,000.00 and the last draw in the fifty-second week of \$3,000.00.

2. The club was organized to raise money for deserving community projects and charitable activities. A committee was formed, comprised of the following: the base administrative officer as chairman, warrant officer in charge of non-public accounts as secretary and a representation from PMQ council, officers, sergeants and junior ranks messes together with Protestant and Roman Catholic chaplains.

3. A meeting of the "400" club executive was held October 28, 1970 to distribute the \$4,000.00 which was available. The funds were distributed in the following manner.

Salvation Army	15%	\$ 600.00
Big Brother Association	10%	400.00
Cancer Society	10%	400.00
Muscular Dystrophy	5%	200.00
Ecumenical Council	5%	200.00
United Way	55%	2,200.00
TOTAL	100%	\$4,000.00

The base commander wishes to thank all those personnel who made these charitable contributions possible.

Big Airlift Goes Smoothly

TRENTON(CFP)--Everyone saw the soldiers in Montreal, Ottawa and Quebec City. But who noticed, in the background, one of the largest troop lifts that has ever taken place in Canada?

If few noticed the reason is probably because the airlift happened quickly and quietly. But the facts are impressive. From October 15 to 20, Hercules and Yukons from Air Transport Command flew over 50 troop flights into St. Hubert (outside Montreal) from Edmonton, Alta., Quebec City, Que., Fredericton, N.B., Rivers and Portage la Prairie, Man.

The order for an airlift, of course, came out of the blue. The majority of lifts had to be flown on the first day, October 15, and there was virtually no time for elaborate preparations. Yet the aircraft movement was surprisingly smooth. Subsequent lifts on October 18 and October 20 went without a hitch, too. As a soldier in Fredericton said, "It's amazing, they say they're going to be here at 9028 and at 9028 there they are -- every time."

An emergency situation like this perhaps illustrates better than anything else why -- as Major General Chester Hull explains -- we have military air transport. Civilian airlines just couldn't react fast enough. Yet military air transport met the crisis without even disturbing its scheduled flights.

A large factor in the smoothness of the transport operation was the work of the mobile air movements teams from Ottawa, Trenton and Edmonton. These 14-man teams attack the potential bottle-neck of loading and unloading jeeps, trucks and equipment. The teams met the aircraft at St. Hubert or the other terminals and kept the goods moving for fast turn-arounds.

It was a quiet and unruffled airlift which didn't excite much attention because it was done right.

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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



Rock Polishing - By Hand

by Bob Daye

"Among service families and other Canadians on the move, there is a growing interest in collecting rocks, minerals, gems and fossils. This is understandable as this country is endowed with some of the greatest localities and specimen varieties in the world.

The following article gives you the information you need to turn your collection into beautiful handicraft displays.

The beaches of the Gimli area provide an excellent source of material for your use."

SUPPLIES AND TECHNIQUE

1. The following equipment is essential:

- a. Combination (course and fine) oil stone, No. 144 Carborundum (or similar grit) cost \$3.00 to \$5.00.
- b. Emery cloth - must be waterproof. Following brands are common:
 - (1) "WET OR DRY" CARBORUNDUM
 - (2) "TRI-MITE" WET or DRY
 - (3) "WATER PROOF EMERY CLOTH"
 Cost should not exceed 25¢ per sheet for fine grit, less for course grit. Item is available with cloth (more expensive) or paper back - either will do - cloth lasts longer but paper is more flexible and probably the best for our purpose. Obtain the following grit sizes which are only approximate:
 - (1) 100, 200, 400, 600.
- c. Resilient pad for mounting emery paper - available at hardware stores. Cost - less than \$1.00.
- d. Scouring compound - use either:
 - (1) Pumice - available from drug store (must be ordered) at 45¢ per lb. Order two to five pounds and you will have enough for a few years.
 - (2) Any commercial scouring agent such as common brand name household cleansers. Caution: Chemicals in these compounds can react on rock surface and spoil your work. Experiment and see what works best for you.
 - (3) Buffing compound - a wide variety are available, some pre-mixed - take your pick.
- e. Jewellers Rouge - about 75¢ per stick from jewellery store.
- f. Tin oxide or titanium dioxide from a Lapidary supply dealer.
- g. Two or three pieces of leather from shoe maker.
- h. Several pieces of felt, 6" x 6".
- i. A few yards of flannelette.

POLISHING TECHNIQUE

2. There are four main stages to convert a piece of rock into a work of art, they are:

- a. Grinding - this stage uses an oil stone or 100 grit emery paper and is used to grind the rock to the desired shape and to wear down the surface past any deep cuts or abrasions. This stage should be skipped if the rock is a beach type rock, already smoothed by the action of water and sand and is of the desired shape.
- b. Sanding - this stage is done in two steps; the first uses 200-240 grit paper, the second uses 360-400 grit. This stage removes scratches left by the grinding stages and also removes any imperfections. Final shaping and rounding off of corners and ridges, etc. is done here.
- c. Pre-polishing - this stage is also in two parts; the first part uses No. 600 grit paper and is used to remove scratches left by the 400 grit paper. This is your last opportunity to remove abrasions and scratches. Very little rock material is removed with 600 grit paper so any significant scratches or abrasions left may necessitate going back one or two steps and starting over. The second step of this stage involves preparing the rock for polishing and uses a slurry of pumice and water on a flannelette cloth saturated with the slurry and mounted on a soft pad. This will remove any scratches left by the previous stage and when completed should leave the rock with a soft luster or glow.

IMPORTANT NOTE: In all the preceding steps, ensure the rock and emery cloth are washed clean every few minutes, and especially when going from a coarse grit to the next finer grit. This is an absolute must as any coarse grit or loose particles left will mar the finish and make all future states a flop. Remember, smooth your emery paper with a waste rock by rubbing vigorously for a few minutes over the entire surface and wash clean before starting your sanding or grinding operation.

- d. Polishing - this is the stage you have been waiting for! When this stage is complete you will have either a beautiful shiny gem or a piece of the earth's crust that has been polished a little, depending on the quality of the rock and

most important, on how much you paid attention to the previous instructions. O.K., lets start! Mix up a slurry of tin oxide or titanium dioxide and water to the consistency of whipped cream and saturate a piece of felt with this slurry. I use the tin oxide because it is easier to clean off than titanium dioxide, but it costs twice as much - both give a good polish.

Next rub your gem stone (notice we don't refer to it as a rock when we reach this stage) vigorously for five minutes or so ensuring the entire surface is covered. Use a soft pad under your felt to accommodate the curved surfaces of your stone. Now take a piece of leather and spread some of your oxide on it and mix in some fine shavings from your jewellers rough stick. You don't need a large amount - a quarter teaspoon of slurry on leather is sufficient. Rub your stone vigorously over the treated leather until all traces of moisture disappear and you are able to feel the stone drag on the surface of the leather. Keep going, this dragging is putting a brilliant shine on the surface of your stone.

NOTE: For the fairer sex, stop and rest before this final step. That way you will have the energy to do a good job and it will lessen the tendency to rush. Remember this, the longer you spend on this last stage the greater the reward.

The final step is to rub your stone on a piece of well broke in leather that is dry; you can add a sprinkling of oxide powder if you like to highlight your stone. If your stone has turned a whitish colour because of the tin oxide, polish it with jewellers rough and finish on a dry piece of worn leather. Voila! -- finished -- a work of art that you can admire as is, make into jewellery, imbed in plaster of paris, imbed in plastic, etc., whatever turns you on, but first go back and clean up that mess!!!

PATRONIZE

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Five Year Cultural Program For Gimli

On August 19, 1970 the Gimli Chamber of Commerce welcomed several provincial members of the Interlake Development Plan to its monthly meeting to discuss the above idea. A steering committee was formed to investigate all aspects and possibilities. The plan was favoured by all members and guests. However, it was made clear that Gimli residents would have to support the plan in every possible way before appealing to the Interlake Development Fund and/or other sources of monetary assistance.

A recent meeting of the steering committee was held last week at the home of Mr. Stefan J. Stefanson to discuss data collected to date. Present at this meeting were all the members, Mr. Stefan Stefanson, Chairman - Mrs. Laura Tergesen, Mrs. Margaret Rankin, Mr. Ernest Stefanson, Mr. Ted Jenkins and Mr. Frank Cronshaw.

Mr. S. Stefanson reported on all information he has gathered in his travels around Gimli, the interlake and into the United States. His many discussions with prominent and interested Icelanders showed much possible support for the Icelandic Museum, which is part of the project. Interest was also shown in the possible building of an authentic full size Viking ship to be housed in its own building in the vicinity of our much recognized Viking statue.

The plan, which is meant to turn Gimli into the Icelandic centre of North America, has one very important factor in its favour. Although there are many Icelandic settlements in Canada and the Northern United States only this area can lay claim to the fact that it was one of the first Icelandic settlements and the only one that was once actually part of Iceland and for a time had its own government and flag.

Included in the five year project is the hope that the Viking park will reach completion and plans are to restore, landscape and suitably mark the old cemetery on No. 9 Highway.

Great interest has been shown, in the possibility of a summer school here, for students from far and wide wishing to spend their summer months in Gimli to learn the Icelandic language and culture. The many pioneers still with us today would, we feel, be happy to meet and help these young people "speak" their language. Also we would, hopefully, approach the Gimli town council to arrange a tourist information centre and public washroom facilities.

The steering committee discussed this at length and a decision was reached to divide the committee into separate entities, thus, Mr. Stefanson, chairman of the group, to study all possibilities of the Icelandic museum, Mrs. Tergesen, chairman in charge of the restoration of the Icelandic cemetery and Mrs. Rankin, chairman of a steering committee to study the feasibility of the Viking ship. All research will be brought up at a meeting sometime in January 1971 and information made public to all interested people. Not only Gimli but its municipal areas such as Arnes and Camp Morton and South to Sandy Hook will receive a welcome to join in every way. Hopefully by then we can form a parent committee to oversee the various committees that will be set up at that time.

Citizens, of the Gimli area, interested in supporting any aspect of this plan which we hope to complete by 1975, Gimli's centennial year, please phone Mrs. Rankin at 642-5850, your name will be listed and you will be notified regarding the January meeting. We hope many people of all ethnic groups will come out with the support and suggestions still needed to complete this plan and ready to act and join one of the various committees. Everyone is welcome and that meeting will result in a complete research of the plan to be placed before the public.

The Gimli area needs all the help, interest and enthusiasm of people far and wide to help implement this project and more than ever we would enjoy hearing from citizens elsewhere in Canada and North America.

We have a good start when today people say, "Oh yes, Gimli, isn't that where they have the Icelandic celebrations?????"



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DANCES, BANQUETS, PARTIES, WEDDINGS



Men of Note

Orchestra

Jim Glover,

Gimli - 642-8167 or Loc 143

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.

Protestant Chapel

Rev. D.W. Hilton
Phone: 156r2

SUNDAY - 15 November 1970

10:00 a.m. The Sacrament of HOLY COMMUNION. This will be a teaching celebration to instruct the confirmation class and the congregation in the meaning of the Sacrament.

10:00 a.m. Sunday School in Goulting School.

There will be no confirmation class on Sunday afternoon.

TUESDAY - 1:30 p.m. - Chapel Committee meeting.

WEDNESDAY - 8:15 p.m. - Chapel Guild meeting.

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.

What Is The Church's Role In a Changing Society ?

It would be very easy to answer this question very superficially. However, if this column is to be worth anything, then we must avoid at all costs the temptation to be superficial. It would be easy simply to say that the church has to get modern, it has to appeal to the youth, it has to up-date itself so that it appeals to the highly trained technical mind. It would also be easy to say that the church must rid itself of out-moded dogma and forget the past. All these things may be true, but they are superficial answers, they are not touching the root problems.

Changing society is not a new phenomenon. Society is constantly changing and the church has been relevant only during those times when it adjusted to social change. Where it has not adjusted, the consequences have been disastrous. During the depression era the church adjusted so that it met the needs of the people in deep distress. The church was relevant. However, at the time of the Industrial Revolution, the church was content to sit back and enjoy its privileged position. Actually, Karl Marx had a far greater concern for suffering humanity than the church of his day.

It is impossible in one small article to discuss in detail the many profound and complex changes that are taking place in society today. We live in a highly technical and computerized society, one that tends to dehumanize the individual. A person's social security number becomes more important than his name. It is this dehumanization of the individual that must be the central concern of the church as our society evolves in its present form.

Every person has a deep need to be recognized as one whose life has worth and meaning. Industry, commerce and the whole business complex that controls our society pays little attention to his need. Every study of management sees man only as a means by which the job may be done more efficiently at the least cost. Even the studies of motivation are geared to make a man more efficient in his job rather than to fulfill his need of being a person whose life has worth and

and meaning. If a person is not able to work, especially in periods of high unemployment, welfare also takes from him his sense of human dignity.

What can the church say? What can the church do to help people to regain a sense of their own dignity and worth as human beings? I think there are many answers to this question, however, I shall state only two.

FIRST

As an institution the churches must come together, pool their resources of money and manpower and speak with such a strong united voice that both those who control and those who are controlled get the message that a person is not a thing to be used; he is a sacred living human being who has the right to be treated with the dignity of one who is a child of God. To do this, the churches must be prepared to sell their property, unify administrations, cut costs all along the line and use every material resource to utilize all means of mass communication effectively to convince all people that their lives have dignity, worth and meaning, because each personality is the sacred creation of God. The church must further convince people to resist the attempt to treat them as things rather than sacred human personalities.

I am honest enough to realize that the institutional churches will not do this for they are still too preoccupied with maintaining their institutional images.

SECONDLY

This leads us then to the second alternative we shall discuss. The church is more than institutions; the church is the people of God.-- people like you and me -- ordinary people. What can we do to help people realize that their lives have worth and meaning? First, we must realize that our own lives have dignity, meaning and worth. We must accept ourselves as sacred human-beings. Secondly, we must be prepared to treat other fellow human beings with the same dignity that we see in ourselves. If we are the church then we must convey to our fellow children -- of -- God

that we appreciate their need to be recognized as persons whose lives have worth and meaning. This is our challenge! This is our mission! If the ordinary people of the church are willing and prepared to respect the humanity of their fellow human beings, then the church can be an effective force in combating the dehumanizing influence that is malignantly affecting society.

Possibly there is little hope of the church having much effect on a society controlled by the powerful forces of industry and commerce. We can try! Sometimes I feel a sense of despair about the church. To be honest, I feel this sense of despair most of the time. I have often thought of leaving the church altogether -- not just the ministry, but divorcing myself from the church completely. If I leave the church, then I can do nothing to make the church effective. If, however, I remain within the fellowship, even though my influence is very small, I can at least do something to make the church effective in our society in our time. If we can help each other and others to find worth and meaning to our lives, if we can help restore to people their sense of human dignity, then the church will have begun to fulfill its role of society.

'ED. NOTE'- Amen. Don brings out some very strong points with which I heartily agree, however, I feel that he has skirted the issue. The role he outlines for the church is valid and contemporary but the means of achieving this goal are glossed over lightly. The concept of a church as an organized institutional body, in my mind, defeats its own purpose.

The church as an institution was valid and useful in Europe prior to the industrial revolution. It provided not only the services it contributes today, but many others as well. Several of the early centres of education grew up around church organizations. It led the field in agricultural research, food preparation and hygiene - even to providing some of the best wines and liquors in Europe. However, in the same breath, it built up large institutional frameworks to administer and organize its many functions. Most of those organizations are still alive today. Hierarchies are easy to set up and extremely difficult to disband.

Don is correct when he says that the church must be prepared to sell its property, unify administration and so on. It must, however, be prepared to take one more step. I don't have to tell the churches what this step is - it's in the Book.

If the churches truly followed the example of Christ, used His methods, they would again be able to communicate. I find it very distressing to have the churches clamoring about being left behind -- of not being able to serve the people -- when the answer to their dilemma is in the very gospel they preach but don't practice.

This criticism is very idealistic and I'm willing to admit that some kind of organization is necessary, however, a better compromise of idealism and organization must be found. The compromise will not originate from within the organization alone. It must be found with the help of the laymen. Most important, the compromise must not alienate the churchgoers who are presently happy with the system.

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Sheriff - Cont

"My friends, if only you could see what I have seen in the short time I have been in Brandon, you would believe."

He described interviews he has had with juveniles held in police custody:

Of five girls ranging in age from 14 to 16, three were charged with robbery with violence and two with assault with an offensive weapon (a butcher knife).

On request, the chief informed them of the maximum sentences for each charge -- life imprisonment with lashes for the first, and five years in prison for the second.

He said one of the girls commented "I'm 14. They won't whip me. They won't even slap my wrist."

The three charged with robbery commented "Piece of cake," he said.

"There was absolutely no fear of punishment. Makes you wonder doesn't it?" the chief asked.

"Maybe it's time parents in our city were made more cognizant of their responsibilities, and some of the juvenile laws were reviewed and amended or replaced," the chief said.

"We as parents have a great responsibility, and need more than a look at rehabilitation and-or punishment. Correction should start in the high chair, and not in the electric chair."

LEST WE FORGET

REMEMBRANCE DAY 1970.....Land, Sea and Air element personnel from Canadian Forces Base Gimli, members of the No. 182nd Branch, Royal Canadian Legion, R.C.M.P. of Gimli's detachment and local civil dignitaries took part in cenotaph ceremonies at Gimli on Remembrance Day 1970.

The war dead of two World Wars and the Korean conflict were formally honoured in the traditional manner.

Wreaths were laid on the cenotaph by W.K. Fecteau, local Legion president, Mrs. N. Yourchenko, local Legion Auxiliary president, Mrs. V. Johnson, War Mother of the Year, Constable R. Mawson, R.C.M.P. representative, Colonel J.F. Dunlop, base commander, C.F.B. Gimli, Daniel Sigmundson Sr., mayor of Gimli and A. Kasupski, rural municipality of Gimli.

.....LEST WE FORGET.....



Support Your Exchange

Starlite Theatre

Show Times

8 PM Sat Mat 1:30 PM

Sun. & Mon. 15 & 16 November
160 minutes General

Where Eagles Dare

Richard Burton - Clint Eastwood

Thursday, November 19
105 minutes General

The Desperate Ones

Maximilliam Schell - Irene Papas

Friday, November 20
125 minutes Adult

Ace High

Eli Wallach

Saturday Matinee, November 21
100 minutes General
Plus Cartoon

101 Dalmations



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AUTOMOBILE
For Sale: 1954, 1/2 ton Ford, good running order. Phone - Cpl. Elliott at Local 61 or 389-5560 Wpg. Beach.
For Sale: 1966 Fairlane 500 Convert. Pwr. top, radio, mags., Tach. full engine, options. Phone: Lt. Paton, Loc. 116 or after work 389-5527 collect.
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: Movie Camera, Nikon Super 8 - \$150.00. Capt. Vos Loc. 126r2.
For Sale: Hofner Electric Guitar. Anyone interested in amateur Radio equipment - I have an assortment. Phone: 642-5410.
For Sale: one service style parka, dark blue, size X-large, excellent condition - \$25. Phone: 642-8386.
For Sale: Male wire-hair Fox Terrier, one year old. Phone: 642-7272.
STEREO - TONE: the original STEREO TONE is open for a limited number of bookings in December and January. Phone "BART" now at 8259.
WANTED: All Legion members to attend DUES DANCE on Friday, 27 November.
NOTICE: to anyone who has not received their Manitoba Telephone Directory, for the town of Gimli, Evergreen and PMQ before Friday, Nov. 13/70 contact 642-5531 before Nov. 15/70.
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. 13 Nov. XMAS BAZAAR & BAKE SALE 7:00-10:00 p.m. Lutheran Church Womens Auxiliary, Church Auditorium, Gimli
- Fri. 13 Nov. GIMLI WOLVES VS MORDEN BOMBERS....Gimli Arena 8:30 p.m.
- 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
- Mon. 16 Nov. HAIR.....SHOW 8:00 p.m. Officers Wives' Club
- Wed. 18 Nov. ROYAL CANADIAN LEGION General Meeting for elections, 1971, Gimli
- Sat. 21 Nov. DANCE.....DRESS CASUAL 2100 hrs. Junior Ranks Mess
- Sat. 21 Nov. ROYAL CANADIAN LEGION Doubles Dart Tournament Gimli, Manitoba
- Sun. 22 Nov. MOVIE.....DINNER "Illustrated Man" Officers' Mess
- Sun. 22 Nov. MOVIE.....CAPE FEAR 2000 hrs. Greg. Peck & Bob Mitchum Junior Ranks Mess
- Fri. 27 Nov. ROYAL CANADIAN LEGIONDUES DANCE..... Entry Fee-71 Membership
- 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
- Fri. 4 Dec. GRADUATION.....6906 Recreation Centre Reception, Officers' Mess
- Wed. 9 Dec. GRADUATION 2nd ITALIANS Recreation Centre Reception, Officers' Mess
- Sun. 13 Dec. MOVIE.....DINNER "Midnight Cowboy" Officers'.....Mess

THE FRAMFARI X-WORD

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

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 seven letters.

LAST WEEK'S ANSWER: Consul.

LA MER

- | | |
|----------|----------|
| ALIMENT | MARAIS |
| ARTERE | MAREE |
| AUTRE | MASSE |
| AVAL | MER |
| | MONDE |
| BANC | |
| BASE | OCEAN |
| BASSIN | |
| CANAL | PAROI |
| CHANGE | PIOCHE |
| CHLORURE | POINT |
| COMMERCE | REGION |
| | RESIDE |
| DEBIT | ROMAIN |
| DENSITE | |
| DOUCE | SALANT |
| DURE | SALIN |
| | SALINIER |
| EMPLOI | SECHE |
| ETAT | SOLUBLE |
| ETENDUE | SORTE |
| FACTEUR | TABLE |
| FIN | TENEUR |
| | TEST |
| GEMME | VASE |
| GLOBE | VENT |
| GRANDE | VOIE |
| IODE | VOLUME |
| LITTORAL | |