



# Framfari

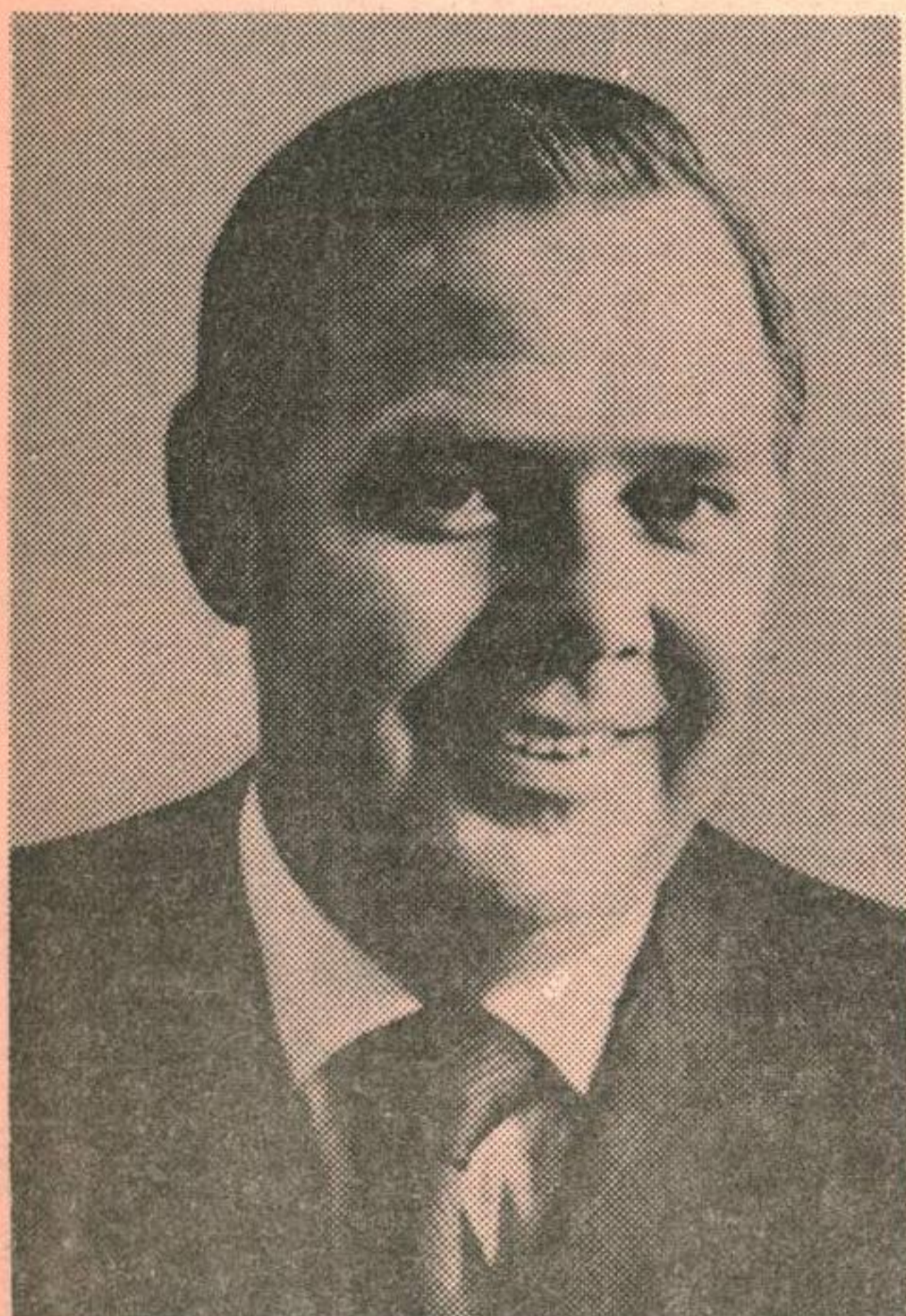


VOLUME I NUMBER 44

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

FRIDAY DECEMBER 4, 1970

## Lt Governor To Present Wings



Manitoba's seventeenth Lieutenant-Governor, The Honourable William John McKeag, will be the presenting officer at a forthcoming wings graduation parade at Canadian Forces Base Gimli, Manitoba. The parade, scheduled for the evening of 4 December, will mark the end of fourteen months of extensive undergraduate military pilot training for the 23 officers who will receive their pilot wings from the Lieutenant-Governor.

The occasion will be the first such event for the Lieutenant-Governor since he assumed office earlier this year. Canadian Forces Base Gimli is proud indeed that they are to be honoured by the presence of His Honour, William John McKeag. (C.F. Photo)

## Gimli Hot Line

This is the first article of a series to be written to keep you informed of the latest poop from group regarding your impending move from Gimli. It is intended that this be a two-way feature, you ask the questions, our experts will give the answers. Drop your letters in the out-basket addressed to the Base Commander. Don't be afraid to raise controversial questions, the name of the game is to help you and your family from getting up-tight by keeping you informed.

A recent message received from Training Command has stipulated that for purposes of closeout, C.F. B. Gimli has been considered as an Isolated Place. This will provide entitlement for personnel posted to a "Limited Accommodation Area" (LAA) to request C.F.H.Q. for a "Selected Place of Residence" (SPR). Unless approval of the Minister is obtained SPRs should be within 500 miles of the new place of duty.

Limited Accommodation Areas are as follows:

- |   |   |
|---|---|
| Alsask, Sask.                             | Gypsumville, Man.                       |
| Baldy Hughes, B.C.                        | La Macaza, P.Q.                         |
| Barrington, N.S.                          | Lowther, Ont.<br>(includes Kapuskasing) |
| Beausejour, Man.                          | Mill Cove, N.S.                         |
| Beaverlodge, Alta.                        | Moisie, P.Q.                            |
| Calgary, Alta.                            | Mont Apica, P.Q.                        |
| Chatham, N.B.<br>(includes St. Margarets) | North Bay, Ont.                         |
| Cold Lake, Alta.                          | Petawawa, Ont.                          |
| Comox, B.C.                               | Ramore, Ont. (includes Kirkland Lake)   |
| Dana, Sask                                | Rivers, Man.                            |
| Edmonton, Alta.                           | Senneterri, P.Q.                        |
| Falconbridge, Ont.                        | Shelburne, N.S.                         |
| Gander, Nfld.                             | Sydney, N.S.                            |
| Gimli, Man.                               | Trenton, Ont. (Jun. to Sep.)            |
| Greenwood N.S.                            | Val d'Or, P.Q.                          |

and

Continued on page 2

## Inside The Pay Raise

The Honorable Donald S. Macdonald, minister of national defence, has announced revisions in the pay and allowances for members of the regular and reserve forces effective October 1, 1970.

The revisions involve an overall increase of 6.06 per cent. The specific percentage increases vary with rank and occupation, with the higher percentage increases going to non-commissioned personnel, particularly to those in the rank of corporal.

The revisions which apply to regular force general service officers of the rank of colonel and below and to non-commissioned personnel, will cost the department of national defence approximately \$20 million dollars in fiscal year 1970-71. Pay for officers of the rank of brigadier-general and above has been dealt with separately on the basis of comparison with salaries of senior levels in the public service.

Increases in the basic rates for corporal range from \$28 per month in the less technical trades to \$43 per month in the more technical trades. Pay for a captain with two years in rank will be increased by \$41 per month and for a major with three years in rank \$53 per month.

Members of the reserve force will receive pay increases comparable to those approved for regular force personnel.

Pay and allowances for members of the Canadian forces are developed on a joint basis between members of the treasury board staff and military and civilian representatives of the department of national defence, with the long range aim of providing military personnel with an overall pay package that compares equitably with the public and private sectors. Mr. Macdonald said that in developing the new pay package consideration had to be given

Continued on page 3....

# SOUND OFF

To the Unconcerned:

In the last two weeks out of 18 bus monitors there were only about four women who took their turn. This clearly shows a lack of concern on the part of the parents whose children take the bus.

We look out for the safety of your children why can't you look after ours.

The only reason we got the bus is because they were assured that there would be someone there every day to watch that the kids behave. In case any mother can't go on their day, trade with your neighbour or if possible your husband should replace you.

If a person can't spare 40 minutes out of one day every month and a half there is something wrong.

Mrs. Lafortune    Mrs. Boran  
Mrs. Scally        Mrs. Wright  
Mrs. Hovey        Mrs. Kroeker

Sir:

Reading "Burn the BRA" really prompted me to set pen to paper. How true, how true! Your article touched my heart and tickled my funny bone! Now, then, I would like to take the questions and answer them one by one.

(1) How much weight have I put on, you ask? Well, my weight bounces up and down, but, basically, I'm less than what I was when I got married. My husband though, has put on a few pounds due to his healthy appetite, not his wife's good cooking!

(2) When was the last time I greeted him with a kiss -- well -- that's quite awhile now -- and really there's no real excuse not to, except that if I could manage to plow my way through the barrage of toys in the livingroom without tripping at his feet, I might just manage to do it. I must attempt to try that tomorrow! It will probably shock him into taking me you know where!!

(3) Because I always wear my hair short, it very seldom requires extra fixing -- and lipstick -- well, I guess I could use a little. Speaking of hair, I never go to bed with curlers -- my husband's main complaint is I wash my hair so often we're out of shampoo every time HE needs it!

(4) Occasionally, I do go all out to fix HIS favorite supper and the first reaction and comment is, "What is the something your're after, dear?!!"

(5) Yes, my livingroom is a battleground! When my daughter roars in from school, all havoc breaks loose as the kids decide to build a tent, play doctor or play school! With no basement, where else but in the livingroom while Popeye is on!!

My husband enjoyed your article equally as I. It was marvelous to see the smile and "all-knowing" look creep on to his face as he read, only to watch it sober up again towards the end! Nevertheless, someday I hope he'll set pen to paper to support his stand on the matter!

In conclusion, I wish to put down a little something I found once on the value of a man.

### WHAT A MAN IS WORTH

Fat enough to make ten bars of soap = \$ .30

Sulphur to make one-half a package of matches = \$ .05

Calcium to make ten lbs. of bone meal = \$ .20

Salt enough to flavour one-half a ham = \$ .10

Fibre to stuff one small dog = \$ .33

Water without value.

Total value = \$ .98.

Now, you tell me, what woman could ever resist a 98¢ bargain?!!!  
Beaver

All places designated as "isolated posts" under QR&O 205.40 and listed in CFAO 205-7, Annex A.

Personnel posted to "Restricted Locations" may be authorized to move directly to the place of duty with full financial benefits.

Restricted Locations are as follows:

Bagotville, P.Q.	McGivney, N.B.
Carp, Ont.	Ottawa, Ont.
Cornwallis, N.S.	St. Johns, Nfld.
Debert, N.S.	Summerside, P.E.I.
Dundurn, Sask.	Toronto, Ont.
Flin Flon, Man.	Vancouver, B.C.
Kamloops, B.C.	Windsor, Ont.
Kingston, Ont.	

Personnel posted to restricted locations; and those personnel posted to LAAs who cannot select an SPR may be authorized to move directly to the new place of duty with full financial benefits. In the latter instance, the C.O. of the closing unit shall obtain from the member a written certificate that it is or is not possible to utilize SPR benefits; and only when it is certified that an SPR cannot be utilized shall authorization to move DF&E to the new place of duty with full financial benefits be given.

Personnel when posted, have the option of:

- Moving the family directly to the new place of duty; or
- electing an SPR if posted to an LAA and move the family there; or
- retaining family in present accommodation when this will not jeopardize closure of the base by 1 September 1971.

It is suggested that upon receipt of information regarding transfers, personnel report to the accounts section for a briefing. This briefing will assist all personnel in their particular situation.

### OFFICERS' WIVES CLUB

Wine and Cheese party including an interesting display of how to make your own Christmas decorations. Come out and enjoy many different varieties of cheese, with various crackers and fruits; as well as a selection of wines. Also learn how to decorate your house beautifully for Christmas.

7 DECEMBER 1970 8:00 p.m.  
Members \$.50, Non-Members \$1.25

Don't forget to bring along your favorite recipes

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....Mrs. Betty Bennett - 642-7964

#### ADVERTISING MANAGER

....K.C. Birch - Loc. 37

Pay Raise Cont'd....

to the fixed budget under which the department of national defence operates.

A revision will be made in the established dollar differential whereby pilots and air navigators receive higher rates of pay than other general service officers. Under the revision the additional dollar differential for pilots in the rank of captain will remain unchanged at an average of \$207 per month and for major will be reduced by \$16 to an average of \$175 per month; for navigators in the rank of captain the monthly differential will be increased by \$20 to an average of \$186 and for majors reduced by \$3 to \$75. Lesser amounts will be paid lieutenant-colonel and colonel. The revisions are related to the average amount of flying carried out at each rank level whereby officers in the more senior ranks are required to fly less often than those at the junior rank levels.

A review of the forces' special hazard and environmental allowances has resulted in changes to the special allowances paid to personnel serving in ships and submarines and to certain specialist tradesmen employed in aircraft.

An increase in the sea duty allowance to \$60 per month for personnel serving in ships will be paid officers above the rank of lieutenant and below and men below the rank of corporal will receive \$30 per month. This compares with an existing allowance which ranges from \$15 to \$45 per month.

A submarine allowance will be paid at rates varying from \$60 to \$180 per month compared to the present rates of \$45 to \$115 per month. The daily rate for specialist tradesmen employed in aircraft will be raised from two to three dollars.

There are no changes in allowances paid to personnel employed in diving and parachutist operation.

The overall purpose of these allowances is to attract, motivate and retain personnel where circumstances and conditions of hazard and/or adverse environment exist.



'That's right, Sir.

All the Corporals have been walking on air since the pay raise was announced.'

# Two DDHs To Sail

Two of the four helicopter carrying destroyers under construction for the Canadian Forces' Maritime Command will enter the water at Quebec shipyards late this week.

The Athabaskan, DDH 282, will be named and launched in the traditional manner at Davie Shipbuilding Ltd., Lauzon, Quebec, November 27.

The Iroquois, DDH 280, which is being constructed by a method involving extensive pre-fitting of the ship's sections, will be lowered into the water from a marine railway at Marine Industries Ltd., Sorel, Quebec the following day. The vessel will be named at her commissioning ceremony in 1972.

Davie Shipbuilding Ltd., and Marine Industries Ltd., are each building two destroyers in the four-ship program. The other two ships, the Huron and Algonquin are scheduled to be launched in 1971.

Mrs. H.A. Porter, wife of Rear-Admiral Porter, commander, maritime command, will name and launch the Athabaskan.

The major systems for the ships have been designed and developed in the Canadian forces and federal government departments and by Canadian industry over the six years since the program was announced in December 1964. They include a gas turbine propulsion plant; computerized command and control system, improved sonar equipment for submarine detection and automatic weapons and communications systems. Each ship will be equipped to operate two Sea King anti-submarine helicopters.

The ships will be 425 ft. long, with a beam of 50 ft. and displace 4,100 tons. They will carry a complement of 310 officers and men.

## ANNOUNCEMENT!

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WHY NOT TRY OUR  
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Next to Gimli Tailor, Gimli

# Basic Training CFB Cornwallis-Any Volunteers

CFB CORWALLIS -- The gas mask chafed cheek and chin as they stood relaxed and waiting.

Suddenly tense, a ripple of apprehension ran through the waiting group. Had they thought too long about their first run through the choking tear gas of the practice chamber? Had panic terrified the mind? Not really ... just panic at the sight of a photographer approaching the group at C.F.B. Cornwallis.

Like charming young ladies anywhere, they wanted to look their best - even if attired in dungarees and gas masks.

The fifty girls from all walks of life across Canada were completing one phase of training while making the switch from mini-skirted civilian to uniformed servicewoman at the Canadian Forces Recruit School here in the Annapolis Valley of Nova Scotia.

From dawn to dusk the girls did things Mom thought were impossible and Dad just wouldn't believe. They got up at 0600 hours ... six a.m.!! cleaned floors; polished shoes, to a high gloss; laundered and pressed their own clothes; and even moved the first time the Corporal spoke.

"At first, we weren't too happy with Heather's decision to join the forces", said Mrs. Lloyd McLeod of Bridgetown, P.E.I., "but she has sounded very happy about the training here. She's satisfied and that's the main thing."

Mr. and Mrs. McLeod were on hand to watch the class at the graduation parade held following successful completion of the young ladies first nine weeks of life in the Canadian forces.

Their daughter, Heather, like others could now look back on recruit days in a different light. The discipline, strict rules (too strict, said some at first) the seemingly endless spit and polish and the detested "okay, now, everyone out - lets police the area!" were part of a routine which - at the end - seemed surprisingly effortless.

Physical and academic training took up most of their day during recruit training. Military law and history, general service knowledge, in fact all the subjects and training taken by their male counterparts, with the exception of the combat training, were part of their curriculum.


"We are not training these girls to be combat troops", said Captain Bernie Doherty, officer commanding the disstaff side of C.F.R.s, "and we stress femininity and the feminine approach".

Captain Doherty, from Souris, Man., has a staff of five to assist her in introducing the young women into the ways of service life.

After graduation, recruit days became something to tell tall tales about. Slight embellishments of the actual scene would be compared with new classmates as the girls start the second phase of their military life ... trades training.

From the recruit school at Cornwallis the girls move to one of the three bases at Borden or Kingston, Ontario or Halifax, Nova Scotia. There are seven trades open to them: nursing assistant, dental assistant, finance clerk, administration clerk, supply technician, radar plotter and telecommunications operator.

"Recruit training for the girls in the Canadian forces is a strenuous business", says Captain Doherty, "Its meant to be. But few come to Cornwallis who are not better for having made the trip."



**TOM-BOY**

## COMPARE AT TOM-BOY

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**99¢ LB**  
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## WILLIE'S WORD

Last Tuesday afternoon, just before the stand-down my irritable friend came into the office. His countenance shone, he bounded into the office with uncontrolled enthusiasm.

"It's great!" he thundered, "just great!"

"What's great?" I questioned.

"The weather!" he roared.

I was mystified. "What's so great about the weather?" I asked him.

"Look outside!" he ordered.

I looked. The wind howled; the snow blew; visibility was almost nil. "What's so great about a blizzard?" I innocently asked.

M.I.F. looked at me for a few moments. He shook his head as if he felt great pity for my stupidity.

Then, with great patience and constraint, he quietly, explained the reason for his excitement.

"Look," he said, "think about the roads in PMQ's. Think about your car".

I thought of the 1968 Dodge Dart, that I had brought to Gimli. Once it had been a lovely car. Now, alas, it was nothing more than a rattling, grinding, squeaking, bump-

ing conglomeration of loose nuts and bolts and steel. Suddenly, I began to feel the surging thrill of excitement that permeated every nerve and muscle of M.I.F.

Snow! glorious beautiful snow! Snow filling all those pot-holes and cracks and bumps.

The summer ordeal was over. The car had survived the roads of PMQ's for another year. My sprits were lifted at the thoughts of snow. They were wafted into the realms of joy and felicity.

Snow may have its disadvantages, but don't complain. Think of what it had done for your car.

*Yours Willie*

## Library Hours

CHRISTMAS AND NEW YEAR PERIOD

WEDNESDAY

23 Dec. -1400-1600 & 1900-2100

THURSDAY

24 Dec. -1400-1600 & C L O S E D

FRIDAY

25 Dec. -C L O S E D

SATURDAY

26 Dec. -C L O S E D

SUNDAY

27 Dec. -1400-1600 & C L O S E D

MONDAY

28 Dec. -C L O S E D

TUESDAY

29 Dec. -1400-1600 & 1900-2100

WEDNESDAY

30 Dec. -1400-1600 & 1900-2100

THURSDAY

31 Dec. -1400-1600 & C L O S E D

FRIDAY

1 Jan. -C L O S E D

SATURDAY

2 Jan. -C L O S E D

SUNDAY

3 Jan. -1400-1600 & C L O S E D

Personnel are to note that the Base Library will close permanently on 15 January 1971 and all library books borrowed must be returned by 14 January 1971.

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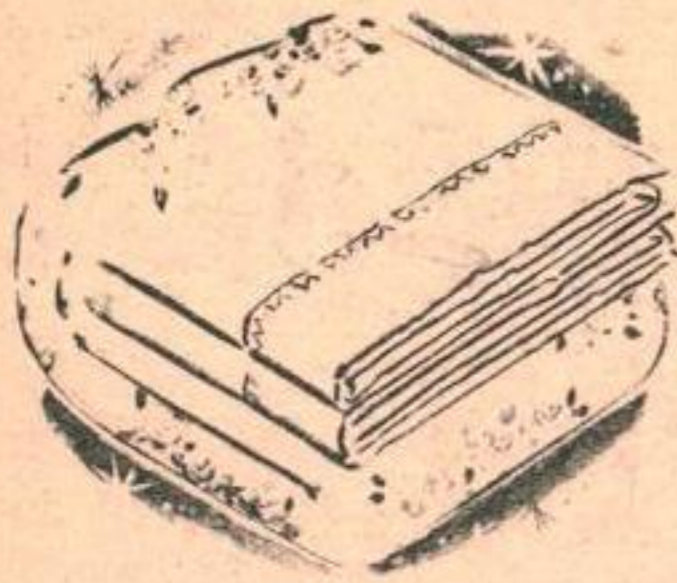
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Reg. 7.95 Each  
Gift Value **5.99**

A softly finished, well napped rayon printed blanket in a pleasing Hartford design. Matching acetate satin binding. Size: 72 x 94 inches. Colors: Rose, Blue or Gold. Always a welcome gift. Select early!



**TWIN PACK CUSHIONS**

Reg. 3.99 Set  
Gift Value **3.28**

Two matching cushions, one in a printed cotton and one in a plain taffeta. Each pack tied together with a wide ribbon and bow. Size about 14" x 14". Excellent color assortment.

**TOY SPECIALS**



**MINI RACER SERIES**

Triple pack car kits. Powerful wind-up motor included. No cement needed, model kit snaps together. 3 assorted in blister pack.  
Reg. 1.77 Value  
Gift Value **1.18**

**Santa SALE**

A GALAXY OF GIFTS FOR THE FAMILY

Shop Early, Thursday  
**DECEMBER 3rd**



**PRACTICAL GIFT IDEAS FOR THE HOME**



**4-Pack Beverage Glasses**

Dad will welcome these hollow-stem beverage king glasses. Four 16-ounce glasses in a neat carry pack with hand-plastic handle. A practical, inexpensive gift for him.  
Reg. 2.29 Pack  
Gift Value **1.73**



**Ceramic 3-Section Dish**

Attractive high glaze multi-color ceramic 3-section dish, in a graceful leaf design. Ideal for serving nuts, candy, etc. Individually boxed. Pleasing gift for the home.  
Reg. 4.95 Each  
Gift Value **2.88**



**6-Piece Table Set**

Lovely gift! Natural grained wood combination with ceramic. Set contains 1 fork, 1 salad spoon, 1 oil bottle, 1 vinegar bottle and salt and pepper set. Gift boxed.  
Reg. 5.98 Each  
Gift Value **3.88**



**MINIATURE LIGHTS**

**\$2.88**



**CANDLE SETS**

Mom will appreciate the timely gift value. 12 Danish style candles and black iron octopus holder. Candles are 12 inches long. Shop early.  
Reg. 2.49 Set  
Gift Value **1.66**



**Boys' SHIRT-TIE GIFT SETS**

Special Gift Value **3.33**

Plain shade sport shirt with matching tie. 65% polyester, 35% cotton. Regular long point collar, long sleeves with 2-button cuffs. Permanent Press. Machine washable. Gold, Blue, Copper, Green. Sizes: 8 to 16.



**Little Girls' BLOUSES**

Reg. 2.99 Each  
Gift Value **2.28**

Ideal Christmas gift. Pretty blouses, carefully tailored in easy care polyester and cotton fabric. Beautifully styled for the young miss. Sizes: 2 to 6X. Exceptional gift value.



**Moir's Quality CHOCOLATES**

Special Gift Value **97c**

Here is an outstanding gift value! Boxed "Selection" chocolates. Famous Moir's brand. 13oz. box of quality chocolates at a special savings price. Assorted hard and soft centers. A gift the whole family will enjoy.



**FACE CLOTH GIFT SETS**

BOX of 3  
Gift Value **99c**

A practical, inexpensive gift. Colorful Jacquard face cloth sets with printed floral design. Set consists of one each... Turquoise, Rose and Yellow to gift box. Size: 12" x 17". Shop early, save.

**A Treasure House Of Christmas Gifts**



**Ladies' Acrylic SHELL**

Sleeveless acrylic shell, mock turtle-neck style. Choice of 3 patterns. Colors: Plum, Aqua, Bronze, Red. Sizes: Medium, Large. A quality gift item at a special price.  
Reg. 3.99 Each  
Gift Value **2.99**

**Junior Misses' PANT SUITS**

Expertly tailored in plaid acrylic so popular this season. Flare cut pant with matching tunic top. Remarkable value at this special low price. Sizes: 8 to 14.  
Reg. 8.99 Each  
Gift Value **6.88**

**Little Girls' PANT SETS**

A smart, practical gift for little girls at a special savings price. Fashioned in colorful plaid with flare cut pant and pretty vest-top. Sizes: 4 to 6X. Shop early for this gift special.  
Reg. 5.99 Set  
Gift Value **4.88**



**Budget Pack Nylon Hose**

First quality nylons, budget priced, 400 needle, micro-mesh, double welt, reinforced heel and toe. Heige only, in sizes 9 to 11. A tremendous gift value. Be value-wise, shop early.  
Reg. 49c Pair  
4 PAIRS **1.00**

**Satin Glo 3-Pack Panty Sets**

Fine quality 100% nylon, satin-finish, tailored briefs, in ladies' and misses' sizes. Braided elastic waist and leg opening, double crotch. White and pastel shades. 3 pair to gift box. Always a welcome gift.  
LADIES' Reg. 2.99  
MISSSES' Gift Value **1.97**

**Ladies' Overlay WALTZ GOWNS**

Nylon tulle gowns, dreamy soft to flattering feminine shades. Two styles - nylon overlay front and back - round necklines, cap and sleeveless styles. Lace and embroidery trim. Super Pink, Maroon, Mint. In sizes 8-14.  
Reg. 3.99 Each  
Gift Value **2.97**

**Ladies' Waltz Length QUILT DUSTER**

Peter Pan collar with bow. Patch pockets. Lace trim on collar and front. Colors: Pink, Maroon, Blue, Lilac, Mint. Sizes: M-L. Outstanding gift value at this special price.  
SPECIAL  
Gift Value **5.88**

**Ladies' One Size PANTY HOSE**

A whole new way to feel free. Nude heel, mesh leg. Heavier weight panty. Heige and taupe. One stretch size fits all. A wonderful value at this special low price. Hurry!  
SPECIAL  
Gift Value **77c**



**Children's TIGHTS**

Sizes 2 to 14 years  
Here's a welcome, practical gift. Heavy weight, warm, snug-fitting tights. Wash and wear well. Good selection of colors in sizes 2 to 14 years. A wanted gift for under the Christmas tree.  
Reg. to 1.99  
Gift Value **1.44**



**Ladies' Crimp PANTS**

Gift Value **4.99**

Nylon crimp pants. Smart looking, long wearing. Elastic waist, sew-down crease. A pleasing gift to find under the tree. Colors: Navy, Brown, Green, Gold and Lilac. Sizes: 10 to 16.



**Gift Pack Slipperettes**

Reg. 1.39 Pair  
Gift Value **94c**

Leisure lover's loungers. Cozy! Comfortable! Vinyl sole and upper, brocade vamp, cushion sole. Attractive, matching photo-film carrying case. Silver, Gold, Pink, Blue. Sizes: S-M-L-XL.



**Bath Ensemble GIFT SETS**

Reg. 4.00 Set  
Gift Value **2.96**

Smartly boxed set by Fabergé. An assortment of bath powder and body lotion, splash-of cologne and bath powder. Assorted fragrances. A personal gift for her.



**Boys' 2-Piece PANT SET**

Reg. 5.98 Set  
Gift Value **4.48**

Made of stretch nylon, full boxer style pant, matching mock turtle-neck pullover with contrasting Venice insert. Long sleeves. Contrasting rib knit neck and cuffs. Assorted color combinations. Sizes: 4 to 6X.



**Men's Cuff Link & Tie Tac Set**

Reg. 4.00 Set  
Gift Value **2.44**

Beautifully crafted in gold and silver settings with assorted mother-of-pearl stones. Matching tie tac. Gift boxed. Ideal gift for dad. Economically priced.



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# Homemaking Hints

WE THE HOME MAKER

by Julie Martin

Healthful eating is a very interesting subject. As a home maker, wives and mother we are always interested in healthful eating. It is our duty to see that our families get the right foods, for this reason I would like to write an article for old and new homemakers alike. First I would like to stress the different jobs the different vitamins have in building our bodies and then I would like to print the Canada Food Rules. It is very important to remember the Canada Food Rules to know the right foods every day. Food Functions - food is necessary to maintain life. It provides fuel for heat and activity, material for growth and repair and substances to keep the body healthy and to regulate its processes. Heat and activity - the body needs fuel because it has certain work to do. The most obvious need is muscular work. Yet even when the body appears to be at rest, many types of activity require food energy. The continuous beating of the heart.

muscle tension, the muscular movements of the stomach and intestine associated with the digestion of food, the expansion and contraction of blood vessels in controlling body temperature and the muscular movement of the chest and diaphragm in breathing all require energy.

Energy cannot be created, it is only changed from one form to another and the body uses food as a source of its energy. All foods have energy value, although some are better sources than others. Food energy is measured in calories. The number of calories needed by each person depends on age, size, composition of the body and the amount of work done. After the age of 25 people require less energy food even for the same work.

Body temperature during health is fairly constant. Cold climates increase the need for calories in order to allow for "shivering" or muscular activity needed. Mental work does not increase calorie requirements.

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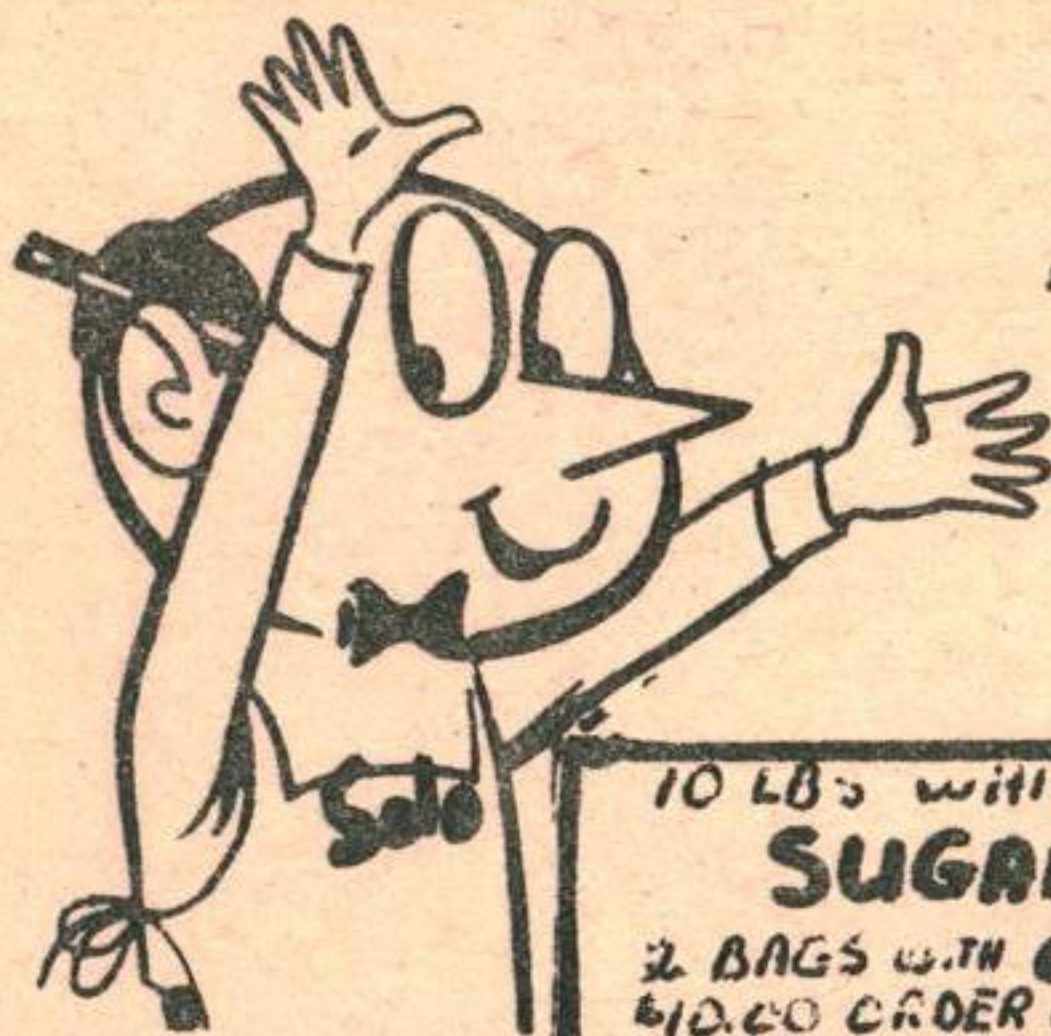
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MILK EVAP. CARNATION OR PACIFIC TALL TINS 2/37¢

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

# Consumers Notebook

In spite of sweeping changes in regulations for toy safety as announced by the federal Department of Consumer and Corporate Affairs, parents must still exercise care and caution in their toy purchases.

Some of the new regulations take effect immediately but with others, it will be November of 1971 before they become effective.

The new regulations are designed to remove poorly-constructed, dangerous toys from the market and single out baby toys for special attention. Toys which expose metal spikes or sharp wires when they are broken are banned. So are those with loose eyes, or rattles with small parts which could choke a child. Straight pins used for attaching bows and decorations to dolls are prohibited. Toy arrows and other projectile toys will be required to have protective tips and the shafts of push-pull toys will require protective fittings to prevent injury to toddlers.

Detailed regulations control the use of any substance in a toy which might be poisonous. Paint used on toys must meet stringent standards limiting lead content or other haz-

ardous ingredients. Also banned are substances which are corrosive or irritating. The material used in stuffing toys must be clean and free of dirty or noxious material. Drawing materials such as crayons and modelling clays must be non-toxic. Not included in the regulations are chemistry sets which are being dealt with under separate regulations.

Electrically-operated toys must meet safety standards set by Canadian Standards Association. Provincial regulation now make such safety requirements mandatory -- but their inclusion in federal regulations permits strict enforcement on a national scale.

Wet cell batteries used in electrical toys must be leak-proof when subjected to rigorous shaking and dropping tests. As well, any toys with hot surfaces such as toy stoves or irons, which could burn a child, are also subject to regulations based on C.S.A. standards of safety.

Celluloid toys, with the exception of pingpong balls are subject to an immediate ban. The hair of dolls or the fur or manes of toy animals must not be made of dangerously flammable materials.

In November 1971 standards governing mechanical hazards associated with toys will go into effect. Fasteners, glass panels, plastic,

exposed nails, screws and bolts and spring-wound driving mechanisms will all have to meet specified standards of safety. Other rules will prohibit dangerous features in such things as noise-making toys, play trunks, finger paints, toy steam engines, kite strings and elastic used in prams and playpens.

The new regulations should not affect the price of toys now on the market since many Canadian toys meet the requirements. However, if inspectors find toys considered unsafe under the new legislation, they would be removed from sale.

There has been some legislation, both federal and provincial, for your protection. In Manitoba and Ontario, provincial legislation covers the use of new, white material for stuffed toys. Since these two provinces represent a large part of the toy market in Canada, most Canadian manufacturers meet this requirement. This was not binding on toys coming into Canada from other countries, so a British standards label on stuffed toys is your protection on imports.

Legislation in effect nationally includes the federal Food and Drug Act which protects the consumer against the inclusion of certain contents and materials in construction. The Hazardous Products Act of

Continued page 15....

<p><b>FREE DELIVERY!</b></p> <p><b>TAYLOR PHARMACY</b></p> <p><b>YOUR A. R. P. VALUE CENTRE</b>      CENTRE AND SIXTH G I M L I</p>		
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# Pakistan Airlift



SUSTENANCE TO THE STARVING -- Canadian Armed Forces air and ground crews, flying Yukon aircraft, are moving 410,000 pounds of relief supplies -- blankets, drugs, tents and bandages -- to Karachi and Dacca in an attempt to quell the death-toll by starvation and disease of cyclone-hit East Pakistanians.

(C.F. Photo)

CANADIANS AID PAKISTINIANS -- Corporal Terry Nadeau, of Asbestos, Que., a crewman in a Yukon transport aircraft from Air Transport Command, Trenton, Ont., assists in the unloading of relief supplies in Dacca, East Pakistan. When the mercy missions are completed ATC Yukons and Boeing 707s will have flown a dozen round trips between Canada and East Pakistan delivering 410,000 pounds of blankets, drugs, tents and bandages to the cyclone-stricken East Pakistanians.

(C.F. Photo)

## ATC AIRLIFT AIDS PAKISTAN

TRENTON(CFP)--Barely six months after their aid in the Peruvian earthquake disaster, Canadian aircrews are flying into Asia with relief supplies for cyclone-hit East Pakistan.

The two relief operations differ considerably. In Peru, five Caribou aircraft flew short range relief flights into inaccessible mountain airfields. This time the flights are long range strategic lifts of supplies into East Pakistan's flat central delta region.

The lift started Friday November 20. A Boeing 707 lifted off from Trenton with 18 tons of blankets and extra crews for positioning at Lahr, Germany and Karachi, India.

Three Yukon transport aircraft followed the same day with 97,605 pounds of blankets, 55,814 pounds of tenting and 60 boxes of medicine.

In all, four Yukons will make three trips each to Dacca in central East Pakistan and carry a total 410,000 pounds of drugs, tents, bandages and blankets.

The first Yukon left Trenton on its second flight Tuesday November 24. All 12 flights should be finished and the Yukons back in Trenton by Monday November 30.

So far Air Transport Command has had few difficulties with its unscheduled airlift. Regular round-the-world flights which touch Singapore, Colombo and New Delhi keep aircrews familiar with the Asian environment.

Overseas scheduled flights have been disturbed slightly but the Yukons are still picking up freight loads in Lahr or Dusseldorf on their way back from Pakistan.

In fact, there has really only been one delay. A Yukon was held up for a few minutes in Lahr, because a land unit was holding a parade on the aircraft's parking ramp.

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COLONEL J.F. DUNLOP, base commander of C.F.B. Gimli, presented the 1001st D.D.C. attendance certificate to Miss Connie Fridfinnson, a civilian employee from the base finance office. (C.F. Photo)

**NATIONAL SAFE DRIVING WEEK ...** In keeping with what is hopefully the subconscious thoughts of all drivers at all times, it is significant during this National Safe Driving Week, 1-7 December, that Canadian Forces Base Gimli, Manitoba, has issued in excess of 1000 Defensive Driving Course attendance certificates since May 1969.

At the time of writing the C.F.B. Gimli Motor Transport Safety Section, headed by Sergeant Glenn Newport, has presented the Defensive Driving Course, an eight hour seminar, to 1032 servicemen, civilians, and dependants from C.F.B. Gimli. By the end of the current course period, ending this week, Sgt. Newport and his staff will have instructed 1100 persons. This represents 1376 classroom hours, many on weekends, plus an estimated 100 hours of preparation time.

These statistics have been achieved through the devoted efforts of the following C.F.B. Gimli personnel: Sergeant Glenn Newport, Corporals Dan Reynish and Fred Jezewski, Sergeants Fred Haller, Norm Cook and Carl Peterson, Corporals Jim Spicer and Don Atkinson, Lieutenant Allen, Bell-Chambers, Corporals Tony Bradbury and Jack Porter. Sgt. Newport and Cpl. Reynish, by virtue of having taught 1000 or more students, are eligible to receive a gold plaque and to be recognized in the Canada Safety Council Newsletter.

The theme of this year's National Safe Driving Week is the Defensive Driving Course, the use of seat belts and the relationship between the consumption of alcohol and traffic accidents.

## **TURKEY BINGO**

*' ATTENTION BINGO FANS, ATTENTION '*

*Canadian Forces Base Gimli Will Hold a*

*Xmas Turkey & Ham Bingo, Details as Follows...*

**PLACE - BASE RECREATION CENTRE**

**DATE - 16TH DECEMBER 1970**

**TIME - 8 P.M. (SHARP)**

**STAKES - TURKEYS, HAMS & CONSOLATION PRIZES**

**GAMES - MIN' OF 25 GAMES WILL BE PLAYED**

**PARTICIPANTS - EVERYONE (OVER 18) WELCOME**



## The East won Again

### FORCES "GREY CUP"

LAHR(CFP)--This year armed forces and R.C.M.P. personnel had their own version of Canada's "Grey Cup" classic.

Two all star teams, one from the national defence football league in Ottawa, the other from C.F.B. Europe, were formed and for the first time a "Grey Cup Europe" football game was played. The game was held in Baden-Soellingen, West Germany with near perfect weather conditions before approximately 3,000 fans.

The team from Ottawa, representing the East, drew players from all five teams in the N.D.F.L. including the C.F.H.Q. Trojans, R.C.M.P. Huskies, Rockcliffe Riders, Uplands Falcons and Trenton Broncos. Included among the C.F.B. Europe team representing the West were ten members of the U.S. armed forces.

The game was a bruising defensive battle that ended in a 7 - 0 score for the N.D.F.L. Eastern all stars. Halfback Rick May, C.F.B. Trenton's rookie of the year, scored the games only touchdown when he crashed over from five yards out early in the first quarter. The convert attempt was blocked.

In the last minute of the first half the East came close to widening the score when Gary Doucette intercepted a Western pass and scampered along the sidelines for a 60 yard gain but a clipping penalty called at the line of scrimmage nullified the run and the half ended with the East leading 6 - 0.

Both defensive teams held the play near mid field for a scoreless third quarter. In the fourth quarter the East chalked up their final

point when a field goal attempt by Tom Bolen went wide. The winning Ottawa team was managed by Gerry Pizzarello and coached by Iray Negrich. Colonel J.T. West, president of the N.D.F.L. along with game officials Major R.F. Keast and Captain R.J. Reardon accompanied the team to Europe.

### WEEKEND EQUIPMENT USE

Sports equipment may be signed out from the recreation centre for weekend use. Due to the quantity of equipment available, that equipment borrowed must be returned on the morning of the first working day after the weekend. This equipment will be issued between 1300 hours and 1600 hours on Fridays.

## Phys-Ed School

Canadian Forces School Physical Education & Recreation

C.F.B. Borden, Ontario

The above course will be held from 2 - 9 of February 1971.

### Candidates Must:

- Be certified medically fit as per art; 2219 of CFP 206.
- Be prepared to participate in intensive physical skills and drills while on course.
- Be recommended by the BPERO.
- Be any rank, any trade.

If you are interested in this course please contact the recreation centre no later than 15 December 1970 as nominations have to be forwarded on to command soon after.

## BASE SNACK BAR ANNOUNCES NEW HOURS

Commencing 7th December, REG. HOURS

MON to THURS: 9:30AM-9:30PM

FRI : 9:30AM-8:00PM

SAT: 10:00AM-5:00PM

SUN: 1:00PM-8:00PM

### XMAS HOURS

21 to 23 DEC: 9:30AM-4:00PM

CLOSED: 25th and 26th

27th: 1:00PM-5:00PM

28th: CLOSED

29th to 31st: 9:30AM-4:00PM

1st JAN: CLOSED

2nd and 3rd: 1PM-5PM

4th: NORMAL HOURS



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# Say Again?



"UNGLINGA HOKKEY SAMPEKNI" AT GIMLI

The Gimli Midget Hockey Club held their first "Unglinga Sampekni" (youth hockey competition) at the Gimli Arena 20, 21 and 22 of November. One hundred and sixty boys saw action in the three day round-robin tournament. Five teams in the midget division and five teams in the bantam division took part. Competing teams were from Greater Winnipeg and Gimli.

Windsor Park captured the midget championship and trophies in true championship style with a 4 win - 0 loss record. Winakwa took the runner-up trophy with a 3 win - 1 loss record.

In the midget competition five shut-out games were registered. Windsor and Gimli sharing the honors with two each. In nets for the shut-outs were Gimli's E. Sawa and G. Leach for Windsor.

Gimli had three players in the midget tourney top scorers bracket. The line of Magnusson, Newport and Stevens showed real scoring power marking up 11 of Gimli's 15 goals.

In bantam play Sir John Franklin downed River Heights after three periods of overtime play to win the bantam championship and trophies with a 4 win - 0 loss record. River Heights with 3 wins - 1 loss were the runner-up trophy winners.

Sir John took the two top scoring position in the bantam tourney scorers.

Organizers and co-ordinators of the tournament were G. Newport, coach and manager of the Gimli Midget Hockey Club and A. Newport, club secretary, R. Rudd, coach of the River Heights bantams was the Greater Winnipeg teams co-ordinator.

### STANDING - MIDGET

Teams	W	L	GF	GA
Windsor	4	0	13	3
Winakwa	3	1	14	4
Gimli	2	2	15	6
Sir John Franklin	1	3	5	22
Melrose	0	4	1	13

### STANDING - BANTAM

Teams	W	L	GF	GA
Sir John Franklin	4	0	21	14
River Heights	3	1	15	12
Richmond	2	2	11	11
Norberry	1	3	10	14
Gimli	0	4	10	16

### TOP SCORERS - MIDGET

	G	A	Pts
Newport (Gimli)	4	3	7
Stevens (Gimli)	5	1	6
Bigourdan (Windsor)	5	1	6
Magnusson (Gimli)	2	4	6
Abbott (Winakwa)	3	1	4
Kaye (Winakwa)	1	3	4

### TOP SCORERS - BANTAM

	G	A	Pts
McKenzie (Sir J. Franklin)	8	4	12
Vann (Sir J. Franklin)	5	2	7
Knapik B. (Gimli)	4	2	6
Stewart (River Heights)	4	1	5
Maeghar (Norberry)	4	1	5
Boult (River Heights)	2	3	5

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SCOPE MOUTHWASH, 17 OZ  
REG \$1.79  
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# GIMLI FIGURE SKATING CLUB

Since our last article was sent in there have been quite a number of changes in the skating schedule. After having a meeting with the figure skating area Supervisor, it became clear that a rescheduling of the skating program was necessary. The time from 3:30 to 5:30 p.m. has been set aside for the advanced skaters and those wishing private lessons from Noreen Elliott. At 5:30 p.m., the ice is divided into three sections and Groups 1, 2 and 3 go on for their lessons. At 6:15 p.m., Groups 4 and 5 go on, leaving one portion of the ice open for any who wish to practice from Groups 1, 2 and 3. From 7:00 to 7:30 p.m. the whole ice is open for any figure skaters who wish to practice.

Every child who is in figure skating qualifies to be tested for the National Test Badges. The first Friday of every month will be set aside as a "test day" for the skaters. It gives each one an incentive to practice and to work towards earning a badge.

Any boys or girls who wish to join may still do so by phoning Marion Sigmundson at 5286 for details.

Don't forget the Sunday night practises, skaters -- we have coaches who are giving freely of their time to assist you. Also, "duty mothers" for Fridays are requested to be at the rink from 5:15 p.m. to 7:00 p.m.

## 100 Mile Club

The PE&R staff would like to congratulate those members of the Centennial 100 Mile Club who have exceeded the 100 mile mark as of 30 November. As you can see many have greatly exceeded the 100 mile figure and continue to add to their totals daily. They are:

Miles	
N. Passant	748
R. Bushe	*582
J. Harrison	310
A. Watson	307
L. Pinnoneault	*289
K. Ennis	*285
J. Charron	255
E. Hall	218
A. Lugg	216
M. Younker	214
J. McIntosh	210
P. Hilson	200
P. Plewes	*198
K. Tappy	173
T. Crooks	153
P. Chellew	143
S. Robinson	123
R. Daye	112
H. Wagstaff	*112
R. MacDonald	112
Andre	110
R. Gagnon	108

(\* no longer with us)

The PE&R staff have been known to make the occasional mistake. If there are any errors or omissions in this list please bring it to our attention.

# Gimli Skiers Announcement.

CANADIAN FORCES NATIONAL SKI CAMPSHIP - 1971, C.F.B. VALCARTIER  
22 - 28 FEBRUARY 1971

- EVENTS
- (a) Downhill
  - (b) Giant Slalom
  - (c) 15 KM - Country
  - (d) 4 x 10 KM - Country Relay
  - (e) MIL Patrol Race
  - (f) Biathlon

Nordic Team - 6 skiers ) Helmets  
Alpine Team - 5 skiers ) must be worn for downhill

- Regions - Bases - Stations Units - Clubs may compete. Based on these entries complete teams consisting of both Nordic and Alpine will be selected for entry.
- C.F.H.Q. will advise soonest after 11 January 1971, teams selected.
- Ideally teams selected locally for entry should have competed in actual regional selection competitions.
- Trophy, Biathlon and MIL Patrol team rules will be available at recreation centre upon receipt from C.F.H.Q.
- C.F.B. Winnipeg requests name of interested personal by 11 December 1970. If sufficient interest is shown a zone team trial could be held in early Jan.
- All interested personal are to contact the recreation centre on or before Thursday, 10 December 1970.

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## MINOR HOCKEY

In Tom Thumb last week no change was made in the standings. Canadians remain on top with three straight wins, Boston are second, Leafs got their first win to move out of a tie for last place with North Stars, who are still winless in the young season.

In the Leaf - North Star game, Dwayne Arnason came up with the first shut out of the season in Tom Thumb. He was helped by a strong defence lead by George Shaw and Scott Valgardson. The scoring was looked after by Keith Tucker with two, singles went to Terry Robinson, George Shaw and Donald Smith. Assists went to Sylvester and Scott Valgardson.

In the second game, Canadians lead by the three goal performance of Melvin Biluk and singles by Richard Bohemier and Derek Therrien, overpowering Boston 5 to 3. Albertson and Billy Henderson received assists. For Boston Randy Boutilier scored two. Grant Cherniak scored the other, assists went to Bob Gretchen, Kurt Anderson and Mark Franz.

In Bantam the Leafs continued their winning ways topping Canadians 5 to 3. In this game two new goal tenders made their debut, Ken Kernsted in goal for Canadians and Ron Kurlicki for Leafs. After the game I overheard the coaches talking and the way this reported heard it neither of the regular goaltenders are in danger of loosing their jobs.

Scoring for Leafs was Reid Kuzik with three. Singles went to Magnusson and Lorne Smith. Dell, Isling and Boblinski received assists. For Canadians the Martin boys, Dale and Randy and Tim Valgardson, assists went to Dale Martin, Tim Valgardson, Glen Shemerhorn, Barry Penziwol and Lorne Kupski.

On Wee Wee Peter Anslow came up with a shut out as Boston White beat North Stars 3 to 0. Scoring for Boston was Darryl Klym, Jeff Gouthro and Terry Burns. Assists went to Brent Solmundson, Gouthro and Burns.

In the second game another shut out Red Wings over Boston Black 2 to 0.

Jeremy Gilroy getting the shut out. Scoring for Red Wings, Gary Pearson and MacInnes, Dave Gagnon had one assist.

In the Super League two weeks ago (in the write-up I lost) I mentioned that Danny Mitchell scored three goals in one game and his brother Jimmy scored two for the Leafs in the same game. The Canadians won the game 3 to 2.

## Hockey

### BASE HOCKEY TEAM

Friday night the base hockey team defeated Riverton 13-2. They played fine two way hockey considering it was only their second game as a unit. Coach Chellow is quite optimistic about the teams chances at Moose Jaw where the team is participating in an invitational tournament this weekend.

Friday nights scoring barrage was led by Buck Buchanan with four goals and six assists. Brian Ker also lit the red light four times and had two assists. Other scorers for Gimli were: Gord Cousineau two goals six assists; Headley Ledrew two goals; Bob MacKay one goal one assist; Duke Dutrisac one goal one assist.

The proposed lineup for the Moose Jaw tournament from 3 to 6 December is as follows:


Goal, Chartrand, Roemer  
Defence, Boran, Perrier, MacKenzie, MacKay and Vigfusson.  
Forwards, Cousineau, Malcolm, Ker, Buchanan, Desveaux, Ross, Ledrew and Morneau.  
Manager, Hugh Gillis.  
Coach, Paul Chellow.  
Equipment, Randy Leeuw.

Consumers Notebook Cont'd....

1969, under which the new regulations were issued, has the power to ban any toy which may be deemed a danger to safety "because of its design, construction or contents". Now that new standards have spelled out some of the problems, it should afford even greater protection from many of the hazards that have been encountered in the past -- particularly since this legislation now applies to imported toys as well.

The regulations were developed by the Department of Consumer and Corporate Affairs with the assistance of a special Canadian Government Specifications Board committee which included industry representatives, both manufacturers and importers, as well as volunteer consumer representation by the Canadian Toy Testing Council and Consumers' Association of Canada.

Consumers' Association of Canada is interested in hearing of any cases involving toy safety. Write: Consumers' Association of Canada, 100 Gloucester St., Ottawa 4, Ontario.



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HIDDEN  
CHARGES

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PENALTIES

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SELKIRK, MANITOBA

GARTH CLARY, DIRECTOR

# TARGET STORE

**Complete Family**

**Clothing**

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

# League Stats

## BASE HOCKEY LEAGUE STATISTICS

STANDINGS as of NOVEMBER 28 1970

Teams	GP	W	L	GF	GA	Pts
Bruins	8	6	2	38	21	12
Wings	8	5	3	43	26	10
Giants	8	4	4	30	26	8
Hawks	8	1	7	15	54	2
	NO		TIED			GAMES

### GAME RESULTS

23 November 1970      26 November 1970

Bruins	5	Bruins	7
Giants	0	Wings	3
Wings	5	Hawks	5
Hawks	4	Giants	0

### Top Scorers

to Date	G	A	Total	Pts
Buchanan - Wings	7	12	19	
Cousineau - Bruins	10	8	18	
Dutrisac - Hawks	11	6	17	
McPhee - Bruins	8	6	14	
Borani - Giants	5	8	13	
Malcolm - Giants	9	3	12	
Ledrew - Bruins	4	8	12	
Biluk - Bruins	8	3	11	
Ker - Bruins	4	5	9	
Roemer - Hawks	5	2	7	
Perrier - Wings	5	2	7	
Meyer - Giants	3	4	7	
Bruce - Wings	3	4	7	
Barteaux - Wings	2	5	7	
Cragg - Wings	2	5	7	

### TOP GOAL-TENDERS

Roemer - Bruins, 8 games played; 2.62 goals..... against average.
Chartrand - Giants, 8 games played; 3.20 goals..... against average.
Sawa and MacDonald - Giants) 2 and 6 games played; 3.20 goals against average.

### NEXT PRACTICE

January 14, 1971

1900 hrs.-Bruins	2100 hrs.-Hawks
2000 hrs.-Giants	2200 hrs.-Wings

### NEXT GAMES

January 18, 1971

1900 hrs.-Giants vs Hawks	2100 hrs.-Wings vs Bruins
---------------------------	---------------------------

# From the Sweat Shop

## EXERCISE AND WEIGHT REDUCTION

While I would like to make the claim that exercise will result in fantastic weight losses I cannot. Too many people have a vigorous workout only to find that they haven't shed those excess pounds. Immediate weight reduction is almost always a water loss which is quickly restored after exercise. It is a fact of energetics that when caloric intake (food, beer etc.) is close to caloric output (activity level) weight loss does not occur. This leaves two possibilities for losing weight:

- a. decreasing caloric intake (food) below caloric output (exercise),
- b. increasing caloric output above caloric intake.

While the first possibility is the most effective, a combination of the two is the most pleasant. So what's the message? Why exercise to lose weight?

Over a prolonged period of time (6-12 months) regular exercise will result in:

- a. moderate reduction in weight,
- b. an increase in the proportion

of muscle and corresponding reduction in the bodies percentage fat,

- c. an improvement in muscle and skin tone,
- d. an improvement in the overall efficiency of the body by decreasing heart rate, blood pressure and many other important physiological variables.

Some people contend that exercise stimulates appetite. This is true to a point. Dr. Jean Mayer, who is the authority on energetics and weight loss, talks about a relationship between an activity level and an appetite zone. Below a certain level of activity the appetite does not decrease. Likewise above a certain level of activity the appetite does not increase. It is therefore desirable to maintain an activity level above this value if you want your cake and eat it too.

Each individual is different and only he or she can determine what and how much he or she can eat to reduce or maintain a given weight level. Exercise more so that you can eat and drink more. It might be worth a try.

## CFB GIMLI CURLING CLUB

CLOSED MIXED

# TURKEY BONSPIEL

WED DEC 9 and SAT DEC 12

FEE \$12.00

FIRST 16 RINKS ACCEPTED

CONTACT - HUGHIE GILLIS at 642-8203

OR

JACK ROGERS at 642-5901

You can't afford to miss our XMAS savings on all items in stock.

## ARNASON FURNITURE

HOME APPLIANCES AND FURNITURE  
642-7954

## GET ON THE BROOM



It's amazing - I haven't heard a complaint in several weeks -- In this case I think that we must say that no news is good news. Actually, our old ten rink is, as in every other year, not really that bad. The ice probably isn't perfect but then I wouldn't know perfect ice even if I fell on it -- I suspect that there may be a few others in the same category.

While we do not have all that many curlers, those who are participating are certainly taking advantage of our facilities. In past years there were always complaints of defaulted games. This season I haven't heard of any. EXCELLENT.

We have several interesting extras coming along in December and January. For the MIXED league there is a TURKEY BONSPIEL on Wednesday 9 December and Saturday 12 December -- this is a closed club spiel and will be played according to O'Keefe mixed rules.

On 19 December, the JUNIORS will be having a BONSPIEL -- this is again a closed spiel.

For those who are looking for something to do between Christmas and New Years we have our annual OLD CROCKS SPIEL -- dates on this one are 27 to 30 December -- this will be OPEN -- to all rinks whose participating players are 18 years and over.

In January on the 15 the annual Base/Town COMBINED BONSPIEL -- with start on Wednesday 13 January and continuing into the evenings to Sunday 17 January 1971.

For entry into any of the forthcoming events you are asked to contact Hughe Gillis at base ATC section or his home 642-8203, he is the Base Club Bonspiel Chairman. Place your name on the appropriate poster in the rink.

COME ON FOLKS.....LETS PARTICIPATE

To continue with our publication of CCA rules this week we give you the beginning of the playing RULES.

### THE RULES OF THE GAME

6. --No stone shall be substituted for another (except under rule 7 or rule 17) after a match has started, but the sole of a stone may be reversed at any time during a match, provided the player be ready to play when his turn comes.

7. --Should a stone be broken, the largest fragment shall be counted for the end -- the player being entitled to use another stone or another pair, during the remainder of the match.

8. --Any stone which rolls over, or comes to rest on its side or top, shall be removed from play.

9. --Should the handle quit the stone in delivery, the player must keep hold of it, otherwise he shall not be entitled to replay the shot.

10. --Every stone which does not clear the "hog line" shall be called a "hog" and shall be removed from play, but no stone shall be considered a "hog" which has struck another stone lying in position. A stone coming to rest after passing the "back line" and being clear of it must be removed from the ice.

11. --All matches shall be of a certain number of "ends or "shots" or "by time" as may be agreed on or as fixed by an umpire at the outset. In the event of competitors being equal, play must be continued by all the rinks engaged for one or more ends as may be agreed on, or as many be "fixed" by the umpire until the match has been decided.

12. --Every rink of players shall be composed of four a side, each player using two stones and playing each stone alternately with his opponent. No player shall wear boots, tramps, or sandals with spikes or other contrivance which may break or damage the surface of the ice.

The rotation of play observed during the first end of the match or game or competition shall not be changed. Any rink not having its full complement of four players shall be disqualified, except in the case of illness or accident during the competition. If the skip, the vice-skip or the second player is absent, the lead shall play four stones in the proper rotation as lead and second player. If the lead is absent, the second player shall play four stones in the proper rotation as lead and second player. Thus, no rink may continue play with less than three players and no sweeper will be allowed.

13. --The skips opposing each other shall settle by lot or in any other way they may agree upon, which party shall lead at the first end, after which the winners of the preceding end including extra ends if any, shall do so.

14. --The skip shall have the exclusive direction and control of the game for his rink and may play last stone, or any position in the game he pleases, but he shall not be entitled to change his position when that has been fixed. When his turn to play comes, he shall select one of his players to act as skip in his place and take the position of an ordinary player. No other player may act as skip except the one so designated at the start of the match. The skip may return to the tee for brief consultation with the acting skip. Any consultation or discussion by the skip, other than with his vice-skip shall not be conducted in or behind the rings.

### CFB GIMLI CURLING CLUB

## OPEN

# OLD CROCKS BONSPIEL

### SUNDAY DEC 27 THRU 30

### FEE \$10.00

FIRST 24 RINKS ACCEPTED

CONTACT - HUGHIE GILLIS at base LOC 176 OR 642-8203  
OR JACK ROGERS at base LOC 174 OR 642 5901

## GIMLI TAILOR

### Gents Suits

### Officers' Uniforms

NEXT TO THE LAKE INN RESTAURANT

## Roman Catholic 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 - 6 December 1970

10:00 a.m. - DIVINE WORSHIP  
10:00 a.m. - Sunday School in  
Goulding School  
2:00 p.m. - Confirmation class  
in the annex

### TUESDAY - 8 December 1970

1:30 p.m. - Chapel committee  
meeting, in the Chapel annex

### THURSDAYS

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

BAPTISMS - by appointment only

MARRIAGES - One month notice is requested by the Chaplain

### DATES TO REMEMBER

WEDNESDAY - December 16, 1970 -  
Christmas Tree decoration party.

### SUNDAY - December 20, 1970

10:00 a.m. - Sunday School Service  
1:30 p.m. - Packing Christmas  
Hampers.

## The Christian Life.

### (Second Article on Abortion)

Good morals and good science go together. Good morals and simple decency say that innocent human life must not be destroyed. Good science says that the embryo is a human being right from the start. The unborn child has a right under God and in the name of human decency to go on living.

1. INDEPENDENCE: Many people maintain that the embryo is not human since it does not have existence independent of the mother. It is true that the fetus is considered viable (capable of living outside of the womb at least with an incubator) around the end of the seventh month but in San Diego in 1957 a baby was born after only five months and lived for two days. It weighed just one pound and was a mere eight inches long. It certainly was a human being. But more to the point, the argument about independent existence is specious. Who after all is independent in his existence? We are all dependent on our atmosphere which is like a huge womb in which we live. Take a man, like an astronaut out of this womb-like atmosphere and you have to put him into an artificial "womb", the space ship. Is an astronaut not a human being when he is in outer space?

Actually the embryo is more independent than a child who has been born. Lay an infant on a bed and abandon him and see how long he will survive independently. Every mother knows that an infant is much more demanding than any child in the womb. Moreover, the embryo for as long as its first six days of existence is not even attached to the mother; during that time it is moving down the fallopian tube into the womb like a man swimming down river. When it nidates in the uterine wall, it absorbs none of the maternal tissue for its nourishment. It remains entirely separate and distinct from the mother. Even their blood streams do not mingle. (The famous RH factor becomes a problem only when there is an abnormal rupture of blood vessels and a consequent intermingling of blood streams.) Though the embryo receives its nourishment from the mother's food supply through the umbilical cord, it is scarcely different from a child feeding at the breast. The source and means of receiving food can hardly enter into the question of humanity. What difference does it make whether a human being receives food through his mouth or

through the umbilical cord? If independence were the criterion for humanity, no one would be human.

2. NOT PRIVATE: The abortionists desire abortion on demand. They want the situation to be a completely private one between physician and patient, as if the child were an appendix to be removed. But the child is uniquely different from any organ of the mother's body in that it is simply not a part of her body at all. Abortion is no more a private matter than is the case in which a man murders his wife in the privacy of his home.

Abortionists wish to maintain that since a woman has dominion over her own body she alone has the right to decide whether she will bear a child or not. That is in accord with the thinking of the Nazis or the Mafia: if a person is undesirable, exterminate him.

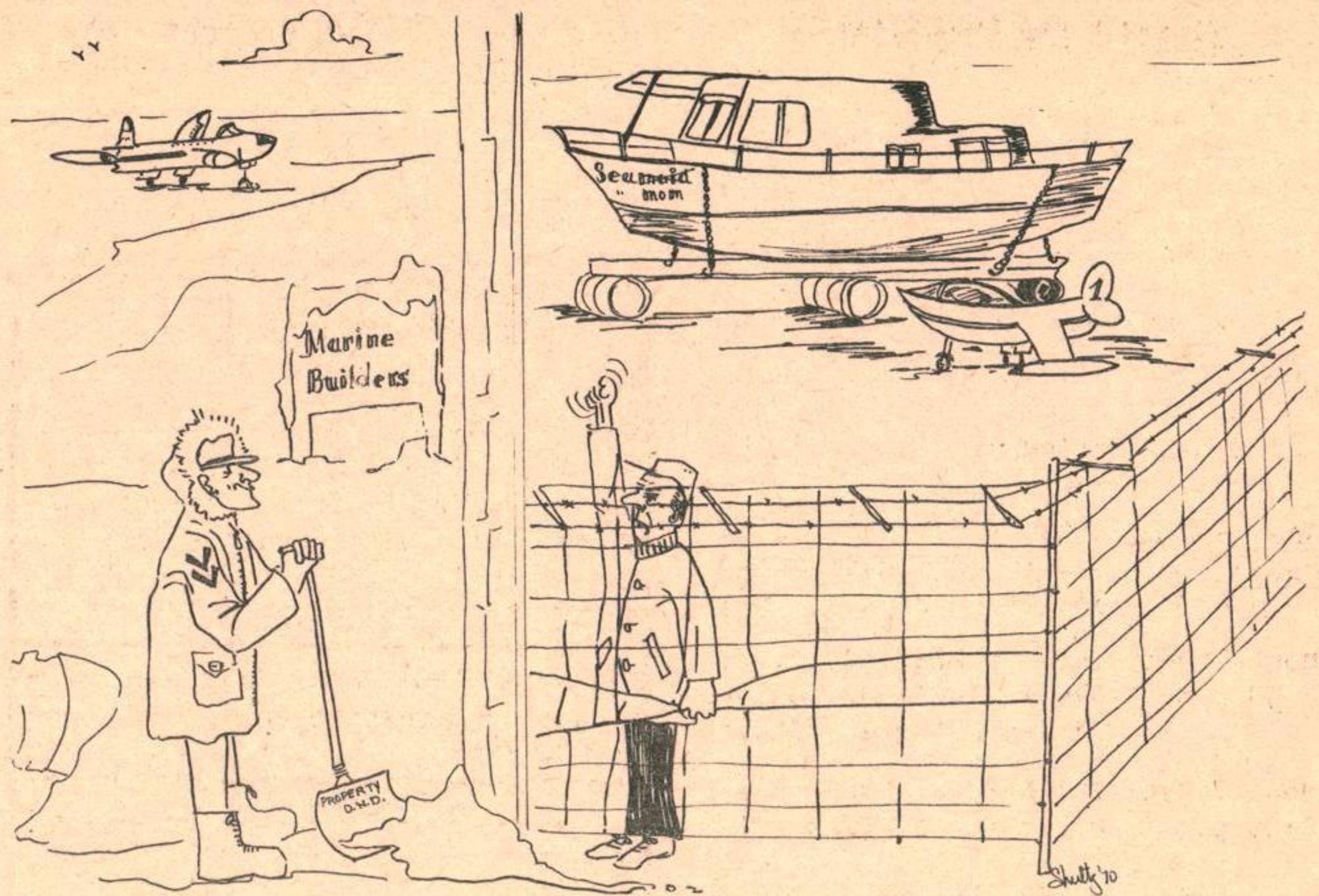
3. TERMINOLOGY: There are even people who seize upon terminology as an argument. They insist, for example, that the unborn child is not a child but an embryo or a fetus. What's in a name? That which we call an embryo by any other name would still be a human being. Calling a sixteen-year-old a teenager does not make him less a human being. Besides, the word "embryo" is from a Greek verb which means "to swell" and refers more to the abdominal condition of the mother than to the nature of the mother than to the nature of the unborn child -- not a very accurate term in any consideration. The word "fetus" from the Latin for "off spring" is correct, but too few people know its etymology.

4. BURDEN OF PROOF: The burden of proof is really on those who would wish to maintain that the unborn child is something other than human. But is there anything from the scientific standpoint that suggests even the possibility of the embryo's being something other than human? Is there any evidence to show that the embryo is a plant or a fish? Is there any reason to believe that abortion should be the concern, not of humanitarians, but of the S.P.C.A.? There is nothing of the kind. Everything from life science points to the fact that the product of human conception is a human being right from the start.

5. CONCERN: No matter what the provocation for abortion, be it rape, or incest, or health, or whatever, abortion is the destruction of innocent human life. Once a single human life becomes expendable, all human life becomes expendable. This is not just a religious concern. It is a fact that society, from humanitarian and civilized considerations,

must face and admit with enlightenment and honesty. The fact that science and correct law are in accord with a religious view does not render science invalid or the law an unconstitutional establishment of religion. If our society really values human life, it cannot blithely favour abortion on the unsupported supposition that the product of human conception is not human. If our society wishes to preserve itself from barbarism, it must face the scientific certainty that abortion is indeed the destruction of an innocent human being.

**OLD CLOTHING** - If you want to give away old clothing or shoes or anything that could be used by the poor in the area, bring it to the Base R.C. Chapel. Distribution will be made as soon as it comes in. We don't ask questions. All poor qualify. Thanks.



I'm sure I don't know how it could happen! Maybe you should electrify your fence!

**GIMLI HOTEL**  
**(The Whitehouse)**  
 OVERNIGHT ACCOMODATION  
 REASONABLE RATES

---

**ENTERTAINMENT**  
**WED TO SAT**

**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

**Starlite Theatre**

Show Times  
 8 PM Sat Mat 1:30 PM

**Nun At The Crossroads**  
 Thursday, December 10  
 105 minutes Adult  
 CAST  
 John Richardson & Rosana Schifiano

**Heaven With A Gun**  
 Friday, December 11  
 110 minutes General  
 CAST  
 Glen Ford & Carolyn Jones

**Puff N' Stuff**  
 Saturday Matinee, December 12  
 100 minutes General  
 CAST  
 Mama Cass, Martha Ray,  
 Billie Hayes  
 LOOK FOR FREE PASSES IN  
 THE POPCORN

**Sweet Charity**  
 Sunday & Monday 13 & 14 December  
 140 minutes Adult  
 CAST  
 Shirley McLain - Sammy Davis Jr.

**JR RANKS MESS ENTERTAINMENT**

**DANCE.....12 DEC 70 2100 to 0100**  
**TO THE FABULOUS**  
**'CASANOVAS'**

**DRESS** BUSINESS SUIT or sports jacket and tie

**ADMISSION** \$1.00 to members and guests will be charged due to the amount of Turkeys that will be drawn as door prizes

# 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. 4 Dec. GRADUATION.....6906  
Recreation Centre  
Reception,Officers'Mess
- Sat. 5 Dec. MIXED.....BONSPIEL  
Junior Ranks Mess
- Sun. 6 Dec. "ASSULT ON THE QUEEN"  
Movie at with Frank Sinatra  
2000 hrs Junior Ranks Mess
- Mon. 7 Dec. ....MEETING.....  
7:30 p.m. Gimli Icelandic League  
Gimli Lutheran Church
- Mon. 7 Dec. WINE & CHEESE  
8:00 p.m. Officers' Wives Club
- Wed. 9 Dec. MIXED TURKEY BONSPIEL  
& Sat. 12 Curling Club  
Dec.19000  
hrs.approx Members Only
- Wed. 9 Dec. GRADUATION 2nd ITALIANS  
Recreation Centre  
Reception,Officers'Mess
- Sat.12 Dec. RETIREMENT DINNER#1CFFTS  
Major R. Fraser  
Officers' Mess
- Sat.12 Dec. DANCE to the"CASONOVAS"  
2100-0100 Junior Ranks Mess
- Sat.12 Dec. BAKE SALE, BAZAAR and  
2:00 p.m. ....RAFFLE.....  
S H A R P Gimli Hosp. Auxilary  
Valgardson Bldg.,Centre  
Street, Gimli, Manitoba
- Sun.13 Dec. MOVIE.....DINNER  
"Midnight Cowboy"  
Officers' Mess
- Sun.13 Dec. MOVIE.....STALAG 17  
2000 hrs with William Holden  
Junior Ranks Mess
- Tue.15 Dec. ....TREE PARTY.....  
1930 hrs. Officers' Mess
- Thu.17 Dec. ....TURKEY BINGO.....  
Officers' Mess
- Sat.19 Dec. JUNIORS' LEAGUE SPIEL  
Curling Club  
Members Only
- Sun.20 Dec. MOVIE-"WHAT'S SO BAD  
2000 hrs ABOUT FEELING GOOD"with  
George Peppard and Mary  
Tyler Moore  
Junior Ranks Mess
- Dec.27-30 "OLD CROCKS" SPIEL  
Curling Club  
...Open to all Rinks...  
18 & over.

- Wed.23 Dec. CHILDREN'S XMAS PARTY  
1330 hrs. Officers' Mess
- Wed.30 Dec. NEW YEARS'.....LEVEE  
Sergeants' Mess
- Thu.31 Dec. NEW YEARS' EVE...BALL  
Officers' Mess

## The MART

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### HOUSES

For Rent: fully modern house, gas heat, 3 bedroom, full basement and garage. Plenty of garden space. Available 1 of January. Phone:5403.

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### AUTOMOBILE

For Sale: 1961 Volks Bug. Good running order. Make me an offer. Phone -- 642-7465.

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### MISCELLANEOUS

For Sale: Snowmobile, 1970,18.5 hp 15" track. Excellent conditon. Phone: 642-8310.

For Sale: Skis-Head SL. with Tyrolia step-in - 210 CM. incl. ski cover - \$120. P.K. poles \$8.00. Ed Bakstad,"C" Flt. Local - 154.

For Sale: One 20 bass Titano accordion, 3 switch treble. Excellent condition. Phone: 642-7466.

CORSAGES--Christmas/New Years:ribbon and wood fibre selections in assorted colors. Phone: 642-5819 or call at PMQ 129, Maple Street.

S-T-R-E-T-C-H and S-E-W. The next Gimli Stretch and sew sewing course will start Monday, Jan. 4, 1971. This eight-week demonstration course deals with all aspects of sewing on KNIT fabrics. Cost of course = \$17.00. Avoid disappointment and register your name now. PHONE: Mrs. A. McClosky - 642-8135 after 4:00 p.m.

Wanted: Muncie, four speed transmission to fit Chev. with or without shifter,Phone:Barry 642-5594.

Wanted: Wood lathe, 6" or 9" Phone: 642-5980.

Missing: one male black lab chain with Gimli license No. 5. If found Phone: 642-5462. Reward offered.

Found: One ladies scarf.Phone local 144 GTS or Gimli 642-8856. Ask for Steve.

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.

## THE FRAMFARI X-WORD

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

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 27 letters.  
LAST WEEKS ANSWER: Pilot Training.

### SWIMMING

- |               |              |
|---------------|--------------|
| BACK STROKE   | POOL         |
| BADGE         | RACE         |
| BATHING SUIT  | RED CROSS    |
| BREAST STROKE | RESCUE       |
| BREATHING     | RLSS         |
| CRAWL         | SCUBA DIVING |
| DRIVING       | SENIOR       |
| DROWN PROOF   | SIDE         |
|               | SIDE KICK    |
| FUN           | SIDE STROKE  |
| HEAT          | SKILL        |
| INSTRUCTOR    | SPLASHING    |
| INTERMEDIATE  | STYLE        |
|               | SWIMMING     |
| JUNIOR        | TEST         |
| KICKING       | WATER        |
|               | WET (2)      |
| LIFE JACKET   |              |

The C.F.B. Gimli Scuba Club ran a bottle draw. Corporal Slim Denison drew the twelve lucky numbers. The winners were:

- |              |                  |
|--------------|------------------|
| Capt. Crooks | Sgt. Rankin      |
| Cpl. Passant | Cpl. Harrison    |
| Cpl. Carson  | Capt. MacFarlane |
| Cpl. Stacey  | Mr. Isfeld       |
| Cpl. O'Hara  | Cpl. Lloyd       |
| Sgt. Huggins | Mrs. Eaton       |

On behalf of the Gimli Cormorants Skin and Scuba Club I would like to take this opportunity to wish you all a Merry Xmas and a Happy New Year.

Yours truly,  
George Pitman,  
President.