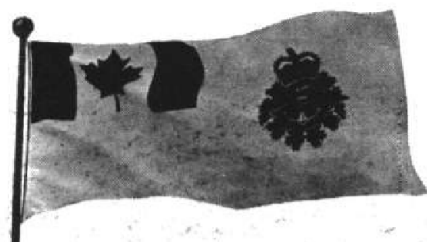


# Voxair

THE CANADIAN FORCES NEWSPAPER



Voxair supports the mini skirt

Vol. 19, No. 22

CANADIAN FORCES BASE, WINNIPEG

November 18, 1970

## A quiet unruffled airlift

TRENTON (CFP) — Everyone saw the soldiers in Montreal, Ottawa, and Québec 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 that airlift happened quickly and quietly. But the facts are impressive.

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 0928 and at 0928 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 larger factor in the smooth operations of the transport operations was the work of the mobile air movements teams from Ottawa, Trenton, Winnipeg 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 the 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.



PATRICIAS GET AIRBORNE for the first time from Canada last week. The two Yukons were assisted by Winnipeg as they were called out on exercise in Eastern Hercules aircraft to transport the heavier equipment. (photo by Hoover)

## Busy Winnipeg SAR redesignated

OTTAWA (CFP) — The four existing search and rescue areas will be redesignated effective 1 January, 1971. The redesignation will enable the SAR areas to conform with recommended International Civil Aviation Organization terminology.

Redesignated SAR areas will be:

- a. Halifax Search and Rescue Region — vice Atlantic Area.
- b. Trenton Search and Rescue

Region — vice Eastern Area.

c. Winnipeg Search and Rescue Region — vice Western Area.

d. Victoria Search and Rescue Region — vice Pacific Area.

Meanwhile, armed forces search and rescue units across Canada are on the way to their busiest year since they were formed in 1947.

To the end of September, Rescue Co-ordination centres in Halifax, Trenton, Winnipeg

and Victoria have recorded over 2,500 incidents, an increase of 25 per cent over the entire year of 1969.

The rise in search and rescue activity is due partially to the steady increase in aircraft and pleasure boat ownership by Canadians. This year more than 10,000 private aircraft and 750,000 private boats are registered in Canada.

While many search and rescue incidents were of a routine nature, the 23 military aircraft on primary rescue duties have also been involved in major aircraft searches and sea rescues.

Last April, in British Columbia, a light aircraft left Langley on a 210 mile flight to Nelson. The weather had deteriorated more than forecast. The light aircraft crashed in the mountains 103 miles from Nelson. All passengers including the pilot were killed.

A total of 37 aircraft, including 25 civilian aircraft took up the search. They covered 50,000 square miles and logged 574 flying hours but could find no trace of the missing aircraft. Finally, in July, a party on the wreckage trip came upon the wreckage. If this aircraft had been equipped with a crash position indicator, valuable time and untold thousands of dollars could have been saved.

In August three friends, on a sightseeing trip, crashed 90 miles from Red Deer, Alta., at the edge of Banff National Park. In this case 18 aircraft, including 14 civilian aircraft, covered 55,000 square miles and logged 277 hours flying time before the wreckage was found.

Many search and rescue incidents occur at sea. Last June a fishing vessel, with a crew of four, sank approximately 200 miles off the south coast of Nova Scotia. The crew took to a

small boat and later were sighted by an SAR Albatros. The SAR crew alerted the US Coast Guard and a C130 Hercules was quickly dispatched to the scene. The Coast Guard dropped two para rescue personnel to determine the condition of the survivors.

Two Sea King helicopters were dispatched from CFB Shearwater. The fishing crew and the two para rescue personnel were picked up and landed at CFB Shearwater. Co-operation in this case came not only from Canada and the United States but from the United Kingdom as well. RMS Queen Elizabeth II, responding to an "all ships" broadcast, stood by at the scene until the rescue had been completed.

Mercy flights or airlifts for emergency medical cases continued at about the same frequency as in previous years. So far in 1970 rescue units across Canada had averaged four mercy flights a week, the greatest number in the outport regions of the Atlantic and Pacific coasts where small settlements are accessible only by sea or air.

While crash position indicators, at present, are not mandatory for light aircraft in Canada, their value is reflected in decreased searching time. In 1962, for example, search aircraft expended 1,600 hours during 38 days to find a light aircraft crash site in the Northwest Territories. In April 1969, another light aircraft lost in the same region, but equipped with a crash position indicator, was found in 72 hours.

Again in June of this year another light aircraft lost along the north shore of the St. Lawrence was located in 35 hours by an electronic locator beacon. In this case the lives of one injured adult and two children were saved. The pilot had been killed in the crash.



IN THE CENTRE OF THINGS. Two year old Tammy-Jane Hill plays among some of the toys and games to be found in the Base Toyland. The branches at

both North and South sites are open till 9 p.m. for Christmas shoppers. (photo by Hoover)

Agency's model streamlining (photo by Hoover)

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# grains of sand...

A recent letter to the editor of Voxair asked for clarification of the role of a service newspaper and a general description of the constraints within which it works. The letter asks why there is a need for such papers and concludes with the exhortation to "let us know what Voxair is all about."

The editor, by way of being natural-born lazy, has asked this column to respond to the matter on his behalf.

Firstly, such newspapers as this one are governed by Canadian Forces Administrative Order 57-5 which prescribes the policy for publishing unofficial papers. We won't repeat the order in detail as the reader can go through it himself in a minute or two in his own unit orderly room, probably.

In brief, an "unofficial" newspaper is one which is supported by non-public funds and is prepared and distributed by a formation or unit to pass along service news to members of the CAF and their dependents. It presents local and national news, opinions and viewpoints which are unofficial in nature. However, just because such papers are unofficial doesn't give them license to question policy or attack various institutions with gay abandon along the lines of the large dailies. Policy decisions within the DND have been made by competent authority often in concert with other government departments... and it is not the prerogative of some half-baked, semi-informed base newspaper editor to pass judgment on whether or not we should have troops in Europe or whether we should acquire more helicopters.

Policy, on the lesser levels of importance, is sometimes difficult to define, we admit. It is here that the service paper usually operates. For example, it can be called 'policy' that we wear a green uniform in the unified force, but we feel that we should have the right to question some of the components which make it up, such as the use of badges, buttons and so on.

Our letter-writer states that the paper should "keep all people acquainted with the everyday pulse of the unit... should be controversial in articles for the well-being of society... and endeavour to get a cross-sectional viewpoint of life within our environment."

We couldn't agree more with such an opinion... and this is what we've been trying to do all along. On the other side of the coin, we admit that we fail at times for the simple reason that the paper is operated on a volunteer basis in off-duty hours, with a handful of people doing the work.

The lack of input from most base units is our single biggest problem. Some, like the PPCLI and ANS are excellent in their liaison with us... the rest are largely disappointing. If we don't receive news, we can't very well print it... and in its absence we'll have to publish news of lesser interest to base readers.

Service papers receive a variety of press releases from the Canadian Forces Press in Ottawa... and if we consider them to be of interest or importance, we run them. The last issue had four such releases. We prefer, however, to use local news to the maximum extent, WHEN we get it. Some months back we sent out seventy-odd letters to all base units asking their cooperation and hoping for a Voxair 'rep' to be designated by each unit. We weren't truly encouraged by the half dozen responses. So much for input from the customer.

From time to time we receive contributions which we prefer not to print for one of a few reasons. Abusive and off-color articles are definitely out. Anonymous articles for the most part are unacceptable. We'll give you a nom-de-plume if you wish, but we must know the source. And regrettably, some contributions are just too poor to publish. You might think that your eight-year old's poem is great, but we have to look at it with a more objective eye. This is what editors are for.

As for controversy in articles... we are not a cheap, cheeky underground rag which thrives on feeding the prurient interests of some readers. We aren't in the business of exploiting the foibles of people in the public eye. So when you add this philosophy to the fact that we operate within the constraints of the above mentioned CFAO, Voxair perhaps comes out looking pretty mild by some people's standards.

In summary, Voxair does not strive to be 'cute' or controversial. It merely attempts to keep the reader up to date on service news, local and national, which is not covered adequately elsewhere. We'll repeat what we said on this page earlier in the year... Voxair is the ONLY paper which gives a damn about CFB Winnipeg. But, if CFB Winnipeg doesn't give a damn about Voxair, then where do we go next?

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**UNCLE VOX NEEDS YOU!**



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Trenton Contact

## The joy of living

by Al Golding

The joy of living depends on health. There is no substitute for health. Those who have it are richer than Kings. With health, everything is a source of pleasure; without it, nothing else, whatever it may be, is enjoyable.

It follows then that the greatest of follies is to sacrifice health for any other source of happiness whatever it may be — for gain, advancement, learning or fame, let alone then for fleeting sensual pleasure.

Many people are limited occupationally in their employment and social recreational activities because of reduced medical category due to obesity which may be currently, or eventually creating a detrimental effect on the efficiency of their general performance.

Medical findings confirm that few cases of obesity are due to underlying medical conditions; such cases are dealt with through medical treatment. Thus the majority of obesity problems are self-inflicted and must be dealt with by a combination of restrictive calorie intake and controlled exercise, preferably under the expertise of a qualified medical practitioner.

Obese people are happy people! Not so, say the experts. Jovial they appear, but healthy they are not. Obese people laugh a lot and appear jovial as a means of tactical deception (camouflage) in an endeavourment to detract from the fact that they know they are too fat.

Don't let yourself fall prey to that old song: "I don't want her/him. You can have her/him. She's/he's too fat for me!"

Our health cannot be better than the habits which either build it or destroy it. This fundamental fact was memorably conveyed by an oldtime rhyme:

The strong, by bad habits, grow weaker we know; And by good ones, the weak will grow stronger also.

## Conflict

Plusieurs ont été alarmés par les événements de dernière heure au Québec. Bien qu'à premier abord ils paraissent des plus surprenants, ces événements sont l'aboutissement logique d'un long développement historique. Les terroristes québécois semblent utiliser comme point de départ la révolte de 1837. C'est donc dire que leur but est très précis: il est évident qu'ils ne veulent rien de moins que l'indépendance totale du Québec. Les méthodes employées par les révolutionnaires indiquent que ceux-ci semblent évoluer vers une plus grande socialisation de leurs objectifs. En effet, le grand nombre d'attentats à la bombe en 1963 faisait revivre d'une façon dramatique le vieux conflit anglo-français. Puis en 1966 les terroristes s'attaquaient à l'industrie afin d'appuyer les demandes des employés en grève. Enfin, ce fut le temps des élections et celui aussi des grands espoirs qui furent vite déçus. Les terroristes, étaient en quelque sorte coincés par les événements. Afin d'être légitime avec eux-mêmes ils se devaient d'accentuer leurs actions subversives et d'être plus efficace, ce qu'ils ont fait d'ailleurs.

Il ne s'agit point pour moi de porter jugement sur le bien-fondé de tel ou tel groupement politique. Cependant il est important de noter que les remous actuels au Québec ne sont pas prêt de se terminer. Dorenavant, la province devra s'accomoder des factions d'extrême gauche et d'extrême droite de sa population. L'enjeu de la présente contestation est trop important pour que l'autorité ou les terroristes concèdent quoi que se soit. Le débat va donc continuer: La liberté collective et l'état policier ou l'indépendance et l'anarchie?

Hugues Lacombe  
Tower Times

## English as she is properly spoke

Training Command's Research and Development Division constantly seeks new ways to make training relevant, and to let the student learn by doing. This is known as Performance Oriented Training. A fine example of this technique, applied to the learning of languages, came to our attention from the estate of a University English professor, who recently committed suicide after proof-reading the classified ads in the last edition of Voxair. The document reads as follows: "Dear sir, you never past me in grammar because you was predjudiced but I got this here athaletic scholarship anyway. Well, the other day I finely got to writing the rule's down so I can always study if they ever slip my mind:"

1. Each pronoun agrees with their antecédent.
2. Just between you and I, case is important.

3. Verbs has to agree with their subject.
4. Watch out for irregular verbs which has crope into our language.
5. Don't use no double negatives.
6. A writer mustn't shift your point of view.
7. When dangling, don't use participles.
8. Join clauses good, like a conjunction should.
9. Don't write a run-on sentence you got to punctuate it.
10. About sentence fragments.
11. In letters themes reports articles and stuff like that we use commas to keep a string of items apart.
12. Don't use commas, which aren't necessary.
13. Its important to use apostrophe's right.
14. Don't abbrev.
15. Check to see if you anything out.

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OR

Trenton Contact

# The Third Page



## Dignity of occupation

For many years now, November 11th has been set aside as the official day of Remembrance for Canada. On this day we recall with gratitude the sacrifices made by our servicemen in both World Wars and in the Korean conflict . . . especially the sacrifice of human life. Although this particular edition of the Voxair will appear soon after November 11th, I feel that we would all do well to remember that it is not enough for us to have one day only in which to recall the heroism and dedication of our fighting men. Each day that we are enabled to do our jobs within the framework of the military, we should be grateful that we live today because someone died for us along the path of duty and self-sacrifice. The inspiration thus received would help us do our jobs with inspiration and incentive.

Some months ago, Colonel Peters, our Base Commander, wrote a very timely article in the Voxair concerning the philosophical framework for the profession of arms. I have thought about this article a great deal since its appearance, and I have received a new conception of the usefulness of the average man in Canada's Armed Forces today. I have begun to realize as never before, the fact that man by nature is most aggressive, and when he cannot achieve his aim by peaceful methods, he reverts to force. The military's main "raison d'etre" is not just to serve the public, but also to "prevent conflict, to contain conflict if it cannot be prevented, and to win it if it cannot be contained."

Surely these thoughts ought to give us a renewed lease on our military life, and ought to give us a new and forceful inspiration to do our various jobs with a sense of need and dignity of occupation. We are required by the military in the sense that our particular task is of utmost importance to the overall picture of the effectiveness of Canada's Armed Forces. As small and insignificant as we may feel our daily routine is, the fact remains that we are important: we are small, but very necessary cogs in the greater machine of which we are a part.

Many men have died that we might live in peace and tranquility. Let us, in our daily occupation, remember this fact, and resolve that we will do our jobs with dedication and resolution. Let us re-examine our worthy-ness to Canada's Armed Forces, and in so doing, remember that we who are left to serve our Queen and country may do so with the knowledge that we have responded to a very noble call indeed . . . one so noble and honored that men have died to serve its precepts.

Major M. G. Pippy  
Base Chaplain (P)

## Crusader... Courteous Recognition

The author of 'They saluted at knight' saddened and irritated me somewhat but also caused me to do a little research. The initial sadness was because so many unnecessarily resent saluting in the erroneous belief that it is a form of subservice which it is not. Sadness because the writer somewhere experienced grief in its observance (or possibly" it's omission) which must have been quite unnecessary since one is taught how to salute and when it must be done. The grief and cruel leverage he describes are hard to imagine but self-again surely have been just inflicted. It was a pity that he left out the Oxford's most applicable definition 'a gesture expressing courteous recognition' which is exactly what a salute is, be it in the form of a kiss, wave, handshake or 'twenty-one gunner'.

I was interested in his remarks because he apparently feels that the practice is irrelevant and irrational. One cannot argue with these assertions because they are in essence correct but only in the pure sense of the word. One can state by the same token that to say good morning is a waste of breath, offering a cigarette a needless expense as well as a health hazard and the word 'please' something that should be heard only from a beggar. I am prepared to bet that our correspondent does all these things without a second thought, but saluting drives him up the wall possibly because no choice is left him in its execution.

It is impossible to get cross at him anyway particularly since he concluded with the sensible realization that the views of others should be expressed and in that remark he perhaps unknowingly touched upon the very basic principle behind saluting which is that its value lies in the meaning placed upon it.

My curiosity caused me to delve into some historical background and determine more of the origins of the custom. I was surprised to find firstly how little has actually been written on the subject and secondly how much nonsense has been taught and believed for many years.

One of the less widely known theories is that in medieval days, victors at tournaments shaded their eyes to prevent being blinded by the dazzling beauty of the lady presenting the prizes. This is an interesting but unlikely origin and certainly not the prime reason for the custom.

For centuries the practice involved the removal of headgear, a difficult process in the case of clumsy items such as iron helmets and after a time the preliminary movement of raising a hand became accepted as the intention of completing the movement. An order of 1745 directed that soldiers

would clap their hand to their heads and bow as they passed by which would be certainly an amusing spectacle around Base Winnipeg in this year of grace (?) 1970.

There is evidence in 1762 that the dirtying of the lace on the hats was another reason for raising the back of the hand only at one time the hand furthest away from the man saluted was used. Left handed salutes are permitted by custom to this day in the case of the disabled or people with only one arm.

The most common absurdity perpetuated is the theory that one salutes the commission. This can not possibly be the case since for many years there were ranks that were saluted which held no commission. We teach in the Forces today that our salute originates from the raising of the visor on a suit of armour which is probably in itself correct. Our training manuals (wrongly in my opinion) conclude that this action was to show he was not prepared for battle and that the open hand showed no weapon. This is pure surmise since movable visors were not that common, the raising of it did not render one particularly vulnerable and the carrying of a weapon would be self evident whether the hand was open or closed. What is true is the fact that fighting men have always been privileged to look their leaders in the eye whereas serfs were required to cast their eyes down when passing an overlord. This privilege is demonstrable to this day in both our salute and the 'eyes right'.

My personal conviction, and admittedly it is debatable, is that in routine saluting one outwardly acknowledges a chain of command of which one is a part and in which one agreed to serve.

I find myself still saluting after receiving my pay, an old fashioned concept I agree which may seem strange since the money now comes to me from the hand of an NCO junior to me. I do it from habit I suppose but somehow it still seems to hold the meaning that I agree to serve for the pay the people grant me.

Now saluting is mandatory by regulation. Whether or not it should be is debatable and will always be a subject of controversy and to some forever a matter of dislike. The practice that the junior must salute first has the stigma to some that he may not 'be as good as the next man' which of course is nonsense. It does carry the connotation that he is not as senior which should be perfectly acceptable to an intelligent man who can realize that no society has ever been or ever will be where all are equal in every respect. There are leaders and there are followers and while many of the leaders should be followers and vice versa the

facts remain.

In summary it seems to me a pity that saluting should ever become too controversial or cause grief. Man, in my humble experience is a far more spiritual thing that we allow for. It is my inalienable right to believe, when I give an order and get a salute that it is the outward but meaningful acknowledgment that the recipient will be loyal to me and obey my command to the best of his ability as both he and I promised to do when we joined.

For myself, I will continue to salute my seniors, my subordinates when they salute me, when I get my pay and when I wish to compliment ladies, flags, funerals or the vestiges of things I hold sacred or dear.

I confess that I seldom check a man for not saluting and as such I am at fault. I am not angered or irritated but rather find it a pity that, by reason of his own lack of understanding, he has missed exercising a courtesy that is neither obsequious or degrading but both pleasant and civilized.

### Pollution Probe (2)

## Water, water everywhere - but not a drop to drink

Although water is the best known and most abundant of all the chemical components found in nature, it is not an unlimited resource, as our abuse of it would lead one to believe. Disposal of domestic, commercial, industrial and agricultural wastes into bodies of fresh water must ultimately pollute this resource so that it is no longer suitable for its man intended uses. This threatens our very existence since all life depends on water, the principal ingredient of all living cells.

One of the wonderful properties of water is that it is to a degree self-cleansing. This means that it is able to absorb harmful foreign solids, liquids and gases, reduce these to a stable and harmless form and transport this material in the process. Because a healthy water system is a dynamic one, it is able to effect change on the substances which are deposited by nature and man. However, when a stream is overloaded with foreign material the stream's ability to cleanse itself is overtaxed, resulting in pollution. **The increase in our population has increased pollution to the point where the problem can no longer be easily controlled since the dynamic system has been upset and the streams are unable to clean themselves of all the pollutants added.**

All organic material which enters the water has a certain oxygen requirement which is used to decompose and break down these organics. Unfortunately, fish and other water-borne plants also have a certain oxygen requirement. When the stream can no longer provide enough oxygen for water-borne life forms, due to the oxygen being absorbed by wastes, complete pollution and death of the stream results.

Thus, the effects of water pollution can be manifold. Gradual reduction in fish, shellfish, and other wildlife could easily occur because they do not receive the benefit of water treatment plants. Man himself is not immune since this deterioration of his environment will affect his own well being. The health hazards due to virus and bacteria which are common in re-used water are not completely known, but infectious hepatitis, typhoid and dysentery

are examples of potential water-borne disease.

Sources of water pollution include manufacturing, domestic wastes, agriculture and several others including urban runoff, power plants and thermal power plants. This list may seem conveniently devoid of individuals, however think of it this way: the products resulting in waste produced by the manufacturer are the ones bought and demanded by you, the consumer; the domestic wastes discharged by a municipality are (contrary to popular belief) not a sole product of the politicians of that municipality; agricultural wastes occur so that you, the consumer, may have an over abundance of unblemished fruits, vegetables and grains; the rainfall runoff which conveniently removes the litter which you casually dropped also contributes to pollution; the large power boats which you insist you need, unlike sail boats and canoes, manage to pollute and agitate the water; finally the pollution due to power plants is again due to your increasing demand for appliances and conveniences. **So who causes pollution? You do, I do, everyone does; so let's do something about it!**

There are plenty of ways in which water pollution can be combatted. The same processes which are used by engineers in the construction of sewage treatment plants. However, the extent of treatment which is given to our wastes depends a good deal on the amount of money we are willing to spend. Primary and secondary treatment plants reduce the solids, bacteria and oxygen demanding materials in the waste water but leave the effluent high in nutrients which may increase the growth of plant life in the receiving stream, leading to pollution in larger bodies of water.

Further treatment to remove nitrogen and phosphorous would cost more money, so we postpone it. The point here is that the knowledge to reduce water pollution exists, the failure to apply the available technology lies with you and I and the politicians whom we elect. Remember, it's your choice.

(For further information contact: Pollution Control Group 1 CEU, local 327).

# Defence in the House

## EARLY REMOVAL OF FREEZE ON DEFENCE BUDGET

**Mr. J. M. Forrestall (Dartmouth-Halifax East):** Mr. Speaker, I wonder if I might ask the Prime Minister, because there is a lot of concern about the cost involved, whether or not the government has given any consideration or had any discussions to date about the removal of the freeze on the Department of National Defence budget earlier than 1973?

**Right Hon. P. E. Trudeau (Prime Minister):** Mr. Speaker, the question is certainly not urgent. The budget is frozen for three years and we will consider in due course whether in the application of the four priorities established by the federal government in its statement of April, 1969, the defence department should have a higher budget, a lower budget or the same budget.

## SPECIFIC ROLES ASSIGNED TO CFB SHEARWATER

**Mr. Forrestall:** During the next three years, what are the specific roles assigned to CFB Shearwater?

**Hon. Donald S. Macdonald (Minister of National Defence):** At the present time, and for the foreseeable future, the role of the Canadian Forces Base Shearwater is to provide base and airfield facilities for both fixed wing and rotary wing anti-submarine aircraft, as well as facilities for training and utility squadrons. Shearwater is also used as an alternate airfield for the long range Maritime patrol aircraft operating from CFBs Summerside and Greenwood and as a terminus for Transport Command service flights.

## REPLACEMENT FOR ARGUS AIRCRAFT

**Mr. Forrestall:**  
1. Has the government decided on the choice of equipment to replace or augment the role of the Argus Maritime Patrol aircraft and, if so, when can an announcement be expected?  
2. On the basis of present technological information, what is the anticipated (a) air-frame life of the Argus (b) engine life of the Argus (c) efficient useful life of electronic equipment?

**Hon. Donald S. Macdonald (Minister of National Defence):**  
1. No.  
2. (a) The predicted life of the Argus airframe was 11,000 hrs. However, the airframe is a fail-safe or damage tolerant structure which makes the risk of catastrophic failure of the primary structure remote. Thus the airframe life is determined by the economics of maintenance. The manufacturer has stated that appearance of cracks in the primary structure should not occur before 15,000 hrs. At the present flying rate all Argus aircraft in the fleet will have flown 15,000 hrs. or more by 1975-77. (b) There is no specified life for the Argus engine. Therefore, the engine life will be determined by the economy of maintenance and the acceptability of the operational performance of the aircraft. (c) This information is classified.

## SEARCH AND RESCUE — WEST COAST

**Mr. Mather:** What is the present force of ships, boats and aircraft on the Pacific Coast for air-sea rescue efforts?

**Hon. Donald S. Macdonald (Minister of National Defence):** Three Buffalo aircraft, three Labrador helicopter, three 95-foot cutters, three 40-foot cutters, and three life-boats are established on the Pacific Coast for primary search and rescue duties. In addition, all other Canadian Forces aircraft and Federal Government vessels in the area may be called upon for search and rescue tasks when required.

## NATIONAL DEFENCE — REDUCTION OF FORCES

**Mr. Forrestall:**  
1. Has the Department of National Defence been instructed to prepare contingency plans for the reduction of the Canadian Armed Forces to a level below 60,000 members?  
2. Is the government considering a further phased reduction of the strength of the Canadian Armed Forces beyond that already publicly announced and, if so, from what elements will such reduction be made?

**Hon. Donald S. Macdonald (Minister of National Defence):**  
1. No, present plans call for a regular force strength of approximately 82,000 by April 1, 1973.  
2. No.

## MARITIME COMMAND PERSONNEL

**Mr. Forrestall:**  
1. In the nine months ended September 30, 1970, how many officers or men of the Maritime Command (a) have been released (b) transferred to other commands including Headquarters?  
2. What was the strength of the Maritime Command as of January 1 and September 30, 1970?

**Hon. Donald S. Macdonald (Minister of National Defence):**  
1. (a) One hundred and thirty-eight officers, 1,327 men, have been released through normal attrition, e.g. reaching age for retirement, medical grounds, voluntary, etc. (b) Records are not maintained in a manner which would make this information readily available without a costly manual search of individual files.  
2.

	January 1, '70	September 30, '70
Officers	2,011	2,172
Men	13,120	13,486



**GOING OPERATIONAL** are these members of ANS OCTP course 7002. With Maj. Gen. W. K. Carr, who presented their wings, are Lts. Gardin, Hamlin, Hart, Gray, Bennett, Guile, Amos and O'Rourke. They are now off to OTU's in Greenwood, Bagotville and Trenton. (Base photo)

# The gooney bird

It's about time the old bird took out another quill and started jotting a few droppings.

The acquisition of Dakota 2968, very plush, has proven its usefulness during the past month. Maj. Stan Miller and Capt. Jean Gignac flew to such exotic places as Greenwood, Moose Jaw, Gimli and Ottawa providing transportation for such personages as Maj. Gen. W. K. Carr, Brig. Gen. R. A. Reid, Brig. Gen. R. S. Graham, and Col. Hugh Peters.

The squadron itself has also been kept busy providing transportation for people (i.e. other than navigators). In early November 300 air cadets were given a view of the city from a slightly different angle. Apparently the familiarization trip didn't agree with all of the cadets as numerous little white bags were seen being carried off the aircraft.

Air cadets was also the reason for trips to The Pas, Flin Flon and Thompson. Captains Ron Tiessen, Dave Trotman, and Greg Fox and Lt. Mike Sanfacon provided transport for the cadet sponsoring committee.

Capt. Hugh Tarbet, Dave Phoenix and Lt. Hans Etzel had a pleasant stay in Saskatoon when they flew members of the Training Command Band to CFS Dana for the annual Fireman's Ball. The Base hockey team got a lift for a game in Cold Lake from Lts. Paul Dubois and Dave Wood, who also played for the team.

Even the Navy received transport from the Gooney Bird in order to attend a conference of the Navy League at Lynn Lake. Involved were Capt. Len Haenni and Dwight Anderson and Lts. Jack Pollock and Rod Lanning.

And now for some news from

the nest. Lt. Doug Cushman managed to lose a five dollar bet when his baby girl Gillian Lee was born several hours after Lt. Rod Lanning's baby boy Jarod. Congratulations to Doug and Kathy and Rod and Lois.

Two more pilots will soon be flying away from the nest. Lt. Paul Dubois has had his dream come true in his posting to Comox where he will be flying the Argus after his OTU at Greenwood. Lt. Aimé Boulé once again will make advantageous use of his bilingual ability in his new posting to St. Hubert where he will again be flying the Gooney Bird, this time in a VIP role.

Congratulations to Bart Bourne on gaining his second stripe.

That's one way to beat the rising cost of living. Lt. Rod Lanning and Capt. Ed Hoffman have achieved the status(?) of aircraft captain.

Capt. Bob Grant has returned safely from his Flight Safety Course. His new assistant is Capt. Lorne Scott, who, if he does his job as well as he plays cribbage, should put us well into our seventh accident free year.

In closing a warning to the navs. If they do a good job teaching the pilots how to work the radar and the HF they just may lose their plush jobs. Which, thank heaven, would mean that pilots would no longer have to put up with the Gooney Bird (yeah!).

The Gooney Bird

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Amos and ... of OTU's ... Trenton. (Base photo)



**BATH FOR GHANA.** With the therapeutic whirlpool bath are Maj. Clifford A. Christian, Lamp of Learning Fund Chairman; Miss Agnes Ward, TMPC edi-

tor; Maj. Gen. W. K. Carr; and Sgt. Mary Timoney, Prairie Region. Miss Ward and Sgt. Timoney have taken a personal interest in the Ghanaian children. (Canadian Forces photo)

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has returned Flight Safety assistant is t, who, if he ell as he plays out us well into ent free year. arning to the o a good job s how to work the HF they eir push jobs. eaven, would ts would no ut up with the eah!).

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### Santa comes early

## Ghana fund gets bath

Christmas has come early for the children at the Orthopedic Training Centre in Nsawam, Ghana.

It came in the form of a therapeutic whirlpool bath and the role of Santa Claus was being played by Training Command. The bath will be used for polio stricken children at the Centre operated by Brothers of a Dutch Order.

After talking with members of the Canadian Armed Forces Training Team in Accra, who are well acquainted with the tremendous work accomplished by the Brothers, Maj. Gen. W. K. Carr determined that a whirlpool bath should be made available as soon as possible.

The command earlier this year financed the building of a six room school in Agbeve, Ghana. The Lamp of Learning School campaign also brought enough funds to run the school for five years. There is still sufficient money in the fund to pay for the much needed whirlpool bath.

The plight of the children at the Nsawam Centre was first brought to the attention of Voxair last February by Miss Agnes Ward, an editor with the Training Material Centre. She was sponsoring Boto Hassey, a child who had been crippled since the age of four, at the centre. In the short time he has been at the centre, Boto was provided with artificial limbs and is now able to walk.

The whirlpool bath, in that it aids in healing polio victims, will certainly help Boto and the other children in getting a chance at a normal life.

They will certainly remember Christmas 1970 and they will have the men and women of Training Command to thank for it.

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**AGNES AND BOTO** had a chance to meet in Agbeve last summer after Boto received his artificial limbs.

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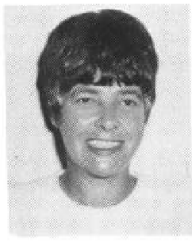


o by Hoover)



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**2 PPCLI EXERCISE.** Maj. R. L. Dallin confers with Lt. Col. John de Chastelain during the unit's first airborne departure from Winnipeg. (photo by Hoover)



## Patricia report



The social life of 2PPCLI has been relegated to the background over the last two weeks with all efforts being placed on the battalion training plan. While D Company and a few administrative personnel remained in Winnipeg as a rear party, the remainder of the battalion moved to Shilo on 28 Oct. 70, to complete its annual small arms classification. This move was significant to many members of the battalion as, being the battalion's first major training move from the Winnipeg area, it heralded many more moves to come.

During our stay in Shilo the training plan called for range practices for all concerned on the CI Conventional Range, the Mechanical Training Range, the Mechanical Classification Range, the Grenade Range, the SMG Range and the Rocket Launcher Range. In addition to this full range load each company was tasked to conduct dry training when not participating on the ranges.

It may honestly be said that the weather conditions for our week in Shilo was a shock to many of those in the battalion. Varying from snow to rain, always cold and windy the Prairies welcomed the battalion back in its most unpleasant manner.

No official reports have been released establishing the pro-

iciency of the unit on the ranges, but this writer saw a considerable number of marksmen walk away from the SMG range. It would be fair to guess that the battalion average was satisfactory high considering the snow rain and sand constantly blowing into the faces of those on the firing point. Regardless of the weather, rivalry ran high within the unit and many a refreshment was purchased by those who failed to out shoot their comrades.

Dry training for Alpha and Bravo Companies consisted primarily of section and platoon tactics by day and night, while within Support Company the sub-units did their own thing. Pioneer Platoon enthusiastically went about changing the face of the landscape by blowing holes in the ground, cutting down trees, splitting metal rails and growing beards. It is understood that for Reconnaissance Platoon Shilo was a revelation. The platoon, being used to German woods where undergrowth and deadfall are quickly removed for firewood, found the littered woods of Canada extremely hard on clothing, skin and direction keeping. We are happy to report, however, that no patrols became hopelessly lost and that all returned safely.

For the battalion officers, Saturday, 31 Oct. 70 seemed to be the most miserable day of the week. This may have been occasioned by the orienteering exercises conducted on that day. The exercise covered approximately four and one-half

miles and seven different compass bearings. The aim was to reach each checkpoint in the correct order, mark down its identification and proceed to the next one. Each competitor was timed from start to finish with the winner having the shortest elapsed time. Our congratulations to Capt. Marv Dyck who finished the course in 62 wet and cold minutes and our sympathies to the losers who partook of too generous a helping(s) of hot rum in an effort to ward off colds, pneumonia and other nasty things.

Our stay in Shilo was originally to end on 4 Nov. with a comfortable return to Winnipeg and garrison life. Such was not to be the case however, as 3 Nov. found the battalion hastily returning to Fort Osborne Barracks to participate in a surprise exercise in Eastern Canada.

While the remainder of the battalion was engrossed in more exciting things Delta Company, with its two recruit platoons, quietly went about its normal training routine. The Canal de Nord platoon used the time to complete its rifle classification at the St. Charles Ranges while the Agira platoon settled down into its own training routine. Both platoons represented the battalion in the Remembrance Day Parade on Nov. 11 while the remaining members of the battalion, not exercising in the east, participated in a quiet remembrance in Fort Osborne Barracks.

With no promotions to report and the deadline of this article upon us we end the unit news.



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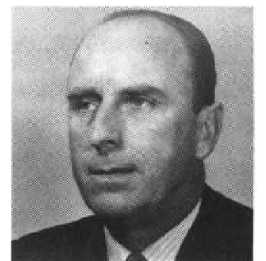
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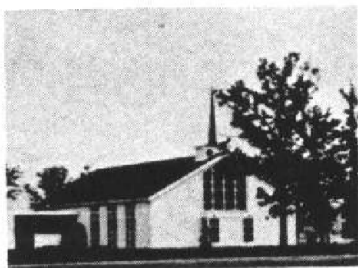
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3rd Sunday UCC

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**WHERE IS IT GOING TO END?**

by Lt.-Col. O. A. Hopkins  
Command Chaplain (P)

The old and the young are both in their own way outside the arguments which decry or defend the growing trend towards a permissive society. But teen-agers and their parents find themselves right at the heart of the issue. Some families are living in a real hell because the thinking of parents and youth has polarized into two hostile distrustful camps where every attempt to communicate is a call to arms.

Social and moral problems are generally complex and their solution requires open minds and all the resources we can muster. Some one both sides of the argument have over-simplified what is at stake. Others only wake up to their responsibilities when the drug problem hits their own family or in some other way the permissive society becomes their problem and not just a nuisance for those who happen to live beside the local 'drop-in' centre. Everyone of us ought to be concerned because we are all going to have to live in whatever world the next ten years brings about.

What do you really think about the flood of restricted movies with their emphasis on nudity and perversion? They'll probably be watched on T.V. in a few years. What do you think of the smut which dominates the newsstands? Is it OK by you? If not we should tell the owner of the newsstand, our MP and our local Aldermen.

Perhaps you may find food for thought in an 'Open Letter To Man' which Gene Telpner included in his column this summer. It was written originally by a songwriter named Sy Miller and his wife, a former actress named Jill Jackson. This is what 'Open Letter To Man' says:

"I am a woman. I am your wife, your sweetheart, your mother, your daughter, your friend. I need your help. I was created to give the world gentleness, understanding, serenity, beauty, and love. I am

finding it increasingly difficult to fulfill my purpose. Many people in advertising, motion pictures, television, and radio have ignored my inner qualities and have repeatedly used me only as a symbol of sex.

"This humiliates me; it destroys my dignity, it prevents me from being what you want me to be; an example of beauty, inspiration, and love. Love for my children, love for my husband, love of my God and country. I need your help to restore me to my true position. To allow me to fulfill the purpose for which I was created. I know you will find a way."



**SAFE DRIVERS.** Col. Hugh Peters presents safe driving pins to Cpl. John Hicks, 19 years, and Pte. Danny Paquette (one year).

(Canadian Forces photo)



**CFB WINNIPEG** recently hosted all of the area fire chiefs at a conference to study airport crash rescue procedures. The four Forces representatives were WO J. Johnson, Base Fire Prevention

Officer; Maj. R. Penny, representing the Base Commander; Maj. K. W. Wright, Base Operations Officer; and Capt. G. R. McWilliam, CE Engineering Officer.

(Base Photo)

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**Cubs, scouts comic book, bake sale**

Cubs and scouts of the 51st group are planning a pocket book and comic book sale soon. They are also planning a bake sale for the Bingo to be held in the Drill Hall Dec. 2. All donations will be appreciated.

For further information please contact Mrs. Myrna Tweed at 832-3149 or Mrs. Betty Anderson at 832-5008.

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# voxair WOMEN

## Adoption speaker addresses combined guild meeting

The Protestant Chapel Ladies Guild held its monthly meeting at the chapel on November 8th. After a short business meeting we were joined by the ladies of the CWL. Special guest for the evening was Mr. Cecil Brown of the Children's Aid Society, who showed a film about adoption titled "Angel by the Hand", after which there was an informal discussion. This was followed by an excellent lunch served by our industrious lunch committee.

Our president, Bebs Tasky, welcomed the new faces in the

group, and we hope they will continue to support the guild.

Come out and bring a friend to the December meeting, which will be a Pot Luck Supper, plus your favourite dish or goody. Also each member is being asked to bring an article of clothing, canned food, toys, etc., to be given to Mrs. Pilgrim as our contribution to the needy at Christmas. So circle the calendar for December 8th, 8 p.m. Come out and enjoy good food and fellowship.

Also like to remind other groups, clubs, etc., that we have a Santa Clause Suit for rent. Contact Bebs Tasky at 837-1842.



**NURSES MEET HERE.** Capt. M. E. (Babs) Wood, right, matron at CFB Winnipeg, meets with senior armed forces nursing officers. Left is Major Anne E. Harman, nursing staff officer Training Command Headquarters, and Lt.-Col.

Joan Fitzgerald, Armed Forces director of nursing in Ottawa. Lt.-Col. Fitzgerald is wearing the new, green armed forces women's uniform, soon to be on general issue.

(Canadian Forces Photo)

## Christmas Cheer Board

"The Christmas Cheer Board of Greater Winnipeg has opened the offices for the 1970 season.

The Christmas Cheer Board is organized to help those in need at Christmas.

Information will be available to organizations and private citizens wishing to assist our less fortunate neighbours.

The offices are located at MACLEAN HOUSE, 730 Alexander Avenue, Winnipeg 3, Manitoba. Telephone 774-7439."

## Nine cubs invested

"I promise to do my duty to God and the Queen: To keep the law of the Wolf Cub Pack and to do a good turn to somebody every day." After so promising, nine young men became full fledged Cubs in the "D" pack investiture held on Tuesday night Nov. 9th. Mrs. Betty Anderson, Akela of "D" Pack, presented the new cubs with caps, neckerchiefs and district badges and welcomed them into the pack.

The newly invested cubs were: William Dunphy, Keith Gaebel, Donald Heid, Gordon Keir, Gordon MacIntyre, Douglas McEwen, Brian Scott, Shawn Talbot and Robin Taskey.

## Rememberance service held for Guides, Brownies

A special service commemorating the fallen of two wars, was held in the Westwin Protestant Chapel on Nov. 11. Officiating Padre Maj. G. M. Pippy spoke on the theme of sacrifice and told the young people that much of our good and free life today was bought for us by others, at the cost of their lives.

The Bible message was read by Anne Roadley of the 25th Guide Company.

The following Stevenson District Brownie and Guide groups attended.

- The 25th Brownie Pack
- The 94th Brownie Pack
- The 121st Brownie Pack
- The 148th Brownie Pack
- The 25th Guide Company and Leaders.

## FOR festive feasting

A delicious, easy, white fruit cake. Should be stored for about a month in an air tight container.

- 1 1/2 cups shortening
- 2 cups white sugar
- 2 tsp. vanilla
- 6 eggs
- 2 cups pastry flour
- 2 tsp. baking powder
- 2 tsp. salt
- 1/2 cup lemon juice

- 1/2 cup orange juice
- 2 cups chopped mixed fruit (all fruits glaze)
- 1 cup chopped green cherries
- 2 cups chopped red cherries
- 2 cups white raisins
- 1 cup sliced pineapple
- 2 1/2 cups bread flour

Preheat oven to 300 degrees. Cream shortening and sugar. Add vanilla, eggs one at a time. Flour fruit with bread flour. Sift pastry flour, salt and baking powder, add alternately with fruit juices. Add floured fruit. Place in tinfoil lined square or loaf (2) pans. Bake for 1 1/2-2 hours. Place small pan of boiling hot water into bottom of oven last half-hour of cooking.

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At age 35, for example, only \$209.60 a year will put in force an Income Protection policy that guarantees your family \$200.00 a month beginning with your death and continuing until you would have been 65. This requires \$47,800 of insurance initially.

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30	52,400	3.59	188.20	16.15
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40	42,460	5.50	233.40	20.03
45	36,280	6.90	250.40	21.48

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# Sports 'N Things

with Russ Phillips

It both galls and confounds me at this time of year to listen while my cronies talk about those whom they think are the hockey "greats" of the century. Howe, Hull, Orr, that's all I ever hear. Never once have I heard these amateurs mention one player who stands out as the greatest of them all — yes, you guessed it, none other than Basil Titterton—Tingley the West Widdlinghamshire Flash. Basil you will recall played centre for the West Widdlinghamshire Blokes and compiled such an amazing record while there, that it has never been equalled.

### Handicaps were no handicap to him

For Basil the Flash, there were many pitfalls on the rocky road to fame. In the first place he never wanted to be a hockey player. All his life he dreamed of being a clerk in an office, but his Mother prevailed upon him to pursue the more glamorous aspect of life to be found in sports. For another thing, Basil was practically blind and even when he played hockey he required binoculars to see half the length of the ice. This probably accounted for the fact that he scored 97 goals in his last season, 95 of them were against his own team. His third and most devastating drawback was his inability to skate. When he applied for the position of hockey player they told him that skating was a prime requirement. Well, Basil had an atrocious memory and he couldn't quite recall what that requirement was except that it started with an S. So he gambled and went to Switzerland for a 3 week Ski Course. And so it was that the great B.T.T. became the first man in organized hockey to play the game on skis, no mean feat, when one considers that the use of ski poles must necessarily hamper, to some degree, the art of stick handling.

### His finest hour

In every man's life there comes a time when he may, if he chooses, rise to great heights or dive to oblivion. When Basil's turn came, he chose the road of immortality. It was in a game against the Blighters at Woofingham-on-the-Ocean that he made his greatest mark, or was it against the Bounders at Tiddlewinks-on-the-Street? No matter, suffice to say that in the final and crucial playoff game between these two great clubs of the O.O.O.L. (Over 'Ome 'Ockey League) the game had gone into sudden death overtime, although the element of "suddenness" had long gone since they had played nine hours, thirty minutes past regulation time. Most of the spectators had gone home, as well as some of the players, but 'tenacious' Basil hung in there looking for his big break. It came suddenly when a loose puck sailed through the air and lodged itself in Basil's yawning mouth. Like a man possessed he raced toward the opposing goal, roared past the netminder and landed in the net. The light flashed on, signifying the end of the game, and the beginning of greatness for our Basil. When interviewed a couple of days later though, he refused to comment on the play. After all, what can one say with a puck stuck in one's mouth?

### What price glory?

Sad to relate, fame and fortune went to Basil's head and he became an inveterate ale-quaffing pub crawler, retelling the story of his greatness to all who would listen. And even to those who would not, which oft times resulted in Basil being bonked on the beak. Then it happened. One night after a particularly rowdy session, Basil started walking down the road to his home. In the distance he perceived two headlights coming toward him, whereupon he cleverly deduced that it must be two motorcycles approaching and the thing to do was to walk in between them. It was a car.

In the main washroom, second stall from the right at the West Widdlinghamshire clubhouse, you will find written the words that suitably immortalize this great man: We'll drink to his dauntless courage, and how he played the game. No we'll never forget the spirit, of good old whatsisname.

## AQUATIC COURSES

Courses will be available at Lipsett Hall for the 1970-1971 season and will be open to all Servicemen and their dependants.

COST Service Personnel Books and exam fee.  
COST DND and Dependants \$2.00 plus books and exam fee.

### COURSES AND DATES

Instructor's Course W.S.I. — Jan. 20 to 7 Apr. 71.

Requalification of Water Safety Instructor. Dates — 9 and 16 Dec. 1970, 13 Jan. 1971, 21 and 28 Apr. 71. Leader's Course — Jan. 16, 23, 30, Feb. 6, 1971. Sat. from 1700-2200 hrs.

Bronze Class — Mon. nights 2000-2200 hrs. These classes run concurrently.

Adult Learn to Swim Class — every Thur. from 2000-2100 hrs. These classes run concurrently also, and are from Beginner to Senior level.

Children Classes — Beginner to Senior swimmers. Next course starts 20 Feb. 1971.

### QUALIFICATION NEEDED

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Must have Senior Swimmer, be 14 years of age on or before date of exam.

If you want to learn to swim — come on out.

Must be 6 years of age.

These courses are made available to Servicemen and their dependants.

## SHOULD WE GO JOGGING?

By W.O. Gustafson

Presently we have the hardy souls out working diligently on their won private jogging programmes. As we drive by or lean against a wall and watch with wonderment at these little bodies proceeding around in a circle huffing and puffing, our thoughts invariably ask the question "Why and what are they accomplishing?"

Dr. Jack Wilmore assistant professor of Physical Education at Berkeley summarized his findings from a 10 week study of over 75 Joggers:

- A loss of 2% in body weight.
- A loss of 8% in body fat (which indicates that some fat is converted to muscle and doesn't show up as a weight loss).
- An increase of 10% in the maximum amount of oxygen consumed during heavy exercise (this test, incidentally the so-called work capacity test, is considered the best indicator of cardio-vascular fitness).

ness).

A 13% increase in the amount of oxygen supplied to body tissue during heavy exercise. A 16% increase in the amount of heavy exercise performed before reaching a state of exhaustion.

A 12% decrease in the "resting" heart rate (or pulse).

A 10% decrease in the diastolic and a 13% decrease in the systolic blood pressure.

Another interesting point was that the group was split into two basic sections. Another variable — how much training is necessary to show meaningful changes? So they randomly selected those who'd be jogging 12 minutes per day and those who'd be doing 24 minutes. The ciable effect on the degree of improvement in fitness; there was no significant statistical difference between the two groups.

Now that you know all the facts the rest is up to you.

## Skiing for fun

By K. Beckman

CFB Winnipeg has a ski club!!! in fact this is our second season. I hope that statement perked up a few ears, because we'd like to have a few hundred members. This is your invitation to get started in one of the most exhilarating winter sports I know of.

As you may know, most skiing is done for fun, and that is why we have our ski club. For beginners we can teach you the proper methods, help you learn about equipment requirements and hopefully get your entire family involved.

Until the snow conditions improve, we will have instructional and exercise periods on the weekends behind the rec centre, then you will be prepared for the larger slopes.

For advanced skiers we have expert instructors who can help you polish up your parallels. Also this year you will be able to match your time against the experts. Most resorts will have a slalom run laid out for anyone that wants to try this sort of test. It will cost a dollar to enter and you will be graded and given a handicap depending on your performance.

Just last year I began this wonderful sport, and know the difference between a ski bunny and a ski pole, and found out how to use a T Bar. Now all I have to learn is how to ski.

All my four children ski, and if I can talk Momma into coming along, I'll have it aced. We need a cook.

Phone me at home 837-7920 or at work in GSE Section, 18 Hangar, Local 550 to find out what's happening in the CFB Winnipeg Ski Club.

## TCHQ TAKE BIG LEAD

### Broomball News

What a difference a month makes, especially to a creaky, dusty old drill hall. In mid-October Building 21 was quiet at noon hours, except for the padding feet of the occasional jogger, and the clatter of chairs being set up on bingo days. Now the place is alive with the many sounds of broomball, and the fifth consecutive season is well underway.

The opening game was a portend of things to come as Snipers, under leader Gerry Patterson, and the South Side entry led by Bert Geris and Gord Priest, battled to a 2-2 tie. The South Siders came up big in their second venture, downing 440 Sqdn 3-0, on goals by Shoemaker, Smith, and Chartrand.

The first TCHQ outing was bad news for 440 as last year's champs pounded the pararecue boys 7-0. Bug guns for TC were two Newf's, A. J. Bennett and Kevin Janes with 2 goals each. Also scoring were Logan with two and the league tall man, Ken Johnson, with one.

The ANS navigators in their season opener pounded South Side 3-0 led by Hugh MacKay's three goals, and assisted by Sharkey on one.

Snipers took a close one from 440 Sqdn. 3-1 with 2 goals by Pete Daigle. This game was highlighted by Patterson's penalty shot goal.

On 22 Oct. TCHQ moved into the league lead when they doubled the score on South Side 6-3. Star of the game was cen-

tre Kevin Janes with 3 goals and an assist. This little guy is doing a great job of filling the recently-vacated shoes of another little guy, Vic McLeod. Janes has a lot to learn in back-checking and offensive team play but in ball control has to be the best this league has ever seen.

The third week got underway with a classic clash between TCHQ and ANS. A. J. Bennett led TC with 2 goals, Logan and Janes got singles to give the gold-shirts a 4-2 win. MacKay got both ANS goals, ably assisted by Voyer, Lammers and Conde.

Daigle was the key man in a 1-1 draw as his Snipers battled South Side. MacIntyre punched in the lone tally for the Kenaston Krew.

Players are reminded that Zone playoffs are in Moose Jaw, mid-February, and the Nationals in Comox, in March.

### Standings

	W	L	T	P
TCHQ	7	0	1	15
SNIPERS	2	3	3	7
ANS	2	2	1	5
SOUTH SIDE	1	4	2	4
440 SQDN	1	4	1	3

### Scoring

	G	A	Pt
Janes, TC	14	12	26
Bennett, TC	7	5	12
Logan, TC	5	6	11
Higham, TC	5	4	9
Johnson, TC	3	5	8
MacKay, ANS	6	0	6
Daigle, Snipers	4	2	6
Spratt, TC	4	2	6
MacIntyre, S. Side	2	2	4
Patterson, Snipers	2	2	4
Mollons, TC	0	4	4

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Fun

AEROBICS; WHO NEEDS IT?

By Al Taylor

As was earlier stated, Aerobics is a training-effect program for physical fitness and endurance capability. A secondary attribute is an increase of a love of sport through an overall increase in performance.

Whatever sport a person is involved, the perfect game is always the main goal. The player trains hard for perfection, more enjoyment is gained with better results.

Everything is out of shape at the start of the season; muscles cramp, no wind or speed, reflexes slow, whole body is out of tune. Until the body gets into shape the game does not go well, it is also easier to get hurt during this period.

At the time a person feels that a training-effect program should be started, one thing must be done before any physical exertion is experienced. A medical check-up is the number (1) priority. This point can not be emphasized enough, it has been proven that people do not understand the workings of the Human Body.

For those who are carrying on a fitness program, the record of ability is on a honour basis. A person should be honest to himself to achieve an accurate score, a living memento. One idea is to keep a daily chart which shows the overall result through the different training-effect stages.

Personal Progress Chart

Table with 5 columns: Date, Exercise, Distance, Duration, Points. The table is currently empty.

It is easy to keep up and does not let one forget.

JOGGING: NOON HOUR PROGRAM

Effective immediately joggers will have priority at noon hours in the Westwin Gym. Joggers will have the floor exclusively until 1220, at which time badminton players will be able to set up courts.

CANCER'S 7 SAFEGUARDS
The Canadian Cancer Society recommends these Seven Safeguards to help prevent cancer: For everybody: Have a regular medical check-up; Don't smoke cigarettes; have your dentist check for unusual conditions; arrange with your doctor for a bowel examination; avoid excessive exposure to sunlight.

POUR IT ON, ROYALS



The opening face off taken for Winnipeg by "Bugs" MacDonald. Photo by Cpl. Loan, Cold Lake, Alta.



High sticks for happiness as Dave Wood fires a marker past the Cold Lake goalie. Photo by Cpl. Loan, Cold Lake, Alta.

BASE HOCKEY TEAM UNDEFEATED

Things look good indeed for Coach Ivan Blanchard and his Royals as they romp from victory to victory. Granted, all but one have been exhibition games, it still indicates that the boys are working together and there is no reason to believe that the trend won't continue.

- Gimli by 4 to 1
Smokies by 4 to 2
Cold Lake by 5 to 3
CN Flyers by 4 to 1
In their first game of the 70/71 schedule, the Royals once again defeated the Flyers, this time 4 to 2.
The Cold Lake game was a rousing affair, and the Royals took full measure of last year's National Champions.

RECREATION VOLLEYBALL

An opportunity has presented itself for base personnel 35 years and over to participate in a Recreation Volleyball League with the St. James Civic Centre. It is proposed to play these games in the early evening, one or two nights per week in Building 90. Personnel interested are requested to contact the Rec Centre at local 511.

Deaths from cancer of the cervix could almost be eliminated if all women had a Pap test at regular intervals. The Pap test is a simple, painless examination which can be done in a doctor's office, according to the Canadian Cancer Society, whose campaign slogan is "Cancer can be beaten."



Bob Armstrong (3rd from right) and company become involved in "slight altercation" with member of the Cold Lake team. Photo by Cpl. Loan, Cold Lake, Alta.

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