

Royal Commission wants women in RMC

Ottawa. — The report of the Royal Commission on the Status of Women, tabled this month in the House of Commons, has recommended opening all trades in the Canadian Forces to women and admitting them to the military colleges. The three-volume report contains half-a-dozen recommendations affecting women in the Canadian Forces, calling for enlistment of married women, extension of the present initial engagement from three to five years, a halt to the release of women because they have children and amendments to the forces' Superannuation Act to make its provisions the same for male and female contributors.

In recommending the opening of all trades to women the report said, "It is apparent that restrictions on the number of trades open to women generally reflect the concept of

women as a group rather than as individuals. Some women do remain in the service longer than men and some women are already in the trades now closed to women. Enlistment in a trade generally means that training will be given in that trade and we consider that women should have the same opportunity as men to have the scientific and technological training that the Armed Forces provide. We also propose that all trades be open to women because we believe that women who have volunteered should be ready to undertake all the duties and responsibilities that membership in the Armed Forces entails."

The report goes on to state that "For many years the Department of National Defence has operated military colleges where thousands of young men in training as officers for the Armed Forces have received free university education in

arts, science or engineering, including living expenses . . . currently every year about 450 men, but no women, are admitted to these colleges. Therefore, we recommend that women as well as men be admitted to the military colleges operated by the Department of National Defence."

Noting that married women are not allowed to enter the forces "because they are considered less free to move to new postings", the report stated that "We believe that the exclusion of married women is unjustified discrimination. We recognize that mobility is important in the service but consider that the married woman should be allowed to decide for herself whether or not she can accept enlistment under this condition."

The report found that "Women's opportunity to advance in the Forces is difficult to assess. Statistics on levels reached are

influenced by the fact that the average length of service for women is only two and one-half years. Of the 1,600 women in uniform, it has been estimated that only about 450 have more than 10 years' service . . . whereas there are almost twice as many corporals as privates in the total Forces, among the women the reverse is true . . . among the officers, there is a disproportionate number of women lieutenants." The commission found that "women and men have the same chance of being considered for promotion. Women write the same qualifying exams, compete for many of the same positions, and go before the same promotion boards as men. In recent years, women have been admitted to the staff school, and even more important, to the staff college, the gateway to senior positions." Noting that "women are

required to enlist for an initial engagement of only three years as compared to five years for men", the report stated that "the length of the initial engagement should be the same for women and men".

In recommending that "release of a woman from the Canadian Forces because she has a child be prohibited", the commission was of the opinion "that women with children should not be required to leave the Armed Forces unless family responsibilities make them unable to work satisfactorily".

The report found that "like most pension plans for the Government Service", the Canadian Forces Superannuation Act "has some discriminatory features", and recommended that the act be amended "so that its provisions will be the same for male and female contributors."



January 13, 1971 CANADIAN FORCES BASE, WINNIPEG Vol. 20, No. 1



IT MAY BE WINTER but Pte. Shirley Weighill, of the base message centre, is still willing to have a little bit of fun outdoors. (photo by Hoover)

Patricias to act as umpires

For the first time since the end of World War II, a large concentration of regular force soldiers will face rugged winter training at Camp Dundurn, Sask. Over 1,000 officers and men belonging to elements of 1 Combat Group, Calgary, will take part in the training January 20-26. Although several Manitoba and Alberta units will be present, the major participants will be the 1st Battalion, Princess Patricia's Canadian Light Infantry, Calgary, commanded by Lieutenant-Colonel E. Hutchinson. About 250 Manitoba personnel will be involved. They include members of the 2nd Battalion, Princess Patricia's Canadian

Light Infantry, Winnipeg, who will act as enemy and umpires. In addition there will be three L-19 Cessna aircraft of the air observation troop and a gun battery from 3 Royal Canadian Horse Artillery based at CFB Shilo. Most of the soldiers, their vehicles and equipment will be flown to Saskatoon from Calgary and Brandon, Man. They will drive from Saskatoon to Dundurn. The airlift will be accomplished by Hercules aircraft of Air Transport Command squadrons from Edmonton and Ottawa, and will involve over 100 sortie flights. Toward the end of the training period, January 24-26, a battle group exercise dubbed "Northern

Guard", will be conducted. Directed by Brigadier-General C. J. A. Hamilton, Commander, 1 Combat Group, it will test the 2nd Battalion of the Princess Patricia's in winter battle skills. It will be based on simulated circumstances involving a suspected "unauthorized intrusion" of the Canadian Arctic. Air reconnaissance and strike support will be provided by CF-5 jet aircraft from 434 Tactical Fighter Operational Training Squadron at CFB Cold Lake. Helicopter support for the ground forces will be given by 450 Heavy Transport Squadron at CFB Edmonton. Re-supply missions will be flown by Buffalo aircraft of 429 Tactical Transport Squadron, also based in Edmonton.

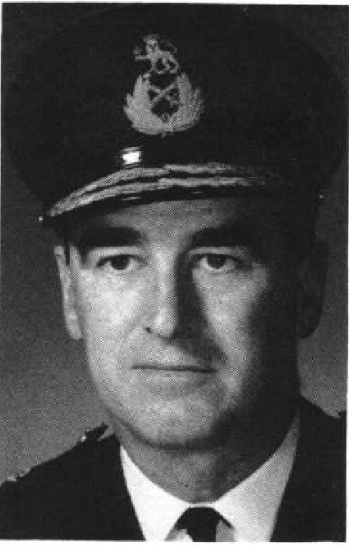
Women volunteer for arctic

EIELSON AFB, Alaska (CFP) — Women on a military exercise? Never! They just don't belong. So says the average military purist. But two distaff force members destroyed this myth by volunteering for exercise Acid Test III in Alaska recently. Private (S) Lynda A. Becker, and Private (A) Sandra G. MacInnis, normally clerks with CFB Edmonton and 429 Tactical Transport Squadron, CFB Namao, "signed on" as clerks in the squadron ops office here, 30 miles southeast of Fairbanks, Alaska.

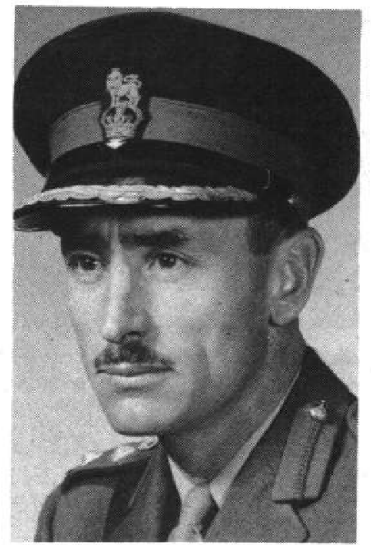
"We thought it would be different", commented one of the girls. And different it was. Their feminine charms hidden under yards of winter gear and mukluks, the two girls still found the 40-50 degree below zero weather disturbingly frigid whenever they ventured outside. However, during the joint U.S.-Canada exercise the two clerks worked in heated offices while their squadron's Buffalo aircraft were busy dropping members of the Airborne Regiment and supplies on long-range assaults.

'A job well done' — PM

In a letter to the Chief of the Defence Staff Prime Minister Trudeau expressed his thanks for the support the Canadian Armed Forces gave during the Quebec crisis. "I would like to convey my appreciation to all ranks of the Canadian Armed Forces for the exemplary manner in which they have discharged their responsibilities during the difficult days we have experienced since October. "The skill and good sense with which the many operations in support of the police in Quebec and Ottawa were handled is a clear reflection of the training and morale of your men. You must be as proud of them as I am. "I think we all realize that bombings, kidnappings and other acts of violence are possibilities we may have to face again in the future, whether in Quebec or elsewhere in Canada. The Armed Forces have clearly demonstrated during the past two months the invaluable contribution they have to make towards the containment and eventual solution of this difficult problem. "Please transmit my congratulations and thanks to your officers and men for a job well done." The Minister and I wish to add our thanks and congratulations for a job well done. Your excellent efforts demonstrate the high standards of military training and discipline that you have achieved.



HENNESSY



DEXTRAZE

Vice-Admiral Ralph L. Hennessy, 52, chief of personnel for the Canadian Forces, has retired after 35 years of service. Succeeding Admiral Hennessy is Major-General Jacques Dextraze, 51, Montreal, who has been deputy chief of personnel for the past two years. General Dextraze, who is being promoted to the rank of lieutenant-general, took up his new appointment December 23.

The Third Page



Crusader ... About Promotion

Surprisingly few are conversant with the principles involved in an internal combustion engine and yet most of us drive automobiles with various numbers of cylinders. That each cylinder in its turn goes pop, bang or crash may be known to some but the reason we do not progress in a continuous series of tiny jerking movements is due to a large circular piece of iron called a flywheel. Each little effort or erg of energy is absorbed imperceptibly and the output or result is a steady heavy power.

It may be hard to understand at first what this mechanical precept has to do with service life but the relationship is very definitely there.

There is a malaise and a very distinct one in the service today but the evidence of it is hard to delineate and its causes are both hidden deep and of a most complex nature.

It seems possible that one of these causes is the field of our policy regarding promotion. Not too many years ago under the leadership, or rather the management, of new ideas there came to be a belief that the efficiency of our operation could be improved by the introduction of the theories of pure management as described by all the latest civilian textbooks which incidentally were based on forces principles in practice hundreds of years before corporate bodies in any size were dreamt of.

It is unprofitable for anyone now to blame those who set out in the bright morning of reform in good faith and conscience to produce a perfect system whereby the most deserving would reap the richest rewards.

To start with who could argue with the idea that the best should advance? Who could deny that the slothful should be retarded? Who dare opine that each man should not receive his just reward? A magic panacea that none could deny. A fresh dawn in the field of just deserts. A new military society in which those who earnestly strove would be quickly identified and rewarded. But is it? Has it worked out that way?

In our management courses, where they quite properly relate leadership and morale to behavioural sciences they describe several things that are true and one of them is that man has needs — for survival, human relationships, achievement, and progress.

In the field of progress he must or should continue at a rate commensurate with his ability and the requirements of his organization. The first of these is measured by the report of his superior, a desparately tenuous yardstick at best. He is not shown this

report and if for some reason he enjoys garlic and his boss hates the stuff he could be described as 'indulging in disgusting habits' or at least be given a relative mark. He can neither tell of nor object to the generalization nor, unless his next superior enjoys the vegetable and understands the reference, will his sin be expiated.

We are not permitted to let reports be read by subordinates and we are told that reports not shown to them tend to be more accurate than those that are. Thus they make cowards of us all although there are those that leave them in full view and excuse themselves for several minutes in the full and plain meaning "What I have told you is what I have said! Read it!"

There is of course the odd wickedness — The man who will smile and nod and describe the wonderful work you are doing having signed his name to a livid description of your idiocy. With any luck your next boss will be decent and fair — but will he be in time? Hopefully you will not by then have passed the magic age of the 'promotion zone'.

The requirements of the organization are of course difficult to understand or measure at our low level. It does not behoove us to argue with the policy that X percentage should speak French or that Y percentage should have French as their mother tongue. These things are fixed, beyond our control and must be accepted.

Age is a very difficult thing. Policies that a percentage going from one rank to the next must be within a certain age bracket appear to be indefensible regardless of what the computer may forecast. Charts illustrating the numbers by rank and age projected five or ten years are well and good but past experience has shown results seldom approximate estimates and why can positions not be filled by lower or even higher ranks? Can money not be saved in pertinent years and expended in others?

One measure of the concept is occasionally seen in those who, promoted very quickly, may privately admit that while they are of course delighted they somehow might have preferred to advance in the normal course of events. The side effects involve too a large number of competent people who 'jumped' several times resign themselves to the knowledge that they have 'had it'. Their subsequent flagging interest is undesirable, regrettable and inefficient, but very, very human.

An immutable effect of many, and I stress the word many, promotions to high rank at an early age is that a vacancy is

blocked for a long period during which several capable and experienced men could otherwise have had a squirt at it prior to their retirement.

The overall result seems to have caused some degradation of respect for rank, demoralization and an enormous loss of experience. It is an abrogation of the long time unspoken agreement of 'Watch your front' — Do your duty and you will be rewarded in some measure however, small or slow it may seem.

Perhaps with no recriminations we should make an agonizing re-appraisal of our policies in the full understanding that we in no way compare to industry, that reporting systems will forever be terribly imperfect measures and above all that someone, somewhere must keep the forces side of a faith that cannot be equated with the sterile attitudes of productivity and cost effectiveness.

If a man has served faithfully, and without reward or complaint in postings that were seemingly useless, he should not be penalized in favour of one who hit the jackpot in every favourable condition.

The old system which allowed for the odd brilliant individual was in many ways antiquated, illogical and irrational but it worked.

The new appears, like many new things, to be perfect, fair, just, sensible and logical but somehow, it does not work.

We do not make widgets or operate for profit and you cannot transfer the principles behind widget or profit making to holding bayonets, bridge telegraphs or aircraft controls.

Before too many cylinders stop putting each their little power to the big machine we should turn some thought to their basic necessities such as confidence and hope before that huge imponderable wheel should after many faithful years start to slow.

Engineers can tell that if it ever does slow, acceleration is not easily achieved.

Pollution Probe (5)

Noise — sound without value?

Everyone wants the benefits associated with having an airport or expressway in his city, but no one wants it near "his" home. This would seem a fair assessment of the current airport/community or highway/community interface dilemma. And by far the most critical factor leading to the unpopularity of airports or highways as neighbours is noise.

Now the transportation industry, of which the highway and airport must be considered an integral part, operates in the free market. Passenger or ton miles are produced and sold for a price determined largely by the cost of the resources consumed in producing transport, such as fuel, crew wages, etc.

Noise however, is one cost in the transport industry which is not accounted for. This is a very real cost reflected in such things as depressed property values and the social costs of irritation, loss of sleep, hearing damage, etc., to property owners surrounding airports. In economic terms such costs are termed externalities in that they are costs the producer is not forced to absorb. Whether a cost is external or internal however, depends on one's point of view. While noise cost is external to the transport industry it is very much internal to the immediate community who must bear with it. In simple terms it's as if the residents of communities surrounding airport or highway subsidize the fares of travellers.

While it is quite evident that this is certainly an inequitable state of affairs and economically inefficient there are few effective legislative mechanisms for indemnifying property owners for the ill effects of noise. This is not to say that the technology does not exist. Land use planning through effective zoning and acquisition of property rights, circumnavigation of noise sensitive areas, low noise level take-off profiles, reduced take-off weights, runway curfews, noise barriers and tax relief for those adversely affected are just some examples of what can be done. All of these solutions however, result in increased cost of operation and hence are not likely to be adopted by airlines or airports or highway users unless they are forced to do so.

Pollution, no matter what the form, and certainly no less noise pollution, will not be checked unless there is sufficient public concern voiced to spark governmental action. The fact that airports or highways are publicly owned implies public responsibility for ensuring that noise related costs are made internal through one or more of the previously mentioned techniques. These costs can then be passed on to the traveller, for whose benefit they were originally incurred.

Unfortunately local governments are plagued with such problems as inadequate financing, multiple political jurisdictions, lack of co-ordinated planning and impotent zoning regulations which undermine its ability to carry out its responsibilities concerning noise abatement. Consequently it would seem the most promising avenue of action for citizens concerned with the growing effects of noise in their environment is to make their displeasure known either individually or collectively to federal or provincial elected representatives. So write. Remember it's your choice.

For further information contact: Pollution Control Group
1 CEU
Local 327

Instant community by Lt. Col. R. G. MacNeil, Chaplain (RC)

When the elevator stopped at the sixth floor a mother with a little child in a stroller wedged her way in among the gathering of blank faces. It was the usual group of people on the elevator at the Courts of St. James — staring up at the flickering floor numbers or looking down at their overshoes — but not particularly conscious of each other. We moved smoothly toward the basement floor stopping once to pick up a passenger.

But something was happening on that elevator. The little child — a girl just over a year old — reached out toward one of the men, smiled and said something. She didn't say words, just happy noises and the big guy was responding. He was a bit self-conscious but friendly so the child reached around to everybody. Something happened to all of us and I believe we looked across at each other for the first time and saw ourselves as people. There were good natured comments and laughter when we waved goodbye to our little friend — and one another — at the basement floor.

Driving out to the Base that day I found myself thinking about that experience and the interesting dynamism that had taken place. Surely most of the people on the elevator were small town people who grew up in neighborhoods where people knew each other. It was natural and easy for them to say, 'hello', share

a smile, give a little encouragement or greet each other with some good natured teasing or joking. Yet because of a change of locality they seemed reluctant or self-conscious about sharing themselves until somebody started the ball rolling. Then they found themselves.

The kind of life we live today in the military community constantly places us among strangers. Each year we are moving or some of our neighbors are transferred. This can be a distressing experience or it can be an enriching experience depending on how we see it. We will never again have the stability of the old neighborhood where we grew up, but good and interesting people from a lot of neighborhoods are with us wherever we make our home. Most of them want the same things we are hoping for — to be recognized, to share a little and to be part of a community.

There is no use longing for the good old days when people knew each other and we were known as real people — not just faces in a crowd. The good aspects of the small town or the friendly neighborhood are no longer part of our lives the way they used to be. But why not make the best of our new situation? Come alive and reach out. Try some "instant community". The risks involved are small compared with the satisfaction of living as a person among people.

Defence in the House

NATIONAL DEFENCE — MANPOWER STATISTICS

Mr. Mazankowski:

1. How many members of the Armed Forces are now serving overseas?
2. How many members of the Armed Forces are now stationed in Canada?

Hon. Donald S. Macdonald (Minister of National Defence): As of October 31, 1970: 1. Outside Canada, 7,233. 2. In Canada, 83,992.

MARITIME COMMAND — REPAIRS TO HMCS FRASER

Mr. Mazankowski:

1. Where is HMCS Fraser now located?
2. Is the ship undergoing repairs and, if so (a) for what reason

(b) what is the estimated cost of such repairs?

3. Is HMCS Fraser still on active service?
4. When is it anticipated that the ship will return to Canada.

Hon. Donald S. Macdonald (Minister of National Defence):

1. HMCS Fraser has been in HM Dockyard at Plymouth, England, since October 17, 1970, after suffering main machinery damage while operating in United Kingdom waters.

2. Yes, (a) to renew all bearings in both gear boxes and turbines; to refurbish both forced lubricating oil pumps; and, after return to Canada, to rebuild main pinion, port gear box; (b) \$60,000-\$75,000.

3. On completion of repairs, Fraser will be fully operational. Until then, it is restricted in speed.

4. December 9, 1970.

NATIONAL DEFENCE — COMMISSIONED AND NON-COMMISSIONED OFFICERS

Mr. Mazankowski:

1. How many senior commissioned officers, i.e. Colonel and above, are there in the Armed Forces?
2. How many junior commissioned officers, i.e. Lt. to Lt. Col. are there in the Armed Forces?
3. How many non-commissioned officers are there in the Armed Forces?

4. How many men are in the ranks of the Armed Forces?

Hon. Donald S. Macdonald (Minister of National Defence): As of 31 October, 1970: 1. 423.

2. 13,986.

3. Sergeants and above, 19,872.

4. Corporals and privates, 55, 126.

NATIONAL DEFENCE — STORAGE OF BLANKETS

Mr. Harkness:

1. As of November 1, 1970, how many blankets were held in storage by the Department of National Defence?

2. How many of these are estimated to be surplus to requirements?

3. How long have these blankets been held in storage?

4. How many of these blankets, if any, were sent to East Pakistan for relief following the recent flood disaster in that country?

Hon. Donald S. Macdonald (Minister of National Defence):

1. 727,860.

2. 628,860. Surplus balance is being held pending determination of total quantity required for civil emergencies.

3. Eighteen years.

4. 50,000

CANADIAN FORCES PERSONNEL ON DUTY DURING RECENT CRISIS

Mr. Harkness:

In connection with the use of troops to aid the civil power during recent weeks (a) how many were placed on these duties in (i) the Province of Quebec (ii) the Province of Ontario (iii) other provinces (b) how many were (i) from infantry units (ii) from armoured units (iii) from artillery units (iv) from other units of the land element (v) naval personnel (vi) air personnel (c) of those employed in the provinces of (i) Quebec (ii) Ontario, how many were sent in from outside the province and from what bases were they sent?

Hon. Donald S. Macdonald (Minister of National Defence): It is not considered to be in the best interest of national security to release at this time the exact number of Canadian Forces' personnel employed in aid of the civil power during the recent crisis.

SUSSEX, N.B. — QUESTIONNAIRE CIRCULATED BY ARMED FORCES

Mr. Forrestall:

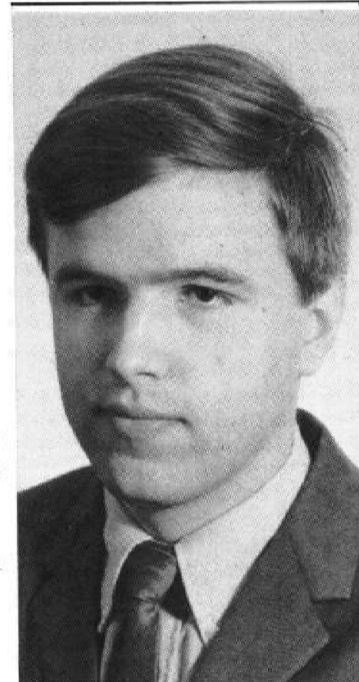
What were the results of the questionnaire circulated among 200 high school students in Sussex, N.B., by the Canadian Armed Forces?

Hon. Donald S. Macdonald (Minister of National Defence): This questionnaire was circulated in two forms among two separate groups in the Sussex High School for the Purpose of giving questionnaire wording a trial before actual use. Results are reflected only in the changes in the wording of the questionnaire being used in the current survey.



MISS CANADA VISITS 9 AMU. Capt. Ken Parker, 9 Amu operations officer, gets some decorating assistance from Carol Commisso, Miss Canada. Carol

was on her way to Alert with a CBC show troupe to entertain troops. Both Ken and Carol hail from Thunder Bay. (Base photo)



RHODES SCHOLAR —

Robert Roy Buckley, 20, son of Lt.-Col. and Mrs. Robert Buckley of Winnipeg and Calgary, has been awarded one of 11 Rhodes Scholarships available to Canadians to attend the University of Oxford in the United Kingdom. A member of the Canadian Forces Air Reserve, Mr. Buckley has attained an overall average of 94 percent during four years of study in electrical engineering at the University of New Brunswick, Fredericton. His father, Lt.-Col. Buckley is on the staff of Training Command Headquarters, Winnipeg.

TC Band entertains

Detachment says 'thanks'

WRIGHT-PATERSON AFB, Ohio — The Canadian Armed Forces Liaison Unit here played host recently to more than 400 members of the local and base community in a reception at the Officers' Club.

According to Lieutenant Colonel George Murray, commanding officer of the Canadian Liaison Unit, "The reception was given to show our appreciation for the hospitality and friendship of

the local community." Entertainment for the party was provided by the Canadian Armed Forces Training Command Band, specially flown to the base from Winnipeg, Manitoba.

The Canadian Armed Forces Liaison Unit here works to coordinate activities and programs of mutual interest with the Air Force Logistics Command and the Aeronautical Systems Division.

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25	56,380	3.08	173.80	14.91
30	52,400	3.59	188.20	16.15
35	47,800	4.38	209.60	17.98
40	42,460	5.50	233.40	20.03
45	36,280	6.90	250.40	21.48

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CFANS news corner

Here we were all set to get right back to the old grind again and couldn't even find our desk let alone a typewriter. Finally located it on the top floor as mass preparations are underway to make room for the accounts section who are moving to the bottom floor of the old school. Have fun parking chaps!!

Our congratulations to the Xmas party committee on an excellent thrash. There must have been method in their madness in feeding us so early. It took many of us multi drinks and dollars to even get slightly tipsy. Speaking of the party the good old "Observer Section" managed to win more prizes than the "Gooney Side". Brian Norman vows it wasn't fixed. Not even when our Base Commander won a bottle of his choice.

The Observer section graduated course 7006 in the few hectic days prior to going on Xmas leave. They are now on their way to Greenwood for their operational training. Course 7007 now assumes senior course duties and welcomes the arrival of 7101. Don't let them bull you too much fellows.

This next bit of information is directed to all aircrew per-

sonnel to whom it might apply. During the latter part of 1970, a "VP INTERNATIONAL CLUB" was formed with membership open to all those aircrew members having a total number of Maritime VP flying hours in excess of 3000. This is an international club, and the charter meeting was held at CFB Greenwood, N.S. in December. I have it on good authority that application forms are being distributed, and that CFB Winnipeg will be getting some soon.

By this time our more dedicated readers (myself plus two proof readers) have figured out that the column is being written by personnel of the "hard working Observer staff". Any additional items or "rebuttals" as applicable, may be submitted to the Observer Section (top floor CFANS bldg.). We promise to submit all items, unaltered, to the Editor.

All members of CFANS wish to extend their sincere sympathy to Mrs. Hugh Ferguson and family on the death of Capt. Hugh Ferguson January 2, 1971. Hugh was until his recent retirement, senior standards officer with CFANS FLYING WING. His passing will be a great loss to his many friends and the community.



CLEANING LADY RETIRES. After 11 years at CFB Winnipeg the base's only cleaning lady recently received her retirement scroll from Base Commander Col. Hugh Peters. Looking on is George Jackson, foreman base cleaning service (Base photo)

Gimli now an isolated place

Limited accommodation areas changed

OTTAWA (CFP) — An annual review of limited accommodation areas, isolated places and restricted locations has now been completed according to CANFORGEN 263 of 10 December, 1970.

Following is a summary of changes to CFAOs 20-43 and 209-28 which will be amended early in 1971.

Limited accommodation areas being deleted from Annex "A"

to CFAO 20-43 include Baldy Hughes, B.C., Calgary, Alta., Greenwood, N.S., Gimli, Man., Mont Apica, P.Q., Rivers, Man., and Sydney, N.S. Added to Annex "A" are St. John's, Nfld., and Summerside, P.E.I.

There are no deletions to the "isolated places" list in Annex "B". Four new cities have been added, however, and they are: Chatham, N.B., Clinton, Ont., Gimli, Man., and Rivers, Man.

The restricted locations list Annex "A" to CFAO 209.28 has also been amended. Deleted are Dundurn, Sask., St. John's, Nfld., Summerside, P.E.I., and Vancouver, B.C. New additions include Chilliwack, B.C., Greenwood, N.S., Mont Apica, P.Q. and Sydney, N.S. Ottawa has now been amended to include Gloucester, Leitrim, Upland Rockcliffe and Carp which have been excluded from Toronto

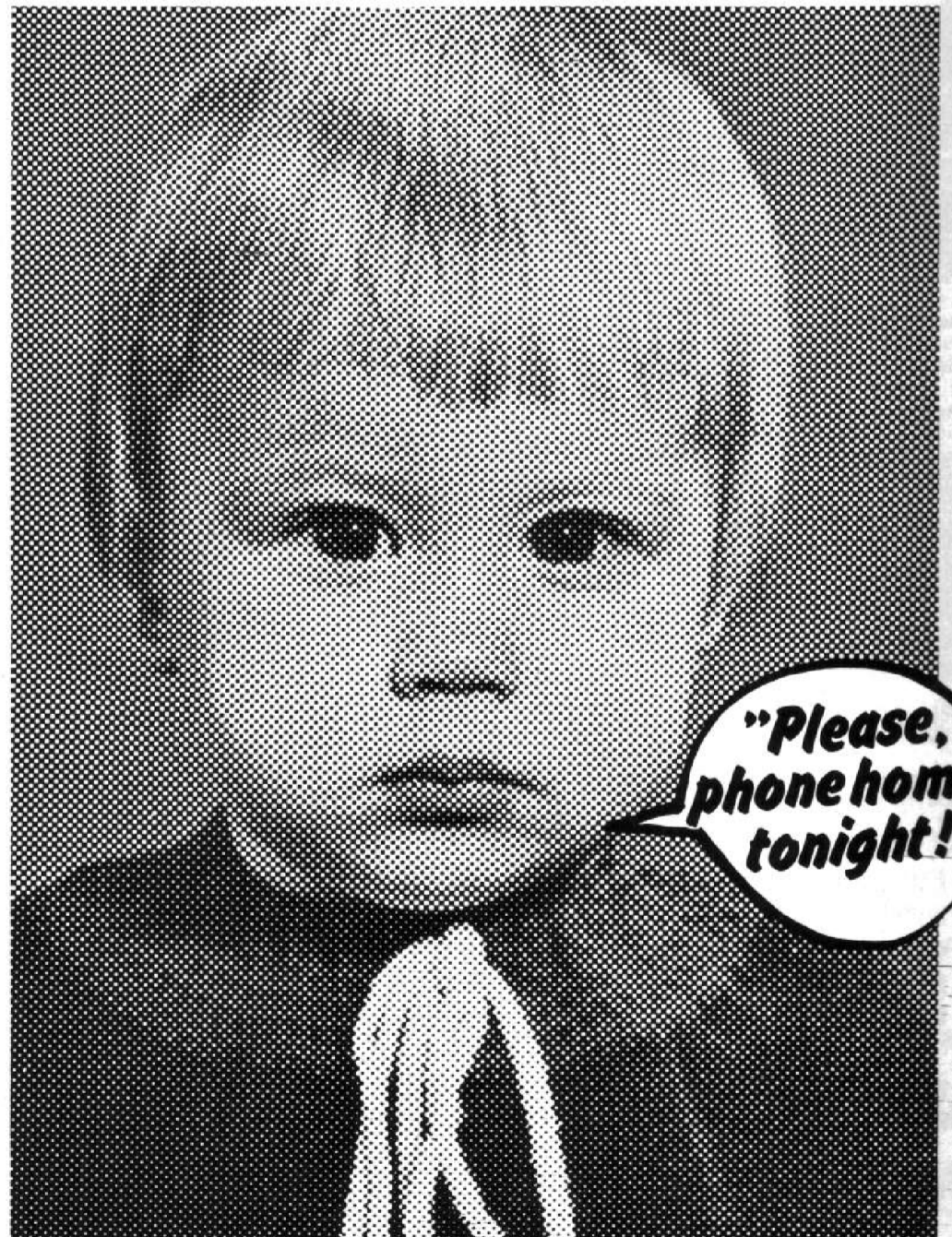


MAN OF YEAR. Airport manager, Jack Smyth, right, is 1970's aviation man-of-the-year for outstanding contributions to the industry over the past 12 months. Making the presentation on behalf of the 36-member Winnipeg management group is the 1969 winner, Col. William A. Hockney, former commander of CFB Winnipeg. Col. Hockney now serves in Beaudette, Minn., as commander of the NORAD Backup Control Centre. (Canadian Forces photo)

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Forces go hairy

OTTAWA (CFP) — Hair's a tale. In days of yore only sailors and infantry pioneers were allowed to grow a beard and moustache. All other servicemen

had to be content with simply a moustache.

A revised CFAO-17-3, soon to be distributed, now authorizes all servicemen to grow beards and moustaches subject to their commander's approval.

And shades of Lord Nelson! The new orders authorize sailors to wear moustaches without chin foliage!

Soldiers, sailors and airmen may now cultivate a moustache by itself or a beard and a moustache together. But no serviceman will be permitted to grow a beard without a moustache.

Subject to operational, safety or functional requirements, commanders may authorize the growing of beards and moustaches. Servicemen so authorized "... shall not be exposed to public view in uniform until the beard has grown to a presentable length."

Also, servicemen permitted to grow a beard shall discontinue the use of a razor entirely.

So, next time a wag asks a beard-growing serviceman, "How are you fixed for blades?" maybe his reply should be, "Your father's (S) moustache".



"... your interpretation of CFAO 17-3 is correct, Cpl. Twitterhips — air element personnel may grow beards!"

Re-engagement required for promotion-pay

OTTAWA (CFP) — Are some privates, pay level 4, missing out on promotion and pay? Yes — according to CANFORGEN 249 dated November 20.

The main reason some members are being penalized in pay and promotion is their failure to meet the re-engagement prerequisite. This in many instances has caused a delay in the effective date of promotion to corporal.

CFAO 49-4 states that, "a member cannot attempt final qualification for pay level 5 until:—

- a. He has completed a minimum of 48 months service.
- b. He has been re-engaged for an indefinite period, or
- c. He has been re-engaged or re-enrolled for a period that will extend his service beyond

six years."

The procedures for re-engagement may be found in CFAO 6-2. A private, pay level 4, must be re-engaged before he can write rank or trade exams, or attend rank or trade courses, or commence formal on-job training leading to pay level 5 corporal qualifications.

4 Wing history out in March

OTTAWA (CFP) — Calling all subscribers to the 4 Wing Pictorial History.

If you were expecting to receive your copy before the New Year, be patient until mid-March.

That's the word from CFB Lahr — the publication won't be available until at least March 15, 1971.

Trades open to remuster

OTTAWA (CFP) — Of 101 trades in the Canadian Armed Forces 35 are now open to remuster by corporals and privates.

Due to Plan Restore, which allowed servicemen to be released with no penalty if they were declared surplus to the trade, remustering is in effect in the trades outlined in DPRC 192 dated 06 1510Z Nov. 70.

Though many of the trades involved are in more than one pay field only the lowest field should be considered since higher fields apply only to sergeants and above.

Voluntary remustering in limited numbers will be carried out between Dec. 1, 1970 and Mar. 31, 1971.

Application, in accordance with CFAO 11-12 Annex A must reach Canadian Forces Headquarters by Mar. 31, 1971.

the vox poll

A new CFAO authorizes all servicemen to grow beards and moustaches (subject to their Commander's approval). Do you feel this new freedom will conflict with the serviceman's public image?



Capt. Joe Paquette (CFFTSU)

I do believe that this CFAO will lead to a lowering of standards of appearance, mainly during the transition stage from the stopping of shaving to the fully acceptable beard.

The Navy in its time, restricted personnel to the Base or Ship during this phase and I can't see this coming out as part of CFAO's. I do agree, obviously, with the beards and moustaches as these have become an item of contemporary appearance.



Pte. Susan Nelson (Base Hospital)

No, I don't feel that beards and moustaches will conflict with the Serviceman's public image if they are kept neatly trimmed and cut, and are not allowed to go to extreme. Personally, I don't mind a small goatee as they give some men a distinguished air.



Sgt. W. Magura (Telecom ground)

I must be honest by admitting to all that I am prejudiced to men wearing long hair and beards. In the case of the Service, I feel that beards could possibly be allowed on long remote sea and land maneuvers only. I compare a beard to a mask in that it can easily disguise your true identity and when one seeks to do this he's either a Rebel or a Fake. Up to now I have been very displeased in the deteriorating appearance of the civilians and dependants on the Base particularly those boarding Service Aircraft.

Cpl. John Morris (2PPCLI)

I think that if the Servicemen were allowed to grow beards, the men would change along with the Service. I don't think that it would change the public's image.



Pte. Karen Kelso (Base Hospital)

I don't think that a beard would deter from a Serviceman's public image. Being in the Navy I think the tradition of beards hasn't lessened their public image. So others should have freedom of choice as well. Personally I don't like them because they burn or tickle.

Maj. (USAF) R. W. Smith (CFFTSU)

Appearance is the main key. The clause "commander's approval" is important, although discrimination from one man to another is impossible. Individuals should use a common sense factor in appearance. Some women should be banned from wearing mini-skirts as well.

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The season are gradually happy New Y extended to es twice and the the annual complete w ports and w

The Battalion tide season w Christmas di on Tuesday 22 Mess with al For those of with the cust served at the officers and se unit.

The meal on plete turky by Christmas air of your of send and h velous at a applauded.

Upon com the comman his best wis year and ex tion to the done durin period.

The Batt carol singi tion of WO exercised t chords of 'Has anyo and closi selections. ly receive to end o gether.

Howeve act to co This year turn to b by the s the call corps file and door by tunately hours l

The witness unit of (recom sent of wishes



Patricia report



The season is over and we are gradually recovering. A happy New Year's wish was extended to everyone at least twice and the post mortem on the annual 1 January levee is complete with technicolor reports and vivid description.

The Battalion started Yuletide season with the traditional Christmas dinner. It was held on Tuesday 22 Dec. in the Men's Mess with all ranks present. For those of you not familiar with the custom the men are served at their table by the officers and senior NCO's of the unit.

The meal consisted of a complete turkey dinner followed by Christmas pudding and two ale of your choice. MWO Townsend and his staff did a marvelous job and they were duly applauded.

Upon completion of the dinner the commanding officer extended his best wishes for the coming year and extended his appreciation to the men for a job well done during our resettling period.

The Battalion was treated to carol singing under the direction of WO McKinley who exercised the group through chords of 'Ric-a-dam-doo' and 'Has anyone seen the colonel' and closing with Christmas selections. The recital was warmly received and was a fine way to end our Regimental get together.

However, there was our final act to complete the merriment. This year it was the Officers' turn to be entertained at home by the Sergeants and so from the call of the piper the officer corps marched in in single file and were greeted at the door by our hosts and unfortunately piped out again two hours later.

The New Year's Levee was witnessed in body by most of the unit officers and two visiting (reconnaissance) teams were sent out to convey our best wishes. Eventually all were

present at the Lieutenant-Governor's residence for tea and after an anxious period of politeness we went back to visiting again.

On the operational side of the houses 'B' company and Bn HQ will soon sojourn to Dundurn, Saskatchewan to partake in exercise Northern Guard and adopt the roles of enemy and umpire.

Delta company will have its first graduation parade on the 28 of this month. Canal du Nord platoon is probably glad of that as will be Agira platoon on the 4th of February.

A sports program is on the upswing and most sub-units are getting back to the old PT schedule. A base volleyball team is slowly taking shape and should give a good account of themselves in the zone championships held later this spring in Calgary.

A bit of belated news. While in Quebec the Battalion established a close rapport with the populace as the following two examples illustrate.

For two weeks number 4 platoon B company enjoyed the use of the facilities in the Leopold-Gravel School in Terre-Bonne, Quebec. In appreciation the platoon presented the school with a fine trophy to the class that achieves the highest marks in academic and athletic activities. Father Leblanc, a priest in the same area, offered 5 platoon use of two houses during their stay, much to the delight of the men whose alternate was a winter tent. In appreciation B company presented the priest and representatives from other local church groups a donation to aide the scouts and guides in the community.

In closing, the Battalion is pleased to announce the following promotions: to WO, Sgt. Stothard and to Cpl., Pte. Westcott.

Congratulations and this concludes the news.



WHILE IN QUEBEC, the Patricias expressed their thanks to the Leopold-Gravel School by donating a trophy. Accepting the trophy is principal Yvon Courcilles from Lt. D. R. Thompson, while students Mannon and Chantel McDuff look on.



RIC-A-DAM-DOO. WO McKinley leads the Senior NCO's in a sing song. (Base Photo)



TABLES TURNED. Maj. Art Neadow turns the tables as he acts as a waiter for the annual men's Christmas dinner. (Base Photo)

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CHRISTMAS DINNER — The Police Association hosted the Paraplegics' Christmas Dinner at the Senior NCO's Mess Dec. 23rd. Former Constable, Frank Lynch, a Polio victim since 1966, smiles in approval at the Turkey displayed by Cpl. Bud Dawson and CWO Bill Shinnon. Looking on are Chief Constable Norman Stewart and CWO Paul Martin. (photo by Hoover)

Bats Belfrey



Our curling team brings home the Trophy — for repairs. Actually in an incredible display of sportsmanship our team was the first team to bow out of the competition for the Transport Command Curling Trophy. After looking over the competition, our boys decided that it would be only sporting to give the other teams a chance of winning as it might be their last chance due to their advanced years. This also gave our team a chance to crowd the bar and keep the other teams from indulging too freely and thus spoiling their chances. As mentioned, all in all an incredible display of sportsmanship. Through some mishap the Trophy was slightly damaged so naturally our team took it upon themselves to bring it back to Winnipeg for repairs. Better luck; next year team.

Another farewell party will be held Friday 15 Jan for three more squadron members. Sgt Don Peterson is leaving for Edmonton to 444 Sqn and has been replaced by M/Cpl Rosie McEwen as Crewman Leader. Capt Pat Conlin has been transferred to Portage and was replaced by Capt Ken Jennett as Helicopter Pilot Leader. Capt Bob Slade is retiring and

Capt Leo Graham is his replacement as Ops Officer. Don Pat and Bob and their wives will be honoured guests at the Party.

Recently Capt Gitzel, Lapointe, Roe and Urquhart and Lts Healey and Marsland attended the Searchmasters course at Trenton and will be added to the assistant Searchmasters Roster.

HELICOPTER HOP-ENINGS

In December our Helicopter section helped finish off the hunting season by being called out for a couple of lost hunters who eventually found themselves before we arrived. There was a mercy flight to transport a special blood type from Dauphin to a patient in Winnipeg (that's a switch). A false Maday from St. Andrews field scrambled another Helicopter on the 10th, but all was OK. On Monday the 14th an urgent call was received from the Bloodvein Reserve. Three children had taken an overdose of sleeping pills and the local nursing station had requested a doctor to provide assistance. So a crew consisting of Capt Perry Hutton and Len Bentham, Cpls Sabourin and Mitchell and Sgt Lemieux transported the doctor, Capt Susan Ball and the Medaid Sgt Mottel to the Bloodvein Reserve and then airlifted the three children back to Winnipeg for further treatment. A typical month, you ask? Really, it's difficult to assess what a typical month is.

After last New Year's predictions Bats Belfrey stoutly refuses to issue any fearless forecast for this year except to state a corollary to Murph's Law that states, if the unexpected is expected it probably won't happen.

airplanes, I have to have a report by tomorrow!"

But north or south of the border, the future pilots and the young ladies all seem to be in a hurry. The office shivered when this note came during a -10 degree cold spell, "Please hurry and answer, I'm waiting at the mailbox in my pyjamas". (The material was sent the same day).

Although many requests come from College students, interested businessmen, and other adults, who could fail to take time to answer the small girl from Indiana who addressed her letter "My Canadian Air Force Friends". Another wrote, "I'm sorry to barge in on you. If you are chasing enemy bombers, please write later." They try to be impartial too. A Colorado Springs, Colorado sixth grader wrote, "Since I wrote to the U.S. Air Force Aerospace Defence Command, I thought it only fare (sic) that I rite (sic) you two (sic)."

Answering the letters from the young North Americans is only a small part of the Public Affairs Mission at North Bay, but there's no one in the Region Office who'd deny it's one of the most heartwarming and interesting. So if you see a small child in pyjamas at a mailbox, take heart, he may be one of NORAD's most devoted fans.

'I know you have polar bears up there and I'm sorry'

North Bay, Ontario (NORAD) — "... and another thing, please be sure none of it is top secret — cause I don't want to be hunted down by the NORAD mounties!", read the letter from the southern United States. Another, written on yellow school paper came from California and asked for photos of "... the Royal Eskimo Air Force". Or perhaps you'd prefer answering one which simply said, "I know you have polar bears up there and I'm sorry!"

Strange letter perhaps, but all in a day's work for the 22nd NORAD Region's Public Affairs Office at North Bay, Ontario.

Many are from youngsters in the United States, trying to learn more about their Northern neighbors. "Who feeds the dog sled dogs when the pilots fly after the Russians?", asked one eight-year-old from Miami, while another volunteered to join the "NORAD SAGE Army" when he's "a couple years older" (he's now 10 years old). Another lad, much more mature (age 12) wrote in part, "It has been brought to my attention that American Air Force pilots are working in Canadian salt mines." (A brochure on the NORAD underground SAGE complex at North Bay hopefully relieved his fears.) Then there was the lad from New York

who simply asked, "What's a NORAD? I don't think we have one in our school."

Canadian youngsters are equally curious, and although more knowledgeable on North Bay and its weather, they still shake the Public Affairs office with some of their requests. An eight-year-old from northern Ontario asked, "Please fly a jet over our school this afternoon and fire some rockets, so I can show everybody you're good guys." Unfortunately that couldn't be done, nor did NORAD satisfy the young British Columbian girl who wrote, "Please tell me everything there is to know about

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VOXAIR WOMEN

Brownie and guide events

Mrs. A. Moseley, Guide Captain of the 58th Guide Co. reported her group were busy making stuffed toys to put in Christmas hampers for the needy.

Parents interested in their daughter becoming a Guide may phone Mrs. Moseley at 489-3074 for more information. The girl need not have been a Brownie but must be at least 10 years of age.

Mrs. M. Walters, Guide Lt. for the 44th Guide Co. reports 10 girls passed their First Aid Course. The sessions were held at the home of Mrs. M. Abson. The girls to receive Badges are as follows: Margaret Hallett, Lynn Deller, Julie Moseley, Karen Nordstrand, Debbie Walters, Laurie Wharton, Nancy Fritz, Heather Poole, Kathleen Lancaster, Sharon Lancaster. Mrs. H. Wharton, Guide Lt. also took the course and helped with the training. Thanks to Mrs. Abson.

Mrs. M. Fry, Brown Owl of the 129th Wpg. Brownie Pack reports 26 girls received their Art Appreciation Badge. The work was done as a pack project under the guidance of Mrs. Jan Hallett who also did the testing. Monday, Dec. 14 the girls brought in gifts for the less fortunate and wrapped them. These were delivered to a worthy organization.

The last meeting for 1970 was a Christmas Party and the Brownies reopen on Jan. 11, 1971.

Mrs. M. Gourley, Brown Owl of the 58th Brownie Pack reports that on Nov. 3 at Laidlaw School 5 Brownies enrolled: Joanne Homik, Susan Arbuckle, Laurie Speirs, Leslie Schwartz, Andrea Wood.

Four new Sixers were invested at the same ceremony:

Lorraine Speirs, Carolyn Gourley, Debbie Gray, Leanne Albrechtson.

Mrs. J. Deller, District Commissioner enrolled 8 more Brownies on Dec. 1. Receiving Brownie Pins were as follows: Diane Youngman, Andrea Duncan, Wendy Millan, Moira Sheridan, Chris Schlamp, Susan Mark, Nancy Bergman, Lindsay Burns.

Farewell Banners were presented to 4 Golden Hand Brownies: Irene Rabinovitch, Cheryl McInnis, Monica Mann, Nancy Hirks.

Cake and coffee was served to the mothers in attendance.

Mrs. Gourley and Mrs. O'Dare Gunn, Brown Owl of the 162nd Brownie Pack jointly held a Brownie Revel to celebrate our 60th Anniversary. A campfire surrounded by a circle of Indian friends was their theme. Games, songs, food, and fun made their Revel a long to be remembered celebration.

Mrs. E. MacEwan, Tawny Owl of the 162nd Brownie Pack reported for their good turn the girls made Santa favors and filled them with candies and made elaborate paper hats. Also they did special jobs for family and friends to earn money. All this they combined and sent to a community in the Interlake District so that a group of 40 children may have a Christmas Party.

In December the 44th pack worked on the Nature Lore badge. We made tepees and learned how the Manitoba Indians lived before the white man came.

For our Christmas good turn all the Brownies brought small gifts that were given to the Mount Carmel Clinic. At the Christmas Party we made card holders from paper plates and decorated them.

104th group cubs, scouts

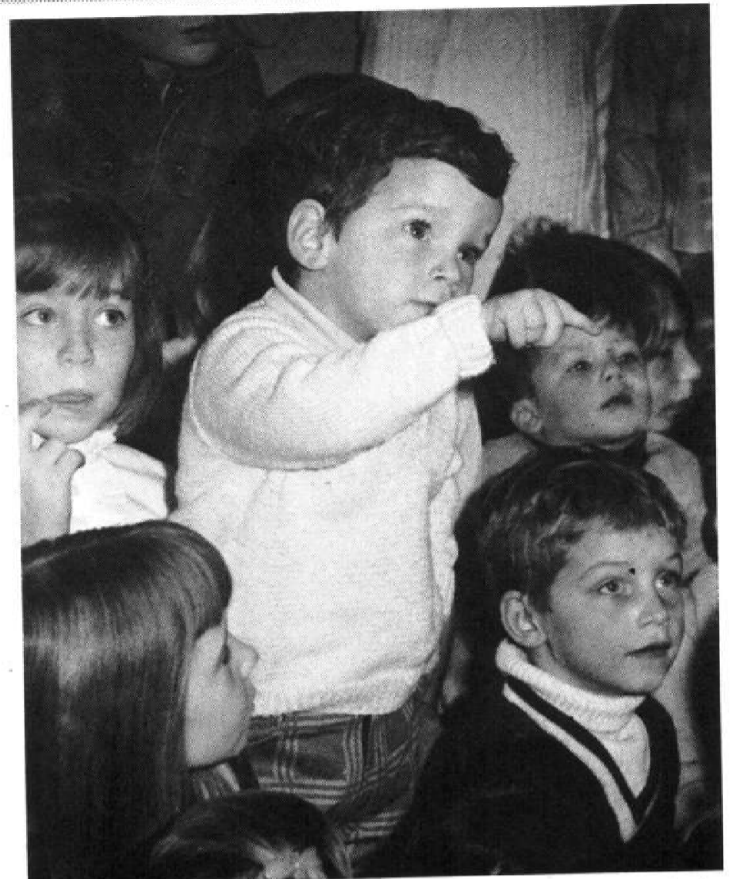
The bottle drive held by the 104th Group of Cubs and Scouts (South site) was a great success, raising as it did over \$80 towards the summer camp fund. This along with the proceeds of the calendar sale has put the group funds well into the black.

The sleigh ride organized by Don Ruddock for the Scouts was a lot of fun by all accounts and John Reilly (Base Maintenance Land) the assistant Scoutmaster deserves a special pat on the back for organizing films for kids on Saturday mornings, the price of admission being a can of soup or other foodstuffs. The Christmas hampers he turned over to the Padre were much appreciated — Well done.

There is still room for a few more Scouts and Cubs. Registration fee is now \$4.00 for the rest of the year and the group is also in very real need of someone to assist with the Scouts. No previous experience is necessary, just a will to help out for two hours every Monday evening. Call Major Hawkins (489-9525 or local 572) for details.

The co-operation of PMQ residents was much appreciated in coughing up with their old bottles and special mention must go to Capt. Den Dempster of TCHQ who turned out to drive one of the trucks. This is the sort of support that makes a community function as such.

Kiddies' Korner



THE PARENTS of this youngster, who was being entertained by the Corporal's Club over Christmas, can have this photograph by coming to the Voxair office and picking it up.

(photo by Hoover)

A new snow suit for the young one

by Consumers' Association of Canada

Sales of winter merchandise are now in full swing, so this is a good time to consider the purchase of a new snowsuit for the young ones in your family.

With a growing family, a snowsuit should be considered an investment — the child should out-grow it, not out-wear it. If you buy wisely and provide the proper care, you'll find that a snowsuit can be passed from one child to another.

The factors for long wear are quality, material and construction of the garment. The outer covering should be waterproof for effective wear. If you decide on a pile fabric, be guided by the density and depth of the pile. You can judge by the bulk. The thicker the garment — be it pile, quilted or lined — the more air will be trapped and this is what provides warmth.

Cuffs must fit snugly to ensure that warm air stays in and snow stays out. Examine the cuff. Pull it open and make sure it snaps back. Double-stitched seams and double thickness at

the knees are needed for the rough usage youngsters will give a snowsuit. Check other points of construction too. Are the buttonholes well made? And what about the zipper? It's got to be easy running and of the heavy, industrial type.

In the basic styles, the one-piece suit often starts out as a bunting (baby bag) and with some fancy zipping can convert to a regular snowsuit. This style, though available for older children, is more often shown for the very young.

The two-piece suit should have

a generous overlap between the top and bottom sections — both for warmth and growth allowance.

Be sure the footstraps are sewn high on the inside of the leg as this permits flexibility in adjusting the length of the pants in either the one or two-piece suits.

Make sure the outer shell is turned under at the leg and arm cuffs and that the lining and shell are not simply sewn edge-to-edge. If the lining is not "recessed" it may sag — particularly when it gets wet.



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Sports 'N Things

with Russ Phillips

A funny thing happened on the way to work this morning. "Happy New Year" a fellow said to me. "Happy what?" I replied. "Happy New Year dum dum, or are you still living in the past?" said my ex-friend testily. As soon as I got in to work I checked the calendar and darned if he wasn't right, it is 1971. Well, I'll go along with this but it's a sneaky trick to change years without telling me. I wasn't done with 1970 yet. So anyway, Happy New Year folks, ready or not.

Though 71 took me by surprize, I nonetheless was ready with my crystal ball highly polished and at the ready, so please stand by for my annual unalterable sports predictions — 1971. I gaze deeply into the ball and see a figure who appears to be wiping his brow. The picture is clearer now and it turns out to be **Marcel Beaudry**, CFB Winnipeg Sports Counsellor. It's hard to make out what he is doing but he seems to be resigning or something like that. If this is true, its bad news for us. Nobody, but nobody has ever handled the sports portfolio nearly as well as Marcel. Since March of 1970 when he was given the job, Marcel has turned defeat into victory many, many times, such is the nature of the task and the man. The job takes great hunks of hard work, patience, diplomacy and sincerity, plus the luck of a saint, to be a success. Marcel Beaudry has been successful, and this dept. hopes that he may be rewarded in some way for his efforts.

Now the picture changes and a group of people come upon the scene. Looks like hockey players — why of course, it's the Royals, Winnipeg's Base team. Appears as if they've just won something. Ah yes, it's the Zone Championship for the second straight year. The picture faded before I could find out how they made out at the National Finals. Sorry.

And what have we here? A maroon station wagon out on the perimeter driving alongside an old jogger. I know who that is, it's **Phillips, Lanctot** and company performing the final **SPACE** walk before Phillips leaves the Base. Now I see a big field with a whole gang of football players charging about. Can't make out whether it's touch or tackle football, but I see coach **Marque Dandurand** out there directing traffic. Do you suppose that CFB Winnipeg has joined the National Defence Football League?

And now ladies and gentlemen, the famous crystal-ball is beginning to fog up and smoke is coming out of its ears. It's the first time I've seen such a thing happen. As a matter of fact, I didn't know a crystal ball even had ears. On second thought, how else can it gather such facts if it has no receiving device? After all, how much of a genius would I be without ears?



Mr. Dan Black, convener for the St. James Division of the Winnipeg Olympic Hockey League, presents the Winnipeg Olympic Centennial Tournament trophy to team captain Don Muise of the West-

win Olympics. Westwin won the single knockout tourney which was held over the Christmas holidays and included seven other teams.

Photo by Hoover

INTERSECTION HOCKEY LEAGUE

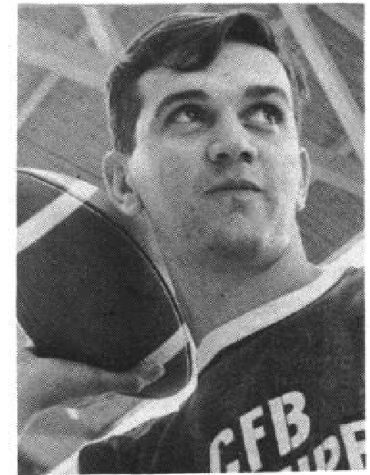
TEAM STANDINGS

	GP	W	L	T	GF	GA	PTS
BRUINS	18	15	2	1	119	27	31
CANADIANS	20	7	10	3	42	88	17
LEAFS	18	3	13	2	38	101	8
PPCLI*	4	2	2	0	11	9	4

* PPCLI missed 16 games while at Montreal

INDIVIDUAL STATISTICS

NAME	TEAM	G	A	PIM	PTS
THORSON	BRUINS	31	19	12	50
ANDRYCHUK	BRUINS	15	22	3	37
WILSON	BRUINS	16	15	9	31
ANDERSON	BRUINS	11	17	6	28
FORBES	BRUINS	8	17	12	25
MILOT	BRUINS	16	6	6	22
ARMSTRONG	BRUINS	7	15	28	22
CLARK	CANADIANS	10	7	0	17
D. SMITH	CANADIANS	7	6	15	13
BAKER	BRUINS	5	5	18	10
BLACKMON	BRUINS	4	6	39	10
THOMSON	LEAFS	6	3	3	9
CARROJ	BRUINS	5	3	3	8
BRETT	CANADIANS	6	1	3	7
MUISE	LEAFS	5	2	3	7
PALMER	LEAFS	5	2	0	7
PINKE	LEAFS	5	2	24	7
PAYNE	CANADIANS	4	3	3	7
GLEASON	PPCLI	5	1	0	6
SIMPSON	LEAFS	3	3	6	6
ALCOCK	CANADIANS	2	4	6	6
SMITH B.	CANADIANS	1	5	36	6
CROWBAR	CANADIANS	1	5	24	6



Cpl. Paul Gallant, well known sporting addict has been posted to CFS Lowther. For the last five years Paul has been active primarily with broomball in the winter and football in the late summer. As well, he has worked in the capacity of staff writer for the Voxair. We don't know what Lowther has to offer Paul but Paul has plenty to offer Lowther.

Photo by Hoover

MEN'S CURLING LEAGUE

A one night a week Men's Regular Curling League has been arranged to begin in January 71 and end in April. Curling will be at 2100 hours and the fee will be \$10 including MCA membership. You will get 12-15 games for this fee. Full teams or individual entries accepted.

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THIS YEAR SKI EUROPE

by CAPT. L. F. GRAY
(Capt. Gray has recently returned to Canada after an extensive tour in Europe. While there he was the editor of The Beaver. Capt. Gray is now on Cross Training course 7008 at the Air Navigation School.)

Whether you are a novice or an expert skier, it may well be that this is the year you should investigate that happy hunting ground of all skiers — Europe. Before you leap to the conclusion that European skiing is reserved for the rich in the jet set read on — you may well find that its not quite as expensive as you think.

Skiing in Europe does not necessarily mean Chamonix, Davos or Vale D'Isere, although these are very fine resorts — if you've got the cash. Some of the better European skiing however, from the viewpoint of good snow, uncrowded slopes and short lift lines can be found in places you have never heard of — for instance — Erpfendorf. You snicker? Well don't — for Erpfendorf is a little known ski village only about 15 kilometers (10 miles) from the rather better known area of St. Johann which includes the famous Kitzbühel.

Have we piqued your interest? Great — now here's how to get there and ski at the least possible cost. You'll have two things going for you. An area where skiing is excellent and the bonus that they offer special rates to Canadian Forces personnel. Servicemen get another advantage in the ability to travel on our trans-Atlantic Service Flights. If you really seriously investigate these you will probably find it considerably easier to travel during the prime ski months of January, February and March than most other times of the year. Should you not wish to risk the uncertainty of Pri 5 there are myriad other methods of getting to Europe, via charters, etc., without it costing an arm and a leg. But let's assume you go with Transport Command.

From Lahr, CFB Europe, Erpfendorf is not more than a 3 or 4 hour drive on Germany's excellent autobahn system. Erpfendorf is in Tyrolia, in Austria and the driving is virtually all autobahn. Should you be fortunate enough to have the use or hire of an automobile! If not — European rail travel is highly efficient and ridiculously low in price. You can get express trains which stop at St. Johann and from there it is an easy jog by either bus or taxi to Erpfendorf. To cross the border a serviceman only needs his ID Card but his dependents will require a passport.

Gasthof Berghof is the focal point of skiers in this picturesque village. It is a typical Tyrolian family operated establishment. The owners, and operators, Toni and Renate Unterrainer, speak sufficient English so you will have no language problems and they do cater to Canadians with

a smattering of American servicemen so English is the main tongue echoing from the surrounding hills. A guest here is truly a guest. Almost your every whim is catered to and usually anticipated.

The Gasthof, plus adjacent guest houses can accommodate up to 80 visitors, some rooms have showers and the ones without have sinks and the shower will usually be found just outside the door. All rooms are new and modern and the beds extremely comfortable. Sleeping under the feather quilts can be an experience all its own.

Meals, although Austrian in flavour and composition, are prepared for North Americans and if you leave the table hungry it will be through no fault of the chef. The meals are all substantial and are included in the price of your ski week.

It is best to plan on a week as here they are geared to a weekly type operation that includes everything; ski instruction, accommodation, meals, lifts and a competition each Friday for Super Gold, Gold, Silver and Bronze medals.

The ski slopes near Erpfendorf range from gentle "Bunny Slopes" to some of the toughest racing courses in Europe. All are equipped with at least a T-Bar and you will find that you can combine several different runs for all the variety that you will wish. Depending on your ability, your instructor probably will take you to the nearby runs at St. Johann or Kitzbühel for even more variety and longer runs. Your Ski Week price does not include the cost of the lifts in these places but compared to Canada even these are ridiculously low and at St. Johann you go half way up the mountain on a real fun Bergbahn (Cog train). There are also cable cars and chair lifts to take you to advanced slopes where you may enjoy impressive views of the mountains of Tyrolia.

The instruction is absolutely superb. All are certified Austrian Ski Instructors who speak English and are pleasant, convivial companions on the slopes. They will accurately assess your capability the first day and then tailor your instruction (within your group) to meet your individual needs. The groups are never so large that an individual will get left behind and the instruction is as close as you'll ever get to individual lessons without it costing a fortune. Normally you will get four hours of instruction each day. The rest of the time allows for relaxation and for you to put your new found skills to practice. But even after the formal instruction time you will find that you still ski as a group with your instructor so he is rarely very far away if you want some small point cleared up.

Should you elect not to take your own equipment, rentals are available at reasonable terms without deposits to Berghof

guests. For example — ski rental, including fitting and poles is \$5.00 per week. Buckle boots will cost \$2.80 per week.

But now let's get to the nitty gritty of "What's it going to cost?" The prices quoted are for the all-inclusive ski weeks: a double bedroom per person per week is \$51.80. If you insist on a shower the room will cost \$56.00 per person per week. Reductions are in order for children under 8 years old. And that's it! The entire cost! For this you may expect absolutely no extras such as service charges or taxes. (Don't forget — in Europe all service charges are figured into everything and you are not expected to tip except for very exceptional services).

Included in the above price in unlimited use of the two lifts at Erpfendorf plus the two lifts in next door Kirchdorf. Your instruction has been included and so has all meals. Drinks, however, are not included but even these you will find pleasantly inexpensive.

If you take your wife and/or girlfriend who does not wish to ski then the prices are adjusted accordingly, i.e., room without shower for \$30.80 per week and with shower for \$35.00 per person per week. Incidentally the currency used is the Austrian Shilling which is worth approximately 4c (25 to the dollar) but until you have time to change your money payment almost everywhere will be accepted in dollars.

With this information you can now figure almost exactly what it will cost for a week plus whatever you personally need to blow on souvenirs to make the folks at home slightly green with envy and depending on how you drink. The nightlife is as active as you make it but you'll probably find that the day is quite exhilarating and you won't want to be up all night partying. One thing you shouldn't miss is a trip to Kirchdorf for the Schuhplattler Show, a display of folk dancing indigenous only to the Tyrol.

So live a little this year! Think Ski — Think Europe! You won't be sorry, nor broke when you get home! As mentioned before they are geared for ski weeks so you should plan to arrive as close to the following dates as possible:

- 24 through 31 Jan.
- 31 Jan. 7 Feb.
- 7 Feb. 14 Feb.
- 14 Feb. 21 Feb.
- 21 Feb. 26 Feb

and so on weekly until the last scheduled week which is 4 through 11 April. Curious? Well it won't hurt to at least write for a brochure to:

Toni and Renate Unterrainer
Gasthof Berghof
A-6383 Erpfendorf/Tirol
Austria.

If you are convinced and wish to reserve you will have to send about a \$5.00 per person deposit which is credited to you weekly cost.

AEROBICS — OXYGEN USE PROPORTIONAL TO FITNESS

Many people may take exception to the limited number of activities suggested for a training-effect program. It is quite probable that one will say, "I do enough now, why is there any need for more?"

To show what is meant, a variety of sports were tested and judged for physical merit. Continuous active time of over five minutes is the important factor:

- Fencing, Football — 30 minutes, 3 points.
- Soccer, Lacrosse, Skiing — 30 minutes, 3 points.
- Hockey — 20 minutes, 3 points.
- Skating, Volleyball — 15 minutes, 1 point.
- Golf (no carts) — 18 holes, 3 points.
- Tennis (singles) — 3 sets, 4.5 points.

For football, skiing and lacrosse, the player counts the time actively participating in the point system.

In running, tests show that one mile done in eight minutes or less demands 35 millimeters of oxygen per minute in producing energy. The eight minute mile is given five points and all exercises are based on this formula, points vary for the amount of energy produced. On that basis, it is possible to see the certain continuous active sports are best for an overall training-effect.

Air which is inhaled contains approximately 21% oxygen and during exhaustive work, amount of oxygen decreases which is an indication of fitness. In poor form man could exhale 18% which leaves body consumption at 3%. An average fit person exhales approximately 17% for a difference of 4%. In condition, a human body consumes 5% while exhaling 16% oxygen. Given odds on a physical fitness test, they would weigh heavily in favor of the physically fit.

While a person may not do one of the seven most active sports, his time of participation will be a lot longer. People doing an Aerobic program can win on their own individual effort to a greater degree of satisfaction, plus a big help factor in everyday affairs as well as sports.

Kids learn skin diving

Skin diving lessons have started for children at Lipsett Hall at 1900 hours every Monday. The only requirement is that the child must be able to swim.

Many people confuse skin diving with scuba diving, the first of which employs only mask, flippers and snorkel and uses only the air retained in the lungs. Scuba involves breathing compressed air from tanks and proper technical training is required before it can be undertaken safely. For this reason children are generally not allowed to scuba dive until they reach the age of about fifteen.

Major Tony Hawkins of TCHQ whose hobby is skin diving rather Scuba has recognized for a long time that dependent children had no means of learning the art since masks and snorkels are

not permitted in family swim sessions due to the difficulties in lifeguards supervising their use. Thus a child could, up to now, participate only in normal swimming or wait until over fifteen to join the Goldeye divers, the base Scuba club, to learn the whole business. This gap has now been closed and yet another specific sport is available to dependents in the younger age brackets.

The Goldeye divers have kindly donated two masks for use by those who as yet do not have their own equipment. Parents are invited to let their children try the sport and if they decide to participate on a regular basis a proper mask and snorkel, total cost about \$5.00 should be purchased. Fins (about \$4.00) can be bought later, but are not necessarily required.

Furniture Sale

ITALIAN LAMPS, 3 WAY Switch, \$34.80. Spanish Lamps, \$38.60. Swags \$28.40. Pole Lamps, \$29.60 in all colors. Only at The Furniture Warehouse, 1030 St. James St. Open 9-9. Easy Terms.

SPANISH HEXAGON DRUM Tables, Reg. \$99.50, Sale, \$68.60. Commode, \$49.40. Coffee, \$49.40. Only at The Furniture Warehouse, 1030 St. James.

DECORATIVE LAMPS WITH Silk Shades \$29.80. Italian Walnut coffee tables \$36.40. Swag Lamps Provincial Styles decorated with 18K gold \$46.70. Save only at The Furniture Warehouse, 1030 St. James St., Open 9-9. Easy Terms.

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Furniture Warehouse, 1030
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9-9. Easy Terms.

VOXAIR VIXEN



THAT HAT kinda takes your mind off of winter doesn't it. Wearing it is our first vixen of the year, Mary Roske who is a fine arts student at U. of M.

(photo by Hoover)

FOR SALE

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\$387.60. Deluxe 3 Room
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Sale \$787.60. Save 20-
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