

February 23, 1972 CANADIAN FORCES BASE, WINNIPEG Vol. 21, No. 4

**WINTER ENDURANCE** — Members of the Winnipeg-based 2nd Battalion Princess Patricia's Canadian Light Infantry disembarked from a 402 Air Reserve Otter aircraft into a nippy 25 degrees below zero to join the rest of their unit presently engaged in winter exercises in the northeastern

Manitoba woods. Each unit lives in the field for a week in tents undergoing sub-arctic training in temperatures often well below —50 degrees due to wind chill factor. By the end of February 700 men will be trained in basic winter warfare skills and survival techniques. (Canadian Forces photo)

## It's north to Alaska for our Patricias

Members of the Second Battalion Princess Patricia's Canadian Light Infantry will take part in a joint field training exercise with U.S. forces in central Alaska in early March.

The object of the exercise, dubbed Ace Card, is to train a battalion battle group in tactical deployment and support procedures in remote sub arctic areas. One hundred and twenty-six members of the battalion will

leave Winnipeg Feb 25, aboard three USAF Hercules aircraft for Fort Wainwright, Alaska, where they will be attached to the US Army's 1st Battalion 47th Infantry.

The company is currently in the Bissett, Man. area, carrying out special drills, procedures and arctic techniques which will be used in the exercise.

The company returns to Winnipeg, March 15.

### Housing, schools and quarters

## More DND construction

OTTAWA (CFP) — The Canadian Armed Forces' latest construction program, ranging from living quarters in Kingston to housing and schools at Valcartier, will benefit officers, junior ranks and school children.

At CFB Kingston 20 new, junior officer suites and 30 student officer quarters will be constructed. As announced last October, Valcartier is to get 250 married quarters and additions to its three schools.

At Kingston some of the quarters were substandard: 69 officers were housed in two buildings built before the Second World War. Apart from that, there just wasn't enough space.

Then, on September 1 last year, the situation became critical when CFB Clinton, Ont., closed and many of its personnel moved to Kingston.

The 20 suites for staff officers will consist of a bedroom, sitting room and bathroom, —total floor space about 350 square feet each.

The 30 new student officer quarters will also be single occupant dwellings but will be smaller in size. Both the staff officer and student quarters will be built near the Vimy Officers' Mess. Construction begins this spring and should be completed in April, 1973.

At Valcartier the requirement for new facilities is based on two factors. First, a survey by Central Mortgage and Housing Corp., shows that local housing is insufficient to meet the military's needs. Second, troops of 5e Groupement de Combat based at Valcartier must be housed close by and be available quickly if they are to be truly combat ready.

The housing units will be a mixture of semi-detached and row-units and will range in size from three to four bedroom dwellings. The construction is expected to last from early summer this year until the fall of 1973.

With more families at Valcartier, there will be an automatic requirement for more school space. To this end single-storey additions will be built on to the three existing schools. These will provide 10 more classrooms, larger libraries and more office space.

The pupils who will benefit most from Valcartier's enlarged schools will be those in Grade 8. When the classroom additions are completed in December, 1972.

## Controller strike didn't dampen Forces' aid

OTTAWA (CFP) — Now that the air traffic controllers' strike has settled, some interesting tidbits are emerging from a fistful of reports compiled at CFHQ.

Because of the risk of flying uncontrolled air space, training flights, necessarily, were reduced to a minimum. However, operational forces logged a total of 10 special flights, many with the cooperation of the controllers. Some stand out more than others, but none qualified for insurance spins for crews or medical attendants.

For instance, on January 20, 65-year-old Tommy Clements was flown from Charlottetown to Halifax with a severe heart ailment. On the same day, a 60-year-old woman on Nova Scotia's Cranberry Island was airlifted to Halifax because of a miscarriage.

Two days later, a woman in need of immediate medical attention, along with two RCMP officers, were flown by helicopter from Kitmat, B.C., to Vancouver.

On Jan. 26, a rare leukemia serum, manufactured only at the Institut Pasteur in Paris, was flown to Ottawa for five-year-old Stephanie Monk.

There were a variety of other flights involving delivery of blood plasma, heart pacemakers

and kidney machine cartridges. In addition, federal cabinet ministers and members of parliament were airlifted to and fro in the conduct of the country's business.

The missions were varied, and

so were the aircraft used to accomplish them.

In the heat of it all, one harried air movements staff member blurted out that "no matter how the rest of 1972 turned out, it sure as hell started off with a bang".

## Still more British coming

OTTAWA — Five major military exercises in Canada for British troops are planned over the next 14 months under the terms of an agreement between Canadian and British governments announced last August. More than 2,600 British servicemen will be involved.

These exercises are in addition to the training already announced for more than 6,000 British soldiers at Canadian Forces Base Suffield, Alta., from May to November this year.

The first exercise, dubbed "Pond Jump 72 (West)", will start May 7 when 800 British

soldiers arrive by air at Edmonton, Alta. The exercise will be conducted at Camp Wainwright, Alta., with the as-yet-unnamed unit pulling up stakes June 16.

Exercise "Pond Jump 72 (East)" will be held at CFB Gagetown, N.B., with the troops arriving by air at Fredericton July 19. This second major exercise involving 800 British soldiers will end August 31.

At CFB Valcartier, Que., 200 men from the 9th Independent

Parachute Squadron, Royal Engineers will take part in exercise "Water Leap 72" starting in late July. These British troops will arrive by air at Quebec City and redeploy September 20.

A Royal Marine Commando exercise involving 750 men will start October 19 with the troops arriving at Saint John, N.B. by sea transport. The unit, to be designated, will then be airlifted by helicopter to CFB Gagetown, N.B. Their exercise will end November 15.

## House help for Benson

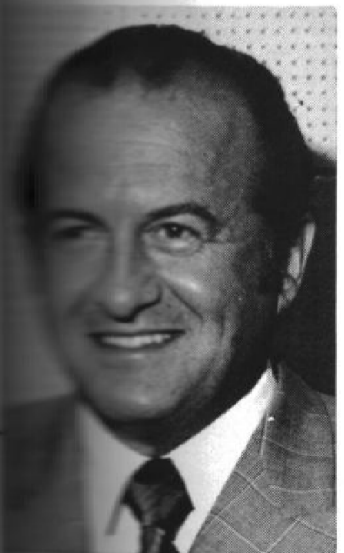
OTTAWA — J. Roland Comtois, 50-year-old Liberal member of parliament for the riding of Terrebonne, Quebec, Montreal, has been

appointed parliamentary secretary to defence minister Edgar J. Benson.

A civil engineer by profession, Mr. Comtois was elected in the federal general elections of 1965 and 1968, in the constituency once held by former defence minister Leo Cadieux, now Canadian ambassador to France.

Born in Sainte-Julie, Vercheres County, P.Q., Mr. Comtois was educated at College de Longueuil, Mont-Saint-Louis de Montreal, and Ecole Polytechnique of the University of Montreal. He graduated from the University of Montreal in 1954 with a bachelor degree in applied science and a professional engineer's diploma.

He served in the Canadian Army Reserve from 1948, undergoing officer training during summer vacations at CFB Valcartier, P.Q., and CFB Borden, Ont. In 1950 he was called to active duty to take part in the training of the 1st Battalion, Royal 22e Regiment (Van Doos), before they embarked for service in Korea.



J. ROLAND COMTOIS, Van Doo vet



**BRIEFING CREW.** Newly-appointed defence minister Edgar J. Benson, standing, performs his first chore as defence department head in formally opening the three-day Northern Study Group in Ottawa. Left is the chief of the defence staff, Gen. F. R. Sharp, chairman of the conference. Deputy defence minister Sylvain Cloutier, with beard is on the extreme right.

About 125 delegates from various federal government departments attended the three-day event. The agenda includes presentations and discussions on national and defence objectives, conditions, policies and activities of other government departments and agencies in the north, as well as approved Canadian Forces activities in the area.

(Canadian Forces photo)

# grains of sand...

In doing its bit for things bicultural and bilingual, our Mess has inaugurated a Thursday francophone lunch hour. The affair is held in a small upstairs lounge and the rules are that only French may be spoken, including the act of buying one's glass of whatever at the bar.

We, in our unceasing pursuit of the cultural life, betook ourself to one of the gatherings with the vague notion that our slender French vocabulary might be enhanced by an occasional circumflex or cedilla.

Upon entering the scene, we noted that some fifteen or twenty worthies had gathered, scattered about in small groups. Ambling over to one such gathering, we were greeted in French by two or three chaps. Silence descended as they awaited our reply, but the only phrase which came to mind apropos the occasion was "Moi, je suis ice".

This was received by repressed snickers of pity and derision. One rather decent fellow, however, sensing our chagrin, addressed us again in fluent Gallic. Mustering our resources we replied "Mauvais usage c'est gaspillage". The group turned away from us and we realized that we had approached a much too advanced assemblage.

We then approached the bar and with our usual urbanity and graciousness, said "Scotch and water, please". The bartender stared uncomprehendingly with one eyebrow raised. We realized our error. "S'il vous plait, mon ami, a Scotch and water". Again the blank stare, this time accompanied by a Gallic shrug of non-comprehension. Since it is well known that the best way to make oneself understood in such situations is to shout, we repeated loudly "A Scotch and water, mon brave, s'il vous plait". Again, nothing.

Attempting to look as though we didn't really want a Drop of the Creature, as our Irish friends call it, we sidled away from the bar and eased over to a group which looked more our speed, franco-wise. A voluble torrent of the language in question assailed us, but not to be caught twice, we merely chuckled, sighed "Ah, oui, oui" and nudged the speaker knowingly in the ribs. This appeared to suffice for the moment but an armoured corps chap, never one to let well enough alone, noticed our lack of beverage and with gestures asked us what we'd like. Playing it cool, we shrugged our shoulders, pursed our lips and grunted in a manner intended to mean "Bring us anything at all, we aren't fussy".

It didn't work. Old armour again regaled us en francais. In near terror we blurted "Defense de fumer, ma petite chou". Armour and his cronies stared in silence as we giggled nervously, hoping to pass ourself off as nothing more than an eccentric wit.

We crept back to the bar. "Je desire, monsieur, un Scotch et water" we whispered. Nothing. "Mon vieux," we pleaded, "pour moi, a Scotch". Nothing. "Ich will ein Schnapps haben, bitte!" we shrieked, losing control. "Und macht blutig schnell!"

We were led, whimpering, to the exit by armour and a young air element lad.

In the lower bar, a few minutes later, clutching our glass tightly, we slowly regained composure. An acquaintance approached, with "Oh, just arrive? Where were you?"

"Upstairs, talking French with some of the chaps", we replied, "One so seldom has the chance, you know".

## MINI-COMMENT by Uncle Vox

Ol' Uncle invites your attention to Training Command's most recent entry in the publication field — **The Driver** — the Command's road safety magazine, edited by **Captain Barry Uglov** of the Headquarters' Transportation section. Featuring **Alphonse the Alligator**, the "fallible hero" who instructs in driver safety by providing examples both good and bad, the sprightly, readable magazine also enhances its statistical presentations with a couple of curvacious cuties who adorn our Headquarters' office. Well done, **The Driver**... Note that a recent issue of **The Citizen**, a weekly paper serving north Winnipeg and West and Old Kildonan, reprinted our **Grains of Sand** column wherein the matter of 'service' was treated. If the **Citizen**, with its 27,000 circulation deemed it worthy of printing, maybe the **Far Right** has an appeal beyond the confines of a handful of military people who've had their fill of stinking hippies and shallow politicians... **How come** they're about to 'adjust' PMQ rental rates soon, when we haven't yet achieved parity with the civilian masses? It seems like a one-way street when we must conform to national averages for rent, but not for remuneration. We never did think DND was such a hot landlord, anyway — quick to zap the tenant dollar-wise but slow to rectify the legitimate complaints... **Flight Line**, written by **Bill Lawrence** of **Voxair**, has taken some good swipes at the green uniform the past few issues. Uncle endorses his criticism one hundred percent. Now that quite a few of us have worn it over a sustained period, we know

what junk it is. We're particularly endeared to it at 35 below with a 20 knot wind and in the scorching summer months we love its (ha ha) permanent press. Of course, in CFHQ they only wear the thing once a week... Finally, the definition of a golfball is something a man chases when he's too old to chase anything or anybody else.

### Uncle Vox Is Old and Tired. Why Not Help Him Out?

Old Navy and modern Sea Element people... White Ensign tie-tacks now being ordered. Cost about \$2.00. Phone local 270.



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"... Gee ... Maybe you can help us figure out this tax business next year."

## I AM A SICK CANADIAN

There are those who claim ours is a "sick" society; that our country is sick; our government is sick; that we are sick. Well, maybe they're right. I submit that I am sick... and maybe you are too. I am sick of having policemen ridiculed and called "pigs" while cop killers are hailed as some kind of folk hero.

I am sick of being told that marijuana should become legalized and readily available.

I am sick of commentators and columnists canonizing anarchists, revolutionaries and criminal rapists, but condemning law enforcement when such criminals are brought to justice.

I am sick of being told that pornography is the right of the free press.

I am sick of paying more and more taxes to build schools while I see some students disrespecting them and abusing them and even in some centres trying to burn them down. In view of the heavy tax load, it might be well to think of more organized public use of these excellent facilities.

I am sick of Supreme Court decisions which turn criminals loose on society — while other decisions try to take away my means of protecting my home and family.

I am sick of pot-smoking entertainers deluging me with their condemnation of moral standards on late-night television.

I am sick of being told policemen are mad dogs who should not have guns — but that criminals who use guns to riot, maim and murder should be understood and helped back to society.

I am sick of being told it's wrong to use napalm to end a war overseas — but if it's a Molotov cocktail or a bomb at home, I must understand the provocations.

I am sick of not being able to take my family to a movie in the city, unless I want them exposed to nudity, homosexuality and the glorification of narcotics.

I am sick of riots, marches, protests, demon-

strations, confrontations, and other mob tantrums of people intellectually incapable of working within the system.

I am sick of hearing the same phrases, the same sick slogans, the cries of people who must chant the same thing like zombies because they haven't the capacity for verbalizing thought.

I am sick of those who say I owe them this or that because of the sins of my forefathers.

I am sick of cynical attitudes toward patriotism.

I am sick of politicians with no backbone.

I am sick of the dirty, the foul-mouthed, the unwashed.

Most of all, I am sick of the decline of personal honesty, personal integrity and human sincerity. I'm sick of being told my country is sick when we have the greatest nation that man has ever brought forth on the face of the earth. Fully 50 per cent of the people on earth would willingly trade places with the most deprived, the most underprivileged among us. I can also help my society get well — and help my country get well.

You will not find me throwing a rock or a bomb, you will not find me under a placard, you will not find me ranting to wild-eyed mobs. You will not find me moaning and complaining about the efforts of some group who has done their utmost, even if it leaves something to be desired.

But you will find me at work, paying taxes, serving in the community where I live. You will also find me expressing my indignation in proper channels to elected officials.

But most of all, you'll find me speaking out in support of those officials, institutions and personalities who contribute to the elevation of society and not its destruction. You will find me contributing my time, money and personal influence to helping churches, hospitals, charities and other establishments which have shown the true spirit of determination to ease pain, suffering, eliminate hunger and generate brotherhood.

## Life expectancy of retired service personnel

A close friend of ours died recently on the day his rehab leave started. This led us into morbid speculation that servicemen die earlier than other people. Quite by coincidence a Colonel at Winnipeg observed on this point and suggested we do a survey and either confirm this suspicion, or point out once and for all that it is simply a gloomy illusion. We did and it proved to be just a gloomy illusion. The Department of Insurance has been asked this question a number of times, we discovered, and they had the answer ready. We are right on the statistical average along with butchers, and bakers and candle-stick makers. We don't die sooner, or live longer, than any other group in society. Where this commonly held opinion originated, we believe, is when someone, not trained in actuarial procedures, sat down and counted the number of servicemen who had died while on pension. They did not take into consideration the number of servicemen on pension who are still alive. Consequently, it was easy to conclude that the ones who died only lived on the average of two years six months and three days, or what have you, after retirement. The ones who are still living may continue to do so until they are shot by a jealous husband on their 100th birthday, but they must, nevertheless, be included when an average life expectancy is calculated.

— Personnel Newsletter

Ed. Note: See letter to the editor on page three from our own CWO Brown who keeps tabs on such matters.

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Editor, Vox

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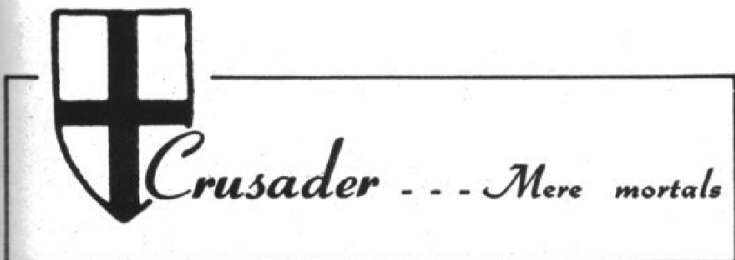
Editor, Vox

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Age... 40... 45... 50... 55



"Here's a health unto his Majesty" goes the centuries old song which incidentally was once the March of our Medical Corps. The capabilities of these worthies appear in doubt at least in the mind of one of our readers who opines that advances in our standards of medical practice may not have kept pace with those in other fields and that annual medical examinations are sometimes cursory. He might just have a point at that. Many a serviceman can recount an annual medical exam which went pretty much as follows, "Well your blood pressure's OK, how have you been feeling lately?" "Oh pretty good I guess". "Fine, send the next man in will you".

But far more distressing encounters with the guardians of our health lie in wait in our DVA hospitals where the patient, and the word is most apt, is given the inescapable impression that he is a lump of meat, perhaps warm, perhaps not, but certainly inconvenient and causing unnecessary medical effort when he should be out guarding the North or putting down insurrections.

A visit to a specialist such as the optometrist begins with reporting at 0800 and being processed (another apt expression) through an hour's paperwork and discovering that no less than twelve others were also given appointments for 0900 hrs.

Any snivelling at three PM that one's backside is starting to ache will be rewarded by a scream to "Get your Gluteus Maximus down to X-Ray and then go for a rectal". By now X-Ray is closed so an appointment is made for 0900 the next day. The wise will return to their unit, nurse their glaucoma or have the IE tech cure it and forget the whole unpleasant business.

Seriously though, we do tend to expect that our doctor will be friend and counsellor, neither hurried nor harried, ever accurate in his diagnosis and always able to speed us back to health with magic potions guaranteed to work and above all to really care for our every hurt.

Now let us face reality. Medics are made of flesh and blood and are dealing with an entity a hundred thousand times more complex than any machine or aircraft ever devised or imagined by man. Most are intelligent enough to realize that for every cure or improvement they may effect, nature herself will exceed their puny effort a thousand fold. There are to be sure, a few who will carelessly forget to remove a sponge when closing up an operation but let us stop dreaming that mechanics never leave tools in the vitals of an aircraft.

Their repeated warnings against smoking, overweight and lack of exercise parallel exactly our flight safety programs. Post mortems on 'crashes' (heart attacks) DO take place and their preventative recommendations enjoy equal validity with the remonstrance "We told you not to land with the wheels up".

A visit to the most costly expert will still produce 'the same old' fill the bottle, look in the eyeball, cough, bend over and X-ray. As a matter of interest, cholesterol and triglyceride tests are given to all servicemen over forty and the annual dental exam does include a detailed search for cancer of the mouth and a spinal tap may be taken, if evidence warrants one (preserve us). Experience varies as does opinion which is what makes horse racing, but by and large it appears likely that the state of the art is advancing as fast as any other.

Cognizance must surely be taken of the fact that, like other servicemen, our medical personnel are not in it for the money and, while they too have their failings, they are similarly motivated by an inherent sense of professionalism.

## Letters

Thanks, Edmonton!

Editor, Voxair:

On a recent ATC Sked Flight from Trenton to Winnipeg a piece of my luggage went astray. Four days later the club bag was returned safe and sound. A note inside the bag from Sgt E. G. Arnet of 435 Sqn Namao stated he had noticed it in the breezeway of No. 5 hangar at Namao for a couple of days so he turned it into the AMU there. It's nice to know that we still have a lot of honest people in the military.

G. Shorey  
Major.

### The Question answered

Editor, Voxair:

One topic that is always being kicked around is how long a member of the CAF lives after retirement. The figures vary greatly, but tend to hover on the grim side.

Perhaps the figures that appeared in Hansard on 30 Sept 1968, may spread a little joy. Part of question number 60 on that day and the answer read as follows:

What is the average number of monthly pension payments being made to a serviceman from his retirement to death?

What is the current life expectancy of the male and female respectively, statistically?

MEMBER OF THE FORCES RETIRING AT	AVERAGE NUMBER OF MONTHLY PENSION PAYMENTS FROM RETIREMENT TO DEATH		CURRENT LIFE EXPECTANCY	
	MALE	FEMALE	MALE	FEMALE
Age				
40	396	499	32.96	37.47
45	342	394	28.49	32.82
50	291	340	24.25	28.33
55	244	288	20.30	24.01

J. W. Brown  
CWO

The Third Page

## The yardstick Because they tried - - -

The guests were leaving after what I felt had been a very enjoyable evening.

Having been the host, I may have been slightly prejudiced but I was certain everyone had had a good time.

We had all been dancing, eating and drinking throughout the evening and the conversation had been jovial and had flowed smoothly for the entire time. No fights, no arguments and no problems.

No one had over indulged and all were seemingly capable of transporting themselves home, so there was no one I felt I had to worry about.

I had started to tidy up the immediate area, when suddenly, without really having been conscious of the action, I found myself pouring a drink.

"Maybe it would be a good idea to have one and relax a while before cleaning up this mess," I thought.

I finished mixing the drink, added an ice cube, walked into the livingroom and settled into my favourite chair.

My mind began to drift, touching here and there, on that person, this time, that time and other places.

I guess a few minutes had passed during which I had still not taken a sip of my rum and coke. My mind settled into a distinct line of thought, "alcohol - use and abuse."

Exactly what constitutes occasional drinking and where does it end and alcoholism begin?

Alcohol has caused more physical damage and more mental anguish than all the other drugs abused by our society.

Alcoholism strikes more people than a lot of the so-called fatal diseases.

There is no immunization program for it and no sudden cure.

It is found in all walks of life and does not discriminate against race, creed, age or sex.

The alcoholic cannot be, what we call a social drinker; one drink leads to another and the problem begins its vicious cycle, sometimes ending in death.

No one has set out with the intention of becoming an alcoholic, and most of us treat the subject too lightly, often jokingly.

"One thing about us drunks - we don't have to attend all those meetings," or "Boy, was Joe ever tanked last night - bet he's in sad shape today. He sure can put it away!"

"But, what of myself", I thought, "do I have the ability to analyze my own drinking habits honestly; am I an alcoholic. Can I become an alcoholic?"

Many of us picture the alcoholic as one who cannot go a day without a drink or one who furtively sneaks extra drinks, or one who is found in the gutter time after time.

They flew through storms. Through night. Through day. To help someone, it was their way. To live. To die.

And now on tundra Frozen. Cold.

There lies the wreckage of those so bold Who ventured forth at the faintest plea

To give themselves To you. To me.

To give themselves across this land Always ready to lend a hand

To those in need To those in pain

Let not their courage be in vain.

Let us remember why that place On wind blown rock in the Arctic waste

Is a special place, in a special way To remind us what they did each day.

To remind us that each day they lived, Their greatest joy was but to give.

To give to those whose hopes were low Whose earthly light had lost its glow

To give themselves that was their creed; To give themselves to those in need.

So let's remember why they died Because they tried.

Because they tried in some small way To help someone that fateful day.

And now let's hope, indeed let's pray That God takes hand and finds a way

To tell the loved ones left behind, To ease their hearts, to ease their minds

To let them know of the special berth He's given these men above this earth.

"Monty"

The above poem was written by M/CPL J. A. Montgomery, CFB Yellowknife, as a memorial to the gallant men of 440 Squadron in Winnipeg.

These may pertain to some, but by far, these types are a small minority.

To me, alcohol only becomes a problem when it affects my work, my health or my family, but when you stop to consider it - that covers a lot of territory.

Not necessarily drunk on the job, but what about hangovers when you just can't concentrate on anything but that headache.

How about the dollars spent that could have and maybe should have gone toward something like the boy's clothing, the wife's teeth, or a new rug??

How does a child feel when he sees his parent sloshed, staggering, unable to speak coherently or how does he feel Saturday or Sunday morning when the promised outing is put off because Daddy has one helluva headache?

How about that meal being kept warm in the oven until finally the dog or the garbage can is the recipient.

"What can I use as a yardstick?" I thought. "What simple question can I ask myself that would give me an indication of whether or not I have a drinking problem?"

I thought this over for some time and finally I found one that really seemed to fit my mood and the present situation. "Is this drink necessary?"

Necessary to what, you may

ask; so let's think it over.

Do I need this to be able to feel at ease, to have the courage to ask that voluptuous chick across the way for a dance, to "drown my sorrows" to celebrate, to entertain, to do any one of a hundred things. If I do - then indeed, I have a problem. I need a crutch!!! Imagine me, I thought, needing a drink - no way!! Not for any of those things! Why I'm just having this one to relax, - TO RELAX!

I had just spent a very enjoyable evening with friends and had been or should have been relaxing - so why the drink? The more I thought of it, the more ridiculous I felt.

Finally I walked over to the sink, poured that untouched rum and coke into its waiting maw, and retired happily.

Happy Birthday! Have you had your dental check?

## The price of soft drinks

Why is the price of soft drinks now 20c each? That is the question being asked by many people these days.

In 1970, CFB Winnipeg invested over \$30,000 in soft drink vending machines. The purpose was twofold. To provide a convenience for Base personnel and to try to generate funds to be used for the benefit of our own personnel.

Since that time several things have happened. Due to a withdrawal of public support it was necessary to hire personnel to service these machines. It was also necessary to purchase a truck to be used for this purpose. Costs such as these do not remain static, but increase year by year.

In April, 1971 there was a marked increase in the cost price of soft drinks. At that time most independent vending machine operators in the area raised their price to 20c. Our price still remained the same.

In December 1971 there was again a price increase in the cost of soft drinks. This, together with the other events that have transpired made it impossible to continue at the old price and still maintain a viable operation. Unfortunately changing mechanisms are not available that would permit the selling of drinks at 17c or 18c and to effect any price increase it was necessary to go to 20c.

All of this does not make you feel any better when you only receive a nickel change from a quarter, but it does provide some of the background that led to the price increase.

R. L. Logan,  
M/CPL

Ed. Note: See article on soft drink prices on this page.

# CFANS news corner

### Nav Cell

On Friday, 3 Mar, Air Navigator Course 7105 will officially end their seven month sojourn at ANS. The occasion will be celebrated by a Wings Parade and Presentation, and a Graduation Buffet and Dance. The Honourable W. J. McKeag, Lieutenant-Governor of Manitoba will present wings to the 7105 graduates. Of the nine graduates, four will be plotting pinpoints and radar fixes using a grease pencil on the CF101 Voodoo, four will be plotting highly probable submarine fixes on the Argus, and one lone aviator will be charting the white caps of the North Atlantic on the C130 Hercules. Whatever happens, good luck to all of you.

A week ago, Course 7105 ROTP were advised of an extended stay at CFB Winnipeg. Eight of the course members will remain at CFB Winnipeg while awaiting a most enjoyable three weeks of Winter Bush Survival at Jarvis Lake in Alberta. The "good" news was received with mixed emotions; however, word has been passed to the course members that the course is "refreshing" and "memorable". What more would you ask of a three week, all expenses paid, tour of the great Northern Canada outdoors?

ANS Flight Commanders are trying to cope with the annual rush of staff using up their remaining leave for 71/72. In most cases the remaining leave can be counted on one hand but some staff, with a lot of foresight, still have ample annual leave remaining. Nothing does more to brighten a FLT CMDR'S day, than a request from an instructor for three weeks leave plus travelling time to go to Florida — when it's 40 degrees below zero outside!!

### AEROSPACE SQN.

Sunday, 13 Feb 72 heralded the return of the Aerospace Systems Course from the two-week tour to establishments in eastern Canada. According to all reports, the tour was successful and none of the party appear to be any the worse for wear.

The same flight saw the return of Captains Fonstad and Mitchell from a two-week trip to England. They reported a most successful visit during which they planned the tour for the Aerospace Systems Course which takes place in May. This involved visits to eleven different establishments, loosely scattered around the southern half of England, in nine working days. So they didn't get a chance to collect any appreciable amount of moss. However, the weather was generally favour-

able, the bitter was as warm as usual, and the natives were friendly. Very friendly! Overflew Ireland, incidentally.

Members of the Staff Air Navigator Course also managed to break out of the classroom for a few days. They visited the Surveys and Mapping Branch of the Department of Mines and Technical Surveys in Ottawa and CFHQ during the period 7 to 10 Feb.

The staff members of the Aerospace Squadron joined forces and invaded the Mess for the candlelight dinner on Thursday, 17 Feb. No particular occasion; it just seemed to be a good idea at the time. Most enjoyable evening and we may do it again some time.

### Observer Cell

Who said it couldn't be done? Congratulations to WO Don Knight on the successful graduation of OBS7107 — intact with 12 students after 16 weeks on course, best of luck to the graduates on their MOAT course in Greenwood. (Don was told he'd either done something awfully wrong — or awfully right!)

The TERROR of ANS did it again! Capt Poole was seen skulking around with another cast on his arm — you realize you've used your entire quota for the year Bernie? No more self inflicted wounds until 73. Maybe you should be demoted to bobskates — we all warned you about playing with the big boys! The bull and the horn... et. etc.

Congratulations to Sgt Al Neill on his promotion, we understand his wife was a little burned over one of the wet down parties, but seriously, we all hope you are feeling better Sharon.



Brigadier-General B. J. Guimond (right) receives a Training Command plaque from Brigadier-General R. P. St. John, Training Command's chief of staff for training and operations, during a dinner in Winnipeg in honor of General Guimond's recently announced promotion to major-general and appointment to the international military staff at NATO HQ's in Brussels. Having headed Training Command's La Division d'Instruction Francophone in Quebec since 1969, General Guimond departed for Brussels Feb 22 to take up his new posting as assistant director of organization, exercise and operations division. (CANADIAN FORCES PHOTO)

## Forces orders mobile hospital

OTTAWA — A completely-equipped 100-bed transportable field hospital — capable of providing initial support for military or civilian-emergency requirements within an hour after arrival on location — has been ordered for the Canadian Armed Forces at a cost of \$2,835,000.

Called the "MUST" system (Medical Unit Self-Contained Transportable), it will replace outdated equipment and shelters of the 1st Canadian Field Hos-

pital at CFB Petawawa, Ont. Delivery is scheduled to be completed by August, 1973.

The complex, considered to be the most advanced concept of its kind in the world, may be utilized under battlefield or civil-emergency conditions. It can also operate in temperatures ranging from 65 below to 120 above, withstand 80 m.p.h. winds, and snowloads up to 10 pounds per square foot.

Mobility and flexibility are achieved through a modular, building-block design, permitting erection to any-size complex, as well as transportation by Canadian Forces sea, land or air elements.

The equipment includes 11 air-inflatable shelters for wards, and eight rigid, expandable aluminum shelters for surgery, x-ray or laboratory use.

A turbine powered utility element provides electricity, heating, air conditioning, pumping and heating of water, as well as air pressure for erection of shelters.

The 11 inflatable units each provide 1,000 square feet of space, with the eight expandable shelters each comprising an area of 230 square feet.

The "MUST" medical facility was developed by the American Garrett Corporation for the U.S. Army, from whom Canada is buying the unit.

\*\*\*

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MIR South Site	888-8231	Bldg P2	S	
Chaplains (Protestant) North (RC)	417 272	Bldg 17 Bldg 94	N	33-9 33-11
Chaplains (Protestant) South (RC)	888-6025 888-1331	Bldg B3 Bldg A1	S S	
Assistant Judge Advocate General (Legal Officer)	646 677	Bldg 14	N	4-1
Military Police	258 888-7042	Bldg 95 Bldg B2	N S	22-4
Base Financial Counsellor	751	Bldg 17	N	2-3
Personnel Selection Officer	461	Bldg 86	N	56-31
Base Personnel Officer	461	Bldg 86	N	
Base Housing Office (PMQ)	793	Bldg 86	N	
Base Recreation & Community Council North Rep South Rep				to be announced
Drug Education Committee	271	Hangar 16		
Base Education Officer	531	Bldg 10	N	
NOTES _____				

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## Cpls. Club bonspiel



**UNAUTHORIZED HEADGEAR** was worn by Lt. Col. D. J. Allan to throw the opening rock in the recent Corporals Club bonspiel. Ready to start sweeping are George Crosswaithe, the Carling's Rep, and M/Cpl. Slim Hudson, PMC of the Cpls. Club. (photos by Walton)



**WINNERS** of the Carling trophy in the foreground were M/Cpl. Dave Easton, Mrs. Denny Ayres, Mrs. Lizz Fogg and the skip Cpl. Gilles Hardy.

# Phone a letter home tonight.

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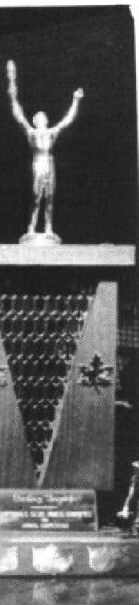
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biel

Col. D. J. ... Club ... Cpls. Club ... (s by Walton)



ground were ... Fogg and



S Doug Bleich

ay Now? ... averaging ... plans.

CO.



ICSC MEDALS were awarded to five Patricias recently. They are at front Sgt. B. G. Spence, Sgt. A. J. Sutton, Sgt. H. F. M. Abson and rear WO A. S. Haley and Sgt. K. S. Shuwcross. (Base Photo)



## Patricia report



Winter Warfare is still the major training concern in 2 PPCLI. Charlie Company has just returned from the Whiteshell area of the province where Exercise "Nacarat Nail" was conducted. This exercise featured a review of winter warfare training, some basic survival, and some very successful ice fishing. Nine platoon of Charlie Company has departed for a second time into the Whiteshell region, this time in support of Bravo Company. Bravo Company is doing their winter indoctrination training in preparation for Exercise "Ace Card IV" in Alaska.

Delta Company has returned from Shilo after capturing the renegade trapper Dombrofskii. The latter happened to have an amazing resemblance to the Company Transport Sergeant.

Alpha Company is now busy preparing for a go at APC training in Shilo. The biggest

feature of this training will be a live fire mechanized attack with mortar support.

The results of the Hamilton Gault Skill-At-Arms Trophy are now known, with Alpha Company taking first place and Charlie Company taking second place. The Hamilton Gault Skill-At-Arms Trophy is awarded to the rifle coy of the Regiment's three Battalions whose team possesses the highest standard of qualification on the rifle, LMG, and SMG during annual weapon qualification.

After a long wait WO Andy Haley, Sgt Shawcross, Sgt Bruce Spence, Sgt Art Sutton, and Sgt Frank Abson received their ICSC medals for service on the ICC in Vietnam. On the same Battalion parade the CO, Lt. Col. AJGD De Chastelain, also presented Sgt Bob Legere with a certificate of service; and Cpl Sutherland JLJ and MWO Jim Earle were presented their CDs.

## Winter carnival at Gypsumville

Winter carnival time has come to Canadian Forces Station Gypsumville. The carnival this year runs from February 18 to February 26. It begins at 1:00 P.M. February 18 with a parade around the base. Following the parade there will be the lighting of the carnival flame, and the official opening of the carnival by the Com-

manding Officer, Lieutenant Colonel Gordon Letcher. During the 9 days of carnival, the four teams on the base will compete in 47 separate events. Each team will have a Carnival Princess who will represent her team during carnival. Most events are split into Men's, Ladies' and Mixed competitions. This winter carnival has something for everyone, from hockey to banana eating and log sawing.

Bonhomme Carnivale will be present throughout the carnival. At the closing dance on February 26, he will crown one of the Princesses Carnival Queen. Also at the final dance, the hursite individuals on base will be vying for top hours in the Beard and Moustache growing contest. It's a long, cold winter in Manitoba. At Canadian Forces Station Gypsumville, winter carnival helps it to pass just a bit more quickly.

## CDA makes 76 defence resolutions

OTTAWA (CFP) — The Conference of Defence Associations wrapped up its 35th annual conference in Ottawa recently.

It was a productive four days in which a fresh constitution was adopted, a new executive appointed and 76 resolutions affecting the role of active and reserve elements of the Canadian Forces were debated.

The CDA represents 25,000 business and professional men who are concerned with problems relating to national defence. Combining military experience with concern for the future of the Canadian Forces, the CDA assists the Government in bringing defence questions to public attention.

Thirty resolutions were passed by the CDA and referred to the Defence Minister for consideration. They cover such topics as student summer employment, the role of women in the forces, financial limitations, uniforms for the reserves and training policy.

Lt.-Col. R. W. Lewis, of Toronto and past president of the Royal Canadian Ordnance Association, succeeded Brig.-Gen. B. A. Howard, also of Toronto, as chairman of the executive body for the CDA.



Beard contest contestants.

## Second clasp to TCHQ CWO

Chief Warrant Officer James E. Jamieson, CD a Staff Officer Scheduling at Training Command Headquarters recently received his second clasp to the Canadian Forces Decoration

from Major Gen W. A. Milroy, DSO, CD Commander Training Command.

CWO Jamieson completed 32 years service in the Canadian Forces on the 30th of November

1971. Chief Jamieson enlisted with the Calgary Highlander on the 1st of December 1939 and has since served with the South Alberta Regiment, Pacific Command Headquarters, HQ Northwest Highway System, Canadian Forces Headquarters, the Far East in 1953-54 and Cyprus in 1965. Prior to posting to Winnipeg his appointment was as Base Records Officer CFB Chilliwack.

Chief Jamieson was awarded the Centennial Medal while serving as Superintending Clerk of HQ 3rd Canadian Infantry Brigade Group in Base Gagetown where he served from 1961 to 1967.

Presently active in local Scouting and Chapel Committee activities he looks forward to retirement in Victoria, B.C. in 1974.



32 YEARS SERVICE were marked recently when Maj. Gen. W. A. Milroy presented CWO J. E. Jamieson with his second clasp to the Cd.

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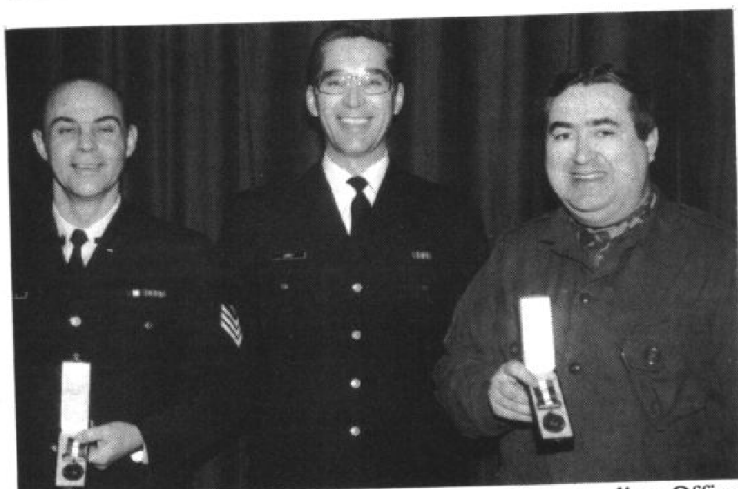
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**ICSC MEDALS.** Capt. R. O. Carey, Commanding Officer 733 Comm. Sqn., presents the ICSC Medal to Sgt. B. J. Rushlow (left) and Sgt. O. N. Eby (right). Sgt. Rushlow served as a cryptographer at New Delhi and Saigon between July 55 and July 56 and is now Trg Co-ord at 733 Comm. Sqn. Sgt. Eby was a Cpl. with 1 RHC and served as a security guard at Vientiane, Laos between July 56 and Feb. 57. He is now RFTA at 735 Comm. Sqn. (Winnipeg).

Now at Portage

# AETE Tackling Kiowa snags

OTTAWA (CFP) — New equipment — like new shoes — always takes a little breaking-in, and the Kiowa, latest addition to the armed forces' helicopter inventory, is no exception.

Six of the light observation, turbine-powered COH-58A machines are now in service, with 68 more to come from the Bell Helicopter Company by next October. It's a military version of Bell's Jet Ranger.

Four Kiowas now are undergoing instructor work-ups at CFB Portage la Prairie, Man., and the other two are being subjected to extensive testing at the Aerospace Engineering and Test Establishment (AETE) at CFB Cold Lake, Alta.

Problems met so far include flame-outs and possible compressor damage when a specific set of conditions in blowing snow, combined with a temperature range around freezing, are encountered. This causes an accumulation of ice and snow to collect in the engine inlet.

The solution, say AETE experts, is a modification to the air inlet that will permit entry of air, but block off ice and snow. The device is now being designed.

Another predicament is the formation of ice on the fuel control governor, causing the engine to overspeed. This occurs during conditions of low temperatures (between +10 and +30 degrees) and high humidity (between 90-100 percent).

This problem will be licked, say the experts, by the installation of a fuel control heating kit.

Two other obstacles the AETE people will be solved in the next few months are inadequate cabin heat at -25 degrees and insufficient battery power at -15 degrees. A problem of marginal defrosting of the windscreen during lower temperatures already has been solved.

But despite the snags, which are encountered in all newly-acquired aircraft, there have been no accidents or injuries, and although certain safety restrictions have been placed on the Kiowa, there is no thought of grounding them. Canadian officials are confident that all of the bugs will be ironed out within a year.

Reports from pilot instructors at CFB Portage la Prairie say they like the Kiowa, describing it as "an easy machine to fly."

The Kiowa order was a \$23.7 million, off-the-shelf buy from the U.S. Army. The contract includes spare parts, which can be supplied from U.S. Army logistics sources on both sides of the Atlantic. The U.S. has

ordered 2,300 of them on a multi-year procurement basis.

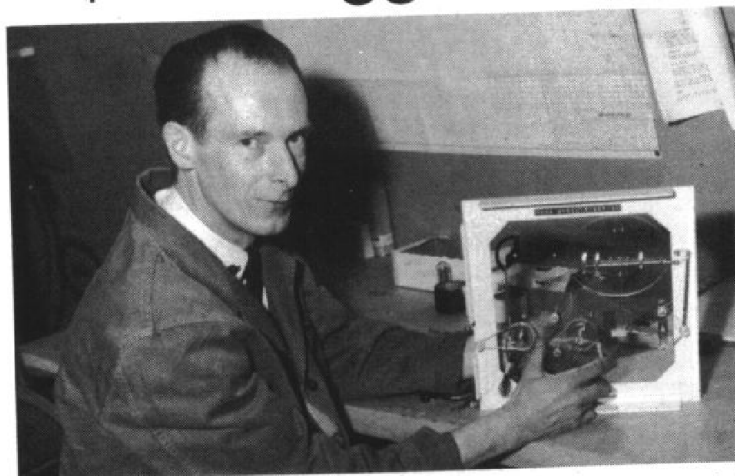
The Kiowa purchase is designed to replace a Canadian Forces fleet of 44 obsolete small helicopters and fixed-wing aircraft, to enhance the operational mobility and flexibility of the land element.

Its capabilities include observation, armed reconnaissance, medical evacuation, command and control, target acquisition and adjustment of fire.

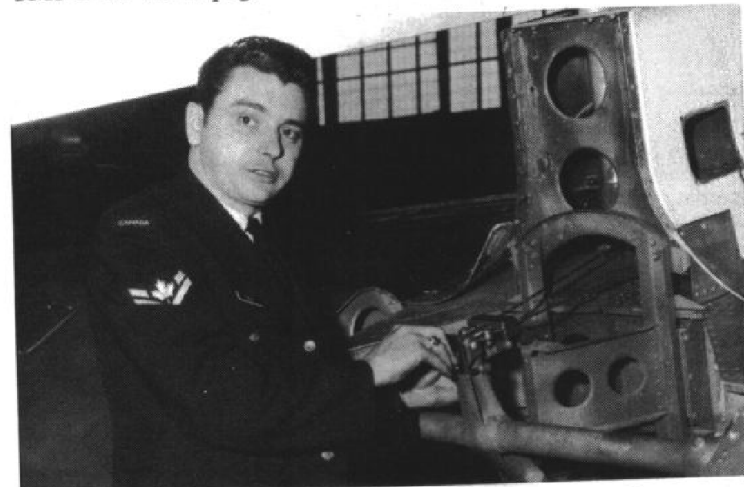
It has a three-hour endurance capability, a cruise speed of 110 knots, a range of 270 nautical miles, and a payload, excluding crew and fuel, of 727 pounds.

Fourteen of the Kiowas will go to Europe, 18 are destined for the training role at CFB Portage la Prairie, and the remainder will go to five Mobile Command squadrons and detachments across Canada, as well as in storage as spares.

## \$ for suggestions



**FRIDGE FIXER.** Cpl. D. M. Taylor, while stationed in Comox, suggested a change in the Argus galley fridge catch. He earned \$50 for his efforts. Cpl. Taylor is now employed at TMPC in Winnipeg. (Base photo)



**AN ELEVATOR CABLE** tensioning tool was the suggestion of Cpl. T. L. Tooley while he was working in the Dakota Aircraft Repair section. It earned him \$158.08. (Base photo)

## 'Silver Foxes' reunite

The former officers of 441 "Chateau Room" reopening. Would all interested ex-Silver Foxes please contact:  
**Chairman 441 Reunion,**  
 Maj. B. R. Arnott,  
 Canadian Forces Base,  
 Moose Jaw,  
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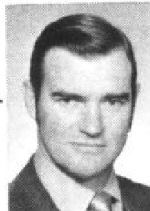
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# COMMUNITY

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### WHEN MA IS SICK

When Ma is sick she pegs away;  
 She's quiet though, not much to say.  
 She goes right on a-doin' things,  
 An' sometimes laughs, or even sings.  
 She says she don't feel extra well,  
 But then it's just a kind of spell.  
 She'll be all right tomorrow sure,  
 A good old sleep will be the cure.  
 An' Pa he sniffs an' makes no kick  
 For women folks is always sick.  
 An' Ma she smiles, lets on she's glad —  
 When Ma is sick.

### WHEN PA IS SICK

When Pa is sick he's scared to death  
 An' Ma and us just holds our breath.  
 He crawls in bed an' puffs and grunts,  
 And does all kinds of crazy stunts,  
 He wants "Doc" Brown, an' mighty quick;  
 For when Pa's ill he's awful sick.  
 He gasps and groans, an' sort o' sighs;  
 He talks so queer, an' rolls his eyes,  
 Ma jumps and runs, an' all of us,  
 An' all the house is in a fuss.  
 An peace and joy is mighty skeerce —  
 When Pa is sick, it's something fierce.

## Dieting fun

Inches as well as pounds are disappearing from the members of the TOPS Club. There have been a lot of good losses since this Club first started, and several girls are very close to their goals.

Meetings are held every Tuesday night, 7:15 P.M., at Lipsett Hall. Corporal Piper, conducts ½ hour of Physical Fitness Torture (pardon me exercises) followed by swimming every other week, and the TOPS Fellowship.

Membership fee is \$6.00 yearly, and 25 cents weekly for the coffee fund.

Can you imagine having to carry a 10 lb., 25 lb., or 100 lb. bag of sugar around all day. Well if you're overweight, that's what you're expecting your legs and heart to do. Join TOPS now, and take off those pounds the SENSIBLE way. For more information call Joyce MacDonald at 832-1311 Loc. 257.

Dieting is hard work, but TOPS helps make it easier.

## BITS AND PIECES

By Joyce MacDonald

The ordinary housewife! Is there such a thing? Far more important than managing directors and big business tycoons are the housewives. Let us never underestimate the influence we have in our homes.

Teachers, Nurses, Psychologist and Lovers are just a few of the qualities a housewife must possess. The difference between right and wrong is taught in the home; and helping a husband to face the world confidently and happily makes a lasting impact upon the community. The hours are long, and the wages are often a "sticky" hand grasping our own, a "sloppy" kiss on the cheek, the joy of just being loved and needed by husband and family.

In these days when many women have to play the triple role of wife, mother and wage-earner, it is good to have some equality. But let's not overdo it. Not since the 1900's has the movement for women's liberation been more forceful than it is today. Placard bearing women parading the streets, petitions bearing many signatures to government leaders — proving that they can still make an impact.

Gone are the days of the strong and protective men. Long-haired, seedy-looking men seem to be the order of the day. But let's face it gals. It takes a soft, helpless woman to make a chivalrous, masterful man, and soft helpless women seem to be a thing of the past. Instead we have a race of hard-headed, organizing and rather bossy females — and Women's Lib flourishes.

In many cases it's backfiring! Women can now be made to pay Alimony, and it has just been announced that in B.C., husbands can claim Maintenance Benefits from wives. Is there no happy medium? It seems to me that we've gone from one extreme to the other.

It seems that almost everyone you talk to is "watching their waistline", so here are a couple of Low Calorie Recipes.

### Meat and Vegetable Stew

- 1/4 lb. lean beef
- 1 medium onion, chopped
- 1 stalk celery
- 1 cup chopped carrots
- 1 T. parsley
- 1 cup green beans, cooked
- 1/4 medium green pepper, chopped
- 1 cup whole cooked tomatoes
- 1 beef bouillon cube

No shortening is needed to cook the meat and onion: add a little water instead and put a cover on the kettle. This will express enough grease out of the meat to cook in the usual way. After meat is cooked, add water to cover all celery, carrots, bouillon cube; add salt and pepper to taste. A little nutmeg adds much flavor but is optional. Add green pepper and parsley. When vegetables are tender, add tomatoes and cooked green beans. Let come to a boil and stew is done.

This amount should make 4 cups stew. Rice or noodles may be added, but these add more calories. 145 calories per cup (without rice or noodles).

### Low Calorie Dressing

- 1 cup vinegar
- ½ t. paprika
- ½ t. prepared mustard
- ½ t. salt
- 1/8 t. cayenne
- 1 sweetener tablet dissolved

Combine all ingredients and shake well. Try this dressing over hot vegetables as well as with vegetable salad. Makes 1 cup. 1 Tablespoon is 2 calories.

Here's a hint for you. So your recipe calls for grated orange or lemon skin? When you have finished there seems to be precious little. But brush off the greater with a pastry brush and see how much more you will have.

Egg yolks left over from baking may be dropped into a pan of boiling water to hard cook for use in salads.

Don't forget to send along your favourite cooking trick or household hint. There must be many we could share. See you next issue, in the meantime remember: "When the archer misses the centre of the target, he turns around and seeks for the cause of the failure within himself."

## Dates to remember

The St. John Brebeuf World Day of Prayer will be held March 3rd at 2 P.M. This inter-faith service will have 14 churches taking part, and babysitting will be available. For further information, call Mrs. Phil Rogers at 489-7713.

Watch for news of the St. Patrick's Fun Night to be held March 19th at Lipsett Hall. Final plans will be made at the next regular C.W.L. meeting on March 12th at 8:00 P.M. at Lipsett Hall.

The regular monthly meeting of "The Officers Wives Club", will be held March 7 in the Officers Mess at 8:00 p.m.

There will be a Judo display, with an emphasis on exercise, followed by a Wine and Cheese party.

For Bridge reservations please call Carol Wolfe 889-1347.

104th Cubs and Scouts Tuxedo Ladies Auxiliary are having a

cookie and candy sale at Lipsett Hall, Sunday 27th from 3-4 P.M., after the Baden-Powell Church Parade. Kool-aid and coffee will be served free of charge. Their next meeting will be held Thursday, Feb. 24th at 8:30, at Lipsett Hall.

Guides and Brownies South Site now is the time to plan our banquet. We meet Monday, February 28 at 8:30 p.m. in St. Andrews Chapel annex.

## Will you help?

Plans are now being made to have a CFB Winnipeg Welcome Wives Club. If you are interested in helping out in this endeavour please give us a call, we would like to have three or four women from the North and South Townsites. Support your community, and make those moving into it feel welcome. Call Judith McLeod at 888-6588 or 888-1311 Loc 391.



**LAST WARTIME WREN RETIRES** — Lt. (N) (W) Muriel Berryman says farewell to the Canadian Armed Forces. Lt. Berryman began her career as an Ordinary Wren of the Women's Royal Canadian Naval Service in 1944. She was the last serving WWII Wren and during her career has been catapulted from the flight deck of the aircraft carrier Bonaventure in a Tracker aircraft, spent day runs at sea on naval ships and been submerged in a submarine. A native of Salisbury, N.B., Lt. Berryman intends to tour Europe before making definite plans for her future. (Trident Photo)

### WE MADE A MISTAKE

The flyer mailed out with the February events calendar stated Casual Dress for the Officers' Mess Annual LAS VEGAS NIGHT on the 26 Feb 72. This should be amended to read RELAXED DRESS.

The games will operate from 2030 to 0030 hrs and there will be dancing to "The Versatiles" from 210 to 0100 hrs. Tickets are available at the Mess Manager's office for \$1.00 per person. Admission will be to ticket holders only.

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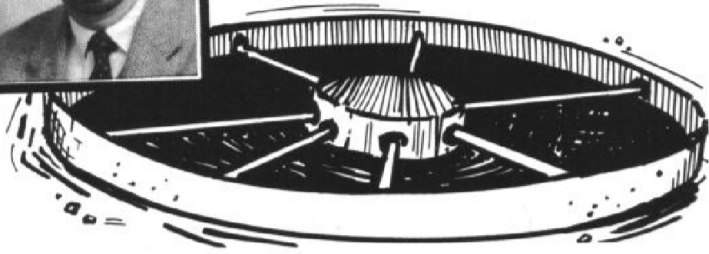
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# VOXAIR SPORTS

## Spinning the Sports Wheel

with John MacLEOD



Now that the 11th Winter Olympic Games have passed into history it is time that we as Canadians sit back and take a long hard look at our system — whatever it is — of preparing our athletics for these games every four years and the World titles held every year in between.

With the exception of a silver medal in ladies' figure skating we were shut-out. One of our worst showings ever. In ladies' skiing two girls came fourth and that must please the coaches in that area. One other sport showed promise and we in Winnipeg can be proud of the showing of our girls on the speed skating team. However, in this area we are falling behind. With the Olympic games completed most speed skaters are planning for more competition in Europe and another big round with the World titles on the line. Most skaters that is, except the Canadian team who head for home due to the lack of funds. Lack of funds — can you imagine that. A small country like the Netherlands has the best skaters in the world and apparently the money to see that they stay on top. One skating club near Chicago develops nearly all the United States skaters and apparently has plenty of money to do so. Canada, a very large country and we apparently can not help out a few talented young skaters with promise. The Canada Fitness Council is supposed to have millions of dollars left to their disposal for sports by two Canadians whose wills directed that this money be used to help amateur sports in Canada. If the Olympic committee will not accept "gifts" of money being afraid of breaking those so called "amateur rules" then we must take a strong look at our future participation in the Olympic Games. Most, if not all, European Governments help finance their Olympic teams, so why not ours.

Canada did not enter a team in the hockey wars of the 11th Olympics for obvious reasons and it was a pleasure to see the US Hockey team, one of the youngest ever entered by any country, come up with the Silver Medal.

Many lines have been written on the "Professional" Europeans and that Canada should be allowed to send their best (Professionals). Russians, they claim, are members of that country's Armed Forces and the big Red Machine do not deny that some of their skaters are. Well, if you followed the US Hockey team on TV you just might have caught Jim Simpson et al saying there goes Pte so and so on leave from the US Army. It would appear that our friends below the border are taking a leaf out of the Russian coaching book for a change. That the Canadian Armed Forces have excellent hockey players will never go unchallenged and a team made up of the best Junior hockey players in Canada and the best from the Canadian Forces just might do it. The Raiders of Baden Soellingen are rated high in Europe and most observers over there feel that with a few additions in some positions they could take the German National team, who if memory serves me right tied for top spot with Japan in the B division of Olympic Hockey. Let's go one better — add a few of our top Juniors and maybe in four years at the 12th Winter Olympic Games Canada could reclaim the gold or at the very least the silver medal.

**NOTE:**

On OPEN RECREATION periods dependents 12 years of age and older are authorized to use gymnasium. Dependents under 12 may use facilities during these open periods only if accompanied by a parent.

Sports equipment will not be signed out to dependents unless they are in possession of a dependent card. These cards may be picked up at Base Recreation Centres at no cost.

## Westwin 0800 fitness club

With the view of Physical Fitness Evaluation time in mind, we have designed a new programme to assist Base personnel in reaching a level of physical fitness similar to the requirements needed to pass the annual test.

The object of the programme is to start at a low level of physical output and gradually work up towards a higher level. Classes will be held Mon to Fri commencing at 0800 hrs in the Westwin Gym. Although classes are presently under way, do not assume that you may have missed something or that it is too late to start. The programme is designed to accommodate all levels and ages and the requirements will be well within your physical capabilities.

How about joining us — get some exercise the easy way and feel better for doing it. The results will probably surprise you.

## Intersectional Hockey

**INTERSECTION HOCKEY**

Team	GP	W	L	T	Pts
JETS	24	13	6	5	31
PATS	21	13	4	4	30
BOMBERS	22	8	11	3	19
UPS	23	4	15	4	12

**LEADING SCORERS**

NAME	GOALS	ASSISTS	Pts
ELLIS	41	32	73
HENDERSON	25	25	50
ERICKSON	23	18	41
MATHESON	21	16	37
THORSON	16	17	33
AALDERS	18	14	32
LITTLE JOHN	15	16	31
JOHNSON	4	20	24
SMITH	13	10	23
KRAUSHER	9	11	20
THOMAS	7	11	18
LANDRY	7	10	17
SLATER	5	8	13
PINKE	11	1	12
SNIDER	6	6	12

## Over 35 classes

Commencing Mon 7 Feb voluntary physical fitness classes will be held in the Westwin Gym at 0800 and 0830 hrs. The purpose of these classes is to start interested personnel at a low standard of physical exertion and gradually work up to a level where maintenance of physical condition is all that will be required. So if you haven't been working out for a while and want to start out slow and easy, this is your chance.



ANOTHER BIG WINNER

Cpl Bonnell of Aircraft Servicing recently bowled a single game totalling 418 points, during a scheduled round in the men's league, to win \$25.00. The cheque, the second this season and the first in 1972 was presented to Cpl Bonnell by the Base Physical Education Officer, Captain Joughin.

In 15 years of service, Cpl Bonnell is no stranger to 400 scores. He has bowled at various times no less than five games over 400. The corporal is currently a member of both the men's and mixed leagues. In 1970 he represented Zone 6 in the Nationals at Chilliwack. Bowling runs in the family as his wife, not to be outdone, bowls in the ladies' as well as the mixed league.

Cpl Bonnell was born at Glace Bay, Nova Scotia. He now resides at Whytefold Road, Westwin. We extend our most sincere congratulations to Cpl Bonnell. Well done!! His score for the triple? 957 big ones.

## Rec Hall Winter Schedules

**LIPSETT HALL \* GYMNASIUM**

**MON-FRI**  
0800-1200 hrs Military Fitness Training  
1200-1300 hrs. Noon Hour Fitness  
1300-1630 hrs Military Fitness Training

**MON**  
1800-2200 hrs Teenage Activities

**TUE**  
1800-1900 hrs open Recreation  
1900-2000 hrs Women's Fitness Classes (Judo Room)  
1900-2200 hrs Basketball League

**WED**  
1800-2000 hrs Indoor Soccer  
2000-2200 hrs Volleyball League

**THU**  
1800-2000 hrs Volleyball Practice  
2000-2200 hrs Manitoba Wheelchair

**FRI**  
1800-2000 hrs Open Recreation

**SAT**  
1300-1600 hrs Open Recreation

**SUN**  
1300-1600 hrs Open Recreation  
1800-2100 hrs Volleyball Practice

**WESTWIN — GYMNASIUM**

**MON-FRI**  
0800-1200 hrs Military Fitness Training  
1200-1300 hrs Noon Hour Fitness  
1300-1630 hrs Military Fitness Training

**MON**  
1400-1500 hrs Women's Fitness Classes  
1800-2200 hrs Teenage Activities

**TUE**  
1800-2100 hrs Open Recreation

**WED**  
1800-1900 hrs Open Recreation  
1900-2300 hrs Badminton Club

**THU**  
1800-1930 hrs Open Recreation  
1930-2100 hrs Women's Fitness Classes  
2100-2300 hrs Basketball Practice

**FRI**  
1800-2000 hrs Open Recreation

**SAT**  
1300-1600 hrs Open Recreation

**SUN**  
1300-1600 hrs Open Recreation  
1730-1930 hrs Junior Badminton Club  
1930-2300 hrs Badminton Club

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First I Feb 15th the Roy to take Metro I Michaud Ivan Bla provided Ed Pop night.

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# Base Hockey —

By: Mac

First Place! How sweet it is. Feb 15th at Sargent Park arena the Royals beat Elmwood 3-2 to take a 1 point lead in the Metro Hockey league. Andre Michaud with two goals and Ivan Blanchard with the winner provided the offence and goalie Ed Pope was outstanding all night.

This observer was appalled by the officiating in the last few games the Royals have played. The previous night the entire third period was played shorthanded and only Scagnatti's acrobatics and some solid defence kept the team in the game. The final score was 2-2. (More accurate shooting on the Royals part would have produced a winner in that one.)

The game with Elmwood the first place battle — got out of hand early due mainly to the fact that the referees allowed the "cheap shots" to go uncalled and consequently had a near riot on their hands. The Royals play a clean brand of hockey, but have proved to this observer that they can hold their own when the going gets rough.

On the fourth of February the Royals journeyed to Portage la Prairie for a game with the CFB Portage Musketeers and came out on the long end of an 8-4 score. Early in the third period with the score 4-3 for the Royals, John Swanson scored and from that moment it was all Winnipeg.

As you read this the Royals

will be in Edmonton competing in the regional finals and I believe they will give a good account of themselves. (In fact, I think they can win.) This tournament should produce some fine hockey as the competing teams are from Cold Lake, Edmonton, Moose Jaw, Calgary, Portage and Winnipeg and the winner represents the prairie region in the National Service final to be held in March.

At this time I would like to dispel the rumours that the CFB Winnipeg Royals are not receiving support from the various sections and Units. Coach Farrell tells me that support has been excellent and requested that those involved be thanked publicly in this column. To all those involved (you know who you are) — Thank you from the CFB Winnipeg Royals. Without section and unit support there would be no base hockey team.

A couple of guys who have toiled long and hard for the Royals and whose names never appear in the scoring columns are John Godden and Ken Tolle. These fellows take care of the equipment and sometimes Ken fills in as a doctor — bandaging the odd cut or nick. There are many little details that require attention at practice or at a game and John and Ken are valuable team members in this respect. Many thanks fellows and keep up the good work. See you next edition.

# Ron Dupuis rolls again

Six bowlers from CFB Winnipeg drove to Shilo during the week of 10-14 Jan to participate in the Region roll-offs. Our six bowlers, Bob Sypulski, Ev Owen, John Bonnell, Ron Dupuis, Henry Pauduch, and Bill MacKenzie won second place, led by CFB Moose Jaw in first. There were fifteen teams competing.

However, only one of our team won a trip to Lahr, Ron Dupuis, who also took the high single award and the high triple.

The six bowlers going overseas for the Championship are Dave Shear (Gypsumville); Bob Stampe (Moose Jaw); Bob Young (Penhold); Ron Dupuis (Winnipeg); Vic Smith (Moose Jaw); Chuck Gregory (Moose Jaw).



Above Ron receives his two medals and congratulations from the Commander CFB Shilo.

# Broomball champs.

The Prairie Regional Broomball Championships were held at CFB Moose Jaw from 31 Jan. to 4 Feb. 72, with 12 teams organized in two divisions. Most teams were closely matched which made it a keenly contested tournament. CFB Winnipeg did not make it to the semi-finals but did their best. In the semi-finals it was Cold Lake 6 - Sioux Lookout 2, Moose Jaw 6 and Shilo 1. The finals proved how evenly matched Cold Lake and

Moose Jaw were, with Moose Jaw finally winning after 59 minutes and 21 seconds of overtime. After a hard tournament CFB Moose Jaw now has the right to represent the Prairie Region in the National Championships at CFB Greenwood 13-17 Mar 72.

The CFB Winnipeg team are grateful to CFB Moose Jaw who were well organized and displayed fine hospitality.

# Bowling Banter

Bowling Alley Schedules

**LIPSETT HALL**  
 MON — Cpl Club Mixed League  
 TUE — Sgt. Mess Mixed League  
 WED — BML Mixed League  
 THU — Lipsett Hall Mixed League  
 PPCLI Maintenance Mixed League  
 FRI — Closed  
 SAT — Closed  
 SUN — 1300-1600 hrs Open Bowling  
 \* Due to lack of participation, in future the bowling alley will be closed Fri and Sat for bowling.

**WESTWIN REC CENTRE**  
 MON — Closed  
 TUE — Ladies League  
 WED — Teen League  
 THU — Intersection League  
 FRI — Closed  
 SAT — 1300-1600 hrs Youth League  
 SUN — 1300-1600 hrs Open Bowling, 1900 Mixed League

# Westwin Minor Hockey

by Laurie Logan

With the hockey season nearly at an end the various Westwin goalies will finally be able to get some rest. They need it as they have been hard pressed these past few weeks.

The Bantam Bs ran into tough opposition and dropped three in a row to the big clubs. Bourkevale whipped Westwin 8-1, Roblin Park won a close game 3-1, and Woodhaven showed their strength in winning 3-0, despite a good effort from our boys.

In their best effort of the season Westwin downed Kirkfield in a 3-2 squeaker. Dan McKay scored from Dan Blais, Terry Brauen from Dan Blais, and the winner was from Dan McKay assisted by Scott Zachow. Westwin kept their winning streak alive two days later by beating North Kildonan 5-3. Dan McKay was the star pumping in 3 goals with the others coming from Swainsbury and Thevenot, who also had an assist. Other assists went to Zachow, Blais, Currie and big John Warren. The Bantams led 4-2 at the end of the second and hung on for their win. An exhibition game against Heritage ended 3-1 for the bad guys as McKay scored our lone goal.

Westwin lost a tough match to Oxford Heights 2-0 at home and seemed to take their low spirits into a game against tough Crestview No. 1 who soundly thrashed our boys 11-0.

The Pee Wee A team has had their share of rugged matches and although losing most of their games have given their opponents a battle each outing.

On a cold night at Varsity View we lost a close 3-1 match as their goalie was too hot to handle. Pollen blasted in the only Westwin goal in a cleanly played game against the good sports from Varsity View. Thorne, Pollen, Bailey, True, Peterson, Millard and Schmautz led the way in this game. Another 3-1 loss, this time to St. Charles, with the refs having an off day in this one. Jim True tied the game with his goal, but St. Charles was not to be denied. Mark Nelson was the bulwark on defence, playing an outstanding game, and the best of the forwards were Heaver and Boyer.

In the Silver Heights tournament the host team took advantage of poor clearing to open scoring and then held off Westwin's rushes to post a 3-0 win. Westridge led 3-0 in the third of their game before we got hot. Pollen carried the length of the ice to set up True then True capped a fine Peterson rush by throwing the puck out from the corner for Peterson's hard shot into the net. Despite a fierce Westwin attack Westridge hung on for a 3-2 win.

At Heritage a rather chippy game ended up 3-0 for the hosts as Westwin could not finish off their rushes into the Heritage zone. The young ref lost control of the game and rough play became all too evident as the game progressed.

The Pee Wee B luck has not been all bad. They produced a real team effort against Glenwood and led 3-0 at one stage. Rice hit for two goals in the first period, with help from Gwynne, and Strangward completed a passing play from Spence and Koch. Glenwood then battled back to tie the

game before Spence was able to pot the winner after hard work by Rice to set him up. Passing, checking and teamwork are what wins are made of.

Westwin plays in quite a number of one-goal margin games. They had a thriller against Silver Heights at the Civic losing 4-3. Westwin looked flat for two periods with only Ken Little in goal keeping us in the game, then in the third Gwynne began rushing from our end and the boys came to life. Down 3-0 Strangward cracked in a goal then Offredi finished off a picture play set up by Gwynne and Mallett. Spence got the third goal and the game ended with the goalie off for another attacker, and Silver Heights fighting for their life. Schreiber and Offredi went into the corners for a change, Mallett really hustled, Bateman had his best game of the year, and Strangward missed some golden chances.

The pattern followed in a 5-4 loss to Crestview. Westwin had some great moments but sagged when it mattered and Crestview ran up a 5-2 lead, before we came back to almost tie the game. To win the boys must work for three periods, not just one. Goals came from Schreiber, assist Sitavanc, Rice from Spence, and Spence from Strangward. Gwynne and Logan were solid on defence. Little shaky at times in goal, Schreiber looked good at forward.

Against Transcona Maple Leafs the B's started well but ran out of gas and were trimmed 4-1 as Daryl Mallett was our only offensive threat.

Strangward tended goal against Norberry No. 2 and made some key saves as Westwin dominated play in winning 3-1. Spence and Rice were leaders on offence, Kendrick quite physical on defence, and Bateman impressive again as he continues to improve. The rest of the team should have half the desire Kendrick shows. Spence combined with Kendrick and Rice from the opening face-off for the first goal, Rice finished off

a play set up by Koch and Spence, and Koch scored from Bateman. Koch played on the Rice-Spence line and is well suited to a forward position. In exhibition play at Woodhaven the B's fell rather flat and lack of hustle resulted in a 5-1 beating from their hungry opposition.

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# Voxair editor tops TCHQ

Cdr Al Tassie and his team of Capt Jim Hoffman, Cpl Ferne Jerome and Mrs. Bev Gleadall posted an unheard of high score of 20 out of 22 possible points to sweep the field in the annual TCHQ Curling Championship.

While leaning against the bar, surrounded by admirers and indulging in a glass of his favourite squeezed carrot juice the skipper was heard to remark that leadership and training are the pathway to success in any sport. Sound advice to those who would aspire to greatness in our Curling Carnival this forthcoming April.

Eighty curlers in all took time off from their tasks to participate in the annual event. Capt. Wayne Gray and his team of Maj McDonald, Capt. Yakachuk and Mrs. Degroot won the Consolation Trophy. They managed to edge out Lt Col Found, Sgt Corbett, Mrs. Cuninghame and Lt Col Riffou who had to be content with the third prize flagons of strawberry juice. Special awards were made to Mr. Gord Lane's team for being the best sports and Maj. Neilson's team for having the best sense of humor.

A vote of thanks to the staff of the curling club for clean ice, a fast bar and a clam chowder that you could stand a spoon in. See you all on April 7 at the TCHQ Curling Carnival.

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# News from Chippawa

by R. McBeth

It's only been a couple of years since the Voxair has heard anything concerning the huge staff of HMCS Chippawa. Well, all five of us have decided to let you know we are still Happy (?), working hard (??), and l-o-v-i-n-g it!!

Curling is in full swing now and on the 10th, 11th, and 12th of February we will be hosting the CANMIDWEST BONSPIEL, here at NRU Winnipeg (fancy name for Chippawa).

CAPT (S) G. S. Waddell (Staff Officer) has formally announced that there is absolutely no truth to the rumour that he will be skipping a rink in the CANMIDWEST. (The C.O. detailed him off to be LEAD).

Mrs. Georgette Williams, spouse of CPL (S) Dave Williams, finally launched their new tax deduction on the 8th of January. Dave was a little upset that it occurred 8 days too late.

CPL(S) Louis Mitchell was amazed at the recent loss of weight he incurred while his wife (A CPL Reserve) was away on three weeks training in Beautiful British Columbia. The latest count was 10 lbs.

WO(S) Jake Jakubowski also made a formal announcement that even though Bobby Hull could afford a hair operation he was not planning on one until the Chief's and PO's Mess gave him another raise as Bar Manager.

MWO(S) Nolan, our administration genius, seems quite pleased (?) to know he will be a part of our staff for at least a couple more years.

As for myself, the only news is that with thanks to my superior play as Lead, our curling rink is back in first place again.

## Forces Lithographs now on sale

OTTAWA (CFP) — Professionally photographed color lithographs depicting a wide range of Canadian Armed Forces equipment and activities are now on sale to the general public. There are 14 pictures in all and they sell for five dollars a set or 50 cents each. Of interest to members of the air element are lithographs of the Cf-5, T-33, Boeing 707, CF101 Voodoo and CH-113 Labrador.

For members of the sea element there are color plates of HMCS Skeena taking on fuel, HMCS Annapolis with a Sea King helicopter in anti-submarine operations, HMCS Protecteur and HMCS Bras d'Or. For submarines HMCS Okanagan poses, outward-bound.

Of interest to members of the land element there are lithographs showing an armoured personnel carrier charging through the snow, troops disembarking from a Hercules in the Arctic, infantry putting in a helicopter attack and soldiers training in the desert.

The color plates measure 13 by 17 inches and are printed on good quality white stock measuring 18 by 22 inches.

Orders, accompanied by cheques or money orders made payable to the Receiver General of Canada, should be sent to:

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# SHOW AND TELL ENTERTAINMENT

Don & Barbara Binder

On February 7th, MTC's production of *The Sun and the Moon* entered into the annals of not-so-great Winnipeg theatre. Written by former U of M professor James Reaney, it was, unfortunately, MTC's major Canadian content effort for this season. Keith Turnbull directed.

Set in an imaginary small town called Millbank, Ontario, during the 1930's, the play is about a super evil lady abortionist named Charlotte Shade, from Toronto, naturally, who comes to town bent upon destroying the reputation of the number one local good guy, the Rev. Francis Kingbird. Supporting the protagonists of good and bad in their struggles is a cast of 18 who, like their leaders, are theatrical distillations. For the most part they represent the various ingredients of small town rural life such as love, hate, humor, injustice, piano lessons, church socials, gossip, gospel and yes, even madness. The set and props are a combination of reality and imagination suggesting a Manse and its surroundings.

The action of the play moves quickly for the most part, especially during the first act. The players are cardboard characters who say aloud those things their real life counterparts would never say. Those things that reveal true feelings and personalities — good and bad. Consequently, there is little room nor need for character development. Rather, as the actors enter they are immediately established via dialogue. It was just that fast. And, it was also an interesting, refreshing approach.

As Mrs. Shade, Olive Deering was absolutely marvelous! She was, in fact, so convincingly evil that, it was really quite easy to hate Mrs. Shade — even though she wasn't real. Meanwhile, David Dodimead, who played the Rev. Kingbird, was just as splendid in this production as he was in *Alice and Homecoming*. He simply prevails upon the action every moment he is on the stage. Even when left standing for seemingly interminable periods, Mr. Dodimead never appears awkward. He is, rather, more like a sovereign presiding over his court.

Among the supporting roles, only P. M. Howard, gave a notable performance. As Dennis, he plays a half mad youth who vainly pursues Mrs. Shade trying to bring about her undoing. In addition to Mr. Howard's fine acting talent, there is yet another factor that contributes to his success in this, a relatively minor role. He has learned the nearly forgotten art of projecting the voice. Having done so, he has smartly placed himself well ahead of his contemporaries and, as far as Winnipeg is concerned, ahead of most of his seniors too!

Nonetheless, *The Sun and the Moon* was far from a success. At the risk of being presumptuous, we must say we thought it was wordy, did not flow smoothly, lacked an identifiable motif, and, most annoying of all, frequently talked down to the audience.

Now, although that may sound like an all around put-down, the truth is that *The Sun and the Moon* does have the potential to be a good play. What it needs (or needed) is to be massaged through several pre-opening performances — and revisions — as is done with a new Broadway production.

In other words, it needs to be honed into a highly polished professional product. Now, although there wasn't anything so wrong with the play the way it opened that it can't be fixed, the fact remains that it was not of comparable quality in relation to the plays of New York, London and Paris. And let's face it, because they are not only the competition, they're also the standard.

On the 24th and 26th, the MANITOBA OPERA ASSOCIATION will present Verdi's lyric opera, *Il Trovatore* in the Concert Hall. Featuring the WSO under the direction of Peiro Gamba and the 200 voice PHILHARMONIC CHOIR, this should be a fantastic production. Incidentally, excluding the five leads, *Il Trovatore* will be largely a local effort.

If you are among those who don't like "and they all lived happily ever after" operas, you may want to see this one. *Il Trovatore* is based upon a shockingly brutal revenge story that most assuredly doesn't end happily. And musically it's a very demanding work that requires the highest in musicianship both on the stage, and in the pit.

In a way it might be said that this is an opera for people who normally don't like opera.

The latest from STUDIO 22 is that Dave Moriarty was elected President at the last general meeting. Congratulations Dave! We hear that the club has settled on *Separate Tables* as their next production. Good choice. The author, Terence Rattigan, a contemporary English playwright, was said to be at the peak of his form when he wrote this play. More on *Separate Tables* when we get production dates, castings, etc. Assuming someone passes on some information, that is . . .

NOTES: No, the AMERICAN DANCE THEATER was not as good as touted by the RWB. It was better! As far as we're concerned, this show by Alvin Ailey's group and the RWB performance of *The Ecstasy of Rita Joe* made our season tickets well worth the price . . . Took some house guests to THE OLD SPAGHETTI FACTORY on Feb. 4th, and would you believe that the spaghetti was overcooked? . . . Retraction: In our review of *Killdeer*, we reported that Phillis West was 68 years young. We stand corrected; on March 1st she'll just be 67 . . . For Valentine's Day took Goodwife to THE OLD SWISS INN. It was both delightful and reasonable. We recommend it. By the way, if you ever reserve a table for two with roses, make sure the ferns are removed. It's tough trying to eat in a jungle! . . .

ASIDE: We've been notified that our next posting will be in San Bernardino, California. Ho, ho, ho . . .

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