

Notair

August 30, 1972 CANADIAN FORCES BASE, WINNIPEG Vol. 21, No. 16

Defence committee recommendations

Re-examine roles, tasks and budget

OTTAWA (CFP) — Canada's armed forces "are at times strained to the limit in carrying out the broad range of roles and tasks assigned to them . . ."

This is the belief of the all-party Standing Committee on External Affairs and National Defence in its recent report to the House of Commons.

As a result, the committee suggested a number of options for consideration, including a reduction in the number of roles assigned to the armed forces, a lowering of the state of operational readiness for military commitments, and an increase in the defence budget.

Use of the forces for national support and development purposes, as outlined in last August's defence White Paper, was supported by the committee. Specifically, it agreed that the forces should continue to provide assistance in emergencies and in search and rescue, and that these activities be given more emphasis and publicity.

However, in the opinion of the committee, funds to cover costs of domestic emergencies, other than search and rescue, should be provided by the Emergency Measures Organization. Costs for search and rescue should be paid by either EMO or the ministry of transport, with the department of external affairs paying for international emergency relief assistance.

In other fields, where a service is provided to the public sector, the committee recommends that DND should be reimbursed for the costs incurred. The Aerospace Engineering and Test Establishment at CFB Cold Lake, for example, makes available, its test facilities to the private sector and to provincial and foreign governments, but the recoverable costs go to the receiver-general, not directly to DND.

Questions current non-military projects — Although the committee agreed in principle with the idea of using the forces to carry out non-military projects, and to provide services of a commercial nature, they also expressed some reservations about this practise.

For example, does the use of the Canadian Armed Forces in building bridges and constructing airfields in the Northwest Territories discourage the growth of private companies? Also, has the use of Air Transport Command aircraft to resupply bases in the Arctic reduced the potential market for civilian operators? The committee suggests that the government give careful consideration to each question.

The committee agrees in principle that defence expenditures should complement the broad economic policies of the government, providing this does not adversely affect the capabilities of the forces to meet their roles and tasks.

However, it notes that some expenditures of money and manpower by DND support economic and regional developments. For example, some bases continue to be operated by the forces to sup-

port local economies. Additionally, sometimes Canadian-made equipment is purchased over cheaper equipment from foreign suppliers as a means of assisting Canadian industrial development and the Canadian economy.

In such cases the committee recommends that such information be released to the public, to provide a more realistic understanding of defence costs the department was incurring to support regional development and the Canadian economy.

The committee endorsed the role of the reserves to support the regular force in internal security operations, to the extent that commanders of commands considered them qualified to fulfill.

Referring to the Canadian Rangers, the committee believes that they provide an essential on-the-ground component to the armed forces' surveillance and control activity in the north. It recommends that the government give serious consideration to increasing the funds and facilities made available to maintain the Canadian Rangers, with a view to increasing its overall strength and effectiveness.

In examining the cadet organization, the committee believes it is performing a valuable service, and strongly supports the training program, considering it to be a national development and support activity. It also recommends that the government extend additional encouragement and support to the cadets.

In the matter of carrying out national support and development tasks, the committee indicated that the Canadian Armed Forces have reached a crossroad. Although national development activities are supposed to be second in importance and priority to primary defense activities, such is not always the case, says the committee.

Suggests some alternatives — In fact, the pressure of public opinion for immediate assistance from the armed forces is such that this opinion can only be ignored at the expense of unfavourable community-military relations, says the report. At some bases, training for military operations has been reduced so that personnel would be available to fight forest fires. If this type of development continues, the committee feels that the government has a number of alternatives.

For example, can the allocation of equipment, facilities and personnel be increased to permit this added emphasis on social and economic development? Should the military budget be increased for that purpose? Should specific activities and commitments be dropped? Should the state of operational readiness for military commitments be lowered, or are there other alternatives?

The committee recommends that the government review these alternatives to arrive at a future course of action that will overcome the results of the current constraints on the departmental budget.



NEWLY APPOINTED COMMANDER of Canadian Forces Base Winnipeg, Col. C. A. LaFrance, 43, signs the handover certificate from the outgoing commander, Col. A. D. Wallis, 43, (left) during a brief ceremony at the base August 15. Col. LaFrance has been the deputy commander of 10 Tactical Air Group, Mobile Command in CFB Montreal since September 1969. Col. Wallis retires from the Canadian Forces to take up the position of registrar at Royal Roads Military College, Victoria, B.C. (CANADIAN FORCES PHOTO)

Winnipeg native promoted, posted

OTTAWA — Promotion to the rank of brigadier-general and appointment at Canadian Forces headquarters, Ottawa, as director-general of postings and careers September 1, is announced for 51-year-old Winnipeg-born Colonel James I. Davies, now commander of CFB Toronto.

In his new post he will succeed Brig.-Gen. Duncan A. McAlpine, 49, of Montreal, who is to be

promoted to major-general and appointed associate assistant deputy minister in the defence department for personnel.

Training Command has new Commander

On 23 Aug 72, in an impressive ceremony which was highlighted by a fly past of all the various types of aircraft used in Training Command, Major-General W. A. Milroy, DSO, CD, handed over command of Training Command to Rear-Admiral R. S. Stephens, CD.

General Milroy, a Second World War armoured corps officer who has 32 years service, will be promoted to Lieutenant-General effective 30 Aug 72 and has been appointed as the new Commander Mobile Command. In his farewell address, General Milroy stated that he enjoyed his tour in Training Command, thanked all the personnel of Training Command for their support, and complimented them on their dedication and professionalism.

Admiral Stevens, the new Commander Training Command, a naval officer with more than 30 years service, has just completed a tour as the Chief of the Forces' Information Handling Agency, Ottawa, where he was responsible for all computer management information systems in the forces. In his acceptance speech, Admiral Stevens (on behalf of himself and the personnel of Training Command) wished General Milroy "God's Speed" and success in his new position as Commander Mobile Command. He also indicated that as a "sailor", he had not been afforded the opportunity to serve in the mid-west before and he, as well as his wife, were very happy to be in Winnipeg.

After the Change of Command Parade was completed, General and Mrs. Milroy, and Admiral and Mrs. Stevens joined the Lieutenant-Governor of Manitoba, His Honour W. J. McKeag and Mrs. McKeag at a reception held in the Officers' Mess.

2 PPCLI move to Cyprus

WINNIPEG — Approximately 500 members of the Winnipeg-based 2nd Battalion Princess Patricia's Canadian Light Infantry will leave in early October for a six-month tour of peacekeeping duties with the United Nations in Cyprus.

The battalion, commanded by Lieutenant-Colonel J. H. Allan, 36, of Kingston, Ont., will replace the Lord Strathcona's Horse (Royal Canadians) of Calgary which has been there since April. A 50-man contingent from the 3rd Regiment, Royal Canadian

Horse Artillery, Shilo, also serving in Cyprus, will return in October.

While this will be the first time the 2nd Battalion, PPCLI has been assigned to Cyprus, it is not the first United Nations task. The battalion was the first Canadian group to see action in the Korean War, and the only Canadian unit ever to win a United States Presidential Unit Citation. The unit was cited for extraordinary heroism during the battle of "Kap'young" in Korea in 1951.



REAR ADMIRAL R. S. STEPHENS, (left) new commander of Training Command, accepts the Training Command pennant from Major-General W. A. Milroy during change

of command ceremonies at Canadian Forces Base Winnipeg August 23.

(CANADIAN FORCES PHOTO)

Confligere by Bob Purvis

Letters to the editor

With apologies to the late Lt. Col. John McCrae: "To you with failing hands we throw . . ." The "torch" appears to become more heavily laden as each passing day wafts away. Did they fight in vain? Do we fight in vain? or are we just flogging a dead horse, or deepening open wounds? With the steadfast and ever increased cost of living, we feel that Crusader in his article regarding discriminatory variances in rental charges between two housing areas within the same city and serving the same unit is truly justifiable.

Without a doubt, the finest all-round married quarter area has to be that which is situated in the exclusive area of Conway and Morgate Streets, encompassed by Ness and Sharpe Blvd. Probably the most solid quarters are the brick tenements in the area of north Whytefold, comprising Comet, Canso and Argus Streets, encompassed by Sabre Crescent. They have fairly nice grounds with paved parking facilities, cement curbs, electrical plug-ins, nice basements, but no garages.

To the south of the chapels on the north site we find a variety of homes, houses and slabs located in the area of Whytefold and Silver Avenues, Jameswood and Ladywood Drives, Listowel, and Silverwood Bays, Braintree Road and Crescent, plus Cornwall Blvd. Hop across Whytefold and you find somewhat similar accommodation along Ness Ave., Bourkwood and Paisley Place, and Leicester Square. Most of these do not have basements.

Continue your tour over to the south site and you will find more married quarters with a variety of single and duplex accommodations. Some have garages for which they pay extra. The remainder have plug-ins. Only the main city streets have good curb service. Kenaston and Tuxedo Blvds., plus Corydon and Ubique have some nice looking homes, but as you proceed a little further south you find what appears to be a complex of cubicles on Kenaston, Carpathia, Grenadier and Blanche. It is believed that all these accommodations possess a basement, however, most of the basement is occupied by huge ancient octopus-type furnaces which restrict usable space and movement.

Now that you're on the south site, cruise around the block comprising Doncaster St., Corydon, Edgeland Blvd., and Tuxedo Blvd. You can't help but seeing the elongated 125 unit rental housing produced through the courtesy of the Manitoba Housing and Renewal Corporation in co-operation with the Government of Canada and C.M.H.C. These are built in clusters and finished externally in Tyndal stone and stucco; fitted internally and externally with the most modern of conveniences; provided with the newest of heating systems, electronic gadgetry,

well sodded with the addition of some lovely shrubs at strategic places; fenced in for some privacy, paved parking facilities with individual auto plug-ins, paved sidewalks with cement curbs and a pair of modern pole lamps at the entrance to all cluster parking lots. The rent? Check with some of those who have already taken up residence there and you will probably feel somewhat slighted.

Whilst in this area, you cannot help but notice the 18-storey Thawani Towers with approximately 120 ownership apartments. You may also note the commencement of a somewhat similar hi-rise on Edgeland.

Perhaps you wondered where all those extra children are coming from that are using the south site DND playgrounds; who chase each other through your PMQ lots, and you perhaps also noticed quite an influx of strangers walking, riding and driving up and down your back lanes, and never have you seen so many visits from the City Police.

Good golly! Miss Molly! Now we really understand (or do we) why personnel on the south site are assessed higher rent than the north site. It helps to pay for all that extra protection we now require.

Well, Crusader, let's not give up the ship! Too bad there are so many who will not stand up for their rights, but are the first to moan, groan and complain. We require a vigorous movement for a noble idea and square deal.

Editor Voxair: Rental Facts

This letter presents some facts about the difference in rental charges for married quarters between the North and South Sites, the subject of Crusader's article in the Aug 9 issue.

Strong appeals by both Base and Command resulted in a reappraisal by Central Mortgage and Housing Corporation following the procedures described in the April 1972 issue of the Personnel Newsletter. CMHC still believes that the \$10 difference for the South Site is justifiable, and in fact, considers that the rentals are on the conservative side of the market. However, the DND system calls for a complete appraisal review every two years and any changes which have taken place since 1971, new construction, etc., will be considered during the 1973 review. Significant changes in the environment of the South Site should be reflected in the 1973 appraisal values.

CFHQ reports that other bases which administer more than one married quarter complex have similar problems. Discussions are now in progress between NDHQ and CMHC regarding expansion of the appraisal process as it applies to DND Married Quarters in the hope that some consideration can be given to "Service Conditions and Requirements" during the appraisal.

Crusader's logic falters when he insinuates discrimination against the land element on the

grounds that most of our people who work at the South Site belong to 2 PPCLI. The fact is that as a married quarter becomes available, whether it is at the North or South Site, it is offered to the person next in line on the waiting list without regard to that person's place of employment.

It may be of little consolation to those who now live in the South Site, but next year's scheduled reappraisal may bring changes for the future.

J. A. Mitchell, Lieutenant Colonel, Acting Base Commander, CFB Winnipeg.

Editor Voxair: Secondary Duties

In the July 5th issue, Bob Purvis, discoursed on the need for a record of secondary duties. Secondary duties are a question of semantics: there is a subtle distinction between secondary military duties and community duties. The former are directed, the latter voluntary, as a means to self fulfillment.

The established Base policy concerning secondary duties requires all supervisors and assessing officers to obtain a written report from the officer for whom the duty was conducted describing the individual's performance. From this report which is placed on the individual's personal file, the supervisor or assessing officer includes in the narrative of the man's Personnel Evaluation Report (PER) such statements concerning the secondary duty as he deems necessary to portray an accurate picture of the individual's performance during the period covered by the PER.

In the current officer's PER there is a section for the individual to detail his secondary military duties. However a similar section is not included in the man's report. Perhaps if Mr. Purvis has an idea how this might be incorporated he should consider submitting it through the Base Suggestion Award Committee.

E. O. Razzell, Captain, BPERSO

Editor Voxair: Orders, Decoration, and Medals

Ref: A. QR&O 18.01(4) B. CANFORGEN 110 CANGEN-HED 087, 31 May 72 C. SENTINEL, pages 26-29, Jun 72

WO A. Golding expresses sincere gratitude to the many service and civilian personnel who have extended congratulations on being the recipient of the Order of St. John.

To keep the record straight, WO Golding is to be invested with an Order (not citation) as mentioned on page 1, Vol. 21,

No. 15 of Voxair. This is not a service award, but a British order awarded at the Queen's pleasure under the terms of the appropriate statute or royal warrant.

To answer the many queries of servicemen; the Order of Military Merit does not replace the Order of St. John. The Order of Military Merit (recently introduced and sanctioned by the Canadian government) is for in-service skills and accomplishments whereas the Order of St. John is for non-service humanitarian skills and accomplishments. A serviceman/woman is eligible for both.

The 1971 Roll of the Order of St. John in Canada listed 2,622 names. Of these 447 are members of the Canadian Forces, serving or retired. A photo of the Order may be seen on page 27, June 72 edition of the Sentinel magazine, as worn by one of WO Golding's former NCO's, Sgt. Kenneth McOrmond, M.M.

A. R. P. Golding, WO BNDO

Editor Voxair: On Dogs:

I have noticed many dogs tied up in yards in PMQs according to the rules.

Many of these dogs are, however, tethered in the middle of the yard without shade or water.

Dog owners (I can't call them dog lovers or they would not be so thoughtless) are cautioned that by tying their animals where they do not have access to shade or water may be contravening some part of the Animal Husbandry Act and as such are liable to prosecution if reported.

I have even seen some owners sitting in the shade themselves while their pet remains tied out in the 80 degree heat and blazing summer sun.

Look around — is your dog panting out there in the middle of the yard?

I'm just miserable enough to report you.

J. W. Brown, WO

Editor Voxair:

Was it a coincidence or ironic fate that confligere item on how we look and the picture of the crew of Operation Ancient Bird appeared side by side?

Surely that much hair, those sideburns and that illegal moustache could not have been grown on only a 14 day trip!

J. W. Brown CWO

Ed Note:

Strictly coincidence. Some thought was given to eliminating the individual on the left, however, this would have resulted in an unbalanced picture, as no two individuals would then have the same headdress.

On accepting criticism

No one likes to be criticized but it is a necessary part of the maturing process. A wise man once said, "The only man who can honestly say that he never made a mistake, is the man who has never done anything." Those who strive for improved conditions are bound to make mistakes and they are therefore subject to criticism. The spirit in which the criticism is accepted will determine whether the results will be constructive or destructive. You may well say, "What about the criticism; is it constructive?" A fair question, but remember, you cannot control the quality of the criticism but you can control the results if you will consider a few very important points.

Be Fair and Listen
Abraham Lincoln was much criticized and had this to say. "Unreasonable as it may seem, I always think to myself that it is just possible that the man may know what he is talking about. On that assumption, I see what I can learn from him." You should always try to appreciate the fact that the critic may be doing you a favour by putting you on the road to self improvement.

Remain Calm

Try not to relate the quality of the criticism to the personality of the critic. Your personal opinion of him does not make the criticism more or less valid. The length of his hair, his dress or his manner of speech have no bearing on the matter in question. This is perhaps the most difficult aspect of accepting criticism in such a way that some benefit may result for it is human nature to be resentful in such circumstances. You can do it if you are really interested in improving yourself.

Assess The Source

Try to evaluate the person from a realistic point of view. Who is it that is criticizing you? Is he qualified to pass judgement? If he holds a senior position, achieved through experience and initiative, the chances are that he knows more than you. Why is he criticizing? Again, a realistic look at the reason for his remarks should tell a great deal. Is he trying to be helpful? Constructive criticism usually includes a logical suggestion for improvement or the solution to a problem.

Listen closely. If the critic is angry or seems unreasonable it may be that he is criticizing you because of his own lack of ability or self confidence. In such a case, hear him out and be as charitable as possible.

Appraise The Criticism

Weigh the pros and cons. Was it justified? Did the other person have all the facts or did he ramble and generalize? Was the criticism constructive? Now is the time to consider all the facts and aspects of the case. Above all, reflect on your own attitude and, because you cannot be impartial, at least try to be honest.

Do Something

If the criticism was valid, ensure that action is taken to bring about improvement. Each grain of sand contributes something to a billion dollar dam.



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Next issue deadline 6 Sept., 1972

MP NEWSBULLETIN

Ken Stephensen

Cpl Kosh is not Karsh! But, he is back from leave, and ready and willing to take your picture if your identification card has expired. The onus for renewal is on the individual, so why not take a look at your ICard and see where you stand. If it has expired, make an immediate appointment through local 786 during normal working hours. ICards should be renewed two months prior to the expiry date. All you require is an appointment and if in shirt sleeve dress (or blouse) your tunic, and tie where applicable.

EXCHANGE OFFICERS attached to CAF/CFB Winnipeg for a definite tour of duty from USA or NATO countries are also to be processed for a CAFIB 20 Service Identification Card. This does not apply to liaison officers.

MP BLIND FUND . . . still moving slowly, however our deadline of end of October is almost upon us. Our previous total of donations of \$370.00 has been increased by three dollars through the generosity of Ex WO Al Kampen (\$2.00) and Cpl Guy Gagnon (\$1.00) BSup. We appreciate their donation and the time they took to drop in. Total: \$373.00. Question? Can we reach \$400.00? Answer: Yes with your help . . . The big date: October 18 is when we will be holding our MP Blind Fund Bingo in Bldg 21, and everyone is invited. Our TV raffle draw will also take place the same evening, so if you haven't got your ticket,

time is getting short. Tickets may be obtained at the guardhouse at the Whytefold Gate.

If you find one of your little ones continually getting home late for supper, it could be because their watch is sitting in the guardhouse safe. Why not call local 204 to see. Even if we haven't got your lost property; keys, cameras, etc., your loss can be recorded quickly by phone, and if the item is later turned in, you will be notified. In respect to found property on the base, it should be turned in by the **finder** to the military police as soon as possible. Often we receive enquiries of lost property from transients, visitors, etc., and we advise them it has not been turned in. Then, after a few days someone turns the property in, stating they were holding it in the section for a few days in case someone inquired. By then the owner has often left the area and packing and shipping become involved. Certain sections are more prone to finding lost property (usually forgotten property), they are 9 AMU, Rec Centre, Base Cleaners, Messes, Duty Personnel (OS/OC etc.). We would ask that they take immediate action, which will assist us in returning such items to the rightful owner.

For those of you who have not read; "To Race The Wind", Readers Digest, August, please do. This is the story of just one blind child. Read it . . . multiply it by 500, and you will have an idea of why we have an MP fund for Blind Children.



TCHQ OFFICERS DEPARTING on posting after their 'mugging out' in the Mess on 28 Jul. Left to right (seated) LCol Whittington, BGen St. John, LCdr Cumming (standing) Lt Day, Capts Ryan and Hoffman, Majs Christian and Mercer.

Drug Committee completes successful year



MEMBERS OF THE BASE DRUG EDUCATION COMMITTEE recently visited the labs of Prof D. Humphreys, who is employed with the University of Winnipeg in the Department of Physiological Psychology. Professor Humphreys is carrying out extensive experiments involving the effect of "Street" drugs on cats as part of his Doctorate programme. From L to R; Sgt R. T. Nelson, Cpl B. C. Graham, Prof Humphreys, Mrs. Grace Pauline, Capt P. F. Layte and MWO O. E. Johnson.

During the past year volunteer members of the Base Drug Education Committee (BDEC) have organized and provided drug programs for approximately 2000 people at Base Winnipeg and in downtown Winnipeg too. These programs have met with large success and reflect the time spent by these volunteers in planning the programs.

Girl Guides, Cubs, Scouts, Women's Church groups, Knights of Columbus groups and Air Cadets were among the various organizations to whom the committee provided information on drug abuse. This was in addition to the 1000 or so personnel who were phased through an extensive program at the Base during the period of March-June 72. This program emphasized the consequences of drug abuse on careers, personal and social health and in addition, personnel managers (Sgts-CWOs) were told the signs of recognition for drug abuse and the importance of the example of leaders in influencing the conduct of those who tempted to use drugs.

Several programs, which were open to Base personnel and dependents, were held during the year at Bldg 21 and these met with some success.

The BDEC, through the Base Library, provided some excellent books on drugs which were read by a cross-section of service and dependent personnel. The largest age group to make use of these books were the 14-16 year olds.

Besides being involved in providing education for groups, the BDEC maintained an educational program for themselves, which consisted of presentations by committee members; guest speakers and films. The most interesting speaker of the year was Professor D. Humphreys, who is with the Dept of Physiological Psychology at the University of Winnipeg. Professor Humphreys provided the committee with an excellent presentation on his Doctorate program, which involves the effects of "Street" drugs on cats. This was followed up by a visit to his facilities at the University of Winnipeg.

In providing the community with Drug Education the past year, the BDEC has done a noteworthy job. Many off duty hours were spent by these people in order to ensure the suc-

cess of the programs. The volunteer members who participated during the past year are: Mrs. Grace Pauline, Pte. D. St Pierre, Cpl's "Red" Graham, Terry Tooley, Stan Fry, Jim Talbot, Sgts Ron Nelson, Jerry Menard, MWO Orville Johnson, Capt W. T. H. Stutt and Capt Paul Layte. The professional people at the base who so willingly supported the committee at many presentations were Capt Mike Taylor — Base Pharmacist and Capt Vince Martin-Regional Social Work Officer.

Despite the success of the past year, the BDEC will be continuing to provide programs for the base and community because the problem of drug abuse is a continuing problem. With the continued abuse/use of alcohol, the increasing presence of marijuana and the changing attitudes of people, there is no immediate solution to the problem. It is firmly believed however, that a percentage of the problem can be eliminated by education and your BDEC will continue in this endeavour.

Over the counter

OTTAWA (CFP) — The outside world for the servicemen approaching retirement offers many challenges. One such challenge is operating a business of your own.

The service sector of the business world is particularly attractive for the retired serviceman. This is also one of the easiest fields to get started in, since the investment in equipment and/or inventory is usually minimal.

Mark you, the risks are great. The number of small business failures each year is evidence enough of this fact. Many servicemen, nevertheless, accept the risk and take the plunge and become independent businessmen on retirement.

A few examples of business opportunities available are as follows:

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

Report and Travel — service people in most cases have travelled widely in Canada and other countries. Perhaps you could put your knowledge to use as a businessman in the travel industry. Maybe you are a camping buff. You might be interested in running your own campgrounds.

Franchises — the franchise industry runs through almost every aspect of business from doughnut stands to employment agencies. Some franchises require a substantial investment but in return you are offered support in training, inventory, location and business methods.

Imaginative Businesses — put your imagination to work and possibly you'll come up with a different and unique business. A serviceman close to retirement noted the increase in holiday

travel and the fact more people were spending time away from home. He asked himself if these people would feel better if someone were looking after their property. He now has a thriving business checking furnaces, air conditioners, cutting lawns, watering plants and providing security checks for those on holiday. Another retired serviceman owns the electrical vibrators on beds in a string of motels.

If you decide to take the gamble and enter the business world, do everything possible to maximize your chances of success. Prepare yourself by taking courses, reading books and talking to people already established in the field.

Servicemen approaching retirement are invited to participate in the Civilian Employment Assistance Programme as outlined in CFAO 56-20. See your Base Personnel Selection Officer or Base Personnel Education Officer for further details.

by Major WF Anderson.

Letter-writers: we cannot print your letters unless your name and address or place of work is given. Nom de plumes may be used but we still need your true identity and address. If your letter hasn't appeared, you know why. Give us a call, if your letter is 'hung up'. Thanks. Merci.

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dependent SON, under age 21 or university student only if (a) child, or (b) the widow or is a similar person is mentally

me will not be over \$1,000 but amount by which the year — If (If net income \$550 minus the

people taking be able to claim any month of full ns. If a student advantage of the he claim. This al Income Tax et.) Tuition fees me.

Suggestion Awards Presented



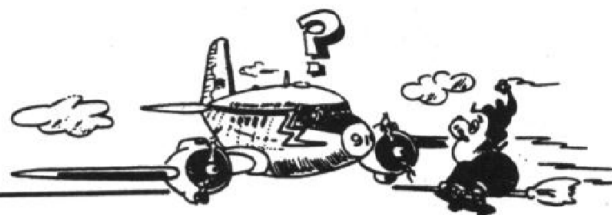
L COL J. A. MITCHELL — CPL A. R. WAGAR



L COL J. A. MITCHELL — CPL G. F. BROWN

SUGGESTION AWARDS were recently presented to two Servicemen by the Acting Base Commander LCol J. A. Mitchell. Cpl. A. R. Wagar (top photo), received an award of \$74.88 for his suggestion on a modification to the Pilots/Co-Pilots seat release cable. Cpl G. F. Brown (bottom photo) suggested the possibility of an improvement to the Remote Control Unit Face Plate to the Dakota Aircraft Model. He received an award of \$40.00.

flight line



By Bill Lawrence

Two years ago M/Cpl F. S. Henley was based in Chatham N.B. The following is a letter he received dated the 01 Aug 72 from the Deputy Commander of 1 Canadian Air Group, Baden Soellingen, who was then the Base Commander of CFB Chatham.

"Exactly a year has gone by since my wife and I departed from Chatham and the fine community there. We have often thought very fondly of the "good old days" there and of the very fine people with whom we were privileged to serve at Chatham.

As I indicated when I left, I had evolved a list of eight individual servicemen who, in my opinion, had done a great deal more than most, in fostering community spirit at Base Chatham, in promoting sports activities, community assistance to veterans, underprivileged groups or individuals, etc.

You are one of those individuals, and I now want to officially commend you for your consistent display of untiring and unselfish efforts to help the



M/Cpl F. S. HENLEY

people of our Community while we were together in Chatham. Your cheerful enthusiasm toward all local affairs, but particularly your untiring assistance to the service veterans of our area, helped greatly in our Community.

I would be pleased if you would accept this lapel pin bearing the initials. CH, which of course signify our Base Chat-

ham. I would also be pleased if you were to display the scroll which accompanies the pin. Finally, I would challenge you to carry on with your endeavors in whatever community is yours now and in the future.

A copy of this letter will be placed on your confidential personal file at CFHQ.

With fond personal memories, and in deep gratitude."

We wish to extend our congratulations to Frank and his family. It sure is nice to know that Chatham's loss is our gain.

On another scene, I would like to thank Mr. Ken Stephenson of Base Security Section for his comments in respect to yours truly. (Voxair July 26) The nickname of "Scoop" is really quite flattering sir! After all isn't that my job with Voxair. Unfortunately you miss understood my meaning. I did "not" knock the Base Security Section but rather, the ease with which civilian personnel gain entrance to this Base. The "bible" as you call it should have a minimum category that a base can be. If this is a Category 4 then, in my opinion it should be raised.



429 Sqn.

Bison Brew



It would have been nice to have been able to comment on the fine weather we've experienced as summer draws to a close but obviously this has not been the case. Weather forecasts to the contrary a large percentage of regular nav details have been cancelled resulting in unscheduled weekend flying.

Normally this would be an unwelcome duty but several pilots were actually jockeying for position on these details, thinking, "what a grand way to spend a summer weekend". In spite of the mad scramble, crews were eventually found, although "D" Flt, in its own inimitable fashion, put off the decision till 20 minutes before beer call.

Congratulations to Jasper Johnston and Brain Fritsch for recent accomplishments at Cold Lake. Jasper gets an award for just getting there and Fritsch walked off with top honours from the golf tournament.

The recent "C" Flight expedition through the Rockies was watched with admiration by several by-standers as the crew list mushroomed to include 50 per cent of available flight members. Training value on a trip like this is 100 per cent, though, as everyone received a complete rocks famil. (rye on, scotch on, etc.), and Larry Berry received his quarterly Vancouver famil.

Further flight adventures saw "A" Flight remove jocks Lanning, Wood and Sanfacon from the Winnipeg scene on a USA jaunt. Nothing exciting oc-

curred although Mike Sanfacon showed up with a, "one of a kind pair", of Mexican sandals. The design of these "Firestone Specials" is truly amazing and makes Mike appear to be standing on a hill with the left foot, while the right foot seems to be attempting an illegal crossing of the Rio Grande, inverted.

Many thanks to friend Lanning for his single-handed dissipation of the A Flight's TD funds. Most assuredly Rod will be a number one nominee for some kind of jammy posting after 429. Perhaps choppers, land element, where the biggest TD expense is for an alternative to the CAF issue "bathroom tissue".

Further on TD funds, it looks as though Flts "A" & "D" have really done their thing spending money while "B" & "C" can look forward to a pleasant fall term touring various resort spots like Downsvievw, Ottawa, Edmonton and Cold Lake. Obviously anyone returning to a flight from a temporary ground job would be well advised to scrutinize the "Dollar Guide to Flying" available in the OR.

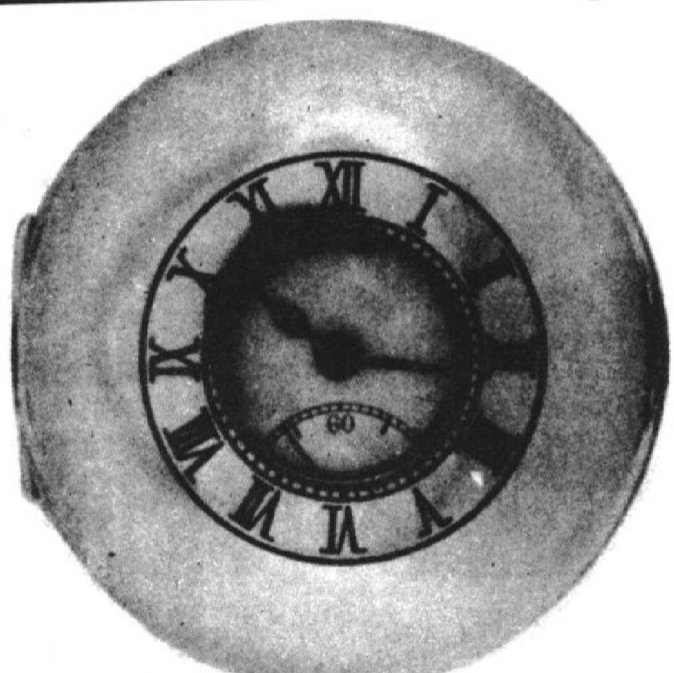
Congrats to Bart Bourne, John Tanchak, Rick Cyr and Lorne Scott on an eventful tour of the North. Expatriate Gary McLeod was overjoyed to see their fresh shining faces (and load of booze) at Fox (Hall Beach) and awarded them a spectacular appendage from a species of the local fauna in recognition of their efforts.

As this was the last of our Northern Flights, the crew made

excellent use of the RP-4 combat rations issued them. Well done chaps! No reason for not living off the land when you're so far out in the bush.

Following the 429 lecture day, a large turnout of drivers is expected to Mug out several members who have been posted or released; and to acknowledge the achievement of "Local Dak Captaincy" for three others. Ted Mousseau, retiring from life, will receive a fond farewell from Squadron mates, many of whom can recount weird and wonderful tales of Ted's Herculean efforts to convert the Dak to a single engine, high winged, fixed undercarriage, basic pilot trainer aircraft. A personal wish for Bon Chance and happy times to both Ted and Sophie in their endeavours on the other side of the street.

Back in 11 Hangar we watched ICP going through their paces during the flypast for the TCHQ change of command on the 23rd of August. Actually Dave McDonald from Standards was involved as were two of the copilots from the flight line. It's been a while since 429 has been involved in formation flying but perhaps this type of flying will become more a part of our requirement in the future.



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WO WHINCUP 9 AMU, recently graduated as top student in his platoon from Canadian Forces Warrant Officers' School in Esquimalt. COL L. H. Wylie of CFHQ presented WO Whincup with the Top Student Award for his achievements.

CURRENT CURRENCY

Our fastball team lost out in the Base finals to 733 Comm Squadron. Congratulations to all players on an outstanding season. As the BC Lions always say — wait until next year.

Congratulations to MWO Adrien Desbiens on his recent promotion. It's always nice to see a FIN CLK promoted every once in a long while.

We all extend our very best wishes to MWO Gene Blank on his retirement this fall after a long and distinguished career spanning some 31 years of military service.

We also extend our best wishes to Mr. Al Lefrancois on his retirement in October. Al is one of our very capable internal auditors. His career with DND dates back to 1942 and includes war-time military service. Al is a past president of the UNDE Local.

Our Base Comptroller, LCDR Barry Burgess is about to depart for the hallowed halls of higher learning (I think that means university). He passes on his best wishes to all

military and DND civilian personnel in the Winnipeg area and says it has been a real pleasure to be associated and work with you during the past two years. He may be a little prejudiced, but LCDR Burgess says he believes that Winnipeg has one of the best Base Comptroller Branches in the Canadian Armed Forces. He extends a vote of thanks to all staff members for their support and wishes them all the best for continued success in the future.

Welcome aboard to Major Don Mandzuk who has now joined us from TCHQ as our new Base Comptroller.



733 comm-ent



CWO PETERS

The second game of the base intersection fastball league finals on Wed 9 Aug was probably a "first" for the league. Cpl Gord Sitko of the 733 Comm Sqn team scored a goal! He hit the ball about 75 yards into the soccer net in the next field — wonder if it will make the record book. (It was the highlight of the game, which was won by 733).

In the same theme, Sgt Bruce Davison won the Most Valuable Player award in the league. Congratulations from the whole Squadron, Sgt Davison!

We're off and running again! CWO "Ed" Peters had been heard muttering about young whipper snappers, and swearing revenge on the spy who reported his signalling act on the roof of No. 16 Hangar. The photo shows a slightly

younger "Mr. Ed" taken "a few years ago", dressed in the uniform of the N.P.A.M. (Signals). The uniform itself gave good protection against snake bite; the leggings preventing the fangs from penetrating the flesh, the flare of the "Breeks" able to conceal two bottles of 80 proof "snake-bite cure", and the bandolier contained a snake, in case one had a hard time getting bit. (Yes, we noticed the arm band).

M/Cpl Lee Pride plans on going into Deer Lodge for a major operation — he wants his cribbage partner removed from his back!

Last minute flash! The Squadron ball team won on the 16th of Aug, and came out the Intersection Champions. Congratulations on a job very well done!

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The CFB Winnipeg Obedience Club will hold a registration night at 1930 hrs 14 Sep for all persons interested in Obedience Training for their dogs. The classes will run from 14 Sep - 30 Nov 72 Thursday evenings 1930 - 2130 hrs at a cost of \$11.50. For our first evening please do NOT bring your dogs as this is strictly a registration and information evening. For information call Lt Isaacs, Loc 461.



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Rec Centre Personalities



Cpl Irma Piper, the attractive member of our staff hails from the Hepburn area of Saskatchewan. She joined the forces in 1967 after a short banking career.

After her basic training in Cornwallis Irma received the

finery of the PERI PL 5 course in Camp Borden as a member of the PERI staff. Irma has adorned such places as Cornwallis and Cold Lake.

It was at Cold Lake where she met her better half "Wayne" and after a short stay the Pipers were posted to Winnipeg in 1971.

Badminton and softball are among Irma's many interests along with the ladies fitness classes where she guides the fair sex through their paces.

At present you will find Irma in control of the Recreation and Finance for the Rec Centre after completing a season as the team manager for the CFB Winnipeg fastball team.

For assistance with your recreation endeavours give Irma a call at the Westwin Rec Centre, Local 511.

Intersection Fastball



The Intersection Fastball final series wrapped up with 733 Com Sqn winning the series with three straight wins over the failing Base Comptroller. In the best out of five series the scores were: game 1, 16-9, game 2, 23-11, and game 3, 31-15.

In the final game after 4 innings the score was 12 to 9 for Accounts. A change of pitchers sparked the players of 733 Com Sqn.; it was Eithier for White and nothing but runs for the Com Sqn. The seventh inning was the big one for the winners with a total of 9 runs scored.

The trophy was presented to 733 by Col. J La France at the end of the game along with the individual awards which were: MVP for Sgt B Davison, Sportsmanship to Capt J Webber, and a Batting Award to Cpl R Macuira.

The Intersection Fastball Trophy was donated by Lemon Motors in 1970 and since then has been won by the following teams; 1970 — 733 Com Sqn, 1971 — CFANS Staff, and again this year by 733 Com Sqn. All the individual awards were donated by the BRECO.

A special thanks goes to the officials through the season and playoffs. They are Capt Melisson, Cpl Witty, Cpl Burgess, Cpl Foord and Howard Witty. A job well done.

Once again the fastball season has drawn to an end. It is anticipated that the 1973 season will be bigger than ever, so to all the fans we'll see you then.

"Scuba Diving"

So you want to become a scuba diver? Well, so do a great many other people. Some learn by joining recognized clubs who have competent, dedicated instructors and these people learn to enjoy our underwater world in a safe and sportsman like manner. Then there are two classes of people, some go out to the nearest book store and buy a book on diving (and there are some really good books on the market) read the book then buy an armful of equipment, go diving and with luck will come to grief. These people are usually adults or older teens who should know better, but don't. They are parents reluctant to join a class for fear of failure or perhaps do not want to spend the time required to learn the theory of diving. The other people are generally the younger set who sometimes borrow equipment, with or without permission, or are given equipment by well meaning adults and are then turned loose on their own to do as they will. Diving is like flying — underwater, as in the air, man is out of his own environment and without adequate training cannot cope with the difficulties and dangers which can and often do present themselves. While the end result of a diving accident is generally not as spectacular as an air accident, they are just as final. Joining a club and receiving adequate training is the best and safest way to enjoy our sport. Spending some time now will result in many hours of enjoyment of the underwater. The various clubs throughout the country which go to make up the Association of Canadian Underwater Councils are dedicated to promoting diving in a safe and enjoyable manner. Those contemplating diving should join one of these clubs and they will notice later on that their time and money was well spent. CFB Winnipeg personnel may contact Cpl Ed Reeve at Local 346.

Minor Hockey Registration

All minor hockey players residing in the Westwin (North Site) are between the ages of six to sixteen interested in taking part in the 1972/73 Minor Hockey programme are requested to register at the Westwin Community Club Hockey Shack at 1900 hrs 7 Sep 72.

Volunteers are still urgently required to assist as Coaches, Managers, Timekeepers, scorers, etc. The success of the coming year depends on you the parent for support minor hockey and to ensure a successful season. Remember the organizational to be held at 2000 hrs tonight (30 Aug 72) at the Community Centre. For further information contact Major Paul Charles at Local 512.

Recreation Announcements

The Intersection Flag Football season starts on the 29 Aug 72. All interested personnel are requested to contact their section representative or the Rec Centre, Local 511.

PRAIRIE REGION FLAG FOOTBALL

The Prairie Region Flag Football is also being held at CFB Winnipeg. Tentative dates for this event are: 2-6 Oct 72.

PRAIRIE REGION SOCCER PLAYDOWNS

CFB Winnipeg is hosting the Prairie Region Soccer Playdowns. All games will be played at the Westwin Sports field from 16-19 Sep.

Schedules are as follows: Sat, 16 Sep, 0900 hrs and 1430 hrs Mon, 18 Sep 0900 hrs and 1430 hrs Tue, 19 Sep, 0900 hrs

All spectators are invited so come out and support the CFB Winnipeg Soccer team in their battle for the Prairie Region Championships.

ANNUAL FALL GOLF TOURNAMENT

A reminder that the deadline for entries in the Annual Fall Golf Tournament is once again drawing near. For more

information contact your Rec Centre, Local 511.

CANADIAN FORCES INVITATIONAL SKEET SHOOTING CHAMPIONSHIPS

There will be an Invitational Shoot at CFB Uplands 14-15 Oct. For further information contact the Rec Centre, Local 511.

GENERAL BOWLING MEETING

A Bowling Meeting will be held at the Westwin Curling Club at 1900 hrs 30 Aug 72.

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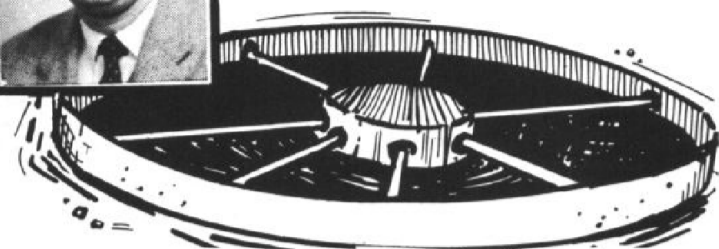
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Cold Lake Does it Again

It is seldom, if ever, that a Canadian Forces Base wins more than one Forces Championship in any one year. Many Bases are strong in one sport and continually win top honours or challenge for the "silver mug" year after year. Many Bases never win anything but still keep trying. For one Base, however, goes the honour of winning two major Championships in one year. CFB Cold Lake wound up play in the Forces National Softball Championships tied with three other teams — CFB Shearwater, CFB Lahr and CFB Borden. When the smoke finally cleared the Cold Lake nine departed north with their second National trophy. Earlier this year at CFB Edmonton, Cold Lake won back their Hockey Championship taken from them the year before by CFB Calgary. The Softball Championships this year were held at CFB Portage la Prairie and from all reports it was a great success. Our congratulations to the boys in the Rec Centre at Portage for a job well done.

WHA—NHL, The Fight Is On

Whether you read the papers, listen to the radio or watch the Teley, all sports coverage is focused on the legal battle now in process between the WHA and the NHL. There can be only one winner and we have now come to the conclusion that for the benefit of professional hockey as we know it in Canada, a win by the WHA can only strengthen the sport. As we see it, should the NHL win the battle of legal words the hockey player at all levels will suffer. Take in point the case of Toronto's Dave Keon. If you can believe the news releases all Dave wants from Ottawa Nationals to jump to the WHA is \$150,000.00 per year on a long term contract. He certainly is worth that much to the Leafs and they apparently are hedging. So a win by the NHL can only hurt the hockey player!!!

The Fever is Catching!!!

During an interview recently I was asked just how much did I know about the WHA. Frankly I had to admit that except for what I had read in the papers and listened to over the radio and TV — not very much. When one walks into the offices

of the Winnipeg Jets it is like walking into another world. The static is electrifying. They believe and after you are there a while and listen to them — you begin to believe and it is this firm belief in themselves and their new league that will carry the WHA into its first season. If the play of the Jets and other teams in this new league is as electrifying as those who are running it then "Joe" fan is in for some great evenings at the Winnipeg Arena.

This writer was so impressed that he offered his services to the club in any capacity they might find our experience useful. We were honoured to accept the position of Team Statistician and Coordinator of Minor Officials for the Winnipeg Jets of the WHA; an honour we hope we can do justice to. A notice appears on these pages requesting volunteers for scorers, time keepers, etc., and if you are interested and can do a job of this kind give us a call.

The Blue Bombers are Flying

Last Wednesday before 25, 210 screaming fans the Winnipeg Blue Bombers came from behind to defeat their arch rivals the Toronto Argos 21-19. The game in itself was one where both defensive units played very well and the two offensive teams had their problems. The Bombers Offensive team had an edge apparently, hence the win. It was the second "sell-out" crowd in a row and ensures that the Bomber-Eskimo clash tonight will also be sold out. Watching the game from the press box gives one an advantage. The advantage of being able to watch the crowd. I cannot remember any game in all my years of reporting be it hockey, baseball, basketball, or football where the crowd was as excited as the 25,210 were in Winnipeg Stadium last Wednesday night. They clapped, they cheered, they booed the officials, they stayed to the final whistle. Last season I wrote that the Blue Bombers played crowd pleasing football win or lose and it has continued over this year. Fans, football fans in particular are fickle — on the band wagon one game off it the next. The Bombers have caught fire and so have their fans and if this keeps up, this could be Winnipeg's finest year in the history of the club. If you like excitement and have never watched a football game in the "flesh" then you haven't lived. Your tour of duty in Winnipeg will not be complete until

you have seen the Winnipeg Blue Bombers play. Not tonight however — its another sell out. **Stray Spokes**.... Congratulations to Base Winnipeg's golf team who travelled to Calgary and returned with the Prairie Region Golf Trophy 733 Comm Gp are the Intersectional Fastball Champions for 1972 in a league where the competition was strong and the action fast All bowlers on the South Site are reminded that a new season is fast approaching and anyone interested in entering as a player or entering a team at Lipsett Hall are requested to contact Ernie Melanson at 489-8089 or Gail Trembley at 889-4003. Watch these pages for further information.

Base-Regional Golf Champs

The eight man team from CFB Winnipeg comprised of Capt Bernie Hughes, Capt Brian Fritsch, Capt Gene Markell, MWO Don Nutley, WO Ed Gagnon, Sgt Bob Hodgson, Cpl Pete Ste Marie and Sgt Ken Banfield ventured to Calgary to represent this base at the Prairie Region Golf Championships. Playing a high calibre of steady golf our team was victorious in bringing the Prairie Region Team Trophy back to Winnipeg. The team scores for first, second and third were CFB Winnipeg 1116, CFB Edmonton 119 and CFB Cold Lake 1131.

With regards to the qualifying rounds for the National Championships, CFB Winnipeg once again came through with Brain Fritsch, Pete Ste Marie and Ken Banfield making the cut for the final two rounds. CFB Winnipeg will be well represented on the eight man Prairie Region National Team as Pete and Ken qualified for the team. Overall it was a very successful trip for our team also very enjoyable as the rounds were played on some very excellent golf courses. CFB Calgary deserves plaudits for their organization of the tournament and their selection of golf courses.

Happy Birthday!
Have you had your dental check?

CFB COLD LAKE — 1972 Forces Softball Champions



THEY TOOK IT ALL — Shown above are the 1972 Canadian Armed Forces National Softball Champions from CFB Cold Lake. From left to right Front Row — Lance Rutherford, Ken Tappey, Ron Beatty, Jerry Forsell. Standing — Pat Walsh, Dave Smith, Bob Butterfield, Joe Lilja, John Gailey, Kip McLean, John Strachan, Pete Garton, Jim Livingstone and Otto Krepps.

The Canadian Armed Forces Softball Championships were hosted by Canadian Forces Base Portage La Prairie from 14-21 Aug 72.

The six teams competing were the winners of their various regions. They were CFS Kamloops — Pacific Region, CFB Cold Lake — Prairie Region, CFB Borden — Ontario Region, CFB Montreal — Quebec Region, CFB Shearwater — Atlantic Region and CFE Lahr — Europe.

The competition was a single round robin (each team played each other team once). At the completion there were four teams tied with three wins and two losses. They were Cold Lake, Borden, Lahr and Shearwater. It had been decided prior to the tournament that in the event of a tie between three or more teams, a quotient factor (runs for and against) would be used to determine who would enter the play-off on Saturday morning.

The two teams were Cold Lake and Borden and as things turned out it couldn't have been a better game if a script had been prepared.

At the end of the regulation seven innings Cold Lake emerged the victor with a 1-0

victory. The winning run was scored in the top of the first inning when Paddy Welsh drew a walk and advanced to second on a passed ball. Ken Tappey the Cold Lake second baseman stroked a double to the right centre scoring Paddy Walsh from second base with what proved to be the winning run. The winning pitcher for Cold Lake was John Gailey who received some relief help from Bill Eger in the latter innings. Borden managed to get runners on base throughout the hard contest but couldn't manage to get the tying run across home plate.

All teams in the competition displayed a high degree of playing skills and sportsmanship was extremely good.

A word of praise should also be handed to the officials who did a tremendous job of working all games.

FINAL RESULTS

COLD LAKE	3-2	
BORDEN	3-2	
SHEARWATER	3-2	
LAHR	3-2	
KAMLOOPS	2-3	
MONTREAL	1-4	
Play-off between Cold Lake and Borden on Sat 19 Aug 72.		
COLD LAKE	1 BORDEN	0

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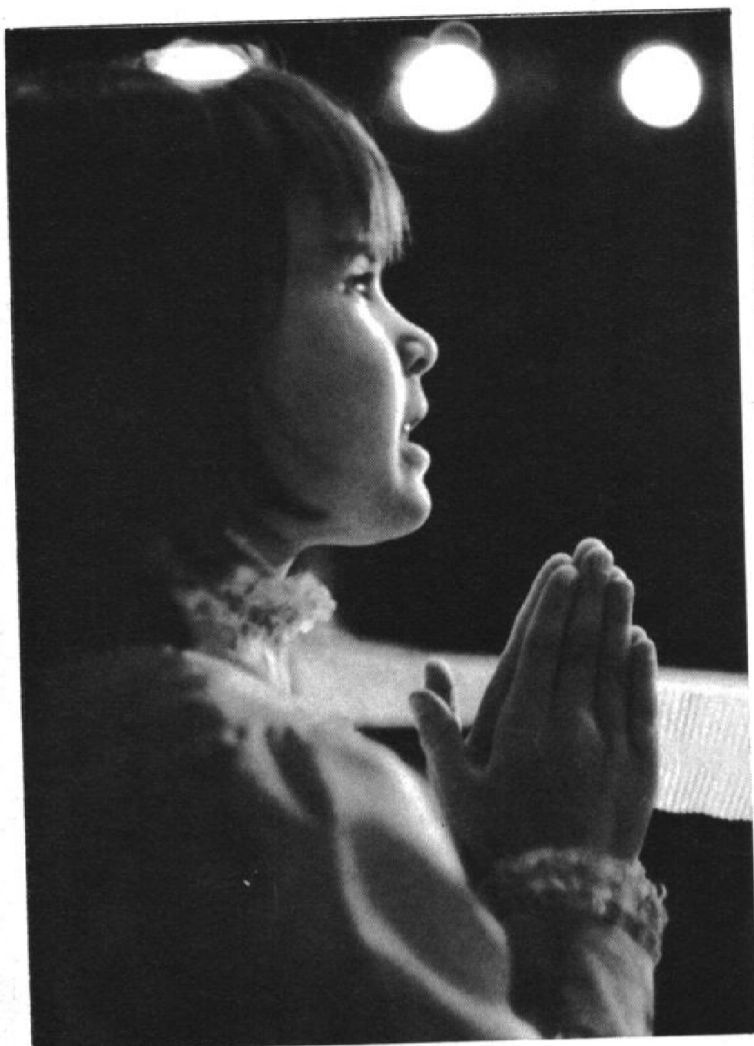
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children and God

Humor and religion go together. Why is it that people think that religion makes a person a square, or a sourpuss? There's many references in the Bible to joy. In Proverbs we're told "A merry heart doeth good like a medicine." And what is merrier than the joy of children? Dick Van Dyke, a comedian who used to teach Sunday School, has collected many amusing anecdotes about all the comical, hilarious things that happen when kids first learn about religion.

The faith of children has an intimacy and directness about it:

This kind of childlike faith is expressed by the prayer of a little girl who said, "Thank you, God, for making the rain so the flowers can grow. Thanks for making the sun so we can play in the sand. Can you please make more goldfish? There are no more in the pet shop, and ours died."

A boy who was fearful of lightning refused to go to bed during a thunderstorm. His mother said, "There's nothing to be afraid of . . . God will take care of you."

"I know," the boy said, "but He can take care of us better if we're all together than if He has to keep running up to my room."

When talking about family love, one teacher tied in the

commandment "Honor thy father and thy mother." Then she asked if there was a commandment that showed how to treat our brothers and sisters.

The eldest son from a family of seven snapped back: "Thou shalt not kill."

Noah's adventures always bring a flurry of questions.

A boy coming home from Sunday school with his buddy asked him, "Do you suppose Noah did a lot of fishing on his Ark?"

"How could he," his friend replied, "with only two worms?"

Service family information center

The service family information centre which has been very busy all summer is starting to have meetings again on a fairly regular basis. A plea has been put out in the past to try and get more members and there was a certain amount of response. The only problem is that our old members keep getting transferred and we aren't getting any farther ahead. In the next issue we hope to have a big writeup telling you more about what we have done so far and what we hope to be doing come fall. If you are interested in helping please don't hesitate to come out to one of the meetings.

T.O.P.S.

The next morning of our T.O.P.S. group will be on Sept. 5 at 8 pm in the gym at Lipsett Hall. We hope to have a new hard working group of girls out every Tuesday night trying to lose weight and gain healthy good looking bodies. We have the gym to ourselves for an hour for exercise and our general meeting. We also have the pool to ourselves for an hour starting at 9 pm. The most important thing we do is try to help each other to stick with our diets when the going gets rough and offer helpful hints on getting through each day. As an added incentive there is a prize each week for the best weight loss. If you do happen to gain weight between meetings you pay a penalty of 10 cents a pound. Please come out to one of our meetings and let us try to help you and maybe you can help us too.

BITS AND PIECES

By Joyce MacDonald

A big bouquet to all those adults who have the guts and the determination (that's what it takes) to return to school to obtain a better education. It's easy enough to talk about doing this, but it's a different thing putting it into practise. Across Canada adult education courses have never been more numerous. Perhaps you should increase your knowledge. Going back to school can be tough, but it's well worth it.

Today, more pet food than baby food is sold across food-store counters, yet many animals remain sadly undernourished. In some cheap dog foods, which many people are inclined to buy, the "meat by-products" that there are in the can include gristle, hair, lung tissue, pigs' feet, hoofs, tails and the like. Most of these cannot be transformed into nourishment by the pet, although all are proteins.

On the other hand an all-meat diet is simply too rich for any animal. A small dog would actually have to eat several times his own weight in lean hamburger every day to obtain the calcium he needs, and some nutrients would simply be unobtainable from such a diet. To be of any value, the various food elements needed by pets must be present not only in usable form, but also in the proper proportions. Dogs can benefit from a food containing up to 60 percent starch, but only if the other necessary nutrients such as amino acids, fats, and vitamins are present in adequate amounts.

The best way to find the right food for your pet is to check with your veterinarian, or kennel owner with healthy animals. Finally, resist the idea that your pet shares your appetite. He's an animal, with tastes and needs vastly different from yours.

Low Calorie Recipes

Tuna Salad

- 1 can water packed tuna
- 1 medium cucumber
- 1 cup celery chopped
- 1 cup fresh green beans
- 1 tbsp low cal salad dressing
- radishes
- Boil green beans 2 min. drain
- cut cucumber into small chunks
- Mix all ingredients together and garnish with radishes.
- Sprinkle salt and pepper over all and chill one hour.

Harvey House Slaw

- 1 head green cabbage, slivered
- 1 large green pepper, cut in rings
- 2 medium Spanish onions, cut in rings
- 1 teaspoon dry mustard
- 2 teaspoons sugar
- 1 teaspoon celery seed
- 1 tablespoon salt
- 1 cup white vinegar
- 1/3 cup salad oil
- 1. In large bowl, make layers of cabbage, green pepper, and onions; sprinkle 1 cup sugar over top.
- 2. In saucepan, combine mustard, 2 tsp sugar, the celery seed, salt, vinegar, oil; mix well. Bring to a full boil, stirring; pour over slaw. Refrigerate, covered, at least 4 hours.
- 3. To serve or before going on picnic, toss salad to mix well.

Guides and brownies

Registration for Guides and Brownies of Stevenson District (C.F.B.) will be held Mon. Sept 11 6:30 pm Jameswood School Gym.

We are also in need of Leaders for the Guide Company and some additional help in the Brownie Packs.

If you can "lend a hand" please phone Mrs. J. Swayze. 888-4560.

There's a long week-end coming up, the last of the summer. How many people will die on Canadian highways?

Too many of our roads show signs they're not fit to drive on especially with high speed cars. The problem is that many of our roads were built 40 years ago, and we haven't done much to up-date or improve them since.

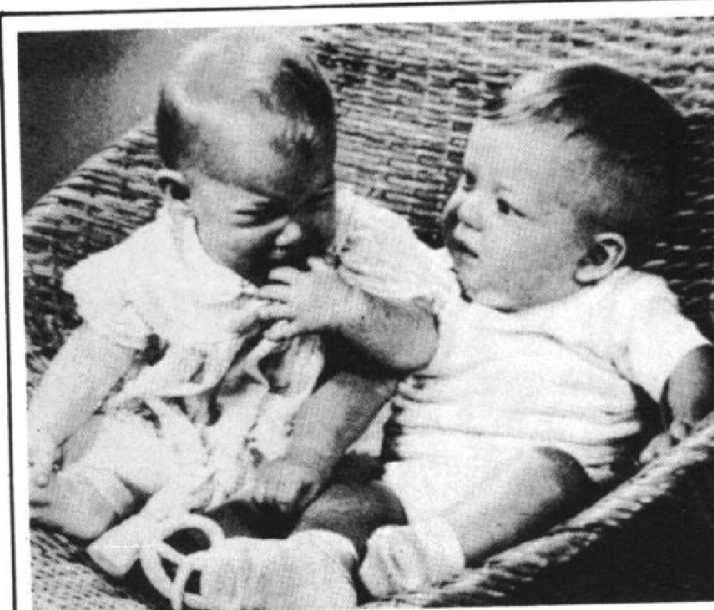
More than 2 million people are injured and another 50,000 killed on highways in the United States each year. We have to bring our roads up to an acceptable standard.

Highways are the major link in our nation's total transportation network. We can't afford to allow them to decay.

Here's a very popular recipe for Batter Rolls

- 1 1/2 cups warm water
- 2 packages yeast
- 4 cups sifted flour
- 1/4 cup sugar
- 1/3 cup soft shortening
- 1 egg
- Method: Pour water into a large bowl, add yeast; let stand a few minutes then stir to dissolve. Add half the flour, the sugar, salt and soft shortening and egg; beat with mixer on medium speed 1 1/2 to 2 minutes (no more) or beat by hand with wooden spoon; add rest of flour and stir in by hand until flour disappears. Scrape down batter from the sides of the bowl; cover bowl with waxed paper and let rise in warm place until double — about 30 minutes. Meanwhile grease 1 1/2 dozen large or 2 dozen medium sized muffin tins; filling half full. Let rise in warm place until batter reaches the top of the tin, about 25 minutes. Bake in hot oven, 425 degrees, 10 to 15 minutes.

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THE MANITOBA CAMPAIGN, once again, was a huge success. We were the first Division in Canada to "go over the top" and according to the last report received from our National Office, we have reached 108.7% of our 1972 Objective. Our Objective was \$240,000 and to date, our records show campaign receipts totalling \$264,813.94.

As always, we are deeply indebted to each and every one who assisted us in our fund-raising Drive. Because of your support the work of the Society is able to continue and to expand.

And so — to Unit and Community campaign chairmen who spent hours and hours planning and organizing; to zone and area captains who made innumerable telephone calls lining up canvassers; and to the hundreds and hundreds of men and women who made all the calls that were necessary for such a successful campaign — MANY, MANY THANKS!

THE SUMMER (and we use the word loosely!) brought its usual round of summer fairs throughout Manitoba.

"Manisphere" in Winnipeg drew one of its largest crowds this year, and the Society's booth — with "Smoking Sam" — proved a big attraction to old and young alike. The booth was manned almost completely by volunteers of our St. James Unit, and they deserve a lot of credit for the hours spent on this project.

"Sam" was also a drawing card at other fairs and events — he's been with us now for several years, and he's still as popular as ever!

NOW THAT EVERYONE'S HAD A NICE RESTFUL SUMMER, it's time to start thinking of fall and winter programmes. Don't forget that our films — and we have some really excellent ones — are available to any group or community on a loan basis, and at no cost. Every organization should plan at least one health programme during the year, and cancer is a very important subject. Contact your nearest Cancer Society Unit or our provincial office in Winnipeg for information about this.

Educational literature is also available and, whether or not a film programme is planned, you can send for a quantity of free literature for distribution at a regular monthly meeting. Remember, these leaflets are not helping anyone as long as they remain on our shelves — we want to get them distributed as widely as possible, and you can help us!



THE GOSSIPS by NORMAN ROCKWELL

Rockwell toyed with this idea for years before he painted it. "I couldn't figure out how to end it," he says. "Finally figured

that the gossip would come around at the end to the person it was about." The model for the outraged gent: Rockwell himself (1948)

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Important Notice Re Protestant Chapel Services:

BEGINNING SUNDAY SEPTEMBER 3rd, THE HOURS OF DIVINE WORSHIP AT BOTH PROTESTANT CHAPELS OF CFB WINNIPEG WILL CHANGE SLIGHTLY. SERVICES AT THE SOUTH SITE (F.O.B.) WILL BEGIN PROMPTLY AT 10.15 A.M., AND AT WESTWIN (NORTH SITE) THEY WILL BEGIN AT 11.15 A.M.

PLEASE NOTE THAT THESE NEW HOURS DO NOT TAKE EFFECT UNTIL SUNDAY SEPTEMBER 3rd, 1972.

ALSO NOTE THAT MAJOR MacLEAN IS FILLING IN FOR CAPT J. I. MILLS (CHAPLAIN (P) OF 2 PPCLI, WHO IS PRESENTLY IN CYPRUS AND WHO WILL RETURN IN THE SPRING OF 1973.





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104th Cub and Scout Ladies' Auxiliary

The 104th Cub and Scout Ladies' Auxiliary wish to put in a plea to mothers of this group. Our next meeting will be sometime in September after registration. A notice will be sent home with your son.

Last year: supplied scarves for new boys and the leaders investments; served cookies and goodies at investment and parties — Christmas, etc.; served drinks after church parade for all; raised money to give to commitment so your son would pay a low fee for camping; and money was also given to each pack for hobbies and Christmas parties.

All this will end if you feel that you can't spend two hours a month and a little work for your son. The auxiliary cannot

stand with three or four members only.

C.W.L.

Now that the holidays are over and children are back at school, the CWL of St. Georges Chapel (Southside) would like to welcome old and new members to next meeting which will be held in the Lipsett Hall lounge Sunday, September 3, at 8:00 p.m. Please ladies we need members to keep this worthy auxiliary in operation. Make an effort to attend.

The Wit and Wisdom of Archie Bunker: "If you're gonna have your change of life, have it right now! You get exactly 30 seconds . . . change!

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Cub camp great success

The 104th Group (South Site) Cubs and Scouts held their annual summer camp at Camp Gilwell near Gimli in July. In addition to the 35 Cubs and five Scouts that attended there were also a few Beavers in evidence. For the uninformed, Beavers are the newest branch of the Scout Movement for boys of pre-Cub age and the 104th Group holds the honour of being the first Armed Forces Scout Organization to begin this programme.

"All you need for a good Cub Camp is weather", said Major Hawkins, the Chairman of the Group and indeed the gods were fairly kind in this respect.

The days were filled with hikes, firefighting, swimming and work on the programmes which allowed most boys to attain their Observer and Woodsman badges as well as the necessary qualifications towards the 32 Green Stars and 26 Red Stars that were presented.

For the leaders it was a busy week with long days of cooking, teaching and supervising games as well as bandaging cuts and scratches.

One of the highlights was the presentation by the Group to Camp Gilwell of a chair made out of a huge driftwood log hauled up from the beach. The names of the Beavers, Cubs, Scouts and leaders were burnt on and the chair will stand in the campfire circle for the use of Akela (leader) of any Scout Troop or Cub Pack. It will stand as a souvenir of a successful and pleasant summer camp.



Brian Norton ensures attention to Baloo the Bear's instructions (in real life Ed Sawicki).



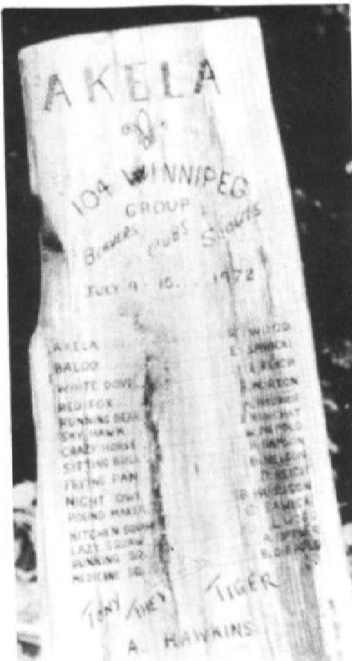
Sheldon Wood, the Akela ponders some problem.



Wayne Diepold suddenly finds Cub Bobby Harrison taking off with the flag.



Ed Sawicki and Mike Bourrie tag a few Cubs caught out of their own territory.



The back of the chair presented to Camp Gilwell.



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Voxair Variety

by John Lauder

So you just got posted in, eh, Bunky, and you're wondering what to do on the long winter nights? Well, you can always watch the tube, but the programs seem to get more desperate with each passing season. If one wants to retain even part of one's sanity it is wise to spend at least some of the time in the real world.

The newly posted serviceman may cuss the luck which brought him and his family to the land where even the brass monkeys suffer indignities because of the cold weather. But it's really not all that bad. In fact during the last 100 years it has been 25 below or colder for a 10 day period only four times, and in spite of what you may hear, the record low temperature in Winnipeg is only 53.5 below zero, and that was back in 1874. Besides, the people who are already here have faced up to the entertainment problem, with the result there is really plenty to do during the long weeks of cold and darkness.

As a newly inducted Manitoba taxpayer, you not only have the honour of paying the highest tax rate in Canada, but also are the part owner of a 92 million dollar forest industry complex, a Mexican seed factory (jumping beans main product), a bus building plant, a chicken ranch and multi other industrial practices and pursuits. However, you also own a part of the Big Three of Culture, which list alphabetically as the Manitoba Theatre Center, The Royal Winnipeg Ballet, and the Winnipeg Symphony. These organizations do give value for money, and they provide plenty of entertainment.

Of course if you are either a budding actor, established thespian, or even suffer from delusions of ham, the place for you is STUDIO 22. This is CFB Winnipeg's own Drama Club, and it is always looking for potential stars, directors, scenery painters, carpenters and plain labourers. The group presents some five or six shows per year, ranging from one act plays to full scale extravaganzas. Here you can have the fun of participation as well as the entertainment.

But to get back to the professional showbiz world. How much does it all cost? Not as much as you would think, and no more than many first run movies. I would not like to try and pick the best buy, because everyone has his own personal preferences. In my book they are all good to excellent. The Ballet is truly a world-renowned Company, the MTC offers both live and lively plays, and the Symphony concerts are both entertaining and relaxing.

The cost per adult seat for the Ballet ranges from \$12 to \$28, and this is for five performances, so it runs as low as \$2.40 per show. Students get cheaper special rates and children under 14 are admitted for half price to the Sunday shows — there are both matinee and an early evening (7:30 p.m.) Sunday performance. This discount only applies to season tickets, of course.

The Manitoba Theatre Centre have inaugurated a one-price house policy this year, which actually comes out as several prices. All seats in the house are \$24 for seven shows on certain nights and are \$30 on other nights. Students get a real break on the Wednesday matinee show, and for the first time a discount for members of the Armed Forces is to be offered this season. (When you order tickets tell them you are a member of the Armed Forces and you'll get 10 per cent off. Phone 947-5777 for details.) This puts the price down in the movie-house range.

The Winnipeg Symphony offers 11 concerts at a cost per seat ranging from \$31 to \$58, so that the price per show is slightly over \$2.80. Another concert series of so-called "Pop" symphonies is also offered, and at even better prices, as various commercial companies pick up most of the tabs for these. Stars such as Mitch Miller and Skitch Henderson serve as guest conductors, and the music is either non-classical or only semi-classic.

Actors' Showcase will hold registration for its first session of the 1972-73 season of workshops. Applications to be made in writing to Workshop Director, 622-416 Main Street, Winnipeg, Manitoba, R3B 1A9, before September 5, 1972.

The workshops which are open to those 9 years old and up, are held every Tuesday, Thursday and Saturday morning. Workshops will cover voice, body movement, acting technique and improvisation. Instructors for the workshops are Tony Pydee and Orest Pawchuk.

The first workshop of the 15-week series will be held September 12, 1972.

Actors' Showcase main purpose for the workshops is to introduce people to theatre and stimulate a greater interest in this art at all levels. Workshop students receive practical stage training by participating in Actors' Showcase main stage and workshop productions.

Although Actors' Showcase does not offer a workshop course for people interested in backstage work, there is ample opportunity to learn all aspects of this facet of theatre with the group. Anyone interested in this phase of theatrical operations should also apply to the Workshop Director.

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INTRODUCING MARIAN SAWCHUK as this week's Vixen. Marian is relatively new on the Base, and can normally be found sorting and filing mail in Central Registry.

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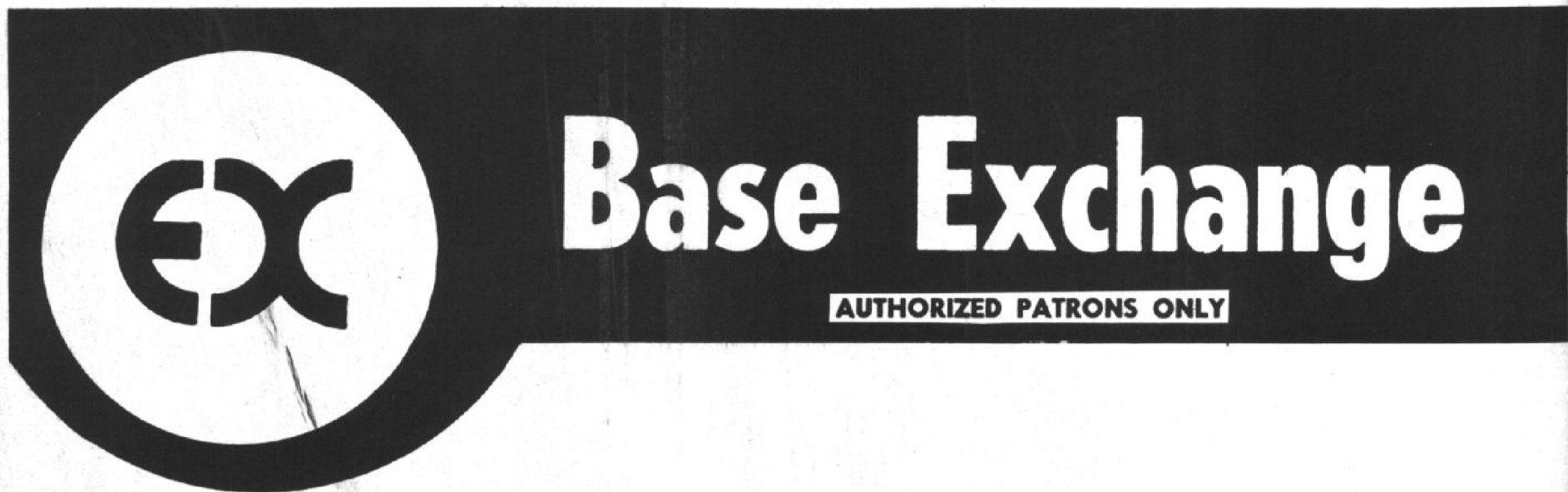
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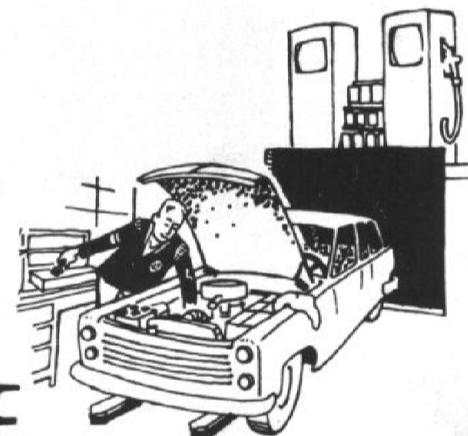
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RICHARD HARRIS as "A MAN CALLED HORSE"	"tick...tick...tick..." Jim Brown · George Kennedy Fredric March "The Sandlot"	Red Taylor Carol White "The Man Who Had Power Over Women"	Michael Sarrazin Jacqueline Bisset "Believe In Me"	"The Groundstar Conspiracy"	"Mogambo In Outer Space"	"The Great Northfield Minnesota Raid"	"The Great Northfield Minnesota Raid"
Sun. 17	Mon. 18	Tue. 19	Wed. 20	Thu. 21	Fri. 22	Sat. 23	Sat. 23
Chato's Land	Jack Palance Charles Bronson	TWINS OF EVIL	The Sporting Club Robert Fields Maggie Blye Nicolas Coster	ROD YVETTE JIM TAYLOR WIMIEUX BROWN "DRINK UP THE SUN"	JAMES COBURN "THE HONKERS"	101 DALMATIANS	JAMES COBURN "THE HONKERS"
Sun. 24	Mon. 25	Tue. 26	Wed. 27	Thu. 28	Fri. 29	Sat. 30	Sat. 30
John Wayne Richard Boone "Big Jake"	The daughter of the Ripper kills again! "Hands of the Ripper"	"Gripping, Spine-Tingling and Terrific!" MARLON BRANDO "THE NIGHTCROWNS"	Walt Disney's "Song of the South"	Sean Connery "James Bond 007 Diamonds Are Forever"			



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