

**More people
light their
fire with
Voxair
than any
other paper**



December 6, 1972 CANADIAN FORCES BASE, WINNIPEG Vol. 21, No. 22

**Hurry!
only 15
shopping days
left till
Christmas**

New MND appointed Dutch Vice-Chief visits TCHQ

Hon James Richarson

The Hon James Richardson has been appointed the new Minister of National Defence replacing the Acting MND, the Hon C. M. Drury.

Mr. Richardson was born in Winnipeg in 1922 and attended primary and secondary schools in that city before going to Queens University, Kingston, Ont. He graduated from Queens in 1943, majoring in Political Science and Economics.

During the Second World War, he was first pilot of a four-engine Liberator Bomber flying the north atlantic on anti submarine patrol out of Labrador and Iceland. The new MND logged over 1,000 hours flying time while on active service.

Mr. Richardson entered the

family firm of James Richardson and Sons in October, 1945. After appointments in Montreal and Toronto, he moved to the head office in Winnipeg and became Vice President of the company. Later, Mr. Richardson became Chairman and Chief Executive Officer of the Company — the position from which he resigned to enter public life. He was elected to the House of Commons in May, 1968, and in July, 1968, was appointed Minister Without Portfolio with special responsibilities in the Department of Transport. In May, 1969, Mr. Richardson was appointed Minister of Supply and Service — the position which he relinquished to assume the defence portfolio.

WINNIPEG — The Vice-Chief of the Air Staff for the Royal Netherlands Air Force (RNLAf), Major-General J. H. Knoop, visited Training Command Headquarters at Winnipeg and Canadian Forces Bases in western Canada Nov 26 to Dec 2 to observe Dutch students undergoing Canadian pilot training.

Following visits to air training bases in Portage la Prairie, Man., and Moose Jaw, Sask., General Knoop flew to CFB Cold Lake Nov 29 to tour the advanced flying training facilities and present pilot wings to the first RNLAf pilots to graduate under the program.

There are currently 70 Dutch students in varying stages of training at the three bases as part of a five year contract which began Sept 1971 to train 60 RNLAf pilots a year. It is the second time since the war that the Netherlands have sent pilots to train in Canada.

The Dutch trainees, who follow the same training program as Canadian pilots, begin their selection and initial training at CFB Portage la Prairie in a course running approximately two months. In this phase the students take academic instruction and 27 flying hours on CT-124 Musketeer aircraft to determine their suitability for further training as military pilots.



MAJOR-GENERAL J. H. KNOOP (left), Vice Chief of the Air Staff for the Royal Netherlands Air Force, presents a blue Delft china plate from Holland to Rear-Admiral R. S. Stephens, Commander of Training Command during a luncheon at CFB Winnipeg this week. General Knoop is currently visiting Canadian Forces bases in western Canada where 70 Dutch students are undergoing Canadian pilot training.

(CANADIAN FORCES PHOTO)

Their basic flying is done at CFB Moose Jaw with approximately 155 hours on the CT-114 Tutor Jet. After this nine month phase a number of trainees return to Holland for helicopter training while the remainder proceed to CFB Cold Lake for advanced flying on the T-33 Silver Star. This final five month period gives the student about 100 flying hours

on the T-33 and qualifies him for his pilot wings.

After graduation the Dutch pilots return to the Netherlands to fly the Canadian-built NF-5 tactical fighter.

Canada began training pilots for other countries in 1940 under the British Commonwealth Air Training Plan and have since trained pilots from over 15 nations.

"Samson" means better communications

OTTAWA — A program for modernizing and automating the national defence communications system has been approved, extending over a four-year period. The existing system, procured in the 1940s, is obsolete and becoming increasingly difficult to maintain.

Nicknamed SAMSON (strategic automatic message switching operational network), the new system will consist of three automatic relay centers and approximately 150 communications centers, equipped with up-to-date terminal equipment.

Automatic relay centers will be installed in existing communications locations at Penhold, Alta., Borden, Ont., and Debart, N.S. Special terminal centers to link the new system with the Maritime Command communications network will be installed on both coasts. Remaining communications centers are located at Canadian Forces' bases and stations in Canada and Europe.

Automatic relays will be computer-controlled so that message traffic will be automatically routed to the correct destination. The automatic relays also will store low priority traffic, or messages received when circuits are busy, and release them into outgoing circuits in the proper precedence as they become available.

Estimated cost of SAMSON is approximately \$52 million, which includes an initial training program on the new equipment and the purchase of a representative set of all new terminal and line equipment for training purposes. The training equipment will be installed at the Canadian Forces' school of communications and electronic engineering at Kingston, Ont.

Contract negotiations are expected to begin in January among the several contractors expected to be involved. First stages of the system are expected to be in operation by 1976.

NDHQ move begins

The move to the New National Defence Headquarters building began for some 4,000 members of the department this week.

Officials who are planning the occupation of the new building and the move are quick to explain that there will be no mass exodus on 5 December. That was the target date for DND to take over the structure from the Department of Public Works. At first the move will be a trickle of essential services and, as these become established, the move will swell to a peak early in 1973.

No Break in Services

The dominating factor for the planners is to make the move without any break in essential services. This means that some support services, such as security and communications, will be duplicated in the old and the new headquarters building until they are no longer required in the Cartier Square complex. In most cases, staffs will move into the new structure in a patterned program related to their functions.

The restructuring of the headquarters during the past year has involved a lot of additional work for those who are planning the move. The original plan was based on the old headquarters organization. But as the new structure of the headquarters took shape, it became apparent that the restructuring would involve a lot of costly reshuffling in the new building. So the plans were changed, and the new headquarters building will reflect the revised or-

ganization structure of NDHQ.

Revised Guidelines

Another factor which changed the planning in the new building was a set of revised guidelines put out by Treasury Board for the use of space in government buildings. Under the new rules, more space is allowed per person, and this allowed the DND organizers to loosen up the rather tight plan they had originally proposed, even though they did not go for the maximum space allowable under the new regulations. For reasons of economy, they are anxious to house as many of the headquarters staff as possible in the new building, while leaving themselves a slight

margin for flexibility.

Some organizations which do not necessarily have to be located with the main headquarters staffs will remain where they are or be housed in other accommodations.

For instance, most of the logistics organization will be accommodated at Rockcliffe, the computer operations and services will remain in the new computer building at Tunney's Pasture, and Quality Assurance and Quality Engineering Test Establishment is likely to remain in Hull.

The details of the occupancy are still being worked out to reflect the new structure of NDHQ.

200 readied for Vietnam

OTTAWA — National Defence Headquarters has issued instructions for the medical examination and immunization of 200 selected Canadian Armed Forces officers, from NDHQ and bases across Canada, for possible service as peace observers in Vietnam.

This is a precautionary measure only, to ensure that if the government should decide to provide armed forces observers for truce supervisory duty in Vietnam, officers will be able to proceed at short notice. It does not in any way imply that Canada has made a firm commitment to provide observers.

The Department of National Defence has not been asked to provide additional personnel for Vietnam. The 200 officers being medically cleared for possible observer service will merely be held on a waiting list for observer duty, in the event that the government should decide that additional observers are required, either with the existing delegation to the ICC or with any newly formed supervisory organization.

The officers selected for medical examination and immunization are serving in all elements of the Forces, to ensure that any request for personnel with specific military qualifications could be met.



WO. H. G. FERGUSON receives a first clasp to his Canadian Decoration from the Commanding Officer of 1 CEU, LCol. D. M. Gray. WO Ferguson is retiring from the Canadian Forces after 22 years service to take up civilian employment with the Base Comptroller CFB Winnipeg.

BASE PHOTO

Pro utilitate hominum

For the Service of Mankind — by WO A. Golding

Many personnel have shown a keen interest in exactly what takes place at an Investiture of Government House, in OTTAWA. The following is a resume of procedures as witnessed by the writer during a recent investiture conducted by the Priory of Canada of the Most Venerable Order of the Hospital of St. John of Jerusalem of which His Excellency, the Right Honourable Roland Michener, C.C., C.D., is the Prior.

At Government House, members and guests are requested to assemble and be seated in the Ball-Room by 3:30 p.m. Members to be Invested, other than Members of the Chapter, are requested to assemble in the Tentroom by 3:30 p.m. (there is little chance of error due to attendants assisting all personnel). Members to be Invested, are lined up in alphabetical order in accordance with the rank of promotion they are to receive in the Order, followed by those personnel to be admitted to the Order. All form a procession, and proceed in single file to the Ball Room via the centre aisle and are seated in similar order on the left side. Guests are already seated on the right.

On signal, all rise, His Excellency and Members of the Chapter enter the Ball Room at 4:00 p.m., all wearing their black mantles and respective ranks. The ceremony commences with opening prayers followed by a short address by His Excellency; then, the reception and Investiture of Members to Knight or Dame of Grace; Commanders of the Order; Officers of the Order; Officer Associate of the Order, and Serving Brothers/Sisters of the Order.

Assisted by an aide from the Order, each candidate in turn rises from his/her respective seat and proceeds to a designated place to the left of the Ball Room where they remain until his/her name is read out by a member of the Chapter. The candidate then proceeds to a point approximately two paces in front of His Excellency, bows, takes one pace forward, the Prior receives the respective Order from the Chancellor and places it on the specially provided clasp on the candidate's tunic; shakes his/her hand, and congratulates each on being the recipient of same. The whole ceremony is bilingual.

During the entire procedure, there are photographers taking photos (in colour) of every presentation. When His Excellency has completed the presentation, the candidate takes one pace to the rear, bows, turns to the right and bows to Her Excellency, turns to the right and walks down the centre aisle and takes up a seat one row in front of where he/she departed from.

His Excellency spoke with a very soft voice and at times it was a little difficult to hear exactly what he said to each recipient, however, there was some humour as depicted by the smiles of those nearby. One of the smiles occurred when His Excellency inadvertently congratulated a Major on being promoted in the Order (whereupon, the Chancellor leaned over and said, "Major-General, Your Excellency!") His Excellency quickly corrected himself and made some amusing comment about not demoting Her Majesty's Officers.

There were many scared candidates present. As a matter of fact, the standard joke appeared to be, "I sure hope there's some first aiders nearby". There were some whose knees were knocking. One person momentarily was frozen to the spot.

The ceremony closed with prayers. Their Excellencies and Members of the Chapter withdrew from the Ball Room, after which refreshments, good-will and friendship reigned among all who gathered in the Tentroom. Here, all were afforded the opportunity of meeting each other, taking personal photographs and speaking with Their Excellencies. We noted quite a few of the ladies having their photos taken with scarlet-tuniced members of the RCMP Band.

On the second day, all participants were invited to attend a luncheon in the Gallery of the Holiday Inn, Place de Ville, in Ottawa. Seated at the head table were the following distinguished personnel: The Priory Secretary, BGEN Douglas Wightman Cunningham, G.M., C.D.; guests Miss Atkinson, Monsignor Beaudry, Mrs. C. J. Laurin, Dr. Gingras, Mrs. Wetmore; Chief Commissioner, St. John Ambulance Brigade, BRIG. T. Eric Snow, O.B.E.; Vice Chancellor, BGEN G. E. Beament; Mrs. J. R. Roche; Lt Gov. of N.B., The Hon. H. J. Robichaud; Her Excellency; Chancellor, Judge John Redmond Roche, O.B.E., (former national president of the Royal Cdn Legion); His Excellency The Prior; Mrs. Robichaud; Immediate Past Chancellor, Commissioner Leonard H. Nicholson; Mrs. Olive Norward; Mrs. G. E. Beament; Associate Chaplain Sub Prelate of the American Society, Bishop Wetmore; Chief Supt. St. John Ambulance Brigade, Miss Yvette Loiselle; Honorary Treas. Mr. K. C. Fincham; Mrs. Snow; Director of the St. John Ambulance Association BGEN C. J. LAURIN; Cannon Michael Griffin and Mrs. Cunningham.

This was a memorable and gala festivity, with prayers and toasts, plus short speeches.

We neglected to mention that on the evening of the first day an "open house" was held at Priory H.Q., in Ottawa, where one may peruse many historic artifacts of past and present history of the Order, plus partake of refreshments provided; meet one another (for strangers are friends who haven't yet met) and also obtain various interesting publications about the Order and first aid.

Letters to the editor

The Editor VOXAIR

I was forced to stifle a couple of seasonal Ho-ho-ho's after reading your reprint of The Plainsman editorial "Let's Play Pretend".

Some time back in July 1968 I put in an original suggestion that the government take over Canadian Forces Superannuation Act (CFSA) money and put it into low 6.5% NHA mortgages. This would, I advised, stimulate the economy, allow low income earners to buy homes, in a short time double our annuities and after a while be self-sustaining and no-one would have to contribute. It was not adopted.

The reason for the non-adoption was a sad admission. The government would have to borrow the money on the open market at a high interest rate in order to put OUR contributions out for mortgages.

There is no big block of gold sitting in the treasury representing our pension contributions. There is no fund. It's an account and has always been an account. Some guy sits there all day long making entries in a ledger of money that does not exist.

The rules of the CFSA are such that the government guarantees to pay us our pensions. The rules also appear to stipulate that when our contributions lag pension payments, the contributions are to be increased to cover them.

This always seemed strange to me. In the years since 1947 when our contributions greatly exceeded pension expenditures they did not lower contributions.

The account indicates that we have contributed some 621.58 million dollars since 1947. You rarely see that rather impressive figure in print either. Another figure not often seen is that about 524.54 million have been paid out in pensions since 1947. We should, theoretically, have about 94.04 million dollars of "our own money" to invest without even bothering the government for their mythical share.

Although some large companies are funding their pension schemes by putting the contributions into various investment deals, I doubt if the government will ever do it with ours, this in spite of the fact that the government has passed bills making it mandatory for some pensions to be fully funded. Several provinces have done the same. But then, the government rarely does what it obliges others to do.

Numerous personnel tell me they are dissatisfied with the benefits of the CFSA. The Conditions of Service Studies asked questions of us on the CFSA. Based on these answers they did a study which has been published in the voluminous "Studies on Conditions of Service in the Canadian Forces Oct. 1971- March 1972." I venture to say 90% of personnel have not read it. It's probably gathering dust in the office of the guy first on the transit slip roll.

I feel that if those administering our CFSA see it that they will treat it as a White Paper of our feelings on the CFSA and benefits will never be increased monetarily.

The study group I feel took a defeatist approach. As if nothing could be done. I have to agree with them to a certain extent. As long as we have 82,000 complacent people the CFSA will not be changed to provide higher widows' benefits, higher annuities or the annual cost of living increases made effective upon retirement, etc.

I had an uncle who retired from the Canadian Army in 1922, under Part I of the

DSPCA. His pension was one-fiftieth of his pay and allowances for each year's service. I think he contributed at a rate of 5%. In 1972 some 50 years later you and I will retire with the exact same benefit. Progress?

Our CFSA CANNOT BE CHANGED FROM WITHOUT. Once you are out it's too late to cry for changes. The fact that our MPs made substantial beneficial changes to their Act in 1970 bears this theory out. These niceties were not gained by ex-members.

Anyhow, after nearly a service lifetime of trying to get 82,000 troops to get their fat rear-ends off their hands and fill the appropriate Minister's office with letters every month (remember the old pen and sword bit?) requesting increased monetary benefits without unjust increases or even any increases in our contributions, I can guarantee THE PLAINSMAN that nothing is going to happen "by the end of our career".

Not even in the time the CFSA actuary tables say I have left.

VOX CLAMANTIS IN DESERTO.

J. W. Brown, Chief Warrant Officer.

Editor Voxair:

Dear Mr. Hibbard:

Although your article seemed a little hysterical I thought I'd send along a couple of clippings for your perusal. These events did not take place in Canada but the same event has taken place here with increasing regularity.

When I was very young I had the ambition of wanting to live to the year 2000. The population explosion was not booming then, although pollution was beginning to be noticed.

Now I find that by the year 2000 I may not have a place to stand let alone room for more prisons...

I suggest you get ahold of last Saturday's 25 November, Tribune Weekend Magazine section and see what a learned judge has to say on our new look in criminal parole system.

Anyhow, although I am not a famous person whose prediction will be remembered forever and one day I am going to make one.

You and I will not be around to see it happen but happen it will.

History has a methodical habit of repeating itself and I predict that because of the population explosion man will be too busy taking care of those who live within the law to have time to coddle criminals and there will be a return to capital punishment for crimes of lesser magnitude than murder just like in medieval times.

Think about it. J. W. Brown, CWO

DEAR CWO BROWN: I was intrigued to note that you fancy the idea of living until the year 2000. I, too, harbour such a hankering and I have only 28 year to go, 3,944 years less than yourself. Think about it. Dale Hibbard.

Editor Voxair:

Further to my letter regarding the school tax rebate for members of the armed forces which was published in the October 11 issue of Voxair.

I have been privileged to receive a letter from the Honorable A. H. Mackling, Attorney General for the Province of Manitoba, dated 10 November. Following is an excerpt from the aforementioned letter.

"On the matter of rebates for members of the armed forces in these circumstances, I understand that there have been one or two facets of this situation which were required

to be cleared with the Federal authorities, but it is expected all matters will be cleared up very shortly and the required refunds will be going out in the not too distant future."

Nothing ventured, nothing gained. (C. E. Hjalmarson) MWO

Editor Voxair,

Cap Badges.

I would like to comment on the article in the last issue regarding the replacement of "cap badges". The chief of defence staff is quoted as saying "This had been considered, but I do not believe it would be right to introduce a common cap badge". Right or not it has been done. The service-women wear such a hat badge. As a result of unification a woman's uniform has nothing on it to distinguish which service she formerly belonged to. It seems rather unfortunate the women cannot keep their identity as well as the men.

M. J. Ste. Marie Cpl (W)

EDITOR VOXAIR

PER'S

The wonder of the accuracy. Everything promotion wise or career wise, is stressed through a computerized card. This impersonal selection of personnel for postings, promotions and a continuing career in the forces has been stated to be the best method yet devised. Yet how accurate are programmers with a hangover or a bad day and how many people suffer one way or another because of this?

How much information is really put down on a PER. They leave the explanation block small so that very little of the member is actually presented. That true picture leaves a lot to be desired.

Informers or should we say graders are afraid to put a great deal down on a junior.

Their fear lies with a laziness to work too hard. Writing causes stimulation of the brain, draining a body into a state of weariness. There is the fear of making the PER up and having it torn up by a superior.

The fear of over-grading a junior and having to explain it to a superior.

The fear of telling the member of his low points.

The fear of matching the grading with the explanation.

The fear of having yourself investigated because of the PER.

All in all, it's far safer to present an average PER no matter what the actual truth of the matter is.

If there is a personality conflict, how much of this is actually written into the PER.

Honest and accurate is a PER.

It has a slot for responsibility, graded with a number.

Does this tell the board or a computer the true picture of that responsibility?

Does it state what positions you worked at. What rank you replaced and the type of job you did. The hell it does.

You're lucky to have it remembered let alone mentioned.

We keep personal files at base level. Any little goodies that come up that could enhance your career, are kept on these files. The telescopic vision of the computer simply cannot see the fine print from such a distance.

Therefore, you, human, can simply coast along wondering what has happened to slow down your progress.

If your computer card is programmed in error, misfiled, misplaced or chewed up by the ratty teeth, then so goes your career, misemployed.

WLC CHURCHILL CPL



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VOXAIR is printed by D. W. Friesen & Sons Ltd., Altona, Man., and may be contacted at 832-1311, Local 446 or 762, or writing: The Editor, VOXAIR Newspaper, CFB Winnipeg, Westwin, Manitoba, R2R 0T0.

ADVERTISING RATES: 15c per agate line; \$2.10 per column inch. VOXAIR is distributed to every C.A.F. Mess, Lounge, Reading Room, and Library in the world.

SUBSCRIPTIONS: \$3.00 (1 year); \$7.50 (3 years); postpaid anywhere.
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Next issue deadline 13 Dec., 72

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Confligere by Bob Purvis

PENsive: reflections on a PEN that is not necessarily mightier than the sword...

emitting its full contents. Now, in utter disgust, you discover an ink-soaked tunic...

most costly messages you have ever recorded, and there will most likely be an inked trademark remaining on your clothing...

Legal Beagle

FAILURE TO PROVIDE BREATH SAMPLE

In a recent Saskatchewan case a motorist was stopped by police near Saskatoon; was suspected of impaired driving...

On appeal the driver stated that he had heard that the breathalyzer would not give a "Fair" reading from a sober person who had consumed one bottle of beer real fast...

It was because of these two

reasons that the driver refused to take the breathalyzer test.

The Appeal Court judge agreed that if the results of the test due to the smoking were not going to project a "fair", in the sense of a "just" or "impartial" reading...

The appeal was allowed; the conviction quashed, and the appellant was adjudged not guilty of the charge.

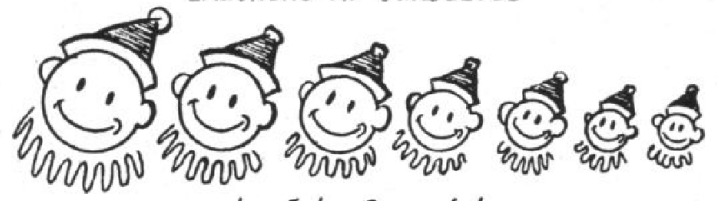
THAT'S THE LAW!

The art of teaching

Stunned by the incredible beauty of their new secretary, the two executives resolved to make her adjustment to the firm their personal business.

Office Overload

LAUGHING AT OURSELVES



by John Semeniuk

TODAYS' JESTINGSTOCK: The Battle of the Sexes

WARNING: That argument you won from your wife isn't over yet!

Husband: "My smoking won't bother you, will it?" Wife: "Not at all, dear, just so long as my getting sick won't bother you!"

Father and son conversation: "In the school play, dad, I've been given the part of a man who has been married for 30 years."

A famous English celebrate (I believe it was Noel Coward) once undertook a journey on a small foreign steamer aboard which only two other people spoke English...

PICTUREST SPEECH: "She was the kind of girl that you'd like to bring home to mother, if you could trust father."

Wife: "Be an angel and let me drive." He did and he was!

Henpecked husband's reply to a wifely decree: "In the neighborhood where your mother grew up the kids graduated from day school to night court..."

Overheard: "My husband and I have been married for 50 years and we still hold hands... if we didn't we'd kill each other!"

VERBAL BARRAGES: She: "My boyfriend is really dumb. Yesterday, I said Good Morning to him and he was stuck for an answer."

Husband: "My mother-in-law is so ugly that when she walked into a bar the other night, 10 drunks got up and took the pledge."

Modes of communication: "Telephone, Telegraph, Tell a woman"

Wife: "What did I say to annoy you, dear, I may want to use it again."

"Look at my shabby dress! If one of your office staff came to our house, he'd think I was the cook", wailed the sweet young wife.

Exchange between two wives: "How's your husband?" "Compared to what?"

MP NEWSBULLETIN

Ken Stephensen

The Honorable AH Mackling, Attorney-General recently stated that he no longer thought that the breathalyzer was an effective deterrent to impaired driving.

criminal negligence. Charlie suffers, his family suffers, other innocent injured parties suffer, his section suffers, almost everyone except perhaps, those who helped send him on his way.

the fact that you and your car have now really entered the twilight zone. A policed area where no second chances are given, just to be stopped perhaps because of a brake light being faulty...

Bertram L. Meindl, President of Hearth-N-Home Ltd., announces the appointment of Huguette Sussner as Bilingual Real Estate Consultant for St. James Assiniboia, River Heights and Charleswood.

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ARMED FORCES PERSONNEL WILL RECEIVE 20% OFF ON PARTS ON SHOWING IDENTIFICATION



by Robert Boyle

Fitness corner



To eat high nutrition/low calorie foods **regularly**, to avoid the development of excessive hunger, and combine this with an increased activity pattern can solve your overweight problem once and for all. This statement is perhaps the best distillation of the information offered in last weeks' column on the obesity problem. Today's column will provide you with the means to shed excess weight following the above principle, easily and in such a manner that it will not return.

To begin with, you can eat **anything** you want **anytime** you want. Sound too good to be true... well it must be you're doing that now and your overweight. Well, in fact the statement is true up to a point, that point is 2,000 calories a day. A daily diet consisting of 2,000 calories a day, combined with reasonable activity, will lose you a minimum of a pound a week for as long as you follow this program. It is a weight loss process that stays gone after returning to normal eating habits. Now when I say normal eating habits, I mean a daily calorie consumption of from 2,500 to 3,000 calories a day depending on your activities. A

great bonus received after following this diet, till you reach your desired weight, is the knowledge you will gain about certain foods. You will find that it will be necessary to eliminate or greatly reduce the consumption of some foods if you are to satisfy your hunger and still remain below the 2,000 calorie mark. When you reach your desired weight you will find that you can do without some of those high calorie foods you used to eat and in addition you will have rediscovered some low calorie/nutritional food you had forgotten about.

All right, now how does the diet work. First, get yourself one of those wall calendars with information blocks below each date. Cut out the following two charts on calories; one on calories burned and the other on calories gained per food quantity — tape this beside the calendar. Now, as the day progresses, record the calories you consume at each meal and snack on the calendar — when you reach 2,000 calories — **STOP!** The activity chart will give you the information you need for activity evaluation in terms of calories burned/hour of activity. These activities are a bonus; in addition to the weight you will lose on the 2,000 calorie diet,

additional pounds will be lost according to the activity to choose and its duration (remember 3,500 burned calories equals one pound of fat).

Now a few tricks; weekends are bad, work in light activities on a regular basis that will keep you away from the fridge and preferably in the gym or outdoors. Try and keep your alcohol down to one drink in the evening — more than that the calories go way up and your will power comes way down. A **good** workout before one of the major meals will decrease your appetite, (the stomach becomes tense and the blood is circulating rapidly in other parts of the body rather than the stomach). Finally, keep cold water and unsweetened grapefruit juice in the fridge. Grapefruit juice is the only juice that inhibits the secretion of stomach juices which cause the hunger sensation. Now remember when you reach the weight you desire (it may take months) what you have learned about high calorie foods and activity. One of the objects of this diet is to permanently change your eating habits and increase your activities; if this is successful you should be able to eat to satisfaction and not gain back the lost weight.

CURRENT CURRENCY

We welcome two new members to the BCompt staff this month. Lt Z.T.W. ("SKY") SZYPOW-SKI has joined us from C.F.S. Val D'Or. Prior to his several months there, he graduated from R.M.C. In our Management Audit Section, the new face of MR. H. G. ("FERGIE") FERGUSON will be seen. To many people, especially to those who hang around the Westwin Bowling Lanes, his is a familiar one.

The girls in the Branch will be saying good-by and best wishes to PTE JOCELYNE NADEAU at a luncheon planned for the 7th of December. Everyone in the Section will be looking forward to hearing of the arrival of her baby next March.

Sports in the shop seem to take up a fair amount of energy, although we aren't winning too many games. A brief run-down follows:

HOCKEY: Our team has tied one game, and not won any, but

we are still in there fighting. Our Coach, MCPL HOWIE EVANS, is pleased with the team but is having trouble getting his players out due to service commitments.

BROOMBALL: Our broomball team is doing better than our hockey team, with a one-win, one-tie, and one-loss record. Keep up the winning, fellows! — good luck goes out to their coach, PTE BRIAN OLYNIK.

CURLING: We have several teams in the Intersection League, with only CPL ED YORK'S rink showing any promise. However, the season is still young, so get those rocks in there, teams!

BOWLING: Our bowling teams are managing, with PTE GENE LEGROS' team doing quite well, so I've been told. PTE BOB LEBRUN hopes his team is coming out of their slump and will be bowling better in future weeks.

Annual Christmas Dinner

The Annual Christmas Dinner for single Corporals and Privates on strength of CFB Winnipeg and Lodger Units will be held in Building 61 on Tuesday 19 December 1972. All personnel whether living in or out are eligible to attend and should arrive by 1200 hrs for the dinner which is scheduled to begin at 1230 hrs. As is tradition with the Christmas dinner the waiters will be drawn from the Officers' and Warrant Officers' and Sergeants' Messes.

This year all Corporals and Privates attending may invite their girl friends or boy friends. There will be a small charge of \$1.25 for invited guests.

Notice — change of hour Protestant Chapel — (South Site)

Beginning Sunday December 10th, 1972, the hour of worship at the Protestant Chapel (South Site) will be 1000 hrs. instead of 1015 hrs. This will apply every Sunday morning until further notice. The North Site Chapel (P) hour will remain at 1130 hrs.

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FISH & CHIPS

JUNIOR \$1.00 75c Relaxing Atmosphere

TOP ENTERTAINMENT

MEAT & FISH & EGGS

FOOD	AMOUNT	CALORIES
Bacon, broiled	2 strips	90
Chicken, fried	3 oz.	155
Clams, raw	6 med.	65
Duck, roast	3 oz.	265
Egg, boiled	1 med.	80
Fish stick, frozen	3	120
Flounder, baked	3 oz.	170
Frankfurter	1 med.	170
Ham, boiled	3 oz.	340
Hamburger, regular	3 oz.	310
Lamb chop, broiled	3 oz.	300
Liver, beef, fried	3 oz.	195
Liverwurst	1 oz.	90
Omelet	2 eggs	220
Pork, roast	3 oz.	310
Pot roast	3 oz.	245
Salami	1 oz.	130
Salmon, canned	3 oz.	120
Shrimp, boiled	4 med.	40
Steak, sirloin, broiled	3 oz.	265
Tuna, drained	3 oz.	170
Veal, roast	3 oz.	230

MISCELLANEOUS

FOOD	AMOUNT	CALORIES
Beer	12 fl. oz.	150
Colas	12 fl. oz.	145
Diet soft drink/no sugar	12 fl. oz.	2
Diet soft drink/sugar	12 fl. oz.	72
Egg noodles*	1 cup	200
Ham spread, deviled	1 tbsp.	45
Lard	1 tbsp.	115
Margarine, corn-oil*	1 tbsp.	100
Margarine, regular*	1 tbsp.	100
Mayonnaise	1 tbsp.	100
Olives, green	4 med.	15
Pizza, with cheese	1/8 pie	185
Popcorn, plain	1 cup	25
Potato chips	10 med.	115
Salad dressing, Italian	1 tbsp.	80
Scotch, 80-proof	1 1/2 fl. oz.	100
Shortening, vegetable	1 tbsp.	110
Soup, vegetable, canned	1 cup	80
Spaghetti*	1 cup	155
Turkey pot pie, frozen	8 oz.	440

DAIRY FOODS

FOOD	AMOUNT	CALORIES
Butter	1 tbsp.	100
Cheese, cottage, creamed	1/2 cup	115
Cheese, cottage, low-fat	1/2 cup	90
Cheese, cream	1 oz.	105
Cheese, process, American	1 oz.	105
Cheese, Swiss	1 oz.	100
Cream, powdered substitute	1 tsp.	10
Cream, sour	1 tbsp.	25
Milk, chocolate	1 cup	210
Milk, skim*	1 cup	90
Milk, whole*	1 cup	160
Whipped topping (pressurized)	2 tbsp.	40
Yogurt, plain	1 cup	150

SWEETS

FOOD	AMOUNT	CALORIES
Cake, angel-food	1/12	135
Cheesecake	1/6	350
Chocolate fudge	1 oz.	115
Cookie, fig bar	1	50
Doughnut*	1	125
Gelatin dessert	2/3 cup	110
Ice cream, vanilla	1/2 cup	125
Jam, strawberry	1 tbsp.	50
Molasses, blackstrap	1 tbsp.	45
Peanut butter	1 tbsp.	95
Pie, apple	4" piece	350
Pudding, vanilla	1 cup	285
Sugar, white	1 tbsp.	50
Walnuts	8	200

FRUIT & VEG.

FOOD	AMOUNT	CALORIES
Apple	1	70
Avocado	1/2	185
Banana	1 med.	100
Beans, kidney	1 cup	230
Broccoli	1 stalk	45
Cantaloupe	1/2	60
Carrots	1 cup	45
Dill pickle	1 med.	10
Fruit cocktail, canned	1/2 cup	100
Grapefruit	1/2 med.	45
Onion, raw	1 med.	40
Orange juice	1 cup	110
Peas	1 cup	115
Pineapple, canned	2 slices	90
Potato, baked	1 med.	100
Strawberries	1 cup	55
Tomato	1 med.	40
Watermelon	1 wedge	115

BREADS & CEREALS

FOOD	AMOUNT	CALORIES
Biscuit, from mix*	1	90
Bran muffin	1	170
Cereal flakes, pre-sweetened*	1 cup	150
Corn flakes*	1 cup	105
Graham cracker	1	30
Hard roll*	1	155
Muffin*	1	120
Oatmeal	1 cup	160
Pancake*	1 med.	60
Rice, white*	1 cup	225
Saltine	1	15
Wheat flakes*	1 cup	105
White bread*	1 slice	60

HOW YOU CAN BURN UP CALORIES

Activity	Calorie burn-up per hour
Walking (slowly)	175- 200
Walking (moderate pace)	280- 320
Walking (fast pace)	400- 450
Cycling (easy)	190- 210
Cycling (moderate)	300- 350
Cycling (vigorous)	500- 700
Dancing (moderate)	250- 300
Dancing (vigorous)	450- 550
Jogging (easy)	750- 850
Billiards	225- 250
Table tennis	350- 550
Ice skating (easy)	400- 450
Ice skating (moderate)	600- 700
Ice skating (vigorous)	1,000-1,500
Swimming (crawl-easy)	500- 600
Swimming (crawl-moderate)	900-1,100
Swimming (crawl-vigorous)	1,500-1,800
Tennis (singles)	800-1,000
Tennis (doubles)	500- 700
Golf	350- 450
Squash	1,000-1,500
Badminton	800-1,200
Bowling (alley)	275- 375
Curling	250- 350
Volleyball	400- 700
Skipping	1,000-1,500
Skiing (Alpine)	600- 900
Skiing (cross country)	900-1,200
Stair/step climbing	600-1,200

NOTE: The actual number of calories used up by each activity varies according to the vigorosity with which it is performed. For example, a casual game of table tennis might consume only 350 calories an hour, while a really hard game might burn up 550. All activities should be done easily at the start, becoming progressively more vigorous.



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CANCONCYP

In Cyprus... settled into it... and control... Nicosia and... duties are r... and includ... UNFICYP... Blue Beret C... took over th... the Irish Cont... 6th. and v... duty for se... During the... the battalion... a group of V

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It looks a... crowd is ret... judging by t... Wine and Ch... Charity Ball... Club's comm... extend their t... continuing su... During the... 11 to 15, the... ing entertain... 240 hours... will be a six... "Mix Soul".... December 15... Tickets for... for a short tin... "HOT POOL... are returnin... December 16... missed this... the Wine a... won't want t... It is a Chr... with the bar... hours. The... couple is ju... and Non-mem... will be door... Tickets fo... Year's Ball... at the bar at... be continuo... to 0300 hou... "Third Editi... Bare". The... \$8.00 (Club... \$25.00 (Non-m

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there fighting. CPL HOWIE used with the trouble get- out due to ents.

Our broomball etter than our th a one-win, e-loss record. ning, fellows! s out to their AN OLYNIK. have several ection League, ED YORK'S any promise. eason is still ose rocks in

owling teams th PTE GENE ing quite well. d. PTE BOB his team is eir slump and etter in future

Dinner

s and Privates ill be held in onnel whether arrive by 1200 230 hrs. As is will be drawn nts' Messes. ay invite their harge of \$1.25

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(Site) ur of worship rs. instead of until further n at 1130 hrs.

Inn otel

ENUE D DRIVE

LOUNGE

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Patricia Periodical



ON NOVEMBER 8 THE BGEN G. G. BROWN, CD, commander of 1 Combat Group inspected the Rear Party of 2 PPCLI. He is shown above talking to members of the Administration Support Group.

CANCONCYP NEWS

In Cyprus, 2 PPCLI has settled into its task of patrolling and controlling the city of Nicosia and its suburbs. The duties are many and varied, and include guarding the UNFICYP Headquarters at Blue Beret Camp. The battalion took over this assignment from the Irish Contingent on November 6th, and will continue the duty for several weeks.

During the past two weeks the battalion has been host to a group of Winnipeg news rep-

resentatives. Through the arrangements of Major Len Dent, press, radio and TV personalities flew from Winnipeg on November 20th and since then have been compiling reports on unit activities in Cyprus and the way of life of the people on the island. Some of these reports have already been aired on local radio stations, and we hope there will be more news about the battalion in the local news media between now and Christmas. Unfortunately the radio and TV stations cannot give exact timings for the reports, as final arrangements have not been completed.

In addition to Canadian visitors, the unit has been host to Cypriot visitors. On November 4th the Officers' Mess held a Cocktail Party for members of the local civilian and military community. It was a large affair, with guests dropping in throughout the day. The Chief Stewart (MCpl George Kuffner), the Cook (MCpl Bert Struthers), and their staff worked long hours to provide excellent service for everyone.

REAR PARTY

Rear Party has continued its training programme with D

Company away to Camp Shilo for winter indoctrination. The indoctrination will include more than just winter training, as the men will receive a great deal of training on CH 135 Huey helicopters. A detachment of 408 Sqn from Edmonton is flying to CFB Shilo to conduct the training.

In the Base Hockey League, the battalion hockey team (the Patricias) is now in fourth place. The men are really working hard, but the loss of many good players to balmy Cyprus has hurt. Under coach Jim Heaver's training, the Patricias are improving with every game. If the team continues its rate of improvement, the rest of the league had better watch out!

We are pleased to announce that the unit has had two promotions in the past few weeks. Sgt Doug Love has been promoted to Warrant Officer, and MCpl John MacDonald has been promoted to Sergeant.



At 1100 hours 6 November the Canadian Contingent took over gate guard duties at Blue Beret Camp from the Irish Contingent. This is our first gate guard since rotation. On duty is Private Kim Paton, a member of the battalion Support Weapons Platoon.

CFANS news corner

AEROSPACE SQUADRON

Since last reporting, winter seems to have arrived, the hunting season is over, you correspondent lost a little money over the defeat of the "Big Blue" in the Western Final, but gained a little venison for the freezer. So all is not lost.

Three of our staff, in the persons of Major Graham and Captains Arnott and Saunders, visited NDHQ again to discuss various aspects of the main project for ASC 25. Captain Bryce and Gerden visited Cold Lake to discuss a grid gyro navigation technique; a study they did for the benefit of those who fly the CF-5 aircraft.

Major Gawell is away on his annual tour, most of it within the airspace above the United States. Seriously, he's making all the arrangements for the tour of ASC 25 to the United States which commences late February, 1973. This is an art at which he is becoming most adept. Have a good trip, Frank.

We just finished bidding farewell to the members of SANC 7203, the last Staff Air Navigator Course for the year. Our best wishes go with them for their success in their future employment.



NAV CELL

Well, Graduation Day for 7204/05 ROTP is fast approaching amid a hectic race to beat the weatherman and the calendar. In the meantime course 7207 Cross Training has started the long grind. 7207 will be guided down the paths of righteousness by Capt George Sykes, their Briefing Officer.

The ROTP courses sponsored a curling match last Saturday evening which was enjoyed by many of the staff. I found it hard to believe though on Sunday that curling could leave anyone feeling quite that ill. Must have been the chili I ate.

Well, nothing else of note to report so will close with a word for those awaiting posting — no news is sometimes good news.

club 61

It looks as though the old crowd is returning to Club 61 judging by the turnouts at the Wine and Cheese Party and the Charity Ball last month. The Club's committee would like to extend their thanks for members' continuing support.

During the week of December 11 to 15, the club will be featuring entertainment from 2000 to 2400 hours nightly. Appearing will be a six piece group called "Mix Soul". Please note that December 15 is a regular TGIF. Tickets for drinks will be sold for a short time only.

"HOT POOP 'N THE GROUP" are returning to Club 61 on December 16. (Those of you who missed this fantastic group at the Wine and Cheese Party, won't want to miss them again.) It is a Christmas celebration, with the band starting at 2100 hours. The cover charge per couple is just, Members, \$1.00 and Non-members, \$1.50. There will be door prizes.

Tickets for the annual New Year's Ball are now available at the bar at Club 61. Music will be continuous from 2100 hours to 0300 hours. The bands are "Third Edition" and "Grizzly Bare". The price is per couple \$8.00 (Club 61 Members) and \$16.00 (Non-members).

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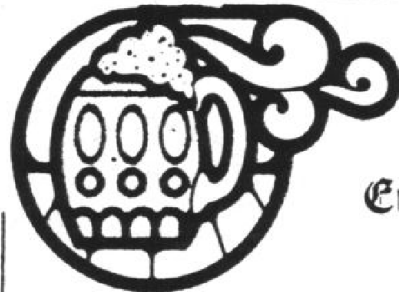
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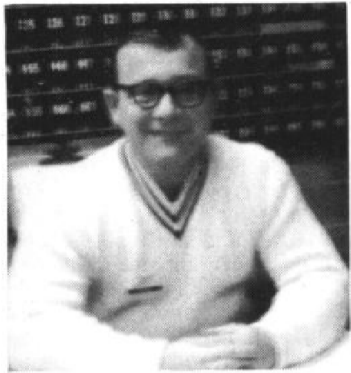
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VOXAIR SPORTS

Rec Centre Personalities



Cpl Al Burns left his home town of Brockville, Ontario to join the Royal Canadian Navy in 1960. He spent the first

five years of his service life on and off of various ships like the HMCS Bonaventure, Skeena and Huron. During 1965 Al took a course in Physical Education and Recreation at HMCS Cornwallis. This type of action seemed to agree with him, so on completion of course he remustered to the trade and was posted to Stadacona prior to his present posting at CFB Winnipeg in 1969.

Al presently works out of Lipsett Hall on the South Site and has a variety of keen interests and will offer assistance where needed. Give him a call at 888-5021 for your physical or recreational needs.

Rec Hall Holiday Schedules

HOLIDAY SEASON

WESTWIN AND LIPSETT POOLS

SAT, 23 DEC, 1300-1600 hrs, Open Swim.
SUN, 24 DEC, 1300-1600 hrs, Open Swim.
MON, 25 DEC, CLOSED.
TUE, 26 DEC, 1300-1600 hrs, Open Swim.
WED, 27 DEC, 1300-1600 hrs, Open Swim.
THU, 28 DEC, 1300-1600 hrs, Open Swim.
FRI, 29 DEC, 1300-1600 hrs, Open Swim.
SAT, 30 DEC, 1300-1600 hrs, Open Swim.
SUN, 31 DEC, 1300-1600 hrs, Open Swim.
MON, 1 JAN, CLOSED.
TUE, 2 JAN, 1300-1600 hrs, Open Swim.
WED, 3 JAN, 1300-1600 hrs, Open Swim.
THU, 4 JAN, 1300-1600 hrs, Open Swim.
FRI, 5 JAN, 1300-1600 hrs, Open Swim.
SAT, 6 JAN, 1300-1600 hrs, Open Swim.
SUN, 7 JAN, 1300-1600 hrs, Open Swim.

WESTWINGYM

SAT, 23 DEC, 1300-1600 hrs, Open Rec.
SUN, 24 DEC, 1300-1600 hrs, Open Rec.
MON, 25 DEC, CLOSED.
TUE, 26 DEC, 1400-1600 hrs, Open Rec.
WED, 27 DEC, 1800-2000 hrs, Open Rec.
THU, 28 DEC, 0800-1300 hrs, Service Personnel.
WED, 27 DEC, 1400-1600 hrs, Badminton Club.
WED, 27 DEC, 1800-2300 hrs, Badminton Club.
THU, 28 DEC, 0800-1300 hrs, Service Personnel.
THU, 28 DEC, 1400-1600 hrs, Open Rec.
THU, 28 DEC, 1800-2000 hrs, Open Rec.
FRI, 29 DEC, 0800-1300 hrs, Service Personnel.
FRI, 29 DEC, 1400-1600 hrs, Open Rec.
FRI, 29 DEC, 1800-2000 hrs, Open Rec.
SAT, 30 DEC, 1300-1600 hrs, Open Rec.
SUN, 31 DEC, 1300-1600 hrs, Open Rec.
MON, 1 JAN, LOSED.

TUE, 2 JAN, 1400-1600 hrs, Open Rec.
TUE, 2 JAN, 1800-2000 hrs, Open Rec.
WED, 3 JAN, 0800-1300 hrs, Service Personnel.

WED, 3 JAN, 1400-1600 hrs, Badminton Club.

WED, 3 JAN, 1800-2300 hrs, Badminton Club.

THU, 4 JAN, 0800-1300 hrs, Service Personnel.

THU, 4 JAN, 1400-1600 hrs, Open Rec.

THU, 4 JAN, 1800-2000 hrs, Open Rec.

FRI, 5 JAN, 0800-1300 hrs, Service Personnel.

FRI, 5 JAN, 1400-1600 hrs, Open Rec.

FRI, 5 JAN, 1800-2000 hrs, Open Rec.

SAT, 6 JAN, 1300-1600 hrs, Open Rec.

SUN, 7 JAN, 1300-1600 hrs, Open Rec.

SUN, 7 JAN, 1800-2300 hrs, Badminton Club.

LIPSETT HALL

SAT, 23 DEC, 1300-1600 hrs, Open Rec.

SUN, 24 DEC, 1300-1600 hrs, Open Rec.

MON, 25 DEC, CLOSED.

TUE, 26 DEC, 1300-1600 hrs, Open Rec.

TUE, 26 DEC, 1800-2000 hrs, Open Rec.

WED, 27 DEC, 1300-1600 hrs, Open Rec.

WED, 27 DEC, 1800-2000 hrs, Open Rec.

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THU, 28 DEC, 1800-2000 hrs, Open Rec.

FRI, 29 DEC, 1300-1600 hrs, Open Rec.

FRI, 29 DEC, 1800-2000 hrs, Open Rec.

SAT, 30 DEC, 1300-1600 hrs, Open Rec.

SUN, 31 DEC, 1300-1600 hrs, Open Rec.

MON, 1 JAN, CLOSED.

TUE, 2 JAN, 1300-1600 hrs, Open Rec.

TUE, 2 JAN, 1800-2000 hrs, Open Rec.

WED, 3 JAN, 1300-1600 hrs, Open Rec.

WED, 3 JAN, 1800-2000 hrs, Open Rec.

THU, 4 JAN, 1300-1600 hrs, Open Rec.

THU, 4 JAN, 1800-2000 hrs, Open Rec.

FRI, 5 JAN, 1300-1600 hrs, Open Rec.

FRI, 5 JAN, 1800-2000 hrs, Open Rec.

SAT, 6 JAN, 1300-1600 hrs, Open Rec.

SUN, 7 JAN, 1300-1600 hrs, Open Rec.

SUN, 7 JAN, 1800-2200 hrs, Badminton.



SKI MANITOBA

by Tex Mitchell



KEEPING WARM

All those horrible stories about Manitoba winters are true. To enjoy skiing here then, you must pay special attention to keeping warm.

Start with a string vest covered by woollen or thermal longjohns. Put on a light, high-necked cotton shirt, one pair of heavy woollen socks either over bare feet or over one pair of very light socks, and then slide into a pair of pants. A heavy woollen sweater next and some kind of warm foot-wear, and you are dressed for the drive to the ski hill.

If the passenger compartment is crowded, you will have to carry your ski boots in the trunk but make sure you warm them before putting them on at the hill. These new plastic boots are great because you can apply a lot of heat directly and get them very warm in a hurry.

Once the warmed boots are buckled on, get into a pair of warm up pants — truly the salvation of the prairie skier. Cheap or expensive, all models trap a layer of insulating air between you and the hostile outside air. Two winters in this province with only heavy ski pants and then one winter wrapped in ordinary warm up pants have made me a believer — in spades! If you find that you are too warm, then eliminate the trousers underneath and wear the pants directly over the longjohns.

Get the best quality ski jacket you can afford and that means one that is down-filled. The jacket should have a high collar on hood, storm cuffs, and a front that is fastened by both a heavy duty zipper and dome fasteners. It should have a few pockets and a belt with an effective fastener. I like the long models that cover the rump. The jacket should fit loosely over all that other stuff to trap as much dead air as possible.

You will need a woollen toque and those woollen face masks are good if you can get used to them. I can't. Modern foam-filled gloves are just about as warm as mitts but the rope tows that prevail around here are tough on expensive glove leather. Woollen inner mitts with heavy leather outer mitts will keep your hands warm and the leather outers are cheap.

On Saturday morning last January, I was working with a group of would be instructors at Virden. The temperature was 46 degrees below zero. We did a lot of vigorous climbing and made frequent visits to the warm chalet at the bottom of the hill, but we were still enjoying the skiing. We were dressed as described above.

Holiday Mountain at La

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Badminton News

Westwin Badminton Club hosted the Manitoba 'B' and 'C' Badminton Championships at Lipsett Hall on Nov. 17, 18 and 19.

Bonnie Gabbs performed the proverbial 'hat trick' by winning in three events. The Westwin Club star beat clubmate Margaret Mills 11-1, 11-8 in the ladies' singles. Bonnie then teamed with Margaret for a victory in ladies' doubles over Gladys Lysun and Joan West, also of Westwin. Bonnie and Roy Heinrichs pressed on to victory by downing Mike Semeniuk and Joan West in the mixed doubles.

Bob Mitchell of the Wildewood Club won the men's singles over Bud Burgess of Westwin, 15-8, 15-14. The men's doubles went to Harold Stone and Moe Selchen of the YMHA, who took Jim Fowler and Terry Stock of Westwin.

The first general meeting of the Westwin Badminton Club for the 1972-1973 season will be held at the Westwin Gym on December 10, 1972 at 8:30 P.M.



VISITING GENERAL HOCKEY FAN — Europeans are noted hockey fans and Major General J. H. Knoop, Vice Chief of the Air Staff, Royal Netherlands Air Force is no exception. During his recent visit to Headquarters Training Command his party attended a Winnipeg Pro Jets hockey game courtesy of Molsons Brewery Ltd. Above the General is seen in conversation with Goalie Ernie Wakely following the Jets 4-1 victory over the Quebec Nordiques on Sunday 26 Nov.

Canadian Forces Photo

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W.H.

Who will be Association's 1 ter at the end — If you real you might dr Chris Borden Bobby Sheeh bossiere, Ron Jim Harrison, pick one. How knee injury preclude him

For the see those six pla top of the WH/ The order h week's time, the Winnipeg, York's Sheeh Oilers' Harris Ron Ward of spot.

Jets' Borden (tops in the l sists for 32 p Ward has 16 g for his 32 poi

The hottest ending 26 N (5'5") Keith Minnesota Christiansen, last year's U pic team to Sapporo, Ja points in four

Gerry Chee Crusaders re truder with a average. He league in sh THE WHA S (26

Bordeleau, Win Ward, NY Sheehan, NY Labossiere, Hou Buchanan, Cle Harrison, Alb Webster, NE

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Dia
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W.H.A. Scoring Leaders

Who will be the World Hockey Association's leading point getter at the end of the season!!!

If you really want to know, you might drop six names — Chris Bordeleau, Ron Ward, Bobby Sheehan, Gordon Labossiere, Ron Buchanan and Jim Harrison — into a hat, and pick one. However, the recent knee injury to Harrison might preclude him from this list.

For the second straight week, those six players are at the top of the WHA scoring statistics. The order has shuffled in a week's time, with Bordeleau of the Winnipeg Jets replacing New York's Sheehan and Alberta Oilers' Harrison in a tie with Ron Ward of the Raiders for top spot.

Jets' Bordeleau has 18 goals (tops in the league) and 14 assists for 32 points. New York's Ward has 16 goals and 16 assists for his 32 points.

The hottest player for the week ending 26 Nov. 72 was tiny (5'5") Keith Christiansen of the Minnesota Fighting Saints. Christiansen, who captained last year's United States Olympic team to a Silver Medal at Sapporo, Japan, scored nine points in four games last week.

Gerry Cheevers of Cleveland Crusaders remains the top goaltender with a 2.23 goals against average. He also leads the league in shutouts with three.

THE WHA SCORING LEADERS (26 Nov. 72)

	GP	G	A	Pt	Pm
Bordeleau, Win	26	18	14	32	2
Ward, NY	21	16	16	32	8
Sheehan, NY	22	16	15	31	13
Labossiere, Hou	20	15	16	31	24
Buchanan, Cle	20	13	18	31	4
Harrison, Alb	21	11	20	31	39
Webster, NE	20	14	14	28	25

Climie, Ott	19	11	15	26	2
Lacroix, Phil	20	11	15	26	22
Ferguson, NY	22	10	16	26	2
Caffery, NE	20	9	17	26	2
Beaudin, Win	26	12	13	25	2
Hornung, Win	26	5	20	25	14
Tremblay, Que	19	4	21	25	6
Carleton, Ott	19	12	12	24	8
Hall, Houston	20	7	17	24	26
Pleau, NE	20	13	10	23	9
Walters, Alb	24	15	7	22	20
Pinder, Cle	21	12	9	21	53
Jarrett, Cle	21	10	11	21	20
Lawson, Phil	20	11	9	20	14
Archambault, Que	20	6	13	19	16
Trottier, Ott	19	11	7	18	6
Taylor, Hou	17	9	9	18	25
Crashley, LA	24	9	9	18	6
Payette, Que	18	4	14	18	8
Block, NY	22	1	17	18	17

GOALKEEPERS:

MP	GA	SO	Ave	
Cleveland	1286	53	3	2.47
Cheevers, Cle	916	34	3	2.23
Whidden, Cle	370	19	0	3.08
Winnipeg	1583	79	1	2.99
Daley, Win	434	17	0	2.35
Wakely, Win	1149	62	1	3.24
Chicago	1099	56	0	3.06
J. McLeod, Chi	818	39	0	2.86
Gill, Chi	281	17	0	3.63
Minnesota	1218	63	1	3.10
Curran, Min	730	35	1	2.88
McCartan, Min	488	28	0	3.44
New England	1215	64	0	3.16
Landon, NE	576	25	0	2.60
Smith, NE	639	39	0	3.66
Alberta	1463	80	0	3.28
Norris, Alb	935	44	0	2.82
Brown, Alb	528	36	0	4.09
Houston	1214	67	0	3.31
Ruttledge, Hou	480	25	0	3.13
D. McLeod, Hou	604	32	0	3.18
Hughes, Hou	130	10	0	4.62
Quebec	1210	67	1	3.32
Lemelin, Que	140	7	0	3.00
Aubry, Que	990	55	1	3.33
Brodeur, Que	80	5	0	3.75
Los Angeles	1466	82	1	3.36
Gillow, LA	731	37	1	3.04
Gardner, LA	735	45	0	3.67
New York	1328	78	2	3.52
Donnelly, NY	862	39	2	2.71
Wilkie, NY	60	4	0	4.00
Kurt, NY	406	35	0	5.17
Ottawa	1150	81	0	4.23
Gratton, Ott	715	48	0	4.03
Binkley, Ott	435	33	0	4.55
Philadelphia	1214	93	0	4.60
Archambault, Phil	260	17	0	3.92
Cottringer, Phil	122	8	0	3.93
Parent, Phil	300	24	0	4.80
Paille, Phil	532	44	0	4.96

Open Net Goals: Cleveland 1, Chicago 1, Houston 1, Los Angeles 3, Philadelphia 3.

Coming Events

Prairie Region 5-Pin Bowling Championships

The Canadian Armed Forces Region 5-Pin Bowling Championships will be held here at Base Winnipeg from 15-19 Jan. 73. The tournament will be held in both the Lipsett Hall and Westwin lanes. The winner of the tournament will represent this region at the Forces National 5-Pin Bowling Championships to be held at CFB Chilliwack from 12-17 Feb. 73. Schedules of the tournament will be available in both Rec Centres prior to competition. Come out and support our Base representatives.

Prairie Region Small Base Volleyball Championships

CFB Winnipeg will be the site for the Prairie Region Small Base Volleyball Championships 26 Feb.- 2 Mar. 73. The tournament will be conducted at Lipsett Hall (South Site). The winner of this tournament will participate in the Prairie Region Volleyball Championships in Cold Lake 19-23 Mar. 73.

Bowling Banter

Youth Bowling League — The latest high scores and averages for this league are as follows:

Boys' High — Average — Mike Semeniuk, 194; Mike Cuthbert, 147; Rick Lockly, 124; Tod Crawford, 115; Randy Lemoine, 113.

Girls' High — Average — Linda Harder, 135; Cathy Lancaster, 128; Sharon Harrison, 126; Suzanne Frenette, 122; Cathy Semeniuk, 109.

Team High — Three — With Handicap, Team No. 6, 1996; Without Handicap, Team No. 5, 1900.

Team High — Single — With Handicap, Team No. 3, 690; Without Handicap, Team No. 5, 695.

Boys' High — Three — Mike Semeniuk, 604; Mike Cuthbert, 516.

Boys' High — Single — Mike Semeniuk, 223; Mike Cuthbert, 203.

Girls' High — Three — Suzanne Frenette, 466; Linda Harder, 450; Kathy Lancaster, 405.

Girls' High — Single — Suzanne Frenette, 172.

Team	Points
No. 5	100½
No. 6	88
No. 1	86
No. 3	85
No. 4	78½
No. 2	65

Curling Corner

If your entry isn't in for the club playoffs, men's, mixed or seniors, you don't have much time left as entries close December 7th. Do it now!

The men's inter-club schedule is well underway and CFB Winnipeg is now hitting 50% with three wins and three losses against Wildwood, West Kildonan, and Deer Lodge Curling Clubs.

Base playoffs to determine the CFB Winnipeg representative to the Prairie Region Curling Championship is now underway. The field looks very interesting and includes such notables as Padre Christmas who has a "5th" member on his rink and Frank Marsh fresh from the curling wars in Europe.

The Men's Monday and Wednesday Leagues have now finished their first draw. The teams to watch during this second round are Stan Goodridge, Ken Johnson, and Reg Found on Monday nights and Ray Pollock, and Ray Pollock (that's right) on Wednesday night. Keep up the good play, fellows.

Anyone wishing to watch some good curling is reminded of the Ladies' Zone Playdowns being played at Westwin all day December 9th. All lady curlers are invited to attend the open house being held at Assiniboine Memorial Curling Club on December 8th.

A good time was had by all at the ladies' annual Sadie Hawkins Social. The "winner" were all male rinks skipped by Brian Farrel and John Hyrich (they could run the fastest). The "Big" O will be proud of you fellows.

Afternoon curling will cease on December 7th and evening curling will cease on December 8th for Xmas Season.

Speaking of good parties, we had promised the latest word on the Mixed Holiday Spiel. Fresh from Major Hal Graham's co-ordination centre here it is:

Open Mixed Bonspiel Holiday Bonspiel

4 Events — 4 Prizes per event Prizes Total \$1,000.00 cash

Two draws will be held per evening 26, 27, 28, 29 December and 2, 3, and 4 January, draws will be held all day Saturday 30 December. These are scheduled for both clubs — Fort Osborne Barracks and Westwin. The entry fee is \$24.00 per rink with a limit of 64 rinks of two men and two women. December 22 is the deadline for registration. To register call: 888-4354, 832-0027 or 889-2452. Approximately forty curling clubs in Winnipeg and surrounding area have been invited. Hurry!!!

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Base Bowling Schedules

Festive Season Lipsett Hall

	Time	Event
Sat 23 Dec	1300-1600 hrs	Open Bowling
Tue 26 Dec	1300-1600 hrs	Open Bowling
Wed 27 Dec	1300-1600 hrs	Open Bowling
Thu 28 Dec	1300-1600 hrs	Open Bowling
Fri 29 Dec	1300-1600 hrs	Open Bowling
Sat 30 Dec	1300-1600 hrs	Open Bowling
Tue 2 Jan	1300-1600 hrs	Open Bowling
Thu 4 Jan	1900-2100 hrs	Mixed League
Sat 6 Jan	1300-1600 hrs	Children's League
Sun 7 Jan	1300-1500 hrs	Open Bowling

Westwin

	Time	Event
Sat 23 Dec	1300-1600 hrs	Open Bowling
Tue 26 Dec	1300-1600 hrs	Open Bowling
Wed 27 Dec	1300-1600 hrs	Open Bowling
Thu 28 Dec	1300-1600 hrs	Open Bowling
Fri 29 Dec	1300-1600 hrs	Open Bowling
Sat 30 Dec	1300-1600 hrs	Open Bowling
Tue 2 Jan	1300-1600 hrs	Open Bowling
Wed 3 Jan	1900-2100 hrs	Teen League
Thu 4 Jan	1900-2330 hrs	Intersection League
Sat 6 Jan	1300-1700 hrs	Junior League
Sun 7 Jan	1300-1600 hrs	Open Bowling
	1900-2330 hrs	Mixed League

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guiding news

Is this what Christmas is to YOU?

by Herb Williams



44TH GUIDE COMPANY'S CANADA CORD winners Laurie Wharton, Donna Pidskalny and Kathleen Lancaster are seen here with Mrs. Deller and their presentation cakes and scrolls.

On November 15th, 1972 at Lipsett Hall, Divisional Commissioner, Mrs. R. Sheppard presented Guiding's highest award to three Guides from the 44th Co.

DONNA PIDSKALNY joined Brownies in September 1968 with the 50th Winnipeg pack, later transferring to the 44th. In May 1970 she "Flew Up" to the 44th Guide Co. Donna received her All Round Cord at the Mother and Daughter Banquet in May 1972 and has earned 33 Badges and five Emblems.

Laurie Wharton joined Brownies in 1966 with the 86th Ottawa Pack. In 1967 she transferred to the 34th Collins Bay (Ont.) Pack. On her 10th birthday she "Flew Up" to the Guide Company in Soest, Germany, but transferred to the 13th Kanadischer Co. in Hemer, Germany in September 1969.

KATHLEEN is another well-travelled Guide. Kathy joined Brownies with the 33rd Charleswood Pack. A year later she joined the 5th Zweibrucken Pack in Germany. She "Flew Up" to the 3rd RCAF Guide Co. in March 1968.

Each Guide received a Canada Cord pin from the Company and a silver commemorative spoon from the Mothers' Committee. District Commissioner Jane Deller presented them with scrolls and their Trefoil-shaped cake which she has designed and made for each Canada Cord winner in the District.

The ceremonial part of the evening ended with Taps, and then refreshments were served to the parents and friends who attended.

And there were in the same country, husbands and fathers keeping watch over their homes by night but going to work every morning to make lots of money.

And lo, the smooth-voiced TV announcer came upon them and the glories of many fine possessions shone out at them and they were so afraid they would never be able to buy all the things their families wanted.

And the TV announcer said unto them, "Fear not, for I bring unto you good tidings of great joy, which shall be to all parents, fathers, mothers, children and relatives.

"For unto you there is this day in the city where our store is, a saviour, which is our credit manager.

"And this shall be a sign unto you. You shall find this wondrous one wrapped in red clothing, with a big stomach and sporting white whiskers and called Santa Claus. He will be in our credit department where you can charge enquiring with no payments until February."

And suddenly there was with the TV announcer a multitude of TV actors, praising the store and saying, "Glory to Santa the mostest and on earth lots of presents for all. And we're open until 9 p.m. every night until Christmas."

And it came to pass as the TV actors faded away into the blood and gore of a high-rating children's program, the fathers and mothers said one to another, "Let us now go even unto this store which the TV announcer has made known to us."

And they came with haste and found glittering wrist watches, fur coats, transistor radios, electric can openers, new dresses and also the wondrous one, dressed in red, with fake whiskers and a truly happy smile as he sat by the cash register saying, "Ho, ho, ho."

And when they had made their purchases they made known among all their neighbors now they were going to have one of the best Christmases ever, but Santa Claus (the credit manager, that is) kept all the time contracts in his safe and pondered on all the interest he was going to collect.

Any government that is big enough to give you everything you want, is usually big enough to take away everything you've got, and frequently does.

The foolish man seeks happiness in the distance; the wise man grows it under his feet.



44TH GUIDE COMPANY'S ALL ROUND CORD winners Cathy Hallett (standing) and Wendy Walters look justifiably proud as they pose with District Commissioner, Mrs. Jane Deller.

Christmas Ponderings

Have you ever thought of giving a small bedside table tree for Christmas. Decorate the small tree suitable, using ingenuity and lots of imagination. You might cover it with small gifts, with gilded nuts with a dainty "something" inside, with popcorn balls, hidden favors within miniature crackers, homemade candy prettily wrapped, or with cards and little promises or letters. Try this idea as a group project.

Turkey will again be in great demand for Christmas dinner. Buy a fresh bird one or two days before your Dinner Party and store it in the coldest part of your refrigerator. If your turkey is frozen it will take two and one-half days to thaw in the refrigerator or almost a whole day at room temperature. To roast the turkey, allow 5 1/2 to 6 hours for a 14 to 16 pound bird in a 325 F oven.

Advertisement for Jack Andrews Kirkfield Pharmacy, featuring delivery service and contact information.

Advertisement for Avenue Jewellers, offering watch and jewelry repairs and contact details.

Advertisement for Peter Pan Cleaners, highlighting dry cleaning and uniform services.

Advertisement for John E. Hoover, Photographer, specializing in wedding and portrait photography.

Vertical sidebar containing various small advertisements and notices, including 'INTERVIEW', 'BEEF', 'VEGET', 'ICE C', and 'EA Be an SA'.

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The School

INTERVIEWS: One of the more unbecoming of the many indigestible rituals that constitute our education system is the parent-teacher interview. Instituted, supposedly, for the purpose of shedding light on a student's performance, the interview, however, succeeds only in casting doubt on the "compos mentis" of those who take part.

When an interview concludes, the parent extends an open hand, mumbles a preposterous platitude, smiles dutifully, and thinks: "Hortense isn't really doing so badly after all, considering the fact that she has such a stupid teacher."

And the teacher, after consummating the civilized clasp, which, incidentally, usually has the grip of a cardboard bobby pin, grins graciously, and thinks: "Hortense isn't really doing so badly after all, considering the fact that she has such an ignorant parent."

Of course, the teacher is not stupid and the parent is not ignorant. But how can they think otherwise of each other when the interview is speciously and specifically structured to only produce cretinous comments on the hieroglyphics that appear on a term report card?

Classrooms, where parent-teacher interviews are conducted, are as conducive to adult communication as pierced ears are to the philosophy of Women's Lib.

For many parents, the sight — not to mention the smell — of a classroom summons up dreadful "remembrances of things past", things being a depressingly box-shaped wheelless black-boarded bus in which they would sit and obediently stare, for six hours a day, at the driver as he steered them along the byways of boredom and despair; and, the parents reluctantly recall, when the "ride" became

unbearable, they would "stretch" their cerebral legs by carefully observing the coodies at the back of each others heads. Of course, the students in the front row were denied this recreation but, nevertheless, succeeded in refreshing themselves by carving up their desks.

To expect a parent in a school classroom to behave differently than a small child confronted by bogey-men is like expecting a condemned man to order a sardine sandwich and a jug of Kool-Aid for his last meal.

And teachers, surrounded and supported by their professional props, are atmospherically compelled to regard a parent as nothing else but an ominous extension of their juvenile charges.

It is indeed lamentable — nay, tragic — that parents are more familiar with the milkman, the pharmacist, the paper boy and the check-out girl at the corner supermarket than they are with the teachers of their children.

Maybe, if every school contained a shopping centre, things would be different.

In the meantime, please,

gentle parents, stay away from school classrooms, no matter how seductively the occasion might beckon. If you are really interested in keeping the home and the school on the same planet, arrange to meet a teacher at the neighbourhood pub. You may only blow smoke rings in each other's eyes. But you have to start from somewhere!

Dale Hubbard

Carol service

The four chapels of CFB Winnipeg, along with the training command band, are sponsoring a special Carol Service to be held in Building 21 on Sunday December 17th at 1130 hrs. Servicemen, their dependents, and civilians are cordially invited to attend this service, which will follow the format of the well-known "Nine Lessons and Carols." The band will provide the musical accompaniment for the carol singing, and will also play several selections appropriate for the season before the service begins and during a brief intermission.

A nursery has been arranged for the tiny ones whose parents wish to take in the service (nursery to be in the same building) and the snack bar in Building 21 will be opened at 1230 hrs for those who wish refreshments following the service.

Buses will be leaving Lipsett Hall at 1050 hrs for those at the south site who do not drive, and a bus will be leaving from the two chapels at the north site at 1115 hrs. These buses will go to Building 21 from their respective pick-up points, and will return to the pick-up points from Building 21 at 1315 hrs.

Voxair Variety

by John Lander

The MANITOBA THEATRE CENTRE almost did it. Come up with three hits in a row. Their last effort, *A Thurber Carnival*, is not exactly far into the outfield, but more like a bunt down the first base line. It's not a foul ball, but is rather a good try, which may score in the end. If you want entertainment — and who doesn't — go take a look at it.

James Thurber's is so subtle and intellectual that it is hard to transmit by play acting. Enough of it did come through to keep me happy, but maybe I am easy to please. Designer Peter Wingate probably made the largest contribution to the evening with his imaginative yet simple sets and his liberal use of Thurber drawings. Lighting Designer Robert Reinholdt demonstrated that comedy, as well as mystery or tragedy, can be enhanced by clever use of lighting.

Director Bill McQuire kept his competent cast working at top speed, using the Laugh-In formula that if a dull moment comes along it will be killed by the next quick gag. In addition, the four man musical band did their best to hold things together by providing snappy numbers as continuity and background. In all, it would make a good TV show — but then we can see good TV shows at least once a month — and we have come to expect more from the MTC.

The cast all worked so hard it is unfair to pick out individuals, but I will anyway. Budd Knapp and Ben Yaffee seemed to come through best, while Jay Garner had the hard task of impersonating author James Thurber. As we all have our own ideas of what Thurber would be like, no actor is ever going to please everyone, and Garner played it his own way, and was convincing as a character. Possibly he was not the gentle, mild and meek Thurber we imagine the man to have been.

A Thurber Carnival runs until December 16th.

The WINNIPEG SYMPHONY ORCHESTRA will present their annual Christmas Fantasy Concerts on December 9th and 10th at The Centennial Concert Hall. These will star Mitch Miller as conductor, and feature the Philharmonic Choir, the Winnipeg Mennonite Children's Choir, with singers Juliette of CBC fame and Reg Gibson, Winnipeg baritone.

The programme will consist of all the old Christmas favorites, carols and pop, ranging from the Hallelujah Chorus to Jingle Bells. Mitch Miller will narrate the Tchaikovsky "Nutcracker Suite", so if you want to forget the commercialization of Christmas, get down to the Concert Hall and enjoy.

Other upcoming entertainment for December is Jan Lewandowski's Show Band on December 10th . . . the Explorer's Club Film Series "Incredible Japan" on the 14th, and the Canadian Opera Company presentation, in English, of "Cosi Fan Tutte" . . . the real high-priced acting will be seen, of course, at the TCHQ Christmas Party of the 14th, as all the skits come tumbling and fumbling down.



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ICE CREAM Name Brand 20 PINT Cartons Vanilla Butterscotch Ripple Buttered Pecan Chocolate Strawberry Licorice Banana Fruit Neapolitan	ORDER NO. C-10 <div style="border: 2px solid black; padding: 10px; display: inline-block;"> All this for only 14⁷⁹ Per Week For 6 Months No Down Payment </div>		
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Airport crash response tested

The Dakota 2940 taxied to position on runway 18 and after receiving clearance for take-off, Major Newman, deputy commanding officer of 429 Sqn., applied the power. At 30 inches of manifold pressure his copilot, Major Cann, the pilot leader of the same squadron took over the throttles. The aircraft completed a normal take-off and the aging bird climbed up to altitude in the local area. Nothing unusual, a common sight on a bright sunny afternoon at Winnipeg.

However, also on board this particular aircraft were thirteen "victims" in various states of disrepair. Their injuries ranged from burns, breaks and lacerations, to serious internal injuries.

As close to 2 p.m. as was possible the aircraft returned for a full stop landing. After exiting the active runway the crew were cleared to back-track runway 13 and proceeded to shutdown the aircraft.

At this point Maj. Cann called the Winnipeg tower and advised the tower to commence the exercise — aircraft crash on the runway!

The exercise was a co-ordinated affair involving Col. LaFrance the Base Commander, Mr. Smythe, the airport manager, Mr. Sutherland the tower chief, Fire Chief Gyrhuliak of the MOT Crash Rescue, Captain Doug Redford, the innovator and Base Flight Safety Officer, and the St. James fire department. In their meeting prior to the simulated crash, they defined their objectives for readiness and response and agreed that it must be as much a surprise as possible.

On November 1st Captain Redford assembled the also unsuspecting victims in 11 hangar at noon, after their briefing they were "made up" quite expertly by MWO Osborne and WO Mottle to resemble some pretty realistic looking crash victims. All that putty and paint did much to lend an air of reality to the upcoming scene in which the actors were to offer no help to their rescuers, other

than that which they would normally be capable of in a real situation.

The moment the tower controller received word of the crash, he sounded the alarm. Simultaneously in the Fire Halls, Base Operations and the Base Hospital the crash bell clanged and all personnel involved including Base Security and Base Transport Sections responded immediately. The five crash and fire fighting equipment trucks, under the direction of the ground controller, were deployed to the scene within 2 minutes. They immediately set up their equipment on either side and in front of the aircraft to fight the simulated or the potential fire. Their prime purpose is to establish an area of liveable atmosphere for the people on board, and then contain the fire. The men operating the equipment commanded by Capt. Fontaine were quick and alert, in protective clothing they were at the doors of the aircraft and preparing to remove victims by the time the first ambulance arrived at the site.

Barely 4 minutes after they had been notified, Capt. Scullin and his six men of the St. James fire department were escorted to the scene to assist and back up the men and equipment already present. Their trucks act as "nurse" vehicles for the MOT equipment and are capable of supplying 1000 gal. and 840 gal. respectively, to provide a continuous operation.

The RCM Police officer on duty at the airport arrived at the same time as the St. James trucks to initiate security action. As the victims were carried to the ambulances the base medical team under Capt. Martin, administered the immediate and necessary medication on the spot. The victims were covered with blankets, and where necessary, intravenous fluids would have been started. One of the victims, a suspected broken spine, was a good example of the care taken. While still on board the aircraft he was properly bandaged

and traction was applied. Since both of the ambulances had left with full loads while he was being brought off, one of the rescuers continued the traction until the ambulance returned and he could be transported to hospital.

Meanwhile at the hospital doctors and nurses were preparing for the first of the casualties. As soon as each victim was brought in he was assigned to the appropriate room for treatment of that specific type of wound. As can be appreciated in a major case such as this, injuries are many and varied and each would be treated with the utmost care and of course in order of immediacy. From start to finish the medical side provided everything that was expected of them.

Another large problem to be appreciated, is the fact that, while all this is going on the outside, Base Operations has started the secondary part, that of advising many other people and sections concerned, around the base, a communications problem that was handled very well by Major Fisher's capable staff. The exercise was complete when the salvage crew under MWO Neilson received word from the fire marshal at the scene that it was safe to go in and remove the wreckage. In this example a crane would have been called upon to lift the remains on to a flat-bed truck and then have it removed to a confined area for further investigation.

When you consider the number of people involved and the fact that time is of the essence, it is a very large undertaking and involves much co-ordination. The people responsible have to know their job and perform it well. The man in the tower co-ordinates the crash rescue vehicles and ambulances on the runways and tarmac area, and it's his responsibility to see they get there as fast and as direct as possible. The Base Operations staff are also in communication with the fire halls and the hospital and they implement the secondary part; the medical staff of course are concerned with the victims and they do whatever is possible at the scene as well as at the hospital. The operation was not without minor problems, but then, that's what the purpose of a simulation is all about, to prevent them from happening during an actual crash.

Everyone involved performed well and in a truly professional manner, congratulations, on a fine job.

Lt. G. Wellstead.



THE BASE HOSPITAL STAFF WAS READY and waiting to receive casualties and rush them off to the emergency wards of the hospital.

Base Photo



THE SIMULATED VICTIMS WERE GIVEN FIRST AID treatment by a base medical team at the crash site before they were taken to hospital by ambulance.

Base Photo



MOT AND ST. JAMES FIRE DEPARTMENTS worked together to help in rescue operation.

Base Photo

Standard Aero Engine Limited

No. 6 HANGAR
INTERNATIONAL AIRPORT, WINNIPEG, MAN.
PHONE Spruce 2-0461

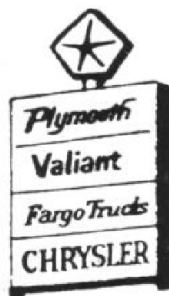
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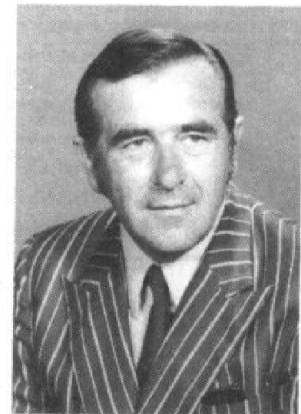


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Cindy Carlow tries hard to ease the pain of our Manitoba winter with her charming smile and basket of flowers. Cindy is interested in a modeling career, and is attending courses at Charm Modeling in Winnipeg.

Photo by Boguski

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ABOUT THE BASE

CHRISTMAS TURKEY BINGO
LIPSETT HALL — SOUTH SITE
8:00 P.M. — SUNDAY 03 DEC 72

Win your Christmas turkey or ham at the Christmas Turkey Bingo which will be held at Lipsett Hall, 8:00 p.m. on Sunday, 03 December 72. This bingo is sponsored by the St. George's RC Chapel Committee, South Site. Admission: 1st Card: \$1.00. Extra cards: .50. After 5 games — Extra cards: .25.

Everyone is welcome — unlimited parking space — Lipsett Hall is located on Kenaston Blvd (between Corydon and Grant Ave).

AMATEUR WINEMAKING CLUB

The next meeting of the CFB Winnipeg Amateur Winemakers will be held in Room 12, Bldg 61 (upstairs South end) at 2000 hrs, Wednesday, 6 Dec. 72.

Mr. Wayne Meadows of the Amateur Winemakers of Manitoba was unable to attend the previous meeting but it is hoped that he will be able to speak to us on the 6th Dec.

A short film on the essentials of wine-making has been borrowed from Wine Art and will be shown and discussed.

Anyone interested in joining contact Capt Murphy Loc 590 or attend the meeting.

Cpls' Wives Social Club

Meeting Dec 12, 1972. Social evening planned. All new members welcomed.

Patricia Army Club — Bingo. Every Sunday 2000 hours. Jackpot starts at \$150.00. 20 games. Everyone welcome.

WOs and SGTs Mess

Thur, 7 Dec: General Mess Meeting 1530 hrs.
Sat, 9 Dec: Turkey Bingo . . . \$200.00 in 54 numbers (consolation \$100.00). Don't forget your goodies for the Garbage Bingo. There will be a Novelty Bingo and several draws throughout the evening for turkeys and food vouchers, etc. First bingo will be called at 2030 hrs.

Wed, 20 Dec: Officers/WOs & Sgts "At Home" starting 1330 hrs.

CPL'S CLUB CALENDER

Dec 8: TGIF Nite subsidized beer: Special "Meat pies with mushroom gravy."

Dec 9: Saturday Nite Dance: Orchestra: "The Mystics". Dinner: Steak rolls, potatoes, salad, dinner rolls.

Dec 10: CPLS club and associate kiddies Christmas party. The Xmas party starts at ten o'clock in the morning. Music Man in the evening 8 to midnight.

Family dining hours 3 - 6. Virginia baked ham, garden fresh peas, riswold potatoes and dessert.

Dec 15: TGIF nite subsidized beer: Games night starting at 1800 hrs, Special: "Barbecue spareribs with rice".

Dec 16: "Grub Dance". Orchestra: "The Cavaliers". This will be the only relaxed dress of the month. Dinner: Chicken cacciatore with noodles.

WIN XMAS CASH CFB WINNIPEG BASE FUND LOTTERY

Proceeds to build the South Site Skating Rink. Over 50% of Revenue in prizes, tickets are on sale now at \$1.00 each from the following:

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| Sgt R. Cummings | B Maint Ld |
| Mrs. M. Keatinge | Base Supply |
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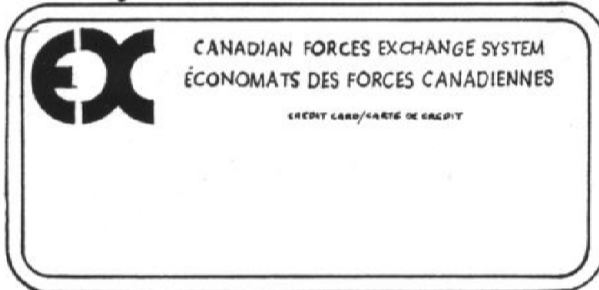
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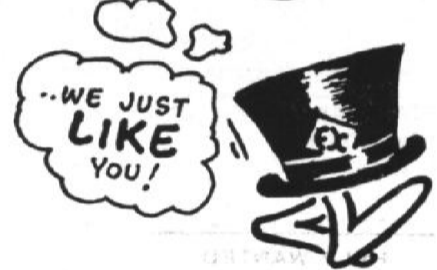


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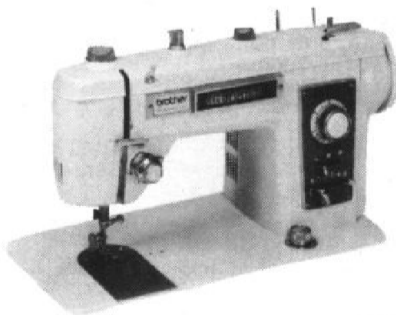


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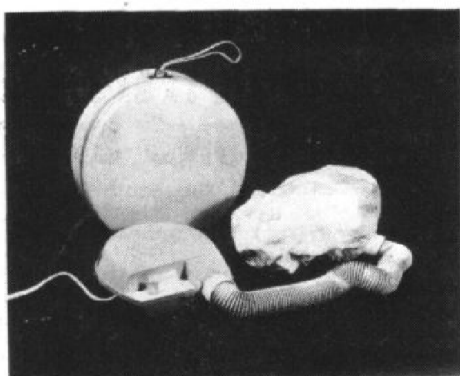
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