

Kapyong Barracks Officially Opened



occupancy. At that time the unit was serving with the UN Forces in Cyprus, and could not participate in any formal opening ceremonies.

The day began with a full parade and march-past of the Battalion under the command of LCOL J. H. Allan, CD. This parade marked the official return of the Battalion from duty with the UN Forces in Cyprus, as well as the official opening of Kapyong Barracks. The Inspecting Officer was COL J. R. Stone, DSO, MC, CD (Retired). Col. Stone travelled from his home in Vancouver, B.C. to be with the Battalion on this occasion.

Col Stone was the Commanding Officer of Second Battalion Princess Patricia's Canadian Light Infantry during the Korean War when it defended Hill 677 at Kapyong. At the end of several days fighting the Battalion still held its position although all the units around it had been forced to withdraw. The enemy advance had been halted and Kapyong became a name of which all Patricias could be proud. As a result of the Kapyong action the Battalion won the U.S. Presidential Citation and Col Stone won a bar to the DSO he had gained in World War II.

At 10:15 A.M., immediately after the parade, the opening ceremony took place with Col Stone unveiling the new entrance sign in front of Kapyong Barracks. Following this the American Consul-General, Mr. William Kelly cut a ribbon to open the Kapyong Battle Display in Frezenberg Building, the Battalion headquarters building.

The day's ceremonies were completed by a plaque-unveiling ceremony at the South Site Protestant Chapel. Afterwards, the visitors and senior officers attended a luncheon at Kapyong Barracks' WOs' and Sgts' Mess. The men finished their part of the celebrations by having the afternoon off.

KAPYONG REMEMBERED — The 2nd Battalion Princess Patricia's Canadian Light Infantry is inspected by their commanding officer, Lt.-Col. J. H. Allan and Col. J. R. Stone (retired) during ceremonies in Winnipeg May 17 commemorating the 22nd anniversary of the battle of Kapyong, Korea 1951. For its action at Kapyong, the 2PPCLI, then under the command of Col. Stone, was awarded the U.S. Presidential Citation for outstanding courage. The ceremonies also marked the official renaming of the battalion's Winnipeg barracks to "Kapyong Barracks". (Canadian Forces Photo)

On Thursday the 17th of May the 2 PPCLI area of the South Site of CFB Winnipeg, formerly known as Selkirk Lines, was officially opened as Kapyong Barracks. The formal opening took

place five months and five days after the Chief of the Defence Staff, General J. A. Dextraze, CBE, CMM, DSO, CD approved the renaming of the lines in recognition of the Battalion's

Interested? Peace is also our business



OTTAWA — Building bridges or airfields, aiding in controlling of prison riots, preventing avalanches or fighting forest fires — it's all one to the Canadian Forces when they are called out to aid other government agencies or communities.

In June and July last year, specially trained troops from 1 Signals Regiment, Kingston, provided aid to the Ontario Provincial Police in the search for 14 convicts who escaped from Millhaven Penitentiary.

Last fall a Canadian Forces medical team travelled to Uganda to aid the Canadian department of manpower and immigration in processing thousands of Ugandan Asians who were being ousted and who sought immigration to Canada.

Once the 4,400 displaced Ugandans had been flown to Longue Pointe, Que., the Canadian Forces provided accommoda-

tion, medical facilities and food services under the direction of immigration authorities.

In snowbound Quebec City, Canadian Forces tracked personnel carriers transported hundreds of stranded residents. At least one seriously ill man was saved from possible death.

Forces personnel fought forest fires in Alberta, floods in the Maritimes, and a twin Bailey bridge to replace a wrecked span on Highway 17 was built by Forces engineers under the direction of the Ontario ministry of transport.

Canadian Forces aircraft and ships regularly undertake search and rescue operations on land and sea. Under agreements with the International Civil Aviation Organization (ICAO) Canada is responsible for aircraft search and rescues over an area in excess of 6,000,000 square miles.

Sometimes with the help of civilian aircraft, 97 per cent of the searches in 1972 were successful.



CALL TO ACTION — A CFB Winnipeg ground crew and ambulance team from the Winnipeg General Hospital unload a critically ill patient from a 429 Sq. Dakota following an emergency medivac flight from The Pas, Man., May 14. The Canadian Forces aircraft, piloted by Capt. Bill Allan and Capt. Chuck McRea, made the airlift at the request of the Emergency Measures Organization when no other means of immediate transportation were available. (Canadian Forces Photo)

MND visits Cyprus



THE HONOURABLE JAMES A. RICHARDSON, Minister of National Defence, poses with Archbishop Makarios, President of Cyprus, during the minister's request visit to Cyprus to inspect Canadian troops of the 3rd Battalion, Royal 22e Regiment on U.N. peacekeeping duties while on the island.

The minister was in Cyprus for three days, prior to attending the NATO Nuclear Planning Group ministerial meeting in Ankara, Turkey, May 15-16. (Canadian Forces Photos)

At the end of a three day visit to the Canadian Contingent with the United Nations Peacekeeping Force in Cyprus in mid May, Defence Minister James Richardson held talks with President Makarios and Vice-President Denktach.

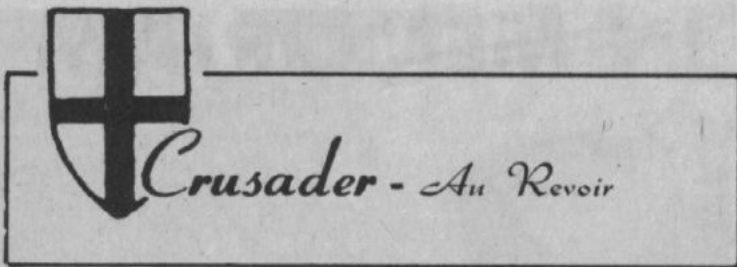
Mr. Richardson expressed Canada's satisfaction with the success of the UN Force in preventing a recurrence of intercommunal strife. He said, however, that Canada was concerned with the slow progress being made towards a political settlement.

He said that in the next few months some measure of deconfrontation between opposing factions would be a useful first step towards a political settlement. During his stay on the Island,

Mr. Richardson visited outposts in the outlying areas operated by the Danish and Finnish contingents and the "Green Line" outposts in Nicosia which are the responsibility of the Canadian contingent.

Since April, the main element of the Canadian contingent has been provided by the 3rd Battalion of the Royal 22nd Regiment, Valcartier. Mr. Richardson said the contingent was most impressive and was maintaining the high standard set in Cyprus by Canadian Units since March 1964.

He said that early in June the Canadian Government would be considering the extension of the UN Mandate in Cyprus which comes up for renewal 15 June.



And so my friends I leave you. With the exception of a tour in sunny Biafra I have served nearly eight years in Winnipeg and surely none will begrudge me my posting to sunny B.C.

It seems likely that I may be the sole member of the Great Literature Appreciation Group, that has so faithfully stored away copies of the priceless prose, the incisive thrusts, and vitriolic castigations that have appeared in these pages under the shield.

But the turning of the dusty pages of my Crusader scrapbook brings back many memories and leaves a vague impression of nostalgia as well as of slight sadness. Readers of my maunderings will recall that I am a dyed-in-the-wool right winger and against permissiveness, too much women's lib, silly regulations, obsession with sex and creeping rationalization of criminal and anti-social behaviour.

I am all for tradition, physical fitness, saluting and good manners and I believe that the most dominant virtues of civilization are founded in family life.

So what Parthian grain do I have for you from the granary of my long experience? Simply this.

Life is awfully fleeting and the things we think will please us such as the acquisition of wealth, position, leisure or education usually do not really satisfy the inner man but the things we do for others often somehow do.

So why not take a delinquent kid to a hockey or football game (Call Tom James at 'Compass' 489-4541) or share your hobby with the cubs and scouts? Volunteer for the chapel committee or the little league baseball or even write a letter to the editor threatening to horsewhip him but do something: for the base, the service for others.

No, I don't propose to leave you without indulging in my favourite habit, quoting poetry and it is of course from my favourite poet Kipling.

"Let us now praise famous men
Men of little showing
For their work continueth
Broad and deep continueth
Greater than their knowing."

In the summer

At long last summer's just around the corner again, and our popular resort areas will soon be alive with thousands of visitors. Most of these recreation spots are situated near lakes, rivers or the coast, and this accounts for the big boom in water sports.

In view of this a thorough knowledge of water safety has become most important. It involves all concerned — swimmers, rowers, skin divers, canoeists, yachtsmen, power boat operators and anglers alike. Knowing how to swim is not really enough. This is proved by the fact that every year hundreds of swimmers lose their lives by drowning. One should also know how to exercise care and good sense, and always be fully prepared for emergencies.

The Red Cross Water Safety Service has provided instruction in the field of water safety for more than 25 years. Its influence has been felt. For one thing, in spite of the big increase in Canada's population and the greater popularity of water sports, the national drowning figures have hardly risen at all over the years.

The Water Safety Service has contributed a lot to this improved state of affairs. Last year, for example, 800,000 Canadians enrolled in its water

safety courses.

The efforts of the Water Safety Service apart, one grim fact remains. Statistics show that most drownings continue to result from accidental entry into the water. What happens is this. The victim finds himself gulping for breath and he begins to panic. That puts his life in real danger.

To safeguard against such situations the Red Cross Water Safety Service runs a special survival swimming course for people of all ages. It is well recommended — it's a requirement for all members of the Armed Forces. The Red Cross recommends that you take it too.

Reflection

No citizen has any right to be an amateur in the matter of physical training: it is part of his profession as a citizen to keep himself in good condition, ready to serve his state at a moments notice. The instinct of self-preservation demands it likewise: for how helpless is the state of ill-trained youth in war or danger. . . . Finally, what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable. . . "Socrates"



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Pro utilitate homium

For the Service of Mankind — by WO A. Golding

A short break from the regular first aid column to introduce allied subjects of highly essential medical interests.

Hospitals were once looked upon as places for patients whose chances of recovery had all but slipped away. Now, people go to hospitals to live.

Today hospitals have become centres of hope where professional skills, medicines, diagnostic aids and equipment are concentrated to increase and hasten chances of recovery.

Thanks to doctors and hospital staffs, more and more patients walk out of hospitals now, relieved of ailments that were almost always fatal.

Physicians, surgeons and hospital staffs place increasing reliance on new and better medicines to help people live longer and more healthful lives.

Although it is not our practice to promote or recommend any particular publication (other than Voxair) for perusal, we decided that as most people appear to have access to Reader's Digest, we strongly suggest that they read and absorb some of the many highly interesting and educational aspects that have been

printed over the years regarding the human body. They are not only well written but easily understood. This information may prove of little use from a first aider's point of view, but provides a wealth of knowledge on the importance and functions of the many systems, organs, etc., that keep the body properly functioning.

In addition there is included a few highly educational articles on how to ruin your life and of greater importance helpful hints on how to retain your life and health in A-1 shape at all times.

The following is just a summary of some of the known titles: I AM JOE'S ardenal gland; ear; eyetooth; foot; hair; hand; intestine; kidney; lung; prostate; skin; spine; stomach; thighbone; etc. For the ladies there have appeared at least two extra items entitled: I AM JANE'S breast; womb; etc.

In addition the following medical facts are chuck full of wisdom which should also be well absorbed and the good points adhered to: How fast are you aging? This diet can kill you. Secrets of making your diet work. Do you really

want to stop smoking? Still dying for a smoke? Doctor I can hear! Larry's trip to tragedy. Why young people turn to drugs. VD can kill you. Sex isn't everything. Sex education. You and your heart. One day in the life of a heart surgeon. How to wake alert. Man vs. virus. All about backache. Time to change attitudes towards cancer. Facts about fluoridation. Should you have another baby? High blood pressure. The disease that always killed. An alcoholic housewife. Hurting from headaches? The pill and the teenage girl. An anti-drug program that works. Nature and the case for birth control. How much sleep do you need? Be fit for life.

The aforementioned are not just headings to provide you with food for thought, but rather are wonderful stories of the human body told with beautiful simplicity. From these each and every member of your family that is old enough to read and comprehend can learn the rules of health and hygiene, understand how human life begins, and the fascinating means by which the body protects itself from the onslaughts and hazards of daily life.

Confligere by Bob Purvis

LAUGHING AT OURSELVES



by John Semeniuk

TRUTH WILL OUT: Sidney Brody has a poem that seems to fit all golfers: "When I play golf, it's plain to see, My handicap is simply me!"

WRY & WATER: Recently in Ottawa's Parliamentary Bar, it was reported that Robert Stanfield suddenly clutched his stomach. "What seems to be the trouble?", inquired Prime Minister Trudeau. "I've got a bad case of the yours", replied the Leader of the Opposition. "What is . . . yours?", queried the PM. "I'll have a rye and water thank you", replied the now beaming Mr. Stanfield. (NO MOTHER, IT'S NOT A TRUE STORY, BUT YOU MUST ADMIT THAT IT CERTAINLY BRIGHTENS AN OTHERWISE HUMOURLESS CANADIAN POLITICAL SCENE).

YOUR SLIP IS SHOWING: The Master of Ceremonies banged his gavel and said, "Now let's get the bull rolling".

THE LONG & THE SHORT OF IT: The Vatican Library in Rome has a Bible that is two feet thick, and another Bible that is one inch square. A wag (who was visiting the library) explained to his wife that the large Bible contained everything that Eve said to Adam and the small Bible contained everything that Adam said to Eve.

UNRESPONSIVE: Exchanges between two doctors: "You know that Mrs. Nusbomb who wouldn't respond to treatment? Now, she won't respond to the bill!" (BENNETT CERF CLASSIFIES THIS AS "LONG TIME NO FEE").

REJECT/ELECT: One of our newly elected members of parliament was about to have his first ride in a CF101 Voodoo Jet Aircraft. The pilot (a Captain in the Canadian Forces) briefed the MP on the operation of the ejection seat. "What happens if the seat won't eject?" queried the politician. Without batting an eye, the pilot said: "A by-election in your constituency, Sir!"

SPOT-LITE on Deer Lodge (DVA) Hospital. Spot-Lite is actually the name of the weekly leaflet issued by the hospital's recreational department so that all patients may see at a glance the entertainment available for the ensuing week.

A typical layout is as follows: For SUNDAY — Protestant 9:00 a.m. St. Luke's Chapel, Holy Communion which is also broadcast over the hospital radio system. 9:45 a.m. Divine Worship which is also broadcast over the hospital broadcast system. Roman Catholic 9:00 a.m. St. Camillus Chapel Mass, which is also broadcast over the hospital radio system. Thursday 9:00 a.m. St. Luke's Chapel Holy Communion. Tue. and Thur. 9:15 a.m. St. Camillus Chapel Mass.

For MONDAY — at 1:30 p.m. Sing-Song with piano accompaniment held in "S" Ward. 6:00 p.m. Feature movie shown in the Red Cross Lodge.

For TUESDAY — at 1:30 p.m. Bingo for permanent care and day hospital patients held in "S" Ward. 2:00 p.m. Piano and song on Wards "V" and "W". This program then moves to the Red Cross Lodge and continues until 2:45 p.m. and sometimes longer depending on response.

For WEDNESDAY — at 1:30 p.m. General interest films in colour shown in "S" Ward. 2:00 p.m. Library book service to the various wards. 7:30 p.m. Bingo for all patients interested held in the Red Cross Lodge and generally sponsored by a different Branch of the Royal Canadian Legion every week. Prizes generally range from 50c to \$2.00 depending on the particular Legion and monies available. Refreshments are served gratis afterwards. Whilst on the subject of the Legion, most Branches have their particular day or evening to provide their own paid up members with smokes and other personal comforts.

For THURSDAY — 1:30 p.m. Bowling tournament held on "S" Ward. 2:00 p.m. General interest films in colour are shown on "V" and "W" Wards.

For FRIDAY — 1:30 p.m. 5-pin bowling at downtown bowling alley for patients of certain wards. Others interested may contact the recreation office. 1:30 p.m. Music and dancing on "S" Ward. 2:00 p.m. Library bookcart service to wards.

It would appear that the most unfortunate part of the whole operation is that during the

summer months the Red Cross Lodge canteen facilities are closed on Saturdays, Sundays and holidays. There is also not currently an appreciable library of general interest books that patients may borrow to read. Many of the older books have been thrown out and a few taken away without authority.

The hospital contains one barber shop which caters to up-patients in the morning. During the afternoon the barber visits the various wards and will cut hair for any patient that a nurse okays as being fit to cope with it.

Both Chapels, St. Luke the Physician (P) and St. Camillus (RC) are located on the top floor (8th) of the hospital and afford inspirational views from both within and without. Needless to say the three resident Padres are kept very busy. By name they are: C. L. Morgan (Anglican), A. R. MacVer (United) and E. J. Grise (RC).

There is a well stocked medical library also located on the 8th floor, however, most of the books are strictly reference material for professional medical personnel.

In addition there are provided Medical Social Services, Occupational Therapy, Physiotherapy, Arts, and Crafts, and of course a Welfare Office which sometimes can provide the difference between the desire to live and the could-care-less attitude.

Deer Lodge is a rather large complex requiring many personnel to operate. No matter what shift comes up there invariably appears to be a shortage of nurses, orderlies, cleaners, etc. Those that do show up run their very legs off trying to aid everyone in dire necessity and as you may or may not realize a veterans hospital provides some rather ticklish situations what with the great variety of maladies and sometimes eerie actions of the patients themselves. Members of the staff almost require eyes in the back of their head to remain abreast of some of the patients.

As a rather unexpected, and fairly lengthy patient of Deer Lodge over the past several months, I hold great esteem and admiration for all those employed within and heartily thank each and every one for all their individual and collective actions, their kindness and painstaking, and thank God for my ultimate recovery.

Think Safety

Slaughter is defined in the Concise Oxford Dictionary as — slaying of many persons or animals, or massacre of the innocent. Look in any newspaper or listen to radio or watch television every day, and you will understand that this is happening on our highways. By us, the driver. Yes, I said we the driver of a motor vehicle. Thousands upon thousands die each year needlessly, because of the way we drive our vehicles. We want to be first, who cares about the other driver, we know what to do in an emergency;

if another driver does something we do not like, curse him, blow the horn, or if you get the chance cut him off the road.

Have you ever thought, or planned how you were going to get to the office or home safely by car. Scary isn't it?

There is a lot of talk about the defensive driver going around. How you have to drive on the defensive, or you won't be here too long. Look into this Defensive Driving and if possible, take the course. It is a must these days. Happy Motoring?

H-E-L-P

On the morning of May 14th, shortly after 0800 hours, CFB Winnipeg received an urgent call from the Manitoba Division of the Canadian Red Cross Society. Four gravely ill persons were scheduled for major surgery in Winnipeg that morning and between them required approximately sixty pints of 'O Group' blood. The Red Cross Society found itself in the unfortunate situation of not having sufficient blood of the group needed and asked CFB Winnipeg to help make up their deficit by 1200 hours.

TCHQ and base Winnipeg personnel response to this call for help proved to be excellent — there were one hundred and twenty-three registered donors! Considering the blood 'Group' and time limitation imposed, plus the fact that many donors had to drive themselves to downtown Winnipeg at 225 Osborne Street, places an even greater emphasis on the large number of donors from TCHQ and the Base who recognized the emergency and cared enough to do something about it. All four operations were successful.

For those who attended the emergency clinic — and those who wanted to but were unable — Well Done! Thank you for showing us that even in this day and age the finer aspects of humanity still exist.

IN MEMORIAM



MWO J. C. BAIN

Master Warrant Officer James Charles Bain, 52, died suddenly on Sunday, May 20th. Jim, originally from Nova Scotia, joined the Canadian Hussars, a cavalry unit, in 1936. He went active in 1940. Well known in the Corps of Signals, Jim transferred from Signals draftsman to the RC Engineers as a photographer in the mid 50's. He served several years as Public Relations photographer and with AF-CENT in Fontainebleau. He was also well known in amateur radio circles. For the past year Jim has been with the Base Photo Section. Only one month short of CRA, the family was deeply involved in plans for a new home in the Edmonton area. Base Photo, all his friends and acquaintances share with his wife Rennie, sons Donald, Robert, Stuart, Richard, David and daughter Linda the loss of a gentleman and a friend.

Letters to the editor

Editor VOXAIR:

Ref Page 48, Jan 1973 edition of Sentinel, entitled "Air Force Champion Shots" and the award of the Queen's Medal for Champion Shots.

CWO Jim Brown did his usual bang-up job of hunting down and recording facts, however, there are not a great deal of current servicemen that even know what the medal is all about or how one may try and qualify for it.

As a matter of general interest

and if anyone still has a copy of VOXAIR, Vol 17, No 4, Page 10, dated 13 Mar 1968, they will see a photo of Sgt. Alf F. O'Brien's medals which includes the Queen's Medal for Champion Shots with the two successive bars of qualification for 1961 and 1962 properly mounted.

Sgt. O'Brien had to curtail further attempts at qualification due to a medical problem and has since been pensioned-off from the service.

Allan Golding



CAPT M. P. DECKER, Armed Forces Day Co-ordinator, and Mrs. Joyce Hubel are seen holding the Welcome poster for this year's Armed Forces Day and Annual Fastball Tournament at CFS Beausejour to be held 10 June 1973.

On the 10 of June, CFS Beausejour, Muskwa, Manitoba is celebrating Armed Forces Day and one of the highlights of this day will be our annual ball tournament.

The entry fee is \$20.00 per team with a minimum first prize money of \$175.00. As this is an Intermediate A league, no Senior A players will be allowed to compete in this tournament. Entries can be sent to Cpl D. McLeod, CFS Beausejour, or he can be reached at 268-2611.

Armed Forces Day will consist of numerous static displays and be highlighted by group tours of our operational compound. The tours will commence at 10:00 a.m. and should be interesting to both young and old alike.

There will be numerous canteen facilities available which will sell most types of refreshments. In addition, there will be steaks available for barbecuing along with a limited number of BBQ's.

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"Loyalist" provides aid CFANS news corner



Peggy, secretary to the Base Personnel Selection Officer, is helping to promote the Canada Manpower/DND "LOYALIST" programme, offering training to Retiring Members of the

Forces. The programme held at Loyalist College in Belleville, Ontario, offers courses in: Accountancy 52 weeks; Business Administration, 52 weeks; Real Estate (Assessment and Appraisal), 52 weeks; Mechanical Technician, 52 weeks; Electronic Technician, 38 weeks; and Electrical Technician, for 38 weeks.

These courses recognize service acquired skills and experience and as a result they lead to the granting of the Loyalist College Two Year Diploma after completing up to only one year of study.

The accounting courses have been recognized by the Certified General Accountants and the technical courses are recognized by the Association of Engineering Technologists of Ontario.

Servicemen who are accepted will be entitled to Canada Manpower training allowances while enrolled in these courses. The amount payable varies and is determined by number of dependants and whether or not you maintain residence for your family in a city other than Belleville.

Application for training with project Loyalist should be submitted immediately to the BPSO as the cut-off date is 30 June 73. Courses will commence 4 Sept. 73.

NAVCELL

Well, once again the summer madness has begun with summer courses — 7321, 7322 and 7331 already in residence and 7341 is expected on 10 June. However by the time this is published the NIC students will be fully qualified "slashers" and able to help carry the load.

The extra work has obviously affected the golfers in the squadron as once again they narrowly lost the "HIC" cup to the pilots of 429. Obviously the pilots had more time to practice. Also along the sports line a challenge match for the Volleyball Championship of the Nav Squadron has been tentatively scheduled and providing "A" Flight wins the results will be duly recorded in this column next week.

Aerospace Squadron

The Aerospace Systems Course members, together with some of the staff members, returned from the three-week tour of England on 20 May. All in all it was an educational and enjoyable tour. For some, it was the introductory trip to England, while for others it was a chance to meet old friends and re-visit places of interest.

Major Pauls, Captain Sparks and five of the ASC members departed for Seattle on 21 May and had an introductory flight in the AWACS aircraft, courtesy of Boeing Company and the USAF. It gave them a chance to see the system in operation

and reports are that they were satisfied with what they saw.

Captain Jefferies took the SANC members to Ottawa during the period 21 to 24 May where they visited several directorates at NDHQ and had a chance to talk to the Career managers.

Major Graham, who had previously been informed that he was to be transferred to TCHQ, discovered to his considerable surprise that he is going there via south east Asia.



Meanwhile the ASC members are busy putting the finishing touches to their main project and preparing for the presentation of this study which will take place on 20 and 21 June. Majors Pauls, Gawell and White, and Captain Sparks visited NDHQ during the first week in June to make the final arrangements for this presentation.

CFTMPC Moves

After years of peeping over a piece of fence, CFTMPC personnel will now be able to peer panoramically at the horizon.

The "uplift" happened four weeks ago when the unit's nine servicemen, one servicewoman, and 20 civilians packed their occupational — and, in some cases, avocational — belongings and moved deftly and dramatically into Building 52, an un-sentimentally sensible structure that neither grabs the eye nor tugs the heart but now, because of CE ingenuity, fairly bristles with functional vim and vigour.

Huddled for eight years in Building 81, a peripherally positioned Quanset hut on the east side of the North Site, CFTMPC, the low-profile unit that produces training aids ranging from publications to projectibles, now operates in a scintillating setting that dazzles but, of course, never distracts.

The unit's new home, an open warehouse converted into a high-occupancy building, boasts a brilliant and bountiful array of colorful and practical features which include red and purple acoustical screens used as office partitions, sound absorbent fibreglass ceiling panels, industrial carpets in specialized areas and, in the workshops, 550-volt multi-vapour lamps that produce five times the output per watt of power consumed compared with the output of conventional tungsten-filament lamps.

The \$92,000 renovation project, which took only three months

to complete, was funded under a federal government winter works program and 25 civilians were employed on the project on a full-time basis.

Composed of four sections — editorial, graphics, composing and workshops — and an administrative complement of five headed by Major C.C. Lockhard, Commanding Officer of the unit, CFTMPC has finally "arrived" at Canadian Forces Base Winnipeg.

In other words, the unit's days of locative limbo are over!

Cadenza

With all the varied and adventurous commitments, courses, trips and various other sundry duties of the last month behind us, the T.C. Band is at present getting itself ready musically and otherwise for a seven week tour overseas. While in Europe we will be performing a complete spectrum of musical endeavors from military tattoos and NATO band competitions right down to the nitty gritty of a full scale trooping of the colors. Concerts, parades, beer fests, garden parties, mess dinners, dances and other numerous and diverse functions all make for a pretty full schedule in our visits to Belgium, Denmark, Holland and most of all, W. Germany during this period of time. So, while we're still around CFB Winnipeg, if anyone spots us outside on some handy parade square as we form into all sorts of weird and wonderful lines, circles and designs . . . don't worry, base parades are not, as far as we know, going "show-biz" . . . it's just the T. C. Band practicing for a Command Performance in Copenhagen!

During the last month the band has completed its BDF training over at good ol' Check Pace Studios and as well has been to Regina, played at several high schools here in Winnipeg, performed the usual series of parades and mess dinners and at the Legislative buildings for

a Citizenship ceremony and at another time, the annual Air Cadet Church Parade.

Between all the foregoing, the band has been testing out our newly renovated rehearsal studio and the difference is most satisfactory indeed. The official opening of the new studio was held on May 23rd when R. Admiral Stevens and Col. La France cut the "ribbon". Both these gentlemen conducted their respective Element March Pasts showing their technique with the baton to the fullest. Actually, this formality turned into a dead-heat competition between the two top ranking guest conductors and rarely has this band been exposed to such a formidable display of musicianship! A day to remember, indeed.

During their visit to the band studio Admiral Stevens and Colonel La France presented certificates of long service to Wo. George De Piava who was, that week, completing 32 years of continuous service in the Canadian Forces and George replied with a most eloquent farewell address.

Amid a deluge of preparatory rehearsals and actionings prior to our trip overseas it is nice to see several of our members

going about projects of their own that will be of great help to many of us overseas. Sgt. Ray Edmand is making up a most useful pamphlet called: "Getting Around Germany On Foot" and with his past experience at this we feel sure that anyone possessing this excellent, fact-filled little traveler's companion will be well prepared for just about anything that might come up!

GOOD NEWS

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Patricia Periodical



In addition to the formal activities described on the first page of this edition, 2 PPCLI has been very busy in many other ways. On May 25th the Battalion cross-country team travelled to CFS Alsask to defend the Prairie Area Championships, which they won last year. Unfortunately things didn't work out quite so well this year as CFS Alsask's team beat out the Patricias. Our best runner was Cpl Hank Merchant, who came forth by running the three mile course in 18 minutes, six seconds. The other Patricias, consisting of Pte Merv Clarke, Pte Bill Terry, Cpl Suds Sutherland, Pte Sherman Sanford, and Cpl Don McDonald, all finished in the first half of the 34 competitors. Well done.

With the Battalion officially back from Cyprus and all the formal ceremonies over, the next problem was Wainwright. We had less than two weeks between parade time and the departure of the first people on exercise. It has been a very hectic time. By the time you read this, the unit will be completely in Wainwright and hard at work. After the pace of the last few weeks, many of the men will probably be looking at the Combat Group training programme as a bit of a break.

Meanwhile, back in Winnipeg, the Battalion Rear Party has commenced training two courses of Pay Level 3 recruits. Sixty-five men have come from Cornwallis and are now training in two platoons. Apeldoorn Platoon is under the command of WO Lyle Ransome while Bellewaerde Platoon is commanded by WO Doug Love. We are looking forward to having these men join the Regiment at the end of their training in September.



ALLEN CHAMISH
Passed away suddenly May 4, 1973 Allen Chamish CLU, North American Life Insurance Agent who had served military personnel for the past 21 years.



COL J. R. STONE, DSO, MC, CD is shown unveiling the new entrance sign to Kapyong Barracks, CFB Winnipeg. Shown with him is MWO K. Snowdon. By this act the former Selkirk Lines were officially re-opened as Kapyong Barracks.



429 Sqn. Bison Brew

Hwdy herd. The price of bison is going up. We are getting a replacement for Mort, Dan, Pete, and Art in the form of Lt Carter who is a professional admin type. He should be reporting in around the time this 'ere column goes to press, and should have things all sorted out by November.

Jack Pollock's gang busted the "C" flight trainer a couple of weeks ago and, you guessed it, "D" flight came to the rescue. Jasper's trying to figure out how D flight can get them in their training week.

Paul Roberge is the latest on the list of latent long range skippers and should be broken in soon on the Moose Jaw milk-run. Congratulations Paul.

Jean-Louis has his hands full nowadays, trying to control the unruly mob in B flight. He's

taken over from Willy the Civy, who departed so recently.

John Tanchuk has the word for the July ICP course, and the ICP school should soon get the word about John. Major's Cann and Pollard, Larry Berry, Pat Smith and Dave Cunningham are learning how to deplane passengers over the field at Namao. The squadron ball team needs players, that's it for the shorts.

Last Friday the bisons had another brewing out, this time for Maj. Jack Cann, Capt's Al Hunter, Joe Paquette, Dave MacDonald and Lt. Jim Birrell. That's a lot of talent for any unit to lose at one time, and next column may include a description of their mode of exit. That's about all the news these days. Till next week, TTFN.

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Now for the bad news

"Unless more parents are willing to serve on committees or as leaders, the South Site cubs and scouts just may not be able to function in the fall" said Major A. T. Hawkins the retiring Chairman of the 104th Group addressing 150 boys and parents at the father and son banquet on 23 May.

All three members of the group committee have been posted as has John Reilly who has done such a tremendous job single-handed as scoutmaster of the troop.

Major Hawkins reviewed the year's activities by the group and congratulated the Zulu cub pack for having won, for the second time in three years, the Hesketh Trophy for first-aid which is competed for by all cub packs in Winnipeg. He also observed on the tremendous success of the Beavers and recalled that this is the first Armed Forces Base in the country to have started this programme for boys from five to seven.

The cubs and scouts will go to camp again this year from 15-22 July at Gimli and large at-

tendance is expected. The cost will be \$12 for the seven days.

A new Chairman will be elected in September and until that time Captain Archie Isherwood has kindly volunteered to be Acting Chairman. He can be contacted at Local 528 on the north side.

Attending the banquet was Major G. S. Wharton representing the CO of 2 PPCLI and Capt Jim Mills the Protestant Padre of the South Site who along with the RC Padre is one of the two sponsors of the group. The evening was a splendid success with a delicious dinner of chicken and chips and entertainment provided by the boys themselves in the form of skits and a Beaver investiture was held for two boys at the same time. The function terminated with the cub vesper hymn and a recitation of the promises by the beaver, cub and scout leaders.

It looks like the same old story. If we want these worthwhile community activities to continue, some people are going to get out there and volunteer.



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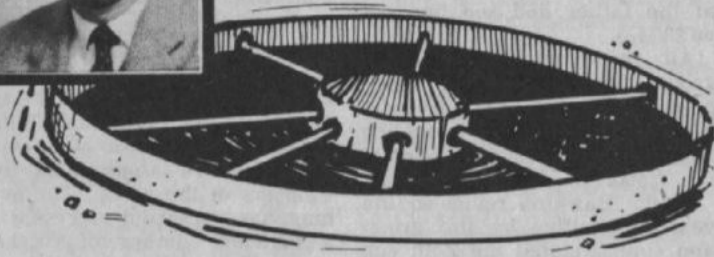
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For the followers of Canadian Football and in particular the Winnipeg Blue Bombers the arrests of Mack Herron, Jim Thorpe and Amos Van Phelt last week on drug charges has to rate as the greatest calamity since the fall of Troy. This was the year of the Grey Cup, season tickets were selling briskly, new players to fill those certain weak holes had hopefully been signed. Then came the news that popular Mack Herron and Van Phelt had been arrested by local police for being in possession of certain illegal drugs; then later in the week Jim Thorpe, the Bombers and Canada's best pass receiver, was picked up by the RCMP at Toronto's International Airport with a number of drugs packed in a checked suitcase. Then the final blow to the Bombers' management was the report out of Detroit that a week previous Herron had been picked up in his car with drugs and charged with carrying same and has his car impounded. Mack apparently pleaded guilty to this charge.

It would appear that the careers of all three football players in the CFL are over. The teams of the Canadian Football League take a strong stand on Drugs used by players apparently off the field although legally some players are prescribed drugs by team doctors to get rid of or to cut down pain from injuries. Much has been said about the players in American Football and in the CFL taking hard drugs to keep going but nothing has ever come to light to prove that they actually have; until now that is. Last season two members of the Hamilton Tiger Cats were convicted of growing and being in possession of "grass" and were waived out of the league. One, a former American College All-Star returned to the United States and signed with St. Louis Cardinals of the N.F.L. However, as he had commenced the 1972 season in Hamilton had to sit out of football until this year. Nothing will prevent the three Bombers from playing in the U.S. this season should they be convicted of the charges laid and suspended from play in the C.F.L.

The loss of Herron cannot be measured in wins or losses or dollars and cents. That he cannot be replaced this season or maybe next is a fact the coaching staff has to live with. Whether the team can win it all — The Grey Cup, that is — will only be known next November. Van Phelt was to have been given a try-out after sitting out last year because of a knee injury. Had he made it and proved to be the Back his press clippings say he was, then the Blue and Gold of Winnipeg would have been powerful on the ground as well as in the air. That is only speculation, however, and probably we shall never find out. Thorpe was not in the Bombers' plans for the coming season and the club was trying to arrange a trade for him when he was arrested.

Regardless of the outcome of the trials The Winnipeg Blue Bombers and the Canadian Football League have suffered a cruel blow — a blow that will take years to get over. However, fans forget quickly especially if a club is a winner. With the likes of Jonas, Frank and company the Winnipeg Blue Bombers I am sure will shake off this latest setback and carry on with the business of bringing the Grey Cup back to Winnipeg in 1973.

Rec Hall Schedules

Summer Hours effective the first of June 1973 the Westwin and Lipsett Hall Gymnasiums will not be open from 1800-2100 hrs during the summer months for "Casual Recreation."

Service personnel however, upon presentation of their service ID cards, to the Duty Commissionaire at Westwin or the Attendant at Lipsett Hall, may use the facilities during normal evening hours.

Minor Hockey

The Westwin Minor Hockey season officially closed the other day with the presentation of its Most Valuable Player Awards.

Ronald Rice was selected as the top player and for his efforts received the Gruen Minor Hockey "Most Valuable Player Award." Ronald played for the Westwin Pee Wee "A" hockey team, although not the top scorer, was the team leader both on and off the ice.

The Pee Wee "B" MVP recipient was Robert Ashton. Robert played defence like a Bobby Orr — he was the team's top playmaker and one of their top scorers. The recipient for the Westwin Warriors was another defenceman, Thomas Scott. Thomas was chosen on his excellent playing ability and dedication to the game. Look for Thomas on the Team Canada roster of 1984. In the house league there were two recipients, Ken Davies of the Westwin Wipers, and Ronald Filazek of the Westwin Atoms. Ken was chosen because of his strong skating and alert play while Ronald was heralded as the backbone of his team through his scoring and defensive ability.

All the MVP winners were praised by their coaches for their cooperation, dependability and good sportsmanship. Congratulations boys — we'll be watching for you in Canada's Hockey Future.



WINS GRUEN AWARD Ronald Rice was chosen as the most valuable player in the Westwin Minor Hockey Association and above he is shown being presented with a trophy and Gruen Watch by his coach Greg Moffat.

Canadian Forces Photo



MVP WINNERS — The Westwin Minor Hockey Association ended the 1972/73 season on a most successful note. Shown above with their coaches are the team Most Valuable Players and the Association's MVP winner. From left to right (Back Row) Coaches — Cy Tremblay, Bart Daniel, Creg Moffat, Gerry Stack, Grant Harrison, President of W.M.H.A. Front Row — Team MVP Winners — Robert Ashton, Thomas Scott, Ronald Filazek and Ken Davies. Kneeling is the Association MVP Ronald Rice.

Canadian Forces Photo

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MENS' TUESDAY/THURSDAY "A" GROUP winners being presented the Bristol Aerospace Trophy by Mr. John LaGraw of Bristol Aerospace. From Left to right — Mr LaGraw, Don Cook, Gord Lins, Boyd Miller and Ron Dillabough (Skip).



LADIES' PRESIDENTS TROPHY sponsored by Astro Credit Union and was presented by Mr. Brian Dawney, General Manager of Astro Credit Union. From Left to Right — Ruth Gray, Jan Adkins, Mae Weatherbie (Skip) and Brian Downey.

(Canadian Forces Photo)



Above are seen the winners of the Mixed Grand Aggregate and "A" Group. From left to right — Ward Larson (Skip), Betty Larson, Barbara Osborne and Bill Osborne.



MENS' PRESIDENTS TROPHY sponsored by Stewart Trophy and Engraving Ltd. and is shown being presented by the Westwin Club President Major H Filleul. From left to right — Wess Anderson (Skip), Stu Adkins, Dan McGarth, Wayne Gray and Maj Hu Filleul.

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Charming Ladies who attended the Mother and Daughter Tea from left to right Mrs. A. G. Armstrong and daughter Angela, Mrs. C. A. La France, Mrs. H. J. Graham, Shawna Rovinson, Mrs. M. G. Pippy and Mrs. N. Everest.

The Officers' Mess was the scene of the Mother and Daughter Spring Tea on Saturday afternoon May 19th. The tea was well attended with many of the ladies bringing along their daughters.

Tea was poured by Mrs. R. St. G. Stephens, Mrs. H. E. H. Christmas, Mrs. C. A. La France, Mrs. J. H. Roddick, Mrs. M. G. Pippy and Mrs. A. G. Armstrong.

The door prize a lovely floral arrangement was won by Mrs. D. K. Moore.

Service Family Information Centre

The Service Family Information Centre are now holding monthly meetings on the 2nd Tuesday of every month in their new premises, Room 27 in Building 81. Anyone who is interested in coming out to see what Services we offer will be welcomed.

President Bonnie Vass brought the meeting to order at 7:30; Janice Armstrong volunteered to be Babysitting Co-ordinator; Judith McLeod was elected to look after Public Relations. Secretary Linda Boulet tendered her resignation, as her husband has been posted to CFS Mont Apica in August.

The SFIC is preparing to welcome all new comers to the Base, when the postings start showing results. Plans are being made to have our offices open several evenings a week in order to answer questions, and hopefully we will shortly have a telephone number for those wishing to contact us.

Bits and Pieces

If you're having a dinner party and are worried about how to seat you guests, play it safe, and have a buffet dinner. Then those who think they are important will sit where they think they ought to be, while those who are important will sit where they like.

Here's a tasty easy to make dressing contributed by Miss P. Agger of the Air Navigation School.

- SALAD DRESSING**
 1/2 cup vinegar
 1/2 cup water
 1 cup sugar
 1 egg
 1 tsp. Mustard
 1/2 tsp. salt
 2 tblsp. corn starch

Put on water and vinegar to boil. Beat egg, add dry ingredients to egg and mix well. Add to hot mixture and stir until thick. Take off heat and add 2 Tblsp. butter, beat well, with egg beater. When cold add 1/2 cup cream.

A girl confided to her friend at lunch that she had just joined Women's Lib. The other wanted to know what kind of liberation she was looking for. "I want to get married," she said, "and not have to work anymore."

Putting something away for a rainy day requires a whole lot longer stretch of dry weather than it used to.

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.

For many people in society today, the word adoption represents an event of happiness and the fulfillment of a very natural need. But the gratitude and appreciation directed at staff by adoptive parents after receiving a child, is only part of the situation. There is also a mother without the support of a husband, who also for very unselfish reasons, decides to offer her child an opportunity to have what she feels she cannot provide. This decision is painful and difficult. The following thoughts and ideas were presented to us by a young mother who made such a decision. For any woman the decision to relinquish her child permanently, is usually taken only after much soul-searching pondering. It is made at a time when she is weakened physically by confinement and vulnerable emotionally by her natural feelings of protectiveness and love for her infant. It requires the courage to place the needs of her child before her own and to gamble that she will be able to accept this decision in years to come. To deny one's own needs in this way can be described as the ultimate in unselfishness and love.

"Adoption is a proper, common eight letter word. It's well shaped letters, dutifully crossed "t", carefully dotted "i" are no indication to what hides within. There is no hint of the doubt and hurt which lurks beneath the legalities. The hurt is so deep, so raw that in the first few weeks tears were my constant ally. The doubt is a shadow of the decision. A decision I hope is right. Right for today, tomorrow and an eternity of tomorrows.

Living between the hurting times of my baby's birth and the signing of the papers was torture. It is a time when I could have departed from my original choice and shunned adoption. And, oh how I wanted and maybe needed my baby. I had to detach myself from my situation and carefully reflect upon the facts. My most abundant love could not materialize into the tokens he needs for survival. My kiss could

not clothe him; my most loving heart could not produce a home for him. But while I cannot give these essentials to him directly I can still make sure he is provided for. So I chose what I hoped was best. And yet, it is not only for his advantage that he had adopting parents. Like the rest of the human race, I have hopes and dreams and yes, I am selfish.

After those weeks of agonizing indecision, signing the papers is really an anticlimax. In fact, it is too easy. There is nothing to betray the fearful aftermath when the shock has worn off, and... my God, what have I done?

When this post-signature numbness evaporated, I was left with a psyche that collapsed when confronted with any example of maternal bliss.

Unfortunately, another barrier was to be surmounted. Guilt. I felt no guilt because I could not care for the child I was responsible for. No, actually the guilt was imbedded in me by my staunch supporters — my friends, relatives and social workers. These people all placed so much confidence in my ability to cope that when I wanted to cry I felt guilty. Thus, unknowingly, these pillars I clung to, conjured this other demon for me to fight, guilt, simply because I was displaying a very normal emotion. The emotion of sorrow when a mother loses a child. I tried to

hide my depression, locking inside feelings that needed to be released. Eventually, after many sleepless nights I was able to free myself of this burden of unnecessary guilt.

Tears are the most effective outlet for anyone's sorrow. Tears wash away some of the hurt and pressure on the heart. But no one can do my crying for me. Tears fill the very special gap that friends can find no admission to.

A wall has been built around my most vulnerable self. I must protect myself from the stones cast at me by those without sin. Perhaps I sound bitter and perhaps, I am. But if I did not develop a wall, the condescending looks, attitudes and unspoken opinions would be more than I could bear when linked with the deep hurt I daily endure.

It is unrealistic to tell me to "regather the pieces and forget the past". Regather the pieces, yes, but I will never forget the child I have borne, so please don't ask.

During the time I have penned my emotions, my tears, my allies are ever-present, ever-falling. The agony of an unwed mother is one that starts as a sharp pain and is dimmed by time to a constant ache. The surrendered child is never replaced, never forgotten."

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Voxair Variety

by John Lander

The daily newspaper which is read by two people tells us that Brando's *Last Tango in Paris* has been seized by the NDP government for political reasons. Yet the censor tells us that this movie has in it no more sex than any of the skin flicks which run in downtown theatres every day. So someone is conning someone. If the government really wants to keep us all pure and every movie clean, they should be consistent. Ban them all, or none at all.

Speaking of the big dailies, it is not always easy to see eye to eye with their critics. Both the Press and the Trib apparently loved Libby Morris, who did a one-woman show not long ago, but I felt she was more of a sputnik than a star. The Press had little or no good to say for Stuido 22's *Gingerbread Lady*, yet it was fine entertainment nevertheless. However, in the case of Actor's Showcase performance of three one-act plays under the collective title of *Look at it This Way*, I am in almost 100% agreement with the critic of the Press. The plays were badly chosen, lacking in direction, and without too much meaning. The dictionary defines amateur as "one who is fond of . . ." so this could not be called even amateur effort, as it was very hard to be fond of any of it.

The first play, "The Daughters", by local writer Rosemary de Graff, was probably the best written, but that is not saying much. What it gained from the writing, got lost in over-acting and the non-directed antics of the cast. The next was called "Sunday Costs Five Pesos", with a group of obvious non-Latins trying to impersonate Mexicans. The actors did try to breathe some life into this play, but it was such a lighthearted bit of fluff that their task was hopeless.

The final offering was called "Hundred and First" and dealt with the life on welfare of the poor. Supposed to be satire, it came out as many things. Some of the actors played it straight, some as farce, and some as burlesque. Jerry McIlroy as the Father, and Audrey Robertson Poapst, as the Mother, helped to hold things together in spite of the script, and the disregard for same by some of the other cast members. Miss Poapst's role called for her to yell "You're fulla crap!" at all and sundry, and she did this with much gusto, even to the audience at the final curtain. By this time the crowd had become quite ready to believe her, as they had received such a load during the course of the play.

Actor's Showcase does good things — it gives a chance for young people to act, it puts on children's plays, and it operates on a shoestring. However, it must learn to choose plays with a bit more taste, and try to avoid picking items purely for their shock and/or smock values.

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