



Postair

July 25, 1973 CANADIAN FORCES BASE, WINNIPEG Vol. 22; No. 14

Give
Blood
in Bldg 21
Aug 9

Moose Jaw Airshow a Success

MOOSE JAW, SASK. (CFP) — An estimated 150,000 people braved 90 degree temperatures at Moose Jaw Sunday to view what was described as a "Spectacular display of precision flying."

For more than 5½ hours 100 aircraft ranging from a tiny Sailplane to large fighter jets demonstrated their capabilities leaving the huge crowd breathless. Spectators gathered from all parts of Canada and the United States to view North America's largest one-day air show.

"I see it but I don't believe it" shouted one spectator as Gordon McCollum of California defied gravity by wing walking on a Super Steerman bi-plane flown by Joe Hughes through a sequence of precision aerobatics.

"Absolutely beautiful" was the way a guest described Scotty McCray's breathtaking solo in his Schweitzer 2-22 sailplane. Beginning at 3,000 feet, with his only power provided by gravity, McCray carried out slow rolls, hesitation rolls and tumbles in time to the music "Born Free", landing perfectly at the end of the music.

In addition to the aircraft taking part in the flying demonstration, an additional 35 military aircraft representing every Command in the Canadian Forces and the U.S. Air Force, Navy & Marine and Air National Guard, were on static display. 290 light civilian aircraft also took advantage of an invitation to "fly in" for the show.

Among the many highlights was a tribute paid by 2 CF Flying Training School to the RCMP for its 100th anniversary. Using 41 Tutor jet aircraft the school instructors flew over in a formation spelling out RCMP.

Despite marginally high winds, aerobatic teams and the CF Sky Hawks parachute team put on a flawless performance.

To complement the flying and aerobatic displays, there were military and commercial ground exhibits. Highlighting the displays was an exhibition by the National Aeronautics & Space Administration which included models of lunar module and the Apollo Command Module and a lunar sample collected from the moon surface by the Apollo XI astronauts. Special guest at the air show was former astronaut, Col. Edwin E. (Buzz) Aldrin, Jr. (Retired), the second man to walk on the moon. Asked what he thought of the show, he replied, "I thought it was wonderful. What impressed me most was the number of people who attended."

Despite 5 hours of watching dazzling performances in hot sunny skies, during which several spectators had to be treated for heat prostration, the excitement mounted as the finale approached — the performance by the "Snowbird" demonstration team. Trailing white smoke during all their manoeuvres, the eight white tutor aircraft flew their way into the hearts of the crowd during their 27 minute performance.

Only when the last Tutor had landed did the mass exodus begin



TENTH AND HUNDRETH RCMP Corporal Stu Sutherland, (left), Red Deer, Alta., pins a RCMP centennial pin on Michelle Myra, daughter of Sergeant Bernie Myra, Lunenburg, N.S. during Canadian Forces Station Gypsumville's tenth birthday celebrations held earlier this month. Sgt. Myra is one of more than 200 servicemen, women and civilians operating the NORAD radar site, 150 miles north of Win-

nipeg CFS Gypsumville, which became operational in Aug. 63, is the last of the new generation radar sites built in western Canada. Cpl Sutherland was accompanying a RCMP mobile display vehicle, dedicated to the 100th Anniversary of the force, which was on the station for the birthday celebration.

(Canadian Forces Photo)

Hercs move food to Nigerians

Lagos, Nigeria — Canadian Forces Hercules aircraft have been assigned to deliver supplies to three more drought stricken areas in Western Africa, Kenneth Roberts, Canadian Forces information officer with the Lagos Detachment reported today.

Dirkou in the Grand Erg de Bilma desert, Arliss and Tahoua have started receiving 236,000 pounds of grain and protein product each day by CF aircraft.

The airlift to Agades, first centre to receive Canadian air, is pretty well over.

Two trips a day since the first of July had provided 500,000 pounds of grain to the Touareg nomads in the area.

Tuesday, the Canadian airmen flew their first mission into Dirkou, more than 1,000 miles to the northeast of Lagos, carrying 36,000 pounds of grain. That afternoon they flew a shorter trip of about 600 miles to Tahoua, which has become a major distribution centre for relief food.

When two additional Canadian Hercules aircraft from 435 Squadron at Edmonton arrived in Lagos this week, to supplement the first Hercules from 436 Squadron in Trenton, the Canadians were able to supply all three centres.

It has been a demanding job for both air and ground crews who have worked in the steaming heat of Lagos, where temperatures reach 115 degrees.

The Canadians have been driving themselves because they have seen at first hand, the dire plight of the desert tribesmen. Cattle have been dying at an alarming rate. A once rich chieftain, who had a herd of 100 cattle is now down to ten, and the rest will die if the rains don't come. Their death would destroy the last of the breeding stock.

It's a paradox of the present situation in West Africa that the rains are vitally needed to relieve the parched desert and

revitalize the land, Mr. Roberts said.

They are desperate for the rain which will rapidly turn patches of the desert green with vegetation and provide food for their starving families.

At the same time the United Nations relief teams who are working around the clock to get stocks of food into the interior are hoping that it won't rain, at least for a few more days.

The air crews and international truck convoy which are hauling the sorghum into the remote desert villages need just a bit more time to build up the stock piles of grain and protein products which will carry the nomads through the short rainy season.

As soon as the rains come, the wadis fill up with water and the desert tracks will become a morass of mud, quite impassable for trucks.

And the rough airports which have been established in recent weeks will become too soft for the heavy transport aircraft to land on.

The food must be in where it's needed before the rain comes.

So the Canadian Forces airmen flying out of Lagos are keeping the pressure on themselves and hoping the weather won't break just yet.

There is one outstanding feature about this international relief operation for the people of the sub-Sahara. It is the tremendous co-operation and enthusiasm in helping the people of Niger.

There are all kinds of organizations and many nationalities involved in providing the food and ensuring it gets to the people who need it.

The Nigerian government has given priority to the food ships in the busy Lagos harbor. They have set aside a special area of the Lagos airport for the Canadian airlift operations.

The United National officials of the Food and Agricultural

Organization, the members of the Canadian International Development Agency and many more have worked smoothly and efficiently without friction to get the job done.

Said Roberts: "All the food is moving quickly and safely into the hands of the people who are near starvation in the desert regions of Niger."

"I have personally followed the food from the docks in Lagos to the airport and then by Canadian Forces Hercules into the desert communities. I have followed it another 250 miles into four distribution centres on the Sahara. There is no question question the food is getting to its proper destination and easing the problem."



UNDER THE INSTRUCTION OF SGT.-MAJOR R.E. MAY of the Winnipeg Militia Service Battalion, Cathy Youngson of No. 1 - 173 Osborne St. ties a sling for the arm of Kathy Taylor of 216 Harper Avenue, while Sherril Scherbain of 481 Gertrude and Lucille Simpkins of 781 Raftgar await their turn. The girls, part of a group of 29 girls and 46 boys hired under the Student Summer Employment Program, are learning first aid at the Minto Armouries as part of their military training. The Winnipeg students have been hired to take six weeks of Reserve Force training, which began in early July.

(Canadian Forces Photo)

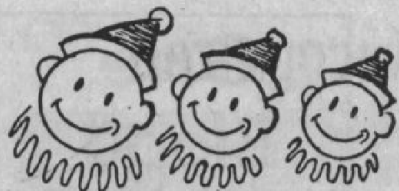
3 to receive Bravery Awards

Three Canadian Forces Servicemen are listed among 17 Canadians who will receive bravery medals at an investiture ceremony to be held later this year at Government House.

Sgt. Baiden receives The Star of Courage for his efforts, in searching for possible survivors in a foundered trawler near Balleine Bay, N.S. on February 16, 1972. After the helicopter crew had hoisted a survivor from the ship's deck it was believed that other survivors might still be in the ship's cabin. The citation states that Sgt. Baiden volunteered to investigate and was lowered to the deck. Despite pounding seas, he managed to make a search of the vessel and in so doing faced a grave hazard in undertaking the task in such adverse circumstances.

Cpl. Miller will receive the Medal of Bravery for his great skill and courage in rescuing an injured mountain climber on Mount Slesse, B.C., July 3, 1972. Cpl. Miller, a crewman of a rescue helicopter, was lowered by cable approximately 80 feet to the almost vertical rock-face at the 7,600 foot level of Mount Slesse. The helicopter manoeuvred as close as possible to the face of the cliff. The citation states that to bridge the remaining distance, his fellow crewman created a successful pendulum motion and Cpl. Miller was able to scramble on to the ledge and subsequently airlift the injured mountain climber to hospital.

The other Medal of Bravery recipient, Pte. Peter Maillet faced an armed man threatening suicide for five hours on March 4, 1972. Pte. Maillet entered the house thinking that the daughter of the man might be in danger, and narrowly missed being hit by a shotgun blast. The citation states that during the ensuing ordeal, Pte. Maillet remained cool and collected under these threatening circumstances and finally, with the help of a chaplain managed to take charge of the firearm.



LAUGHING AT OURSELVES

by John Semeniuk



MUSHROOM SYNDROME: One of our Canadian Forces Privates asked for immediate leave on the grounds that his pregnant wife was ill. Suspecting that all was not as it should be, the Major (who was the approving authority for the leave) said, "What is the meaning of all this, Private Jones? I know your wife and she is neither pregnant nor ill!" Jones (slightly taken back) asked and was granted permission to speak off the record. "Just between you and me, sir", stammered Jones, "I think that we are the most elegant liars in the Canadian Forces." "Whatever do you mean?", asked the Major. "Well, Sir", replied Jones, "I'm not married."

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WISTFUL THINKING (?): One day while golfing, the Padre hit an exceptionally bad shot which came to rest in the deep rough. Suddenly a large bird swooped down, picked up the golf ball, carried it to the green, and deposited it in the cup. The Padre looked up at the heavens and exclaimed, "Please, I want to do it by myself!"

BARBED BANTER: (Verbal exchanged between father and son) "Dad, I know I'm getting married next week, but I find that I don't want to leave mother!" "I understand, son. I certainly would not want to

stand in the way of your happiness; hence why don't you take your mother with you!"

THE PRESSURE WAS ALL DAD'S: "Sit down, Johnny, and I'll tell you a story", soothed mother. "I can't sit down", replied Johnny, "Because I just told daddy a story!"

SIGN LANGUAGE: Sign in a Paint and Wallpaper Store: "ANY HUSBAND CHOOSING COLOURS MUST HAVE A NOTE FROM HIS WIFE"

Sign in an antique shop: "DEN OF ANTIQUITY"

Sign on the door of a Doctor's office: "SMALL FEVERS GRATEFULLY RECEIVED"

Sign on a driving school: "CRASH COURSE FOR WIVES"

by CWO Patriquin

When God created man, and gave him the Sun by day, and the Moon by night, he made it possible for man to work throughout the daylight, and rest during the darkness. This he made clear when He said "Work for the night is coming when man's work is through". God, also delivered unto Moses, The Ten Commandments, of which he proclaimed, "Six days shalt thou labour and do all thy work, and the seventh thou shalt rest". He not only meant that man was to Remember the Sabbath and keep it Holy, but he foresaw the ambitions of his avaricious worldly creation, and designed the seventh day so his workers could have a complete day of rest in seven. This then is the accepted fact than would tire, and he constructed the human

body so that any spent energy could be replaced by food, oxygen and rest.

To elaborate on the human body, it consists of a skeleton of bones, held together by muscles, and fed with blood, pumped by the heart, through the arteries and veins, and the whole controlled by a nervous system, with a brain as the master control or impulse centre. Therefore the body is subject to two types of fatigue, PHYSICAL and MENTAL.

Man was never designed as a perpetual machine, and the signal that the body requires rest is when the body tires, just as clear as when we get hungry, the body requires food.

It is during this lethargic period that man makes most of his physical mistakes, that can be either of a minor or major magnitude. Although these miscalculations or accidents as they are called, may be defined as an unplanned and uncontrolled event in which the action or reaction of an object, person, substance or radiation results in personal injury, they can definitely be attributed to the fact that the body and mind, are not functioning at full capacity. If a battery were not supplied by a continuous charge from the generator, its power would soon be exhausted, and the automobile would stop, till such time as the battery was recharged.

Man is a creative being, and although the financial remuneration may be adequate for his productive output, there may be no personal satisfaction or mental reward, consequently this will lead to a period of cerebral ennui, which is just as enervating as physical fatigue. It was said by the medical profession during the last war that the patients all battle neurosis cases (mental fatigue) were so exhausted mentally that they could only be cured by extensive rest periods, as their productive output was absolutely exhausted. This was the result of insufficient rest, required to regain their normal equilibrium of mental powers.

When man is exposed to climatic conditions such as heat, cold, rain and snow, he exhausts his energy at a much faster rate and sometimes before he can overcome such experiences, he may perish. This is most lucidified by the cross country march on snow-shoes, when the first part is most interesting and sporting, but as one tires the snow-shoes become more burdensome, and one is likely to trip over the least twig or windfall. Another example may be made to the fisherman or labourer who wears burdensome clothing and equipment to carry out their tasks, that rob the individual of their strength causing accidents and in some cases to such an extent, where they are willing to accept accidents by being dog tired to use a terse expression.

To conclude this epistle on the theories of fatigue, much can be contributed to the accepted doctrines of the Labour Unions and Labour Relations Board who have long past realized the necessity of the COFFEEBREAK as a medium of restoring and reactivating the mental physical potential in the human body.

Preventative measures can be taken to reduce accidents by keeping in top physical condition and should you become ill on the job, do not continue to work but report to your supervisor and see your doctor at least once a year.

The human failures may never be overcome but by strict and conscientious control of the human habits, by education, motivation and supervision you can reduce accidents when fatigue is inevitable.

TONGUE POWER: Ottawa is

Pro utilitate homium

For the Service of Mankind — by WO A. Golding

Fractures of specific parts of the human anatomy:

Fracture of the Skull. This is a very difficult fracture to diagnose, indeed almost impossible. Therefore a blow or fall on the head should be treated as a fracture until proved otherwise. The signs vary considerably, particularly the degree of consciousness — ranging from being slightly dazed to deeply unconscious; the pulse and respiration may also vary, so that very little reliance can be placed upon them. The patient may resent or refuse treatment, but it is important that all such cases should be seen by a doctor. The patient should never be permitted to walk, but should be transported on a stretcher.

Fracture of the Jaw. There is pain in the jaw, bleeding from the mouth and the line of the teeth can be felt to be uneven. Treatment: Close the mouth gently and apply the barrel-type bandage (if taught).

Fracture of the Neck. This fracture is usually caused by a fall on the head, or violent jerking forward of the head, as in a car crash. The signs and symptoms are: (1) Pain. (2) Difficulty in moving the head. (3) Possible paralysis of any or all of the limbs. (4) Deformity of the neck. Very often the only sign is pain, and a diagnosis should be made on this alone. Treatment: The utmost care must be taken to ensure that the

patient does not move his head relative to his body. This movement may cause damage to the spinal cord. When moving the patient his head should be cradled in one person's hands all the time, whilst three or four other people lift the patient's body carefully on to the stretcher, on his back. The head should be supported all the way to the hospital and the ambulance should be driven slowly — care rather than speed being the essential feature of the treatment of this fracture.

Fracture of the Ribs. Caused by a blow or crushing of the chest. Symptoms — There is pain in the chest, especially on breathing or coughing.

Fracture of the Breast Bone. This is often caused by a blow on the chest. Treatment: The same as for fractured ribs.

Fracture of the Pelvis (hip Bone). Caused by a severe crushing injury or a fall from a height. Following a crushing accident or a fall, pain in the pelvic region justifies a diagnosis of fracture.

Treatment: Tie a broad bandage around the patient's hips, with the knot in the front midline, and then tie the knees and feet together. Transport carefully on a stretcher, and warn patient not to pass his urine.

Fractured Spine. It is caused by the impact of a heavy weight on to the back, or by a fall from a height. Pain is usually the only symptom, and when it is present in the back following an injury, a fracture should be assumed.

Treatment: Care must be taken not to bend the back in moving the patient. He should be stretched out so that he lies in a straight line, and his feet should be bound together. He should be transported in the position he is found, i.e. if on his back, he should be placed on the stretcher in that position, supported in the small of the back and neck with pillows or folded coats or blankets. If he is on his face, place him on the stretcher in that position, with a support under the chest. The stretcher used should be rigid, and a door or shutter is better than a canvas stretcher. To get the patient on the stretcher, four people equally spaced along his body lift him clear of the ground gently; the stretcher is then pushed under him, and the patient lowered.

Fracture of the Collar Bone. Usually caused by a fall on the shoulder or outstretched hand. Signs and Symptoms. History of an accident as above, with pain over the collar bone; also the patient tilts his head to the affected side and supports the elbow on the injured side with the other hand. There may be irregularity of the bone.

Treatment: Place a small flat pad in the arm-pit. Apply a broad arm sling to the affected arm. If transporting over a distance or over rough ground, bandage the arm to the chest.

Fracture of the Shoulder Blade. Caused by a direct blow to the bone. The only signs are pain, and inability to move the arm. Treatment: Place the arm in a broad arm sling.

Fracture of the Upper Arm. Usually caused by a fall onto the outstretched hand or a blow on the upper arm. Signs and symptoms. There is pain and swelling of the upper arm, deformity, and inability to move the limb.

Treatment: Place the elbow at a right angle, and support the wrist in a broad arm sling. Finally, if transporting over a distance or over rough ground, the elbow may be bandaged lightly to the side, so that the chest acts as a splint.

Fracture of the Elbow. Often caused by a fall onto the outstretched hand. The limb is painful, swollen and cannot be moved.

Treatment: The arm should be supported in the position in which it is found either by hand or by slings. If the elbow is found in a bent position, apply a broad arm sling and continue as for fracture of the upper arm. If arm is straight bandage palm of hand to the thigh and the arm to the trunk with the patient lying on a stretcher.

Fracture of the Bones of the Forearm. One or both bones may be broken by either a fall on the arm or hand, or a blow. Signs and symptoms. Pain and inability to move the limb. If both bones are broken, there is usually obvious deformity and undue mobility.

Treatment: Apply well-padded splints from the elbow to the fingers on the front and back of the forearm, and secure them in place with bandages. Gently flex the elbow to a right angle and after applying protective padding, place the arm into a broad arm sling.

Fracture of the Wrist. A fall on the hand followed by pain in the wrist should always be treated as a fracture. Sometimes there may be deformity, but it is often absent.

Treatment: Place a well-padded splint along the inside of the forearm and hand, and bandage in place. Apply a broad arm sling.

Fracture of the Hand. Pain is the predominating feature. There is inability to move the fingers or hand, and deformity may be obvious.

Treatment: Place the hand and arm in a broad arm sling.

To be continued — the remainder of the common fractures, plus dislocations, sprains and bruises.



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Track Talk by Allan Ditter

OTTAWA (CFP) — The first round of the Canadian-American Challenge Cup Series (Can Am) went, not surprisingly, to an American. What was surprising, however, was exactly which American. It wasn't Mark Donahue, otherwise known as "Captain Nice", and it wasn't last year's champ George Follmer, sometimes known as "Grumpy". It was, as you've probably heard by now, Charlie Kemp who, last year, finished the season tenth overall and is this year's second member of the Bobby Rinzler-RC Cola-Porsche team.

Kemp survived the shunts that did in both Follmer and Donahue and the flat tire that put paid to South African Jody Scheckter's bid for the checkered flag and, in the process, picked up \$15,000 for his one hour and 40 minute ride. The highest finish a Canadian could manage was sixth (John Cannon) and only one of the three other Canucks finished in the top ten. That honor went to John Cordts who picked up \$3100 and ninth-place points.

The series opener at Mosport was the last that will be seen in Canada of the Can Am until Sept 15-16 at the Edmonton International Speedway. Readers should note that date as it is different than any published so far for the series calendar and is a swap for the race originally scheduled for Michigan International Speedway. That race will now take place on Sept. 29-30 and means that the last three races in the series will be held in the U.S.

Following the Mosport race the Can Am Series promoters gathered in Toronto to discuss the future of the spectacle. The change in dates as an-

nounced above was only one of the changes under discussion and the promoters also agreed to change the format of the race itself. Instead of having cars practise and qualify on the two or three days preceding the Sunday race and then going out to give their all in one shot, there will now be two "heats", one each on Saturday and Sunday, with the aggregate times and cumulative laps deciding the winner. The fans will now be guaranteed their moneysworth since they will, in effect, be seeing two races.

While no-one is prepared to come right out and say so, there is an obvious trend surfacing toward combining the North American Can Am and the European Interseries into an international series of tremendous stature. Both series use the same race cars and, while there are some divergent points in each series, there are too many similarities to keep them separated for much longer. The strongest "rumor" so far has the series consisting of 16 races, eight on each continent, with a grid of 24 cars for each event. The host continent would have 16 guaranteed starts while the "foreigners" would have eight. The first half of the Inter-Can Am (?!?) would be held in Europe to take advantage of the earlier summer and would probably appear in North America by the first of August.

Hopefully, the "rumors" will come to pass since the prospects for such a series are tremendous and the fan cannot help but benefit.

"Spare Parts"
The Wayne Kelly Memorial Trophy was presented to the CASA during the Player's Ontario on July 1st.

32 Years of Service Recognized

WO GG Ostlere joined the RCAF in July 1941 in the Recruiting Unit located in the Lindsay Building in downtown Winnipeg.

As 401 TSD's POL & LOX Quality Assurance Representative for the past eight years, WO Ostlere was known to industry and Canadian Forces personnel alike. This position brought him in contact with the provisioning of POL & LOX products for DND requirements in a geographical area bounded by Thunder Bay, Moose Jaw and Churchill, Manitoba.

WO Ostlere's early wartime career began at 3 Bombing & Gunnery School, MacDonal, Manitoba. Then, as an original member of 165 Transport Squadron Detachment, Edmonton, he served the north-west staging route. His experience with Dakota aircraft landed him a posting to 436 Squadron for service in Burma, remaining there until shortly after the end of World War II.

In 1957 WO Ostlere joined the reorganized Auxiliary Squadron of Hamilton (Tiger Cat country), and spent the next five years with the Squadron. Trenton was the next stop and a 30-month tour was served with SOAE Branch, Transport Command. From Trenton, WO Ostlere proceeded to Fort Lee, Virginia for 18-weeks' training course with the American Army prior to his arrival at Winnipeg to take over the POL position.

WO Ostleres will continue to reside in Winnipeg and his only immediate retirement plans are to return to the University of Manitoba to complete the degree in an Arts Program which has kept him busy at nights for the past four years.



CAPTAIN AB FETTER, Detachment Commander of 401 CFTSD, recently presented WO Ostlere with the second clasp to the Canadian Forces Decoration (an exceptional achievement in itself). This event took place a scant 10 days before WO Ostlere's retirement, which is effective 22 June 1973.



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Confligere by Bob Purvis

"Shutter-bugs." The Beattie is Here. It would appear that for the average family photographer the day of the old box camera has had the course. You will no doubt soon notice (if you have not already done so) massive sales on these former cameras at drastically reduced prices.

It is believed to have all started in Germany and/or possibly Japan where everything nowadays seems to be subcompact or miniaturised, however, the American market (not to be outdone) has suddenly been flooded through immersion in mystery of speculation that we too might get a piece of the cake, selling the new slim line cameras.

Unless you are a specialist in photography, that is the type of artist who captures the supreme quality as depicted in the National Geographic, these mini-cameras should give you your money's worth. If you are not a specialist, you will no doubt appreciate not having to tote that extra bag of special type lenses and other measuring devices. We now have entered the era of the "Little Black Box" (and perhaps eventually

some other color) which will very conveniently slip into the ordinary coat pocket.

These ingenious little cameras, each as big as a wallet and only about one inch thick have been so meticulously developed that even though they take a relatively tiny drop-in film cartridge will give you a big sharp 3½ x 4½ inch colour print or slide.

They have a built-in automatic exposure control for taking pictures indoors and outdoors. One of the superb lenses mentioned is an f/2.7 Ektar. There is even included a coupled rangefinder for extra precise focusing, and it uses self-powered magicubes for flash.

Of course there have already been produced cheaper models that even the youngsters can use, but these don't have all the super refinements and sell for from \$25. to \$30. The gems we have been discussing above will no doubt range in price from \$100. to \$150.

We also learn that certain companies have already produced new slide projectors with which to show these new sized slides, or that an adaptor may be purchased so they may be

shown via your regular slide projector (assuming you already have one). The new carousel-type tray is rumored to hold a full 120 slides.

Oh well, guess if your youngster cannot afford or be gifted with one of the new cheaper models, you can always donate the old camera to one of them as a plaything, then grin and bear it.

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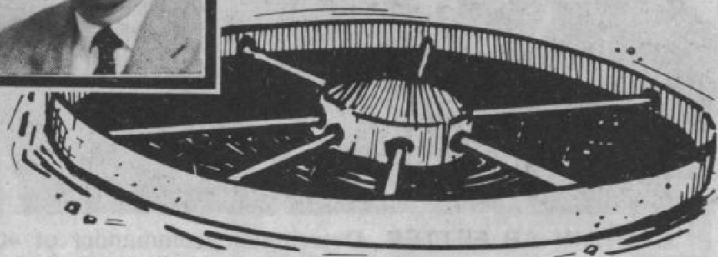
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VOXAIR SPORTS

Spinning the Sports Wheel

with John MacLEOD



Are the Winnipeg Blue Bombers as good as last year — Will the Winnipeg Jets repeat the feats of last year — these and many other questions on sports have crossed our desk in the past few weeks and like all the other "experts" I really don't have all the answers. The Blue Bombers are, unfortunately, an unknown quantity to this writer. Unlike past years we do not have the privilege of a press pass, so except for the sessions watched at training camp we really have no idea how good they are without the explosive Mack Herron. The recruiting done by the Blue and Gold coaches during the past winter was to fill the gaping holes at certain positions. The loss of Herron and possibly Thorpe changed the well laid plans and what was to be a banner year in the rebuilding programme has turned into a first year rebuilding plan year so to speak. Several new running backs are in camp and undoubtedly the staff will pick the best available and hope for the best and possibly a good cut from another CFL Club. Edmonton for instance is loaded with four excellent backs with apparently only two to remain when the final cuts are made. Regardless of the final decisions the Blue Bombers of 1973 will give the fan his monies worth, maybe not the Grey Cup but with the breaks one never knows.

A new Bobby Hull!!

Fans of Bobby Hull watched this great hockey player score over fifty goals and fifty assists while playing with bone chips in his right elbow. This handicap Bobby says kept his playing ability down to only sixty percent. So with a completely healed arm, and the advantage of a training camp and an early start opposing goalies are in for a terrible time as the W.H.A.'s most valuable player should have a most productive year.

Unless they fall flat on their faces or lose their skates or some other disaster befalls them, look for the Winnipeg Jets to repeat as champions of the league's Western Division. Their run to the wire will not be as easy as last year but at the moment there is nothing in their division strong enough for the Jets to run away and hide.

All the teams in the W.H.A. have signed players to help improve their lot. Some have definitely improved their squads such as Minnesota, Vancouver and most certainly Winnipeg. Houston has signed the Howes — Gordie, Mark and Marty not to mention mother. Gordie has been out of hockey for two years and at forty-five only time will tell if he can come back with just a little of the Howe of old. Mark will undoubtedly be a great forward in the future and Marty remains a question mark. No doubt the Houston club will draw fans and I guess this is what hockey is all about these days. Not so much how the game is played but by whom.

New England who have added to their strong team of last year will be the power again and hard to beat. Quebec with Jacques Plante directing things will be strong as will be New York and Cleveland. It should be a most interesting year as the W.H.A. begins its second as a professional organization.

Stray Spokes — A recent celebration was held at the Westwin Curling club as the Base's Ladies Fastball team got together to celebrate a recent 25-5 win over Gordon's Auto Body. It was only our gals third win of the season as the team who are entered in the City's Ladies Fastball League have had a pretty disastrous season . . . Many changes have taken place at the old Rec Centre . . . Gone are MWO MacDonald, Sgt Jack McBride, and Cpls John Wilson, Les Orcutt and All Foord . . . Arriving on the scene will be MWO Hudson, Sgt Reti and Cpls Brown, Brandon, Conroy and Pattison.

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Alsask Wins Race

The second running of the Prairie Region Championship Race, hosted by CFS Alsask, took place on the 25th May with competing teams from CFB Winnipeg, Man., 2 PPCLI Regiment Winnipeg, Man., CFB Shilo, Man., CFB Moose Jaw, Sask., CFB Calgary, Alta., CFB Edmonton, Alta. and CFS Alsask. The competitors were officially welcomed to CFS Alsask and to the event by the Commanding Officer LCol R. D. Hopkins.

The three mile race course which was established within the confines of CFS Alsask was composed of gravel, sand, pavement and a small hill. The course which was considered one of the toughest was made even tougher by the weatherman who provided a good stiff breeze for the occasion.

CFS Alsask who had fewer personnel to select from as compared to the larger bases and stations came out in first place with 24 points followed by 2 PPCLI with 34 points, CFB Calgary 50 points, CFB Edmonton 62 points and CFB Moose Jaw with 69 points. Unfortunately CFB Shilo and CFB Winnipeg defaulted as they did not have the minimum requirement of four runners each on their teams, however Corporal Bluzman of CFB Winnipeg did win first place medallion as an individual competitor.

The success of the Alsask team was made possible through the determination of the trainer, manager and coach, Master Corporal Rick Travalia, a member of the PERI staff (physical education and recreation instructor) who had to give extensive training to the inexperienced runners. He was aided by Cpl "Roadrunner" Phillips his assistant coach.

The presentations were made by the Acting Commanding Officer Major G. L. Diller on behalf of LCol R. D. Hopkins (CO) who was unable to attend because of a previous engagement.

Swimming Regulations

Service Personnel are reminded that to participate in any Recreational Swim periods they must be in possession of a "RED" swim badge.

These badges are available free of charge at both Lipsett Hall and Westwin Rec Centres from 0800-1600 hrs Mon - Fri. All DND employees and dependants require the new swimming badges effective 1 Apr 73. These badges must be worn on the bathing suits for all casual swim periods.

Badges will be available at Westwin and Lipsett Rec Centres from 0800-1600 hrs, Mon to Fri, commencing 1 Mar 73.

DND employees and dependants (Black and Yellow badge) \$3.00 per badge or \$12.00 per family.

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Places in Forces Shoot



CPL "SHORTY" SADOWAY, CFB Winnipeg's lone entry, is pictured above receiving his plaque from CFB Cold Lake's Base Commander, Col. Dunlop.

Cpl Sadoway won the singles D class event in the fourth Canadian Armed Forces Invitational Skeet Shoot held at CFB Cold Lake from first to the third of June 1973. The three day event was attended by seventy-one shooters from Canadian Forces bases across Canada.

CFB Greenwood won the five man team event. Runners up were CFB Ottawa who took the two man team honours.

Singles class winners were as follows: AA class winner, CFB Greenwood, A class winners, CFB Moose Jaw; B class winners, CFB Cornwallis; C class winners, CFB Trenton; D class winners, CFB Winnipeg, E class winners, CFB Comox.

High Gun was that old campaigner MWO Burdette of Ottawa with a 100 straight. Runner up was WO (Mrs) Burdette with 98. Our congratulations to Cpl Sadoway for a fine show against some tough competition.

Canadian Forces Photo

Rec Hall Summer Schedules

BASE POOL SUMMER SCHEDULES
SUMMER HOURS WESTWIN POOL AND LIPSETT HALL POOL EFFECTIVE 30 JUN 73

MON-FRI

0900-1200 hrs Dependant Swim Classes
1200-1300 hrs Service Men's Open Swim
1300-1500 hrs Dependants Open Swim
1500-1630 hrs Service Training
1800-2000 hrs Open Swim

SAT

1300-1600 hrs Open Swim

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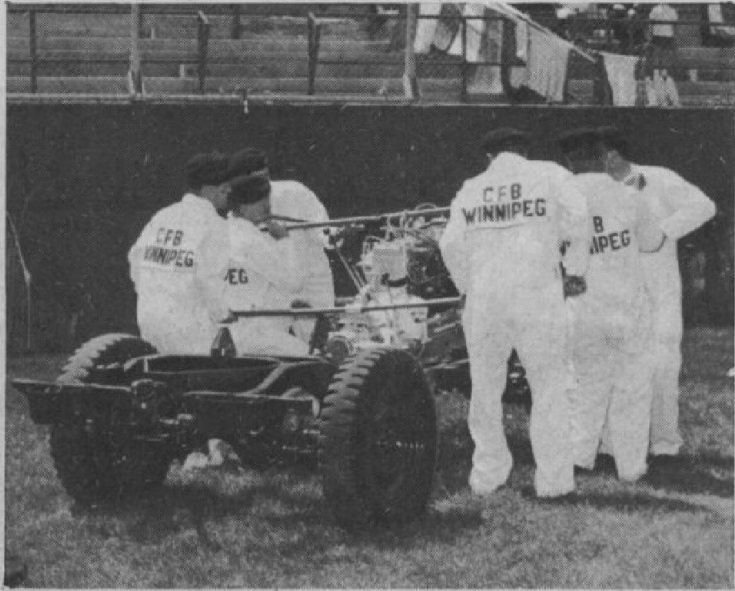
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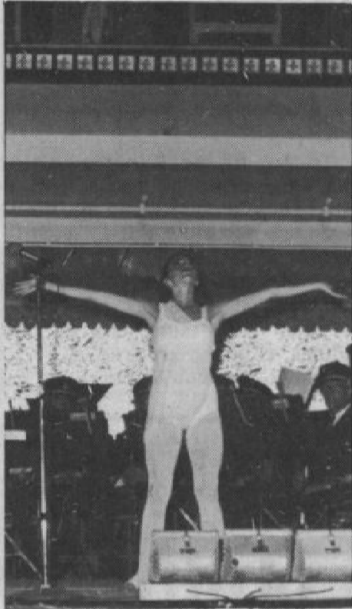


THE JEEP QUICK ASSEMBLY TEAM from Base Maintenance Land was a real crowd pleaser. They demonstrated their skill at stripping down and reassembling the jeep in less than five minutes. At the completion of each exhibition they drove away in the jeep just to prove that it really did work.

A Look At Manisphere 73



ANXIOUSLY WAITING TO get back to their box lunches are Major Bowers, Captain Martel, MWO Osborne, Sgt Cumming and Sgt MacGillivray. These are a few of the hard workers whose efforts made Manisphere such a success.



MISS RITA JAMIESON performed a modern dance routine to the music of Shaft. Rita is the daughter of CWO J. E. Jamieson of TCHQ.



MRS. GRACE GOETHALS played the guitar and sang two songs to entertain the crowds as part of the Armed Forces Variety Show.

Voxair Variety

by John Landon

Freebies are always popular, so today we give you a pair plus two others which are so reasonable that they are almost free, if you want to compare them to the price of something like foodstuffs. **MAN THE CENTRE** is the overall title given to a unique venture into creative expression now showing at the Manitoba Theatre Centre. Art exhibits by local painters and sculptors decorate the lobby, with nightly concerts by various musical groups. For those people not too steeped in the cultural side of things, the bar is open.

Music for this week and next will be provided by the Dale Russel Trio and Billy Graham's North, who will play from 9.30 to 11.30 each evening. Except for the drinks, everything is free.

Also free is the presentation of *Dancing in the Park* by the Royal Winnipeg Ballet, who are giving six full-length performances in Assiniboine Park this week. Show time is 8.30 p.m., but if you want to see well, be early!

Last summer over 25,000 people watched the Ballet perform in the Park, and this record should be broken this year. Bring a lawn chair or blanket, the stage is located to the left side of the main pavilion.

Following the successful run this month of *Where's Charley?*, **RAINBOW STAGE** re-opens on August 1st with *Annie Get Your Gun*. This is to be an updated version of the Irving Berlin hit musical, and will star **Dinah Christie**, best known to Winnipeggers as the singing hostess of the TV Show "This Hour Has Seven Days". However, she also has had a wide range of parts in various musical productions in Eastern Canada and in the U.S.

"Annie" tells the story of the life and loves of sharpshooter Annie Oakley, and the characters include Buffalo Bill, various Indians and Chiefs and assorted show folk. These lively roles give the cast of 48 singers and dancers ample opportunity to display their talents. It looks like another fine evening of summer entertainment. Show time is 8.30, nightly except Mondays, at Kildonan Park.

CONTEMPORARY DANCERS have a big season ticket drive on now, and are promising an even more exciting and dazzling modern dance program than the record-breaking 1972-73 season, or so it says in the press release.

For openers they plan to bring in several top ranking choreographers from as far away as New York, Los Angeles and Israel to assist in the next season's presentations. In addition, they are offering such inducements as massive discounts, money back guarantees, choice seating, exchange privileges, special student prices and other advantages. If you are able to live with all these privileges, you can get ticket information by calling 947-1827.

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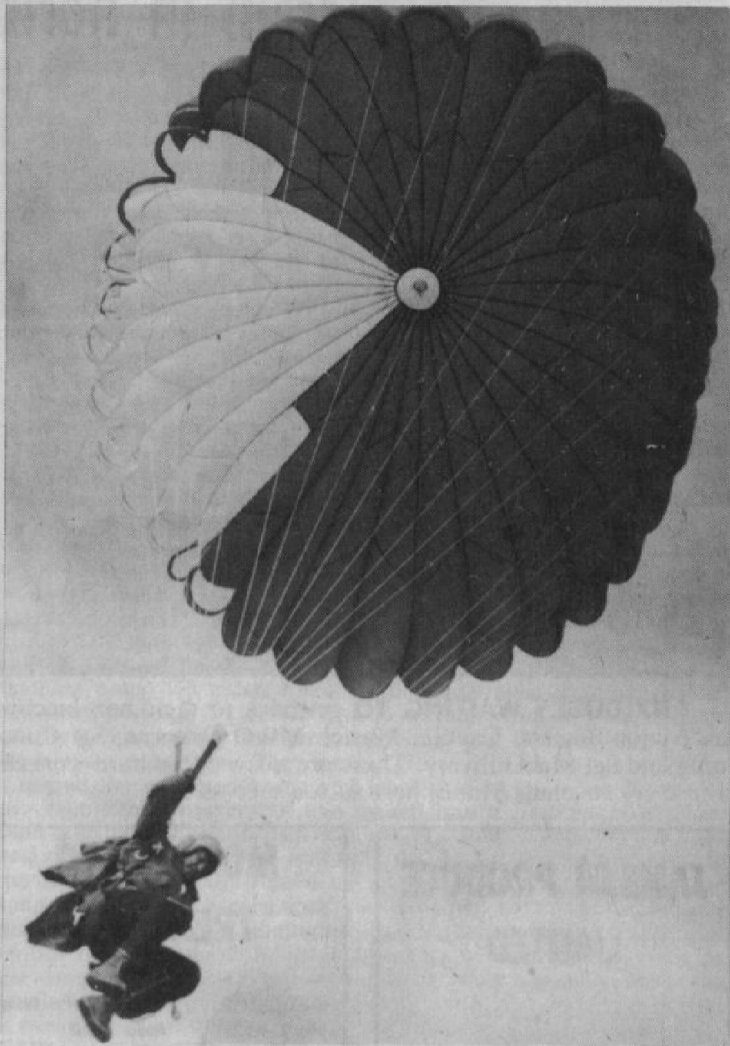
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MANITOBA AIRSHOW SUNDAY 29 JULY 1973



The "SKY HAWKS", members of the 1st Airborne Regiment of Edmonton will provide a para-drop display at the Manitoba Airshow. Jumping from a height of 10,000 feet, their descent will be marked with smoke trails produced by smoke generators attached to their boots.

CF Photo

For the past few years the Winnipeg Gliding Club has held an open house to acquaint the public with the sport of gliding. They presented demonstrations of what gliders can do and offered other air acts.

This year, however, the club is sponsoring a four hour airshow with open house on Sunday July 29. The show will include performances by Armed Forces aircraft and parachute team and an aerobatic flying display by top pilots from the USA.

In addition to the flying there will be a number of aircraft on static display. After the show, if there is anyone with enough nerve left, there will be rides available in the gliders, helicopter and the gyroplane.

To get to the Winnipeg Gliding Club from Winnipeg, drive west on the Trans-Canada highway to Bison Park, (white horse) then turn right on to highway 26 and proceed 10 miles towards St. Francis. There is a \$1.00 admission charge for adults; children are free.

Hope to see you there.



402 Air Reserve Squadron of Winnipeg will be flying their Otter aircraft for the para-drop and pick-up of the "SKY HAWKS" at the Manitoba Air Show.

CF Photo

LIBRARY CORNER

With summer holidays upon us we will have a change in our evening hours. The new hours are 1800 to 2030 on Tuesday and Thursday only. We are open 1300 to 1530 Monday thru Friday year round.

Our book exchange is now in full swing but we need more. So check at home, bring us your used pocket books and get some you've not read yet. At present its a 2 for 1 exchange so we can build up our stock but after we get a good large selection we will be exchanging 1 for 1. Also they sell for \$25 if you don't have any to trade.

Guess what? That's right, we've got our new phone. Our number is 832-1311 local 774.

We had some hard cover books donated by Mrs. Barnes. Our many thanks.

Remember we have a large new supply of French books, just some of the new books we have are; J'etais pilot espion (Francis Gary Powers), L'affaire du Pueblo (Lloyd M. Bucher), L'espoee Kamikaze (Bernard Millot), Peut on expliquer l'inexplicable (Andrew MacKenzie), Louis Riel Exovide (Jean Jules Richard), Histories fantastiques d'aujourd'hui (Marcel Schneider), Le Corps Vêtu de Mots (Jean-Claude Dussault), Le Hibou appelle à Minuit (Robert Verbelen), Les Quatre Visages (Han Suyin), and Jo Siffert Tout pour la Course (Jacques Deschenaux).

So drop over and see us. We're in Bldg. 81 Room 26. You never know, you might find we have some interesting books. See ya soon.

BITS AND PIECES

Movers, excited kids and struggling with packing boxes is the order of the day for many service wives. Most wives get uprooted a few times in the course of their lives — such is not the case for wives of Canadian servicemen who think nothing of moving every second year or sometimes oftener. I firmly believe that wives should undergo basic training, or at least a survival course to prepare us for the nomadic life we lead.

Although the service outwardly is integrated, each branch of the service considers itself the best. If you happen to be the wife of a brown job or pongo working or living with the pigeons or dorry plugs (or the reverse) no one is apt to let you forget how fortunate you are to be associated with the 'best' branch of the service.

Service terminology is a language of its own. Anything that can be abbreviated is — and not always sensibly. If a word cannot be confused by abbreviat-

ing it, it is completely changed. Servicemen never "go on temporary duty by car", but they "proceed on TD by PMC".

Learning who outranks your husband (for reasons of protocol of course) is usually very easy. After all who finds it hard to remember that captains outrank lieutenants, except in the case of the Sea Element lieutenants who are the same as captains — with the exception of Sea Element captains who outrank all other captains. Every wife knows that the CO is a Commanding Officer and that an OC is an Officer Commanding — what she may not know is that they are totally unrelated.

Let's be honest who would give it up? I don't envy people who stay in one place, I feel sorry for them. My friends and acquaintances number in the high hundreds because I am constantly meeting new interesting people. I'm a Canadian — and home is always where my husband hangs his hat.

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Reservists train in north

CHURCHILL, MAN. — The lands north of Churchill, Manitoba, are called "the barren lands" and it is to this challenging environment that 13 young men and women flew to spend a week before going on to Winnipeg and their initial training as members of the Air Reserve.

The four young women and nine young men are now members of the Air Reserve Squadrons in Toronto which are in the Arctic for four weeks from June 23 to July 21 to conduct an intensive training program called 'Exercise Aurora II'. In all, 175 men and women from 411 (County of York) Air Reserve Squadron and 400 (City of Toronto) Air Reserve Squadron, 2 Air Reserve Regional Headquarters, 2 Regular Support Unit personnel and the Toronto District Militia are participating.

The Air Reserve Training School in Winnipeg, will provide an eight week basic military training program for the 17, 18 and 19 year olds.

The young men will learn aircraft technology and maintenance as well as map and compass reading, drill and some weapons handling. Three of the young women are in their first year of training and will receive a basic administrative course as well as general military training. The second year ARTS student will receive more advanced training.

All of the students are paid a basic military daily rate of \$8.90 a day and receive their meals and uniforms. They graduate and return to their home squadrons in August.

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Patricia report



At present all is fairly quiet at Kapyong Barracks. Everyone has returned from Wainwright, and most people are away on leave or temporary duty. After having been away for eight of the last nine months, those who are on leave are no doubt really enjoying the chance to relax with their friends and families.

The most active element in the small rear party is the R & D section. As always happens after a unit goes to Cyprus, people are coming and going in all directions. During the next few months we will lose a larger number of people in all the ranks. To list them all would be impossible, so a short list of where people

will be going will have to do.

There are a large number of Corporals and Privates posted to 3 Mechanized Commando in Germany. These men can look forward to three or four years of excellent training in a very interesting country. Many men are going to the Airborne Regiment in Edmonton. Several NCOs are going to Combat Group Headquarters in both Calgary and Petawawa. In addition to these major posting locations, other individuals are being posted to rare places such as CFS Alert, CFS Inuvik, and HQ CENTAG in Germany. We are also losing our one and only "Brit", as our English exchange officer Capt Paul Truman returns to

the Queen's Regiment in England during the month of September. He expects to get "back into the groove" of the British Army very quickly, as he will probably be in Northern Ireland by October.

To replace all these departures we will experience a large influx of new people. Eleven officers and over eighty other ranks will be joining the battalion during the summer period. By the time we start training again in September, it will seem like a new battalion!

We have had one more promotion in the past couple of weeks. Rudy Raidt is now a Warrant Officer. No doubt all that fantastic running in Wainwright in June has been noted.

The Forces Today

OTTAWA (CFP) — Statistics anyone?

Total strength of the Canadian Forces as of May 31 was 82,509 according to the official monthly report issued by the personnel statistics section at NDHQ.

The total consists of 13,435 commissioned officers, 1,478 officer cadets and 67,346 men.

There were 1,975 women in the Forces at the end of May from private to colonel.

The computer also lists total strength by base support. By that measurement the ten largest Bases are: CFB Halifax (7,266), Esquimalt (4,936), Valcartier (4,179), Ottawa South—formerly Uplands (3,648), Gagetown (3,268), Edmonton (3,211), Trenton (3,132), Borden (2,983), Ottawa North — formerly Rockcliffe (2,975) and Petawawa (2,972).

In another quarterly print-

out, dated March 31, the computer lists the number of personnel stationed in every province and both territories in Canada.

There were 23,750 servicemen stationed in Ontario, 12,710 in Nova Scotia — which includes 4,040 men serving with the fleet, 10,577 in Quebec, 8,604 in British Columbia — which includes 2,016 men serving with the fleet, 8,000 in Alberta and 4,727 in New Brunswick.

Manitoba had 4,085 servicemen, Saskatchewan 1,480, Prince Edward Island 1,054, the North West Territories 318 and 4-lonely chaps are serving with a communications detachment at Whitehorse, Yukon.

Since 1914 the strength of the Forces has gone up and down like a Yo-Yo. During the First World War there were over 331,000 Canadians in uniform. In 1923 there were under 4,000.

During the Second World War over 787,000 Canadians were in the Forces. In 1948, the total strength had dropped to under 35,000. Ten years ago there were over 123,000 Forces personnel — 40,000 more than today's total.

One final statistic indicates that more than 6,500 men and women are stationed outside Canada in over 30 countries around the world.

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Our aim — to contact and welcome all incoming military personnel and their families to Winnipeg. We have information regarding clubs, organizations, maps, etc., pertaining to Winnipeg. If you require assistance or just want a general briefing on your new surroundings, please call Janice Armstrong 837-3359 or Judith McLeod 489-4408.

Service D'information Aux Familles Des Forces Armées

— Notre objectif est d'accueillir et d'informer les nouveaux arrivés et leur famille à Winnipeg.

— Nous disposons de cartes de la ville et de la province — d'informations au sujet des différents clubs et organisations de Winnipeg.

— De plus, toute personne de langue française ou bilingue intéressée à la garde d'enfants peut communiquer avec nous.

— Pour de plus amples renseignements, veuillez téléphoner à: Janice Armstrong, 837-3359.

\$\$\$ CURRENT CURRENCY \$\$\$

For those of you who have recently visited the Base Comptroller Branch, you have probably noticed a new reconstruction change and reallocation of staff. Sgt Al Palmer, that ever smiling face behind the bars in the Cashier's wicket, has moved across the hall to a small room in the Pay Office area. This move was intended to help you save steps and save our clerks from constantly accompanying you across the hall to receive your pay. It is intended to eventually move the Claims Section in the other office adjacent to the Cashier where Reserve Pay is presently located.

We have also had a change of personnel recently in an inter-branch change. Our previous NPF Cashier, Pte Terry Thurston, has moved to Regular Pay, and in her place is Pte Brenda Reid. The best of luck to both of you.

On Thursday, 12 Jul 73, we held our going away party for Sgts Bob Swainsbury and Benny "The Bullet" Gratton, and Miss Betty Jades, in the Snack Bar of Bldg 21. As usual, the party was a "smashing" success and a good time was had by all. Sgt Al Palmer unfortunately injured his wrist that evening. Perhaps his "little red putter" didn't appreciate waiting for him and took its anger out on his wrist.

Again we are bidding farewell to another one of our members. Pte Brian Olynik leaves us next month, on release, to further his education. Brian is enrolling in the University of Manitoba in the Faculty of Law. We are all going to miss you and we wish you the best of luck.

For the first time in a long time, we are welcoming new members to our Branch. First of all, two new secretaries have joined our financial empire. Miss Florence Allard has replaced Mrs. Betty Jades and will be working in Regular Pay. Although she is a "Miss", you single men must stay clear as she is to be wed in the very near future. We also welcome Miss Judy Gschwender who has been hired under the SSEP to help out in our Reserve Pay Section. We can foresee many of the Reserves coming in person to query their pay accounts to catch a glimpse of this new addition to our staff.

We would also like to welcome WO Leo Bruce who recently arrived from CFB Calgary. He is being employed in our Management Services Section and with his previous experience in Audits, will be a valuable asset to this section. WO Bruce has bought a house in Fort Garry and is awaiting occupancy at the end of this month when he will bring his family to our "windy city". Welcome to the Branch.

On the sports side of our branch activities, we have entered the semi finals of the Intersection Fastball League and have won our first two games. Our new success has to be attributed of course to

our new Pitcher, Sgt Dave Johnson, from Maintenance Platoon of 2 PPCLI. Dave was away in Wainwright for the bulk of the season, but has proved his skill as we defeated both Avionics and 733 Comm Sqn.

The first game against Avionics was as close a game as you could ever hope to see with a final score of 5-4. It took nine innings to declare the winner, when Lt Ted Szykowski finally connected with a hit which brought Cpl Ron Maciura home with the winning run. The pitching skills of Cpl Guy Thibault from Avionics and our Sgt Dave Johnson was surely a "battle of the Titans", as each fought to eliminate their opponents each time at the bat. The skill employed by all members of both teams prevents me from picking any stars.

The second game on Monday, 16 Jul 73, again showed the might and skill of the BCOMPT team as we swept over 733 Comm Sqn, with a final score of 18-3.

Fires are costly

During 1971, 739 persons lost their life as a result of fires in Canada. Additionally, 51,133 fires occurred in residential properties resulting in a financial loss amounting to \$76,358,142. Heading the list in the cause classification of fires is 'SMOKER'S CARELESSNESS' which resulted in 21,592 fires.

Information contained in the Canadian Forces Fire Marshal's Newsletter indicates a 12 per cent decrease in the number of fires in Canada compared to the preceding year. This

encouraging statistic is overshadowed by the fact that an increase in the number of fires caused by children playing with matches; kitchen grease fires; vehicle fires and fires of incendiary origin, is clearly evident.

For those personnel who may be interested in obtaining further information relating to fire losses, cause classification, national comparisons, etc. Issue 73/1 of the CFFM Newsletter is recommended reading.

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