

Notair

August 29, 1973

CANADIAN FORCES BASE, WINNIPEG

Vol. 22, No. 16

Forces at C.N.E.

A Gurkha band, Kingston's Fort Henry Guard and award winning film are the feature attraction at the Canadian Armed Forces Pavilion at the Canadian National Exhibition, August 15th to Sept. 3rd. The theme of this year's exhibit is called "The National Frontier and the Canadian Armed Forces". The Pavilion is situated on the north side of the CNE grounds near the Dufferin gate and will be open during the exhibition between the hours of 10 AM to 10 PM.

Feature presentation inside the Pavilion will be an award winning colour motion-picture film known as "The National Frontier". This ten-minute film won a Silver Medal (Solier d'Argent) at the Sixth International Film Festival at Versailles, France. The film demonstrates the complete involvement of the Canadian Armed Forces in support of National Development and the manner in which efforts of the Armed Forces are linked to the everyday life of every Canadian citizen.

Following each showing visitors will be invited into the main display concourse where they may wander at random through action-packed displays; see the latest equipment for air-drop rescue, search and rescue, rescue and survival, an audio-visual presentation on defensive flying, briefing maps and communications apparatus which display up-to-the-minute information on search and rescue operations; hear a cross-Canada report on Canadian Forces in community activities and many of the other National roles in which the Armed Forces are involved.

A popular feature on the display floor is the true-to-life model of an air/sea rescue net hanging from a huge photo-mural of an Armed Forces Rescue helicopter. A visitor may sit in the net and have a complimentary colour photograph taken to keep as a memento of their visit to the Pavilion. Visitors to the Armed Forces exhibit will also find much activities outside the Pavilion. There will be displays by the Toronto Air Reserves and the Air Cadets at which a person interested in the real thing can view an Otter aircraft, a glider and a tow-plane.



FROM THE COMFORTS OF BASE HEADQUARTER, CFB Winnipeg to the narrow confines of a military vehicle in Toronto for Pte Lillian Lovich. She is on Temporary Duty to, and in charge of the Orderly Room at the Canadian Armed Forces Pavilion at the Canadian National Exhibition. Heat, humidity, makeshift equipment creates more problems to normal office procedures but Lillian seems to be coping very well.

Canadian Forces Photo

Just outside the entrance of the display building, the crowd will be greeted by the electrifying personality of Sergeant Electro. The Sergeant is a seven foot, 400 pound robot that can move backwards and forwards, nods his head, winks at passers-by and carry on two way conversation. He is very popular with children and adults alike. On the parade square, in front of the building a most distinguished band, the Pipes and Drums of the 10th Princess Marys' Own Gurkha Rifles will perform once or twice a day as scheduled on the time-table. The Gurkhas are being flown from England by the Royal Air Force to attend the CNE.

Another interesting group is the internationally famed Fort Henry Guard from Kingston, Ontario. With their wooden-soldier-like drill, the Guard will be performing ceremonial drill and changing sentry guard every half hour on the parade square. Then for a week, starting August 27th the Guard will exchange duties with the Royal Regiment of Canada, a Toronto Militia unit, wearing their bearskin hat and scarlet uniforms.

Hercs Home From Africa

After nearly six weeks of airlifting food into the famine area of the sub-Sahara zone of West Africa, the two Canadian Forces Hercules are home.

"The Canadian Forces foodlift was the most efficient and effective operation in the Sub-Saharan Relief Program" said Trevor Page, the UN's chief logistics officer for West Africa. "They have been operating under extremely tough conditions and have done an excellent job." He said, in a final tribute to the Canadian Flyers.

In 140-odd flights, with a total flying time of more than 750 hours, the crews of 435 squadron from Edmonton and 436 squadron from Trenton, airlifted nearly 5,500,000 pounds of grain, powdered milk and cattle food into the famine area of Niger.

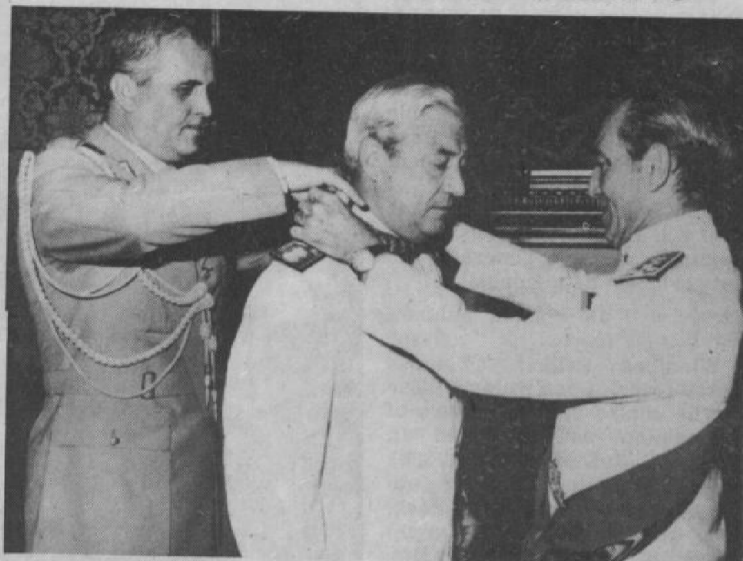
The two Hercules transports arrived at Canadian Forces base Trenton Aug. 15.

Operation foodlift Africa was mounted in response to an urgent request from the Food and Agriculture Organization (FAO) of the United Nations for an airlift to transport food into the drought regions of Niger from the deep sea port of Lagos, Nigeria.

Originally, the Canadian Forces detachment was scheduled to operate in the relief operation for one month. This was extended to six weeks at the request of FAO in order to stockpile enough food in the famine area to carry the Notsaas through the rainy season, when the movement of food by ground transport becomes difficult, and in some areas impossible.

The Canadian Armed Forces exhibit hopes to illustrate some of the task that the Armed Forces engage in the Nation Support and Development role. The Exhibit this year is commanded by Major G. E. O. Lilley CD. He has thirty-five competent personnel under his command, each ready to serve and guide our visitors through the display areas. A career counsellor will enumerate the variety of jobs open to both men and women in today's modern armed Forces.

NATO Defence College Commandant to Retire



VICE-ADMIRAL JOHN C. O'BRIEN, OC, CD, (center) receives the Order of Merit of the Italian Republic, with the rank of "Grande Ufficiale". On behalf of the president of Italy, Italian Armed Forces defence chief, Admiral Eugenio Henke, right, confers the award. Left is an aide. Admiral O'Brien, commandant of the NATO Defence College in Rome for the past three years, retires from the Canadian Forces Sept. 10 after 36 years' service.

Canadian Forces Photo

Earlier in his career, because of exemplary neatness and attention to dress, his colleagues saddled him with a name that was to follow him throughout his career: "Scruffy."

In 1951 he attended the Royal Naval Staff College, Greenwich, after which he became director of communications for tactical and general communications, Supreme Allied Command (Atlantic), in Norfolk, Va.

He held several operational and staff positions, including that of Senior Canadian Officer Afloat (Atlantic), and Canadian naval attaché in Washington. His commands have included the destroyer escort Crescent and the aircraft carrier Bonaventure.

In 1966 he became commander of Maritime Command and commander of the Canadian Atlantic NATO Sub-Area.

Chinooks to Support Mobile Command



DEFENCE MINISTER JAMES RICHARDSON announced today that the eight Boeing Vertol Chinook helicopters being procured for the armed forces will be used primarily in support of land operations with Mobile Command.

Canadian Forces Photo

Roles include transporting of personnel and equipment, as well as casualty evacuation.

Secondary roles include search and rescue, recovery operations of large military equipment areas and, in an emergency, assistance to other government departments.

Delivery of the helicopters will start next summer; four to 450 Transport Helicopter Squadron at CFB Ottawa and four to the Squadron's detachment at CFB Edmonton.

The twin engine, turbine powered Chinook has a cruising speed of 150 knots and is

produced by the Boeing Vertol Company of Philadelphia, PA.

The all-weather Chinook has a ferry range of 1,200 nautical miles and can airlift up to 14 tons of equipment by a hook system. This heavy-lift capability will enable the Chinook to recover all types of Forces' helicopters that might become unserviceable in remote locations. It can also recover disabled aircraft and vehicles — including armoured personnel carriers and artillery pieces.

A Chinook can deliver 44
See **CHINOOK**
Col. 4 Page 12

Gurkha Appeal Story

In 1969 the Gurkha Welfare Appeal was launched in Britain to raise a capital sum sufficient to supplement the pension paid to the Gurkha ex-servicemen who have served the British Crown and have retired to live in their native land, Nepal. The amount required is at least two and one half million dollars.

Recently, two articles were published in 'legion', the magazine of the Royal Canadian Legion: one dealing with the launching of the Appeal in Canada, the other, by Brian Mullaly, outlining the history of the Gurkha soldiers.

We are reprinting parts of these articles with the permission of the editor of 'legion' at the suggestion of Major J. McManus, OMM, CD. The RCR (recently retired from the Canadian Armed Forces), who

is a member of the National Committee for the Gurkha Welfare Appeal (Canada).

Appeal Launched in Canada

Canadian war veterans, serving and ex-servicemen and women, and other interested persons are being asked to contribute to the fund to help veterans of the famed Gurkha regiments. Chairman for the campaign in Canada is Lt-Gen Guy Simonds, CC, CB, CBE, DSO, CD. Appeal secretary is Major Michael L. J. Burke, CD. The Canadian appeal target is \$100,000.

General Simonds, in an open letter to Legion members, says that when he was first approached to accept the role of chairing the appeal in Canada, he hesitated because it seemed to him that the provisions of pensions and welfare for retir-

ing soldiers of Gurkha regiments serving with the British Army were clearly an obligation and responsibility of the British government.

"But," he says, "after further investigation and explanations from those who had initiated the campaign in the United Kingdom, I learned that the problem was much more complicated than it appeared on the surface.

"Normally," General Simonds continues, "Gurkhas were engaged in a long-term contract, with the prospect of serving 20 years or more... with pensions based upon length of service and rate of pay on termination; they could earn a pension which would enable them to live reasonably in terms of

GURKHA

Column 3 Page 8

DOTS and DASHES

Voxair is pleased to announce that Sergeant "STAN GUPTELL" has joined our staff, and will be providing us with cartoons and other art-work for publication. Stan has had considerable experience working with Base Newspapers, his most recent being with the KANADIER at Baden Sollingen. I am sure that you will find his cartoons entertaining, as they generally relate to local "happenings".

Winnipeg Prairie Champs: Sorry Gang — particularly those in the centre and back rows of the photo we published in the last issue of VOXAIR. The original photo provided for publication was marginally dark, but we thought it still might come out satisfactorily in print. Obviously we were wrong.

Tips for photographers: When photographing ball teams or other groups wearing hats or caps, suggest that they remove them or at least wear them well back from their face. This will normally prevent having facial areas that are underexposed, and consequently poor for publication. Luctant to co-operate, obtain the correct exposure reading by holding the meter close to the subjects face.

Voxair acknowledges with thanks the contribution of MR. R. L. HUNTER and MISS L. E. VIPOND for the design and composition of the new masthead for VOXAIR.

Had a good laugh lately? Try this . . . but first, fasten your seat belt and turn off your ignition . . . 'A guy bought 17 gallons of gas on the base the other day and the attendant WASHED his windshield'.

MQ Residents

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In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs.

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Regular Officer Training Plan



Ceremonial parade at Royal Military College Kingston, Ont.

Forces Photo

In our last Voxair article on recruiting, the emphasis was on the various trades now available in the Forces for new recruits. This time we would like to give you some information on the **Regular Officer Training Plan (ROTP)**. This plan is designed to provide a university level education to selected young men and women from across the country. Combined with the academic program is an extensive military training program leading to commissioning as an officer in the Canadian Forces.

The successful ROTP candidate can be selected to attend either, one of the three Canadian Military Colleges or a civilian university. The academic program at a Military College is designed to develop the Officer Cadet to the baccalaureate level in either Engineering, Science, or Arts. The Engineering and Science programs give a thorough grounding in Arts as well as specialization within certain fields of Engineering or Science. The Arts program gives a wide field for specialization as well as a thorough grounding in mathematics or sciences.

The military training is designed to develop those qualities essential in a good leader. It is based on the principle that "no one is fit to command who has not learned to obey" and progresses to the point where Officer Cadets of the Senior Year, under supervision, are responsible for the discipline, organization and general administration of the cadet organization. Thus they are able to practise and become experienced in the techniques of leadership and management which they have been taught during their early training. This cadet organization gives excellent training in leadership, the acceptance of responsibility, and the proper exercise of authority; moreover, it engenders a healthy competi-

tive spirit. Parade and ceremonial drill also form part of this training.

The newly joined Officer Cadet (recruit) attends a preparatory camp of three to four weeks duration prior to the commencement of the academic curriculum. This training allows Officer Cadets an opportunity to orient themselves to Military College life, to introduce them to the aims, roles and careers in the Canadian Forces, and to complete their initial physical conditioning prior to the start of the academic program. One of the highlights during the first year is the recruit obstacle course during the Fall.

Each year, all Officer Cadets participate in a period of summer training of some 9 to 11 weeks

duration. The purpose of summer training is to give Officer Cadets training in their respective classifications and so prepare them to assume specific duties as officers of the Canadian Forces after graduation.

For those applicants selected to attend a civilian university, the summer training is identical to that given a Military College cadet.

After graduation, the newly commissioned officers proceed to units throughout Canada, where they are given ample opportunity to exercise responsibility and command. Some continue their training within their classification prior to being assigned to operational units. If an individual finds that the Canadian Armed Forces is not his chosen career, he may request his release after serving four years from graduation (five years for pilots and air navigators).

For those interested in attending a Military College, the closing date for application is 1 March 1974.

For further information on educational requirements, contact the Recruiting Unit located in the Main Post Office, 266 Graham Avenue, Winnipeg. Telephone 985-3680.

A Message From The Base Commander

Col. C. A. LaFrance

Blood — The Gift of Life

On 9 Aug 73 a Blood Donor Clinic was held at CFB Winnipeg. The Red Cross Society of Manitoba wish to thank one and all for their assistance in alleviating the problem of a shortage of blood.

As Commander of CFB Winnipeg, I would like to add my personal "Thank You" to the Section Commanders, Canvasers, Volunteers and Donors who worked to make this clinic a success. Particular thanks are extended to the Church Women's Guilds who, as always, unselfishly gave of their time and energy.

Confligere by Bob Purvis

Mushrooming into Mad Money via the media of stupendous wasters. Don't laff! Some of the world's wealthiest people are junk collectors. This same junk is generally picked up free for the cartage or at very little expense and then turned into gold (well, the next best thing) good spending money and at relatively little cost to you.

Constantly reminded of pollution, contamination and over-accumulation of what is oft referred to as garbage, individuals as well as certain industry have spotted new charm in old discards, cans, bottles, light bulbs, photos, bathtubs, furniture, etc. Instead of these items being disposed of by garbage disposal methods or the new so-called recycle process, it is being cleansed, restored, altered, and sold as some other piece of classical, antique or collectors item.

An article of some ages ago tells about a man who collected old wooden barrels and nail kegs, which became various sized leather upholstered chairs; planters, and sometimes finished and stained household furniture. We also learned that old railroad ties were turned into solid-state think benches or were sold as well-treated weather-proofed, cottage supporters. Tin cans may be turned into many interesting articles from lamps, to intricate cut-up floral designs. They are particularly effective when sprayed and/or hand painted.

Empty telephone and electric wire spools are easily made into foot stools, small coffee or patio tables; even garden hose rollers. One woman has a plaster cast of the "Old Woman in a Shoe," produces them cheaply, paints them and mounts them in worn-out military boots, then sells them for a tidy profit. Old X-ray pictures have had yarn edging added to the outline of bone structure and edges creating startling place mats.

Then, believe it or not many faddists seek old bathtubs, particularly the type with legs on. Some are used for the annual bath tub races held in various water-sport events. Some have one side cut away and are made into sofas either by special preparation of proper springs, etc., or just placement of large, deep, soft pillows. Some tubs are upended and made into a nest-like quality easy chair.

Light bulbs may be used as sock-darning eggs (be careful though as some brands break easily). Large industrial-type bulbs have the sockets carefully removed and miniature villages, ships, etc., (much like the old ship in the bottle) are produced and sold for a small fortune. Cigar bands, postage stamps, seals, matchbook covers, and other small cut-outs have been effectively used to produce unusual works of art in picture frames, on the outside of old battered lamps, on coffee table tops, etc.

Blackboard paint carefully applied to an old window shade becomes a pretty good roll-up chalkboard for children. Soft drink bottle caps nailed upside down to a thick board make excellent foot scrapers. Orange crates (although hard to come by now-a-days) make excellent storage space and are easily decorated. Aluminum can pull-tabs can be joined into long chain-like curtains.

Old rags are made into excellent floor mats, so are tires. Murals and sculptures of rare and unique designs are produced by utilizing broken glass of assorted colors and shapes, old keys, cotton spools, mixtures of odds and ends. Some very interesting tapestry-tape hangings are being produced using a variety of yarns, wools, silks, plus added adornments such as beads, etc.

Various types of plastic containers have unlimited use for conversion to marketable items. You are only limited by your imagination and the materials you may scrounge or be given by persons who are glad to get rid of it.

Just think, a recent sale for a copy of an original comic book that was found amongst the rubble was sold in the U.S.A. for \$10,000.

Don't sit around wishing you had something to do. One man's trash is another's treasure. He who hesitates is lost. Try it now.

CURRENT CURRENCY

\$\$\$

After 3½ years of service, Pte. Brian Olynik, received his qualifying papers giving him the status of Mister. Brian, who will be studying law at the university of Manitoba, has retired as a finance clerk and plans on hiring his own accountant as a lawyer. Upon his departure a presentation party was held in the Jr. Ranks Club where Brian was given a silver mug to temper his beer and a shoulder length wig with a can of hair spray to hide the scars of a military haircut.

Recruiting is supplementing our debits, we hope with credits from the school in Borden. Pte. E. M. Voloke arrived mid August and Ptes. D. A. Schaufele and J. P. Cunningham are slated to arrive in September.

Those early departures from the mess are newly weds. To linger over a cool beer in idle conversation are only memories for Pte. Mike Dion, who married in July and Pte. Robert (Boots) Doyle, who left the single role in August.

BRANCH INSIGHT

Our job at base accounts does not start and stop with the appearance or lack of personnel at the pay office or claims wicket. Providing a service is part of our motto, a great deal of our existence and a vast amount of necessity.

We don't proclaim to be the inventors of morale, but as an efficient team, as part of a team, we do proclaim that our necessary service keeps the morale on a mean level.

Individually we try to give the best service to each individual or as sometime referred to as customer.

Besides pay and claims there are other sections and sub-sections interchanging personnel so that each member of our team can be of the utmost service in more than one speciality or department.

As in all large bases, we break into sub-characteristics of the finance realm.

Here at base Winnipeg, our sectional breakdown is; regular force pay claims, reserve force pay, invoices, non-public funds, audits, civilian pay, and financial management. If we're wealthy, we have an officer to manage the working of the major sections.

In our next publications we will explain a little of the workings of the sections that creates such a great team called; Base Accounts-Financial.

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First of all, ask to see his license. Ask him to leave if he promises anything for free. Don't be pressured by "special deals". Ask him to leave the literature and come back when you call him. Tell him you won't be hurried in any decision — if he really wants to make the sale he'll come back. Phone or write head office for accurate and complete information. Write to Consumer Affairs, CBC, Box 500, Station 'A', Toronto M5W 1E6 for the Encyclopedia Buying Guide.

THE VOLUNTEER



Patricia Periodical



"PT IS NOT A DIRTY WORD"

On clearing into CFB Winnipeg last week I was surprised at the number of personnel who, on learning of my posting to 2 PPCLI, made the comment "2 PPCLI, they're sure crazy about PT down there". Now curiously enough, to most service personnel, PT is a dirty word. When they are overcome by the feeling that perhaps they should get out and do a little exercise, they generally lie down on their beds until the feeling goes away.

It should be realized, however, that the infantry is the arm or branch of service that must be kept at the very peak of physical conditioning becomes equally as important as tactics and weapons training.

In 1939 the Canadian Infantry had three years in which to prepare for active operations. In 1950 five months were required to train to wartime standards. In the future we may not even have that much time.

One of the best ways to increase overall physical conditioning is by the use of an obstacle course. The accompanying photographs show soldiers of 2 PPCLI training on the recently-



CPL. A. A. OLDEN and WO E. G. GUILLET of HQ Coy 2 PPCLI jumping the double 6' ditch.

constructed obstacle course at Kapyong Barracks. This course is designed to develop both arm and leg muscles, and to increase overall stamina in the soldier. In addition it gives each soldier the confidence of being able to cross any type of physical obstacle encountered during operations.

So the next time you are in the vicinity of Kapyong Barracks and see 2 PPCLI strenuously engaged, commiserate by all means, but remember it's one of the responsibilities of being infantry!



WO B. G. SPENCE of C. Coy 2 PPCLI climbing the rope traverse.



PTE A. R. HENDERSON AND PTE C. D. RAMSEY of C. Coy 2 PPCLI jumping from the "Log Steps".

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CFANS news corner

Our exiting flight commanders have been swiftly replaced by two keen new ones, Major George Waite and Major John Beaulne.

Major Waite has been posted in from 435 Squadron, and will be 'A' Flight's new boss. Major Beaulne, fresh from two hectic years at Mather AFB, will be the 'B' Flight chief.

The Farrowes hosted the squadron at a welcoming party for Ian and Kay Grieve. It was a very enjoyable affair, with proper courth and decorum more or less maintained by the presence of Colonel LaFrance and L/Col. Webb. F/L Grieve assumes Pete Farrowes position as Resident RAF, 'A' flight. Also joining 'A' flight is Capt. Rick Rantz, Rick has recently acquired a Bachelor of Commerce degree which should prove most useful to him in his new position as a Phase Two Navigation Instructor (??)

Although we said good-bye to Capt. Ed Fonstad at a recent beer call he keeps showing up for work every day. I guess after 25 years service it's hard to break the habit. Ed is well known in navigation circles as the driving force behind the nav journal, Polaris. All the best in your retirement Ed, and please turn in your key to building 84.

Captain Pete Chénier co-starred with Ed at the Fonstad — Chénier beer call. Pete will be attending the University of Manitoba for the next two years, however should you care to make a square search of the Mess on Friday nights, there is an excellent chance you will run into him. Or trip over him.

As Gord Moscrip is one of the Nav Squadrons noon-hour jocks he should have no trouble in his next few months at Volleyball U. Good Luck with Staff School, Gord.

Telephone Directory

The Manitoba Telephone System has announced that August 31 is the closing date for new number listings in the Provincial Telephone Directory.

Anyone wishing to make changes or additions in directory listings should contact their telephone business office prior to August 31.

The new Provincial issue will become effective in November.

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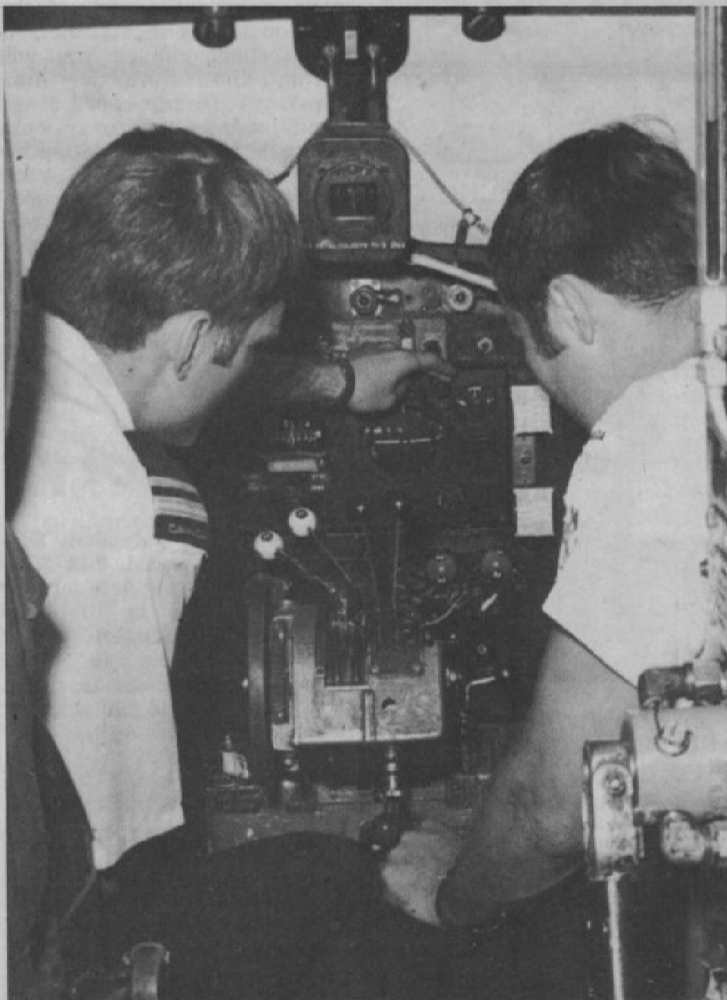
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HMCS Chippawa Naval



Sergeants TORGERSON, VAN ROES and MASNIUK climb aboard the DAK for their flight. Sgt. Masniuk was muttering something about "Mother told me how to get into a sports car gracefully, but this is something different".

Base Photo



Lt. PETE/REBEK of 429 Sqn. briefs Sergeant ROB SCOTT of HMCS Chippawa on the instrument panel of the DAK. All the students had an opportunity to sit in the pilot's seats and see and operate some of the controls firsthand.

Base Photo

Base Tour

On Wednesday, 8 Aug., 80 Naval Reserve summer students and staff members from HMCS Chippawa were hosted, by CFB Winnipeg, to a day-long tour of Base facilities and an evening flight, in a Dakota aircraft, over Winnipeg. In order to attain more manageable numbers for the tour, the students were divided into two groups. One half of the group visited the Base from 0830 until 1100, while the remainder toured from 1300 until 1530.

The visitors under the guidance of Captain ART JORDAN and Lieutenant PETE REBEK and NICK RAPAGNA of 429 Sqn, along with Captain DOUG KEARNEY, the Base Information and Tours Officer, conducted a tour of three main sections on the base.

At Base Operations they were briefed by Captain VINCE MAGNUS, the Base Ops Co-ordinator, on the role and functions of the Ops Centre. From there they visited the Flight Planning Centre and the Met Section. Here they viewed the various pieces of equipment used to forecast and transmit weather information.

Second on the agenda was a visit to 402 Air Reserve Squadron. An Otter aircraft was on static display as well as float and ski equipment. Lieutenants DAVE HOUSTON and TOM ROGERS, pilots from 402 Sqn, aided in briefing the touring visitors.

Finally they got over to 429 Sqn in 11 Hangar where they eagerly clambered aboard the Dakota and the T-Bird aircraft. They were briefed on the characteristics and role of the Dakota and the use of the navigation equipment. While two at a time took their turn sitting in the pilot's seats, the remainder had an opportunity to try out the sextant, driftmeter and the radio compass.

By this time they were becoming very anxious to go fly-

ing. The entire group returned for a 1730 flight briefing. While the first two aircraft loads went on a 45-minute flight around the city, the others toured CFANS facilities. Conducted by Captains GORD MOORE, the ANS Unit Information Officers; GORD MOSCRIP and DOUG KEARNEY, the tour began with the showing of films followed by static displays. Mr. JIM DODD, the ANS Training Aids Projectionist, ran films depicting the role of Air Defence and Maritime Commands. These two films, as well as one on Mobile Command, are recent releases by the National Film Board of Canada, are available through the Regional Film Library to interested groups and are very worthwhile. Shown, as well, was a film on the 1967 Tatoo. Following the movies, the students were toured through the Navigation School. They visited the procedures trainer and a classroom set up with many of the Training Aids available at the school. Eventually the two groups switched and all received their long awaited first flight in a 429 Squadron Dakota.

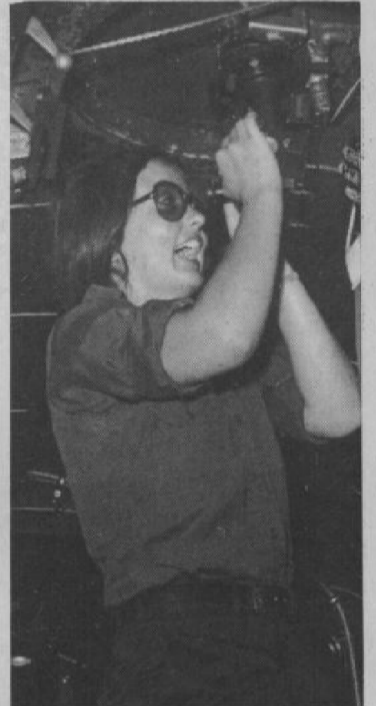
Captains ART JORDAN, JIM HUMPHREY, LARRY BERRY and JEAN CAUCHON were the pilots involved while Captains WAYNE REAUME and RON SCHNEIDER, Navigators from ANS, went along to aid and brief the passengers in the air.

Although the odds had been very much against having suitable weather for the trip — the Met man was forecasting thunder storms and turbulence — the flights went without incident. In other words, no one became airsick.

Upon completion of the tour the students returned to HMCS Chippawa, full of motivation towards the remainder of the training that lay ahead of

them. So far, two of the summer students have seen fit to enroll in the regular forces, one through the ROTP program. Many others have decided to stay on with the Reserve training upon completion of the summer course.

Although official thanks have been relayed to all those personnel involved with making this event a success, as BIO I would like to thank you all again, publicly. Included, are all those mentioned previously in the article, as well as all the behind-the-scenes people, Aircraft Servicing, Film Library Staff, bus drivers and any one else whom I may have missed out on.



Private MADDEN was one of the first checked out on the use of the sextant as a navigation aid. However, the stars are in her eyes here as she exclaims, "Hey, there's 429's shower room".

Base Photo



Captain ART JORDAN of 429 Sqn. briefs Privates JUDY SCOTT and HAZELWOOD on the cockpit layout of the T'BIRD. Some of the visitors were given

an opportunity to sit in the seat, with the warning to keep their hands off of the ejection handles and the panic button which ejects the tip tanks.

Base Photo

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Reserve Summer Training

Training Program

During the eight-week period from July 4 to August 28, approximately eighty students aged seventeen and eighteen participated in a demanding, enriched General Military Training Program at HMCS Chippawa, 51 Smith Street, in Winnipeg.

As well as regular military classes in drill, Nuclear Biological Chemical Warfare Damage Control, Nuclear Biological Chemical Warfare, basic communications, seamanship and boatwork, the students received instruction in the organization and purpose of the Emergency Measures Organization and Defensive Flying and Survival from representatives of 440 Rescue Squadron in Edmonton. They also received first aid training, sailing, group rowing, an afternoon of practical fire fighting, range firing, drug education from the Winnipeg Police Department, Bronze Medallion swimming instruction and Karate from Mr. Jerry Marr of the Mid Town Karate School.

The NRSSTP students organized their own fifteen piece band and as well as playing for morning parades, they participated in community affairs such as the Fort Garry Frontiers Day Parade on behalf of the Fort Garry Legion.

The students also engaged in a competitive sports program involving volleyball, floor hockey, baseball, bowling, soccer and swimming relays.

On these pages are photographs taken on the tour of CFB Winnipeg, August 8. The students are shown various sections such as Meteorology and CFANS and were able to view at close hand the Air Reserve Otters, a "T-Bird" and a Dakota.

To cap off the evening, the students in groups of twenty were given a bird's eye view of Winnipeg from 2500 feet in a Dakota. Although many were leery as they left the runway, all returned with grins, enjoying their trip immensely.

The list of people my staff and I would like to thank is long. It is particularly gratifying to see so many regular force personnel sincerely interested in reserve force training. We thank, especially, Captain D. Kearney, Base Information Officer for his time and efforts on our behalf as well as the many others involved.

NRSSTP 1974? Plans are bigger and better yet! Perhaps you know someone who would like to participate. If so, we'd like to see them in the spring!



Captain GORD MOORE of ANS, using a large scale training aid, explains the function of the Dead Reckoning Computer. Watching intently are Private SEWELL and Sergeant TORGERSON. The students also had the opportunity to view many other training aids and visit the Synthetic

Procedures Trainer. The trainer is set up with an instrument panel similar to that in the aircraft. With the aid of an instructor to run the equipment a Nav student can practice his navigation procedures.

Base Photo



Privates DAWSON and BADCOCK are being checked out on the OTTER aircraft by Lieutenant TOM ROGERS of 402 Air Reserve Squadron. Everyone seemed to appreciate this portion of the tour where they saw OTTER aircraft on wheels and floats, and the skis that are used during winter operation.

Base Photo



As several of the visitors look on, Mr. DAVE COUPER of the Base Met Office briefs aircrew preparing for a flight. Both

local and transient pilots receive weather information from this office.

Base Photo

Child Safety Seats —

The Canada Safety Council recommends only two child seats — the General Motors Infant Safety Carrier for children weighing up to 20 pounds and the Ford Tot Guard for children 20

to 50 pounds. CBC Radio research finds the most common cause of injuries in early childhood results from children being carried inside a car with inadequate or no restraint system.

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VOXAIR SPORTS



JOHN MacLEOD—Voxair's regular sports columnist is away on leave this month. Fortunately, we were able to obtain the services of **PAT McKELVEY** to call the shots on sports as she sees it, during John's absence.

CFL FOOTBALL

The Free Press editor last week mentioned the frustration of being a quarterback. Don Jonas who has proved in past seasons that he is a first rate quarterback has had a very trying year to date. Last year the Blue Bombers had an experienced backfield, and Jonas had a chance to get to know each of his player's capabilities. So far this year they haven't had the same backfield for more than one game. Football is a team game demanding sacrifice and discipline. You have to think and to know the player next to you so you can help him if the need arises, and until the team works together as a unit there will be many mistakes. The mistakes the majority of the fans see are blamed on the quarterback, a guard pulls the wrong way; a receiver makes an imprecise cut, mental mistakes all contributed to the winning or losing of a game. High level of efficiency in the early season is not attained too often and I am sure that the Bombers under the leadership of Don Jonas, who has a great deal of pride will succeed in bringing the Bombers to a play off birth in the Western Division.

On the 9th August the Bombers played Calgary in Winnipeg and proved that we have one of the best defences in the country, time and time again the defence broke through the Calgary offence and dropped Peter Liske for a loss. The Bomber offence with the help of the Defence put 30 points on the score board which showed they were coming together as a team. However, it was a costly game for the Bombers as they lost two good Canadians, likely for the remainder of the season, Tom Walker and Ray Watrin.

On the 15th August the Bombers played in Calgary and lost. In the first few minutes of the game Calgary scored on a Bomber fumble. Lee Fobbs, playing fullback for the first time showed good potential for the future. Once Don Jonas and Fobbs have worked together they will prove an excellent combination. Jim Lindsey the Calgary backup quarterback who took over from Peter Liske in the fourth quarter caught the Winnipeg defence off guard, the outside linebackers Potter and Kuhn didn't adjust to stop Lindsey's roll outs in time to keep him from going a total of 66 yards on the ground.

The game between Toronto and Montreal which was seen in Winnipeg on the French Channel was a sea saw battle until the closing whistle. Mira the Montreal quarterback was injured in the early minutes of the game and was replaced by Jim Jones, who handled the

team with a great deal of poise. Toronto won the game by a margin of one point to remain the only unbeaten team in the CFL as of 22nd August.

Regina won their game over Ottawa Roughriders on Monday the 21st August to retain the top position in the West.

FASTBALL

The Colonels, a fast ball team in Winnipeg have completed the regular season and have won a berth in the play offs. The Colonels won a double header from the Calgary Braves over the week end, and now have a commanding 3-1 lead in the best of nine Western Major Fastball League finals. The Colonels returned home to complete the series at Charlie Krupp Memorial Stadium on the 25th August.

RACING (Harness Racing)

The Assiniboia Downs have enjoyed one of their best seasons at the pari-mutuels despite the fact they have eliminated ladies day, which was a free day every Friday for the ladies, and have also discontinued free passes for senior citizens. The Downs for two weeks before the Standard Breds arrive on the 26 August.

SOCCER

Hungaria, won the Carling-O'Keefe cup by defeating Italinter 3-2 in the final soccer game at Alexander Park before one of its largest crowds, advancing into the finals against Saskatchewan and Alberta. The Saskatchewan team was eliminated and the Alberta team represented by Calgary Springer Kickers won in a sudden death play off with Manitoba. Calgary won by a score of 2-0 and will now advance from the prairie region into the Challenge Cup finals which will be played in St. John's Newfoundland over the Labour day week end.

HOCKEY

Ben Haskin owner of the Winnipeg Jets has been awarded a gold watch by Sporting News Magazine as hockey's executive of the year.

Ted Hargreaves (who plays left wing) has joined the Winnipeg Jets for a try-out. He is the second player who played with Canada's National Team (the team Father David Bauer put together to represent Canada) to join the Jets. The other member is Ken Stephenson who plays defence.

Ralph Backstrom has jumped to the WHA from the Chicago Black Hawks to play centre with the Chicago Cougars where Pat Stapleton is now a playing coach.

Avionics Intersection Champs



CPL JOHN MILLER, team captain, receives the Intersection Fastball trophy from Maj Cantlon, Base Operations Officer. Team members are (from left to right): Cpl Roger Dave Rowe, Cpl Art Crabbe, Cpl Jack Stewart, Cpl Val Jeffery, Cpl John Choptain, Pte Rick Collins.

Base Photo

Recently the Avionics Section were crowned the new Intersection Fastball Champions for the 1973 season. Avionics, along with 429 Sqn, Accounts and 733 Com Sqn had earned the right to enter the Intersection playdowns by earning one of the top four places in the standings over the regular 20-game schedule. In the semi-finals Avionics edged 429 Sqn in a hard-fought 6 to 5 thriller that went two extra innings. In the other semi-final match, 733 Com Sqn ran out of luck as they were forced to default to Accounts because of a lack of players.

In the final game Avionics really showed their power as they romped 15 to 4 over the Comptroller team. Congratulations, Avionics, on becoming the CFB Winnipeg Intersection Fastball Champions.

Flag Football

A meeting to organize an Inter-Section League will be held in the Bowling Alleys of Bldg 90 (Rec Centre) on the 30 Aug at 1430 hrs.

All teams who wish to enter please have at least two representatives at this meeting.

If any further information is required, please contact Sgt Clowes, Westwin Rec Centre, local 511.

YWCA Program

Trim & Slim Salon — a room featuring various types of exercise machines — will be available this fall for those women who prefer doing their exercise on a 'drop in' basis rather than enrolling in a formal class. For those wishing a routine, courses are conducted in Yoga, Keep Fit, Modern Gymnastics and Badminton. Gentle Gym classes are available for those who like to keep fit but like less strenuous exercises.

Registration is open to the public as of September 10th. Members have pre-registration privileges prior to this date.

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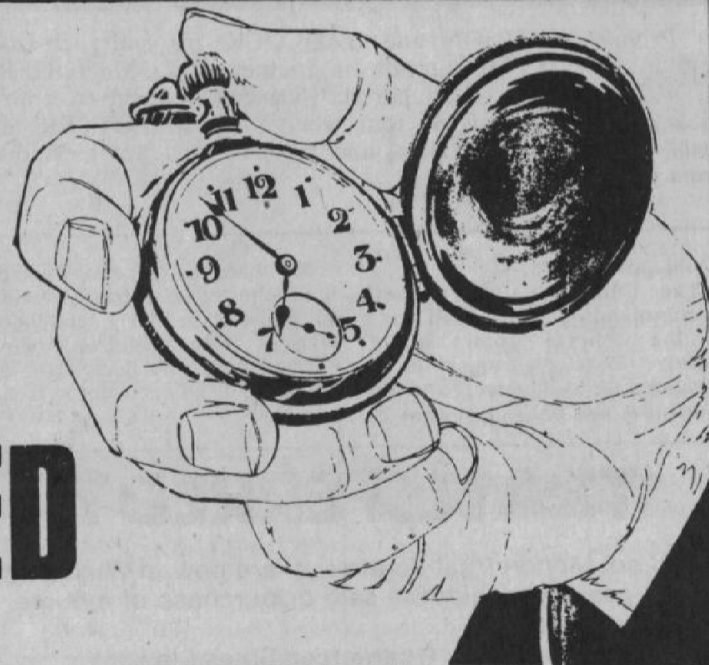
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For the Service of Mankind — by WO A. Golding

For the past year or more, most Canadian Forces Bases have formed some type of base safety and accident prevention committee that meets on a monthly basis to report on their respective and various findings. Much has been learned and many hazards and/or potential hazards danger and restrictions have been produced and placed so they may be easily seen.

At CFB Winnipeg, the BCOMD has given his full support to the BGSO in attaining all essential recommended goals for all out safety, plus the fact that as each day passes, more and more servicemen in their own personal desire for safety have made observations and/or recommendations, then forwarded same through the proper channels to help eliminate a possible or potential hazard. Actually, we can truthfully say that the majority of personnel are pretty well safety conscious and will proceed to the outer limits to ensure there is no need for an accident, pain, injury, loss of time, etc., and let's not forget about noxious fumes, strange liquids, and other things that may be innocently inhaled, ingested, or accidentally may get on the skin.

We note with high regard that

the Canadian Department of Labour have already released their first in a series of subjective magazines, simply entitled "Safety Perspective Sécurité".

The first issue contained numerous photos of the great many varieties of business, manufacturers, trades, freighting, highways, airways, waterways, etc., where numerous accidents and/or incidents happen almost daily. Some of the interesting articles were entitled: "Accidents — How They Are Caused," "Tech Facts," "Unsafe Acts," "New Films," "Review of Current Literature," and "Safety Legislation."

The Canada Department of Labour, Accident Prevention and Compensation Branch, through its contacts with many national and international safety organizations (which include our military machine), has access to a wide variety of usual safety information which it will pass on to the readers of "Safety Perspective Sécurité."

Always be aware and prepared. Remember a healthy, useful and productive body is better than gold, even though gold at the present time is constantly being referred to as the most valuable commodity in the world.

studio 22

Once again the theatre season begins for your Base Drama Club — Studio 22. This year, transfers have cut into our membership and left Studio 22 looking for aspiring actors, directors and behind the scene help. For those who are inexperienced at the theatre, Studio 22 will be conducting workshops during which you might try your hand at anything from set designs and construction to acting. For those steeped in the way of the theatre, Studio 22 offers an opportunity to use your talents and to share your theatrical experience with one of the more active amateur theatre groups in Winnipeg.

At 8:00 p.m. 10 September, Studio 22 (Bldg. 22) will be holding a General Club Meeting. The doors will be open to all past or potential limelighters wishing to join the Club. For further information, contact Bob Ross, Local 271.

Next Issue deadline 5 Sept., 1973

Golf Tourney

The Canadian Armed Forces Clear Lake Golf Tournament will be held at Clear Lake 8 and 9 September, 1973.

Entry Fees for Base subsidized service personnel, \$10.00; For non-subsidized personnel, \$11.00; Civilian guests, \$12.00.

Entry Forms may be obtained at the Rec Centre. Entry Fees must accompany entry. Scratch scores are requested to facilitate first day tee-off line ups.

DEADLINE: All entries are required by 5 September, 1973.

Reservations for accommodations may be made at any one of the following sources: Doners Lodge, 848-2404; Johnsons Cabins, 848-2524.

For further information call the Rec Centre at local 511.

Cycle Safety

Consumers' Association of Canada reminds cycling enthusiasts that they are governed by the same rules and regulations that apply to motor vehicles. Cyclists involved in traffic accidents may be charged if they are found to have broken the law. CAC national headquarters is located at 100 Gloucester Street, Ottawa.

A warm welcome awaits you at

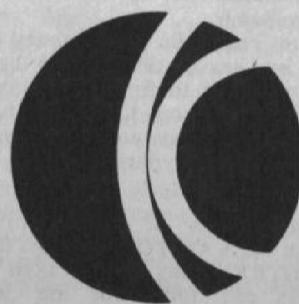
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LAUGHING AT OURSELVES



by John Semeniuk

SEA SAUCE (?): An old Salt (No, mother, I don't mean the table variety — it's the navy's way of referring to a sea type with lots of seniority) was driving down a very long desolate highway. He finally arrived at a gas station which advertised that this was the last chance to get gas for the next 350 miles; hence he stopped and asked the attendant to fill it up. After the car had been filled, the gas station attendant asked the sailor if he'd like a drink. Knowing that this particular part of the country was notorious for moonshine which often caused blindness, the thirsty seaman regretfully declined. Much to the sailor's amazement, the man from the gas station pulled a gun and ordered him to drink from the jug. The Salt (whose stomach was conditioned to the strongest booze) took a drink from the jug, coughed, and with tears coming from his eyes, exclaimed, "God that's awful stuff!" "You're so right, son", replied his forceful host, "Now hold the gun on me whilst I drink!"

PRINCE OF WAILS: After bursting into the boss's office, the young man hastily exclaimed, "I'll have to have a raise, Sir, there are three companies after me!" Obviously impressed, his employer asked, "What three, may I ask?" "Hydro, gas, and telephone", was the reply.

SLOGAN FOR PLANNED PARENTHOOD: "Avoid Home Accidents".

CAUSTIC COMMENT: If you tell a person there are 300 billion stars in the universe, he'll believe you. But if you tell him that a bench has just been painted, he has to touch it to be sure.

CREATURE FEATURE: After eating a bull, a lion felt so good that he roared and roared. Hearing the lion roaring, a hunter located it, and killed it. Moral: When you are full of bull, keep your mouth shut!

TERSE VERSE: After God's plan made a hopeful beginning But man spoiled his chances by sinning We trust that the story Will end in God's glory But, at present, the other side's winning.

DAFFY DEFINITIONS: Low Yield Atomic Bomb: "Military version of being a little bit pregnant".

Fat Person: "Someone who has a hand to mouth disease".
Oldest Birth Control Device: "Wife pretends she's sleeping".
Time Saver: "Love at first sight".

THE OLD MASTER PAINTER: "A hundred dollars? That's outrageous, I wouldn't pay Michelangelo that price to paint my garage!", exclaimed an angry housewife. "Listen lady, if he does the job for any less, we'll picket the place!", retorted the painter.

HUMOROUS EPITAPHS

Headstone of a famous defense lawyer: "The defense rests".

Headstone of a blotto: "I thought that last drink tasted funny".

Headstone of a dentist: "Stranger, approach these bones with gravity, old Doc has filled his last cavity".

Headstone of a musician: "Gone in search of the lost cord".

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Voxair Variety

by John London

So you want to be an actor? A director? A producer? A set designer? A stage-hand? A call-boy? A call-girl? A script girl? Well, there will be several opportunities for learning the theatrical trade open to you in the next few months. Firstly, the Base Drama Club, STUDIO 22, is always looking for potential talent, and they will be glad to give you on-job training. Full details are in an article elsewhere in this issue. September 10th is the date of their next meeting.

For a more formal training there are courses offered by the two Universities and Red River Community College. Two other agencies, not called schools, are offering training under the title of "workshops". ACTORS' SHOWCASE, which begins operations in September, will be teaching improvisation, mime, movement and acting techniques. Each workshop lasts for 15 weeks, and is open to people of all ages, presumably even babes in arms. Further details can be obtained from Actors' Showcase, 322 Smith Street, Winnipeg, R3B 2H1.

The MANITOBA THEATRE WORKSHOP replaces the former MTC School, and also offers classes in mime, improvisation and production. It operates weekday classes, and for those who cannot attend these, separate weekend courses. Students are accepted from the age of nine and upwards, and the classes begin in October. Registrations are now being

accepted, and information can be obtained by phoning 943-5227.

The ROYAL WINNIPEG BALLET is planning an exciting and ambitious season this winter. Their September opening will star Dame Margot Fonteyn, who is still considered by many to be the finest ballerina in the world. Later programs will include numbers choreographed by such famous names as Agnes de Mille, the grande dame of American ballet, John Neumeier, the German-U.S. whiz kid, and Allan Lund, considered to be the outstanding Canadian director/choreographer. These are to be premiere performances for Western Canada, while Mr. Lund's show will be the world premiere of *Johnny Belinda*, to be based on the film of the same name.

The National Ballet of Canada will appear in a guest shot with a full length classical production, and at Christmas there is to be a repeat performance of the sell-out hit *Nutcracker*.

You really do save money if you buy season tickets, and they are difficult to find in September. So if you like relaxing, relatively cheap entertainment, arrange to buy your seats soon.

Big news is forthcoming from the MANITOBA THEATRE CENTRE. They have called a press conference for the day after our Voxair deadline, and the results will be relayed to you in the next issue.

Human Behaviour & Safety

(By M. H. Patriquin)

When accidents occur, the human element emerges as an important factor. Working with individual employees, therefore, can reward the safety supervisor in accident reduction.

"Therefore we have to understand the human being in the world of work. To work effectively with people one must understand them. In order to gain such understanding, it is necessary to examine those factors making up the individual personality which set one individual apart from all others. Certainly, too, this exploration must find factors which are common to all and upon which the safety supervisor and the foreman can capitalize to promote safe conduct on the part of all workers. The basic question needing an answer is "What forces in people can be utilized to make the safety

program effective?" In seeking an answer one must consider the individual as he is now. However, one cannot escape the fact that the individual as he exists today is a product of long development from birth. People are not all cast from the same mold. And to gain complete understanding would require detailed knowledge of the background of the individual. The person most likely to know and understand the employee is or should be the foreman. The safety supervisor should, therefore, if he can, ensure that every foreman has a working knowledge of human relations and can use this knowledge to good advantage.

Much of the success of a safety program depends upon its acceptance by the people

See SAFETY Column 4 Page 12

Gurkha

Continued from Page 1

local (Nepal) standards of living, on their retirement from the army of their choice.

"Some time ago it became apparent that the United Kingdom could no longer afford to continue the post-WW II scale of army commitments and garrisons east of Suez, and this decision led to a sharp reduction in the number of Gurkha battalions the British Army could maintain.

"Because the British government is tied by terms of service and rates of pay agreed upon with the government of India, many Gurkha soldiers are now being released with service too short, and rates of pay too low, to earn an adequate pension. Their own welfare fund no longer covers the scale of assistance needed.

"In Canada, apart from servicemen and veterans, our people at large know little of the Gurkhas and Nepal, but we do subscribe to the principle of helping under-developed countries. None of these is more deserving than the tiny kingdom of Nepal, whose soldiers have given outstanding service to the Crown for nearly a century and a half.

"We are depending upon a large number of small donations, rather than big donations from corporations. But if every serviceman and woman and veteran in Canada would contribute even one dollar, we could very quickly reach our target."

The Brigade of Gurkhas (from a story by Brian Mullaly)

Subjects of the independent mountain kingdom of Nepal, lying along the northern borders of India and extending from the plains of the Ganges Valley to the eternal snows of the mighty Himalayas, the Gurkhas served in the Indian Army as mercenaries. Gurkhas were first enlisted in the Indian Army in 1815, immediately after the conclusion of the Nepal War. Originally formed into irregular corps in the service of the East India Company, the Gurkhas, by reason of their outstanding bravery and soldierly qualities, were much sought after, and the government of Nepal agreed to their enlistment in increasing numbers until, in 1908, there were ten Gurkha regiments of two battalions each in the Indian Army List, forming a separate Gurkha Line which was the corps d'élite of the Indian Army. When partition split the old Indian Army into two, India and Pakistan, it was possible to arrange with the King of Nepal for the retention of four regiments of the old Gurkha Brigade of the Indian Army in the service of the British Crown.

The Gurkha's invincible cheerfulness in the face of all adversities, and his enormous sense of fun are among his most endearing qualities. His natural affinity with the Highlander of Scotland led from the first to the closest friendship between Scottish and Gurkha regiments, and a happy

outcome of this friendship has been the adoption of the Scottish bagpipe by Gurkha regiments, in the playing of which they have attained extraordinary skill under the enthusiastic tuition of their Scottish friends.

Canadians who fought in the Italian campaign in World War II will remember the interesting variety of nationalities which went to make up the polyglot 8th Army, and carried away many happy memories of their comrades in arms of other races.

Few were more popular than the stocky little warriors of the Gurkha Lorried Brigade, whom the First Canadian Armoured Division met for the first time in the battle of the Passano Ridge.

Although the Gurkhas served valiantly in the European Campaign, they reached their greatest glory in the campaign against the Japanese in Burma. Here the conditions of jungle and mountain were ideally suited to the temperament and natural aptitudes of the Gurkha and he was soon the master of the Japanese in the stealthy stalk and deadly pounce of the jungle patrol.

Eight battalions of these wonderful fighters served in the post-war Regular British Army and a Brigade of Gurkhas spearheaded the fight against the Communists in Malaya.

Canadian Programme

During World War II, Major McManus, who now resides in Winnipeg, served with the 4th Prince of Wales' Own Gurkha Rifles. He outlined some of the main features of the Gurkha Welfare Appeal programme in Canada:

"With the generous assistance of the Royal Canadian Legion, the Appeal is being brought to the attention of all of its members. Already a steady flow of donations is being received. The national press and TV media have been sympathetic and helpful, and our message has been relayed to a large section of the general public.

"The Pipes and Drums of 10th Princess Mary's Own Gurkha Rifles are now in Toronto, participating in the Canadian National Exhibition. Accompanying the 10 GR Pipes and Drums is the Truncheon Party of the 2nd King Edward VII's Own Gurkha Rifles. The Truncheon is, to 2nd Gurkhas, the equivalent of the Colours.

The Gurkha contingent led the annual Warrior's Day Parade in Toronto on 18 August, and the salute for that parade was taken by Field Marshal Lord Harding of Petherton, GCB, CBE, DSO, MC, the Chairman of the International Gurkha Welfare Appeal. The Gurkhas are performing retreat ceremonies in and around the Toronto area until they leave Canada on 4 September. However, they have a daily commitment to appear at the Canadian Armed Forces Display Stand at CNE until 2 September. Gurkha pipers and drummers are generally acknowledged to be among the best in the world. It is hoped that the general public attending CNE will donate generously

to the Appeal, having actually seen Gurkhas perform and having had their needs explained by volunteers (all former officers of the Brigade of Gurkhas) who will man an Appeal stall at CNE.

"A programme of soliciting donations will continue in the press, on TV and by direct contact with service and ex-service clubs and associations, until April next year, by which date we hope to achieve our target of \$100,000. We are prepared to provide speakers for the organizers of meetings and banquets; we have some interesting film and slide presentations, and between all of us on the National Committee, we have a certain fund of public speaking talent and experience."

Major McManus pointed out that contacts between Gurkhas and Canadian servicemen were not restricted to the Army only: "Canadians who served with RCAF squadrons in Burma, and Canadians who served with the RAF in Africa, Burma and Italy, had many contacts with Gurkhas. Indeed, the RCAF India/Burma Association is actively supporting the appeal. Furthermore, those members of the Royal Canadian Navy who served in Far Eastern waters, particularly in the area of Java in 1945, were closely associated with Gurkhas in some operations. We hope that these associations will not be forgotten, and that serving and ex-service members will contribute to our Appeal. A large number of small donations will do the job. Let me put it this way — it's just the same as buying a drink for Johnny Gurkha, but put the money in an envelope and send it to Appeal HQ in Toronto. Use the donation form in order that your contribution can be properly recorded, but, failing that, a dollar or two with your name and address will be quite sufficient and will be most gratefully accepted." Please address all inquiries to:

Major MLJ Burke, CD
The Gurkha Welfare Appeal
7 Tanager Avenue
Toronto, M4G 3P9



All correspondence and contributions should be sent to:
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...from the diary of a mod housewife

by R. Kay

NEW COLOR SCHEME

At last I have done it: I have gone all out and colour-coordinated our bathroom towels! Big deal? All right, who has ever seen — I mean in real life — that elegant yet so casual-looking effect of colour-co-ordinated bathroom appointments in glossy magazine ads or store displays? perhaps this never bothers most people, but it has bothered me for about 19 years. Why doesn't my bathroom look gloriously matched and mod?

The answer is, of course, that I, like everybody else, still have all sorts of perfectly good, serviceable towels — most of them, alas, totally unmatched. They have been accumulated and collected over the years as well-meant gifts, bought in sales haphazardly and so on. So I was stuck, and while I could live with this minor discontent most of the time, the temptation was always there.

Then a neighbourhood gas station was giving bath towels away as a promotional gimmick. I got a pair. Rather nice stripes in various shades of green. Why not 'build' on that? There was a sale in town. They had matching green solids. Also others. One can't just have one colour. Be daring: purple? blue? mauve? stripes thereof? Why not? And we also need hand towels, and face cloths, to match.

I proceeded to lay out my display on one of the shelves in the store and tried out different combinations. Out of the corner of my eye I thought I saw a clerk's wondering looks. But by the time she decided to saunter over to ask if she could help me, I was already in a mad, colour-intoxicated state and beyond help. "I'll take these," I said.

"All these?"

"Yes, all these."

"Will that be cash or charge?"

What do you think — by now? And in the back of my mind the 'way out': "I can always take some of them back tomorrow, claim they weren't quite right or something . . .". Then, on the way home, explanations and reasons being thought up, and one by one discarded, except this one: "The devil made me do it."

Upon returning home, I encountered a certain amount of, shall we say, astonishment . . .

Later I arranged my beauties in various piles, neatly folded or casually draped. They looked deliciously luxurious, chic and immensely co-ordinable: the green-striped with the plain green, the plain mauve with the plain green, the blue-purple-mauve with either the purple or the mauve, and the mauve with the . . . one could go mad trying all the possible combinations.

It's a great feeling, however, to have at last done it.

Now, of course, we had to have a matching wall-to-wall carpet

in that bathroom. But that is quite another story. Perhaps I'll tell it some other time.

(In case you wonder about all the 'old' towels: some of them were shipped to a needy son, the others are stashed in the back of the closet. They might 'come in handy' some day.)

FROM THE KAY KITCHEN . . .

I like trying out new recipes, and sometimes I come across one that, in my opinion, is worth sharing with other enthusiastic cooks. I am planning to pass these on to Voxair readers, sometimes with my own variations.

Here is one that is quick to prepare. I found it in a diet cookbook (a diet chef might be rather upset about my variations or the things I serve with it). But it is very good simply the way it is. This dish has the advantage of using flank steak, one of the less expensive cuts of beef on the market. Although many meat sections feature it, few people seem to buy it, mainly, I suppose, because they don't know how to prepare it. Here is one way.

Flank Steak Rolls

- 1 lb. flank steak, trimmed of visible fat and pounded flat
 - 2 thin slices of cooked ham, all visible fat removed
 - 3 tablespoons chili sauce
 - 1 teaspoon Worcestershire sauce
 - 1 tablespoon bouillon (cubes or 'in-a-mug')
- Have meat at room temperature a while before you start to prepare this. Place ham slices on pounded steak, then brush with some of the sauce made up from the chili and Worcestershire sauces and bouillon. Roll up meat, fasten with toothpicks and cut into 1- to 1½-inch segments. Brush liberally on all sides with sauce. Place on cookie sheet or in muffin tins and place on rack in preheated broiler about 4 inches from heat. Broil for 5 minutes. Turn rolls and brush exposed surfaces with sauce. Broil 5 minutes more. (If made according to this, one of four portions contains only 240 calories.)

I have made this with variations: To begin with, I use 1½ lb. for three or four people. Instead of the prescribed sauce, I brush the meat with mustard before rolling up, and I use more and fatter ham sometimes. Then brush it with any rich, delicious sauce for broiling. Or just ketchup. (You can use your favourite barbecue sauce.) Serve the rolls with french fries and a salad or vegetables. Naturally, I can't give you a calorie count on all that.

Hint on how to beat inflation: instead of mixing your martinis three parts gin and one part vermouth, try them fifty fifty!

CWO Patriquin Retires to Coast



CWO MH PATRIQUIN (left) is pictured at a luncheon held in his honour at the Warrant Officers' and Sergeants' Mess at CFB Winnipeg. An antique clock was pres-

ented on behalf of the WOs' and Sgts' Mess to CWO Patriquin by Major FJ Murphy the Base Construction Engineering Officer. **Base Photo**

On Friday, 10 Aug. 73, the Officers and Supervisors of the Base' Construction Engineering Section of CFB Winnipeg, honoured CWO PATRIQUIN at a luncheon in the WOs' and Sgts' Mess on the occasion of his retirement from the Canadian Forces after 35 years, 6 months service. Lt. Col Shade congratulated the Chief on his long and dedicated service and thanked him for his co-operation while stationed at Winnipeg.

CWO Patriquin commenced his

career in 1938 with the Royal Canadian Engineers in Halifax, and in 1940 went overseas and saw action with the First Brigade in France during that year. Next came Sicily in July 1943 and Italy later the same year. While in Italy, CWO Patriquin was awarded the Military Medal, and was invested at Buckingham Palace by the late King George VI in 1944. At that time he was also awarded a commission in the Royal Canadian Army. On his return to

Canada in 1945 he joined the Pacific Force in Camp Aldershot, Nova Scotia for regrouping, however, the war in the Pacific ended shortly afterward. In 1946 he transferred back to the RCE and reverted to the rank of Sergeant. Since that time he has served in eight provinces in Canada, and a three-year tour with 4 CIB in Soest, Germany. Prior to his arrival in Winnipeg, he was employed as the Base Sergeant Major at CFB Rivers, and his final position at this Base involved Industrial Safety with the Base Safety Section. Along with his wife Betty they will shortly leave for Victoria, B.C., where he claims the weather is more suitable for swingers.



CORPORAL J. C. HICKS who is retiring from the Canadian Forces, is presented with the "Order of Alphonse" by Colonel C. A. LaFrance, the Base Commander. This award is given by Headquarters, Training Command in recognition of meritorious efforts in the field of vehicle safety. **Base Photo**

CPL Hicks has worked as a Safety Supervisor at Base Transport for the past 3½ years. Also present during the presentation are the Acting

Base Transportation Officer Captain S. F. Crooks (right), and the Command Vehicle Safety Officer Captain B.P. Hugo (left).

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The C.W.L. of St. George's Chapel — South site are holding the 1st meeting of the Fall session on Sunday — Sept. 2nd at 8:00 p.m. in the Lipsett Hall Lounge. All Ladies of the Parish are welcome. The past year was an active but rewarding one, so please come out and join us.

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Library Corner

Greetings again from the Base Book Worm. Our attendance at the Library is up since our signs went up but it's still not as good as in past years. Here are some new books that may arouse your interest:

First English — Lord of Dark Places by Hal Bennett, We Are Not Alone by Walter Sullivan, The Long Day Wanes by Anthony Burgess, and All Under Heaven by Pearl S. Buck. Now for some French books — Marine-Dunkerque by Cdt. Maurice Guirre, feux du ciel by Pierre Clostermann, Ernst Udet Pilote de Diable by Hans Herlin, de l'Amirauté a bikini by Henri Ballande, Dieppe: le sacrifice des canadiens by René Abautret, and Patton 1917-1918, 1941-1945.

As of 4 Sep 73 we will resume our normal winter hours. They will be 1300 to 1530 and 1800 to 2030 hours daily (Mon-Fri). So we will be open Mon to Fri evenings for the winter.

Our book exchange is doing well but still needs a shot in the arm. So check at home and bring in the ones you've read and get some fresh reading material.

Our many thanks to Cpl. Judy McLeod and Cpl Dyck for their donations of hard cover books to the library.

Drop in and see us. Remember reading can be fun — try it.

Second Clasp to CD



CHIEF WARRANT OFFICER L. R. HURL and Rear Admiral R. St. G. Stevens are pictured at Training Command Headquarters following the presentation of the second clasp to CWO Hurl's C.D. by the Commander TC.

Base Photo

CWO L. R. Hurl enlisted in May, 1940, at Military District No. 10, Fort Osborne Barracks, Winnipeg, and has served continuously since then, mostly with the Royal Canadian Army Service Corps. On arriving overseas in 1942 he was assigned to Headquarters, First Canadian Army and accompanied the unit to Northwest Europe in 1944. His post-war service has included tours of duty in London, Washington and Paris, interspersed with periods of pennance at Winnipeg, Borden and Ottawa. CWO Hurl's current assignment is with the Personnel & Administration Section, TCHQ. Looking back over 33 years, Les feels his most rewarding experience has been the opportunity to serve in four of the

world's capitals. His plans for retirement are flexible and he and the family have not yet decided where they will take up permanent residence.

Anniversary Convention

The RCAF Association will be holding their Silver Anniversary Convention at the Beausejour Hotel in Moncton, New Brunswick, Oct. 10 to 13, 1973. All Air Element of the Canadian Forces are invited to attend.

The aim of the Convention is to re-introduce the Association to those now serving in military aviation (whether they had previous service in Navy, Army or Air Force, or are recent entrants) and to emphasize the Association's achievements over the years.

Approximately 75 Forces personnel attended the Convention in Ottawa in 72. It is hoped that the additional interest embodied in the Silver Anniversary will attract more this year.

Interested personnel may contact **Maj J. R. Farnham** (local 707) for specific details regarding costs, registration, etc.

WAKEY, WAKEY, WAKEY:

The man who invented the alarm clock probably did more than any other person to arouse the working classes.

Trades Training Pays



After nearly fourteen years of service with Canadian Forces photo units, Corporal Ken Blatz, of CFB Winnipeg, is doing what many servicemen dream of doing. He is drawing upon the knowledge and experience gained from his employment in order to establish a business of his own.

Ken acquired a great deal of practical photo experience during the four years spent with units in Europe and the past five years in Winnipeg. Now, with the assistance of his wife, Glenda, he will be opening his own studio. Located in Neepawa, Manitoba, it is appropriately named "The Neepawa Studio".

Memorial Dedicated



Rear-Admiral Robert W. Timbrell, commander Maritime Command, inspects the guard of honor during the anchor memorial dedication in Point Pleasant Park, Halifax, Aug. 2. Guard commander is Capt S. C. Britton. The nine-ton anchor from the former Canadian aircraft carrier, HMCS Bonaventure, was bought and turned over to Maritime Command by the Naval Officer's Association of Canada as a memorial to Canadian servicemen who lost their lives at sea during peacetime.

(Story on Page 12)

Canadian Forces Photo

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CHALLENGE
CPL'S GAGNON AND WIECHERT Challenge any Base personnel to a series of table hockey games. For those that have the talent phone loc 448 or 307 to arrange the time and place of the matches.

30 Years' Service



Congratulations and good wishes are extended to **WO Craig G. Hall** by Major Beaudoin at a social gathering held recently to mark WO Craig's 30 years of service.
Base Photo

Representatives of the Metal Shop, Refinishing, Photo, Armament and Safety Systems sections were in attendance as Lt. Hanes (MSO) and Maj Beaudoin (BAMEO) provided a resumé of WO Hall's varied service career and presented him with a small memento in honour of the occasion.

Enlisting in Victoria, B.C., in 1943, he was posted to Saskatoon for ITS aircrew training, and later to Toronto. In 1946, he remustered to his present trade of Safety Systems and attended a course in Aylmer, Ontario. It was during this period that his picture got published in an EO Information photograph. Enlarged, courtesy of Photo Section, this picture was suitably framed and presented to WO Hall — along with many good-natured comments concerning the amount of hair an LAC was allowed while on course in

those days. Now some of the hair may be gone, but the EO and his career carry on...

Rockcliffe became his home station in 1948, and there he married his wife, Joanne. His promotion to corporal followed, and then his transfer to Claresholm. A significant year was 1954, with a transfer to St. Jeans, P.Q., his promotion to sergeant and the birth of his daughter, Linda — not necessarily in that particular order of importance.

Station Greenwood had the benefit of his services in 1958, and a year later, son Ray was born. Then a posting to Summerside where, in 1961, he received his promotion to Warrant Officer. After a tour in St. Hubert he came at last to Winnipeg in 1968 to take over the position of NCO in charge of Safety Systems and assistant MSO.

More News From The Hangar Line . . .

Congratulations to **Cpl Wayne Darlington**, of Workshops, and wife **Shirley** on their new addition to the family.

Speaking of new arrivals, Workshops welcomes **Sgt C. E. Henn**, from Comox, and refinisher **Cpl Gil Brecht**, from P.E.I.

Is it really true??? Say it ain't so!!! Rumour has it that

the Sheet Metal and Machinist people will introduce female technicians to their trades. Workshops is classed a noise hazard area, but not only on account of production: When a hand is drilled, or a hammer descends on a finger, remarks such as 'oh fudge' . . . 'gosh, that smarts' . . . and 'darn, darn, darn,' or words to that effect are very common indeed. . . .

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Concert in the Park



KILDONAN PARK in Winnipeg provides a beautiful setting for this picture of the Training Command Band.

Well, our summer holidays for this year are over, our leave following almost immediately on our return from Europe. We started right in with rehearsals for the graduation of the Air Reserve Training School who have trained at CFB Winnipeg this summer. Rehearsals are the order of the day at present as we prepare for a three-day visit to Shilo, to be quickly followed by trips to Cold Lake and Beaver Lodge. Our "biggie" for the next while will be our forthcoming special concert in Assiniboine Park beginning at 2:00 p.m. on Sunday the 16th of September. Here's your chance to hear T. C. Band fresh from its highly successful tour of Belgium, Denmark, Germany and Holland as we play a program that's sure to please everybody. Our hard working library staff have been handing out music that covers

just about any type, style and age group you can think of. From Roccoco to Rock ... it's all there!

Why not, then, drop down to Assiniboine Park on the 16th and pull up a nice cool patch of grass, relax, take your shoes off and leave the entertaining to us!

Readers of this column might want the band to play a special request at this concert. This will certainly be considered by **Capt. Terry Barnes** if those interested would like to inform him of their requests by phoning his office (Local 294) or by leaving a message with our orderly room at Local 266. We want to please YOU, the listener, and we feel that this is one of the best ways to find out what YOU want.

That's about it for this week, hope to see you on Sunday 16th at Assiniboine Park.

The New Look

The Force's magazine has been cut to 32 pages; is printed on matte paper, and now uses color on its front and back covers, and some inside photographs and illustrations.

Although change was dictated by mailing costs, Sentinel staff claim gains from the change. A speed-up in production time, because the magazine now is suited to high speed presses, gets stories quicker to the reader.

You will also notice a change in type faces, and tighter writing in the articles and the Keeping Posted department.

So, in effect, it is still the same

magazine, but in a slightly smaller and brighter package.

The first issue highlights the navy, with stories featuring the early years, war years, the present, and some of the people who were and are the material of the naval reserve in this, their 50th anniversary year.

Publication schedules have slipped a bit, according to the magazine staff, but Sentinel hopes that deadlines and delivery dates will be in line again by summer's end.

In the meantime, watch for the new Sentinel.

It's an eye-grabber.

Memorial Dedicated

Halifax — Canadian Forces personnel who lost their lives at sea in peacetime were remembered here during a nostalgic memorial dedication in Point Pleasant Park Aug. 2.

The anchor was symbolically turned over to Rear-Admiral R. W. Timbrell, commander Maritime Command, by Naval Officers Association of Canada branch president, G. H. Fitzgerald.

In his dedication Admiral Timbrell, a former commanding officer of the Bonaventure, said

many people fail to appreciate the high price frequently paid in achieving peace and prosperity in our country. He added that the memorial is a small tribute to "those who have paid the ultimate sacrifice".

Inscribed on the base are the names of the men and the year they died. Trailing from the monument is the four-ton anchor cable which at high tide is swallowed by the sea, signifying the link between the men and the ocean that claimed their lives.

More From 2 PPCLI

The month of August still finds the Battalion somewhat thin on the ground, but the pace is picking up as the summer training program draws to a close and the fall program commences. The summer with a varied one with personnel as far afield as Yellowknife — where Sgt. **DON BARGER** instructed on watermanship training, and Vernon, B.C. where the **PIONEERS** did their thing, clearing old ranges. In Shilo ROUTP training is all but over and MAJ. **LARRY DIEBEL** and staff will soon be on the ground again in Winnipeg. Also in Shilo, Capt. **BILL AIKMAN'S** pay level three crew will shortly be winding things up — some candid photos of this training should be available for the next issue of Voxair.

The fall program promises to be a hectic one, the highlight being a 10 day concentration in Shilo — at the end of which the Battalion will walk home. This, together with a variety of similar training should keep us more than occupied in the months ahead.

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Safety

Continued from Page 8

to whom it is directed. First must be considered, individual differences which is one of the ever existent problems within industry. These differences are seen constantly. Understanding the motivations of people is a must. To want something is to be motivated, but not to want something is also motivation. Another important topic needing consideration is emotion. Humans frequently act at the emotional level. While emotions can be constructive at times, they can also be destructive, working to the detriment of the individual and of the safety program involved. Emotion can overcome the intellectual processes so that an individual will not do what he knows he should do, but rather the opposite, because he feels the way he does.

Never has there been a safety device or a safety program that some human being could not disrupt or impair. The human factor is perhaps the most potent factor for success or failure of a safety program. Safety can be achieved only by working with all the people. In every area of industry the human factor must be dealt with. Each living person is an individual to some degree different from every other one. The differences are for the most part obvious, these also must be recognized, if only to the extent that their existence is acknowledged. Men, machines and materials are three of the main components of industry. They can be employed for safety. As machines and materials can be controlled, so can the human factor be guided in the interest of Accident Prevention.

Luxury Cruise

HALIFAX — Maritime Command's operational support ship **Protecteur** crossed the Arctic Circle earlier this week en route to her six-week scientific deployment in the high Arctic.

The 22,000 ton **Protecteur**, which left Halifax Aug. 6, has onboard a team of 30 scientists who have been engaged in the early phases of communication and environmental research planned for the 13,000 mile voyage.

Proving a great assistance in the research activities are **Protecteur's** Sea King helicopters which have enabled scientists to gather important data from otherwise inaccessible areas ashore. Last week they flew Drs. Dan Toews and Fred Tarasoff of Acadia University, Wolfville, N.S., into the distant reaches of Penware River, Labrador, where the biologists conducted studies of the southern range of arctic char, about which there is little scientific documentation.

The Acadia biologists are also deep into a survey of northwest Atlantic and eastern Arctic sea birds. At the request of the Canadian Wildlife Service marine ecology laboratory in Dartmouth, N.S., the scientists have so far recorded observations on fumars, greater shearwaters, kittiwakes, auks, herring and Iceland gulls.

As **Protecteur** proceeds deeper into the north, communications researchers have stepped up experimental projects. Defence Research Establishment personnel this week began studies in low light level television which may one day assist mariners to safely navigate Arctic waters.

Other environmental scientists onboard are studying a spectrum of phenomena, from ice-bergs to satellite communication.

"The bank of scientific knowledge and the experience gained by all the ship's complement during this trip", says **Protecteur's** commanding officer, Captain Dan Mainguy, "will help the Canadian Forces to meet the unique problems in the arctic".

HMCS **Protecteur** is the first Canadian Forces warship to penetrate the high arctic in over 20 years.

Old Uncle Vox was once heard to mutter

"If I had as much foresight as I have hindsight I'd be further ahead by a darn-sight."

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