

1973 United Way Campaign

Who benefits from the United Way and why are some agencies excluded? This question is reported by canvassers as the most common one asked by military and civilian staffs at CFB Winnipeg this year. To answer the second part of this question first, some agencies, which very often would qualify to be part of the United Way, hope to elicit a greater total in their own campaign than might be allocated on a share basis by the United Way Committee. That's why you may be approached on the street or in your home again for a further contribution.

Some other agencies do not qualify for membership in the United Way, either because of the nature of the organization or because of the relative social merit of their cause.

Who benefits? Well, the community at large for starters. This year 48 community-interest agencies will participate in the United Way. They are too many to list here, but they range from senior citizen assistance through a variety of health and welfare projects to children's aid and development commitments. Yes, and it includes as assist to some unwed mother-to-be.

But it's not agencies who benefit from the United Way. Have you seen any of our lonely old in the supermarket recently; do you remember the shabby ill-clothed unfortunate shivering on Portage last year; have you ever seen the stark fear in the face of an unmarried mother-to-be; do you know what its like not to have Christmas dinner?

The United Way is all about people! Give from the heart — the United Way.

Operation

NEMAIAH ROAD

Indian band residents in the Nemaiah Valley of B.C. now enjoy ready access to medical help, food and other amenities, thanks to 3 Field Squadron, Canadian Military Engineers.

Operation "Nemaiah Road," a co-operative venture by National Defence along with the Department of Indian Affairs and Northern Development, was started in 1967. The project, undertaken by the military engineers, was to build approximately 65 miles of gravelled road and construct bridges, cattle guards and culverts.

Between 1967 and 1971 the military engineers built the first 40 miles of road from the Stone Indian Reserve to the Taseko River. Also completed was a 200-foot bridge across the river.

Because of training schedules and other commitments the project was held in abeyance during 1972. However, a recce and assessment was carried out in March of that year.

Last May, Maj. A. A. Brown, Commanding Officer, 3 Field Squadron, and 55 of his men returned to the Nemaiah Valley to complete the project. Capt. B. H. Bowness, the project officer, and all hands turned in their best ef-

See Road, Col. 1, page 10.

Postair

October 10, 1973

CANADIAN FORCES BASE, WINNIPEG

Vol. 22, No. 19

Annual Inspection Confirms CFB Winnipeg Second to None



Rear Admiral R. St. G. Stephens accompanied by Maj D. Montgomery No. 1 Company Commander, LtCol I. G. Webb Parade Commander and Colonel C. A. LaFrance, Base Commander inspect personnel from CFB Winnipeg during Admiral Stephens inspection of the base.

On September 21, CFB Winnipeg was given the opportunity to demonstrate to Rear Admiral R. St. G. Stephens, Commander Training Command, that this base takes second place to none among all the bases under his command.

At 0800 hours tune for the day was set with the raising of the Training Command Commander's pennant at the base mast. The Commander arrived at the North Site main gate shortly afterward and was accompanied by the Base Commander to a parade area between Hangars 16 and 10 where a parade was formed up composed of two companies from the north

site, one from 2PPCLI and the Training Command Band.

After an inspection and march-past the Commander addressed the parade. He commended all ranks on an excellent show and spoke of the importance of unity and sense of common purpose among servicemen, and bases. RAdm Stephens stressed the need for all forces personnel to "pull together" in serving Canada's interests.

Following the parade Col LaFrance and senior base officers briefed the Commander on the various base operations in the Base Headquarters Conference Room.

During noon hour RAdm

Stephens was hosted to refreshments and lunch at the Officers' Mess. At this time Col LaFrance presented the Commander with a plaque in commemoration of the base inspection. The Base Commander then added a special touch in presenting the Commander with one half of a pair of oversized binoculars (the preferred type of visual aid in the sea element).

Following lunch a conference was held in the Base Commander's office. The results of the discussion are unknown; however, there is a confirmed rumour that Col LaFrance emerged from the meeting smiling broadly.

Next the Junior Ranks Mess was visited. The Base Commander addressed the assembled mess members and an informal "bull session" was held over refreshments.

The day's events were completed with a formal dinner dance in the Officers' Mess at which RAdm and Mrs. Stephens were hosted by Col and Mrs. LaFrance and the officers and their ladies of CFB Winnipeg.



'LAND HO!' or 'what the heck's going on over there', could be comments made by Admiral Stephens as he tries out the telescope presented to him by Colonel LaFrance following a luncheon in the Officers' Mess. In the foreground is the plaque presented to the Admiral by the Base Commander on behalf of all the personnel at CFB Winnipeg.

Base Photo

PUT OOMPH IN YOUR CAMPAIGN

CF Pensions Increased

OTTAWA (CFP) — Changes in the supplementary Retirement Benefits Act, given royal assent Sept. 14, will put more money in the pockets of retired service people and their dependents receiving pensions.

The two per cent limit on annual pension increases will be removed and increases in the Consumer Price Index since Jan. 1, 1970 will be fully reflected in the new benefits, payable after Jan. 1, 1974.

Therefore, beginning next Jan. 1., retired service people, widows and children receiving benefits under the act, are to receive substantially higher amounts.

For example, if you retired in 1973, the increase in benefits will reflect the full change in the cost-of-living index, now estimated at 6.35 per cent, instead of the former 2 per cent limit. If you retired in 1970, the increase is estimated at 18.27 per cent of basic pension, instead of 8.24 per cent. Similar increases will be paid to those who retired earlier.

The age at which retired service personnel receive the pension increase also has been reduced. Recipients now will be entitled to the increase on reaching 55 years of age with 30 or more years of pensionable service; at 56 with 29 years of pensionable service. This change is effective Jan. 1, 1973. The changes are designed to provide comparability with retired members of the Public Service.

The government will pay full costs of the pension increases for those who retired before 1970, and a portion of the cost for those who have retired since that date.

The remainder of the cost will be shared between contributors and the government. Contributions by members of the forces will be increased from the present 0.5 per cent to 1 per cent of pay, beginning Jan., 1977, in order to meet the increased costs.

Adjustments are being made as fast as possible to incorporate these amendments, so that payments may begin in January 1974.

The changes also apply to retired members of parliament, the Public Service and the RCMP.

TC Operations Conference

Mawdesly Hall, CFB Winnipeg was the scene of the annual Training Command - Prairie Region Operations conference held 12-14 September. More than sixty personnel from all parts of the country were in attendance with each Training Command base, all the bases and stations in Prairie Region, NDHQ, and other Command and Region Headquarters represented. Delegates from Esquimalt to Halifax and as far north as Yellowknife took part.

The aim of the conference was

to discuss Emergency Operations as they affect Training Command and Prairie Region in the light of Exercise WINTEX 73. The first day of the conference was a Training Command "functional" day, with the accent on Base Defence Force policy and training. The second and third days were devoted to TCHQ's regional responsibilities. Policies and plans covering peacetime situations and defence requirements were included, with presentations by the NDHQ representatives providing the latest policy guidance.

DOTS and DASHES

Calling all joggers Those Voxair readers who responded to that timely article on jogging published in our last issue; and tried to contact MWO Vic Vermaat at local 2712, but were unsuccessful, deserve an explanation as to why their efforts in this regard were frustrated.

I do not intend at this time, to discuss in detail that steps that are required in composing a newspaper for publication, sufficient to say however, that from time to time "fillers" are required to complete what would otherwise be a blank space in a column. We often use Consumer Reports or CBC information releases, Red Cross safety slogans and even the occasional joke to fill in the blank spaces and at the same time provide our readers with useful information, or in the case of a joke, hopefully a laugh.

In the case of Calling all joggers, we found in laying out page 12, the Clear Lake Golf Donors List did not take nearly the space we had anticipated. This resulted in a four inch blank, which in the best traditions of the newspaper business had to be filled. Too large a space to use the conventional fillers effectively but with minutes remaining before going to press, insufficient time to prepare new material. In desperation, other service newspapers were quickly scanned in search of a suitable article. You can imagine my relief when I found an article so well written and highly motivating as 'Calling all joggers'. Naturally, being an article of such high calibre I assumed it was a Canadian Forces Press release, and proceeded forthwith to plug the hole. Well you can just imagine my reaction when I studied the finished product in search of those monumentally embarrassing bloopers. I once wrote of, and found MWO Vic Vermaat's name and phone number in the last sentence of the article. Now if it had been on the first line, or even the second no problem, but on the last line?

MWO Vermaat is the WO i/c Rec Centre at CFB Borden, Ontario, and credit must therefore be given to the Borden Citizen for the loan of that article. Never the less, for those who read the article and were motivated by it, all is not lost. If you are interested in more information and possibly forming a

jogging club we would like to hear from you. Please call Sergeant Ted Barton at the Westwin Rec Centre, telephone local 511.

Mother Nature, forgiving as ever of man's abuses (for how much longer?) — has provided us with a most vivid and colorful autumn landscape in Manitoba this year. Weather conditions . . . frost, light winds and clear skies must have been near ideal, as I cannot recall when the countryside and Park areas were last so colorful and remained so for so long a period. By the time this is published, the trees will probably be bare, and all this a fading memory except for those, "shutter bugs" who went out and recorded it on film for the long cold months ahead. Even the most outspoken critic will have to agree, that with the exception of the long and extreme winters, the sometimes backward spring, and the often wet (and mosquito infested) summers, Manitoba has a near ideal climate.

L'alliance française à Winnipeg

L'Alliance française de Winnipeg commencera bientôt ses activités pour la saison 1973-74. On prévoit cinq réunions au cours desquelles on présentera un conférencier ou un film. On sert également le thé:

Tous ceux qui sont intéressés à faire de l'Alliance ou à assister à quelques unes de ses réunions peuvent compléter la formule ci-dessous et la retourner avant le 24 septembre. Ces formules seront transmises au secrétariat de l'Alliance qui fera parvenir de plus amples renseignements.

To: ULO — Base Headquarters

J'aimerais recevoir de plus amples renseignements au sujet des activités de l'Alliance française à Winnipeg.

Nom
 adresse

CURRENT CURRENCY

If you're wondering what in the H. . . is going on in base accounts because of clerks coming and going, then read on. The Base Comptroller has volunteered our branch an experiment in a new civy scheme called, Flexible Hours. Personnel may arrive at work between 0700-0900, have anywhere from ½ to 2 hours lunch break and quit anywhere from 1500-1730 hours. The actual working hours where the entire staff must be on the job is from 0900-1500 hours daily. So long as each member completes a 7½ working hour day, he or she may start and stop between 0700-1830 hours.

This scheme is intended for personnel who punch a clock between the usual daily working hours. Personnel on shift work or job-requirements of more than one body will not be imposed upon to entertain any such scheme.

The flexible hour system sounds good and looks fairly good, but until we spend a little time practicing the system, we cannot cast any views.

Is there a pay raise? Most

Definitely, although late and explained why through a message on 28 Sept. We can only state that the raise should be announced in the latter part of October. The raise will be retroactive 1 Oct 73, but there was definitely no hint of numeration.

Reserve force pay was pulled away to join Mobile Command as RSS Prairie Region, bldg. 16. Sgt W Marcellus, M/Cpl H Evans, Ptes G Mayert and J Goyette, pay us a visit when ever a need arises for a good laugh.

CFB Winnipeg Finance section will be hosting the 73/74 Western Financial Curling Bonselpiel from the 14 to 16 Feb 74. Curling rinks from Northern Ontario to Vancouver Island will be in attendance at both FOB and Westwin curling clubs. Last year hosts, CFB Cold Lake, extended the highest degree of western hospitality, leaving fond memories rebounding in the minds of many finance personnel.

CFB Winnipeg sponsored the bonspiel in 1970 and again no, in 74, we hope for the co-operation of Base Winnipeg. Winnipeg is the gateway to the west, so lets throw that gate wide open and introduce that western hospitality that made us great.

Two new privates joined our staff in the latter part of Sept. Donna Schaufele, a Calgary born gal, followed her airforce father across the country before leaving Trenton, Ontario to join the finance trade.

Joanne Cunningham, born in Brooks, Alberta, immigrated to Toronto where she finished her schooling before becoming a finance clerk. That brings our total to ten female personnel and seven of those are still quite single.

Base accounts are organizing a curling league, where finance and administration clerks will duel on the ice, each and every Wednesday afternoon. Regular force pay office held a cribbage tournament amongst its own staff. It took on the flavour of liber vs chauvinist. A bellicose movement that simmered to a state of sportsmanship. The men beaten out, sat back and watched Pte Terry Thurston surcome to the flamboyant pegging of the winner, Miss Florance Allard.



THIRTEEN PERSONNEL from CFB Winnipeg were awarded the Canadian Forces Decoration (CD) or clasps to the CD by the Base Commander Col CA LaFrance at a parade held recently at CFB Winnipeg.

Base Photo

The recipients, photographed following the parade are; back row L to R: Cpl J Novotny, 1st Clasp;

Sgt A H MacGillivray, 1st Clasp; WO D J Hinds, 1st Clasp; Sgt E A Vancauwenbergh, Bravery Award; Sgt A E Dayman, 1st Clasp; Sgt R P Holland, 1st Clasp; Sgt W J Camier, 1st Clasp; Cpl A E Kestirke, CD; front row L to R: Lt D W McDonald, CD; Capt G A Fox, CD; Capt V P Gerden, CD; Col CA LaFrance, Base Commander; Capt G J Forbes, CD; Capt B W Poole, CD; Capt A J Humphrey, CD.

The Canadian Forces Decoration is awarded to those personnel who have a record of good conduct and efficiency for a period of twelve completed years of service; while the clasp to the CD is awarded for each subsequent 10 years of service and is denoted by a silver rosette worn on the CD ribbon. The Bravery Award was presented for assistance rendered in disarming a defendant at Winnipeg's Public Safety Building.

A Message From The Chief of the Defence Staff

The Canadian Defence Quarterly, published since July, 1971, provides the best forum for professional military thinking currently available in this country. That it is a private, commercial venture is incidental to its value to the Canadian Forces as a vehicle for provoking thought on the profession of arms.

Military and civilian members of DND, in particular officers, are strongly urged to support the Quarterly. Such support can take many routes: subscription, submission of manuscripts for publisher's consideration, emphasis on magazine contents for discussion groups, and publicity through base and unit media, as examples.

The September issue of the CF Personnel Newsletter featured an article on the Defence Quarterly emphasizing its value to serving personnel. At the same time, this letter is also being sent to every base and unit to emphasize that one or more subscriptions to the Defence Quarterly should be regularly featured on library bookshelves.

The demises of the Canadian Army Journal and the R.C.A.F. Staff College Journal effectively ended military writing aimed at stimulating professional education until the Canadian Defence Quarterly's advent. This must not be permitted to happen again. We have an effective military journal once more and we must use it.

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published bi-monthly under the authority of the Base Commander, Colonel C.A. LaFrance, C.D.

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733 comm-ent

Another Squadron, Bar-B-Q on the 29th of Sep, and it was thoroughly enjoyed by all attending. Those steaks seem to get better each time we have a barbecue. It's interesting to see the different types of wines that appear at these functions, but I still go for the "Fun Wines", ie Fuddle Duck, Sparkling White and all the "Baby" wines.

These gatherings become smaller and smaller, what with the closing of the TRC, and FCC, but I'm sure all who got out to the last one are looking forward to the next one.

Once again we extend congratulations to Lt John Sieffert on his recent marriage, and welcome his attractive wife, Nancy, to the world of communications, and oddball communicators.

Cpl Gord Moffat, torn between getting married or attending the Sqn Bar-B-Que, decided to do

neither, and had his own party that weekend.

Overheard in the coffee room: "You could never make a technician out of an officer." Instant agreement was voiced from the Other Ranks present. (Who did you say that officer was?)

We say goodbye to CWO E. L. Peters, our "many hatted" man, and sincerely hope that CNDA will appreciate the value of getting a man of "MR. ED'S calibre. His office door was always open and his firm direction was a great benefit to all NCO's, and especially to new Sgts. His willingness to listen to new ideas, and suggestions for changes was a vast change from the Wishy-washy, don't-make-waves attitude that was all too evident when I arrived here in 1970. So, Mr. Ed, I know when you leave 733 Comm Sqn you'll carry with you best wishes from all of us. 73's from 733.

Opinions expressed by contributors do not necessarily reflect those of the Editor, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a service newspaper as specified in CFAO 57-5. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment.

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.

VOXAIR offices are located in Building 17 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

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CFANS news corner



DEPENDENTS OF ANS PERSONNEL are part of the ANS Family Day held recently. briefed prior to their familiarization flight as Base Photo

The weather was great for the recent ANS family day. After a thorough flight briefing at the school, a total of 130 dependents boarded 429's Daks for a 45 minute familiarization flight. Hardly anyone got sick. Back on the ground, all the children had a chance to tour the school and see

what Daddy does. The afternoon picnic at City Park was also very well attended. There were races and games for all ages, and lots of prizes and goodies for both winners and losers. Family Day was such a success that another is planned for next fall. Watch for it.

Complete results of the Nav Squadrons visit to Colorado Springs will not be available until the next issue. We have a partial score, however:

Alonzo T. Flicks — 4
Canadians — 0

United Way

"And by chance there came down a certain priest that way; and when he saw him, he passed by on the other side.

And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.

But a certain Samaritan, as he journeyed, came where he was; and when he saw him, he had compassion on him.

And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.

And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him, and whatsoever thou spendest more, when I come again, I will repay thee."

Will you walk by on the other side? Give from the heart — the United Way.

The 1973 Campaign at CFB Winnipeg is based on canvassers approaching individual military and civilian staff members. Inevitably, people are missed.

Every contribution counts. If you were missed, or did not contribute but now wish to do so, call Major T. W. Pollard at 330

or
Major W. J. McCullough at 567

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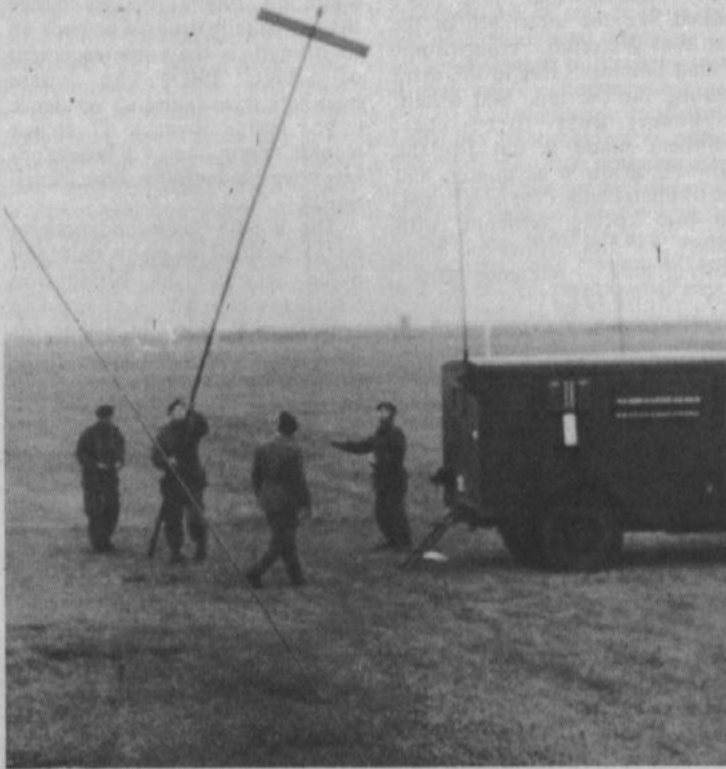
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PATRICIA REPORT



Infantry Communications Course



PTES. REECE C.E., Conam L. E., Turner F. P. and Mackay W. B. of 2 PPCLI dismantling line poles.

In modern warfare good communications are vital. In the infantry, communications are provided by the Cpls/Ptes. employed as signallers.

Signalling, like everything, has its good and bad sides. On one occasion a signaller may be working in a warm comfortable command post, and on the next be up to his waist in swamp. In addition to carrying 70 pounds of radio, weapons, ammunition, rations, and equipment is the added responsibility of maintaining constant communications regardless of the situation. Anybody who has packed a radio in jungle, mountains, or the far North quickly realizes that signallers, of necessity, must be both dedicated and professional.

In a recent pay level 4 infantry communicator course 2 PPCLI graduated nineteen new signallers for employment within the Battalion.

The scope of the course ranged from the use of manpack sets for ground to ground, and ground to air communications, the laying of telephone lines by foot and by vehicle, and command post communications by radio and field telephone.

The accompanying photos are scenes from phase two of the PL 4 Infantry Communications Course recently conducted at St. Charles Range.



PTE. COOK R. V. of HQ Coy and PTE. McKERCHER C.P. of A Coy 2 PPCLI acting as the control station in a Command Post vehicle.

Proficiency Award



Number 2701 PPCLI Cadet Corps was recently presented with a cheque for one hundred and eleven dollars from the Hamilton Gault Memorial Fund. The cheque was awarded for their proficiency during the 1972-1973 training year. Presenting the cheque to Capt. Al Yorke, Commanding Officer of the Cadet Corps is Mr. Ernie Dodd, vice president of the PPCLI association. Looking on is L. Col. Jim Allan Commanding Officer 2 PPCLI and Mr. Tom Hamm President of the Sir Sam Steele Branch of the Royal Canadian Legion. Both the second battalion PPCLI and the Sir Sam Steele Branch are co-sponsors of the Cadet Corps.



PTE. McDONALD K. G. of C Coy 2 PPCLI preparing a 25 manpack set for operation.



PTE. MOUG R. W. of B Coy 2 PPCLI training to be a base telephone operator.

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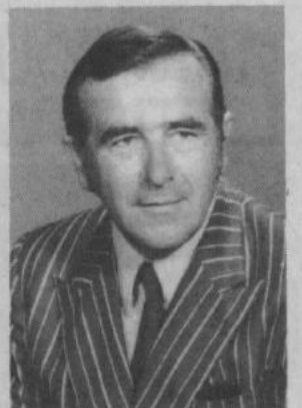
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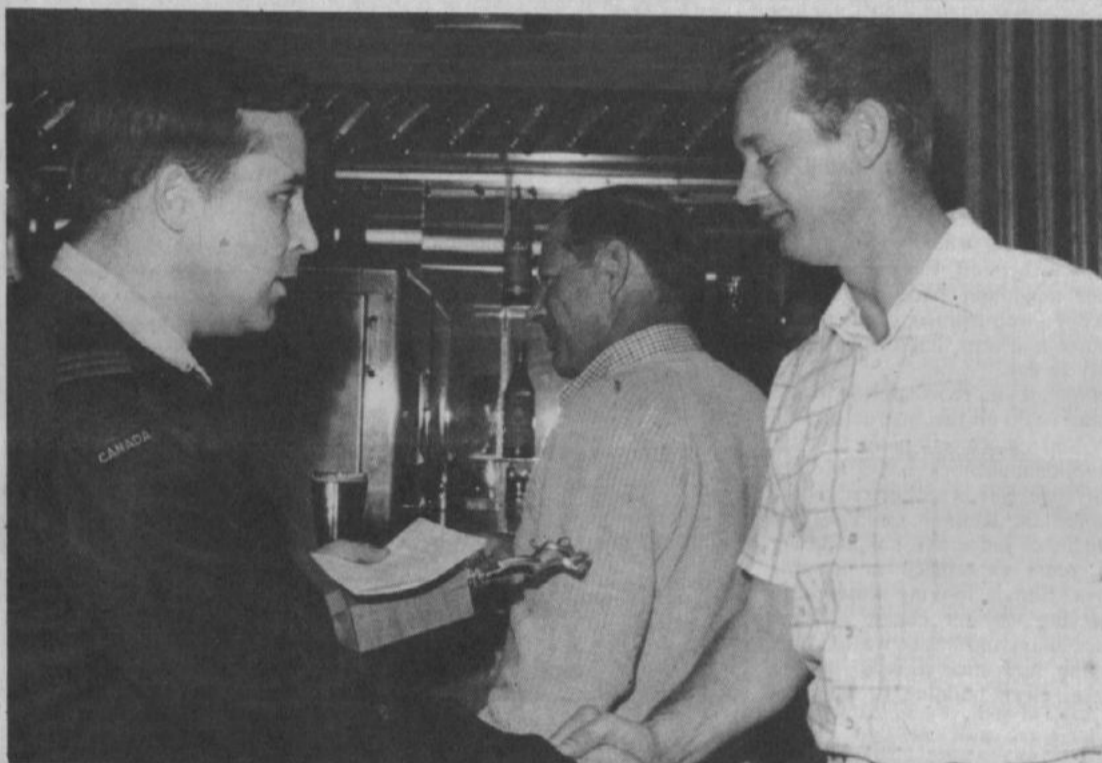
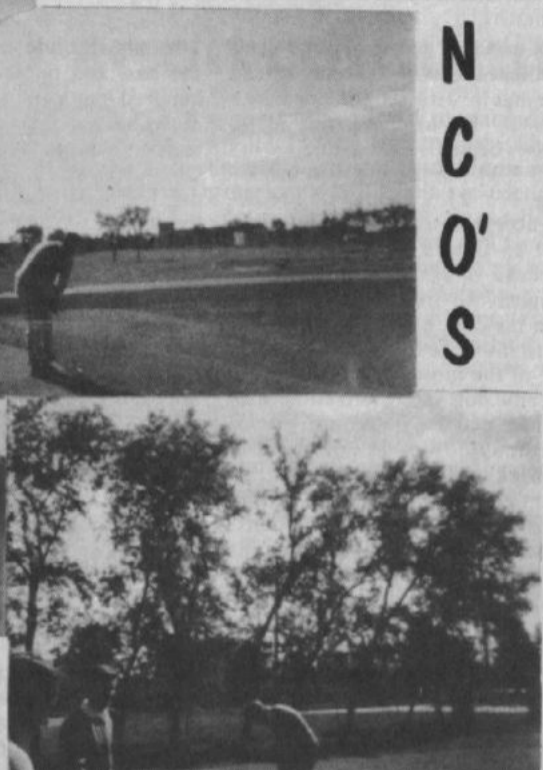
TEEING OFF



OFFICERS

N C O's

2 PPCLI



WO F. J. BIRKENS, PMC of the WO's and Sgt's Mess, being congratulated by LCol J. H. A. Allan, CO 2 PPCLI, on the Sr NCO's unexpected victory.



LT. R. M. PARSONS, Low Net Scorer on the Offrs. Team, receiving trophy from CWO J. A. Heyman, RSM 2 PPCLI.



SGT. H. J. MacPHAIL, Low Net Scorer on the Sr NCO's team, receiving trophy from LCol. J. H. A. Allan, CO 2 PPCLI.

2 PPCLI Golf Classic

Wednesday the 19th of September saw a strange host invade the wind swept greens of the Tuxedo Golf Course. It proved to be the officers and senior NCOs of 2 PPCLI preparing to "have at it", during the 2 PPCLI annual golf classic. When the slicing and hacking of the white ball had finished the Sr NCO's team had squeaked passed the Officers' team by a narrow margin, winning the tournament. Although it hasn't been substantiated there is a rumor to the effect that the RSM in conjunction with the Trg NCO arranged to have all the officer's top golfers away on course. Final scores were the Sr NCOs 718 and the Officers 862. Next year it will be the Officers turn, just as soon as the CO gets A/Capt's A. Palmer and J. Nicklaus posted in!

Westwin Hockey

WHERE ARE ALL THE HOCKEY PLAYERS? Registrations were recently held at the Community Club which resulted in approximately 70 players being registered. Out of this total, there will eventually be around 30 being transferred to AA or to other areas. In order to facilitate an economical program, we need more players. Our goal is 45 players at the minimum in the 6 to 8 year bracket, and 100 in the age groups from 9 to 13. Community Clubs are amalgamated to a certain extent above these age groups, however, they must still register with Westwin first. We know the players do exist in our area and it's no use waiting until the snow flies to get interested because, by that time it may be too late.

Registration can still be accomplished by contacting Cpl Grant Harrison at 73 Leicester Sq. preferably before 14 Oct. 73.

There is a continuing requirement for interested parents to participate in the community hockey program. Numerous vacancies exist on the executive and an opening for ice-maker needs to be filled.

Retiring

M/Cpl Skouris A. J. of the 2 PPCLI pioneer platoon is retiring this month after sixteen years of service. He began his military career in 1959 with the 1st Battalion the Canadian Guards, pioneer platoon, where he was employed for approximately 10 years. In 1970 when the Canadian Guards were deactivated M/Cpl Skouris rebadged to the PPCLI and joined the Second Battalion here in Winnipeg. M/Cpl Skouris, considered to be one of the most knowledgeable carpenters within the Canadian Armed Forces, has been a definite asset to this Battalion. His efforts are well known throughout Kapyong Barracks and the South Side PMQs.

M/Cpl Skouris intends on retiring to his home town of Hawk Junction in Northern Ontario and to establish his own house building, carpentry business.

All members of the Battalion wish both M/Cpl and Mrs. Skouris the very best of luck in the future.



SKOURIS A. J. using a radial arm saw at the Pioneer Platoon Workshop.

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Servicewomans Golf



PICTURED IS the CAF Servicewomans Championship team with Col H. E. Smale, Base Commander CFB Greenwood. L-R.: J. J. Tobias, BPERO; Jorry Lloyd; Lou Chaif; Vi Connor; Col Smale; Trudy Matchett; Ruth Heisler and Maj Bob Zinck, CPERO CFB Halifax.

The first ever CAF Servicewomans Golf Championship was captured at CFB Greenwood by a team from area one which covers bases from Winnipeg to Esquimalt.

The tournament which was termed a tremendous success by the twenty ladies who participated was held at Greenwood's new 18 hole course on Sep 20-21. Betty Hooper of CFB Borden, a fifteen year servicewoman, stated that this is a breakthrough in golf for the women in the service and thanked Base Commander Col H. E. Smale for hosting the event.

The low gross award for the best golfer in the competition went to Kenny King of CFS Shelburn, Nova Scotia. King shot a 96-94 for a thirty-six hole total of 190.

Runners-up were Vi Connor of CFB Winnipeg with a 221, Lou Chaif of CFB Edmonton with 222, Marg Brown of CFB Trenton with 230, Jorry Lloyd of Winnipeg with 232, Iris Karpanic of CFB Cornwallis with 235 and Carol Torrens of CFB St. Jeans also with 235.

The low net trophy was captured by Mary Ann Marchand of CFB Ottawa.

The area one team that won the trophy were Vi Connor, Lou Chaif, Jorry Lloyd, Trudy Matchett and Ruth Heisler.

The standings were:
 Area one — 921
 Ontario — 958
 Quebec — 1017
 Atlantic — 1020

Dog Obedience Club

The CFB Winnipeg Dog Obedience Club is forging ahead once again with its 3rd obedience class to be held on this base. Classes begin 01 Oct 73 at 2000 hrs (8:00 P.M.) in the old drill hall — Bldg. No. 21. Enrolments are being accepted each Monday night until 15 Oct 73 inclusive.

These classes are designed primarily to train the handler to train his dog, but Fido will find it worth his while to make a showing. One of the most important lessons for any dog is socialization with strange people, dogs and places. Fido may do well at home and in his backyard but what about traffic situations, crowded pedestrian areas other distressing situations? Clearly, if he is going to keep his cool he must be exposed to the situations in a controlled environment. In classes he will be confronted with other dogs of various shapes, sizes and most importantly, temperament. People are surrounding him and the noises are deafening not to mention frightening. In a few lessons he learns that the leash is his security blanket and he knows that his master is near.

I know that you've heard this all before but it does bear repeating. Dogs, like children, are a nuisance or pleasure depending only upon how they are raised. No one likes misbehaving dogs in public or private, it reflects on you and is so embarrassing when you're trying to show them off. Even if your next door neighbour hates dogs, he'll accept a well-trained, obedient dog before a tramp that comes home only to eat.

Now, if you're wondering who is going to do all this instructing, I'll say that we are very lucky to have, as resident authority, Mrs. Monica Torrence. She is authorized by the Canadian Kennel Club as an obedience judge and has had over 15 years experience in training dogs. She is looking forward to carrying another course through once again and hasn't wasted time saying how nice it is to have a large, clean building to work in.

The only absolute, unwavering rule she has, and our club agrees one hundred percent, is that all dogs must have their rabies and distemper/hepatitis shots up to date. Of course, we all know that if your dog is licensed it is all shot up (so to speak). When you come be prepared to show us proof of vaccination because you may be asked for it.

Besides our basic obedience class for amateurs we are offering assistance for people with purebred dogs who want to tackle the CKC Obedience Trials. Even though CKC bars them from licensed trails, we don't wish to slight the Heinz Variety so any of them can join us if they have their basics down pat.

At the end of this course we are awarding two trophies. One goes for the dog which scores highest in an informal trial on our last evening. The second goes to the handler who has improved most. Since the open and utility classes are populated mainly with people and dogs who have been working together for at least a year or more, the trophies are restricted to amateur class where most of pain and anguish lies.

In summary, if you're at all interested, come out. We'll welcome you and you can witness the transformation from a riotous first night to the last night which features a cool, calm, collected and self-assured class.

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Fitness — Fact and Fancy

Overeating can be beneficial because more nutrients, minerals and vitamins are then made available for the body.

Fancy: When you overeat, you put on excess weight, thereby putting extra stress on the heart and most other muscles in your body. Dr. Roy L. Walford of the UCLA School of Medicine carried out experiments with fish and rats on the subject. He found that when the animals received their full amounts of vitamins, minerals and nutrients while their calorie intake was reduced by one third, the animals lived longer — up to twice as long — and they developed 60 per cent fewer cancers.

People's Diets get healthier and more balanced the more affluent they become.

Fancy: Traditionally, affluence has meant a better diet, but according to Dr. Aaron M. Altschul of Georgetown University, "affluent malnutrition" is becoming prevalent in our western societies. Dieting to take off unwanted pounds and generally poor eating

habits have made it difficult for people to get all the required nutrients and Dr. Altschul suggests that protein supplements (from soy and other vegetable matter) should be developed to help correct this situation. Meanwhile, remember that the more money you have to spend on food, the more important it is to watch what you eat — not just how much.

Riding a stationary bicycle increases the size of the buttock area.

Fancy: This exercise is an excellent way to increase cardiovascular fitness and strengthen the front thigh muscles, but not the size of the gluteals. Muscle strength and tone will be improved in the buttock area, but not the bulk. An illusion of size increase may be given if the buttock muscles have been sagging and are then "tuned up".

Actually, this exercise may result in a slimming effect by developing the muscles at the expense of fat.

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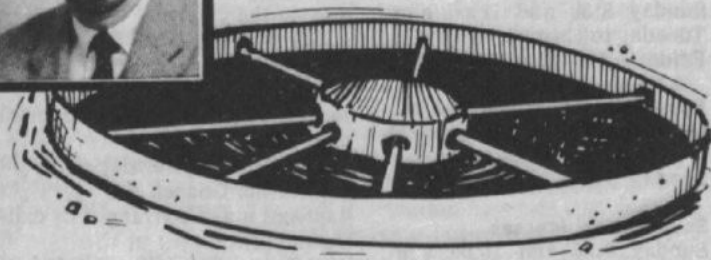
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Spinning the Sports Wheel

with John MacLEOD



As the W.H.A. heads into its second season all twelve teams have attempted to strengthen themselves with former N.H.L. stars and fuzzy-cheeked Juniors. Off the ice several clubs have made executive and coaching changes. Jack Kelly General Manager of the New England Whalers steps down as coach to make way for Ron Ryan. At Cleveland Jack Vivian becomes the new GM replacing Chuck Catto who bolted the Crusaders for St Louis of the N.H.L. The Nordiques of Quebec have added Jacques Plante as their GM and apparently Jacques will also coach. The Chicago Cougars fired Coach Marcel Pronovost at the end of last season and plucked Defenceman Pat Stapleton from their cross-town rivals the Black Hawks of the N.H.L. Pat will be the Cougars playing coach. In York the Golden Blades took on a new name and new owners with Jerry Delise becoming the General Manager. Former coach Camille Henry was retained. The Toronto Toros, formerly the Nationals of Ottawa retained all their front office personnel but took on new owners and a new location.

In the Western Division of the W.H.A. J. D. Boyd and Steve Adamski moved into the Marketing and Sales offices of the Winnipeg Jets replacing Ron Lyon, who moved on to the Vancouver Blades as Director of Marketing and Public Relations. The Blazers meanwhile packed their bags and moved to Vancouver from Philadelphia also under new owners. In the oil capital of Alberta the Oilers went back to the use of Edmonton as their official name and moved Brian Shaw over from the Junior Oil Kings to coach.

Many new faces will wear the uniforms of most W.H.A. teams this season with the most notable being the N.H.L.'s all-time leading point getter, Gordie Howe, who along with sons Mark and Marty joined the Houston Aeros organization. Others coming from the N.H.L. were Don Blackburn from Minnesota North Stars and Hugh Harris of the Buffalo Sabres who signed with New England; the Hillman brothers, Wayne and Larry have signed with the Cleveland Crusaders; Quebec Nordiques picked-up Rejean Houle and Dale Hoganson of the Montreal Canadiens and Serge Bernier from the Los Angeles Kings. Moving over to the Cougars in Chicago along with Stapleton were Ralph Backstrom and Darryl Maggs of the Black Hawks, goalie Cam Bewton of the Pittsburgh Penguins; Carl Brewer, former defensive star with several N.H.L. clubs has again come out of retirement to line up with the Toronto Toros. In New York the Golden Blades signed 21-year N.H.L. veteran defenseman Harry Howell, formerly with the Rangers and Los Angeles Kings.

In the Western Division, Los Angeles Sharks signed high scoring Marc Tardif from the Montreal Canadiens, while Minnesota Fighting Saints lured Mike Walton away from the Boston Bruins and Rick Smith from the Seals of California. These players with a sprinkling of young Junior hopefuls have strengthened the W.H.A. for what should be another successful year for this youthful professional hockey league.

Hosts Referees Seminar

On the 28, 29 and 30 September CFB Winnipeg played host to a CAHA Referees' planning seminar. The purpose of the Seminar was to group together referees and officials from across the country who had extensive backgrounds in hockey. This dedicated group would then be expected to return to their respective areas and organize similar seminars.

The CAHA, in organizing the Seminar, presented a new approach to improving the qualifications of its officials throughout Canada. Because of the success of this gathering Dr. Cec Eaves, the Development Co-ordinator for the CAHA, stated that more Seminars would be considered for the future.

There were 54 delegates on hand from the following districts: British Columbia, Alberta, Saskatchewan, Manitoba, OHA, ODHA, Thunder Bay, Maritimes, New Brunswick, Newfoundland and the Canadian Armed Forces. Representing the Armed Forces were Capt. Kruger, CFB Winnipeg, Warrant Officer Reid, CFB Calgary, Sgt Armstrong, CFB Bagotville, Sgt Leblanc, CFB London, Sgt Jollimore CFB Det DEBERT, Sgt McDougall, CFB Cornwallis, M/Cpl Bowe, CFB Chilliwack, M/Cpl Lucas, CFS Foymont, M/Cpl Quesnel, CFB Montreal and M/Cpl Oliver, CFB Ottawa.

The programme included ice sessions, classroom lectures and panel discussions. The Armed Forces were represented on the Seminar staff by M/Cpl Lucas who gave a talk on the formation of a clinic and Capt Gord Kruger who spoke on the techniques of teaching.

The classroom and support facilities were provided by CFB Winnipeg with the ice sessions being held at the nearby St James Civic Centre Arena.

The Seminar was initiated by Earle Dawson, Sports Canada representative for Manitoba and planned and organized by Dr Cec Eaves, Development Director for the CAHA. The support arrangements were handled by Capt W. Joughin, Base Physical Education Officer and Sgt H. Reti and Cpl W. Dobson of the PERI staff.

At the windup dinner the Gruen Watch Company, represented by Mr. Buddie Delabbio presented each delegate with a special referee's stop watch.

It is expected that in the future other sports co-ordinated through NDHQ will be assisted by the Armed Forces.



CHIEF WARRANT OFFICER E. J. ASHFORD was awarded the second clasp to his CD during a parade held at Training Command Headquarters recently. Making the presentation is RADM R. St. G. Stephens, Commander Training Command.

Chief Warrant Officer Ashford has 32 years service in the medical trade. Until his posting to Training Command Headquarters 13 months ago, he worked in service hospitals across Canada and overseas. He now works in the medical administration trade under the Command Surgeon of TCHQ. After 32 years of service, Chief Warrant Officer Ashford claims he is good for another four.

Base Photo

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Junior Curling Womens Sports Meeting

The curling season is here again despite the warm weather. Junior curlers are reminded they may pick up their Application Forms from either the FOB (South Site) Curling Rink or the Westwin Curling Club (North Site.) All the information on the form is important so please fill the form in completely and return it with your fee to one of the addresses on the form. There is no age limit as such except as designated on the form, however, if a prospective curler is too small to deliver a rock from one house to the other, it would be best for him/her to wait until he/she can throw a rock the full length of the playing surface. It is most discouraging to the players as well as his/her team members and may turn that person away from curling forever.

So come on Juniors, get those forms in, for after teams are made up and a schedule published, no additional entries as regular curlers will be permitted.
DON'T DELAY — DO IT NOW.

There will be a general meeting to discuss the formation of sports leagues for all servicewomen at CFB Winnipeg.

The meeting will be held on Wednesday 17 October at 1500 hours at the Base Recreation Centre.

All servicewomen are urged to attend to support their individual sports and ideas.

Happy Birthday!
Have you had your dental check?

Paper Disposal

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Voxair Variety

by John Lauder

They billed her as the "greatest ballerina in the world", and she was exactly that. Dame Margot Fonteyn, who I am proud to say belongs to my own generation, demonstrated last week that Mr. Wm. Shakespeare was right on when he said "Age cannot wither her, nor custom stale her infinite variety". Or quote a more modern playwright, "There is absolutely nothing like a Dame!"

The ROYAL WINNIPEG BALLET offered a well balanced opening presentation, mixing modern with classical, with everyone almost, but not quite, matching the performance of the two guest superstars. *Meadow Lark* was given with the usual sprightly joie de vivre and youthful exuberance which the Winnipeg Company demonstrates at all times. The modern *What to do Until the Messiah Comes* was considered by my 18 year old offspring to be the best in the show — after Dame Margot — while the premiere of *Grand Pas Espagnol* brought all the sunshine of Spain to the stage. The RWB's own *Anna Maria de Gorris* and *Sylvester Campbell* demonstrated that they could dance with the best, but really the evening belonged to Miss Fonteyn and her excellent Bavarian partner, *Heinz Bosl*. They were given three standing ovations on the opening night, all richly deserved.

The long press conference drought which I complained about last month seems to have finally ended. Prior to the opening, the imaginative PR staff of the Ballet introduced the Winnipeg working press to their two guest artists, who turned out to be just as gracious and charming off stage as they were graceful and exciting on stage.

Incidentally the Ballet is still selling season tickets until October 12th.

The MANITOBA THEATRE CENTRE is also in the season ticket business, but in addition has a more unique sale coming up on October 18th 19th and 20th. They will dispose of some 1,000 costumes from previous seasons, which cover many time periods, styles and sizes. Prices run from \$5 to \$150. Good for masquerade parties, Octoberfest, etc., or just to wear around the house. If you want to be a Roman or French emperor, or a lady or gent from any of the past four centuries, or live on the other side of Alice's Looking Glass, then get to the 8th floor of Eastons Downtown early, as they are to be sold on a first come, first served, basis.

CONTEMPORARY DANCERS will open its 1973-74 season with performances at the Playhouse Theatre on October 12 and 13.

The program will be made up of Rachel Browne's *Mighty World*, Robert Moulton's *True Believer* and *Kinetic II*, and Norman Walker's *Three Psalms*.

Mighty World is a colourful creation set to folk, gospel and prison songs of the Black American folk singer Odetta. *True Believer* an incisive dramatic work that satirizes political and religious fanaticism. *Kinetic II* a romantic duet to Rodrigo's Concerto for guitar.

The final work on the program, *Three Psalms*, is choreography that expresses a resounding affirmation of life. When it received its Canadian premiere last season it provoked some controversy because of the erotic duet in the first segment.

Tickets are at the usual outlets.

Footlight footnotes... upcoming at the Centennial Concert Hall during the next two weeks will be the one and only Libera for the balance of this week, followed by the World Adventure Tour Film "Jungle Shikar in India" on the 17th and 18th. On the 19th the Budapest Symphonic Orchestra move in, followed by the Winnipeg Symphony on the evening of the 20th and the afternoon of the 21st. They will feature pianist Estevan Sanchez as guest artist. On the evening of the 21st there is a good change of pace, with Stompin' Tom Connors doing his thing.

United Way Hazard Notice

Some 100 part-time canvassers have fanned out over CFB Winnipeg over the past two weeks as in the 1973 United Way Campaign gets into high gear. The Base has set itself a minimum goal of \$22,000.00, a fraction of the 3.5 millions required to support United Way activities in Winnipeg for 1974.

Canvassers this year are taking a low profile but direct-contact approach to the campaign. It is intended that each and every serviceman and civilian employee will be contacted personally for a donation. No pressure is being applied, and individual quotas are de-emphasized. Giving comes from the heart — the United Way.

The Hazardous Products Division of the Consumer and Corporate Affairs Dept. has advised D.N.D. that three brands of spray adhesives have been found to be potentially hazardous on a medical basis and therefore should be removed from the Canadian market by 31 Aug. 73. The three brands are:

- a. Krylon Spray Adhesive — Borden Chemicals.
- b. Scotch Brand Spray-ment — 3M.
- c. Spray Adhesive 77 — 3M.

Exposure to the fumes of these adhesives, especially in poorly ventilated areas, may lead to the fragmentation of chromosomes resulting in possible birth defects.

Chapel News

FROM THE R. C. CHAPLAIN'S OFFICE

Greetings to everyone!

The adjustments in our Chapel programme are well in effect and the reaction is encouraging.

THE FOLK MASS is taking form and will practice on Saturday after the 7:00 p.m. Mass. New-comers are invited to joining the group.

DAILY MASS on Tuesday, Wednesday and Thursday at 7:00 p.m. is a wonderful opportunity for dad, mother and children to take a leisurely stroll in the quiet of the fall evening or perhaps a drive in chill of the winter air, to break away from the house, and forget the cares of the now passing day.

MOTHERS' MASS on Friday at 9:00 a.m. Think! — how after the children are off to school, your nerves are shattered from the rush of the morning, you can pick up baby, leave the house for a half hour, go to Mass, restore your nerves, and then return to housework with renewed vigour.

THANKSGIVING WEEKEND brings many people out on the road to close cottages and gaze at the colour of the autumn leaves. May they do so with care to insure safety, and above all, let us be thankful to God for the joy we gained in last year's successes, and the wisdom we gained from our past failures.

JUST A THOUGHT ON CHRISTIAN ATTITUDES:

In the light of the Bible what should the attitude of a Christian be toward people? What should his attitude be toward things, such as property and wealth, and the power they bring? What should his attitude be toward the world, society, national and world affairs?

Every believing community should be seeking to develop more Christian attitudes all the time. They can do this by listening to Christ's Spirit speaking in the gospels, through the Church, in the cries of modern man. Each individual Christian should be following a similar plan of attitudinal growth, and sharing it with other members of his parish and civic community.

Besides listening, individuals and communities have to see the needs of the world. They cannot blind themselves to needs and events and cries, or claim these are not their affairs. And we must be careful not to fall into that old trap of loving people in Africa and being callously indifferent to people in our own area.

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North Site: Masses
Sunday 8:30 and 11:00 a.m.
Tuesday to Thursday 7:00 p.m.
Friday "Mothers Mass" 9:00 a.m.

Baptisms: by appointment
Marriages: by appointment (one month in advance)
Sunday School: 9:30 to 10:30 a.m.

South Site: Masses
Sunday 9:00 and 11:00 a.m.
Weekdays 7:30 a.m.
Sunday School 10:00 to 11:00 a.m.

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PROTESTANT NORTH SITE SERVICES

11:30 a.m. Worship
REGISTRATION is still in progress for the Sunday School. Call the Chapel office to register children. Adult teachers are needed to complete the staff.

Senior Choir Thursday at 8:00 p.m. in the Chapel.

SOUTH SITE SERVICES

10:00 a.m. Worship
11:00 a.m. Sunday School

Junior Choir Thursday at 6:00 p.m. in the Chapel.

Senior Choir Thursday at 7:30 p.m. in the Chapel.

Baptisms may be arranged by calling the office.

Weddings call the Chaplain before making firm plans regarding your wedding date.

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...from the diary of a mod housewife

by R. Kay

The Magic Room

After a long summer of walking barefoot on the beaches of Greece and the golf courses of Winnipeg, my feet felt good, but they looked as if they could do with a bit of special care. Callouses had developed in several places, and the toes and heels were dry and hard.

In Europe, everybody has a pedicure — regularly — but in Winnipeg, you can't even find a pedicurist in the yellow pages under that heading.

After I searched and investigated a bit, I found the Magic Room.

I phoned, made an appointment, and went down — 292 Kennedy, between Portage and Ellice (across from the 'Town 'n Country')

In the jargon of today, this place is something else! You walk in, there is a small cosmetic shop, and, if you have an appointment, you are directed up the stairs into a pink and orange and dusky rose dream world of frilly, pampered femininity. If that atmosphere kind of overwhelms you, wait till you find out what magic things can be done for you there.

Untidy Eyebrows

I had come for a pedicure. When I arrived upstairs, I found to my surprise that I knew the girl who runs this place: years ago we had gone to the same sauna and, at that time, she had told me that my eyebrows were much too heavy and definitely needed a lot of plucking and trimming. In fact, she had offered to take her magic tweezers to them and did. At the time, George thought that this destroyed the character of my face. I did not follow it up.

As soon as Iris saw me this time, she remembered me — by my heavy, untidy eyebrows. But I had come for a pedicure, and a pedicure I had (\$6.00).

Pedicure

My feet were soaked, massaged, scrubbed to take dry skin off, and the callouses were planed down. It felt great. Nails and cuticles were trimmed and then the question, "What colour would you like?" Colour? I just couldn't see myself with painted toe-nails, but the girl insisted that this would look gorgeous and feminine, and to do without is unheard of. So I succumbed and she painted 'rose antique' on my toe-nails, after all sorts of preparatory treatment. It looked rather pretty, although at first it was rather disconcerting to see ten little red spots wiggling about down there. Then a luxurious lotion smoothed over feet and legs for a great, pampered feeling.

Free Demonstration

When the pedicure was done, Iris still looked quizzically at my untidy eyebrows and — well, I let her do them again, after she promised not to get carried away. Then she gave me a free demonstration of facial make-up

— to show me what my face needs and where it needs it. Colours, texture, application and advice on how you can do it yourself. *Anyone can get this free make-up demonstration, by the way!*

Lash Treatments

Afterwards, I watched with fascination how one customer got her eye lashes tinted (\$3.00). The whole eye area is shielded with creams and gauze so nothing can touch the sensitive regions, and the tint itself is entirely different from hair tints, so it is completely safe. Twenty minutes later, I saw the result: beautiful dark lashes that looked like mascara or false lashes. Speaking of false lashes: in the Magic Room they can also equip you with 'permanent' lashes — a process that takes two hours and costs \$20.00. I watched one of the girls do that — one false lash is glued to each one of yours — *one at a time!* What patience and what a steady hand! It looks stunning when finished and I asked whether one can swim with them. Answer: "Well you shouldn't really!" The lady who was having them done perked up "I can't swim with them?" "Do you swim a lot?" Customer: "No I don't." These 'permanent' lashes last for up to ten weeks.

Finger-Nails to Order

As I was having my manicure (\$2.50), I watched a young woman getting her finger-nails 'built-up'. These are not false finger-nails you put on and take off. These nails are built and fashioned right on your nail. The sort of thing ideal for girls who bite their nails. This particular customer did and talked about it freely. As I watched the manicurist mix a powder plastic substance with a liquid and apply it to the nail, moulding it, smoothing it and shaping it into a beautiful sleek long finger-nail, I asked the obvious question: "Do you bite these 'new' ones too?" "No," she said — "they look so beautiful, I just couldn't." This treatment, incidentally, if you have it done from scratch for a whole set of 10, costs \$22.50. One nail, \$2.50, part of one (a repair) \$1.50. The full treatment includes a manicure.

The newest wrinkle is little flowers on your nails: they come in decals! Or if you want an 'original', one of the girls will paint a little flower or bug or ornament on one or all of your nails. Groovy. By the way, the artificial nails are tough — harder than your own nails, and you can file them just like your own.

Facials and Wax Jobs

Another specialty of the Magic Room is the facial. I got a glimpse of a woman in the special facial room — she was just getting a Vapo-Ozon steam treatment. It looked rather clinical and thorough. I was told by the esthetician and visagist that this is a very intensive procedure, what with cleaning, massage, manipulation, masks, high-frequency treatment and so forth. It takes about an hour and a half — including a thorough make-up job at the end — and costs \$8.50.

Then there is the procedure of wax hair removal. I did not see this done, but was told that it is effective and, of course, longer lasting than any shaving method. (Facial hair — \$2.00; leg wax \$7.00 for half a leg and \$11.00 for full leg; underarm — \$3.00.)

International Staff

I was impressed by the expertise of all the girls and was told that they have been trained in places like, Tokyo, New York, Manila, Ottawa, Paris and Toronto. A full course — between nine months and one year costs about one thousand dollars in fees. At the end, the girls get diplomas as estheticians, visagists, manicurists, and pedicurists.

About Beauty

Iris says that most of her customers are nice looking women to begin with, women who care about their appearance, but "there is no woman who cannot be made more beautiful". And even if you think you don't need it, it feels good to be pampered. As for me, my feet feel luxuriant, my hands look elegant, and my eyebrows are much tidier, although George still insists that my face has lost its character

PMQ Awards

Councillors of the MQ Council (South) have been keeping an eye on the lawns in their respective wards this summer. This was not to spy on anyone neglecting the grass cutting but to see who, in their opinion, was doing the best job.

They were interested in the overall appearance and not just in the number of flowers, trees or length of grass. The "Beautification Awards" were to be based on the efforts of the entire summer.

Before the frost arrived in mid September the councillors had selected the winners and passed the names to the mayor. The requests for the \$10.00 cheques have been raised and the awards should be in the hands of the winners listed below, by the time this appears in print.

- Ward One — Mrs. Legace
1826 Corydon
- Ward Two — M. Skypit
393 Kenaston
- Ward Three — Mrs. Barton
159 Blanche
- Ward Four — E. D. Razzell
1976 Corydon
- Ward Five — P. Meleck
299 Kenaston
- Ward Six — Mrs. Crawford
245 Ubique

Ladies' Guild Meeting

The Protestant Chapel Ladies' Guild will be meeting on Tuesday the 16th of October at 8 P.M. in the Westwin Chapel Annex. All ladies are invited to attend.

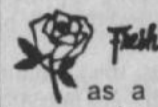
Safe Driving

Consumers' Association of Canada reminds motorists that seat belts and knowledge of first aid can save lives. Always carry a well-equipped first aid kit and blanket in your car.

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Safety '75 Sécurité

SAFETY SAM SEZ

The Base Transportation Vehicle Safety Section will be reinstating the bi-monthly column "Safety Sam Sez", which was last seen in the Voxair in 1968. Included in the column headline is the "DND Safety Target '75 Campaign Logo" chosen for the special campaign of emphasis on safety which is now being applied throughout the Department of National Defence.

Contributions to this column will be mainly from the Transportation Vehicle Safety Section with frequent reprints from other publications. Articles are certainly invited from all members of CFB Winnipeg and Lodger units - in fact articles of contention will sometimes be published for which rebuttals will be most welcome.

In order to convey thoughts of safety in general prior to settling down for another season of hard work the following article has been chosen for the first edition of this column.

WHO AM I
I am more powerful than the combined armies of the world. I have destroyed more than all the wars of the nations.

I am more deadly than bullets or missiles, and I have wrecked more homes and jobs than the mightiest siege of guns.

I waste more than \$5 billion each year in the United States alone.

I find my victims among rich and poor alike, among young and old, strong and weak.

I cast my shadows over every field of labour, professional and non-professional, in factories and offices alike.

I kill thousands of employees every year.

I lurk in unseen places and do my best work silently.

I am everywhere, on the land and sea and in the air, in the home, on the job, on the streets and highways, in every continent and country.

I breed sickness and death. I destroy, crush, maim, I give nothing, I take all.

Yet, few people make a real effort to avoid me, or even take me seriously.

I am your worst enemy.

I AM CARELESSNESS.

Do you know your road signs?



MEN WORKING NOT MANURE FOR SALE

Wagon Wheels

This is the first article outlining Base Transportation operations, and provided the editor is not deluged with hate mail, future articles will be written to inform you the reader of the support services provided by the sub-sections of Base Transportation.

Depicted are some of the equipment and personnel that keep CFB Winnipeg ramps, taxi strips, roads and parking lots clear of snow and ice during our long cold winter. The time is quickly drawing near when all this specialized equipment and the dedicated and competent NCOs and civilian operators will be busy 24 hours a day to ensure flying programs are not hindered due to snow and ice conditions,

and we all can get to work on the base roads and have a clear lot to park our cars.

The Heavy Equipment section is supervised by Sgt Langlotz; newly posted in from CFB Yellowknife. Under his supervision are four crew chiefs: Cpls Berube, Beeson, Smith, Spence and ten civilian heavy equipment operators. The heavy Equipment Section of Base Transportation is most heavily taxed during the winter with the never ending task of "Snow and Ice Control". Much credit must be given to this dedicated group of operators for the successful snow and ice control operations.

I would like to take this opportunity to remind all personnel that the clearance of roads and parking lots during the winter is in part dependant on everyone's co-operation. Periodically, signs will be posted to provide advance notice that parking lots are slated for snow removal. Your co-operation in removing your vehicle from areas so designated will assist us in our task.

The effectiveness of the snow and ice removal operations is heavily dependent on the ability of the Base Maintenance Land detachment located in Bldg 87 to keep the equipment serviceable. During the summer months when the snow removal equipment is not in use a major inspection of the equipment is carried out. The knowledge and skills of M/Cpl Nesbitt and Mr. Hunt of Base Maintenance Land are used to ensure complete operational mobility of all equipment for the winter months. In addition to mechanical maintenance, the equipment is painted as required by Mr. Owens.

Once the winter season is over, Heavy Equipment Section shifts its emphasis from Snow and Ice Control to road and grounds maintenance. The tasking is not as heavy, and advantage is taken of the summer months for personnel to take much deserved annual leave.

In closing, a word from the "Vehicle Safety Section" - **THINK SAFE.**



If fall is here, can winter be far behind? Personnel from the Heavy Equipment Section, don parkas and brave 70 temperatures to pose with recently overhauled and repainted heavy equipment that will be used at CFB Winnipeg for snow and ice control this winter. Pictured are L to R: Mr. Tycholis, Cpl Beeson, Cpl Berube, Cpl Spence, Mr. Berezowski, Cpl Smith, and Mr. White.

BASE PHOTO

Forces in Pictures

OTTAWA (CFP) — General Jacques A. Dextraze, Chief of the Defense staff, opened an exhibition of Canadian military photography at the Public Archives of Canada, Wellington Street, on Tuesday, September 11.

Entitled "Relentless Verity" the exhibition features 250 works by 13 photographers, covering Canadian forces in war and peace from the Northwest Rebellion of 1885 to modern-day U.N. peacekeeping missions.

The show has been organized by the picture division of the Archives to give recognition to the photographers, whose identity as individuals has largely been obscured.

The earliest photographs in the show are the work of amateurs James Peters (1853-1927) and Henry J. Woodside (1858-1929). World War I is covered by Canada's first official military photographer, William Rider-Rider. Other photographers represented are Burton Johnson, Ken Bell, Gilbert Milne, Harry Price, Alex. Stirton, Gerald Moses, Bill Olson, Richard Nakamura, Donald Stitt, Gordon Thomas.

Rider-Rider, Bell, Milne, Price, Stirton, Moses, Olson, Nakamura, Stitt, and Thomas attended the opening ceremonies.

The title of the display, "Relentless Verity," is taken from a review of a display of W.W.I. photographs which toured Canada in 1917. The reviewer, writing in the Ottawa Journal, commented: "There is a relentless verity about them that eats up the . . . miles between Canada and the firing line, and brings a man to see the brunt his fellows . . . are bearing." "Relentless Verity" will be on display at the Public Archives, Ottawa, until November 30. The exhibition will later tour the country, under the auspices of the Canadian Forces.



DEPARTMENT OF NATIONAL DEFENCE

Mr. William Rider-Rider, Canada's first official military photographer, recalls First World War action for Chief of Defence Staff General J. A. Dextraze and Mr. Gordon Thomas. Works of Mr. Rider-Rider and Mr. Thomas are included in the collection of 250 photographs by 13 military photographers. The exhibition entitled "Relentless Verity" portrays the Canadian Forces in action from 1885 to 1970.

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License Number 483/73

ROAD

Continued from page 1

forts. By early July they had completed the remaining 11.2 miles of road between the Taseko River and Konni Lake, a further 12 miles of road to Chilko Lake, installed culverts, cattle guards and placed timber treadways on the Taseko River bridge.

The climax to "a job well done" came July 11, when the new CO of 3 Field Squadron, Maj. J. F. Murphy, who had recently joined the squadron after service in Viet Nam, signed the handover certificate and presented it to Mr. W. I. Coplick, assistant regional engineer, representing the Department of Indian Affairs and Northern Development.

Used Car Deals

It is wiser to purchase a used car from a new car dealer rather than a used car lot, advises Consumers' Association of Canada. A new car dealer generally gives a written guarantee and has his own service shop to make any necessary repairs.

Key Safety

A security tip from Consumers' Association of Canada: keep house and car keys separate and do not attach your name and address to the key ring. It takes only a few seconds to make an impression of a standard key, while your car sits in the parking lot.



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Cadenza

By Sergeant L. Crawford

Perhaps it's the strain of being always right at the front of a band on parade that makes trombone players such a unique group of people. They really have no choice about it anyway because of the length of their slides. When stretched out to seventh position their would be just cause for some consternation from those directly in front of them should the trombonists be in a rank other than the front one! Being up front like that gives the trombone rank the opportunity of being first to do just about everything... at least as far as drill is concerned... which brings to mind a story told to me by an old buddy of mine whom I use to room with a lot during my road trips with the NORAD Band. This actually happened while he was a trombone player with a USAF band in New Mexico.

The base band was formed up, all spit and polish, for a General's parade at Holloman AFB one morning. The General and Base Commander both stood together on the dais on this particular parade as they watched the band perform its trooping of the line which was followed by a march up to the dais itself. In standard tradition the band would perform for a minute or so a few yards in front of and facing the dais then counter-march and move off to its normal parade position.

Everything went very well as they came to a stop and continued playing in front of the two high ranking officers. That is, until suddenly out of the great triple-forte sound of the forty-odd musicians playing a Sousa march, the newest member of the band, fresh out of boot camp, watched with sickening horror as his trombone slide slipped from his

nervous fingers, bounced then skidded to a stop only feet in front of the dais. Quickly the young airman looked to the NCO's playing trombone on either side of him with a look of absolute futility on his face. One of them (I can guess who) nodded frantically to the lad to go and pick the slide up. He must have looked convincingly stern enough because the kid, after only a moment's frozen hesitation, suddenly bent to a crouch, tucked the remainder of his trombone under his right arm and proceeded to hastily duckwalk towards the dais and his wayward slide. While on his ungainly way towards the startled General and Base Commander he made things even more awkward by somehow bending his trombone to his side... while at the same time reaching out as far as he could with his other hand to retrieve the slide!

Somehow he managed to get hold of the slide without falling on his face and immediately upon grasping it, he began the same duckwalk only this time in reverse, still facing the dais at the same time and still holding his trombone, slide and saluting! Once in the relative safety of his hole in the front rank he sheepishly straightened up. No sooner had he done this than, for obvious reason, the band was quickly counter-marched away from the area and taken to a position some distance away, our hero still frustratingly trying to get his slide back on his trombone.

Staff Sgt. Wolpe told me that the last glimpse he caught of the two senior officers on the dais was of both of them trying desperately to control the expressions on their faces but their shaking shoulders giving them dead away.

From the Grooves

by Mark Cyluck

When the name Tim Harden is mentioned people think of a lot of names to call him such as guitarist, songwriter, and back up guitarist. Lately Tim has been working on a new album called "Bird On a Wire," from Columbia Records (C 30551). The LP is named after the title cut written by Canada's Leonard Cohen. "Moonshine" is also a slow quiet piece in which Tim sounds closely like Cat Stevens. The background vocals are covered by the Canby Singers. "Soft Summer Breeze" has considerable blues overtones. The song also originally was cut as an alternative for "Hoboin". The new tune and lyrics were improvised in one take. Considerable attention should be paid to "Andre Johray", "If I Knew", and "Love Hymn".

Are you a nostalgist by any chance? Take a trip back to Disneyland, maybe New Orleans Square, the days of the good ol' ragtime Jazz. Remember those days? Great, weren't they? Finally as one reviewer put it, an album containing some "good-timey, cocky stuff with a brash strut all of its own" has come forth in this day and age of "crash, bang, boom" music. Through the efforts of Gunther Schuller — The New England Conservatory Ragtime ensemble has appeared on record for the first time with "Scott Joplin's The Red Back Book" (Angel S-36060). From this album come two fantastic singles called "The Cascades", and another old timer called the "Maple Leaf Rag". It is hard to really specify listening to any one in particular. All I really can say is make a trip down memory lane with the charismatic music this album has to offer.

The group EKSEPTION certainly is an exception, as their efforts on their new album "Trinity" plainly denote. (found on the Phillips label 6423-056). The first piece "Toccata" entirely took me by surprise as I heard the opening strains of J. S. Bach's Fugue in F Minor. At first I thought that someone had put the wrong record in the wrong cover, or that I was listening to Virgil Fox.

Taking another look at the album cover I assured myself that I had the right one. On this LP there is a ARP 2600 synthesizer used in the Toccata. Fantastically done. The following cut "The Peruvian Flute" using the same synthesizer, has some good jazz overtones and in places slight resemblances to Jethro Tull. All the original material is arranged and written by Rick van der Linden with the exceptions of "Romance" (taken from Romance for violin and orchestra No. 2 in F major, by Beethoven) and "Flight of the Bumble Bee" by Rimsky-Korsakov. On the track "Finale III" the members of the Dutch Chamber Orchestra are employed. "Lonely Chase" is also an exquisite selection, sounding something like material by Syrinx. A great album for both rock and classical fans.

More Bicycles

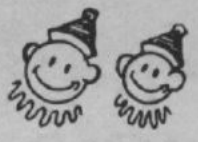
Many more youngsters are riding bicycles to school this year, according to statisticians, and that means extra care for motorists. With bicycles becoming more and more popular for increasingly younger children, drivers must be prepared for the unexpected.

Parents have been urged by police to insist that their children cross with their bicycles only where there are crosswalks or crossing guards. The highest incidence of accidents is when children attempt to cross the road at mid-block.



LAUGHING AT OURSELVES

by John Semeniuk



THE MARRY GO ROUND: An optimist showed up at the court house the other day to find out when his marriage license would expire.

SPORTIN LIFE: Immediately prior to a race, the Race Track Presiding Judge noticed one of the handlers feeding something to his horse. Suspecting the possibility of the horse being doped to produce more speed, the Judge said, "Here! Here! What are you feeding that horse?" Sheepishly, the handler replied, "I was only giving it a sugar cube." The handler produced two sugar cubes from his pocket, handed one to the Judge and stated, "See, it's only sugar." The two men ate the cubes and the Judge apparently was satisfied that all was well and departed. A few minutes later the handler briefed his jockey, "Don't let him go until you've reached the far turn, then give him his head and he'll win easily. If any one passes you, it will be the Judge and myself!"

BANNER BONER: A large sign on the church bulletin board read: "Both the north and south end of the church will be used for the baptism. Children will be baptized at both ends".

AM-SCRAM: During a social get-together, a US of A Sergeant passed on the following story. It seems that at this certain US Air Base, you entered the hospital X Ray Room through one door and departed (at the rear of the building) through another door. One day, while approximately a dozen patients waited, the Medical Officer had to administer barium (required for gastrointestinal X Rays) to the first 5 patients. After each patient entered, the Medical Officer to the X Ray Tech. for "Barium". Finally, after the fifth (and last gastrointestinal X Ray) patient had been completed, the receptionist asked the next patient to go in. "Not me!", retorted the man, "The first five guys that went in there didn't come out, and I finally figured out why. They were only in there a few minutes when somebody shouts, "Bury em!"

SAGE BRUSH WISDOM: Librarian: "I wish that I could create a best seller. 70% of the people read books." Banker: "I wish that I would have invented TV. 90% of the people watch it." Old Rancher: "I wish I'd invented toilet paper!"

Little . . . Busy . . . Bodies



THE CFB NURSERY SCHOOL, conducted in Bldg. 71 North site (Protestant Chapel) is now in full operation, providing pre-school Service dependents with a varied and stimulating program. The teachers, Liz Wilson (left) and Deb Mines are pictured with a number of the children taking part in the afternoon program. Attendance can be arranged to suit the requirements of the parents, who can enroll their child for either morning or afternoon classes for as many days of the week as required. Parents who desire more information are asked to contact Liz or Deb at 837-7156.

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offer). Slenderline Exercise bike — like
new (only 60 miles registered) — ori-
ginal price \$86.00 (make me an offer).
Phone 489-5784.

TWO END TABLES, TWO LAMPS AND
a tri-light, floor polisher. To give away
older model play pen. Call 889-0805.

TROPICAL FISH TANKS: PARTS FOR
HO gauge railroad; hot wheel sets;
lite brite; Brownie uniform size 10; Guide
uniform size 14, ladies 28" bicycle.
Phone 837-3043.

TWO SNOW TIRES, GULF H78x15,
practically like new. \$45.00. Phone 837-
2160.

TV ANTENNA AND MAST. COM-
plete with lead-in wire, ground wire,
and stand-offs. Ready for installation.
\$15.00. Call Local 223.

KENMORE DRYER; WESTINGHOUSE
fridge, 11 cu. ft., 60 lb. freezer capacity;
Electrohome TV, black and white, new
picture tube. \$75.00 each. Phone 889-
2452.

GUIDER'S UNIFORM SIZE 18, DRESS,
hat and bag. Girl Guide uniform, skirt,
blouse and hat. Cub uniform, short
pants, hat and socks. Scouters green
shirts. Phone 889-2452.

SKATES BOYS' SIZE 1 AND 6. GIRLS'
white, size 10, buckle ski boots size 5.
Girls' white outdoor roller skates, size
4. Phone 889-2452.

GUIDE UNIFORM SIZE 10, COMPLETE
\$6.00; Brownie uniform size 8, complete
\$5.00; one pr white figure skates size 4,
\$5.00. Phone 489-9741 after 5.

GIRLS' FIGURE SKATES, SIZES 12,
13, 2 and 2 1/2. \$3.00 a pair. Phone 489-
5966.

WANTED

OFFICERS AND NCOs. WINNIPEG SER-
vice Battalion has vacancies for 2 cap-
tains, 2 lieutenants, 2 warrant officers
and 5 sergeants with Regular or Militia
experience. Apply room 157, Minto Ar-
mories, Tues and Thurs 2000-2200 hrs,
or send resume to PO Box 1421, Winni-
peg 1, Man.

LADIES GREEN UNIFORM, SIZE 16
tall, blouse size 16, hat size 7½. Phone
774-2368 or leave message at 786-1678.

Classified ad rates

Voxair classified ad service is available
to everyone. Charges for this service are:
20c per agate line with a minimum charge
of \$1.00 per issue.

Service personnel or DND employees
and their dependants will be charged a flat
rate of 50c for non commercial ads which
may be reprinted upon request in up to three
consecutive issues free of charge. Notices
or lost and found ads are free. To receive
this reduced rate, payment must be in ad-
vance and accompanied by the name, local
and place of employment of the service or
DND member.

Ads must be received by the deadline
date listed on page two in clear handwritten
or typewritten form.

Voxair mailing address:
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WANTED

USED PIANO — ANY CONDITION, WILL
pay a good price. Phone 453-7514 any-
time.

WOULD LIKE TO JOIN CAR POOL TO
Red River College, Mon - Thur nights.
Live in St. James — vicinity Cavalier &
Hamilton. Phone 358 or 889-5699 after 5
P.M.

GARAGE OR ENCLOSED STORAGE
area to rent for winter storage of a boat
and trailer. Contact Capt. E. Robertson
local 639 or 489-3833.

CUB SWEATER SIZE 8 SECOND-
hand, Cub hat size small. Phone 889-
6457.

WANT TO JOIN CAR POOL GOING
to University of Manitoba. Mon and Wed
evenings. Classes from 7 - 10 P.M. Live
in the Courts of St. James. Phone Cpl
Piper at 511 or 889-2692 after 5 P.M.

BABYSITTER — 5 DAYS A WEEK,
11 A.M. - 5:30 P.M. in my home. Pay
will be discussed. Phone 837-8771 before
11:00 A.M. ask for Mrs. Marianne Dono-
van.

GRADE ONE PUPIL LIVING AT 500
Conway required ride to and from Strath-
millan School. Willing to join car pool.
Phone 888-7120.

BABYSITTER DAYS ONLY, APPLY
in person 391 Doncaster.

FOR RENT

JERO RENTALS
— Offer fully equipped
Camper Trailers with no
hidden charges. For further
information phone John at
889-4710.

**BASE EXCHANGE NEW
HOURS OF OPERATION**
10:00 - 5:30 Mon-Sat. Open till
9:30 Thurs and Fri evenings.

Patio Shop
12:00 - 2:00 Daily
10:00 - 5:30 Sat
Open 5:00 - 9:30 Thurs & Fri
evenings.

NOTICE

OPPORTUNITY TO GLIDE OR FLY
for boys 13 yrs. or older. Apply Bldg
4, Selkirk Lines, Kenaston and Grant
at 7:00 P.M., ask for Maj R. Wilson or
Capt G. Evans. Phone Capt. G. Evans
832-6674.

THE LADIES OF ST. GEORGE'S CWL
are having a Rummage Sale on October
13th at Lipsett Hall. The doors will
open at "1" o'clock. Your donations
would be most welcomed; they can be
dropped off at 376 Grenadier Dr. or
phone 489-3084 for pick-up. We ask for
your support to help make this sale a
success.

MEETING NOTICE

THERE WILL BE A MEETING IN
Bldg 23 at 7:30 P.M. on 17 Oct for Base
personnel and adult dependents inter-
ested in painting. Thereafter the art
group will meet every Wed in Bldg 23.

MQ Residents

If a Voxair news-
paper is not being
delivered to your
home advise our
Distribution Manager
at 496

**ANTI-FREEZE —
DRIVER'S HELPER**

Windshield washer anti-freeze
does more than just clean a dirty,
slush-covered windshield, says
Consumers' Association of Can-
ada. Without anti-freeze, ice will
form in the tubes and reservoir
of the windshield washer system
and can eventually damage the
equipment.

Uncle Vox Says: I am not a
hen to keep on laying eggs when
given no corn.

**ST. JAMES-ASSINIBOIA
LIONELLES**

PRESENT
FASHIONS GALORE FOR "74"
AT
ST. JAMES CIVIC CENTRE
THURSDAY, OCT. 11 AT 8:30 P.M.
DOOR PRIZES — COFFEE AND PASTRIES
\$1.50 per person — tickets available at door.

Come out and see all the exciting new fashions.

RETIRING SOON?

Are you planning on retiring from the Armed Services
in the near future? If so perhaps we may have the
answer to your next career opportunity. Lightmaster
Ltd. is now employing several retired military personnel
as Commissioned Sales Agents throughout the various
territories in Canada. We offer a selection of top quality
lighting products for Commercial, Industrial and
Municipal use. These specialized guaranteed products
are sold directly to the end user and are now being
used by dozens of Canada's foremost companies. Our
repeat business factor is over 75 percent. Your full com-
missions are paid to you each week with no investment
necessary. Our most successful sales staff are in the 40
to 55 age bracket. A local Manager would be available
to assist a self-starter who is seeking a career opportuni-
ty in the area where you would be taking up permanent
residence. If this is the type of position you are seeking
please telephone collect (416) 632-9020, Don Crossley,
or write Lightmaster Ltd., 2384 Industrial Street,
Burlington, Ontario.