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Dots and Dashes

Voxair acknowledges with thanks the continued support provided by the personnel from the **Base Photo Section** for the excellent photographic coverage of many of the events which occur daily on this Base. Without their contribution Voxair's pages would soon become very BLAH, and as a result lose much of their appeal to our readers. It's unfortunate however, that on many occasions, the personnel who request that photographic coverage be provided fail to follow through with a suitable cover story or photo outline. Submission of pictures alone without the 5 W's — Who, What, When, Where and Why are simply not suitable for publication.

Many parents will be pleased to hear that **Mr. J. Z. Friesen**, principal of the Jameswood School will be submitting articles from time to time for publication in Voxair. The articles dealing with school activities, policy and new developments in education should be of interest to all parents, but particularly those, whose children attend the Jameswood School. The first of Mr. Friesen's articles is published on page 7 of this issue of Voxair.

The response to Voxair's appeal for a French language cultural and entertainment correspondent in the October 24 edition under the heading *Calendrier Francais*, has not been overwhelming. To be more exact not a single response has been received to date. It is possible that the person who would be willing to take on the job, for one reason or another missed our appeal, so for that reason it is being repeated in this issue with the hope that a volunteer will come forward. If we are unable to obtain a correspondent who will prepare articles in the French language, articles in the English language relating to the French Canadian Cultural and Entertainment activities in St. Boniface and elsewhere (similar to John Lauders *Voxair Variety*) would be appreciated.

Sales personnel at the Canex Toyland in Building 17, state that many people seem to be taking advantage of the fine late-fall weather, and are doing their Christmas Shopping early (while stocks are still complete). The somewhat limited hours that Toyland is open will be extended shortly, but until such time that an announcement to this effect is made in early November shoppers planning to visit Toyland at hours other than 12 - 2 Monday to Friday, 5 - 9:30 Thursday and Friday night and 10 - 5:30 Saturday are advised to telephone Toyland at 889-7870 to determine if the new hours of operation are in effect.

United Way

It is extremely unfortunate that the cynicism syndrome towards the United Way appears to be gaining ground, for in spite of everything the United Way still serves a useful function.

In the material sense it does not support useful agencies and valuable services which are not assisted by other means. In the abstract or moral sense it is a way that the individual can still become personally involved in giving to his fellow man and helping the community.

For the Military person, becoming part of a community is difficult with frequent moves making it very hard to make lasting ties to any one area. For this very reason the United Way is a ready-made opportunity to participate.

The campaign for CFB Winnipeg is running behind schedule and needs a boost to put it over the top. With about 45% of the sections having reported we have achieved only 35% of our target.

May I ask that all those personnel who have been approached and signified their unwillingness to contribute — reconsider. If you change your mind and feel that you can now donate, contact your local canvasser or either of the two base co-ordinators: **Maj T. W. Pollard**, 11 Hgr Loc 330; or **Maj W. J. McCullough**, B2 LOC 567.

We will continue to accept contributions up to the 9 Nov 1973.

Remember that by giving you are not only helping the other person but you are also helping yourself.



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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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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A Message From The Base Commander

Colonel C. A. LaFrance

Our Community Council for the residents of the PMQs at the South Site has now been at work for some weeks. Already, this Council has several achievements to its credit: it has sponsored the outdoor skating rink, a teen town project and other recreational programmes. This Council serves the members of the community in many ways and particularly at Base Fund and Base Administration meetings; I may add that it is doing that very well.

The creation of a Community Council for the residents of PMQs BLHUs and MDRPs at the North Site is in progress and elections will take place during the period 26

Nov to 30 Nov 73. I urge the residents of the North Site married accommodations to participate fully in these elections and then to support their Council.

Without Community Councils, Base Headquarters staffs can only guess the wishes of the members of the community; too often, views that are forcefully expressed prevail, whether or not they represent the wishes of the majority.

I am looking forward to fruitful meetings with your Councils. The onus is on all North Site married quarters residents to participate fully in the November election as candidates and as voters.

Letters to the editor

Editor Voxair:

This letter is being written to you out of a feeling of frustration and anger.

Currently, all personnel are being encouraged to make use of the Base Recreation facilities and keep their bodies in good condition. I have been using these facilities regularly, and decided to make use of a locker to leave some gear in, so I wouldn't be carrying the same things back and forth every day. When I inquired of the recreation staff how one obtained the use of one of the lockers in the change room, I was told to simply pick any open locker and sign for it, which I did. Feeling very happy and secure, I bought a new pair of running shoes and gym shorts and left them in a locked locker in the recreation centre, which is a DND building.

Four days later, I returned to find shoes and shorts missing. I immediately reported the theft to the recreation staff, who informed me that this happens all the time and there is nothing they can do about it. I then reported the theft to the military police, who said there was nothing they could do about it either.

Is it our policy to condone this sort of thing? If, as the recreation staff said, "it happens all the time", is there nothing can be done to stop it? I always thought that

stealing was against the law. What kind of an organization will sit back while someone is stealing from a fellow member, in its own building, and do nothing about it?

The very least the recreation staff could do is warn people not to leave valuables in the lockers. That is not a very good solution, but if they can't control the stealing, then that would be just common courtesy.

And what about the military police? Maybe they couldn't track down a pair of shoes and shorts, but if this goes on all the time, surely they should be looking into it. Maybe just the fact that the MPs were investigating would make the thief (or thieves) stop and think that there may be some consequences.

In the meantime, I am out \$15.00, and have lost several days PT because I have no running shoes. So until something can be done about this situation, I would like to warn all personnel that the lockers in the Recreation Centre are not secure. Even though these lockers are DND property, which was purchased for the use of military personnel, we apparently cannot make proper use of them because we cannot control the stealing.

M. K. McPherson M/Cpl
Snag Crew 16 Hgr
(524)

Editor Voxair

MSE Safety Program — Nov 73
Daylight "Lights On" Plan

Most of you are fully aware that our accident rate has over the past few months showed an alarming increase. This increase was the direct result of many preventable accidents which occurred under rather ideal weather conditions. It is easy no doubt to be pessimistic about it and expect that the worse has got to come with the advent of adverse winter conditions. I hope however that the vast majority of you will adopt instead a very positive and optimistic attitude to prevent the further decline of our accident rate. To this end I like to enlist your fullest support in implementing, on trial basis, a driving measure during Nov 73.

This trial consists of driving during daylight hours with your headlights on to improve the visibility of your vehicle. This daylight "Lights On" program will start Thursday, 01 Nov and will continue until 30 Nov 73.

Will driving with your headlights on reduce accidents? The answer is yes and no.

Yes because however you look at it "lights" play a big part in

reducing accidents. They most certainly improve the visibility of a vehicle. Furthermore, big professional fleets such as Greyhound Bus Lines and the Port of New York Authority reports a reduction as high as 12% in accidents since implementing this program.

No, if you, the professional driver, fail to adjust your driving to meet winter's changing and hazardous conditions of roadway and visibility "lights on" will not reduce accidents unless you tailor your driving behaviour to the adverse winter driving conditions.

I am fully confident that the daylight "lights on" trail will assist us in our objective to reduce our accident rate. This increased visibility will serve to accentuate your professionalism to other users of the road and consequently make November an accident-free month. I therefore ask your fullest support in implementing this trial by driving during daylight hours with your headlights on and show increased vigilance in the months ahead.

M. W. Drapeau, Major
Base Transportation Officer
888-0116

Confligere

by Bob Purvis

"Oh Canada We Stand On Guard for Thee." Avoid verbosity. Be Brief, clear and concise. Someone at higher echelon has seen the light and authorized the removal of all that "flying billboard advertising" from the fuselage of our military aircraft. This verbosity was not always too comprehensible, particularly by pilots of foreign aircraft who on occasions has to make several passes by one of our aircraft simply to decipher what the lengthy message revealed. Now, when flying alongside port side of one of our amended aircraft you simply read "CANADA" instead of "CANADIAN ARMED FORCES," and again alongside of starboard of fuselage, you read "CANADA" vice "FORCES ARMEES CANADIENNES."

We may venture to say that our fellow NATO countries would easily identify our aircraft visually by the "Roundel" symbol alone, however, the majority of countries are readily familiar with the terminology "CANADA" (although a few of them commence the word "Canada" with a "K" rather than a "C"). There is no longer any excuse for another country's crew having to photograph our aircraft for later reading comprehension, or terminology deciphering.

How many personnel from non-aircrew or aircraft trades have ever stopped to count the great amount of words printed in small letters on a military aircraft? Some of these aircraft have close to a combination of 100 words and/or figures painted on various portions of their bodies.

Just visualize a military vehicle being adorned by all this essential, miniature-stencilled verbosity printed for and aft, port and starboard and atop. You would surely immediately associate it as being owned and driven by some sort of "hep-hippie," except of course it would be minus the peace insignia; the associated psychedelic flowers and loud colours.

If our aircraft were subjected to the great number of bumps, dents, scrapes, bash-ins, that automobiles are... just imagine the chore the body tradesmen would have straightening out the unwanted concave and — or convex contours; replacing components; the delicate task of rematching basic fuselage paint and then carefully replacing all the stenciled words and — or figures. A real challenge.

Before all aircraft have been amended, endeavour to get a last glimpse at the lengthy former wording and then the later new simplified "CANADA". Note the remarkable difference. It's a real inspiration.

Wins Award

Ottawa — First winner of the Royal Canadian Air Force Association award — the Gordon R. McGregor Memorial Trophy — is Major Daniel M. Campbell, AFC, CD, 44, of Saskatoon, now serving at CFB Summerside.

The trophy, which is expected to be presented annually "in recognition of outstanding and meritorious achievement by Canadians in the field of air transportation." Both military personnel and civilians may be nominated for it.

Maj. Campbell enlisted in the RCAF in 1948. He has been employed in the search and rescue role of Canadian Forces Air Transport Command over the past 20 years. He now serves with 413 Transport and Rescue Squadron, CFB Summerside.

Pay Increases Announced

OTTAWA — Pay increases for the Canadian Forces averaging about 6½ per cent were announced today by Defence Minister James Richardson. The increases are effective from Oct. 1 this year for most personnel.

The pay raises ensure that members of the Forces continue to receive pay comparability with public service employees and, Mr. Richardson said, recognized the important role played by the Forces.

While pay increases are provided for the majority of personnel they are not on an equal or "across the board" basis.

No increases for example, have been made in the pay of lieutenants with up to three years service as the current rate already insures comparability to university graduates in the first years of employment in the public service.

The biggest percentage increase announced by Mr. Richardson is in pay for recruits joining the Force. Under the new scale a recruit receives a 13.77 percent boost to \$330 a month, or an increase of \$40 a month.

Highest rate for a chief warrant officer (the top non-commissioned rank) in the peak pay category is \$1,295 a month, an increase of \$57 or 4.60 per cent.

For officers, an infantry captain with six years in rank will now earn \$1,310 a month, an increase of \$95.



A Boer War Memorial in Toronto illustrates symbolically the loss of youthful lives in war.

On Sunday, Nov. 11 at 10:45 a.m. CST CBC television will cover the annual Remembrance Day ceremonies from the National War Memorial in Ottawa. The program begins with a brief documentary film on the day's significance to Canadians, followed by the official ceremonies at the National Cenotaph, including the traditional one-minute silence; the trumpeter sounding the Last Post and Reveille, plus ceremonial acts by the Vice-Regal Party, the Royal Canadian Legion, the Canadian Armed Forces, the Silver Cross Mother, Canada's youth and a march past of veterans and armed forces. CBC Radio will cover the event live beginning at 10:55 a.m. CST.



BGEN M. F. Doyle, D. D., briefed Aerospace Systems Course (ASC) 26 on their main project for the coming year, "A Study of the Aerodynamics and Avionics Requirements of Canadian Combat Aircraft (1975-1990)." Base Photo

Postair

November 7, 1973

CANADIAN FORCES BASE, WINNIPEG

Vol. 22 No. 21

DFS Briefs Winnipeg Personnel



COLONEL R. D. Schultz, Director of Flight Safety for the Canadian Armed Forces, is greeted by Colonel C. A. LaFrance on his arrival at CFB Winnipeg during his annual tour of Training Command flying units. Colonel Schultz addressed a large audience of air maintenance, operations and aircrew personnel, with a review of the year's flying accidents and incidents and their causes. He pointed out that while the forces enjoy a comparatively low accident rate for the number of hours flown, much improvement is possible. He asked that the efforts of all those connected with the flying operation, however remotely, be directed toward the achievement of this aim.

Base Photo

Combat Aircraft Requirements Studied

BGEN Doyle arrived in Winnipeg on Friday, Oct 19, and spent the afternoon touring the CF Air Navigation School, briefing ASC 26 on their project and answering their questions related to the topic. This project provides a central theme for the ASC studies. The topic was selected because of the present interest of the CF in the subject and the value of such a study to headquarters staff.

The project is sponsored by the Chief of Air Operations, Major-General W. K. Carr.

The Base Commander, Col. C. A. LaFrance, held a Mess Dinner Friday evening with BGEN Doyle as Guest of Honour.

General Friedl to New Post

OTTAWA — Defence Minister James Richardson has announced the promotion of Brig.-Gen. M. T. "Max" Friedl, 50, to the rank of Major-General and his appointment as Associate Assistant Deputy Minister for Material.

He replaces Rear-Admiral W. B. Christie who has been seconded to the Department of Supply and Services.

Maj.-Gen. Friedl served with the Canadian army overseas during the Second World War and in 1949 enrolled in the RCAF as an aeronautical engineer. His first appointment was flight-test engineer at RCAF station Rockcliffe.

He has served in a number of staff appointments at Greenwood, N.S., Bagotville, Que., Trenton, Ont., Ottawa and Bonn, West Germany. In 1970 he was promoted to Brigadier-General and has served at National Defence Headquarters since that time.



Civilian Positions Linguistically Identified

OTTAWA (CFP) — The implementation of a program which will see the approximately 33,000 civilian positions within DND identified and designated linguistically is scheduled for completion by the end of the year.

Tasked with the overall responsibility of the program called OLAS (official languages administrative system) is the former director of civilian biculturalism and bilingualism, Ian Dewar.

To meet the year-end deadline imposed by Treasury Board a new unit within DND called (LRC) Language Requirements Co-ordinator has been set up under the direction of Mr. Dewar, who will have a staff of 16 people to assist him.

Their first task is to explain the

new federal government program on bilingualism as it applies to all public servants within the department. To do this, briefing teams have already travelled to units across Canada to inform civilian managers of the program.

After completing their first cross-Canada tour, the LRC briefing teams will re-trace their footsteps across the country to assist managers in identifying civilian positions which must be completed by the end of October.

A third cross-country tour in the late fall will see the team further assisting managers in designating linguistic levels required for their personnel.

Objectives of the five-year
See Civilian
Column 1 Page 11

Swift Move

OTTAWA — A combined NATO Striking Fleet Exercise named "Swift Move" has been completed in the Norwegian and North Seas. And Soviet warships showed a keen interest.

More than 20,000 men, 34 ships and 250 land and sea based aircraft from Canada, Denmark, the Federal Republic of Germany, the Netherlands, Norway, the United Kingdom and the United States participated in the exercise.

Soviet interest in the NATO exercise became evident when a Kresta II Class guided missile cruiser was seen in the area, while a Kanin class guided missile destroyer, an intelligence gathering trawler and a fleet tug continued to shadow the task groups.

A Soviet Juliett class submarine was sighted on the surface near the exercise.

Exercise "Swift Move" was one of a series of regularly scheduled NATO training exercises designed to test the readiness and effectiveness of the NATO Striking Fleet Atlantic to provide support to alliance nations of the Atlantic community.

Canadian Forces involvement included the Destroyer Escort HMCS Qu'Appelle and four Argus aircraft from VP-404 Squadron in Greenwood, N.S.

HMCS Qu'Appelle is under the command of Lieutenant-Commander John Sine, 38, of Brooklin, Ontario.

The four Argus aircraft from VP-404 Squadron were under the command of LCol. M. D. Gates 41, of Regina, Saskatchewan.

The exercise took place during the first week of October.

CF-104 Wreckage Located

Lahr, West Germany (CFP) — The wreckage of a missing CF-104 starfighter from 421 tactical fighter squadron has been located on a wooded hill eight miles north of Heidelberg, West Germany. The pilot, Capt. Donald L. McCullough, 31, of Armley, Sask., was killed. He took off on a low-level training mission from his Baden Base Oct. 23. The wreckage was discovered by hikers two days later after an intensive search failed to find a trace of the aircraft. A Board of Inquiry is investigating the cause of the accident.

Fire

A fire recently occurred within the Married Quarters at CFB Winnipeg as a result of the occupant refuelling a Fondue burner while the burner was still hot. The Methyl Hydrate fuel, upon coming in contact with the hot metal, burst into flames which spread rapidly to parts of the adjoining wall and floor.

It was due to the quick thinking of the occupant that this fire was extinguished rapidly thus preventing major property loss.

The fact remains that his lack of caution could have resulted in both personal injury and extensive property loss.

Personnel are cautioned to ensure that Fondue Pots are sufficiently cooled prior to refilling with any type of fuel. This pertains to other equipments likewise, where combustible volatile fuels could possibly be spilled on hot parts of an engine. An example being the combustion engine driven snow blower.



PATRICIA REPORT



Cpl Hiltz P. S. of 2 PPCLI being congratulated on his promotion to M/Cpl by 2 PPCLI's Maintenance Officer Lt L. T. D. Steel. M/Cpl Hiltz, is from Martins River, Nova Scotia, and joined 2 PPCLI in August of this year. He is currently employed as a vehicle tech with the maintenance Platoon.

Gas - Gas - Gas



M/Cpl Miles of the Armoured Defence Platoon 2 PPCLI hurriedly leaving the gas chamber for open spaces and fresh air.



Sgt Heaver RJ and 8 Platoon C Coy 2 PPCLI finishing the 5 mile combat efficiency test.

The gas chamber is part of the annual refresher training that invariably brings tears to the eyes of the soldiers. Troops practice masking, and unmasking drills as well as drinking water with respirator on. As indicated in the accompanying photo, no one hangs back when told to leave.

The 5 mile Combat Efficiency Test is an intermediate test designed to supplement the "10 miler". Troops are required to

cover the 5 mile course in one hour, dressed in fighting order.

How Many Blisters?

How many blisters in a mile? Ask the Queen's Own Cameron Highlanders, a Militia unit operating out of Minto Armoury. The battalion kicked off its fall training program this year with a 20-mile route march, and foot inspection showed a surprisingly low blister count.

Commanding officer of the Camerons, Lt.-Col. George Carsted wasn't claiming any record for low blister counts, but he was all smiles reporting on the results of an official check of the infantry's most vital weapon — its feet. The most blisters under one pair of boots belonged to Private Olson with four; the largest blister measured about seven-eighths of an inch by one inch.

The trucks which followed behind the marchers to pick up anybody who couldn't make it,

See Blisters
Column 1 Page 5



Sgt Sutton A. J., mess manager of the WO & Sgts Mess 2 PPCLI proving that "slinging beer" is not his only talent. Sgt Sutton went on to qualify as marksman during the recent 2 PPCLI range concentration at Camp Shilo. A high standard of marksmanship is a continuing demand of infantry personnel irregardless of their place or type of employment.

RETIRING?

Consider a career in real estate before tying yourself down to a "hum drum" routine. For a confidential interview contact:



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The Base Commander's office at CFB Winnipeg is the setting for the presentation of a lapel pin and Certificate of Service to Mr. John C. Finlayson, the Procurement Officer in the Base Supply Section. The presentation, by Colonel C. A. LaFrance, was made in recognition of Mr. Finlayson's 25 years of employment with the Department of National Defence.

Mr. Finlayson's association with the Department of National Defence dates back to the Second World War, when he enlisted in the Royal Canadian Infantry Corps as a private. On cessation of hostilities Corporal Finlayson was released from the service, but re-enlisted in 1948 and served with various Artillery Regiments in Camp Shilo until his posting to the Canadian Joint Air Training Centre (CJATC) at Rivers, Manitoba.

While at the CJATC Sgt Finlayson was employed as a light aircraft and glider pilot and paratroop instructor. He concluded his military career in 1953 at Camp Shilo with the rank of Lieutenant.

Since that time, Mr. Finlayson has served in various capacities within the Supply Organization of the Canadian Armed Forces at Camp Shilo and CFB Winnipeg.

Blisters

continued from page 4

didn't do much business. Most of the 45 who set out from La Salle completed the 20.5 mile march to the outskirts of Morris, and nobody did less than 15 miles, reports the Camerons commander. The pace was set at 50 minutes marching to 10 minutes rest out of each hour, all the way during the 5½ hours on the road. Carsted gave a lot of credit for a good cadence to the four junior pipers they had along skirling up Manitoba's crisp autumn air.

Why a route march? Ask an infantry commander a question and you get an infantry answer — "It is a good way to get an infantry battalion flat on its feet, where it belongs. For us it is a hardening up process, and a way of assessing the best possible speed of our people, in a war-type situation, moving on gravel roads."

"It is extremely important for every infantryman to be in top physical condition," said Lt.-Col. Carsted. "An integral part of such conditioning is participation in route marches and extended hikes, a type of exercise that is beneficial in two ways: physical conditioning and self discipline."

Well, what did you expect an infantry commander to say? Those boys wear their blisters like medals.

Deputy Commanding Officer of the Minto Camerons, Maj. Reg. Churchward provided an outline of the battalion's 1973-74 training program, in case anyone gets the

idea that the infantry gets blisters only on the feet.

FALL: Road rally, leadership training, field exercises, tactics, and of course, extended hikes.

WINTER: Communications, tactical principles, post drills, tenting, field cooking, snow shoeing, cold weather survival, plus special courses with emphasis on organization, military writing, management theory, training plans, security training, unit administration, garrison duties, etc.

SUMMER: All available unit members attend a one-week field exercise to test and improve skills learned during entire training year.

It looks like an ambitious program, but with the skirl of the bagpipes to set an aggressive cadence, the Camerons will have no trouble getting blisters everywhere.

BASE EXCHANGE NEW HOURS OF OPERATION

10:00 - 5:30 Mon-Sat. Open till 9:30 Thurs and Fri evenings.

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Junior Ranks Club

We have a contract out on you, the members and associate members of the Junior Ranks Club. A contract of the most in entertainment, for you, the people of CFB Winnipeg.

17 Nov — Is test your palate night, with the Associate Members WINE & CHEESE Tables will be filled with numerous cheeses and wines.

22, 23, 24 Nov — **MARLANE & L A EXPRESS** This is the Western Canada Entertainment Circuit. A night that you'll not forget, with music to flavour every mood. Gyrations, stomping and swinging are highly recommended. Admission: \$3.00 members per couple. \$6.00 guests per couple. Thur — 8 to 12 PM Fri — 9 to 1 and Sat — 9 to 1.

25 Nov — **Grey Cup Day** — There's an associate members pancake breakfast beginning at 10 AM. Game over, turn from the TV sets and participate in the live entertainment, it could last for hours. Admission — guests \$1.50 each.

30 Nov — **Dance to the Musicman** as you enjoy TGIF. Admission — guests \$1.00 each.

1 Dec — **Charity Dance** — sponsored by the club. Everything that night goes to charity. Remember, your money is only good at either bar, snack or booze. Admission — canned food or toys.

7, 8 Dec — **Purple West** — a two night blast with a vast variety of music to keep you on your feet. Guests — \$3.00 per couple. Both nights 9 PM to 1 AM.

10 to 15 Dec — **Chinook** — contracted for one week to play from 8-12. A sure cure for the household doldrums. Guests — \$3.00 per couple.

Dress from Mondays to Fridays is **CASUAL**. Dress for **SPECIAL FUNCTIONS** and **SATURDAYS** is jacket and tie or jacket and turtle neck.

Did you see our little ad for Pilsner glasses? The Octoberfest, monogrammed glasses are selling for \$1.00 apiece through the mess secretary. The ad was small because they're selling rapidly. Be quick and get your own personal six-pack.

Members, if you're sitting around the house missing all the fun and excitement of not participating. Then trot over to the Junior Ranks Club and leave your present address with the secretary. She promises to trot to the post office and mail to you, a Monthly Club Entertainment Calendar.

Remember your club doesn't clown around with prices on the delicious snack bar food. Open from 11 AM — 2 PM Mondays — Thursdays. 1100 Hours — 0030 Hours Friday. If it's a Special Function, or a band is playing, then there is always a hot rhythm coming from the grill.

So come on down to our house, The Junior Ranks Club.

THE WINNER



GOSH! ALL THIS JUST FOR MAILING MY CHRISTMAS PACKAGES EARLY?

LIBRARY CORNER

At press time, all of our news is good news. We have purchased some new books. A partial list follows: Devil to Pay by Parkinson; North Dallas Forty by P. Gent; Five Days til Noon by Ross; The Gold of Gods by von Daniken; The Fifth Estate by R. Moore; and for the children That Darn Cat by Gordens; Misty in Winter; The Real Mother Goose; and Tales of the Mysterious and Macabre.

Also for folks transferred in or out, we've had a real shot in the arm with other base/station newspapers. So, for those of you who wish to catch up on other places, here is a list of Bases and Stations whose current papers are held in the library: Bagotville Beacon; Borden Citizen; Calgary Roundup; Chatham Chatair; Cold Lake Courier; Comox Totum; Edmonton Sealandair; Esquimalt, Lookout; Gagetown Gazette; Greenwood Argus; Lahr Kanadier; Martime Command Trident; Moose Jaw Plainsman; Petawawa Base Post; Shilo Stag; Trenton Contact; Val D'Or Voodoo Drums; and of course the Winnipeg Voxair. If anyone has a

regular receipt of some papers not mentioned above and would like to send them to the library, please do.

Our book exchange is still operating but our in-put seems to have dropped a bit. So check at home and come and trade. We've some good books.

We are still in Bldg. 81 Room 26 and our hours are 1300-1530 and 1800-2030 Mon to Fr. Drop in and browse, you may find something interesting. Remember, reading is fun, try it. See Ya.

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429 Sqn. Bison Brew

Howdy herd. There's a little action around the old pasture these days, which one readily appreciates if one loiters around the Operations Shop. OPS 1 and SOPSO are trading tranquilizers as a record nine aircraft were away on trips last weekend, covering the country from coast to coast with oil droplets and smoking up tarmacs with APU fumes. They were on assorted duties: NAV details, transport, air cadet families, etc. The OPS board looks like a telephone directory and a calendar all at once, and the guys have run out of room to mark all the trips on it.

Congratulations to Gilles and Lisette Tessier on the birth of their little Bisonette on October 29. Gilles is that guy who was pacing the halls wearing the biggest grin and carrying the fattest cigars you ever saw.

Congratulations also go to George Trattner, who will be the recipient of a bundle of joy from the accounts section soon. He's promoted to Captain effective last 1 May.

From all reports Oktoberfest was a resounding success and everyone had one stein or so to celebrate the hops harvest. Thanks to all the guys who came out to help with the decorating.

Overheard on the SKED run briefing "There is no cause for alarm." Why not?

Intersection curling is starting soon, so if you are interested, but don't read the notice board, all the info is there.

Now that all has settled down again in the El Arish area the peace-keepers are going back to their duties. Several members of the herd have been selected, and although their names aren't available for printing, it's good to see that the herd is increasing its pasture range to desert areas. Now if we could all go and miss a prairie winter and collect sun tans as well.

Gord the golfer says that the sand traps there are designed to baffle ordinary golfers, like eighteen holes played with a wedgie, using a nine iron for tee shots.

Bob Kozak should soon be qualified to be Chuck McCrae's back up man in the flight safety department, and is presently attending the course down east.

Gilles Tessier has been posted to choppers in Valcartier, and should commence the initial Helo course in Portage in the new year.

Seen Up North In Snow Goose Country: "Notam; all geese planning flights to points south this autumn should be advised of a nest of the once almost extinct Gooney Birds in the Winnipeg flying area. This species have been known to dart erratically from their dome shaped nests while being chased by mules and are prone to leap into the air at the slightest provocation accompanied by a loud noise and a great flapping of wings. They have been reported at altitudes up to ten thousand in groups of up to eight at all times of day or night. They are a particularly dangerous flight hazard since they never change course, and are suspected of having faulty vision. They are recognizable by their lack of feathers, rivet pocked bodies, and unsynchronous breathing. Recommended evasive action is to accelerate and fly directly away from them. If encountered from the rear, all geese should pass them on the left, for experience has proven that their vision is weakest on that side." Well, that's their view of it.

Rumours: OPS are getting a five foot grease pencil so they can keep things in perspective. Conversion flight (those Stalag II boys) are getting a fence and guard dogs. We're getting stewardesses on cross country flights. George Trattner will ring the bell this Friday. Ttfn.

CFANS news corner From the

Grooves

by Mark Cyluck



AEROSPACE SQUADRON

On Friday, 19 Oct 73, BGen M. F. Doyle arrived at ANS to brief ASC-26 on their main project for the year. This year's project is titled: A Study of Aerodynamic and Avionics Requirements of Canadian Combat Aircraft (1975-1990). The project is sponsored by NDHQ, and The Chief of Air Operations (CAO) is the primary sponsor. The briefing was followed by a mess dinner that was enough to warm the cockles of any RCAF navigator.

On the sports scene the Staff pulled off an undefeated record on the volleyball courts and moved into an undisputed first place. Meanwhile, SANC 7303 held a mid-course party in celebration of Trafalgar. The Arctic delicacies were just fantastic, and it is felt that Shirley should replace Wayne as class senior.

It may be a little early to be thinking of Christmas, but be forewarned, the ANS Christmas party will be held in the Officers'

Mess, Friday 14 Dec 73. In addition the new ANS Christmas cards are selling for \$2.50 a dozen. Get them while the supply lasts!

For those who may remember, the Free Press carried an article a few months ago titled: "Don't Be Fooled by Averages". It was a timely article when you consider you have just received an average 6.44% pay raise while suffering through an average 8.5% inflation rate. It tends to remind one of the statistician who drowned while trying to cross a river that was on the average only four feet deep. The moral of the story is that averages used in this manner are not only meaningless; they can be fatal.

Through the years, one performer, Marvin Gaye, has not only become one of Motown's most talented performers, but also a creative song-writer and producer with next to no competition in his field of music. Marvin has that persuasive manner which allows him to interpret songs which speak of the heart of the ghetto both from a vocal attack and by material. Marvin has a disc out on the Tamela Motown label (T-329v1) called "Let's Get It On". Basically the name of the music industry is hits and that's available here with Marvin's pleading on *Please Don't Stay, Come Get To This* and the lushly lonely *Distant Lover*.

Today the Rolling Stones are the most "souper" rock and roll band that is presently around and this is aptly demonstrated on their new album "Goats Head Soup". The main cut, and single "Angie" exemplify how the reigning kings of rock switch gears and slow down on this tender ballad which is dedicated to Angis Bowie (David Bowie's wife). The five man group have possibly weathered every possible storm and thus they are able to come up with a hard driving piece like "Silver Train" and "Dancing With Mr. D."

Al Kooper is a pretty notable person when it comes to the music field but at present he is putting more effort into producing than in recording for himself. His latest production is that of Lynyrd Skynyrd (pronounced Leh-nerd Skin-nerd) on *Sounds of the South Records* (MCA363). One of the finest blues rock groups to emerge from the South since the Allman Brothers. Very strong clean-lined southern rock is what you hear rumblin down the Mason-Dixon Line with an excellent genre that cannot be denied as it lets forth with *Gimme Three Steps, I Ain't the One, and Free Bird* (which I enjoyed the most, along with *Tuesdays Gone*). More hits of the sixties come forth with Bang Records newest release called "Bang and Shoot Super Hits" (9011-220) which features several artists doing a few of their greatest hits. The LP could really be called "The genius of Bert Burns" as the LP is a composition of all acts that he had dealings with and the foresight to see their potential, acts like Niel Diamond (Cherry Cherry), Van Morrison (Brown Eyed Girl) and Erma Franklin's "Piece of My Heart", which was later made very big by Janis Joplin. Other hits included are "Hang On Sloopy" (the McCoys) Cinnamon (Derek), and "I Want Candy" by the Strangeloves. All in all a good collection of top 40 material from the sixties.

Awarded Clasp to C.D.



On Wed, 24 Oct 73, WO JR MURRAY received the clasp to his CD from Capt AB Fuller, BMAINTLDO. WO Murray, a native of Zelma, Saskatchewan, joined the RCAF in 1951 and has served in Canada and Europe.

BASE PHOTO

Calendrier Francais

La ville de Winnipeg offre un grand nombre d'activités culturelles et récréatives qui se déroulent en français. Afin de tenir ses lecteurs au courant de ces événements, l'équipe de rédaction de Voxair désire s'adjoindre un collaborateur ou une collaboratrice qui rédigera quelques paragraphes sous cette rubrique pour chaque tirage de ce journal bi-mensuel.

Tout membre de la communauté militaire de Winnipeg peut servir dans cette qualité, qu'il soit militaire ou civil.

Les personnes intéressées sont priées de prendre contact avec l'éditeur de Voxair — téléphone 832 1311, poste 303.

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Base Transportation News and Views

Wagon-Express

SAFETY SAM SEZ

As part of Base Transportation, the Vehicle Safety Section has a very important role to play in the operation of Mobile Support Equipment. The Mobile Support Equipment Safety Program (MSESP) encompasses:

- a. the publication of clear and definite orders governing the operation of MSE;
- b. frequent monitoring of the MSE accident rate and the causes of MSE accidents, followed by appropriate corrective and preventive action;
- c. effective driver selection, education, and testing;
- d. insistence upon a high and uniform standard for personnel authorized to test drivers;
- e. motivation of drivers to prevent accidents;
- f. recognition of accident free drivers;
- g. ensuring that MSE is mechanically safe to operate; and
- h. elimination of hazards and unsafe practices on DND property.

In short, the Vehicle Safety Section is tasked with instilling in both our military and civilian transportation drivers the responsibilities and attitudes that promote safe driving practices.

One important step towards achieving this goal is the instruction that is given in Defensive Driving Courses. The course prescribed by the Canada Safety Council consists of eight one-hour sessions, which trained officers and NCOs are qualified to teach. These courses are open to the members of the Canadian Armed Forces, Militia, DND civilian employees, and their dependents who are of age to drive.

Another helpful field of instruction that is provided by the Vehicle Safety Section is the **Winter Driving Hazard Course**. It consists of an informal talk on controlled and uncontrolled winter driving conditions, followed by a practical demonstration and experience by the student on an icy skid lane.

Vehicle Safety Section also tests prospective military and civilian drivers who will be employed by the DND. The individual is given a written test on driving knowledge. He is then tested on the Porto Clinic for eyesight, brake reaction time, field of vision, depth perception, and colour recognition. If the applicant qualified in these two phases, he is then given a practical driving test. If the applicant passes the final practical driving test, he is then issued with a Military Operators Permit detailing the types of vehicles he is qualified to

operate. The Vehicle Safety Section also maintains the records for approximately 1200 personnel who hold military driving permits.

To promote safety conscientiousness, the Safety Section shows safety films in the three transportation garages, to MSE Ops and civilian operators.

The Vehicle Safety Section also makes semi-annual visits to Militia units situated in Thunder Bay, Kenora, Flin Flon and Armoures in the Winnipeg area. During these visits, advice is provided in order to standardize Regular Force and Militia safety procedures.

The detailed tasks mentioned above seem like an impossible task, and indeed it is very difficult. The Vehicle Safety Section is quite small comprising of one officer, a Senior NCO and Junior NCOs.

The Vehicle Safety Officer, **Capt Roy Martel** is responsible for the overall co-ordination of Safety activities, reporting of all accidents, compiling reports and returns concerning vehicle accidents. He is vitally concerned with promoting safe driving habits and making recommendations in this area. He serves as an advisor and co-ordinator in the organizing and evaluation of MSE Safety Programs, liaison with Underwriters Adjustment Bureau, Autopac, and Judge Advocate General Branch regarding MSE accident investigation.

The Senior NCO is **Sgt Bill Melville**. He is responsible for the organization of courses, investigation of accidents, and the delegating of tasks to the other members of the Vehicle Safety Section. As well as being a qualified Safety Supervisor, it is desirable for him to hold a current Defensive Driving Instructors permit. This NCO is responsible to the Vehicle Safety Officer for the discipline, deportment and management of the section.

Also employed in the section are two qualified safety supervisor corporals. **Cpl Clayton Lovegrove** and **Cpl Cy Tremblay** conduct the actual investigations of all accidents incurred by DND vehicles and drivers, driver testing, record maintenance course instruction, etc.

A great deal of credit must be showered on this dedicated and competent team that forms the **VEHICLE SAFETY SECTION**. The numerous Safe Driving plaques and awards won by CFB Winnipeg is a testimonial to their continued efforts in promoting **SAFE DRIVING**.

An article was forwarded to us with quotes that were extracted from drivers statements of actual accident claims filed in the Winnipeg area. Are you responsible for any of these quotes? The smiles were a result of names that came to mind which we associated with some of the quotes.

I consider that neither vehicle was to blame, but if either were to blame, it was the other one.

I knocked over a man. He admitted it was his fault, as he had been run over before.

I collided with a stationary bus coming the other way.

I thought the side window was down, but it was up, as I found out when I put my head through it.

To avoid a collision, I ran into the other car.

I blew my horn, but it would not work, as it was stolen.

The accident was due to the other man narrowly missing me.

If the driver had stopped a few yards behind himself, the accident would not have happened.

I misjudged a lady crossing the street.

A bus backed through my windshield into my wife's face.



JUNIOR RANKS CLUB OFFICIAL OPENING

Mrs GJ Whitten, wife of the **BADMO LCOL Whitten**, smiles as she cuts the ribbon officially opening the Junior Ranks Club at the Octoberfest, 13 Oct 73. **BASE PHOTO**

She suddenly saw me, lost her head, and we met.

I bumped into a lamppost which was obscured by a pedestrian.

I heard a horn blow and was struck in the back. A lady was evidently trying to pass me.

The other car collided with mine without giving any warning of its intentions.

I left my car unattended for awhile, and whether it was by accident or by design, it ran away.

Do you know your road signs?

BUMPS OR ROUGH ROADS AHEAD
Not



Have you taken your sea sick pill?

Jameswood School News

The educational program at Jameswood Elementary School has been launched successfully for the 1973-74 school year. Our student enrollment stands at 392, with a teaching staff of nineteen. We are pleased to have approximately twenty volunteer mothers working in our newly established library. With their help our library is developing a picture pamphlet file and catering to the needs of students using the library facilities. We currently have six students from Silver Heights Collegiate working periodically in the primary area. They are assisting teachers in preparing teaching materials, and working with small groups of students in non-teaching areas.

We are pleased to add these resources to our school organization. This type of community involvement will surely add to the effectiveness of our overall program for the 1973-74 school year.

Important Dates

- November 12 — no classes — Remembrance Day
- November 23 — reports go out to students, grades I — VI
- December 20 — last day of classes
- January 3 — school re-opens for classes

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Kurling Korner

The Harvest Bonspiel finished off on 20 Oct, and although we did not have the number of entries we would have liked, it was good curling. The winner of the 1st event was the Stu Adkins rink consisting of Stu, Jan Adkins, Mae Weatherby, and Audrey Luthomski. You may notice that this rink consisted of one man and three women. Congratulations to you and your rink Stu.

The runner-up in the first event was the Frank Marsh rink with the Justin Ling rink 3rd and the Boyd Miller rink 4th.

2nd event: winner — Smokey Alexander runner-up — Ron Ilkew

3rd event: winner — Ken Tucker runner-up — Hal Graham

4th event: winner — Mike Klapatiuk runner-up — Jeff Webber.

In conjunction with the finals of the bonspiel on the 20th, the Curling Club held an open house for members and prospective members. There was free food and dancing to the Music Man. About 100 people attended this event.

All leagues started curling in the week of the 22nd of Oct and are well underway. There will be no league curling the week of 10 Dec. This week is reserved for the playdowns for club representatives.

Intersection Hockey League

The 1973-74 Inter-section Hockey League at CFB Winnipeg got underway on Wednesday Oct 24 at St. James Arena.

The first game of the season saw Avionics trounce BAMEO, by a score of 5 - 0. Picking up goals were Girrard, Fritsch, Crobar and Dougal with Thorsan and Fritsch collecting 2 assists each. This guy Fritsch for BAMEO could bear watching. Friday's game gave 2 PPCLI an easy win when the Base Comptrollers couldn't ice a team and had to default their first game. We got a first look at TCHQ power on Monday 29 when they blanked BAMEO 3 - 0. Points in that game went to Hamel, Justice and Houle.

Anyone looking for something to do during noon hour, Monday, Wednesday, or Friday is more than welcome to come out to the St. James Arena and take in a hockey game. The schedule follows and includes all games up to the Xmas break. Come on down and cheer for your favourite team.

24 Oct, 1 vs 2; 26 Oct, 3 vs 4; 29 Oct, 5 vs 1; 31 Oct, 2 vs 3.

2 Nov, 4 vs 5; 14 Nov, 3 vs 1; 16 Nov, 4 vs 2; 19 Nov, 5 vs 3; 21 Nov, 1 vs 4; 23 Nov, 2 vs 5; 26 Nov, 1 vs 2; 28 Nov, 3 vs 4; 30 Nov, 5 vs 1.

3 Dec, 2 vs 3; 5 Dec, 4 vs 5; 7 Dec, 3 vs 1; 10 Dec, 4 vs 2; 12 Dec, 5 vs 3; 14 Dec, 1 vs 4; 17 Dec, 2 vs 5; 19 Dec, 1 vs 2; 21 Dec, 3 vs 4.

LEGEND:
1. BAMEO
2. AVIONICS
3. 2PPCLI
4. COMPTROLLERS
5. TCHQ

TEAM REPRESENTATIVES:
1. BAMEO Cpl Stevens Local 222.
2. AVIONICS Cpl Crobar Local 240.
3. 2PPCLI Cpl Marion 888-5124
4. COMPTROLLERS MCpl Evans Local 491
5. TCHQ Cpl Houle Local 647

CBC Curl Classic To Winnipeg

November 6 (Tuesday) through November 10 (Saturday) the St. James Civic Centre at 2055 Ness Avenue will be resounding with calls of "sweep", as CBC Sports videotapes the 1973-74 edition of CBC CURLING CLASSIC. The world's top curlers will be in attendance competing for a grand assortment of prizes including a trip to the Silver Broom in Bern, Switzerland, color TV sets, major appliances, luggage, and quality watches.

Scheduled for broadcast on the full CBC television network beginning December 1, 1973, CBC CURLING CLASSIC will feature 12 of the world's champion rinks in open competition, including the Ladies Champion Vera Pezer rink from Saskatoon and the Mixed Champion Barry Fry rink from Winnipeg, the first ladies ever entered in the contest. People may remember Vera's victorious challenge to the Orest Meleschuk rink last year (when the event was known as CBC CHAMPIONSHIP CURLING) and both Meleschuk's Winnipeg rink and Pezer's rink are back this year. It could turn out to be a bigger battle of the sexes than the Riggs-King tennis match of a few months previous. Also taking part is the Kjell Oscarius rink from Sweden, last year's World Curling Champions. The remaining names bear out the program's title admirably, making the new series a true curling "classic".

Harvey Mazinke rink from Saskatchewan, winner of last year's Brier.

Eldon Coombe rink from Ottawa, winner of last year's CBC CHAMPIONSHIP CURLING

Peter Hope rink from Dartmouth, Nova Scotia, winner Nova Scotia Consols 1969 . . .

Lou Dugre rink from Moncton, New Brunswick, tied 4th place in the Brier. . . .

Mel Watchorn rink from Fairview, Alberta, winner Alberta Consols, 1972. . . .

Bob Dillon rink from Charlottetown, P.E.I., winner P.E.I. Mixed '72. . . .

Paul Savage rink from Scarborough, Ontario, 2nd place in the Brier. . . .

Draw times at the St. James Civic Centre, 2055 Ness Avenue, are as follows:

Tuesday, November 6 — 3:30 p.m. and 8:00 p.m.

Wednesday, November 7 — 10:30 a.m., 3:30 p.m., and 8:00 p.m.

Thursday, November 8 — 10:30 a.m., 3:30 p.m., and 8:00 p.m.

Friday, November 9 — 10:30 a.m., 3:30 p.m., and 8:00 p.m.

Saturday, November 10 — 3:30 p.m., and if required (in case of a 3-way tie) a game at 8:00 p.m.

Team placement will be determined by draw the night before. Check your local paper for the line-up and listen/watch CBWT Channel Six (cable two!) for line-ups and daily results. Audiences are welcome and invited to attend. There will be no admission charge. Doors will be closed once seating capacity is reached so people are urged to get there early!

CBC CURLING CLASSIC is produced by CBC Sports, producer Larry Brown, Technical Producer Fred Jones, and Executive Producer Leo Hebert.



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Thursday the 25 Oct 73 was crafts night for the Ladies Fitness Class. A local Artex representative was present to demonstrate the technique. Each of the ladies present then proceeded to demonstrate their skill on a couple of items.

After the painting was completed the representative displayed the different types of painting which could be done with Artex, explaining that all materials could be used.

The evening ended with coffee and a small snack.



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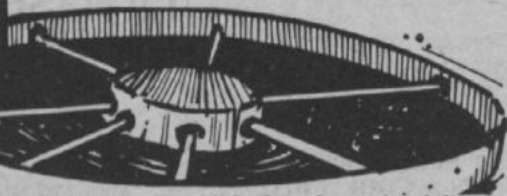
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Spinning the Sports Wheel with John MacLeod



For the first time in many years CFB Winnipeg will not have a representative in the Zone Hockey Championships. The word is out that the Base Royals will not be formed this season and that the hockey wars will be left to the Base Intersectional League. Lack of ice time and most important the failure of Base hockey officials to locate a suitable league for the Royals to play in, are the main reasons for not icing a team this year.

This corner has been told that since last May a search has been conducted for a suitable league in the Intermediate "A" class for the Royals to enter, however, this search was unsuccessful. Ice time was also a problem with only late night time available and this was considered unsuitable by the players. Working all day and practicing at night just didn't fit well with most and many decided to remain with the Intersectional League and play hockey during the day. The failure of many Unit/Section Commanders to allow players time off during the day was also a prime factor in not forming the Royals for the 1973-74 season.

It is most unfortunate that the decision not to form the Royals has been made as there are many excellent hockey players on the Base especially when one considers that 2 PPCLI carries a number of hockey personalities who have starred in Forces hockey throughout the years.

Base Winnipeg has always placed high in Canadian Forces Hockey competitions and until this base gets the indoor facilities it needs it will probably be a long time until we again see the hockey Royals in the thick of the hunt for the Canadian Forces National Hockey Championships.

Strange Year

It appears the year 1973 will go down as one of the really strange ones in the memories of most sports fans. The recently completed professional baseball season is one worthy of note. The experts called the shot in the American league early — Oakland in the West and Baltimore in the East. This worked out perfectly with the defending World Champions, the Oakland "A" finally getting to the

World Series after a hard fought American League Championship playoff. The National League on the other hand was full of surprises, mainly in the Eastern Division. After a slow start Cincinnati and Los Angeles battled it out but as the season stretched on the Dodgers faded and the Reds of Ohio coasted to the Divisional Championships. In the National East it was a different story. Right down to the last week every club in the Division with the exception of last place Philadelphia had a chance to win it all. Last in early July the New York Mets came on like gangbusters to win their second National League Flag in their young history. In the National League playoffs the experts gave it all to Cincinnati. Well the rest is history. New York downed the Reds to face Oakland in the big one and pushed that series to seven games scaring the devil out of the West Coast team before bowing out to the "A" who won their second consecutive World's Championship.

In hockey the all-so-rans are giving the experts fits as they are beginning to show signs of winning. Atlantic and California are off to great starts in the NHL, while New York and Montreal are having their troubles. The Maple Leafs of Toronto are also showing signs of returning to the top of their division. In the WHA as they begin their second year of operation lowly Chicago has vastly improved and will not be a doormat again this year. The New England Whalers and the Winnipeg Jets will not have things their way this season as Cleveland and Quebec in the East and Edmonton, Minnesota and Houston in the West challenge the leaders.

Football may have been the strangest sport of all this year. In the CFL West Winnipeg Blue Bombers dropped from first place a year ago to last and out of the playoffs; and in the East the Grey Cup Champion, Hamilton Tiger Cats are also in danger of winding up out of this year's playoffs. Montreal looks good in the East with Ottawa knocking on the door and Edmonton just might get by Ron Lancaster and the Saskatchewan Rough Riders.

Lipsett Hall Bowling Alleys

We still have openings for a Ladies' League and possibly a Teen League. Open times are on Monday, Tuesday and Thursday, from 2100 - 2300 hrs. Sunday night from 1900 - 2300 hrs is also available.

Anyone interested in bowling is asked to contact Ken Wardell at 832-1161 or leave your name and

phone number at the alleys.

Your bowling alleys are open for casual bowling Saturday and Sunday afternoons from 1300 - 1600 hrs.

If you are considering a bowling party, whether it be for a birthday or just for an evening out, contact Ken, he will be happy to reserve for you.

Fitness— Fact and Fancy

Fitness has become a popular subject. At social gatherings it is common to hear much animated conversation concerning various aspects of it. But when one listens to these conversations, one hears many ideas that are not actually factual.

Many people are reading books, taking courses and subscribing to various kinds of fitness publications, and passing on what they read as literal fact. Unfortunately many of the things you read are not scientifically correct and accordingly can do harm, or at the very least, contribute to an unsuccessful attempt to get fit.

In this department we will conduct regular surveys of popular opinion and claims made for various fitness procedures so that we can give you the facts.

Here are a few statements one often hears or reads — and the judgement.

"Exercise is not an effective way to lose weight because it makes you hungry."

Fancy: Exercise burns up calories according to the time and vigor with which it is performed. Occasional exercise (a long walk before Sunday dinner) will stimulate your appetite but regular moderate exercise, according to modern research, tends to make you eat less. The reason for this is that when you are exercising regularly you have more energy available and this makes you less inclined to eat for energy — that extra coffee with danish or donut for example.

If you exercise vigorously you will need to eat more to sustain your energy supply but you will be burning off these calories as you work. One advantage of getting into really good condition is that you work harder and thus burn up more calories. This is far less difficult than constantly having to cut down on your calories.

Jogging burns up approximately 800 calories per hour, whereas sprinting burns up 10,000 calories per hour. Nobody can sprint for an hour but this comparison does show you that the more vigorous your exercise is the more calories you will burn.

Ideally you should combine a moderate diet regimen with a moderate exercise program.

"Doing full knee bends (full squats) can create serious knee problems"

Fact/Fancy: Several years ago, several research reports indicated that those who did full knee bends regularly were prone to develop "loose knees" due to the stretching of the ligaments as the hips dropped below the knee line. The implication was that it would be easy to develop cartilage problems and other knee derangements.

Recently this theory has been attacked. Until the research is conclusive, we suggest that you be content in doing half knee bends (half squats) since this will give you the most of the leg strengthening and conditioning offered by this exercise without taking any chances.

"Isometric Exercise should be avoided because it increases Blood Pressure."

Fancy: Although it is true that

isometric exercise can make the blood pressure shoot up very quickly, this does not necessarily mean that it should not be used. If a person has blood pressure problems or has a cardiac limitation he or she should do this kind of exercise carefully.

Isometric exercise, for those of you who are not aware of its nature, is exercise in which strength is exerted but without rhythmic contraction and extension of the muscles. An example of isometric exercise would be trying to open a stuck window or a jar of olives with a very tight lid.

It is actually difficult to avoid isometric exercise in any average day. Walking with a heavy bag of groceries in your arms, carrying a baby or taking a loaded tray of drinks downstairs to your recreation room are all forms of isometric exercise.

Accordingly, if you want to be in condition for living you should include some isometric exercise in your fitness program, starting with mild exertion for short periods of time and gradually increasing the muscle force used as you find yourself able to handle it.

If you have any special health problem, you should take the advice of your physician regarding any form of exercise.

Incidentally, blood pressure usually increases during any form of exercise but the holding nature of isometrics creates the greatest rise. It should be pointed out that regular exercise of the right kind is often very helpful in decreasing elevated blood pressure.

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CURRENT CURRENCY

We were hoping to do a three part series of financial history concerning the tri-service. Historical facts have not come forward concerning the Navy or Air force financial systems. Ottawa does not retain such facts and the move of the two schools to Borden misplaced pertinent information.

Another year of apprehensive waiting has past. The raise is in, at least a percentage. Personnel

have been reporting in continuous streams to the dental clinic to release locked jaws and replenish knashed teeth. Eyes rise up and look at the cost of living, then look down at their bankbooks. A soft cry escapes their lips, "well, maybe next year." Compensation lies with a promise for more and modern equipment, or a free trip to the middle east.

Base accounts formed an intersection hockey team with fifteen members volunteering their services. Their first game was a 4-3 loss to 2 PPLCI. If the accounts team had shown up, they wouldn't have had to borrow players and lose the game. Come on fellas, lace up.

Accounts and Administration managed to toss off their first curling rocks at Westwin on the 17 Oct 73. Now that the blisters and aches and pains have subsided we will continue our afternoon curling each and every Wednesday at FOB curling club.

Plans are underway for the Western Financial Curling Bonspiel hosted by Winnipeg in Feb 74. Raffle tickets for various prizes will be on sale in the near future. We want to make this a tremendous media of Western Hospitality. CFB Winnipeg we're looking for your support.

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... from the diary of
a modern housewife

by R. Kay

SPICES AND HERBS IN A COOK'S KITCHEN

A fellow-worker came home for lunch with me the other day. Wandering through to the kitchen, where I was making tea, she looked around at all the utensils and the spice rack filled with many containers of herbs, spices and seasonings, and she said, "you can tell this is a cook's kitchen." I like to think she meant it as a compliment. (But I can't be sure, because mine is not a gleaming superclean model kitchen).

About the spice rack: Some of the things I use only once in a blue moon, but many others I use all the time, especially the herbs. In the summer, they are even better fresh, and it is nice to have them in the garden. I have tried harvesting and drying some of them for winter use, but I find that the commercial people do a better job of this than I...

Most people have some assortment of herbs and spices on a shelf somewhere — but many cooks are too timid to experiment — and so the little jar of sweet basil that was once bought for a particular recipe just sits there and in time, loses all its goodness and flavour.

If you have been planning a gourmet-cooking spree and are going to use some of those spices and herbs that appear in interesting-sounding recipes, check your supplies first. Take a pinch of dried herb and crush between fingers: if you smell nothing, that jar has been around too long. Throw it out. If a pleasant, savoury, pungent, exotic or sweet aroma emerges, obviously the herb is good and usable.

Although each herb and spice goes well with particular foods — don't restrict yourself to the standard uses given on spice charts or the labels on the jars. Experienced cooks find their own favourite applications and combinations during years of experimenting and tasting.

One caution: use herbs and spices sparingly, especially if unfamiliar. Herbs, should be added to soups and sauces toward the end of cooking — otherwise they tend to lose their delicate flavour or turn bitter.

Try **Basil** the next time you prepare a dish with tomatoes — in any form: soup, salad, vegetable — this fragrant herb (a member of the mint family) seems to bring out the best in the tomato. Basil is also good with fish and egg dishes, or with anything else you might try and like. But don't get carried away and use it on *everything*, just because you like it: your family may get tired of it very soon...

Savoury is compatible with any kind of bean dish — green, string, lima, broad, etc. Its flavour seems to come through especially well in a slow-simmering thick soup. Again, it goes well with other dishes...

One of my favourite herbs is **Dill weed**. No summer salad is complete without it — for me. But in its stored form, it adds a delicate though pungent flavour to sour cream, fish and cucumber dishes. Cream sauces accompanying cauliflower and asparagus acquire a special savour with dill weed.

Most people know **Caraway** seeds as an addition to rye bread. They are also very tasty with cabbage and beets. Don't let them boil too rapidly or too long: they become bitter. When adding to salads, try crushing them to release their flavour. (Try caraway seeds this way on your next beet salad.)

Marjoram and **Oregano** belong to the same family, although they vary in pungency and flavour. They are both good with sausages and stews, cabbages, egg dishes and pizzas. But oregano especially is a 'must' ingredient in meat sauces that are lavishly poured over spaghetti. Marjoram, on the other hand, is one of my favourites in a thick vegetable soup.

Another is **Thyme** — in the same multi-vegetable soup. It is also good with some stuffings, veal and pork preparations and, especially, in a thick pea soup. A small amount will do — this herb is quite strong.

See *Housewife* column 3, page 11



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Civilian

Continued from page 3

OLAS plan gives managers until 1978 to staff the jobs designated under the plan with linguistically qualified persons — bilingual, unilingual English or unilingual French. This can be accomplished by training, hiring or transferring of personnel within the department.

Mr. Dewar, in the implementation of the program, has been instructed by the Defence Management Committee to examine the established positions held by military personnel who supervise civilians, and to apply the same rules to these positions as if they were civilians. In other words, in

dealing with DND civilian employees, the military supervisor is to regard the relationship as if he or she was a civilian supervisor.

The LRC group has the overall authority for the implementation and auditing of this program within DND, initially to civilians and ultimately to both military and civilians.

Mr. Dewar will also examine how the OLAS plan can assist the military in conjunction with the present military bilingualism program.

Mr. Dewar said that "no employee should be prejudicially affected by the program, and that managers must communicate with their civilian employees at every stage of the program."

Housewife

Continued from page 10

Last, but not least, let me mention **nutmeg** — a spice with an affinity for many foods. Use it in mashed potatoes, cream sauces, spinach, french toast. It is best when freshly grated (on a small nutmeg grater, now available in most larger houseware departments and very reasonable for 65 cents).

In the last issue, my favourite squash recipe was left out for some reason or other. For those who still have some squash around and like to make a whole meal out of this delicious vegetable, here it is.

MEAT-STUFFED SQUASH

(4 to 6 Servings)
2 or 3 pepper squashes (depending on size)*
1 tablespoon butter or margarine
½ tablespoon brown sugar
1 pound ground beef
1 medium onion, finely chopped
1 green pepper, diced (optional)
1 egg, unbeaten
½ cup soft bread crumbs
salt and pepper to taste

Cut squashes in half and remove seeds. Brush the inside of each half with mixture of butter (or margarine) and brown sugar. Place, cut side down, on baking sheet and bake for 15 minutes. Combine remaining ingredients and divide into portions. Press one portion into each of the squash halves. Bake for 40 to 50 minutes at 350°F.

*Buttercup or acorn squashes may also be used.

You can substitute a mixture of ground beef and ground pork, with the same cooking time. Left-over cooked meats are another possibility, but the cooking time should be shorter. For fish lovers, try it with a tuna filling (bake only for 30 minutes).

Drumhead Service

HMCS Chippawa to commemorate the 50th Anniversary of the Naval Reserve is holding a reunion on Nov. 11 commencing with the Remembrance Drumhead Service at 1015 hrs. All former serving members are invited to attend. For further details please phone 943-7027.

COMPLAINTS ABOUT HOME APPLIANCES

The Canadian Appliance Manufacturers' Association has an RSVP program to help consumers with complaints. The form is obtainable from Canadian Association of Consumers branch offices, newspaper action lines, Better Business Bureaus, and from the CAMA headquarters at 10 Price St., Toronto. A bit of advice via CBC Radio Consumer Affairs: look for the model that best suits your needs and then shop for the best possible after-purchase servicing. Read the warranty and understand it, then find out who is responsible for service under the warranty (manufacturer, retailer or independent servicer). Service is important, since the major brands are virtually the same.



LAUGHING AT OURSELVES

by John Semeniuk



A matter of tact: In a very classy, refined nightclub, the proprietor was horrified to see one of the customers sitting at a table with his napkin tucked into the collar of his shirt. Summoning the headwaiter, the proprietor said, "Tactfully tell that gentleman that we do not do that sort of thing here." The headwaiter went to the napkin-draped customer and (with a polite smile) said, "Shave or a haircut, Sir?"

Passion Pass (?): A Canadian Forces Private requested two day Annual Leave which was to commence immediately. When asked why the sudden need for leave, he replied that his wife (who was also in the Canadian Forces) had just been promoted to Sergeant. "Although I'm happy that your wife has been promoted, I'm afraid that is not sufficient enough reason to grant you immediate leave and thus leave your section shorthanded", stated his superior. "But Sir," pleaded the Private, "I want to do something all Privates have dreamed about ever since they've joined this outfit!"

Fear-o-cious Speed: At breakfast, a young Cub Scout proudly announced that he'd already done his good deed for the day. "This early in the morning?", queried his father. "Yes, Dad,"

replied the boy, "I saw our next door neighbour, Mr. Jones, running for the 7:30 bus and I knew he'd never make it. So I turned our dog loose and Mr. Jones made the bus with time to spare!"

Teen theme: In a museum, two teenagers were viewing an Egyptian mummy that had a placard on the case which read, "2500 B.C." "What does the sign mean?", asked one of the youths. "That's probably the license number of the car that hit him", replied the other. other.

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white wall snow tires complete with rims.
Size 825 x 14. Used approximately for
5,000 miles. \$12.00 per pair. Phone 837-
3796.

BOY'S SKATES NEARLY NEW, SIZE
two, \$5.00. Phone 888-6864.

1971 MOBILE HOME, TWO BEDROOM,
unfurnished. \$8900.00. 176 Downsillage
after 6 P.M. Call 889-6486.

TABLE LAMP C/W SHADE — \$7.00;
men's ski mitts — \$2.00; set of four un-
finished hardwood table legs c/w attach-
ments — 14", brand new — \$4.50; wood,
portable children's safety gate, extends
to four feet — \$3.00; used Sunbean elec-
tric frying pan, good condition — \$7.00;
electric massager c/w six attachments —
\$12.00; cuckoo clock, dark brown, made
in Germany — \$30.00; five piece ornate
Oneida silver tea service, tea pot, coffee
pot, sugar bowl, cream jug and 18 inch
tray — \$60.00. Phone 489-6081.

CAPTAIN'S BED WITH MATTRESS, 3
drawers and bookshelves. Excellent condi-
tion. \$150.00 Phone 888-6726.

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

NOTICE

Mother's Committee for Brownies and
Guides Westwin
The Mother's Committee for Brownies and
Guides Westwin will meet Monday, 19
Nov 73 at 8:00 P.M. in the Jameswood
School gym. Please try to attend as
this involves your daughters. We need
your support.

The Catholic Women's League St. George's
Chapel South Site are holding a bazaar
and bake sale at Westwin, 14 Nov 73,
in Building 21 starting at 8:00 P.M.
(Bingo night)

MEETING NOTICE

THE PROTESTANT CHAPEL LADIES
Guild will hold their meeting on Novem-
ber 13th, at 8 P.M. Tuesday in the North
Site Protestant Chapel. We are planning
a small bazaar sometime near Christmas
and would appreciate all the help that
we can get. All interested ladies are in-
vited to attend.

ARMED FORCES LIBERATED



LOUISE CHEVALIER, a 22 year old Montrealer, was of-
ficially enrolled in the Canadian Armed Forces during a brief
ceremony held at Canadian Forces Recruiting and Selection Unit
in Montreal, Thursday, 20 September 1973.

Miss Chevalier graduated at McGill University in Mechanical Engineering, majoring in Aeronautics, majoring in Aeronautics.

Lt Chevalier is the first woman to become a member of the Aeronautical Engineering Branch in the service.



PTE CAROL A. BLANCHARD led the CFB Cornwallis
Voluntary Band during the Graduation Parade held 25 Sep at
Canadian Forces Recruit School, to become the first Canadian
Forces female Drum Major.

Because several of the recruit members of the band were graduating, there was an immediate need for a Drum Major. Pte Blanchard asked if she could help and Band Master T. R. Wright replied "Why not?"

Doing a good job seems to come naturally to Pte Blanchard. She has been an outstanding recruit, winning the Commandant's Pen-
nant, as Best Recruit for the week

and being course senior for an unusual nine consecutive weeks.

After completion of her basic training, Pte Blanchard, 23, will proceed to CFB Borden for Supply Technician training.

Pte Blanchard was born in Kapuskasing, Ontario and is the daughter of Mrs. M. L. Blanchard of Winnipeg, Manitoba. Her hobbies include horseback riding, swimming and skating.

SAFETY SLOGAN
Courtesy is contagious — let's start an epidemic.

Uncle Vox Says: It is not necessary that you drown in a puddle of water.

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 commissions 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 opportunity 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.

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 advance 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.

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