

# Postair

November 21, 1973

CANADIAN FORCES BASE, WINNIPEG

Vol. 22, No. 22

## MP FUND LARGEST EVER

CFB Winnipeg Military Police ended their 1973 campaign to raise funds for the **Military Police Fund for Blind Children** at the end of October. Total raised by our Base Military Police was \$1850. Although the year's results from other bases are unknown it is believed that the sum will be the largest ever raised. The previous high was \$1691.66 which was raised by the Military Police at 4 Wing in 1970.

The Fund for Blind Children started in the mid 1950's following the death of Moira STONE who was the daughter of Colonel and Mrs. STONE of the Canadian Provost Corps. Moira (who died from cancer of the eyes) told her father during her last Christmas at home a heart-breaking story of how most blind children did not have the little extras that a child

requires now and then. Members of the Canadian Provost Corps upon hearing the story and the death of the child, established the Military Police Fund for Blind Children. With integration the fund was continued by the Military Police.

Funds raised are distributed to the four schools for blind children located in various parts of Canada. These schools are Ontario School for the Blind, Halifax School for the Blind, Nazareth School for the Blind and Jericho Hill School for the Blind. Children from Manitoba attend the Ontario School for the Blind.

The Military Police held a bingo and raffle draw in support of the fund on Oct 17 in Building 21. Major W. C. Cantlon, BOPsO made the draw for the colour T.V. and the eight track stereo with AM/FM radio. The winner of the

T.V. was Mr. A. E. Dreilick who is employed in the Base C.E. Section, while Pte A.L. Clark of CFB Cornwallis won the stereo unit.

It is impossible to name all the individual donors who contributed to the Blind Fund Campaign however, the Military Police wish to express their sincere thanks to all who supported the campaign. The following firms and organizations were very generous: Wiley Mercury Sales, Standard Aero Engine Ltd., Baker, Zivot and Company, Apex Agencies Ltd., Rutledge & Associates, Barristers & Solicitors, Astra Credit Union, Buffalo Realty & Appraisals Ltd., Mr. Al Candy, Members of the Officers Mess CFB Winnipeg, Members of the WO & Sgts Mess CFB Winnipeg, Members of the Junior Ranks Club CFB Winnipeg and Tire Bay — 16 Hanger.



Members of CFB Winnipeg Military Police hold a big cheque for the large amount of \$1850.00 which they raised for the Military Police Fund for Blind Children. Shown in the photo are: Back Row — L to R Cpl Reidy, Cpl Hunnie, Cpl Bell, Sgt Penney, MCpl Jensen, MCpl Chesney, Sgt Wilken; Second Row — L to R Pte Freese, Cpl Robinson, Cpl Clark, Cpl

Kosh, Cpl Kosh, Cpl Taylor, Cpl Lyseng, Sgt Gardiner, Sgt Holland; Front Row — L to R WO Chittick, Mrs. Beaudoin, Capt Marion, and WO Clark. Missing from the photograph are Sgt Pegrin, MCpl MacKay, Cpl Flett, Cpl Hoover, Cpl Norman, Cpl Powers, Pte Bran and WO Burnett who was recently transferred to SIU Winnipeg. **Base Photo**

## Fall Safe

BODMAN, West Germany — A "wet" exercise code-named "Fall Safe" recently put 60 pilots of 1 Combat Air Group through tough training in using new survival equipment for flights over water.

The four-day exercise, co-ordinated by Major Carl Crymble, had an average of 15 pilots daily rotating through the base camp located on the shores of Bodensee, the largest fresh water lake in Europe. The object of the exercise was to familiarize the flyers with the procedures of parachuting into water.

The participants were strapped into a parachute harness and pulled 100 feet into the air and then

released. When they hit the water they had to free themselves and swim underwater to avoid entanglement from a parachute that had settled over them.

Some new equipment was used that will soon be available to pilots involved in over-water flights. These consisted of the double-floor, one-man raft and the "Beaufort" emersion suit.

The exercise had the logistical support of the 4 Canadian Mechanized Group headquarters, the signals detachment field kitchen, units of the Mobile Support Equipment, the 4 Canadian Medical Support Unit and the 4 Field Sqn (CME).

## Professionalism Wins Praise

LAHR, West Germany (CFB) — Units of 4 Canadian Mechanized Brigade Group (4CMBG), which recently completed manoeuvres near here with American and West German troops, were praised for their professionalism by Canadian observers.

Code named Reforger V, it was basically a U.S. exercise involving the massive air lift of troops who are dual-based in the U.S. and Europe.

The exercise pitted the Blue friendly forces of the 1st U.S. In-  
**See Praise**  
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## Winnipeg Personnel Invested Order of Military Merit

Three personnel based at CFB Winnipeg were invested to the Order of Military Merit by Governor General Roland Michener at a ceremony held in Government House, Ottawa on September 19. The Winnipeg personnel, appointed to the Order by Her Majesty The Queen include Brigadier General J. L. Summers, Major J. McManus, and Sergeant W. Pokol.

**Brigadier General J. L. Summers**, 53, of Saskatoon, Sask., served as Commander Militia Area Prairie, with headquarters located at CFB Winnipeg. Brigadier General Summers was cited for his efforts in improving the standards, efficiency and image of the militia units in his area.

**Major John McManus**, 48, of Winnipeg, is presently serving as Staff Officer Standards and Validation, Training Command Headquarters located at CFB Winnipeg. Major McManus was cited for outstanding service over many years in the introduction and development of the Canadian Forces training system.

**Sergeant William Pokol**, 38, Mistatin, Sask., serving with the 2nd Battalion PPCLI CFB Winnipeg, was cited for his consistently outstanding military performance.

**Major J. C. Eggenberger** of Fairview, Alta., and CFB Winnipeg, Man., was invested as an Officer of the Order of Military Merit by Her Majesty The Queen during the ceremonies held at Government House August 2. Major Eggenberger was honored for the conception, trial and the development of the radar prediction process during his service with the Canadian Forces.



**Brigadier General J. L. Summers** invested as a Commander of the Order of Military Merit.



**Major John McManus** invested as an Officer of the Order of Military Merit.

## Mid East Airlift

TRENTON (CFP) — Canadian Forces planes airlifted more than 500 troops, 43 vehicles and 115 tons of stores in just over 72 hours for the United Nations Emergency Force in the Middle East over the weekend (Nov. 10-12). The lift will continue for another week.

It was the largest airlift in such a short time. The troops, supplies and vehicles were moved in 20 flights by 707 and Hercules aircraft of Air Transport Command.

Not all the troops went directly to Cairo. Some are held at Canadian Forces Europe, Lahr, West Germany, for future deployment. Also 114 MAMS (Mobile Air Movements) personnel, who provide ground support for the Air Transport Command planes have been only temporarily stationed in

**See Airlift**

Column 5 page 14



**Sergeant William Pokol** installed as a Member of the Order of Military Merit.



**Major J. C. Eggenberger** is invested by Her Majesty The Queen as an Officer of the Order of Military Merit.

## Dots and Dashes

Experienced newspaper personnel have told me, "Don't worry about it, IT happens all the time", to which I reply "maybe so, but why did 'IT' have to happen in this particular article?"

The big 'IT' is the simple word 'not' which was inadvertently (I hope) inserted by the typesetters in an article published in the last issue of Voxair. The article dealing with the United Way was a last appeal by the coordinators of the campaign for financial support from the Military and Civilian personnel at this unit. While I am somewhat reluctant to even republish the offending sentence, doing so is probably the only way there is to set the record straight. The first sentence of the second paragraph of that article read "In a material sense it does not support useful agencies and valuable services which are not assisted by the other means." This of course is entirely incorrect and should have read "does support". We can see how the addition of a single word has changed the meaning of the sentence, the paragraph and probably the article. To readers familiar with the roles of the United Way, the publishing error would be obvious, and would therefore not have effected their fair share contribution to the fund. Conceivably those less familiar with the United Way were adversely influenced by the article as it was printed — if this is so, that is very unfortunate and I ask that you reconsider your decision in this regard now that our error has been corrected.

Voxair extends hearty congratulations to those Winnipeg personnel who were appointed to the Order of Military Merit in ceremonies held in Government House, Ottawa not so recently. It is unfortunate, however, that the press releases and photographs relating to the investitures (which occurred on August 2 and September 19) were not received at this unit until the week of 5-9 Nov — an inexcusably long delay. As the envelope in which the releases were received has been destroyed, it is not possible to determine at this time whether the Canadian Forces Information Services or the Postal Service are responsible.

At the risk of becoming repetitious, Voxair readers are again reminded that the Classified Ad service is available to anyone. While most people are already aware of this, many do not seem to realize that a small charge is levied for the service. This fact has been mentioned in this column previously and is published in the CLASSIFIED AD RATES in each addition of Voxair.

Frequently ads are received by the Classified Ads Manager without the required funds enclosed. It then becomes necessary to contact the person who submitted the ad and request that the necessary funds be forwarded. As a general rule prompt payment is made, however, there have been exceptions. In future it will be Voxair's policy to adhere strictly to the conditions laid down in the CLASSIFIED AD Rates for all persons including service, DND employees and their dependants. If you anticipate that you may use the Voxair Classified Ads at some future date may I suggest that you take time NOW to read the Classified Ad Rates. It could save you a bundle.

## CF-100 Aircraft

The CF-100 Canuck was the first jet fighter to be completely designed and produced in Canada. A twin-jet, two-seater, all-weather fighter interceptor designed to meet specific Canadian requirements, the Canuck was a product of A. V. Roe Canada Limited.

The long-range interceptor, weighing approximately 17 tons and carrying a pilot and observer, was standard equipment for the

RCAF's all-weather fighter squadrons from 1953 until replaced by the CF-101B Voodoos in Canada (1961) and CF-104 Super Starfighters with the Air Division in Europe (1962).

The Canuck Mark I took to the air for the first time on Jan. 19, 1950, at Malton, Ont.

The CF-100 is no longer used as an interceptor, 14 are employed in Air Defence Command as radar target aircraft.



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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.

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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## When Boy Meets Auto

About the only thing standing between a youngster and a car is one small word. That word is "no". It's the parents who must say it, and say it often, especially during the school year. A study covering 30 high schools and 20,000 students explains why: 1. The more evenings a week the car is used, the lower a youngster's grades fall. 2. Good students who go overboard on cars suffer the sharpest drop in grades. 3. If pleasure driving is permitted during the school week, grades are certain to tumble.

The days scholastic failure can ruin a youngster's future by closing the door to career opportunities that require a certain level of formal education. So failing to say "no" to your child may condemn him to a second-rate future.

If you allow a teenager to wriggle free of parental "interference" by buying his own car, you'll almost certainly be guaranteeing a drop in scholarship. It's often the poorest students who own their own cars, and the longer they own them, the less chance they have of improving their grades. Whatever the scholastic ability of a youngster, ownership of a car tends to drop him down one grade. An "A" student becomes a "B" student, and so forth. And when he has a job, the drop is quicker and farther, frequently to the failing level. Most teenage boys who hold jobs do so to earn money for car upkeep. They work even longer hours than do other jobholding youngsters, thus consuming any leftover time they ordinarily might have for study.

Being too lenient with your children's driving also can condemn them to visits to police stations, hospitals, or worse. The study showed that 34 percent of senior boys polled had been involved in accidents. If this figure seems high, consider the fact that teenage drivers — both boys and girls — are considered to have about a 90 percent chance of a crackup over a three-year period. Youngsters do have an amazing ability to react quickly in situations of danger. But this ability is easily cancelled out by lack of judgment.

On the other hand, young drivers who have completed a high driver education course can be very good motorists indeed. A survey made in Lansing, Michigan, proves this point. Michigan safety experts compared the 1960 accident records of 5,295 high school-trained drivers with the records of 50,915 older drivers. The young drivers were discovered to have had 20 percent fewer accidents than did the older motorists.

Much more can be done to help teenage drivers. Educators, police, judges, social workers and concerned mothers and fathers would all agree that the following suggestions can be of great value to young people:

1. Assert your authority right from the start and be consistent. Work out a plan WITH your youngster.
2. Restrict social use of the car to weekends, allowing for those exceptions that may crop up.
3. Withhold full car privileges from a 16-year-old for at least a year.
4. Generally speaking, don't allow a teenager to have his own car until after he graduates from high school.
5. Don't let your son hold a job just to pay for extended use of the car.
6. See that your child completes a driver education course.
7. Don't relax control after a youngster completes a driving course or even when he graduates.
8. And, most important, be a good driver yourself. The example you set can be the best lesson of all for your child.

## Confligere by Bob Purvis

Renovation and Rejuvenation of PMQ's. During the past few months you cannot help but having seen a great variety of activity both indoors and outdoors at both PMQ sites.

One of the first things you may have noted is that many of the old wooden clothes-line poles have gone by the wayside and have been replaced by a steel "T-bar" pipe. In addition, many of the old frayed steel clothes-lines have been replaced by plastic covered steel lines.

Old antiquated fuse boxes and obsolescent electrical hookups have been replaced by modern approved appliances. Kitchen cupboards have been modernized. Some bathrooms revamped. Some PMQ's have already had new aluminum windows and doors installed in place of the former wooden frames. Repainting of PMQ's both inside and outside has been almost a continuous venture.

Many of the split-personality sidewalks leading to PMQ's have been replaced or repaired so that one no longer has to do an Irish jig to miss all the dips and dives, plus large cracks that had formed in the cement.

Those who requested extra parking pads beside their present garage and/or driveway have been installed. Just to show that we are not completely infallible, one resident now has two parking pads and no car. Why a person would store a trailer, boat, or other materials in their garage and subject their automobile to Winnipeg's external 50-60 below windchill factor is a question of amazing awe, not to mention the amount of snow that may have to be physically displaced before the auto may be moved. The few parking pads that

have been installed parallel to the back lanes should prove interesting for those who have garages situated on the opposite side. There is hardly sufficient room at present to get in and out with a broadside or running onto your neighbour's lawn. If, and when the snowplow comes down the back lane, it should make things even more acute.

When the cement was being poured for these parking pads, we noted some wide-eyed children, and watched to see how many tried to leave a footprint, initials, hearts, etc., in the cement as a lasting souvenir. It was not however the children that turned out to be the culprits, but dogs. Did you ever see a construction engineer turn green after admiring his nicely smoothed cementing job, particularly when the dogs run right through the middle of the wet cement on some pads, and on others made a few circuits?

Some of the residents now have more breathing space in their respective basements. The old oil-converted coal furnaces have been removed and replaced by fairly compact gas heaters. In addition, the large oil tanks are to be removed. These residents can now enter their basements without wearing a safety helmet to protect their heads from the former spiderlike network of huge low-ceiling heat pipes.

When all of these greatly needed improvements have been completed... Huh! What's that I just heard on the radio? Land has been acquired ten or more miles north of the airport to move all those noisy, low-flying, polluting and hazardous aircraft so that they will not longer annoy the local residents?

## Pro utilitate hominum

For the Service of Mankind — by WO A. Golding

Loneliness in Modern Society may cause Violence and Brain Damage. The extreme loneliness felt by many people in modern society can make them criminally violent and even damage their brains, according to several years of study by a team of American research psychiatrists.

Working with laboratory animals, the team has found proof that long continued isolation can make them antisocial, aggressive and self-destructive, and cause a chemical imbalance in their brains.

"The increasing mental isolation of one man from another in today's society can well be the cause of some of its increasing crime." Rhesus monkeys were reared in total isolation for the first six months of life. From the time they were born, they had no contact with other monkeys or with humans.

Such animals, when released from isolation, are severely disturbed. They huddle alone in a corner, rocking back and forth. They refuse to play or associate with others. Furthermore, they may try to hurt themselves by actually biting their own bodies, or they may try to attack a large powerful male.

This antisocial behaviour, withdrawal and irrational aggression are just what we see in psychotic humans, adults or children.

When the baby monkeys are taken from their mother and kept isolated, they first protest, then despair and finally withdraw. This is identical to human infants separated from their mothers.

LADY'S DAZE: After shopping all day for her teen-age daughter and being unable to find what she wanted, a lady entered a large department store only to come out a few minutes later (obviously seething with indignation). "Did you see that nasty look that saleslady gave me?", she asked her daughter. "She didn't give that look to you mother, you had it when you went in!", was the wise reply.

Mice which had been similarly isolated were also violently aggressive and had suffered brain changes. Many chemical changes had taken place in their brains.

Impregnated female monkeys raised in isolation will do their utmost to torment and torture their offspring when born. This resembles the situation among humans that results in the battered and neglected child.

The doctors that carried out this study in research reported that the damage caused by early isolation could be healed by love and friendliness.

Infant monkeys born to mothers who had been isolated would struggle continually to make contact with their mothers, in spite of punishment and abuse. After four months of this, the disturbed mothers, who had never been 'mothered' themselves, responded to their babies.

Love, affection and friendliness all contribute toward human behaviour. Loneliness can be like a drastic disease and should be avoided where possible.

## Directory

The new Provincial Telephone Directory will be distributed by the Manitoba Telephone System starting early in November.

This year's directory contains many new listings and number changes. Customers are advised to dispose of their old directories on receipt of the new issue to avoid reaching wrong numbers.

Telephone customers in larger centres will receive their new directories by local delivery, while in other areas the new issue will be received by mail.

The new directory has 864 pages, 52 more than the 1972 issue. The number of copies printed has increased by some 13,000 to reach a total of 217,000.

This year's cover depicts one of the beautiful lakes in the Whiteshell Provincial Park, the rocky Canadian Shield area in eastern Manitoba.

## CURRENT CURRENCY

\$ \$ \$ \$ \$

This is it, the last reminder for all those gals to purchase or make their own gowns for the Christmas dinner-dance on 14 Dec 73. Punch will be served from 7-8 PM, then Christmas supper will be served.

Gary Hayes — the music man with a beat, will be providing a variety of music until 2 AM.

Reserve pay, a component of mobile command, will attend adding a few new faces to the gathering. Once again the Physical Training Staff will join our group and we hope that they will demonstrate their new dance! The PTI Shuffle!

To answer a continuing question. Yes base accounts is curling this year, but not inter-section. We have amalgamated with base administration and curl every Wednesday afternoon. Purpose, to have fun and prepare for our Annual Financial Bonspiel, hosted by CFB Winnipeg in Feb 74.

Curling spels have tied up the civic centre so that our hockey team have been trotting around in sock feet, rather than skates.

Pte Brenda Reid from NPF, eloped from Base Winnipeg with a fella from base maintenance land. Upon their return amalgamation was final, and it's now Bill and Brenda Divins. Congratulations are in order for the marriage, but the honeymoon must have been rough. Brenda returned with one foot and ankle well wrapped in a stretch bandage.

### COLORFUL CHEESE

Consumers' Association of Canada advises shoppers that the flavour of cheese is governed by aging, not colour. Food colouring is added for eye appeal — usually to "mild" and "medium" cheese, while the sharper "old" is usually left its natural cream colour. CAC national headquarters is located at 100 Gloucester Street, Ottawa.

### MOVING TO TRENTON?



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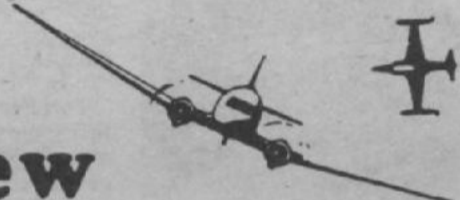
HANDY TO CAF STN.



Why must you men not so silly after a simple 40 mile hike??



## 429 Sqn. Bison Brew



Howdy, Herd. It's time to grow those shaggy bison coats again and to dig around in the basements for the block heater extension cords and the snowshovels. Out on the line the winterizing of the daks is completed and all those holes and cracks are covered up for another cold season. There's always one or two mystery places, though, which let the snow inside in much the same manner as the old Bird obligingly washes off the final approach maps when you are flying along in rain. Its just jealousy on the Old Gooney's part — why, back when she was young all the flashy birds had open cockpits, and with her age enfeebled eyes she just can't see the young T Bird next to her in the barn and spot the changes.

With the arrival of the icy blasts, what's better than throwing one? The First Bison Bonspiel took place last Friday, and the good turnout ensured that this popular sporting event will recur later in the New Year. Granitic rumblings and sore sweeping muscles seem to herald both winter and spring for those in the Herd. Although it would be nice to say who won the Bonspiel (if I only could, how the Lotteries Commission would suffer!) that announcement must wait until the next issue.

The boys from Stalag 3 were up in Saskatoon last week, initiating their students into the hallowed ceremonies and wierd mysteries of using the instrument landing system in the Gooney. For those readers who are uninitiated, it is not just the pilot who, with uncanny eyesight and sixth sense, gropes his way through fog and gloom to the alighting place, although some pilots can do this on Fridays. The instrument landing system is an electronic means of assisting a pilot to find the runway, and consists of two crossed radio beams. If the pilot flies right where the beams cross, his instruments show he is in the right place, and all he has to do is follow those beams down to the runway. This system was designed to improve on the automatic landing system developed by Murphy S. Law, an inept aeronautical engineer who utilized finite fuel tanks and gravity in his system, one which has been much maligned in accident journals and other grisly periodicals through the years.

Wally Pennell will be leaving the Herd in January, at which time he will be employed by Air Canada. Wally is one of the more colourful personalities in the Herd, but more about that at his Mug Party. For now let's leave the details alone and wish him enough luck to get the Montreal/Gander run.

Someone raised a question not so long ago concerning the various sculptures and crests of "Buffalo" in the conference room. After receiving a careful explanation regarding their totemic significance the Questioner was informed that the Proper name for the animal is "Bison". After expressing scornful disbelief: "I'm from out west and we call them Buffalo", He (He'll remain nameless) asked for proof, whereupon a lengthy search terminated at a spiderweb encrusted volume of the 1921 Collier's New Encyclopedia. To quote: "Bison, the name given to two species of ruminating animals belonging to the ox family) (1) The Aurochs; (2) an analogous species, now nearly extinct, but once in countless herds roaming over the N.W. plains of The United States. Bisons have proportionately a larger head than oxen, with a conical hump between the shoulders and a shaggy mane. Two species are known:

1. *Bison Americanus*, or *Bonassus Americanus*, the American Bison, popularly but erroneously called the Buffalo . . . these animals once roamed in herds in the western parts of Canada and The United States. The only representatives of the species at the present day being . . . A few individuals in the more remote Canadian regions. . .
2. *Bison Priscus* . . . often called the Aurochs . . . the same word as Caesar's *Urox* . . .

The *Urox* was a genuine *Bos*, the *Bos Urus* or *Primogenius* which Prof. Boyd Dawkins believes to have been a giant variety . . ." With apologies to Collier's for taking some liberties with the Quote, one can readily see that these species are definitely in existence in the herd hangar. The conical hump referred to is a poor description of a parachute, and the large head definitely is a brain bucket. The remote Canadian region fits, and there's no doubt about the giant boss.

**OVERHEARD:** A sonic boom in the vicinity of Big Muddy.

**SEEN AROUND:** Dave Moriarty holding a Beggars' Cup and an empty jet fuel container. (Probably an airline employee . . .)

**RUMOURS:** As defined by Cervantes, "Meretricious flim flam stories and nothing but sham and lies". However, a look into the crystal ball kept in the office of OI/C Cancelled flight plans reveals a newspaper release dated Nov. 21, 1993 Headlined "Rumours Rampant Regarding Dakota Replacement". Hang in there. TTFN.

## CFANS news corner

The Aerospace Squadron has certainly been active in their travels lately. Art Armstrong and John Plaxton are in Washington for a conference held by the Institute of Navigation (ION). Al Brabant has just returned from Wright-Patterson AFB, where a working party from Canada, United States, Britain, Australia and New Zealand were discussing Navigation and Weapon Directing Systems. This year's main theme was Electrophysical Systems. Doug Cantley has been selected for the elite S.S. Corps which is also known as Staff School, Charm School or the \$100 a week volleyball course. However, all of these titles are wrong. With the cost of living the way it is these days, it is easily a \$150 a week volleyball course.

Meanwhile ASC 26 and SANC 7303 are both back from their respective Canadian tours. Judging from their post tour slumps, it has been a good break in the normal classroom routine. However, always willing to help the staff is ensuring that each course gets over their slump by a generous load of assignments. One other side note of the Canadian tour, was the encounter Mel Walker had with a moose while driving his new Audi Fox. Fortunately, the Moose slipped and went down, which avoided any serious damage to the car.

Congratulations are in order for Pete Chenier, Stan Toole and Fred Walton on their recent promotion to Major.

The cryptic comment of the week — Could there be any connection between the giggle at the end of the hall and the pilots' flying schedule?

### VINYL TILE

When purchasing floor tiles most shoppers want a tile that will be resilient underfoot but resistant to permanent dents. Consumers' Association of Canada reports that 100 per cent vinyl is the best choice for all but basement floors. While one of the most expensive floor coverings, it has good gloss retention and excellent grease resistance. CAC national headquarters is located at 100 Gloucester Street, Ottawa.

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# PATRICIA REPORT



## Patrol School

One of the elements of training undertaken during the recent 2 PPCLI Patrol School was the utilization of dogs during wartime operations. The accompanying photo shows Cpl Smith and CST Wilkinson of the RCMP demonstrating close attack procedures. It must be mentioned that during the demonstration CST Wilkinson was bitten in the small of the back thus showing that police dogs can be impartial!



Cpl G. Smith (right) and CST Wilkinson (left) of the RCMP with RCMP dog "Tyro".



On October the 11th 2 PPCLI participated in a Red Cross blood donors clinic held at CFB Shilo. Members of the battalion were able to donate over 150 pints of blood to this worthy cause. The accompanying photo shows M/Cpl RH MacPhail of C Coy 2 PPCLI donating blood. Rumors to the effect that his offer of blood was refused due to an excessively high alcoholic content have proved to be unfounded.



Pte CJ Skinner of C Coy 2 PPCLI preparing to throw a 26, fragmentation grenade, during 2 PPCLI's recent annual range classifications—held at CFB Shilo.

## Infantry Wife

Ottawa (CFP) — The following article appeared in "Infantry", the U.S. Army Infantry School magazine. While Americans call CANEX a commissary and a military base a post, many Canadian servicemen's wives will be able to readily identify with the author.

By Mrs. Terry M. Major  
Fort Benning, Georgia — I know that somewhere in the Army community there are women who are quietly and efficiently living their lives. Pert faces framed by neat hairdos, and clothed in smart outfits. They make being a wife and mother look easy. The crisis of entertaining is effortless for them, their children are well behaved and impeccably clean, and their homes polished to a cheery glow. Always busy, yet cool and calm, life flows as a smooth stream for them. They are in short, not my type of people.

I am the exact opposite. Born under the sign of hard luck, I compounded my legacy by inheriting a

See Wife

Column 3, page 14

## Armed Approaches

2 PPCLI has recently acquired two infantry antitank guns. The guns, (one British and one German), are both of World War II vintage and were in standard usage throughout the war. They, as shown in the accompanying photos, are being used to decorate the entrance way to the Battalion Headquarters Building. Both guns were graciously donated to 2 PPCLI by the Artillery Museum of the Royal Regiment of Canadian Artillery, located at CFB Shilo.



British 2 Pounder Anti Tank Gun.



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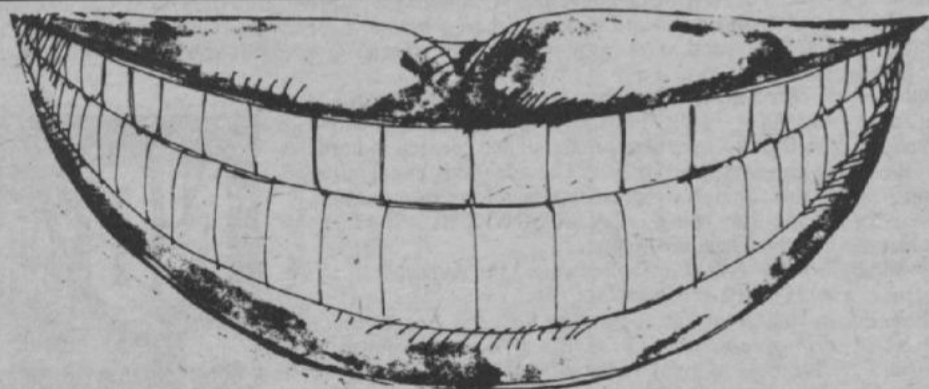
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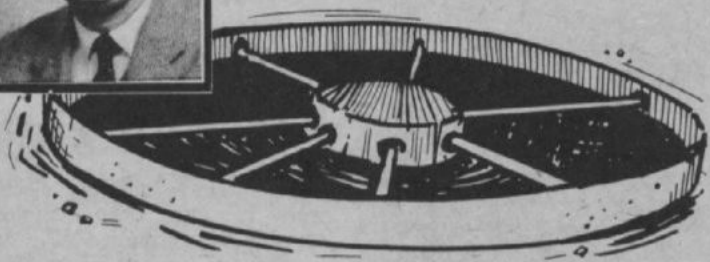
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## Spinning the Sports Wheel

with John MacLEOD



It is with much satisfaction on the part of the staff of VOXAIR when the twice monthly issue comes out and the paper is distributed throughout the Base. A feeling of accomplishment hangs over the smoked filled editorial offices as the desks are cleared and everyone prepares for another issue and another deadline. This corner is especially grateful for the opportunity to put out views pro and con before the many readers not only within the confines of CFB Winnipeg but for those former members of the Base scattered throughout the World who keep up with the sports scene in Winnipeg through the articles printed on the sports pages of the VOXAIR. A recent letter crossed our desk from Germany wanting to what was happening in Winnipeg. Were the Jets doing well? What happened to the bombers? How were the Junior Clubs doing, etc., etc. So for those who read the VOXAIR in the outer reaches of the universe here is a brief summary of the sport situation in our fair Western City.

**Bombers Bomb Out** — After such a successful season in 1972 in which they finished first in the CFL West, the Winnipeg Blue Bomber fan expected great things in 73 from the Blue and Gold. Visions of the Grey Cup coming to Winnipeg were real. During the off season recruiting by the coaching staff and signings by the General Manager looked good and members of the news media went into training camp with an optimistic view and then the roof fell in. Mack Herron our best running back and probably the best in Canada and Jim Thorp, Canada's premier pass receiver were arrested on Drug charges. The club's management it now appears panicked and released both players. This proved disastrous as the Bombers brought in a host of replacements throughout the season but the team never regained its winning spark and wound up last in the Western conference. Following the final game Coach Jim Spavital was fired with one year remaining on his contract. Much has been written and much has been broadcast over radio and TV on this subject. The fact that the club management felt a change was necessary for 1974 cannot be argued. The only argument this reporter can find with the Blue Bomber front office be it the General Manager or the Executive Committee is the way it was done. The coach was fired and should have been given a chance to resign. A point Spavital claims he would have done having been given the opportunity. Another point for those of you who used to read the Free Press or the Tribune is the "change of tune" of the football writers for these fine newspapers. They backed the coach when his firing was announced, one even went on radio with him to back his claims for another year with the Blue and Gold. Then before the body was cold they changed their minds and sided with the General Manager. Well, you probably have guessed that a perfectly good reason for changing ones mind is that Spavital will not be around next season, the General Manager will, and a reporter cannot do his job if he cannot get into the Stadium or the teams dressing room. So came an end to a very disastrous season.

**WHA Improves, Jets Find Early Going Tough** — That the WHA has vastly improved is quite apparent as the new league heads into the second month of their second season. In the Eastern Division the New England Whalers and the Cleveland Crusaders are finding the early going rough as the Nordiques of Quebec are pushing the Whalers for the lead and vastly improved Chicago who moved into East Division to replace Philadelphia Blazers are having an excellent start under new playing coach Pat Stapleton. New York renamed the Golden Blades and the Toronto Toros are having their usual troubles. In the West Division the champion Winnipeg Jets are lying in third place as the Edmonton Oilers who have won thirteen and lost only once at this stage are the team to beat. Houston and Minnesota are greatly improved as the Howe family begin to make their presence felt in the Texas City and the Fighting Saints with rookie John Garrett in nets are making things tough. The inability of the Jets to win on the road is causing concern on Maroons Road. Winnipeg lost their opening road game to Vancouver then won two in a row over New England and New York. Since then they have failed to win a game losing eight and a tie with the Nordiques in Quebec. Although undefeated at home the Jets have yet to meet the Oilers here and when that happens unless they play better than they have that record will fall also. The Edmonton Oilers have beaten every club in the WHA at least once except Cleveland who they have yet to play.

see Spinning  
Column 5 page 10

## Broomball

The Inter-Section Broomball League got underway on 6 November at the St. James Arena.

Games are played on Tuesdays and Thursdays from 1200-1330 hrs. each day.

To-date 4 teams are entered in the League this year. They are: BAMEO, French Alpines, Comptrollers and ANS.

The schedule is printed below.

League president, Capt. Watt, Local 298.

#1 BAMEO, Cpl. Ignatenko (rep.), Local 404.

#2 French Alpines, Pte. Legross (rep.), Local 391.

#CFANS, Capt. Armstrong (rep.), Local 298.

Date	Teams
13 November	1-2
15 November	2-3
20 November	3-1
22 November	1-2
27 November	2-3
29 November	3-1
4 December	1-2
6 December	2-3
11 December	3-1
13 December	1-2
18 December	2-3
20 December	3-1

**NOTE:** 1. All games will start at 1200 hrs. sharp. Games will consist of two — twenty-five minute periods with a ten minute break between periods.

**NOTE:** 2. Second Half of schedule to start 8 Jan. 74. Details to be published at a later date.

## Hockey

After two weeks of action the inter-section league standings are as follows:

	W	L	PTS
TCHQ	2	0	4
AVIONICS	2	0	4
2PPCLI	1	1	2
Comptrollers	0	2	0
BAMEO	0	2	0

Top scores after two weeks are:

	G	A	Pts
Houle, TCHQ	5	0	5
Kuntz, AVIONICS	3	1	4
Stack, TCHQ	1	2	3
Fritch, AVIONICS	1	2	3
Bougal, AVIONICS	1	2	3
Thorson, AVIONICS	1	2	3
Murray, AVIONICS	1	1	2
Houde, TCHQ	1	1	2

After two games Terrible Ted Barton leads with six minutes in penalties.

## CFB Wpg. Rifle Association

Yes, we have started firing in our indoor range for the winter. The indoor range, by the way, is in the basement of the Rec Centre, next to the Credit Union. To date, we have 32 Senior members and 30 Junior members. Of these 30 Juniors, 14 are Beginners. For

anyone interested, we need instructors in the worst way. Even if you are not interested in instructing we would like to see more service personnel shooting in the association. You girls in barracks that said you would be down, we are still waiting for you.

Our first competition comes up on the first and second of December, so come out you seniors and get some practice. The registration fees for Seniors is \$5.00 and for Juniors \$2.00 per year. The range is open on Mon. and Wed. evenings from 1900-2130 hrs. for seniors, and Tue. and Thu. evenings from 1900-2100 hrs. for Juniors.

## Kurling Korner

The various leagues are well underway with all of them having completed their first rounds. Now it is time to start thinking about the various playdowns coming up.

The first playdown is for the Prairie Region Curling Championship to be held in Edmonton 14-18 Jan. 74. Base playdowns for this event will be 4-7 Dec. inclusive. Entries close 30 Nov. and the entry fee is \$5.00 per rink. To enter phone Rec Centre at local 511 or Capt Al Brabant at ANS local 643. This will be daytime curling only.

Next are the club playdowns for the City Zone Consol playdowns, the Seagram Mixed (rules posted in the club), and the Seagram Stone (seniors) competition. Club playdowns are 10-13 Dec. inclusive. City playdowns will be on the 5th of Jan. 74. To enter phone Capt Al Brabant at ANS local 643. Entries close 6 Dec.

Be sure to get your entries in by the closing dates.

## Soccer

### Championships

The 1973 Canadian Armed Forces Soccer Championships have come and gone for another year. CFB Winnipeg represented the Prairie Region in Esquimalt and although they did not bring back any silverware, they played five days of fine soccer and can be proud of their showings.

The following is a rundown of games, scores and results:

#### Results of second round play

Europe (2) vs Pacific (3)

Prairie (2) vs Quebec (0)

Ontario (3) vs Atlantic (3)

#### Standings after 2 days play

Pacific Region 4 points

Atlantic Region 3 points

Prairie Region 3 points

Ontario Region 2 points

Europe Region 0 points

Quebec Region 0 points

#### After 3 days of Play (Results)

Atlantic (2) vs Pacific (3)

Ontario (3) vs Quebec (1)

Prairie (1) vs Europe (2)

#### Standings

Pacific Region 6 points

Ontario Region 4 points

Atlantic Region 3 points

Prairie Region 3 points

Europe Region 2 points

Quebec Region 0 points

#### Standings after 4 days play

Ontario (2) vs Pacific (1)

Quebec (0) vs Europe (3)

Atlantic (2) vs Prairie (0)

#### Standings

Pacific Region 6 points

Ontario Region 6 points

Atlantic Region 5 points

Europe Region 4 points

Prairie Region 3 points

Quebec Region 0 points

#### Results the last day's play

Quebec (2) vs Atlantic (1)

Pacific (4) vs Prairie (0)

Ontario (0) vs Europe (0)

see Sports  
Column 1 page 12

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# WESTWIN COMMUNITY COUNCIL

## Westwin Declares Election Date

Nominations and pre election work has now been completed towards the formation of a MQ Community Council for the North Site Westwin Community. Pictured are the nominees and acclaimed councillors for the wards as annotated.

The Base Commander, Col C. A. LaFrance met with the nominees on Monday 5 November in the Headquarters Conference Room. Twenty of those nominated were present to hear the Base Commander state the support of his office and that of the Base Administration in the formation and operation of a Married Quarters Council. Pictures were taken of the nominees, by wards, to assist the residents of the Married Quarters in casting their ballots. Because not all the wards had sufficient nominees to hold an election some nominees will become Councillors by acclamation. Wards which will have Councillors by acclamation include; Ward No. 1 — B. Burgess, Ward No. 2 — G. Harrison, Ward No. 3 — G. Morgan, J. R. Ablett, Ward No. 4 — M. McSween, Mr. Cox, Ward No. 10 — Mrs. Nielsen, R. Stevens. An election will be held on Monday 26 November in the remaining Wards.

Prior to election day, on Friday, 23 November, two ballots will be distributed by the Girl Guides of your Community to each Married Quarter residence. This will give you the weekend to discuss and decide, in the comfort of your own home, the person you wish to have represent you in your community affairs. On Monday 26 November between 6 pm and 8 pm your ballots will be picked up at your home. As soon as they have been counted the results will be publicized in the Voxair issue on 5 December. This means your elected council should be able to commence its work on your behalf at the beginning of the new year.

**BE A GOOD CITIZEN BY SUPPORTING YOUR COMMUNITY.**

### METRIC TEMPERATURES

Normal body temperature will soon be 37 degrees C. rather than 98.6 degrees F., reminds Consumers' Association of Canada. 40 degrees C. will be a very high fever! 25 degrees C. will mean a comfortably warm day; 30 degrees C. — sweltering heat. CAC national headquarters is located at 100 Gloucester Street, Ottawa.



WARD ONE — by acclamation, B. Burgess



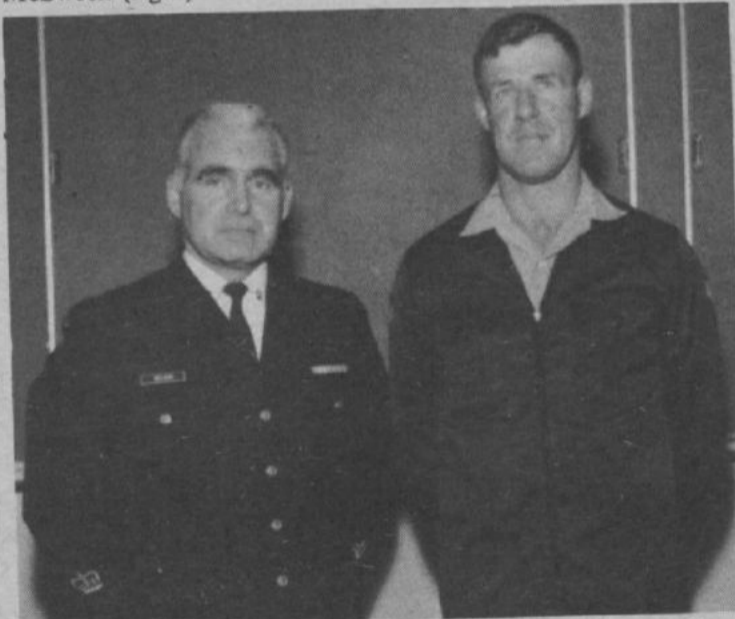
WARD TWO — by acclamation, G. Harrison



WARD THREE — by acclamation, G. Morgan, (left) and J. R. Ablett (right)



WARD FOUR — by acclamation, A. Cox (left), and M. McSween (right)



WARD FIVE — nominees, R. Nelson (left), and M. Allison (right). Missing from the picture is R. Legault



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# ELECTIONS NOV. 23 - 26

## Candidate Resumés

### WARD ONE

*Cpl B. H. Burgess:* Born 22 Sep 41 at Newport Station, Hants County, N.S. Enlisted in Jun 60. Served on stations in Ont., Que., and Europe before being posted to Winnipeg. Married with three sons. Enjoys most sports with a special interest in coaching minor hockey for Westwin Community Centre.

### WARD TWO

*Cpl G. E. Harrison (73 Leicester Sq):* Place of work: Trans/Serv. Hobbies: Hockey, Football, Tennis, Hunting, Fishing, Golf, Bowling, and Curling. Presently is Chairman of Hockey for Westwin Minor Hockey. In the past, has worked with Junior Bowling and as a Cub Master.

### WARD THREE

*MCpl J. R. Ablett (14 Paisley Place):* Employed at Westwin Detachment, Special Investigation Unit (WDSIU). He has been involved with the Boy Scout Movement for many years — first as a Scout and later as a leader and Cub Master. MCpl Ablett has also coached a junior soccer team for Silver Heights. He is an avid stamp collector and participates in various sports.

*Cpl Geoffrey Morgan:* Joined the RCN in 1963 and served 11 years on the east coast prior to his posting to Winnipeg in Sep 73. Cpl Morgan is employed at the CE Section in the Fire Prevention Field. He would like to see more supervised sports and entertainment for MQ children.

### WARD FOUR

*SGT J. A. Cox:* employed in Base Traffic. Sgt Cox is interested in all sports both as a participant and as a spectator. He has coached small boys' hockey and has an avid interest in public affairs. Describing himself as a "family man", he and his wife have a family of two young daughters.

*MCpl Mike McSween:* Trade: I & E Tech in 10 Hangar Avionics. Interests: Drug Education Committee, Cub Leader, Church Committee. Married, has two children. Transferred from Moose Jaw in Jan 73. Home Town is Glace Bay N.S.

### WARD FIVE

*WO Ron Nelson:* Place of employment: 401 CFTSD. Base Activities: Serving on CFB Winnipeg's Drug Education Committee, conduct youth sports program at Lipsett Hall — wrestling, basketball, volleyball (Sat Mornings). Community Activities: Serving on Manitoba District Presidency (Church Committee) — The Church of Jesus Christ of Latter Day Saints. Served at CFB Winnipeg since 1966.

*Sgt Allison:* presently employed with 2 PPCLI. He is married and has 4 children. He has been very active with youth education, having served with both the Cub and Boy Scout organizations in Calgary and Victoria. Sgt Allison's main hobbies are skiing, hunting, and fishing.

*Capt Rick Legault:* is a graduate of RMC and was a pilot instructor at Moose Jaw and Gimli prior to assuming his present flying job with 429 Sqn. He is married and has a young daughter. Hobbies: Sports Fan (mainly hockey, baseball, and football), played soccer with base team in summer of 72, avid gardener. He wishes to "get more involved" in community life and aid his neighbourhood wherever possible. He does not have previous experience in community council activities.



WARD SIX — nominees, L to R, D. Hinds, A. Armstrong, and A. Jordan



WARD SEVEN — nominees, L to R, D. Kostiuik, M. Paine, and G. Hopkins. Missing from the picture are W. Debow and S. Ay-mont



WARD EIGHT — nominees, L. Matthews (left), J. Woodhouse (right) and G. Thibault (insert)



WARD NINE — nominees, L to R, P. D. Peterson, J. Spirito, B. Bryson, and G. Westerhof. Missing from the picture is T. Stenton



WARD TEN — by acclamation, R. Stevens, (left) Mrs. D. Nielsen (right)



### WARD SIX

*WO J. D. Hinds (48 Listowel Bay):* Employed in Base Comptroller Branch since Jul 71. Avid and active curler and bowler.

*Capt A. G. "Art" Armstrong:* Employment: Instructor for Aerospace Systems Course since Jun 73. Resident of Ward No. 6 since 1968. Expected transfer Date: Jun 75. Previous Experience — Nil.

*Capt Art Jordan:* Pilot 429 (Comp) Sqn since Nov 71. Two Children. Hobbies: Carpentry, Aerobics. Interests: Air Cadets, YMCA Programme — Swimming.

### WARD SEVEN

*Pte Douglas Kostiuik:* Employment: Med A at the Base Hospital. Hobbies: Sports, Musician (10 years as an accordion player, 2 years teaching at Kent's Academy). Enjoys football and hockey. Was active with St. Johns Ambulance for approximately two years.

*Cpl G. R. Hopkins:* Employed at Canadian Forces Materiel Production Centre as a draftsman. Married has two children. Extremely interested in community affairs. Hobbies include woodworking, and photography.

*MCpl Merv Paine:* Employed in

the Base Refinishing Section. Married, had three children. Evening student at the University of Winnipeg. Avid curler. Involved in various committees within the realm of his work.

### WARD EIGHT

*MCpl Leslie Matthews:* Employed as an AFTEch in ASO Snags. Hobbies: Active member of the Century Club (running) hunting, and fishing. Married has two children.

*Cpl "Woody" Woodhouse:* Employed as an AETech in Aircraft Transit and Repair (Snags). Posted to Winnipeg in Jul 70. Cpl

Woodhouse is married and has three children. He is interested in swimming, fastball and curling.

*Guy Thibault:* Joined the Canadian Armed Forces in Halifax in 1964 and trained as a Radio Technician. Previous postings were Rivers Man., Edmonton, Alta., Soest & Lahr Germany. Presently employed at CFB Winnipeg in Aircraft Repair Telecom Shops Hangar 16. Main interests are sports such as hockey, baseball, bowling, and badminton. While in Lahr Germany in 1972, he helped organize and coach the Ladies Soft Ball League and, at the same time, umpired in the Men's League.

### WARD NINE

*Lt P. D. Peterson:* Employed as the Admin Officer at 14 Dental Unit. He has worked with the Boy Scout organization for two years and served as Ward Councillor (for a two year period) in married quarters at Camp Borden. Lt Peterson is interested in fishing, camping, and jogging.

*Sgt J. Spirito (540 Moorgate):* Employed in CE Fire Prevention. Has served as community councillor in Goose Bay (sports representative) and in Rivers (Supervisor of Teen Club). Hobbies: bowling and curling.

*Bob Bryson:* Employed as a musician with TC Band. Married with two children. Hobbies: restoring antique cars and driving same.

He has been Scout Master in Ot-tawa and has actively participated in many sports. Very interested in constructive changes that would make ward nine a happier place to live.

*Sgt Gerrit Westerhof:* Employed as a clerical advisor to SSO Cadets at TCHQ. Sgt Westerhof has been a member of the service since Jul 54 when he joined the Candian Army Regular. Married with 4 children. Although Sgt Westerhof has had no previous experience with MQ Councils, he is keenly interested in community activities and very willing to work with the council.

### WARD TEN

*Maj R. O. Stevens (478 Sharp Blvd):* Employed as the Detachment Commander, Western Detachment, Special Investigation Unit. Married with three children. Past Experience: Chairman Rec Council, Chairman Minor Hockey League, Chairman of Various Sports Leagues. Hobbies: Physical conditioning, family.

*Daniel Neilson:* Student in primary education at University of Manitoba. Interested in Tennis and swimming. Has BA in Recreation Administration (1970). Taught physical education at Grand Prairie Regional College before coming to Winnipeg.

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# Chapel News

## FROM THE RC CHAPLAIN'S OFFICE. GREETINGS!

The Base Chaplains of Training Command attended a Conference at CFB Kingston during the first week of November. It was an enriching experience. We had for a resource person Fr Ambrosik from St. Augustine's Seminary. He is one of the more eminent Scripture Scholars in North America. The fresh insight that he gave us into the scriptures and particularly Christ's Parables, in the light of modern times, was a welcome refresher indeed. Would that you all could have heard him. Many other subjects too were treated, but it would take too long to deal with them here.

Chapel activities are as alive as ever. The Catechism program is going well. We are fortunate to have the dedicated teachers, the safe and careful Mr. Bill Lanctot, our bus driver, and the efficient coordinator all working as a team. I was somewhat surprised that there are still people who do not know that we have Sunday school in the morning between Sunday Masses, from 9:30 to 10:30 a.m. Parents please do not shortchange your children. Your children have right in justice to be Christians not only by virtue of knowledge, but also by virtue of your example.

The Encounter Group of teens is a great bunch, and from what I hear they really appreciate the wonderful efforts of Mrs. Graham. Since the number of young people has swelled somewhat, future meetings will take place on Tuesdays at 7:00 p.m. in the more spacious Protestant Chapel Annex, rather than the RC Chapel. Good going kids!

Our Folk Mass is a real pleasure

on Saturday evenings. Would I be hoping for too much if I said perhaps, we shall see Maureen, with her guitar and singers, on the Channel 9 "Projects from Wolseley House", one day.

The Chapel Choir meets every Sunday at 8:00 p.m. There is some wonderful musical talent hidden all over the base — do come out and give your voice to the Glory of God and your own relaxing, prayerful enjoyment.

Thursday, 8 Nov 73, the CWL elected their executive for the coming season. You will be happy to know that Mrs. Carole Hooper is your president, Mrs. Rachel Turenne is Vice-president, Mrs. Thea Revoy is the secretary, Mrs. Isabel Andriuk, is treasurer, and that membership is in the capable hands of Martha Krystal, Audrey Zeiner and Geraldine Desbiens. With Mrs. Rogers and her ladies on the South site, it would appear we may have a spirited CWL at CFB Winnipeg this year. To give you an example, there are arrangements being made for several ladies groups to meet at "Lipsett Hall" on the South Site for a night of Christmas fun, Sunday, 2 Dec 73. Ladies, plan to be there with a fun gift and a guest.

Just a thought, the North Site CWL meet again on Thursday, 13 Dec 73, at 8:15 in the Chapel Annex. The ladies will have next year's Art Calendars and Christmas Cards for sale soon.

The Christmas Carol Festival for all of CFB Winnipeg is set for Sunday, 16 Dec 73. The occasion will take place in Building No. 21. The Sharpe St. gate will be open at 1230 hrs, the CF TC Band will commence with a prelude at 1345 hrs and the program begins at 1400 hrs. Be sure to remember it.

# ...from the diary of a mod housewife

by R. Kay

## SNOW IS BEAUTIFUL

The first snow was falling, and, like most citizens, I watched this inevitable annual event with dismay and resignation, wondering glumly why anybody ever had thought of living in Winnipeg. I know, I know, it's a very healthy climate and all that. But I also know that shovelling snow, putting on winter tires, facing dangerously slippery streets in the morning, wondering whether the car will start — thoughts like these do not inspire ecstasy and enchantment.

While reflecting on these grim aspects as the first snow was making a white blanket on the boulevard, I saw a small boy kneeling in the snow. He was scooping up handfuls of the fluffy, dazzling stuff, throwing it up in the air — his face glowing with joy and wonder at this marvellous happening.

In a moment, my mood changed. Had I become a pessimist? Did I lose the capacity of enjoying the simple beauty of a wondrous moment such as this? A little child had to remind me that *snow is beautiful!* Of course, I had known it all along: Nothing like walking in the clear air of winter after a fresh snowfall and making the first footprints in the virgin snow. And then, there is cross-country skiing to look forward to.

Come to think of it, we could do with a little more snow.

## FROM THE KAY KITCHEN

One of my favourite recipes for an inexpensive, hurry-up meal that seems to appeal to everyone calls for ingredients that most cooks have on hand (or, if not, they can substitute). It is good enough for guests, served with a green or mixed salad, preceded by a slightly more elaborate soup, and followed by a fruit dessert, if you want to fancy up the menu a bit, but it is quite good by itself.

### MACCARONI CASSEROLE WITH HAM AND CHEESE (for four)

8 to 10 oz. macaroni (small pieces), cooked and drained  
6 to 8 oz. cooked ham, cut into small cubes or in strips (if you have only the sliced kind),  
2 to 3 oz. grated Parmesan or cheddar cheese,  
2 eggs  
½ cup milk  
¼ cup sour cream  
Salt  
pinch of thyme or basil  
2 tablespoons breadcrumbs  
butter to dot

In a greased casserole dish, place macaroni, cut-up ham and cheese in layers, with macaroni the top layer. Mix eggs, milk, sour cream, salt and herbs and pour over. Sprinkle breadcrumbs on top and dot with butter. Bake in preheated 375-degree oven for about 30 minutes.

**Variations:** Mushrooms or uncooked tomatoes can be used instead of the ham, and the egg-milk-cream mixture can be substituted with a tomato sauce. In a pinch, canned luncheon meat is another stand-in for ham.

## BETTER POTATOES

Now that you have probably rushed to the store to buy all the herbs and spices mentioned in the last column, here is a little hint on how to improve mashed potatoes: After mashing with butter, add sour cream instead of some of the milk, grate a small amount of nutmeg over them, add some dried dill weed and whip. It really does make a difference and is so simple to do.

## SEAFOOD RECIPES

New recipes always fascinate and interest me: whether I find them in a cook book, the monthly Hydro bill enclosure, magazines, or in booklets that some of the government agencies give away. One of the latter is produced by the Fisheries Department, and this one lists some appetizing recipes you

might like to try. It is called *Seafood recipes for calorie counters*, and can be had by writing to Environment Canada, Fisheries and Marine Services, 501 University Crescent, Winnipeg, phone 269-7379.

## VARIATIONS ON A THEME BY HYDRO

From *hydro lines*, a little four-page bulletin that comes with the monthly light bill and has some interesting features and the sickest jokes ever, I got the inspiration to cook this one, with variations. (I buy the veal-pork sausages in a German butcher shop; they are called Weisswurst and are really different.)

## BAKED RED CABBAGE WITH APPLES AND SAUSAGES (for four)

4-6 pork-veal sausages (Weisswurst) or 1 pound pork sausages  
1 small to medium red cabbage  
2 tart apples, finely sliced  
1 tablespoon oil or margarine  
1 small onion, chopped  
3 tablespoons vinegar  
2 tablespoons brown sugar  
¼ cup hot water  
salt, pepper, nutmeg, cloves  
Preheat oven to 375 degrees F. Put sausages in baking dish or iron frying pan and slash 2 to 3 holes with sharp knife. Bake for about 10 minutes and remove from pan. Meanwhile, shred cabbage and peel and slice apples. Place in oiled casserole layers. Sprinkle each layer with a little salt, pepper, nutmeg and ground cloves\*. In rendered fat from sausages stir and brown chopped onion, vinegar and brown sugar, then slowly add water. Place sausages on top of cabbage, pour onion-vinegar-sugar mixture over all, and bake for about 45 minutes. Mashed potatoes go well with this dish.  
\*If you only have whole cloves, use not more than four or five for the whole dish.

## COTTON CARPET

Cotton carpeting may be low in price and available in attractive colours but is inadequate for heavily travelled areas, advises Consumers' Association of Canada. It has low soil resistance, tends to mat down and is difficult to clean by professional methods. Cotton carpeting should never be installed wall-to-wall as it sometimes stretches. CAC national headquarters is located at 100 Gloucester Street, Ottawa.

## For Family and Community

"Wolseley House" the Winnipeg Pastoral Centre will have a regular hour long time slot on Mondays from 8:00 to 9:00 p.m. on Channel 9, Cable TV, beginning in November 73. This hour will be called "Projections from Wolseley House" with specific titles for each program.

**Sunday, 18 Nov 73** Lecture Series at St. Paul's College on the University of Manitoba Campus at 8:00 p.m. on the "Church and New Morality" by Germain Grisez.

**Monday, 19 Nov 73** channel 7 TV "Sundayscope" at 11:30 p.m. "Experience of a Covenant" by Al Bleichert.

**Monday, 26 Nov 73** Episcopal Ordination of bishop-elect Halpin of Regina — 7:30 p.m. at the Centennial Concert Hall in Winnipeg, followed by public reception.

**Marriage Preparation:** Sundays 18 Nov 73 to 16 Dec 73 at 7:30 p.m. in St. Mary's Parish Hall, 220 Hargrave St., Winnipeg. Sundays 6 Jan 74 to 3 Feb 74, also 3 Mar 74 to 31 Mar 74; also 21 Apr 74 to 19 May 74 and 2 Jun 74 to 30 Jun 74. Phone Sr Arlene 774-2556.

**Interfaith Marriage:** Four Thursdays, 15 Nov 73 to 6 Dec 73 at 7:30 p.m. in St. Mary's Classroom, Carlton St. entrance. Phone Fr. Alan Alvare 947-0294.

## Chapel Services

### PROTESTANT

**Sunday Services**  
1000 hrs South Site Chapel, Kenaston & Grant  
1130 hrs North Site Chapel, Whytewold & Silver  
**Baptisms:** May be arranged by calling Chapel office.  
**Marriages:** Call the Chaplain well in advance of plans for wedding.  
**North Site:** Junior choir (ages 7 — 14) Thursday 6:30 p.m.  
**North Site:** Senior choir — Thursday 7:30 p.m.  
**Sunday School:** South Site ALL AGES at 11:00 a.m.  
**Sunday School:** North Site Grades 4, 5, & 6 at 10:30 a.m.

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**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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# Voxair Variety

by John Landen

This will be another one of those weeks when the VOXAIR deadline is really deadly. There are no less than three openings during the week, but none can be considered or appraised until the next issue.

To-night the ROYAL WINNIPEG BALLET presents its third performance of the season, which runs until November 25th. Highlighting the program is the Winnipeg premiere of Agnes de Mille's great classic of the American ballet stage, *Rodeo*. This tells the humorous story of an awkward and tomboyish Cowgirl who is hopelessly in love with the Head Wrangler of the rodeo.

Along with *Rodeo*, three further ballets will add zest and variety to the program. *Pulcinella Variations* is a rollicking ballet interpretation of the witty score by Igo Stravinsky, which was such a hit last season. Also a new pas de deux entitled *Etude*, by David Moroni will be performed by principal dancers Ana Maria de Gorris and Sylvester Campbell. Finally the ever popular Rose Adagio from *Sleeping Beauty*, which depicts the courting of the Princess Aurora by four suitors, will round out the program.

On Friday, November 23rd, the Main Stage of the MANITOBA THEATRE CENTRE will open a three week run of the play *A Day in the Death of Joe Egg*. Director Edward Gilbert feels he has one of the strongest casts ever assembled for an MTC offering, including England's John McEnery and Canada's, Pat Galloway and John Horton. Director Gilbert says of the play that "it manages to be outrageously funny and profoundly compassionate at the same time", and although I have never seen it, only read it, I would agree. Comedies about spastic kids are hard to pull off, and if MTC can do it, they will have a real triumph.

November 24th will see the opening of the CANADIAN MIME THEATRE at the MTC Warehouse. This group from Niagara-on-the-Lake are Canada's first and only mime troupe. They will present a collection of skits and sketches which runs for some two hours. Their work has had favourable reviews from such distant points as Sofia, Bulgaria and Inuvik and Yellowknife in the Northwest Territories. This show will run until December 5th, and should be something really different in the entertainment field.

Upcoming at the Concert Hall on November 27th is the Explorer's club film "A Danish Dairy". On the 1st and 2nd of December the Winnipeg Symphony Orchestra will offer Master Violinist Henryk Szeryng, Polish born, now a citizen of Mexico, who is said to be one of the ten best in the world. The Symphony has been in excellent form all year so far, and there is no reason to believe that this will not be another first rate performance.

## LAUGHING AT OURSELVES

by John Semeniuk

**Plane Talk:** The new super-jet airliner took off from Winnipeg International, when it reached its cruising altitude, a voice was heard on the loudspeaker: "Ladies and Gentlemen, you may now sit back and relax and in a few minutes our stewardesses will be serving champagne to you. We are pouring this champagne today because this is an historic flight. For the first time, this plane is flying at thirty thousand feet with no pilot, no copilot, no crew at its controls. I am speaking to you from the ground back in Winnipeg by means of an electronic tape that will guide your plane to Toronto and land it there safely. So just sit back, relax, and remember that nothing can go wrong, go wrong, go wrong, go wrong, go wrong, go wrong, go wrong."

**Too True:** Golf is the game that turned the cows out of the pasture and let the bull in.

**He Went That-a-way:** After an exhausting chase, the policeman finally caught and halted a car that had been travelling at excessive speeds. Walking up to the car, the policeman said to the driver, "Well, Mr. Revere, are they coming by land or by sea?"

**How's That Again (?):** There was a loud explosion in the back room of the drugstore. The pharmacist staggered out to the counter, his face stained with black smoke marks, his glasses broken, and his jacket hanging from his shoulder in tatters. Addressing the customer who was waiting, the pharmacist said, "Would you mind having your doctor redo this prescription, and this time tell him to PRINT!"

**Ad-Ventures:** (From one of our rural papers) "Farmer, age 35, wishes to become acquainted with a woman around 30 who owns a tractor. Please send a picture of the tractor."

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# BITS AND PIECES

The flu bug seems to really be taking a toll here in Winnipeg. Many mothers are just about at their wit's end trying to keep their children amused while they recover from the flu. Children will amuse themselves for hours if they have something to make. Play dough is dandy for this purpose and the ingredients are right in the kitchen. Add a cup of salt and a cup of flour to a cup of water in a saucepan, stir over a low heat until the mixture thickens to the consistency of clay. Vegetable food colouring can be added to colour the dough. Two tablespoons of salad oil can be blended in to help make the mixture more pliable. If the dough becomes too thick, just add a bit more water. Keep the dough in an air-tight container and it will last indefinitely. Children can be given the top of a cookie tin, a foil wrapped tray for a work area; also a good supply of toothpicks, wooden or plastic spoons so they can make models.

The youngsters just love this wet snow, and often drying their clothing when they come home from school can present a real problem. However, if you place their damp clothes in the clothes drier — use a low setting — the garments will be dry and warm when needed.

Mend your children's scuffed school shoes with colourless nail polish. By repairing them as soon as the scuff occurs, they will hardly show, will hold up indefinitely and stand up well under polishing. It keeps them looking presentable much longer and can represent quite a saving when there are several children in the family.

When shoe-lace ends lose their tips, they are difficult to push through the eyelets, slowing the child down in dressing himself. Give them new tips by dipping each end into clear nail polish. Twist the ends to a point and let dry. Smile a little —

"I admit that women are more vain of their personal appearance than men" confessed the lady lecturer. "Why, at this moment the handsomest man in my audience has his necktie knot pulled around under his collar."

Whereupon forty-eight masculine hands furtively reached up and adjusted supposedly askew neckwear!

To remove those often embarrassing perspiration stains from your clothing, soak them in cold water to which a crushed aspirin has been added. After soaking for an hour, wash garment in usual way.

Lets face it — most kids just don't like vegetables. Here are a couple of recipes for dressing up those foods that are often left on the plate.

**Turnip Fluff**  
1 tablespoon finely minced onion  
2 tablespoons butter

4 cups finely mashed, cooked turnips  
1 tablespoon sugar  
½ teaspoon salt  
½ teaspoon pepper  
2 egg yolks, beaten  
2 egg whites, stiffly beaten  
Brown onions in butter; add turnips, sugar, seasonings and egg yolks. Fold in egg whites. Bake in a buttered casserole for 20 to 25 minutes in a hot oven.

**Squash Casserole**  
2½ cups diced squash  
1 cup diced celery  
1 cup diced onion  
2/3 cup margarine  
1½ cups water  
2 cups cracker crumbs  
2 eggs, beaten  
1 cup grated cheese  
Boil vegetables, margarine and water for 5 minutes. Combine in casserole with remaining ingredients. Bake at 350 degrees for 30-35 minutes, adding water if needed.

That's all for now, see you next issue, in the meantime remember — To save face, keep part of it shut.

## Officers Wives Club

The next Officers' Wives Club meeting will be a Decorating Party and Pot Luck Supper in the Officers' Mess on Tuesday, December 4, 1973. Husbands are invited to attend an evening of work, fun, and relaxation. If you are interested in attending, please call Janis Armstrong at 837-3359 or Elizabeth Rollwage at 489-5326.

**MQ Residents**

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# From the Grooves

by Mark Cyluck

The Music Scene is always changing and to hear a new name really is nothing new. Such is the case with newcomer Cathy Young, an all Canadian girl debuting with her album "Travel Stained" from GRT Records (9230-1035). Her first track is entitled "Cocaine" with a surprisingly delightful tuba sound. A story about a "coke" freak waiting for her delivery which is already two hours late. It also delivers a message to its users, when she says, "Dr. says that cocaine is for horses not for man, says its going to kill me, but he don't say when." Really, the good DR. can't say when. The bass, music and movement of "I'm Happy" make me feel happy and remind me somewhat of "Mr. Bojangles" or something of Gordon Lightfoot. "Life in the City" as she says "is no easy thing" with all of its complications as she also notes with change of her voice from soft to hard. "Set Me Free" reminds me distinctly of a strong Roberta Flack or Gladys Knight, with a soul sound. Only two selections. "Maggie May" and "Midnight Hour", originally done by Rod Stewart and Wilson Pickett, are not written by Cathy, but are probably her best treatments. All work borders a rock ballad and soul line with the exception of "Eagles", which is very rock and rolly with a good piano supplied by Peter Csanby and electric guitar featuring Danny McBride. Cathy is very gutsy on this piece and not at all feminine.

"In the fine Texas Tradition" comes ZZTOP making up "Tres Hombres" (XPS631) from London Records. The three men are Billy Gibson, Dusty Hill, and Rube Beard, and they are all "Waitin for the Bus" in a good funky style straight into "Jesus Just Left Chicago", more of a blues biography updated of Christ's miracles, such as turning the water

See Grooves Column 4 Page 10

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# JUNIOR RANKS CLUB ENTERTAINS:

## GROOVES

Continued from page 9

## SPINNING

Continued from page 5



## CHINOOK

**DON'T MISS** this tremulous group entertaining from 10-15 Dec. Nightly 8-12.

Did you get the message? No eh? Well it's all happening at the Jr. Ranks Club. You don't know what's happening at your club? No problem, just get HUBBY to stop into the club and leave your present address for a monthly Club Entertainment Calendar. There's the answer, exciting entertainment at the flip of a mailbox.

You may have missed the D-Drifters and Marlene and LA Express in November. But our entertainment guide says that the Purple West will be around in December followed by Chinook.

1 DEC — Charity Dance — sponsored by the club. It's a month of remembrance and exchanging of gifts. Our gift to you is admission. Your exchange, we hope will be canned food or toys.

7-8 DEC — Purple West — Two nights of dancing to prepare you for New Year's Eve. Guests — \$3.00 per couple. Both nights music 9 PM to 1 AM.

10-15 DEC — CHINOOK — blows in for a week playing from 8-12 nightly. Their spontaneous variety of music will thaw the freeze on your bones. Guests — \$3.00 per couple.

21 DEC — Music Man — Rudy Wetk - entertains with your choice of music.

22 DEC — Music Man

25 DEC — Is your day, not the clubs, therefore the mess is closed. From all of us to all of you, a Very Merry Christmas.

28 & 29 DEC — Music Man — a gradual warming up to New Years Eve.

31 DEC — Five hours of rip, roaring tremolo music, professionally adorned by PAT BLYTH. This great occasion of cheer will take place in building 61, more commonly known as the JR RANKS CLUB. Tickets will go on sale from 26 Nov - 7 Dec for members only. Tickets for guest from 10-21 DEC as open season. Sale of tickets will cease 21 DEC as there are a limited number of tickets. There will definitely NOT be any refund on unused or returned tickets. Keep your money in your pocket as the tickets will be sold through your signature on an acquittance roll or nonimal roll. Deductions for the tickets will be made in January with your normal subscription of mess dues.

1 JAN — Gordon Shanks — playing from 1-5 PM followed by HARVEST — entertaining from 6-11 PM.

Help the energy crisis. Light up the Junior Ranks Club with your bright smile.

### SAFETY GLASS

Consumers' Association of Canada reminds consumers that effective January 1, 1974, new regulations under the Hazardous Products Act will require safety glass in patio doors and shower and tub enclosures in homes. An estimated 10,000 injuries annually involve architectural glass. CAC national headquarters is located at 100 Gloucester Street, Ottawa.

into wine. "Beer Drinkers and Hell Raisers" is something like "Summertime Blues" by Blue Cheer, a good heavy funky piece with good bassy tones for floor stompin. It brings to memory an ex-Hell's Angel I knew in El Cajon, California. "Master of Sparks" is very Black Sabbath style both in music and philosophy of song. "Hot, Blue and Righteous" — slow bluesy and enjoyable. "Canned Heat" comes back to Boogie existence in "La Grange". Really a topper of a piece of good boogie. "Shiek" is mainly an instrumental comprising of few vocals and kind of repetitious. "Have You Heard" is very top 40 for radio play listings. A good piece ZZTOP son muy bueno.

A lot is being said about nostalgia lately, especially in the music industry, as people are always looking to find the "old favorite". Sometimes it is really hard to get them unless some group like Sha Na Na specializes in such material. Sha Na Na are quite well known for the vastness of their material and the closeness to the originals that they have. Their new album "The Golden Age of Rock and Roll — 20 Great Rock and Roll Hits" from K-Tel Records (NC-412) is a prime example of this, also with a big fold out poster of the group. The LP is recorded live and thus the group has some excuse for the looseness that they have, while they do have better productions straight from the studio. Songs like "At the Hop, Rock and Roll Is Here to Stay, and Yakety Yak". I have heard better on Kama Sutra albums KSBS 2010 (Rock and Roll is Here to Stay) and KSBS 2034 (Sha Na Na) from Quality records. "Jail-House Rock" is very much like Elvis Presley as is "Hound Dog". Other cuts to pay attention to are "Tell Laura I Love Her, Rama Lama Ding Dong, and Runaround Sue".

Stray Spokes — Ben Haŕskin sold the Juniors now called the Clubs and they continue to have their problems. The Clubs have yet to find the winning attitude although they are capable of playing winning hockey when they want to. Gerry Brisson gave up the coaching duties to Gord Pennell, well known in Winnipeg Junior hockey circles, but even a new coach has been unable to inspire the Clubs... on the plus side the University of Manitoba Bison won their football conference and with luck should make the College Bowl played the day prior to the Grey Cup in Toronto. The Winnipeg Hockey Clubs take pleasure in announcing the formation of the Red and White Booster Club for youngsters 14 years of age and under. Membership in the Club is \$1.00 and will entitle the youngster to attend each Winnipeg Club home game for only 35 cents with his/her membership card. Sections 6, 7, 8, 11, and 12 in the blues have been specifically set aside to be used by members in the Red and White Booster Club ONLY. Memberships can be purchased at the Winnipeg Clubs' Office, at all Mac's for Convenience Stores, Rocket 66 Car Wash, Gondola Pizza, Unity Bank, Red Top Drive Inn and prior to every Winnipeg Club home game. The Winnipeg Clubs hope that each and every youngster in the city of Winnipeg will take advantage of this FANTASTIC opportunity to witness a Western Canada Hockey League Game live. Winnipeg Clubs next home game is Tuesday, November 6, 1973 at 8:00 P.M.

Los Angeles continue to have their problems and lost their eleventh straight game to the Jets, the only team in the WHA the Sharks have been unable to defeat. Vancouver has only won four games to date and two of those have been at the expense of the Jets.

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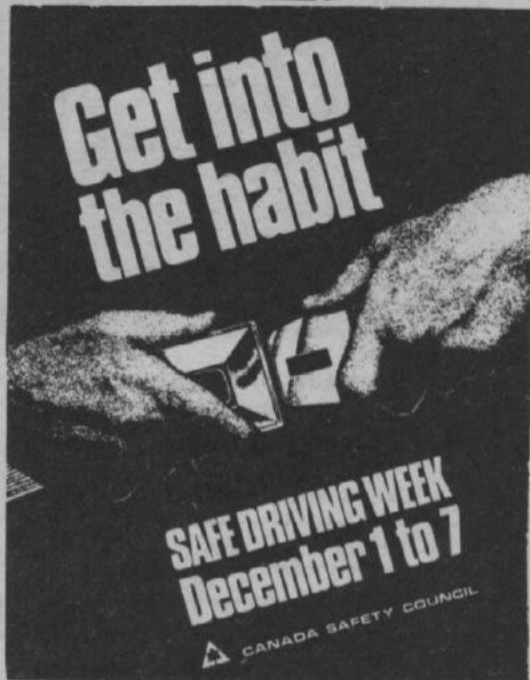
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# Base Transportation News and Views

*Wagon-Express*

**Sécurité**  
**Safety '75**

**SAFETY  
SAM  
SEZ**



**Alcohol Blood Level .08.** The base is attempting to arrange for breathalyzer demonstrations within the various messes at suitable times when/as the breathalyzer becomes available. These demonstrations are meant to be educative and members are invited to partake in the demonstration when such are set up within their mess.

Remember, Safe Driving is a year round responsibility and during 1 - 7 Dec you are eligible for extra awards in addition to the obvious benefits of your safe driving efforts.

**Safe Driving Hints.** As we approach the winter driving season it is appropriate that all drivers be reminded of the many safe driving practices that must be observed to overcome the additional hazards faced during that difficult season. We all know that at the onset of winter's tricky light, bad weather and poor road conditions there is an inevitable rise in accident frequency that tapers off within a month or so as drivers become more familiar with winter driving conditions and remember how to combat them.

There is one technique in particular that all drivers can practice with a minimum of effort and which will guarantee a minimum exposure to risk. It is called "following distance". There are two ways to establish the correct following distance. One is the long-established, one-vehicle-length for every ten miles per hour or recorded speed. A newer method is to observe the two-second-interval between your car and car ahead. A normal count of "One thousand and one — one thousand and two" is two seconds. Time it with the sweep hand on your watch. As the vehicle ahead passes any fixed object, start counting. If you pass the same object before finishing your count you are too close. Under really bad weather or light conditions make your count three seconds or even four seconds for an added measure of safety.

When you consider the matter, the only thing a driver controls in a traffic environment, outside of his own vehicle, is his following distance. This is his space cushion — his "living room". Observance of this "following distance" rule is number one on any list of safe driving practices.

Do you know your road signs?  
**RAILWAY CROSSING**  
not



Set Your Gun Sights Here.



M/Cpl Mike Krasowski being presented with the CFB Winnipeg plaque by Major M. W. Drapeau upon his retirement.

The 8th of November was a special day for M/Cpl Mike Krasowski. On that day, personnel from Base Transportation got together to say good-bye to Mike. After 22 years in the Armed Forces, Mike is retiring. He joined the service in 1951 as an infanteer, but transferred over to the Service Corps in 1952. Mike has spent most of his 22 years stationed in Winnipeg with intermittent postings to Val Cartier, Egypt and Vancouver.

Mike is now moving his family to Calgary where he will be working this time for a civilian Transportation Company. Best wishes go out to Mike and his family for a happy and successful future.

**Xmas Party**

The Base Transportation Xmas Party will be held on Thursday 13th of December at Lipsett Hall. Tickets for members and guests are now on sale from the Xmas Party Committee members. A good time will be had by all.

**Sports**

Inter-section curling is now well

underway. The Transportation foursome had a somewhat less than auspicious start losing their 1st game by a score of 15 to 1. It can be said however, that there are no ringers on our team, and win, lose or draw, a good time is had by all.

Although curling may not be our strong sport, volleyball is. There have been no challenges from any of the sections to attempt and defeat us in volleyball. Rumours are floating around that the intensive physical fitness training the PPCLI are undergoing is merely an attempt to get the infanteers in shape for a go at us in volleyball. To date, however, the self proclaimed champs from Transportation have no competition.

**Welcome**

A special welcome goes out to Ptes Caton and Beaudry. Both these pay level three transportation operators arrived 10 Nov 73 from CFB Borden and will undergo more training while employed as MSE Ops.

**Safe Driving Week 1 - 7 Dec,** sponsored by the Canada Safety Council, is the week during which Canadians are reminded to be more conscious of the suffering and loss of life and property that traffic accidents can cause. During 1972 more than half a million traffic accidents occurred in our country.

Traffic accidents in Canada have reached epidemic proportions and continue to increase drastically. Safe Driving Week, an annual event of 1 - 7 Dec, has consistently brought about a significant reduction in accident fatalities through the co-operation of every individual and co-operating agencies.

Every individual can do his part in the fight against traffic accidents and deaths by being a defensive driver at all times. You can further help by using the same courtesy and caution inspired by Safe Driving Week every week of the year.

**CFB Winnipeg Safe Driving Week Programme.** Base MSE Safety through the kind contribution of a donation from Base Funds is able to provide incentives to local drivers (both Military and DND employees) who display safe driving techniques which include all the principles of defensive driving, courtesy and caution.

**Safety "Patrol".** Throughout Safe Driving Week MSE Safety personnel will "patrol" base roads (North and South sites) watching for safe and courteous drivers. Should there be an indication, by a prepared check list, that the driver is a safe and courteous driver he will be stopped and further queried on chosen questions taken from various sources including the Manitoba Drivers Handbook. Some points included on the checklist are:

- a. Are all lights on vehicle operational?
- b. Are turn signals used as necessary?
- c. Does driver slow down and give proper warnings as to intentions?

d. Is car equipped with snow tires?

e. Are safety belts being worn?

f. Who is the Governor General of Canada?

Once the driver has been stopped, the checklist is completed and the driver receives a silver dollar award for his co-operation and his part in making our roads and highways safer and more enjoyable. This driver's checklist is then included among the other 25 checklists that will be accumulated throughout the week making him/her eligible, by score, to qualify for the first prize and 4 runner-up awards. Total awards are:

- a. First Prize - One year free membership Manitoba Motor League - Ten dollar cash award - "Alphonse" Safe Driving Plaque
- b. Second Prize - (4 runners-up) - 1 set of theatre tickets to a downtown theatre to the four runners-up
- c. Third Prize - A silver dollar to the 25 qualifying finalists (5 per day chosen throughout the week)

Therefore, if you are being followed and stopped by an unmarked black sedan during Safe Driving Week please be patient and do not become annoyed. You will win a cash award of a silver dollar and qualify for the other prizes.

**Physical Evidence.** One other way in which we hope to emphasize safe driving is to bring to the attention of all the results of a motor vehicle accident, with the display of actual vehicle wrecks at the gates of both the North and South sites.



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Colonel D. Ludlow (centre) transfers custody of the Regimental Sword from Lieutenant Colonel A. L. R. Lajeunesse (right) to Lieutenant Colonel J. A. Hubbard (left) during a change of command ceremony held in McGregor Armouries on 28 October.

## Ceremonial Parade Held

A ceremonial parade held in McGregor Armouries on 28 Oct marked two significant events in the history of the Fort Garry Horse Militia Regiment. The parade, attended by Defence Minister James Richardson, saw the appointment of an Honorary Colonel to the Regiment and a change-of-command ceremony.

The Honourable W. J. McKeag, Lieutenant Governor of Manitoba, appointed Honorary Colonel of the Fort Garry Horse was presented a commissioning scroll in recognition of his appointment by the Minister of National Defence. Following the presentation, the Lieutenant Governor took the salute during a march past of the Regiment.

During the change of command ceremony, Lieutenant Colonel J. A. Hubbard took custody of Regimental Sword from Lieutenant Colonel A. L. R. Lajeunesse. The sword, symbolic of the position of command in the regiment, was transferred from the outgoing Commanding Officer Lieutenant Colonel Lajeunesse to the new Commanding Officer by Colonel D. Ludlow, Commander, Winnipeg Militia District. Lieutenant Colonel Hubbard has served with the Regiment since 1964 — his most recent appointments being Deputy Commanding Officer and 'A' Squadron Commander. Lieutenant Colonel Lajeunesse has been the Commanding Officer of the Fort Garry Horse Militia Regiment for the past three years and will continue to serve as the Senior Staff Officer Logistics and Administration at Headquarters Militia Area Prairie located at CFB Winnipeg.



The Honourable W. J. McKeag, Lieutenant Governor of Manitoba, is presented a scroll by Defence Minister James Richardson at ceremonies held in McGregor Armouries on 28 October.

## Sports

Continued from page 5

### Final Standings

- Pacific Region 8 points
- Ontario Region 7 points
- Atlantic Region 5 points
- Europe Region 5 points
- Prairie Region 3 points
- Quebec Region 2 points

Congratulations go to CFB Esquimalt who won the Canadian Forces Soccer Championship. The Individual Award was presented to Capt Baz Wheeler of the Quebec Region for the Most Valuable Player.

## The "Physical" in Fitness

Excerpts from an article by Dorothy Barclay, which appeared in the New York Times Magazine October 25, 1959.

"There is one current physical educational trend that we favor strongly. Just as many school systems today finally have come around to permitting children and their parents to know the child's actual reading and mathematics level, some now provide for individual testing in the physical sphere with results honestly reported.

Youngsters who know in specific terms how they rate in strength, endurance, agility, speed, balance, throwing accuracy and posture, (the qualities tested under a program now under way in this state) may be stimulated to overcome their weaknesses. At any rate, parents will be aware of their child's condition and physical education teachers can intelligently design programs suited to youngsters' specific needs.

Increasingly, physicians stress the importance of consistent physical activity during the adult years to dispel physical and emotional tensions, to protect against creeping overweight and to help maintain healthy hearts and arteries. It is during childhood and adolescence that both the incentive and the skills for physical activity must be developed. In this, of course, the President's Council concurs. As gadgets and machines, in Mr. McCarthy's words, "take the toil out of work and the action out of motion," adults and children alike are becoming "anesthetized with luxury and ease." With too much being done for him and not enough by him, modern man, McCarthy agrees, "can sit and admire his inventions — and rust and rot in the midst of them."

Families being what they are, children will be active if their parents are genuinely active. Life being what it is, it sometimes happens as well that adults become more active because their children want them to be or have shown

them how. ('You should see my mother do these exercises,' a school girl in a specialized program reported to her teacher.)

"Indeed, a thoughtfully developed physical education program aimed at developing maximum physical fitness can make many peripheral contributions to 'total' fitness as well. Elizabeth Ludwig, Assistant professor of physical education at the University of Michigan, made this point recently in a report on her observations of activity programs in English Schools.

"The physical education teacher in England," she explained, "sets the problem or the limitations within which the children may work and children are taught to work on their own. Meanwhile the teacher is actively encouraging each child to better performance — guiding, coaching, teaching. Less than the best is not tolerated. The English child is expected to aim for the finest performance of which he is capable."

As the children's understanding of movement increases, Professor Ludwig said, they "explore possibilities" with all kinds of light equipment — balls, paddles, ropes, hoops. Gradually they learn to perform with ease and economy many of the basic skills fundamental to games and sports. As a result of this 'creative' training, Professor Ludwig said, many children develop a 'fine understanding of expressive movement that is the essence of dance and drama.

We are well aware that leaders in the physical education field in this country have plenty of lively ideas of their own. So long as 'the merely physical' is looked down upon by administrators and high-level thinkers, however, putting these ideas into practice will be difficult."

## Right Hand Turns

Right-of-way rule for left-turning traffic has been changed. The driver turning left is entirely and continuously responsible for avoiding accidents. Formerly this responsibility was divided between the driver turning left and the driver proceeding straight.

A driver of a vehicle approaching an intersection where a red traffic light is shown, may proceed to turn right while the light is red, provided:

- a. The driver comes to a complete stop before entering the intersection; and
- b. That he does not proceed until there is no pedestrian or vehicle traffic so close that it constitutes an immediate hazard; and
- c. That there are no signs stating "No Right Turns on Red Traffic Lights".

Motorists should use special care at corners where right turns are permitted, and proceed only when safe to do so.

## RETIRING?

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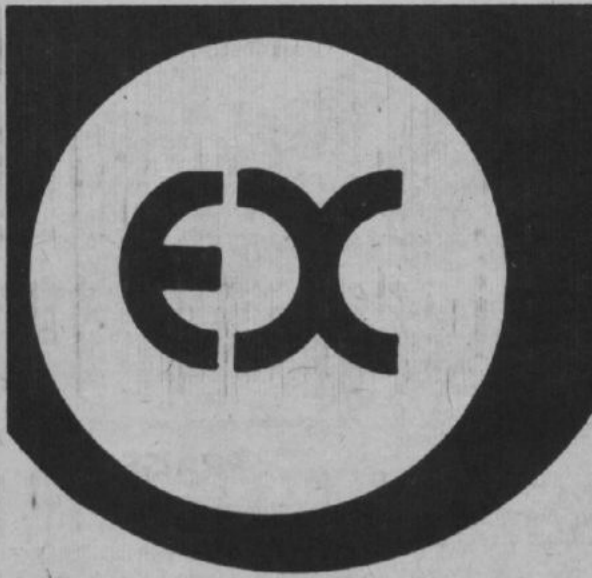
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Suggested retail \$3.00  
Sale price ..... **\$1.19**

#### Mouthwash

Colgate 100  
17 oz. size ..... **99c**

#### Toothpaste

Colgate  
150 ml.  
Sugg. Rtl. Pr. \$1.29  
Sale price ..... **99c**

#### Radio

Sony Transistor  
Complete with case  
Sugg. Retail \$18.95  
Sale price ... **\$12.95**

#### Base Exchange Hours (Westwin Rec Centre)

Mon., Tues., Wed. 10:00-17:30  
Thurs.-Fri. .... 10:00-21:30  
Sat. .... 10:00-17:50

Telephone 832-1311, Ex. 683



#### Gift Shop (Westwin Bldg. 17)

Mon.-Fri. .... 12:00-20:30  
Sat. .... 10:00-17:30

Telephone 889-7870



# FRIDAY 30 NOV. A DAY TO REMEMBER!

# CLASSIFIED ADS

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**DELIVERY MAN WANTED.** MUST  
have own car apply Tom Boy Store 2255  
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**WESTWIN MINOR HOCKEY ICE MAKER**  
requirement. An ice maker is urgently  
required for the Westwin Community Club  
for the 73-74 hockey season. No actual  
ice making experience is necessary, it  
can be learned quite easily. The job pays  
\$1300.00 per season, and is an excellent  
opportunity to earn those extra bucks so  
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sons are asked to contact Cpl Grant Har-  
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## WIFE

continued from page 4

great-aunt's gift for infinite clumsi-  
ness. My stream of life resembles  
the Colorado River rapids.

So, if my hair looks as if it  
hasn't been combed all day, it's  
because my comb and brush were  
flushed down the "john" by a two-  
year-old. My home could always  
look neater, but on the days that it  
does, and I have a comb, no one  
comes near me. I could die neatly  
dressed in a clean house and never  
be found. But on that one day  
when everything has been going  
wrong, and debris litters the house,  
the baby will put beets in his hair.  
He will do this because the  
doorbell is going to ring, and  
reveal the boss's wife.

I also seem to go to the com-  
missary (CANEX) only on days  
when a rumor has hit the rest of  
the post (base) that meat is free. I  
never, never find a parking space  
near the building, and I suspect  
that those cars near the front are  
permanent. The Army just sprays  
them different colors of paint each  
month to fool me. The shopping  
spree is usually climaxed by the  
commissary checker either run-  
ning out of tape for his register or  
going on a break.

Yet, at each new post I vow that  
things will be different.

Just once, when our family  
reports to post housing, I want to  
hear, "You folks timed this move  
just right. We've got plenty of

quarters available!"

Just once, I want our yard not to  
be the one that becomes a sump in  
the winter, and a dust bowl in the  
summer as the permanent  
neighbourhood football-softball  
field.

Just once, I want our fearless  
dog not to live next to a cat that  
can beat him up. His paranoid fear  
of going outside causes serious  
kidney malfunctions.

Just once, when I go to a party  
and people are staring at me, I  
want it to be for my uncanny  
resemblance to Raquel Welch and  
not because the heel of my shoe fell  
off and I am standing at a definite  
list.

Just once, for a change, I want  
the MP's to stop me only so that  
they can congratulate me for using  
my seatbelt.

And when I enroll in a slim-  
nastics class I want the instructor  
to tell me that I really don't need  
to attend.

They say that women get better  
with age, and life gets easier all the  
time. I believe, and cling to those  
thoughts as desperately as my son  
clings to a box of Cracker Jacks.

So, the next time that my hus-  
band calls to inform me that in 30  
minutes we will have guests for  
dinner, I am going to look at my  
destroyed living room, empty  
refrigerator and sumpy lawn, and I  
am going to smile. Then I'm going  
to put my Helen Reddy album on  
the stereo, make myself a martini  
and dream about how much better  
things will be in 1980.

## AIRLIFT

continued from page 1

Cairo. They will be returned to  
Canada on completion of the air-  
lift.

In addition to the MAMS staff  
the total number of troops dis-  
patched from Canada includes 236  
to Cairo and 166 to Lahr. The  
balance of the Canadian commit-  
ment to the United Nations  
peacekeeping force — 79 — is still  
in Canada for later dispatch  
overseas.

## PRAISE

continued from page 1

fantry Division and 4 CMBG  
against the Orange forces of the  
3rd U.S. Infantry Division and the  
29th German Panzer Brigade.

The plans allowed a semi-free  
interpretation of manoeuvres  
based on a fixed and pre-deter-  
mined conclusion.

Like a massive chess game, each  
member of the more than 45,000  
participants had a role to perform  
and in the overall assessment, were  
held responsible to perform that  
role. Realistic training often took  
precedence over the simulated plan  
guided by 1,500 umpires.

Maj.-Gen. W. C. Leonard, com-  
mander, Canadian Forces Europe  
and three Canadian ambassadors  
were among VIPs who, like West-  
German Chancellor Willy Brandt  
and other senior political and high-  
ranking military officials were  
briefed and given a tour of the site.

VIP guests included Amb-  
assador G. G. Crean, Canadian  
ambassador to the Federal  
Republic of Germany, Amb-  
assador Thomas Carter, Cana-  
dian ambassador to the  
Netherlands and Ambassador A.  
R. Menzies, Canadian am-  
bassador to NATO.

Ambassador Menzies was im-  
pressed with what he termed, the  
highly professional and experi-  
enced soldiers of 4 CMBG.

"NATO forces," he said, "have  
to keep themselves in good shape,  
and this annual pre-planned  
manoeuvre is the ideal place to do  
it.

"It is on the basis of a strong  
and firm position that we are able  
to negotiate a durable understand-  
ing with people of the Warsaw  
Pact," he said, "providing un-  
diminished security on both sides  
of the line. We are not asking them  
to give up their security, and we do  
not expect to give up ours, one of  
the vital reasons for this kind of in-  
tensive military training," the am-  
bassador said.

Canadian unit commanders  
were impressed with the oppor-  
tunities of working with various  
units of the U.S. Army.

During the last three days of the  
exercise Lt.-Col. R. L. Straw-  
bridge's 1 RCHA were reinforced  
by two artillery battalions of the  
1st U.S. Division, giving his guns a  
far greater training capacity than  
they could ever have had on their  
own.

"Two systems and some  
differences exist, he said, "but the  
language is the same and we work  
well together."

Short of staff due to hospitaliza-  
tion and career courses in Canada,  
Col. Strawbridge filled his per-  
sonnel gap with militia soldiers  
from Canada. Well qualified to fill  
a regular force function the militia  
soldier was rated by all com-  
manders as "worth his weight in  
gold," on the exercise.

In summing up the results of the  
seven day exercise, Brig-Gen P. V.  
B. Grieve, commander 4 CMBG  
rated the year's participation in the  
massive U.S. manoeuvre as out-  
standing.

"The big feature in this one," he  
said, "is the training value. From  
the division commander down to  
the platoons, there was good train-  
ing participation.

"The thing that delights me," he  
said, "is how great my soldiers  
performed in relation to other  
national armies on this exercise. I  
say it with great pride they could  
not have been better."

## 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  
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## Next deadline 1200 hrs 28 NOV

### PESTICIDE PREVENTION

There were over 1,200 non-fatal  
poisonings in Canada in 1970,  
reports Consumers' Association of  
Canada. To reduce fatalities store  
pesticides in a locked cabinet and  
keep away from chance contact  
with human food. Do not place  
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CAC national headquarters is  
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## MEETING NOTICE

**THE CFB WINNIPEG ART GROUP FOR**  
Base personnel and adult dependents  
meet every Wed in Bldg 23 at 7:30 p.m.

The next meeting of the amateur  
Winemakers Club will be held in  
Room 12, Bldg 61 at 2000 hrs on  
Wednesday 21 NOV.

After a short business meeting, a  
presentation on the use of the  
hydrometer and testing for acids  
will be given.

Persons are reminded to use the  
parking lots, not the street for their  
cars.